

## DIJON-BROCCOLI SALAD

3 cups broccoli florets and peeled stems  
2 tablespoons vegetable oil  
1 tablespoon red or white wine vinegar  
1 garlic clove, minced  
¼ cup orange juice  
1 teaspoon Dijon mustard  
¼ cup carrots, grated

Steam the broccoli until it is just fork tender. Combine oil, vinegar, garlic, orange juice and mustard; mix well. Add the broccoli; toss to combine. Serve warm or at room temperature. Sprinkle the carrots over the top before serving. Calories/Serving: 124; Exchange: 1 Vegetable, 2 Fat

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## BAKED APPLES WITH RAISINS

2 apples            1 tablespoon dark or golden raisins  
Orange juice      Cinnamon

Peel and core the apples; coat with the orange juice on the outer surface. Stuff with raisins; sprinkle on cinnamon. Place in baking cups; bake at 350 degrees F. for 25-30 minutes, or until fork pierces surface easily. Serve warm or cold. Calories/Serving: 74; Exchange: 1 1/2 Fruit

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## CHEESE LASAGNA

6 oz whole wheat lasagna noodles  
½ cup tomato sauce  
½ cup onion, chopped  
¼ cup green pepper, chopped  
¼ cup mushrooms, chopped  
1-1/2 cups low-fat cottage cheese  
2 eggs  
2 tablespoons Parmesan cheese  
3 ounces grated mozzarella cheese



Cook lasagna noodles in boiling water until tender; drain and set aside. Combine tomato sauce and onions, peppers and mushrooms. Mix in separate bowl cottage cheese, eggs & half of Parmesan cheese. Preheat oven to 350 degrees F. In a 8" x 8" casserole, layer half the noodles, the cottage cheese mixture, and grated mozzarella cheese. Top with tomato sauce mix and rest of the noodles. Sprinkle with remaining Parmesan cheese. Bake for 25 minutes. Calories: 500; Exchanges: 4 Meat; 2 Bread; 1 Fat

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## PASTA PRIMAVERA

1 cup broccoli florets  
½ cup small peas  
½ cup carrots, grated  
1 cup zucchini, grated  
3 large green onions, diced  
½ teaspoon garlic, minced  
2 teaspoons cornstarch  
1 cup nonfat milk  
1 tablespoon liquid butter buds  
¼ cup sour cream  
1 tablespoon parsley, chopped  
½ teaspoon Italian Blend Seasoning\*  
4 cups pasta, cooked  
½ cup Parmesan cheese, grated



Steam broccoli and peas until crisp tender; set aside. Spray a large nonstick skillet with vegetable coating. Sauté carrots, zucchini, onions and garlic until tender. Add cornstarch to milk; mix until dissolved; add butter buds. Stir milk mixture into vegetables; stir over medium heat until sauce thickens. Stir in sour cream, parsley and seasoning. Add broccoli and peas, stir in gently. Pour vegetables over warm pasta; top with Parmesan cheese; toss thoroughly. Serve immediately. Serves 4. Calories/Serving: 313

*\*Italian Blend Seasoning:* 2 parts each oregano, marjoram, thyme and basil mixed with 1 part each rosemary and sage.

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## CAULIFLOWER PIQUANTE

4 cups cauliflower pieces  
a cup vegetable oil  
2 tablespoons cider vinegar  
½ teaspoon dried dill  
Pinch of ground white pepper

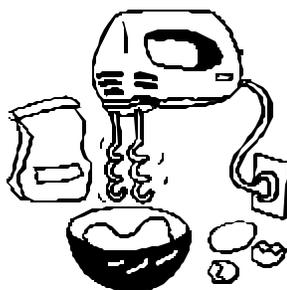
Steam the cauliflower until it just crisp-tender. Combine with the remaining ingredients in a large bowl; stir to coat. Let stand at room temperature for 1 hour before serving. (If made in advance, refrigerate after marinating for 1 hour). Calories/Serving: 125; Exchange: 1 Vegetable, 2 Fat

