

## Phase II Recipes

### **Crispy Buttermilk-Dipped "Fried" Chicken**

#### **Fried Chicken:**

1/2 cup low-fat buttermilk  
2 teaspoons of Frank's Red Hot  
1/2 teaspoon of salt  
8 small skinless chicken drumsticks (1 1/2 pounds)  
2 cups of whole wheat breadcrumbs

#### **Blue cheese dip:**

1 teaspoon of cornstarch  
1/2 cup 1% milk  
2 ounces fat-free cream cheese  
3 tablespoons crumbled blue cheese

Combine buttermilk, hot sauce, and salt in a large ziplock bag; add chicken seal, and toss to coat. Chill for 1 hour or overnight.

Heat oven to 425 F. In another food-storage bag, combine breadcrumbs. Add chicken legs one at a time and toss well to coat. Arrange chicken in a single layer on a baking sheet lined with parchment paper or foil. Coat chicken lightly with cooking spray. Bake 30-35 minutes or until golden and crisp, turning after 20 minutes. Meanwhile, in a small saucepan, whisk together cornstarch and milk until dissolved; over high heat, bring to a boil, whisking constantly and cook 1 minute. Reduce heat to low and stir in cheeses until smooth. Let cool. Serve with chicken.

Serves 4

Phase II ingredients: 5

### **Quick and Easy Chicken Wraps**

1 cup nonfat plain yogurt  
1/2 teaspoon jarred minced garlic  
1/2 cup loosely packed, roughly chopped herbs (cilantro or mint)  
Salt and pepper to taste  
3 cups diced, fully cooked chicken breast  
4 large whole-wheat tortillas  
3-5 pre-washed lettuce slices (large enough to cover tortilla surface)

In a medium bowl, combine yogurt, garlic, and herbs. Stir until well-blended. Salt and pepper to taste. Add chicken and stir until well coated. Place lettuce slices and 1/4 of chicken mixture on a tortilla and wrap up.

Serves 4

Phase II ingredients: 2

### **Stuffed Chicken**

1/2 cup chopped onion  
1/2 cup chopped fresh mushrooms  
1 garlic clove, minced  
1 tablespoon olive or canola oil  
1/2 teaspoon dried oregano  
1/2 teaspoon salt  
1/4 teaspoon pepper  
6 boneless skinless chicken breast halves (1-1/2 pounds)  
1/2 cup dry whole wheat bread crumbs  
3 tablespoons grated parmesan cheese  
1/2 teaspoon paprika  
1/4 cup egg substitute  
1 tablespoon water  
2 tablespoons of SmartSpread or I Can't Believe It's Not Butter

In a skillet, sauté onion, mushrooms, and garlic in oil until tender. Stir in seasonings. Flatten chicken to 1/4-inch thickness. Spread mixture down the center of each chicken breast. Fold one side over filling and roll up tightly; secure with toothpick. In a shallow bowl, combine bread crumbs, parmesan cheese and paprika. In another bowl, combine egg mixture, then roll in crumb mixture. Place, seam side down, in baking pan coated with spray. Drizzle with butter. Bake, uncovered, at 350 for 20-25 minutes.

Serves 6

### **Lemon Chicken Tacos**

1 pound boneless skinless chicken breasts, cut into 1/2-inch cubes  
2 tablespoons plus 1 teaspoon lemon juice, divided  
1 large onion, sliced  
1 green onion, sliced  
2 garlic cloves, minced  
2 teaspoons olive or canola oil  
1/2 teaspoon of ground cumin  
1/2 teaspoon of salt  
1/4 teaspoon pepper  
2 plum tomatoes, seeded and chopped  
1/4 cup minced fresh cilantro or parsley  
8 whole wheat tortillas (8 inches), warmed  
1 cup shredded lettuce  
1/2 cup salsa

Place chicken in a large resealable plastic bag, add 2 tablespoons lemon juice. Seal bag and turn to coat; refrigerate for 1-2 hours.

In a nonstick skillet, sauté the onions and garlic in oil until tender. Add the chicken, cumin, salt, and pepper. Cook and stir for 4 minutes or until juices run clear. Remove from the heat; stir in tomatoes, cilantro, and remaining lemon juice. Spoon onto tortillas, top with lettuce. Serve with salsa.

Serves 4

### **Saucy Chicken Bake**

1 tablespoon cornstarch  
6 tablespoons cold water  
1 tablespoon canola oil  
4 skinless, boneless chicken breasts  
1 clove garlic, minced  
1/4 teaspoon black pepper  
2/3 cup white wine or chicken broth  
1/2 cup sliced mushrooms  
1/4 cup sliced green onion  
1/2 teaspoon dried thyme  
1/2 teaspoon paprika

Preheat oven to 350 F. In a small bowl, combine cornstarch and cold water. Mix well.

In a large skillet, heat oil over medium-high heat. Add chicken; cook, turning once, until golden, about 6 minutes. Add garlic and pepper; cook for 1 minute. Place chicken in a 13x19-inch baking dish.

Add wine, mushrooms, green onion, thyme, and paprika to skillet. Cook over high heat, stirring, until liquid is reduced by half, about 5 minutes.

Add cornstarch mixture to skillet. Cook, stirring constantly, until thickened, about 3 minutes. Pour sauce over chicken in dish. Cover with the foil and bake until chicken is cooked through, about 15 minutes. Serve immediately.

Serves 4

Phase II ingredients: 1 (cornstarch)

### **Chicken Salad with Roasted Red Peppers**

4 skinless, boneless chicken breast halves  
1/2 cup mayo  
1/2 cup minced roasted red peppers (water-packed)  
2 teaspoons of dijon mustard  
Salt and black pepper to taste  
4 whole-wheat or stone-ground pita pockets, split  
4 red lettuce leaves, halved

Place chicken breast halves in a medium saucepan and add enough water to cover. Bring to a boil over high heat. Reduce heat to medium; simmer 8-10 minutes, until chicken is cooked through. Drain. When cool enough to handle, cut cooked chicken breast halves into 1-inch cubes.

Meanwhile, in a medium bowl, combine mayo, peppers, and mustard. Add chicken; toss to coat. Add salt and pepper to taste. Line pita pockets with lettuce, spoon in chicken salad and serve.

Serves 4 Phase II ingredients: 1 (pita pockets)

## **Chicken Tostadas**

1/4 cup fresh lime juice  
1 tablespoon fresh cilantro  
4 skinless, boneless chicken breasts (4 ounces each), sliced into thin strips  
1 medium yellow onion, chopped (about 1 cup)  
1 medium green bell pepper, chopped (about 1 cup)  
1 can (14.5 ounces) Italian plum tomatoes  
4 whole-wheat tortillas  
1/2 head lettuce, shredded  
1/4 cup shredded reduced-fat Monterey Jack cheese  
1/2 cup sour cream  
1/4 cup shredded reduced-fat cheddar cheese

In a shallow bowl, combine lime juice and cilantro. Mix well. Add chicken and toss to coat.

Spray a large skillet with cooking spray. Add onion and green pepper to skillet. Cook, stirring, over medium heat until soft, about 2 minutes. Stir in chicken mixture and tomatoes with liquid. Reduce heat to low; simmer for 20 minutes.

Line tortillas with lettuce. Spoon chicken mixture over lettuce. Top with sour cream. Sprinkle with cheese.

Serves 4

Phase II ingredients: 1 (tortillas)

## **Spicy Chicken Patties**

2 cups cooked shredded chicken  
2/3 cups whole-wheat bread crumbs  
1 large egg, lightly beaten  
1 egg white  
1 small yellow onion, minced (about 1/2 cup)  
1 medium celery stalk, chopped  
2 tablespoons low-sugar chili sauce  
1 tablespoon pickapepper sauce  
1 tablespoon hot red pepper sauce  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper

In a medium bowl, combine chicken, bread crumbs, egg, egg white, onion, celery, chili sauce, pickapepper sauce, red pepper sauce, salt, and pepper. Mix well.

Shape chicken mixture into 7 small patties. Place patties on a baking sheet; cover with plastic wrap and chill for 30 minutes.

Spray a large skillet with cooking spray. Cook patties over medium heat, turning once, until golden brown, about 10 minutes. Serve immediately.

Makes 7 patties Phase II ingredients: 1 (breadcrumbs)

- 1/2 cup low-fat buttermilk
- 2 teaspoons dijon-style mustard
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 4 skinless, boneless chicken breasts
- 1 cup whole-wheat bread crumbs
- 3 tablespoons chopped fresh parsley
- 2 tablespoons grated parmesan cheese
- 1 teaspoon paprika
- 1 teaspoon dried basil
- 1/2 teaspoon dried tarragon
- 1/2 teaspoon dried thyme
- 2 tablespoons SmartSpread, melted

While chicken is marinating, preheat oven to 375. Line a baking sheet with foil and spray with cooking spray.

Remove chicken from marinade. Dredge chicken in bread crumb mixture; pat crumbs to adhere. Place on prepared baking sheet. Discard marinade in dish.

Serves 4  
Phase II ingredients: 2 (buttermilk and breadcrumbs)

## Chicken with Snow Peas

1 cup brown rice  
4 skinless boneless chicken breasts, cut into 1-inch strips  
1/4 cup low-sugar teriyaki sauce  
1 cup chicken broth, divided  
1 tablespoon cornstarch  
1 tablespoon canola oil  
1 cup sliced leeks (white parts only) or green onions, cut into 2-inch pieces  
2 cups snow peas, trimmed  
2 cups sliced mushrooms

Cook rice according to package.

While rice is cooking, in a shallow glass dish, combine chicken and teriyaki sauce. Mix well. Cover dish with plastic wrap; refrigerate for 15 minutes.

In a small bowl, combine 2 tablespoons chicken broth and cornstarch. Mix well and set aside.

In a wok or skillet, heat oil over medium heat. Remove chicken from marinade and add to skillet. Discard marinade in dish. Add leeks to skillet and cook, stirring frequently, for 6 minutes. Stir in snow peas, mushrooms, and remaining chicken broth. Cook, covered, for 2 minutes.

Stir reserved cornstarch mixture into skillet. Cook, stirring constantly, until sauce thickens, about 2 minutes. Spoon rice onto serving plates, top with chicken mixture. Serve immediately.

Serves 4

Phase II ingredients: 2 (cornstarch and rice)

## **Cheese-Stuffed Chicken**

4 skinless boneless chicken breasts  
1 tablespoon of olive oil  
1/2 cup shredded mozzarella part-skim

For the Stuffing:

4 tablespoons chopped fresh basil, divided  
2 tablespoons of nonfat cream cheese, softened  
2 tablespoons grated Romano cheese  
1 tablespoon fresh lemon juice  
1 clove garlic, minced  
1/8 teaspoon black pepper

Preheat oven to 450 F. Spray a baking dish with cooking spray. Set aside.

To prepare filling, in a small bowl, combine 3 tablespoons basil, cream cheese, Romano, cheese, lemon juice, garlic, and pepper. Mix well.

Using a sharp knife, cut a deep horizontal pocket in each chicken breast. Spoon cream cheese mixture evenly into each pocket. Secure openings with toothpicks.

In a large skillet, heat oil over medium-high heat. Add chicken; cook, turning once, until browned, about 5 minutes.

Transfer chicken to prepared baking dish. Sprinkle with mozzarella and remaining basil. Cover baking dish with foil. Bake chicken until no longer pink, about 20 minutes. Transfer to a serving platter. Serve immediately.

Serves 4

Phase II ingredients: 1 (cream cheese)

## Creamy Herb Chicken

1 tablespoon canola oil  
4 skinless boneless chicken breasts

For the sauce:

- 1 medium yellow onion, chopped (about 1 cup)
- 3 cloves garlic, minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon black pepper
- 1/2 cup chicken broth
- 3 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh chives
- 1 cup low-fat plain yogurt

In a large skillet, heat oil over medium heat. Add chicken; cook, turning once, until no longer pink, about 6 minutes.

Remove chicken and place on a plate; cover with foil and keep warm.

For the sauce, add onion to skillet and cook, stirring frequently, until softened, about 3 minutes. Stir in garlic, cumin, and pepper. Cook for 1 minute.

Add broth, parsley, and chives to skillet; cook, stirring, until broth is reduced slightly, about 3 minutes.

Return chicken to skillet and cook until heated through, about 3 minutes. Using a slotted spatula, place chicken on individual serving plates.

Reduce heat to low. Whisk yogurt into skillet; cook, whisking constantly until sauce is heated through, about 30 seconds. Spoon yogurt sauce over chicken.

Serves 4

Phase II ingredients: 1 (yogurt)



## Grilled Chicken Kebabs

1/2 cup plain nonfat yogurt  
1 garlic clove, minced  
1 tablespoon grated fresh ginger or 1 teaspoon ground ginger  
2 teaspoons curry powder  
1 teaspoon sugar substitute  
1/2 teaspoon salt  
1/8 teaspoon cayenne pepper  
4 skinless boneless chicken breasts, cut into 1-1/2-inch cubes  
2 tablespoons lime juice, divided

In a shallow glass dish, combine yogurt, garlic, ginger, curry powder, sugar substitute, salt, and cayenne pepper. Mix well. Add chicken to marinade; turn to coat. Cover dish with plastic wrap and refrigerate for 15 minutes.

Heat a charcoal grill or preheat broiler. Thread chicken onto 4 skewers. Discard marinade.

Place kebabs on grill rack or broiler pan. Brush kebabs with half of lime juice. Grill or broil kebabs 4 inches from heat, turning once, and brushing with remaining lime juice, until cooked through and no longer pink, about 6 minutes per side.

Place kebabs on grill rack or serving plates. Serve immediately.

Serves 4

Phase II ingredients: 1 (yogurt)

## **Lemon-Soy Chicken**

4 skinless boneless chicken breasts

For the marinade:

3/4 cup dry white wine or chicken broth

1/4 cup fresh lemon juice

2 tablespoons minced green onion

1 tablespoons soy sauce

1 clove garlic, minced

1/4 teaspoon ground ginger

1 teaspoon cornstarch

1 tablespoon water

Place chicken in a large self-sealing bag set in a large bowl. To prepare marinade, in a small bowl, combine wine, lemon juice, green onion, soy sauce, garlic, and ginger. Reserve 1/2 cup of marinade. Pour remainder over chicken. Close bag, pressing out any air. Refrigerate for 30 minutes.

Spray a large skillet with cooking spray. Add chicken to skillet. Discard marinade. Cook over medium heat, turning once, until golden, about 7 minutes. Add reserved marinade to skillet; bring to a boil; reduce heat to low.

Cook, covered, until chicken is no longer pink, about 20 minutes. Cut chicken into thin slices. Arrange on serving plates; cover with foil to keep warm.

Bring marinade to a boil again. In a small bowl, combine cornstarch and water. Add mixture to skillet; cook until thickened, about 1 minutes. Spoon over chicken.

Serves 4

Phase II ingredients: 1 (cornstarch)

## **Chicken-Apple Stuffed Pita**

1/4 cup plain lowfat yogurt

2 tablespoons mayo

2 cups chopped apples (golden delicious taste best)

1 tablespoon lime juice

1 pound skinless boneless chicken breast, cooked and diced

1 cup diced celery

3/4 cup chopped unsalted peanuts

8 lettuce leaves

4 large whole-wheat pitas, halved

Combine yogurt and mayo in a small bowl; set aside. Mix apples with lime juice in a large bowl; add chicken, celery, peanuts. Fold yogurt mixture into apple mixture. To serve, place 1 lettuce leaf in each pita and fill with chicken mixture and serve.

Serves 8

Phase II ingredients: 2 (apples and pita)

### Chicken Stroganoff

1 tablespoon olive oil  
1 medium yellow onion, chopped (about 1 cup)  
3 cups sliced mushrooms  
1 medium red bell pepper, chopped (about 1 cup)  
1/3 cup chicken broth  
12 ounces of whole-wheat egg noodles or other like pasta  
3 cups cooked cubed chicken  
1 cup nonfat sour cream  
1/4 teaspoon ground nutmeg  
1/8 teaspoon black pepper

In a large skillet, heat oil over medium heat, until hot, but not smoking. Add onion and cook, stirring constantly, for 5 minutes. Stir in mushrooms, bell pepper, and broth. Cook, stirring occasionally, until vegetables are tender and liquid has evaporated, about 6-8 minutes.

Cook noodles according to package.

Add chicken, sour cream, nutmeg, and black pepper to mixture in skillet. Cook, stirring frequently, until heated through and mixture thickens slightly, about 2 minutes.

Drain noodles in a colander and divide among bowls. Spoon chicken mixture over noodles and serve.

Serves 6

Phase II ingredients: 1 (pasta)

## **Cheesy Chicken Cutlets**

1 tablespoon plus 1 teaspoon fresh lemon juice- divided  
1/2 teaspoon grated lemon peel  
1/4 teaspoon freshly ground black pepper  
4 chicken cutlets  
1 egg white  
1/4 cup dry whole-wheat bread crumbs  
3 tablespoons grated parmesan  
3-1/2 cups mixed, torn greens  
2 plum tomatoes, thinly sliced (about 1 cup)  
3 tablespoons chopped fresh basil  
2 teaspoons olive oil

In a shallow glass dish, combine 1 tablespoon of lemon juice, lemon peel, and pepper. Add the chicken cutlets; turn to coat. Cover dish with plastic wrap and refrigerate for 30 minutes.

Preheat oven to 450 F. Line a baking sheet with foil and spray with cooking spray.

In a shallow bowl, lightly beat egg white. On a sheet of waxed paper, combine bread crumbs and parmesan. Mix well.

Dip each cutlet into the egg white, draining excess off, then dredge in crumbs, turning to coat. Place chicken on prepared baking sheet. Bake until crisp and golden, about 8-10 minutes.

While chicken is baking, in a large bowl, combine lettuce, tomatoes, basil, oil, and remaining lemon juice; mix well. Place salad on serving plates. Slice cutlets; place on top of salads.

Serves 4

Phase II ingredients: 1 (breadcrumbs)

**Tex-Mex Chicken Strips**

1 can chicken broth (14.5 ounces)  
3 skinless boneless chicken breasts, cut into 1-inch strips  
2 medium tomatoes, seeded and chopped (about 2 cups)  
1 medium red or green bell pepper, chopped (about 1 cup)  
1/4 teaspoon dried oregano  
1/4 teaspoon ground cumin  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
12 ounces of whole-wheat bow-tie pasta or other like pasta  
1/3 cup chopped green onion tops

In a large skillet, bring the broth to a boil over high heat. Reduce heat to medium-low; add chicken, tomatoes, bell pepper, oregano, cumin, salt, and pepper. Simmer until chicken is cooked through, about 10 minutes. Remove from heat and cover to keep warm.

While chicken mixture is simmering, cook the pasta according to the package.

Drain the pasta in a colander. Place on a serving platter. Top with chicken mixture. Sprinkle with green onion tops.

Serves 4      Phase II ingredients: 1 (pasta)

**Fast-to-Fix Fajitas**

1/4 cup fresh lime juice  
2 teaspoons olive oil  
1/2 teaspoon chili powder  
4 skinless boneless chicken breasts  
2 medium red bell peppers, cut into wide strips  
1 large red onion, cut into wedges  
2 medium tomatoes, chopped, divided  
1/2 cup chopped green onion  
1/4 cup chopped fresh cilantro or parsley, divided  
8 whole-wheat tortillas

In a shallow glass dish, combine lime juice, oil, and spices. Mix well. Reserve 2 tablespoons of marinade. Add chicken to dish; turn to coat. Cover dish with plastic wrap; refrigerate for 30 minutes.

Preheat broiler. Drain the chicken; place on broiler pan. Discard marinade in dish. Broil 3 inches from heat, basting with the reserved marinade and turning once, until no longer pink, about 10 minutes. Place chicken on a plate and cover to keep warm.

Place bell peppers and red onion on broiler pan. Broil until lightly charred, turning once, about 8 minutes.

Cut chicken into strips; place in a large bowl. Add broiled vegetables, 1 cup of tomatoes, green onion, and 2 tablespoons of cilantro. Mix gently. Divide the tortillas among serving plates. Top with chicken mixture. Fold tortillas to enclose filling. Serve with remaining tomatoes and cilantro.

Serves 8 Phase II ingredients: 1 (tortillas)

## **Chicken Parmesan**

1/2 cup fresh whole-wheat bread crumbs  
2 tablespoons grated parmesan cheese  
3/4 teaspoon dried rosemary  
1/2 teaspoon paprika  
3 egg whites  
4 skinless boneless chicken breasts

For the sauce:

3/4 cup tomato sauce  
1 clove garlic, minced  
1 teaspoon dried basil  
1/4 cup chopped fresh parsley

Preheat oven to 400 F. Line a baking sheet with foil; spray with cooking spray.

On waxed paper, combine bread crumbs, parmesan, rosemary, and paprika. Mix well.

In a shallow bowl, lightly beat egg whites. Dip each piece of chicken into egg whites, draining off excess. Dredge in bread crumb mixture, turning to coat.

Place chicken on prepared baking sheet. Bake for 20 minutes. Turn chicken and bake until crisp and golden, about 10 minutes.

While chicken is baking, prepare the sauce. In a small saucepan, cook tomato sauce, garlic, and basil over medium heat for 5 minutes. Remove from heat; stir in parsley. Place some sauce on serving plates; top with chicken. Drizzle with remaining sauce.

Serves 4

Phase II ingredients: 1 (breadcrumbs)

## **Blue Cheese Chicken Rolls**

1 cup crumbled blue cheese  
2 tablespoons bread crumbs  
2 tablespoons nonfat sour cream  
1 package (10 ounces) frozen chopped kale, thawed and drained  
4 boneless skinless chicken breasts  
1 tablespoon canola oil

In a small bowl, combine blue cheese, bread crumbs, and sour cream. Mix well.

Prepare kale according to package directions. Set aside and keep warm.

While kale is cooking, prepare chicken rolls. Spread cheese mixture evenly over each cutlet. Starting with a short end, tightly roll up cutlets jelly-roll style. Secure each rolled cutlet with a toothpick.

In a large skillet, heat oil over medium heat. Add chicken rolls; cook, turning frequently, until no longer pink, about 10 minutes. Spoon kale onto a large serving platter, arrange chicken rolls on top. Serve immediately.

## Golden Chicken

1 teaspoon chopped fresh thyme or 1/4 teaspoon dried thyme  
2 egg whites  
1 cup dried whole-wheat breadcrumbs  
3 tablespoons grated parmesan cheese  
2 tablespoons chopped fresh parsley  
4 skinless boneless chicken breasts

For the sauce:

1 cup plain low-fat yogurt  
1 tablespoon fresh lemon juice  
2 teaspoons dijon style mustard  
1 teaspoon chopped cilantro

Preheat the oven to 400 F. Spray a baking sheet with cooking spray.

In a small bowl, whisk egg whites until foamy. On a sheet of waxed paper, combine bread crumbs, thyme, parmesan and parsley. Mix well.

Dip chicken in egg mixture. Dip chicken in breadcrumb mixture, turning to coat.

Place chicken on prepared baking sheet. Bake, turning once, until golden and no longer pink, about 12 minutes.

While chicken is baking, prepare sauce. Combine yogurt, lemon juice, mustard, and cilantro. Mix well. Place chicken on a serving platter. Spoon sauce over chicken and serve.

Serves 4

Phase II ingredients: 2 (breadcrumbs and yogurt)

**Four-Cheese Chicken**

1/2 cup part-skim ricotta cheese  
1/4 cup shredded part-skim mozzarella cheese  
2 tablespoons grated parmesan cheese  
1 cup chopped cooked spinach  
4 chicken cutlets  
1 teaspoon SmartSpread

**For the sauce:**

3/4 cup skim milk  
1/2 cup chicken broth  
1 tablespoon cornstarch  
1 teaspoon Smart Spread  
3/4 cup shredded reduced-fat cheddar cheese

Preheat the oven to 400 F. In a small bowl, combine ricotta, mozzarella, and parmesan. Mix well. Drain spinach well. Spread 1/4 cup of spinach over each cutlet. Spread cheese mixture over the spinach. Starting with a short end, roll up tightly in jelly-roll style.

