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Mr. Food Light, Simple & Tasty Recipes eCookbook

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Mr. Food Light, Simple & Tasty Recipes eCookbook

Dear Friend,

Happy New Year from the Mr. Food family! Many of us resolve to eat lighter in the new year. Now that reality has hit, if you're stumped as to how to stick with those lofty goals, we hear you!

With the free "Mr. Food Light, Simple & Tasty" eCookbook, we're ready to help you lighten up with quick and easy recipes that will tantalize your taste buds without tipping the scale. After all, eating lighter doesn't have to mean totally giving up on our favorite foods.

You'll become a believer fast when you simmer a pot of our **Skinny Soup** or mix up some **Thick 'n' Creamy Mushroom Soup**. We're betting you'll love 'em, and our change-of-pace salads, too! Think you can't enjoy sweets? Think again! We've got everything from heart-healthy melt-in-your mouth **Oatmeal Bars** and rich-tasting-yet-lighter **Orange Dream Shake** to...are you ready? This isn't a misprint...**Double Chocolate Brownies** and **Banana Cream Pie**! Yes, our versions taste decadent but will keep you on track to eat lighter. And when it comes to main-dish favorites and go-alongs, we've got pizza and pasta, and so much more! With recipes this good-tasting that are simple to make, you may just find some of those pounds melting away like snow in winter.

No need to dread those resolutions any more...the waistline-busting party food is a thing of the past. We've got exciting new recipes to brighten your 2011 mealtime line-up, and every one of them will be an..."OOH IT'S SO GOOD!!"

A handwritten signature in blue ink that reads "Mr. Food".

P.S. Enjoy this Mr. Food eCookbook packed with more than 30 light, simple and tasty recipes and tips sure to become part of your regular menu line-up throughout the year. Remember, the "Mr. Food Light, Simple & Tasty Recipes" eCookbook is available FREE, with others also available for free download from www.MrFood.com. We have lots more eCookbooks headed your way soon. Go on, tell your friends to visit MrFood.com, too, so they can get their very own copies FREE!



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Snacks & Munchies

Avocado, Bean and Corn Salsa



Did you know avocados contain nearly 20 vitamins, minerals and mono- and polyunsaturated good fats? And, since one-fifth of an avocado, a typical serving, has only 50 calories, using avocados in this lively salsa is a healthy eating idea.

Makes 4 cups

- 1/4 cup store-bought vinaigrette
 - 1/4 cup (about 3) thinly sliced scallions (green onions)
 - 2 tablespoons chopped cilantro or parsley
 - 1 teaspoon grated lime peel
 - 1/4 teaspoon salt
 - 1 (15-ounce) can black beans, drained and rinsed
 - 1 cup frozen corn, thawed
 - 1/4 cup diced red bell pepper
 - 1 fully ripened avocado, halved, pitted, peeled and diced
1. In a large bowl, whisk together salad dressing, scallions, cilantro, lime peel, and salt.
 2. Add beans, corn and pepper; toss to coat. Add avocados; toss gently.



Oatmeal Bars



Melt-in-your-mouth Oatmeal Bars are a healthy cookie option that taste so good, no one will even realize how wholesome and nutritious they are!

Yields: 21

- $\frac{3}{4}$ cup (1-1/2 sticks) butter
 - 1 tablespoon maple or maple-flavored syrup
 - 1 teaspoon baking soda
 - $\frac{1}{2}$ teaspoon ground allspice
 - 2 cups quick-cooking or old-fashioned rolled oats
 - 1 cup all-purpose flour
 - 1 cup sugar
 - $\frac{1}{4}$ cup chocolate chips or raisins (optional)
1. Preheat oven to 350°F. Coat a 9" x 13" baking dish with cooking spray.
 2. Melt butter and syrup over low heat on stovetop or in microwave.
 3. In a large bowl, combine butter mixture, baking soda, and allspice; mix well and let cool.
 4. Add rolled oats, flour, sugar, and chocolate chips or raisins, if desired; mix well. Press dough into prepared baking dish.
 5. Bake 15 to 20 minutes, or until a wooden toothpick inserted in center comes out clean. Let cool 10 minutes then immediately cut into bars; let cool completely then cut again.



Easy Avocado Spread



This easy spread made from luscious avocados, which naturally contain MUFAs (Monounsaturated Fatty Acids), is a perfect snack or appetizer choice as part of a heart-healthy diet.

Makes about 3/4 cup.

- 2 ripened avocados, rinsed and dried
 - 1 teaspoon lemon juice
 - $\frac{1}{8}$ teaspoon salt
1. Using a sharp knife, cut the avocados in half, working around the pit. Twist avocados to separate the halves. Spoon out the pit and scoop out the avocado flesh into a resealable plastic storage bag. Add lemon juice and salt, seal bag, and mash the avocado with your hands until mixture is combined and spreadable.
 2. Cut the tip off one corner of plastic bag and pipe mixture onto French bread slices, crackers, or slices of fresh vegetables. Top with a dab of your favorite condiment, such as salsa, sun-dried tomatoes, or chopped olives.



Roasted Red Pepper Hummus



Snacking doesn't need to be bad for if you choose the right snacks. We suggest serving this healthy snack with cut fresh veggies for dipping. Maybe pack a small container and take it to work for a late afternoon snack.

Makes about 4 cups (about 14 servings).

