

Egg-White Omelet with Vegetable-Cheddar Filling

From mixing bowl to table in 10 minutes! A low-fat, low-carbohydrate, low-cholesterol start to the day.

Makes 1 serving

- 3 egg whites
- 2 teaspoons chopped fresh dill (optional)
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/2 cup loosely packed, thinly sliced fresh spinach
- 1 plum tomato, chopped
- 2 tablespoons shredded nonfat cheddar cheese
- Nonstick cooking spray

1. Whisk egg whites, 1 teaspoon water, dill (if using), salt, and pepper in medium bowl until soft peaks form. Toss spinach, tomato, and cheddar in small bowl.
2. Lightly coat omelet pan or small skillet with nonstick cooking spray and set over medium heat 1 minute. Pour egg mixture into pan and cook until eggs begin to set on bottom.
3. Spread filling over half of omelet, leaving 1/2-inch border and reserving 1 tablespoon mixture for garnish. Lift up omelet at edge nearest handle and fold in half, slightly off-center, so filling peeks out. Cook 2 minutes. Slide omelet onto plate and garnish with reserved filling.

NUTRITION PER SERVING:
calories 109; saturated fat 0 g; total fat 0.5 g; protein 18 g; carbohydrate 8 g; fiber 1 g; sodium 906 mg; cholesterol 3 mg



Multigrain Waffles with Apple-Raspberry Sauce

Hot, crisp waffles hit the spot for breakfast or brunch. Sweetened mainly with fruit and apple cider, these are low-fat, thanks to the buttermilk.

Makes 8 waffles

- 1 cup apple cider
- 2 red or green apples, cut into 1/2-inch chunks
- 1/2 teaspoon vanilla
- 1 cup fresh raspberries
- 1/4 cup flaxseeds
- 1/4 cup whole-wheat flour
- 1/4 cup buckwheat flour
- 1/4 cup all-purpose flour
- 2 teaspoons brown sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 large egg, separated, plus 2 large egg whites
- 1 cup buttermilk
- Nonstick cooking spray

1. Bring apple cider to a boil in medium skillet over high heat and cook 1 minute. Add apples and simmer until firm-tender, about 4 minutes. Remove from heat and let cool to room temperature. Stir in vanilla and raspberries.
2. Place flaxseeds in a spice grinder or mini food processor and grind to the consistency of coarse flour. Transfer to a large bowl and add whole-wheat flour, buckwheat flour, all-purpose flour, brown sugar, baking powder, and salt. Stir to mix well.
3. Combine egg yolk and buttermilk in small bowl. Beat 3 egg whites in large bowl until stiff peaks form. Make a well in center of dry ingredients and stir in egg-yolk mixture. Gently fold in egg whites.
4. Spray a waffle iron (with two 4- to 4 1/2-inch squares) with nonstick cooking spray. Preheat iron. Spoon batter into iron, 1/2 cup per waffle. Cook until golden brown and crisp, about 2 minutes. Repeat with remaining batter. Serve warm with apple-raspberry sauce.

NUTRITION PER WAFFLE:
calories 130; saturated fat 0.5 g; total fat 3 g; protein 5 g; carbohydrate 22 g; fiber 4 g; sodium 187 mg; cholesterol 28 mg

APPETIZERS & SNACKS

Eggplant Caviar

This mildly spicy and smoky dish is a great make-ahead for company. It will keep for a week in the refrigerator.

Makes about 1 cup (6 servings)

- 4 cloves garlic, unpeeled
- 1 eggplant (1 pound)
- 3 tablespoons finely chopped walnuts
- 2 teaspoons lemon juice
- 1 teaspoon olive oil
- 1/2 teaspoon each ground coriander and cumin
- 1/4 teaspoon paprika
- 1/8 teaspoon each ground cinnamon and salt

1. Preheat the oven to 400°F. Wrap the garlic cloves in aluminum foil. Prick the skin of the eggplant a few times with a fork and place it on a baking sheet along with the garlic. Bake for 30 minutes or until the garlic packet feels soft. Bake the eggplant an additional 20 minutes or until soft. Let cool.
2. Unwrap the garlic, squeeze the cloves into a medium-size bowl, and mash them. Halve the eggplant and scrape the flesh into the bowl, discarding most of the seeds. With a fork, mix in the walnuts, lemon juice, oil, coriander, cumin, paprika, cinnamon, and salt. Spoon into a small serving bowl and serve at room temperature or chilled with whole-wheat crackers.

NUTRITION PER SERVING:
calories 20; saturated fat 0 g; total fat 1 g; protein 1 g; carbohydrate 2 g; fiber 0 g; sodium 18 mg; cholesterol 0 mg

Gulf Coast Hot Crab Dip

Lumps of crab in a spicy sauce make a wonderful and festive appetizer. But savor this treat only in small amounts—limit yourself to two or three crackers with dip.

Makes 24 servings

- 12 ounces fresh lump crabmeat or 2 cans (6 ounces each) crabmeat, drained
- 8 ounces fat-free cream cheese, softened



- 1 cup nonfat sour cream
- 1 small onion, finely chopped
- 1 tablespoon prepared horseradish
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon hot red-pepper sauce
- 3 tablespoons plain dry bread crumbs
- 1/2 teaspoon paprika
- 4 1/2 ounces baked low-sodium thin wheat crackers (about 72)

1. Preheat oven to 350°F. Coat gratin dish or deep-dish pie plate with nonstick cooking spray. Pick through crabmeat; discard any shells and cartilage. Rinse crabmeat and drain.
2. Stir cream cheese in medium bowl until smooth. Blend in sour cream, onion, horseradish, Worcestershire sauce, and hot-pepper sauce. Gently fold in crabmeat. Spoon into baking dish; smooth top.
3. Combine bread crumbs and paprika and sprinkle evenly over crabmeat mixture. Bake until bubbly, about 20 minutes. Serve piping hot with crackers.