In a medium skillet, melt butter over medium-high heat. Add cutlets; cook, turning once, until browned, about 2 minutes. Place in baking dish.

To prepare sauce, in a small bowl, stir together milk, broth, cornstarch. Melt butter in same skillet over medium heat. Add milk mixture; cook, stirring constantly, until mixture boils. Remove from heat. Stir in cheddar. Pour over cutlets.

Bake until browned and bubbling, about 15 minutes. Serve immediately.

Serves 4      Phase II ingredients: 2 (milk and cornstarch)

**Cantaloupe Halves Stuffed with Curried Chicken Salad**

7 tablespoons mayo  
1 tablespoon plus 1 teaspoon sugar  
1 tablespoon plus 1 tablespoon  
2 teaspoons soy sauce  
2 teaspoons curry powder  
1 teaspoon dry mustard  
1/2 teaspoon hot red pepper flakes  
1/4 teaspoon salt  
1/8 teaspoon ground nutmeg  
4 cups chopped cooked white chicken meat  
1/2 cup sliced water chestnuts, slivered  
1/4 cup chopped scallion  
2 5-inch cantaloupes, halved and seeded  
Paprika for garnish

In a mixing bowl, combine salad dressing, sugar, lemon juice, soy sauce, curry, mustard, red pepper flakes, salt, ginger, and nutmeg. Blend thoroughly. Add chicken, water chestnuts, bell pepper, and scallion. Blend thoroughly but gently. Chill for 1 hour.

At serving time, place 1/4 of the chicken mixture in each cantaloupe half, sprinkle with paprika, and serve.

Serves 4 Phase II ingredients: 1 (cantaloupe)



## Chicken with Lime Creole Sauce in Tortillas

5 tablespoons plus 1 teaspoon mayo  
6 tablespoons nonfat sour cream  
1 teaspoon grated lime zest  
1/4 cup fresh lime juice  
2 teaspoons chili powder  
1/2 teaspoon black pepper  
1/8 teaspoon cayenne pepper  
1/4 teaspoon salt  
12 drops hot sauce or to taste  
3 4-ounce skinless boneless chicken breasts  
Cooking spray  
1/4 teaspoon garlic powder  
8 6-inch whole-wheat tortillas, warmed  
2 cups shredded lettuce  
1 large tomato, chopped  
1/2 cup chopped red onion  
1/2 cup chopped green bell pepper  
16 medium-sized pitted black olives, quartered

In a small bowl, combine mayo, sour cream, lime zest, juice, chili powder, 1/4 teaspoon black pepper, cayenne, salt, and hot sauce. Blend thoroughly and chill for 1 hour.

Flatten chicken breasts to 1/4-inch thickness. Liberally coat a skillet with cooking spray and place over high heat until hot, about 1-1/2 to 2 minutes. Turn and cook for 2 minutes longer or until no longer pink. Immediately remove from heat and cut into thin strips.

Spread 2 tablespoons chilled sauce evenly on each tortilla. Top with equal amounts of chicken, lettuce, tomato, onion, bell pepper, and olives. Roll tortillas and serve immediately.

Serves 4

Phase II ingredients: 1 (tortillas)

### **Spicy Crumb-Topped Chicken**

1 tablespoon plus 2 teaspoons SmartSpread  
2 teaspoons extra-virgin olive oil  
2 teaspoons Worcestershire sauce  
1 teaspoon fresh lemon juice  
1/8 teaspoon garlic powder  
1/2 teaspoon dry mustard  
1/4 teaspoon salt  
1/8 teaspoon black pepper  
1-1/2 slices whole-wheat bread or your choice  
Cooking spray  
4 1/4-pound skinless chicken breast halves

Preheat the broiler. In a small bowl, combine SmartSpread, oil, Worcestershire sauce, lemon juice, garlic powder, dry mustard, salt, and pepper. Whisk until smooth. Using a fork, gently but thoroughly mix in soft bread crumbs.

Coat a broiler rack with a cooking spray and place in broiler pan. Place chicken on rack and spoon 1/4 of the bread crumb mixture onto each chicken piece. Using a fork, spread mixture on top to coat evenly. Broil no less than 5 inches from heat and let stand for 2 minutes to finish cooking. Serve immediately.

### **Chicken Noodle Parmesan**

3-1/2 cups water  
2 16-ounce cans chicken broth  
2 celery ribs, cut into 2-inch pieces  
1 small onion, quartered  
1 bay leaf  
4 skinless boneless chicken breasts  
6 ounces extra-wide whole-wheat egg noodles or other like pasta  
1/4 cup skim milk  
1 tablespoon cornstarch  
1/8 teaspoon black pepper  
3 tablespoons freshly grated parmesan cheese  
Freshly ground black pepper to taste

In a dutch oven, preferably cast iron, combine water, broth, celery, onion, and bay leaf. Bring to a boil, add chicken, return to a boil, reduce heat, cover tightly, and simmer for 25 minutes. Remove chicken, set aside to cool slightly, and remove bones. Discard celery, onion, and bay leaf. Defat broth.

Bring broth to a boil, add noodles, return to a boil, and cook, uncovered, for 10 minutes or until tender, stirring occasionally.

In a small container, combine milk and cornstarch and mix until cornstarch dissolves. Add black pepper and stir into noodles. Add chicken, reduce heat, and simmer until slightly thickened.

Remove from heat, sprinkle with parmesan cheese, cover, and let stand for 10 minutes. Sprinkle with pepper and serve.

Serves 4      Phase II ingredients: 3 (milk, cornstarch, and pasta)

### **Cajun Chicken and Rice**

Cooking spray  
4 6-ounce skinless chicken breasts  
4 cloves garlic, minced  
2/3 cup brown rice  
1 cup chopped yellow onion  
1/2 cup chopped green bell pepper  
1/2 cup chopped scallion  
1/2 cup chopped fresh parsley  
1/2 teaspoon dried thyme  
2 tablespoons dry white wine  
1 16-ounce can chicken broth  
1 16-ounce can tomatoes, chopped and drained  
2 teaspoons Worcestershire sauce  
1/8 teaspoon cayenne pepper  
1/4 teaspoon paprika  
1/4 teaspoon black pepper  
Hot sauce to taste

Preheat oven to 350 F. Coat a dutch oven, preferably cast iron, with cooking spray and place over medium-high heat for 1 minute. Brown chicken and set aside. Add garlic and rice to pan drippings and cook, stirring frequently with a spatula, for 5 minutes or until dark brown in color.

Add onion, bell pepper, scallion, parsley, thyme, wine, broth, tomatoes, Worcestershire sauce, and cayenne; stir well. Place chicken on top and gently press it down so it is surrounded by rice. Top with salt, paprika, and pepper. Cover tightly and bake for 45 minutes. Remove from oven and let stand for 15 minutes. At serving time, sprinkle with hot sauce if desired.

Serves 4      Phase II ingredients: 1 (rice)

### **Napa Chicken Salad Wraps**

3/4 cup mayo  
3/4 cup plain nonfat yogurt  
2 tablespoons fresh chopped tarragon  
2 tablespoons fresh chopped flat-leaf parsley  
2 tablespoons fresh lemon juice  
4-1/2 cups cooked chicken, shredded  
1/2 cup diced celery  
1/2 cup chopped scallions  
1/3 cup coarsely chopped toasted walnuts  
1/3 cup dried currents  
Salt and pepper to taste  
8 whole-wheat large tortillas

In a large bowl, combine all ingredients except tortillas. Wrap tortillas in damp paper towels; microwave until steaming and pliable. Spread salad across center of each tortilla, leaving 2" on ends; fold in ends. Fold one side over salad; roll. Cut in half diagonally.

Serves 8      Phase II ingredients: 2 (yogurt and tortillas)

**Tangy Chicken Walnut Salad**

1 cup brown or wild rice  
2 cups chicken broth  
1 teaspoon SmartSpread  
1/4 to 1/2 cup chopped walnuts  
2 cups diced cooked chicken  
1/2 cup sliced green onions with tops  
1/2 cup sliced celery  
1/4 cup diced red bell pepper

**Dressing:**

3 tablespoons olive oil  
3 tablespoons lemon juice  
1 tablespoon soy sauce  
1 teaspoon ginger powder  
1 clove garlic, minced

Prepare rice as directed on package using chicken broth instead of water; cool.

Heat butter in a large skillet over medium-high heat. Sauté walnuts until golden brown; cool. Combine rice, chicken, walnuts, green onions, celery and red pepper in a large bowl. Combine oil, lemon juice, soy sauce, ginger, and garlic; toss with salad mixture. Refrigerate until ready to serve. Serve chilled.

Serves 6      Phase II ingredients: 1 (rice)

**Grilled Chicken and Ziti Salad**

1-1/2 pounds boneless skinless chicken breast  
2 tablespoons fresh lemon juice  
1 pound whole-wheat ziti or other like pasta  
Water  
2 large red bell peppers, halved, cored, seeded, cut into 1/2-inch pieces  
2-1/2 cups thinly sliced celery  
1 red onion, thinly sliced  
1-1/4 cups thinly sliced pitted ripe black olives  
1/4 cup minced fresh dill  
3 tablespoons white wine vinegar  
2 tablespoons mayo  
2 tablespoons dijon mustard  
Salt and pepper to taste  
2/3 cup olive oil

Heat oiled ridged grill pan over medium-high heat. Grill chicken in pan 8-10 minutes on each side until springy to the touch. Transfer chicken to shallow dish. Sprinkle with lemon juice; let cool.

Boil ziti in water according to package directions until tender. Rinse ziti in colander under cold water; drain well. Toss ziti, bell peppers, celery, onion, olives, and dill in a large bowl. Remove chicken from bowl, reserving juices. Thinly slice chicken and add to ziti salad. Add vinegar, mayo, mustard, salt, and pepper to juices in bowl. Whisk mixture well; add oil, whisking until dressing is thoroughly combined. Add dressing to salad; toss well.

Serves 8-10      Phase II ingredients: 1 (pasta)

### **Chicken Pasta Salad**

3/4 pound (12 ounces) spiral shaped whole-wheat pasta  
1-1/4 cup mayo  
1 can evaporated skim milk (5 ounces)  
1/4 cup dijon mustard  
1/2 teaspoon sugar substitute  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon ground cumin  
2 cups shredded cooked chicken  
1/3 cup chopped red onion  
1/2 cup diced celery  
1/2 cup chopped green pepper

Prepare pasta according to directions. Rinse under cold water and drain. In a large bowl, combine mayo, evaporated skim milk, mustard, sugar, salt, pepper, and cumin; mix well. Add chicken, onion, celery, green pepper, and drained pasta; mix well. Serve immediately.

Serves 4      Phase II ingredients: 1 (pasta)

### **Cilantro-Lime Chicken and Mango Kebobs**

1 pound boneless skinless chicken breasts, cut into thin strips  
1 large mango, peeled and cut into chunks  
1 large green bell pepper, cut into 1-inch squares  
3 tablespoons low- or no-sugar maple syrup  
3 tablespoons lime juice  
1 teaspoon grated lime peel  
2 tablespoons SmartSpread  
2 tablespoons chopped cilantro or parsley

Thread chicken, mango, and pepper alternatively on 8 skewers; set aside.

In a small saucepan, over medium heat, heat maple syrup, lime juice, lime peel, butter, and cilantro until hot. Keep warm.

Broil or grill kebobs 4 inches from heat for 12-15 minutes or until chicken is cooked, turning and brushing with maple mixture often. Reheat any remaining maple mixture to a boil; serve with kebobs.

Serves 8 for appetizers or 4 for main dish

Phase II ingredients: 2 (maple syrup and mango)

**Southwestern Grilled Chicken with Yogurt Salsa**

1 container (8 ounces) plain nonfat yogurt  
2 cans (4 ounces each) sliced mild green chilies, drained  
1/4 cup minced green onions  
1 teaspoon ground cumin  
1 teaspoon salt  
1 pound skinless boneless chicken breasts, halved  
1 each red, green, and yellow bell pepper, each cut into sixths  
1 tablespoon mayo

Combine yogurt, green chilies, green onions, cumin and salt in medium bowl. Set aside 2/3 cup yogurt mixture for salsa; refrigerate. Pierce chicken liberally on both sides with fork tines; add to bowl with yogurt mixture, turning to coat both sides. Marinate for 15 minutes.

To cook over coals, place chicken and peppers on rack 4 inches away from the heat. Grill, turning once, until chicken is cooked through and peppers are crisp-tender, about 10 minutes.

Meanwhile, prepare yogurt salsa by stirring mayo into reserved 2/3 cup yogurt mixture; place in small serving bowl.

To serve, slice each breast into 1/2-inch thick slices. Arrange chicken and peppers on individual plates. Serve with yogurt salsa and kidney beans in lettuce cups if so desired.

To Broil: Place chicken and peppers on rack in broiler pan 4-5 inches from heat. Cook following directions for grilling.

Serves 4      Phase II ingredients: 1 (yogurt)

**Apple and Rice Stuffed Chicken**

1/2 cup brown or wild rice, quick cooking  
3 cups water, divided  
1 tart cooking apple, diced  
1/2 cup finely chopped celery  
2 boneless skinless chicken breasts, halved and pounded to 1/4 inch thick  
Paprika

Preheat oven to 350 F.

In a medium saucepan, bring rice, water, apple and celery to a boil. Reduce heat and simmer uncovered, stirring occasionally, 10 minutes; let cool slightly.

Evenly spread each chicken breast with 1/4 cup rice mixture; bring up sides to form bundles and secure with wooden toothpicks.

In 11x7-inch baking dish, combine remaining rice mixture with remaining 1/2 cup water. Arrange chicken bundles over rice. Sprinkle with paprika. Bake 25 minutes or until chicken is tender and done. Remove toothpicks before serving.

Serves 4      Phase II ingredients: 2 (rice and apple)

### **Artichoke Chicken Pilaf**

2 tablespoons SmartSpread  
12 ounces boneless skinless chicken breasts  
1 clove garlic, minced  
1-3/4 cup water  
6 ounces of brown or wild rice- quick cooking  
1/2 teaspoon basil leaves, crushed  
1 jar (6 ounces) marinated artichokes, drained, rinsed, and cut into halves  
3 green onions, cut into 1/2-inch lengths  
1/4 cup toasted sliced almonds

Heat butter in a large skillet over medium-high heat. Cook and stir chicken and garlic in butter 5-7 minutes or until browned. Add water, rice, and basil. Bring to a boil. Reduce heat to low. Cover and simmer for 15 minutes. Stir in artichokes and green onions; cook 5 minutes more. Garnish with almonds.

Serves 4      Phase II ingredients: 1 (rice)

### **Creamy Herbed Chicken**

9 ounces of whole-wheat bow-tie pasta or other like pasta  
1 tablespoon canola oil  
2 boneless skinless chicken breasts, halved, cut into 1/2-inch strips  
1 small red onion, cut into slices  
1 package (10 ounces) frozen green peas, thawed, drained  
1 yellow or red bell pepper, cut into strips  
1/2 cup chicken broth  
1 container (8 ounces) soft cream cheese with garlic and herbs  
Salt and pepper

Cook pasta in boiling water according to package. Drain.

Meanwhile, heat oil in a large skillet or wok over medium-high heat. Add chicken and onion; stir-fry 3 minutes or until chicken is no longer pink in center. Add peas and yellow pepper; stir-fry 4 minutes. Reduce heat to medium.

Stir in broth and cream cheese. Cook, stirring constantly, until cream cheese is melted. Combine pasta and chicken mixture in serving bowl; mix lightly. Season with salt and pepper to taste.

Serves 4  
Phase II ingredients: 3 (pasta, peas, and cream cheese)

### **Chicken Cordon Blue**

3 boneless skinless chicken breasts, halved  
6 slices of reduced-fat cheese  
6 paper-thin slices of prosciutto or ham  
Dry mustard  
1-1/2 cups fine, dry whole-wheat bread crumbs  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon mixed herbs (sage, parsley, thyme, rosemary, bay leaves)  
2 eggs, lightly beaten  
1/4 cup olive oil  
1/4 cup SmartSpread  
1 cup dry white wine  
Cooked brown rice

Pound chicken breasts until paper thin, between 2 pieces of waxed paper, with flat side of the mallet or chef's knife. Place slice of cheese and slice of ham on each piece of chicken; sprinkle with a little dry mustard. Roll up and fasten with wooden toothpicks.

Combine bread crumbs, salt, pepper, and herb mixture. Dip each roll into eggs and then into bread crumb mixture. Refrigerate until ready to use (up to 8 hours). Heat oil and butter in skillet. Brown chicken rolls 10 to 12 minutes on each side; remove from pan. Remove toothpicks before serving. Add wine to pan; simmer, stirring in all brown bits from bottom and sides. Pour sauce over chicken rolls; serve with brown rice.

Serves 6

Phase II ingredients: 2 (bread crumbs and rice)

### **Szechuan Chicken**

2 tablespoons soy sauce, divided  
1 tablespoon cornstarch  
1 pound skinless boneless chicken breasts, cut into 1-inch pieces  
1 tablespoon dry sherry  
1/2 to 1 teaspoon crushed red pepper flakes  
2 tablespoons SmartSpread  
1 large red pepper, diced  
1/3 cup sliced green onions  
1 teaspoon grated ginger root  
2 cups cooked brown or wild rice

In a small bowl, combine 1 tablespoon soy sauce and cornstarch; add chicken, tossing to coat well. Blend remaining 1 tablespoon soy sauce and sherry; set aside.

In a large skillet, over medium-high heat, cook crushed red pepper in butter until pepper turns black. Add chicken mixture; stir-fry for 3 minutes or until no longer pink. Remove chicken from skillet; set aside. In same skillet, stir-fry red pepper, green onion, and ginger root for 2 minutes or until crisp-tender. Return chicken to skillet with sherry mixture; cook for 2-3 minutes longer, stirring constantly until chicken is cooked. Serve over rice.



## **Paella**

2 tablespoons olive oil  
1/2 pound boneless skinless chicken breasts, cut into 1/2-inch cubes  
1 cup chopped onion  
3/4 cup chopped green bell pepper  
1/2 cup smoked ham cubes, 1/4-inch each  
1 clove garlic, minced  
1 cup brown or wild rice  
1 can (14.5 ounces) whole peeled tomatoes, broken up  
1-1/2 cups water  
2 tablespoons dry white wine  
2 chicken bouillon cubes  
3/4 teaspoon dried leaf oregano, crushed  
1/8 teaspoon ground black pepper  
1/8 teaspoon ground turmeric  
1/2 pound uncooked medium shrimp, peeled and deveined  
1/2 cup frozen peas, thawed

Heat oil in a large skillet over medium-high heat. Add chicken, onion, bell pepper, ham, and garlic. Cook 5-7 minutes or until chicken is no longer pink. Add rice; stir to coat. Add tomatoes, water, wine, bouillon cubes, oregano, pepper, and turmeric. Bring to a boil. Reduce heat to low. Cover; simmer 15 minutes. Add shrimp and peas. Cover; cook 10 minutes longer or until shrimp are opaque and liquid is absorbed.

Serves 4-6

Phase II ingredients: 1 (rice)

## **Sweet Chicken Risotto**

1 tablespoon canola oil  
3/4 pound boneless skinless chicken breasts, thinly sliced  
3/4 cup onion, chopped  
4 cups chicken broth or 2 cans (14 ounces each) chicken broth  
2 cups uncooked instant brown rice  
1 tablespoon prepared low-sugar horseradish  
4 teaspoons sugar substitute  
14 ounces canned black beans, rinsed and drained  
1 medium green bell pepper, sliced  
1 medium red bell pepper, sliced  
1/4 cup grated parmesan cheese

Heat oil in 3 to 4-quart saucepan over medium-high heat. Add chicken and onion; cook 5 minutes, turning once to brown on both sides. Add chicken broth, rice, horseradish, and sugar. Reduce heat to low. Cover and simmer for 15 minutes or until rice is tender. Add beans and peppers, simmer 5 minutes. Sprinkle with cheese before serving.

Serves 4

Phase II ingredients: 1 (rice)

### **Dreamy Chicken Lasagna**

1/2 of a 1 pound package of whole-wheat lasagna noodles  
1 (12 ounce) can of evaporated skim milk  
2 tablespoons cornstarch  
2 cups chicken broth  
1/2 cup grated parmesan cheese  
1/4 cup white wine  
2 tablespoons dijon mustard  
2 teaspoons tomato sauce  
2 cloves garlic, minced  
1/2 teaspoon ground nutmeg  
1/2 teaspoon basil  
1/8 teaspoon ground red pepper  
2 cups cooked chicken, torn into pieces  
6 cherry tomatoes, sliced into thin wedges  
1 cup shredded reduced-fat cheese  
Hungarian sweet paprika

Prepare lasagna according to package directions; drain. In a large saucepan, blend together evaporated skim milk and cornstarch. Whisk in chicken broth, parmesan cheese, wine, mustard, tomato sauce, garlic, basil, nutmeg, and red pepper. Bring to a boil; stirring until thickened and bubbly. Remove from heat. Reserve 1-1/4 cups. Stir chicken and tomatoes into remaining sauce. Into a 13x19-inch baking dish, spoon 1/4 cup reserved sauce. Layer 1/3 the lasagna and half the chicken sauce. Repeat, ending up with lasagna. Spread on remaining 1 cup of sauce. Top with cheese and paprika. Bake, uncovered, in 350 F. oven for 35-40 minutes. Let stand 10 minutes before cutting. Refrigerate leftovers.

Serves 8-10

Phase II ingredients: 2 (cornstarch and pasta)

### **Green Chile Chicken**

1 pound skinless boneless chicken breasts, cut into strips  
1 medium onion, sliced  
1 clove garlic, crushed  
2 tablespoons canola oil  
1 (12 ounce) jar of salsa  
1 (4 ounce) can diced green chilies  
1/2 teaspoon dried oregano leaves, crushed  
Hot cook rice or whole-wheat tortillas  
Sour cream

In a medium skillet, over medium-high heat, cook chicken, onion, and garlic in oil until chicken is no longer pink. Add salsa, chilies, and oregano. Simmer, uncovered, for 10 minutes. Serve over rice or with tortillas and sour cream.

Serves 6

Phase II ingredients: 1 (rice or tortillas)

### **Arroz Con Pollo Burritos**

2-1/2 cups shredded cooked chicken  
Taco seasoning package  
3-1/4 cup water  
2 tablespoons canola oil  
1 cup brown or wild rice  
1 can (8 ounces) tomato sauce  
1 teaspoon pepper  
1 large tomato, chopped  
1/4 cup chopped green onions  
8 medium whole-wheat tortillas, warmed  
Grated cheddar cheese

In large deep skillet, combine chicken, Taco spices, and 3/4 cup water. Bring to a boil; reduce heat and simmer, uncovered, 10 minutes. Remove and set aside. In same skillet, heat oil. Add rice; sauté. Add remaining 2-1/2 cups water, tomato sauce, and pepper. Bring to a boil; reduce heat, cover and simmer 20 minutes. Stir in chicken mixture, tomato and green onions; blend well. Heat 5 minutes. Place a heaping 1/2 cup filling on each tortilla. Fold in sides and roll to enclose filling. Place filled burritos seam-side down on baking sheet. Sprinkle with cheese. Heat in 350 F. oven 5 minutes to melt cheese.

Garnish with salsa and guacamole.

