

Good Health,
GREAT FOOD

Healthy Recipes for a Healthier You



MONTEFIORE



Contents

APPETIZERS & SIDES



Cantaloupe Soup	page 5
Oriental Greens	page 6
Picnic Potato Salad	page 7
Multigrain Chicken Soup	page 9
Orange-Walnut Salad	page 10
Creamy Herbed Pasta.....	page 11
Cream of Broccoli Soup	page 13

MAIN DISHES



Chicken in a Curry- Pistachio Crust	page 15
Honey-Herb Chicken	page 16

Pork Chops with Savory Apples	page 17
Broiled Trout with Almonds	page 19
Southeastern Seasoned Catfish	page 20
Classic Beef Stew	page 21
Citrus Swordfish	page 23
Shiitake with Veal	page 24
Chunky Skillet Spaghetti	page 25
Stovetop Casserole	page 27

DESSERTS



Tasty Pumpkin Pie	page 29
Peach Berry Crisp	page 30
Carrot-Oatmeal Muffins	page 31
Pumpkin-Cranberry Gift Loaves	page 33
Quick Apple Crisp	page 34
Peach Melba Smoothie	page 35

*Pictured on cover:
Broiled Trout with Almonds, page 19*

RECIPES COMBINE GOOD HEALTH AND GOOD TASTE

We've pulled together 23 scrumptious concoctions that offer you good taste *and* good health. You'll find mouth-watering recipes that run the gamut from soup to nuts — literally!

The right food choices can do a lot for your health, but you probably hear a lot of conflicting advice. Here are some simple tips:



