

taste of home
comfort
FOOD
PARTY FOODS *diet*



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FOOD *diet*
PARTY FOODS

With the Comfort Food Diet, you can stick to your health goals and still be the life of the party!

Celebrating with family and friends may mean good food, but it doesn't necessarily mean food that is good for you...until now! Thanks to *Comfort Food Diet Party Foods*, you can enjoy all of the festive specialties you love without packing on extra pounds. Each of the dishes in this handy collection is sure to satisfy without adding inches to your guests' waistlines. In fact, all of these trimmed-down comfort foods taste so terrific, no one will even realize they're eating light.

Simply page through this colorful collection of crowd-pleasing favorites, and you'll discover 32 recipes ideal to share at your next get-together, whether it's formal or casual. You'll find delectable fare ranging from munchable appetizers to impressive desserts, there's even a few satisfying main courses and side dishes that are ideal for dinner parties.

Every recipe appears on a handy clip-and-keep card that features a full-color photo and a complete set of Nutrition Facts. Planning a heart-smart buffet couldn't be easier

The Comfort Food Diet relies on hearty foods that come together easily...and these dishes are no exception. Each recipe uses common ingredients you likely have on hand—you won't need to run to specialty stores to create these family favorites! Best of all, every dish has been prepared by an expert in the Taste of Home Test Kitchen and was reviewed by a Registered Dietician.

Whether you're hosting a casual get-together, creating a holiday menu or simply bringing a dish to pass to a friend's house, *Comfort Food Diet Party Foods* helps you enjoy the party...without packing on extra pounds!



166
CALORIES

ham asparagus spirals

YIELD: 20 appetizers

ROSIE HUFFER
WESTMINSTER, CALIFORNIA

Just three ingredients are all you need to prepare these impressive-looking hors d'oeuvres. They are a welcome addition to the table.



140
CALORIES

rich peach ice cream

YIELD: 4 quarts

CATHERINE MACRAE LYERLY
WINSTON-SALEM,
NORTH CAROLINA

Our family loves ice cream, and this homemade version is one of our favorites. I came up with the recipe when I needed to use up the fruit from our peach trees.

ham asparagus spirals

- 20 fresh asparagus spears, trimmed
- 20 thin slices deli ham
- 1 package (10.6) refrigerated Italian breadsticks and garlic spread

1. In a large skillet, bring 1/2 in. of water to a boil; add asparagus. Reduce heat; cover and simmer for 2 minutes. Drain and immediately place asparagus in ice water; drain and pat dry.
2. Wrap a slice of ham around each asparagus spear. Unroll breadstick dough; spread with garlic spread. Cut each breadstick in half lengthwise. Wrap one piece of dough, garlic spread side out, around each ham-wrapped asparagus spear.
3. Place on an ungreased baking sheet. Bake at 375° for 13-15 minutes or until golden brown. Serve immediately.

Nutrition Facts: 1 serving (1 each) equals 166 calories, 10 g fat (5 g saturated fat), trace cholesterol, 40 mg sodium, 20 g carbohydrate, 1 g fiber, 2 g protein.

rich peach ice cream

- 2 cups cold fat-free milk
- 1 package (3.4 ounce) instant vanilla pudding mix
- 4 medium peaches, peeled and chopped
- 2 cans (12 ounces each) fat-free evaporated milk
- 1 can (14 ounces) sweetened condensed milk
- 1/2 cup sugar
- 1/4 cup lemon juice
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 1/8 teaspoon salt
- 1 carton (8 ounces) fat-free frozen whipped topping, thawed

1. In a large bowl, beat milk and pudding mix on low speed for 2 minutes. Beat in the peaches, evaporated milk, condensed milk, sugar, lemon juice, extracts and salt. Beat in whipped topping just until combined.
2. Fill cylinder of ice cream freezer two-thirds full; freeze according to manufacturer's directions. Refrigerate remaining mixture until ready to freeze. Transfer to freezer containers; freeze for 2-4 hours before serving.

Nutrition Facts: 2/3 cup equals 140 calories, 2 g fat (1g saturated fat), 7 mg cholesterol, 139 mg sodium, 27 g carbohydrate, trace fiber, 4 g protein. **Diabetic Exchange:** 2 starch.



224
CALORIES

grilled breaded chicken

YIELD: 8 servings

KRISTY MCCLELLAN
MORGAN, UTAH

When I got married, my husband's aunt gave us all of her favorite recipes. This chicken dish was one of them that we really enjoy.



51
CALORIES

winter vegetables

YIELD: 12 dozen

CHARLENE AUGUSTYN
GRAND RAPIDS, MICHIGAN

The flavor of thyme shines through in this recipe. The colorful array of vegetables is so appealing on the table. It's a great way to showcase often unused broccoli stalks.

grilled breaded chicken

1 cup (8 ounces) reduced-fat sour cream
1/4 cup lemon juice
4 teaspoons Worcestershire sauce
2 teaspoons paprika
1 teaspoon celery salt
1/8 teaspoon garlic powder
8 boneless skinless chicken breast halves (4 ounces each)
2 cups crushed seasoned stuffing
Refrigerated butter-flavored spray

1. In a large resealable plastic bag, combine the first six ingredients; add chicken. Seal bag and turn to coat; refrigerate for up to 4 hours.
2. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Drain and discard marinade. Coat both sides of chicken with stuffing crumbs; spritz with butter-flavored spray.
3. Grill chicken, covered, over medium heat or broil 4 in. from the heat for 4-7 minutes on each side or until a meat thermometer reads 170°.

Nutrition Facts: 1 chicken breast half equals 224 calories, 5 g fat (2 g saturated fat), 75 mg cholesterol, 419 mg sodium, 12 g carbohydrate, 0.55 g fiber, 30 g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch.

winter vegetables

3 medium turnips, peeled and cut into 2-inch julienne strips
1 large rutabaga, peeled and cut into 2-inch julienne strips
4 medium carrots, cut into 2-inch julienne strips
3 fresh broccoli spears
1 tablespoon butter
1 tablespoon minced fresh parsley
1/2 teaspoon salt
1/2 teaspoon dried thyme
Pepper to taste

1. Place the turnips, rutabaga and carrots in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 10 minutes.
2. Meanwhile, cut florets from broccoli and save for another use. Cut broccoli stalks into 2-in. julienne strips; add to saucepan. Cover and cook 5 minutes longer or until vegetables are crisp-tender; drain well.
3. In a large skillet, saute vegetables in butter. Stir in the parsley, salt, thyme and pepper.