Serves 8      Phase II ingredients: 2 (rice and tortillas)

### **Tortilla Stack Tampico**

1-1/4 cup shredded cooked chicken  
1 package taco seasoning  
1 cup water  
1 can (8 ounces) tomato sauce  
8 medium whole-wheat tortillas  
2 cups grated Monterey Jack cheese or Cheddar cheese  
1 can (4 ounces) whole green chilies, rinsed and seeds removed  
1 can (4.5 ounces) chopped ripe olives  
1/2 cup salsa  
Sliced green onions

In large skillet, combine chicken, taco seasoning, water, tomato sauce. Bring to a boil; reduce heat and simmer, uncovered, 10 minutes. Lightly grease 12x8x2-inch baking dish. Dip tortillas in chicken mixture. Place 2 tortillas in bottom of baking dish. Top with 1/2 of chicken mixture. Sprinkle with 2/3 cup cheese and top with 2 more tortillas. Layer whole chilies on top of tortillas. Sprinkle with 1/2 of olives, reserving 2 tablespoons for garnish. Sprinkle 2/3 cup cheese over olives. Top with 2 more tortillas and remaining chicken mixture. Top with remaining 2 tortillas. Pour salsa over tortillas. Garnish with remaining 2/3 cup cheese, reserved 2 tablespoons olives and green onions. Bake, uncovered, in 350 F. oven 15-20 minutes or until heated through and cheese melts. Cut each stack into quarters and serve.

Presentation: Serve with dollops of sour cream.

### **Chicken Enchilada Casserole**

1 medium onion, chopped  
2 tablespoons canola oil  
4 cups shredded cooked chicken  
1 can (15 ounces) tomato sauce  
1 can (14.5 ounces) whole peeled tomatoes, undrained and cut up  
1 package taco seasoning  
1/2 teaspoon garlic powder  
1/2 teaspoon parsley  
1 dozen medium whole-wheat tortillas  
2 cans (2-1/4 ounces each) sliced ripe olives, drained  
3 cups grated Monterey Jack cheese

Preheat oven to 350 F.

In large skillet, sauté onion in oil. Add chicken, tomato sauce, tomatoes, taco seasoning, garlic powder and parsley; blend well. Bring to a boil; reduce heat and simmer, uncovered, 15 minutes. In 13x9x2-inch glass baking dish, place 4 tortillas. Pour 1/3 of chicken mixture on tortillas, spreading evenly. Layer with 1/3 of olives and 1/3 cheese. Repeat layers 2 times, ending with cheese. Bake, uncovered, in oven for 30-40 minutes or until heated through and cheese melts.

Serves 8-10

Phase II ingredients: 1 (tortillas)

### **Sierra Chicken Bundles**

2 cups prepared brown or wild rice  
1/4 cup thinly sliced green onions  
1/2 teaspoon pepper  
4 whole boneless skinless chicken breasts  
1/2 cup unseasoned whole-wheat (or your choice) dry breadcrumbs  
1/4 cup grated parmesan cheese  
1/2 teaspoon chili powder  
1/2 teaspoon garlic powder  
1/4 teaspoon ground cumin  
1/4 cup SmartSpread, melted

In medium bowl, combine prepared rice, green onions, and pepper. Pound chicken breasts between 2 sheets of waxed paper to 1/4-inch thickness. Place about 1/3 cup rice mixture in the center of each chicken breast; roll and tuck ends under and secure with wooden skewers. In pie plate, combine remaining ingredients except butter; blend well. Roll chicken bundles in butter, then in crumb mixture. Place seam-side down in 12x8x2-inch baking dish. Bake, uncovered, in 400 F. oven 15 to 20 minutes or until chicken is cooked through. Remove skewers before serving.

Serves 4

Phase II ingredients: 2 (rice and breadcrumbs)

### **El Dorado Rice Casserole**

1 can (14.5 ounces) whole peeled tomatoes, cut up  
1-1/2 cups chicken broth  
1 medium onion, chopped  
1 tablespoon canola oil  
1 cup brown or wild rice  
1 teaspoon garlic powder  
1 cup sour cream  
1 can (4 ounces) diced green chilies  
1-1/2 cups grated Monterey Jack cheese

Drain tomatoes, reserving juice. Add reserved juice to broth to make 2-1/2 cups liquid; set aside. In medium saucepan, sauté onion in oil until tender. Add tomato-broth mixture, tomatoes, rice, and garlic powder. Bring to a boil; reduce heat, cover and simmer 25 minutes or until all liquid is absorbed. In small bowl, combine sour cream and chilies. In 1-1/2 quart casserole, layer 1/2 of prepared rice, 1/2 of sour cream mixture and 1/2 of cheese. Repeat layers. Bake, uncovered, in 350 F. oven 20 minutes or until bubbly.

Top casserole with avocado if so desired for extra kick.

Serves 6

Phase II ingredients: 1 (rice)

### **Bits O' Teriyaki Chicken**

1/2 cup Teriyaki sauce  
1 teaspoon sugar substitute  
2 whole chicken breasts, skinned and boned  
1 teaspoon cornstarch  
1 tablespoon water  
1 tablespoon canola oil  
2 tablespoons sesame seed, toasted

Combine teriyaki sauce and sugar in small bowl. Cut chicken into 1-inch pieces; stir into teriyaki sauce mixture. Marinate 30 minutes, stirring occasionally. Remove chicken; reserve 2 tablespoons marinade. Combine reserved marinade, cornstarch and water in small bowl; set aside. Heat oil in hot wok or large skillet over medium-high heat. Add chicken and sesame seed; stir-fry 2 minutes. Stir in cornstarch mixture. Cook and stir until mixture boils and thickens and chicken is tender, about 1 minute. Turn into chafing dish or onto serving platter. Serve warm with wooden picks.

Makes 6 appetizer

Phase II ingredients: 1 (cornstarch)

### **Garlic Chicken Bundles**

2-1/4 pounds chicken breasts, skinless, boneless  
4 tablespoons soy sauce, divided  
5-1/2 teaspoons cornstarch, divided  
3/4 teaspoon sugar substitute  
1/3 cup water  
2 tablespoons canola oil, divided  
1/2 cup chopped green onions and tops  
1/4 cup chopped toasted almonds  
1 tablespoon minced fresh cilantro or parsley  
8-10 butter or iceberg lettuce leaves

Cut chicken into 1/2-inch pieces. Combine 3 tablespoons soy sauce, 4-1/2 teaspoons cornstarch, 3 teaspoons garlic and sugar in small bowl; stir in chicken. Let stand 15 minutes. Meanwhile, combine water, remaining 1 tablespoon soy sauce and 1 teaspoon cornstarch; set aside. Heat 1 tablespoon oil in hot wok or large skillet over high heat. Add chicken and stir-fry 4 minutes; remove. Heat remaining 1 tablespoon oil in same pan. Add remaining teaspoon of garlic; stir-fry 1 minute. Add green onions; stir-fry 1 minute longer. Stir in chicken and soy sauce mixture. Cook and stir until mixture boils and thickens. Remove from heat and stir in almonds and cilantro. To serve, fill each lettuce leaf with about 1/4 cup chicken mixture. If desired, fold lettuce around filling to enclose.

Serves 8-10 for appetizers

Phase II ingredients: 1 (cornstarch)

### **Spicy Chicken**

3/4 pound boneless chicken  
3 tablespoons soy sauce, divided  
1 tablespoon cornstarch  
1 tablespoon dry sherry  
4 teaspoons water  
2 tablespoons canola oil  
1 teaspoon minced fresh ginger root  
3/4 teaspoon crushed red pepper  
1 small onion, chunked  
1 small red or green bell pepper, cut into matchsticks  
1 small zucchini, cut into matchsticks  
1/2 cup water

Cut chicken into thin slices. Combine chicken and 1 tablespoon soy sauce in small bowl; let stand 30 minutes. Meanwhile, combine remaining 2 tablespoons soy sauce, cornstarch, sherry, and 4 teaspoons water. Heat oil in hot wok or large skillet over high heat. Add ginger and crushed red pepper; cook until fragrant. Add chicken and stir-fry 3 minutes. Add onion, bell pepper, zucchini, and 1/2 cup water; mix well. Cover and cook 1 minute or until vegetables are crisp-tender. Add soy sauce mixture; cook and stir until sauce boils and thickens.

Serves 4 Phase II ingredients: 1 (cornstarch)

## Angel Hair Stir-Fry

1 whole chicken breast, skinned and boned  
1 tablespoon stir-fry sauce  
4 ounces of whole-wheat angel hair pasta or other like pasta  
1/3 cup stir-fry sauce  
3 tablespoons water  
2 tablespoons canola oil, divided  
1/4 pound fresh snow peas, cut into julienne strips  
1/8 teaspoon salt  
2 teaspoons sesame seed, toasted

Cut chicken into thin strips; coat with 1 tablespoon stir-fry sauce. Let stand 30 minutes. Meanwhile, cook pasta according to package. Drain; rinse under cold water and drain thoroughly. Combine 1/3 cup stir-fry sauce and water; set aside. Heat 1 tablespoon oil in hot wok or large skillet over high heat. Add chicken and stir-fry 2 minutes; remove. Heat remaining 1 tablespoon oil in same pan; add peas. Sprinkle vegetables with salt; stir-fry 4 minutes. Add stir-fry sauce mixture, chicken, pasta, and sesame seed. Cook and stir until all ingredients are coated with sauce and pasta is heated through.

Serves 4

Phase II ingredients: 1 (pasta)

### **Grilled Turkey Club**

4 slices of turkey bacon  
4 slices of whole-wheat or stone-ground bread  
6 teaspoons SmartSpread or I Can't Believe It's Not Butter  
1 tablespoon of mustard  
4 ounces of sliced turkey breast  
4 slices of fresh tomato  
2 ounces (1/2 cup) of reduced-fat cheddar cheese, shredded

Put bacon atop 2 paper towels on a microwave-safe plate; lay another towel on top. Microwave until crisp, about 2 minutes. Crumble. Spread one side of each bread slice with mustard and the other side with 1 teaspoon of butter. Top 2 slices of bread with half of the turkey, tomato, bacon, and cheese. Top each stack with a slice of bread, mustard side in. In a nonstick pan, melt remaining butter over medium heat. Grill sandwiches until golden, about 3-4 minutes per side. Cut in half and serve.

Serves 2

Phase II ingredients: 1 (bread)

### **Turkey Piccata & Fettuccine**

1 pound whole-wheat fettuccine or other like pasta  
1 cup dry white wine or chicken broth  
1 cup chicken broth  
1/3 cup fresh lemon juice  
1 lemon, thinly sliced  
3 cloves garlic, crushed and peeled  
1 bay leaf  
6 turkey cutlets (4 ounces each), cut into 1/2-inch wide strips  
1/2 cup grated Parmesan cheese  
2 tablespoons chopped fresh parsley  
1/4 teaspoon black pepper

Cook fettuccine according to package. Drain in colander.

While pasta is cooking, in large skillet, combine wine, broth, lemon juice, lemon slices, garlic, and bay leaf. Mix well. Add turkey. Cook over medium heat, stirring occasionally, until turkey is cooked through and no longer pink, about 5 minutes.

Using a slotted spoon, place turkey on plate; cover with foil to keep warm. Increase heat to high and boil poaching liquid until reduced to half, about 10 minutes. Remove garlic and bay leaf.

Place pasta on a serving platter. Place turkey on top; spoon poaching liquid over turkey and pasta. Toss well to combine. Sprinkle with parmesan cheese, parsley, and pepper. Garnish with lemon slices from poaching liquid.

Serves 6

Phase II ingredients: 1 (pasta)



### **Sizzling Tamale Pie**

3 10-inch whole-wheat tortillas  
2 links turkey sausage, casings removed, sliced  
1 pound lean ground turkey  
3/4 cup water  
1 package taco seasonings mix  
1 medium yellow onion, chopped (about 1 cup)  
1 jalapeno pepper, chopped  
1 can (28 ounces) crushed tomatoes  
1 cup shredded reduced-fat cheddar cheese, divided

Preheat oven to 350 F. Line a 9-inch pie plate with tortillas; overlap and cover edges.

Spray a large nonstick skillet with cooking spray. Add sausage; cook over medium heat, stirring frequently, until no longer pink, about 4 minutes. Transfer sausage to paper towels.

Wipe down skillet. Add turkey and cook, stirring frequently, until browned. Drain off fat. Add water and taco seasoning. Cook, stirring occasionally, until liquid is absorbed, about 10 minutes. Transfer to bowl.

Add onion and jalapeno pepper to skillet. Cook, stirring until tender, about 3 minutes. Add tomatoes, sausage, and turkey; cook, stirring, until heated through. Sprinkle 1/2 cup of cheddar over tortillas. Spread meat mixture over cheese; sprinkle remaining cheese on top. Bake until heated through, 30 minutes. Serve immediately.

Serves 4                      Phase II ingredients: 1 (tortillas)

### **Deluxe Turkey Burgers**

1 pound ground turkey  
2 egg whites  
1 small yellow onion, chopped (about 1/2 cup)  
1/4 cup dijon mustard  
3 tablespoons chopped fresh tarragon or 2 teaspoons dried tarragon  
3 tablespoons whole-wheat bread crumbs  
1/4 teaspoon black pepper  
4 whole-wheat sandwich buns  
4 lettuce leaves  
1 medium tomato, thinly sliced

Heat a charcoal grill until coals form white ash, or preheat the broiler.

In a large bowl, combine turkey, egg whites, onion, mustard, tarragon, bread crumbs, and pepper. Mix well. Shape turkey mixture into 4 even patties.

Grill or broil burgers 4 inches from heat, turning once, until browned and cooked through, about 15 minutes. Transfer turkey burgers to a plate.

Split buns and place them on serving plates. Place a burger on bottom half; top each burger with lettuce and tomato. Place tops over burgers and serve.

Serves 4                      Phase II ingredients: 2 (bread crumbs and buns)

**Wild Rice and Turkey Salad**

2 teaspoons olive oil  
1 red onion, thinly sliced, or 1 bunch scallions, chopped  
4 cups cooked wild rice  
1/2 pound fresh, smoked, or leftover turkey or chicken, shredded or shredded  
1 beefsteak tomato, diced, or 1 pint cherry tomatoes, halved  
1/4 cup chopped fresh parsley

**Dressing:**

8 sun-dried tomatoes, chopped  
2 cloves garlic, chopped or pressed  
3 tablespoons red wine vinegar  
1 tablespoon soy sauce  
5 tablespoons olive oil

Heat a small skillet over medium heat and add the oil. When the oil is hot, add the onion or scallions and cook about 10 minutes, or until the onion is wilted. Set aside to cool.

Combine the wild rice, turkey, tomato, onion, and parsley in a large bowl and set aside.

To make the dressing, place all the ingredients except the olive oil in a blender or a food processor fitted with a steel blade and mix until well combined. While the motor is running, gradually add the olive oil.

Add the dressing to the rice mixture and serve.

Serves 4

Phase II ingredients: 1 (rice)

### **Texas Beef Sandwiches**

1 tablespoon olive oil  
4 Italian-frying peppers, cut into 1/2-inch pieces  
1 medium yellow onion, sliced (about 1 cup)  
1 medium red onion, sliced (about 1 cup)  
1/3 cup beef broth  
1 teaspoon balsamic vinegar or red-wine vinegar  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
12 ounces lean roast beef, cut into 1/2-inch strips  
4 small whole wheat grinder rolls  
1 cup shredded light cheddar cheese

In a large nonstick skillet, heat oil over medium heat. Add peppers, yellow onion, red onion, and broth. Sauté until peppers and onions are soft, about 10 minutes. Stir in vinegar, salt, and pepper.

Stir roast beef into skillet. Divide mixture over bottom of rolls. Sprinkle with cheese.

Preheat the broiler. Line broiler pan with foil and spray with cooking spray. Place sandwiches on prepared broiler pan. Broil 6 inches from heat, just until cheese melts. Transfer sandwiches to serving plates. Replace roll tops. Serve immediately.

Serves 4      Phase II ingredients: 1

### **Man-Size Sloppy Joes**

2 tablespoons of canola oil  
2 medium red onions, chopped (about 2 cups)  
1 medium red or green bell pepper, chopped (about 1 cup)  
12 ounces lean ground beef  
1 cup chicken broth  
1/2 cup chili sauce  
1 tablespoon Worcestershire sauce  
1/4 cup thinly sliced green onion  
4 whole wheat rolls

In a large skillet, heat oil over medium heat. Add red onions and bell pepper; sauté until softened, about 10 minutes.

Add beef to skillet. Cook over medium-high heat, breaking up beef, until browned, about 4-5 minutes. Pour off fat in skillet. Stir in broth, chili sauce, and Worcestershire sauce.

Reduce heat to medium-low; partially cover and simmer, stirring occasionally, for 15 minutes. Stir in green onions. Split the rolls and place on serving plates; top with beef mixture, dividing evenly. Serve immediately.

Serves 4      Phase II ingredients: 1

### **Steaks with Garlic Topping**

4 boneless top loin shell steaks (4 ounces each), 1/2-inch thickness, trimmed  
2 teaspoons canola oil

For the topping:

1 clove garlic, minced  
2 tablespoons cream cheese, softened  
2 tablespoons part-skim ricotta cheese  
2 tablespoons snipped fresh chives or chopped green onion tops  
1/8 teaspoon black pepper

To prepare the topping, in a small bowl, combine the garlic, cream cheese, ricotta, chives, and pepper. Using a fork, mix until smooth. Set aside.

Rinse the steaks and pat dry with paper towels. In a large skillet, heat oil over medium-high heat. Add the steaks and cook, turning once, for 2-3 minutes per side for medium-rare, or until desired doneness.

Using a wide spatula, place the steaks on serving plates. Immediately top each steak with about 1 tablespoon of the topping. Let steaks stand until topping melts slightly, then serve.

Serves 4      Phase II ingredients: 1

### **Pepper Steak Sandwiches**

4 beef round tip steaks (minute steaks) (3 ounces each)  
2 teaspoons cracked black peppercorn  
2 teaspoons olive oil  
1/2 cup beef broth  
2 tablespoons red-wine vinegar  
4 whole wheat rolls  
1 bunch watercress, rinsed and trimmed

Pat the steaks dry with paper towels; place on a plate. Press 1/2 teaspoon of cracked peppercorns onto each steak, coating evenly on both sides. Cover with plastic wrap and refrigerate for 30 minutes.

In a large skillet, heat oil over medium-high heat. Add steaks, sauté until browned, about 1 minute per side. Place steaks on a plate; cover to keep warm. Pour off fat from skillet.

Reduce heat to medium. Add broth and vinegar to skillet; bring to a boil, scraping up brown bits from bottom of the pan. Cook until liquid reduces slightly, about 2 minutes. Remove from heat.

Place steaks on rolls, drizzle with pan sauce. Top with watercress and serve immediately.

Serves 4  
Phase II ingredients: 1

### **Skillet Beef and Macaroni**

8 ounce whole wheat macaroni or other like-pasta  
1/2 pound lean ground beef  
2 teaspoons of canola oil  
1 large yellow onion, chopped (about 1.5 cups)  
1 cup tomato sauce  
2 tablespoons Hungarian paprika  
1/2 teaspoon salt  
1/4 teaspoon dill seeds  
1 cup nonfat sour cream

Prepare macaroni according to package directions. Drain macaroni in a colander. Set aside.

Meanwhile, in a skillet over medium heat, cook beef until browned, about 10 minutes. Drain off fat. Place beef on paper-towel lined plate. Wipe out skillet.

In same skillet, heat oil over medium heat. Add onion to skillet; cook until tender, about 5 minutes. Return beef to skillet. Stir in macaroni, tomato sauce, paprika, salt and dill seeds.

Cook, stirring, for 8 minutes. Stir in sour cream. Cook, stirring constantly, until heated through, about 2 minutes. Serve immediately.

Serves 4

Phase II ingredients: 2 if you count the sour cream as a Phase II

### **Beef Enchiladas**

4 medium tomatoes, seeded and chopped (about 2 cups)  
2 medium red onions, chopped (about 2 cups), divided  
1 medium red or green bell pepper, chopped (about 1 cup)  
3 tablespoons of red-wine vinegar  
1 pound lean ground beef  
1 can (4 ounces) chopped green chilies, undrained  
4 teaspoons of chili powder  
1 can (15 ounces) crushed tomatoes  
8 whole wheat tortillas, warmed  
1/2 cup shredded Monterey Jack cheese

In a small bowl, combine fresh tomatoes, 1 cup of onions, bell pepper, and vinegar. Cover with plastic wrap and let stand for 30 minutes.

In a large skillet, cook beef over medium-high heat, stirring, until no longer pink, about 10 minutes. Using a slotted spoon, place beef on a paper towel-lined plate. Wipe out skillet.

Preheat oven to 400 F. Spray skillet with cooking spray. Add remaining onions, sauté over medium heat for 3 minutes. Add chilies and chili powder; cook, stirring, for 2 minutes. Add beef and crushed tomatoes. Simmer, stirring occasionally, for 15 minutes.

Spray a large baking dish with cooking spray. Spoon filling down center of each tortilla. Roll up tortillas; place them seam-side down in prepared dish. Spoon fresh tomato mixture over tops and sprinkle with cheese. Bake tortillas for 10 minutes. Serve immediately.

Serves 4

Phase II ingredients: 1

### **Meatballs and Gravy:**

2 cups uncooked instant brown rice  
2 cups frozen green beans, thawed  
1 pound ground turkey breast  
1/2 cup chopped green onions  
1/4 cup chopped fresh parsley  
1/2 teaspoon salt  
1 cup sliced button mushrooms  
1 teaspoon dried thyme  
1 cup chicken broth or beef broth  
2 teaspoons cornstarch  
Cooking spray  
Salt and pepper to taste

Cook rice according to package. Heat green beans in microwave. Cover both with foil to keep warm.

Meanwhile, mix together turkey, onions, parsley, and salt. Shape mixture into 16 meatballs; set aside.

Spray a large skillet with cooking spray and set pan over medium-high heat. When pan is hot, add mushrooms and cook 2-3 minutes, until tender. Remove mushrooms from pan; set aside.

Add meatballs to hot pan. Sauté 3 minutes, until browned, turning frequently. Return mushrooms to pan; add thyme, salt, and pepper; stir. Add 3/4 cup of broth and bring to a boil. Reduce heat to medium; simmer 3 minutes, until meatballs are cooked through.

Dissolve cornstarch in remaining 1/4 cup broth. Add mixture to pan and simmer 1 minute, and serve over cooked rice with green beans on the side.

Serves 4      Phase II ingredients: 2 (rice and cornstarch)

### **Roast Beef Salad with Blue Cheese in Pitas**

1/2 cup mayo  
2 tablespoons plus 2 teaspoons dijon mustard  
2 teaspoons prepared horseradish  
4 loaves whole-wheat pitas, halved to make pockets  
16 1/2-ounce slices of lean roast beef  
2 cups shredded lettuce  
1/2 cup chopped tomato  
1/2 cup chopped cucumber  
1/2 cup alfalfa sprouts  
1/4 cup crumbled blue cheese

In a small bowl, combine mayo, mustard, and horseradish; mix well and set aside. Fill each pita half with two slices of beef, 1 tablespoon plus 1 teaspoon sauce, 1/4 cup lettuce, 1 tablespoon tomato, 1 tablespoon cucumber, and 1 tablespoon alfalfa sprouts. Top with 1-1/2 teaspoons of blue cheese.

Serves 4      Phase II ingredients: 1 (pitas)

### **Spiced Jamaican Chili with Rice**

Cooking spray

1/2 pound lean ground round

2 cups chopped yellow onion

8 cloves garlic, minced

1/2 medium-sized green bell pepper, chopped

1/2 16-ounce can dark red kidney beans, well rinsed and drained

2 16-ounce cans tomatoes, undrained, chopped

1 tablespoon chili powder

1 teaspoon ground cinnamon

1/2 teaspoon ground allspice

1/2 teaspoon ground cumin

1/8 teaspoon ground nutmeg

1 teaspoon beef bouillon granules

2 cups hot cooked brown rice

1/4 cup nonfat sour cream

1/4 cup chopped scallions

Hot sauce to taste

Coat a skillet with cooking spray and place over medium-high heat. Add beef and brown. Drain on paper towels and wipe out skillet with paper towels.

Coat a skillet with more cooking spray, add onion and garlic. Cook until onion is translucent, about 4-6 minutes.

Add green and red peppers, beans, tomatoes, and their liquid, chili powder, cinnamon, allspice, cumin, nutmeg, and bouillon cubes. Stir, cover tightly, and simmer very gently for 15 minutes. Remove and let stand for 15 minutes to blend flavors. Serve over 1/2 cup rice, topped with 1 tablespoon sour cream, 1 tablespoon scallions, and hot sauce to taste.

