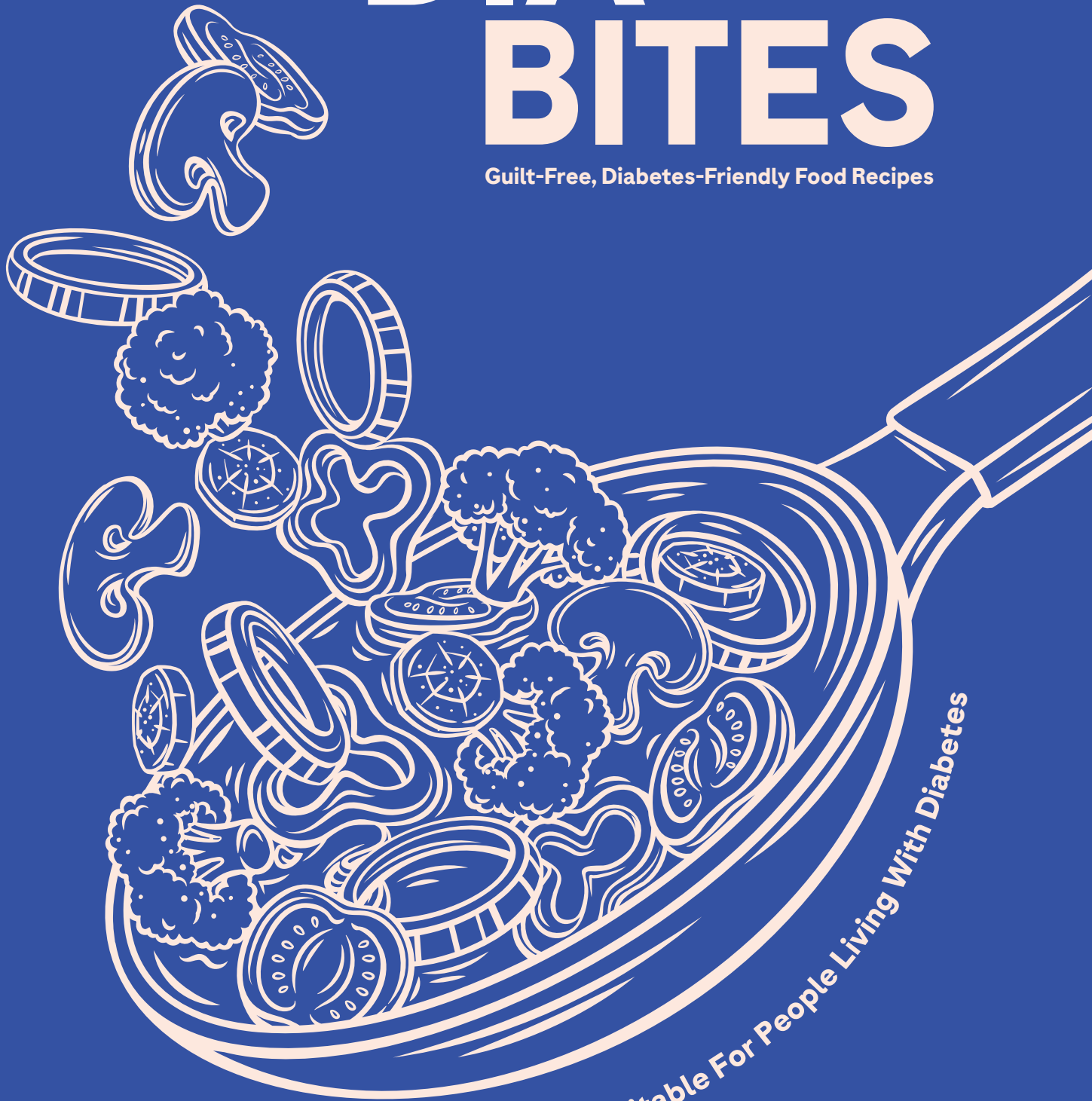


# DIA BITES

Guilt-Free, Diabetes-Friendly Food Recipes



*Recipes Suitable For People Living With Diabetes*



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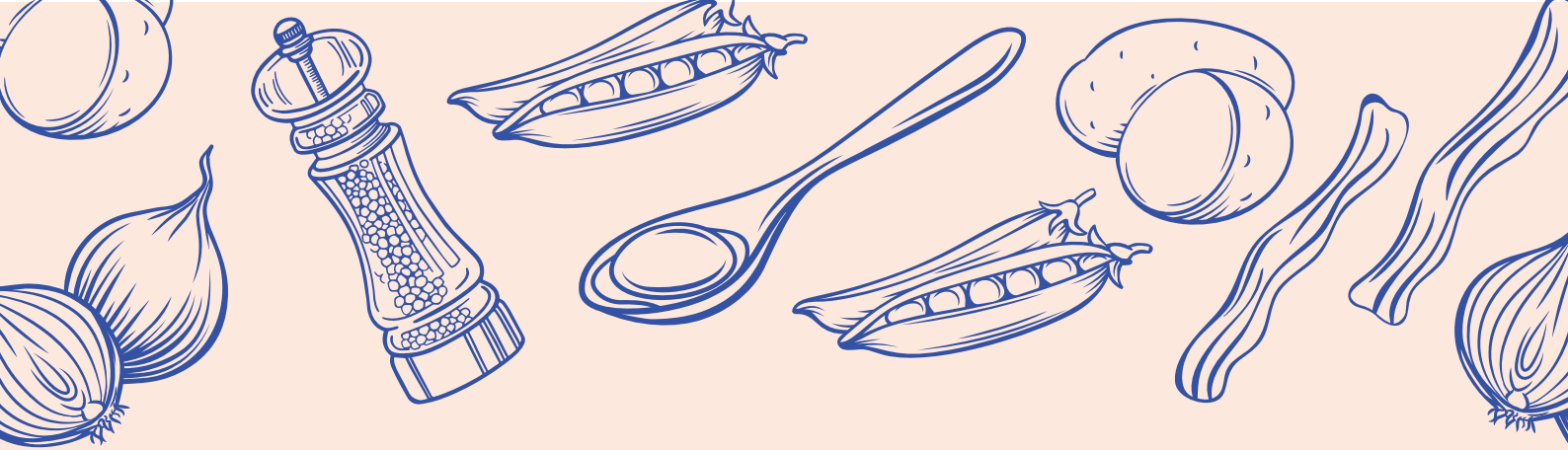
# GREEN PEA SOUP

## INGREDIENTS

- 5 ml olive or canola oil (1 teaspoon)
- 1 large onion, peeled and chopped
- 4 slices reduced-fat, reduced-sodium bacon, fat removed, chopped
- 200 g baby gem squash (7 oz)
- 1 large potato, peeled and cubed
- 10 ml chicken bouillon granules (2 teaspoons), dissolved in 375 ml boiling water (1 ½ cups)
- 250 ml green peas, fresh, frozen or canned, drained (1 cup)
- 1 (380 g) can low fat evaporated milk (12 oz)
- Pinch of nutmeg
- Freshly ground black pepper to taste
- 15 ml fresh parsley, chopped (1 teaspoon)

## NUTRITIONAL VALUES PER SERVING

 <b>255</b>	 <b>15</b>	 <b>25.6</b>	 <b>400</b>	 <b>7</b>	 <b>5</b>	 <b>27</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

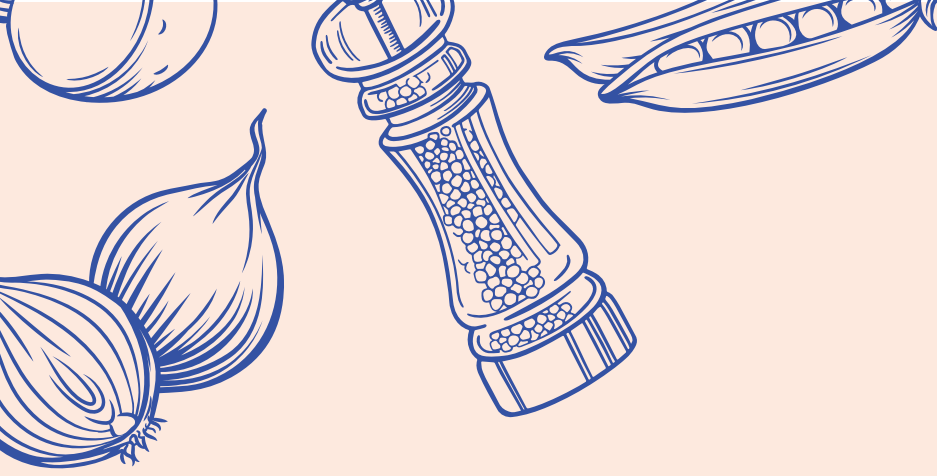


## Preparation

- Heat the oil in a saucepan and sauté onion until transparent.
- Add the bacon and sauté for another 2 minutes.
- Top and tail the baby gem squash and cube. Add to the bacon, together with the potato and prepared chicken stock.
- Cover and cook on low for 20 to 30 minutes, or until soft.
- Add the peas; cover and cook until the peas are heated through.
- Carefully transfer to a blender to puree all the ingredients and return to the saucepan, or use an immersion blender.
- Add the milk, nutmeg, black pepper and parsley. Cook over low heat until heated through (about 1 minute).

Serve with a fruit or a fruit-based pudding to make a balanced meal that contains enough vegetables and fruit.







# CAULIFLOWER SOUP

## INGREDIENTS

- 200 ml fat free milk ( $\frac{3}{4}$  c)
- 65 ml water ( $\frac{1}{4}$  c)
- $\frac{1}{2}$  clove garlic
- $\frac{1}{4}$  bunch spring onions (scallions)
- 0.65 ml ground cumin ( $\frac{1}{8}$  t)
- 1.25 ml ground turmeric ( $\frac{1}{4}$  t)
- 0.65 ml salt ( $\frac{1}{8}$  t)
- whole cauliflower, trimmed (about 200 g)
- 3.75 ml olive oil ( $\frac{3}{4}$  t)
- 3.75 ml parmesan cheese, grated ( $\frac{3}{4}$  t)
- $\frac{1}{4}$  slice white bread
- $\frac{1}{2}$  back bacon with fat removed (or reduced fat, reduced sodium bacon), chopped freshly ground black pepper

## NUTRITIONAL VALUES PER SERVING

 <b>200</b>	 <b>14</b>	 <b>10.7</b>	 <b>536</b>	 <b>6</b>	 <b>5</b>	 <b>20</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

# Preparation

- Preheat oven to 200° C (400° F).
- Pour milk and water into a large saucepan.
- Peel and roughly chop garlic, and add to the milk and water.
- Finely chop the white part of the spring onions and add to saucepan, keeping the greens for later.
- Add the cumin, turmeric, salt and pepper.
- Chop the cauliflower into small pieces and add to the saucepan. Bring to a boil and simmer, partially covered for 20 minutes, until the cauliflower is tender.
- Meanwhile, mix the oil, cheese and pepper to taste in a bowl.
- Cut the bread into cubes and evenly coat with the cheese mixture. Spread in a single layer on a baking sheet and bake for 15 to 20 minutes, until crisp and brown. Toss at least twice during baking.
- Fry the chopped bacon over medium heat using non-stick cooking spray. Set aside.
- Finely slice the spring onion tops and set aside.
- In a food processor or with a hand blender, purée the soup. Add more black pepper, if desired, and heat through.
- Ladle into a soup bowl and top with the spring onions, croutons and bacon.












# CHICKEN AND RICE SOUP

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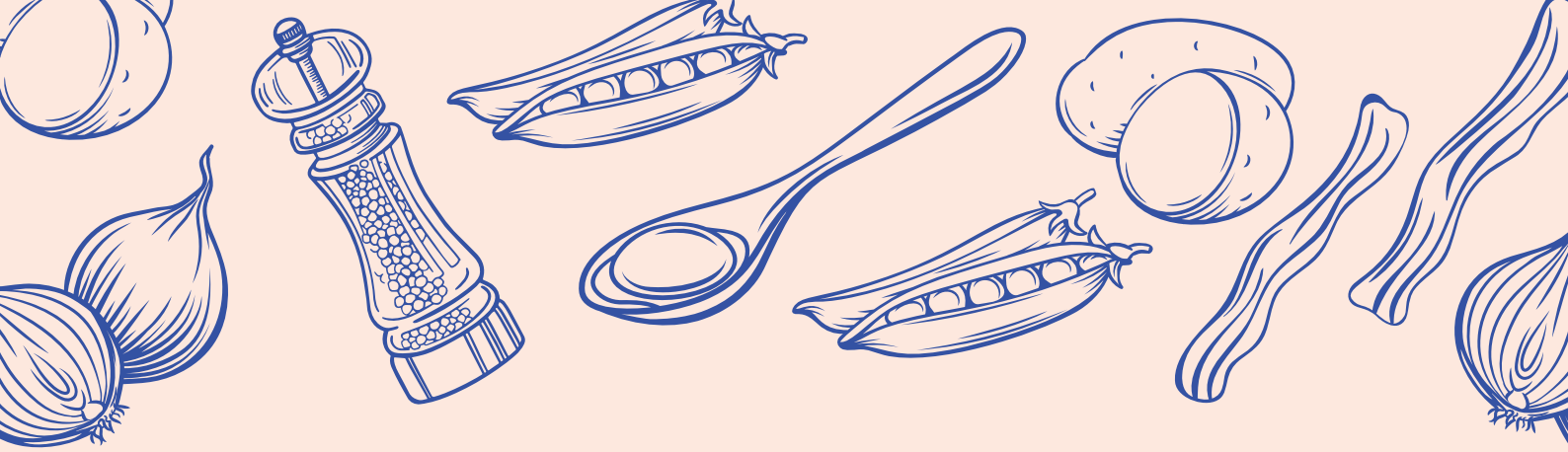
## INGREDIENTS

- 4 large boneless, skinless chicken breasts
- 5 large carrots
- 1 small onion
- 2 celery stalks
- 2 fresh thyme springs or 2.5 ml dried (1 t)
- 2 bay leaves
- 1.4 L chicken stock (6 c)
- 500 ml water (2 c)
- 500 ml uncooked rice (2 c)
- Salt and pepper to taste

## NUTRITIONAL VALUES PER SERVING

 <b>385</b>	 <b>55</b>	 <b>20</b>	 <b>1098</b>	 <b>8</b>	 <b>3</b>	 <b>19</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)



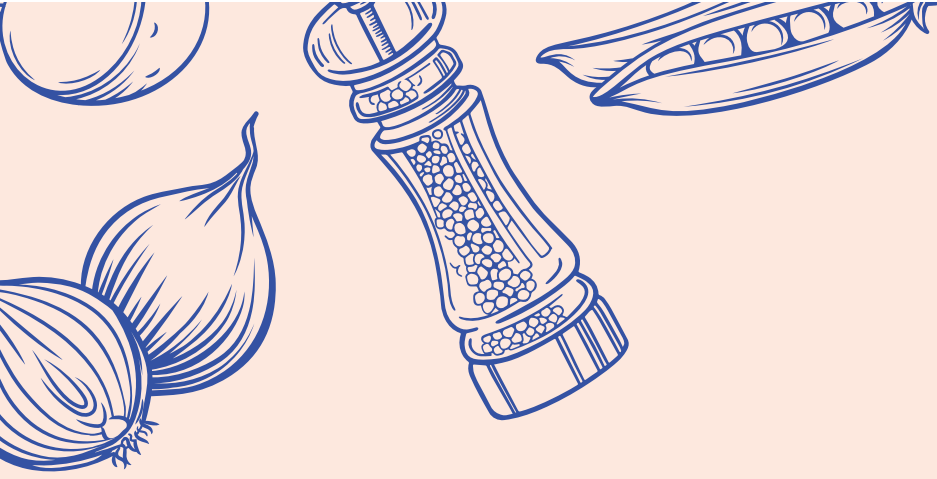


## Preparation

- Prepare vegetables by peeling and cutting into large chunks.
- Cook rice according to package directions.
- Pour water and chicken stock into a large pot.
- Season chicken breasts with salt and pepper and add to pot.
- Add carrots, celery and onion.
- Sprinkle in thyme and add bay leaves.
- Cover and bring to a boil on high heat. Reduce to a simmer for about 15 minutes.
- When vegetables have softened and chicken is cooked through, remove chicken and cut into bite-sized pieces. Return to pot.
- Remove bay leaves and sprig of thyme (if you used fresh).
- Divide cooked rice into bowls and ladle soup broth on top.

This is an easy and healthy dinner that can be modified to fit your tastes. Substitute turkey for chicken or couscous for rice.











# GREEN SALAD

## WITH DRIED PEARS AND BACON

### INGREDIENTS

- 125 g reduced sodium back or shoulder bacon (4.5 oz or ½ package)
- 120 g mixed greens, including fresh herbs (4 c or 1 package)
- 8 dried pear halves (100 g or 3.5 oz)
- 30 ml lemon juice (2 T) and 5 ml lemon rind (1 t) from one small or half a medium lemon
- 1 clove garlic, peeled and crushed or 5 ml (1 t) or 2.5 ml (½ t) garlic powder
- 30 ml balsamic vinegar (2 T)
- 5 ml sugar (1 t)
- 5 ml olive oil (1 t)
- 5 ml canola oil (1 t)
- 45 ml boiling water (3 T)

### NUTRITIONAL VALUES PER SERVING

 <b>166</b>	 <b>9</b>	 <b>30</b>	 <b>983</b>	 <b>5</b>	 <b>2</b>	 <b>20</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

## Preparation

- Spray a non-stick frying pan with cooking spray. Remove any visible fat from the bacon. Slice the bacon thinly and fry on high heat, stirring continuously until crisp. Set aside to cool.
- Divide the mixed greens between four plates, arrange on a large serving platter, or place in a salad bowl.
- Sprinkle with the cooled, crisp bacon.
- Cut the dried pears into strips and sprinkle over the lettuce leaves.
- Make the dressing by combining the lemon juice, lemon rind and garlic in a glass bowl or measuring cup.
- Add the vinegar, sugar, both oils and warm water. Mix.
- Set aside to allow the flavors to blend. You should have about 120 ml (½ cup) of dressing.
- Just before serving, drizzle 30 ml (2 T) dressing over each salad.

