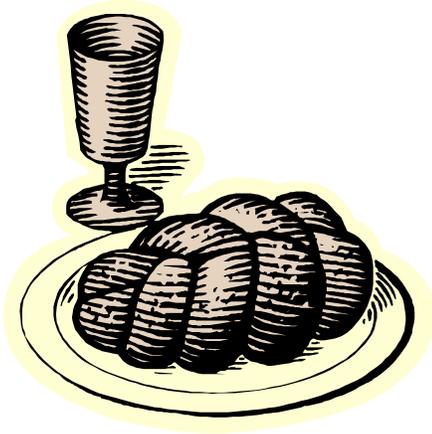


Healthy, Relaxed Entertaining Northwest Style

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	Calorie (cal)	Fat (g)	Protein (g)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Carb's (g)
Artichoke-Crab Dip with Cumin-Dusted Pita Chips	165	5.1	8.2	27	132	360	.8	1.4	21.3
Field Salad with Citrus Vinaigrette & Sugared Pecans	90	3.8	1.9	0	41	72	3.1	.9	13.5
Chicken w/ Roasted Pears and Wild Rice	397	5.1	28.5	58		254			61.7
Garlicky Green Beans	27	1.0	1.1	2	23	85	1.9	.6	4.2
Puff Pastry Apple Tart	121	5.6	2.0	1		52	2.2		23
TOTAL	800	20.6	41.7	88	196⁺	823	8⁺	2.9⁺	123.7

Artichoke-Crab Dip with Cumin-Dusted Pita Chips

Cooking Light Jan 2001

Nutritionally dense tofu is added to a combination of crabmeat and artichoke hearts. Ingredients can be combined a day ahead; just keep it covered & in the fridge.

- 1/2 cup finely chopped soft tofu (about 4 ounces)
 - 6 tablespoons (1 1/2 ounces) grated fresh Parmesan cheese, divided
 - 1 tablespoon Dijon mustard
 - 1 teaspoon chopped fresh thyme
 - 1 teaspoon basil puree
 - 1 Tablespoon chopped fresh parsley
 - 1/4 teaspoon black pepper
 - 1 (16-ounce) carton reduced-fat sour cream
 - 3/4 cup (6 ounces) lump crabmeat, shell pieces removed
 - 1 (14-ounce) can artichoke hearts, drained and chopped
 - 2 tablespoons dry breadcrumbs
 - 1/2 teaspoon paprika
- [Cumin-Dusted Pita Chips](#)

Preheat oven to 350°.

Combine tofu, 1/4 cup cheese, mustard, herbs, pepper, and sour cream in a bowl. Gently fold in crabmeat and artichokes. Spoon crabmeat mixture into a 1-quart baking dish, and sprinkle with 2 tablespoons cheese, breadcrumbs, and paprika. Bake 20 minutes or until browned at 350°. Serve with Cumin-Dusted Pita Chips.

Yield: Totals inc. Cumin-Dusted Pita Chip. 16 servings (serving size: 1/4 cup dip & 3 chips)

NUTRITION PER SERVING

CALORIES 165(28% fat); FAT 5.1g(sat 2.7g,mono 1.4g,poly 0.6g); PROTEIN 8.2g;
CHOLESTEROL 27mg; CALCIUM 132mg; SODIUM 360mg; FIBER 0.8g; IRON 1.4mg;
CARBOHYDRATE 21.3g

Cumin-Dusted Pita Chips

Use a variety of pitas--onion, plain, and wheat-- extras great for snacks.

- Cooking spray
- 8 (6-inch) pitas, each cut into 6 wedges
- 1 teaspoon ground cumin
- 1/2 teaspoon salt

Preheat oven to 350°.

Spray pita wedges lightly with cooking spray & place on parchment or silpat on baking sheet. Sprinkle with cumin and salt. Bake 8 minutes or until lightly browned at 350°r.

Note: Chips can be made ahead and stored in an airtight container for up to 4 days.

Yield: 4 dozen chips (serving size: 3 chips)

NUTRITION PER SERVING

CALORIES 84(5% fat); FAT 0.5g(sat 0.1g,mono 0.1g,poly 0.2g); PROTEIN 2.8g;
CHOLESTEROL 0.0mg; CALCIUM 27mg; SODIUM 234mg; FIBER 0.7g; IRON 0.9mg;
CARBOHYDRATE 16.8g

Field Salad with Citrus Vinaigrette and Sugared Pecans

Cooking Light June 1999

Cooking spray
1/4 cup chopped pecans
2 teaspoons sugar
1/8 teaspoon ground red pepper
10 cup gourmet salad greens
3/4 cup Citrus Vinaigrette
2 navel oranges, peeled and sectioned
1/4 cup sweetened dried cranberries (such as Craisins)

Heat a small nonstick skillet coated with cooking spray over medium-low heat. Add pecans; cook 6 minutes or until lightly toasted, stirring frequently. Sprinkle with sugar and red pepper, and cook for 1 minute, stirring constantly. Remove pecans from skillet. Cool on wax paper. Combine greens, Citrus Vinaigrette, and orange sections in a large bowl; toss well. Place 1 cup greens mixture on each of 8 plates; top each serving with 1 1/2 teaspoons pecans and 1 1/2 teaspoons cranberries. Serve immediately.