Serves 4      Phase II ingredients: 1 (rice)

### **Moroccan Burgers**

1-1/2 to 2 pounds of lean ground beef

4 tablespoons of pine nuts, raw or toasted

1/2 teaspoon ground cinnamon

8 dried apricots, chopped

1/2 teaspoon garlic powder

1/2 teaspoon ground cumin

Zest of 1/2 lemon, finely grated or juilenned

1/2-1 teaspoon cayenne pepper

Prepare grill or broiler.

Combine all the ingredients by hand and divide into 4 patties of equal size.

Cook the patties for about 7-10 minutes on each side or until desired doneness is reached.

Serves 4      Phase II ingredients: 1 (apricots)

### **Tex-Mex Lasagna**

1 pound ground lean beef  
1 can (16 ounces) whole tomatoes, undrained, and cut up  
1 package (about 1-1/8 ounces) taco seasoning mix  
1-1/2 cups (12 ounces) cream-style cottage cheese  
2 cups shredded cheddar cheese  
2 eggs, slightly beaten  
12 (6-inch) whole-wheat tortillas  
1 medium tomato, chopped  
1 cup shredded lettuce

Preheat oven to 350 F. In a large skillet, brown ground beef; drain. Stir in canned tomatoes and taco seasoning. Reduce heat and simmer uncovered, 5 minutes. Remove from heat. In a medium bowl, combine cottage cheese, 1 cup cheddar cheese, and eggs. Set aside. Overlap 3 tortillas in bottom of greased pan (8x12). Overlap 6 tortillas around sides of the dish. Spoon beef mixture evenly over tortillas; top with remaining 3 tortillas. Spoon cheese mixture evenly over tortillas. Bake, covered, at 350 for 45 minutes or until cheese mixture is set. Top with remaining cheese. Arrange lettuce before serving around the edges of the casserole. Let stand for 5 minutes before serving.

Serves 6      Phase II ingredients: 1 (tortillas)

### **Nutty Burgers**

1-1/2 pounds ground beef  
1 medium onion, finely chopped  
1 clove garlic, minced  
1 cup dry whole-wheat bread crumbs  
1/3 cup grated parmesan cheese  
2/3 cup pine nuts  
1/3 cup chopped parsley  
2 eggs  
1-1/2 teaspoons salt  
1 teaspoon black pepper  
6 whole-wheat hamburger buns (optional)

Combine beef, onion, garlic, bread crumbs, cheese, pine nuts, parsley, eggs, salt and pepper in a medium bowl. Shape meat mixture into 6 thick patties.

Oil hot grid to help prevent sticking. Grill patties, on a covered grill, over medium-hot briquettes, 10 minutes for medium doneness, turning once. Serve on buns.

Serves 6

Phase II ingredients: 1/2 (bread crumbs and if you choose, hamburger buns)



### **South-of-the-Border Meatballs**

1-1/4 pound ground beef, lean  
1 package taco spices and seasonings  
1/4 cup whole-wheat (or your choice) bread crumbs, dry  
1/4 cup finely chopped onion  
1/4 cup chopped green bell pepper  
1 egg, beaten  
1-1/2 cups salsa, chunky

In a large bowl, combine all ingredients except salsa; blend well. Form into 1-inch balls. In a large skillet, brown meatballs on all sides; drain fat. Add salsa to skillet. Bring to a boil; reduce heat and simmer, uncovered, 10 minutes.

Serves 6      Phase II ingredients: 1 (breadcrumbs)

### **Mexicali Pizza**

Canola oil  
2 large whole-wheat tortillas or 4 small ones  
1 pound ground beef, lean  
1 package taco spices and seasonings  
3/4 cup water  
1-1/2 cups grated Monterey Jack cheese or Cheddar  
3 tablespoons diced green chilies  
2 medium tomatoes, sliced  
1 can (2-1/4 ounces) sliced ripe olives, drained  
1/2 cup salsa

In a large skillet, pour oil to 1/4 inch depth; heat. Fry each tortilla about 4 seconds. While still pliable, turn tortilla over. Fry until golden brown. (Edges of tortilla should turn up about 1/2 inch). Drain well on paper towels. In medium skillet, brown ground beef until crumbly; drain fat. Add taco spices and water; blend well. Bring to a boil; reduce heat and simmer, uncovered, 5 minutes. Place fried tortillas on pizza pan. Layer taco meat, 1/2 of cheese, chilies, tomatoes, remaining 1/2 of cheese, olives, and salsa. Bake, uncovered, in 425 F. oven for 15 minutes for large pizza or 7-8 for small.

Serves 4      Phase II ingredients: 1 (tortillas)

### **Beef Kushisashi**

1/2 cup soy sauce  
1/4 cup chopped green onions and tops  
2 tablespoons sugar substitute  
1 tablespoon canola oil  
1-1/2 teaspoons cornstarch  
1 clove garlic, pressed  
1 teaspoon grated fresh ginger root  
2-1/2 pounds boneless beef sirloin steak

Blend soy sauce, green onions, sugar, oil, cornstarch, garlic, and ginger in small saucepan. Simmer, stirring constantly, until thickened, about 1 minute; cool. Cover and set aside. Slice beef into 1/8-inch-thick strips about 4 inches long and 1-inch wide. Thread onto bamboo or metal skewers keeping meat as flat as possible; brush both sides of beef with sauce. Place skewers on rack of broiler pan; broil to desired degree of doneness.

Serves 10-12 for appetizers

Phase II ingredients: 1 (cornstarch)

### **Sichuan Beef and Snow Peas**

1/2 pound boneless tender beef steak (sirloin, rib eye, or top loin)  
2 tablespoons cornstarch, divided  
3 tablespoons soy sauce  
1 tablespoon dry sherry  
1 clove garlic, minced  
3/4 cup water  
1/4 to 1/2 teaspoon crushed red pepper  
2 tablespoons canola oil, divided  
6 ounces fresh snow peas, trimmed  
1 medium onion, chunked  
Salt  
1 medium tomato, chunked  
Hot cooked brown or wild rice

Slice beef across grain into thin strips. Combine 1 tablespoon each cornstarch and soy sauce with sherry and garlic in small bowl; stir in beef. Let stand for 15 minutes. Meanwhile, combine water, remaining 1 tablespoon cornstarch, 2 tablespoons soy sauce and red pepper; set aside. Heat 1 tablespoon oil in hot wok or large skillet over high heat. Add beef and stir-fry 1 minute; remove. Heat remaining 1 tablespoon oil in same pan. Add snow peas and onions; lightly sprinkle with salt and stir-fry 3 minutes. Add beef, soy sauce mixture, and tomato. Cook and stir until sauce boils and thickens and tomato is heated through. Serve immediately with rice.

Serves 2-3

Phase II ingredients: 2 (cornstarch and rice)

**Korean Beef and Vegetable Salad**

3/4 pound boneless beef sirloin steak  
1 tablespoon cornstarch  
2 tablespoons soy sauce  
2 cloves garlic, minced  
1 teaspoon sesame seed, toasted  
1/4 teaspoon crushed red pepper  
Korean dressing (recipe follows)  
3/4 pound bok choy cabbage  
Boiling water  
1/4 pound fresh snow peas, trimmed  
1 small cucumber  
1/4 pound fresh bean sprouts  
1 tablespoon canola oil

Cut beef across grain into thin slices, then into strips. Combine cornstarch, soy sauce, garlic, sesame seed and pepper in small bowl; stir in beef. Let stand for 15 minutes. Meanwhile, prepare Korean dressing. Separate and rinse bok choy; pat dry. Slice bok choy stems and leaves crosswise into thin strips. Pour boiling water over snow peas in bowl; let stand 30 seconds. Drain; cool under cold water and drain thoroughly. Cut cucumber in half lengthwise; remove seeds. Cut halves crosswise into thin slices. Arrange vegetables on large platter or in shallow bowl; cover and refrigerate until chilled. Heat oil in hot wok or large skillet over high heat. Add beef; stir-fry 2 minutes. Remove from heat and cool slightly; spoon onto platter with vegetables. To serve, pour desired amount of Korean dressing over meat and vegetables; toss to combine.

**Korean dressing:**

Whisk together 2/3 cup mayo, 4 teaspoons lemon juice, 1 tablespoon soy sauce, 1 tablespoon minced green onion, 1 tablespoon water and 2 teaspoons sesame seed, toasted. Cover and refrigerate until ready to serve.

Serves 4      Phase II ingredients: 1 (cornstarch)

**Mongolian Beef**

3/4 pound boneless tender beef steak  
3 tablespoons cornstarch, divided  
4 tablespoons low-sugar teriyaki sauce, divided  
1 tablespoon dry sherry  
1 clove garlic, minced  
1 cup water  
1 teaspoon distilled white vinegar  
1/4 to 1/2 teaspoon crushed red pepper  
2 tablespoons canola oil, divided  
1 onion, chunked and separated  
1 green pepper, chunked

Cut beef across grain into strips, then into 1-1/2 inch squares. Combine 2 tablespoons cornstarch, 1 tablespoon teriyaki sauce, sherry and garlic in medium bowl; stir in beef. Let stand 30 minutes. Meanwhile, combine water, remaining 1 tablespoon cornstarch, 3 tablespoons teriyaki sauce, vinegar, and red pepper; set aside. Heat 1 tablespoon oil in hot wok or large skillet over high heat. Add beef and stir-fry 1 minute; remove. Heat remaining 1 tablespoons in same pan. Add onion and green pepper; stir-fry 4 minutes. Add beef and teriyaki sauce mixture; cook and stir until sauce boils and thickens

### **Quick Scallops with Rice**

2-1/4 cup water  
1 cup quick-cooking brown rice  
1 tablespoon of olive oil  
1/2 medium red bell pepper, cut into 1-inch pieces (about 1/2 cup)  
1/2 medium green bell pepper, cut into 1-inch pieces (about 1/2 cup)  
1/2 cup sliced green onions  
2 cloves garlic, minced  
1 pound bay scallops  
1 cup coarsely chopped canned tomatoes, liquid reserved  
1 teaspoon dried or 1 tablespoon chopped fresh basil

In a medium saucepan, combine water and rice. Bring to a boil over medium heat. Cover and reduce heat to low, and simmer until rice is tender, about 10 minutes.

While rice is cooking, in a large skillet, heat oil over medium-high heat until hot, but not smoking. Add bell peppers, green onions, and garlic. Sauté. Stir until tender, about 3 minutes.

Add scallops to skillet; cook, stirring, for 1 minute. Add tomatoes with liquid; cook until thickened, about 4 minutes. Add basil to skillet. Place rice on a platter. Spoon scallop mixture over rice. Serve immediately.

Serves 4      Phase II ingredients: 1 (rice)

### **Shrimp Scampi**

12 ounces whole wheat angel hair pasta or other like pasta  
1/4 cup chicken broth  
2 cloves garlic, minced  
1/4 cup chopped green onions  
1 pound medium shrimp, peeled and deveined  
2 tablespoons chopped fresh parsley or 2 teaspoons dried  
2 tablespoons chopped fresh basil or 2 teaspoons dried  
2 tablespoons chopped fresh cilantro or 2 teaspoons dried  
2 tablespoons fresh lemon juice  
1/4 teaspoon crushed red pepper flakes

Prepare pasta according to directions.

While pasta is cooking, in a skillet, heat broth over medium heat. Add garlic and green onions; cook, stirring occasionally, for 2 minutes.

Stir in shrimp, parsley, basil, cilantro, lemon juice, and red pepper flakes. Cook, stirring frequently, until shrimp are just opaque, about 5 minutes.

Drain pasta in a colander. Arrange pasta on serving plates. Spoon shrimp mixture over pasta. Serve immediately.

Serves 4      Phase II ingredients: 1 (pasta)

### **Scallops with Linguine**

1 pound bay scallops, trimmed and rinsed  
2 tablespoons of olive oil, divided  
1 clove garlic, thinly sliced  
1 tablespoon of fresh lemon juice  
1/8 teaspoon black pepper  
12 ounces whole-wheat linguine pasta  
1 medium tomato, seeded and chopped (about 1 cup)  
1/4 cup shredded fresh basil

In a large skillet, heat 1 tablespoon of oil over medium heat. Add garlic; cook, stirring, for 1 minute. Add scallops; cook, stirring frequently, until golden, about 6 minutes. Sprinkle lemon juice and pepper over scallops.

While scallops are cooking, prepare pasta according to directions. Drain pasta in a colander. Place pasta in a large bowl. Add tomato, basil, and remaining oil; toss to coat.

Place pasta on serving plates. Spoon scallops over pasta. Serve immediately.

Serves 4      Phase II ingredients: 1 (pasta)

### **Warm Scallop Salad with a Blush of Blood Orange Vinaigrette**

2 handfuls of mixed greens  
1/4 pound of sea scallops  
1 tablespoon olive oil  
Blood orange vinaigrette (recipe follows)

Wash the salad greens, dry well, and set aside.

Wash the scallops in cold water and pat them dry with paper towels. Keep the scallops refrigerated until the moment of cooking. Set in a sauté pan or skillet over high heat and add the olive oil. Quickly sauté the scallops on both sides until they are opaque, a total of 2-3 minutes. Remove from the heat and set aside.

Toss the salad greens with most of the vinaigrette until all the leaves are lightly coated. Reserve 3 tablespoons of the vinaigrette for scallops.

Serving: Divide the greens between 2 salad plates and place the warm scallops on top. Brush the scallops with remaining vinaigrette. If you wish, garnish the salad with sections of blood oranges.

**Blood Orange Vinaigrette**

1/2 cup virgin olive oil  
Juice from 3 blood oranges  
1/2 shallot, minced  
Salt and pepper to taste

Whisk together the olive oil, juice from oranges, shallot, salt, and pepper until thoroughly combined.

Serves 2      Phase II ingredients: 1 (oranges)

**Curried Tuna and Pecans in Pita Halves**

2 6-ounce cans water-packed tuna  
1/2 cup mayo  
1/4 cup thinly sliced celery  
2 tablespoons pickle relish  
2 teaspoons curry powder  
1/2 teaspoon sugar  
3/8 teaspoon black pepper  
1/4 cup pecan pieces, toast in broiler  
2 whole-wheat pita breads, cut to make 4 halves  
4 lettuce leaves

Place tuna in a colander, rinse with water, and drain well, shaking off excess water. Place in bowl and add mayo, celery, relish, curry powder, sugar, and peppers; blend well. Stir in pecans. At serving time, line pita halves with lettuce leaves and fill each half with 1/4 of the tuna mixture.

Serves 4

Phase II ingredients: 1 (pitas)

## Shrimp and Pasta Salad with Tomatoes

2-1/2 cups of peeled cooked shrimp, chilled  
3 cups cooked whole-wheat penne or other like pasta  
1 14-ounce can artichoke hearts, well drained and quartered  
1/4 cup finely chopped yellow onion  
1/4 cup chopped fresh parsley  
3/4 cup mayo  
1/4 cup fresh lemon juice  
1 clove garlic, minced  
1/2 teaspoon dried oregano leaves  
1/2 teaspoon dried basil leaves  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/4 teaspoon paprika  
2 tablespoons plus 2 teaspoons parmesan cheese  
4 lettuce leaves  
Freshly ground black pepper to taste  
4 medium-sized tomatoes, cut into 8 wedges

In a medium-sized mixing bowl, combine shrimp, pasta, artichoke hearts, onions, and parsley. Set aside.

In a separate bowl, combine mayo, 3 tablespoons lemon juice, garlic, oregano, basil, 1/4 teaspoon salt, pepper, and paprika. Blend thoroughly and spoon over shrimp mixture. Toss gently but thoroughly to coat. Chill for 1 hour.

At serving time, add remaining tablespoon of lemon juice and remaining 1/4 teaspoon salt. Add parmesan and toss again. Spoon 1/4 of shrimp onto a bed of lettuce, sprinkle lightly with black pepper and arrange 8 tomato wedges around each serving.

Serves 4      Phase II ingredients: 1 (pasta)

### **Shrimp Linguine and Olives**

Cooking spray  
4 cloves garlic, minced  
6 ounces of mushrooms, sliced (about 2 cups)  
1/2 cup chopped scallion  
1/2 medium red bell pepper, sliced thin  
1/2 teaspoon dried Italian seasoning  
1/4 teaspoon black pepper  
2 tablespoons dry red wine  
3 medium-sized plum tomatoes, cut into 8 wedges  
10 ounces shrimp, peeled  
16 small black olives, pitted and quartered  
2 tablespoons chopped fresh parsley  
1 tablespoon plus 1 teaspoon extra virgin olive oil  
1/4 teaspoon salt  
5 cups hot cooked whole-wheat linguine  
1/4 cup freshly grated parmesan cheese

Coat a large nonstick skillet with cooking spray. Place over medium-high heat for 1 minute. Add garlic and mushrooms and cook for 4 minutes or until mushrooms are beginning to brown.

Add scallion, bell pepper, Italian seasoning, and black pepper; cook for 3 minutes.

Add wine, tomatoes, and shrimp and cook for 5-6 minutes or until shrimp is done.

Add olives, parsley, oil, and salt and stir well. Add linguine and 2 tablespoons of the parmesan; toss to blend. Place equal amounts on four dinner plates and top each with 1-1/2 teaspoons parmesan cheese. Serve immediately.

Serves 4

Phase II ingredients: 1 (pasta)

### **Southwestern Shrimp Baguette**

1 cup plain yogurt  
2 tablespoons mayo  
2 tablespoons chipotle sauce  
1 tablespoon lime juice  
1/4 cup chopped cilantro  
Salt to taste  
3/4 cup diced red pepper  
12 ounces peeled and deveined cooked shrimp  
4 whole-wheat baguettes, hollowed out

Stir first 6 ingredients in a small bowl until well blended, then add the red pepper and shrimp. Toss until all ingredients are coated with the yogurt mixture. Serve on the baguette.

Serves 4 Phase II ingredients: 2 (yogurt and baguette)



### **Spicy Shrimp and Rice**

1/4 lb smoked turkey bacon, diced  
1 onion, chopped  
2 cups chopped bell peppers (any color)  
3 cloves garlic, minced  
2 cups brown rice  
1 can diced tomatoes, drained (14.5 ounces)  
4 cups chicken broth  
1 cup white wine  
1 bay leaf  
1 teaspoon salt  
1/2 teaspoon dried oregano  
1/2 teaspoon dried cumin  
1/2 teaspoon saffron threads  
1/2 teaspoon red pepper flakes  
1 lb shrimp- peeled, deveined

Heat oven to 350 F. Heat large, oven-proof skillet over medium-high heat. Add bacon; cook about 2 minutes. Stir in onion, peppers, garlic; cook until soft, about 5 minutes. Add rice; stir well. Add tomatoes, broth, wine; bring to a boil. Reduce heat; stir in spices. Place skillet in oven; bake uncovered until liquid is nearly absorbed, 15-18 minutes. Mix in shrimp. Return to oven; bake until cooked through, 5-10 minutes. Let stand 5 minutes. Discard bay leaf.

Makes 20 hors d'oeuvre portions

Phase II ingredients: 1 (rice)

### **Pasta with Smoked Salmon and Fresh Dill**

1 pound whole-wheat pasta bow ties or other like pasta  
2 cloves garlic  
1 red bell pepper, julienned  
2 tablespoons dijon mustard  
1/4 cup red wine vinegar  
1/4 cup fresh lemon juice  
6 tablespoons olive oil  
1 pound smoked salmon, cut in strips  
1/3 cup chopped fresh parsley  
1/3 cup chopped fresh dill  
Coarsley ground black pepper

Bring a large pot of water to a boil. Add pasta and cook until tender. Drain immediately. Transfer pasta to a large mixing bowl.

While the pasta is cooking, make the dressing. Place garlic and half of 1 red pepper in blender or in a food processor fitted with a steel blade; pulse until chunky.

Add mustard, vinegar, and lemon juice, and process until combine. Gradually add olive oil.

Pour dressing over pasta. Add salmon, peppers, parsley, and dill. Mix together. Add pepper to taste. Top with parmesan if desire.

Serves 6-8 Phase II ingredients: 1 (pasta)

### **Herb-Baked Fish and Rice**

1-1/2 cups hot chicken bouillon  
1/2 cup uncooked brown or wild rice  
1/4 teaspoon Italian seasoning  
1/4 teaspoon garlic powder  
1 package (10 ounces) frozen chopped broccoli, thawed and drained  
1 tablespoon grated parmesan cheese  
1 pound unbreaded fish fillets, thawed if frozen  
Paprika  
1/2 cup shredded reduced-fat cheddar cheese

Preheat oven to 375 F. In an 18x12 inch baking dish, combine hot bouillon, uncooked rice, and seasonings. Bake, covered, at 375 for 10 minutes. Top with broccoli and the parmesan cheese. Place fish fillets diagonally down the center of the dish; sprinkle fish lightly with paprika. Bake, covered, at 375 for 20-25 minutes or until fish flakes easily with a fork. Stir rice. Top fish with cheddar cheese; bake, uncovered, for 3 minutes or until cheese is a golden brown.

Serves 3-4

Phase II ingredients: 1 (rice)

### **Louisiana Seafood Bake**

2/3 cup uncooked brown or wild rice  
1 cup sliced celery  
1 cup water  
1 can (14.5 ounces) whole tomatoes, undrained and cut up  
1 can (8 ounces) tomato sauce  
1 teaspoon red hot pepper sauce  
1/2 teaspoon garlic powder  
1/4 teaspoon dried oregano, crumbled  
1/4 teaspoon dried thyme, crumbled  
1/2 pound fresh white fish, thawed if frozen, cut into 1-inch pieces  
1 can (4 ounces) shrimp, drained  
1/3 cup sliced pitted ripe black olives  
1/4 cup grated parmesan cheese

Preheat oven to 375 F. In a 1-1/2 quart casserole dish, combine uncooked rice, celery, water, tomatoes, tomato sauce, and the seasonings. Bake, covered, for 20 minutes. Stir in fish, shrimp, and olives. Bake, covered, for 20 minutes or until heated through. Top with cheese; bake, uncovered, 3 minutes.

Serves 4

Phase II ingredients: 1 (rice)

### **Tuna Veronique**

2 leeks or green onions  
1 stalk of celery, cut diagonally into slices  
1 tablespoon canola oil  
1-3/4 cups or 1 can (14.5 ounces) of chicken broth  
2 tablespoons cornstarch  
1/3 cup dry white wine  
1-1/4 cup seedless red and green grapes, cut into halves  
1 can (12.5 ounces) tuna, drained, and broken into chunks  
1 tablespoon chopped chives  
1/4 teaspoon white or black pepper  
4-5 slices whole-wheat bread (or your choice), toasted and cut into quarters

If using leeks, wash thoroughly between leaves. Cut off white portion; trim and slice 1/4 inch thick. Discard green portion. For green onions, trim and slice 1/4 inch thick. In a large skillet, sauté leeks and celery in oil for 3 minutes. In a small bowl, stir together chicken broth and cornstarch until smooth; stir into vegetables. Cook and stir until mixture thickens and bubbles. Stir in wine; simmer for 2 minutes. Stir in grapes, tuna, chives, and pepper. Cook for 2 minutes more to heat through. To serve, ladle sauce over toast points.

Serves 4-5

Phase II ingredients: (bread, cornstarch, and grapes)

### **Fettuccine a la Tuna**

1/2 cup broccoli florets  
1/2 cup chopped red bell pepper  
1 tablespoon sliced green onion  
1 clove garlic, minced  
1 tablespoon SmartSpread  
1/4 cup low-fat milk  
1/4 cup low-fat ricotta cheese  
Salt and pepper to taste  
1 can tuna (3-1/4 ounces)  
2 ounces whole-wheat fettuccine or linguine, cooked and drained  
1 tablespoon grated parmesan or Romano cheese

In a saucepan steam broccoli and bell pepper over simmering water for 5 minutes. Drain liquid from vegetables and remove steamer. In same pan sauté onion and garlic in butter for 2 minutes. Add milk and ricotta cheese, stirring well with wire whisk. Season to taste with salt and pepper. Add tuna and vegetables; cook over low heat for 2 minutes more. Toss fettuccine with tuna mixture. Spoon onto plate; sprinkle with parmesan or Romano.