Nutrition Facts: 3/4 cup equals 51 calories, 1 g fat (1 g saturated fat), 3 mg cholesterol, 151 mg sodium, 10 g carbohydrate, 3 g fiber, 2 g protein. **Diabetic Exchange:** 2 vegetable.



293
CALORIES

chicken pesto pizza

YIELD: 8 slices

HEATHER THOMPSON
WOODLAND HILLS, CALIFORNIA

This is the only pizza I make now. We love it! Keeping the spices simple helps the flavor of the chicken and vegetables to come through. The pizza tastes great and is good for you, too.



141
CALORIES

roasted cajun potatoes

YIELD: 8 servings

TAMRA DUNCAN
CASTLE, OKLAHOMA

These nicely seasoned potatoes pair especially well with grilled pork chops or ribs.

chicken presto pizza

- 2 teaspoons active dry yeast
 - 1 cup warm water (110° to 115°)
 - 2-3/4 cups bread flour, *divided*
 - 1 tablespoon plus 2 teaspoons olive oil, *divided*
 - 1 tablespoon sugar
 - 1-1/2 teaspoons salt, *divided*
 - 1/2 pound boneless skinless chicken breasts, cut into 1/2-inch pieces
 - 1 small onion, halved and thinly sliced
 - 1/2 each small green, sweet red and yellow peppers, julienned
 - 1/2 cup sliced fresh mushrooms
 - 3 tablespoons prepared pesto
 - 1-1/2 cups (6 ounces) shredded part-skim mozzarella cheese
 - 1/4 teaspoon pepper
1. In a large bowl, dissolve yeast in warm water. Beat in the 1 cup flour, 1 tablespoon oil, sugar and 1 teaspoon salt. Add the remaining flour; beat until combined.

2. Turn onto a lightly floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a bowl coated with cooking spray, turning once to coat top. Cover and let rise in a warm place until doubled, about 1 hour.
3. In a large nonstick skillet over medium heat, cook the chicken, onion, peppers and mushrooms in remaining oil until chicken is no longer pink and vegetables are tender.
4. Remove from the heat; set aside.
5. Punch dough down; roll into a 15-in. circle. Transfer to a 14-in. pizza pan. Build up edges slightly. Spread with pesto. Top with chicken mixture and cheese. Sprinkle with pepper and remaining salt.
6. Bake at 400° for 18-20 minutes or until crust and cheese are lightly browned.

Nutrition Facts: 1 slice equals 293 calories, 10 g fat (3 g saturated fat), 30 mg cholesterol, 601 mg sodium, 35 g carbohydrate, 2 g fiber, 18 g protein. **Diabetic Exchanges:** 2 starch, 1 lean meat, 1 fat.

roasted cajun potatoes

- 2-1/2 pounds medium red potatoes
- 1/4 cup olive oil
- 2 shallots, chopped
- 1 garlic clove, minced
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon pepper
- 2 tablespoons minced fresh parsley

1. Cut each potato lengthwise into eight wedges. In a large bowl, combine the oil, shallots, garlic, salt, paprika, cayenne and pepper; add potatoes and toss to coat. Place in a greased roasting pan.
2. Bake, uncovered, at 450° for 45-50 minutes or until tender and golden brown, turning every 15 minutes. Sprinkle with parsley.

Nutrition Facts: 1 serving (2/3 cup) equals 141 calories, 5 g fat (3 g saturated fat), 10 mg cholesterol, 548 mg sodium, 19 g carbohydrate, 2 g fiber, 5 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1/2 fat.



81
CALORIES

banana split cheesecake

YIELD: 10 servings

CHERIE SWEET
EVANSVILLE, INDIANA

This fruity dessert makes a light and festive treat that's sure to dazzle friends and family at the end of any meal. I top the tempting sweet with syrup, caramel and pecans for a fantastic look and flavor.



95
CALORIES

cheesy pita crisps

YIELD: 8 servings

CHRISTINE MATTIKO,
DALLASTOWN, PENNSYLVANIA

I first made these golden wedges when my college roommates and I wanted garlic bread but only had pitas on hand. My husband likes this "skinny" version even better than the original!

banana split cheesecake

- 1 can (8 ounces) unsweetened crushed pineapple, *divided*
 - 2 medium firm bananas, sliced
 - 1 reduced-fat graham cracker crust (8 inches)
 - 1 package (8 ounces) fat-free cream cheese
 - 1-1/2 cups pineapple sherbet, softened
 - 1 package (1 ounce) sugar-free instant vanilla pudding mix
 - 1 carton (8 ounces) frozen reduced-fat whipped topping, thawed, *divided*
 - 4 maraschino cherries, *divided*
 - 1 tablespoon chocolate syrup
 - 1 tablespoon caramel ice cream topping
 - 1 tablespoon chopped pecans
1. Drain pineapple, reserving juice. In a small bowl, combine bananas and 2 tablespoons reserved juice; let stand for 5 minutes. Drain bananas, discarding juice. Arrange bananas over

- bottom of crust; set aside.
2. Beat cream cheese and 2 tablespoons reserved pineapple juice. Gradually beat in sherbet. Gradually beat in pudding mix; beat 2 minutes longer. Refrigerate 1/3 cup pineapple until serving; fold remaining pineapple into cream cheese mixture. Fold in 2 cups whipped topping; spread evenly over bananas. Cover and freeze until firm.
3. Remove from the freezer 10-15 minutes before serving.
4. Chop three maraschino cherries and pat dry; arrange cherries and reserved pineapple around edge of pie. Drizzle with chocolate and caramel. Dollop remaining whipped topping onto pie. Sprinkle with pecans; top with remaining cherry.
- Nutrition Facts:** 1 serving (1 each) equals 81 calories, 3 g fat (2 g saturated fat), 7 mg cholesterol, 164 mg sodium, 11 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchange:** 1 starch.

cheesy pita crisps

- 4 whole wheat pita pocket halves
- 1/4 cup reduced-fat margarine, melted
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons grated Parmesan cheese
- 1/2 cup shredded part-skim mozzarella cheese

1. Split each pita pocket in half. Cut each into two triangles; place inside side up on a baking sheet coated with cooking spray.
2. In a bowl, combine the margarine, garlic powder, onion powder, salt and pepper; stir in the Parmesan cheese. Spread over triangles. Sprinkle with mozzarella cheese.
3. Bake at 400° for 12-15 minutes or until golden brown.