The sweet and savory taste of the dried pear with the bacon gives an interesting and delicious flavor to this salad. Adding a splash of citrus dressing gives you a wonderful flavor burst.









# CHICKEN SALAD

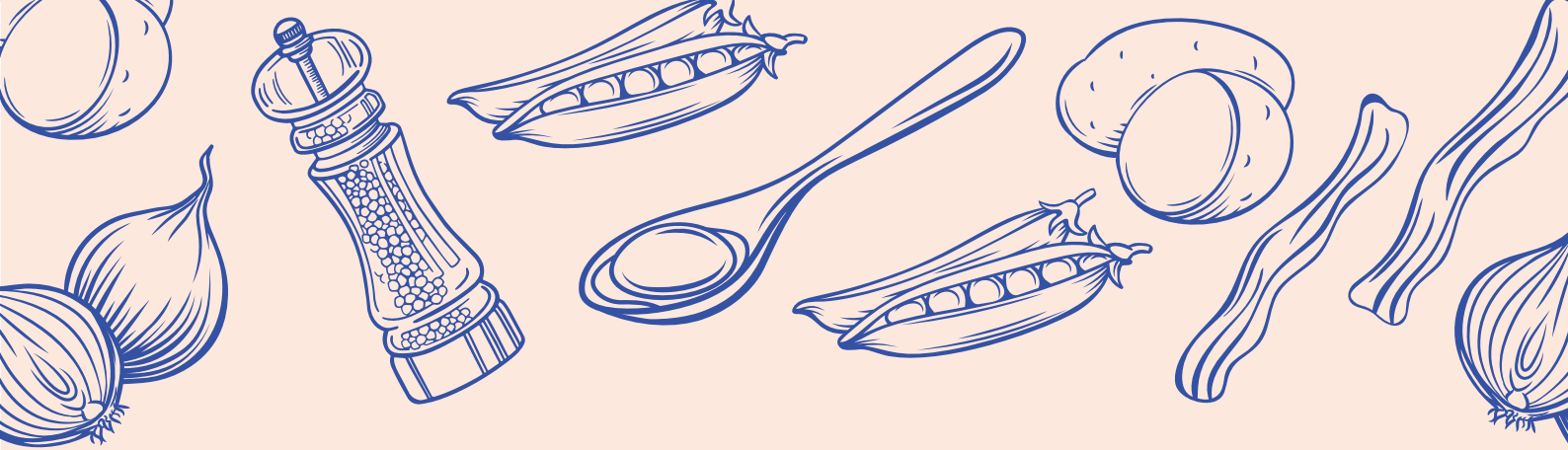
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## INGREDIENTS

- 12 small new potatoes, quartered
  - 1 large apple, cored and sliced
  - 15 ml fresh lemon juice (1 T)
  - 100 g assorted lettuce leaves, torn into pieces (1 c)
  - 220 g smoked chicken breasts, sliced (½ lb)
  - 30 ml cashews (2 T) or 10 pecan halves
  - 10 g chopped chives (¼ c)
  - 60 ml reduced fat mayonnaise (¼ c)
  - 60 ml fat free or low fat milk or yogurt (¼ c)
  - Freshly ground black pepper
- 

## NUTRITIONAL VALUES PER SERVING

 <b>254</b>	 <b>20</b>	 <b>47</b>	 <b>527</b>	 <b>7</b>	 <b>3</b>	 <b>27</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)



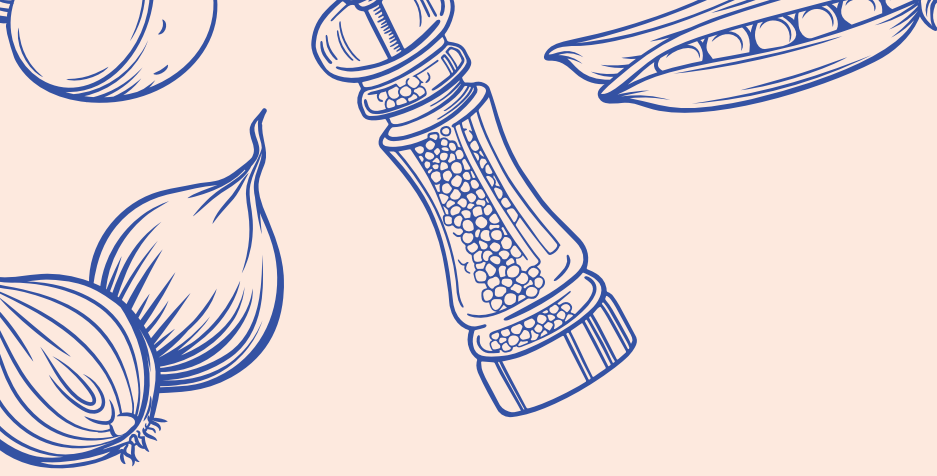
## Preparation

- Boil new potatoes while preparing the rest of the salad.
- Toss sliced apples with lemon juice to prevent discoloration.
- In a salad bowl or platter, arrange the lettuce leaves, chicken and apple slices.
- Drain and add new potatoes (they can still be warm) and toss lightly.
- Sprinkle nuts and chives on top. Add freshly ground black pepper to taste.
- Mix mayonnaise and yogurt to form a thick sauce and serve with the chicken salad.

Red apples look particularly attractive in this lovely summer lunch.

**Variations:** Replace the apple with another fruit, such as peach or pear. If you prefer a thinner dressing, use milk instead of yogurt.












# ROAST BUTTERNUT SALAD WITH AFRICAN DRESSING

## INGREDIENTS

- 1 medium butternut squash, peeled, seeded and cut into thin discs/strips (600 g or 20 oz, peeled)
- 1 red pepper, seeded and cut into wide strips
- 30 ml oil, olive or canola (2 t)
- 30 ml freshly squeezed lemon juice (2 t) or juice of one small lemon
- 60 ml boiling water (4 t or ¼ cup)
- 5 ml ground paprika (1 t)
- 5 ml ground cumin (1 t)
- 2.5 ml ground coriander (½ t)
- 1.25 ml ground cinnamon (¼ t)
- 5 ml lemon rind, grated (1 t)
- 30 ml fresh parsley, chopped (2 t)
- 45 ml fresh coriander (cilantro) leaves, chopped (3 t)
- 10 ml fresh mint leaves, chopped (2 t)
- 80 g mix of lettuce and baby spinach leaves, washed (¾ package)
- 2.5 ml salt (½ t)
- Freshly ground black pepper

## NUTRITIONAL VALUES PER SERVING

 <b>92</b>	 <b>1.4</b>	 <b>0</b>	 <b>90</b>	 <b>5</b>	 <b>3.5</b>	 <b>9</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

# Preparation

- Preheat the oven to 200° C (400° F).
- Place the sliced butternut and red peppers in a large roasting pan and set aside while making the dressing.
- In a glass bowl or large measuring cup, mix the oil, lemon juice, water and spices. Add the sugar and lemon rind.
- Pour the dressing over the vegetables and mix well to evenly coat with the dressing.
- Roast in the oven for 45 minutes, covered with aluminum foil for the first 20 minutes, then roast uncovered for the remaining 25 minutes.
- Just before serving, mix in the freshly chopped herbs.
- Arrange the lettuce and baby spinach on a large serving platter, or six individual plates, and arrange the warm butternut and peppers on the greens. Season with salt and freshly ground black pepper and use as one of the vegetables at any meal.

This salad can also be served chilled, but the flavors are more intense when the butternut and peppers are warm. To maximize the taste of this unusual salad, make sure to thinly slice the butternut. To halve the baking time, pre-cook the butternut in the microwave on high for 6 minutes. When choosing butternut, choose one with a long thick neck and the smallest “belly” you can find. These often have more flesh, which makes it worth all the tedious peeling.

**Variations:** This dish can also be served as a light meal, as long as you add a portion of starch and protein. For example, one or two slices of low glycemic index (GI) bread and a small cube of low fat cheese, or three to six Provitas (crackers) and 30 g of sliced cold meat (usually ¼ of a package).

A can of chickpeas (drained) can be added to the butternut and pepper in the oven, 10 minutes before the end of the cooking time.





# ITALIAN SALAD








## ON CIABATTA

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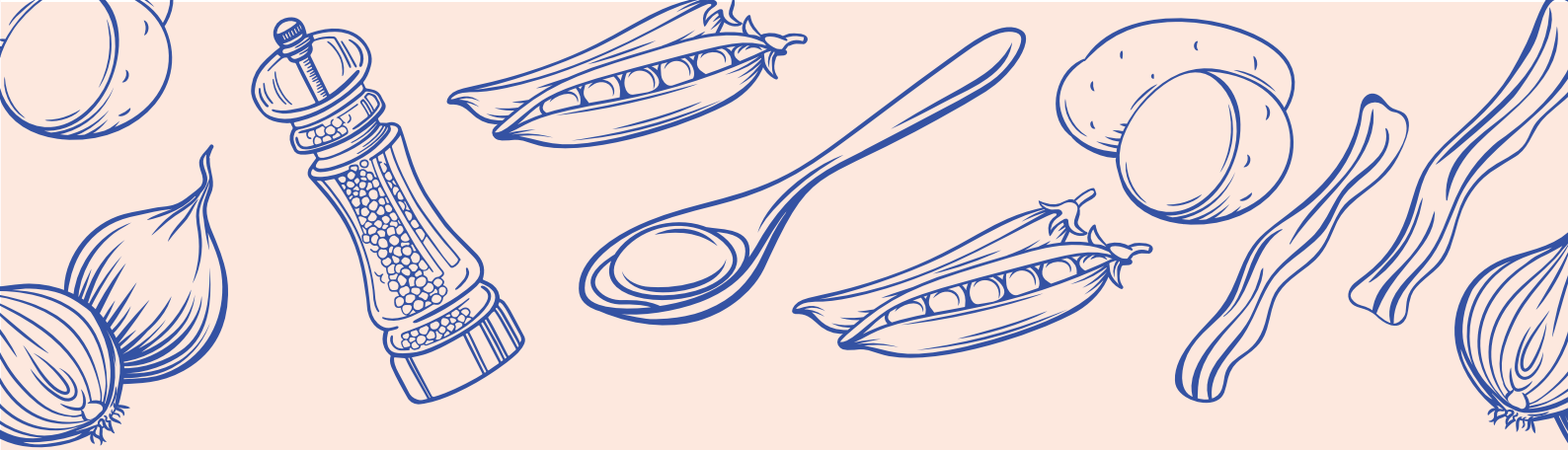
### INGREDIENTS

- 7.5 ml olive oil (½T)
  - 1 yellow pepper, seeded and thinly sliced
  - 1 red pepper, seeded and thinly sliced
  - 1 red onion, peeled, halved and thinly sliced
  - 300 g cherry tomatoes (8-12)
  - ½ English (seedless) cucumber, thinly sliced
  - 45 g capers (3 T)
  - 100 g mixed lettuce leaves, washed (4 oz)
  - 90 g mozzarella cheese, sliced or cubed (4 oz)
  - 4 slices ciabatta bread
  - 30 g fresh basil (2 T)
  - 12 anchovy fillets
  - Freshly ground black pepper
- 

### NUTRITIONAL VALUES PER SERVING

 <b>287</b>	 <b>14</b>	 <b>20</b>	 <b>861</b>	 <b>8.5</b>	 <b>4.5</b>	 <b>38</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)



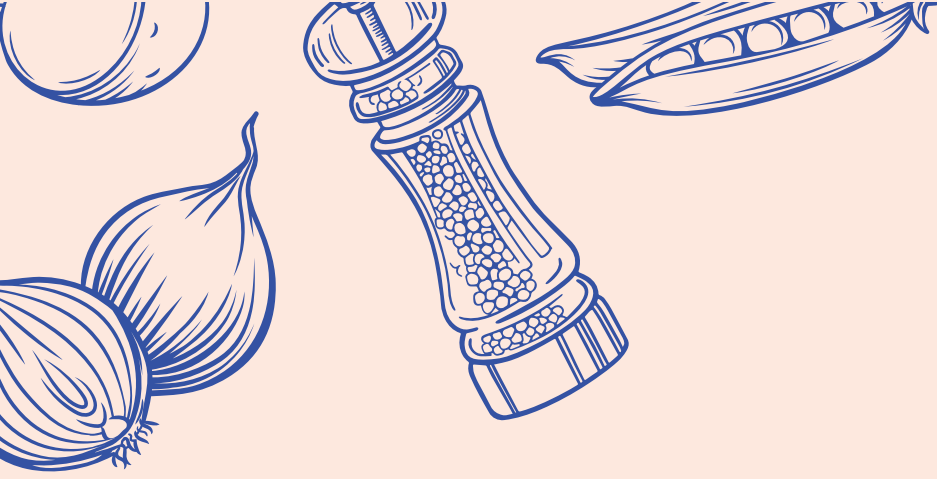


## Preparation

- Heat oil in a skillet and sauté the peppers and onion. Add tomatoes and continue sautéing all the vegetables until tomato skins begin to burst.
- Prepare remaining salad ingredients.
- If desired, toast four slices of ciabatta bread, and place on separate plates.
- Top with lettuce, sautéed vegetables, cucumber slices, capers, basil and cheese and finish with the anchovy fillets. Season with freshly ground black pepper.
- Serve immediately as a light meal.

The hot vegetables slightly melt the cheese, giving a wonderful fusion of flavors. This salad is delicious without any dressing. For a vegetarian version, omit the anchovy fillets.











# TABOULI SALAD

## INGREDIENTS

- 250 ml whole wheat couscous (1 c)
- 400 ml boiling water ( 1 ¼ c)
- 5 ml salt (1 t)
- 60 ml fresh lemon juice (¼ c)
- 30 ml olive oil (2 T)
- 4 med cloves garlic, crushed and minced or 10 ml crushed garlic (2 t)
- 4 spring onions, finely chopped or 80 ml chives, chopped (⅓ c)
- 250 ml fresh parsley, finely chopped (1 c)
- 60 ml fresh mint leaves, chopped (¼ c)
- 1 can chickpeas, drained or 375 ml cooked chickpeas (1 ½ c)
- 1 red bell pepper, finely diced
- 1 yellow bell pepper, finely diced
- 1 English cucumber, seeded and diced
- 2 tomatoes, diced
- Freshly ground black pepper

## NUTRITIONAL VALUES PER SERVING

 <b>188</b>	 <b>7</b>	 <b>0</b>	 <b>288</b>	 <b>5</b>	 <b>5</b>	 <b>28</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

## Preparation

- Place couscous in a large bowl. Add the boiling water, stir and set aside until the couscous is tender and the water is absorbed, about 10 minutes.
- Add salt, lemon juice, olive oil, garlic and black pepper, and mix thoroughly.
- Cover tightly and refrigerate until about 30 minutes before serving.
- Before serving, stir in the vegetables and herbs and mix well.
- Serve cold as the starch with any meal.

This can also be served as a light meal. Simply add 200 g (8 oz) of feta cheese into the salad to make a complete light meal for four people. With the feta cheese, the protein will increase to one portion and the fat to one and a half portions per serving. Add a fruit for dessert or simply add the fruit to the salad.

The first two steps can be prepared one or two days in advance in order to develop the flavors of the salad.

To prepare the couscous, use twice as much boiling water as the uncooked couscous.





# SMOKED SALMON SALAD








## INGREDIENTS

- 2 cups (500 mL) spring mix greens
- 2 roma tomatoes
- 1 english cucumber
- 1 avocado
- 4 oz. (112 g) smoked salmon
- ¼ cup (59 ml) feta cheese to taste
- 1 Tbsp.(15 ml) extra virgin olive oil (EVOO)
- ¼ cup (59 ml) rice vinegar
- ¼ red onion
- 1 tsp (5 ml) dried oregano
- ½ tsp (2.5 ml) salt
- ½ tsp (2.5 ml) pepper

## VINAIGRETTE DRESSING

- 1 clove minced garlic
- ¼ cup (59 ml) apple cider vinegar
- ¼ (59 ml) cup extra virgin olive oil (EVOO)
- 1 tsp (5 ml) honey
- ½ tsp (2.5 ml) salt
- ½ tsp (2.5 ml) pepper
- 1 tsp (5 ml) dijon mustard

## NUTRITIONAL VALUES PER SERVING

 <b>324</b>	 <b>9</b>	 <b>0</b>	 <b>1309</b>	 <b>26</b>	 <b>6</b>	 <b>15</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

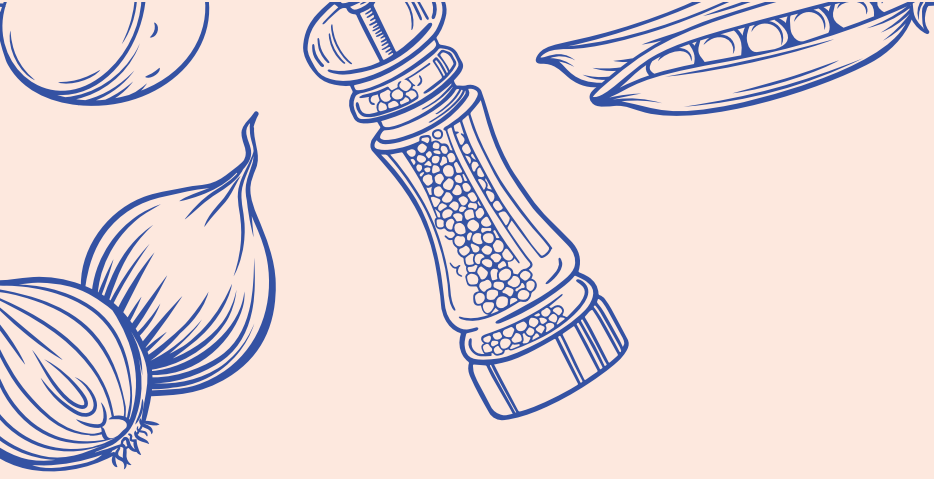
# Preparation

- Peel and cut cucumbers into thin rounds.
- Cut onions into thin long slices. (If you like onions, keep the slices larger but if you're not as keen, dice them into small pieces.)
- Cut roma tomatoes into small diced pieces.
- Add to a large bowl with oregano, rice vinegar, olive oil, salt and pepper mix and set aside.
- In a dressing shaker or small bowl, combine minced garlic, Dijon mustard, apple cider vinegar, olive oil, honey, salt and pepper. Shake or stir until combined. (Add yogurt if desired)
- In another bowl, add your greens and slice or cube your avocado on top. After your tomatoes and cucumbers have marinated in the rice vinegar for a few minutes, add them to the top of your salad alongside a few slices of smoked salmon. Top with feta cheese and enjoy!