Preparation Time: 5 min

- 2 (15-ounce) cans garbanzo beans (chickpeas), rinsed and drained, with 1/3 cup liquid reserved
 - 1 (12-ounce) jar roasted red peppers, drained
 - 3 garlic cloves
 - 2 tablespoons fresh lemon juice
 - 2 tablespoons olive oil
 - 1 teaspoon ground cumin
 - 1 teaspoon salt
1. In a food processor, combine all ingredients, including reserved garbanzo bean liquid. Process until mixture is smooth and no lumps remain, scraping down sides of bowl as needed.
 2. Serve immediately, or cover and chill until ready to serve.



Turkey Wraps



Whether you're watching your carbs or not, this turkey wrap packed with veggies is a must-have. It's a knock-out lunch and it's also great cut into pinwheels for a healthy snack or appetizer.

Serves: 6

- $\frac{2}{3}$ cup light or regular mayonnaise
 - $\frac{1}{4}$ cup seasoned rice vinegar (original, red pepper or roasted garlic)
 - $\frac{1}{2}$ teaspoon ground cumin
 - $\frac{1}{4}$ teaspoon salt
 - 6 (8-inch) flour tortillas, warmed
 - 6 leaves curly or red-leaf lettuce
 - $\frac{1}{2}$ pound deli-sliced plain or smoked turkey (see Tips)
 - $\frac{3}{4}$ cup matchstick carrots
 - 1 $\frac{1}{2}$ cups (6 ounces) shredded Monterey Jack cheese
 - 2 scallions (green onions), thinly sliced
1. In a small bowl, make dressing by combining the mayonnaise, rice vinegar, cumin, and salt; mix well.
 2. Spread 1 tablespoon dressing over each tortilla; top each with a lettuce leaf. Divide the turkey, carrots, cheese, and scallions evenly over the lettuce. Drizzle with additional dressing then fold the bottom of each tortilla over the filling and roll up burrito-style.

Tips

Deli ham or roast beef may be used in place of turkey. The wraps may be prepared, wrapped in plastic wrap and refrigerated up to 1 hour before serving.



Orange Dream Shake



You can whip up this healthy shake in seconds in your blender! It gets its creaminess from tangy orange sherbet and frozen vanilla yogurt, and the low-fat milk makes it perfect snacking for anyone watching their calories.

Serves: 1

- $\frac{1}{4}$ cup orange sherbet
- $\frac{1}{4}$ can frozen vanilla yogurt
- $\frac{1}{2}$ cup low-fat milk
- $\frac{1}{4}$ teaspoon vanilla extract

1. Place all ingredients in a blender jar, cover, and blend until smooth. Serve immediately.



Entrées

Balsamic Chicken

Balsamic chicken has unmistakably rich flavor, and this light version tastes so good, nobody will believe it's healthy, too!

Serves: 4

Marinating Time: 30 min

Cooking Time: 15 min

- 1/4 cup balsamic vinegar
 - 2 tablespoons olive oil
 - 1 1/2 teaspoons garlic powder
 - 1/4 teaspoon salt
 - 1/4 teaspoon black pepper
 - 4 (5-ounce) boneless, skinless chicken breast halves
1. Combine all ingredients in a large resealable plastic storage bag; mix well. Seal, and marinate in refrigerator 30 minutes.
 2. Heat a grill pan over medium heat until hot. Place chicken on pan, discarding excess marinade, and cook 6 to 10 minutes per side, or until no pink remains and juices run clear.

Nutritional Information

Per serving: Exchanges: 5 Very Lean Meat, 1/2 Fat.

Calories 199, Calories from Fat 59, Total Fat 7g, Saturated Fat 2g, Cholesterol 85mg, Sodium 144mg, Carbohydrate 2g, Dietary Fiber 0g, Sugars 1g, Protein 31g

Nutritional analysis courtesy of the American Diabetes Association



Chicken Bolognese



Our version of Chicken Bolognese is a lighter twist on the traditional Italian-style Bolognese sauce. Made with ground chicken and served over heart-healthy whole grain pasta, it tastes just as rich and hearty as the original.

Serves: 5

- 1 tablespoon olive oil
 - 1 pound ground chicken
 - 1 large carrot, peeled and diced
 - 1 celery stalk, diced
 - 1 medium-sized onion, chopped
 - 2 garlic cloves, minced
 - $\frac{1}{2}$ teaspoon salt
 - $\frac{1}{2}$ teaspoon black pepper
 - 1 (28-ounce) can crushed tomatoes
 - 1 tablespoon granulated sugar
 - 2 teaspoons dried basil
 - 1 teaspoon dried oregano
 - 1 pound (16 ounces) bow tie pasta
1. In a large pot, heat oil over medium-high heat; brown chicken for 5 to 6 minutes. Add carrot, celery, onion, garlic, salt, and pepper; cook for 4 to 5 minutes, or until onion is tender, stirring occasionally.
 2. Add remaining ingredients except pasta; cover and reduce heat to low. Simmer 20 to 25 minutes, stirring occasionally.
 3. Meanwhile, cook pasta according to package directions; drain. Serve sauce over bow ties.



Oven-Fried Drumsticks



This healthier recipe for fried chicken minus the frying will surely fit your goal to eat right. It's an oven-baked chicken with a crispy coating that tastes terrific!

Serves: 4

Cooking Time: 50 min

- 1/4 cup all-purpose flour
 - 1 egg
 - 1/4 cup low-fat (1%) milk
 - 1 cup coarsely crushed oven-toasted corn cereal
 - 1/2 teaspoon dried oregano
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon onion powder
 - 1/2 teaspoon paprika
 - 1/2 teaspoon dried basil
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
 - 8 chicken drumsticks, skin removed
 - Cooking spray
1. Preheat oven to 375°F. Coat a rimmed baking sheet with cooking spray.
 2. Place flour in a shallow dish. In a second shallow dish, beat eggs with milk. In a third shallow dish, mix crushed cereal with seasonings.
 3. Dip chicken in flour then into egg mixture then into cereal mixture, coating evenly with each. Arrange chicken on prepared baking sheet and coat with cooking spray.
 4. Bake 25 minutes then turn chicken and bake 25 more minutes, or until chicken is golden and no pink remains.



