



# Lighten Up!

**20 Tasty & Healthy Recipes for the New Year**



**A Free eCookbook from Mr. Food**

**"OOH IT'S SO GOOD!!"**



## **Lighten Up!: 20 Tasty & Healthy Recipes for the New Year from Mr. Food**

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TEST KITCHEN

Dear Friend,

Happy New Year from the Mr. Food Test Kitchen! If you're anything like us, you've been enjoying all of your favorite holiday dishes for weeks now. And now that a New Year is upon us, many of us are making a resolution to eat lighter.

With our latest free eCookbook, "Lighten Up: 20 Tasty & Healthy Recipes for the New Year from Mr. Food," we're ready to help you lighten up with quick and easy recipes that will tantalize your taste buds without tipping the scale. You'll soon learn that eating lighter doesn't have to mean giving up on all of our favorite foods!

You'll become a believer once you nibble on one of our tastiest appetizers, like **Parmesan Spinach Dip**. We're betting you'll love our change-of-pace soups and salads, too! And you won't even believe main dish recipes like our **Not Fried "Fried" Chicken** are as good for you as they taste. Think you can't enjoy sweets? Think again! We've got everything from a sinful **Peanut Butter Cup Pie** to **Lighter Chocolate Chip Cookies**. Yes, our versions taste decadent but will keep you on track to meet your goals. With recipes this good-tasting that are simple to make, you may just find some of those pounds melting away like snow this 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 2012 mealtime line-up, and every one of them will be an...

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*Mr. Food*  
and the Test Kitchen



P.S. Enjoy this eCookbook packed with 20 healthy yet satisfying recipes sure to please 'em all. Remember, the Lighten Up: 20 Tasty & Healthy Recipes for the New Year from Mr. Food eCookbook is available FREE, with many others also available on [www.MrFood.com](http://www.MrFood.com). Go on, tell your friends to visit MrFood.com, so they too can get their very own FREE copies!



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# 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 article about food nutrition labels.

## ***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.

It's important to know your servings from your portions. That should help keep you from tipping your scale and overdoing the...

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# Parmesan Spinach Dip

What a combo...this dip and almost anything! Parmesan Spinach Dip goes really well with pita chips, toasted thin bagel slices, and fresh cut vegetables.

## Ingredients

2 (10-ounce) packages frozen chopped spinach, thawed and squeezed dry  
1 (8-ounce) package reduced-fat cream cheese, softened  
1/2 cup freshly grated Parmesan cheese (1 tablespoon reserved for topping)  
1/3 cup fat-free mayonnaise  
2 tablespoons fresh lemon juice  
1 teaspoon garlic powder  
1 (8-ounce) can sliced water chestnuts, drained and chopped

Serves: 12

Cooking Time: 30 minutes



## Directions

1. Preheat oven to 350 degrees F. Coat a 2-quart casserole dish or 9-inch pie plate with cooking spray.
2. In a medium bowl, beat spinach, cream cheese, all but the reserved 1 tablespoon Parmesan cheese, mayonnaise, lemon juice, and garlic powder until well blended. Stir in water chestnuts then spoon mixture into prepared pie plate. Sprinkle with reserved 1 tablespoon Parmesan cheese then cover with aluminum foil.
3. Bake 15 minutes; remove foil and cook an additional 15 to 20 minutes, or until heated through. Serve immediately.

## Nutritional Information

Serving Size: 2 tablespoons, Exchanges: 1 Vegetable, 1/2 Fat, Calories 42, Calories from Fat 19, Total Fat 2 g, Saturated Fat 1.4 g, Cholesterol 8 mg, Sodium 146 mg, Total Carbohydrate 3 g, Dietary Fiber 1 g, Sugars 1 g, Protein 3 g

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# Buffalo Chicken Strips

To capture that traditional Buffalo wing flavor, serve these Buffalo Chicken Strips with celery sticks and low-fat blue cheese

## Ingredients

Serves: 5

Cooking Time: 10 minutes

- 1 tablespoon corn oil or margarine
- 1 1/2 pounds boneless, skinless chicken breasts, cut into 15 strips
- 1/4 cup hot cayenne pepper sauce

## Directions

1. In a large skillet, melt corn oil or margarine over medium-high heat.
2. Add chicken and hot pepper sauce and cook 6 to 8 minutes, turning occasionally, until chicken is no longer pink and sauce thickens and coats chicken. Serve immediately.