**Notes:** This salad is meant to be eaten throughout the week. To preserve freshness, keep the tomatoes, cucumbers, and onions in one bowl and the lettuce and feta in another bowl. This will allow your tomatoes and cucumbers to marinate throughout the week and will keep your lettuce from wilting. Be sure to wait to add your dressing until you are ready to eat your salad. This will also maintain freshness.

**Optional:** Swap salmon with chicken if desired. (Add ½ cup (125 ml) of plain Greek yogurt or plain cashew yogurt for a creamier taste)





# HEALTHY OAT BREAD

## INGREDIENTS (1 LOAF WITH 14 SLICES)

- 150 ml oats ( $\frac{2}{3}$  c)
- 250 ml oat bran (1 c)
- 375 ml flour, sifted (1  $\frac{1}{2}$  c)
- 250 ml whole-wheat Pronutro\* (1 c)
- 5 ml salt (1 t)
- 20 ml baking powder (4 t)
- 20 ml sugar (4 t)
- 1 egg
- 200 ml milk, low fat ( $\frac{3}{4}$  c)
- 20 ml water (4 t)

## NUTRITIONAL VALUES PER SERVING

 <b>123</b>	 <b>5</b>	 <b>17</b>	 <b>25</b>	 <b>2</b>	 <b>3</b>	 <b>20</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

## Preparation

- In a large bowl, mix the oats, oat bran, flour, Pronutro\*, baking powder, salt and sugar.
- Beat egg, milk and water together for no more than 1 minute.
- Combine egg mixture with flour mixture and stir until dry ingredients are moistened—do not overmix.
- Work the dough into a soft ball with your hands, using more oats to prevent it from sticking. Cover the ball with oats and form into a round loaf shape. Place on a baking sheet and bake for about 1 hour at 180 °C (350 °F).

**Notes:** To check if the loaf is done, tap the bread with your knuckle. If it sounds hollow, it is ready to take out of the oven. This easy bread is great with soup or BBQs. It freezes well, whole or sliced. Frozen slices can be thawed in a toaster.

\*The Pronutro can be substituted with 125 ml (½ c) soy flour and 125 ml (½ c) wheat bran.






# HEARTY OATMEAL

## INGREDIENTS

- $\frac{1}{4}$  (59 ml) cup Steel Cut Oats (Not Instant)
- $\frac{3}{4}$  (180 ml) cup water
- 1 egg
- $\frac{1}{2}$  (125 ml) cup Blueberries
- $\frac{1}{2}$  (125 ml) cup Strawberries
- $\frac{1}{4}$  apple
- 1 tbsp. (15 ml) Almond Butter
- $\frac{1}{4}$  tsp (1.25 ml) Cinnamon
- Pinch of salt

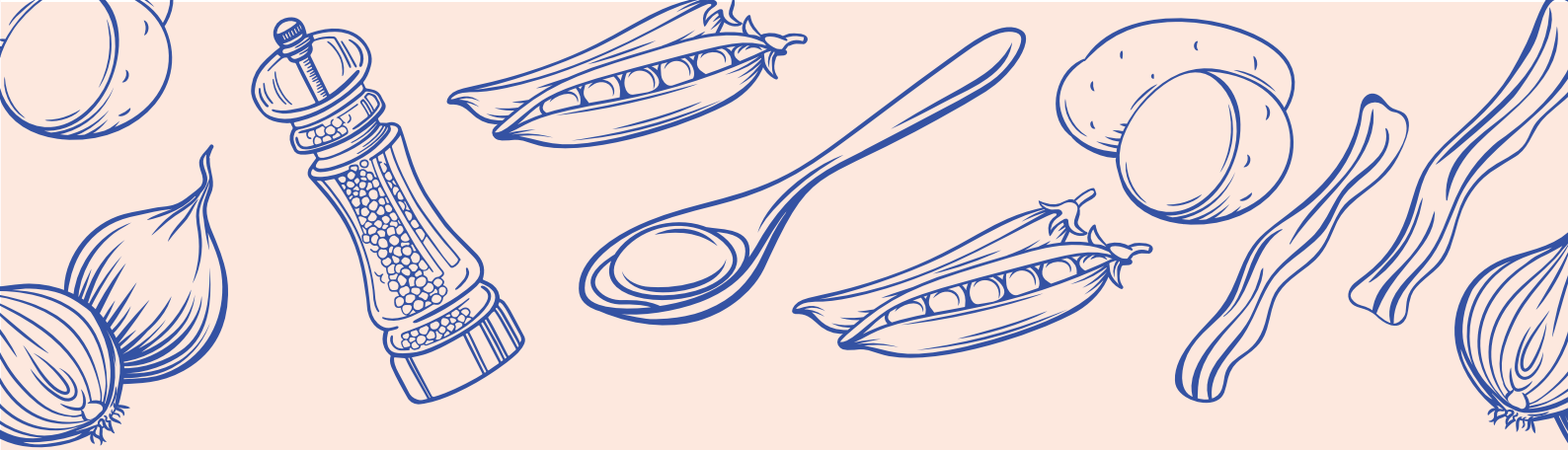
## NUTRITIONAL VALUES PER SERVING

 <b>333</b>	 <b>13</b>	 <b>0</b>	 <b>226</b>	 <b>15</b>	 <b>8</b>	 <b>41</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

## Preparation

- Add water and oats to a pan and boil until the oats reach a thick consistency (5 min.).
- While the oats are cooking, cut apple into bite sized pieces, then do the same with the strawberries.
- After the oats have absorbed most of the water, crack egg into the pot and add a pinch of salt. Make sure to constantly stir your oats once the egg has been added. (Allowing the egg to sit will turn it into scrambled eggs.) Once the egg is fully incorporated, pour cooked oatmeal into a bowl.
- Add apple bites, strawberries, and blueberries. And top with almond butter and a dusting of cinnamon to your preference.





**Notes:** This is the most satisfying Oatmeal you will ever have! This recipe is portioned out for a single serving but can easily be tripled for a quick and easy breakfast throughout the week! Although it may sound weird, the egg is the secret ingredient in this recipe! Adding an egg to your oats will pack it with protein and create a creamy consistency

**Optional:** If strawberries aren't your jam, try adding bananas or another fruit of your choice!











# HOMEMADE HUMMUS

## INGREDIENTS

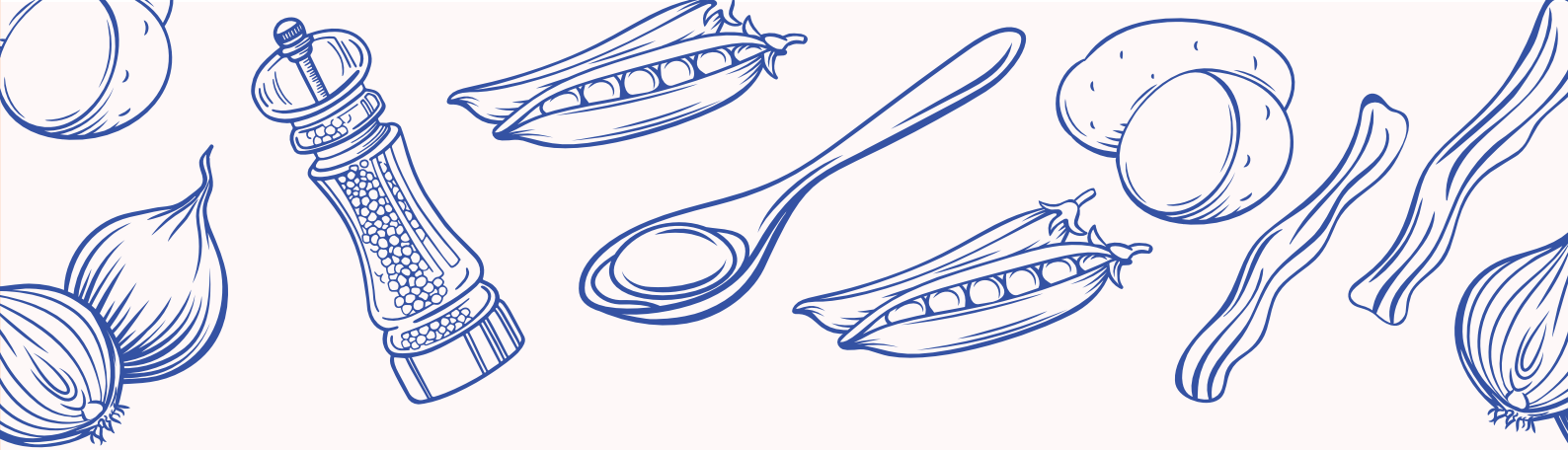
- 15 oz. (425 g) can of chickpeas
- 1 clove of garlic
- 1 tsp (5 ml) of ground cumin
- $\frac{3}{4}$  tsp (3.6 ml) salt
- $\frac{1}{2}$  cup (125 ml) tahini
- 2 tbsp. (30 ml) extra virgin olive oil (EVOO)
- $\frac{1}{2}$  tsp (2.5 ml) ground pepper
- 1 large lemon juiced

## NUTRITIONAL VALUES PER SERVING

 <b>172</b>	 <b>7.3</b>	 <b>161</b>	 <b>6.9</b>	 <b>6</b>	 <b>22</b>
Calories (Kcal)	Protein (g)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

## Preparation

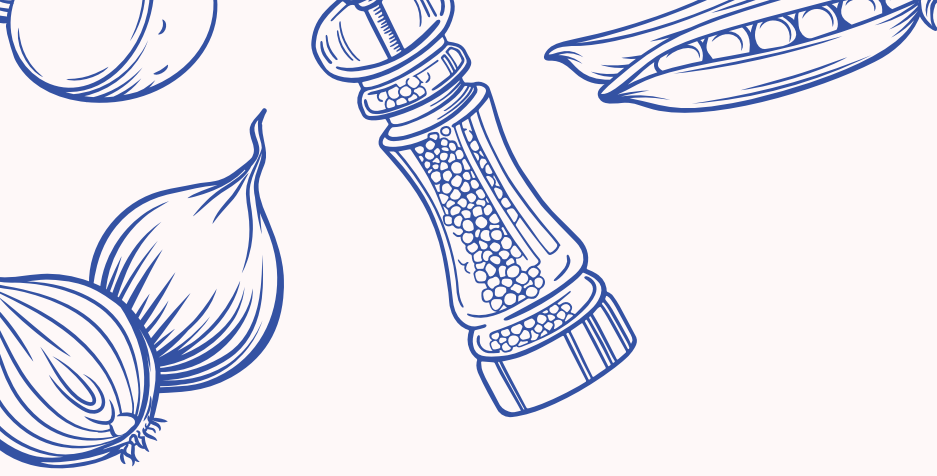
- Rinse chickpeas in cold water and let strain.
- Combine tahini, fresh lemon juice and garlic in a food processor. Blend until smooth. (about 30 seconds)
- Add and blend the rest of your ingredients. If the hummus isn't smooth enough add ice water (approx. one tbsp. at a time) until it reaches desired consistency.
- Once smooth, transfer to a bowl and add pepper.
- Serve with carrots, cucumbers, or a veggie of your choice.



**Notes:** Hummus is super easy and can be made ahead of time for any event and served throughout the week! When purchasing Chickpeas/ Garbanzo beans check the ingredients – make sure there aren't a lot of added ingredients. The can should just contain garbanzo beans, water, and salt.

**Optional:** For a fun variation, add roasted red peppers or other spices to the hummus and blend thoroughly to mix things up.










# BEEF CARPACCIO

## INGREDIENTS

- 480 g beef tenderloin cut into 4 servings (1 lb)
  - 1.25 ml kosher salt (¼ t)
  - 480 g thin asparagus, tough ends removed (1 lb)
  - 300 g plum tomatoes, chopped
  - 15 g fresh basil, chopped (¼ c)
  - 300 g baby lettuce of your choice (¼ c)
  - 45 ml red wine vinegar (3 T)
  - 22.5 ml olive oil (1 ½T)
  - 15 ml water (1 T)
  - 5 ml grained Dijon mustard (1 t)
  - Freshly ground black pepper
- ### ANCHOVY-CAPER SAUCE
- 120 g fat-free ricotta (½ c)
  - 200 g non-fat plain yogurt (1 c)
  - 20 ml red wine vinegar (1/4 c)
  - 10 ml capers (2 t)
  - 10 ml anchovy paste (2 t)
  - 1 shallot, chopped
  - 2 garlic cloves, chopped
  - 15 g fresh basil leaves (¼ c)
  - 15 g flat leaf parsley (¼ c)
  - Freshly ground black pepper

## NUTRITIONAL VALUES PER SERVING

 <b>362</b>	 <b>36</b>	 <b>76</b>	 <b>795</b>	 <b>16</b>	 <b>4</b>	 <b>17</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

# Preparation

- Preheat oven broiler or light a grill.
- Salt and pepper the beef. Broil or grill until cooked to your liking. Cover loosely with aluminum foil and set aside for at least 20 minutes.
- Microwave the asparagus in 30 ml (2 T) water for 3 to 4 minutes, or until just tender. Place in ice water to prevent overcooking. Drain and place in bowl. Add the chopped tomato and basil.
- Make a vinaigrette by whisking together the vinegar, oil, water, mustard, and pepper. Set aside.
- Make the anchovy-caper sauce. Using a food processor with a metal blade, combine the ricotta, yogurt, vinegar, capers, anchovy paste, shallot, garlic, basil, parsley and pepper until smooth. Refrigerate until ready to serve.
- Toss the asparagus with 15 ml (1 T) of the vinaigrette. Place on one side of each of four large plates. Toss the tomato and chopped basil with 15 ml (1 T) of the vinaigrette. Place on the other side of each plate, leaving the center empty. Toss the lettuce with the remaining vinaigrette and place in the center between the vegetables.
- Slice the beef against the grain into paper-thin slices. Arrange on the plate and drizzle each serving with 30 ml (2 T) of the anchovy-caper sauce. Serve at once.

**Notes:** Beef carpaccio is usually a raw beef appetizer, but this recipe calls for cooking the meat to your preference and serving the dish with a lovely vegetable salad topped with yogurt sauce. The extra sauce makes an excellent dip for raw vegetables or a zippy salad dressing.












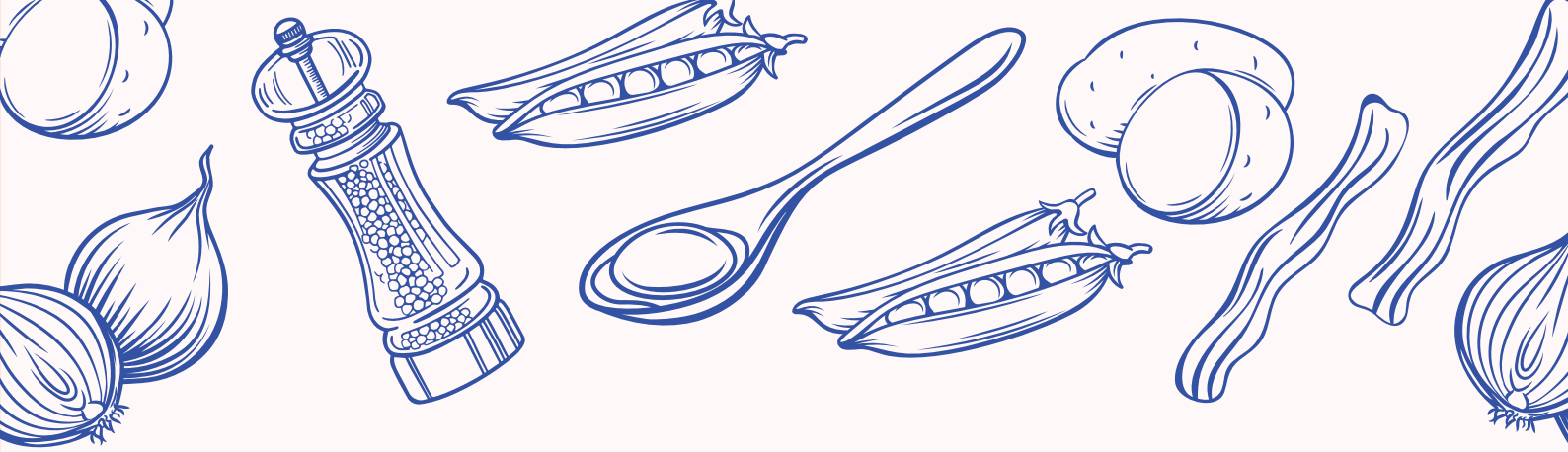
# HERBED EGGS ON TOMATOES

## INGREDIENTS

- 2 eggs
- 2 egg whites
- ¼ green pepper or 2 spring onions (scallions), chopped
- 2.5 ml garlic flakes (½ t)
- 2.5 ml mixed herbs (½ t)
- 20 ml chutney, preferably light (4 t)
- 1 tomato, sliced
- 2 slices bread, toasted
- 30 g lower fat cheese, grated (¼ c)
- Pinch of salt
- Freshly ground black pepper

## NUTRITIONAL VALUES PER SERVING

 <b>307</b>	 <b>19</b>	 <b>227</b>	 <b>592</b>	 <b>10</b>	 <b>5</b>	 <b>34</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)



## Preparation

- Crack 1 egg into a small, microwave-safe bowl and break the yolk. Repeat with other egg into another bowl. Add one egg white to each bowl and stir slightly.
- Add green pepper or spring onions (scallions), garlic and herbs and microwave each bowl on high for 1 to 1 ½ minutes, depending on the power of your microwave.
- Stir slightly and top with chutney and tomato slices.
- Microwave each bowl for another 40 seconds on high.
- Invert each of the cooked eggs onto a slice of toasted bread and top with grated cheese (the cooked tomato will now be on the toast with the egg on top of it).
- Microwave each plate on high for 10 to 15 seconds to melt the cheese.
- Season lightly with salt and freshly ground black pepper.