Jammin' Pork Tenderloin

Making food that's heart-healthy doesn't mean sacrificing taste. The flavors of the citrus and honey in here blend well to deliver the perfect glaze for this tender pork loin that's sure to excite your taste buds.

Serves: 8

- 1/4 cup honey
 - 1/3 cup lime juice
 - 1 teaspoon grated lime peel
 - 2 garlic cloves, minced
 - 2 tablespoons yellow mustard
 - 1/2 teaspoon salt
 - 1/2 teaspoon black pepper
 - 2 pork tenderloins (2 pounds total), well trimmed
1. In a large resealable plastic storage bag, combine all ingredients except tenderloins; mix well. Add tenderloins, seal, and marinate in refrigerator at least 4 hours, or overnight, turning bag occasionally.
 2. Preheat broiler. Place pork on a broiler pan or rimmed baking sheet; discard marinade. Broil 7 to 9 minutes per side, or until desired doneness.
 3. Slice tenderloins across the grain, and serve.

Nutritional Information

Serving Size: 4 to 5 slices

Exchanges: 1/2 Carbohydrate, 3 Very Lean Meat, 1/2 Fat

Per serving: Calories 154, Calories from Fat 38, Total Fat 4g, Saturated Fat 1g, Cholesterol 65mg, Sodium 144mg, Carbohydrate 5g, Dietary Fiber 0g, Sugars 5g, Protein 24g

Nutritional analysis courtesy of the American Diabetes Association



Mardi Gras Gumbo



Once your crew gets a whiff of this gumbo, your kitchen just may become a stop on the Mardi Gras parade route! And why ruin the celebration by telling them this is a healthy all-in-one meal? Have fun! This festive Mardi Gras dish needs just a small scoop of cooked rice to help us sop up all its flavorful juices.

Serves: 10

- 1 pound boneless, skinless chicken breasts, cut into 1-inch chunks
 - 1 pound boneless, skinless chicken thighs, cut into 1-inch chunks
 - 1 (28-ounce) can diced tomatoes, undrained
 - 1 (15-1/4-ounce) can whole-kernel corn, drained
 - 1 (16-ounce) package frozen cut okra, thawed
 - 2 (14-ounce) cans reduced-sodium chicken broth
 - 1 tablespoon hot pepper sauce
 - 1/2 teaspoon liquid smoke
 - 1 teaspoon black pepper
1. In a soup pot, combine all ingredients over high heat and bring to a boil.
 2. Reduce heat to medium and simmer 40 to 45 minutes, or until no pink remains in chicken and gumbo thickens, stirring occasionally.

Nutritional Information

Serving Size: About 1-1/2 cups. Exchanges: 1/2 Starch, 3 Very Lean Meat, 1 Vegetable

Per Serving: Calories 163, Calories from Fat 26, Total Fat 3g, Saturated Fat 1g, Cholesterol 63mg, Sodium 478mg, Carbohydrate 11g, Dietary Fiber 2g, Sugars 4g, Protein 23g

Nutritional analysis courtesy of the American Diabetes Association



Penne with Veggies



This healthy pasta option is chock-full of fresh taste! What makes it extra-special is that it cooks up in less time than it would take to order take-out. And the taste? As they say in Italy, "Molto Bene!"

Serves: 5

Cooking Time: 25 min

- 2 tablespoons olive oil
 - 1 tablespoon chopped fresh garlic
 - 1/2 cup chopped red onion (about 1/4 onion)
 - 1 cup chopped carrots (about 2 medium carrots)
 - 1 cup broccoli florets, cut in half
 - 1 medium-sized yellow bell pepper, chopped
 - 1 (26-ounce) jar marinara sauce
 - 1/2 teaspoon salt
 - 1/8 teaspoon crushed red pepper
 - 1 (10-ounce) package fresh spinach
 - 1 (16-ounce) package penne pasta
 - 2 tablespoons chopped fresh basil
 - 1/4 cup grated Parmesan cheese
1. In a soup pot, heat oil over medium heat and sauté garlic, onion, carrots, broccoli, and yellow pepper for 5 minutes, or until soft.
 2. Stir in marinara sauce, salt, crushed red pepper, and spinach; reduce heat to low and simmer 15 minutes.
 3. Meanwhile, prepare pasta according to package directions; drain well. Toss pasta with sauce mixture and sprinkle with basil and Parmesan cheese.

Recipe adapted from and courtesy of www.dreamfieldsfoods.com.



Portobello Pizza



Portobello Pizza is perfect for vegetarians and anyone who wants healthy, great-tasting, different foods. It substitutes a large portobello mushroom for a doughy pizza crust. Even better? It can be made in less than ten minutes!

Serves: 2

- 1 teaspoon extra-virgin olive oil
 - 1 garlic clove, minced
 - 1 (6-ounce) package portobello mushroom caps (4 to 5), cleaned
 - $\frac{1}{4}$ teaspoon salt
 - $\frac{1}{8}$ teaspoon black pepper
 - 6 slices (4 ounces total) mozzarella cheese
 - 2 ripe tomatoes, cut into $\frac{1}{2}$ -inch slices and grilled or roasted
 - 5 fresh basil leaves, chopped
1. Preheat oven to 450°F. Coat a pizza pan with cooking spray.
 2. In a small bowl, combine olive oil and garlic. Brush mushroom caps on all sides with garlic mixture then place upside-down in a circle on pizza pan. Season with salt and pepper then top evenly with mozzarella cheese, tomato, and chopped basil.
 3. Bake 3 to 4 minutes, or until warmed through and the cheese is melted.

