

FOODS THAT MAKE...



Chamber Music

WHAT WE DO - Healthy Heart Schools' Program - Healthy



HeartCORE - Daily Living (HDL) Program - Diagnostic Program - Community Preparedness - Workplace Wellness

Progress is important, unfortunately as we have evolved in the last twenty years we have lost the opportunity to "Break Bread" with our neighbor. Thanks to the many people who wanted to share a recipe, they have given all of us the occasion and opportunity to invite them to the dinner table.

This cookbook has been put together as a fundraiser to support the continuing growth of **Heart Niagara**. This venue gives us each tools to enhance lifestyle choices which will impact on the heart health of Niagara. I have included some pearls of wisdom that I came across, along with those shared by people as they submitted their recipe. I have given credit where I could, but please remember, **THERE IS NO PRESENT OR FUTURE, ONLY THE PAST, HAPPENING OVER AND OVER AGAIN, NOW EUGENE O'NEILL**, so if I have used text without specific recognition to the author I do apologize.

The Nutritional Summary and Food Values for Diabetics has been put together with the use of Smartfood Software when inputting data we reproduced recipes as they were offered to us I hope this will be a help to you as they were offered to us I hope this will be a help to you as you balance your food intake for the day. Throughout the articles submitted by the staff and volunteers from our program you will hear a reoccurring comment, **"REDUCE THE FAT IN YOUR DIET TO ENHANCE YOUR HEART HEALTH"** this truly could be life saving advice. For interest sake, after spending the hours inputting data to come up with analyses I will always remember the description of butter "animal fat" if you can hear this as you use butter I'm sure it will impact on your intake, olive oil or canola oil is a great alternative. As you peruse the book you will notice there are no page numbers or index. The decision to exclude these was not easy, we feel that only through reading the book will you discover ways of balancing your lifestyle. The recipes are not all low fat, the book is to help you become more aware of the food you eat and adjust to compensate.

To my friends old and new, Thanks! For standing with me and supporting Heart Niagara with hundreds of volunteer hours to bring this cookbook to your kitchen.

The Region of Niagara is a great place to live and as a community we must work together creating an environment that supports change therefore altering community behaviour so that people have more opportunities to choose healthy lifestyle alternatives.

In life we are thrown stones daily, we must choose to build bridges not walls.

Once again thanks to everyone including you for supporting Heart Niagara and **FOODS THAT MAKE..... Chamber Music**



Karen Stearne

Take Control of your life

Learn what it takes to stay heart healthy

Know the risk factors

Those you can't change

Family history

Age

Diabetes*

Those you can change

Smoking

High blood cholesterol

Physical inactivity

High blood pressure

Obesity

Stress

*Diabetes is a risk factor that you can't change but can control.

HEART NIAGARA 1977-1997

Heart Niagara is a regional non-profit registered charity, dedicated to providing community coronary care and heart health in the Niagara Region. Our mission is the primary and secondary prevention of heart disease through programs which include public education; Cardio Pulmonary Resuscitation; Advanced Cardiac Life Support teaching to critical care personnel; and cardiac rehabilitation of surviving victims.

Heart Niagara has provided cardiac rehabilitation in the Niagara Region since 1977. The Cardiac Rehabilitation Program begins in the Intensive Care Unit of the Greater Niagara General Hospital and continues in three phases, over a 36 week period coordinated by a multi-disciplinary team of health professionals; physicians, nurses, dietitians and therapists. The professionals involved donate their time to the program. Over the past twenty years almost five thousand individuals who have had myocardial infarctions or bypass graft surgery have been through this rehabilitation program. The entire program is offered free of charge.

Cardio Pulmonary Resuscitation (CPR) has been proven in many studies to be an important element of the resuscitation of victims of cardiac arrest due to heart attack. Heart Niagara initiated the teaching of CPR in the Niagara Region, targeting public safety agencies and citizens who were at high risk for being in contact with cardiac arrest victims, lifeguards and the staff of sport facilities. Heart Niagara instructors taught 20,000 citizens CPR in the first ten years of our program. CPR enables citizens to provide immediate aid until advanced medical assistance arrives. CPR is one of the vital links in the "Chain of Survival", increasing a victim's chance of living. CPR teaching in the Niagara Region was one of the key elements in the peninsula meeting the criteria for the paramedics training program with its accompanying 911 emergency response number. Heart Niagara is proud of its contribution to effective pre-hospital care. As an agency we are committed to continue to teach and lobby to have each resident of Niagara certified yearly in CPR.

The Niagara School Healthy Heart Project is a primary prevention program which aims to provide grade 9 students with enough information about their individual heart health profiles to guide them toward making responsible choices in adult life. Heart Niagara in cooperation with the Regional Niagara Health Services Department and all four School Boards are delivering the program to all grade nine students. In this program the concept of prevention is taught through the Health Unit/Physical Education curriculum by the school nurse and Heart Niagara personnel. This program gives us the opportunity to reach each home in the Niagara Region with high school children at least once, provoking thought in the area of Heart Health.

Heart Niagara is an agency supported by the community, committed to delivering, to the Niagara Region, all aspects of Community Coronary Care. Heart Niagara Inc. relies on the financial support of the community. All dollars go directly to facilitate programs in the Niagara Region. These programs are financially responsible by using every resource our community has to offer, while focusing on effective service delivery in a cost efficient manner. As our programs grow to meet the needs of the residents of the region, so does funding requirements. Heart Niagara raises money through social events, individual donations, service club donations and memoriams. As an agency recognizing the communities responsibility to deliver and fund programs we urge you to consider the opportunity to stand with a progressive agency who has been a leader in fiscal responsibility.

CARDIAC REHABILITATION

Heart Niagara has been a leader in the area of Cardiac Rehabilitation for the Niagara Region since 1977. Countless medical personnel make up a dedicated team of professionals who pride themselves on treating each program member as an individual.

The real strength and uniqueness of the program however, lies in the extensive volunteer commitment from many local physicians, nurses and more who donate their time each week to ensure that each patient continues on the road to recovery.

The Cardiac Rehabilitation Program is designed in four phases to:

- Understand heart disease and its outcome
- Regain self-confidence
- Develop a positive mental attitude
- Modify Risk Factor Profile
- Adjust your lifestyle appropriately
- Function at your optimal physical level

Phase I - In-Patient Hospital Program

This is a 5 step-team approach for those patients referred by their Physician to the Program. The multidisciplinary team (Dietitian, Nurse, Occupational Therapist, Pharmacist, Physician and Physiotherapist) meets individually with the patient to discuss various aspects of Heart Health. This hospital stay is usually 5 - 7 days.

Phase II

This 10 week Out-Patient program is offered to patients who have been discharged from the hospital or who are from the community and been referred by a Physician. Patients who have had By-pass Surgery, Angioplasty. Heart attacks and/or Angina attend the lecture series and exercise program on Physician referral.

OUTLINE OF LECTURE SERIES

Phase II - Lecture & Exercise

The first Tuesday* following discharge and weekly thereafter, patient will attend a 10-week education lecture series where they will receive information on:

- Contributory Factors for C.A.D. (Coronary Artery Disease)
- Cardiac Medications (Pharmacist)
- Heart Niagara - Phase III (Coordinator)
- Healthy Heart Diet (Dietitian)
- Intimacy & Communications (Consultant)
- Coronary Artery Disease: Assessment & Treatment (Nurse)
- Exercise Modification (Physiotherapist)
- Stress Testing (Cardiorespiratory Therapist)
- Stress Management (Consultant)
- Lifestyle Modification (Occupational Therapist) exercise diet and activity levels. This program is offered one day each week throughout the year.

Phase III

Upon completion of Phase I and II or a comparable prudent Healthy Heart Program, patients graduate to Phase III. This is a 26 week monitored & supervised exercise program where patients gradually increase the hearts function to reach and maintain their target heart rate. Throughout the exercise sessions, blood pressure and pulse monitoring takes place.

Week 1 through 26: The first week the patient is oriented with the Phase III itinerary. Attendance is required 3 times weekly (Monday, Tuesday, and Friday). The patient's medical charts are maintained by staff and a daily journal is completed by the patient.

Week 27: Voluntary attendance 1-3 times weekly with the Phase IV group (program graduates). Throughout the patient's term with Heart Niagara the referring Physician receives quarterly medical progress reports in conjunction with the dietitian's report.

*"To all who have touched Heart Niagara, Cardiac Rehab Program,
to each of you I offer my being, my love and all that I am." - JR*

*"Remember how hard it is to change yourself. This will help you to understand
what little chance you have of changing others." - Anonymous*

Doctor to Patient:

"Here is a copy of your new low cholesterol diet. Page one contains food to avoid. Page two contains food you may eat".

The patient anxiously took the copy of his new diet. Page one unfortunately contained all the foods he enjoyed. Page two was blank.

Eating well does not have to be this way. We just need to put some thought into what we eat, as we do into how we dress and how we do our jobs. The basic foods have always been there, it was only when we started to add extras like sugars and fats that we made them less healthy. When we entered the world of fast foods we created a generation of people who eat an abundance of "fast and fatty foods".

Eating does not have to be costly or boring. We have a great variety of cookbooks to assist us and grocery stores who supply us with the ingredients. Even restaurants are attempting to make healthy foods more appealing and in a greater variety.

So use your imagination and this cookbook and with a little time and effort you can improve your health.

Good luck.

Katharine Grant, Reg. N.
Nursing Coordinator
Cardiac Rehab Program

FROM THE OFFICE OF:

Irene Krause, B.A.Sc., R.D.

Registered Dietitian

Cardiac Rehab Program

BUT I DON'T WANT TO CHANGE THE WAY I EAT...!!!

"All the good tasting food seems to be bad for me!"

"Healthy food is boring and has no taste!"

"My health is OK, why should I make any changes to the way I eat!"

"I thought the four Food Groups are chips, beer, chocolate and chicken wings!"

"I don't have time to eat healthy!"

Have some of these phrases crossed your lips? Well, read on.

We have been bombarded with messages to lower fat intake from the media, health professionals, weight loss organizations, and almost everything we pick up to read. Enough already!! Has this changed the way we eat? No, actually obesity is still on the rise and Canadians' fat intake is still higher than recommended. So why all the fuss and why isn't it working?

Dietary fat (the kind we get in food) has been linked to many health problems when eaten in excess, such as abdominal obesity, high blood cholesterol or triglycerides, and certain cancers. So what, you say?! It tastes good- and that's very true! Fat adds flavour to food, unfortunately we tend to rely on it too heavily (salt included).

Our tastebuds have been desensitized to be the millions of natural flavours in food. But don't lose hope, with a little creativity and small changes, our tastebuds return.

With all the "lite", "light", and "fat-free" foods now available to us, why is it still so hard to lose weight or lower cholesterol? Because of misinformation about appropriate eating and food choices. Let's get back to basics - a good place to start is Canada's Food Guide. If you try to eat from all four Food Groups, you'll get full pretty quickly and won't crave the high fat, high salt and sugary foods. Don't listen to those who tell you to avoid two Food Groups; the Dairy Products and Meat & Alternatives! Rather, talk to a Registered Dietitian about healthy eating or a special diet.

So should you make any changes towards lower fat eating? YES, especially if you are at risk for heart disease. But, even if you're not, you could only benefit from switching to a healthier way of eating. You'll look better, feel better, and probably live longer!!

Here are some guidelines for heart healthy eating!

- Eat less fat and fatty foods (especially foods high in saturated and hydrogenated fat).
- Replace some of the saturated fat with unsaturated fat.
- Limit intake of foods high in cholesterol.
- Eat more foods high in fibre and complex carbohydrates (starchy foods).
- Limit intake of sugar, alcohol, caffeine and salt.
- Achieve and maintain a healthy body weight by enjoying healthy eating and regular physical activity.

Irene also works as a Nutrition Consultant in private practice. She motivates individuals and groups towards healthier eating. For inquires, call (905) 646-6767.

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FROM THE OFFICE OF:

Joanna Mataya BHSc OT(c)
Phase 1 & 2 Coordinator

As an Occupational Therapist, I re-inforce the principals of Energy Conservation and the importance of slowly increasing ones Activities of Daily Living (ADL). Two of the most commonly asked questions are "How much can I do?" and "How do I know if I am doing too much?". These answers can only be determined on an individual basis. The package you receive after entering our program addresses more commonly asked questions. For example did you know that, by sitting to complete an activity (such as preparing a meal), you can save 25% of your energy. This is valuable energy that can be put towards things you want to do vs. things you have to do on a daily/regular basis. Having heart disease means that you may have a permanent reduction of endurance to which you must adapt. Adaptation does not mean that you avoid activities that cause fatigue, shortness of breath or pain. Rather, adaptation involves how you do your daily activities.

When new people enter the program we review their current activity and exercise levels, together we set their persona; goals as they make lifestyle adjustments. Some days everyone feels better than others. It is important on the days you feel "great" that you do not overexert keeping in your mind your Target Heart Rate. Target Heart Rate: pulse rate taken on the wrist that should not exceed (target) in 10 seconds. Remember the Rate of Perceived Exertion is how you feel while exercising. Rate of Perceived Exertion: scale from 6-20 that measures your personal rate of exertion. On a scale 6 being mild 20 extreme. A good investment in your heart health is walking/running shoes, as walking must become an integral part of your daily living activities. The most important thing I feel is to, listen to your body. By developing the confidence and knowledge to understand when you need to rest, slowdown or stop activity all together will certainly give you the opportunity to experience all life has to offer.

For me, the rewards of this program come from the patients themselves. From a young father that, after a heart attack, once was afraid to wrestle with his children on the floor, to a woman who was scared to go upstairs to sleep at night because the eight steps seemed "too much to bear". In working with these people and watching the confidence build in 10 weeks, re-enforces to me the value of our program and what it does to impact on the communities and our neighbors quality of life.

"Learn to wish everything should come to pass exactly as it does." - Epictetus

RECOGNIZE AND REACT

Learn the symptoms of heart disease. Learn the signals of heart attack. They may be different from what you think.

Early Warning Signs of HEART DISEASE in Women.

If you experience any of these feelings, seek medical help:

- Pain or discomfort in the chest that comes on with activity and goes away with rest.
- Shortness of breath or unusual tiredness with activity.
Activities that used to be easy have become difficult.
Warning Signs of HEART ATTACK in Women
- A vague discomfort in your chest that doesn't go away with rest, or sudden severe, crushing chest discomfort that may move to other parts of your body.
- Heaviness, pressure, squeezing, fullness, burning, tightness or other discomfort in chest, shoulder, arm, neck or jaw that doesn't go away.
- Unusual pain that spreads down one or both arms.
- Shortness of breath; paleness sweating or weakness.
- Nausea, vomiting and/or indigestion.
- Feelings of extreme anxiety, denial or fear.

***If you experience any of these feelings, tell someone right away
or call for emergency help.***

YOU CAN'T LIVE WITHOUT CHOLESTEROL.

Cholesterol is fundamental for life and occurs naturally in your body. It is not an illness. Cholesterol forms a basic part of all our cells. We all need it to help digest food and to produce hormones and vitamin D. The fact is, cholesterol is absolutely essential to human health.

THE CHOLESTEROL IN YOUR BLOOD IS CALLED BLOOD CHOLESTEROL. MOST OF IT COMES FROM YOUR BODY, NOT FOODS.

About 80% of the cholesterol in your blood is there because your body produced it in your liver. Only about 20% of your blood cholesterol is influenced by what you eat.

HDL 'GOOD' CHOLESTEROL IN YOUR BLOOD IS ACTUALLY HEALTHY FOR YOU.

HDL cholesterol is made in your body, by your body. You can't eat it! In order to travel through your blood, cholesterol joins with protein to form a lipoprotein (LDL) or 'bad' cholesterol is also made by your body. It is not good for you because it can result in fatty deposits which clog up your arteries so that your blood cannot flow properly. If your doctor orders a cholesterol test, try to find out your ratio of HDL 'good' cholesterol to LDL 'bad' cholesterol. The higher ratio of HDL to LDL, the better.

THE CHOLESTEROL IN FOODS IS CALLED DIETARY CHOLESTEROL. IT HAS LITTLE EFFECT ON MOST PEOPLE'S BLOOD CHOLESTEROL.

Cholesterol in foods has little effect on blood cholesterol levels for most people. If you eat more cholesterol than you need, your body maintains a balance by producing less. When it comes to diet, research indicates that it is the excess fat and not dietary cholesterol that has the greatest impact on your blood cholesterol levels.

A HIGH FAT DIET INCREASES YOUR BLOOD CHOLESTEROL LEVELS.

The national Institute of Nutrition and The Canadian Dietetic Association both agree that total fat intake and in particular saturated fat can contribute to higher cholesterol levels. In order to reduce your blood cholesterol levels, you need to reduce the total amount of fat that you eat, especially saturated fat. Health Canada recommends that we limit our total fat intake to no more than 30% of our daily calories (except for children under the age of 2). A healthy daily fat intake for women is about 65 grams or less and about 90 grams or less for men.

MOST PEOPLE CAN BEST KEEP THEIR BLOOD CHOLESTEROL IN A HEALTHY RANGE WITH A LOWER-FAT, HIGHER-FIBRE DIET AND BY HAVING AN ACTIVE LIFESTYLE.

The single most important change you can make to control your blood cholesterol levels is to reduce your intake of total fat. And in today's world finding lower-fat foods has never been simpler.

FROM THE OFFICE OF:

Dr. Stafford Dobbin
Medical Director
HEART NIAGARA

“Breaking your Heart”

Diseases of the heart and arteries are not on the decline as they were in the 1970's and 80's. However, unless there are major changes in our lifestyles, will be on the upsurge for the foreseeable future. There are many reasons for this. But first let me ask you, to look in the mirror and ask yourself; am I helping to “break my own heart?”. Your heart is a wonderful creation. It deserves all the accolades of love and romance, of courage, and loyalty, friendship, honesty and honor that are bestowed on it. It will continue to work for you under the most terrible conditions of mental and physical deprivation. It will survive inordinate amounts of damage. It will keep going when up to 90% of its own fuel supply has been compromised. No human creation can really equal it. Indeed, and often regrettably, it will keep going when you and your mind and spirit have given up. How sad that we should treat this wonderful friend with such shallow indifference! All that it asks from us, as it works for us every moment of our lives: as we love, as we eat and drink and sleep and do all the things we enjoy. Is a reasonable share of the oxygen we breathe and the cell nutrients we digest. Yet many human populations do everything they can to deprive the heart of those essentials.

The delicate arterial supply lines that it depends on are damaged by many things in the bloodstream - viruses, bacteria, chemicals, etc. But rather than help them to heal those wounds, we aggravate them from a very early age, with toxic smoke, toxic foods, toxic drinks. And, worst of all, we deprive our heart of the best healer of all; the opportunity to spread our limbs and our lungs and feel the joy in opening our circulation with daily recreational exercise. Some people say that Heart Health is already well known to most of the population and the problem is purely in behaviour. But after 20 years working with Heart Niagara among the victims of this disease I believe that most people are not aware of the ways in which they are “breaking their hearts”. Education does not just involve telling facts; it also involves making them personally aware of the meaning. Because it is only with proper awareness that we can ever hope to win the battle for our heart's health. The type of awareness that will counter the tobacco companies lobbying efforts to depict cigarette smoking as an enjoyable 'bad' habit rather than a deadly destroyer of our heart's arteries. The type of awareness that will convince the food processing industry to remove the abnormal trans and cis fatty acids which they include in many popular food brands and to replace toxic saturated fats with healthier poly- and monounsaturates. The type of awareness that exposes the terrible risks run by those who are significantly overweight especially if they are also borderline diabetics. The type of awareness that promotes the overwhelming advantages to your heart derived from regular daily exercise. And finally the type of awareness that encourages people to take control of their own physical destinies and stabilize their weight and their blood pressures and normalize their own levels of blood sugars and fats.

Charles Dickens was probably the greatest advocate of social reform to write English fiction. He visited Niagara Falls during a reading tour of North America in 1867. His most popular story during that tour was "A Christmas Carol". At one point in the story Scrooge notices something protruding from the gown of the Ghost of Christmas Present and the Ghost reveals two wretched children kneeling at his feet. "Spirit: Are they yours?" Scrooge could say no more. "They are man's" said the spirit. This boy is Ignorance. This girl is Want. Beware them both and all of their degree, but most of all beware this boy, for on his brow I see that which is Doom, unless the writing be erased."

More than a hundred years later that boy called Ignorance is still clinging to every tobacco store in Niagara; he is still in every corner of many kitchens and behind every overlooked television set. You rarely see him on the walking trails, or the cycle paths, or the jogging runs. But he is in every school yard teaching vulnerable children to ignore the years ahead even though they are stockpiling a misery of adult pain and diminishing quality of life. Every day he teaches young girls to use cigarettes in order to match the loveless models on the cover of fashionable magazines; even though the heartbreak they purport to avoid with each inhalation is in reality "breaking their own heart". It is the ignorance that convinces us that God made us for today's world. That the fall-out from the Industrial Revolution, only ten generations old, will protect us from overindulgence in toxins unknown to the hearts of hundreds of thousands of generations from whence we came. From a world that knew no tobacco, no alcohol, no sugar, (barring severe stings from the bees), and very, very little fat. A world of cereals, and grains, and roots, and tubers, and nuts, and berries. A world of constant, daily, walking, running, swimming and shared chores.

The majority of those people with Heart Attacks who we see today in Heart Niagara are in their 50's and 60's. People who knew no television before their middle teens and whose youth was generally vigorous and outdoors. In the next twenty years will those victims be in their 30's and 40's having had no such youthful protection. Or, can we invest in strategies that prevent our children from making choices in lifestyle and behaviour which threaten to "break their hearts?" And can we invest in new initiatives which will help those who, through lack of awareness, have already made their hearts all too vulnerable?

Yours in Heart Health,

Dr. Stafford W Dobbin
Medical Director, HEART NIAGARA


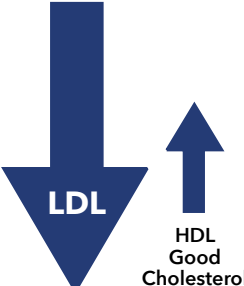

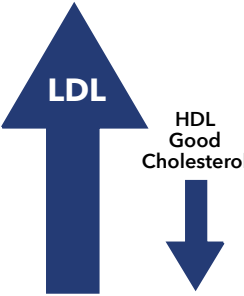
***"This is not the end, it is not the beginning of the end.
But, it is the end of the beginning." - Winston Churchill, 1943***

FAT TIPS:

- Choose lower-fat foods from each of the four food groups in Canada's Food Guide to Healthy Eating.
- Have chips, crackers, croissants, doughnuts and other baked goods and deep-fat fried foods which contain hydrogenated vegetable oils LESS OFTEN.
- Enjoy vegetables WITHOUT adding extra fat such as butter, margarine, cream sauces or salad dressing.
- Try skim or 1% milk, low-fat yogurt, or cottage cheese and lower-fat cheeses.
- Choose leaner meat, poultry and fish. Trim excess fat from meat and remove skin from poultry. Buy canned fish packed in water instead of oil and reduced-fat deli meats, lean ham or turkey.
- Try lower-fat ways of cooking foods such as baking, broiling, microwaving or using a non-stick frying pan.

FIBRE TIPS:

- Follow Canada's Food Guide to Healthy Eating and have 5-12 servings of Grain Products and 5-10 servings of vegetables and fruit each day.
- Choose a variety of whole-grain breads and cereals made with wheat, oats or rye.
- Eat more vegetables such as green peas, potatoes (with skin), corn, carrots, broccoli, tomatoes and dark yellow squash.
- Enjoy a variety of fruit including apples, dried apricots, berries, pears, prunes, raisins and oranges.
- Have baked beans, lentils, chickpeas, kidney beans or pinto beans more often.
- Make meatless meals based on heart grains, vegetables and beans, peas or lentils.