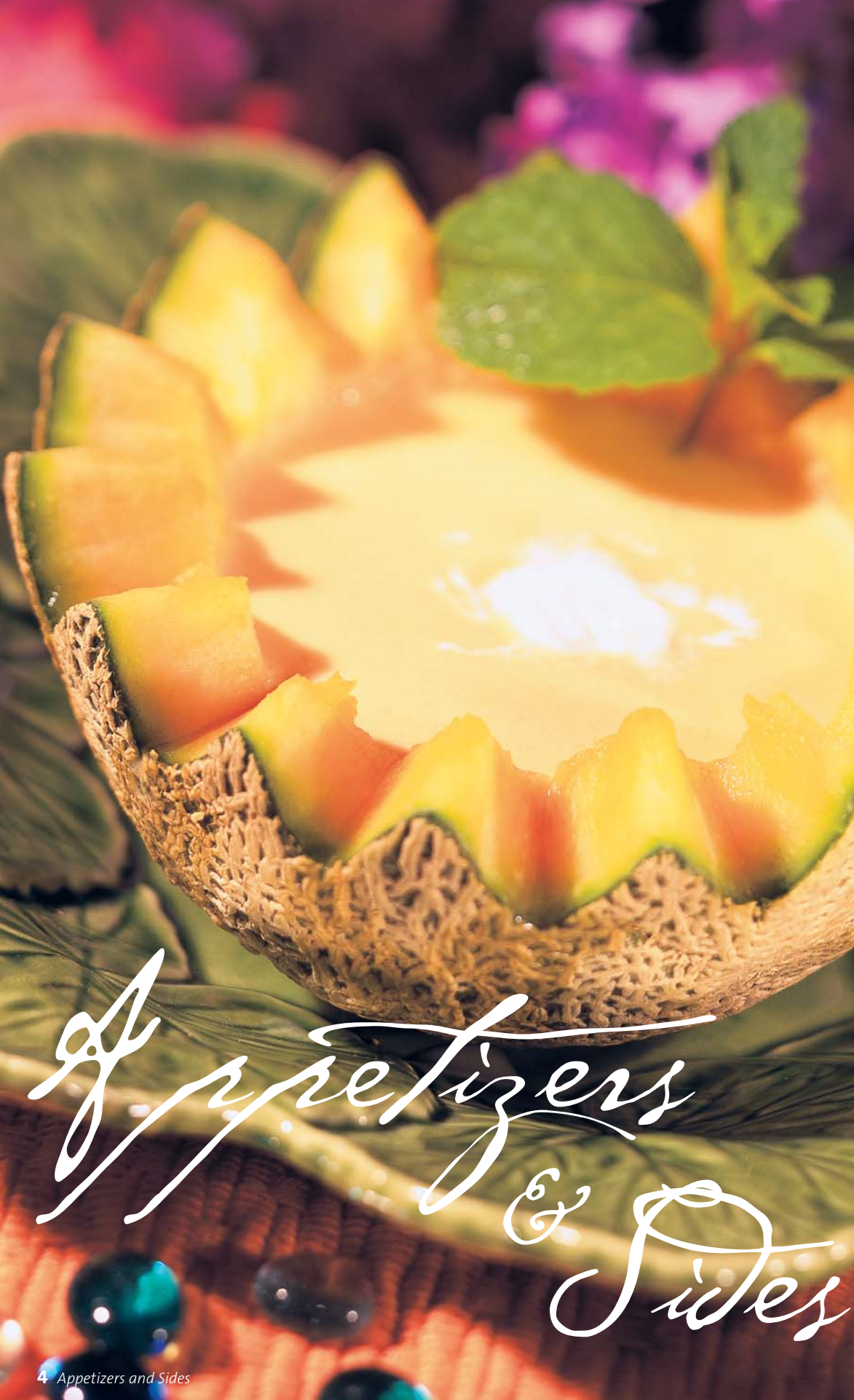
*Multigrain
Chicken Soup,
page 9*

- **Eat less saturated fats** like butter that can clog arteries. Eat more vegetable oils, like olive, canola and peanut, which are high in polyunsaturated and monounsaturated fats.
- **Eat more whole grains**, such as whole wheat, oats and brown rice that have fiber, iron and B-vitamins. Eat less refined grains such as white bread and pasta, which lose vitamins and minerals in processing.
- **Eat more legumes**, like beans, lentils and peas. They're rich in nutrients and fiber, low in fat, and a great source of both high-quality protein and carbohydrates.
- **Get more protein from fish, poultry, nuts or legumes.** They don't carry the high saturated fat and cholesterol found in red meat. When you do eat meat, choose the leanest cuts.
- **Watch the size of your servings.** Your portion of meat, for instance, should be the size of a deck of cards.
- **Eat for your activity level.** Most experts agree that balancing “calories in” with “calories out” is still the best way to keep weight down.

Published by
StayWell Custom
Communications,
780 Township Line
Road, Yardley, PA
19067.

www.staywellcustom.com

The material in this cookbook was written by professional journalists who strive to present reliable, up-to-date information. This information was reviewed by professionals for accuracy and appropriateness.



*of Appetizers
& Sides*



CANTALOUPE SOUP

This is a picture-pretty first course for a summer meal. Make in advance and serve chilled.

2 cantaloupes

1 teaspoon ground ginger

$\frac{1}{4}$ teaspoon nutmeg

$\frac{1}{2}$ cup fat-free sour cream, plus 4 teaspoons more for garnish

Cut cantaloupes in half. Remove seeds. With a spoon or melon baller, remove fruit from flesh. Refrigerate rinds to use as soup “bowls.” Put melon into blender with sour cream. Blend to a creamy consistency. Refrigerate for at least an hour to chill soup and let flavors blend. Pour soup into melon bowls and swirl in a teaspoon of sour cream as a garnish.

SERVES FOUR

Each serving contains approximately 129 calories, 28 grams carbohydrate, 3 grams protein, less than 1 gram fat, 111 milligrams sodium, 3 grams fiber.



ORIENTAL GREENS

- ½ cup fresh green beans
- ½ cup snow peas
- 1 cup cauliflower florets
- 1 cup sliced water chestnuts, drained
- 2 large radishes, thinly sliced
- 2 spring onions (also called scallions), thinly sliced
- ¼ cup red onion, slivered
- 1 teaspoon powdered ginger
- ¼ cup seasoned rice wine vinegar

JUST-PICKED, TENDER
VEGETABLES DON'T
NEED COOKING.