Nutrition Facts: 2 triangles equals 95 calories, 5 g fat(2 g saturated fat), 6 mg cholesterol, 264 mg sodium, 9 g carbohydrate, 1 g fiber, 4 g protein. **Diabetic Exchanges:** 1 fat, 1/2 starch.



89
CALORIES

party pretzels

YIELD: 12 cups

CARRIE SHAUB
MOUNT JOY, PENNSYLVANIA

Not only are these great afternoon snacks for work, they're perfect for hungry kids just home from school. Plus, they make for fantastic party food!



284
CALORIES

southwest vegetarian bake

YIELD: 8 servings

PATRICIA GALE
MONTICELLO, ILLINOIS

Creamy and comforting, this hearty Southwestern specialty is ideal for chilly nights.

party pretzels

- 1 package (16 ounces) fat-free miniature pretzels
- 1/4 cup canola oil
- 3 teaspoons garlic powder
- 1 teaspoon dill weed
- 1/2 teaspoon lemon-pepper seasoning

1. Place pretzels in an ungreased 15-in. x 10-in. x 1-in. baking pan. Combine the oil, garlic powder, dill and lemon-pepper; drizzle over pretzels and toss to coat.
2. Bake at 350° for 12 minutes, stirring twice. Cool on a wire rack. Store in an airtight container.

Nutrition Facts: 1/2 cup equals 89 calories, 2 g fat (trace saturated fat), 0 cholesterol, 290 mg sodium, 16 g carbohydrate, 1 g fiber, 2 g protein. **Diabetic Exchanges:** 1 starch, 1/2 fat.

southwest vegetarian bake

- 3/4 cup uncooked brown rice
- 1-1/2 cups water
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (11 ounces) Mexicorn, drained
- 1 can (10 ounces) diced tomatoes and green chilies
- 1 cup salsa
- 1 cup (8 ounces) reduced-fat sour cream
- 1 cup (4 ounces) shredded reduced-fat cheddar cheese
- 1/4 teaspoon pepper
- 1/2 cup chopped red onion
- 1 can (2-1/4 ounces) sliced ripe olives, drained
- 1 cup (4 ounces) shredded reduced-fat Mexican cheese blend

1. In a large saucepan, bring rice and water to a boil. Reduce heat; cover and simmer for 35-40 minutes or until tender. In a large bowl, combine the beans, Mexicorn, tomatoes, salsa, sour cream, cheddar cheese, pepper and cooked rice.
2. Transfer to a shallow 2-1/2-qt. baking dish coated with cooking spray. Sprinkle with onion and olives.
3. Bake, uncovered, at 350° for 30 minutes. Sprinkle with Mexican cheese. Bake 5-10 minutes longer or until heated through and cheese is melted. Let stand for 10 minutes before serving.

Nutrition Facts: 1 cup equals 284 calories, 10 g fat (6g saturated fat), 30 mg cholesterol, 879 mg sodium, 35 g carbohydrate, 6 g fiber, 15 g protein. **Diabetic Exchanges:** 2 starch, 1 lean meat, 1 fat.



171
CALORIES

pina colada pudding cups

YIELD: 8 servings

BETTY MAY
TOPEKA, KANSAS

This dessert is so simple but chock-full of refreshing pineapple and coconut flavor. It is a nice light treat after a big meal with make-ahead convenience for busy hostesses.



241
CALORIES

makeover corn 'n' green bean bake

YIELD: 2 dozen

DONNA BROCKETT
KINGFISHER, OKLAHOMA

The result of this makeover is a delicious, creamy, cheesy casserole perfect any time of the year. While the original is so decadent that you might make it only for those really special occasions, the Makeover Corn 'n' Green Bean Bake is great year round, yet tasty enough for those festive times, too.

pina colada pudding cups

- 3 cups fat-free milk
- 2 envelopes whipped topping mix (Dream Whip)
- 2 packages (1 ounce *each*) sugar-free instant vanilla pudding mix
- 2 cans (8 ounces *each*) unsweetened crushed pineapple, undrained
- 1/2 teaspoon coconut extract
- 1/4 cup flaked coconut, toasted
- 8 maraschino cherries

1. In a large bowl, whisk the milk, whipped topping and pudding mixes for 2 minutes. Stir in the pineapple and extract.
2. Spoon into eight dessert dishes, 3/4 cup in each. Cover and refrigerate for 30 minutes or until chilled. Sprinkle each serving with 1-1/2 teaspoons coconut and top each with a cherry.

Nutrition Facts: 1 serving equals 171 calories, 3 g fat (3g saturated fat), 2 mg cholesterol, 350 mg sodium, 31 g carbohydrate, 1 g fiber, 4 g protein.
Diabetic Exchanges: 1-1/2 starch, 1/2 fruit.

makeover corn 'n' green bean bake

- 3-1/2 cups frozen corn, thawed
- 2 cans (14-1/2 ounces *each*) French-style green beans, drained
- 2 cans (10-3/4 ounces *each*) reduced-fat reduced-sodium condensed cream of mushroom soup, undiluted
- 1 cup (8 ounces) reduced-fat sour cream
- 1 cup (8 ounces) plain yogurt
- 1 cup (4 ounces) shredded sharp cheddar cheese
- 1 large onion, chopped
- 1 celery rib, chopped
- 1 small green pepper, chopped
- 2 cups crushed reduced-fat butter-flavored crackers (about 50 crackers)
- 1/3 cup reduced-fat butter, melted

1. In a large bowl, combine the first nine ingredients. Transfer to a 13-in. x 9-in. baking dish coated with cooking spray.
2. Toss the cracker crumbs and butter; sprinkle over vegetable mixture. Bake, uncovered, at 350° for 40-45 minutes or until bubbly. Yield: 12 servings.