Adapted from The South Beach Diet by, and courtesy of, Arthur Agatston, M.D.



Turkey Parmesan Mini Meat Loaves

It's time for a twist on traditional meat loaf! Using healthy ground turkey breast for these mini meat loaves makes 'em healthy plus they're easy to portion and they cook faster than a whole loaf. They taste great, too!

Serves: 3

- $\frac{3}{4}$ pound ground turkey breast
 - 1 small onion, finely chopped
 - 1 cup (4 ounces) shredded mozzarella cheese, divided
 - $\frac{1}{3}$ cup plus 2 tablespoons spaghetti sauce, divided
 - 1 egg
 - 3 tablespoons grated Parmesan cheese
 - 2 tablespoons Italian-flavored bread crumbs
 - 1 teaspoon Italian seasoning
1. Preheat oven to 425°F. Coat a 6-cup muffin tin with cooking spray.
 2. In a large bowl, combine ground turkey, onion, $\frac{3}{4}$ cup mozzarella cheese, $\frac{1}{3}$ cup spaghetti sauce, the egg, Parmesan cheese, bread crumbs, and Italian seasoning; mix well. Divide mixture equally among the muffin cups; brush tops with remaining 2 tablespoons spaghetti sauce and sprinkle with remaining $\frac{1}{4}$ cup mozzarella cheese.
 3. Bake 20 to 25 minutes, or until no pink remains in meat. Serve immediately.

Note

Make this a complete meal by teaming the mini meat loaves with a tossed salad and some penne pasta topped with spaghetti sauce.



Pork and Bean Chili



Mr. Food was honored to have American Diabetes Association spokesperson Nicole Johnson, Miss America 1999, help him demonstrate this nutritious Pork and Bean Chili on his show. It's a good-for-you, tasty dish that we can all enjoy!

Serves: 6

Cooking Time: 45 min

- 1 1/2 pounds pork tenderloin, cut into 1-inch chunks
 - 1 medium-sized onion, chopped
 - 1 small green bell pepper, diced
 - 3 garlic cloves, minced
 - 1 (28-ounce) can diced tomatoes, undrained
 - 1 (15-ounce) can black beans, rinsed and drained
 - 1 cup low-fat, low-sodium beef broth
 - 1 tablespoon chili powder
 - 1 teaspoon ground cumin
 - 1/4 teaspoon ground red pepper
 - Salt and pepper to taste (optional)
1. In a soup pot, sauté pork over high heat for 8 to 10 minutes. Add onion, bell pepper, and garlic, and sauté for 5 minutes.
 2. Add remaining ingredients; mix well and bring to a boil. Reduce heat to medium-low and simmer for 30 to 35 minutes.



Sweet 'n' Spicy Shrimp

Packed with flavor, this sweet yet spicy shrimp dish is like a gift from heaven! That's because it not only tastes great, but it's light, too! Can you believe it?!

Serves: 6

- 2 tablespoons honey
 - 1 tablespoon yellow mustard
 - $\frac{1}{2}$ teaspoon dried minced onion
 - $\frac{1}{4}$ teaspoon ground ginger
 - 1 tablespoon butter
 - 1 pound large shrimp (24 to 30 count), peeled and deveined
 - 2 teaspoons fresh chopped parsley
1. In a small bowl, combine honey, mustard, minced onion, and ginger; mix well and set aside.
 2. In a large skillet, melt butter over medium heat and sauté shrimp for 1 to 2 minutes.
 3. Add honey-mustard mixture to shrimp, stirring until shrimp are pink and sauce is heated through. Sprinkle with chopped parsley and serve immediately.

Nutritional Information

Serves: Serving Size: 4 to 5 shrimp, Total Servings: 6

Exchanges: $\frac{1}{2}$ Carbohydrate, 2 Very Lean Meat

Per Serving: Calories 95, Calories from Fat 23, Total Fat 3g, Saturated Fat 1g, Cholesterol 112mg, Sodium 174mg, Carbohydrate 6g, Dietary Fiber 0g, Sugars 6g, Protein 12g

Nutritional analysis courtesy of the American Diabetes Association



Baked Flounder with Tomatoes

When it's almost dinnertime and you're "flounder-ing" for something easy, here it is! Everybody'll love our light and super-easy recipe for baked flounder over plum tomatoes.

Serves: 3

Cooking Time: 15 min

- 4 medium-sized plum tomatoes, chopped
 - 1 teaspoon salt, divided
 - $\frac{1}{4}$ teaspoon black pepper
 - 1 pound flounder fillets
 - $\frac{1}{2}$ teaspoon dried oregano
 - 1 tablespoon olive oil
 - 1 tablespoon Italian-flavored bread crumbs
1. Preheat oven to 350°F. Coat a 7" x 11" baking dish with cooking spray.
 2. Place tomatoes in bottom of prepared dish. Sprinkle with $\frac{1}{2}$ teaspoon salt and the pepper then place flounder evenly over top and sprinkle with remaining $\frac{1}{2}$ teaspoon salt, the oregano, oil, and bread crumbs.
 3. Bake 12 to 15 minutes, or until fish flakes easily with a fork.

Options

The best thing about this recipe is that it's very light, so it works well with almost any type of white-fleshed fish.



Soups & Salads

Skinny Soup



What's the skinny on eating lighter? This hearty yet healthier homemade soup may be just the answer. Simmer a pot on the stovetop and enjoy the garden-fresh flavors that are bursting with goodness!