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# DESSERTS

## APPLE COFFEE CAKE

3 cups tart apples, diced w/peel  
½ cup walnuts, chopped  
1 cup whole wheat pastry flour  
1 teaspoon baking soda  
½ teaspoon cinnamon  
¼ teaspoon nutmeg  
½ cup sugar  
2 tablespoons margarine or butter  
1 egg  
1 teaspoon vanilla



Mix together flour, soda and spices. Cream sugar and butter; add egg and vanilla and mix until fluffy. Add the flour mixture alternately with apples and walnuts (dough will be stiff). Spread mixture in an ungreased 9x9" baking pan; bake at 350 degrees F. for 45 minutes. Serves 8.  
Calories/Serving: 224  
Exchanges: 1 1/2 Bread; 1 Fat

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## ORANGE-MARMALADE NUT BREAD

2 cups flour  
1 ½ teaspoons baking powder  
¼ teaspoon salt  
½ teaspoon baking soda  
1 cup skim milk  
¼ cup walnuts, chopped  
1 egg  
2 tablespoons butter or margarine  
1 tablespoon liquid artificial sweetener  
½ cup orange marmalade, dietetic

Combine flour, baking powder, soda and salt in a mixing bowl. Combine milk, egg, butter and sweetener. Add to flour mixture; stir until flour is dampened. Fold in marmalade and chopped nuts; mixing as little as possible. Spoon batter into lightly greased 9x5x3" loaf pan. Bake at 350 degrees F. for 45 minutes; cool before slicing. Makes 12 slices.

Exchange: 1 Bread/Serving

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## FRUIT WITH YOGURT SAUCE

2 cups unflavored low-fat yogurt  
1 ½ tablespoons honey or  
4 packets powdered sugar substitute  
1 teaspoon vanilla extract  
½ teaspoon almond extract  
3 cups fruit pieces

Mix together yogurt, honey and flavorings until smooth. Pour over sliced fresh or frozen fruit. Peaches, bananas, cherries or berries are especially good with this sauce. Serves 4. Calories/Serving: 142; Exchanges: 1/2 Milk, 1 1/2 Fruit, 1/2 Fat

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## BAVARIAN CREAM

2 envelopes unflavored gelatin  
½ cup hot skim evaporated milk  
¾ cup semi-sweet chocolate chips  
½ cup ricotta cheese  
1 egg  
¼ cup cold water  
½ cup skim milk  
1 cup finely crushed ice

Place gelatin and hot milk in blender; mix on high for 40 seconds. Add chocolate chips; blend 10 seconds. Add rest of the ingredients; blend 20 seconds. Pour into serving dishes; chill. Makes 4 cups.

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## COMPANY FRESH PEACH PIE

1 can (6 oz) frozen orange juice concentrate,  
thawed and undiluted  
¾ cup water  
1 teaspoon allspice  
2 tablespoons cornstarch  
¼ cup water  
6 peaches, peeled and sliced



In a small saucepan, combine concentrate, water and allspice; bring to a boil. Combine cornstarch and water; add to concentrate mixture. Cook and stir until thickened; cool. Place sliced peaches in cooled baked pastry shell; top with cooled mixture. Refrigerate 2 hours before serving. Serves 6. Calories/Serving: 165; Exchanges: 1 Bread, 2 Fruit, 1 Extra

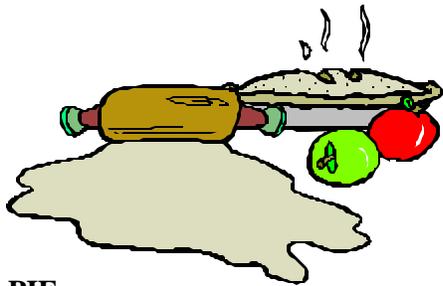
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## LITE 'N' LUSCIOUS CHEESECAKE

1 cup graham cracker crumbs  
3 tablespoons diet margarine, melted  
1 tablespoon unflavored gelatin (about 1 1/2 envelopes)  
Powdered sugar substitute (equals 1/2 cup sugar)  
1 cup boiling water  
2 cups low-fat creamed cottage cheese  
16 oz. imitation cream cheese, softened  
2 teaspoons vanilla extract  
1 tablespoon lemon juice  
2 teaspoons lemon peel, grated  
20 oz. crushed pineapple (own juice)

