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## *Recipes*



### ***Apple, Walnut, Raisin Salad***

2 red apples, cored and chopped  
1 green apple, cored and chopped  
3/4 cup celery, sliced

1/3 cup raisins  
1/4 cup chopped walnuts  
6 oz. light, fat-free vanilla yogurt

Combine all ingredients and stir together. Makes about 8 1/2-cup servings. Each serving = 1 fruit + 1/2 fat exchange and 15 grams carbohydrate.

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### ***Broccoli Slaw***

1/2 cup light mayonnaise  
1 Tbsp. nonfat milk  
1 Tbsp. balsamic vinegar

1 package Equal sweetener  
1 (12 oz.) package broccoli slaw mix  
2 Tbsp. raisins

Mix first four ingredients together in a large bowl with a whisk. Toss together with broccoli slaw mix. Stir in raisins. Refrigerate. Makes 8 servings (approximately 1/2 cup). Exchanges = 1 vegetable, 1 fat and 5 grams carbohydrate.

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### ***Carrot Raisin Salad***

2 cups shredded carrots  
1/2 cup seedless raisins  
2 tsp. lemon juice

1/2 cup plain yogurt  
Nonnutritive sweetener as desired  
(such as Splenda or Equal)

Combine all ingredients. Cover and chill at least 2 hours. Serves 6. Each serving (about 1/2 cup) = 1 vegetable, 1/2 fruit exchange and 15 grams carbohydrate.

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### ***Marinated Flank Steak***

1/3 cup "Lite" teriyaki sauce	1 tsp. minced garlic
1/3 cup olive oil	1 Tbsp. minced shallots
2 Tbsp. honey	1 tsp. chopped fresh ginger
1 Tbsp. red wine vinegar	1 lb. flank steak

Combine ingredients for marinade and put in large ziplock bag. Add flank steak; place bag on plate and refrigerate for 12-24 hours. Remove flank steak from marinade and drain. Place on medium heat on outdoor grill for about 8 minutes on each side or until desired doneness. Serves 4. Each serving = 3 medium-fat meat exchanges.

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### ***Rice and Barley Pilaf***

2 cups low-sodium chicken broth	1/2 cup chopped carrots
3/4 cup brown rice	6 oz. fresh, sliced shitake mushrooms
1/4 cup pearl barley	1 tsp. olive oil
1 clove garlic	Salt and pepper to taste (optional)

Heat chicken broth in large saucepan on high heat just until boiling. Add brown rice, barley, and garlic. Cover, reduce temperature and simmer. Set timer for 45 minutes. Meanwhile, saute mushrooms in olive oil in large skillet on medium high until lightly browned. Add carrots and mushrooms to rice/barley mixture for remaining 20 minutes. Serves 6. Each serving (about 1/2 cup) = 1 1/2 starch, 1/2 fat and 24 grams carbohydrate.

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### ***Spinach Ricotta Manicotti***

1 (10-oz.) package frozen chopped spinach, thawed, drained, and squeezed dry	1/2 cup grated Parmesan cheese
1 egg, slightly beaten	1/8 tsp. grated nutmeg
1 (15-oz.) container fat-free ricotta cheese	1 26-oz. jar tomato-basil pasta sauce
1/2 cup shredded Mozzarella cheese	1 8-oz. package Manicotti
	Cooking spray
	1 cup water

Preheat oven to 375°. Mix together spinach, egg, cheeses, and nutmeg in a medium sized bowl. Coat a 9x13 inch baking dish with cooking spray. Spread 1/2 jar of pasta sauce in bottom of dish. Fill each of 14 uncooked Manicotti with spinach-cheese mixture. Arrange in a single layer over sauce and cover with remaining 1/2 jar of sauce. Pour 1 cup water into dish. Cover tightly with foil. Bake for 1 hour. Let stand 10 minutes before serving. Each serving (2 Manicotti)

= 2 starch, 1 vegetable, and 2 very lean meat exchanges and 36 grams carbohydrate.

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### **Summer Fruit Parfait**

2 cups sliced strawberries	1/2 cup low-fat granola
1 cup blueberries	2 Tbsp. chopped pecans
12 oz. "lite" vanilla yogurt	

Mix berries together in a medium-sized bowl. Spoon 1/4 of yogurt into each of 4 parfait glasses. Top each with 1/3 cup fruit. Repeat. Top each with 2 Tbsp. granola and 1 1/2 tsp. pecans. Serves 4. 1 Serving = 1 starch, 1 fruit, 1/2 fat exchange and 31 grams carbohydrate.

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### **Whole Grain French Toast**

4 slices whole bread	1 tsp. Splenda® granular
1 egg white	Dash of vanilla extract
1/4 cup egg substitute (or 1 egg)	Non-stick cooking spray
1/3 cup nonfat milk	Powdered sugar
1/2 tsp. cinnamon	

In a large bowl, lightly beat egg white and egg substitute. Stir in milk, cinnamon, sugar, or Splenda, and vanilla. Dip both sides of each slice of bread into batter. Lightly spray non-stick griddle pan with cooking spray. Add several bread slices and cook over medium heat until lightly browned; turn each and brown other side. Dust lightly with powdered sugar. Garnish with a few blueberries. Serves 4. One slice = 1 starch exchange or 18 grams carbohydrate.

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