Nutrition Facts: 3/4 cup equals 241 calories, 11 g fat (6g saturated fat), 32 mg cholesterol, 679 mg sodium, 30 g carbohydrate, 3 g fiber, 8 g protein.

Editor's Note: This recipe was tested with Land O'Lakes light stick butter.



354
CALORIES

bbq beef sandwiches

YIELD: 14 sandwiches.

REBECCA ROHLAND
MEDFORD, WISCONSIN

After years of searching, I found a recipe for shredded barbecue beef that's a hit with all my family and friends. It's easy to freeze for future meals...if there's any left over!



186
CALORIES

black forest cake

YIELD: 24 servings

NANCY ZIMMERMAN
CAPE MAY COURT HOUSE,
NEW JERSEY

Applesauce is used to keep this light version of Black Forest Cake healthy. Now, even people who are watching their weight can enjoy a slice of rich chocolate cake!

bbq beef sandwiches

- 2 cups ketchup
- 1 medium onion, chopped
- 1/4 cup cider vinegar
- 1/4 cup molasses
- 2 tablespoons Worcestershire sauce
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/2 teaspoon ground mustard
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon crushed red pepper flakes
- 1 boneless beef chuck roast (3 pounds)
- 14 sesame seed hamburger buns, split

1. In a large bowl, combine the first 11 ingredients. Cut roast in half; place in a 5-qt. slow cooker. Pour ketchup mixture over roast.
2. Cover and cook on low for 8-9 hours or until meat is tender.
3. Remove meat and shred with two forks. Skim fat from cooking juices. Return the meat to slow cooker; heat through.
4. Using a slotted spoon, serve beef on buns.

Nutrition Facts: 1 sandwich equals 354 calories, 12 g fat (5 g saturated fat), 63 mg cholesterol, 805 mg sodium, 37 g carbohydrate, 1 g fiber, 24 g protein.

black forest cake

- 2 cups cherry juice blend
- 1-3/4 cups sugar
- 1/2 cup unsweetened applesauce
- 1/4 cup canola oil
- 2 eggs
- 2 tablespoons cider vinegar
- 3 teaspoons vanilla extract
- 3 cups all-purpose flour
- 1/3 cup baking cocoa
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1-1/2 cups cold fat-free milk
- 1 package (1.4 ounces) sugar-free instant chocolate pudding mix
- 1 can (20 ounces) reduced-sugar cherry pie filling
- 1-1/2 cups frozen fat-free whipped topping, thawed

1. In a large bowl, beat the cherry juice, sugar, applesauce, oil, eggs, vinegar and vanilla until well blended. In a large bowl, combine the flour, cocoa, baking soda and salt; gradually beat into cherry juice mixture until blended.
2. Pour into a 13-in. x 9-in. baking pan coated with cooking spray. Bake at 350° for 35-40 minutes or until a toothpick inserted near the center comes out clean. Cool completely on a wire rack.
3. In a small bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Frost top of cake with pudding. Cover and refrigerate for 15 minutes. Top with pie filling. Chill until serving. Serve with whipped topping.

Nutrition Facts: 1 piece with 1 tablespoon whipped topping equals 186 calories, 3 g fat (trace saturated fat), 18 mg cholesterol, 272 mg sodium, 36 g carbohydrate, 1 g fiber, 3 g protein.



94
CALORIES

chocolate chip cookies

YIELD: 4 dozen

BETHANY THAYER
TROUTVILLE, VIRGINIA

Chocolate chip cookies are almost anyone's favorites, and these are sure to please!



91
CALORIES

dilly vegetable medley

YIELD: 13 servings

REBECCA BARJONAH
CORALVILLE, IOWA

I love to eat what I grow, and I have tried many combinations of the fresh vegetables from my garden. This one is really great! I never have leftovers when I make this tasty side.

chocolate chip cookies

- 1/2 cup reduced-fat margarine
- 3/4 cup sugar
- 3/4 cup packed brown sugar
- 2 eggs
- 1/4 cup (2 ounces) reduced-fat plain yogurt
- 2 teaspoons vanilla extract
- 2-1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1-1/2 cups miniature semisweet chocolate chips
- 1/2 cup chopped walnuts, toasted

1. In a large bowl, lightly cream the margarine and sugars. Add eggs, one at a time, beating well after each addition.
2. Beat in yogurt and vanilla. Combine the flour, baking soda and salt; gradually add to creamed mixture. Stir in chocolate chips and walnuts.
3. Drop by heaping tablespoonfuls 2 in. apart onto baking sheets coated with cooking spray. Bake at 375° for 8-10 minutes or until golden brown. Remove to wire racks.

Nutrition Facts: 1 cookie equals 94 calories, 4 g fat (1g saturated fat), 9 mg cholesterol, 93 mg sodium, 15 g carbohydrate, 1 g fiber, 1 g protein.
Diabetic Exchanges: 1starch, 1/2 fat.

dilly vegetable medley

- 1/4 cup olive oil
- 2 tablespoons minced fresh basil
- 2 teaspoons dill weed
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 7 small yellow summer squash, cut into 1/2-inch slices
- 1 pound Yukon Gold potatoes, cut into 1/2-inch cubes
- 5 small carrots, cut into 1/2-inch slices

1. In a very large bowl, combine the first five ingredients. Add vegetables and toss to coat.
2. Place half of the vegetables on a double thickness of heavy-duty foil (about 18 in. square). Fold foil around vegetables and seal tightly. Repeat with remaining vegetables.
3. Grill, covered, over medium heat for 20-25 minutes or until potatoes are tender, turning once. Open foil carefully to allow steam to escape.

Nutrition Facts: 3/4 cup equals 91 calories, 4 g fat (1 g saturated fat), 0 cholesterol, 109 mg sodium, 12 g carbohydrate, 2 g fiber, 2 g protein.
Diabetic Exchanges: 1 vegetable, 1 fat, 1/2 starch.