TYPES OF FAT INFOOD	SOURCES	EFFECT ON BLOOD FATS
<p>SATURATED</p>	<p>fatty meat full fat dairy products poultry skin egg yolk butter, lard cocoa butter coconut</p> <p>Topical Oils:</p> <ul style="list-style-type: none"> • coconut • palm • palm kernel 	
<p>MONOUNSATURATED</p>	<p>Oils:</p> <ul style="list-style-type: none"> • canola • peanut • olive • sesame <p>hazelnuts pecans avocados mayonnaise pistachios peanuts fish soft margarine almonds peanut butter olives (choose natural)</p>	
<p>POLYUNSATURATED</p>	<p>Oils:</p> <ul style="list-style-type: none"> • flax • perilla • sunflower • soybean • safflower • corn <p>Seeds:</p> <ul style="list-style-type: none"> • flax • linseed • pumpkin • sunflower • sesame <p>fish & seafood soft margarine walnuts</p>	
<p>TRANS FATTY ACIDS</p>	<p>Hydrogenated or partially hydrogenated vegetable oil (HVO) or vegetable oil shortening processed foods (*): eg. cookies, crackers, potato chips, convenience foods, commercial baked goods, other deep fried foods, hard margarine, some peanut butters</p>	

YOUR GUIDE TO A VARIETY OF CUISINES

FAST FOOD

Our fast paced lifestyles often mean we frequent fast food restaurants. These restaurants can offer nutritious alternatives if you know what to order. Many of them feature salad bars and whole grain breads. Some restaurants offer baked potatoes with vegetable or yogurt toppings.

In hamburger outlets, choose simply prepared items and regular smaller portions of meat. The best choice is the regular or small (2 ounce/60g) hamburger on a bun with lettuce, tomato, and onion. Avoid cheeseburgers as the cheese used are generally high in fat, as are the sauced found on deluxe-style hamburgers.

Fried chicken and fried fish dishes contain far more calories and fat than a small hamburger. Many fast food restaurants use a combination of animal and vegetable fats for deep frying so the saturated fat and trans-fatty acids content of these foods is very high. Small nugget types of fried chicken have more breading (which absorbs fat) per ounce of chicken than larger pieces such as the breast. Choose grille chicken breast sandwiches.

When eating at fast food chicken restaurants, look for the rotisserie or barbeque preparation style. Discard the skin in either case. Choose baked potatoes instead of French fries.

Desserts at fast food restaurants tend to be high in fat. If there is no fruit selection available, consider purchasing a piece of fruit or other acceptable dessert elsewhere.

Pizza

Pizza can be a nutritious fast food meal if you make the right choice. Avoid meat toppings such as pepperoni, sausage, bacon, and high-salt topping such as anchovies and black olives. Ask for less cheese on the pizza to lower the fat content and order extra vegetable toppings (mushrooms, green peppers, onions and tomato slices) to make up the difference.

Chinese

When eating in Chinese restaurants, choose dishes that are broiled, steamed, or lightly stir-fried in vegetable oil. Ask that very little oil be used in the preparation if possible. Select dishes that contain more vegetables than meat such as a vegetable stir fry. Steamed dumplings and steamed rice are also good choices. Avoid deep fried items such as egg noodles, egg rolls, and spring rolls, which are high in fat and calories. Many Hunan and Szechuan dishes are fried in hot oil. Since many Chinese dishes are also high in sodium request the sauces, such as soy, be served on the side and than monosodium glutamate (MSG) and salt not be used in the preparation.

Italian

To many people, Italian food means pasta. Generally pasta is a good choice for heart healthy diets, as long as dishes are not stuffed with cheese or fatty meat or tossed with butter or cream sauces. Some restaurants may use low-fat mozzarella cheese, but it's best to ask before you order. Look for pasta dishes with these sauces: marsala (made with wine); marinara (made with tomatoes); onions and garlic (no meat); or primavera (made with vegetables). Consider ordering an appetizer portion of pasta as your entrée.

Other smart choices in Italian restaurants are fish and chicken dishes that are simply prepared with minimal added fat. Veal or chicken dishes that are breaded and fried such as Parmigiana, are high in fat and should be avoided. Choose plain bread without butter instead of garlic bread or bruschetta (tomato and cheese bread), as they are prepared with large amounts of fat. Italian ices are an excellent and refreshing dessert selection.

Greek

Greek food tends to be prepared with lots of olive oil so select dishes without added fat. Tzatziki, an appetizer made with yogurt and cucumbers, is a good choice. Pita bread is very low in fat, as are Greek salads. The Feta cheese, common in Greek food, is slightly lower in fat than hard cheese, but is high in sodium. Look for main course selections that are baked or cooked with tomatoes, onion, and garlic. Shish kabob made with meat and vegetables is generally broiled over an open flame and is a good choice. Lamb, a Greek staple, has more saturated fat than beef but is acceptable on occasion in small servings. Phyllo dough, used in some entrees and desserts, is very high in fat, while caviar, used in some appetizers, is high in cholesterol. Babaganoosh, an eggplant appetizer, is often prepared with large amounts of fat.

Mexican

Mexican cuisine is hearty and filling and ranges from simple tacos, burritos and tostados to spicy, sizzling grilled meat, poultry and fish. Try to avoid the crunchy tortilla (corn) chips, offered as premeal nibbles or served in nacho dishes because they are high in salt and fat. Another Mexican favorite, guacamole or avocado dip, should be eaten in moderation because avocado is high in fat (monounsaturated). If your meal comes with sour cream or cheese, order it on the side. Try asking for a fresh garden salad instead of the sour cream or refried beans that are often made with lard. Cherviche or fresh fish marinated in lime juice is an excellent choice.

Seafood

Fish is low in saturated fat and cholesterol. Many types of fish and shellfish such as sardines, tuna, salmon, mackerel, scallops, clams, shrimp, lobster and crab contain beneficial fats called "omega-3", which tend to lower cholesterol levels. Choose dishes that are poached, broiled, or barbequed without added fat. Avoid deep fried meuniere (in butter) or casserole items as they are often high in fat. When choosing appetizers, look for steamed mussels or clams and avoid cream based soups such as chowders. Skip herring appetizers because they are high in sodium and are often served with sour cream.

Steakhouses

Steakhouses offer the advantage of preparing foods to order. Request your beef broiled without additional salt or fat and ask that it be well-trimmed ahead of time. Choose leaner, smaller cuts of beef like filet mignon, round or flank steaks, and ask for 4-6 ounce steaks and prime ribs. Complete the meal with a baked potato, green salad and steamed vegetables.

Indian

Indian dishes offer a tantalizing array of spices, yet are generally low in saturated fat, cholesterol and calories. Many dishes are prepared in a yogurt based curry sauce which is a good choice for those on special diets. The salads are a refreshing combination of yogurt with chopped or shredded vegetables known as "raita". Look for tandoori chicken and fish dishes, which are seasoned with Indian spices and roasted in a clay pot. Lentils or dal, are high in protein and fibre and low in fat. Ghee or clarified butter is used in preparation of many vegetable dishes and should be avoided. Order plain rice or native Indian breads such as pulkas or naan to eat with your meal.

Japanese

Although many Japanese dishes are high in sodium, they are generally low in fat. Suitable entrees include beef, chicken or vegetable teriyaki, sashimi (raw fish), sushi (raw fish and rice). Nabemono or Japanese casseroles, and menrui (noodles used in soups). Look for the word "yakimono", which means broiled. Many Japanese restaurants also offer vegetarian dishes that are low in fat and are cholesterol free. Steamed rice makes a good accompaniment to a Japanese meal. Avoid deep-fried dishes like tempura and high sodium soups (miso) and sauces.

French

A good rule of thumb for dining out in French restaurants is "keep it simple". Select starters such as steamed mussels or a green salad with dressing on the side. Skip the French Onion Soup as it is high in fat and salt. Avoid the following sauces: hollandaise (egg yolks and butter); béchamel (milk, butter and flour); and bernaise (similar to hollandaise). Dishes described as "au gratin" are made with cheese and butter and should also be avoided. Instead, choose wine based sauces such as bordelaise or tomato-based sauces such as provencal. Dishes with a vegetable puree are also acceptable.

Thanks irene for these great tips!!

Karen

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A top-down view of a wooden cutting board. On the left is a glass bowl filled with a thick, white cream-based dip, garnished with fresh dill. To the right of the bowl are three slices of cucumber and a sprig of dill. Several slices of rustic, brown bread are arranged on the board, some topped with the white dip and dill. A whole head of garlic is visible in the bottom right corner. The background is a light grey surface.

APPETIZERS

BAKED BREAD

Submitted by: Donna Somerville

Servings: 6

Prep Time: 15 min.

Cook Time: 20 min.

Ingredients:

1 loaf Italian bread, unsliced

1/2 cup butter

2/3 cup onion, minced

1/3 cup mustard

2 tbsp poppy seeds

1/4 cup lime juice

10 oz ham, sliced

10 oz cheese,

reduced-fat, sliced

Instructions:

1. *Slice bread partially through in thick slices. Mix other ingredients to a paste, then butter each slice.*
2. *In every other slice, place a slice of ham and cheese, wrap tightly in foil.*
3. *Bake at 350°F for 20 minutes.*

Comments:

This unique sandwich loaf will be a hit any time. You and your guests will easily figure out how to cut after baking.

Great backyard party food that you can prepare ahead.

Nutritional Summary

Calories (kCal): 455.2

Fat (g): 24.2

Cholesterol (mg): 73.4

Protein (g): 18.5

Carbohydrate (g): 40.9



BEAN DIP

Submitted by: Canadian Sugar Institute

Servings: 6

Prep Time: 10 min.

Cook Time: 10 min.

Ingredients:

1 clove garlic, minced
2 shallots, minced
2 tsp sugar
2 tsp water

1 can pinto beans, drained
Dash of cayenne pepper
1/4 tsp cumin
1 tsp lemon juice

Instructions:

1. Microwave garlic, shallots, sugar, and water in a small bowl on high for 30-45 seconds.
2. In food processor, combine beans, cayenne pepper, cumin, and garlic mixture. Process until smooth.
3. In small bowl, microwave the bean mixture for 5-8 minutes until hot. Stir in lemon juice.
4. Serve with tortilla chips and cut vegetables.

Nutritional Summary

Calories (kCal): 38.9

Fat (g): 0.1

Cholesterol (mg): 0.0

Protein (g): 1.5

Carbohydrate (g): 8.5



BRIE EN CROUTE

Submitted by: Andree Bosc

Servings: 6

Prep Time: 15 min.

Cook Time: 25 min.

Ingredients:

18 oz bread dough

18 oz brie, rind removed

1 egg yolk, beaten

Instructions:

1. *Divide bread dough in half. On a lightly floured work surface, roll each half into a 7-inch circle. Place one circle on a greased baking sheet.*
2. *Mold cheese into a ball, place in centre of dough. Brush edge of dough with water. Place remaining circle over cheese ball, pressing firmly on edges of dough to seal. Brush dough with egg yolk.*
3. *Place a pan of hot water in bottom of oven to create steam (this helps keep the crust tender). Bake bread at 375°F for 25-30 minutes or until golden brown.*
4. *Cool 5 minutes and cut into wedges.*

Comments:

Serve with Chateau des Charmes Cabernet Sauvignon.

Nutritional Summary

Calories (kCal): 539.0

Fat (g): 26.9

Cholesterol (mg): 122.0

Protein (g): 25.9

Carbohydrate (g): 47.5

CEVICHE

Submitted by: Ron Stearne

Servings: 6

Prep Time: 10 min.

Chill Time: 8 hrs.

Ingredients:

8 oz scallops
8 oz shrimp
8 oz squid
2 tomatoes, chopped
1 cup onion, chopped
1 jalapeno pepper, chopped

Marinade:

1 lemon
1 lime
1 orange
1 tangerine

Instructions:

1. Cut fruit in half and squeeze juice into a large bowl.
2. Cut assortment of fish, if necessary, into bite-sized pieces, total weight 11 ½ pounds.
3. Pour marinade over fish and toss to cover. Refrigerate at least 8 hours.
4. Add chopped tomatoes, onion, and jalapeno. (Optional)
5. Serve on a bed of lettuce.

Comments:

Ceviche is a style of preparing fish. The citrus juices create a process with fish that will produce a ready-to-eat product after marinating.

Nutritional Summary

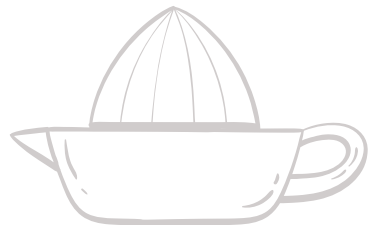
Calories (kCal): 157.3

Fat (g): 1.9

Cholesterol (mg): 158.0

Protein (g): 21.3

Carbohydrate (g): 15.4



CHEESE BALL

Submitted by: Christine Stearne

Servings: 8

Prep Time: 20 min.

Chill Time: 4 hrs.

Ingredients:

8 oz cheddar cheese

8 oz cream cheese, light

8 oz swiss cheese

1/3 cup lemon juice

1/4 cup walnuts

Instructions:

1. *Cream cheese should be soft at room temperature. Add grated cheese and mix all three together.*
2. *Add juice to make creamier and firm into a ball.*
3. *Roll in a selection of walnuts and/or pecans. Refrigerate at least 4 hours.*

Nutritional Summary

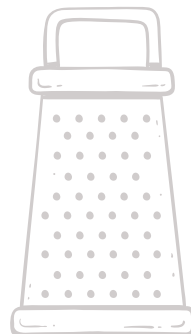
Calories (kCal): 311.3

Fat (g): 21.1

Cholesterol (mg): 73.6

Protein (g): 2.5

Carbohydrate (g): 3.8



CITRUS SALSA

Submitted by: Dan Notley

Servings: 4

Prep Time: 15 min.

Chill Time: 60 min.

Ingredients:

1 orange

1/2 Bermuda onion

2 limes

1 lemon

1 red bell pepper

4 tbsps canola oil

2 tbsps white vinegar

1 tsp tabasco sauce

Instructions:

1. Segment the citrus fruit, combine with the rest of the ingredients. Salt and pepper to taste.
2. Let the salsa stand for at least 1 hour.

Comments:

This is great served over grilled fish. We use swordfish at The Anchorage.

Nutritional Summary

Calories (kCal): 162.9

Fat (g): 13.9

Cholesterol (mg): 0.0

Protein (g): 1.2

Carbohydrate (g): 13.2



CLAMS CASINO

Submitted by: Bob Molodnyia

Servings: 6 (24 stuffed)

Prep Time: 10 min.

Cook Time: 6 min

Ingredients:

10 oz can of clams with liquid	1 tbsp garlic powder
1 cup breadcrumbs	2 tbsp parsley flakes
1/4 cup parmesan cheese	3 tbsp lemon juice
5 slices of bacon, chopped	1/2 cup butter, melted
1/4 cup pimento	1 tsp black pepper

Instructions:

1. *Just throw it all together and mix.
The mixture should be really grainy.*
2. *Fill mixture in clam shells or mushroom caps.*
3. *Place casino under broiler for 5 minutes or until it starts to bubble.*

Comments:

One other suggestion is to form the mixture in patties and serve on garlic crouton after cooking.

Nutritional Summary

Calories (kCal): 267.1

Fat (g): 20.1

Cholesterol (mg): 50.8

Protein (g): 6.4

Carbohydrate (g): 16.0

DILL DIP

Submitted by: Lorie Luinstra

Prep Time: 10 min.

Ingredients:

- 1/3 cup fresh dill
- 1/4 cup lemon juice
- 1 ½ tbsp Dijon mustard
- 1/2 tsp honey
- 1/2 cup sunflower oil

Instructions:

1. *In a bowl or blender, mix dill, lemon juice, and seasonings.*
2. *Trickle oil in slowly while blending or whisking vigorously, until the dressing is thick and smooth.*

Comments:

Keep extra dressing refrigerated in a dark bottle.

Nutritional Summary

Calories (kCal): 105.2

Fat (g): 11.1

Cholesterol (mg): 0.0

Protein (g): 0.5

Carbohydrate (g): 1.8



ESCARGOT

Submitted by: Shelly Vanhelvert

Servings: 4

Prep Time: 10 min.

Cook Time: 6 min.

Ingredients:

- 2 cloves garlic, chopped
- 2 tbsp parsley, chopped
- 1 tbsp cracked black pepper
- 1 cup cheese, shredded
- 1/4 cup butter
- 8 oz canned escargot

Instructions:

1. Carefully wash the escargot; there could be sand or pebbles.
2. Melt butter and add garlic, parsley, pepper, and escargot.
3. Warm for 5 minutes, place in serving dish and cover with cheese.
4. Put under broiler until bubbling. Serve with bread.

Comments:

Using a low-fat cheese or omitting cheese will help reduce nutritional summary. Consider exchanging butter for soft margarine to help lower the fat.

Nutritional Summary

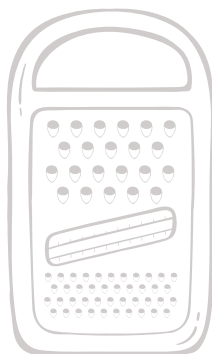
Calories (kCal): 322.7

Fat (g): 23.1

Cholesterol (mg): 90.2

Protein (g): 22.8

Carbohydrate (g): 5.8



LOW-FAT CHICK PEA DIP

Submitted by: Joan Ostrander

Servings: 4

Prep Time: 10 min.

Ingredients:

1 cup chick peas
1/2 tsp garlic, crushed
2 tbsp tahini butter
salt to taste

Instructions:

1. Put in food processor and puree.
2. Sprinkle toasted sesame seeds on top.
Serve with pita triangles.

Nutritional Summary

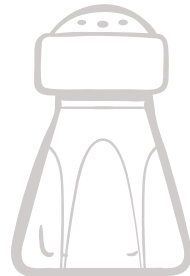
Calories (kCal): 120.9

Fat (g): 6.2

Cholesterol (mg): 73.6

Protein (g): 3.0

Carbohydrate (g): 13.6



RAW VEGETABLE DIP

Submitted by: Ray McCarthy

Servings: 10

Prep Time: 10 min.

Chill Time: 20 min.

Ingredients:

1 cup mayonnaise,
reduced-fat
1 cup yogurt
1 tsp horseradish

1 tsp A-1 sauce
1/2 cup chili sauce, low-sodium
2 tbsp dehydrated onion flakes

Instructions:

1. *Mix together and refrigerate.*

Nutritional Summary

Calories (kCal): 106.8

Fat (g): 7.7

Cholesterol (mg): 1.5

Protein (g): 1.6

Carbohydrate (g): 8.7



SALSA FRESCA

Submitted by: Craig Muir

Servings: 10

Prep Time: 10 min.

Chill Time: 60 min

Ingredients:

28 oz can tomatoes

1 cup Spanish onion, chopped

1/2 cup mild green

chili peppers,

1 clove garlic

2 tbsp red wine vinegar

2 tbsp lime juice

1 tbsp fresh cilantro or

dried parsley

dash of oregano

dash of cumin

Instructions:

1. *Process diced tomatoes, Spanish onion, mild green chili peppers, garlic, red wine vinegar, lime juice, chopped fresh cilantro or flat leaf parsley, and pinch each of oregano and cumin in food processor until slightly chunky.*
2. *Let sit for at least 1 hour before serving.*
3. *Serve room temperature. Refrigerate leftovers.*

Comments:

Using a low-fat cheese or omitting cheese will help reduce nutritional summary. Consider exchanging butter for soft margarine to help lower the fat.

Nutritional Summary

Calories (kCal): 48.9

Fat (g): 0.3

Cholesterol (mg): 0.0

Protein (g): 1.7

Carbohydrate (g): 12.1

SHARK SATAY

Submitted by: Elizabeth Stearne

Servings: 16 pieces

Prep Time: 10 min. +

Cook Time: 3 min.

Ingredients:

1 lb raw shark

1 tsp salt

1/2 tsp cayenne pepper

1 lime

1 tbsp red pepper flakes

1 lemon

1 tsp parsley flakes

1/4 cup olive oil

1 tbsp garlic powder

1 tbsp black pepper

Instructions:

1. *It is always a good idea to rinse fish in cool water and pat dry before starting. Cut the shark steak into bite-sized pieces.*
2. *In a separate bowl, mix dry ingredients then add oil. Cut lemon/lime in half, squeeze all the juice out and mix together.*
3. *Add marinade to cubed shark and let stand at least 3 hours.*
4. *Put a skewer through each piece. On a broiling pan, lay satays flat and broil only a few minutes until fish is firm.*

Nutritional Summary

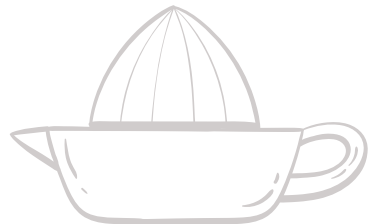
Calories (kCal): 19.3

Fat (g): 12.5

Cholesterol (mg): 38.6

Protein (g): 16.5

Carbohydrate (g): 43.0



STUFFED MUSHROOMS

Submitted by: Corey Stearne

Servings: 4

Prep Time: 10 min.

Cook Time: 5 min.

Ingredients:

12 large mushroom caps
1 cup breadcrumbs
12 oz oysters
3 green onions, chopped
2 tbsp sesame oil
salt and pepper to taste

Instructions:

1. *Mix bread crumbs and onion. Add oil and half of liquid from canned oysters, season with pepper to taste. Why not add garlic; it's great and it goes with everything. Set aside.*
2. *Remove stems from mushroom caps and sauté caps for 5 minutes.*
3. *Stuff caps full of bread mixture and add oysters on top. Broil 5 minutes.*

Comments:

Some people prefer to chop oysters in. If so, do not add liquid from the can. Don't forget to leave a bottle of hot sauce on the table.

Nutritional Summary

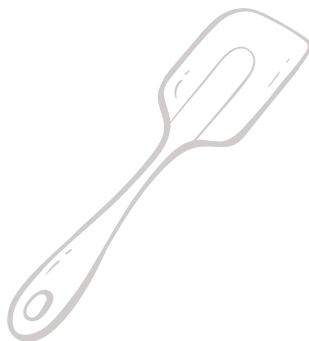
Calories (kCal): 259.0

Fat (g): 10.3

Cholesterol (mg): 42.0

Protein (g): 13.2

Carbohydrate (g): 29.1



STUFFED ROUND RYE

Submitted by: Terra Pasco

Servings: 10

Prep Time: 20 min.

Cook Time: 60 min.

Ingredients:

8 oz cream cheese, light	2 cups cheddar cheese
1 ½ cups sour cream	1 tbsp olive oil
1/2 cup onion, chopped	1 tbsp Worcestershire sauce
1 cup ham, chopped	1 loaf round rye bread

Instructions:

1. Preheat oven to 350°F.
2. Hollow out bread. Save torn bite-sized pieces.
3. Combine ingredients and blend. Fill bread with mixture and cover with bread lid. Wrap in foil and bake 1 hour.

Comments:

*Remember any of the cheese ingredients can be changed and meat can be eliminated or changed to cooked Italian sausage.
Reduce the fat where you can.*

*Terra is 10 years old and can make this easily with my assistance at cook time.
This is a great recipe for a party; kids love it! Serve with vegetables to dip. - Karen*

Nutritional Summary

Calories (kCal): 360.0

Fat (g): 26.4

Cholesterol (mg): 87.9

Protein (g): 31.6

Carbohydrate (g): 8.3

THAI PEANUT DIP

Submitted by: J. McKinley-Molodynia

Servings: 8

Prep Time: 10 min.

Ingredients:

1 cup sour cream

1 tbsp peanut butter, smooth

1 tbsp lemon juice

1 clove garlic, minced

1 tbsp soy sauce,
reduced-sodium

1 tsp ginger, minced

Instructions:

1. Blend together until smooth in food processor.

Comments:

This is a great dip for breads and vegetables. I've used it as pasta sauce and it's been a hit. It keeps in the refrigerator at least four days.