CHOOSE FRESH-LOOKING
FRUITS AND VEGETABLES
THAT AREN'T BRUISED,
SHRIVELED, MOLDY
OR SLIMY.

Remove strings and ends from green beans and snow peas. Combine with cauliflower florets broken into small pieces. Add water chestnuts, radish slices and onions.

Mix powdered ginger with seasoned rice wine vinegar and pour over vegetables. Mix well. Cover and refrigerate for two hours or more. Stir occasionally and just before serving.

SERVES FOUR

Each serving contains about 30 calories, 6 grams carbohydrate, 1 gram protein, 0 grams fat, 12 milligrams sodium, 3 grams fiber.

PICNIC POTATO SALAD

Potato Salad

1 pound red potatoes,
washed and cut into
1-inch wedges
½ cup red onions, thin-sliced
½ pound green beans,
snapped in half
½ cup sundried tomato
halves
½ teaspoon fresh rosemary,
chopped
1 teaspoon olive oil

Rosemary Vinaigrette

2 tablespoons extra virgin
olive oil
2 tablespoons red wine
vinegar
1 teaspoon Dijon-style
mustard
½ teaspoon fresh rosemary,
chopped

Preheat oven to 425 degrees. When oven is hot, put 1 teaspoon olive oil onto baking sheet. Heat for about two minutes and spread potatoes in one layer on pan. Roast for 10 minutes; turn with spatula. Roast 10 minutes more, or until golden brown.

While potatoes are roasting, prepare beans for steaming. Cook about five minutes, or until bright green. Drop sundried tomato halves into the boiling water used to steam beans. When tomatoes are plump, cool and cut into bite-size pieces. Sliced red onion can be put into cold water for milder taste. Drain.

To prepare rosemary vinaigrette, put all ingredients into small jar. Shake until combined.

Assemble all ingredients (including rosemary); top with rosemary vinaigrette, mixing well.

SERVES SIX

Each serving contains about 131 calories, 19 grams carbohydrate, 3 grams protein, 5 grams fat, 111 milligrams sodium, 3 grams fiber.



quickTIPS

Some optional additions: black olives, slivered almonds, roasted red peppers, cherry tomatoes, sliced pepperoni.



MULTIGRAIN CHICKEN SOUP

- ½ cup raw brown rice
- ⅓ cup medium barley
- ⅓ cup red lentils
- ⅓ cup yellow split peas
- 2 large ribs celery, sliced
- 4 large carrots, sliced
- 2 garlic cloves, crushed
- 2 tablespoons dried parsley
- 1 tablespoon dried thyme
- 1 teaspoon powdered ginger
- 1 teaspoon marjoram
- ½ teaspoon ground black pepper
- 1 pound boneless, skinless chicken breasts,
cut into bite-size pieces
- 12 cups water

Put all ingredients in a large pot. Bring to a boil. Cover the pot and turn the heat down to simmer. Cook for about one hour, until all grains are tender. Check seasonings. Soup will be thick. You can thin, if you like, by adding water or chicken stock.

SERVES EIGHT

Each 1½-cup serving contains approximately 210 calories, 30 grams carbohydrate, 19 grams protein, 2 grams fat, 79 milligrams sodium, 6 grams fiber.

quickTIPS

Store grains in closed containers in a cool, dry place. The freezer is good, but never the refrigerator, where mold can form.



ORANGE-WALNUT SALAD

COMBINE OPPOSING FLAVORS AND TEXTURES TO ADD INTEREST WITHOUT ADDING MUCH FAT.

IN THIS RECIPE, SWEET ORANGES CONTRAST WITH BITTER ARUGULA AND EARTHY CHOPPED WALNUTS.