Serves 1

Phase II ingredients: 2 (pasta and milk)

## **Tuna in Red Pepper Sauce**

Sauce:

2 cups chopped red bell peppers  
1/2 cup chopped onion  
1 clove garlic, minced  
2 tablespoons canola oil  
1/4 cup dry red wine  
1/4 cup chicken broth  
2 teaspoons sugar substitute  
1/4 teaspoon pepper

1 red bell pepper, slivered and cut into 1/2-inch pieces  
1 yellow or green bell pepper, slivered and cut into 1/2-inch pieces  
1 can (9-1/4 ounces) tuna, drained and broken into chunks  
Hot cooked whole-wheat pasta or brown/wild rice

In a skillet, sauté chopped bell peppers, onion, and garlic in oil for 5 minutes, or until vegetables are very tender. In a blender container or food processor bowl place vegetable mixture; cover and process until pureed. Return to pan; stir in wine, chicken broth, sugar, and pepper. Keep warm. In a 2-quart saucepan steam bell pepper pieces over simmering water for 5 minutes. Stir steamed vegetables into this sauce with tuna; cook for 2 minutes, or until heated through. Serve tuna mixture over pasta (or rice).

Serves 4-5

Phase II ingredients: 1 (pasta or rice)

## **Tuna Frittata**

1 cup thinly sliced zucchini  
1/2 cup thinly sliced onion  
2 tablespoons canola oil  
5 extra-large eggs  
1/4 cup low-fat milk  
1 can (3-1/4 ounces) tuna, drained and flaked  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/2 cup shredded Monterey Jack cheese

In a large ovenproof skillet, sauté zucchini and onion in oil for 3 minutes, or until vegetables are limp. In a medium bowl, beat eggs lightly with milk. Stir in tuna, salt, and pepper. Preheat the broiler. Pour egg mixture over sautéed vegetables; reduce heat to medium. Cook, covered, for 5-8 minutes, or until set. Uncover frittata; sprinkle cheese on top. Place frittata under broiler until cheese is melted. Cut into quarters to serve.

Serves 4

Phase II ingredients: 1 (milk)

### **Tuna-Stuffed Artichokes**

4 medium artichokes  
Lemon juice  
1-1/2 cups sliced fresh mushrooms  
1 cup diced zucchini  
1/3 cup chopped green onions  
1 clove garlic, minced  
2 tablespoons olive oil  
1 can (12.5 ounces) tuna, drained and flaked  
1/2 cup shredded cheese (your choice flavor)  
1/4 cup whole-wheat bread crumbs  
2 tablespoons diced drained pimento

With a kitchen shear, trim sharp points from artichoke leaves. Trim stems; remove loose outer leaves. Cut 1 inch from the tops. Brush cut edges with lemon juice. In a large covered saucepan or dutch oven bring artichokes and water to a boil; reduce heat. Simmer until a leaf pulls out easily, 20-30 minutes. Drain upside down.

Preheat oven to 450 F. When cool enough to handle, cut artichokes lengthwise into halves. Remove fuzzy chokes and hearts. Finely chop hearts; discard chokes. In a medium skillet sauté mushrooms, artichoke hearts, zucchini, onions, and garlic in oil for 3 minutes, stirring frequently. Stir in tuna. Place artichoke halves, cut side up, in a lightly oiled baking dish. Mound tuna mixture in the center of the artichokes. In a small bowl, stir together cheese, bread crumbs, and pimento; sprinkle over filling. Bake for 5 minutes, or until cheese is melted and topping is golden.

Serves 4 for main dishes or makes 8 appetizer servings  
Phase II ingredients: 1 (breadcrumbs)

### **Tuna and Shrimp Fajitas**

1 large red onion, cut in half and thinly sliced  
1 red bell pepper, cut into bite-size strips  
1 large green bell pepper, cut into bite-size strips  
2 tablespoons canola oil  
1 jar (12 ounces) salsa  
1 can (6-1/8 ounces) tuna, drained and broken into chunks  
1/2 pound frozen cooked bay shrimp, thawed  
8 (8-inch) whole-wheat tortillas, warmed if desired  
Diced avocado, shredded low-fat Cheddar or Monterey cheese, sliced pitted ripe black olives, and bottled salsa for toppings

In a large skillet or wok, stir-fry onion and bell peppers in oil for 3 minutes over high heat. Add 1/4 cup of the salsa, the tuna and shrimp; stir-fry for 2 minutes more, or until heated through.

To assemble fajitas, spoon some of the tuna mixture in the center of the tortilla, then add desired toppings and serve immediately.

Serves 4 Phase II ingredients: 1 (tortillas)

## **Tuna and Zucchini-Stuffed Manicotti**

1 cup diced zucchini  
1/2 cup chopped onion  
1 clove garlic, minced  
1 tablespoon canola oil  
1 can (6-1/8 ounces) tuna, drained and flaked  
1 cup low-fat ricotta cheese  
1/2 cup shredded mozzarella cheese  
1/4 cup grated parmesan or Romano cheese  
1 extra-large egg, lightly beaten  
2 teaspoons dried basil, crushed  
8 whole-wheat manicotti shells, cooked and drained

### **Marinara Sauce:**

1-1/2 cups chopped fresh tomatoes  
1-1/4 cups tomato sauce  
2 tablespoons minced parsley  
1 teaspoon dried basil, crushed  
1 teaspoon dried oregano or marjoram, crushed  
Salt and pepper to taste

In a medium skillet, sauté zucchini, onion, and garlic in oil for 3 minutes; remove from heat. Stir in tuna. In a medium bowl, stir together ricotta, mozzarella, parmesan, egg, and basil until blended. Stir cheese mixture into tuna mixture; set aside.

Preheat oven to 350 F. Place drained manicotti shells in a bowl of cold water. Set aside. For marinara sauce, in a medium saucepan, stir together tomatoes, tomato sauce, and herbs. Heat to a boil; remove from heat. Season to taste with salt and pepper. Transfer mixture to blender container or food processor bowl. Cover and process in 2 batches until nearly smooth. Spray a 13x9x2-inch baking dish with cooking spray.

Spread 1/2 cup of the sauce over bottom of dish. Blot manicotti shells carefully with paper towels. Generously pipe filling into shells. In baking dish, arrange manicotti in a row. Pour remaining sauce over manicotti; cover with foil. Bake for 30 minutes; uncover and bake for 5-10 minutes more, or until sauce is bubbly. Let stand for 5 minutes before serving.

Serves 4

Phase II ingredients: 1 (pasta)

### **Baha Roll**

1 cup uncooked quick-cooking brown or wild rice  
1-1/2 cups chicken broth  
1/4 cup reduced-calorie mayo  
1 tablespoon rice vinegar or white wine vinegar  
1 tablespoon minced green onion  
2 teaspoons grated gingerroot or 1/4 teaspoon ground ginger  
4 (8-inch) whole-wheat tortillas  
1/2 pound fresh spinach (1 bunch), stems removed  
1 can (6-1/8 ounces) tuna, drained and flaked  
3/4 cup thin julienne-strip, peeled cucumber  
1/4 medium ripe avocado, pitted, peeled, and thinly sliced  
1 egg white, beaten  
Pickled ginger strips, fresh cilantro or parsley (optional)

Cook rice according to package, using chicken broth instead of water. Fluff rice; cool or cover and chill if preparing ahead. In a small bowl, stir together mayo, vinegar, onion, and gingerroot; stir mixture into cooked rice until well combined. To assemble rolls, place tortillas on flat surface. Spread 1/4 of the rice mixture evenly over each tortilla to within 1/2-inch of edge. Arrange spinach leaves, overlapping slightly, over rice layer. Sprinkle tuna and cucumber evenly over spinach. On each tortilla, place 2 slices of avocado crosswise over center of filling. Starting at the bottom edge of each tortilla, roll up tightly, enclosing filling and avocado in center. Moisten opposite edge of tortilla with egg white; press edges together to seal. Wrap in waxed paper and twist ends; chill at least 2 hours before serving.

To serve, unwrap rolls; slice each roll crosswise into 8 1-inch slices.

Makes 4 main dishes or 32 appetizers  
Phase II ingredients: 2 (rice and tortillas)

### **Santa Fe Tuna Salad with Chili-Lime Dressing**

6 cups torn spinach or Romaine lettuce leaves  
1 cup half-slices red onion  
1/2 cantaloupe melon or 1 ripe papaya, peeled, seeded, and cut into thin half-slices  
1 can (12.5 ounces) tuna, drained and broken into chunks  
1/2 cup chopped fresh cilantro

Chili-lime dressing:

1/4 cup lime juice  
1/4 cup canola oil  
2 teaspoons minced jalapenos or mild green chilies  
1 clove garlic, minced  
1/2 teaspoon salt  
1/4 teaspoon pepper

For salad, in a large bowl toss together spinach, onion, fruit, tuna, and cilantro. For chili-lime dressing, in a shaker jar combine remaining ingredients. Cover and shake until well blended. Pour over salads; toss well.

Serves 4      Phase II ingredients: 1 (fruit)

## **Shrimp Skewers with Tropical Fruit Salsa**

1/2 cup soy sauce  
1/4 cup lime juice  
2 cloves garlic, minced  
1-1/2 pounds large shrimp, shelled and deveined  
Tropical fruit salsa (recipe follows)  
Canola oil  
Salt and pepper

Combine soy sauce, lime juice, and garlic in a shallow glass dish or large heavy plastic bag. Add shrimp; cover dish or close bag. Marinate in refrigerator no longer than 30 minutes.

Meanwhile, prepare the tropical fruit salsa (Salsa should not be made more than two hours before serving).

Remove shrimp from marinade; discard marinade. Thread shrimp on metal or bamboo skewers (soak bamboo skewers in water at least 20 minutes to keep them from burning). Brush one side of shrimp lightly with oil; season with salt and pepper.

Oil hot grid to help prevent sticking. Grill shrimp oil side down on a covered grill, over medium-high briquettes, 6-8 minutes. Halfway through cooking time, brush top with oil, season with salt and pepper, then turn and continue grilling until shrimp firm up and turn opaque throughout. Serve with salsa.

Tropical fruit salsa:

2 mangos  
2 kiwis  
3 tablespoons finely chopped or finely slivered red onion  
1/4 teaspoon salt  
1/3 teaspoon crushed red pepper flakes  
1 teaspoon sugar substitute  
1 tablespoon finely chopped fresh mint leaves  
1 tablespoon finely chopped fresh cilantro

Peel fruit. Cut mango into 1/4-inch pieces; cut kiwi into wedges. Combine with remaining ingredients in a medium bowl; adjust flavors to taste. Cover and refrigerate at least 2 hours. Makes about 1 cup.

Serves 4

Phase II ingredients: 1 (fruit salsa)



### **Baja Fruited Salmon**

1 large navel orange, peeled and diced  
1 small grapefruit, peeled and diced  
1 medium tomato, seeded and diced  
1/4 cup diced onion  
1 small jalapeno, seeded and finely chopped  
2 tablespoons snipped fresh cilantro  
2 tablespoons red-wine vinegar  
1 tablespoon canola oil  
1/2 teaspoon salt  
1/4 teaspoon garlic powder  
1/4 teaspoon parsley  
4 (5 ounce) salmon steaks  
Lemon juice

In medium bowl, combine all ingredients except salmon and lemon juice; refrigerate. Brush salmon steaks with lemon juice. Grill or broil 5 inches from heat source 5-7 minutes on each side or until fish flakes easily with fork. Spoon chilled fruit salsa over salmon.

Serves 4

Phase II ingredients: 2 (orange and grapefruit)

### **Salsa Shrimp in Papaya**

Lemon juice  
12 ounces cooked bay shrimp, rinsed and drained  
3/4 cup chunky salsa  
1/2 teaspoon pepper  
1/4 teaspoon garlic powder  
1/4 teaspoon parsley  
3 ripe papayas, halved, peeled, and seeds removed

In medium bowl, sprinkle lemon juice over shrimp. Add salsa, pepper, garlic powder, parsley; cover and marinate in refrigerator 1 hour or overnight. Fill each papaya half with marinated shrimp.

Serves 6

Phase II ingredients: 1 (papayas)

### **Shrimp Teriyaki**

1/2 cup soy sauce  
2 tablespoons sugar substitute  
1 tablespoon canola oil  
1-1/2 teaspoon cornstarch  
1 clove garlic, crushed  
1 teaspoon minced fresh ginger root  
2 tablespoons water  
2 pounds medium-size raw shrimp, peeled and deveined

Blend soy sauce, sugar, oil, cornstarch, garlic, ginger, and water in small saucepan. Simmer, stirring constantly, until thickened, about 1 minute; cool. Coat shrimp with sauce; drain off excess. Place on rack of broiler pan. Broil 5 inches from heat source 3-5 minutes on each side, or until shrimp are opaque and cooked. Serve immediately with wooden toothpicks.

Makes 10 appetizer servings

Phase II ingredients: 1 (cornstarch)

### **Ginger Fish Fillets**

1 pound fresh or thawed fish fillets  
1/4 cup teriyaki sauce  
1 tablespoon canola oil  
1 teaspoon sugar substitute  
1 tablespoon slivered fresh ginger root  
1 large green onion and top, cut into 1-inch lengths and slivered  
1/3 cup water  
1-1/2 teaspoons cornstarch

Place fillets in single layer in shallow baking pan. Combine teriyaki sauce, oil, and sugar; pour over fish. Turn fillets over to coat well. Marinate 20 minutes, turning fish over occasionally. (If fillets are very thin, marinate for only 10 minutes). Sprinkle with ginger and green onion evenly over each fillet. Bake in marinade at 350 F. 6-10 minutes, or until fish flakes easily when tested with a fork. Remove to serving platter and keep warm; reserve 1/4 cup pan juices. Blend water and cornstarch in small saucepan. Stir in reserved pan juices. Cook and stir until mixture boils and thickens. To serve, spoon sauce over fish.

Serves 4

Phase II ingredients: 1 (cornstarch)

### **Shanghai Shrimp Stir-Fry**

2 tablespoons cornstarch, divided  
3 tablespoons soy sauce, divided  
1 tablespoon minced fresh ginger root  
1/2 teaspoon sugar substitute  
1/2 pound medium-size raw shrimp, peeled and deveined  
1-1/4 cup water  
1/4 teaspoon fennel seed, crushed  
1/8 teaspoon ground cloves  
1/8 teaspoon pepper  
1 pound fresh broccoli  
3 tablespoons canola oil, divided  
1 onion, chunked and separated

Combine 1 tablespoon each cornstarch and soy sauce with ginger and sugar in small bowl; stir in shrimp. Let stand 10 minutes. Meanwhile, combine water, remaining 1 tablespoon cornstarch, and 2 tablespoons soy sauce, fennel, cloves, and pepper; set aside. Remove flowerets from broccoli; cut into bite-size pieces. Peel stalks; cut into thin slices. Heat 1 tablespoon oil in hot wok or large skillet over high heat. Add shrimp and stir-fry 1 minute; remove. Heat remaining 2 tablespoons oil in same pan. Add broccoli; stir-fry 2 minutes. Add onion; stir-fry 3 minutes longer. Stir in shrimp and soy sauce mixture; cook and stir until sauce boils and thickens.

Serves 4

Phase II ingredients: 1 (cornstarch)

### **Japanese Rice Salad**

2 cups water  
3 tablespoons soy sauce, divided  
1 cup uncooked brown or wild rice  
1/2 pound cooked baby shrimp  
1/2 cup frozen green peas, thawed and drained  
1 tablespoon minced fresh ginger root  
1/4 cup distilled white vinegar  
2 tablespoons sugar substitute  
2 teaspoons sesame seed, toasted  
2 teaspoons water  
Lettuce leaves

Combine 2 cups water and 2 tablespoons soy sauce in medium saucepan. Bring to a boil; stir in rice. Reduce heat and simmer, covered, 20 minutes, or until water is absorbed. Remove from heat and cool in pan. Rinse shrimp; drain thoroughly. Remove and reserve 1/2 cup. Combine remaining shrimp, peas, green onions and ginger in a large bowl. Fluff rice with a fork; fold into shrimp mixture. Cover and refrigerate until chilled. Meanwhile, measure vinegar, sugar, remaining 1 tablespoon soy sauce, sesame seed and 2 teaspoons water into jar with a screw-top lid. Cover and shake well. Pour over rice mixture; toss to coat all ingredients well. Spoon over lettuce leaves on serving plates; sprinkle with reserved shrimp.

Serves 6 Phase II ingredients: 1 (rice)

## Shrimp Fried Rice

2 eggs  
2 tablespoons water  
2 tablespoons canola oil  
3 green onions and tops, chopped  
3 cups cold, cooked rice  
1/4 pound cooked baby shrimp, chopped  
3 tablespoons soy sauce

Beat eggs with water just to blend; set aside. Heat oil in hot wok or large skillet over medium heat. Add green onions; stir-fry 30 seconds. Add eggs and scramble. Stir in rice and cook until heated through, gently separating grains. Add shrimp and soy sauce; cook and stir-fry until heated.

Serves 6

Phase II ingredients: 1 (rice)

### **Dijon-Herb Pork**

4 slices of whole wheat bread  
1 tablespoon of dried oregano  
3 cloves garlic, minced  
3 tablespoons dijon-style mustard  
1 tablespoon cracked black pepper  
1 pork tenderloin (about 1 pound), trimmed

Preheat oven to 375 F. Place bread on a baking sheet. Bake until lightly toasted on both sides, about 10 minutes. Tear bread into small pieces. Place pieces in a blender or food processor fitted with a metal blade and process until fine crumbs form.

Increase oven temperature to 425 F. In a small bowl, combine bread crumbs, oregano, and garlic. Mix well. In another small bowl, combine mustard and pepper. Mix well. Brush tenderloin with mustard mixture, coating evenly. Dredge tenderloin in bread crumb mixture, pressing so crumbs adhere. Place tenderloin on a rack in a roasting pan.

Roast tenderloin until an instant-read meat thermometer inserted in the thickest part of meat reads 160 F, about 35-40 minutes.

Transfer tenderloin to a cutting board and let stand for 5 minutes. Cut into thin slices and serve immediately.

Serves 4      Phase II ingredients: 1

### **Pork Chop and Pasta Dinner**

1 tablespoon olive oil  
4 boneless center-cut loin pork chops (4 ounces each), trimmed  
2 cloves garlic, minced  
1 can (15 ounces) tomatoes, drained  
1/2 teaspoon dried rosemary  
1/8 teaspoon freshly ground black pepper  
1/8 teaspoon hot pepper flakes  
1 teaspoon balsamic vinegar or red-wine vinegar  
8 ounces whole-wheat fettuccine or other like-pasta

In a large skillet heat oil over medium heat. Add pork chops; cook, turning once, until browned, about 4 minutes. Add garlic and cook, stirring frequently, for 1 minute. Stir in tomatoes, rosemary, black pepper, and red pepper flakes. Reduce heat to low.

Partially cover skillet and simmer until pork chops are cooked through and no longer pink, about 20 minutes. Remove from heat. Stir in vinegar.

While pork is simmering, cook pasta. Drain pasta in a colander. Place pasta on a serving platter. Arrange pork chops over pasta. Pour sauce over chops. Serve immediately.

Serves 4      Phase II ingredients: 1

### **Crunchy Parmesan-Mustard Pork Chops**

1 cup whole-wheat or stone-ground breadcrumbs  
1 tablespoon melted SmartSpread or I Can't Believe It's Not Butter  
2 tablespoons of dijon mustard  
2 tablespoons freshly grated parmesan cheese  
1 tablespoon chopped parsley  
6 boneless pork loins  
Black pepper to taste

Preheat the oven to 350. In a small bowl, mix the breadcrumbs, butter, and 1 tablespoon of the dijon mustard, parmesan cheese, and parsley. Season the pork chops with salt and pepper. Spread the remaining dijon mustard on one side each chop and place the chops (plain side down) on a baking sheet.

Divide the breadcrumb mixture among the chops and pat them onto the mustard. Bake the chops until they are fully cooked and the breadcrumbs are nicely browned, about 20 minutes.

Serves 6      Phase II ingredients: 1 (breadcrumbs)

### **Ranch House Omelette**

1 teaspoon of canola oil  
1/4 medium green bell pepper, diced (about 1/4 cup)  
1/4 medium red bell pepper, diced (about 1/4 cup)  
1/4 medium yellow onion, chopped (about 1/4 cup)  
3/4 cup egg substitute  
1/4 cup skim milk  
1/2 teaspoon black pepper  
1/4 cup diced lean ham, divided  
1/2 cup reduced-fat cheddar cheese, shredded, divided

In a small skillet, heat oil over medium heat until hot but not smoking. Add green pepper, red pepper, and onion. Cook stirring frequently, until tender, about 6 minutes. Place vegetables on a plate and set aside.

Wipe down skillet. Spray skillet with vegetable cooking spray. In a small bowl, combine egg substitute, milk, and black pepper. Mix well.

Heat skillet over medium-high heat for 30 seconds. Add half of the egg mixture; cook until edges are just about set, about 1 minute. Place half of vegetable mixture and half of cheese on top. Cook for 1 minute longer.

Using a spatula, fold omelette over. Gently slide omelette onto a serving plate. Repeat with more vegetable cooking spray, remaining egg mixture, remaining veggies, remaining ham, and remaining cheese. Serve omelette immediately.

Serves 2  
Phase II ingredients: 1 (milk)

### **Saucy Bow Ties and Sausage**

6 ounces turkey sausage links  
8 ounces of whole-wheat bow tie pasta or other like pasta  
1 teaspoon olive oil  
1 medium yellow onion, coarsely chopped (about 1 cup)  
1 medium green bell pepper, coarsely chopped (about 1 cup)  
1 cup sliced mushrooms  
2 cloves garlic, minced  
1/4 teaspoon crushed hot red pepper flakes  
2 large tomatoes, peeled, seeded, and chopped (about 2 cups)  
1/2 cup chopped fresh basil  
1/4 cup grated parmesan cheese

In a large skillet, cook sausage over medium-high heat, turning frequently, for 10 minutes. Remove sausage; drain on paper towels. Cut into 1-inch pieces. Cover with foil to keep warm. Wipe skillet clean.

Cook pasta according to package.

While pasta is cooking, in same skillet, heat oil over medium heat. Add onion, bell pepper, and mushrooms. Cook, stirring frequently, until crisp-tender, about 6 minutes. Add garlic and red pepper flakes. Cook, stirring, for 1 minute. Add tomatoes and basil. Cook until heated through, about 2 minutes.

Drain pasta in a colander. Place pasta on a serving platter. Add sausage to vegetable mixture and spoon over pasta. Sprinkle with parmesan cheese.

Serves 4      Phase II ingredients: 1 (pasta)

### **Early Morning Rush Egg Sandwich**

2 8-ounce cartons of egg substitute  
1/3 cup evaporated skim milk  
1/2 teaspoon Worcestershire sauce  
1/8 teaspoon black pepper to taste  
1/4 pound turkey ham, sliced thin and chopped  
Cooking spray  
8 slices of whole-wheat or your choice of bread  
2 tablespoons of SmartSpread plus 2 teaspoons

In a mixing bowl, combine egg substitute, evaporated skim milk, Worcestershire sauce, and pepper. Whisk until well blended, then stir in turkey ham.

Liberally coat a large skillet with cooking spray and place over medium-high heat for 1 minute. Add egg mixture. When edges become firm, use a spatula to push set egg to center of skillet, allowing uncooked egg to flow to edges. Gently turn until desired consistency.

Toast each bread slice and spread 1 teaspoon of butter on each slice. Place 1/4 of the egg mixture on buttered side of four pieces of toast and top with remaining pieces of toast, butter side down. Serve immediately.

