

Quick Low Calorie Recipes



Spiced Grape and Yogurt

Low fat vanilla yogurt spiced with cinnamon and cardamom with seedless green and red or black grapes. A sweet treat packed with nutrients - including calcium - and low in calories.



1/4 cup vanilla low fat yogurt
1/8 teaspoon ground cinnamon
1/8 teaspoon ground cardamom
1 cup seedless green grapes
1 cup seedless red or black grapes

Combine first 3 ingredients in a large bowl and mix well. Add grapes and stir gently until well coated.

Cover and refrigerate until chilled.

Recipe makes 1 serving

Calories: 70; Fat: 0.7g; Cholesterol: 1mg; Protein: 1.4g; Carbohydrate: 16.5g; Fiber: 0.9g;

Sugar: 15.6g; Sodium: 12mg

Calories from Fat: 8 percent

Dietary Exchanges: Fruit: 1.0, Sugar: 0.2

Basic Beef and Beans

Basic just as the title says with lean ground beef combined with tomato pasta sauce and canned baked beans. Quick, easy and healthy.



1/4 pound lean ground beef*
1 cup tomato pasta sauce
1/2 pound canned baked beans

Cook ground beef in a skillet over medium-high heat until browned, stirring occasionally. Drain. Stir in tomato pasta sauce and baked beans. Bring to a boil and then simmer for about 5 minutes.

*For a variation, use lean ground turkey in place of the beef.

Recipe makes 2 servings

Calories: 119; Fat: 2.9g; Cholesterol: 10mg; Protein: 9.3g; Carbohydrates: 16.0g; Fiber: 3.7g; Sugar: 5.7g; Sodium: 616mg

Calories from Fat: 21 percent

Dietary Exchanges: Bread: 0.7, Lean meat: 0.8, Fat: 0.1

Light Parsley Potatoes

Russet potatoes cut into eighths and seasoned with nutritious parsley and salted to taste, if desired.



4 russet potatoes, peeled and cut into eighths
1/4 cup parsley, finely chopped
1 tablespoon unsalted butter
1/4 teaspoon salt

Cover potatoes with salted water in a heavy saucepan and bring to a boil. Reduce heat to low. Cover and simmer 15 to 20 minutes or until potatoes are tender. Drain water. Stir in remaining ingredients and toss.

Yield: 4 servings

Calories: 175 ; Fat: 3.1g; Cholesterol: 8mg; Protein: 4.0g; Carbohydrates: 33.9g; Fiber: 3.1g; Sugar: 2.9g; Sodium: 14mg

Calories from Fat: 16 percent

Dietary Exchanges: Vegetable: 0.1, Bread: 1.9, Fat: 0.6

Single Guy's Spaghetti Meal

Spaghetti and vegetables cooked with tomato sauce and Parmesan cheese. Cooking the pasta and vegetables together whips this up in no time.



1/2 pound spaghetti
4 medium yellow squash, cut into small slices
4 medium green zucchini, cut into small slices
1/4 cup reduced fat Parmesan cheese
2 cups tomato sauce

Cook spaghetti and vegetables in a large pan of boiling water until cooked, about 7 to 10 minutes. Drain well.

Mix in tomato sauce and Parmesan. Yield: 2 servings.

Calories: 323; Fat: 3g; Cholesterol: 4mg; Protein: 15.3g; Carbohydrates: 63g; Fiber: 7.8g;
Sugar: 13.2g; Sodium: 842mg
Calories from Fat: 8 percent
Dietary Exchanges: Vegetable: 1.7, Bread: 3.6, Lean meat: 0.3, Fat: 0.1

Cheddar Cheesy Tater Topper

Cheddar Cheesy Tater Topper with a creamy cheese sauce with frozen mixed vegetables to serve over baked potatoes.



- 1 cup skim milk
- 1 tablespoon cornstarch
- 1/2 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 3/4 cup shredded fat free mozzarella cheese
- 2 cups frozen mixed vegetables, thawed
- 4 medium potatoes, baked and cut into quarters

In a small saucepan, combine milk, cornstarch, mustard, salt, and black pepper. Cook and stir until thickened and bubbly.

Add cheese, stirring until melted. Stir in vegetables and heat through. Serve warm over baked potatoes. Yield: 4 servings.