## Nutritional Information

Serving Size: 3 strips, Exchanges: 4 Very Lean Meat, 1 Fat, Calories 176, Calories from Fat 50, Total Fat 6g, Saturated Fat 1.4g, Cholesterol 79mg, Sodium 164mg, Total Carbohydrate 0g, Dietary Fiber 0g, Sugars 0g, Protein 29g

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# Texas Caviar

Hold on, Pardner! There're no fish eggs in our Texas Caviar. Texan's have a different idea of what most of us think of as caviar and one taste of this change of pace nibbler will surely have you hooked!

## Ingredients

2 (15-ounce) cans black-eyed peas, rinsed and drained

1/2 onion, finely chopped

1 tablespoon chopped fresh cilantro

1 tomato, finely chopped and drained

1 fresh jalapeño pepper, stem and seeds removed, coarsely chopped

1/2 cup bottled Italian dressing

Serves: 6    Preparation Time: 2 hours



## Directions

1. In a large bowl, combine all ingredients except dressing. Pour dressing over top and toss to coat well.
2. Cover and chill until ready to serve.

## Nutritional Information

Per serving: 127 calories, 53 calories from fat, 6g total fat, 1g saturated fat, 0mg cholesterol, 565mg sodium, 15g carbohydrates, 3g fiber, 3g sugar, 4g protein

3

# Nutty Stuffed 'Shrooms

Our recipe for Nutty Stuffed 'Shrooms gives us a double dose of the healthy benefits of both nuts and mushrooms. Plus you simply can't beat the taste.

## Ingredients

Serves: 8

Cooking Time: 25 minutes

16 large mushrooms (about 1 pound)	2 tablespoons fat-free sour cream
1/2 a small onion, minced	2 tablespoons chopped fresh parsley
1/4 cup unsalted pistachios, coarsely chopped	1/4 teaspoon black pepper
1 tablespoon canola oil	Dash of hot pepper sauce
1/3 cup crushed pretzels	

## Directions

1. Preheat oven to 350 degrees F. Remove mushroom stems from caps; finely chop stems.
2. In a large skillet, sauté chopped mushroom stems, onion, and pistachios in oil over medium heat 2 to 4 minutes, or until stems and onion are tender. Remove from heat and stir in remaining ingredients; mix well.
3. Stuff each mushroom cap and place on a large ungreased rimmed baking sheet. Bake 20 to 25 minutes, or until mushrooms are tender.

## Nutritional Information

Serving Size: 2 mushrooms, Exchanges: 1/2 Carbohydrate, 1/2 Fat, Calories 69, Calories from Fat 35, Total Fat 4 g, Saturated Fat 0.4 g, Cholesterol 0 mg, Sodium 45 mg, Total Carbohydrate 7 g, Dietary Fiber 1 g, Sugars 2 g, Protein 3 g

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# Mexican Tortilla Soup

Mexican Tortilla Soup is an unexpected treat when you're looking for a warming way to start your meal. Why, it's even hearty enough for a light meal all by itself or with a salad or quesadillas.

## Ingredients

1 tablespoon vegetable oil  
1 pound boneless, skinless chicken breast, cut into 1/2-inch chunks  
1 red bell pepper, coarsely chopped  
3 garlic cloves, minced  
5 1/4 cups reduced-sodium chicken broth  
1 (10-ounce) package frozen whole kernel corn  
1/2 cup salsa  
1/4 cup chopped fresh cilantro  
1 cup broken-up baked tortilla chips

**Serves:** 8    **Cooking Time:** 15 minutes



## Directions

1. In a soup pot, heat oil over medium heat. Add chicken, bell pepper, and garlic, and cook about 3 minutes, or until chicken is browned on outside, stirring frequently.
2. Stir in chicken broth, corn, and salsa; bring to a boil. Reduce heat to low, cover, and simmer for 5 minutes, or until chicken is no longer pink.
3. Stir in cilantro, ladle into bowls, and serve topped with tortilla chips.