133
CALORIES

blondies with chips

YIELD: 1 dozen

KAI SKUPINSKI
CANTON, MICHIGAN

My friends and family love this pared-down version of the classic snack and never suspect that I use whole wheat flour.



226
CALORIES

go for the grains casserole

YIELD: 10 servings

MELANIE BLAIR
WARSAW, INDIANA

This casserole is hearty and delicious. A friend of mine gave me the recipe when I was compiling healthier dishes. This colorful medley has “good-for-you” written all over it.

blondies with chips

- 1/3 cup all-purpose flour
- 1/3 cup whole wheat flour
- 1/4 cup packed brown sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 egg
- 1/4 cup canola oil
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 cup semisweet chocolate chips

1. In a small bowl, combine the first five ingredients. In another bowl, whisk the egg, oil, honey and vanilla; stir into dry ingredients just until combined. Stir in chocolate chips (batter will be thick).
2. Spread into an 8-in. square baking dish coated with cooking spray. Bake at 350° for 20-22 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Cut into bars.

Nutrition Facts: 1 bar equals 133 calories, 7 g fat (g saturated fat), 18 mg cholesterol, 67 mg sodium, 17 g carbohydrate, 1 g fiber, 2 g protein.
Diabetic Exchanges: 1 starch, 1 fat.

go for the grains casserole

- 5 medium carrots, thinly sliced
- 2 cups frozen corn, thawed
- 1 medium onion, diced
- 1 cup quick-cooking barley
- 1/2 cup bulgur
- 1/3 cup minced fresh parsley
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 cups vegetable broth
- 1 can (15 ounces) black beans, rinsed and drained
- 1-1/2 cups (6 ounces) shredded reduced-fat cheddar cheese

1. In a large bowl, combine the carrots, corn, onion, barley, bulgur, parsley, salt and pepper. Stir in broth and beans. Transfer to a 13-in. x 9-in. baking dish coated with cooking spray.
2. Cover and bake at 350° for 50-55 minutes or until grains are tender, stirring once. Sprinkle with cheese. Bake, uncovered, 3-5 minutes longer or until cheese is melted.

Nutrition Facts: 3/4 cup equals 226 calories, 5 g fat (3 g saturated fat), 12 mg cholesterol, 741 mg sodium, 38 g carbohydrate, 8 g fiber, 12 g protein.



cafe mocha mini muffins

YIELD: 1-1/2 dozen

TINA SAWCHUK
ARDMORE, ALBERTA

These mini muffins freeze well, so it's always easy to keep some on hand. They're just the right size for snacking.



golden au gratin potatoes

YIELD: 15 servings

JANICE ELDER
CHARLOTTE, NORTH CAROLINA

With its golden, crunchy topping and gooey, cheesy interior, this comforting spin on a classic side dish is brimming with robust flavors. Horseradish and nutmeg add that extra-special touch.

cafe mocha mini muffins

2	teaspoons instant coffee granules
1/3	cup boiling water
1/4	cup quick-cooking oats
3	tablespoons butter, softened
1/4	cup sugar
3	tablespoons brown sugar
1	egg yolk
1/2	teaspoon vanilla extract
1/2	cup all-purpose flour
1	tablespoon baking cocoa
1/2	teaspoon baking powder
1/8	teaspoon baking soda
1/8	teaspoon salt
1/2	cup miniature semisweet chocolate chips, <i>divided</i>

1. In a small bowl, dissolve coffee granules in water. Stir in the oats; set aside. In a small bowl, cream butter and sugars. Beat in egg yolk and vanilla. Beat in reserved oat mixture. Combine the flour, cocoa, baking powder, baking soda and salt; add to oat mixture. Stir in 1/3 cup chocolate chips.
2. Fill greased miniature muffin cups three-fourths full. Sprinkle with remaining chips. Bake at 350° for 12-15 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.

Nutrition Facts: 1 muffin equals 81 calories, 4 g fat (2 g saturated fat), 17 mg cholesterol, 53 mg sodium, 12 g carbohydrate, 1 g fiber, 1 g protein.
Diabetic Exchanges: 1 starch, 1/2 fat.

golden au gratin potatoes

2	large onions, thinly sliced
2	tablespoons butter
1	cup half-and-half cream
1	cup canned pumpkin
1	tablespoon prepared horseradish
1/2	teaspoon ground nutmeg
1	teaspoon salt
1/2	teaspoon pepper
2-1/4	pounds potatoes, peeled and cut into 1/4-inch slices
2	cups soft bread crumbs
8	ounces Gruyere or Swiss cheese, shredded
2	tablespoons chopped fresh sage

1. In a large skillet, cook onions in butter over medium heat for 15-20 minutes or until onions are golden brown, stirring frequently.
2. In a large bowl, combine the cream, pumpkin, horseradish, nutmeg, salt and pepper. In a greased 13-in. x 9-in. baking pan, layer potato slices and onions. Spread with pumpkin mixture. Cover and bake at 350° for 1-1/4 hours.
3. Increase temperature to 400°. In a large bowl, combine the bread crumbs, cheese and sage. Sprinkle over top. Bake, uncovered, 15-20 minutes longer or until golden brown.

Nutrition Facts: 1 serving equals 167 calories, 8 g fat (5 g saturated fat), 29 mg cholesterol, 274 mg sodium, 16 g carbohydrate, 2 g fiber, 7 g protein. **Diabetic Exchanges:** 1 starch, 1 lean meat, 1 fat.



143
CALORIES

colorful frozen yogurt

YIELD: 12 servings

TIFFANY BLEPP
OLATHE, KANSAS

Here's a beautiful, low-fat recipe for sunny days. Not only is it a pretty dessert, but blending the berries into the vanilla yogurt is simple. I serve the honey-topped yogurt in martini glasses with mint leaves for garnishes.