Calories: 229; Fat: 1g; Protein: 14g; Carbohydrate: 43g; Cholesterol: 5mg; Sodium: 506mg
Calories from Fat: 2 percent



Easy Chicken and Pasta

Easy Chicken and Pasta is truly a quick and easy to prepare chicken and pasta dish using frozen mixed vegetables and canned low fat cream of mushroom soup.



- 1/2 teaspoon olive oil
- 1 pound ground chicken breasts, skinless, cooked
- 1/2 cup onions - chopped
- 1/2 cup red and green bell peppers, chopped
- 1 10-3/4-ounce can low fat cream of mushroom soup
- 1/2 cup water
- 1 cup twist pasta, cooked
- 1-1/2 cup frozen mixed vegetables, thawed

In a skillet, heat oil over low heat. Add chicken, onions, and bell peppers. Cook until chicken is no longer pink and vegetables are tender.

Stir in soup, water, pasta, and mixed vegetables. Cover and cook over low heat for 5 minutes. Yield: 4 servings.

Nutrition information per serving:

Calories: 288; Fat: 3g; Protein: 31g; Carbohydrate: 28mg; Cholesterol: 66mg; Sodium: 206mg

Calories from Fat: 10 percent

Summer Squash Julienne

For Summer Squash Julienne , dry saute onion over medium-high heat until soft. Add zucchini, squash and salt and pepper to taste.



1/2 cup thin sliced scallions
2 medium zucchini, cut into 2-inch julienne strips
2 medium yellow squash, cut into 2-inch julienne strips
1 medium red bell pepper, chopped fine

Dry saute onion over medium-high heat until soft.
Add zucchini and squash. Salt and pepper to taste.
Continue cooking until vegetables are tender - about 5 minutes.

Yield: 4 servings
Calories: 50; Fat: 0.23g

Hash Brown Potatoes

These hash browns go great with a couple of scrambled eggs, preferably made out of egg substitute with toast on the side! Simply cook and shred potatoes, add onions, salt, and white pepper. Shape into 8 patties and cook in a skillet.



5 medium potatoes, cooked
1/2 cup onions, chopped
1/2 teaspoon salt
1/4 teaspoon white pepper
1/2 tablespoons olive oil

Cook potatoes, in their jackets, in boiling water until about half cooked, 15 minutes. When cool enough to handle, slip off skins. Shred potatoes coarsely into a mixing bowl. Mix lightly with onions, salt, and white pepper. Shape into 8 patties.

In a skillet, heat oil over low heat. Add patties. Cook over low heat, without stirring until potatoes are brown and crusty on bottom, 15 minutes. Loosen edges with a spatula and flip carefully over and cook for 15 minutes more or until brown and crusty. Repeat with remaining patties. Yield: 8 servings.

Nutrition Information

Calories: 86; Fat: 1g; Protein: 2g; Carbohydrate: 18g; Cholesterol: 0; Sodium: 137mg
Calories from Fat: 9 percent

Lemon Yogurt Sauce

Lemon Yogurt Sauce is easy and quick to prepare using your microwave mix yogurt, lemon juice, corn syrup and vanilla extract for this tangy citrus infused sauce.



1 cup drained no-fat yogurt
2 tablespoons lemon juice
2 tablespoons corn syrup
1 teaspoon vanilla extract

Heat in microwave about 3 minutes on medium or in a saucepan over medium-low heat just till heated through. Recipe makes 5 servings.

Calories: 60
Fat: trace
Fiber: trace

Naked Tuna Salad

Naked Tuna Salad is so simple and so delicious with just four ingredients quickly mixed together and all for only 140 calories per serving.



12 ounces tuna in water, drained and flaked
1/2 cup fat free mayonnaise
4 hard boiled eggs, sliced
1/4 teaspoon black pepper

In a mixing bowl, combine the tuna, mayonnaise, egg whites, and black pepper until thoroughly blended.

No matter what type of diet you follow, tuna is an inexpensive and easy to prepare source of important nutrients. Tuna is high in protein and low in fat and calories when compared with other proteins. A low-fat, high-protein product is a great beginning to a nutritious meal. Yield: 4 servings.