Preheat oven to 375 degrees F. Combine crumbs with margarine; press onto bottom of 8" spring-form pan. Bake 6 minutes; cool on wire rack. In a large mixer bowl, mix gelatin with boiling water and stir until gelatin is completely dissolved. Combine pureed cottage cheese and sweetener; beating well. Add cream cheese, vanilla and lemon juice and peel; beat until smooth. Spoon into prepared crust; refrigerate until firm. Top with pineapple. Serves 10.  
Calories/Serving: 215; Fat: 3.7 gm

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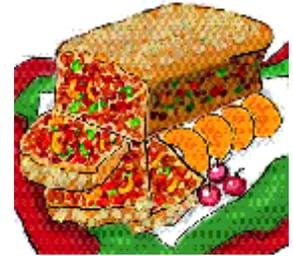
## APPLE PIE

5-6 large Granny Smith apples  
1 can (6 oz) unsweetened frozen apple juice concentrate  
1/2 cup water  
1/4 cup cornstarch  
1/2 teaspoon cinnamon  
1/4 teaspoon allspice  
Dash salt

Combine apples and juice; simmer covered over medium heat 10 minutes. Combine water and cornstarch; blend well. Add slowly to simmering apples, stirring constantly. Add spices and remove from heat. Pour into unbaked crust lined 10" pie pan; add top crust. Bake at 375 degrees F. for 30-40 minutes until crust is golden brown.

## FRUITCAKE

1/2 cup dried figs, snipped  
1/2 cup dates, chopped  
1/2 cup prunes, chopped  
1 cup crushed pineapple  
1 cup dark raisins  
2 cups apple, chopped  
1/2 cup walnuts, chopped  
1/2 cup orange juice  
2 cups whole wheat flour  
1/2 cup wheat germ, toasted  
1 tablespoon baking powder  
1 teaspoon baking soda  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
2 eggs



Combine the first 8 ingredients in a large bowl. Add the remaining ingredients; mix well. Pour into a lightly oiled tube pan; bake at 350 degrees F. for 40-50 minutes.  
Calories/Serving: 193  
Exchanges: 1 Bread, 1 1/2 Fruit, 1 Fat

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## PUMPKIN CUSTARD

1 package unflavored gelatin  
3/4 cup evaporated skim milk  
2 eggs, separated  
3/4 cup canned pumpkin  
1/4 teaspoon pumpkin pie spice  
1 teaspoon vanilla  
4-5 packets powdered sugar substitute

Sprinkle gelatin over milk; let soften. Add egg yolks; put in small pan and bring to a boil (stirring constantly); remove from heat. Add pumpkin and spice; cool until slightly thickened. Beat egg whites until stiff peaks form. Add vanilla; fold egg whites and sugar substitute into pumpkin mixture. Divide custard into 3 dessert dishes; chill until firm.



## SPARKLING DAINTIES

1 envelope sugar free gelatin, flavored  
¼ cup boiling water  
Coconut

Add boiling water to gelatin; pour into a very shallow pan. Place in refrigerator until firm. Cut into 1" squares; roll in small amount of shredded coconut. Use assorted flavors to make attractive servings.

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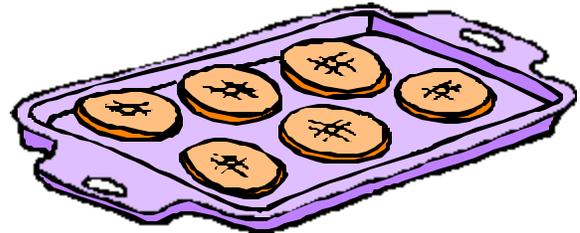


## PEANUT BUTTER COOKIES

1 cup flour  
½ teaspoon salt  
1 ¼ teaspoons cinnamon  
½ teaspoon baking soda  
½ cup softened margarine  
¾ cup brown sugar  
½ cup sugar  
½ cup creamy peanut butter  
1 egg