## Nutritional Information

Serving Size: 1 cup, Exchanges: 1 Starch, 2 Very Lean Meat Calories 149, Calories from Fat 32, Total Fat 4 g, Saturated Fat 0 g, Cholesterol 34 mg, Sodium 417 mg, Total Carbohydrate 13 g, Dietary Fiber 2 g, Sugars 3 g, Protein 16 g

5

# Round 'Em Up Bean Soup

Some like it hot, and some don't, so if you want to turn down the heat in our hearty Round 'em Up Bean Soup, simply use a mild-flavored sausage.

## Ingredients

Serves: 11

Cooking Time: 40 minutes

1 teaspoon olive oil	3 1/2 cups reduced-sodium chicken broth
1 pound hot Italian turkey sausage, casings removed	1 (14-ounce) can diced tomatoes, undrained
1 small onion, chopped	1 teaspoon dried basil
2 garlic cloves, minced	1/2 teaspoon black pepper
3 (15.5-ounce) cans Great Northern beans, undrained	

## Directions

1. In a large soup pot, heat oil over medium-high heat. Add sausage, onion, and garlic, and cook 5 to 6 minutes, or until no pink remains in sausage, stirring frequently to break it up.
2. Add remaining ingredients and bring to a boil. Reduce heat to medium-low and simmer, uncovered, for 30 minutes.

## Nutritional Information

Serving Size: 1 cup, Exchanges: 2 Starch, 2 very Lean meat, Calories 226, Calories from Fat 39, Total Fat 4 g, Saturated fat 2 g, Cholesterol 32 mg, Sodium 958 mg, Total carbohydrate 30 g, Dietary Fiber 6 g, Sugars 5 g, Protein 17 g

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# Lighter Stacked Taco Salad

Not only is our Lighter Stacked Taco Salad great tasting, but it's great looking, too! We suggest serving it in a trifle bowl or clear glass serving bowl so everybody can see all its colorful layers.

## Ingredients

- 1 pound extra-lean ground beef
- 1 (1.25-ounce) package dry taco seasoning mix
- 1 head iceberg lettuce, chopped (about 8 cups)
- 3/4 cup (3 ounces) reduced-fat shredded Cheddar cheese
- 1 (16-ounce) can kidney beans, rinsed and drained
- 2 large tomatoes, diced (about 2 cups)
- 1 (8-ounce) bag baked tortilla chips, crushed
- 1 cup (8 ounces) sweet-and-spicy low-fat French salad dressing

**Serves:** 12    **Cooking Time:** 10 minutes



## Directions

1. In a medium skillet, brown ground beef with taco seasoning mix, stirring to break up the meat; drain and cool.
2. In a large glass trifle or other serving bowl, layer half the lettuce then half the cheese, beans, ground beef, and tomatoes. Repeat layers then top with crushed tortilla chips.
3. Just before serving, drizzle with dressing and toss to coat ingredients well.

## Nutritional Information

Serving Size: 1/12 recipe, Exchanges: 2 Starch, 1 Vegetable, 1 Lean Meat, 1/2 Fat, Calories 230, Calories from Fat 62, Total Fat 7 g, Saturated Fat 2.4 g, Cholesterol 28 mg, Sodium 643 mg, Total Carbohydrate 32 g, Dietary Fiber 4 g, Sugars 5 g, Protein 15 g

7

# Fruit-full Tossed Chicken Salad

This main-dish healthy Fruit-full Tossed Chicken Salad is chock full of so many flavors and textures that'll it satisfy your hunger and your cravings, even if you're watching your waistline.

## Ingredients

Serves: 4

Preparation Time: 10 minutes

1 (4-ounce) package mixed baby greens	3 tablespoons no-sugar-added peach preserves
2 cups chunked cooked chicken breast	1 tablespoon red wine vinegar
2 scallions, thinly sliced	1 teaspoon yellow mustard
1 cup sliced strawberries	1/8 teaspoon ground red pepper
1 (15-ounce) can no-sugar-added sliced peaches, drained with liquid reserved	

## Directions

1. In a large salad bowl, combine baby greens, chicken, scallions, strawberries, and peaches.
2. In a small bowl, combine 1/3 cup of reserved peach liquid, peach preserves, vinegar, mustard, and ground red pepper; mix well. Pour over salad and toss well. Serve immediately.