Calories: 140; Fat: 1g; Protein: 25g; Carbohydrate: 6g; Cholesterol: 26mg; Sodium: 723mg
Calories from Fat: 5 percent

Scallops and Portobello Mushrooms

Scallops and Portobello Mushrooms. Marinate mushrooms, onions and cilantro for 15 minutes then simply add garlic and scallops and finish cooking.



2 cups baby Portobello mushrooms, sliced
1/2 large onion, sliced
6 sea scallops, halved or quartered
1 teaspoon olive oil
1/2 cup fresh cilantro, chopped
1 clove garlic, sliced

In a bowl, marinate mushrooms, onions and cilantro for 15 minutes. Heat olive oil until piping hot and add onion and mushroom mixture to pan. Saute for 1 minute and add garlic and scallops; cook until scallops are cooked through.

Serving Suggestion: Serve sizzling over a salad of mixed dark, leafy greens. Top with 1/4 avocado.

Recipe makes 2 servings; Calories: 320; Fat: 5g

Salsa Soup

This easy Salsa Soup is elegant. If you don't like spicy foods, use mild salsa. The [yogurt](#) also cuts the spiciness.



1-1/4 cup vegetable stock
2/3 cup salsa *
2/3 cup non-fat yogurt

Blend all ingredients together. Chill and serve.

Garnish Salsa Soup with chopped cucumbers.

*If you have a favorite salsa, by all means, do use it for this soup - and you can experiment, too! Make it as hot or as mild as your taste buds like by trying alternate salsas...

Recipe makes 4 servings

Calories: 44

Fat: 0.3g

Skillet Pizza

In a skillet, combine rice, pepperoni slices, pizza sauce, and one cup cheese for a quick and tasty skillet meal at only 154 calories per serving.



2 7-oz. bags Success Boil-in-Bag Brown Rice*
20 slices reduced fat turkey pepperoni
1 cup pizza sauce
8 oz shredded fat free Mozzarella cheese

Prepare rice according to package directions.

In a skillet, combine rice, pepperoni slices, pizza sauce, and one cup cheese. Cook over medium heat; stirring, until thoroughly heated. Top with remaining cheese.

Yield: 8 servings

Calories: 154; Fat: 2g; Protein: 13g; Carbohydrate: 22g; Cholesterol: 11mg; Sodium: 442mg

Tuna Pasta Salad

Water packed tuna with broccoli, spiral colored noodles, onions, bell pepper and reduced fat mayonnaise.



Vegetable oil spray
1 package frozen broccoli, chopped
1 can water packed tuna, drained
2 cups spiral colored noodles
1/4 cup onion, chopped
1/4 cup bell pepper, chopped
Salt and black pepper to taste
1/2 cup reduced fat mayonnaise

Boil noodles in extra amount of water until tender. As you drain the noodles, pour the hot water over the broccoli and set aside. In another bowl, mix onion, pepper, tuna, and noodles. Add lite mayonnaise, salt and pepper. Drain and squeeze liquid from broccoli and add to mixture. Spoon salad onto a lettuce leaf and add a tomato slice.

Tomato and Onion Pie

This recipe makes a delicious meal with pizza dough as a crust and layers of cheese and tomatoes. One serving only 184 calories - and low in fat, too!



- 1 large onion
- 1 pizza dough, sliced thin
- 1/4 cup grated Cheddar cheese
- 1/2 cup drained yogurt or pureed cottage cheese
- 1/2 pound plum tomatoes, sliced
- 1/8 cup nicoise olives, pitted

Cook onions with salt to taste, till soft. Cool slightly. Roll dough into 14 inch round about 1/8 inch thick. Place in casserole dish, leaving lots of dough overhanging. Layer onions over dough.

Spread with yogurt or cottage cheese. Top with grated cheese. Arrange half of tomato slices on top. Sprinkle with olives. Top with remaining tomato slices and season with salt and pepper. Bake about 35 to 40 minutes. Let sit 5 to 10 minutes before serving.

Recipe makes 4 servings
Calories: 184
Fat: 2.9g

Vegetable Kabobs

Healthful and satisfying Vegetable Kabobs with eggplant, zucchini, bell peppers, onion and seasonings.



- 1 medium eggplant
- 2 medium zucchini
- 2 each red and green bell peppers
- 1 medium red onion
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 tablespoons herbs (e.g. tarragon and marjoram)
- 2 teaspoons garlic, crushed

Cut vegetables into half-inch chunks or wedges and toss with seasonings. Thread onto metal or soaked bamboo skewers. Let sit for one half-hour.

