

CLASSIC COMFORT FOODS

Classic Lasagna

6 whole wheat lasagna noodles
½ pound extra-lean ground beef
1 cup chopped onion
2 cloves garlic, minced
1 jar (26 ounces) tomato-basil spaghetti sauce
1 container (15 ounces) fat-free cottage cheese
2 large egg whites
¼ cup chopped fresh basil, divided
2 cups shredded low-fat mozzarella cheese, divided

1. Cook noodles according to package directions, omitting salt and fat; drain. Rinse with cold water; drain again. Set aside. Preheat oven to 375°.
2. Meanwhile, combine beef, onion and garlic in large saucepan. Cook over medium-high heat, stirring frequently to break up meat, until meat is no longer pink. Add spaghetti sauce; bring to a boil. Reduce heat; simmer 5 minutes.
3. Combine cottage cheese, egg whites and 2 tablespoons basil in medium bowl; mix well. Spoon 1 cup spaghetti sauce mixture over bottom of 13 x 9-inch baking dish. Layer 3 noodles over sauce. Spoon cottage cheese mixture over noodles. Top with half of remaining spaghetti sauce mixture and 1 cup mozzarella cheese. Top with remaining 3 noodles and spaghetti sauce mixture.
4. Cover with foil. Bake 30 minutes or until heated through. Uncover; sprinkle with remaining 1 cup mozzarella cheese and 2 tablespoons basil. Bake 5 minutes more or until cheese is melted. Let stand 5 minutes. Makes 8 servings.

Note: Leftovers reheat well in microwave.

Dietary Exchanges:

Calories: 252 (24% of calories from fat), **Total Fat** 7g, **Saturated Fat** 3, **Protein** 25g, **Carbohydrate** 25g, **Cholesterol** 35 mg, **Dietary Fiber** 5g, **Sodium** 676mg.

Chicken Goulash

1 small onion, chopped
1 clover garlic, minced
1 stalk celery, chopped
1 medium carrot, chopped
½ cup no-salt added tomato puree
½ cup reduced-sodium chicken broth
1 teaspoon paprika
¼ teaspoon dried marjoram or oregano, crushed
1/8 teaspoon black pepper
1 small new potato, unpeeled, diced
5 ounces boneless, skinless chicken thighs, well-trimmed (1 large or 2 small thighs)
1 heaping teaspoon all-purpose flour
¼ teaspoon salt (optional)

1. Place onion, garlic, celery and carrot in slow cooker. Stir together tomato puree, chicken broth, paprika, marjoram and pepper in small bowl. Pour over vegetables in slow cooker. Add potato and chicken. Cover. Cook on LOW 5 to 6 hours.

2. About 15 minutes before serving, place flour in small bowl. Spoon 2 tablespoons liquid from slow cooker into bowl. Stir well. Stir flour mixture into slow cooker. Cover. Cook 15 minutes more. Add salt, if desired.

Makes 2 (1 1/2-quart) slow cooker

Dietary exchanges:

2 Starch, 2 Meat

Calories 26 (13% of calories from fat), Total Fat 3g, Saturated Fat <1g, Protein 19g, Carbohydrate 31g, Cholesterol 60mg, Dietary Fiber 5g, Sodium 156mg.

Southwestern Beans and Vegetables

1 can (15 1/2 ounces) black beans, drained and rinsed
1/2 cup frozen corn
1 small jalapeno pepper,* cored, seeded and minced (see Note)
1 large shallot or 1/2 small onion, finely chopped
1 clove garlic, minced
1/4 teaspoon ground cumin
1/8 teaspoon black pepper
1/2 cup reduced-sodium chicken broth
1 tablespoon lime juice
1 tablespoon lime juice
1 tablespoon finely chopped fresh cilantro
1/4 teaspoon salt (optional)

*Jalapeno peppers can sting and irritate the skin; wear rubber gloves when handling peppers and do not touch eyes. Wash hands after handling.

1. Place beans, corn, jalapeno, shallot, garlic, cumin, black pepper and chicken broth in slow cooker. Stir. Cover. Cook on LOW 5 to 6 hours.
2. About 5 minutes before serving, stir in lime juice, cilantro and salt, if desired. Turn off heat. Let stand 5 minutes before serving.

Makes 4 (1/2-cup) side-dish servings

Note: If the jalapeno pepper is very hot, 1 teaspoon will result in a mildly hot dish. Add more to taste.

Dietary Exchanges:

1 Starch

**Calories 84 (2% of calories from fat), Total Fat <1g, Saturated Fat 0g, Protein 5g, Carbohydrate 20g, Cholesterol, 1mg, Dietary Fiber 6g, Sodium 421mg. **

Ratatouille with Parmesan Cheese

1 baby eggplant, diced, or 1 cup diced regular eggplant
1 small zucchini, diced
1 cup sliced mushrooms
1 large shallot or ½ small onion, chopped
1 clove garlic, minced
2 medium tomatoes, chopped
¾ teaspoon dried oregano, crushed
1/8 teaspoon dried rosemary, crushed
1/8 teaspoon black pepper
½ cup no-salt added tomato puree
2 tablespoons shredded fresh basil
2 teaspoons lemon juice
¼ teaspoon salt (optional)
¼ cup shredded Parmesan cheese

1. Spray large skillet with nonstick cooking spray. Add eggplant; cook over medium-high heat, stirring frequently, until lightly browned, about 5 minutes.
2. Transfer eggplant to slow cooker. Add zucchini, mushrooms, shallot, garlic and tomatoes. Add oregano, rosemary, pepper and tomato puree. Cover. Cook on LOW 6 hours.
3. About 5 minutes before serving, stir in basil, lemon juice and salt, if desired. Turn off slow cooker. Let stand 5 minutes. Top each serving with 1 tablespoon Parmesan cheese.