## Nutritional Information

Serving Size: 1/4 recipe, Exchanges: 3 Very Lean Meat, 1-1/2 Fruit, Calories 202, Calories from Fat 25, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 60 mg, Sodium 84 mg, Total Carbohydrate 21 g, Dietary Fiber 3 g, Sugars 16 g, Protein 23 g

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# Weekend Beef Stew

Why not make this hearty stew on the weekend and freeze it in single-serve containers for quick lunches or dinners in the weeks to come?

## Ingredients

3 tablespoons all-purpose flour  
1 pound beef flank steak, cut into 1/2-inch chunks  
3 tablespoons canola oil  
2 cups water  
1 cup decaffeinated black coffee  
1 teaspoon dried thyme  
1 teaspoon salt  
1 teaspoon black pepper  
6 potatoes, peeled and quartered  
6 carrots, cut into large chunks  
3 onions, quartered  
1 teaspoon browning and seasoning sauce

**Serves:** 6    **Cooking Time:** 2 hours 5 minutes



## Directions

1. Place flour in shallow dish; add beef chunks and coat completely with flour.
2. In soup pot, heat oil over medium-high heat; add beef and brown on all sides 8 to 10 minutes. Add water, coffee, thyme, salt, and pepper to beef; mix well and bring to boil. Reduce heat to low, cover, and simmer 1 hour.
3. Add remaining ingredients, increase heat to high and return to boil. Reduce heat to low and simmer 50 to 60 minutes, or until beef and vegetables are tender, stirring occasionally.

## Nutritional Information

Serving Size: 1-1/2 cups, Exchanges: 2 Starch, 3 Vegetable, 1 Lean Meat, 1-1/2 Fat, Calories 357, Calories from Fat 112, Total Fat 12g, Saturated Fat 2.8g, Cholesterol 35mg, Sodium 505mg, Total Carbohydrate 43g, Dietary Fiber 6g, Sugars 9g, Protein 18g

9

# Caramelized Cola Roast

Can you believe that a regular cola has NINE teaspoons of sugar and practically three times as many grams of carbohydrates as a diet cola?! The choice is easy, and since they taste so similar, nobody will be able to tell the difference in our mouthwatering Caramelized Cola Roast.

## Ingredients

Serves: 9

Cooking Time: 2 hours 35 minutes

1 three-pound very lean beef bottom round roast

1 cup diet cola

1/2 teaspoon salt

1/2 cup chili sauce

1/2 teaspoon pepper

1 tablespoon Worcestershire sauce

1/2 teaspoon garlic powder

## Directions

1. Preheat oven to 325 degrees F. Coat a roasting pan with cooking spray and place roast in pan. Season with salt, pepper, and garlic powder.
2. In a small bowl, combine remaining ingredients and pour over roast. Cover with aluminum foil and roast 2-1/2 to 3 hours, or until tender.
3. Slice and serve topped with sauce from pan.

## Nutritional Information

Serving Size: 2 slices, Exchanges: 4 Lean Meat, Calories 234, Calories from Fat 72, Total Fat 8g, Saturated Fat 2.8g, Cholesterol 108mg, Sodium 376mg, Total Carbohydrate 4g, Dietary fiber 0g, Sugars 2g, Protein 35g

10



# Barbecue Turkey Loaves

The key to this heart-healthier version of meat loaf is ground turkey breast and old-fashioned rolled oats. Together they make for mini hearty Barbecue Turkey Loaves that will surprise everyone with their great taste.

## Ingredients

6 tablespoons barbecue sauce, divided  
2 tablespoons water  
2/3 cup quick-cooking or old-fashioned rolled oats  
2 egg whites, lightly beaten  
2 teaspoons chili powder  
2 teaspoons Worcestershire sauce  
1/2 teaspoon salt  
1 pound ground turkey breast  
1 small onion, finely chopped  
1/2 red or green bell pepper, chopped

**Serves:** 6 **Cooking Time:** 30 minutes



## Directions

1. Preheat oven to 375 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. In a large bowl, combine 3 tablespoons barbecue sauce and the water. Add oats, egg whites, chili powder, Worcestershire sauce, and salt; mix well. Add turkey, onion, and bell pepper; mix well.
3. Form mixture into 6 oval-shaped meat loaves, and place in prepared baking dish; bake 30 minutes.
4. Spread remaining 3 tablespoons barbecue sauce over the tops and bake 5 more minutes, or until meat loaves are cooked through and juices run clear.