Serves: 10

Cooking Time: 1 hr 10 min

- 6 cups water
 - 2 medium-sized white potatoes, peeled and cut into 1-inch chunks
 - 4 large tomatoes, cored and cut into 1-inch chunks
 - 4 medium-sized carrots, peeled and cut into 1-inch chunks
 - 3 medium-sized zucchini, cut into 1-inch chunks
 - 2 medium-sized green bell peppers, coarsely chopped
 - 2 medium-sized onions, coarsely chopped
 - 3 garlic cloves, minced
 - 2 teaspoons salt
 - $\frac{3}{4}$ teaspoon black pepper
 - 2 chicken-flavored bouillon cubes
1. In a soup pot, combine all ingredients; mix well and bring to a boil over high heat.
 2. Reduce heat to medium and cook 1 hour, or until vegetables are tender.

Note

You can give this a bit of extra richness by adding a sprinkle of Parmesan cheese to the top of each serving. And remember, since Parmesan is a strong, flavorful cheese, a little goes a long way!



Thick 'n' Creamy Mushroom Soup



This lighter version of rich and creamy mushroom soup doesn't skimp on taste. It's a quick and easy homemade soup that anyone can enjoy!

Serves: 5

- 1 pound fresh sliced mushrooms
 - 3 ¹/₂ cups ready-to-use reduced-sodium chicken broth
 - ¹/₂ teaspoon onion powder
 - ¹/₈ teaspoon black pepper
 - 1 cup low-fat milk
 - 5 tablespoons all-purpose flour
 - ¹/₄ teaspoon browning and seasoning sauce
1. Coat a soup pot with cooking spray. Add mushrooms and sauté over high heat for 4 to 5 minutes, or until soft, stirring frequently.
 2. Add chicken broth, onion powder, and pepper; bring to a boil then reduce heat to medium-low.
 3. In a small bowl, mix milk and flour until smooth. Gradually add to soup, stirring constantly. Stir in browning and seasoning sauce and simmer 5 more minutes, or until thickened.

Nutritional Information

Per serving:

Exchange: 1 carbohydrate.

Calories: 89, Calories from Fat: 9, Total Fat: 1g, Saturated Fat: 0g, Cholesterol: 2mg, Sodium: 413mg, Carbohydrate: 14g, Dietary Fiber: 1g, Sugars: 4g, Protein: 7g



Couscous Salad



This novel, colorful and healthy chilled couscous salad is party-perfect! With its confetti of diced veggies that add great texture and flavor, it's a super change of pace from traditional cold salads.

Serves: 10

- 2 cups water or broth
 - 1 (10-ounce) package couscous
 - $\frac{1}{4}$ cup olive oil
 - 2 tablespoons fresh lemon juice
 - 2 large tomatoes, chopped
 - 1 medium zucchini, chopped
 - $\frac{1}{2}$ cup fresh basil, chopped
 - 3 scallions (green onions), thinly sliced
 - $\frac{1}{2}$ teaspoon garlic powder
 - 1 teaspoon salt
 - $\frac{1}{2}$ teaspoon black pepper
 - 1 (4-ounce) package crumbled feta cheese
1. In a medium saucepan, bring water or broth to a boil over medium-high heat. Stir in couscous, cover and remove from heat; let stand 5 minutes.
 2. Fluff lightly and place in a large bowl to cool.
 3. Add remaining ingredients except cheese; mix well. Chill at least 2 hours or overnight.
 4. Stir in cheese just before serving.



Edamame Garden Salad



The popular Asian soybean, edamame, turns this ordinary corn and bean garden salad into something extraordinary. Edamame Garden Salad is a healthy go-along that fits any of your main-dish favorites.

Serves: 6

- 1/2 cup olive oil
 - 1/4 cup natural flavor rice vinegar
 - 1 teaspoon lemon juice
 - 1 teaspoon chopped fresh garlic
 - 1 teaspoon salt
 - 1/4 teaspoon black pepper
 - 2 cups edamame, cooked according to package directions (see Note)
 - 1 cup black beans, rinsed and drained
 - 1 cup frozen corn, thawed
 - 1 cup halved cherry tomatoes
 - 1/2 red onion, chopped
 - 1/2 green bell pepper, chopped
 - 1/2 red bell pepper, chopped
 - 2 tablespoons chopped fresh cilantro
1. In a small bowl, combine olive oil, rice vinegar, lemon juice, garlic, salt, and black pepper; mix well and set aside.
 2. In a large bowl, combine remaining ingredients. Pour dressing over salad and toss until evenly coated. Refrigerate until ready to serve.

Note

Edamame can usually be found in the freezer section of the supermarket, either in the vegetable or ethnic food section.



Piña Colada Salad



This tropical recipe gives us another way to enjoy the tastes of a popular island drink...in a good-for-us salad featuring healthy Bright Lights greens.

Serves: 8

Preparation Time: 10 min

- 1 bunch Bright Lights, cut into bite-sized pieces (about 14 cups) (see Notes)
 - 1 (20-ounce) can pineapple chunks, drained
 - 1 (8.5-ounce) can cream of coconut
 - $\frac{1}{4}$ cup apple cider vinegar
 - 1 (0.7-ounce) package dry Italian salad dressing mix
1. In a large bowl, combine Bright Lights and pineapple chunks.
 2. In a small bowl, combine remaining ingredients; mix well. Pour dressing over salad then toss to mix; serve.