Yield: 8 servings (including dressing)

NUTRITION PER SERVING

CALORIES 90(38% from fat); FAT 3.8g(sat 0.4g,mono 2.3g,poly 0.9g); PROTEIN 1.9g;
CHOLESTEROL 0.0mg; CALCIUM 41mg; SODIUM 72mg; FIBER 3.1g; IRON 0.9mg;
CARBOHYDRATE 13.5g

Citrus Vinaigrette

1 orange
1/3 cup fresh grapefruit juice
2 Tablespoons lemon juice
1 Tablespoon extra-virgin olive oil
1 Tablespoon honey
1 Tablespoon Dijon mustard
1 Tablespoon miso
2 teaspoons minced peeled fresh ginger

Combine all ingredients in a blender; process until smooth. Pour into a bowl; cover and chill.
Note: Store in an airtight container in the refrigerator for up to one week.

Yield: 1 1/3 cups (serving size: 1 tablespoon)

NUTRITION PER SERVING

CALORIES 15(42% from fat); FAT 0.7g(sat 0.1g,mono 0.5g,poly 0.1g); PROTEIN 0.1g;
CHOLESTEROL 0.0mg; CALCIUM 1mg; SODIUM 44mg; FIBER 0.0g; IRON 0.0mg;
CARBOHYDRATE 2.1g

Chicken with Roasted Pears and Wild Rice

Cooking Light

- 2 1/2 cups uncooked specialty wild rice blend (such as Uncle Ben's)
- 2 1/2 cups apple juice
- 2 1/2 cups low-salt chicken broth
- 1 tablespoon olive oil
- 2 pounds skinned, chicken breast tenders, cut into bite-size pieces
- 1 cup sliced green onions
- 4 small firm ripe Bosc pears (about 1 1/2 pounds), cored and cut lengthwise into 1/2-inch slices
- Cooking spray
- 1 cup dried cranberries or dried tart cherries
- 1 tablespoon sugar
- 3/4 teaspoon salt
- 3/4 to 1 teaspoon ground cinnamon

Preheat oven to 450°

Combine first 3 ingredients in a large saucepan, & bring to a boil. Cover, reduce heat, & simmer rice mixture for 20 minutes. Note: Can be done in advanced & reheated in microwave prior to serving.

Arrange pear slices in a single layer on parchment or silpat covered baking sheets. Bake pear slices at 450° for 10 minutes or until tender.

Heat large skillet over medium-high heat until hot before adding oil. Sauté chicken and onions 8 minutes or until chicken is done.

Combine rice mixture, chicken mixture, pears, cranberries, sugar, salt, and cinnamon in a large bowl. Toss gently.

Yield: 8 servings (serving size: 1 1/2 cups)

NUTRITION PER SERVING

CALORIES 397(12% from fat); SODIUM 254mg; CHOLESTEROL 58mg; PROTEIN 28.5g;
CARBOHYDRATE 61.7g; FAT 5.1g

Garlicky Green Beans

Cooking Light

If you can find them, use haricots verts, thin and tender green beans. Because this recipe is so simple, coarse freshly ground sea salt and black peppercorns really count.

- 2 cups green beans, trimmed (note, I'm using thawed, frozen beans)
- 1 teaspoon butter
- Cooking spray
- 1/8 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- 1 garlic clove, minced

If fresh, cook beans in boiling water 2 minutes. Drain and plunge beans into ice water; drain.

Melt butter in a small nonstick skillet coated with cooking spray over medium heat. Add beans, salt, pepper, and garlic; cook 2 minutes or until heated.

Yield: 4 servings (serving size: 1/2 cup)

NUTRITION PER SERVING

CALORIES 27(35% from fat); FAT 1g(sat .6g,mono 0.3g,poly 0.1g); PROTEIN 1.1g;
CHOLESTEROL 2mg; CALCIUM 23mg; SODIUM 85mg; FIBER 1.9g; IRON .6mg;
CARBOHYDRATE 4.2g

PUFF PASTRY APPLE TART

1 sheet Pepperidge Farm frozen puff pastry, thaw according to pkg. directions
4 - 5 apples
1/3 c low-fat sharp cheddar, finely grated
1 tbsp. raw sugar
1/4 c. apple jelly, melted

Preheat oven to 350 degrees.

Unfold pastry and place on lightly floured board. Roll out evenly to make thinner. Dampen edge with water & fold over 1/2 "strip on each side. Prick evenly with fork. Sprinkle with grated cheese.

Peel apples. Core & slice into uniform wedges.

Arrange slices in overlapping rows on tart shell. Sprinkle with sugar and bake 40-50 minutes or until pastry is golden brown and apples tender.

Brush warm melted apple jelly on warm tart

Yield: 8 servings

NUTRITION PER SERVING

CALORIES 121; FAT 5.6g; PROTEIN 2.0g; CHOLESTEROL 1mg; SODIUM 52mg; FIBER 2.2g;
CARBOHYDRATE 23g