Serves 4      Phase II ingredients: 1 (bread)

### **Egg and Bacon Stacks with Dijon Cheese Sauce**

8 1/2-ounce slices of lean Canadian bacon  
4 large eggs  
2 cups skim milk  
2 tablespoons cornstarch  
1/2 cup grated reduced-fat cheddar cheese  
1 tablespoon plus 1 teaspoon dijon mustard  
2 teaspoons fresh lemon juice  
1 teaspoon SmartSpread  
1/4 teaspoon salt  
1/8 teaspoon cayenne pepper  
Black pepper to taste  
4 Whole-wheat English muffins, halved and toasted  
Paprika for garnish

Preheat oven to warm. Set bacon on an ovenproof plate and place in warm oven.

Place 1-1/2 inches water in a large skillet. Bring to a boil and reduce heat to low. Crack eggs into skillet, being careful not to break yolks. Simmer for 3-5 minutes, or until egg whites are firm. Using a slotted spoon, transfer eggs to an ovenproof plate and place in warm oven.

In a nonstick saucepan, combine milk and cornstarch and stir until cornstarch is dissolved. Place over medium heat, stir with spatula and cook until thickened. Remove from heat and stir in cheese, mustard, lemon juice, butter, salt, cayenne, and black pepper.

Place two muffin halves on each of four plates and top with two slices of bacon and one egg. Pour 1/4 of the sauce over each serving. Sprinkle with paprika and serve immediately. Serves 4

Phase II ingredients: 3 (milk, cornstarch, and English muffins)

### **BLT-Tuna Salad Club Sandwiches**

2 6-ounce cans water-packed tuna  
5 tablespoons mayo  
4 hard-boiled eggs  
1/2 cup thinly sliced celery  
1 tablespoon plus 1 teaspoon pickle relish  
1 teaspoon sugar substitute  
1/4 teaspoon black pepper  
8 slices of whole-wheat bread or your choice of bread  
4 lettuce leaves  
4 slices of tomato  
8 slices of turkey bacon

Place tuna in a colander and rinse with water, drain well, shaking off any excess water. Place in bowl, mix with 2 tablespoons plus 1 teaspoon mayo and set aside. Chop two eggs and add to tuna. Discard yolks of remaining two eggs. Chop two egg whites and add to tuna mixture along with celery, relish, sugar, and pepper. Blend well. At serving time, spread 1 teaspoon of remaining mayo on each slice of bread. Top four slices with lettuce leaf, a slice of tomato, 1/4 of the tuna mixture, and two slices of bacon. Place four remaining slices of bread on top.

Serves 4      Phase II ingredients: 1 (bread)



### **Ham and Swiss Quiche with Scallions**

Cooking spray

1/4 pound turkey ham, sliced thin and chopped

1 cup evaporated skim milk

1 tablespoon plus 2 teaspoons cornstarch

1 cup skim milk

1 8-ounce carton egg substitute

1/2 teaspoon dry mustard

1/8 teaspoon black pepper

1/8 teaspoon ground nutmeg

1/4 cup chopped scallion

1/2 cup grated reduced-fat Swiss cheese

1/2 cup grated part-skim mozzarella cheese

Paprika for garnish

Preheat oven to 425 F. Coat a large skillet with cooking spray and place over medium-high heat for 1 minute. Add turkey ham and brown lightly.

Meanwhile, in a mixing bowl, combine evaporated skim milk and cornstarch. Whisk until cornstarch dissolves, then add skim milk, egg substitute, dry mustard, pepper, and nutmeg. Whisk until well blended. Stir in scallion, cheeses, and turkey ham.

Coat a 9-inch deep-dish glass pie pan with cooking spray and pour egg mixture into it. Sprinkle with paprika. Bake for 15 minutes. Reduce heat to 300 F. and bake for 45 minutes longer or until a knife inserted in center comes out clean. Let stand for 5 minutes before cutting into four wedges and serving.

Serves 4

Phase II ingredients: 2 (milk and cornstarch)

### **Sichuan Pork Salad**

1/2 pound boneless lean pork

4 tablespoons teriyaki sauce, divided

1/8-1/4 teaspoon crushed red pepper

1 cup water

2 tablespoons cornstarch

1 tablespoon distilled white vinegar

2 tablespoons canola oil, divided

1 onion, chunked and separated

12 radishes, thinly sliced

2 medium zucchini, cut into julienne strips

Salt

4 cups shredded lettuce

Cut pork across grain into thin slices, then into narrow strips. Combine pork, 1 tablespoon teriyaki sauce and red pepper in small bowl; set aside. Combine water, cornstarch, remaining 3 tablespoons teriyaki sauce and vinegar; set aside. Heat 1 tablespoon oil in hot wok or large skillet over high heat. Add pork and stir-fry 2 minutes; remove. Heat remaining 1 tablespoon oil in same pan. Add onion; stir-fry 2 minutes. Add radishes and zucchini; lightly sprinkle with salt and stir-fry 1 minute longer. Stir in pork and teriyaki sauce mixture. Cook and stir until mixture boils and thickens. Spoon over bed of lettuce on serving platter; serve immediately.

### **Mexican Breakfast Roll-Ups**

2 8-ounce cartons egg substitute  
1/3 cup evaporated skim milk  
1 teaspoon chili powder  
1/2 teaspoon ground cumin  
1/4 teaspoon cayenne pepper  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
2 medium-sized tomatoes, seeded and chopped  
1/2 cup finely chopped green bell pepper  
1/4 pound turkey ham, sliced thin and chopped  
Cooking spray  
1 tablespoon plus 1 teaspoon SmartSpread  
8 6-inch whole-wheat tortillas

In a medium-sized mixing bowl, combine egg substitute, milk, chili powder, cumin, cayenne pepper, salt, and black pepper. Whisk together until well blended. Gently stir in tomato, bell pepper, and ham.

Coat a large skillet with cooking spray and place over medium-high heat for 1 minute. Pour egg mixture into skillet and cook, stirring occasionally with a spatula, until eggs are set.

Spread 1/2 teaspoon margarine evenly over each tortillas and place 1/8 of the scrambled egg mixture in center of each buttered tortilla. Fold in edges and place two roll-ups seam down on each plate and serve.

Serves 4

Phase II ingredients: 1 (tortillas)

### **Crispy Mexican Tortilla Sunrise**

Cooking spray  
5 ounces of bulk turkey sausage  
4 8-inch whole-wheat tortillas  
3/4 cup grated part-skim mozzarella cheese  
1 4-ounce can of green chilies, drained  
1 large tomato, seeded and chopped  
1/2 teaspoon of chili powder  
1/2 teaspoon dried oregano leaves  
Black pepper to taste

Preheat the oven to 475 F. Coat a skillet with cooking spray and place over medium-high heat for 1 minute. Add sausage, breaking it up with a knife and fork. Cook until done. Drain on paper towels.

Place two tortillas on each of two large baking sheets. Sprinkle each with 3 tablespoons grated cheese, 2 tablespoons chilies, 1/4 cup chopped tomato, and 1/4 of the sausage. Sprinkle 1/8 teaspoon chili powder and 1/8 teaspoon oregano on top of sausage then add black pepper. Bake for 4 minutes. Serve.

Serves 4 Phase II ingredients: 1 (tortillas)

## Hearty Sausage and Pasta Stew

Cooking spray

10 ounces of turkey sausage links, cut into 1/8-inch rounds

2 cups chopped yellow onion

4 cloves garlic, minced

1-1/2 cups sliced zucchini

1 medium-sized bell pepper, chopped

1 10-ounce can beef broth

1 16-ounce can chicken broth

1 cup dry red wine

1/2 cup water

1 8-ounce can of tomato sauce

1 16-ounce can peeled whole tomatoes, chopped, undrained

1 teaspoon dried basil

1 teaspoon dried oregano

1/4 teaspoon black pepper

1/4 cup chopped fresh parsley

2 teaspoons Worcestershire sauce

1/2 teaspoon sugar substitute

2 cups cooked whole-wheat penne or other like pasta

Coat a dutch oven, preferably cast iron, with cooking spray and place over medium-high heat for 1 minute. Add sausage. Brown lightly and set aside.

Add onion and garlic to dutch oven and cook, stirring occasionally, for 4 minutes. Add zucchini, bell pepper, beef broth, chicken broth, wine, water, tomato sauce, tomatoes, and their liquid, basil, oregano, and black pepper. Bring to a boil, reduce heat, and cover tightly. Simmer for 20 minutes. Stir in parsley, Worcestershire sauce, sugar, pasta, and reserved sausage. Remove from heat and let stand, covered, for 10 minutes to blend flavors. Flavor is even more enhanced if refrigerated overnight.

Serves 4

Phase II ingredients: 1 (pasta)

### **Pasta with Bell Peppers, Mushrooms, and Bacon**

1/2 pound of turkey bacon  
2-3 cloves garlic, finely chopped or pressed  
3 bell peppers, any color, sliced thin  
3/4 pound button mushrooms, wiped clean and thinly sliced  
3 tablespoons chopped fresh oregano or 1 tablespoon dried  
3/4 pound whole-wheat spaghetti or other like pasta  
Salt and pepper  
Parmesan cheese to taste

Fry bacon in a large skillet over medium-low heat until rendered of all fat. Discard all but 1 tablespoon of the bacon fat. Remove bacon from pan, blot it with paper towels, and crumble or chop it. Reserve it for later use.

Place garlic, peppers, and mushrooms in the skillet (if you are using dried oregano, add it now), and sauté until the vegetables are tender, about 15 minutes.

Bring a large pot of water to boil. Add the pasta and cook until tender.

Drain the pasta, reserving 1/2 cup of the pasta water.

Add pasta water to pepper mixture and stir to combine. Add the pasta to the skillet, add salt and pepper to taste, and serve immediately.

Garnish with fresh oregano and parmesan cheese.

Serves 4

Phase II ingredients: 1 (pasta)

### **Baked Ham and Cheese Monte Cristo**

6 slices of whole-wheat bread or your choice  
2 cups shredded cheddar cheese  
1 package of frozen broccoli spears, thawed, drained, and cut into 1-inch pieces  
2 cups (10 ounces) cooked cubed ham  
5 eggs  
2 cups skim milk  
1/2 teaspoon ground mustard  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper

Preheat oven to 325 F. Cut 3 bread slices into cubes; place in greased 8x12-inch baking dish. Top bread with 1 cup cheese, the broccoli, and ham. Cut remaining bread slices diagonally into halves. Arrange bread halves down center of casserole, overlapping slightly, crusted points all in 1 direction. In medium bowl, beat eggs, milk, and seasonings; pour evenly over casserole. Bake, uncovered, for 1 hour or until center is set. Top with remaining cheese; bake, uncovered, 5 minutes or until cheese is golden brown. Let stand for 10 minutes before serving.

Serves 6-8

Phase II ingredients: 2 (bread and milk)

### **Tortilla Chicken Salad**

3 6-inch whole wheat tortillas  
2 small heads, romaine lettuce, rinsed, drained, and torn into bite-size pieces  
2 cups shredded cooked chicken breast  
1 small tomato, seeded and diced (about 3/4 cup)  
Ranch dressing with under 3 grams of sugar

Preheat oven to 450 F. Using a small, sharp knife or scissors cut tortillas into 3/4-inch strips. Place strips in a single layer on a baking sheet. Bake until crisp, about 3 minutes. Place baking sheet on a wire rack and cool completely.

Place lettuce in a large bowl. Pour on dressing and toss to coat. Divide lettuce evenly among serving plates; place chicken over lettuce. Top salads with tomato and tortilla strips. Serve immediately.

Serves 6

Phase II ingredients: 1 (tortillas)

### **Indian Salad**

1/2 cup chickpeas  
1/2 cup kidney beans  
1/2 cup sliced cucumber  
1/2 cup sliced red pepper  
1-1/2 cup shredded purple cabbage  
1 chicken breast  
1/2 tsp curry powder  
1 cup plain yogurt  
1 tsp grated gingerroot  
1 minced garlic clove  
1/2 cup chopped mint leaves  
Olive oil

Coat chicken with curry, sauté in oil, 6 minutes per side; cut into strips. For dressing, blend yogurt, ginger, garlic, and mint.

Toss everything together.

Serves 1

Phase II ingredients: 1 (yogurt)

## **Mexican Salad**

2 large ripe, peeled and sliced, mangoes  
1 seeded and chopped jalapeno pepper  
1/3 cup toasted, silvered almonds  
Torn bite-size greens  
1/4 cup chopped cilantro  
1 tablespoon lime juice  
1/4 teaspoon cumin  
1 teaspoon red-wine vinegar  
2 tablespoon olive oil

For dressing, whisk together lime juice, cumin, red-wine vinegar and olive oil; salt and pepper to taste. Toss with mangoes, pepper, almonds, cilantro, and greens.

Serves 1

Phase II ingredients: 1 (mangoes)

## **Field Salad with Tart Apple and Champagne Vinaigrette**

2-3 cups mixed field greens  
Champagne vinaigrette (recipe follows)  
1/2 Granny Smith apple, peeled, cored, and cut into 1/2-inch dice

Tear the lettuce leaves into pieces and toss with 3/4 of the vinaigrette; toss the diced apples with the remaining vinaigrette. Place the tossed greens on 2 salad plates and sprinkle with the diced apples.

Champagne Vinaigrette:

1/4 cup extra virgin olive oil  
1 tablespoon champagne vinegar  
1 shallot, minced  
Salt and freshly ground pepper to taste  
1 tablespoon minced fresh chervil or parsley

In a small bowl, whisk all the ingredients together.

Serves 2

Phase II ingredients: 1 (apple)

### **Arugula Salad with Mango and Blue Cheese**

4 bunches arugula, torn  
1/2 cup crumbled blue cheese  
1 ripe mango, peeled and diced  
Salt and Pepper  
1/2 cup dry-roasted sunflower seeds

Dressing:  
1 lime, zest finely grated and lime then juiced  
3 tablespoons rice wine vinegar  
4-5 tablespoons olive oil

Combine the arugula, blue cheese, and diced mango in bowl. Add salt and pepper to taste. Toss.

Whisk together dressing ingredients. Dress and garnish servings with generous handful of sunflower seeds.

Serves 4  
Phase II ingredients: 1 (mango)

### **Acapulco Salad**

2 medium navel oranges, peeled, sectioned, and chopped  
2 cups peeled and diced jicama  
1 red bell pepper, diced  
1 medium cucumber, diced  
1/2 cup thinly sliced radishes  
1 large tomato, diced  
1/3 cup olive oil  
3 tablespoons red wine vinegar  
2 tablespoons lime juice  
1 tablespoon chopped fresh cilantro  
3/4 teaspoon pepper  
1/2 teaspoon salt

In large bowl, combine oranges and vegetables. In container with stopper or lid, combine remaining ingredients; blend well. Pour over vegetable mixture and toss to coat. Marinate in refrigerator for 1 hour before serving.

Serves 4  
Phase II ingredients: 1 (oranges)

### **Garden-Style Pasta**

12 ounces of whole-wheat penne or other like-pasta  
12 ounces fresh spinach, rinsed, stems removed, and torn into bite-size pieces  
1 cup cherry tomatoes, halved  
1/2 medium red onion, thinly sliced (about 1/2 cup)  
1/2 cup Italian dressing (under 3 grams of sugar per serving)  
2 ounces of feta cheese, cubed  
1/4 cup whole pitted black olives  
1/8 teaspoon black pepper

Cook pasta according to package. Drain in colander.

In a large bowl, combine warm pasta, spinach, tomatoes, and onion.

Drizzle dressing over pasta mixture and toss to coat.

Arrange pasta mixture in bowls. Sprinkle with feta cheese, olives, and black pepper. Serve immediately.

Serves 4

Phase II ingredients: 1 (pasta)

### **Curried Brown Rice**

1 medium yellow onion, chopped, about 1 cup  
2-1/2 cups chicken broth  
1/3 cup chopped dried apricots  
1 teaspoons curry powder  
1/4 teaspoon black pepper  
1/8 teaspoon ground nutmeg  
1 cup brown rice

Spray a medium saucepan with cooking spray. Add onion; cook over medium heat, stirring constantly, until tender, about 2 minutes.

Add chicken broth, apricots, curry powder, pepper, and nutmeg. Mix well. Bring mixture to a boil. Stir in rice; cover and reduce heat to low.

Simmer mixture until liquid is absorbed and rice is tender, about 40 minutes. Place rice on a serving platter.

Serves 4

Phase II ingredients: 2 (apricots and rice)



### **Seasoned Mexican Rice**

1 medium red onion, chopped (about 1 cup)  
1 medium red bell pepper, finely chopped (about 1 cup)  
2-1/2 cups chicken broth  
1/2 teaspoon ground cumin  
1/4 teaspoon hot pepper sauce  
1 cup brown rice  
1 can (4 ounces) chopped green chilies, drained

Spray a medium saucepan with cooking spray. Add onion and red bell pepper; cook over medium heat, stirring frequently, about 4 minutes.

Add broth, cumin, and hot pepper sauce. Bring mixture to a boil. Stir in rice. Reduce heat to low and cover. Simmer until rice is tender and liquid is absorbed, about 40 minutes. Stir in green chilies. Cook, stirring, until heated through, about 1 minute. Place on serving plates.

Serves 4

Phase II ingredients: 1 (rice)

### **Cheesy Baked Rice**

2 teaspoons SmartSpread  
1 medium yellow onion, minced  
2 cloves garlic, minced  
2 cups chicken broth  
1 cup brown rice  
1 jar (4 ounces) roasted red peppers, drained  
1/2 teaspoon black pepper  
1 package (10 ounces) frozen chopped spinach, thawed and drained  
1 cup shredded reduced-fat mozzarella cheese  
2 tablespoons grated parmesan cheese

Preheat oven to 350 F. Spray a 1-1/2 quart casserole dish with cooking spray.

In a medium saucepan, melt butter over medium heat. Add onion and garlic; sauté until lightly browned, about 8 minutes.

Add broth, rice, roasted red peppers, and black pepper. Bring mixture to a boil, stirring occasionally. Reduce heat to low. Cover and simmer until liquid is absorbed, about 20 minutes. Remove from heat.

In a medium bowl, combine rice mixture, spinach, and mozzarella. Spoon into prepared casserole. Sprinkle parmesan on top. Bake until top is golden, about 30 minutes. Serve immediately.

Serves 4

Phase II ingredients: 1 (rice)

### **Louisiana Creole Rice**

1 can (14-1/2 oz) chicken broth  
1 can (8 ounces) tomato sauce  
1 medium yellow onion, finely chopped, about 1 cup  
1 medium green bell pepper, finely chopped, about 1 cup  
1 clove garlic, minced  
1/4 teaspoon dried thyme  
1/4 teaspoon black pepper  
1 cup brown rice

In a medium saucepan, add chicken broth, tomato sauce, onion, bell pepper, garlic, thyme, and black pepper. Mix until well combined.

Bring broth mixture to a boil over medium-high heat. Stir in rice. Reduce heat to low.

Simmer, covered, until rice is tender and liquid is absorbed, about 40 minutes. Remove saucepan from heat and fluff rice with a fork. Place rice in a serving dish.

Serves 4

Phase II ingredients: 1 (rice)

### **Roasted Red Pepper Pilaf**

1 cup instant brown rice  
1 cube chicken bouillon  
2 tablespoons SmartSpread  
1 cup sliced mushrooms  
1 clove garlic, minced  
1/4 teaspoon dried oregano  
1/8 teaspoon black pepper  
1 cup roasted red peppers, drained and sliced

In a medium saucepan, prepare rice according to package directions, adding bouillon cube to water when it comes to a boil.

While rice is cooking, in a medium skillet, melt butter over medium heat. Add mushrooms, garlic, oregano, and black pepper. Cook, stirring frequently, until mushrooms soften, about 2 minutes.

Stir in red peppers. Cook, covered, stirring occasionally, until mushroom and pepper mixture is heated through, about 2 minutes.

Place rice on a serving platter. Spoon mushroom and pepper mixture over rice. Serve immediately.

Serves 4

Phase II ingredients: 1 (rice)

### **Perfect Brown Rice Pilaf**

2 teaspoons of olive oil  
1 small yellow onion, chopped  
1/2 cup chopped leeks, white part only  
1 clove garlic, minced  
1 cup brown rice  
1 tablespoon tomato paste  
2 cups water  
1 cup chicken broth  
2 tablespoons of lemon juice  
2 tablespoons fresh flat-leaf parsley  
1 teaspoon dried thyme  
1/2 teaspoon dried marjoram

In a medium saucepan, heat oil over medium-high heat. Add onion, leek, and garlic; cook, stirring, until onion is golden, about 5 minutes. Add rice and tomato paste; sauté for 1 minute. Add water and broth; bring to a boil.

Cover and reduce heat to low. Simmer until rice is tender and most of the liquid is absorbed, about 50 minutes.

Uncover and let rice stand for 5 minutes. Add lemon juice, parsley, thyme, and marjoram. Mix well. Place in a serving dish and serve immediately.

Serves 6

Phase II ingredients: 1 (rice)

### **Island-Style Rice and Beans**

2 teaspoons of olive oil  
1 small yellow onion, chopped  
1 small green bell pepper, chopped  
2 cloves garlic, minced  
1 cup brown rice  
1 teaspoon ground cumin  
2 cups cooked black beans or 1 can (15 ounces) black beans, rinsed and drained  
1 can (16 ounces) whole tomatoes, undrained  
3/4 cup water  
1/4 teaspoon hot pepper sauce

Preheat oven to 350 F. In a large skillet, heat oil over medium heat. Add onion, bell pepper, and garlic; sauté until golden, about 10 minutes. Add rice and cumin; cook stirring for 1 minute. Stir in beans, tomatoes with liquid, water, and hot pepper sauce; break up the tomatoes with a spoon. Increase the heat to high and bring to a boil.

Transfer rice mixture to a large baking dish. Cover and bake until liquid is absorbed and rice is tender, about 25 minutes. Remove dish from oven. Place in a serving dish.

Serves 4 Phase II ingredients: 1 (rice)

### **Rice Primavera**

1 teaspoon olive oil  
1 cup chopped red onion  
1 cup brown rice  
2 cups chicken broth  
4 fresh asparagus spears, cut diagonally into 2-inch lengths, or 1 cup halved broccoli flowerets  
2/3 cup frozen peas  
1/3 cup sliced mushrooms  
1 medium tomato, diced (about 1 cup)  
1/4 cup chopped fresh parsley  
1/4 cup grated parmesan cheese

In a medium saucepan, heat oil over medium-high heat. Add onion. Cook, stirring, until softened, about 5 minutes. Add rice and broth; bring to a boil. Cover; reduce heat to low.

Simmer rice for 15 minutes. Stir in asparagus, peas, and mushrooms; simmer, covered, until veggies are tender and liquid is absorbed, about 4 minutes. Stir in tomato, parsley, and parmesan. Serve.

Serves 6

Phase II ingredients: 2 (rice and peas)

### **Sweet Pea and Onion Risotto**

4 cups vegetable or chicken broth  
1 basket of small pearl onions or 16-ounce bag of frozen pearl onions, thawed (about 2-1/2 cups)  
1 tablespoon olive oil  
1 bulb fennel, chopped  
2 cloves garlic, minced  
1 cup brown rice  
1 cup fresh or frozen green peas, thawed  
4 ounces of soft goat cheese  
4 tablespoons chopped fresh mint or basil  
Salt and black pepper to taste

Pour chicken broth in a medium saucepan, set pan over medium-high heat and bring to a simmer.

Peel onions (unless you're using frozen onions, which are already peeled), and add to simmering broth; simmer 5 minutes. Using a slotted spoon, remove onions from broth and set aside. Keep broth simmering.

Heat oil in a large saucepan over medium heat. Add fennel, garlic, and rice. Cook 5 minutes, until rice is golden, stirring frequently. Add 1/2 cup broth, simmer, until liquid is absorbed, stirring frequently. Add remaining broth, 1/2 cup at a time, waiting until liquid is absorbed before adding the next 1/2 cup.

Add pearl onions, peas, and goat cheese and cook 2 minutes, until cheese melts, stirring frequently. Remove from heat and stir in mint or basil. Season to taste with salt and pepper.