NUTRITION PER SERVING:
calories 57; saturated fat 0.5 g; total fat 1 g; carbohydrate 6 g; protein 5 g; fiber 0 g; sodium 129 mg; cholesterol 12 mg



Lamb Chops Teriyaki

Tempt your taste buds with the flavors of the Orient.

Makes 4 servings

- 6 scallions
- 2 tablespoons sesame seeds
- 1/4 cup low-sodium soy sauce
- 2 tablespoons cider vinegar
- 2 tablespoons honey
- 1 small garlic clove, minced
- 3/4 teaspoon ground ginger
- 8 bone-in loin lamb chops (4 ounces each), well trimmed
- 8 ounces cellophane noodles
- 4 medium carrots
- 1 red bell pepper
- 1 cup drained whole baby corn
- 1 1/2 teaspoons cornstarch

1. Cut 2 scallions into thin slices and cut remaining scallions into 2-inch pieces. Toast sesame seeds in a small nonstick skillet over medium-high heat, stirring constantly, about 3 minutes. Remove from heat. Stir in soy sauce, vinegar, honey, garlic, ginger, and thinly sliced scallions.

2. Roll narrow tail end of lamb chops into medallions and secure with toothpicks. Put chops in baking dish and pour in soy mixture. Cover and refrigerate 1 to 2 hours, turning occasionally.

3. Cook noodles according to package directions. Drain. Cut carrots and pepper into matchsticks. Blanch carrots and pepper in water to cover, 3 minutes. Add remaining scallions and corn. Blanch until vegetables are crisp-tender, about 2 minutes longer. Drain and toss with noodles.

4. Preheat broiler. Remove chops from marinade; pour marinade into small saucepan. Broil chops 6 inches from heat until done to taste, 4 minutes on each side for medium. Transfer to platter, remove toothpicks, and keep warm.

5. Bring marinade to a boil over medium-high heat. Cook, stirring, about 2 minutes. Dissolve cornstarch in 1/3 cup cold water and whisk into marinade. Boil over medium-high heat, whisking, until sauce thickens, about 2 minutes. Toss half of sauce with noodle mixture and drizzle remaining half over chops.

NUTRITION PER SERVING:

calories 390; saturated fat 3 g; total fat 8 g; protein 27 g; carbohydrate 52 g; fiber 6 g; sodium 615 mg; cholesterol 90 mg

Pork Stir-Fry with Noodles

This delectable stir-fry calls for a Chinese cooking technique known as velveting, in which meat, fish, or chicken pieces are coated with cornstarch, cooked briefly, then rinsed under cold water. Velveting seals in the juices, tenderizes the meat, and gives it a pleasing texture.

Makes 4 servings

- 1 large egg white
- 2 tablespoons cornstarch
- 1 tablespoon cold water
- 12 ounces boneless pork loin, cut into 2 x 1/4 x 1/4-inch strips
- 1 tablespoon vegetable oil
- 1 medium-size yellow onion, cut into 1/2-inch cubes (1 cup)
- 1 medium-size carrot, peeled and thinly sliced (1/2 cup)
- 4 ounces mushrooms, thinly sliced (1 1/4 cups)
- 3 ounces green beans, trimmed and halved lengthwise (1 cup)
- 1/2 teaspoon ground ginger
- 1 3/4 cups chicken stock or low-sodium chicken broth
- 1 tablespoon reduced-sodium soy sauce
- 6 ounces spaghetti, fettuccine, or egg noodles, cooked and drained
- 2 green onions, including tops, thinly sliced (1/4 cup)

1. In a medium-size bowl, stir together the egg white, 1 tablespoon of the cornstarch, and the water. Add the pork and toss to coat. Cover with plastic food wrap and refrigerate for at least 30 minutes or as long as overnight.

2. In a large saucepan of boiling water, cook the coated pork strips for 45 seconds. Drain, then rinse quickly with cold water and pat dry with paper toweling.

3. In a 12-inch nonstick skillet, heat 2 teaspoons of the oil over high heat. Add the onion and carrot and stir-fry for 2 minutes. Add the mushrooms, green beans, and ginger, reduce the heat to low, and cook, covered, for 3 minutes. Meanwhile, in a small bowl, mix together the stock, soy sauce, and remaining 1 tablespoon of cornstarch and set aside. With a slotted spoon, transfer the vegetables to a plate.

4. Raise the heat to high and add the remaining 1 teaspoon of oil to the skillet. Add the pork and spaghetti and stir-fry for 1 minute. Stir in the stock mixture, then add the vegetables and cook, stirring occasionally, for 2 minutes or until the sauce has thickened. Stir in the green onions and serve.

NUTRITION PER SERVING:

calories 394; saturated fat 3 g; total fat 11 g; protein 28 g; carbohydrate 45 g; fiber 2 g; sodium 260 mg; cholesterol 54 mg

Spinach-Stuffed Meat Loaf

Extend lean ground beef with ground turkey and a spinach stuffing to make a healthy family favorite.

Makes 6 servings

- 1 pound lean ground beef
- 8 ounces lean ground turkey
- 1 small onion, finely chopped
- 1/2 cup fresh bread crumbs
- 1/8 teaspoon garlic salt
- 1 tablespoon tomato paste
- 1 egg white
- 1/2 cup part-skim ricotta cheese
- 1 package (10 ounces) frozen chopped spinach, thawed and drained
- 1/8 teaspoon each salt and pepper
- 2 large onions, thinly sliced
- 2 carrots, coarsely chopped
- 1 can (28 ounces) crushed tomatoes