- 2 cups romaine lettuce, coarsely chopped (about 6 leaves)
- 1 cup arugula
- 1 cucumber, peeled, quartered lengthwise, seeds removed, chopped
- $\frac{1}{4}$ cup red onion, thinly sliced
- 2 navel oranges, peeled and chopped
- 2 tablespoons walnuts, chopped
- 1 tablespoon walnut oil
- 1 tablespoon red wine vinegar
- 1 ounce blue cheese

Layer ingredients (except walnut oil, vinegar and blue cheese) in a large salad bowl. Just before serving, sprinkle with walnut oil and vinegar and toss. Crumble blue cheese on top.

SERVES FOUR

Each serving contains about 127 calories, 12 grams carbohydrate, 5 grams protein, 8 grams fat, 103 milligrams sodium, 3 grams fiber.

CREAMY HERBED PASTA

2 tablespoons fresh snipped chives
½ cup fat-free or low-fat sour cream
3 cups pasta

How simple does it get? Cook the pasta. While it's hot, mix in the chives and sour cream. Voilà! You have your side dish. To get fancy, you can use a *fines herbes* combination. This is a good way to sample different herbs.

SERVES SIX, ABOUT ½ CUP EACH

Each serving contains approximately 114 calories, 22 grams carbohydrate, 4 grams protein, 1 gram fat, 16 milligrams sodium, 1 gram fiber.

quickTIPS

Fines herbes is finely chopped chives, parsley, tarragon and chervil. The French like it in omelets, but you can sprinkle it on vegetables, pasta and salads.





CREAM OF BROCCOLI SOUP

- 1 cup powdered nonfat milk
- 2 tablespoons cornstarch
- 4 cups cold water
- 2 tablespoons low sodium chicken bouillon powder
- 1 to 2 teaspoons dried basil
- 1 onion, chopped (about a cup)
- 3 cups fresh broccoli or 1 10-ounce package frozen broccoli, chopped

Dissolve powdered milk and cornstarch in cold water. Add bouillon powder, basil, onion and broccoli. Bring to a boil. Reduce heat and simmer until broccoli and onion are soft, about five to seven minutes.

SERVES SIX, APPROXIMATELY ONE CUP EACH

Each serving contains approximately 84 calories, 17 grams carbohydrate, 5 grams protein, less than a gram of fat, 82 milligrams sodium, 2 grams fiber.

quickTIPS

For a variation, chop baked potato into soup. Garnish with a light sprinkling of shredded cheddar cheese.



Main Dish



CHICKEN IN A CURRY-PISTACHIO CRUST

2 whole boneless, skinless chicken breasts
(about 1 pound total)

$\frac{1}{2}$ cup shelled pistachios

Small pot boiling water

1 teaspoon curry powder — mild or hot,
depending on preference

3 tablespoons dried breadcrumbs

1 tablespoon dried parsley

1 egg white, beaten with 1 tablespoon of water
in a shallow bowl

Cooking spray

To remove the skins from pistachios, drop shelled nuts into boiling water. Remove from heat and let them soak for about a minute. Drain nuts and wrap them in a dishtowel. Rub gently until nuts pop out of skins. Spread nuts in one layer on a baking sheet and roast in 300 degree oven for 10 to 15 minutes. A toaster oven works fine. Nuts should be dried and crisp, but not brown.

When nuts are cool, put them into a sandwich-size plastic bag and crush with a rolling pin. Add curry powder, breadcrumbs and parsley. Shake the bag to mix all ingredients and spread out on a plate or waxed paper.

Preheat oven to 375 degrees. Cut chicken into eight strips. Dip strips into egg white and coat all sides with nut-crust mixture.

Arrange on a cookie sheet that has been lightly oiled with cooking spray. Bake at 375 degrees for 25 minutes or until chicken is cooked through and nut crust is lightly browned. Serve with bottled chutney.

SERVES FOUR

Each serving contains about 265 calories, 9 grams carbohydrate, 32 grams protein, 10 grams fat, 136 milligrams sodium, 2 grams fiber.

kes



HONEY-HERB CHICKEN

4 boneless, skinless chicken breast halves (about a pound)

Juice of one lime (about 2 tablespoons)

1 to 2 tablespoons fresh coriander, chopped

1 tablespoon honey

CORIANDER ALSO IS CALLED CILANTRO OR CHINESE PARSLEY. THIS HERB IS INDISPENSIBLE IN MEXICAN AND THAI COOKING.