**Notes:** When microwaving eggs, remember to break the egg yolks to prevent exploding. The nutritional values provided include one slice of bread.







# ROASTED WINTER SQUASH

## INGREDIENTS

- 1 acorn squash, peeled and seeded
- 1 small (1 kg) butternut squash, peeled and seeded (2 lbs)
- 45 ml olive oil (3 T)
- 2.5 ml kosher salt (½ t)
- 2.5 ml freshly ground black pepper (½ t)

## NUTRITIONAL VALUES PER SERVING

 <b>152</b>	 <b>2</b>	 <b>202</b>	 <b>7</b>	 <b>4</b>	 <b>24</b>
Calories (Kcal)	Protein (g)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

## Preparation

- Preheat the oven to 220° C (425° F).
- Cut the acorn and butternut squash into 1 to 1-¼ inch cubes. They will shrink while baking, so don't cut too small.
- Place the squash in single layers on two baking sheets. Drizzle with olive oil, salt and pepper. Toss well.
- Bake for 25 to 35 minutes, until tender, turning once

**Notes:** This is an easy and healthy side dish. Leftover squash can be pureed in a blender with hot chicken stock for a quick and delicious soup.






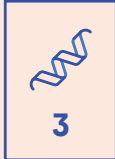



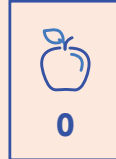



# SAVORY PANCAKE BITES

## INGREDIENTS (MAKES 32 PANCAKES BITES)

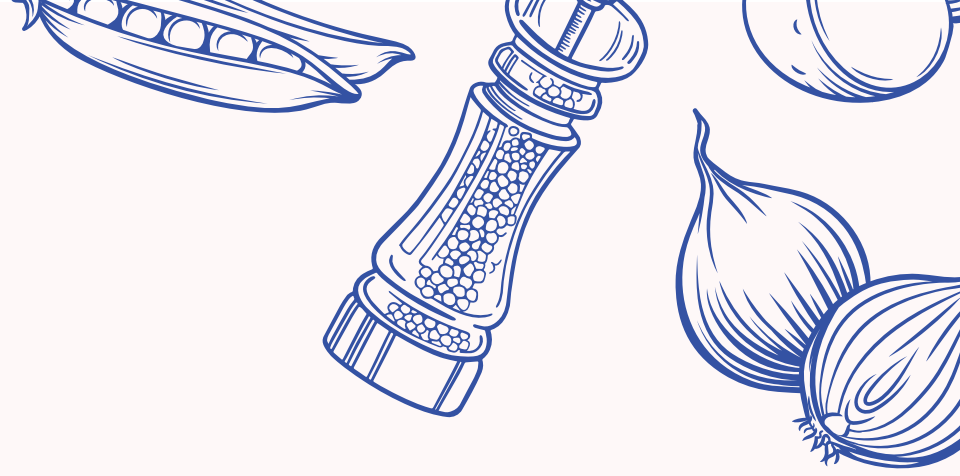
- 50 g sun-dried tomatoes (1 c)
- 400 ml fat-free or low-fat milk (1  $\frac{3}{4}$  c)
- 1 extra large egg
- 5 ml macadamia or canola oil (1 t)
- 90 g cake flour ( $\frac{3}{4}$  c)
- 5 g baking powder (1 t)
- 2.5 g granulated bouillon ( $\frac{1}{2}$  t)
- 60 g oat bran (4 T)
- pinch of mustard powder
- pinch of cayenne pepper

## NUTRITIONAL VALUES PER SERVING

 <b>41</b>	 <b>3</b>	 <b>11</b>	 <b>177</b>	 <b>1</b>	 <b>0</b>	 <b>5</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

## Preparation

- In a glass bowl, combine sun-dried tomatoes and half of the milk. Microwave on high for 3 minutes to soften the tomato. Set aside.
- In a deep bowl, mix the egg and oil.
- In a separate bowl, sift the flour, baking powder and bouillon and stir in the oat bran.
- Add dry ingredients and remaining milk to the egg mixture. Beat with an electric (or hand) mixer until lump-free.
- Purée the tomatoes and add to batter. Stir until well mixed. If needed, add water, about 60 ml (4 T), to achieve the consistency of syrup.
- Preheat a non-stick skillet and “fake fry” pancakes (see below) using about 60 ml (4 T) of batter per pancake—about 150 mm (6 in) in diameter.
- Place pancakes on a plate, spread with filling and then roll up like a Swiss roll. Cut into four evenly-sized mini rolls and secure with a toothpick.
- Arrange on a serving platter and serve as snacks with drinks or on a buffet.

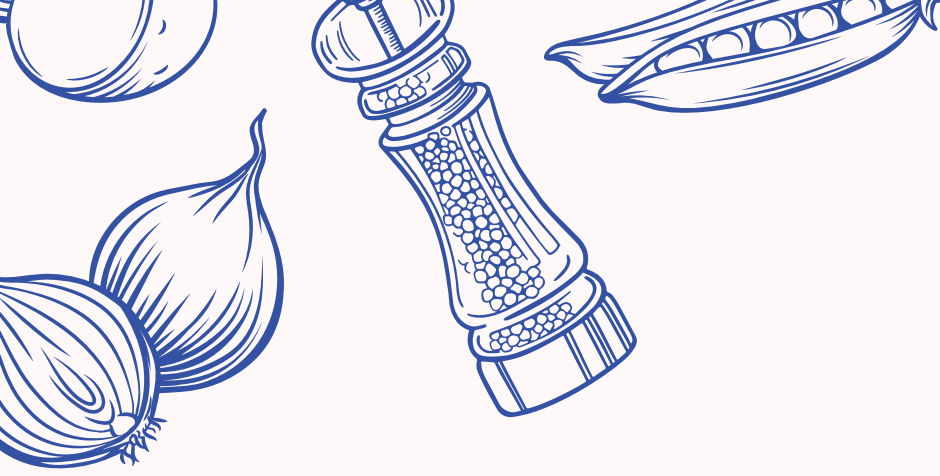


To “fake fry” the pancakes, heat good-quality oil in a skillet until hot, but not smoking. Swirl pan until oil covers the bottom completely. Pour out excess oil. Now “fake-fry” the pancakes in the remaining oil. This recipe can easily be doubled or tripled.

**Savory fillings:**

- Combine fat-free cottage cheese, several slices of shaved cold meats and sprinkle with freshly chopped herbs.
- Combine fat free cottage cheese, smoked salmon and sprinkle with chopped chives and capers.
- Mix finely grated low-fat cheese into any savory spread.
- Finely chop olives and mix into flavored low-fat cottage cheese. Top with a layer of fresh basil leaves.











# PASTA ALFREDO

## WITH SMOKED FISH

### INGREDIENTS

- 166 g whole wheat fettuccine noodles (about 2 c)
- 5 ml olive or canola oil (1 t)
- 1 large onion, peeled and diced
- 200 g mushrooms, sliced (8 oz)
- 2 cloves garlic, minced
- 60 ml dry white wine (¼ c)
- 380 g low fat evaporated milk (1 ¼ c)
- 30 ml steel cut or rolled oats (2 t)
- 30 ml fresh thyme, chopped (2 t)
- 250 g smoked trout or salmon, sliced (8 oz)

### NUTRITIONAL VALUES PER SERVING

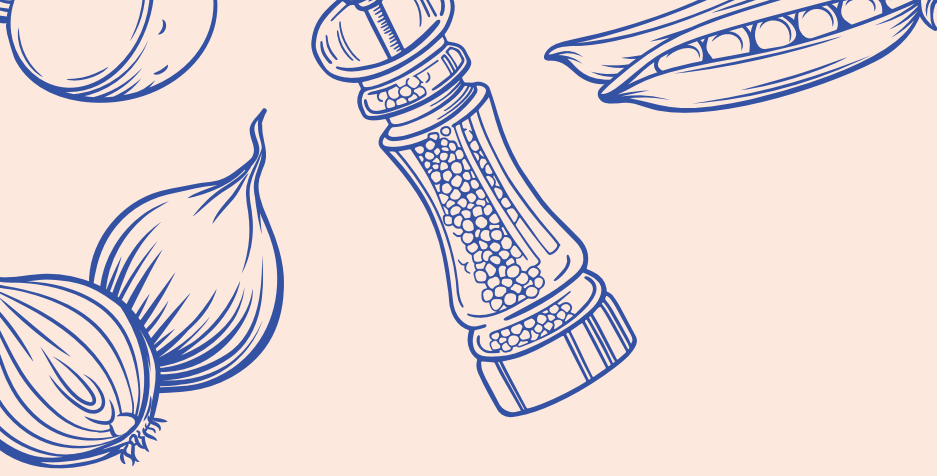
 <b>415</b>	 <b>28</b>	 <b>12.5</b>	 <b>447</b>	 <b>9</b>	 <b>5</b>	 <b>49</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

# Preparation

- Boil pasta in about 2 liters (2 quarts) of lightly salted water until just tender. Drain and set aside.
- Heat oil in a pan and sauté the onion until transparent.
- Add mushrooms and stir until a sauce forms. Stir in garlic.
- Add wine and lightly simmer for a few minutes to heat through.
- Add evaporated milk and oats, and bring to a boil. Reduce heat and cook gently (uncovered) for 5 to 10 minutes until the sauce has thickened and reduced slightly.
- Add the thyme, black pepper and fish.
- Combine the sauce and cooked pasta and serve immediately with a large salad and/or two cooked vegetables.

**Notes:** To preserve the flavor of fresh thyme, add this delicate herb toward the end of the cooking. Dried thyme can be added earlier.












# PENNE

## BOLOGNESE AL FORNO

### INGREDIENTS

- 40 g lower glycemic index (GI) penne pasta ( $\frac{2}{3}$  c)
- 125 ml boiling water ( $\frac{1}{2}$  c)
- 31.25 ml salt, divided ( $\frac{1}{4}$  t + 2 T)
- 1.25 ml canola or olive oil ( $\frac{1}{4}$  t)
- $\frac{1}{4}$  med onion, peeled and finely chopped
- 75 g extra lean ground beef ( $\frac{1}{3}$  c)
- 100 g canned tomatoes, chopped ( $\frac{1}{2}$  c)
- 1.25 ml fresh rosemary, chopped ( $\frac{1}{4}$  t)
- 7.5 ml split lentils ( $\frac{1}{2}$  T)
- 60 g fresh mushrooms, sliced (1 c)
- Clove garlic, peeled and finely chopped or 1.25 ml crushed garlic ( $\frac{1}{4}$  t)
- 2.5 ml fresh thyme ( $\frac{1}{2}$  t) or 1.25 ml dried thyme ( $\frac{1}{4}$  t)
- 7.5-15 ml chutney, optional ( $\frac{1}{2}$  - 1 T)
- 10 g low fat cheese, grated (1 T)
- 15 ml fat free or low fat milk (1 T)
- Freshly ground black pepper to taste
- Nutmeg to taste

### NUTRITIONAL VALUES PER SERVING

 <b>476</b>	 <b>31</b>	 <b>98.8</b>	 <b>111</b>	 <b>13</b>	 <b>6</b>	 <b>49</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

## Preparation

- Preheat the oven to 180° C (350° F).
- Boil pasta with 1.25 ml salt (¼ t) until just tender. Drain water and set aside.
- In a large saucepan, heat the oil and sauté onion until transparent.
- Add ground beef and cook until browned.
- Add tomatoes, 30 ml salt (2T), pepper, nutmeg, rosemary, split lentils, mushrooms and garlic and simmer, covered for about 10 to 15 minutes, until the lentils are soft.
- Add thyme (and chutney, if desired) and simmer for another 5 minutes.
- Stir half the cheese into the pasta.
- Spray a 250 x 250 mm ovenproof dish (2 qt) with non-stick cooking spray. Place alternating layers of pasta and meat into the ovenproof dish, finishing with the meat mixture.
- Pour milk over the pasta and meat mixture. Top with remaining cheese and bake for 20 to 30 minutes.
- Allow to cool for 5 minutes and serve with a large salad.












# AURELIA'S RISOTTO

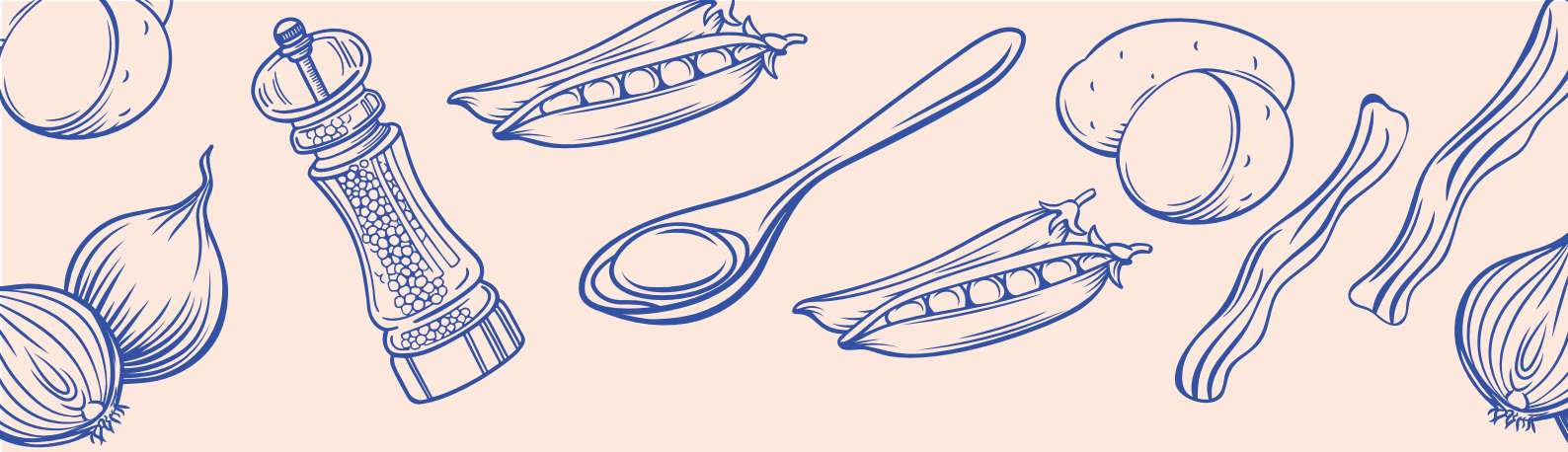
## INGREDIENTS

- ¼ med onion, peeled and chopped
- 1.25 ml oil, olive or canola (¼ t)
- ½ celery stalk, chopped
- ¾ med carrot, peeled and sliced
- 125 ml boiling water (½ c)
- 2.5 ml granulated vegetable bouillon (½t)
- 60 ml Arborio (risotto) rice (¼ c)
- 40 ml dry white wine (3 T)
- 60 ml frozen peas (¼ c)
- 20 g low fat cheese, grated (¼ c)
- 3.75 ml parmesan cheese (¾ t)
- 15 ml low fat milk (1 T)
- 3.75 ml lemon juice (¾ t)
- Freshly ground black pepper

## NUTRITIONAL VALUES PER SERVING

 <b>299</b>	 <b>14</b>	 <b>353</b>	 <b>2.4</b>	 <b>7</b>	 <b>7</b>	 <b>41</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)





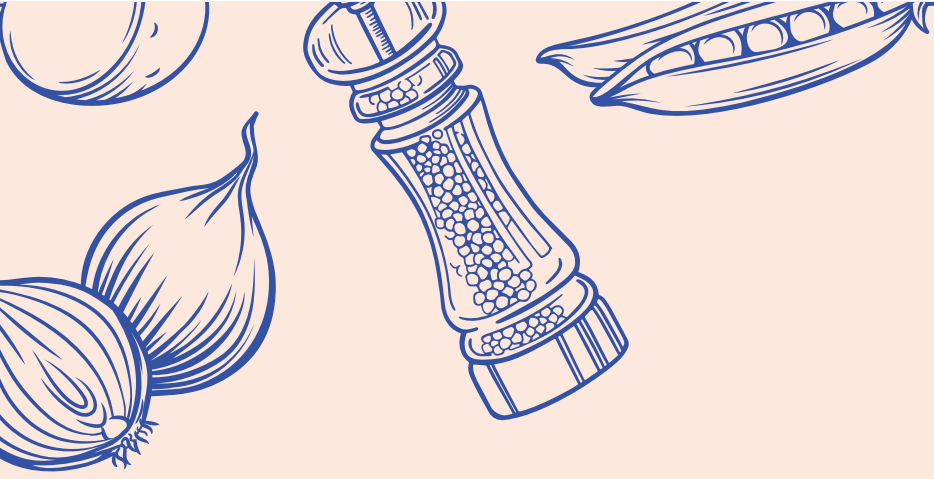
## Preparation

- In a large skillet, sauté onion in oil on medium heat. Add celery and carrots, and cook for 3 to 5 minutes more.
- Combine boiling water and bouillon in a saucepan and stir until dissolved. Keep warm on low heat.
- Add the uncooked rice to the vegetables. Cook for 3 minutes.
- Add white wine and allow the rice to absorb it. Then add the warm stock, ensuring that the rice is covered by the liquid. Simmer, covered, for about 25 minutes, stirring occasionally. Add boiling water if it becomes too dry. Keep in mind that the end product should be creamy.
- Once the risotto is creamy, stir in peas, grated cheeses, milk and lemon juice. Allow the cheese to melt. Add pepper to taste.
- Serve immediately, preferably with a salad.