Notes

- Bright Lights is a new generation of the popular leafy green Swiss chard. It features oversized leaves and a delicate flavor, and is available in exciting colors like gold, orange, pink, red, and white with leaves that are mostly medium to deep green with colorful veins throughout.
- You can give this salad even more color, texture and flavor by garnishing it with a few maraschino cherry halves just before serving.



Side Dishes

Zucchini Rice



If you've got a hankerin' for a hearty side dish and just can't make up your mind whether to make rice or veggies, this easy-to-make go-along (with the bonus of healthy zucchini) has it covered! Who said it's tough to get 'em to eat their veggies?

Serves: 4

- 3 tablespoons vegetable oil
 - 1 large zucchini, cut into 1/2-inch chunks (see Options)
 - 1 medium-sized onion, chopped
 - 2 cups uncooked fine egg noodles
 - 2 (14-1/2-ounce) cans ready-to-serve chicken broth
 - 1 (6-ounce) package long-grain and wild rice mix with seasoning packet
1. In a large skillet, heat oil over medium-high heat. Add zucchini and onion, and sauté 6 to 8 minutes, or until lightly browned.
 2. Add noodles to skillet and cook 4 to 6 minutes, or until browned, stirring occasionally. Add remaining ingredients; mix well and bring to a boil.
 3. Reduce heat to low, cover, and simmer 20 to 25 minutes, or until all the liquid is absorbed.

Options

We call for zucchini here, but just about any fresh vegetable can be chopped and added to the dish, depending upon what you have in the veggie bin.



Homestyle Grilled Veggies

This easy recipe for grilled veggies is a healthy go-along for any meal. Flavorful and light, it's a super way to get the gang to eat their veggies.

Serves: 4

Cooking Time: 6 min

- 3 medium-sized yellow squash, sliced 1/4-inch lengthwise
 - 2 medium-sized green zucchini, sliced 1/4-inch lengthwise
 - 1 each red and green bell pepper, seeded and quartered
 - 1/4 cup canola oil
 - 1 teaspoon lemon juice
 - 1/2 teaspoon garlic powder
 - 1/2 tablespoon onion powder
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
1. Preheat outdoor or indoor grill to medium-high heat. In a large bowl, combine all the vegetables.
 2. In a small bowl, combine remaining ingredients, mix well. Drizzle over vegetables or place in a resealable plastic bag and toss until well coated.
 3. Place vegetables on grill for 6 to 8 minutes, or desired tenderness, turning them over once during grilling.

Recipe adapted from Canola Gourmet Cookbook



Italian Style Stuffed Tomatoes with White Beans



This side dish is the stuff that cooks' dreams are made of! You'll be the top tomato in your house when you serve this hearty yet healthy baked stuffed tomato that tastes downright terrific!

Serves: 4

- 4 large ripe tomatoes
 - 3 tablespoons olive oil, divided
 - $\frac{1}{2}$ cup finely chopped onion
 - 2 teaspoons minced garlic
 - $\frac{1}{8}$ teaspoon ground red pepper
 - 1 (19-ounce) can white beans, drained and rinsed
 - 4 tablespoons grated Parmesan cheese, divided
 - 2 tablespoons Italian-flavored bread crumbs
1. Cut the top off each tomato; with a spoon, scoop out and discard most of the pulp and seeds. Brush outsides of tomato shells with 1 tablespoon oil; place tomatoes in a microwave-safe dish.
 2. In a medium skillet, heat 1 tablespoon oil over medium-high heat. Add onion, and cook for about 4 minutes, until it starts to brown, stirring constantly. Stir in garlic and red pepper and cook for 30 seconds.
 3. Stir in beans and bring to a boil; stir in 3 tablespoons Parmesan cheese. Fill each tomato shell with bean mixture, dividing evenly.
 4. In a cup, combine bread crumbs and remaining 1 tablespoon oil. Sprinkle over tomatoes. Lightly cover and microwave on high power until tomatoes are tender but retain their shape, about 4 minutes. Sprinkle with remaining 1 tablespoon Parmesan cheese, and serve.

Serving Suggestions

These stuffed tomatoes make great appetizers or go-alongs for grilled steak, chicken, or fish.



Apple-Stuffed Acorn Squash

Have you had your pectin today? Apples are full of the stuff! Pectin is a soluble fiber, which can lower blood cholesterol levels, so it's just another reason you'll enjoy our apple-stuffed acorn squash.

Serves: 6

Cooking Time: 1 hr 5 min

- 1 acorn squash (1 pound), cut in half lengthwise and seeded
 - $\frac{1}{2}$ cup unsweetened applesauce
 - 2 tablespoons corn oil or stick margarine, melted
 - $\frac{1}{2}$ teaspoon ground cinnamon
 - $\frac{1}{4}$ teaspoon salt
1. Preheat oven to 400°F. Place squash halves cut-side up on a rimmed baking sheet.
 2. In a medium bowl, combine remaining ingredients; mix well. Distribute mixture evenly in squash halves.
 3. Bake 1 to 1- $\frac{1}{4}$ hours, or until tender. Cut each squash half lengthwise into thirds, and serve.

Nutritional Information

Serving Size: 1/6 squash, Exchanges: 1/2 Starch, 1/2 Fat

Calories: 62, Calories from Fat: 37, Total Fat: 4g, Saturated Fat: 0.8g, Cholesterol: 0mg, Sodium: 136mg, Total Carbohydrate: 7g, Dietary Fiber: 2g, Sugars: 3g, Protein: 1g

Nutritional analysis courtesy of the American Diabetes Association



Desserts

Apple Crisp

Miss America 1999, Nicole Johnson, joined Mr. Food on his show to share this favorite apple recipe of hers that everybody will love, including people on diabetic diets. As a diabetic herself, she knows that eating healthy doesn't mean sacrificing flavor.