Nutritional Summary

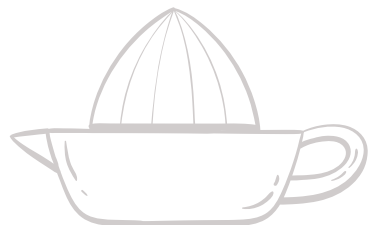
Calories (kCal): 46.2

Fat (g): 4.0

Cholesterol (mg): 9.0

Protein (g): 1.2

Carbohydrate (g): 1.7



A close-up photograph of fresh herbs. On the left and top, there are bunches of basil, including a vibrant green variety and a dark purple variety. In the bottom right corner, several green onions with their white bulbs and fibrous roots are visible. The word "SALADS" is overlaid in the center in a white, serif font.

SALADS

ALL-PURPOSE SALAD DRESSING

Submitted by: Hazel Ann Blew

Servings: 8

Prep Time: 10 min.

Ingredients:

2 tsp salt (or less)

1/4 tsp dry mustard

1/4 tsp pepper

1/4 tsp garlic powder

1/4 cup white sugar

1/4 tsp lemon juice

2 tbsp olive oil

1/4 cup wine vinegar

1/4 cup canola oil

dash of Worcestershire sauce

Instructions:

1. Put all ingredients in a pint jar with a tight lid. Shake well.

Comments:

Keeps in fridge for 1 month. Use on salad greens, coleslaw, or cold, crisp, cooked vegetables such as asparagus, green beans, broccoli, carrots, or cauliflower. A basic dressing to keep made up.

Nutritional Summary

Calories (kCal): 236.4

Fat (g): 23.9

Cholesterol (mg): 0.0

Protein (g): 0.1

Carbohydrate (g): 6.7



BEAN NICE

Submitted by: J.K. Foster

Servings: 8

Prep Time: 10 min.

Chill Time: 2 hrs.

Ingredients:

6 green onions

1 red pepper

1/3 cup fresh coriander

1 1/3 cups kidney beans

1 1/3 cups black beans

1 1/3 cups chick peas

1 1/3 cups lentils

1 1/3 cups canned corn

2/3 cup Italian dressing,

low cal

Instructions:

1. *Drain and rinse all canned beans and corn. Chop onions, peppers, and coriander.*
2. *Mix together with beans. Add salt, pepper, and salad dressing to taste.*
3. *Refrigerate until ready to serve, the later the better.*

Comments:

Can substitute other beans or add frozen peas.

Nutritional Summary

Calories (kCal): 280.5

Fat (g): 2.2

Cholesterol (mg): 1.2

Protein (g): 16.8

Carbohydrate (g): 51.9



BROCCOLI BUFFET SALAD

Submitted by: Elizabeth Stearne

Servings: 6

Prep Time: 30 min.

Chill Time: 2 hrs.

Ingredients:

12 spears broccoli

1/2 cup red onion

1/4 cup sunflower seeds

1/2 cup sultana raisins

1/4 cup feta cheese

1/2 cup yogurt, plain, <1% b.f.

1/4 cup mayonnaise, light

1 pkg sugar substitute

1 tbs lemon juice

salt and pepper to taste

Instructions:

1. *Cut broccoli into small pieces, chop red onion, and add sunflower seeds, cheese, and raisins.*
2. *To prepare dressing, mix remaining ingredients together.*
3. *Combine all ingredients and refrigerate for 2 hours.*

Comments:

French vanilla yogurt tastes great. Salad will keep for 2 days.

Nutritional Summary

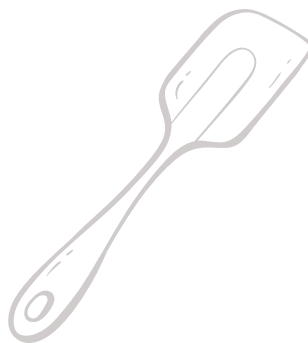
Calories (kCal): 247.1

Fat (g): 9.1

Cholesterol (mg): 9.8

Protein (g): 13.2

Carbohydrate (g): 36.5



BROCCOLI SALAD

Submitted by: Carol DeGiuli

Servings: 8

Prep Time: 20 min.

Ingredients:

large bunch of broccoli
1/2 lb bacon
1 cup shredded cheddar
cheese
1 onion, chopped

Dressing:

1 cup mayonnaise,
reduced-fat
1/4 cup white sugar
2 tbs vinegar

Instructions:

1. Cut broccoli into spears.
2. Cook, drain, and crumble bacon.
3. Place ingredients in a bowl and toss with dressing.

Comments:

Once again, the grams of fat are major. Carol, hope you don't mind I'm going to suggest replacing bacon with thin pretzel sticks and suggest a low-fat cheese. This recipe is popular lately. Thanks for showing us what's really in a "salad". - Karen

Nutritional Summary

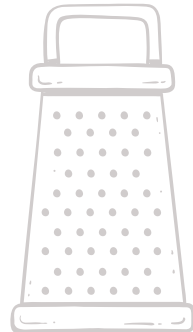
Calories (kCal): 512.2

Fat (g): 34.6

Cholesterol (mg): 56.7

Protein (g): 27.7

Carbohydrate (g): 30.0



CAESAR SALAD DRESSING

Submitted by: Wayne Thomson

Servings: 4

Prep Time: 15 min.

Chill Time: 10 min.

Ingredients:

- 1 large egg
- 1/2 fresh squeezed lemon
- 1/4 cup parmesan cheese
- 1 clove garlic, pressed
- 1 anchovy
- 1/4 cup canola oil

Instructions:

1. *Mix; mashing garlic and anchovy together into a paste, add egg then oil and continue to mix. Finish with lemon juice and refrigerate.*
2. *Clean lettuce and tear, using romaine or leaf lettuce.*
3. *Re-mix dressing, pour over lettuce then toss until mixed thoroughly, add parmesan. Serve immediately.*

Comments:

The anchovy is optional and croutons add texture to your salad along with some calories. To reduce a little more, use pretzel sticks in place of croutons or as a substitute for bacon bits, which many Caesar salad recipes call for.

Nutritional Summary

Calories (kCal): 115.0

Fat (g): 11.2

Cholesterol (mg): 39.8

Protein (g): 3.0

Carbohydrate (g): 0.8



CHICK PEA SALAD

Submitted by: F. Sadikali

Servings: 8

Prep Time: 2 hrs. +

Cook Time: 40 min.

Ingredients:

1 cup chick peas, uncooked
1/2 cup raisins
1 red pepper
1 green pepper
1 tomato
2 green onions, chopped
1 clove garlic
1 chili pepper
1 tbsp ginger
1/2 cup cilantro or parsley

1/4 cup fresh mint,
finely chopped

Dressing:

3 tbsp yogurt
1 1/2 tbsp olive oil
3 tbsp lemon juice
1 tbsp red wine vinegar
1 tsp turmeric
1 tsp cumin
1 tsp coriander

Instructions:

1. *Pick through the chick peas, remove any stems or stones. Soak them overnight in a bowl with cold water to cover.*
2. *The next day, place the chick peas in a large pot with 6 cups of cold water. Bring to a boil, reduce heat, and simmer for 30 minutes or until tender. Refresh under cold water and drain thoroughly.*
3. *Meanwhile, soak the raisins in 1 cup of hot water for 10 minutes, then drain.*
4. *Combine ingredients for dressing in a large bowl and whisk.*
5. *Add the chick peas, raisins, and remaining salad ingredients and toss well. Correct the seasoning, adding salt and lemon juice to taste.*
6. *Garnish the salad with sliced green onions and cilantro or parsley and mint sprig. Serve at once..*

Nutritional Summary

Calories (kCal): 164.2

Fat (g): 4.3

Cholesterol (mg): 0.4

Protein (g): 6.0

Carbohydrate (g): 27.8

CHUNKY CHICKEN AND FRUIT SALAD

Submitted by: Jenny Pasco

Servings: 4

Prep Time: 20 min.

Chill Time: 2 hrs

Ingredients:

2 chicken breasts, skinless
3 stalks celery
2 apples
1 cup grapes, seedless
1 small can mandarin
orange segments

1 small can pineapple chunks
1/4 cup red onion
1 cup plain yogurt, low-fat
1 cup mayonnaise,
reduced-fat
juice of one lemon

Instructions:

1. *Dice cooked chicken and red onion. Slice celery and cube the apple. Drain syrup off mandarin segments and pineapple chunks. Combine fruits and vegetables with chicken.*
2. *In a separate bowl, combine remaining ingredients adding a dash of Worcestershire sauce and tabasco for flavour. Season with salt and pepper.*
3. *Stir sauce into chicken mixture and refrigerate.*

Comments:

Make salad a day ahead for best results. Use fresh fruits if available and substitute chicken with turkey if desired.

Nutritional Summary

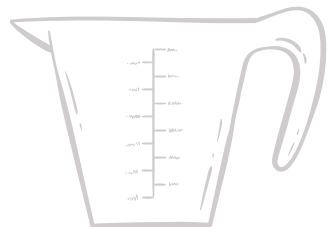
Calories (kCal): 364.6

Fat (g): 19.4

Cholesterol (mg): 35.4

Protein (g): 17.7

Carbohydrate (g): 32.1



DUCK SALAD

Submitted by: Dan Notley

Servings: 4

Prep Time: 15 min.

Cook Time: 10 min

Ingredients:

2 whole smoked duck breasts

3 quarts exotic greens

1 ½ cups Jamaican

Jerk Dressing

Instructions:

1. *Arrange greens on a serving plate.*

Warm slivered duck in dressing and fan over greens.

Marinade: 2 tsp jerk spice and mix with 2 cups soy sauce.

Dressing: *Boil marinade for 10 minutes and mix with two parts light oil (sundried olive oil) and ¼ part sugar. Duck should marinate for at least 2 hours.*

Comments:

Make salad a day ahead for best results. Use fresh fruits if available and substitute chicken with turkey if desired.

Nutritional Summary

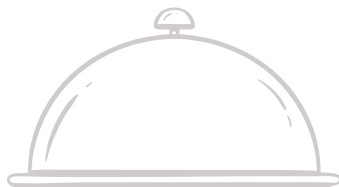
Calories (kCal): 542.9

Fat (g): 23.4

Cholesterol (mg): 136.6

Protein (g): 33.6

Carbohydrate (g):



FANTASTIC SPINACH SALAD

Submitted by: Frank Sheehan

Servings: 4 Prep Time: 30 min.

Ingredients:

1 lb spinach, torn
5 slices bacon, cooked
and diced
1 cup green onions, sliced
1/2 lb mushrooms, sliced

Dressing:

2 cloves garlic, crushed
1 ½ tsp salt
1/4 cup lemon juice
1/2 cup olive oil
1/4 tsp pepper
1/4 tsp dry mustard
1/4 tsp tabasco
2 egg yolks

Instructions:

1. Shake dressing in jar, pour over spinach mixture and toss.

Comments:

This salad sounds excellent but you have just eaten half of your daily fat intake. Consider reducing where you can. - Karen

Nutritional Summary

Calories (kCal): 374.1

Fat (g): 34.3

Cholesterol (mg): 114.5

Protein (g): 9.2

Carbohydrate (g): 11.9



GRASSBERRY SALAD

Submitted by: Cellar Bench

Servings: 8

Prep Time: 20 min.

Cook Time: 10 min.

Ingredients:

1 cup Henry of Pelham

Gewurztraminer

1 ½ cups olive oil

2 tbsp fresh chervil

1 tbsp fresh basil

1 ½ tsp fresh tarragon

1 ½ tsp fresh marjoram

2 green onions, chopped

2 lbs strawberries, hulled

2 lbs asparagus, blanched

Instructions:

1. *In a sauce pan over medium-high heat, reduce wine to ½ cup. Blend in olive oil to create an emulsion.*
2. *Stir in fresh chopped herbs, finely chopped onions, and salt and pepper to taste. Let stand overnight. This is enough dressing for recipe. The remainder keeps in the refrigerator for several weeks.*
3. *Toss blanched and diagonally cut asparagus and hulled strawberries in half of the dressing and serve immediately.*

Comments:

WOW, what a salad. Use this dressing sparingly and you will really reduce the fat and have some for tomorrow. - Karen

Nutritional Summary

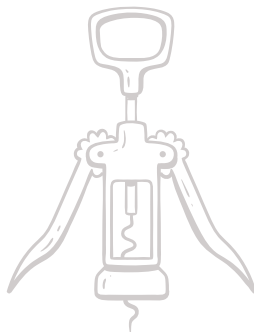
Calories (kCal): 385.2

Fat (g): 40.6

Cholesterol (mg): 0.0

Protein (g): 0.5

Carbohydrate (g): 1.8



HASH BROWN POTATO SALAD

Submitted by: Sheila

Servings: 6

Prep Time: 45 min.

Cook Time: 30 min.

Ingredients:

1 lb potatoes, unpeeled	1/2 tsp pepper
1/2 cup plain yogurt	1/2 lb cherry tomatoes
1/4 cup apple cider vinegar	1/4 cup flat leaf parsley, chopped
1/2 cup red onion, diced	2 tsp fresh rosemary, finely chopped
1/2 tsp mustard seed	
1 tsp Dijon mustard	

Instructions:

1. *Preheat oven to 350°F. Fill the bottom of a steamer with water and bring to a boil.*
2. *Place potatoes in the steamer basket, cover, and steam for about 10 minutes, until tender. Cool for 5 minutes and cut into ¼ inch slices.*
3. *Spray a cookie sheet twice lightly with vegetable spray and distribute oil evenly over the surface. Place the potato slices on the sheet in a single layer. Bake for about 15 minutes, turning after 8 minutes, until golden brown. Remove from heat and set aside.*
4. *Put the mustard seed into a cast iron fry pan, covered, on high heat. As soon as the seeds begin to pop (like popcorn), add the vinegar, re-cover, and remove from the heat.*
5. *Combine the onion, yogurt, Dijon mustard, parsley, rosemary, and pepper in a large serving bowl. Mix well. Stir in the popped mustard seed.*
6. *Add the potato slices, then the tomatoes cut in half, tossing to coat.*

Nutritional Summary

Calories (kCal): 92.1

Fat (g): 0.7

Cholesterol (mg): 1.2

Protein (g): 3.4

Carbohydrate (g): 19.3

JAMAICAN JERK DRESSING

Submitted by: Dan Notley

Servings: 16

Prep Time: 2 hrs.

Ingredients:

1 tbsp jerk spice
1 cup soy sauce
3 cups sundried olive oil
1/3 cup sugar
salt and pepper to taste

Instructions:

1. For marinade, combine all ingredients and pour over 4 pounds of meat, allow to rest at least 2 hours.

Comments:

Take the remaining marinade and simmer for 10 minutes to kill any bacteria. Serve as a sauce over meat. Jamaican Jerk Duck Salad is what we serve and it's a hit. This will complement any salad with or without marinated meat. Suggested wine: Cabernet Franc

This is a good idea for those weekend barbecues. The dressing will last refrigerated like any salad dressing. Use with discretion (fat). - Karen

Nutritional Summary



NEARLY NO-FAT POTATO SALAD

Submitted by: P. Saeed

Servings: 6

Prep Time: 60 min.

Cook Time: 30 min.

Ingredients:

1/2 red pepper

1/2 yellow pepper

1 carrot

1 tsp carraway

1/2 tsp cumin

3 green onions

1 tsp soy sauce

2 stalks celery

1 ½ lbs potatoes,
cooked in skin

1 tbsp fresh chives

1 tbsp fresh parsley

1/4 tsp cayenne pepper

1 tbsp lime juice

1 tbsp 1% milk

3 tbsp yogurt, low-fat

Instructions:

1. *Prepare potatoes by steaming with skin on until tender but not mushy. Cool potatoes to lukewarm.*
2. *Prep other ingredients: dice celery, grate carrots, and peel and dice the peppers.*
3. *Prep dressing: combine yogurt, milk, thinly sliced green onions, snipped fresh chives, and chopped fresh parsley in small bowl and blend.*
4. *Cut potatoes into 1-inch cubes then toss in remaining ingredients. Gently combine salad ingredients and dressing. Chill before serving*

Nutritional Summary

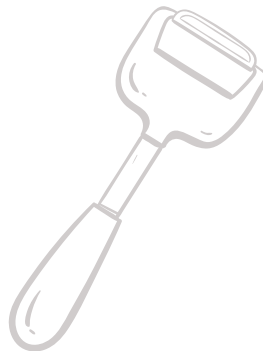
Calories (kCal): 118.6

Fat (g): 0.3

Cholesterol (mg): 0.2

Protein (g): 3.3

Carbohydrate (g): 26.8



SEAFOOD SALAD

Submitted by: Anita Cooke

Servings: 8

Prep Time: 20 min.

Chill Time: 2 hrs.

Ingredients:

1 lb shrimp, cooked

12 oz squid

12 oz sealegs

1 lemon

1 cup carrot, shredded

1 cup celery, finely chopped

1/2 cup olives, sliced

2 cloves garlic, minced

2 tsp pepper

1 tsp salt

1 tsp oregano

1 tsp basil

1/2 cup vinegar

1 1/2 cups canola oil

1 tbsp hot pepper rings, diced

Instructions:

1. *Thinly slice squid, rinse shrimp and sealegs. Cut or shred sealegs.*
2. *Heat 2 tablespoons of oil and add squid then shrimp. Once squid is firm, toss in sealegs and warm through.*
3. *Cut lemon on half and squeeze over seafood mixture. Transfer to a bowl and add remaining ingredients.*
4. *Refrigerate at least 2 hours; even better if overnight.*

Nutritional Summary

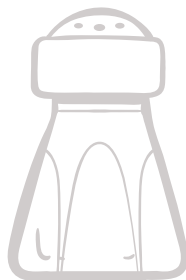
Calories (kCal): 217.2

Fat (g): 12.7

Cholesterol (mg): 158.2

Protein (g): 20.2

Carbohydrate (g): 6.2



SEVEN LAYER SALAD

Submitted by: Jackie Robb

Servings: 8

Prep Time: 1 hr.+

Chill Time: 3 hrs.

Ingredients:

1 red onion, sliced

2 heads romaine lettuce

8 oz peas

1 lb bacon

1/2 tsp olive oil

1 cup white sugar

1/4 cup mozzarella,

part skim, shredded

3 1/2 cups mayonnaise,

reduced-fat

Instructions:

1. *Slice onion very thin and sauté in oil and sugar. Let sit overnight. Wash 2 heads of romaine and refrigerate overnight. Cook bacon, and crumble.*
2. *Commence layering salad; romaine, onion & oil mixture, peas, bacon. Spread mayonnaise over the top layer. Sprinkle mozzarella cheese and decorate with peas and bacon. Refrigerate 2-3 hours.*

Comments:

Well Jackie, I don't know what to say. One portion of this salad is more than the recommended fat for a day. This definitely wins as the best example of what is in our dinner. I'm sure everyone will alter to reduce the fat. Bacon leads the way throughout the book. Being aware is half the battle. - Karen

Nutritional Summary

Calories (kCal): 856.0

Fat (g): 68.0

Cholesterol (mg): 52.5

Protein (g): 21.0

Carbohydrate (g): 41.0

SPINACH, ORANGE, SUNFLOWER SEED SALAD

Submitted by: Les Potapczyk

Servings: 4

Prep Time: 10 min

Ingredients:

1 bunch spinach	1 tsp ground pepper
2 oranges	1/2 tsp salt
1/2 cup unsalted sunflower seeds	1 tsp dill
2 tbsp olive oil	1 cup feta cheese, crumbled

Instructions:

1. Wash, dry, and coarsely chop spinach. Peel and chop oranges into pieces.
2. Put oranges and spinach in a bowl, toss with olive oil, pepper, salt, and dill.
3. Toss with seeds and crumbled feta cheese.
Eat immediately as spinach will get soggy.

Comments:

Les, this is a great salad, but check out the grams of fat in feta.

Let's remember it is recommended that women have a maximum of 65g of fat a day and men 90g. - Karen

Nutritional Summary

Calories (kCal): 356.3

Fat (g): 29.3

Cholesterol (mg): 56.6

Protein (g): 14.1

Carbohydrate (g): 14.8

THREE CHEESE TORTELLINI SALAD

Submitted by: Toni Conidi

Servings: 6

Prep Time: 60 min.

Chill Time: 3 hrs

Ingredients:

7 oz pkg cheese tortellini
1 cup celery, sliced
1 cup cheddar cheese, cubed
1 can ripe olives,
drained, sliced
1 cup cherry tomatoes, halved
1 cup fresh broccoli florets

Dressing:

1/2 cup mayonnaise
3 tbsp parmesan cheese
1 tbsp milk, 1%
1 tbsp lemon juice
1 1/2 tbsp marjoram

Instructions:

1. Cook cheese tortellini to desired doneness as directed on package. Drain and rinse with cold water. Cover and chill for 30 minutes.
2. In a large bowl, combine sliced celery, broccoli florets, cubed cheddar cheese, and sliced ripe olives.
3. In a small bowl, combine dressing ingredients; mayonnaise, parmesan cheese, milk, lemon juice, and chopped fresh marjoram. Blend well.
4. Pour dressing over salad and toss gently. Chill 2-3 hours to blend flavours. Just before serving, add tomatoes and toss gently.

Nutritional Summary

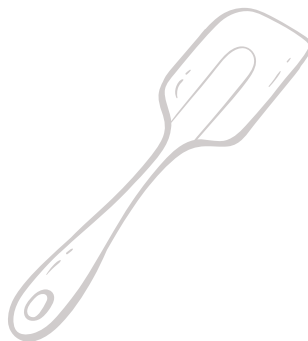
Calories (kCal): 535.4

Fat (g): 27.2

Cholesterol (mg): 33.2

Protein (g): 17.1

Carbohydrate (g): 56.9





SOUPS

AROMATIC EAST COAST FISH SOUP

Submitted by: Herbert Baur

Servings: 6

Prep Time: 30 min.

Cook Time: 30 min.

Ingredients:

1/4 lb carrots

1/4 lb celery

3 cloves garlic

1/2 lb potatoes

3 tomatoes

2 tbsp fresh mint

3 tbsp olive oil

4 cups water

juice of one lemon

1/2 cup white wine

1 tsp paprika

4 bay leaves

1/2 tsp cumin

1/8 tsp saffron

1/3 cup Italian parsley

1 lb haddock

1/2 lb red salmon

1 tbsp cilantro

Instructions:

1. *Sauté celery, garlic, and carrots in oil. Finely chop all herbs.*
2. *Combine all remaining ingredients (except fish and 1 tsp chopped cilantro) in a large pot. Bring to a boil and reduce heat, cover and simmer for 20 minutes.*
3. *Add fish and simmer for approximately 10 minutes more. Season soup to taste with salt and fresh ground pepper.*
4. *Ladle soup into bowls and sprinkle with chopped cilantro.*

Comments:

Delicious served with garlic bread.

Nutritional Summary

Calories (kCal): 399.4

Fat (g): 16.6

Cholesterol (mg): 99.8

Protein (g): 37.1

Carbohydrate (g): 23.2

CARROT AND LEEK SOUP

Submitted by: Kim Stearne

Servings: 6

Prep Time: 30 min.

Cook Time: 15 min.

Ingredients:

- 1 lb leeks, chopped
- 2 cups carrots, chopped
- 1/4 cup butter
- 1 tsp white pepper
- 1 tsp nutmeg
- 2 tbsp sour cream
- 3 cups chicken broth
- 1/2 cup Marsala Sherry

Instructions:

1. *Sauté leeks and carrots. Add chicken stock and cook for 15 minutes, then puree.*
2. *Add Marsala Sherry and spices, warm through. Serve with a dollop of sour cream if you wish.*

Nutritional Summary

Calories (kCal): 187.6

Fat (g): 9.5

Cholesterol (mg): 22.6

Protein (g): 4.6

Carbohydrate (g): 19.1



FRENCH ONION SOUP

Submitted by: Terra Pasco

Servings: 4

Prep Time: 30 min.