With a mallet (the bottom of a heavy coffee mug works, too) pound each breast half to about ½-inch thick. Combine lime juice, coriander and honey in a small bowl. Brush chicken breasts with glaze. Brush grill lightly with olive oil. Grill (or broil) chicken approximately five minutes on each side. Can be served hot immediately or refrigerated for use in sandwiches or salads later.

SERVES FOUR

Each serving contains approximately 161 calories, 5 grams carbohydrate, 27 grams protein, 3 grams fat, 78 milligrams sodium, 0 grams fiber.

PORK CHOPS WITH SAVORY APPLES

- 2 medium apples
- 1 medium onion
- 1 large clove garlic
- 4 pork chops, about $\frac{3}{4}$ -inch thick, with bone (about 1½ pounds total)
- 1 teaspoon olive oil
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup fat-free sour cream

Quarter and core apples. Peel if desired. Cut onion in half and then slice it.

Use a large frying pan with a lid. Heat oil over medium-high heat and add chops and garlic. Brown quickly, about two minutes per side.

Add cut-up apples and onion and water. Cover and turn heat to low. Let cook for about 15 minutes, until pork is cooked through and apples are soft. Remove chops to a warm serving platter.

Bring pan juices to a boil and turn off heat. Stir in sour cream and pour over chops. Serve immediately.

SERVES FOUR

Each serving contains about 271 calories, 13 grams carbohydrate, 24 grams protein, 13 grams fat, 75 milligrams sodium, 1 gram fiber.



quickTIPS

Apples come in 7,500 varieties, with new ones marketed each year.

Apples grow in 36 states. Washington leads U.S. production.



BROILED TROUT WITH ALMONDS

Although rainbow trout is native to a narrow band along the West Coast of the United States, cultivation in ponds dates back more than 100 years. Today, farmers raise this sweet, slightly nutty-tasting fish in most of the states. Most market-ready trout comes through Idaho, where farmers send live fish to processing plants for filleting.

2 rainbow trout, butterfly filleted (about a pound each before heads are removed, 9 ounces after cleaning with heads taken off)

1 teaspoon butter or margarine

2 tablespoons almonds, sliced

Lemon pepper (use an unsalted blend, about ½ teaspoon total)

Lemon wedges

Heat broiler to high. Rinse trout and pat dry. Open fish and place skin-side down on a foil-lined broiler pan. Dot with butter or margarine and sprinkle with almonds and lemon pepper. Broil about five minutes or until fish is opaque and flakes easily with a fork. Serve immediately with lemon wedges.

SERVES TWO

Each serving contains about 309 calories, 3 grams carbohydrate, 36 grams protein, 16 grams fat, 93 milligrams sodium, 0 grams fiber.

quickTIPS

When purchasing fresh fish, remember: Fish on display should be in pans and surrounded by ice. Fish should not be piled up or placed under hot lights.

The fish should not smell too “fishy,” unpleasant or sour. It should not be discolored or have blemishes. The gills should be moist and reddish.



SOUTHEASTERN SEASONED CATFISH

**CULTIVATED CATFISH
HAS MILD, ALMOST
FLAVORLESS, FIRM WHITE
FLESH. THAT MEANS
IT CAN TAKE ON ANY
FLAVORING YOU GIVE IT.**

2 boneless, skinless catfish fillets (about $\frac{3}{4}$ pound)

2 teaspoons dried minced onion

$\frac{1}{2}$ teaspoon paprika

$\frac{1}{2}$ teaspoon garlic powder

$\frac{1}{4}$ teaspoon cayenne pepper

$\frac{1}{4}$ teaspoon mustard powder

On a sheet of waxed paper, combine dry ingredients. Rinse catfish fillets and pat dry with a paper towel. Coat both sides with rub. Heat broiler to high. Pour about a teaspoon of olive oil on a small cookie sheet and place catfish fillets on it. Broil about 4 inches from heat for about five minutes. Turn fillets and broil three to four minutes longer, until fish is opaque and flakes easily with a fork.