Grill or broil until color shows on vegetables, about 10 to 15 minutes.

Recipe makes 6 servings

Serving size: 1 kabob

Calories: 47; Fat: 0.5g; Fiber: 3g

Zucchini Zingers

For your Zucchini Zingers, once you have cut your zucchini into strips simply season them with the garlic powder and pepper, then mist with cooking spray; cook.



Olive oil cooking spray
2 teaspoons garlic powder
1/2 teaspoon black pepper
2 medium zucchini

Preheat oven to 350 degrees. Trim ends of zucchini, but leave skins on elsewhere. Cut zucchini in half vertically; repeat.

Cut each zinger strip in half, cross-wise. Place all strips peel side down on a baking sheet. Mist with cooking spray and sprinkle with seasonings. Bake until edges are brown and strips are easily pierced; about 15 minutes.

Recipe makes 2 servings
Calories: 28.3; Fat: 0.2g; Cholesterol: 0

Baked Red Snapper

Sprinkle Baked Red Snapper generously with powdered rosemary and black pepper. Arrange in a nonstick baking pan and bake.



1 pound red snapper fillets, cut into 3-inch cubes
2 teaspoons powdered rosemary
1/2 teaspoon black pepper
2 fresh lemons, peeled and finely diced
1/4 cu chopped fresh parsley

Sprinkle fish generously with powdered rosemary and black pepper. Arrange in a nonstick baking pan. Bake at 325-degrees 15 to 20 minutes, or until fish flakes easily when tested with a fork.

Remove to serving plate. Cover with lemons. Sprinkle Baked Red Snapper with parsley.

Nutrition Information

Yield: 4 servings

Calories: 135; Fat: 2g; Protein: 28g; Carbohydrates: 3g; Fat: 2g; Sodium: 62mg

Calories from Fat: 11-percent

Happy O's Trail Mix

Happy O's Trail Mix with whole grain toasted oat cereal mixed with dried cranberries, golden raisins, banana chips and peanuts.



2 cups round, whole grain toasted oat cereal
1/4 cup dried cranberries
1/4 cup golden raisins
1/4 cup crumbled banana chips
1 tablespoon peanuts

In a medium bowl, combine the oat cereal, cranberries, raisins, banana chips and peanuts. Stir gently but well. If desired, place all ingredients in a large plastic zip-lock bag and shake well to mix.

Nutrition Information

Recipe makes 3 servings
Serving size: 1-cup
Calories: 49; Total Fat: 1.2g; Cholesterol: 0mg; Sodium: 50mg

Easy Drop Danish

Low fat baking mix reduces fat in these tasty Easy Drop Danish filled with strawberry jam and topped with a sweet powdered sugar glaze.



Danish:

2 cups low fat baking mix
1/4 cup reduced fat margarine, softened
2 tablespoons granulated sugar
3/4 cup skim milk
1/4 cup strawberry jam

Glaze:

2/3 cup powdered sugar
1 tablespoon warm water
1/2 teaspoon pure vanilla extract

Preheat oven to 450 degrees. To prepare Danish, combine baking mix, margarine, granulated sugar, and milk in a mixing bowl. Mix until crumbly. Drop dough by rounded tablespoonfuls two inches apart onto prepared baking sheet. Make a well in center of each with back of spoon. Fill with one teaspoon jam. Bake for ten minutes, or until golden brown. Meanwhile, to prepare glaze, combine powdered sugar, water, and vanilla extract. Mix until smooth. While Danish are still warm, drizzle glaze over top. Makes 12 servings Easy Drop Danish.

Serving size: 1 danish

Calories: 173; Fat: 2g; Protein: 3g; Carbohydrate: 41g; Cholesterol: 0mg; Sodium: 376mg
Calories from Fat: 11 percent

Cherry Chiffon Dessert

Cherry Chiffon Dessert is a light, fluffy and fruity dessert with cherry pie filling, fat free sweetened condensed milk, Cool Whip free, pineapple chunks and mini marshmallows.



21 ounce can cherry pie filling
14 ounce can fat free sweetened condensed milk
8 ounce container Cool Whip Free, thawed
20 ounce can pineapple chunks in syrup - drained
1 cup miniature marshmallows

In a mixing bowl, combine cherry pie filling, sweetened condensed milk, whipped topping, pineapple, and marshmallows. Mix until all is blended.