Cook Time: 30 min.

Ingredients:

20 oz beef broth, use canned or OXO

1 large Spanish onion

1 tsp butter

6 oz red wine

3/4 cup grated

mozzarella cheese (optional)

4 toasted bread circles

Instructions:

1. *Heat consommé. Fry thinly sliced onion until browned. Add a little water to remove browning from pan.*
2. *Warm consommé adding onion and red wine, simmer for 30 minutes.*
3. *Prepare crouton by toasting circles of bread (you may want to butter first with garlic butter) then put under broiler.*
4. *Pour soup in a bowl, add crouton, and place sliced or grated mozzarella on crouton. Place under broiler until melted. Sprinkle with parmesan if you like.*

Comments:

You can reduce your nutritional intake by omitting cheese and bread.

Nutritional Summary

Calories (kCal): 194.9

Fat (g): 9.5

Cholesterol (mg): 28.3

Protein (g): 14.3

Carbohydrate (g): 5.7

HOT AND SOUR CHICKEN SOUP

Submitted by: **Mary Bouw**

Servings: 6

Prep Time: 30 min.

Cook Time: 20 min.

Ingredients:

6 shiitake mushrooms	1 tbsp soy sauce
5 cups chicken broth	1 tbsp sherry
2 cups chicken, cooked	1 tbsp water
1 cup tofu, regular	1 tbsp cornstarch
1 tbsp ginger	3 egg whites
1/2 tsp chili pepper	2 shallots, chopped
2 tbsp vinegar	

Instructions:

1. *Shred cooked chicken and finely chop ginger and fresh chilies. Cover mushrooms with hot water and soak for 10 minutes. Drain, discard stems and slice caps.*
2. *In a large saucepan, bring broth to a boil. Add mushrooms, chicken, ginger, and red chili. Reduce heat and simmer, covered, for 5 minutes.*
3. *Add diced tofu, vinegar, soy sauce, and sherry. Simmer 2 minutes.*
4. *Stir cornstarch with water until smooth. Gradually stir into soup and simmer 2-3 minutes until thickened slightly.*
5. *Remove from heat. Immediately swirl egg whites through soup. Garnish with thinly sliced shallots.*

Nutritional Summary

Calories (kCal): 145.0

Fat (g): 5.0

Cholesterol (mg): 60.9

Protein (g): 18.0

Carbohydrate (g): 6.0

LEMONY LENTIL SOUP

Submitted by: Heart and Stroke Foundation

Servings: 6

Prep Time: 30 min.

Cook Time: 40 min.

Ingredients:

2 tsp olive oil

1 onion, chopped

2 cloves garlic, chopped

pinch of hot pepper flakes

1 tsp ground cumin

1 ½ cups red lentils, rinsed

10 oz can of chicken broth

2 tbsp lemon juice

2 tbsp fresh cilantro, chopped

salt and pepper to taste

Instructions:

1. Heat oil in large saucepan. Add onion, garlic, and hot pepper flakes and cook on low for 3-5 minutes, until fragrant. Add cumin and cook for 30 seconds.
2. Stir in lentils and combine well. Add stock, salt, and pepper and bring to a boil. Reduce heat, cover and simmer until lentils are tender and soup is beginning to thicken, about 25-30 minutes.
3. Add lemon juice to taste. Serve sprinkled with cilantro.

Comments:

Adapted from Bonnie Stern's More HeartSmart Cooking. Soup can be pureed, partially pureed, or left thick but coarse. Add extra stock or water to thin if necessary.

Nutritional Summary

Calories (kCal): 218.3

Fat (g): 5.3

Cholesterol (mg): 0.0

Protein (g): 14.7

Carbohydrate (g): 29.6

MACHO MACHO GAZPACHO

Submitted by: Michael Olson

Servings: 8

Prep Time: 60 min.

Chill Time: 60 min.

Ingredients:

12 ripe tomatoes

2 cucumbers

2 chili peppers

1/2 onion

1 stalk celery, peeled, diced

1 cup red wine

1 cup water

1/4 cup fresh coriander

Instructions:

1. *Puree together, chill and serve in iced bowls with fresh herbs and diced tomatoes as garnish.*

Comments:

You can replace wine with water or vegetable stock.

Add green tabasco to "zing it up".

Nutritional Summary

Calories (kCal): 82.5

Fat (g): 0.8

Cholesterol (mg): 0.0

Protein (g): 2.7

Carbohydrate (g): 14.1

MINISTRONE SOUP

Submitted by: Brenda Allan

Servings: 12

Prep Time: 20 min.

Cook Time: 40 min.

Ingredients:

1 onion, chopped

1 stalk celery, sliced

2 carrots, sliced

1 cup fresh or

frozen green beans

1 medium zucchini, chopped

28 oz can of tomatoes

1/2 cup pasta, macaroni,
uncooked

15 oz navy beans with juice

1/4 tsp basil

1/4 tsp oregano

1/4 tsp cayenne pepper

water as needed

Instructions:

1. *Combine all ingredients in a large pot. Bring to a boil then reduce heat and let simmer for 30 minutes until all vegetables are tender. Add water if necessary to make enough liquid to cover ingredients.*

Nutritional Summary

Calories (kCal): 80.4

Fat (g): 0.5

Cholesterol (mg): 0.0

Protein (g): 4.5

Carbohydrate (g): 16.0



MULTI-BEAN SOUP

Submitted by: Eileen Kennedy

Servings: 14 cups

Prep Time: 20 min.

Cook Time: 135 min.

Ingredients:

1/4 cup each of barley, lentils, and split peas	28 oz can of tomatoes
1 ¼ cups mixed beans (pinto, black beans, etc.)	1/4 tsp thyme
1 clove garlic, crushed	1 bay leaf
2 onions, chopped	1/4 tsp pepper
1 large carrot, chopped	1/4 tsp cayenne pepper
2 stalks celery, chopped	1 red or green pepper, seeded and chopped
8 cups chicken broth	1/2 cup parsley

Instructions:

1. *Mix barley with lentils and peas and set aside. Do not soak.*
2. *Place beans in a large bowl and cover with water. Let soak overnight or bring to a boil, uncovered, over high heat. Remove from heat, cover, and let soak for 1 hour. Drain beans.*
3. *In a large saucepan, combine garlic, onions, carrots, and celery. Pour 1 cup bouillon over vegetable mixture. Bring to a boil, uncovered, over medium-high heat.*
4. *Meanwhile, place barley mixture in a sieve, rinse under cold running water and drain. Add to saucepan along with remaining bouillon, tomatoes and juice, thyme, bay leaf, drained beans, black pepper, and cayenne.*
5. *Break up tomatoes with a fork. Bring to a boil, skimming off any foam. Simmer, stirring occasionally, until all beans are tender, about 2 - 2 ½ hours.*
6. *Stir in any reserved vegetables and chopped sweet pepper. Continue simmering until peppers are hot, 5 minutes.*
7. *Stir in chopped fresh parsley. Taste, add additional seasonings or a squeeze of lemon juice if needed.*
8. *Serve with whole grain bread and a green salad.*

Nutritional Summary

Calories (kCal): 146.0

Fat (g): 1.4

Cholesterol (mg): 0.0

Protein (g): 9.7

Carbohydrate (g): 24.8

Comments:

Covered and refrigerated, soup will keep well for up to three days. Can be frozen.

POTATO, BEAN & TOMATO STEW WITH BASIL

Submitted by: Debra Botman

Servings: 3 large

Prep Time: 30 min.

Cook Time: 60 min.

Ingredients:

1 tbsp olive oil	1/2 tsp dry basil
1/2 cup onion, chopped	1/2 tsp paprika
2 potatoes, peeled, diced	1/2 tsp oregano
1/2 cup fresh parsley, chopped	19 oz can of chick peas, drained
3 cloves garlic, minced	1 cup water
3 large tomatoes	salt and pepper to taste

Instructions:

1. *Chop onion, parsley, and tomatoes. Mince garlic. Peel and dice potatoes.*
2. *In a large saucepan, heat oil over medium heat. Cook onion until tender, about 5 minutes. Add garlic, paprika, 2 of the chopped tomatoes, basil (if dry), and oregano. Simmer, stirring occasionally for 5 minutes.*
3. *Add potatoes and water (vegetable stock if available), cover and boil for 5 minutes, stirring occasionally. Add chick peas, reduce heat and simmer for another 5 minutes or until potatoes are tender.*
4. *Add remaining tomatoes, basil (if fresh), and salt and pepper to taste. Heat for 1 minute. Serve garnished with parsley.*

Comments:

Adapted from Anne Lindsay's Light Kitchen, Macmillan Canada.

Great plant-based source of protein and therefore low in saturated fat.

Nutritional Summary

Calories (kCal): 328.3

Fat (g): 7.6

Cholesterol (mg): 0.0

Protein (g): 12.2

Carbohydrate (g): 57.5

ROASTED VEGETABLE SOUP

WITH CROSTINI WITH ROASTED GARLIC SPREAD

Submitted by: **Mario Pingue Jr.**

Servings: 12

Prep Time: 120 min.

Cook Time: 90 min.

Ingredients:

2 medium eggplants	1/4 cup extra virgin olive oil
1 large butternut squash	1 bulb of garlic
3 large red peppers	12 1/2 to 16 1/2 cups vegetable or chicken stock
3 large yellow peppers	1 French stick
1 1/2 lbs carrots	salt and white pepper to taste
2 large onions	

Instructions:

1. Set oven to 350°F.
2. Peel heads of garlic, leave cloves whole with shell on. Place cloves on a small baking sheet and cover with oil. Halve and seed squash and bell peppers. Wash and halve onions, eggplant, and carrots. Rub all vegetables in oil and place on baking sheet. Place vegetables in oven and roast for 40 to 60 minutes. Bell peppers and garlic should be removed at 30 minutes.
3. Set bell peppers in bowl and cover with plastic wrap for 15 to 20 minutes and peel. Garlic shells will easily peel away and garlic will be very soft and tender (easy to mash with a fork). When done, remove oil and reserve for future sauteing.
4. When vegetables are roasted and caramelized, remove from oven. Skin will easily pull away from eggplant and butternut squash. Cut away any burned flesh from the vegetables.
5. Bring stock to simmer. Cut roasted vegetables into large pieces and add to stock. Let simmer 15 to 20 minutes. While vegetables are in stock and garlic has cooled, peel and puree garlic. Incorporate olive oil into garlic paste and reserve.
6. Puree vegetables and stock and sieve to remove any remaining bitter seeds or skin. Reserve soup until service.
7. At service, slice French stick, toast in oven and top with garlic spread (crostinis). Heat soup and season to taste. Serve with crostinis.

Nutritional Summary

Calories (kCal): 328.3

Fat (g): 7.6

Cholesterol (mg): 0.0

Protein (g): 12.2

Carbohydrate (g): 57.5

Comments:

Adjust proportions of vegetables to your desired tastes. If you like carrots and dislike eggplant, add more carrots and eliminate eggplant.

If you prefer sweeter flavours, increase carrot and onion and bell pepper content.

SHRIMP SOUP

Submitted by: Kim Stearne

Servings: 4

Prep Time: 10 min.

Cook Time: 10 min.

Ingredients:

2 tbsp butter

1/2 onion, chopped

1 clove garlic, minced

1 tsp curry powder

1 tsp white pepper

7 oz canned shrimp

20 oz light beer

1 cup peas

1/2 cup red pepper, chopped

Instructions:

1. *Sauté onions, garlic, curry powder, and pepper. Add beer, peas, and white pepper. Add shrimp and liquid and warm through for 10 minutes.*

Nutritional Summary

Calories (kCal): 190.2

Fat (g): 7.0

Cholesterol (mg): 101.4

Protein (g): 14.1

Carbohydrate (g): 10.0



SPLIT PEA SOUP

Submitted by: Dawn Masur

Servings: 6

Prep Time: 15 min.

Cook Time: 3 hrs.

Ingredients:

2 cups split peas

4 cups boiling water

2 tsp salt

1/2 tsp pepper

1/2 cup onion, chopped

1 ham bone

Instructions:

1. *Combine all ingredients, including ham bone. Reserve diced ham from ham bone.*
2. *Cover and simmer slowly for 2 ½ to 3 hours.*
3. *Remove bone and add diced ham*

Nutritional Summary

Calories (kCal): 287.2

Fat (g): 2.5

Cholesterol (mg): 10.5

Protein (g): 24.4

Carbohydrate (g): 43.0



SWEET AND SOUR SOUP

Submitted by: Creig Stearne

Servings: 4 Prep Time: 60 min.

Cook Time: 10 min.

Ingredients:

3/4 cup red wine vinegar
2 tbsp white sugar
4 cups water
1 cup dried mushrooms
8 oz bamboo shoots
8 oz roasted pork, shredded
6 oz tofu, chopped
1/2 tsp Chinese chili sauce
2 tbsp cornstarch

Instructions:

1. *Cover dried mushrooms with water and soak 1 hour. Drain and slice very thin.*
2. *Add shredded bamboo shoots and pork or shrimp. Heat liquid and add sugar. Mix cornstarch with warm water to paste consistency, stir in warm liquid to thicken. Add shredded vegetables and meat.*
3. *Be careful with this next step. Add Chinese chili sauce to taste, use 1/2 tsp to start, add more if you dare!*
4. *Add tofu and serve.*

Comments:

Some Chinese noodles on the side work great.

Nutritional Summary

Calories (kCal): 251.0

Fat (g): 11.0

Cholesterol (mg): 34.7

Protein (g): 23.9

Carbohydrate (g): 17.4



BREAKFAST

APPLE CINNAMON WALNUT PANCAKES

Submitted by: Susan Dobbin

Servings: 12

Prep Time: 20 min.

Cook Time: 10 min.

Ingredients:

- 1 ½ cups apple juice
- 2 eggs, lightly beaten
- 2 tbsp tahini (sesame butter)
- 1 cup whole wheat pastry flour
- 1/2 cup oat bran
- 2 tbsp wheat germ
- 1 ½ tsp baking powder
- 1/2 cup walnuts, chopped
- pinch of nutmeg

Instructions:

1. *In a mixing bowl or food processor, blend together apple juice, eggs, and tahini.*
2. *In another bowl, stir together flour, bran, wheat germ, baking powder, orange rind, cinnamon, and nutmeg. Add to the liquid ingredients with the walnuts and stir just until the ingredients are combined. Batter should be lumpy.*
3. *Using ¼ cup per pancake, pour batter onto an oiled griddle. When bubbly, turn and brown the other side.*

Nutritional Summary

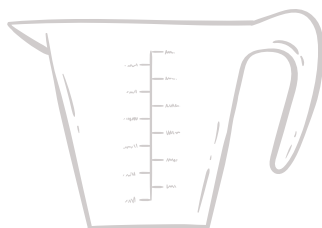
Calories (kCal): 150.0

Fat (g): 3.0

Cholesterol (mg): 0.0

Protein (g): 7.0

Carbohydrate (g): 15.2



ARI'S BANANA CHOCOLATE CHIP MUFFINS

Submitted by: **Marvin Nussbaum**

Servings: 12

Prep Time: 10 min.

Cook Time: 20 min.

Ingredients:

3 bananas

6 tbsp canola oil

1/2 cup white sugar

1 egg

1 tsp vanilla

1 ½ cups flour

1 tsp baking powder

1 tsp baking soda

1/4 cup chocolate chips

1 tsp salt

Instructions:

1. *Mix together oil, sugar, egg, and vanilla, add mashed bananas. Add dry ingredients and mix until blended and add chocolate chips. Bake at 350°F for 20-25 minutes.*

Comments:

Add more chocolate chips if you dare. When my nephew, Ari, was four years old, he would make these muffins (under supervision) and be so proud. This one-bowl recipe is simple enough for me, and quite good too! Enjoy.

Nutritional Summary

Calories (kCal): 201.2

Fat (g): 8.8

Cholesterol (mg): 18.0

Protein (g): 2.6

Carbohydrate (g): 29.2



BRAN MUFFINS

Submitted by: Debra Botman

Servings: 12

Prep Time: 15 min.

Cook Time: 20 min.

Ingredients:

- 1 ½ cups BRAN BUDS cereal
- 1 ¼ cups flour
- 1/2 cup white sugar
- 1 tbsp baking powder
- 1 ¼ cups skim milk
- 2 egg whites
- 1/4 cup canola oil

Instructions:

1. *In an electric blender or food processor, crush BRAN BUDS cereal to fine crumbs. Stir together crushed cereal, flour, sugar, and baking powder. Set aside.*
2. *In a large mixing bowl, combine milk, egg whites, and oil. Mix well. Add flour mixture, stirring only until combined.*
3. *Portion batter in a (12) twelve muffin pan, coated with non-stick spray. Bake at 440°F about 20 minutes or until golden brown. Serve warm.*

Comments:

Adapted from Kellogg's BRAN BUDS cereal box. An excellent source of soluble fibre which has been proven to assist in lowering blood cholesterol levels along with a lowered fat intake.

Nutritional Summary

Calories (kCal): 159.2

Fat (g): 4.9

Cholesterol (mg): 0.5

Protein (g): 4.1

Carbohydrate (g): 28.0

DR. MIKE GOODWIN'S BROWN BREAD

Submitted by: Mike Goodwin

Servings: 2 loafs

Prep Time: 20 min.

Cook Time: 90 min.

Ingredients:

2 ¼ cups whole wheat flour
1 cup cornmeal
1/4 cup white sugar
1 tsp baking soda
1/2 tsp salt

Mix in a separate bowl:

1 cup raisins (optional)
1 ¼ cups buttermilk
1/2 cup molasses
1/4 cup canola oil

Instructions:

1. Mix and add to first bowl. Spoon into 2 baking pans (loaf size). Cover pans with aluminum foil tightly. Use an elastic band on the top
2. Place in a large pot with boiling water to reach halfway up the sides of loaf pans. Steam for 1 ½ hours.

Comments:

I got this recipe from Canadian Living Cookbook. It is great on camping trips. You don't need an oven. It's great with everything!

Nutritional Summary

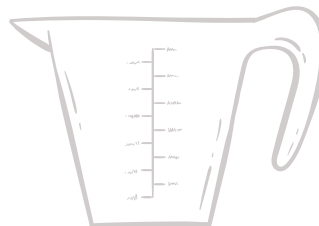
Calories (kCal): 307.2

Fat (g): 6.5

Cholesterol (mg): 1.1

Protein (g): 6.4

Carbohydrate (g): 59.0



ENGLISH MUFFIN BREAD

Submitted by: Brian Merrett

Servings: 18

Prep Time: 60 min.

Cook Time: 25 min.

Ingredients:

2 pkgs yeast

6 cups flour

1 tbsp white sugar

2 tsp salt

2 cups milk, 1%

1/2 cup water

1/4 tsp baking soda

yellow cornmeal to dust

Instructions:

1. *Combine 3 cups of flour, yeast, sugar, salt, and soda. In another bowl, combine liquids and heat until very warm. Add liquids to dry mixture and stir in the remaining 3 cups of flour, one at a time.*
2. *Grease three 1-pound coffee cans and dust inside of greased cans with yellow cornmeal. Divide the dough evenly and place in coffee cans. Dust the tops with cornmeal.*
3. *Cover with a towel and let rise in a warm place for 45 minutes. Uncover and bake in 375°F oven for 25 minutes.*
4. *Invert can to remove warm bread and allow to cool. Great toasted or plain.*

Nutritional Summary

Calories (kCal): 169.1

Fat (g): 0.7

Cholesterol (mg): 1.1

Protein (g): 5.6

Carbohydrate (g): 34.3

FIVE GRAIN MUFFINS

Submitted by: Joanna Mataya

Servings: 12

Prep Time: 15 min.

Cook Time: 20 min.

Ingredients:

2 egg substitute	1/4 cup cornmeal
1 cup brown sugar	2 tsp baking soda
1/4 cup margarine	1/2 cup raisins
1 cup multigrain cereal	2 tbsp water
1/2 cup rolled oats	1 1/4 cups buttermilk
1 1/2 cups whole wheat flour	

Instructions:

1. Heat oven to 350°F. In a large bowl, combine buttermilk, margarine, water, and eggs. Add sugar, cereal, rolled oats, and cornmeal. Let stand 10 minutes.
2. Mix flour, soda, and raisins. Add dry ingredients to wet, stirring only until moistened. Spoon into muffin tins coated with non-stick cooking spray.

Nutritional Summary

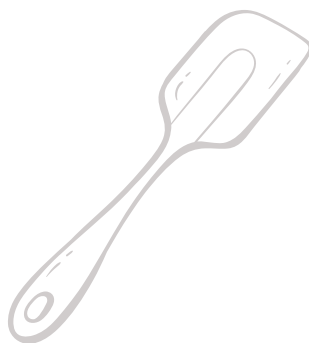
Calories (kCal): 257.5

Fat (g): 5.9

Cholesterol (mg): 1.1

Protein (g): 6.8

Carbohydrate (g): 46.3



FRUIT SHAKE

Submitted by: Henny Hamilton

Servings: 1

Prep Time: 5 min.

Ingredients:

3/4 cup milk, 2%

3/4 cup yogurt, plain

3/4 cup pineapple, chunks, drained

2 tbsp orange juice, frozen

Instructions:

1. *Add all ingredients together in a blender.*

Comments:

You can use flavoured yogurt for added zip

Nutritional Summary

Calories (kCal): 431.3

Fat (g): 6.6

Cholesterol (mg): 25.2

Protein (g): 14.9

Carbohydrate (g): 80.1

LOW-FAT BRAN MUFFINS

Submitted by: Ogilvie Chiropractic Office

Servings: 12

Prep Time: 20 min.

Cook Time: 30 min.

Ingredients:

1 ¼ cups flour

1 cup natural bran

6 tbsp white sugar

1/2 tsp baking soda

1 ½ tsp baking powder

1/4 tsp salt

1/4 tsp nutmeg

1/2 tsp cinnamon

1 egg

2 tbsp sunflower oil

3/4 cup apple juice

1/4 cup yogurt

1/2 cup carrots or apples

Instructions:

1. *Combine dry ingredients.*
2. *Whisk egg with oil. Add juice and yogurt. Mix well; stir in grated carrot. Pour this mixture into dry ingredients.*
3. *Spray with non-stick cooking spray. Fill 12 muffin tins. Bake 30 minutes at 375°F.*

Nutritional Summary

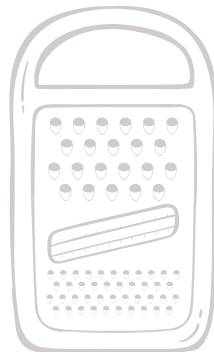
Calories (kCal): 126.7

Fat (g): 3.1

Cholesterol (mg): 18.3

Protein (g): 2.9

Carbohydrate (g): 23.7



NO FAT, NO SUGAR, NO EGG MUFFINS

Submitted by: Donald Digweed

Servings: 15

Prep Time: 15 min.

Cook Time: 20 min.

Ingredients:

2 cups whole wheat flour	1 ¼ tsp baking soda
1 tsp vanilla	1 tsp cinnamon
1 ½ cups natural bran cereal	1 ½ cups buttermilk
1 orange	1/2 cup molasses
1/2 cup raisins	1 apple, unpeeled

Instructions:

1. *Combine flour, bran, baking soda, and cinnamon in a large bowl. Grate rind and squeeze juice from orange. Add buttermilk to orange juice to make 2 cups.*
2. *In a small bowl, combine juice mixture, grated rind, molasses, vanilla, apple, and raisins. Add liquid ingredients to dry ingredients, stirring just to moisten. DO NOT overmix.*
3. *Fill well-greased muffin tins. Bake at 400°F for 15-20 minutes.*

Comments:

You can use 1 ½ cups sour milk and ½ cup orange juice (frozen) and omit orange rind. Muffins will stick to paper cups; it is better to spray tins with non-stick cooking spray.