## Nutritional Information

Serving Size: 1 mini loaf Exchanges: 1 Carbohydrate, 2 Very Lean Meat  
Calories 150, Calories from Fat 14, Total Fat 2g, Saturated Fat 0.3g, Cholesterol 47 mg, Sodium 408mg, Total Carbohydrate 11g, Dietary Fiber 2g, Sugars 4g, Protein 22g

11

# Soda Can Chicken

Soda can cooking is an awesome way to add flavor to chicken! If you've never tried it, you must start with our Soda Can Chicken recipe. We know once you do, you'll be hooked.

## Ingredients

Serves: 5

Cooking Time: 1 hour 30 minutes

1/2 cup barbecue sauce	1/4 teaspoon garlic powder
1 (12-ounce) half-full can diet lemon-lime soda	1/4 teaspoon salt
1 tablespoon dried basil	1/4 teaspoon black pepper
2 teaspoons paprika	1 whole (3-1/2-pound) chicken, skin removed
1/2 teaspoon onion powder	

## Directions

1. Remove top oven rack. Preheat oven to 350 degrees F. Add barbecue sauce to half-full can of soda.
2. In a small bowl, combine basil, paprika, onion powder, garlic powder, salt, and pepper; mix well and rub evenly over chicken.
3. Place cavity of chicken over soda can so that chicken is sitting on can, then place can on a rimmed baking sheet. Bake 1-1/2 to 1-3/4 hours, or until no pink remains and juices run clear.
4. Cut chicken into serving-sized pieces and carefully pour remaining sauce from can over chicken.

## Nutritional Information

Serving Size: 1 to 2 pieces, Exchanges: 5 Very Lean Meat, 1 Fat, Calories 218, Calories from Fat 73, Total Fat 8 g, Saturated Fat 2 g, Cholesterol 90 mg, Sodium 409 mg, Total Carbohydrate 4 g, Dietary Fiber 1 g, Sugars 3 g, Protein 30 g

12

# Pork and Bean Chili

This Pork and Bean Chili recipe will please everyone in your house, even people with diabetes who are watching what they eat. It's jam-packed with good taste and we can feel good about serving it.

## Ingredients

1 1/2 pounds pork tenderloin, cut into 1-inch chunks  
1 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)

**Serves:** 6    **Cooking Time:** 40 minutes



## Directions

1. In a soup pot, saute pork over high heat for 8 to 10 minutes. Add onion, bell pepper, and garlic, and saute 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.

## Nutritional Information

Serving Size: 1 cup Per serving: Exchanges: 1 Starch, 2 Vegetable, 4 Very Lean Meat Total Carbohydrate 24 grams, Dietary Fiber: 7 grams, Sugars: 8 grams

13

# Guilt-Free Beef Stroganoff

Didn't think you could enjoy a rich and creamy Beef Stroganoff dish? Well, think again! Our Test Kitchen used reduced fat ingredients and no-yolk noodles so we could indulge in a Guilt-Free Beef Stroganoff without cheating on our diet.

## Ingredients

Serves: 8

Cooking Time: 35 minutes

1 pound boneless beef top sirloin steak, well trimmed and thinly sliced across the grain

1 cup dry white wine

1 small onion, chopped

1/4 teaspoon black pepper

1 pound fresh sliced mushrooms

1 pound uncooked no-yolk egg noodles

1 (10-3/4-ounce) can condensed reduced-fat cream of mushroom soup

1/2 cup reduced-fat sour cream

2 tablespoons chopped fresh parsley

## Directions

1. Coat a nonstick skillet with cooking spray. Add steak and onion, and brown over medium-high heat 5 to 7 minutes, or until no pink remains in steak and onions are tender, stirring occasionally.
2. Add mushrooms and cook 3 minutes, or until tender. Reduce heat to medium-low and stir in soup, wine, and pepper; simmer 25 minutes, or until steak is tender.
3. Meanwhile, prepare noodles according to package directions, omitting salt; drain then set aside and cover to keep warm.
4. Add sour cream and parsley to steak mixture, and cook 1 minute, or until heated through; do not boil. Serve over warm noodles.