Combine flour, salt, cinnamon and baking soda. Cream margarine and sugars; add peanut butter and egg, mixing well. Blend in flour mixture; mix well. Drop by rounded teaspoons 2 inches apart onto greased baking sheet; flatten with fork. Bake at 350 degrees F. for 12 minutes or until done. Yield: 3 dozen

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## APPLESAUCE COOKIES

1 ¾ cups flour            ½ cup margarine  
1 teaspoon cinnamon    1 T. liquid sweetener  
½ teaspoon cloves        1 egg  
1 teaspoon baking soda   1 cup applesauce  
½ teaspoon salt            1 cup bran cereal  
½ teaspoon nutmeg        ¾ cup raisins

Sift all dry ingredients together. Combine margarine, sweetener and egg; mix until light and fluffy. Add flour mixture and applesauce alternately; mixing well after each addition. Fold in raisins and bran cereal. Drop by tablespoonfuls onto greased cookie sheet. Bake at 375 degrees F. for 20 minutes.

Makes 2 dozen.

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## CHOCOLATE CHIP COOKIES

¾ cup shortening  
¾ cup sugar  
¾ cup brown sugar  
1 egg  
1 teaspoon vanilla  
1 ½ cups flour  
½ teaspoon baking soda  
½ teaspoon salt  
1 cup semi-sweet chocolate pieces



Cream together shortening and sugars; add egg and vanilla and mix well. Combine dry ingredients; add to creamed mixture. Stir in chocolate chips; drop by teaspoons onto greased cookie sheet. Bake at 375 degrees F. for 8-10 minutes. Makes 4 dozen.

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## OATMEAL COOKIES

½ cup margarine or butter  
1 egg  
1 ½ teaspoons liquid sweetener  
¼ cup milk  
1 cup flour  
½ teaspoon baking powder  
½ teaspoon baking soda  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
¼ teaspoon salt  
1 teaspoon vanilla  
½ cup raisins  
1 cup rolled oats

Cream margarine; add egg, sweetener and milk. Mix well. Combine the dry ingredients and add to egg mixture. Beat in vanilla, raisins and oats. Drop by teaspoonful onto greased cookie sheet; bake at 375 degrees F. for 15 minutes. 1 cookie = 1 Bread

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## FRESH FRUIT TRIFLE

- 1 10" angel food cake
- 1 small package vanilla sugar-free instant pudding mix
- 1 ¼ cups skim milk
- ½ cup plain low-fat yogurt
- 4 cups assorted sliced fresh fruit
- 1 teaspoon grated orange peel



Tear angel food cake into bite-sized pieces. Combine milk, yogurt and orange peel; blend well. Add pudding mix to bowl; beat until well blended. Let stand 5 minutes. In large serving bowl, layer half of the cake pieces, one-third of the fruit and half of the pudding mixture; repeat layers. Arrange remaining fruit on top. Cover; refrigerate 2 to 6 hours.

Serves 10. Calories/Serving: 130

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## REFRIGERATOR APPLE GRAHAM LOAF

- 24 graham cracker squares
- 1 cup sugar free applesauce
- 3 small bananas
- 1-2 packages (1 ¼ oz. each) artificially sweetened whipped topping mix

Place crackers flat on cookie sheet or tray; spread with one-third cup applesauce. Slice 1 banana; arrange over applesauce. Repeat this process for 2nd and 3rd layers. Top with crackers and frost entire loaf with whipped topping prepared as directed. Refrigerate 4-6 hours.

Serves 10.

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## MILK CHOCOLATE CRUNCH

- 2 milk chocolate bars (7 ounces each), chopped
- 1-1/2 cups crisp rice cereal
- 1 cup dark raisins

Line bottom of an 8x8x2 inch pan with aluminum foil; smooth out wrinkles. Place chocolate in a microwave-safe bowl. Microwave at 100% power, checking every 30 seconds, until melted. Stir chocolate until smooth. Stir cereal and raisins into chocolate until well combined. Spread mixture evenly in prepared pan. Refrigerate about 2 hours or until mixture is firm. Invert pan onto a work surface; remove pan and peel off aluminum foil. Cut into squares and serve. Squares can be stored in an airtight container in refrigerator up to 2 weeks.