Makes 4 (1/2-cup) side-dish servings

Note: If desired, add the eggplant directly to the slow cooker without browning it first.

Dietary Exchanges:

3 Vegetable, ½ Fat

Calories: 96 (16% of calories from fat), **Total Fat** 2g, **Saturated Fat** 1g, **Protein** 7g, **Carbohydrate** 17g, **Cholesterol** 4mg, **Dietary Fiber** 7g, **Sodium** 98mg.

Cinnamon Fruit Crisp

4 medium unpeeled nectarines (about 1 1/2 pounds)
2 large unpeeled plums (about 8 ounces)
5 tablespoons sugar substitute, divided
1 1/2 teaspoons ground cinnamon, divided
1/4 cup all-purpose flour
1/4 cup uncooked old-fashioned oats
3 tablespoons cold, reduced-fat butter, cut into pieces
1/4 cup pecan chips, toasted

1. Preheat oven to 375o
2. Cut nectarines and plums into slices over medium bowl to catch any juices; discard pits. In small bowl, combine 2 tablespoons sugar substitute and 1 teaspoon cinnamon; sprinkle over fruit. Mix well. Transfer fruit mixture to 9-inch pie plate.
3. In small bowl, combine flour, oats, remaining 3 tablespoons sugar substitute and remaining 1/2 teaspoon cinnamon. Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Stir in pecans; sprinkle oat mixture over fruit mixture.
4. Bake 30 minutes or until filling is bubbling and tender and topping is golden brown. Serve warm or at room temperature.

Makes 6 servings

Dietary Exchanges: 1/2 Starch, 1 Fruit, 2 Fat

Calories 152 (41% of calories from fat), **Total Fat** 7g, **Saturated Fat** 2g, **Protein** 3g, **Carbohydrate** 19g, **Cholesterol** 8mg, **Dietary Fiber** 3g, **Sodium** 41mg.

Chocolate Chip-Cherry Oatmeal Cookies

1/3 cup canola oil
2/3 cup sugar
¼ cup egg substitute
1 teaspoon vanilla, butter and nut flavoring or 2 teaspoons vanilla
¾ cup all-purpose flour
½ teaspoon baking soda
½ teaspoon ground cinnamon
1/8 teaspoon salt
1 1/2 cups uncooked quick oats
¼ cup semisweet mini chocolate chips
½ cup dried cherries, raisins or cranberries

1. Preheat oven to 325°F. Spray cookie sheet with nonstick cooking spray; set aside.
2. Combine oil, sugar, egg substitute and flavoring in large bowl. Using an electric mixer, beat on medium speed until well blended. Add flour, baking soda, cinnamon and salt; beat until smooth. Stir in oats, chocolate chips and cherries by hand.
3. Place slightly rounded teaspoonfuls of dough on prepared cookie sheet about 2 inches apart. Bake 7 minutes. Cookies will not appear to be done. Remove from oven. Let cookies cool on pan 2 minutes before removing to wire rack to cool completely.

Makes about 4 dozen cookies (2 cookies per serving)

Dietary Exchanges:

1 Starch, 1 Fat

Calories 103 (34% of calories from fat), Total Fat 4g; Saturated Fat <1g, Protein 1g, Carbohydrate 16g, Cholesterol 0mg, Dietary Fiber 1g, Sodium 45mg.

Orange-Zested Cherry Turnovers

1 can (20 ounces) no sugar-added cherry pie filling
1 ripe medium pear or apple, peeled and diced
1 teaspoon grated orange peel
1 teaspoon vanilla
8 sheets phyllo
Nonstick cooking spray
2 teaspoons powdered sugar

1. Preheat oven to 400o.
 2. Combine pie filling, pear, orange peel and vanilla in medium bowl.
 3. Stack phyllo on work surface. Cover with damp cloth. Remove 1 sheet phyllo; replace damp cloth over remaining phyllo. Spray phyllo with nonstick cooking spray. Fold in half crosswise; spray again. Spoon rounded 1/3 cup cherry mixture near one end of phyllo rectangle. Fold edges over filling. Flip over and carefully roll into 3x4-inch square. Place on prepared baking sheet. Repeat with remaining phyllo and filling.
 4. Coat turnovers with nonstick cooking spray. Bake 20 minutes. Cool 15 minutes on wire cooling rack. Dust with powdered sugar. Serve immediately.
- Makes 8 servings.

Dietary Exchanges:

½ Fruit, 1 starch

Calories 1016 (11% of calories from fat), Total Fat 1g; Saturated Fat ≤1g, Protein 2g, Carbohydrate 21g, Cholesterol 0mg, Dietary Fiber 2g, Sodium 101mg.