## Nutritional Information

Serving Size: 1/8 recipe, Exchanges: 3 Starch, 2 Very Lean Meat, 1 Vegetable, Calories 342, Calories from Fat 47, Total Fat 5g, Saturated Fat 2g, Cholesterol 38mg, Sodium 212mg, Total Carbohydrate 48g, Dietary Fiber 4g, Sugars 6g, Protein 22g

14

# Not Fried “Fried” Chicken

Love the taste of fried chicken, but wish there were a healthier version? Your wish is granted with our Not Fried “Fried” Chicken. Our baked version tastes just like it was fried in a pan, minus all the guilt.

## Ingredients

1 whole cut-up chicken (3- to 3-1/2 pounds), skin removed  
2 tablespoons all-purpose flour  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
3 egg whites  
1 1/2 cups cornflake crumbs  
1/2 teaspoon ground sage

**Serves:** 5    **Cooking Time:** 45 minutes



## Directions

1. Preheat oven to 350 degrees F. Coat a rimmed baking sheet with cooking spray.
2. In a shallow dish, combine flour, salt, and pepper. In a medium bowl, lightly beat egg whites. In a large bowl, combine cornflake crumbs and sage.
3. Dip chicken pieces in flour mixture, then into egg whites then cornflake crumbs, coating completely with each. Place on baking sheet. Lightly coat top of chicken with nonstick cooking spray and bake 45 to 50 minutes, or until no pink remains and juices run clear.

## Nutritional Information

Serving Size: 2 pieces, Exchanges: 1-1/2 Starch, 4 Very Lean Meat, 1/2 Fat, Calories 299, Calories from Fat 64, Total Fat 7g, Saturated Fat 2g, Cholesterol 84mg, Sodium 627mg, Total Carbohydrate 25g, Dietary Fiber 1g, Sugars 3g, Protein 32g

15

# Skillet Pork Chops

This keep-the-kitchen-cool version of Skillet Pork Chops is the perfect hot meal to satisfy us when we're hungry. Everything cooks in one skillet, making for easy cleanup too.

## Ingredients

**Serves:** 4

**Cooking Time:** 30 minutes

4 (8-ounce) pork loin chops, well trimmed

2 tablespoons canola oil

1/4 teaspoon ground cinnamon

2 onions, cut into 6 wedges each

1/4 teaspoon salt

3 carrots, cut into 1-inch chunks

1/4 teaspoon black pepper

## Directions

1. Season both sides of the pork chops with cinnamon, salt and pepper.
2. In a large skillet, heat oil over medium-high heat. Brown pork chops 4 to 5 minutes per side.
3. Add onions and carrots to skillet. Reduce heat to low, cover, and cook 25 to 30 minutes, or until vegetables are tender and pork chops are cooked through. Serve vegetables with pork chops.

## Nutritional Information

Serving Size: 1 chop, Exchanges: 3 Vegetable, 4 Lean Meat, 1 Fat, Calories 340, Calories from Fat 146, Total Fat 16g, Saturated Fat 3.9g, Cholesterol 94mg, Sodium 257mg, Total Carbohydrate 13g, Dietary Fiber 3g, Sugars 6g, Protein 34g

16

# Peanut Butter Cup Pie

Is your sweet tooth screaming for something rich and flavorful? Practically everything in our Peanut Butter Cup Pie is low in fat, but not low in taste, so go ahead and calm that craving!

## Ingredients

- 1 (4-serving) package sugar-free instant vanilla pudding mix
- 1 1/2 cups fat-free (skim) milk
- 1/3 cup reduced-fat chunky peanut butter
- 1 1/2 cups frozen fat-free whipped topping, thawed and divided
- 1 (1.5-ounce) package peanut butter cups, chopped
- 1 (9-inch) reduced-fat graham cracker pie crust

**Serves:** 8    **Chilling Time:** 4 hours



## Directions

1. In a large bowl, using a wire whisk, combine pudding and milk until thickened. Whisk in peanut butter and 1 cup whipped topping. Stir in peanut butter cups.
2. Pour mixture into pie crust then spread remaining 1/2 cup whipped topping over pie. Cover and chill at least 4 hours before serving.