Serves 4

Phase II ingredients: 2 (rice and peas)

### **Black Bean Enchiladas**

1 large onion, chopped  
1 medium green pepper, chopped  
2 tablespoons of chicken broth  
2 cans (15 ounces each) black beans, rinsed and drained, divided  
1-1/2 cups picante sauce, divided  
12 whole wheat tortillas  
2 medium tomatoes, chopped  
1/2 cup shredded reduced-fat cheddar cheese  
1/2 cup shredded part-skim mozzarella cheese  
3 cups shredded lettuce  
6 tablespoons fat-free sour cream

In a nonstick skillet, cook and stir onion and green pepper in broth for 2-3 minutes or until tender. Mash one can of black beans. Add to the skillet with 3/4 cup of picante sauce and remaining beans; heat through.

Spoon 1/4 mixture down the center of each tortilla. Roll up and place seam side down, in pan. Combine tomatoes and remaining picante sauce; spoon over enchiladas.

Cover and bake at 350 for 15 minutes. Uncover; sprinkle with cheeses. Bake for 5 minutes longer. Place 1/2 cup of lettuce on each plate and to with two enchiladas.

Serves 6

Phase II ingredients: 1 (tortillas)....2 (if you count sour cream)

### **Hungarian Noodles**

1 package (12 ounces) extra-broad no-yolk whole wheat noodles or other like pasta  
2 beef bouillon cubes  
2 tablespoons SmartSpread  
1/2 cup beef broth  
1/4 cup lean cooked ham, diced  
1/2 teaspoon caraway seeds  
1/2 teaspoon black pepper  
1 cup nonfat sour cream  
1/2 teaspoon of hot Hungarian paprika

Cook noodles according to package; add bouillon cubes to cooking water. Drain well.

In a large skillet, melt butter over medium heat. Add noodles, broth, ham, caraway seeds, and pepper. Cook, stirring for 8 minutes. Add sour cream; cook, stirring until heated through, about 2 minutes. Place on a serving platter, sprinkle with paprika.

Serves 6

Phase II ingredients: 1 (noodles)

### **Cheesy Baked Ziti**

8 ounces of whole-wheat ziti  
8 ounces of lean ground beef  
1 cup shredded reduced-fat mozzarella cheese  
1 cup part-skim ricotta cheese  
1/4 cup chopped fresh parsley  
2 cups tomato sauce  
1 teaspoon dried oregano  
1/2 teaspoon of dried basil  
1/2 teaspoon garlic powder  
1/4 teaspoon black pepper  
1/8 teaspoon hot red pepper flakes  
2 teaspoons grated parmesan cheese

Cook pasta according to directions. Drain in colander.

While pasta is cooking, prepare beef. In a large skillet, cook beef over medium heat, stirring until browned, about 5 minutes. Drain beef in colander.

Preheat the oven to 375 F. In a large bowl, combine beef, pasta, mozzarella, ricotta, and parsley. Mix well.

In a small bowl, combine tomato sauce, oregano, basil, garlic powder, black pepper, and red pepper flakes. Mix well. Pour 1/4 cup tomato sauce into an 8-inch square baking pan. Spread over bottom of pan. Spread pasta mixture over sauce. Top with remaining tomato sauce and parmesan.

Bake pasta until heated through and sauce bubbles, about 30-35 minutes.

Serves 4                      Phase II ingredients: 1 (pasta)

### **Lemon Rice with Almonds**

1 teaspoon SmartSpread  
3 tablespoons minced onion  
1/2 cup brown rice  
1 cup chicken broth  
2 tablespoons fresh lemon juice  
1 teaspoon grated lemon zest  
2 tablespoons slivered blanched almonds, lightly toasted\*

In a sauté pan or skillet, melt the butter and sauté the onion for about 15 minutes, or until translucent but not browned. Blend in the rice and stir until all the grains are coated. Add chicken broth, lemon juice, and lemon zest. Bring to a boil, lower the heat and simmer, covered, for about 20 minutes, or until all the liquid is absorbed. Remove from heat, blend in almonds, and serve.

\*To toast the almonds, spread blanched (skinless) almonds in a jelly-roll size pan and toast until lightly brown (about 10 minutes) in preheated 350 F. oven, tossing several times. To make ahead of time; cool thoroughly, pack the nuts into a covered container and freeze.

Serves 2                      Phase II ingredients: 1 (rice)

### **Triple-Cheese Lasagna**

12 ounces ground turkey  
1 jar spaghetti sauce  
16 ounces whole-wheat lasagna noodles  
1 container (15-16 ounces) part-skim ricotta cheese  
2 cups low-fat cottage cheese  
1 cup shredded reduced-fat mozzarella cheese, divided  
1 egg white, lightly beaten  
1/4 cup chopped fresh parsley  
2 tablespoons grated parmesan cheese

Preheat oven to 375 F. Spray a 13x19-inch baking pan with cooking spray. In a large skillet, cook turkey until no longer pink, about 10 minutes. Drain off fat. add sauce; simmer, covered for 10 minutes.

Meanwhile, cook noodles according to package.

In a medium bowl, combine ricotta, cottage cheese, 1/2 cup of mozzarella, egg white, and parsley. Drain noodles.

Spread 1/2 cup of meat sauce on bottom of prepared pan. Cover with a layer of noodles. Spread with 1/4 of mozzarella mixture; top with 1/2 cup of sauce. Continue layering with remaining noodles, mozzarella mixture, and ending with sauce.

Cover pan with foil. Bake for 45 minutes. Remove foil and sprinkle with remaining mozzarella and parmesan. Bake until cheese is melted, about 10 minutes longer. Let stand for 10 minutes before serving.

Serves 8                      Phase II ingredients: 1 (pasta)

### **Waldorf Brown Rice Salad**

1 cup brown rice  
3 courtland, golden, or delicious apples  
2 tablespoons lemon juice  
1/2 cup chopped celery  
1/4 cup chopped walnuts  
1/2 cup mayo  
1/2 cup nonfat vanilla yogurt

Prepare rice according to package. Cool.

Wash, core, and slice apples coarsely, without peeling. Sprinkle apples with lemon juice and toss. Add cooked rice, chopped celery, and nuts. Blend well. Fold mayo into yogurt. Add to rice-fruit mixture.

Serves 4-6  
Phase II ingredients: 3 (rice, yogurt, and apples)

**Spaghetti Primavera**

8 ounces of whole-wheat spaghetti or other like pasta

1 cup part-skim ricotta cheese

1/2 cup low-fat milk

1 tablespoon of olive oil

3 cloves garlic, minced

2 large tomatoes, seeded and chopped (about 2 cups)

1 cup broccoli flowerets

1 medium red bell pepper, julienned (about 1 cup)

1/8 teaspoon cayenne pepper

1 tablespoon SmartSpread

1/4 cup grated parmesan cheese

1 tablespoon chopped parsley

To prepare sauce, using an electric mixer set on low speed, beat ricotta and milk until smooth. Set aside.

In a large skillet, heat oil over medium heat. Add garlic; cook, stirring, for 1 minute. Add tomatoes, broccoli, red bell pepper, and cayenne pepper to skillet. Cook, stirring occasionally, for 6 minutes.

In a medium saucepan, melt butter over low heat. Stir in ricotta mixture, parmesan, and parsley. Cook, stirring constantly, until sauce thickens, about 4 minutes.

While sauce is cooking, prepare pasta according to package directions. Drain pasta in colander. Place pasta and vegetables in serving bowls. Pour sauce over vegetables. Serve immediately.

Serves 4

Phase II ingredients: 2 (pasta and milk)

**Ziti Toss with Cheese**

1 medium red onion, thinly sliced (about 1 cup)

1 medium red or green bell pepper, cut into strips (about 1 cup)

3 tablespoons of water

1/4 cup sliced green onion

1 can (16 ounces) whole tomatoes, undrained

2 tablespoons chopped fresh parsley, divided

1 tablespoon chopped fresh basil, divided

12 ounces of whole-wheat ziti or other like pasta

1/4 cup diced part-skim mozzarella cheese

1/4 cup grated parmesan cheese

Spray a large skillet with cooking spray. Heat over medium heat. Add the red onion, bell pepper, and water. Cover and cook for 3 minutes. Uncover and add green onion. Cook for 2 minutes. Transfer the mixture to a plate.

Add the tomatoes with liquid and half of herbs to skillet; break up tomatoes with a spoon. Simmer for 10 minutes.

While tomatoes are simmering, cook pasta according to package. Set aside 1/2 cup of pasta cooking water. Drain pasta and place in large bowl. Stir in onion mixture, tomatoes, and enough pasta water to thin sauce. Stir in mozzarella. Sprinkle with remaining herbs and parmesan and serve.



## **Macaroni and Cheese**

12 ounces of whole wheat macaroni or other like pasta  
2 teaspoons of canola oil, divided  
1 medium red onion, chopped (about 1 cup)  
1/2 cup thin red bell pepper strips  
1/4 cup chopped green onion  
1/2 cup sliced mushrooms  
1 cup low-fat cottage cheese  
1/2 cup tomato sauce  
1/3 cup shredded reduced-fat cheddar cheese, divided

Cook the macaroni according to directions.

While macaroni is cooking, in large skillet, heat 1 teaspoon of oil over medium heat. Add red onion, bell pepper, and green onion; sauté until vegetables begin to soften, about 4 minutes. Add remaining oil and mushrooms; sauté for 4 minutes. Remove from heat; set aside.

Preheat the broiler. Drain macaroni; return to pan. Add vegetable mixture, cottage cheese, tomato sauce, and 3 tablespoons of cheddar. Mix well. Heat over low heat until heated through, about 5 minutes.

Transfer mixture to a shallow baking dish. Sprinkle with remaining cheddar over top. Broil 4 inches from heat until browned, about 3 minutes. Serve.

Serves 4

Phase II ingredients: 1 (pasta)

## **Spicy Beef and Brown Rice**

1 cup brown rice  
1 pound extra lean ground beef  
1 medium onion, chopped  
1 medium jalapeno pepper, minced  
1/8 teaspoon crushed garlic  
Salt and pepper to taste  
1 tomato, chopped

Prepare rice according to package and set aside.

In a medium skillet, brown beef with onion, jalapeno, pepper, and garlic (about 10 minutes or until meat is no longer pink). Add salt and pepper to taste. Fold in chopped tomato.

Serve on a bed of hot rice.

Serves 4

Phase II ingredients: 1 (rice)

**Sausage-Filled Manicotti**

1 package of whole-wheat manicotti shells  
1 jar (14 ounces) tomato sauce  
6 ounces hot or sweet turkey sausage, casings removed  
1 container (15-16 ounces) part-skim ricotta cheese  
1 cup shredded part-skim mozzarella cheese, divided  
1/3 cup grated parmesan cheese  
1 large egg, lightly beaten  
3 tablespoons chopped fresh parsley  
1/8 teaspoon freshly ground black pepper

Preheat oven 350 F. Spray a 13x19-inch baking pan with cooking spray. Set aside.

Cook pasta according to package directions.

To prepare filling, in a large skillet, cook sausage over medium heat, stirring to crumble, until cooked through and no longer pink, about 5 minutes. Using a slotted spoon, transfer sausage to paper towels to drain.

In a large bowl, combine ricotta, sausage, 1/2 cup of mozzarella, parmesan, egg, parsley, and pepper. Mix well. Spoon filling evenly into cooked manicotti.

Place stuffed manicotti in a single layer in prepared pan. Spoon tomato sauce evenly over the manicotti. Sprinkle with remaining mozzarella until heated through and cheese melts, about 35 minutes. Serve immediately.

Serves 6                      Phase II ingredients: 1 (pasta)

**Cheese-Topped Fettuccine**

12 ounces whole-wheat fettuccine pasta or other like pasta  
1 cup part-skim ricotta cheese  
1/4 teaspoon black pepper  
1/4 teaspoon ground nutmeg  
1-1/2 teaspoons olive oil  
1-1/2 cups sliced fresh mushrooms  
1 jar (14 ounces) spaghetti sauce  
1/4 cup grated parmesan cheese  
2 tablespoons chopped fresh basil or parsley

Cook the pasta according to package.

While pasta is cooking, in a large mixing bowl, using an electric mixer set on high speed, beat ricotta, pepper, and nutmeg until smooth. Set aside.

In a large skillet, heat oil over medium-high heat. Add the mushrooms; sauté until tender, about 4 minutes. Add spaghetti sauce; cook until heated through, stirring occasionally, about 4 minutes. Remove from heat.

Drain pasta in a colander; divide among serving plates. Spoon mushroom sauce over each portion. Place a spoonful of ricotta mixture in the center of each. Sprinkle with parmesan and basil and serve.

Serves 6                      Phase II ingredients: 1 (pasta)

### **Creamy Pasta Salad**

1 pound corkscrew whole-wheat pasta or other like pasta  
2 cups small broccoli flowerets  
2 medium red or green bell peppers, cut into strips, about 2 cups  
1-1/2 cups thinly sliced celery  
1 medium red onion, finely chopped (about 1 cup)  
1 cup plain nonfat yogurt  
1/2 cup mayo  
1/4 cup chopped fresh parsley  
2 tablespoons fresh lemon juice  
2 teaspoons dried dillweed

Cook pasta according to package. About 3 minutes before pasta is done, add broccoli to the pot. Drain mixture, rinse under cold water, and drain again.

In a large bowl, combine bell peppers, celery, and onion. Add pasta mixture; toss gently.

To prepare the dressing, in a medium bowl, whisk together yogurt, mayo, parsley, lemon juice, and dillweed.

Pour half of the dressing over pasta mixture; toss well. Cover and chill salad for at least 1 hour; chill remaining dressing separately. Serve salad with reserved dressing.

Serves 6      Phase II ingredients: 2 (pasta and yogurt)

### **Wild and Brown Rice with Apple and Pecans**

1 tablespoon oil  
1 tablespoon SmartSpread  
1/4 cup minced onion  
1 celery stalk, minced  
1 garlic clove, minced  
1/2 cup wild rice  
1/4 cup brown rice  
1-1/2 cups hot chicken broth  
1/4 cup chopped peeled apple  
1/4 cup toasted pecans, chopped  
2 tablespoons minced fresh parsley  
Salt and pepper to taste

In a medium saucepan, heat the oil and butter over medium-high heat. Add the onion, celery, and garlic and sauté over low heat until the onion is translucent. Add the wild and brown rice and stir. Cook for 30 seconds. Add the hot chicken broth, tightly cover the pan, and simmer over low heat for 40 minutes. Stir in apple and pecans and cover again. Simmer about 10 minutes, or until the rice is tender. Add additional broth if necessary. Stir in parsley, salt and pepper.

Serves 2  
Phase II ingredients: 3 (rice, 2 kinds, and apple)

### **Bean and Cheese Tostadas**

3/4 cup well-rinsed and drained canned red kidney beans  
1 medium-sized tomato, seeded and chopped  
1/4 cup drained canned green chilies  
1/4 cup chopped scallion  
2 tablespoons chopped fresh cilantro  
1 teaspoon chili powder  
4 6-inch whole-wheat tortillas  
1 cup reduced-fat shredded cheddar cheese  
1/4 cup nonfat sour cream  
12 medium-sized pitted black olives, quartered

Preheat the broiler. In a mixing bowl, combine beans, tomato, chilies, scallion, cilantro, and chili powder. Mix well and set aside. Place two tortillas on each of the two baking sheets. Top each tortilla with 1/4 of the bean mixture and sprinkle with 1/4 cup cheese. Place one baking sheet under broiler no less than 5 inches from the heat and broil for 2-3 minutes or until cheese melts and edges of tortilla begin to curl up and take on a "dish"-like appearance. Repeat with remaining tortillas. Top each with 1 tablespoon sour cream and 1/4 of the olives. Serve immediately.

Serves 4

Phase II ingredients: 1 (tortillas)

### **Peppered Lime Soup**

2 16-ounce cans chicken broth  
1 cup chopped yellow onion  
2-1/2 tablespoons fresh lime juice  
2 cloves garlic, minced  
1/4 teaspoon hot red pepper flakes  
1/8 teaspoon chili powder  
Dash of black pepper  
1 small tomato, seeded and chopped  
1/3 cup cooked brown rice  
2 teaspoons extra-virgin olive oil  
1/8 teaspoon salt  
4 teaspoons minced radish  
4 teaspoons minced fresh cilantro

In a 2-quart saucepan, bring broth to a boil. Add onion, lime juice, garlic, red pepper flakes, chili powder, and black pepper. Return to a boil, reduce heat, and cover tightly. Simmer for 20 minutes. Stir in tomato, rice, oil, and salt. Remove from heat and let stand for 10 minutes. Flavors are enhanced if soup is refrigerated overnight.

At serving time, divide evenly among four soup bowls and top each with 1 teaspoon radish and 1 teaspoon cilantro. Serve immediately.

Serves 4

Phase II ingredients: 1 (rice)

**Bean-Stuffed Peppers with Rice**

1 cup well rinsed and drained canned pinto beans, 1/4 cup liquid reserved  
1/4 cup chopped onion  
1-1/2 teaspoon chili powder  
1/4 teaspoon ground cumin  
1/4 teaspoon dried oregano  
2 cloves of garlic, minced  
1/2 teaspoon salt  
1/8 teaspoon black pepper  
6 drops of hot sauce or to taste  
3 tablespoons fresh lime juice  
Cooking spray  
1 cup brown rice  
1/4 cup chopped fresh parsley  
2 cups water  
2 medium-sized green or red bell peppers, halved lengthwise and seeded  
1/2 cup grated reduced-fat sharp cheddar cheese  
1/4 cup chopped scallion  
1/2 cup nonfat sour cream  
1/2 cup seeded and chopped tomato

Preheat oven to 350 F.

In a food processor, combine beans, reserved liquid, onion, chili powder, cumin, oregano, garlic, salt, black pepper, cayenne, hot sauce, and 1 tablespoon lime juice. Blend until smooth.

Coat a 9-inch square baking dish with cooking spray. Add rice, parsley, water, and remaining 2 tablespoons lime juice and stir to blend thoroughly.

Arrange pepper halves in dish with rice and fill peppers with bean mixture. Cover tightly and bake for 45 minutes or until rice is cooked. Place 1 pepper half on each plate, surround it with 1/4 of the rice mixture, and top each pepper with 2 tablespoons cheese, 1 tablespoon scallion, 2 tablespoons sour cream, and 2 tablespoons tomato.

Serves 4

Phase II ingredients: 2 (rice and pinto beans)

**Monterey Spaghetti Casserole**

4 ounces whole-wheat spaghetti, cooked in unsalted water  
1 egg, beaten  
1 cup sour cream  
1/4 cup grated parmesan cheese  
1/4 teaspoon garlic powder  
2 cups shredded Monterey Jack cheese  
1 package of frozen chopped spinach, thawed and well drained

Preheat the oven to 350. In a medium bowl, combine egg, sour cream, parmesan cheese, and garlic powder. Stir in Monterey jack cheese, hot spaghetti, and spinach. Pour into an 8-inch square baking dish. Bake, covered, at 350 for 30 minutes or until heated through.

Serves 4

Phase II ingredients: 1 (pasta)

### **Vegetable Fusilli**

Cooking spray  
4 cloves of garlic, minced  
2 medium-sized zucchini, sliced thin  
3/4 pound mushrooms, quartered  
1 cup chopped yellow onion  
1 cup chopped red bell pepper  
1 teaspoon dried basil  
1 teaspoon dried oregano  
3/8 teaspoon salt  
1/8 teaspoon black pepper  
4 cups hot cooked whole-wheat fusilli or other like pasta  
2 tablespoons chopped fresh parsley  
1 tablespoon plus 1 teaspoon extra virgin olive oil  
2 tablespoons grated fresh parmesan cheese

Coat a large nonstick skillet with cooking spray and place over medium-high heat for 1 minute. Add garlic, zucchini, mushrooms, onion, bell pepper, basil, and oregano. Cook for 10-12 minutes or until all liquid is evaporated and vegetables are just beginning to brown.

Add salt and pepper, pasta, and parsley and toss to blend thoroughly. Drizzle oil all over and toss again. Place equal amounts on dinner plates and top each with 1-1/2 teaspoons of parmesan cheese. Serve.

Serves 4                      Phase II ingredients: 1 (pasta)

### **Vegetable and Pasta Casserole**

Cooking spray  
6 cloves garlic, minced  
1 medium-sized green bell pepper, chopped  
1/2 cup chopped yellow onion  
1 16-ounce can tomatoes, undrained, chopped  
1/2 cup water  
1/3 cup chopped fresh parsley  
1-1/2 teaspoons dried basil  
1-1/2 teaspoons dried oregano  
1/4 teaspoon sugar substitute  
1/4 teaspoon salt  
1/8 teaspoon black pepper  
Dash of cayenne pepper  
1/2 pound of uncooked penne pasta noodles  
1/2 cup shredded part-skim mozzarella cheese  
2 tablespoons freshly grated parmesan cheese

Preheat oven to 350 F.

Coat a dutch oven, preferably cast iron, with cooking spray and place over medium-high heat for 1 minute. Add garlic, bell pepper, and onion and cook for 7 minutes or until onion is transparent. Add tomatoes and their liquid, water, parsley, basil, oregano, sugar, salt, black pepper, cayenne, and pasta. Stir and blend well.

Cover tightly and bake for 35 minutes or until pasta is tender. Top with mozzarella and parmesan cheeses and bake for 5 minutes longer. Remove from oven, uncover, and let stand for 5 minutes before serving.

Serves 4                      Phase II ingredients: 1 (pasta)

### **Pasta with Broccoli Rabe and White Beans**

2 teaspoons olive oil  
4 cloves garlic, chopped or pressed  
1 large bunch broccoli rabe, heavy stems removed and flowers coarsely chopped  
1/2 teaspoon crushed red pepper flakes  
2-4 cups prepared white beans, rinsed and drained  
1/2 pound medium-sized shaped whole-wheat pasta such as penne, rigatoni, etc.  
1 cup pine nuts, toasted

Bring a large pot of water to a boil.

Heat a large skillet over medium heat and add olive oil. When the oil is hot, add garlic, stirring just until turning golden.

Add broccoli rabe to skillet; stir and cook for about 3-5 minutes, or until the rabe begins to brighten.

Raise the heat under skillet to high, add red pepper flakes and white beans, and cook until beans are heated through, about 3 minutes. Reduce heat to low.

Add pasta to boiling water and cook until al dente.

Drain pasta, reserving 1/2 cup of the pasta water. Add pasta water to broccoli rabe mixture and stir to combine.

Add pasta to broccoli rabe mixture and stir. Just before serving, add toasted pine nuts.  
Serves 4      Phase II ingredients: 1 (pasta)

### **Penne with Asparagus**

1 tablespoon olive oil  
2 garlic cloves, finely chopped or pressed  
3 tablespoons lemon juice  
1 pound asparagus, woody stems discarded, remainder cut into quarters  
3/4 cup chicken broth  
1 pound whole-wheat penne or other like pasta  
1/3 cup toasted pine nuts  
1/4 cup shaved parmesan cheese or more to taste  
1 small bunch of chives, chopped into 1-inch pieces  
Salt

Bring a large pot of water to a boil.

Heat a large saucepan over low heat and add oil. When the oil is hot, add the garlic, and crushed red pepper flakes, if desired, and cook until golden, about 3 minutes.

Add lemon juice, asparagus, and chicken broth and raise heat to bring to a boil. Reduce heat to low and cook until asparagus is al dente, about 3 minutes.

Add pasta to boiling water and cook until al dente. Drain cooked pasta and add to asparagus mixture. Just prior to serving, add pine nuts, parmesan cheese, and chives. Salt to taste.

Serves 6-8      Phase II ingredients: 1 (pasta)

### **Fried Rice**

1 cup wild or brown rice  
2 tablespoons canola oil  
2 eggs, beaten  
1/2 cup finely diced boneless skinless chicken breast, uncooked  
1/2 cup finely diced smoked ham  
1/2 cup frozen peas, thawed  
1/4 cup thinly sliced green onions  
3 tablespoons soy sauce

Prepare rice according to package directions. Meanwhile, heat 1 tablespoon oil in large skillet over medium-high heat. Cook eggs, breaking up with a fork; set aside. Cook chicken and ham in same skillet in remaining 1 tablespoon oil 5-7 minutes or until chicken is cooked. Add cooked rice, peas, green onions, and soy sauce. Stir until well blended and heated through.