**Non-vegetarian variation:** Replace half of the low fat cheese with one 60 g package (2 oz) of reduced fat, reduced salt bacon. Remove the fat, dice, and fry in a non-stick frying pan sprayed with non-stick cooking spray. Add 3.75 ml ( $\frac{3}{4}$  t) raw honey and fry until crisp and brown. Also reduce the granulated bouillon to 1.25 ml ( $\frac{1}{4}$  t) to control the salt content.

**Variation:** This recipe is also well-suited for a family or for entertaining. To increase the number of servings, simply double or quadruple the recipe as needed.












# BUTTERNUT SQUASH AND ARUGULA LASAGNA

## INGREDIENTS

- 6 lasagna sheets
- 2 small butternut squash, peeled and cubed or 800 g butternut cubes (1 ¾ lb)
- 7.5 ml vegetable or chicken bouillon (1 ½ t)
- 200 ml water (4/5 c)
- 2.5 ml salt (½ t)
- 100 g fresh arugula leaves or, for a milder flavor, baby spinach leaves (3 ½ c)
- 30 g pecans, roughly chopped (1 oz)
- 100 g low fat mozzarella cheese, coarsely grated (250 ml or 1 c)
- Freshly ground black pepper
- Ground nutmeg

## NUTRITIONAL VALUES PER SERVING

 <b>372</b>	 <b>15</b>	 <b>20</b>	 <b>481</b>	 <b>12</b>	 <b>6</b>	 <b>57</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

# Preparation

- Preheat the oven to 200° C (400° F).
- Place lasagna sheets next to each other on a sufficiently large baking sheet, and cover with boiling water to soften the pasta. Set aside.
- Place the cubed butternut in a glass bowl and sprinkle with the vegetable or chicken bouillon. Add the water, cover with a microwave-safe lid and microwave for 15 minutes on high until tender enough to mash. Or boil in a saucepan on the stove until tender.
- Mash the butternut together with the stock and season lightly with salt and pepper. It should be quite sloppy. If not, add a little more boiling water.
- Spoon one third of the butternut mash into a lightly greased 300 mm x 150 mm (2 qt), oven-proof serving dish.
- Remove the lasagna sheets from the water, pat dry with a paper towel, and place two sheets of the softened pasta on top of the butternut mash and top with a generous layer of fresh arugula (about half of the leaves).
- Spoon another third of the butternut mash, add another two sheets of pasta and sprinkle with half the chopped pecans.
- Top with the other half of the arugula and then the last two sheets of softened pasta.
- Spread the remaining butternut mash over the pasta and sprinkle with the rest of the pecans.
- Cover and place in the oven for 10 minutes. Or microwave on high for 5 minutes.
- Remove the lasagna from the oven or microwave and top evenly with the mozzarella cheese and sprinkle with a little nutmeg. Turn the oven to broil and place the lasagna back in the oven until the cheese is lightly browned.
- Serve on a bed of mixed greens as a complete meal.

**Variation:** For a little extra flavor, try adding chopped, sun-dried tomatoes to the first layer of butternut mash. Non-vegetarians can count this as the starch and vegetable or simply add a portion of grilled lean meat for a complete meal.







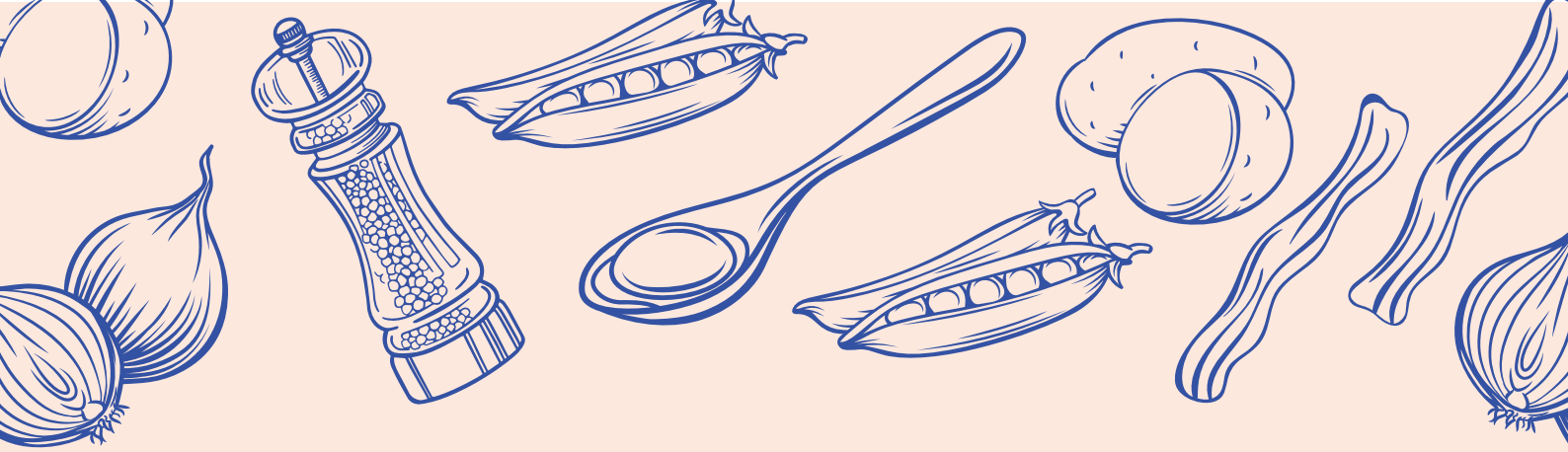
# CRUSTLESS CHEESE AND VEGETABLE TART

## INGREDIENTS

- 3 extra large eggs, beaten
- 200 g fat free cottage cheese (1 c)
- 5 g Parmesan cheese, finely grated (1 t)
- 1 clove garlic, crushed
- 500 g fresh or frozen vegetables, finely chopped (16 oz)
- 8 green onions, chopped or ½ small onion, finely chopped
- 10 g granulated vegetable bouillon (2 t)
- 60 g mozzarella cheese, grated (½ c)
- 2.5 g ground paprika (½ t), optional
- Pinch ground cumin, optional
- Freshly ground black pepper

## NUTRITIONAL VALUES PER SERVING

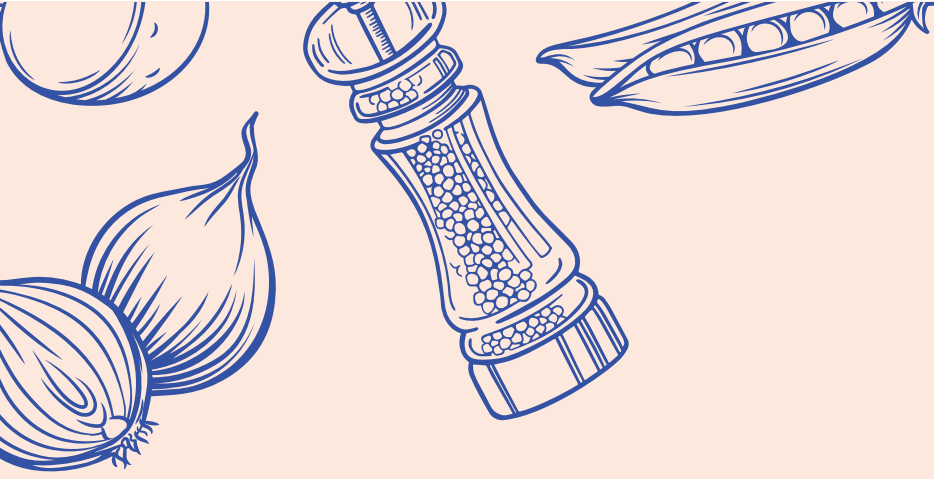
 <b>107</b>	 <b>9</b>	 <b>187</b>	 <b>400</b>	 <b>4</b>	 <b>2</b>	 <b>7</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)



## Preparation

- Preheat oven to 180° C (350° F). Lightly grease a medium baking dish with non-stick cooking spray.
- Mix together eggs, cottage cheese, Parmesan cheese, garlic, cumin and black pepper and set aside.
- Peel and finely chop the vegetables and place evenly in the bottom of the baking dish.
- Sprinkle with chopped green onion and bouillon.
- Pour the egg mixture over the vegetables.
- Sprinkle grated cheese evenly over the top.
- Dust with paprika, if desired (gives a lovely dark brown color).
- Bake for 25 to 35 minutes until bubbling and lightly browned





# FRUITY CHICKEN CURRY

## INGREDIENTS

- 60 ml rice (¼ c)
- 1.25 ml olive or canola oil (¼ t)
- 1 skinless chicken thigh
- 1 skinless chicken drumstick
- ½ med onion, peeled and thinly sliced
- ¼ clove garlic
- 7.5 ml lower glycemic index (GI) oats (½ T)
- 2.5 – 5 ml curry powder (½ - 1t)
- 0.5 ml ground ginger (⅛ t)
- 15 g pineapple (¼ slice), cubed (1 T)
- 0.5 ml ground cinnamon (⅛ t)
- 2.5 ml granulated chicken bouillon (½ t), dissolved in 60 ml boiling water (¼ c)
- 7.5 ml chutney (1 ½ t)
- 60 g mushrooms, sliced, optional (1 c)
- 3.75 ml tomato paste or sauce (¾ t)
- ¼ banana
- ¼ peach (fresh or canned), chopped
- 7.5 ml lemon juice (½ T)
- Freshly ground black pepper

## NUTRITIONAL VALUES PER SERVING

<b>432</b>	<b>33</b>	<b>91</b>	<b>281</b>	<b>12</b>	<b>4</b>	<b>44</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

## Preparation

- Boil the rice in lightly salted water until just tender.
- Heat oil in a large skillet and brown chicken pieces on both sides. Remove and set aside.
- Add onion and garlic and cook until soft.
- Sprinkle in oats, curry powder, ginger, and cinnamon and stir-fry for 1 minute to develop flavor.
- Add the prepared chicken broth slowly, and bring to a boil.
- When the sauce has thickened, add chutney, mushrooms (if desired) and tomato paste or sauce. Season with pepper to taste.
- Put the chicken pieces back into the skillet and reduce the heat. Cover and simmer for 20 to 30 minutes until the chicken is cooked.
- Peel and slice the banana. Add the banana, peach, pineapple and lemon juice to the chicken and heat thoroughly.
- Serve with rice and a large tossed salad.





# CHICKEN PICATTA

## INGREDIENTS

- 3 chicken breasts (approx. 1 lb or 450g)
  - ¼ cup (59 ml) capers
  - 1¼ cup (309 ml) stock or broth
  - 2 tbsp. (30 ml) olive oil
  - ¼ cup (59 ml) lemon juice
  - 1 tbsp. (15 ml) lemon zest
  - Salt and pepper to taste
  - 3 cloves Garlic
  - 1 shallot or (½ sweet onion)
- **BLISTERED TOMATOES & SPINACH**
  - 2 tbsp. (30 ml) olive oil
  - 3 cups (700 ml) cherry tomatoes
  - 5 oz (140 ml) fresh baby spinach
  - 2 tbsp. (30 ml) lemon juice
  - 1 tsp (5 ml) Salt
  - Pepper to taste
  - 1 clove of garlic

## NUTRITIONAL VALUES PER SERVING CHICKEN

<b>298</b>	<b>32</b>	<b>545</b>	<b>32.6</b>	<b>0.5</b>	<b>3.7</b>
Calories (Kcal)	Protein (g)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

## NUTRITIONAL VALUES PER SERVING BLISTERED TOMATOES & SPINACH

<b>107</b>	<b>2.3</b>	<b>670</b>	<b>7.3</b>	<b>4.2</b>	<b>10.7</b>
Calories (Kcal)	Protein (g)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)



# Preparation

- Dice shallot and mince garlic. Add to pan with olive oil. Cook until translucent.
- While onions and garlic cook, prepare the chicken.
- Flatten so the entire chicken breast is the same thickness. (see notes for directions). Add salt and pepper to chicken and place in the pan with onions and garlic. Allow chicken to cook for a few minutes until the edges of the chicken breasts turn white and flip.
- Add broth/stock, lemon juice, and capers to the pan. Cover and allow to simmer for 7-10 minutes or until the chicken is cooked through. While simmering begin blistered tomatoes and spinach.

## BLISTERED TOMATOES & SPINACH

- Add two tablespoons of olive oil to a large skillet on medium heat.
- Mince garlic and add with tomatoes to the pan. Be careful, the oil is hot!
- Tomatoes will blister (burst open) in a few minutes. You can help this process by crushing a few tomatoes with a fork.
- Add fresh lemon juice, salt, and pepper to and large handfuls of spinach to your pan. Stir continuously until the spinach is wilted. This will only take a minute or two!
- Once wilted turn off the heat and serve immediately with your chicken piccata.





# GRILLED CITRUS CHICKEN AND VEGETABLE BURRITOS

## INGREDIENTS

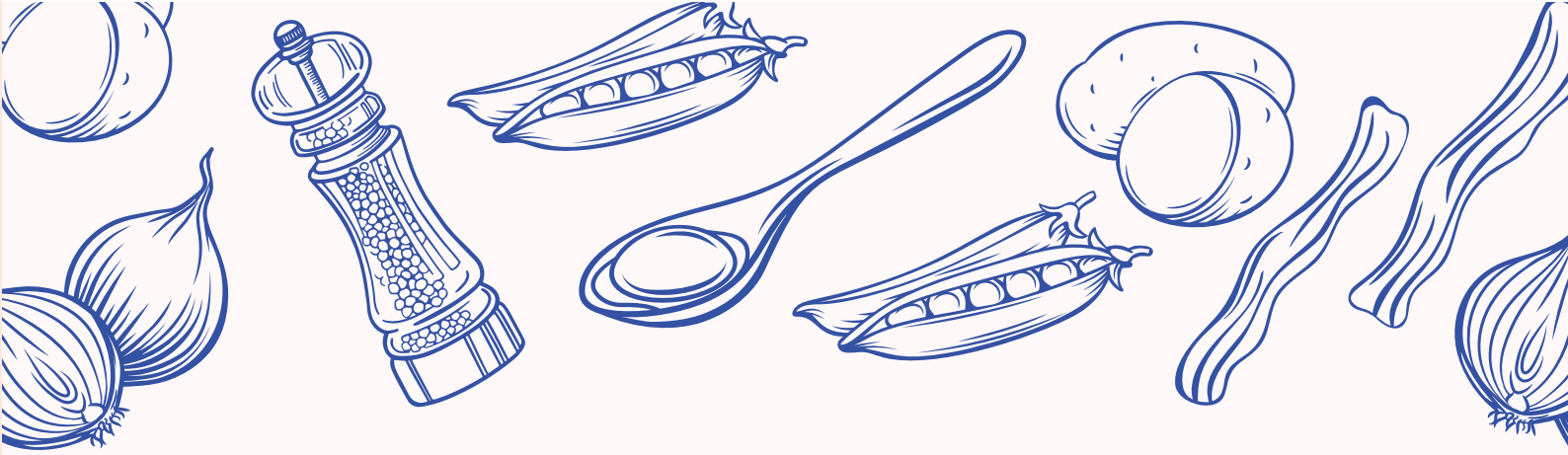
- 4 boneless, skinless chicken breast halves, about 150 g (5 oz) each
- 2 large garlic cloves, minced
- 60 ml orange juice (¼ c)
- 60 ml lime juice (¼ c)
- 5 ml chili powder (1 t)
- 0.6 ml crushed red pepper flakes (⅛ t)

## VEGETABLE BURRITOS

- ½ med tomato, diced
- ½ med green bell pepper, seeded and diced
- 20 g finely diced celery (2 T)
- 20 g finely sliced red onion (2 T)
- 8 g chopped cilantro (2 T)
- 30 g light mayonnaise (2 T)
- 1 med avocado, seeded, peeled and diced
- 4 fat free tortillas, 15 cm (6 in)

## NUTRITIONAL VALUES PER SERVING

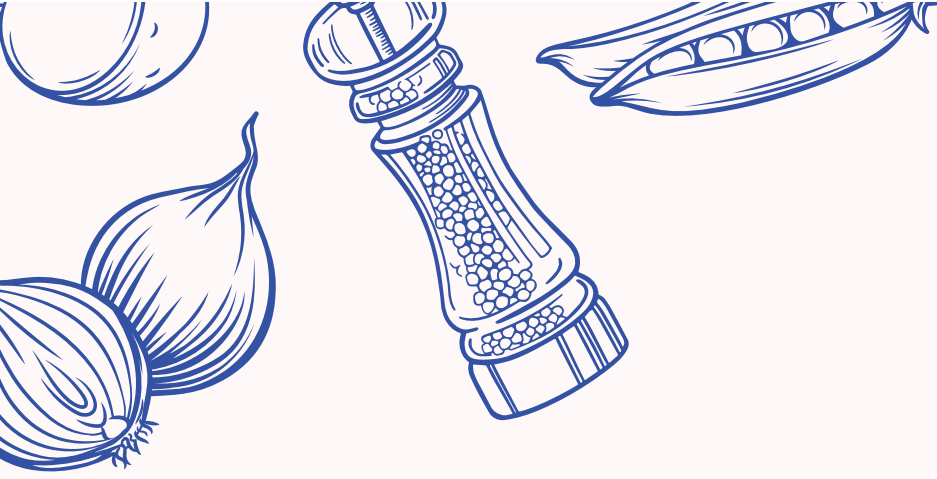
<b>374</b>	<b>38</b>	<b>85</b>	<b>425</b>	<b>11</b>	<b>6</b>	<b>31</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)



## Preparation

- Rinse chicken breast halves and remove all visible fat. Pat dry with paper towels.
- In a shallow dish, whisk together remaining ingredients. Add chicken and turn to coat. Cover and refrigerate for several hours.
- Prepare the vegetables for the burritos. In a medium bowl, combine tomato, bell pepper, celery, red onion, cilantro and mayonnaise. Cover and chill until ready to assemble.
- When ready to cook the chicken, preheat a grill.
- Grill for about 5 minutes per side, until cooked through. Slice chicken into strips.
- Just before serving, prepare avocado and stir into vegetable mixture. Using a slotted spoon to drain off any liquid, divide the mixture between 4 tortillas, placing the vegetables and chicken strips just off-center, near the edge where you're going to start rolling. Roll up and cut each burrito in half. Serve at once.