Chill until ready to serve.

Serving Suggestion

Spoon into a decorative serving bowl. Yield: 14 servings.

Calories: 196

Fat: 1g; Protein: 4g; Carbohydrate: 45g; Cholesterol: 4mg; Sodium: 52mg

Calories from Fat: 4 percent

Strawberry Heaven

Strawberry Heaven is tasty and pretty with layers of angel food cake, strawberries and Cool Whip Free. Refrigerate 1 hour or until ready to serve.



13 ounce angel food cake, cut into 3 horizontal layers
2 cups frozen strawberries, crushed
1 tablespoon skim milk
8 ounce container Cool Whip Free, thawed

Place bottom cake layer on serving platter. In a mixing bowl, stir crushed strawberries and milk into 1 cup whipped topping. Spread half of the strawberry mixture onto cake layer. Top with second cake layer. Repeat layers, ending with cake.

Frost top and sides of cake with remaining whipped topping. Refrigerate 1 hour or until ready to serve. Recipe makes 12 servings.

Calories: 149; Fat: 1g; Protein: 2g; Carbohydrate: 35g; Cholesterol: 0mg; Sodium: 23mg
Calories from Fat: 5 percent

Peach Cream Cake

Peach Cream Cake with angel food cake cut into 1/4-inch slices with one layer of slices placed on the bottom of a cake pan, a cream mixture placed atop that and peach slices over all.



13 ounce angel food cake, cut into 1/4-inch slices
14 ounce can fat free sweetened condensed milk
1 cup cold water
3 ounce fat free vanilla pudding mix
1 teaspoon pure vanilla extract
2 cups Cool Whip Free, thawed
29 ounce can peach slices in syrup, drained

Arrange half cake slices on bottom of 13 x 9-inch pan; set aside. In a mixing bowl, combine sweetened condensed milk, water, and pudding mix. Mix well. Fold in vanilla extract and whipped topping. Pour half the mixture over cake slices in pan. Arrange half the peach slices on top. Repeat layers. Chill 4 hours or until set. Refrigerate leftovers. Recipe makes 16 servings.

Calories: 287; Fat: 1g; Protein: 4g; Carbohydrate: 64g; Cholesterol: 4mg; Sodium: 159mg
Calories from Fat: 4 percent

Tropical Berry Blast

For Tropical Berry Blast, take banana, crushed pineapple and strawberries processed in your food processor until smooth.



1 medium banana, quartered 8 ounces crushed pineapple, drained
1 cup skim milk
1/2 cup frozen strawberries, thawed

In a food processor, combine banana quarters, pineapple, milk, and strawberries. Process until smooth. Serve immediately.

Yield: 2 servings

Calories: 192; Fat: Less than 1g; Protein: 6g; Carbohydrate: 44g; Cholesterol: 2mg; Sodium: 74mg

Banana Bread

A delicious and moist banana bread made using your bread machine. Spiced with cinnamon and lightly sweetened with sugar. If you wish, you can use sugar substitute in place of granulated regular sugar.



2 teaspoons yeast
3/4 teaspoon salt
2 teaspoons sugar
2 tablespoons non-fat dry milk powder
1 teaspoon cinnamon
3-1/3 cups bread flour
1 ripe banana
1 cup water

Add ingredients in the order suggested by the bread machine manufacturer and follow baking instructions provided in the manual.

Serving size 1 slice

Yield: 12 slices

Per Slice: Calories: 131; Fat: 0; Fiber: 2g

Bagel Breakfast Plus

Bagel Breakfast Plus is very tasty, very easy to pull together and most important, very healthy! Whole wheat bagels with red raspberries and milk.



3 ounces whole wheat bagels
1 tablespoon non-fat cream cheese
1/2 cup red raspberries
1/2 cup skim milk

Mix cream cheese, raspberries and skim milk; spread on bagel to make a "sandwich".

Recipe Note

Note that bagels vary considerably in their weight, and therefore calorie content. For this meal, choose a whole bakery-sized bagel or 1-1/2 frozen bagel; either is equivalent to 3 ounces. Spread with 1 tablespoon nonfat cream cheese (toast first, if you like).