Nutritional Summary

Calories (kCal): 134.6

Fat (g): 0.7

Cholesterol (mg): 0.9

Protein (g): 4.1

Carbohydrate (g): 31.7

OATMEAL PANCAKES

Submitted by: J. McKinley-Molodynia

Servings: 15 cakes

Prep Time: 10 min.

Cook Time: 10 min.

Ingredients:

2 cups milk, 2%

1 ½ cups oats

1 cup whole wheat flour

1/2 cup wheat germ

2 tbsp brown sugar

1 tbsp baking powder

1/2 tsp salt

1/2 cup canola oil

2 egg whites

Instructions:

1. Soak rolled oats for 5 minutes. Mix together flour, wheat germ, brown sugar, baking powder, and salt. Beat eggs and oil together. Combine all three parts and mix.
2. Cook on hot non-stick griddle until golden brown and serve with maple syrup.

Nutritional Summary

Calories (kCal): 345.8

Fat (g): 12.2

Cholesterol (mg): 2.4

Protein (g): 12.7

Carbohydrate (g): 48.0



ZUCCHINI MUFFINS

Submitted by: Kathy Grant

Servings: 8

Prep Time: 30 min.

Cook Time: 15 min.

Ingredients:

2 cups whole wheat flour

1/2 cup flour

2 tsp baking powder

1 tsp cinnamon

1 tsp nutmeg

1/4 tsp salt

1/2 cup white sugar

1 egg white

1/2 cup skim milk

1/2 cup zucchini, grated

Instructions:

1. *Combine flours, baking powder, salt, spices, and sugar; mix well.*
2. *Beat egg white until foamy and add milk, zucchini, and pinch of lemon peel. Add zucchini mixture to flour mixture. Stir just to moisten.*
3. *Spray muffin tin with non-stick spray. Bake at 375°F for 15-20 minutes.*

Comments:

Carrots work great also.

Nutritional Summary

Calories (kCal): 115.3

Fat (g): 0.4

Cholesterol (mg): 0.3

Protein (g): 3.0

Carbohydrate (g): 26.0





LUNCH

CHEESE-STUFFED GIANT SHELLS

Submitted by: Allyson Tammemagi

Servings: 6

Prep Time: 30 min.

Cook Time: 30 min.

Ingredients:

2 tbsp margarine	16 oz cottage cheese, low-fat
1 onion, chopped	2 eggs
10 ½ oz spinach, thawed	19 oz four cheese pasta sauce
3 tbsp parmesan cheese	26-28 jumbo pasta shells
1 cup mozzarella cheese, part-skim	nutmeg, salt, pepper to taste

Instructions:

1. *Press out as much liquid as possible from spinach, chop.*
2. *In a large skillet, melt margarine over medium heat. Add onion and chopped spinach, cook 5 minutes. Cool. Stir in cottage cheese, eggs, salt, pepper, and nutmeg to taste.*
3. *Meanwhile, cook giant pasta shells in a large pot of boiling water until tender but firm. Drain and rinse under cold water.*
4. *Stuff each shell with about a tablespoon of the cheese-spinach mixture.*
5. *Pour half of the pasta sauce into a 13x9-inch baking dish. Arrange stuffed shells side by side in the sauce. Spoon remaining sauce over top. Top with mozzarella and parmesan cheese.*
6. *Bake, covered, at 350°F in oven for about 30 minutes or until hot and bubbly. Top with more parmesan if desired.*

Comments:

Make a double batch and freeze one for later. Put into the oven frozen, turn on 350°F, cook for 1 hour or until hot and bubbly. I make this for my very active step-son with a big appetite. This is very easy to heat and eat, even at breakfast. Enjoy! - Allyson

Nutritional Summary

Calories (kCal): 115.3

Fat (g): 0.4

Cholesterol (mg): 0.3

Protein (g): 3.0

Carbohydrate (g): 26.0

CHICKEN BREASTS WITH JULIENNE VEGETABLES

Submitted by: R. Tannous

Servings: 4

Prep Time: 10 min.

Cook Time: 30 min.

Ingredients:

4 chicken breasts, skinless

1/4 tsp thyme

1 tbsp margarine

2 stalks celery

1/4 cup milk, 2%

2 carrots

1 can cream of chicken soup,
reduced-fat

4 cups pasta noodles, cooked

Instructions:

1. *Cut celery and carrots into thin strips.*
2. *In a large non-stick skillet over medium-high heat, melt margarine. Brown chicken for 3 minutes on each side. Spoon off fat, stir in soup, milk, thyme, celery, and carrots. Bring to a boil, reduce heat and cover.*
3. *Simmer for 20 minutes or until chicken is no longer pink, stir occasionally. Serve with noodles.*

Nutritional Summary

Calories (kCal): 481.1

Fat (g): 12.5

Cholesterol (mg): 85.3

Protein (g): 38.6

Carbohydrate (g): 51.3

HALIBUT DIABLE

Submitted by: Nell Hamilton

Servings: 2

Prep Time: 5 min.

Cook Time: 10 min.

Ingredients:

2 halibut steaks, about 10 oz each

1 tsp salt

freshly ground pepper

1/2 cup tomato juice

2 tsp prepared mustard

1 tsp paprika

2 tsp lemon juice

Instructions:

1. Sprinkle fish with salt and pepper and place in a baking dish.
Combine remaining ingredients and pour slowly over fish.
2. Heat at 400°F for about 10-12 minutes until fish flakes easily with a fork.

Nutritional Summary

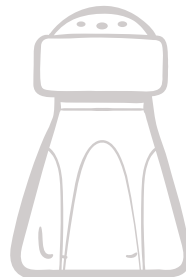
Calories (kCal): 330.3

Fat (g): 6.9

Cholesterol (mg): 90.7

Protein (g): 59.9

Carbohydrate (g): 3.9



MICROWAVED POACHED SALMON

Submitted by: Debra Botman

Servings: 2

Prep Time: 10 min.

Cook Time: 15 min.

Ingredients:

12 oz salmon fillet

2 tsp olive oil

1 tsp dried dill

1/2 tsp parsley

1 tbsp lemon juice

2-3 tbsp water

Instructions:

1. *Divide salmon fillet in half. Place in covered microwavable casserole dish. Drizzle olive oil on top of salmon. Cover surface with spices. Add lemon juice and water.*

Comments:

Fast and easy dish when you are in a hurry. An excellent source of the rich omega-3-fatty acids

Nutritional Summary

Calories (kCal): 364.5

Fat (g): 24.3

Cholesterol (mg): 93.6

Protein (g): 33.9

Carbohydrate (g): 1.0

NAVAJO RICE PILAF

Submitted by: Tom Frose

Servings: 6

Prep Time: 15 min.

Cook Time: 30 min.

Ingredients:

1 cup long grain rice

2 ¼ cups water

2 tsp olive oil

1 onion, chopped

2 cloves garlic, crushed

1 zucchini, diced

1 red pepper, diced,

1 can corn niblets

4 oz tin of chilies, chopped

1/4 cup parsley, chopped

1/4 tsp pepper

Instructions:

1. *Boil water, add rice, stir. Reduce heat, cover, and cook gently until liquid is absorbed.*
2. *Heat oil in skillet. Add onion and garlic, cook until tender. Add zucchini and pepper, cook for 5 minutes. Add corn and chilies, cook for 5 minutes.*
3. *Remove from heat and add to cooked rice.*

Nutritional Summary

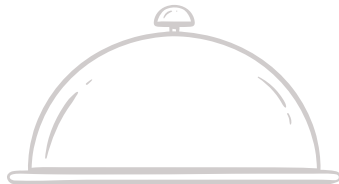
Calories (kCal): 112.3

Fat (g): 2.2

Cholesterol (mg): 0.0

Protein (g): 3.1

Carbohydrate (g): 22.5



OVEN FRIES

Submitted by: Ogilvie Chiropractic Clinic

Servings: 6

Prep Time: 15 min.

Cook Time: 30 min.

Ingredients:

1 ½ lbs potatoes, unpeeled

1 egg white

2 tsp paprika

1 tsp garlic powder

1/4 tsp salt

1/4 tsp pepper

Instructions:

1. *Combine dry ingredients in a small bowl for coating. Set aside.*
2. *Scrub potatoes and cut into ½-inch thick strips.*
3. *Pour egg white over potatoes and toss to cover evenly. Sprinkle coating over potatoes and toss again to coat.*
4. *Spray a large baking sheet with non-stick spray and arrange potatoes in a single layer on sheet. Make sure strips don't touch.*
5. *Spray tops lightly with cooking spray and bake at 400°F for 25-30 minutes or until nicely browned and tender.*

Nutritional Summary

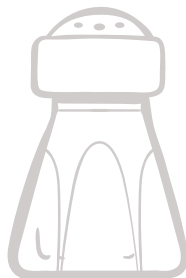
Calories (kCal): 96.3

Fat (g): 0.2

Cholesterol (mg): 0.0

Protein (g): 3.1

Carbohydrate (g): 21.3



OVEN FRIES

Submitted by: P. Saeed

Servings: 4

Prep Time: 15 min.

Cook Time: 25 min.

Ingredients:

4 russet baking potatoes

1 tbsp salt

Instructions:

1. Preheat oven to 475°F. Lightly spray a baking sheet with non-stick spray.
2. Peel potatoes, if desired. Cut lengthwise into finger-like pieces about ½-inch thick. Arrange on a baking sheet in a single layer, not touching. Lightly sprinkle with salt.
3. Bake until golden brown, about 25 minutes.

Nutritional Summary

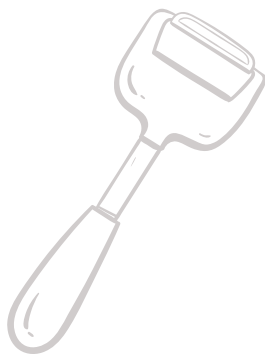
Calories (kCal): 88.5

Fat (g): 0.1

Cholesterol (mg): 0.0

Protein (g): 2.3

Carbohydrate (g): 20.1



SALSA CHICKEN SAUTÉ

Submitted by: Brenda Allan

Servings: 4

Prep Time: 15 min.

Cook Time: 15 min.

Ingredients:

- 1 tbsp canola oil
- 1 cup onion
- 1 green pepper
- 1 ½ cups thick and chunky salsa
- 3 chicken breasts, skinless

Instructions:

1. *In skillet, sauté chicken in oil over medium heat. Add onion wedges and pepper strips, cook 3 minutes until tender.*
2. *Reduce heat, add salsa and simmer 2 minutes. Serve over rice.*

Nutritional Summary

Calories (kCal): 127.1

Fat (g): 1.3

Cholesterol (mg): 51.3

Protein (g): 21.3

Carbohydrate (g): 7.2



STEAMED VEGETABLE PLATTER

Submitted by: Dr. Bayley and Kerley

Servings: 4

Prep Time: 25 min.

Cook Time: 10 min.

Ingredients:

6 cloves garlic	2 ears of corn
2 tbsp soy sauce, reduced-sodium	1 ½ cups yellow squash
2 tbsp fresh squeezed lemon juice	2 cups broccoli florets
1/4 tsp fresh ground pepper	2 medium zucchinis
2 medium carrots	2 tbsp cheddar
2 cups cauliflower florets	1 tbsp parmesan
	12 string beans, raw

Instructions:

1. *In a small bowl, whisk together minced garlic, lemon juice, pepper, and soy sauce. Set aside.*
2. *Bring water to a boil over high heat in a steamer. While you wait for water to boil, trim and cut vegetables into ¼-inch thick rounds and husk ears of corn, cutting them in half. Cut cauliflower and broccoli florets off for the steamer.*
3. *Add string beans, carrots, and cauliflower to the steamer. Cover and cook 3 minutes. Add corn, squash, zucchini, and broccoli. Recover and cook 2 more minutes.*
4. *Transfer the vegetables to a warm platter. Arrange corn around the outer edge of the platter and dust it with the Spike Seasoning. Drizzle the dressing over the vegetables in the center. Top with grated cheddar and parmesan cheese. Cover briefly with foil before serving.*

Nutritional Summary

Calories (kCal): 238.3

Fat (g): 5.2

Cholesterol (mg): 9.4

Protein (g): 13.9

Carbohydrate (g): 43.1

Comments:

This dish can also be served as a meatless main dish for two.

SUNNY CHICKEN

Submitted by: Vi Kneber

Servings: 4

Prep Time: 10 min.

Cook Time: 15 min.

Ingredients:

1 tbsp canola oil
4 chicken breasts, skinless
1/2 cup chicken broth
1/4 cup honey

1/4 cup orange juice,
frozen concentrate
1 tbsp fresh lemon juice
1 tbsp cornstarch

Instructions:

1. *Cut chicken into bite-sized pieces, lightly brown on both sides, then set aside.*
2. *In a medium bowl, mix together stock, honey, and juices, then stir in cornstarch.*
3. *Pour in fry pan, bring to a boil, stirring. As sauce thickens, return chicken to pan. Simmer until cooked through, about 10 minutes.
Arrange on platter on top of cooked rice.*

Nutritional Summary

Calories (kCal): 602.0

Fat (g): 7.8

Cholesterol (mg): 68.4

Protein (g): 35.8

Carbohydrate (g): 96.6



A top-down view of a light-colored ceramic plate with a dark, scalloped rim. The plate is filled with a pasta dish. The pasta is a yellow, spiral-shaped variety, likely fusilli. It is mixed with fresh green peas, several halved cherry tomatoes, and whole green beans. Fresh green basil leaves are scattered throughout the dish. A light-colored, textured cloth is visible in the upper right corner, and a single halved tomato sits on the dark wooden surface above the plate. The word "DINNER" is printed in white, serif, all-caps font across the center of the plate.

DINNER

BAKED HADDOCK FILLETS

Submitted by: Doug Stronghill

Servings: 4

Prep Time: 10 min.

Cook Time: 30 min.

Ingredients:

4 haddock fillets

1/4 tsp pepper

1 tbsp parsley

1 tsp margarine

salt to taste

Instructions:

1. Preheat oven to 350°F.
2. Wash fish and season, place on parchment paper and sprinkle on parsley. Add a small amount of margarine on each fillet, wrap paper around fish, folding in the ends to maintain flavour and moisture.

Comments:

Use your choice of fish, lemon pepper instead of pepper, and sodium-free salt. A very tasty dish served with rice and stir fry.

Nutritional Summary

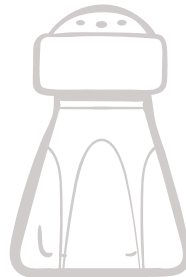
Calories (kCal): 172.7

Fat (g): 2.3

Cholesterol (mg): 107.7

Protein (g): 35.4

Carbohydrate (g): 0.3



BARBECUE PORK TENDERLOIN

Submitted by: Marilee Stickles-White

Servings: 8

Prep Time: 15 min. +

Cook Time: 90 min.

Ingredients:

3 lbs pork, lean, boneless

1 cup light beer

1/2 cup Dijon mustard

1/2 cup honey

1/4 cup olive oil

1 clove garlic

1/4 tsp pepper

1 tsp salt

2 tbsp onion powder

1 tsp rosemary leaves, crushed

Instructions:

1. *Combine all ingredients. Marinate pork for at least 1 hour.*
2. *Barbecue pork to an internal temperature of 180°C.
Cook over a low temperature approximately 45 minutes per pound.*

Nutritional Summary

Calories (kCal): 457.0

Fat (g): 15.9

Cholesterol (mg): 127.9

Protein (g): 49.2

Carbohydrate (g): 26.6



BOEUF A LA BOURGUIGNON

Submitted by: Andree Bosc

Servings: 4

Prep Time: 2 hrs.

Cook Time: 2 hrs.

Ingredients:

1 lb round steak, cut into cubes	12 shallots, chopped
1 1/3 cups Estate Cabernet	2 cloves garlic
3 tbsp canola oil	1 small onion, finely sliced
12 button mushrooms	1 small carrot, finely sliced
1 1/4 cups beef stock	2 tbsp flour
	2 slices of bacon

Instructions:

1. Place cubed steak in a bowl. Pour the wine over meat and cover. Leave to marinate for 6 hours.
2. Heat 2 tablespoons of the oil in a frying pan and fry bacon until crisp. Remove the bacon and add onions and button mushrooms to the same pan. Fry 3-4 minutes until golden. Remove and set aside.
3. Drain meat, reserving the marinade. Pat steak dry with paper towels. Season flour with salt and pepper and coat the meat in flour. Heat remaining oil and brown meat briefly to seal in juices.
4. Place meat in an oven-proof casserole, add bacon, onion, mushrooms, and bouquet garni*. Strain marinade over the meat and add stock. Cover and cook at 325°F for 2 hours.

Comments:

*Bouquet garni is a combination of fresh herbs tied together in cheese cloth. Garnish with bite-sized pieces of fried bread and chopped, fresh parsley. Enjoy with a bottle of Chateau des Charmes Estate Cabernet.

Nutritional Summary

Calories (kCal): 615.6

Fat (g): 21.6

Cholesterol (mg): 65.5

Protein (g): 46.9

Carbohydrate (g): 45.3

CHICKEN CACCIATORE

Submitted by: Fran Hunse

Servings: 4

Prep Time: 45 min.

Cook Time: 30 min.

Ingredients:

2 tbsp canola oil	5 ½ oz can tomato paste
4 skinless chicken breasts	1/2 cup chardonnay (Stonechurch)
1 large onion	2 tsp basil
2 cloves garlic	1 tsp parsley
1 cup mushrooms	1 tsp thyme
19 oz can tomato sauce	

Instructions:

1. *In a large fry pan, brown chicken on both sides. Remove and put aside.*
2. *Add onion, mushrooms, and garlic to the pan. Stir over medium heat until lightly browned. Pour off excess oil.*
3. *Add tomato sauce and paste, bring to a boil. Add chardonnay, return chicken to the pan, and add spices. Salt and pepper to taste. Simmer for 25 minutes.*

Comments:

If the sauce is too thin, add 1 tablespoon of flour.

We like to serve this over pasta.

Nutritional Summary

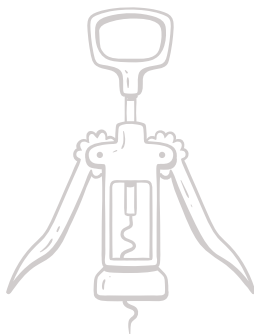
Calories (kCal): 344.3

Fat (g): 11.8

Cholesterol (mg): 78.3

Protein (g): 33.9

Carbohydrate (g): 26.3



CHICKEN JAMBALAYA

Submitted by: Liz Beatty

Servings: 2

Prep Time: 20 min.

Cook Time: 6-8 hrs.

Ingredients:

3 chicken breasts,
cut into bite-sized pieces
1 cup onion, finely chopped
1 clove garlic, minced
19 oz can tomatoes
1 stalk celery, chopped
1 carrot, sliced

1 small zucchini, sliced
1 cup mushrooms
1/2 tsp basil
1/2 tsp oregano
1/2 tsp pepper
1 tsp salt

Instructions:

1. *Combine chicken pieces with onion, pepper, garlic, tomatoes, carrot, oregano, basil, salt, and pepper. Cover and cook at low heat for 6-8 hours.*
2. *Approximately 1 hour before end of cooking time, add cooked rice. Cover and continue cooking until heated through.*

Comments:

This is great for the crock pot.

Nutritional Summary

Calories (kCal): 293.1

Fat (g): 5.1

Cholesterol (mg): 54.8

Protein (g): 25.9

Carbohydrate (g): 37.8



CHINESE ROAST PORK

Submitted by: Irene Krause

Servings: 6

Prep Time: 45 min. + Cook Time: 2 ½ hrs.

Ingredients:

4 lbs pork loin

¾ cup soy sauce, reduced-sodium

⅓ cup honey

2 cloves garlic

½ tsp ground ginger

⅓ cup dry sherry

Instructions:

1. *Pierce sides of roast with a fork and place in a large plastic bag. Combine remaining ingredients and pour over roast. Press air out and seal top securely. Refrigerate 8 hours or overnight, turning the bag periodically.*
2. *Place roast in a shallow pan, roast at 350°F for 1 hour. Brush with reserved marinade and cover loosely with foil. Roast 1 ½ hours longer, basting with marinade periodically.*
3. *Remove roast and let stand for 15 minutes.*
4. *Combine pan drippings with remaining marinade in small saucepan. Bring to a boil and cook 1 minute. Serve with roast.*

Nutritional Summary

Calories (kCal): 533.5

Fat (g): 17.5

Cholesterol (mg): 176.7

Protein (g): 67.8

Carbohydrate (g): 19.6

CIOPPINO

Submitted by: Anne Louise Branscombe

Servings: 6

Prep Time: 40 min.

Cook Time: 60 min.

Ingredients:

1 cup celery, sliced	1 cup dry wine
4 cloves garlic, minced	1 lb clams
1 large onion, chopped	1 lb mussels
1 red pepper, chopped	1/2 lb scallops
1/4 cup olive oil	1 lb shrimp
2 bay leaves	1 lb whitefish
28 oz can tomatoes	basil, oregano, parsley to taste
2 cups water	

Instructions:

1. *In a large pot, saute onion, pepper, celery, and garlic in oil until soft. Add tomatoes, water, wine, and seasonings. Simmer 45 minutes.*
2. *Add fish, shrimp, scallops, and clams. Simmer 10 minutes. Add mussels and simmer 5 more minutes. Discard clam and mussel shells that do not open.*
3. *Serve in a shallow bowl with crusty bread.*

Comments:

You can use other kinds of seafood as substitutes. The legendary San Francisco stew is made with crab and calamari in red wine broth. Its prototype from the Ligurian coast near Genoa is prepared at sea with the catch on hand using as its base a soffrito of garlic and olive oil, white wine and sometimes a little tomato.

Nutritional Summary

Calories (kCal): 450.6

Fat (g): 16.4

Cholesterol (mg): 199.8

Protein (g): 48.9

Carbohydrate (g): 20.7

CORN PUDDING

Submitted by: Susan Dobbin

Servings: 8

Prep Time: 15 min.

Cook Time: 55 min.

Ingredients:

non-stick cooking spray, butter-flavoured	1/4 cup flour
1/3 cup onion	1/2 cup egg replacement
1/3 cup red bell pepper	12 oz evaporated skim milk
16 oz corn	2 tsp Dijon mustard
1/2 tsp baking powder	1/2 tsp salt
	1/8 tsp cayenne pepper

Instructions:

1. *Preheat oven to 350°F. Coat half-quart casserole or souffle dish with cooking spray.*
2. *Coat medium non-stick skillet with cooking spray. Heat over medium heat. Add finely-chopped onion and red pepper. Cook, stirring 5 minutes or until softened. Add corn. Cook stirring 3 minutes and remove from heat.*
3. *In a large bowl, whisk together flour and ½ cup milk. Mix in remaining milk and ingredients and cooked corn.*
4. *Using a rubber spatula, scrape corn pudding mixture into prepared casserole dish. Place casserole in a shallow baking pan and place in oven. Pour enough hot water into the baking pan to come half way up the sides of the dish. Bake 55-60 minutes or until set.*

Nutritional Summary

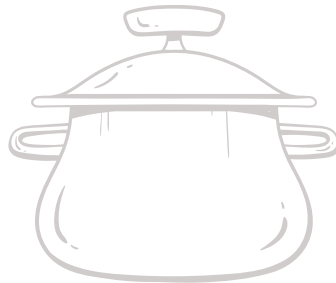
Calories (kCal): 176.0

Fat (g): 3.9

Cholesterol (mg): 4.8

Protein (g): 9.1

Carbohydrate (g): 28.5



CRAB CAKES

WITH TARRAGON SAUCE

Submitted by: Susan Dobbin

Servings: 6

Prep Time: 20 min.