Makes 6 cups

Phase II ingredients: 1 (rice)

### **Spiral Pasta Salad**

8 ounces of whole-wheat spiral pasta or other like pasta, cooked according to package  
1 can (12.5 ounces) tuna, drained and broken into chunks  
1 cup slivered pea pods  
1 cup chopped zucchini  
1/2 cup slivered red onion  
1/2 cup sliced pitted ripe black olives  
1 cup asparagus, cut into 2-inch pieces

Dijon Vinaigrette:

1/3 cup white wine vinegar  
1/4 cup olive or canola oil  
2 tablespoons water  
2 teaspoons Dijon mustard  
1 teaspoon dried basil, crushed  
1/4 teaspoon pepper

Lettuce leaves

For salad, rinse pasta in cool water; drain well. In a large bowl toss together pasta, tuna, pea pods, zucchini, asparagus, onion, and olives. For dressing, in a shake jar combine remaining ingredients except lettuce. Cover and shake until well blended. Pour over salad; toss well. Serve on lettuce-lined plates.

Serves 5

Phase II ingredients: 1 (pasta)



### **New Year Fried Rice**

3 strips of bacon, diced, turkey-bacon if you so choose  
3/4 cup chopped green onions and tops  
1/3 cup diced red bell pepper  
1/4 cup frozen green peas, thawed  
1 egg, beaten  
4 cups cold cooked brown or wild rice  
2 tablespoons soy sauce

Cook bacon in wok or large skillet over medium heat until crisp. Add green onions, red pepper, and peas; stir-fry 1 minute. Add egg and scramble. Stir in rice and cook until heated, gently separating grains. Add soy sauce; cook and stir until heated through. Serve immediately.

Serves 6-8

Phase II ingredients: 1 (rice)

### **Pagoda Fried Rice**

2 strips bacon, cut crosswise into 1/4-inch wide pieces  
6 green onions and tops, thinly sliced  
1 egg, beaten  
4 cups cold cooked brown or wild rice  
2 tablespoons soy sauce

Cook bacon in hot wok or large skillet over medium-heat until crisp. Add green onions and stir-fry 1 minute. Add egg and scramble. Stir in rice and cook until heated through, gently separating grains. Add soy sauce and stir until mixture is well blended.

Serves 6

Phase II ingredients: 1 (rice)

### **Fruit with Fudge Sauce**

2 navel oranges, peeled, thinly sliced, and each slice cut in half  
2 Red delicious apples, cored and cut into chunks  
2 kiwis, peeled and sliced  
1 pint of fresh strawberries, sliced

For the fudge sauce:

2 squares (2 ounces) of unsweetened chocolate  
1/4 cup water  
1/4 cup sugar substitute  
2 tablespoons SmartSpread  
1 teaspoon vanilla extract  
2 tablespoons sliced almonds, toasted

To prepare fudge sauce, in a small saucepan, melt chocolate with water over low heat. Stir in sugar until smooth.

Remove pan from heat; stir in butter until melted. Stir in vanilla. Set aside.

In a large bowl, combine the oranges, apples, kiwis, and strawberries. Toss gently. Place fruit in a serving dish. Drizzle with some of the fudge sauce. Pour remaining sauce into a pitcher; sprinkle with almonds. Serve on the side.

Serves 6      Phase II ingredients: 2 (fruit and chocolate)

### **Chocolate Mousse**

1 cup sugar substitute  
1/4 cup water  
4 squares of unsweetened chocolate, chopped (4 ounces)  
1 tablespoon of dark rum or strongly brewed coffee  
3 egg whites  
1/2 container (8 ounces) fat-free cool whip, thawed  
Additional light frozen whip topping, fresh raspberries, and chopped walnuts for garnish

In a small saucepan, combine 3/4 cup of sugar substitute and water. Bring to a simmer, stirring, until sugar dissolves. Remove from the heat.

Add the chocolate. Whisk until the mixture is completely melted and smooth. Whisk in the rum or coffee. Pour into a large bowl and set aside.

In a medium mixing bowl, using an electric mixer set on high speed, beat egg whites until soft peaks form. Gradually beat in remaining sugar until stiff, but not dry, peaks form.

Whisk one-quarter of beaten egg whites into chocolate mixture. Fold in remaining whites, then the whipped topping.

Pour mousse into dessert dishes. Cover with plastic wrap and chill for at least 4 hours. Garnish with additional whipped topping, berries, and walnuts.

Serves 6      Phase II ingredients: 2 (chocolate squares and raspberries)

### **Lemon Mousse**

3 tablespoons fresh lemon juice  
2 tablespoons of cold water  
1 envelope unflavored gelatin  
1/2 teaspoon of grated lemon peel  
1 container (15 ounces) nonfat ricotta cheese  
1/2 cup sugar substitute  
1 cup non-fat lemon yogurt  
1 cup non-fat whipped topping, thawed

In a small saucepan, combine lemon juice and water. Sprinkle gelatin over mixture. Let stand for 1 minute. Cook over low heat, stirring until gelatin dissolves, about 3 minutes. Stir in lemon peel.

In a medium bowl, using an electric mixer set on high speed, beat together ricotta and sugar substitute until fluffy. Beat in gelatin mixture until blended. Cover with plastic wrap and chill until mixture begins to set, about 15 minutes.

Beat cheese mixture until fluffy. Fold in lemon yogurt and whipped topping. Spoon into small custard bowls. Cover and refrigerate until set, about 2 hours.

Serves 4                      Phase II ingredients: 1 (yogurt)

### **Gelatin Pizza**

4 packages of Jell-O, any flavor (4-serving size)  
2-1/2 cups boiling water  
Cooking spray  
1 cup thawed whipped topping, fat-free  
2 cups cut-up fruit, your choice

Pour gelatin into bowl. Add boiling water to Jell-O. Stir with rubber spatula until Jell-O is completely dissolved, about 2 minutes. Spray inside of pizza pan with cooking spray. Pour Jell-O into pizza pan. Put pan in fridge until firm, about 3 hours.

Take pan out of fridge when ready to serve. Put about 1-inch of warm water in sink. Carefully dip just bottom of pan into warm water for 15 seconds. Spread whipped topping over gelatin with rubber scraper, leaving about 1 inch of space around outside edge of gelatin for pizza "crust".

Top pizza with fruit, arranging fruit in whatever design you like. Cut pizza into wedges with table knife. Lift pizza wedges from pan with spatula.

Serves 10-12  
Phase II ingredients: 1 (fruit)

### **Fresh Melon and Grapes with Sweet Lime Cream**

1 cup vanilla nonfat yogurt  
2 tablespoons fresh lime juice  
1/2 teaspoon grated lime zest  
1 cup seedless green grapes  
1 cup seedless red grapes  
2 cups of honeydew cubes

Combine yogurt, lime juice, and zest. Whisk together until well blended and chill.

Decoratively arrange on each four plates, 1/4 cup green grapes, 1/4 cup red grapes, and one-fourth of the honeydew. At serving time, spoon 1/4 cup lime cream over each. Serve immediately.

Serves 4

Phase II ingredients: 4 (yogurt, red grapes, green grapes, and honeydew)

### **Baked Apples**

1 tablespoon low- or no-sugar maple syrup  
1/2 teaspoon ground cinnamon  
1/4 cup coarsely chopped walnuts  
2 strips lemon zest, grated or chopped  
4 Granny Smith apples, cored, the top third cut off and discarded  
6 tablespoons white wine

Preheat oven to 375 F. Combine the maple syrup, cinnamon, walnuts, and lemon zest in a small bowl. Divide mixture into four parts and stuff inside apples.

Place apples in a small baking dish, so that they are touching (the mutual support helps keep them together) and pour the wine around them.

Bake for about 1 hour, or until apples are soft.

Serves 4

Phase II ingredients: 2 (apple and maple syrup)

### **Meringue Angel Pie**

3 egg whites  
1/8 teaspoon of cream of tartar  
1-1/3 cups of sugar substitute, divided  
2 tablespoons of cornstarch  
1-1/2 teaspoons grated lemon peel  
1/3 cup fresh lemon juice  
1/4 cup water  
1 large egg, lightly beaten  
1 container (8 ounces) fat-free whipped topping, thawed

Preheat oven to 300 F. Spray a 9-inch pie plate with cooking spray and set aside.

In a medium mixing bowl, using an electric mixer set on high speed, beat egg whites and cream of tartar until foamy. Gradually beat in 2/3 cup of sugar substitute until stiff peaks form.

Spread 1-1/3 cups of meringue in bottom and halfway up sides of prepared pan. Using pastry bag, pipe remaining meringue in a decorative border around edges. Bake until lightly browned, about 40 minutes. Cool on a wire rack.

In a small saucepan, combine remaining sugar, cornstarch, and lemon peel. Gradually stir in lemon juice and water. Mix well. Cook over low heat, stirring constantly, until mixture boils; boil for 1 minute.

Beat a small amount of hot mixture into the beaten egg, then add that mixture to saucepan. Cook, stirring, for 1 minute. Pour into a large bowl. Cover with plastic wrap; chill for 1 hour. Fold whipped topping into lemon mixture. Spoon into meringue shell. Chill for 1 hour.

Serves 8

Phase II ingredients: 2 (I think) (cream of tartar, not sure about that, and cornstarch)

### **Fast Fruit Shakes**

1 cup plain nonfat yogurt  
1/2 cup skim milk  
2 medium peaches or nectarines, sliced (about 2 cups)  
1 cup fresh strawberries or 1 cup frozen unsweetened strawberries, partially thawed  
1 tablespoon wheat germ (optional)  
1 teaspoon of vanilla or almond extract  
1/4 teaspoon ground cinnamon or nutmeg  
4 ice cubes

In a blender, combine the yogurt, milk, peach slices, 1 cup of strawberries, wheat germ (if using), vanilla, and cinnamon. Add the ice cubes.

Blend until smooth and foamy, about 30 seconds. If mixture is too thick, add a few more ice cubes and blend until smooth. Pour mixture into chilled glasses.

Serves 4

Phase II ingredients: 4 (yogurt, milk, peaches, and strawberries)

### **Creamy Spinach Dip**

1 cup cherry tomatoes  
1 medium yellow bell pepper, cut into strips  
6 cups assorted cut veggies

For the dip:

1 cup frozen chopped spinach, thawed and drained  
1/2 cup nonfat sour cream  
1 cup nonfat cottage cheese  
1 tablespoon dried onion flakes  
1 teaspoon lemon juice  
1/2 teaspoon cayenne pepper  
1/8 teaspoon salt  
1/8 teaspoon black pepper

To prepare dip, in a blender or food processor fitted with a metal blade, combine spinach and sour cream. Process until smooth.

In a medium bowl, combine spinach mixture, cottage cheese, onion flakes, lemon juice, cayenne pepper, salt, and black pepper.

Transfer spinach dip to a small serving bowl. Place dip in the center of a large serving platter. Arrange veggies around dip and serve immediately.

Serves 6

Phase II ingredients- 1 (sour cream- debatable).

### **Jilted Eggs**

6 large eggs  
Cooking spray  
1-1/2 cups of diced tomato  
1 tablespoon freshly chopped basil  
3/4 cup reduced-fat milk  
3/4 teaspoon of salt  
1/4 teaspoon of black pepper  
1/4 cup plus 2 tablespoons (1-1/2 ounces) shredded light cheddar cheese  
3 Whole wheat English muffins, split and toasted

Preheat the oven to 350 F. Break eggs, 1 at a time, into a shallow casserole dish coated with cooking spray. Combine tomato and basil. Top each egg with 1/4 cup tomato mixture. Combine milk, salt, and pepper; spoon 2 tablespoons milk mixture over tomato mixture. Sprinkle each serving with 1 tablespoon cheese. Bake at 350 F. for 20 minutes or until eggs are set. Serve with English muffins.

Serves 6

Phase II ingredients: 2 (milk and English muffins)

### **Greek Beans and Eggs**

2 eggs  
1 tablespoon chopped fresh parsley  
1/4 teaspoon crushed dried oregano  
2 tablespoons chopped green onions  
3/4 cup black-eyed peas, drained  
1/3 cup crumbled feta cheese  
1/4 teaspoon salt  
1/8 teaspoon black pepper

Beat together eggs, parsley, oregano. Spray a skillet with cooking spray. Heat over medium heat and add green onions; sauté for 30 seconds.

Stir in black-eyed peas. Add egg mixture and cook, stirring occasionally, until eggs are just set, about 5 minutes. Add feta cheese and stir to blend. Season with salt and pepper before serving.

Serves 4

Phase II ingredients: 1 (black-eyed peas)

### **Chile Con Queso Spread**

1 pound mild cheddar cheese, grated  
1 package (3 ounces) cream cheese, softened  
1/2 cup chopped red bell pepper  
2 teaspoons Worcestershire sauce  
1 can (4 ounces) diced green chilies  
3 tablespoons chopped green onion  
1/2 teaspoon hot red pepper sauce  
1/2 teaspoon garlic powder  
1/2 teaspoon parsley  
1/2 teaspoon pepper

In food processor, combine cheddar cheese, cream cheese, bell pepper and Worcestershire sauce. Pulse until blended. Add remaining ingredients and pulse until blended. Line 2-cup bowl or mold with plastic wrap and fill with cheese mixture. Refrigerate 30 minutes to blend flavors.

Makes 2 cups

Phase II ingredients: 1 (cream cheese)

### **Creamy Asparagus Soup**

1 pound fresh asparagus, tough ends removed and stalks cut into 1-inch pieces  
1/2 cup chopped onion  
2 14.5 ounce cans of chicken broth or vegetable broth  
2 bay leaves  
1 cup nonfat milk  
3 tablespoons cornstarch  
1/2 cup nonfat sour cream  
1 teaspoon fresh lemon juice  
1/2 teaspoon salt  
1/4 ground black pepper

In a large saucepan, combine asparagus, onion and 1 can of broth. Set pan over high heat and bring to a boil. Reduce heat, partially cover and simmer 8-10 minutes, until asparagus is tender. Cut off asparagus tips and set aside.

In a blender, puree remaining asparagus mixture until smooth. Return puree to pan, add remaining broth and bay leaves and bring to a simmer. Whisk together milk and cornstarch. Add milk mixture to pan simmer 2 minutes, until mixture thickens, stirring constantly.

Place sour cream in a small bowl. Add a spoonful of asparagus mixture and stir to heat sour cream. Add sour-cream mixture to saucepan along with lemon juice, salt and pepper. Simmer 1 minute, to heat through. Remove bay leaves and discard. Remove bay leaves and discard. Ladle soup into bowls and top with reserved asparagus tips.

Serves 4

Phase II ingredients: 3 (milk, cornstarch, and sour cream)

### **Hot and Sour Soup**

1 can (10.5 ounces) condensed chicken broth  
2 soup cans water  
1 can (4 oz) sliced mushrooms  
2 tablespoons cornstarch  
2 tablespoons soy sauce  
2 tablespoons distilled white vinegar  
1/2 teaspoon Tabasco sauce  
1 egg, beaten  
2 green onions and tops, chopped

Combine chicken broth, water, mushrooms, cornstarch, soy sauce, vinegar, and pepper sauce in medium saucepan. Bring to a boil over high heat, stirring constantly, until slightly thickened. Gradually pour egg into boiling soup, stirring constantly in 1 direction. Remove from heat; stir in green onions. Garnish with additional chopped green onions or cilantro, as desired. Serve immediately.

Makes about 5 cups

Phase II ingredients: 1 (cornstarch)



### **Greek Stuffed Pitas**

1 head romaine lettuce, rinsed and torn into bite-size pieces  
1 cup cherry tomatoes, halved  
2/3 cup pitted, sliced black olives  
6 whole-wheat pita breads  
2/3 cups crumbled feta cheese  
For the dressing:  
3 tablespoons olive oil  
3 tablespoons lemon juice  
1 clove garlic, minced  
1/2 teaspoon dried oregano  
1/4 teaspoon black pepper

Preheat oven to 350 F. To prepare dressing, in a small bowl, whisk together oil, lemon juice, garlic, oregano, and pepper until well blended.

In a large bowl, combine lettuce, tomatoes, and olives. Pour dressing over salad; toss to coat.

Place pita breads on a baking sheet. Heat pita breads until warmed through, about 5 minutes.

Slice 1/4 inch off top of each pita bread; ease bread apart to open. Spoon salad evenly into each pocket. Spoon some feta cheese into each pocket. Serve immediately.

Serves 6

Phase II ingredients: 1 (pita breads)

### **Provençal Vegetable Pitas**

3 cloves garlic, peeled  
1/8 teaspoon salt  
1 cup mayo  
1/2 teaspoon fresh lemon juice  
Pinch of cayenne pepper  
2 eggplants, cut into 1/2"-inch thickness  
2 teaspoons olive oil  
Salt and pepper  
8 whole-wheat pita pockets, cut in half  
1/2 pound of goat cheese  
2 cups arugula leaves  
2 roasted red bell peppers, cut into strips

Heat oven to 450 F. Place garlic in small bowl and sprinkle with salt; with back of fork, mash to a paste. Add mayo, lemon juice, cayenne pepper. Place eggplant on baking sheet, drizzle with oil, season with salt and pepper, and roast until softened, about 18-20 minutes, turning once. Let cool. Spread pita with cheese and garlic mayo; stuff with eggplant, arugula, and red pepper.

Serves 8

Phase II ingredients: 1 (pitas)

### **Very Berry-Orange Oat Muffins**

1/2 cup rolled oats  
1/2 cup reduced-fat buttermilk  
1-1/2 cups whole-wheat flour  
1 teaspoon of baking powder  
1/2 teaspoon of baking soda  
1/2 teaspoon of ground cinnamon  
1/4 teaspoon of salt  
1 medium orange  
1/2 cup sugar substitute  
1/4 cup canola oil  
1 whole egg  
1 cup of blueberries (fresh or frozen)  
1/2 cup dried cranberries  
Cooking spray

Preheat oven to 400 F. Lightly coat 12 muffin cups with cooking spray. Stir together oats and buttermilk in a small bowl and set aside for 5 minutes.

Whisk flour, baking powder, baking soda, cinnamon, and salt together in a medium bowl. Grate rind from orange and add to large bowl; squeeze 1/2 cup of orange juice and add to rind. Whisk in sugar substitute, oil, and egg until mixture is smooth. Blend oatmeal mixture, followed by flour mixture. Stir until ingredients are just combined, then gently fold in berries.

Spoon batter into prepared muffin tin and bake for 15 minutes, or until a toothpick inserted in the center comes out clean.

Serves 12 Phase II ingredients: 6 (rolled oats, buttermilk, whole-wheat flour, orange, blueberries, and cranberries)

### **French Toast with Warm Maple Syrup**

3/4 cup skim milk  
1/4 cup egg substitute  
1-1/2 teaspoon vanilla extract or 1/4 teaspoon vanilla butter nut flavoring  
1/4 teaspoon ground cinnamon  
4 slices whole-wheat bread or your choice of bread  
Cooking spray  
1/4 cup low-sugar maple syrup, heated  
Ground nutmeg for garnish

In a mixing bowl, combine milk, egg substitute, vanilla, and cinnamon; blend thoroughly. Dip bread slices in mixture and let bread absorb it.

Liberally coat a skillet with cooking spray and place over medium-high heat for 1 minute. Add bread slices and cook for 6 minutes. Turn and cook for 5-7 minutes longer or until golden brown. Place one side of French toast on each of four plates. Spoon 1 tablespoon of warmed maple syrup over and sprinkle with nutmeg.

Serves 4      Phase II ingredients: 2 (milk and bread)

## **7-Veggie Hippy Hero**

Whole-wheat roll  
3 Romaine lettuce leaves  
4 ounces reduced-fat cheddar cheese  
4-5 ripe tomato slices  
7-8 cucumber slices  
Red onion slices to taste  
3-4 Avocado slices  
1/3 cup alfalfa sprouts  
2 tablespoons choice dressing

Hollow out roll and layer lettuce, cheddar, tomatoes, cucumbers, onion, avocado, and alfalfa and drizzle dressing over. Cover with the top of the roll.

Serves 1

Phase II ingredients: 1 (roll)

## **Tuscan Bread Salad**

2 cups cubed day-old sourdough bread  
2 medium tomatoes, diced  
1 cucumber, peeled and thinly sliced  
1/4 cup coarsely chopped fresh chives  
1 bell pepper, any color, cubed  
1/4 cup coarsely chopped fresh basil  
1 tablespoon finely chopped fresh oregano  
1/2 cup freshly coarsely chopped parsley  
1-2 cloves garlic, finely chopped or pressed  
1-2 tablespoons red wine vinegar  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1-2 tablespoons olive oil

Combine bread, vegetables, and herbs in a large mixing bowl.

Place garlic, vinegar, salt, pepper, and oil in a small bowl and mix well. Drizzle over bread mixture, then toss.

Serves 4

Phase II ingredients: 1 (bread)

**Sour Cream Tortilla Casserole**

1/2 cup chopped onion  
2 tablespoons canola oil  
1 can (28 ounces) whole peeled tomatoes, drained and cut up  
1/4 cup chunky salsa  
1 package taco seasoning  
12 whole-wheat tortillas  
Canola oil  
3/4 cup chopped onion  
1 pound Monterey Jack cheese, grated  
1-1/2 cups sour cream  
Pepper

In medium skillet, sauté 1/2 cup onion in 2 tablespoons oil until tender. Add tomatoes, salsa, and taco seasoning. Bring to a boil; reduce heat and simmer, uncovered, 15 minutes. In small skillet, fry tortillas lightly one at a time, in small amount of oil, 10-15 seconds on each side. In bottom of 13x9x2-inch baking dish, pour 1/2 cup sauce. Arrange layer of 4 tortillas over sauce; top with 1/3 of remaining sauce, 1/3 of onion, and 1/3 of cheese. Repeat layers 2 times. Spread sour cream over cheese. Sprinkle lightly with pepper. Bake in 325 F. oven 25-30 minutes or until heated through and cheese melts.

Serves 10-12 (cut into squares)

Phase II ingredients: 1 (tortillas)

**Meat-filled Oriental Pancakes**

6 oriental pancakes (recipe follows)  
1 tablespoon cornstarch  
3 tablespoons soy sauce  
1 tablespoon dry sherry  
3/4 pound ground beef  
1/2 pound ground pork  
2/3 cup chopped green onions and tops  
1 teaspoon minced fresh ginger root  
1 clove garlic, pressed

Prepare oriental pancakes (recipe follows). Combine cornstarch, soy sauce, and sherry in a large bowl. Add beef, pork, green onions, ginger, and garlic; mix until thoroughly combined. Spread 1/2 cup meat mixture evenly over each pancake, leaving about a 1/2-inch border on 1 side. Starting with the opposite side, roll up pancake jelly-roll style. Place rolls, seam-side down, in single layer, on heatproof plate; place plate on steamer rack. Set rack in large pot or wok of boiling water. Cover and steam 15 minutes. Just before serving, cut rolls diagonally into quarters.

**Oriental Pancakes:**

Beat 4 eggs in a large bowl with wire whisk. Combine 1/2 cup water, 3 tablespoons cornstarch, 2 teaspoons soy sauce and 1/2 teaspoon sugar substitute; pour into eggs and beat well. Heat an 8-inch omelet or crepe pan over medium heat. Brush bottom of pan with 1/2 teaspoon canola oil; reduce heat to low. Beat egg mixture; pour 1/4 cupful into skillet, lifting and tipping pan from side to side to form a thin round pancake. Cook about 1 minute or until firm. Carefully lift with spatula and transfer to sheet of waxed paper. Continue procedure, adding 1/2 teaspoon oil to pan for each pancake. Makes 6 pancakes.

Serves 6      Phase II ingredients: 1 (cornstarch)