# HONEY MUSTARD BAKED SALMON WITH SWEET POTATOES

## INGREDIENTS

- 2-3 small sweet potatoes, peeled and thinly sliced, about 400 g (2 c)
- 2 small onions, peeled and diced, about 200 g (1 c)
- 1-2 garlic cloves, minced
- 10 ml olive or canola oil (2 t)
- 20 ml honey (4 t)
- 7.5 ml mustard powder (1 ½ t)
- 1 fresh rosemary sprig, leaves chopped
- 500 g fresh salmon steaks or fillets (1 lb)

## NUTRITIONAL VALUES PER SERVING

<b>352</b>	<b>22</b>	<b>41</b>	<b>91</b>	<b>13</b>	<b>4</b>	<b>32</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

# Preparation

- Preheat the oven to 180° C (350 °F).
- In the microwave, cook the sweet potatoes, onions and garlic in boiling water for 10 to 15 minutes, or boil in a saucepan on the stove, then drain.
- Place oil in a large ovenproof dish, and heat in the oven for a few minutes.
- Place the cooked sweet potatoes and onion in the ovenproof dish and toss lightly to cover with the oil. Bake for 10 to 15 minutes.
- Meanwhile, mix honey, mustard powder and rosemary in a small bowl and microwave for 15 seconds on high to melt the honey, or place the bowl into a saucepan of boiling water until the honey has melted.
- Spread most of the honey, mustard and rosemary mixture over the fish fillets, but reserve a little for serving.
- Spray a broiling rack with non-stick cooking spray and suspend it over the sweet potato and onion dish.
- Place the fish directly onto the broiling rack, so that the fish juices drip onto the sweet potatoes.
- Bake for 10 to 15 minutes.
- Spread the rest of the honey and mustard mixture on the fish and serve with plenty of cooked vegetables.

Cooked, deep orange sweet potato, which can be mistaken for butternut squash, goes well with salmon.





# HAMBURGERS

## WITH BBQ SAUCE








### INGREDIENTS

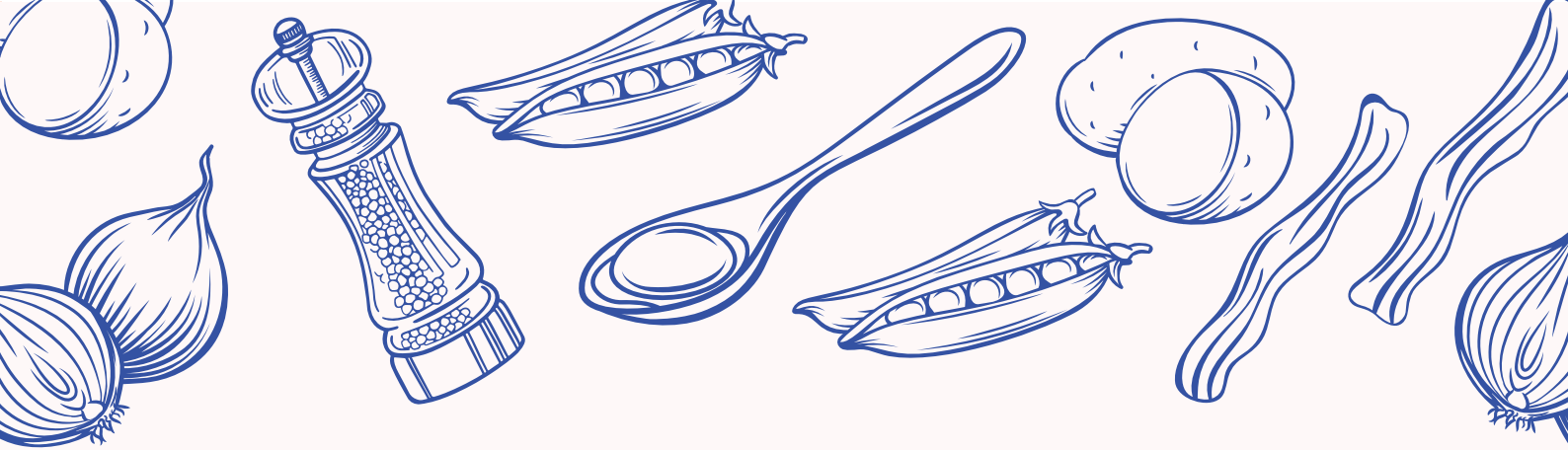
- 410 g can baked beans, drained (16 oz)
- 15 ml vinegar (1 T)
- 15 ml Worcestershire sauce (1 T)
- 2 ml crushed garlic (½ t)
- 200 g lean ground beef (1 c)
- 1 med onion, peeled and chopped
- 1 celery stalk, chopped
- 1 bread slice, crumbled (brown or white)
- 250 ml oat bran (1 c)
- 5 ml granulated bouillon (1 t)
- 1 egg
- 5 ml olive or canola oil (1 t)
- 4-8 hamburger rolls
- Freshly ground black pepper

### BBQ SAUCE

- 1 onion, peeled and chopped
- 1 large apple, finely grated
- 1 ml crushed garlic (¼ t)
- 5 ml olive or canola oil (1 t)
- 60 ml tomato sauce (4 T)
- 1 tomato, finely chopped
- 125 ml water (½ c)
- 20 ml brown sugar (4 t)
- 30 ml Worcester sauce (2 t)
- 5 ml salt (1 t)
- 10 ml prepared mustard (2 t)

### NUTRITIONAL VALUES PER SERVING

 <b>199</b>	 <b>11</b>	 <b>50</b>	 <b>352</b>	 <b>6</b>	 <b>5</b>	 <b>23</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

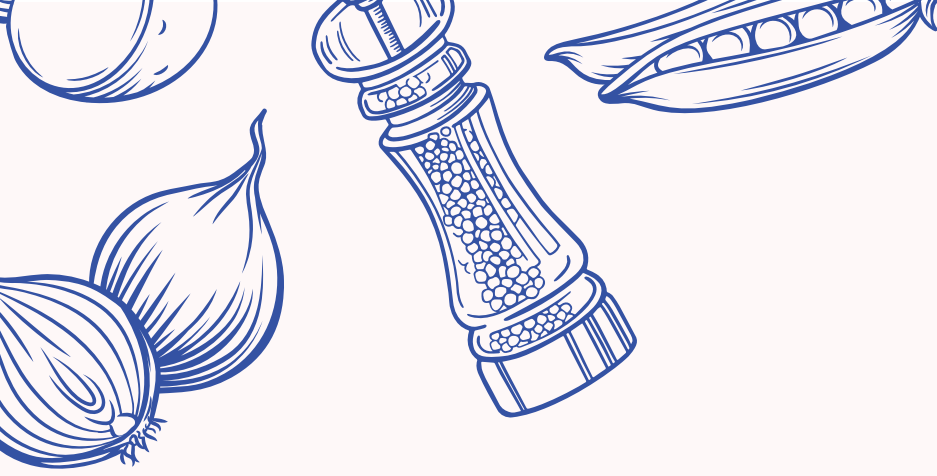


## Preparation

- For the burgers, mash together the beans, vinegar, Worcestershire sauce and garlic or mix in a food processor.
- Add the ground beef, onion, celery, breadcrumbs, oat bran, bouillon granules, pepper and egg, and mix to a firm consistency.
- Shape into 8 hamburger patties.
- Lightly grease a skillet with 5 ml (1 t) oil. Use a spatula to spread the hot oil evenly across the pan.
- Fry the patties for 5 minutes on each side.
- For the sauce, sauté onion, apple and garlic in the oil until transparent.
- Add the rest of the ingredients and simmer for 5 minutes.
- Serve patties on unbuttered hamburger rolls with tomato, lettuce and BBQ sauce.

These patties are very soft and do not have the “meatiness” of normal hamburger patties.












# ITALIAN RICOTTA AND CHERRY TOMATO PIZZA

## INGREDIENTS

- 300 g thin pizza crust (10 oz)
- 10 g chopped fresh basil (½ c)
- 5 ml olive oil (1t)
- 114 g low-fat ricotta cheese (½ c)
- 75 g grated part-skim mozzarella cheese (½ c)
- 10 g freshly grated parmesan cheese (2 T)
- 240 g cherry tomatoes, halved (½ lb)
- Olive oil cooking spray
- Freshly ground black pepper

## NUTRITIONAL VALUES PER SERVING

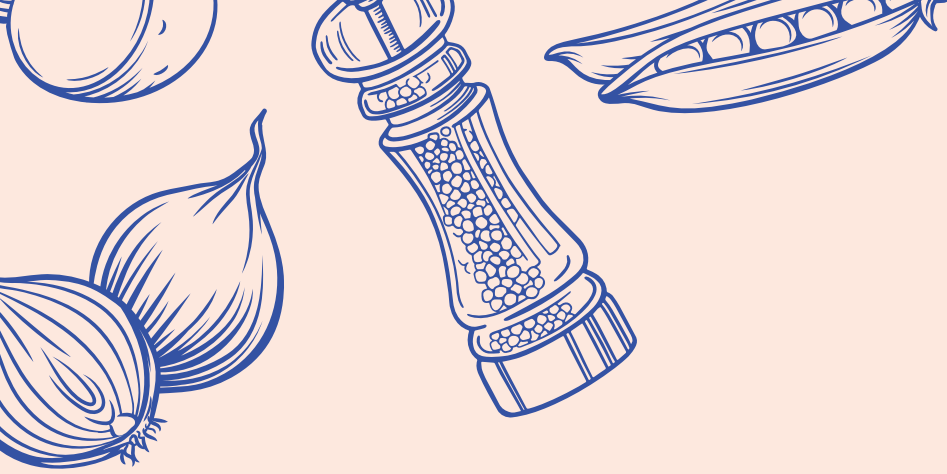
 <b>143</b>	 <b>4</b>	 <b>7</b>	 <b>133</b>	 <b>5</b>	 <b>2</b>	 <b>18</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)



## Preparation

- Preheat oven to 180° C (350° F). Place pizza crust on a pizza stone or baking sheet.
- In a small bowl, combine basil and olive oil. Spread over crust. In another bowl, combine the ricotta, mozzarella, and parmesan cheese. Crumble over the basil.
- Place the tomato halves on top. Spray with cooking spray and top with fresh ground pepper to taste.
- Bake for 15 minutes until the tomatoes are cooked but still keep their shape. Remove from oven and allow to cool. Serve warm or chilled.












# INDIAN LAMB BIRYANI

## INGREDIENTS

- 150 ml fat free plain yogurt ( $\frac{3}{8}$  c)
- 30 ml garlic and ginger paste (2 t)
- 60 ml fresh coriander (cilantro) leaves, chopped (4 t) or 30 ml (2 t) dried coriander leaves
- 500 g extra lean lamb, cubed with fat removed
- 125 ml brown lentils, uncooked ( $\frac{1}{2}$  c) or 300 ml cooked or canned lentils (1 10 oz can, drained)
- 3.75 ml salt ( $\frac{3}{4}$  t), divided
- 125 ml basmati rice ( $\frac{1}{2}$  c)
- 2.5 ml turmeric (arad) ( $\frac{1}{2}$  t)
- 5 ml cumin seeds (jeera) (1 t) or 10 ml ground cumin (2 t), divided
- 6 whole cloves or 3.75 ml ground cloves ( $\frac{3}{4}$ t), divided
- 4 cardamom pods (elachi) or 5 ml ground cardamom (1 t), divided
- 15 ml oil, sunflower or canola (1 t)
- 2 large onions, sliced or chopped
- 2 sticks cinnamon or 5 ml ground cinnamon (1 t)
- 2 tomatoes, finely chopped

## NUTRITIONAL VALUES PER SERVING

 <b>315</b>	 <b>30</b>	 <b>83</b>	 <b>407</b>	 <b>8</b>	 <b>7</b>	 <b>31</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

# Preparation

- In a large bowl, mix yogurt, garlic and ginger paste, and coriander (cilantro) leaves.
- Add the lamb and mix well. Refrigerate for 2 hours.
- Meanwhile, cook lentils and 1.25 ml (¼ t) salt in 375 ml (1 ½ c) of water until softened but still firm, about 45 minutes.
- In another saucepan, cook the rice, turmeric, ½ ml (¼ t) salt and half of the cloves, cumin and cardamom in 375 ml (1 ½ c) of water until done, about 30 minutes.
- When cooked, mix rice and lentils together and set aside.
- Heat oil in a heavy pan and sauté the onion, cinnamon, and remaining half of the cloves, cumin and cardamom until golden brown. Stir continuously, particularly if using ground spices.
- Add the marinated lamb and mix well. Add the chopped tomato and remaining 1.25 ml (¼ t) salt, and cook covered for another 30 minutes. Preheat the oven to 180°C (350°F) while the biryani meat mixture is cooking.
- Place alternate layers of the rice and lentil mixture and lamb in a deep casserole dish, starting and ending with rice and lentils. Cover and bake for 20 minutes.

If desired, serve with assorted sambals (hot sauce) and salads or sliced banana in lemon juice, diced tomato and onion, and chutney.

Garlic and ginger paste is available at most supermarkets in the fresh vegetable section. Try cooking a double amount of rice and lentils and freeze half for the next time you prepare this dish. This dish is traditionally made with whole spices, but using ground spices makes a dish that is just as delicious.

**Variation:** To shorten the cooking time, cook the marinated lamb and tomatoes uncovered for the last 15 minutes (step 7) to thicken the gravy. Top the rice and lentils with the lamb mixture and serve immediately.








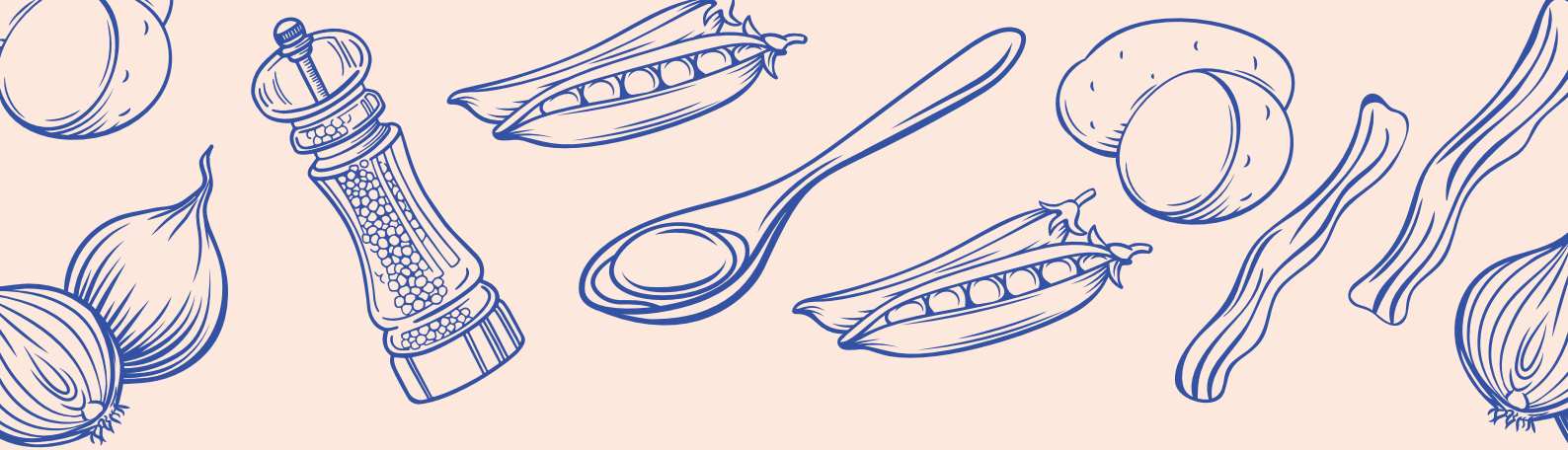
# INDIAN TANDOORI GRILLED SHRIMP

## INGREDIENTS

- 2 large garlic cloves, sliced
- 1.25 cm piece of ginger, peeled and sliced (½ in)
- 1 lime, juiced
- 1.25 ml ground turmeric (¼ t)
- 10 ml ground cumin (2 t)
- 1.25 ml kosher salt, optional (¼ t)
- 1.25-2.5 ml crushed red pepper flakes (¼ - ½ t)
- 240 g nonfat plain yogurt (1 c)
- 480 g large shrimp, peeled and de-veined (1 lb)
- Paprika for garnish
- Vegetable cooking spray
- Fresh lime wedges for garnish

## NUTRITIONAL VALUES PER SERVING

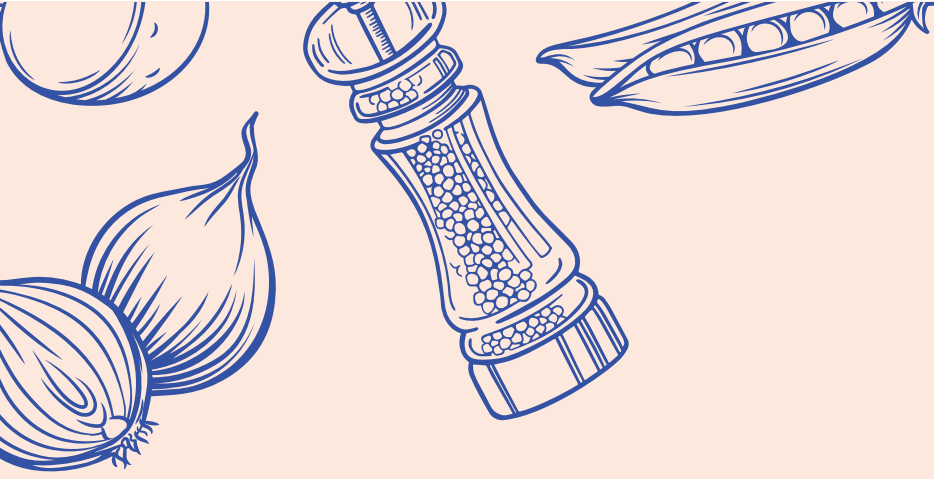
 <b>110</b>	 <b>18</b>	 <b>135</b>	 <b>200</b>	 <b>1</b>	 <b>0</b>	 <b>6</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)



## Preparation

- In a food processor fitted with a metal blade, or a blender, combine garlic, ginger, lime juice, turmeric, cumin, salt, red pepper flakes and yogurt. Blend well and refrigerate in a covered glass bowl.
- One hour before grilling, add shrimp to yogurt marinade.
- Soak wooden skewers in warm water to prevent burning. Thread shrimp onto skewers. Sprinkle both sides of shrimp with paprika and place on rack lightly coated with cooking spray.
- Grill, 10 to 15 cm (4 to 6 in) from heat source, for one minute. Carefully turn and grill until shrimp are cooked through, another 2 to 3 minutes.
- Place shrimp on platter with fresh lime wedges and serve immediately.