265
CALORIES

makeover monterey quiche

YIELD: 2 quiches (6 servings each)

PAM PRESSLY
BEACHWOOD, OHIO

With its creamy goodness and Southwestern flair, this savory specialty is a definite hit with my family. The Taste of Home economists lightened the recipe to replicate the mouthwatering taste with fewer calories. It's perfect for special brunches or lunches with fresh fruit on the side.

colorful frozen yogurt

- 3 pints low-fat vanilla frozen yogurt, softened, *divided*
- 1-1/2 cups frozen unsweetened sliced peaches, thawed
- 1-1/4 cups frozen unsweetened blueberries, thawed
- 1-1/4 cups frozen unsweetened strawberries, thawed
- 12 teaspoons honey

1. Place one pint of frozen yogurt in a blender; add peaches. Cover and process until smooth. Transfer to a freezer-safe container; cover and freeze. Repeat twice, making a batch of blueberry frozen yogurt and a batch of strawberry frozen yogurt.
2. Using a small scoop or melon baller, scoop each flavor of yogurt onto a waxed paper-lined baking sheet. Freeze until firm.
3. For each serving, place two scoops of each flavor in individual dessert dishes. Drizzle each serving with 1 teaspoon honey.

Nutrition Facts: 1/2 cup equals 143 calories, 1 g fat (1 g saturated fat), 5 mg cholesterol, 60 mg sodium, 29 g carbohydrate, 1 g fiber, 5 g protein. **Diabetic Exchange:** 2 starch.

makeover monterey quiche

- 1/2 cup chopped onion
- 1 tablespoon butter
- 2 garlic cloves, minced
- 8 egg whites, *divided*
- 4 eggs
- 2 cups (16 ounces) 1% small-curd cottage cheese
- 2 cups (8 ounces) shredded reduced-fat Mexican cheese blend or Monterey Jack cheese, *divided*
- 2 cans (4 ounces each) chopped green chilies
- 1/3 cup all-purpose flour
- 3/4 teaspoon baking powder
- 1/4 teaspoon salt
- 2 unbaked deep-dish pastry shells (9 inches)

1. In a small nonstick skillet, cook onion in butter over medium-low heat until tender, stirring occasionally. Add garlic; cook 2 minutes longer.
2. In a large bowl, combine 6 egg whites, eggs, cottage cheese, 1-1/2 cups shredded cheese, chilies, flour, baking powder, salt and onion mixture. In a bowl, beat remaining egg whites until stiff peaks form. Fold into cheese mixture. Pour into pastry shells.
3. Bake at 400° for 10 minutes. Reduce heat to 350°; bake for 30 minutes. Sprinkle with remaining cheese; bake 5 minutes longer or until a knife inserted near the center comes out clean and cheese is melted. Let stand for 10 minutes before cutting.

Nutrition Facts: 1 piece equals 265 calories, 14 g fat (5 g saturated fat), 88 mg cholesterol, 610 mg sodium, 21 g carbohydrate, 1 g fiber, 16 g protein.



220
CALORIES

frozen yogurt cookie dessert

YIELD: 12 servings

ELLEN THOMPSON
SPRINGFIELD, OHIO

We often prepare this yummy dessert for company. Just five ingredients are all that's needed for the creamy, chocolate- and peanut-flavored sensation. It's easy to take just a serving for two and freeze the rest for later.



285
CALORIES

makeover sour cream coffee cake

YIELD: 16 servings

JANICE KUHLMANN
STAFFORD SPRINGS, CONNECTICUT

You just can't beat a good coffee cake. And, my original Sour Cream Coffee Cake is just that. However, a slice of that fabulous snack came in at just under 400 calories. So I made a few adjustments and created this delectable treat with half the fat and cholesterol and 100 less calories than the original!

frozen yogurt cookie dessert

- 1/2 reduced-fat cream-filled chocolate sandwich cookies, crushed
- 1 quart low-fat vanilla frozen yogurt, softened
- 1/3 cup chocolate syrup
- 1/2 cup dry roasted peanuts
- 1 carton (8 ounces) frozen fat-free whipped topping, thawed

1. Set aside 1 tablespoon cookie crumbs. Sprinkle the remaining crumbs into an 11-in. x 7-in. dish coated with cooking spray. Freeze for 10 minutes.
2. Carefully spread frozen yogurt over crumbs. Drizzle with chocolate syrup and sprinkle with peanuts. Spread with whipped topping; sprinkle with reserved crumbs.
3. Cover and freeze for at least 2 hours. Remove from the freezer 10 minutes before serving.

Nutrition Facts: 1 piece equals 220 calories, 7 g fat (2 g saturated fat), 3 mg cholesterol, 193 mg sodium, 34 g carbohydrate, 1 g fiber, 6 g protein. **Diabetic Exchanges:** 2 starch, 1 fat.

makeover sour cream coffee cake

- 1/2 cup butter, softened
- 2 cups sugar
- 1 egg
- 4 egg whites
- 2 teaspoons lemon juice
- 1 teaspoon grated lemon peel
- 1/2 teaspoon almond extract
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1-1/2 cups (12 ounces) reduced-fat sour cream
- 1/4 cup chopped walnuts, toasted
- 2 teaspoons confectioners' sugar

1. In a large bowl, beat butter and sugar until crumbly, about 2 minutes. Add egg, then egg whites, beating well after each addition. Stir in the lemon juice, lemon peel and extract. Combine the flour, baking soda and salt; add to butter mixture alternately with sour cream. Fold in walnuts.
2. Coat a 10-in. fluted tube pan with cooking spray and dust with flour; add batter. Bake at 350° for 50-60 minutes or until a toothpick comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.
3. Dust with confectioners' sugar.

Nutrition Facts: 1 slice equals 285 calories, 9 g fat (5 g saturated fat), 36 mg cholesterol, 280 mg sodium, 45 g carbohydrate, 1 g fiber, 6 g protein.



351
CALORIES

sweet 'n' sour meatballs

YIELD: 6 servings

NANCY DECKER
LEMOORE NAVAL AIR STATION,
CALIFORNIA

Convenience items, including bottled barbecue sauce and canned pineapple and cranberry sauce, speed preparation of these sweet and tangy bites. I use the sauce over pork and chicken as well.