## Nutritional Information

Serving Size: 1 slice, Exchanges: 1-1/2 Carbohydrate, 1-1/2 Fat, Calories 184, Calories from Fat 64, Total Fat 7g, Saturated Fat 1.4g, Cholesterol 1mg, Sodium 201mg, Total Carbohydrate 26g, Dietary Fiber 1g, Sugars 11g, Protein 5g

17

# 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!

## Ingredients

Serves: 24

Baking Time: 25 minutes

3/4 cup (4-1/2 ounces) semisweet chocolate chips

1 cup whole-wheat flour

3 tablespoons low-fat (1%) milk

1 cup all-purpose flour

2 tablespoons unsalted margarine

2 teaspoons baking soda

1 cup sugar

2 cups chilled coffee

3 eggs

## Directions

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch 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, 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.

## Nutritional Information

Serving Size: 1 square, Total Servings: 24 Exchanges: 1-1/2 Carbohydrate, 1/2 Fat. Calories: 114 Calories from Fat: 31 Total Fat: 3g Saturated Fat: 1.4g Cholesterol: 27mg Sodium: 116mg Total Carbohydrate: 20g Dietary Fiber: 1g Sugars: 12g Protein: 2g

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# No-Bake Key Lime Pie

Who doesn't love a no-bake dessert, especially one that won't make us feel guilty? No Bake Key Lime Pie is sure to make everybody happy.

## Ingredients

- 1 (4-serving) package sugar-free lime gelatin
- 1/2 cup boiling water
- 1 (8-ounce) package fat-free cream cheese, softened
- 1 tablespoon fresh lime juice
- 1 teaspoon grated lime peel
- 2 cups frozen light whipped topping, thawed

**Serves:** 12 **Chilling Time:** 3 hours



## Directions

1. Coat a 9-inch pie plate with cooking spray.
2. In a small bowl, dissolve gelatin in boiling water, stirring until dissolved.
3. In a large bowl, beat cream cheese until smooth. Slowly add liquid gelatin until well combined.
4. Stir in lime juice and lime peel. Fold in whipped topping until well blended. Pour into pie plate, cover, and chill 3 hours or until set.

## Nutritional Information

Serving size: 1 slice (1/12 pie), Total servings: 12 Exchanges: 1/2 Carbohydrate  
46 Calories, 12 Calories from Fat, 1g Total Fat, 1.3g Saturated Fat, 2mg Cholesterol, 122mg Sodium, 4g Total Carbohydrate, 0g Dietary Fiber, 2g Sugars, 3g Protein

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# Lighter Chocolate Chip Cookies

Sh-h-h! Mini chips are our secret to guaranteeing you a chocolate chip in every bite of our to-die-for Chocolate Chip Cookies! Why buy store-bought when homemade is this easy?

## Ingredients

**Makes:** 4 dozen cookies    **Cooking Time:** 10 minutes

2 1/3 cups all-purpose flour	1/2 cup fat-free egg substitute
1/2 teaspoon baking soda	2 teaspoons vanilla extract
1 cup packed brown sugar	1 1/4 cups semisweet mini chocolate chips
3/4 cup stick margarine, softened	
1/2 cup granulated sugar	

## Directions

1. Preheat oven to 350 degrees. In a large bowl, combine flour and baking soda; set aside.
2. Beat brown sugar, margarine, and granulated sugar with an electric mixer at medium speed until well blended. Add egg substitute and vanilla, beating well. Gradually add flour mixture, beating well. Stir in chocolate chips.
3. Drop dough by rounded tablespoonfuls onto ungreased baking sheets. Bake 10 minutes or until golden per batch. Remove cookies from baking sheets, and cool completely on wire racks.

## Nutritional Information

Per cookie: Calories 95 (40 percent from fat); Fat 4.2g (sat 1.3g, mono 1.8g, poly 0.9g); Protein 1.1g; Carbohydrate 14.1g; Fiber 0.4g; Cholesterol 0mg; Iron 0.6mg; Sodium 44mg; Calcium 7mg

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