Serving Suggestions

Enjoy with an ice-cold glass of skim milk and a bowl of fresh or frozen raspberries.

Alternatively, warm the milk and mix with strong coffee to make a tall cafe late. And for another taste adventure: embed the raspberries on top of the cream cheese-spread bagel.

Chocolate Pretzels

For these yummy Chocolate Pretzels, place pretzels on baking sheets. Unwrap candy kisses and place one in the center of each pretzel. Place in preheated oven one to two minutes, until kisses melt.



24 circular pretzels
24 milk chocolate candy kisses
1 1.69-oz. package mini candy coated chocolates

Preheat oven to 350-degrees.

Place pretzels on baking sheets. Unwrap candy kisses and place one in the center of each pretzel. Place in preheated oven one to two minutes, until kisses melt.

Remove from oven and place one candy-coated chocolate in the center of each pretzel.

Chill pretzels in refrigerator until chocolate is set.

Recipe makes 24 servings.

Serving size: 1 pretzel

Calories: 62; Fat: 2g; Cholesterol: 1mg; Sodium: 70mg

Banana Popsicle's

These sweet banana treats take only 10 minutes to make! Give the Banana Popsicle's time to freeze. Whip some up for an afternoon snack the kids (or you) will love.



1 3.4-oz. packet instant banana pudding mix
2 cups skim milk
1 banana cut into pieces

Mix pudding mix and milk together. Add cut up banana to pudding and blend evenly. Spoon enough pudding and banana mixture into Popsicle cups to cover bottom. Periodically tap the cups to get any air pockets out.

Freeze Banana Popsicle's until set and enjoy!

Yield: 7 Popsicle's

Serving size: 1 Popsicle

Calories: 75; Fat: 5g; Cholesterol: 15mg; Sodium: 162mg

Baked Onions

These baked onions can make a great side dish or a topping for your burgers or anything else you think you would enjoy them on. Mother nature's honey adds just the right touch of sweetness.



6 large onions, sliced
1/3 cup honey
1/4 cup butter
1/2 teaspoon salt

Preheat oven to 425-degrees. In a saucepan at medium heat, heat honey, butter and salt. Grease a baking dish. Arrange onions and pour honey mixture over them. Bake 45 minutes until onions are tender and golden brown. Recipe makes 6 servings.

Calories: 182; Total Fat: 7.9g; Cholesterol: 21mg; Sodium: 277mg



Avoid onions with wet necks, this indicates decay.

<http://www.fitnessandfreebies.com/>

Courtesy of [FitnessandFreebies.com](http://www.fitnessandfreebies.com/)

Baked Apple Surprise

Baked Apple Surprise treats are apples halved and filled with mashed banana and spiced with warming nutmeg.



2 apples
1 ripe banana
Pinch nutmeg
Few drops lemon juice
Juice of 1 orange
1 teaspoon sugar

Mash the banana. Add nutmeg, lemon juice and sugar. Peel the apples and divide into two. Scoop out the centers and fill with the banana mixture. Pour the orange juice over the top.

Bake in a hot oven at 400-degrees for 20 minutes or until the apples are soft. Serve hot.

Recipe makes 2 servings

Serving size: 1 baked apple

Calories: 68; Carbohydrates 17g; Protein 0.5; Fat 0.3

Broccoli Cauliflower Salad

Broccoli Cauliflower Salad combines broccoli and cauliflower with chopped green onion, black pepper and a zingy horseradish dressing.

2 cups broccoli, peeled, quartered and cut into bite-size pieces
1 cup cauliflower, sliced
2 tablespoons chopped green onion
1/2 teaspoon black pepper

Horseradish Dressing

1 tablespoon prepared horseradish
1 tablespoon mayonnaise
1 8-ounce container plain low fat yogurt

Mix broccoli, cauliflower, onion, and pepper. Chill.

Mix horseradish and mayonnaise until blended. Carefully fold into yogurt. Pour over vegetables and mix lightly.