149
CALORIES

makeover frosted banana bars

YIELD: 3 dozen

SUSAN STUFF
MERCERSBURG, PENNSYLVANIA

I've made these banana bars many times, always with favorable comments and requests for the recipe. With this makeover, you don't have to feel guilty about enjoying a treat!

sweet 'n' sour meatballs

1/4	cup egg substitute
2	tablespoons fat-free milk
1	cup seasoned bread crumbs
2	tablespoons chopped onion
1/8	teaspoon pepper
1	pound lean ground beef (90% lean)
1	tablespoon cornstarch
3/4	cup unsweetened pineapple juice
1/2	cup barbecue sauce
1/4	cup water
1	cup whole-berry cranberry sauce
6	unsweetened pineapple slices
6	green pepper rings

1. In a large bowl, combine egg substitute and milk. Stir in the crumbs, onion and pepper. Add beef and mix well. Shape into 36 balls, about 1 in. each.
2. In a large skillet coated with cooking spray, brown meatballs; drain if necessary. Combine the cornstarch, pineapple juice, barbecue sauce and water until smooth; stir in cranberry sauce.
3. Pour over meatballs. bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; top with pineapple and green pepper.
4. Cover and simmer 10 minutes or until meatballs are no longer pink.

Nutrition Facts: 1 serving equals 351 calories, 8 g fat (0 saturated fat), 28 mg cholesterol, 790 mg sodium, 49 g carbohydrate, 2 g fiber, 21 g protein. 1 starch.

makeover frosted banana bars

3	tablespoons butter, softened
1-1/2	cups sugar
	eggs
1-1/2	cups mashed ripe bananas (about 3 medium)
1/4	cup unsweetened applesauce
1	teaspoon vanilla extract
2	cups all-purpose flour
1	teaspoon baking soda
	Dash salt
FROSTING:	
1	package (8 ounces) reduced-fat cream cheese
1	cup butter, softened
3	cups confectioners' sugar
2	teaspoons vanilla extract

1. In a large bowl, beat butter and sugar until crumbly, about 2 minutes. Add eggs, one at a time, beating well after each addition. Beat in the bananas, applesauce and vanilla.
2. Combine the flour, baking soda and salt; stir into butter mixture just until blended.
3. Transfer to a 15-in. x 10-in. x 1-in. baking pan coated with cooking spray. Bake at 350° for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool in pan on a wire rack.
4. For frosting, in a small bowl, beat cream cheese and butter until fluffy. Add confectioners' sugar and vanilla; beat until smooth. Frost bars. Refrigerate leftovers.

Nutrition Facts: 1 bar equals 149 calories, 4 g fat (3 g saturated fat), 23 mg cholesterol, 89 mg sodium, 26 g carbohydrate, trace fiber, 2 g protein. **Diabetic Exchanges:** 2 starch, 1 fat.



turkey pecan enchiladas

YIELD: 12 servings

CATHY HUPPE
GEORGETOWN, MASSACHUSETTS

I got this recipe from a friend, and I've often served it at church potlucks. There are never leftovers! It's nice because it's creamy, just a little spicy and unique.



quick crisp snack bars

YIELD: 1 dozen

URSULA MAURER
WAUWATOSA, WISCONSIN

My daughters have loved these nutritious snacks since they were in grade school. Now, both are adults and still make these bars when they want a quick but light treat.

turkey pecan enchiladas

1	medium onion, chopped
4	ounces reduced-fat cream cheese
1	tablespoon water
1	teaspoon ground cumin
1/4	teaspoon pepper
1/8	teaspoon salt
4	cups cubed cooked turkey breast
1/4	cup chopped pecans, toasted
12	flour tortillas (6 inches), warmed
1	can (10-3/4 ounces) reduced-fat reduced-sodium condensed cream of chicken soup, undiluted
1	cup (8 ounces) reduced-fat sour cream
1	cup fat-free milk
2	tablespoons canned chopped green chilies
1/2	cup shredded reduced-fat cheddar cheese
2	tablespoons minced fresh cilantro

1. In a small nonstick skillet coated with cooking spray, cook and stir onion over medium heat until tender. Set aside. In a large bowl, beat the cream cheese, water, cumin, pepper and salt until smooth. Stir in the onion, turkey and pecans.
2. Spoon 1/3 cup turkey mixture down the center of each tortilla. Roll up and place seam side down in a 13-in. x 9-in. baking dish coated with cooking spray. Combine the soup, sour cream, milk and chilies; pour over enchiladas. Cover and bake at 350° for 40 minutes. Uncover; sprinkle with cheese. Bake 5 minutes longer or until heated through and cheese is melted. Sprinkle with cilantro.

Nutrition Facts: 1 enchilada equals 263 calories, 10 g fat (4 g saturated fat), 59 mg cholesterol, 472 mg sodium, 20 g carbohydrate, 1 g fiber, 22 g protein.

quick crisp snack bars

1/2	cup honey
1/2	cup reduced-fat chunky peanut butter
1/2	cup nonfat dry milk powder
4	cups crisp rice cereal

1. In a large saucepan, combine the honey, peanut butter and milk powder. Cook and stir over low heat until blended. Remove from the heat; stir in cereal. Press into an 8-in. square dish coated with cooking spray. Let stand until set.
2. Cut into bars.

Nutrition Facts: 1 bar equals 144 calories, 4 g fat (1 g saturated fat), 1 mg cholesterol, 144 mg sodium, 25 g carbohydrate, 1 g fiber, 5 g protein.
Diabetic Exchanges: 1-1/2 starch, 1/2 fat.



98
CALORIES

baked onion rings

YIELD: 8 servings

MARILYN LEE
RICHMOND, MISSOURI

If you love onion rings but not the fat from deep-frying them, try baking them. The crisp rings round out lunch...or make a scrumptious snack.



173
CALORIES

no-fry potato doughnuts

YIELD: about 2-1/2 dozen

JILL SHRAMEK
POWELL, WYOMING

For ease of preparation, the dough for these baked favorites is made in a bread machine. The cinnamon-sugar topping is irresistible.

baked onion rings

2	large sweet onions
2	eggs
1-1/2	cups crushed cornflakes
2	teaspoons sugar
1	teaspoon paprika
1/4	teaspoon garlic salt
1/4	teaspoon seasoned salt

1. Cut onions into 1/2-in. slices; separate into rings. In a shallow dish, whisk eggs. In another shallow dish, combine the cornflake crumbs, sugar, paprika, garlic salt and seasoned salt. Dip onion rings into eggs, then coat with cornflake mixture.
2. Arrange rings in a single layer on greased baking sheets.
3. Bake at 375° for 20-25 minutes or until tender.