Serves: 6

- 6 medium apples, cored, peeled and thinly sliced
 - $\frac{1}{4}$ cup plus 2 tablespoons all-purpose flour, divided
 - 1 tablespoon sugar
 - $\frac{1}{2}$ teaspoon ground cinnamon
 - $\frac{1}{2}$ cup quick-cooking rolled oats
 - 3 tablespoons light brown sugar
 - 2 tablespoons reduced-fat margarine
1. Preheat oven to 400°F. Coat a 9-inch microwave-safe pie plate with cooking spray.
 2. In a large bowl, combine apples, 2 tablespoons flour, the sugar, and cinnamon; mix well. Spoon into pie plate and cover with wax paper. Microwave on high power for 4 to 6 minutes, or until the apples are soft.
 3. Meanwhile, in a medium bowl, combine remaining $\frac{1}{4}$ cup flour, the oats, and brown sugar; mix well. With a fork, blend in margarine until crumbly; sprinkle over apples.
 4. Bake 20 to 25 minutes, or until golden and bubbly. Serve warm.

Nutritional Information

Serving Size: $\frac{1}{2}$ cup

Per serving: Exchanges: 2 Carbohydrate

Total Carbohydrate: 32 grams, Dietary Fiber: 3 grams, Sugars: 22 grams

Recipe courtesy of "Diabetes Forecast" magazine. For more information on diabetes, check out the American Diabetes Association Web site at www.diabetes.org or call 1-800-DIABETES.



Watermelon Banana Split



This refreshing eye-catching twist on a banana split features lycopene-rich watermelon scoops in place of ice cream, which is higher in fat and calories. It's a healthy option that scores big points for looks and taste!

Serves: 4

Preparation Time: 10 min

- 2 bananas
 - 1 medium watermelon
 - 1 cup fresh blueberries
 - 1 cup fresh pineapple
 - 1 cup sliced fresh strawberries
 - $\frac{1}{4}$ cup caramel fruit dip
 - $\frac{1}{4}$ cup honey roasted almonds
1. Peel bananas and cut in half lengthwise then cut each piece in half. For each serving, lay 2 banana pieces against the sides of each of 4 banana split or other shallow dishes.
 2. Using an ice cream scoop, place 3 watermelon "scoops" between the banana slices in each dish. Remove seeds if necessary.
 3. Top each watermelon "scoop" with a different fruit -- one with blueberries, one with pineapple tidbits, and one with sliced strawberries. Drizzle caramel fruit dip over the top, sprinkle with almonds and serve.

Recipe adapted from and courtesy of the National Watermelon Promotion Board. For more watermelon information and recipes, go to www.watermelon.org.



Zucchini Cookies

Zucchini Cookies have healthy ingredients, yet chocolate lovers still grab 'em up 'cause they're packed with chocolate chips. Yep, here's a cookie you can feel great about sharing.

Makes about 4 dozen.

Cooking Time: 15 min

- 1/2 cup (1 stick) butter, softened
 - 1 cup sugar
 - 1 egg, beaten
 - 2 cups all-purpose flour
 - 1 teaspoon baking soda
 - 1 teaspoon ground cinnamon
 - 1/2 teaspoon salt
 - 1 cup grated zucchini (about 1 small zucchini)
 - 1 cup raisins
 - 1 cup chopped walnuts
 - 1 cup (6 ounces) semisweet chocolate chips
1. Preheat oven to 350°F. Coat baking sheets with cooking spray.
 2. In a large bowl, cream the butter and sugar until light and fluffy. Gradually add the egg, flour, baking soda, cinnamon, and salt; mix well. Stir in the zucchini, raisins, walnuts, and chocolate chips then drop by teaspoonfuls 2 inches apart onto prepared baking sheets.
 3. Bake 15 to 20 minutes, or until golden. Do not over-bake. Allow to cool 2 to 3 minutes then remove to wire racks to cool completely.



Banana Cream Pie



This easy, light pie recipe is a diner-worthy version that's big on flavorful comfort, without the guilt. No need to sacrifice taste with our easy-as-pie Banana Cream Pie!

Serves: 8

- 1 (4-serving) package sugar-free cook-and-serve vanilla pudding mix
 - 1 cup fat-free (skim) milk
 - 1 large ripe banana, peeled and sliced
 - 1 (9-inch) reduced-fat graham cracker pie crust
 - 1 (8-ounce) container frozen fat-free whipped topping, thawed and divided
1. In a medium saucepan, combine pudding mix and milk, and cook over medium heat until thickened, stirring constantly. Remove from heat, cover surface of pudding with wax paper, and let cool.
 2. Place banana slices on bottom of pie crust. Fold half the whipped topping into the cooked pudding.
 3. Spoon pudding mixture evenly over bananas then spoon remaining whipped topping over pudding mixture. Cover and chill at least 4 hours, or until ready to serve. Serve as is or garnish as desired.

Nutritional Information

Per serving: Exchanges: 2 Carbohydrate, 1/2 Fat

Calories 173, Calories from Fat 33, Total Fat 4g, Saturated Fat 0.6g, Cholesterol 1mg, Sodium 183mg, Carbohydrate 32g, Dietary Fiber 0g, Sugars 13g, Protein 2g

Nutritional analysis courtesy of the American Diabetes Association



Chocolate Spa Cake

Can the words "chocolate" and "spa" be used in the same sentence? Of course they can! And topping each serving of our Chocolate Spa Cake with a spoonful of light whipped topping or low-fat yogurt and fresh berries is, well, the icing on the cake!