Recipe makes 6 servings

Calories: 67; Fat: 3g; Carbohydrates: 7g; Protein: 4g; Sodium: 58mg

Exchanges: 1 vegetable, 1 fat

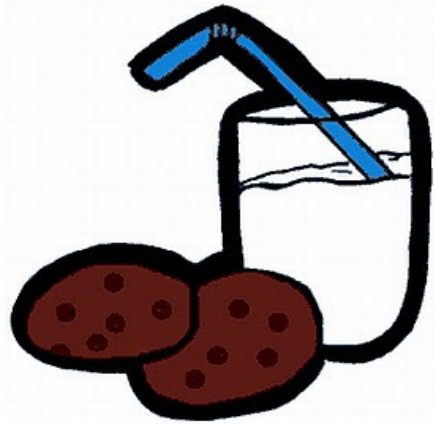


Broccoli is the superhero of the vegetable kingdom with its rich vitamin A content.

<http://www.bellybytes.com/food/>

Devil's Delight Cookies

Hardly any fat, which helps reduce calories in these Devil's Delight Cookies, but plenty of sweet chocolate flavor and only 58 calories per cookie. Buttermilk helps keep these moist while keeping calories (and fat) down. Cocoa powder adds a nice chocolate flavor.



1/4 cup butter or margarine, softened
1/2 cup fat-free buttermilk
1 teaspoon pure vanilla extract
2 egg whites whipped
1-1/2 cup unbleached flour
1/2 cup cocoa powder
2/3 cup granulated sugar
1/4 teaspoon salt
2 teaspoons sifted powdered sugar

Preheat oven to 350-degrees. Prepare baking sheets with cooking spray; set aside. In a mixing bowl, combine margarine, buttermilk, vanilla extract, and egg whites. In another mixing bowl, combine flour, cocoa powder, sugar, baking soda, and salt. Mix wet ingredients with dry ingredients just until moistened.

Drop dough by tablespoonfuls, 2-inches apart onto prepared baking sheets. Bake for seven minutes. Sprinkle with powdered sugar.

Recipe makes about 2 dozen; Serving size: 1 cookie; Calories: 58; Fat: 2g; Cholesterol: 0mg; Sodium: 77mg

Mandarin Orange Salad

Arrange greens on individual plates. Scatter kiwi, mandarin oranges, and red onions attractively on top to create this healthful Mandarin orange salad.



6 cups mixed salad greens
2 kiwi fruits, peeled and sliced
1 11-ounce can mandarin oranges, drained
2 or 3 thin slices of red onion

Rinse the salad greens thoroughly and dry. Arrange greens on four individual plates. Scatter the kiwi, mandarin oranges, and red onions attractively on top.

Yield: 8 servings
Calories: 80; Fat: 0g; Cholesterol: 0mg; Sodium: 25mg

Egg White and Potato Scramble

Egg White and Potato Scramble with egg whites cooked with O'Brien potatoes and added onions seasoned with salt and black pepper.



1/2 teaspoon oil
2 cups potatoes O'Brien, thawed
1 cup onions, chopped
1-1/2 cup egg whites, slightly beaten
1/2 teaspoon salt
1/4 teaspoon black pepper

In a skillet, heat oil over medium heat. Add potatoes and onions. Cook eight minutes, or until potatoes are done.

Fold in egg whites, salt, and black pepper. Cook three minutes more or until egg whites are set, stirring constantly. Recipe makes 4 servings.

Calories: 106; Total Fat: 1g; Carbohydrates: 14g; Protein: 10g; Cholesterol: 0mg; Sodium: 427mg

Percent Calories from Fat: 5-percent

Banana Graham Dessert

Whip up this delicious Banana Graham Dessert in a snap using instant pudding mix with skim milk and nonfat sour cream. Bananas are layered with the pudding mixture.



1 package (1.5 ounces) instant sugar free vanilla pudding mix
2-3/4 cups cold skim milk
1 cup (8 ounces) nonfat sour cream
12 reduced fat graham crackers
2 large firm bananas, sliced

In a mixing bowl, beat pudding mix and milk on low speed for two minutes. Fold in sour cream. Let stand for five minutes.

In a 3-quart bowl, layer a third of the graham crackers, bananas and pudding mixture. Repeat layers twice. Refrigerate.

Recipe makes 9 servings.

Serving size: 1/2 cup.

Keylime Pie

This reduced-calorie Keylime Pie recipe tastes great and you can still watch your weight. Quick and easy and the combinations are endless! You can also make strawberry, peach, cherry, orange etc. Use your imagination and your favorite flavors!