## LIME SEAFOAM PIE (Microwave)

- ¾ cup graham cracker crumbs
- 2 tablespoons fresh lime juice
- 1 package (3 oz.) lime gelatin
- 1 can (12 oz.) evaporated skim milk, chilled
- 1 cup hot water
- 1 teaspoon lemon peel, grated

Sprinkle graham cracker crumbs evenly in bottom of 10-inch spring-form pan; set aside. Place gelatin in medium mixing bowl; set aside. Place water in 2-cup measure; cover with plastic wrap. Microwave at High for 1 ½ - 3 minutes, or until boiling. Add to gelatin; stir until dissolved. Add lemon peel and juice. Chill until soft set, about 45 minutes to 1 hour, stirring twice. Remove from refrigerator and set aside. Place milk in large mixing bowl; beat with electric mixer on high speed until thick and foamy, about 1 minute. Add gelatin mixture; beat until combined. Spoon mixture into prepared pan; spread evenly. Chill 4 hours, or until firm. Run thin-bladed spatula around edges to loosen. Remove side of pan. Garnish with lemon or lime slices, if desired.

Calories/Serving: 71

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## BLUEBERRY CRISP

- 2 cups fresh OR frozen blueberries
- Sweetener (equal to ¼ cup sugar)
- 1 ¾ cups cold water
- 1 teaspoon lemon juice
- ¼ teaspoon salt
- 2 tablespoons cornstarch (dissolved in 2 T. water)
- 3 oz. shredded wheat biscuits, crumbled
- ¼ cup brown sugar substitute
- 2 tablespoons margarine, melted
- 2 tablespoons liquid butter-flavored granules
- Whipped topping, opt.



Preheat oven to 350 degrees F. In a small saucepan, cook blueberries with sweetener, water, lemon juice, and salt. Stir cornstarch mixture into blueberry mixture. Pour into bottom of an 8x8" baking pan. Mix biscuit crumbs, brown sugar substitute, margarine and butter granules. Sprinkle evenly over berry mixture; bake for about 25 minutes, or until mixture is bubbly. Serve plain or with whipped topping. Calories/ Serving: 185; Exchange: 1 Bread, 1 Fruit, 1 1/2 Fats, 1 1/2 Extras

## SNOWY VANILLA PECAN CRESCENTS

1 cup powdered sugar, divided  
1 cup fat-reduced margarine  
(suitable for baking)  
¼ teaspoon salt  
2 teaspoons vanilla extract  
1 ½ cups all-purpose flour  
1 ¼ cups rolled oats  
½ cup pecans, finely chopped



Preheat oven to 325 degrees F. In a large bowl, cream half of the sugar into the margarine; add salt and vanilla extract, blending well. Add flour, oats, and nuts, and blend thoroughly. Place dough by spoonful on ungreased cookie sheet; shape into crescents. Bake for 15 minutes (golden brown). Sift remaining powdered sugar generously over warm crescents.

Calories: 75; Exchanges: 1 Starch; 1 Fat



## HONEY ALMOND CUSTARD

Vegetable oil spray  
2 cups fat-free milk  
Egg substitute equivalent to 3 eggs  
¼ cup honey  
2 teaspoons vanilla extract  
¼ teaspoon almond extract  
C teaspoon salt

Preheat oven to 350 degrees F. Spray six, 6-ounce oven-proof custard cups with vegetable oil spray. Heat milk in a small saucepan over medium-high heat until very hot but not boiling (stir constantly); remove from heat. In a medium bowl, gently whisk together remaining ingredients, then gently whisk in milk (don't create foam). Pour mixture into custard cups. Place cups in large baking pan and pour hot tap water into pan to a depth of 1 inch. Bake, uncovered, for 30 to 40 minutes, or until knife, inserted halfway between cup and center of custard comes out clean (center won't be firm). Serves 6; Calories:103  
Exchanges: 1 Fruit; 1 Starch; 2 Fat