Serves: 24

Baking Time: 22 min

- $\frac{3}{4}$ cup (4-1/2 ounces) semisweet chocolate chips
 - 3 tablespoons low-fat (1%) milk
 - 2 tablespoons unsalted margarine
 - 1 cup sugar
 - 3 eggs
 - 1 cup whole-wheat flour
 - 1 cup all-purpose flour
 - 2 teaspoons baking soda
 - 2 cups chilled coffee
1. Preheat oven to 350°F. Coat a 9" x 13" baking dish with cooking spray.
 2. In a small saucepan, melt chocolate chips in milk over low heat; set aside.
 3. In a large bowl, beat margarine and sugar until creamy. Add eggs one at a time, mixing well after each addition. Add chocolate mixture; mix until thoroughly combined. Add whole-wheat and all-purpose flours, the baking soda, and coffee; continue beating until well combined.
 4. Pour batter into baking dish and bake 22 to 25 minutes, or until a wooden toothpick inserted in center comes out clean. Allow to cool completely then cut into squares, and serve.



Double Chocolate Brownies



One bite of my sinfully rich Double Chocolate Brownies, and you'll never use another recipe again! Whether you're eating lighter or not, these brownies are an incredible treat.

Serves: 16

Cooking Time: 25 min

- $\frac{2}{3}$ cup all-purpose flour
- $\frac{2}{3}$ cup sugar
- $\frac{1}{2}$ cup unsweetened cocoa
- $\frac{1}{4}$ cup (1/2 stick) butter, melted
- 2 tablespoons water
- 1 tablespoon vanilla extract
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{3}$ cup egg substitute
- $\frac{1}{4}$ cup fat-free hot fudge sauce, warmed

1. Preheat oven to 350°F. Coat an 8-inch square baking dish with cooking spray.
2. In a large bowl, combine all ingredients except fudge sauce; mix well then spread half the batter in prepared baking dish. Top with hot fudge sauce then spread remaining batter over sauce.
3. Bake 25 to 30 minutes, or until a toothpick inserted in center comes out clean. Cool completely then cut into squares and serve.

Nutritional Information

Serving Size: 1 square

Per serving: Calories: 98, Calories from Fat: 30, Total Fat: 3g, Saturated Fat: 2g, Cholesterol: 8mg, Sodium: 69mg, Carbohydrate: 17g, Dietary Fiber: 1g, Sugars: 11g, Protein: 2g

Nutritional analysis courtesy of the American Diabetes Association



Tips

A Rainbow of Healthy Options



What's in the pot of gold at the end of the produce rainbow? Good health and nutrition. Yep, colorful fruits and vegetables contain natural chemicals and enzymes that help our bodies run. So, color your world and your plate with a load of 'em.

We eat with our eyes, and that's why colorful foods always appeal to our senses. In fact, they actually may add years to our life.

There are no guarantees, of course, but the natural pigments that make our fruits and veggies so bright make them powerhouses when it comes to protecting our bodies from diseases as we age. Research proves that the so-called "good stuff" in our produce rainbow is a compound called a phytonutrient. Basically, that's just an organic part of a plant that's thought to promote good health.

What does this mean for us?

- The red in tomatoes and in cranberries just might be heart-healthy for us and reduce the risk of some cancers, just as antioxidant-rich vegetables like Salad Savoy and dark leafy greens are also said to do.
- Heart-healthy purple fruit like Concord grapes and the blue in blueberries do that, too, while also boosting our brain power.
- The yellow in corn has been linked to fighting one of the causes of blindness in the elderly.
- We all know that the beta carotene in orange foods like carrots and sweet potatoes are good for our eyes, but did you know that they also may reduce cholesterol, making them heart-healthy?

All this gives us food for thought, because this rainbow of delicious options gives us double reason to appreciate the...

"OOH IT'S SO GOOD!!®"

For a tasty dose of good-for-you vegetables and beans, try our [Hearty Minestrone Soup](#).



Sizing Up a Serving and a Portion



The surprising facts about the differences between a serving size and the portion size that winds up on your plate are shared in this eye-opening Mr. Food segment about food nutrition labels. It's important to know your servings from your portions.

What's the difference between a "serving" and a "portion"?

Ever stepped on a scale and found that you've gained a few pounds, yet you don't know why, since you've been watching what you eat? Even if you're buying low-fat and low-calorie foods, you might be confusing the amount of calories and other nutrition information that pair suggested serving sizes with the actual portions that you eat.

That's because there's a big difference. It's pretty easy to size up one serving of fruit or veggies – generally it's the size of your fist – and that works pretty well, for instance:

- 1 apple or 1 baked potato should fill you up
- For meat, fish or poultry, a deck of cards (or about 4 ounces) is the model for the suggested serving size. The average person might eat what the USDA determined to be THREE (4-ounce) portions, so if you're eating a big steak thinking you're within the guidelines, think again.
- For packaged items, read the food labels. Never assume that one can of soup is one serving – it's usually not...and we could wind up eating enough soup for two.
- The same goes for salad dressing: a serving could be a couple tablespoons, not the "drown our greens" situation that often happens, meaning our healthy salad now becomes something that makes us tip the scale.
- For snacks, try divvying them up into smaller bags for individual portions; this can help prevent you from possibly munching on an entire day's calorie intake in one snack attack.



Mr. Food Light, Simple & Tasty Recipes eCookbook

Free eCookbook from www.MrFood.com

Included in this eCookbook:

34 Recipes and tips to make your menus light, simple & tasty, including:

- Turkey Wraps
- Oven-Fried Drumsticks
- Homestyle Grilled Veggies
- Banana Cream Pie

...plus lots more!