The rich, tart pie is named for the funny little limes that grow in the Florida keys. Those are almost impossible to find in stores, but regular limes offer plenty enough sacrifice in the amount of time it takes to juice them out. Remember to wear plastic gloves while juicing the limes, as something in the skins will make you feel as if you had toothpicks shoved under your fingernails the day after if you don't!



- 1 box lime jello
- 2 keylime yogurts
- 1 8 ounce container Lite Cool Whip
- 1 reduced fat graham cracker crust

Dissolve Jello-O in 1/4-cup boiling water.

Fold in yogurt, then fold in Cool Whip.

Pour in crust and put in refrigerator over night or until firm.

Recipe makes 8 servings of Keylime Pie.

S'Amour Brownies

S'Amour Brownies are made similar to smores with cocoa powder and graham crackers in a chewy brownie version. Each bar only 124 calories, thanks in large part to removing the yolks and just using egg whites in all but one egg.



2/3 cup unsweetened cocoa powder
1/4 cup oil
1/2 cup packed light brown sugar
2 teaspoons vanilla extract
1/2 cup granulated sugar
3/4 cup mini marshmallows
1/4 cup all purpose flour
3 whole graham crackers, broken in small pieces
1/2 teaspoon baking powder
4 large egg whites
1 large egg

Heat oven to 350-degrees. Line an 8-inch square pan with foil, letting ends extend above the pan on two sides. Spray foil in pan with nonstick cooking spray. Mix cocoa, sugars, flour and baking powder in a large bowl. Add egg whites, egg, oil and vanilla and mix until blended.

Stir in 1/2-cup each of the marshmallows and broken crackers. Spread batter evenly in prepared pan. Bake ten minutes. Sprinkle remaining marshmallows and graham crackers over top, pressing them gently until partially submerged in batter. Bake 18 to 20 minutes longer until marshmallows on top are golden brown. Cool completely in pan on a wire rack. Lift foil by ends to a cutting board. Peel off foil and cut into squares. 16 servings.

Per serving: Calories: 124; Fat: 4g; Cholesterol: less than 1mg

Pumpkin Pie

Tastefully done, this pumpkin pie recipe is good for diabetics as well as calorie cutters. Makes one pie or about eight servings Pumpkin Pie at 114 calories per serving.



16 ounce can solid pack pumpkin
13 ounce can evaporated skim milk
1 egg
2 egg whites
1/2 cup biscuit mix (like Bisquick)
2 tablespoons sugar
8 packets sugar substitute, (16 teaspoons or 1/3 cup)
2 teaspoons pumpkin pie spice
2 teaspoons vanilla

Heat oven to 350-degrees. Lightly grease or spray 9-inch pie pan with vegetable pan spray. Place all ingredients in blender, food processor or mixing bowl. Blend one minute or beat two minutes with mixer. Pour into pie pan and bake for 50 minutes or until center is puffed up.

This recipe is good for diabetics.

Nutrition Information

Yield: 8 servings
Serving size: 1 slice
Calories: 114; Carbohydrate: 18.5 grams; Protein: 6.3 grams; Fat: 1.9 grams; Fiber: 1.4gm;
Sodium: 174.9mg; Cholesterol: 37mg
Exchanges: 1-1/2 starch/bread

Oven-Baked Rosemary Chips

Oven-Baked Rosemary Chips use a mandoline or hand held slicer to slice the potatoes crosswise. Then spray lightly with vegetable spray.

3 baking potatoes scrubbed (about 2 to 2-1/4 lbs)
Non-stick vegetable spray
Salt to taste
Dried rosemary for sprinkling

Alternative Herbs:

Dried thyme
Dried Italian herbs

Preheat oven to 350 degrees.

Using a mandoline or hand held slicer, very thinly slice the potatoes crosswise (about 1/8-inch thick). Spray several sheet pans well with the nonstick spray, and arrange the potato slices in a single layer on top.

Spray the top of the potatoes lightly with the vegetable spray, and bake them in the preheated oven for 15 to 20 minutes or until they are golden. They may brown at different rates, so just remove the ones that are done and put the rest back in the oven.

Transfer the Oven-Baked Rosemary Chips to a pan lined with paper towels, and sprinkle them while they are hot with salt and rosemary, or one of the seasoning alternatives. Sorry, no nutrition data available due to uncertainty of sizes, quantities, etc.