Nutrition Facts: 5 onion rings equals 98 calories, 1 g fat (trace saturated fat), 53 mg cholesterol, 241 mg sodium, 18 g carbohydrate, 1 g fiber, 4 g protein. **Diabetic Exchanges:** 1 starch, 1 vegetable.

no-fry potato doughnuts

3	medium potatoes, peeled and quartered
1	cup warm 2% milk (70° to 80°)
2	egg, lightly beaten
3/4	cup shortening
1/2	cup sugar
1	teaspoon salt
4-1/2	cups bread flour
2-1/4	teaspoons active dry yeast
TOPPING:	
3/4	cup sugar
1-1/4	teaspoons ground cinnamon
1/4	cup butter, melted

1. Place potatoes in a saucepan and cover with water. Bring to a boil; Reduce heat; cover and simmer for 15-20 minutes or until tender. Drain, reserving 1/4 cup cooking liquid; set liquid aside to cool to 70°-80°. Mash potatoes; set aside 1 cup to cool to room temperature.

2. In bread machine pan, place milk, eggs, shortening, sugar, salt, bread flour and yeast in order suggested by manufacturer, adding reserved cooking liquid and potatoes. Select dough setting (check dough after 5 minutes of mixing; add 1 to 2 tablespoons water or flour if needed).
3. When cycle is completed, turn dough onto a lightly floured surface. Knead in an addition 1/4 to 1/2 cup flour if necessary. Roll out to 1/2-in. thickness. Cut with a 2-1/2-in. doughnut cutter. Place on greased baking sheets; cover and let rise until almost doubled, about 25 minutes. Bake at 350° for 15-20 minutes or until lightly browned.
4. Combine sugar and cinnamon. Brush warm doughnuts with butter; dip in cinnamon-sugar.

Nutrition Facts: 1 serving (1 each) equals 173 calories, 7 g fat (2 g saturated fat), 19 mg cholesterol, 103 mg sodium, 25 g carbohydrate, 1 g fiber, 3 g protein.



215
CALORIES

chocolate bliss marble cake

YIELD: 16 servings

JOSEPHINE PIRO
EASTON, PENNSYLVANIA

This cake is served at all of our family parties. It's low in fat, but it still tastes delicious.



167
CALORIES

peppery grilled turkey breast

YIELD: 15 servings.

MARY ELIZABETH RELYEA
CANASTOTA, NEW YORK

This is a combination of several favorite recipes. People who try it for the first time are amazed to find that it's not only flavorful but healthy, too.

chocolate bliss marble cake

- 5 egg whites
 - 1/4 cup baking cocoa
 - 1/4 cup hot water
 - 1 cup sugar, *divided*
 - 1 cup fat-free milk
 - 3 tablespoons canola oil
 - 1 teaspoon vanilla extract
 - 3/4 teaspoon almond extract
 - 2-1/2 cups all-purpose flour
 - 3 teaspoons baking powder
 - 1/2 teaspoon salt
 - 1-1/2 cups reduced-fat whipped topping
 - 4 ounces semisweet chocolate
 - 1-1/2 cups fresh raspberries
1. Let egg whites stand at room temperature for 30 minutes. Dissolve cocoa in water; let stand until cool. Beat 3/4 cup sugar, milk, oil and extracts until well blended. Combine flour, baking powder and salt; gradually

- beat into sugar mixture until blended.
2. In another bowl with clean beaters, beat egg whites on medium speed until soft peaks form. Beat in remaining sugar, 1 tablespoon at a time, on high until stiff peaks form. Gradually fold into batter. Remove 2 cups batter; stir in reserved cocoa mixture.
3. Coat a 10-in. fluted tube pan with cooking spray. Alternately spoon the plain and chocolate batters into pan. Cut through batter with a knife. Bake at 350° for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing to a wire rack.
4. In a microwave, melt whipped topping and chocolate; stir until smooth. Drizzle cake with topping. Garnish with raspberries.

Nutrition Facts: 1 slice equals 215 calories, 6 g fat (2 g saturated fat), trace cholesterol, 172 mg sodium, 37 g carbohydrate, 2 g fiber, 4 g protein.

peppery grilled turkey breast

- 2 tablespoons light brown sugar
 - 1 tablespoon salt
 - 2 teaspoons ground cinnamon
 - 1 teaspoon cayenne pepper
 - 1/2 teaspoon ground mustard
 - 1 bone-in turkey breast (5 pounds)
 - 1 cup reduced-sodium chicken broth
 - 1/4 cup white vinegar
 - 1/4 cup jalapeno pepper jelly
 - 2 tablespoons olive oil
1. In a bowl, combine the first five ingredients. Loosen the skin from both sides of turkey breast. Spread half of spice mixture under turkey skin; secure skin to underside of breast with wooden toothpicks. Spread remaining spice mixture over skin.

2. Using long-handled tongs, dip a paper towel in cooking oil and lightly coat the grill rack. Prepare grill for indirect heat, using a drip pan. Place turkey over drip pan, grill, covered, over indirect medium heat for 30 minutes.
3. In a saucepan, combine broth, vinegar, jelly and oil. Cook and stir over medium heat until jelly is melted. Set aside 1/2 cup. Baste turkey with remaining jelly mixture. Grill 1 to 1-1/2 hours longer or until a meat thermometer reads 170°, basting every 15 minutes.
4. Cover and let stand 10 minutes. Remove turkey skin. Brush with reserved jelly mixture before slicing.

Nutrition Facts: 4 ounces cooked turkey (with skin removed) equals 167 calories, 3 g fat (trace saturated fat), 78 mg cholesterol, 565 mg sodium, 6 g carbohydrate, trace fiber, 29 g protein. **Diabetic Exchanges:** 4 lean meat, 1/2 starch, 1/2 fat.

taste of home
comfort
FOOD
PARTY FOODS *diet*

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