Cook Time: 16 min.

Ingredients:

1/4 cup margarine
16 oz crab meat
1/2 cup breadcrumbs
1/4 cup green onions
1 large egg
1 tbsp Dijon mustard
4 drops of hot sauce

Tarragon Sauce:

1 tbsp tarragon
1 tbsp parsley
2 tbsp skim milk
2 tbsp Dijon mustard
1/4 cup relish
1/4 cup mayonnaise, low-fat

Instructions:

1. *In a small bowl, combine sauce ingredients.*
2. *In a medium bowl, combine remaining ingredients. Reserve 1/4 cup of breadcrumbs just until blended.*
3. *Shape into (8) 3-inch patties. Dip into remaining breadcrumbs to coat.*
4. *Spray skillet with non-stick spray and heat over medium heat. Cook crab cakes in two batches, about 4 minutes per side or until golden. Serve with sauce.*

Nutritional Summary

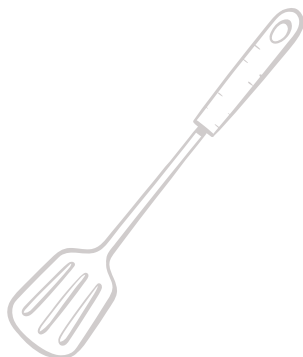
Calories (kCal): 201.0

Fat (g): 7.8

Cholesterol (mg): 103.4

Protein (g): 18.7

Carbohydrate (g): 13.4



DOUG'S FAJITAS

Submitted by: Doug Munkley

Servings: 4

Prep Time: 2 hrs.

Cook Time: 15 min.

Ingredients:

1 lime

2/3 cup iceberg lettuce

1 1/3 clove garlic

2/3 onion, chopped

3 tbsp tequila

1/3 cup cheddar cheese

2/3 tsp cumin

1/3 cup yogurt

2/3 jalapeno pepper,
chopped

1 cup salsa

4 chicken breasts

8 tortilla shells

Instructions:

1. *Mix marinade (1 cup salsa, juice of 1 lime, minced garlic, tequila, cumin, diced jalapeno) and pour over skinless chicken breasts in a non-reactive dish. Put in fridge, turning chicken occasionally, for at least 2 hours. Half an hour before cooking, remove chicken from fridge.*
2. *Preheat barbecue on high. Reduce to medium and grease grill with olive oil. Cook on medium for 4 minutes per side. Remove from grill and shred or slice chicken into 2-inch strips.*
3. *Microwave the flour tortilla shells for 10 seconds per shell. Put some chicken in the centre of each shell, top with salsa, yogurt or sour cream, shredded cheese, chopped onions, and lettuce. Roll shell and enjoy.*

Nutritional Summary

Calories (kCal): 500.4

Fat (g): 9.8

Cholesterol (mg): 91.4

Protein (g): 41.5

Carbohydrate (g): 55.3



DR. ANDY'S MEATBALLS

Submitted by: Andy Fisher

Servings: 12

Prep Time: 20 min.

Cook Time: 45 min.

Ingredients:

1 lb ground beef, lean
1/2 lb ground pork
1/2 lb ground veal
3 cups breadcrumbs
3 egg whites
pepper, oregano, basil, garlic
to taste

Instructions:

1. *Combine breadcrumbs and spices then add meat and mix well. If dry add one egg white per pound of meat.*
2. *Roll meatball size according to preference. Dip in fluid (1/2 water, 1/2 red wine) then roll in hands until meatball is smooth and whitish in colour.*
3. *Bake or microwave, drain fat. Better still, boil for 3-4 minutes; fat will be removed but so will some taste. Then into the sauce, cook for 20-30 minutes or remove just before serving sauce.*

Comments:

*Try pine nuts or raisins for variety.
Remember it will change the nutritional analysis.*

Nutritional Summary

Calories (kCal): 191.0

Fat (g): 11.5

Cholesterol (mg): 47.6

Protein (g): 15.7

Carbohydrate (g): 5.1

FIESTA MEATLOAF

Submitted by: Joanna Mataya

Servings: 6

Prep Time: 10 min.

Cook Time: 55 min.

Ingredients:

- 1 lb ground beef, extra lean
- 3/4 cup quick oats
- 1/2 cup egg substitute, frozen
- 1/4 cup salsa
- 1/2 cup green pepper, diced
- 1/4 cup onion, diced
- 1 tbsp chili powder
- 1/2 tsp salt

Instructions:

1. *In a medium bowl, combine beef, oats, egg product, salsa, green pepper, onion, chili powder, and salt.*
2. *In an 8x4x3-inch loaf pan, spray with non-stick cooking spray. Bake at 350°F (180°C) for 55 minutes.*

Comments:

You can add extra salsa on top of meatloaf (1/4 cup) before cooking for added flavour.

Nutritional Summary

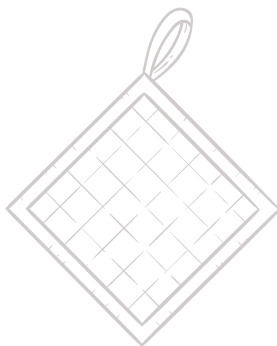
Calories (kCal): 295.1

Fat (g): 15.2

Cholesterol (mg): 42.9

Protein (g): 20.4

Carbohydrate (g): 19.1



FILET MIGNON MARINADE

Submitted by: Pillitteri Estate Winery

Servings: 2

Prep Time: 10 min.

Cook Time: 10 min.

Ingredients:

14 oz filet of beef

3 cloves garlic

1 ½ cups red wine

1 tbsp pepper

Instructions:

1. Add 1 cup of red wine to shallow casserole dish. Mince garlic and stir into wine. Place filet mignon steaks in casserole dish. Add remaining ½ cup of wine.
2. Cover and let sit in fridge, preferably overnight, minimum 3 hours. Take out of marinade and sprinkle cracked black pepper on one side. Barbecue according to preference.

Comments:

Recommended wine: Pillitteri Estates, Merlot (also use this in the marinade).

Nutritional Summary

Calories (kCal): 586.0

Fat (g): 19.1

Cholesterol (mg): 123.7

Protein (g): 55.4

Carbohydrate (g): 6.6



FRESH HERB LINGUINE

Submitted by: Toni Conidi

Servings: 2

Prep Time: 15 min.

Cook Time: 15 min.

Ingredients:

8 oz linguine pasta, uncooked	1 ½ tsp fresh oregano leaves, chopped or 1/2 tsp. dried
1/2 cup margarine	
1/2 tsp garlic, minced	1 tbsp lemon juice
1 fresh parsley, chopped	1 cup grated parmesan cheese,

Instructions:

1. In a 3-quart saucepan, cook linguine until *al dente*, drain, toss with olive oil.
2. In saucepan, place butter and garlic. Cook over medium heat until butter is melted (3-4 minutes). Stir in linguine and remaining ingredients except parmesan cheese. Cook over medium heat, stirring constantly until heated through.
3. Sprinkle with parmesan cheese.

Comments:

Toni, this recipe sounds great but as you can see, it exceeds the recommended daily fat intake for women. I hope you don't mind, but I've included the analysis by replacing with 3 tablespoons of olive oil and reducing the cheese to a ¼ cup. For interest's sake, I checked the analysis if you replace parmesan with Romano and it increases the calories and dramatically increases the cholesterol.

Calories (kCal): 352.7

Fat (g): 25.0

Cholesterol (mg): 36.2

Protein (g): 25.4

Carbohydrate (g): 23.2

This recipe I am sure is a hit but it really shows us what dairy products do to our daily intake in fat. When you decide to try this recipe, remember to reduce or eliminate fat from the rest of your meal and probably the day. Once again, I thank you for generously sharing your business with us, Toni. I'll be in for some fresh pasta. Thanks. - Karen

Nutritional Summary

Calories (kCal): 756.1

Fat (g): 59.5

Cholesterol (mg): 65.7

Protein (g): 25.9

Carbohydrate (g): 24.8

GRACE'S PASTA SAUCE

Submitted by: S.P. Davidson

Servings: 6

Prep Time: 10 min.

Cook Time: 25 min.

Ingredients:

- 1 onion, chopped
- 1 clove garlic
- 1 green pepper
- 1 red pepper
- 2 small zucchinis
- 28 oz can tomatoes

Instructions:

1. *Put olive oil in a large frying pan, sauté onion and garlic until translucent. Add vegetables and stir-fry to desired tenderness.*
2. *Add tomatoes and simmer (approximately 15-20 minutes). Add to cooked pasta.*

Nutritional Summary

Calories (kCal): 422.5

Fat (g): 2.8

Cholesterol (mg): 14.9

Protein (g): 14.9

Carbohydrate (g): 84.5



GRANDMA'S CASSEROLE

Submitted by: Dorothy Mac Hose

Servings: 4

Prep Time: 10 min.

Cook Time: 30 min.

Ingredients:

1 onion, chopped	2 cups water
2 stalks celery	1 can mushrooms
1/2 tsp garlic powder	1/2 cup bran
1/2 tsp oregano	16 oz ground turkey, cooked
19 oz tomatoes, chopped	8 oz mozzarella cheese, skim milk
1/2 tsp pepper	8 oz lasagna noodles
14 oz tomato sauce	

Instructions:

1. *Combine all ingredients except mozzarella cheese and lasagna noodles. Let simmer for 15 minutes.*
2. *Spoon small amount of sauce into sprayed 9x13-inch pan. Layer half of uncooked noodles in pan. Cover with half of sauce and top with the rest of the noodles and remaining sauce.*
3. *Bake at 350°F in oven for 45 minutes and sprinkle top with cheese. Cover while baking. Let stand 15 minutes before cutting.*

Nutritional Summary

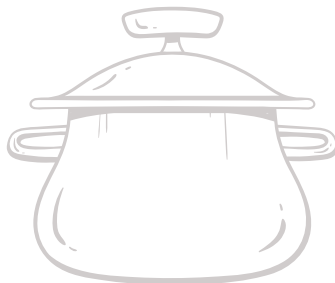
Calories (kCal): 368.6

Fat (g): 15.0

Cholesterol (mg): 62.3

Protein (g): 25.2

Carbohydrate (g): 34.7



GRILLED HALIBUT OR SWORDFISH

Submitted by: John Cunnane

Servings: 6

Prep Time: 30 min.

Cook Time: 8 min.

Ingredients:

1 ½ lbs halibut or swordfish

1/3 cup onion, chopped

2 tbsp white wine vinegar

1 tbsp honey

1/4 tsp white pepper

Instructions:

1. *Cut halibut into 6 pieces and place in a plastic bag. Combine onion, vinegar, honey, and pepper. Pour over fish.*
2. *Seal bag and marinate, refrigerated for 30 minutes, rotating the bag occasionally. Remove steaks from the marinade.*
3. *Grill on greased grill or broil, for 3-5 minutes on each side or until fish flakes easily when tested with a fork. Garnish with lime wedges.*

Comments:

Use a fish basket or grill which has narrower spaces to prevent the fish falling through onto the barbecue.

Nutritional Summary

Calories (kCal): 132.0

Fat (g): 3.0

Cholesterol (mg): 44.2

Protein (g): 24.0

Carbohydrate (g): 2.0

GRILLED SEA BASS WITH VEGETABLE CAPONATA AND POLENTA

Submitted by: The Luis House

Servings: 4

Prep Time: 30 min.

Cook Time: 30 min.

Ingredients:

4 sea bass fillets	2 red peppers
1 Italian polenta roll	2 yellow peppers
2 tbsp olive oil	2 green peppers
1 tbsp garlic, chopped	2 zucchinis
1 eggplant	2 yellow zucchinis
2 red onions	4 tomatoes

Instructions:

1. *Cut all vegetables into ½-inch cubes. Chop garlic and cut polenta roll into 2-inch medallions. Season both sides of the sea bass with salt and freshly ground pepper.*
2. *Sauté onion and garlic in oil for 2 minutes. Add peppers and eggplant and cook for 4 minutes. Add zucchini and tomatoes, season to taste, and cook for an additional 5 minutes. Set vegetables aside and keep warm.*
3. *Grill sea bass for 4 minutes on each side or until flesh is firm. Grill polenta medallions for 5 minutes each side.*
4. *Divide caponata into 4 servings, placing in the center of the plate. Place sea bass over top of the caponata and surround with polenta cut in half-moon sections. Drizzle olive oil over finished plate.*

Comments:

Salmon, tuna, or swordfish can be used instead of sea bass.

Polenta roll is available at all large grocery stores or Italian specialty stores.

Nutritional Summary

Calories (kCal): 531.1

Fat (g): 11.0

Cholesterol (mg): 56.0

Protein (g): 36.7

Carbohydrate (g): 72.1

HERBED CHICKEN

Submitted by: Jamie Slingerland

Servings: 4

Prep Time: a flash

Cook Time: 40 min.

Ingredients:

4 skinless chicken breasts

3 tbsp basil

1 tbsp pepper

2 cloves garlic

4 tbsp parsley

Instructions:

1. Place chicken in casserole dish, pour olive oil on top and sprinkle with ingredients. Bake approximately 40 minutes at 350°F.

Comments:

Recommended wine: Pillitteri Chardonnay barrel aged.

Nutritional Summary

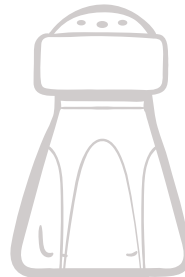
Calories (kCal): 205.6

Fat (g): 8.4

Cholesterol (mg): 68.4

Protein (g): 28.1

Carbohydrate (g): 3.8



JUDI'S MEATLOAF

Submitted by: Judi Kelly

Servings: 8

Prep Time: 15 min.

Cook Time: 75 min.

Ingredients:

1 ½ lbs ground beef, lean
3 slices of whole wheat bread,
crumbled
1/2 cup skim milk
2 egg whites
1 onion, chopped
1/4 cup ketchup
1 tsp garlic powder

1/4 tsp pepper
1/2 tsp oregano
1 tsp salt

Glaze:

5 tbsp ketchup
5 tbsp brown sugar
1 tsp dry mustard

Instructions:

1. *Crumble bread in bowl. Add milk and allow to sit for a few minutes. Add beef, egg whites, ketchup, onion, and seasonings and mix together well. Pat into a greased 8x8-inch pan, spray with non-stick spray.*
2. *Combine glaze ingredients: 5 tablespoons ketchup, 5 tablespoons brown sugar, and 1 teaspoon dry mustard and stir to a smooth paste. Spread over meat and bake at 350°F for approximately 1 hour. Drain any oil that accumulates as it cooks.*

Nutritional Summary

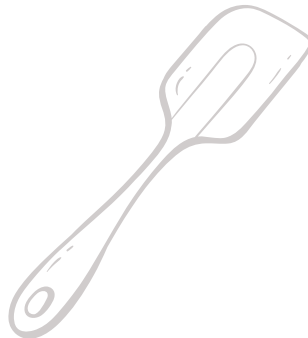
Calories (kCal): 270.6

Fat (g): 13.3

Cholesterol (mg): 48.0

Protein (g): 18.7

Carbohydrate (g): 18.9



LAMB CHOPS

WITH VEGETABLES AND FRESH HERBS

Submitted by: Inniskillin Wines Inc.

Servings: 6

Prep Time: 45 min.

Cook Time: 45 min.

Ingredients:

4 ½ lbs lamb, New Zealand, loin, lean	1 medium zucchini
3 tomatoes	1 tbsp fresh parsley
1/4 cup onion	1 tbsp fresh basil
2 cloves garlic	1 1/3 cups beef stock
1 tbsp tomato paste	1 tbsp brandy or cognac
	1/2 cup eggplant

Instructions:

1. *Prepare vegetables; peel, seed and chop tomatoes, chop onion finely, and coarsely chop the zucchini and eggplant. The fresh herbs, parsley, rosemary, and basil should also be chopped finely.*
2. *If using rack of lamb, remove skin, a bit of fat, and cut into chops; 2 bones per chop.*
3. *Preheat oven to 400°F.*
4. *Heat 1 tablespoon of oil in a small frying pan. Add onions and garlic, sweat until transparent, then add tomato paste, cognac, salt, and pepper. Cook for 5 minutes and remove from heat.*
5. *Heat remaining oil in a large sauté pan. Add chopped zucchini and eggplant, and sauté for 2 minutes. Add herbs-tomato mixture, continue cooking for a minute more.*
6. *Remove vegetables from pan with slotted spoon and sear lamb chops in the same pan. Season with salt and pepper.*
7. *Remove chops and deglaze pan with stock and reduce by half. Place layer of vegetables in pan, place chops on top, finish with another layer of vegetables. Pour reduced sauce on top. Finish cooking in hot oven for 30-35 minutes.*

Nutritional Summary

Calories (kCal): 270.6

Fat (g): 13.3

Cholesterol (mg): 48.0

Protein (g): 18.7

Carbohydrate (g): 18.9

Comments:

A nice wine is 1996 Cabernet Franc. Vibrant fruit in the nose and mouth with a full, mild finish.

MARINATED BEEF EYE OF THE ROUND

Submitted by: D. Blew

Servings: 12

Prep Time: 20 min.

Cook Time: 90 min.

Ingredients:

4 lbs beef, eye of the round, lean, ¼-inch trim

1/2 cup soy sauce, light

2 ½ tbsp brown sugar

2 tbsp lemon juice

1/2 tsp garlic powder

1 tsp dry ginger

Instructions:

1. *Combine 5 marinade items, pour over meat in loaf pan, turn, refrigerate for 48 hours, turning occasionally.*
2. *Roast on rack in roasting pan for 1 ½ hours or less at 325°F or until meat thermometer reads rare. Slice thinly, hot or cold.*

Comments:

Marinade is also good on flank steak for 48 hours before barbecue.

Nutritional Summary

Calories (kCal): 450.9

Fat (g): 14.6

Cholesterol (mg): 132.9

Protein (g): 68.6

Carbohydrate (g): 7.0

MARINATED SALMON

(GRAV LOX)

Submitted by: Karen Stearne

Servings: 12

Prep Time: 45 min.

Chill Time: 5 days

Ingredients:

3 lbs whole salmon fillet

1/2 cup peppercorns

1 cup dill, chopped

1/2 cup white sugar

1/4 lb sea salt

6 oz Brandy

Instructions:

1. *Carefully wash and pat dry both sides of your salmon fillet, rub with chopped garlic. Place a large piece of plastic wrap under salmon, pour Brandy over fillet.*
2. *Crush peppercorns and add dill, sugar, and salt. Mix. Cover the fillets with spices.*
3. *Wrap tightly in plastic wrap and wrap tightly with aluminum foil. Marinate for 5 days in refrigerator.*

Comments:

This recipe is fabulous, but planning is essential. Buying a fillet of salmon is really the easiest. If not, be sure to cut, debone, and fillet the whole fish before marinating. Serve sliced with capers, onion, and horseradish. It is a great addition to any Sunday brunch.

Nutritional Summary

Calories (kCal): 246.3

Fat (g): 7.5

Cholesterol (mg): 62.4

Protein (g): 23.8

Carbohydrate (g): 13.3

ORANGE/GINGER CHICKEN STIR-FRY

Submitted by: Debra Botman

Servings: 6

Prep Time: 20 min.

Cook Time: 15 min.

Ingredients:

15 oz chicken breast, skinless	1 bunch broccoli
1 tbsp canola oil	1 cup chicken broth
2/3 cup orange juice	2 ½ cups brown rice
1 medium onion, sliced	2 tbsp cornstarch
4 large carrots	2 tsp dry ginger
4 stalks celery	

Instructions:

1. Heat oil in wok, sauté onion and celery. Add chicken, salt and pepper to taste. Cook through (if more moisture needed, use portion of chicken stock).
2. Move chicken to sides of wok. Add carrots and remainder of stock. Cook 2-3 minutes, then add broccoli. Cook another 2-3 minutes.
3. While vegetables are cooking, combine orange juice, ginger and cornstarch in a jar. Shake to mix.
4. Blend chicken and vegetables. Add cornstarch mixture. Heat through until thickened. Serve over bed of rice.

Comments:

To have a stir-fry with a little more bite, increase amount of ginger.

Nutritional Summary

Calories (kCal): 568.7

Fat (g): 5.1

Cholesterol (mg): 41.1

Protein (g): 32.4

Carbohydrate (g): 100.5

OVEN-BARBECUED CHICKEN

Submitted by: Susan Noyes

Servings: 4

Prep Time: 15 min.

Cook Time: 60 min.

Ingredients:

- 4 chicken breasts, skinless
- 1/2 cup tomato ketchup
- 1/4 cup vinegar
- 1/4 cup water
- 1 tbsp dry mustard
- 1 1/2 tsp salt
- 1/4 tsp pepper

Instructions:

1. Preheat oven to 350°F. Place chicken in baking dish just large enough to hold them.
2. Combine remaining ingredients in a small sauce pan and simmer, uncovered for 10 minutes. Stir several times. Pour over chicken and bake, uncovered for 1 hour.

Comments:

Can be served hot or cold, with your choice of vegetables.

Nutritional Summary

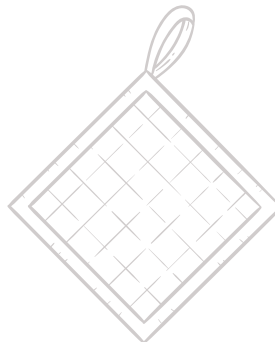
Calories (kCal): 307.5

Fat (g): 3.7

Cholesterol (mg): 131.5

Protein (g): 54.6

Carbohydrate (g): 12.1



PASTA FRESCA

Submitted by: Joanna Mataya

Servings: 2

Prep Time: 10 min.

Cook Time: 20 min.

Ingredients:

28 oz can plum tomatoes

1/2 onion, chopped

1 clove garlic

1/4 cup parmesan

4 leaves fresh basil

1 stem of oregano

7 oz spaghetti

1 tbsp canola oil

salt and pepper to taste

1/2 Hungarian hot pepper
(optional)

Instructions:

1. *Chop up onion, basil, and garlic. Add can of chopped plum tomatoes including half the juice to the pot. Simmer on medium heat. Add oil and half of the parmesan cheese. Mix all well.*
2. *Boil 4-5 cups of water, add pasta and cook about 8 minutes or until desired tenderness.*
3. *Drain pasta and mix with sauce. Add extra cheese.*

Comments:

For a thicker sauce add 1 tablespoon of tomato paste.

Nutritional Summary

Calories (kCal): 626.4

Fat (g): 14.4

Cholesterol (mg): 9.8

Protein (g): 24.2

Carbohydrate (g): 105.4



PASTA PRIMAVERA

Submitted by: Josie Bozzo

Servings: 6

Prep Time: 20 min.

Cook Time: 7 min.

Ingredients:

3 cups rotini pasta	1 clove garlic, minced
1 ½ cups broccoli florets	2 tbsp canola oil
1 ½ cups asparagus	2 cups mushrooms, sliced
1 cup peas, frozen	1 can tomatoes
1 zucchini	1/4 tsp salt
1/4 cup red pepper, chopped	1/4 tsp oregano
1/4 cup onion, chopped	

Instructions:

1. Wash and cut vegetables. Blanch broccoli and asparagus.
2. Sauté in oil; garlic, red pepper, and mushrooms.
Add peas, zucchini, broccoli, asparagus, and tomatoes. Cook for 3 minutes.
Add salt and oregano.
3. Cook pasta until tender but still firm in boiling water.
Drain and add to vegetables.

Nutritional Summary

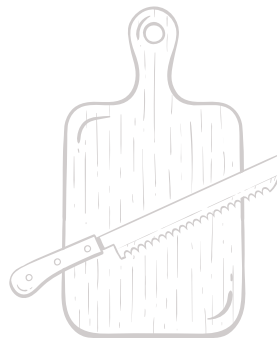
Calories (kCal): 503.4

Fat (g): 7.1

Cholesterol (mg): 0.0

Protein (g): 19.6

Carbohydrate (g): 92.7



PASTA SHELL A LA FORESTIERE

Submitted by: Reif Estate Winery

Servings: 8

Prep Time: 60 min.