# JAPANESE NORI ROLLS

## INGREDIENTS

- 10 sheets nori
- 372 cooked sushi rice, rinsed and cooled (2 c)
- Wasabi
- 10 2.5 cm (1 in) carrot strips, thinly sliced
- 90 g seedless cucumber, peeled and sliced paper-thin ( $\frac{2}{3}$  c)
- 60 g red bell pepper, seeded, sliced very thin ( $\frac{1}{4}$  c)
- 60 g 4 spears asparagus, cooked and cooled ( $\frac{1}{4}$  c)
- 30 g crab meat (2 T)
- 60 g cooked, peeled shrimp, sliced in half lengthwise and cooled ( $\frac{1}{4}$  c)
- 45 g smoked salmon (3 T)
- 45 g sushi grade raw salmon (3 T)
- 60 g sushi grade raw tuna ( $\frac{1}{4}$  c)
- $\frac{1}{2}$  small avocado, peeled, pitted and thinly Sliced (118 g)
- Pickled ginger
- Light soy sauce

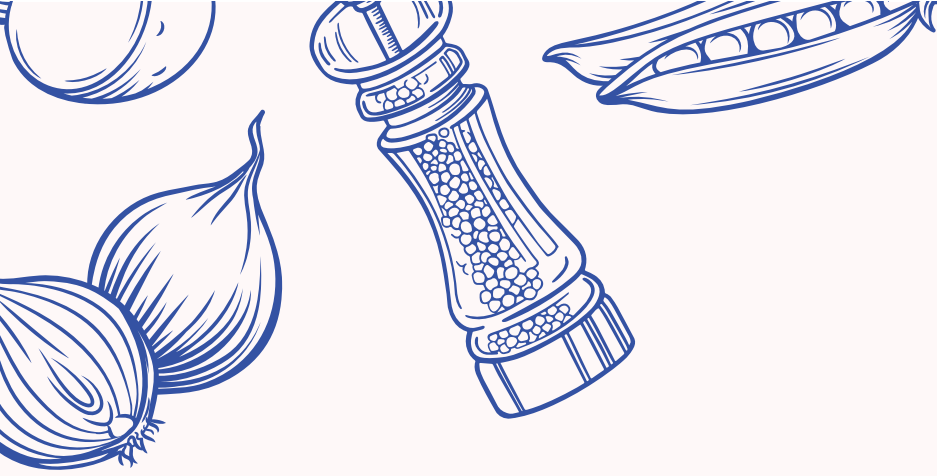
## NUTRITIONAL VALUES PER SERVING

<b>97</b>	<b>6</b>	<b>20</b>	<b>72</b>	<b>3</b>	<b>1</b>	<b>12</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

# Preparation

- Gather ingredients. Place one sheet of nori on sushi mat, shiny side down.
- Place 31 g (3 T) rice on top half of nori sheet. Use wet fingers to spread rice to thinly cover three-quarters of the sheet, leaving the area furthest away from you uncovered. Place a bit of wasabi in a trail across the center of the sheet.
- Add vegetables, seafood or both in a thin layer across the center of the rice, spreading evenly. Top with avocado and bits of pickled ginger.
- Using the bamboo mat to help, hold the ingredients firmly in place with your fingers and roll the nori with your thumbs, lifting up and over to meet the far end of the sheet. Press it with the mat to shape the roll pin-wheel style and to seal the roll.
- Continue until all rolls are made. Any remaining sliced vegetables are wonderful for garnishing plates and the sushi.
- Place sushi rolls on a cutting board and use a wet knife to cut each roll crosswise into 6 pieces. Cut straight through; don't saw. Clean the knife after each cut. Serve with soy sauce.










# LENTIL MOUSSAKA

## INGREDIENTS

- 150 ml split or red lentils ( $\frac{3}{5}$  c)
- 2 large tomatoes, chopped
- 60 ml tomato purée (4 T)
- 1 clove garlic, peeled and crushed
- 2.5 ml dried oregano ( $\frac{1}{2}$  t) or 7.5 ml fresh oregano ( $\frac{1}{2}$  T)
- 10 ml vegetable bouillon (2 t)
- 250 ml boiling water (1 c)
- 5 ml sugar (1 t), if the tomatoes are too tart
- 30 ml olive or canola oil, divided (2 T)
- 2 med eggplants, top and bottom removed
- 1 onion, peeled and chopped
- 2.5 ml salt ( $\frac{1}{2}$  t)
- 1 egg
- 200 g fat free cottage cheese (7 oz)
- Freshly ground black pepper
- A few pinches of nutmeg

## NUTRITIONAL VALUES PER SERVING

 <b>289</b>	 <b>19</b>	 <b>52</b>	 <b>416</b>	 <b>9</b>	 <b>10</b>	 <b>26</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)



# Preparation

- Place the lentils in a saucepan with the tomatoes, tomato purée, garlic, oregano and nutmeg.
- Add vegetable bouillon.
- Add boiling water and simmer covered for 20 minutes. Add sugar if using.
- Preheat the oven to 180 °C (350 °F). Wash and thickly slice the unpeeled eggplants.
- In a frying pan, heat 15 ml (1 T) oil over medium heat and lightly fry the eggplant slices, adding about 50 ml (½ c) water to the pan to prevent burning. Remove the cooked eggplant from the pan and set aside.
- Heat the remaining 15 ml (1 T) of oil in the same sauté pan and gently cook the onion until just starting to brown, stirring constantly. Stir in the salt.
- Layer half of the eggplant slices on the bottom of a lightly-greased baking dish. Top evenly with about ⅔ of the fried onion. Spoon the lentil mixture onto the onions. Sprinkle the rest of the onions onto the lentils, and place the leftover eggplant slices on top.
- Beat the egg and cottage cheese together, and season with pepper and nutmeg.
- Pour evenly over the moussaka, and bake for 30 to 40 minutes. Turn oven to broil and closely watch the top. Remove when the topping is golden brown.
- Serve with a salad to make a balanced meal.

Make your own vegetable bouillon by saving the cooking water the next time you boil vegetables. Add 2.5 ml (½ t) salt per 250 ml (1 c) of water.





# LATIN SWORDFISH SKEWERS WITH TOMATO-PEANUT SALSA








## INGREDIENTS

- 920 g swordfish (2 lbs), skin removed, cut into 4 cm (1 ½ in) cubes
- 3 large cloves garlic, thinly sliced
- 1 jalapeño pepper, seeded and minced
- 15 g ground cumin (1 T)
- 15 g ground coriander (1 T)
- 2 limes, juiced
- 30 ml olive oil (2 T)
- 0.6 ml salt, optional (⅛ t)
- Freshly ground black pepper, to taste

## TOMATO-PEANUT SALSA

- 30 g dry roasted, unsalted peanuts, crushed (2 T)
- 4 plum tomatoes (about 480 g or 16 oz), peeled, seeded and chopped
- 2 scallions, white and 2.5 cm (1 in) green parts, chopped
- 1 lemon, juiced
- 1 large clove garlic
- 1 jalapeño pepper, seeded, minced
- 15 ml fresh ginger, minced (1 T)
- 9 g fresh coriander (cilantro), chopped (2 T)
- 15 ml olive oil (1 T)

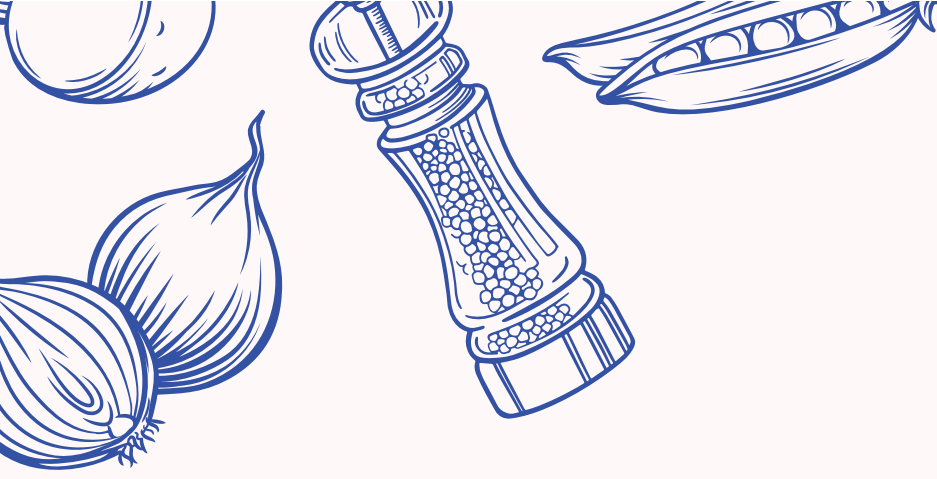
## NUTRITIONAL VALUES PER SERVING

 <b>203</b>	 <b>24</b>	 <b>41</b>	 <b>110</b>	 <b>10</b>	 <b>1</b>	 <b>6</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

## Preparation

- To make salsa: combine peanuts, tomatoes, scallions, lemon juice, garlic, jalapeño, ginger, cilantro and olive oil in a container. Cover and refrigerate for at least 5 hours. Bring to room temperature before serving.
- To make the skewers: place cubed fish in a dish. Combine garlic, jalapeño, cumin, ground coriander, lime juice, oil, salt (if using) and pepper. Pour over the fish, cover and marinate in the refrigerator for at least 1 hour.
- Start a grill or preheat oven broiler. Remove fish from the marinade and thread onto skewers. Broil or grill for 2 minutes on each side until done. Serve with salsa.








# THAI CHICKEN

## WITH CURRIED YOGURT AND CORIANDER MARINADE

### INGREDIENTS

- 4 chicken breasts, boneless and skinless
- 2.5 ml salt (½ t)
- 175 ml low fat plain yogurt (¾ c)
- 30 ml Thai red curry paste (2 t)
- 60 ml coriander (cilantro) leaves, chopped (¼ c)
- 500 ml frozen whole kernel corn or 2 cans, drained (2 c)
- Freshly ground black pepper

### NUTRITIONAL VALUES PER SERVING

 <b>294</b>	 <b>37</b>	 <b>91</b>	 <b>465</b>	 <b>6</b>	 <b>7</b>	 <b>21</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

## Preparation

- Slice each chicken breast in half lengthwise, cover with plastic wrap and flatten slightly with a rolling pin or meat mallet.
- Place the chicken in a casserole dish and season both sides with salt and black pepper.
- For the marinade, mix the yogurt, curry paste and coriander.
- Cover the chicken with the marinade and place in the refrigerator for 20 to 30 minutes.
- Heat a griddle pan until hot. Sauté chicken breasts on both sides until cooked through.

For a complete meal, serve hot on a bed of whole kernel corn with additional fruits or cooked vegetables.

Thai curry paste and fresh coriander leaves complement each other nicely.












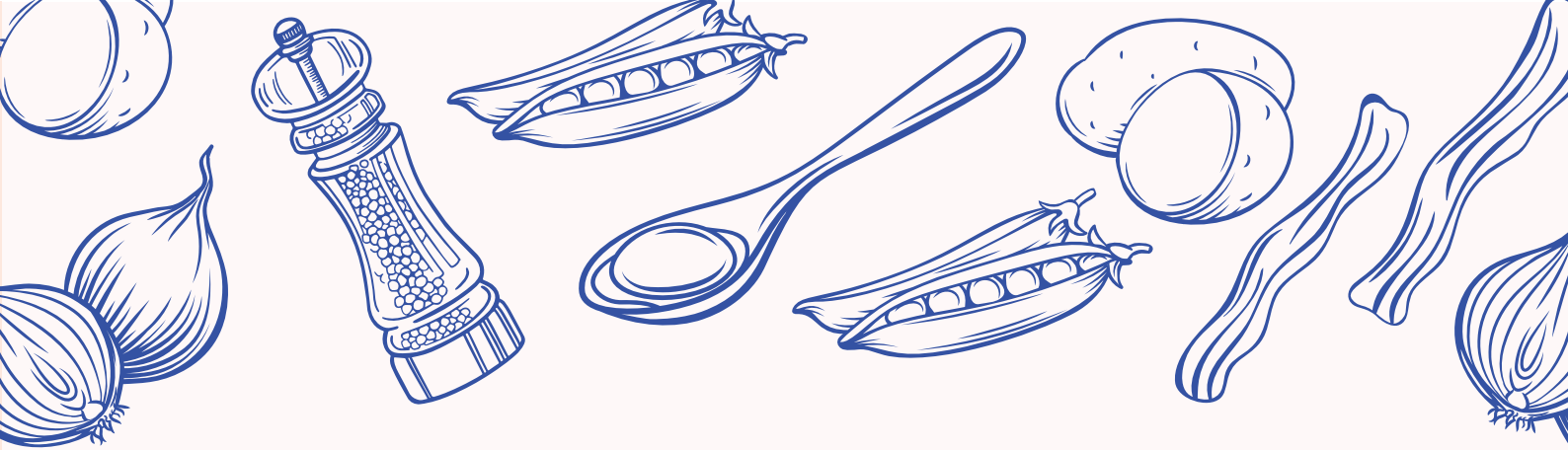
# THAI LEMONGRASS AND BASIL CHICKEN

## INGREDIENTS

- 480 g Chinese long beans, trimmed and cut into 5 cm (2 in) pieces; or young green beans trimmed and cut into 3.75 cm (1.5 in) pieces (3 c)
- 10 ml peanut oil (2 t)
- 600 g boneless, skinless chicken breasts, all fat removed, cut crosswise into thin strips (1 ½ lb)
- 1 medium onion, thinly sliced, rings separated
- 30 ml spicy oyster sauce (2 T)
- Freshly ground pepper to taste
- 4 large garlic cloves, minced
- 2 stalks lemongrass, tough outer leaves removed, 10 cm (4 in) of each stalk finely chopped
- 45 ml Thai fish sauce (3 T)
- 1 packet artificial sweetener
- 7.5 ml ground coriander (1 ½ t)
- 5 ml turmeric (1 t)
- 120 ml fat-free, no-salt-added chicken broth (½ c)
- 372 g cooked basmati rice (2 c)
- 16 g Thai basil leaves, or substitute opal or baby green basil (¼ c)

## NUTRITIONAL VALUES PER SERVING

 <b>253</b>	 <b>37</b>	 <b>82</b>	 <b>148</b>	 <b>4</b>	 <b>5</b>	 <b>15</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

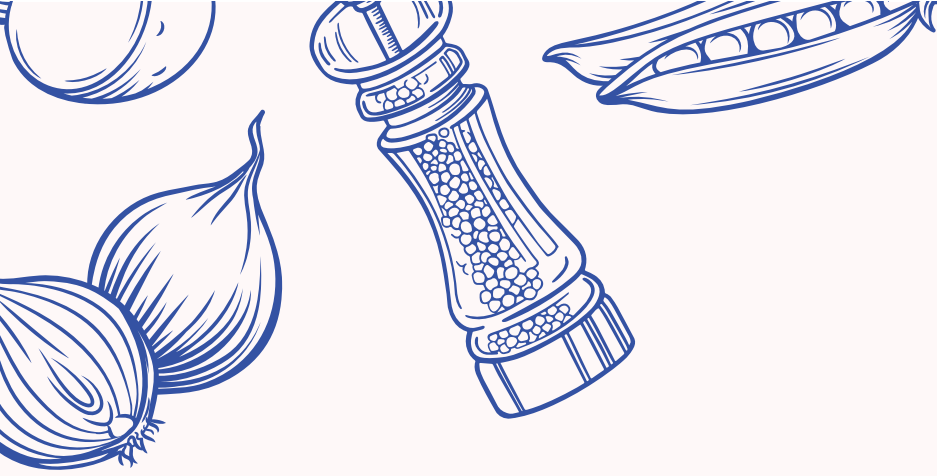


## Preparation

- Blanch beans in boiling water. Drain and place in ice water to stop cooking. Drain again and set aside.
- Heat peanut oil in a heavy non-stick skillet or wok until very hot. Add chicken, onion and garlic. Stir-fry for 4 minutes until chicken begins to cook through.
- Add the lemongrass, fish sauce, artificial sweetener, coriander, and turmeric. Stir-fry for another 2 minutes.
- Add the beans, broth, and oyster sauce. Reduce heat and simmer until sauce thickens and chicken is cooked through.
- Season with pepper.

To serve, mold 120 g ( $\frac{1}{2}$  c) rice using small ramekins and invert rice on plate. Place the chicken mixture around rice. Garnish with basil. Serve immediately.