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## **THE FOLLOWING COMBINATIONS CAN BE USED TO ADD VARIETY TO YOUR DIET:**

<b>COMBINATION DISHES</b>	<b>AMOUNT</b>	<b>SUBSTITUTE FOR...</b>	<b>MEAL</b>
Beef stew with vegetables	1 cup	Meat and bread	Dinner
Chili con carne with beans	1 cup	Meat, bread and fruit	Dinner
Chow mein or chop suey	1/2 cup	Meat and fruit	Dinner or lunch
Corned beef hash	3/4 cup	Meat and bread	Dinner
Italian spaghetti (2 meat balls)	1 cup	Meat, bread and fruit	Dinner
Lasagna	1/2 cup	Meat and bread	Dinner or lunch
Macaroni and cheese	1 cup	Milk, meat and bread	Dinner
Meatloaf	1/2" slice	Meat and fruit	Dinner

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# MISCELLANEOUS

## CRANBERRY RELISH

4 cups fresh or frozen cranberries  
1 cup orange juice  
8 packets powdered sugar substitute

Cook cranberries and orange juice until thick; cool.  
Add the sweetener; cover and refrigerate.  
Calories/Serving: 49; Exchange: 1 Fruit

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## BARBECUE SAUCE

¼ cup onion, chopped	1 cup dietetic catsup
½ cup water	¼ cup lemon juice
3 T. Worcestershire sauce	2 tablespoons vinegar
1 ½ tsp. prepared mustard	½ teaspoon salt
Dash of pepper	Dash of cayenne
1 tsp. liquid artificial sweetener	

Combine all ingredients in a small saucepan; simmer 20 minutes. Store in refrigerator.

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## YOGURT CREAM FROSTING

8 oz. low-fat cream cheese, softened  
½ cup plain low-fat yogurt  
14 packets powdered sugar substitute  
2 teaspoons fresh lemon peel  
1 teaspoon vanilla

Blend all ingredients together until smooth. Makes 16 servings (2 T. each).  
Calories/Serving: 39  
Exchange: 1 Fat

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## LIGHTER CAESAR DRESSING

½ cup non-fat yogurt  
¼ cup fat-free or low-fat mayonnaise  
1 clove garlic, crushed  
¼ cup grated Parmesan cheese  
½ teaspoon Worcestershire sauce  
2 tablespoons lemon juice  
¾ teaspoon salt  
Freshly ground pepper (to taste)

Combine all ingredients and mix well; chill.  
Dressing will keep 4-5 days in the refrigerator.  
Calories: 15; Exchanges: ¼ Low-Fat Milk



## RUM-FLAVORED FRUIT SAUCE

¼ cup boiling water  
¼ cup dark or golden raisins  
4 ripe bananas, peeled  
1 orange, peeled  
Juice of 1 lemon  
½ teaspoon rum extract

Pour the boiling water over the raisins; let stand until the raisins are plump. Then combine all the ingredients in a blender; purée until smooth. Delicious on pancakes, waffles or french toast.  
Calories/Serving: 74; Exchange: 1 Fruit

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## JELLY

2 cups unsweetened fruit juice  
4 - 6 tsp. unflavored gelatin  
2 tablespoons lemon juice\*  
Artificial sweetener

Sprinkle the gelatin over the cold fruit juice in a large saucepan. Add lemon juice; stir over high heat until boiling. Boil exactly one minute; remove from heat. Add sweetener to taste (usually equivalent to ½ to 1 cup sugar). Pour into jars; store in refrigerator. Makes 2 cups.  
\*May be omitted for tart fruit

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## JAM

1 quart fruit, crushed  
2 tablespoons lemon juice  
1 package powdered pectin  
Artificial sweetener

Place fruit in large saucepan. Add lemon juice; stir over high heat until boiling. Boil exactly one minute; remove from heat. Add sweetener to taste (usually equivalent to 1 cup sugar). Pour into jars; store in refrigerator. Makes 3 cups.