Cook Time: 30 min.

Ingredients:

1/3 oz porcini mushrooms
2 cups mushrooms, sliced
1/4 cup parsley, chopped
2 tbsp shallot, chopped
2 tbsp butter
2 tbsp flour

1/2 cup chicken broth
1/2 cup warm water
1/2 cup Reif white wine
3/4 lb whole wheat pasta
1/2 cup cream

Instructions:

1. *In a small bowl, soak porcini mushrooms in warm water for 30 minutes. Drain through sieve lined with paper towel (reserve soaking liquid).*
2. *Rinse mushrooms under cold running water to remove any grit. Slice thinly.*
3. *In heavy saucepan, melt butter over medium heat; cook mushrooms and shallots for about 3 minutes until shallots are soft and mushrooms are tender. Stir in flour and cook without browning for 2 minutes.*
4. *Add reserved soaking liquid, wine, chicken stock, and light cream; bring to boil, stirring constantly. Reduce heat and simmer for 5 minutes or until thickened and smooth, stirring constantly. Stir in fresh chopped parsley.*
5. *Cook pasta shells, drain well and toss with mushroom sauce. Serve in a warm serving bowl.*

Comments:

Serve with Chardonnay and salad.

Nutritional Summary

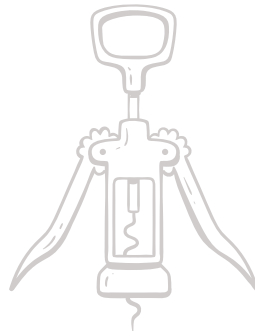
Calories (kCal): 409.4

Fat (g): 6.8

Cholesterol (mg): 15.3

Protein (g): 13.2

Carbohydrate (g): 70.9



POLYNESIAN CHICKEN

Submitted by: Marilee Stickles-White

Servings: 4

Prep Time: 80 min.

Cook Time: 45 min.

Ingredients:

6 chicken breasts, skinless

1/4 cup soy sauce,
reduced-sodium

3 tbsp olive oil

1 tsp dry ginger

2 tbsp onion, minced

1 can pineapple

8 oz can mandarin oranges

1/4 cup almonds, slivered

1/4 cup water

Instructions:

1. *Chop chicken into bite-sized pieces. Combine soy sauce, oil, ginger, and onion. Marinate chicken for at least an hour.*
2. *Brown chicken in a non-stick fry pan. Place chicken in a casserole dish. Add juices from fruit. Cook at 350°F for 45 minutes. Add fruit and almonds shortly before serving.*

Nutritional Summary

Calories (kCal): 342.5

Fat (g): 14.1

Cholesterol (mg): 82.1

Protein (g): 35.5

Carbohydrate (g): 18.9



PORK CHOPS CHARLEVOIX

Submitted by: Irene Krause

Servings: 4

Prep Time: 15 min.

Cook Time: 20 min.

Ingredients:

4 pork loin chops, trimmed-fat

1 tbsp canola oil

1/2 cup apple juice

1/2 cup water

1 tbsp Knorr demi-glacé roast gravy mix

2 apples, cut in chunks

2 tbsp maple syrup

Instructions:

1. *Trim fat of pork chops and season with pepper to taste.*
2. *In a large skillet, heat oil over medium-high heat; add pork and brown 2-3 minutes on each side. Add apple juice; reduce heat, cover and simmer 10 minutes.*
3. *In a small bowl, mix together water, Knorr demi-glacé roast gravy mix, and maple syrup; gradually add to skillet, stirring constantly.*
4. *Bring to a boil, reduce heat, and add apple chunks and simmer 10 minutes, stirring occasionally.*

Nutritional Summary

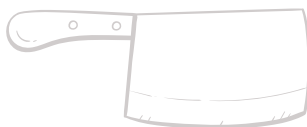
Calories (kCal): 236.5

Fat (g): 9.2

Cholesterol (mg): 50.7

Protein (g): 18.8

Carbohydrate (g): 19.6



POULET D'ANDREE

Submitted by: Andree Bosc

Servings: 8

Prep Time: 45 min.

Cook Time: 50 min.

Ingredients:

1 roasting chicken	1 ½ cups white wine
1 tbsp canola oil	(1995 Riesling, VQA or
1/4 cup shallots	Chardonnay, VQA)
1 ½ cups mushrooms	1 ¼ cups chicken broth
1 sprig parsley	1/4 cup flour
1 sprig chervil	1/4 cup butter
1 sprig tarragon	

Instructions:

1. *Divide chicken in 8 serving portions. Season the flour with salt and freshly ground pepper. Dust chicken portions with mixture.*
2. *Heat oil and butter in frying pan, and fry the chicken pieces until tender and browned all over, allowing 15 minutes for dark meat, 10 minutes for light meat. When tender, remove from the pan, drain on paper towels, and transfer to a warm serving dish. Cover loosely with buttered paper and keep hot.*
3. *Put onion into the pan, with the juices from the cooked chicken, and gently fry without colouring. Add mushrooms and cook until tender. Pour in wine and stock. Stir until well-blended, then simmer for 10 minutes.*
4. *Add most of the herbs to the sauce and season to taste. Pour over chicken.*

Comments:

This recipe could be altered by removing the skin of the chicken and trimming fat. I hope it will reduce the grams of fat and not the taste. - Karen

Nutritional Summary

Calories (kCal): 489.0

Fat (g): 34.3

Cholesterol (mg): 137.4

Protein (g): 30.7

Carbohydrate (g): 5.9

QUICK TURKEY CHOW MEIN

Submitted by: Brenda Allan

Servings: 6

Prep Time: 30 min.

Cook Time: 30 min.

Ingredients:

1 lb ground turkey	1/4 tsp dry ginger
1 cup celery	10 1/2 oz chicken bouillon
16 oz can bean sprouts, drained	2 tbs soy sauce, light
1/2 cup onion, chopped	3 cups brown
5 oz can mushrooms, drained	long grain rice, cooked
8 oz water chestnuts, drained	2 tbs cornstarch

Instructions:

1. *Brown turkey in a large skillet, then drain fat. Add the vegetables, ginger, and all but 1/4 cup of the broth.*
2. *Bring to a boil over medium-high heat, reduce heat, then cover and simmer 20 minutes.*
3. *Combine 1/4 cup broth with soy sauce and cornstarch. Add to meat and vegetables, stir until thickened and bubbly. Serve over rice.*

Nutritional Summary

Calories (kCal): 526.5

Fat (g): 8.9

Cholesterol (mg): 55.2

Protein (g): 23.2

Carbohydrate (g): 87.0



RICOTTA AND SPINACH PIE

Submitted by: Jennie Pichelli

Servings: 6

Prep Time: 12 min.

Cook Time: 40 min.

Ingredients:

1 lb ricotta cheese

10 oz fresh spinach

1 egg

1/2 tsp nutmeg

1/4 cup butter, unsalted

2-crust batch of pastry dough

1/2 cup parmesan cheese

1/2 cup flour

Instructions:

1. *Preheat oven to 350°F. Remove stems from fresh spinach and boil until limp. Drain and press against the side of the strainer to remove all water possible. Mince spinach finely.*
2. *Put ricotta in a medium-sized bowl, add spinach and mix well. Add the unbeaten egg, nutmeg (freshly grated if possible) and salt. Stir mixture. Fold in flour and half of the parmesan cheese.*
3. *Mix a batch of pastry dough. Roll it out just a bit bigger than the 10.5-inch pie pan. Use all the dough to get one nice, thick crust. Crimp the edges. Spread the filling in the unbaked crust. Sprinkle the top with the rest of the parmesan cheese and dot with butter.*
4. *Bake about 40 minutes at 350°F or until crust is light brown and filling is puffy and toasty. Cool a few minutes before cutting.*

Comments:

This one crust pie filled with spinach, ricotta, and parmesan cheese can be served hot or cold as a first course. It is also nice served with a salad for lunch.

Nutritional Summary

Calories (kCal): 422.0

Fat (g): 27.4

Cholesterol (mg): 86.4

Protein (g): 17.5

Carbohydrate (g): 27.

ROASTED VEGETABLES

Submitted by: Andree Bosc

Servings: 4

Prep Time: 45 min.

Cook Time: 35 min.

Ingredients:

1 red onion	1/4 cup olive oil
1 butternut squash, peeled	2 tbsp lemon juice
3 potatoes, peeled	1 tbsp thyme
2 red peppers	2 tbsp fresh rosemary
1 sweet potato, peeled	

Instructions:

1. Section onion into eight and separate layers, cut squash, peppers, sweet and regular potatoes into 1-inch cubes. Place all vegetables into a large bowl.
2. Preheat oven to 475°F. In a separate bowl, combine herbs, olive oil, vinegar, and seasonings. Toss with vegetables until they are coated entirely.
3. Place all vegetables in a single layer in a roasting pan. Roast for 35-40 minutes, stirring every 10 minutes, or until vegetables are cooked through and browned.

Comments:

Can use fresh thyme and rosemary if available, and balsamic vinegar instead of lemon juice.

Nutritional Summary

Calories (kCal): 249.6

Fat (g): 14.0

Cholesterol (mg): 0.0

Protein (g): 3.1

Carbohydrate (g): 30.3

SALMON STEAK MARINADE

Submitted by: Irene Krause

Servings: 4

Prep Time: 10 min.

Broil Time: 10 min.

Ingredients:

1/3 cup olive oil

1/4 cup lemon juice

1 tsp dill

1 tbsp garlic, minced

1/4 tsp salt

1/4 tbsp Dijon mustard

Instructions:

1. *Beat together oil, juice, dill, minced garlic, salt, and Dijon mustard with a mixer or wire whisk. Pour over salmon steaks.*
2. *Cover and refrigerate for several hours. Turn a few times while marinating.*

Nutritional Summary

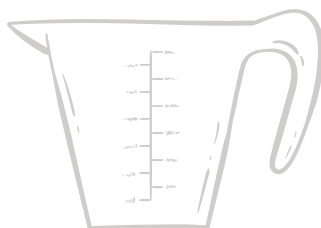
Calories (kCal): 162.8

Fat (g): 17.9

Cholesterol (mg): 0.0

Protein (g): 0.2

Carbohydrate (g): 1.5



SALMON WITH MAPLE

Submitted by: Stafford Dobbin

Servings: 2

Prep Time: 15 min.

Cook Time: 10 min

Ingredients:

12 oz fresh salmon fillet

1/4 cup flour

2 tbsp lemon juice

2 green onions

1 shallot

4 oz maple sugar

2 tbsp margarine

Instructions:

1. *Preheat oven to 375°F. Heat margarine in a heavy skillet that can be used in the oven.*
2. *Pat salmon dry and dust lightly with flour. Cook on one side for 1 minute, and turn.*
3. *Cook other side, adding remaining ingredients. Sprinkle salmon with lemon juice, green onion, shallot, and salt and pepper to taste. Crumble maple sugar on top.*
4. *Bake 8-10 minutes until salmon is just cooked through.*

Nutritional Summary

Calories (kCal): 639.8

Fat (g): 22.0

Cholesterol (mg): 93.6

Protein (g): 37.1

Carbohydrate (g): 72.8



SEAFOOD ROLL-UPS

Submitted by: Laurice Leon

Servings: 4

Prep Time: 15 min.

Cook Time: 20 min.

Ingredients:

4 snapper fillets	2 tbsp breadcrumbs
2 tsp lemon juice	1 tsp salt
2 tbsp green onions	1/2 tsp pepper
10 oz spinach, frozen	2 tbsp fresh parsley
1/4 cup sour cream	1/4 tsp garlic powder
1 tbsp butter, melted	

Instructions:

1. *Preheat oven to 375°F. Chop, drain, and squeeze dry spinach. Thinly slice green onions and chop fresh parsley.*
2. *Place fillets skinned-side up on a counter and sprinkle with salt, pepper, and lemon juice.*
3. *In a bowl, thoroughly mix spinach, sour cream, green onions, parsley, and garlic powder. Place filling on lower third of each fillet and roll the fillet.*
4. *Place filled fillets in a well buttered 9-inch square baking dish. Sprinkle with breadcrumbs and drizzle with the melted butter.*
5. *Bake about 20 minutes or until fish is no longer translucent in the thickest parts.*

Other fish such as sole, flounder, and bass may be used. If you use sole, it makes an attractive looking plate.

Nutritional Summary

Calories (kCal): 233.2

Fat (g): 8.0

Cholesterol (mg): 93.9

Protein (g): 33.7

Carbohydrate (g): 6.0

SOYBEAN CASSEROLE

Submitted by: Erna Bilinsky

Servings: 11

Prep Time: 20 min.

Cook Time: 5 hrs.

Ingredients:

1 lb soybeans	2 cloves garlic
2 stalks celery	2 jalapeno peppers
1 onion, chopped	1 tbsp dry mustard
1 fresh ginger	10 oz beef broth
the size of a quarter	1 tbsp canola oil
1 red pepper	2 tbsp molasses
1 green pepper	

Instructions:

1. Soak soybeans overnight.
2. Prepare pot by rubbing oil throughout. Strain beans and place in a large kettle, add the can of beef broth and enough water to cover beans. Cook for 2 hours on the top of the stove.
3. Chop all vegetables and sauté them in a fry pan with oil until lightly cooked, about 5 minutes.
4. Add the beans and transfer into a bean pot. Bake in a moderate oven at 350°F for about 3 hours. Beans should be tender.

Comments:

Because soybeans are a protein, it is not necessary to add meat. However, lean bacon placed on top of the beans before baking adds more flavour. Test for flavour before adding seasonings.

Nutritional Summary

Calories (kCal): 228.2

Fat (g): 10.9

Cholesterol (mg): 0.0

Protein (g): 17.3

Carbohydrate (g): 19.3

SPAGHETTI SQUASH

WITH HERBS AND PARMESAN

Submitted by: Toni Conidi

Servings: 6

Prep Time: 45 min.

Cook Time: 60 min.

Ingredients:

1 lb fresh spaghetti	2 tbsp lemon juice
3 lbs spaghetti squash	1 oz parmesan cheese, grated
2 tbsp olive oil	1/4 cup fresh basil leaves
2 cloves garlic	1/2 cup fresh Italian parsley, finely chopped
1/2 cup chicken broth	

Instructions:

- With a large, sharp knife, carefully cut the squash in half lengthwise. Use a spoon to scrape out the seeds and their strings from each half. Put the two halves cut-side down in a large pot. Add enough water to come 2 inches up the side of the squash.*
- Cover the pot and bring to a boil over moderate heat; reduce heat and simmer until squash is tender, about 20 minutes. Drain squash halves and remove from pot. As soon as they cool enough to handle, use the tines of a fork and lightly scrape out the flesh, which should come out in spaghetti-like strands. Discard the shells.*
- In a large skillet, heat the olive oil with medium-sized garlic cloves over moderate heat. As soon as the garlic sizzles, add the spaghetti squash strands along with the broth, finely chopped fresh parsley, fresh basil leaves, and lemon juice.*
- Toss gently and as soon as the liquid simmers, toss the mixture thoroughly with cooked pasta. Sprinkle with parmesan and pepper to taste.*

Nutritional Summary

Calories (kCal): 435.0

Fat (g): 8.7

Cholesterol (mg): 3.7

Protein (g): 14.4

Carbohydrate (g): 75.9

SPICY ORANGE SHRIMP

Submitted by: Peter Kormos

Servings: 4

Prep Time: 15 min.

Cook Time: 10 min.

Ingredients:

- 1 ¼ lbs large shrimp, peeled, tails on
- 3 cups carrot, shredded
- 2 cups orange juice
- 2 tbsp orange liqueur
- 1/8 tsp nutmeg
- red pepper flakes to taste

Instructions:

1. *Sauté carrot, orange juice, orange zest, and nutmeg over high heat for 3 minutes, stirring frequently. Remove from heat. Strain and reserve liquid. Cover the carrots to keep warm.*
2. *Pour liquid back in the sauté pan with shrimp and add orange liqueur and red pepper flakes. Over high heat, reduce liquid to about ¾ cup. Remove from heat.*
3. *Mound carrots in centre of 4 dinner plates. Arrange shrimp around the carrots.*

Nutritional Summary

Calories (kCal): 303.9

Fat (g): 3.1

Cholesterol (mg): 215.5

Protein (g): 31.3

Carbohydrate (g): 34.4

SPICY PEANUT SAUCE

Submitted by: J. McKinley-Molodynia

Servings: 6

Prep Time: 10 min.

Ingredients:

1 cup peanut butter, smooth

1 cup soy sauce,
reduced-sodium

3 tbsp cider vinegar

3 tbsp sugar

1 tbsp sesame oil, dark

5 cloves garlic, finely chopped

1 tsp ginger, finely chopped

1 tsp hot pepper flakes

1 large bunch of fresh
coriander, chopped

Instructions:

1. *Blend all together except coriander until smooth in a food processor. Add coriander and pulse with on/off motion, until coriander is finely chopped.*

Comments:

This is a great pasta or rice noodle sauce served hot or cold, as a satay sauce, or to drizzle over grilled vegetables. It keeps in the refrigerator for at least 2 weeks.

Nutritional Summary

Calories (kCal): 195.7

Fat (g): 13.4

Cholesterol (mg): 0.0

Protein (g): 7.2

Carbohydrate (g): 15.4



SPICY SCALLOPS

Submitted by: Irene Krause

Servings: 4

Prep Time: 30 min.

Cook Time: 10 min.

Ingredients:

2 tbsp canola oil
1 tbsp ginger, minced
3 tbsp green onion, chopped
1 lb scallops

Sauce:

1 tbsp soy sauce,
reduced-sodium
1 tbsp canola oil
1 tsp white sugar
2 tbsp sherry
1/2 tsp chili paste
(or hot pepper sauce)

Instructions:

1. *Stir together sauce and set aside.*
2. *In a non-stick skillet, heat oil over high heat. Stir-fry ginger and chopped green onion for 10 seconds, then add scallops and stir-fry for 1 minute. Stir in sauce and stir-fry for 2-3 minutes or until scallops are opaque throughout.*

Nutritional Summary

Calories (kCal): 211.9

Fat (g): 11.1

Cholesterol (mg): 37.4

Protein (g): 19.4

Carbohydrate (g): 5.0



SPINACH CANNELLONI

Submitted by: Marilee Stickles-White

Servings: 6-8

Prep Time: 30 min.

Cook Time: 45 min

Ingredients:

24 cannelloni, oven-ready
1/4 cup parmesan cheese,
freshly grated
1 cup ricotta, 5% fat
1 pkg spinach,
frozen, drained

1 tbsp fresh basil
1 egg
1/4 tsp fresh ground pepper
3 cups spaghetti sauce

Instructions:

1. Combine cheeses, spinach, egg, basil, and pepper. Fill cannelloni with spinach mixture.
2. Cover bottom of 13x9-inch baking dish with spaghetti sauce, reserve 1 cup of sauce for the top.
3. Arrange cannelloni in a single layer and cover with remaining sauce.
4. Cover with foil and bake at 350°F for 45 minutes or until tender.

Nutritional Summary

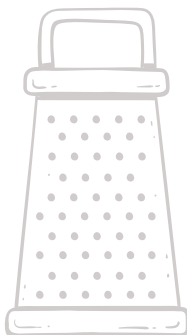
Calories (kCal): 570.4

Fat (g): 10.9

Cholesterol (mg): 65.9

Protein (g): 28.5

Carbohydrate (g): 90.2



STOVE-TOP CHICKEN WINGS

Submitted by: Doug Stronghill

Servings: 2

Prep Time: 10 min.

Cook Time: 30 min.

Ingredients:

2 tbsp canola oil
12 chicken wings
5 tbsp ketchup
2 tbsp prepared mustard
1/2 cup sweet onions, chopped
salt and pepper to taste

Instructions:

1. *Heat oil. Add washed and diced chicken wings, season. Stir-fry on medium heat for 10 minutes. Drain all fat.*
2. *Mix all other ingredients in a bowl, add chicken wings, and stir to coat. Cover and cook on low heat for 20 minutes.*

Nutritional Summary

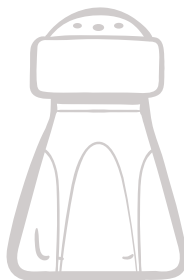
Calories (kCal): 499.5

Fat (g): 20.7

Cholesterol (mg): 99.2

Protein (g): 40.2

Carbohydrate (g): 38.8



SWEET AND SOUR STIR-FRY

Submitted by: Munira Sadikali

Servings: 4

Prep Time: 20 min.

Cook Time: 7 min.

Ingredients:

2 cloves garlic, minced	1 tsp cornstarch
1 tbsp fresh ginger, minced	1 tbsp rice wine
4 green onions, whites minced, greens cut into 1/2 inch pieces	1 ½ tbsp canola oil
3 tbsp honey	1 lb shrimp, peeled and deveined
3 tbsp lemon juice	2-3 cups mixed vegetables, diced (bell peppers, carrots, zucchini, water chestnuts, and/or bamboo shoots)
3 tbsp soy sauce	
2 tbsp ketchup	

Instructions:

1. *Combine the garlic, ginger, and green onion whites in a small bowl. Combine the honey, lemon juice, soy sauce, and ketchup in a second small bowl and stir until smooth. Dissolve the cornstarch in the wine in a third bowl.*
2. *Just before serving, heat a wok over high heat. Swirl in the oil. Add the garlic mixture and cook for 15 seconds or until fragrant but not brown. Add the shrimp and stir-fry for 1-2 minutes. Add the vegetables and stir-fry for another 1-2 minutes. Add the sauce and cook for 1-2 minutes or until the main ingredient is cooked.*
3. *Stir the cornstarch mixture and add it to the stir-fry with the green onion greens. Bring to a boil and serve at once over rice.*

Comments:

Shrimp can be substituted with 1 pound of chicken, thinly sliced beef, or 1 pound of tofu (pressed under a heavy pot for 15 minutes and cut into 1-inch pieces).

Nutritional Summary

Calories (kCal): 253.6

Fat (g): 5.0

Cholesterol (mg): 137.9

Protein (g): 22.6

Carbohydrate (g): 30.9



DESSERTS

APPLE CRISP

Submitted by: Irene Krause

Servings: 4 generous Prep Time: 15 min. Cook Time: 30 min.

Ingredients:

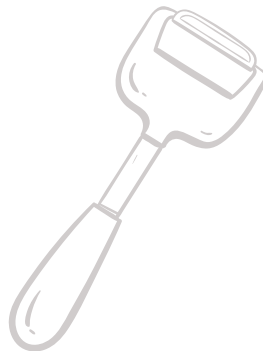
4 cups apples, peeled, sliced
3/4 cup brown sugar, packed
1/2 cup flour
1/2 cup rolled oats
3/4 tsp cinnamon
1/3 cup margarine

Instructions:

1. *Spray 8-inch square baking pan with non-stick spray. Layer apple slices in pan. Mix remaining ingredients in a bowl until crumbly and pour over apples.*
2. *Bake in 350°F for 30 minutes.*

Nutritional Summary

Calories (kCal): 509.4
Fat (g): 16.5
Cholesterol (mg): 0.0
Protein (g): 5.4
Carbohydrate (g): 87.4



APPLESAUCE GINGERBREAD CAKE

Submitted by: Brenda Allan

Servings: 10

Prep Time: 15 min.

Cook Time: 60 min.

Ingredients:

1 cup whole wheat flour

1 ½ cups flour

2/3 cup white sugar

2 ½ tsp baking soda

1 tsp ground ginger

1 tsp ground cinnamon

1 tsp ground allspice

1 ½ cups applesauce,
unsweetened

3 egg whites

1 cup molasses

Instructions:

1. *Mix flours, sugar, baking soda, and spices together. Add remaining ingredients and mix well.*
2. *Spread batter in a 9x13-inch pan coated with non-stick cooking spray. Bake at 325°F for 40 minutes or when toothpick inserted comes clean. Cool cake 20 minutes.*

Comments:

You can replace 1/3 cup sugar with Splenda and add 1 tsp baking powder.