# VEGETABLE CURRY





## INGREDIENTS

- 5 ml canola or olive oil (1 t)
- 1 med onion, chopped
- 10 ml crushed garlic (2 t)
- 22 ml crushed ginger (1 ½ T)
- 10 ml ground cumin (2 t)
- 10 ml ground coriander (2 t)
- 10 ml turmeric (2 t)
- 10 ml curry powder (2 t)
- 2 ml crushed chili, optional (¼ t)
- 3 ml salt (½ t)
- 125 ml water (½ c)
- 1 large potato, cubed, skin remaining
- 500 ml pumpkin, cubed (2 c)
- 250 ml cauliflower florets (1 c)
- 410 g can chickpeas, drained (1 ¾ c)
- 1 red pepper, thickly sliced
- 4 baby zucchini, thickly sliced
- 30 ml fresh coriander leaves (cilantro)

## CREAMY SAUCE

- 5 ml “light” margarine (1 t)
- ½ vegetable bouillon cube, dissolved in 250 ml boiling water (1 c)
- 125 ml low fat evaporated milk (½ c)
- 20 ml flour (4 t)

## NUTRITIONAL VALUES PER SERVING

 <b>180</b>	 <b>8</b>	 <b>3</b>	 <b>281</b>	 <b>4</b>	 <b>7</b>	 <b>25</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)



# Preparation

- Heat oil in a large saucepan and sauté the onion and garlic until soft.
- Add spices and cook for 1 minute.
- Add water, potato, pumpkin, cauliflower, tomatoes and chickpeas.
- Simmer for 20 minutes.
- Add the red pepper and baby zucchini and simmer for another 10 minutes.
- Meanwhile, make the creamy sauce.
- Melt the margarine in a small saucepan. When hot, add the stock, water and milk.
- In a glass bowl, mix the flour to a smooth paste with 45 ml (3 T) water.
- When the milk mixture is hot, pour half of it onto the flour paste and stir well.
- Pour the combined flour and milk back into the saucepan with the other half of the milk mixture and bring to a boil while stirring. Cook until thick and creamy.
- Add the sauce to the curried vegetables. Add the fresh coriander (cilantro) and mix gently.
- Serve over basmati rice.

This dish can be made up to 3 days in advance and served cold as a “salad.” Perfect for camping, holidays and picnics.












# ASIAN DUMPLINGS

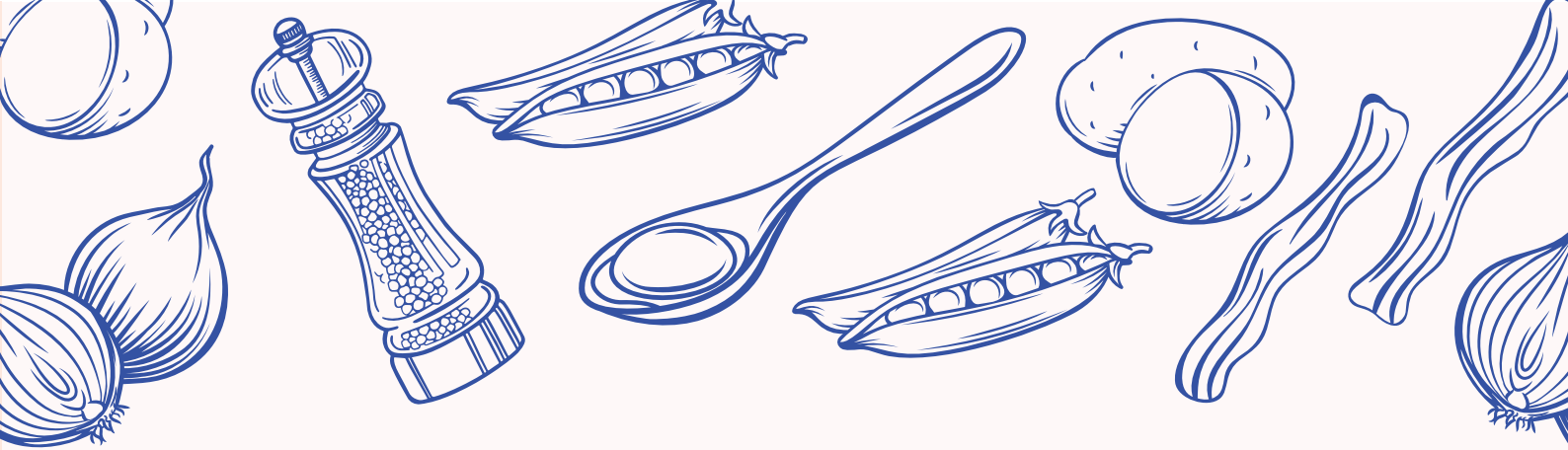
## WITH SHIITAKE MUSHROOMS

### INGREDIENTS

- 135 g fresh shiitake mushrooms, diced (3 c)
- 3 scallions, white part and light green part, thinly sliced
- 105 g Napa cabbage, shredded (1 ½ c)
- 12 g fresh ginger, grated (2 T)
- 0.6 ml sesame oil (⅛ t)
- 1.25 g five-spice powder (¼ t)
- 1.25 g crushed red pepper flakes (¼ t) or to taste
- 6 g cilantro, chopped (1 ½ T)
- 22.5 ml reduced-sodium soy sauce (1 ½ T)
- 45 wonton wrappers
- Hot mustard dipping sauce, optional

### NUTRITIONAL VALUES PER SERVING

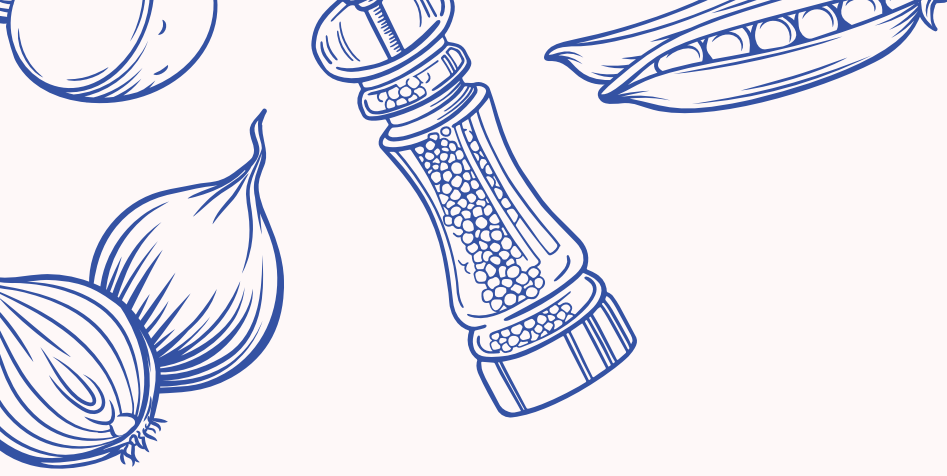
 <b>45</b>	 <b>2</b>	 <b>0</b>	 <b>110</b>	 <b>0</b>	 <b>0</b>	 <b>9</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)



## Preparation

- Combine all ingredients except wonton wrappers and sauce. Stir-fry in well-seasoned wok or non-stick skillet over high heat until all liquid is absorbed.
- Using kitchen shears or a sharp knife, trim off corners of each wonton wrapper to form a circle. Moisten edges of one wrapper with water. Place 15 ml (1 T) mushroom mixture on half of the circle, leaving a 0.75 cm (¼ in) border. Fold the other half of the wrapper over the filling and press to seal the edges. Pleat the edge by folding over tiny sections of the sealed edge to form a border. Repeat, filling remaining wonton wrappers.
- Place the dumplings on a damp cloth or piece of parchment paper in the bottom of a Chinese bamboo steamer placed over a wok, or lay on a piece of parchment paper over a wire rack set into a large skillet. Steam over boiling water for 10 to 12 minutes.
- Arrange on a heated serving platter. Place hot mustard dipping sauce nearby.





# TIRAMISU

## INGREDIENTS

- 3 extra large eggs
- 10 ml vanilla extract (2 t), divided
- 120 g sugar (8 T), divided
- 125 g self-rising flour (½ c) or 125 g cake flour (½ c) plus 5 g (1 t) baking powder
- 7.5 g gelatin (1 ½ t)
- 60 ml boiling water (4 T), divided
- 30 g instant coffee powder (2 T)
- 155 ml skim milk (⅓ c plus 5 T), divided
- 60 ml whisky or brandy (4 T), optional
- 350 g low-fat small curd cottage cheese (1½ c)
- 10 g cocoa powder (2 t)

## NUTRITIONAL VALUES PER SERVING

 <b>148</b>	 <b>8</b>	 <b>73</b>	 <b>26</b>	 <b>3.5</b>	 <b>0</b>	 <b>17</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

# Preparation

- Preheat oven to 180° C (350° F). Spray a 260 x 160mm (10 x 6 in) glass baking dish with non-stick cooking spray.
- Using an electric mixer, beat eggs and 5 ml (1 t) vanilla extract until thick and creamy. Gradually add 60 g (4 T) sugar, beating just until the sugar dissolves.
- Fold the sifted flour into egg mixture just until combined. Do not over mix. Pour into prepared baking dish.
- Bake for about 20 minutes. Remove and allow to cool.
- Mix gelatin into 30 ml (2 T) boiling water and stir until all lumps are dissolved. Cool for 5 minutes.
- In another cup, dissolve coffee in 30 ml (2 T) boiling water; add 80 ml (1/3 c) milk and whiskey or brandy. Pour evenly over the cake.
- Mix the cottage cheese, 75 ml (5 T) milk, 60 ml (4 T) sugar and 5 ml (1 t) vanilla extract with an electric mixer until smooth. Continue blending and gradually pour in gelatin, mixing until well combined.
- Pour cottage cheese mixture over the cake and coffee mixture. Sift cocoa over the top.
- Refrigerate for 3 hours before cutting into 10 servings.







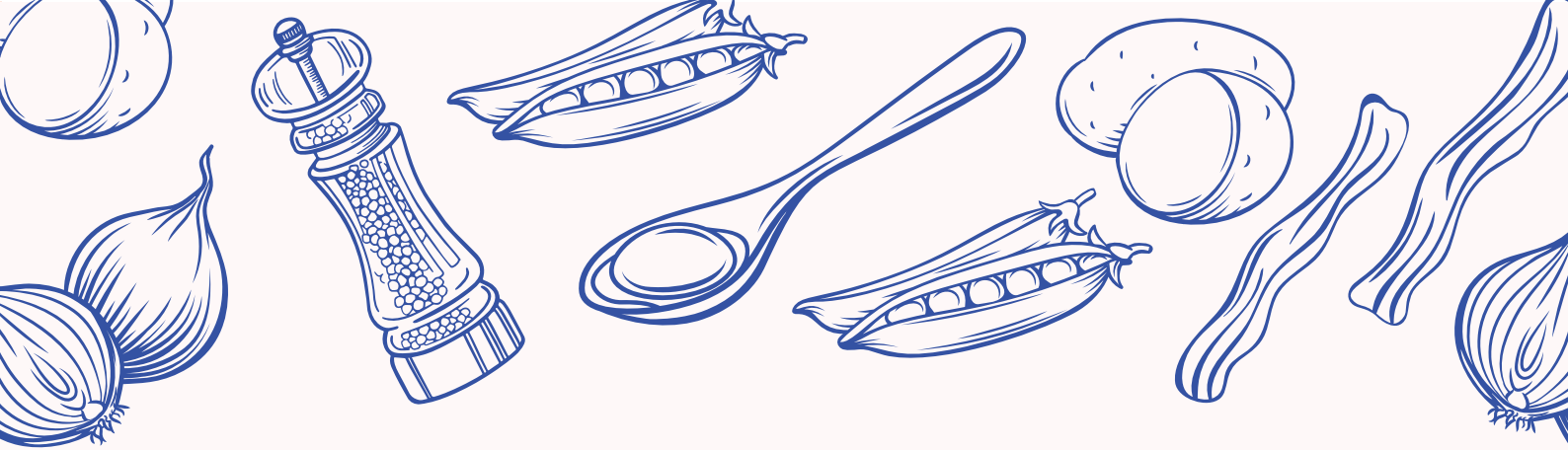
# CHOCBERRY CAKE

## INGREDIENTS

- 500 g fresh strawberries (2 pints)
- 10 g brown sugar (2 t)
- 60 ml boiling water (¼ c)
- 5 ml vanilla extract (1 t)
- 90 ml light margarine (6 T)
- 100 g sugar (½ c)
- 125 g self-rising flour (½ c)
- 60 g cocoa (4 T)
- 10 g baking powder (2 t)
- 2.5 g salt (½ t)
- 60 g oat bran (¼ c)
- 1 egg
- 1 egg white
- 60 ml fat free milk (¼ c)

## NUTRITIONAL VALUES PER SERVING

 <b>141</b>	 <b>3</b>	 <b>23</b>	 <b>233</b>	 <b>6</b>	 <b>2</b>	 <b>19</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)



## Preparation

- Preheat the oven to 180° C (350° F).
- Wash and quarter half of the strawberries and place them in a saucepan on low heat. Add brown sugar, water and vanilla extract and simmer gently while making the cake batter.
- Cream margarine and sugar.
- Sift flour, cocoa, baking powder and salt into a separate bowl. Add the oat bran and lift up a few times with a spoon to incorporate air.
- Add the egg and egg white to the margarine mixture individually, alternating with one or two spoonfuls of dry ingredients. Use an electric mixer to blend well.
- Fold remaining dry ingredients, strawberry mixture and milk into batter.
- Lightly grease a 200 x 70 mm (3 x 8 in) loaf pan using non-stick cooking spray and spoon in the batter.
- Place in oven and bake for 25 to 30 minutes until done.
- When ready to serve, decorate with remaining fresh strawberries.







# RIANA'S BREAKFAST TRIFLE

## INGREDIENTS

- 250 ml low fat granola (1 c)
- 250 ml low fat vanilla or plain yogurt (1 c)
- 400 g fruit, such as pawpaw, apple, mango, berries, guava, or banana (2 c)
- 250 ml low fat pudding, artificially sweetened (1 c)

## NUTRITIONAL VALUES PER SERVING

 <b>246</b>	 <b>8</b>	 <b>7.5</b>	 <b>43</b>	 <b>4</b>	 <b>5</b>	 <b>46</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

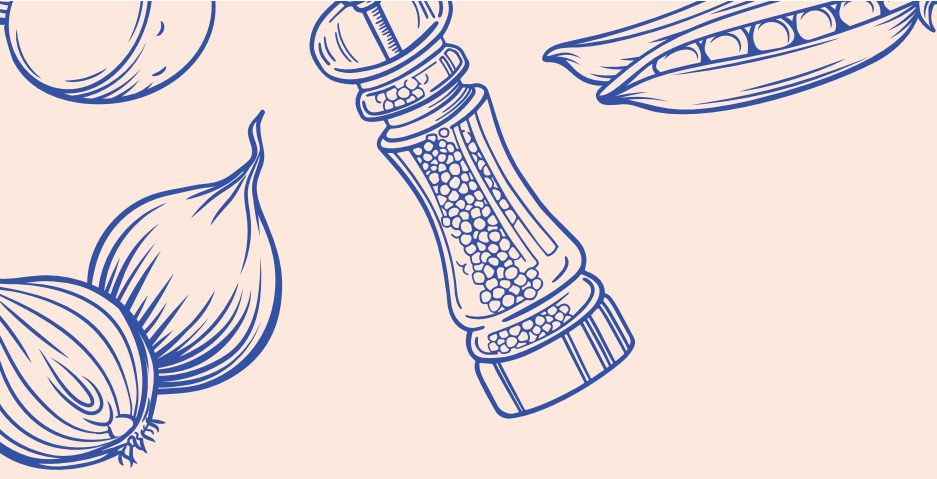


# Preparation

- Spoon half of the granola into a glass bowl or individual dessert glasses.
- Layer half of the yogurt, fruit and pudding on top of the granola.
- Repeat the layers.
- Refrigerate overnight to soften the granola, if desired.

If apple or pear is used, toss with lemon juice to prevent discoloration. If banana is used, dip the whole banana with the skin, into boiling water to prevent discoloration.












# POMEGRANATE OR STRAWBERRY PARFAIT

## INGREDIENTS

- 90 ml water (6 T), divided
- 25 ml gelatin (5 t), divided
- 500 ml cranberry juice, strawberry or mixed berry (2 c)
- 200 g pomegranate seeds or strawberries (1 c), about 1 pomegranate
- 500 ml low fat vanilla-flavored yogurt (2 c)

## NUTRITIONAL VALUES PER SERVING

 <b>111</b>	 <b>4</b>	 <b>1.3</b>	 <b>45</b>	 <b>1.2</b>	 <b>0.1</b>	 <b>21</b>
Calories (Kcal)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fat (g)	Fiber (g)	Carbs (g)

# Preparation

- Pour 45 ml (3 T) water into a cup and sprinkle 15 ml (3 t) gelatin evenly over the water. Let rest for 30 seconds. Place the cup into a bowl of hot water and stir the gelatin until dissolved or soften gelatin in the microwave for 20 seconds on high.
- In a large bowl, mix fruit juice and pomegranate seeds, reserving some seeds for decoration. Stir into dissolved gelatin.
- Place in refrigerator to set for about 90 minutes until the jelly is slightly thickened.
- Gently mix the fruit throughout the jelly and pour into 6 serving cups, glasses or bowls until two thirds full.
- Refrigerate to set completely—about 30 minutes.
- When the pomegranate jelly is set, pour the second 45 ml (3 T) water into a cup and evenly sprinkle in 10 ml (2 t) gelatin. Dissolve gelatin as described in step 1.
- Stir gelatin into yogurt and pour carefully on top of fruit jelly to create a separate layer.
- Refrigerate to set the second yogurt layer—about an hour.
- When set, decorate with reserved pomegranate seeds.

**Variation:** The pomegranate seeds can be substituted with a pint of strawberries (200 g), cut into small pieces.

When using strawberries, wash and top the berries, chop into small pieces and place in a colander. Holding the colander over the sink, pour boiling water slowly over the chopped berries, ensuring that every piece is blanched. Rinse under a little cold water. Then add to the fruit juice and proceed with step 2.



# Roche