Nutritional Summary

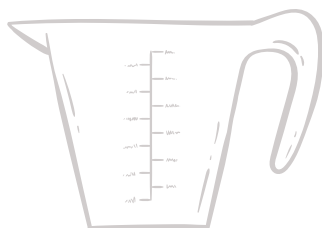
Calories (kCal): 265.3

Fat (g): 0.5

Cholesterol (mg): 0.0

Protein (g): 4.7

Carbohydrate (g): 62.3



BREAD PUDDING

Submitted by: Irene Krause

Servings: 6

Prep Time: 20 min.

Cook Time: 50 min.

Ingredients:

4 cups cinnamon-raisin bread,
slightly stale, cubed
1 cup Granny Smith apples,
peeled, chopped
1/2 cup brown sugar, packed
2 eggs

1 cup evaporated milk, 2%
1/2 cup skim milk
1 1/2 tsp vanilla
1/4 tsp ground cinnamon
1/8 tsp ground nutmeg

Instructions:

1. Preheat oven to 350°F. Spray 8x8-inch baking pan with non-stick spray.
2. Toss bread cubes and apples together in a large bowl. In a separate bowl, whisk together brown sugar and eggs. Add evaporated milk, skim milk, vanilla, cinnamon, and nutmeg; whisk again.
3. Pour egg-milk mixture over bread cubes and apples; stir well. Let bread absorb liquid (let stand 5 minutes) and transfer mixture to baking pan. Make sure apples are evenly distributed throughout pan.
4. Bake for 50 minutes, until bread is a deep golden brown and puffed up. A knife inserted in the center should come out clean. Slice into 6 squares. Serve warm.

Nutritional Summary

Calories (kCal): 231.0

Fat (g): 4.3

Cholesterol (mg): 76.0

Protein (g): 8.1

Carbohydrate (g): 42.0



CHOCOLATE FUDGE

Submitted by: Kathy Grant

Servings: 8

Prep Time: 30 min.

Cool Time: 60 min.

Ingredients:

12 1/2 oz chocolate, bitter or baking

2 cups white sugar

2/3 cup evaporated milk

1 tsp vanilla

12 marshmallows

1/2 cup butter

Instructions:

1. Cook all ingredients with a dash of salt, except chocolate chips and vanilla, stirring over medium heat until mixture comes to a boil.
2. Boil 5 minutes. Remove from heat, add chocolate chips and vanilla. Pour in an 8x8-inch pan. Cool and cut into squares.

Comments:

Adding walnuts is optional.

Eat with caution. - Karen

Nutritional Summary

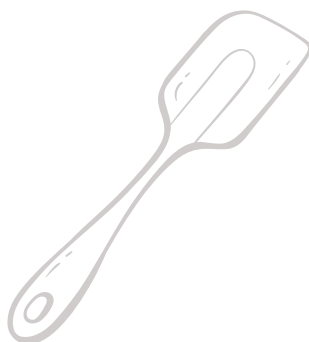
Calories (kCal): 579.0

Fat (g): 36.3

Cholesterol (mg): 37.4

Protein (g): 6.5

Carbohydrate (g): 73.1



FAT-FREE PUMPKIN PIE FILLING

Submitted by: Irene Krause

Servings: 6

Prep Time: 20 min.

Cook Time: 50 min.

Ingredients:

4 egg whites

28 oz pumpkin

2 tsp pumpkin pie spice

1 cup brown sugar

1/2 cup white sugar

1 ¼ cups evaporated, skim milk

Instructions:

1. *Mix ingredients with a wire whisk. Pour filling in a 9-inch unbaked home made or frozen deep-dish pie shell.*
2. *Bake at 425°F for 15 minutes. Reduce heat to 350°F, continue baking for approximately 60 minutes or until knife inserted into the centre comes out clean.*

Comments:

Please note the shell is not included in the analysis. Spice and dish with love, and it will please ever palate.

Nutritional Summary

Calories (kCal): 274.5

Fat (g): 0.6

Cholesterol (mg): 1.9

Protein (g): 7.8

Carbohydrate (g): 62.6



LEMON LOAF

Submitted by: **Connie Dixon**

Servings: 6

Prep Time: 15 min.

Cook Time: 60 min.

Ingredients:

1 cup white sugar
1/4 cup applesauce,
canned, unsweetened
2 egg whites
2 tbsp yogurt, plain, low-fat
1/2 cup skim milk
1 1/2 cups flour

1 tsp baking powder
rind of 1 lemon

Icing:

1/4 cup white sugar
juice of 1 lemon

Instructions:

1. Cream sugar and applesauce, add egg whites and yogurt and mix thoroughly. Slowly add milk and mix well.
2. Combine flour and baking powder and add to above ingredients. Add lemon rind.
3. Line a loaf pan with foil and grease lightly. Bake at 350°F for 1 hour. Combine 1/4 cup sugar and juice of lemon and drizzle over cake while still warm.

Nutritional Summary

Calories (kCal): 304.0
Fat (g): 1.3
Cholesterol (mg): 36.6
Protein (g): 5.5
Carbohydrate (g): 69.8



LEMON MERINGUE CAKE WITH STRAWBERRIES

Submitted by: Eileen Kennedy

Servings: 9

Prep Time: 40 min.

Cook Time: 40 min.

Ingredients:

2 cups strawberries, sliced	1 ½ tsp baking powder
1 ¾ cups white sugar	1 tsp vanilla extract
1 ¼ cups flour	¼ tsp salt
¼ cup margarine, softened	4 egg whites
½ cup skim milk	1 ½ tsp lemon peel, grated

Instructions:

1. *Mix strawberries and ¼ cup of sugar. Cover and refrigerate until serving time.*
2. *Heat oven to 350°F. Spray a 9x9x2-inch square pan with non-stick cooking spray.*
3. *Beat flour, 1 cup sugar, softened margarine, milk, baking powder, lemon peel, vanilla, salt, and 2 egg whites in a large bowl with electric mixer on low speed for 30 seconds, scraping constantly. Beat on high speed 2 minutes, scraping bowl occasionally. Pour into pan.*
4. *Bake 25-30 minutes or until toothpick inserted comes out clean. Increase oven temperature to 400°F.*
5. *Beat 2 egg whites in a medium bowl until foamy. Beat in ½ cup sugar, 1 teaspoon at a time. Continue beating until stiff and glossy. Spread over cake and bake 8-10 minutes or until meringue is light brown.*
6. *Cool completely. Top each serving with strawberries.*

Comments:

This lemon meringue cake looks good and tastes good with a mixture of fresh fruit; i.e., kiwi, blueberries, or raspberries. I put fruit on an hour prior to serving. Much enjoyed by my family and friends.

Nutritional Summary

Calories (kCal): 279.5

Fat (g): 5.1

Cholesterol (mg): 0.2

Protein (g): 4.1

Carbohydrate (g): 5.2

LIGHT OATMEAL COOKIES

Submitted by: A Friend of Heart Niagara

Servings: 18 cookies Prep Time: 20 min.

Cook Time: 10 min.

Ingredients:

3/4 cup flour, unbleached

1/4 cup brown sugar

1/2 tsp cinnamon

1/4 tsp baking powder

2 egg whites

1 tsp vanilla

1 cup rolled oats

1/2 cup walnuts, chopped

1/4 cup raisins

1/4 cup peanut oil

Instructions:

1. *With non-stick cooking spray, lightly spray 2 baking sheets. Preheat oven to 375°F.*
2. *Combine flour, sugar, cinnamon, and baking powder in a large bowl and mix. Add oil, egg whites, and vanilla and mix until well-combined. Stir in rolled oats, walnuts, and raisins.*
3. *Drop by tablespoon onto baking sheets, 2 inches apart. Flatten with a fork.*
4. *Bake for 10 minutes or until lightly browned. Turn out on wire racks to cool and store in an airtight container.*

Nutritional Summary

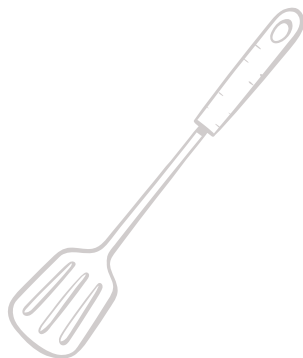
Calories (kCal): 48.9

Fat (g): 5.6

Cholesterol (mg): 0.0

Protein (g): 3.3

Carbohydrate (g): 14.4



LOW-FAT CHOCOLATE CAKE

Submitted by: Kim Craiton

Servings: 12

Prep Time: 20 min.

Cook Time: 30 min.

Ingredients:

3 tbsp soya margarine	1/4 tsp salt
1/2 cup white sugar	1 tsp baking soda
1 egg	1 tsp baking powder
1 1/4 cups buttermilk, non-fat	1 1/2 cups whole wheat flour
1/4 cup cocoa, unsweetened	

Instructions:

1. Preheat oven to 375°F. Coat 8-inch round cake pan with low-fat cooking spray.
2. Mix margarine and sugar in electric mixer. Add in egg. Stir in low-fat buttermilk.
3. In a separate bowl, combine cocoa, salt, baking soda, baking powder, and flour and mix well. Combine dry with cream mixture, stir until thoroughly moistened.
4. Pour batter into pan and bake for 25-35 minutes. Remove from pan and cool on a rack.

Comments:

Oat bran can be used in replacement of whole wheat flour.

Nutritional Summary

Calories (kCal): 165.2

Fat (g): 4.3

Cholesterol (mg): 26.6

Protein (g): 7.3

Carbohydrate (g): 26.4

MA'S PUMPKIN ICE CREAM PIE

Submitted by: Jenny Pasco

Servings: 8

Prep Time: 15 min.

Chill Time: 8 hrs.

Ingredients:

1 - 9-inch pie shell, cooked	1/4 tsp ginger
1 can pumpkin pie filling	1/4 tsp nutmeg
1 cup brown sugar	7 cups vanilla ice cream, low-fat
1/4 tsp cinnamon	

Instructions:

1. *In a large bowl, combine pumpkin, sugar, cinnamon, ginger, and nutmeg. Allow 5 1/4 cups of ice cream to soften, and stir into pumpkin mixture. Mix well. Do not use an electric mixer.*
2. *Cut remaining ice cream into small cubes. Place half the cubes randomly on the bottom of the pie shell. Pour in pumpkin mixture and randomly place the remaining ice cream on top of the pie.*
3. *Place in freezer overnight.*

Nutritional Summary

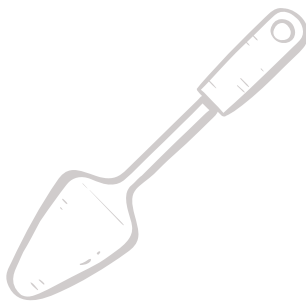
Calories (kCal): 502.7

Fat (g): 22.9

Cholesterol (mg): 62.8

Protein (g): 7.2

Carbohydrate (g): 70.7



NO-BAKE CHEESECAKE

Submitted by: Dorothy Vallide

Servings: 12

Prep Time: 25 min.

Chill Time: 3 hrs.

Ingredients:

- 8 oz pineapple, crushed, with juice
- 1 pkg gelatin, unflavoured
- 1/2 cup boiling water
- 16 oz skim milk ricotta cheese
- 1 tsp vanilla extract
- 4 pkgs artificial sweetener

Instructions:

1. *Drain juice from pineapple into blender, sprinkle gelatin over juice and let stand for 5 minutes to soften. Add boiling water, blend mixture at high speed to dissolve gelatin.*
2. *Add skim milk ricotta cheese, sweetener, and vanilla extract. Blend at high speed for 2 minutes, until smooth.*
3. *Pour into spring form pan, or 9-inch pie plate. Chill until set, about 2-3 hours.*

Comments:

This mixture may be poured into a 9-inch graham cracker pie shell (made with suitable margarine).

Nutritional Summary

Calories (kCal): 66.7

Fat (g): 3.0

Cholesterol (mg): 11.6

Protein (g): 4.9

Carbohydrate (g): 5.0

NO-BAKE STRAWBERRY PIE

Submitted by: Bruno Mazur

Servings: 6

Prep Time: 15 min.

Chill Time: 3 hrs.

Ingredients:

1 baked 9-inch pie crust	4 cups strawberries, sliced
3/4 cup white sugar	2 tbsp whipped cream
3 tbsp cornstarch	(optional)
1 ½ cups water	pinch of salt
1 - 3oz pkg strawberry gelatin	

Instructions:

1. *In a saucepan, combine sugar, cornstarch, and a pinch of salt. Gradually add water, stirring well.*
2. *Cook over medium heat, stirring constantly until thick and clear, about 5 minutes. Remove saucepan from heat and add gelatin powder and stir until dissolved, about 3 minutes. Set aside to cool and thicken.*
3. *Place sliced strawberries in pie shell. Spoon gelatin mixture over berries and refrigerate until firm, about 2-3 hours.*
4. *Garnish with whipped cream (or Cool Whip) and extra berries.*

Comments:

A quick, hassle-free, delicious dessert or snack.

Nutritional Summary

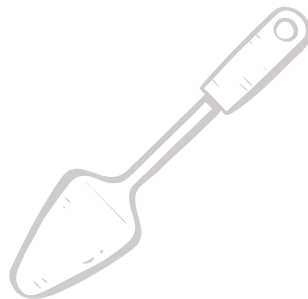
Calories (kCal): 346.5

Fat (g): 10.7

Cholesterol (mg): 1.0

Protein (g): 3.8

Carbohydrate (g): 61.1



ORANGE SPONGE CAKE

Submitted by: Angela Alfieri-Maiolo

Servings: 8

Prep Time: 20 min.

Cook Time: 50 min.

Ingredients:

4 eggs, separated,
room temperature
2 tsp icing sugar
3/4 cup white sugar
1 tbsp orange rind

1/2 cup orange juice
1 cup flour
1 tsp baking powder
pinch of salt

Instructions:

1. *Separate eggs; in mixing bowl, beat together egg yolks, sugar, grated orange rind, and juice until light in colour. Add flour and baking powder, beat until combined.*
2. *In a separate bowl, beat egg whites and a pinch of salt until stiff peaks form. Mix small amount of whites into yolk mixture, then fold mixture into whites.*
3. *Pour batter into ungreased 10 (4L) tube pan with removable bottom. Bake at 325°F for 45 minutes until golden brown and cake springs back when lightly touched.*
4. *Invert and let hang to cool completely before removing from pan. Sift icing sugar over top.*

Comments:

To make a larger cake, double the recipe and bake for 55 minutes.

Nutritional Summary

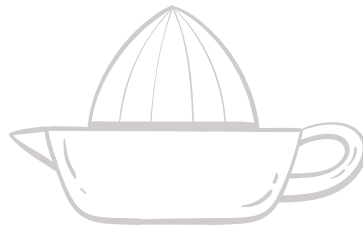
Calories (kCal): 147.1

Fat (g): 0.2

Cholesterol (mg): 72.0

Protein (g): 3.5

Carbohydrate (g): 33.1



ORANGES WITH GINGER

Submitted by: F. Gillian Richards

Servings: 4

Prep Time: 10 min.

Chill Time: 60 min.

Ingredients:

3 ½ oz ginger root, crystallized

4 oranges (must be top quality; fresh and juicy)

Instructions:

1. *Oranges must be top quality; juicy and fresh. Cut heaped tablespoon of ginger with scissors into small pieces.*
2. *Peel oranges, remove all pith, divide into segments, and remove skin. Chill well.*
3. *Immediately before serving, stir ginger into orange segments.*

Comments:

You may add a slurp of your favourite liqueur. Elegant, exotic dish. Very simple. A great favourite at a dinner party.

Nutritional Summary

Calories (kCal): 149.4

Fat (g): 0.2

Cholesterol (mg): 0.0

Protein (g): 1.5

Carbohydrate (g): 38.1

PEACH COBBLER TARTS

WITH ICE WINE

Submitted by: Michael Dietsch

Servings: 6

Prep Time: 15 min.

Cook Time: 60 min.

Ingredients:

3 tbsp lemon juice

4 peaches, peeled

2 ¼ cups white sugar

4 ½ tbsp flour

6 tart shells, unbaked

1 sheet of pastry to crisscross

Instructions:

1. Preheat oven to 375°F. In a large bowl, slice peaches. Add lemon juice and stir. Add sugar and flour; stir.
2. Spoon into 6 tart shells. Cut pastry sheet into strips and crisscross over top of tarts.
3. Bake for approximately 1 hour.

Comments:

Recommended wine: Pillitteri Estates Ice Wine or select late harvest vidal.

Nutritional Summary

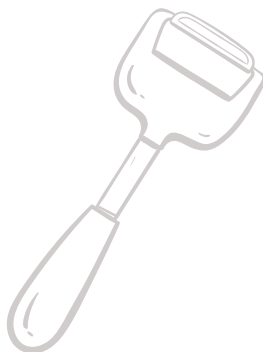
Calories (kCal): 635.2

Fat (g): 20.2

Cholesterol (mg): 0.0

Protein (g): 4.7

Carbohydrate (g): 112.0



PINA COLADA

Submitted by: Kim Craitor

Servings: 2

Prep Time: 10 min.

Ingredients:

3/4 cup pineapple, unsweetened

3/4 cup yogurt, plain, non-fat

1/4 cup skim milk

1/2 cup ice cubes

1 pkg non-nutritive sweetener

Instructions:

1. *Combine pineapple, low-fat yogurt, skim milk, ice cubes, coconut extract, one packet of non-nutritive sweetener together in blender and puree until smooth. Garnish with sprigs of fresh mint.*

Comments

Kim, thanks for sharing this 10-minute vacation with us. - Karen

Nutritional Summary

Calories (kCal): 179.5

Fat (g): 1.6

Cholesterol (mg): 6.2

Protein (g): 6.4

Carbohydrate (g): 36.4

PINEAPPLE BREAD

Submitted by: Brenda Zadoroznij

Servings: 6

Prep Time: 15 min.

Cook Time: 60 min.

Ingredients:

1 cup flour

1 cup whole wheat flour

1/2 cup white sugar

1 tsp baking soda

1 cup raisins

1 large egg

1 tsp vanilla extract

2 tbsp canola oil

1 cup pineapple, crushed,
undrained

pinch of salt

Instructions:

1. Grease and flour loaf pan. Mix together flour, sugar, pinch of salt, soda, and raisins.
2. In separate bowl, mix together beaten egg, vanilla, oil, and crushed pineapple. Add chopped nuts if you desire. Blend two mixtures.
3. Spoon into loaf pan. Cook in oven at 350°F for approximately 1 hour.

Comments:

If mixture appears a little dry add more pineapple juice; apple juice can be used too if you do not have pineapple.

Nutritional Summary

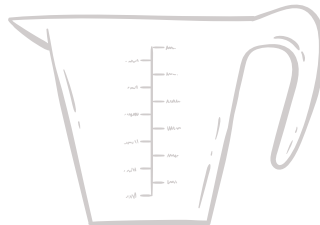
Calories (kCal): 362.3

Fat (g): 6.1

Cholesterol (mg): 35.9

Protein (g): 7.0

Carbohydrate (g): 73.4



QUARK CHEESECAKE

Submitted by: Ellen Wodchis

Servings: 6

Prep Time: 30 min.

Cook Time: 10 min.

Ingredients:

1 cup vanilla wafers
2 tbsp butter
2 tbsp white sugar

Filling:

1 6oz pkg lemon
gelatin powder
1 cup boiling water
3 eggs, separated
17 ½ oz quark
2 tsp vanilla
1/2 cup white sugar

Instructions:

1. Blend vanilla wafer crumbs, melted butter, and sugar together and press evenly in a 10-inch spring form, bake at 350°F for 10 minutes. Set aside to cool.
2. Dissolve gelatin in boiling water, beat egg yolks slightly, add part of gelatin to egg yolks, return to rest of gelatin, stirring until mixture thickens.
3. In a large bowl, blend together quark, vanilla, and gelatin mixture and place in freezer until thickened (10 minutes).
4. Beat egg whites, add sugar slowly until meringue is stiff, fold into quark mixture, pour in crust.
5. Chill 4 hours; better overnight.

Comments:

Fresh or thawed frozen fruit make a great topping. Quark is a fresh, smooth cultured cheese with its origins in northern and eastern Europe. Described as a smooth, creamy cottage cheese, with more tang. Quark is similar to cream cheese except it has 7% m.f. compared to 30% m.f. in cream cheese.

Nutritional Summary

Calories (kCal): 327.4

Fat (g): 8.7

Cholesterol (mg): 126.4

Protein (g): 16.9

Carbohydrate (g): 46.0

SHORTBREAD COOKIES

Submitted by: Kathy Grant

Prep Time: 15 min. Cook Time: 10 min.

Ingredients:

- 1 lb butter
- 2 eggs
- 1 cup icing sugar
- 4 cups flour

Instructions:

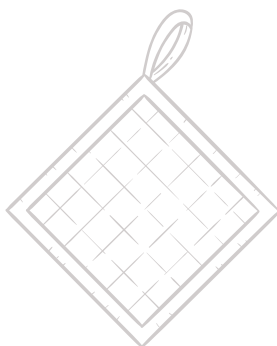
1. Preheat oven to 400°F. Have butter at room temperature before blending ingredients until creamy.
2. Roll out on floured surface and cut into any shape desired.

Comments:

Well Kathy, there was no serving number for this recipe, giving me the opportunity to show exactly how much fat and cholesterol affect what we eat. Shortbread will remain as a holiday staple, and I've heard your recipe is superb. Remember, balance and moderation are the key to good heart health, so I guess this recipe should have a warning label. After one cookie, eat at your own risk. - Karen

For Your Information

- 1lb butter:
Fat (g): 367.9
Cholesterol (mg): 992.9
- 2 eggs:
Fat (g): 10.0
Cholesterol (mg): 431.0
- 4 cups flour:
Fat (g): 4.9
Cholesterol (mg): 0.0



STRAWBERRY RHUBARB CRUMBLE

Submitted by: Sheila

Servings: 4

Prep Time: 30 min.

Cook Time: 50 min.

Ingredients:

2 oz apricot, dried (about 6)	1/8 tsp ground ginger
1/2 cup cold water	1/8 tsp freshly grated nutmeg
1/4 cup boiling water	1 lb fresh rhubarb, firm
1/2 cup flour	12 oz strawberries, hulled
1/4 cup brown sugar, packed	1/3 cup white sugar
1/4 cup white sugar	3 tbsp flour
1/4 tsp salt	1/2 tsp lemon rind

Instructions:

1. *Preheat oven to 400°F. For the crumble, combine the dried apricots and cold water in a small saucepan and bring to a boil over medium heat. Cover, reduce to low, and simmer for 20 minutes. Remove from heat and pour in a food processor or blender.*
2. *Add the boiling water and puree until smooth. You should have about 3 tablespoons of apricot puree. Combine the remaining dry ingredients in a bowl and mix thoroughly. Add the apricot puree and mix with a fork to the texture of a coarse meal. Set aside.*
3. *For the filling, trim the rhubarb and cut into 1/4-inch chunks. Put the chunks into a 1-quart casserole or 8x8-inch non-stick baking pan. Cut the strawberries in half and add to the rhubarb. Add the sugar, flour, and 1/2 teaspoon grated lemon rind and mix thoroughly with a spatula.*
4. *Sprinkle the crumble over the fruit filling and bake for 25-30 minutes until the top is browned and the edges are bubbly. Remove from oven and let sit for 10 minutes before serving.*

Nutritional Summary

Calories (kCal): 314.6

Fat (g): 0.8

Cholesterol (mg): 0.0

Protein (g): 4.3

Carbohydrate (g): 75.8



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