SERVES TWO

Each serving contains about 239 calories, 0 grams carbohydrate, 27 grams protein, 14 grams fat, 115 milligrams sodium, 0 grams fiber.

CLASSIC BEEF STEW

- 1 teaspoon cooking oil
- 1 pound beef trimmed of all visible fat and cut into 1-inch cubes
- 4 small onions, halved
- 4 carrots, peeled and cut into 1-inch pieces
- 1 large potato (about half a pound), cut into bite-size pieces
- 1 cup mushrooms, quartered
- 2 cloves garlic, minced
- 1 cup water

Heat the oil in a skillet set on medium-high heat. Oil should just coat pan. Add beef and brown, about five minutes. Put beef and all other ingredients into an ovenproof dish with a cover. Bake at 325 degrees for about 2½ hours, until meat and vegetables are tender.

The same ingredients can be put into a slow-cooker and cooked on low for 10 to 12 hours or poured into a four-quart pressure cooker, which will finish the stew in less than half an hour. In a pressure cooker, heat until pressure rises and weight starts to rock. Cook on medium heat, so weight rocks steadily, for 12 minutes. Drop pressure immediately by putting pot under cool running water.

SERVES FOUR

Each serving contains about 255 calories, 22 grams carbohydrate, 29 grams protein, 6 grams fat, 116 milligrams sodium, 4 grams fiber.

quickTIPS

Buy meat on sale. Cut it up and freeze it for future use. A 2½ pound bottom roast will yield about 2 pounds when you trim all the fat.





CITRUS SWORDFISH

2 swordfish steaks about $\frac{3}{4}$ to 1 inch thick
(approximately 6 ounces each)

Lemon, orange and lime zest, grated (approximately
2 tablespoons total; to get zest, finely grate peel of whole
fruit, being careful not to include bitter white skin)

1 tablespoon fresh parsley, chopped

1 tablespoon fresh thyme, chopped

1 teaspoon olive oil

Preheat broiler. Mix zest with herbs and oil. Pat zest mixture on both sides of steaks and place in flat pan. Broil fish approximately three to four minutes. Turn once and broil three to four minutes or until done. Pour pan juices over swordfish and serve immediately, garnished with slices of orange, lemon and lime.

SERVES TWO

*Each serving contains approximately 232 calories,
3 grams carbohydrate, 34 grams protein, 9 grams fat,
154 milligrams sodium, 1 gram fiber.*

quickTIPS

Swordfish is a dense fish that is easy to cook indoors or out. Grated lemon, lime and orange zest add a healthy zing.



SHIITAKE WITH VEAL

- 1 pound boneless veal, cut into bite-size pieces
- ½ pound shiitake mushrooms, stems removed, cut into bite-size pieces
- ½ cup shallots, sliced
- 1 tablespoon olive oil
- 1 tablespoon sherry (optional)
- 4 tablespoons low-fat sour cream
- 4 cups cooked farfalle or other chunky pasta
- 2 tablespoons parsley, thyme or other herb, chopped

SHIITAKE MUSHROOMS
HAVE LITTLE ODOR
WHEN FRESH BUT
SMELL OF AMMONIA
IF THEY START TO SPOIL.

Heat oil in frying pan and brown veal quickly. Add shallots, stirring until wilted. Add shiitake mushrooms and sherry. Cover and cook five minutes at low temperature, until mushrooms release moisture. Turn off and stir in sour cream and herbs. Serve with noodles. Spinach would be a good side dish.

SERVES FOUR

Each serving contains approximately 419 calories, 48 grams carbohydrate, 33 grams protein, 10 grams fat, 112 milligrams sodium, 2 grams fiber.

CHUNKY SKILLET SPAGHETTI

This sauce literally takes 20 minutes — or about the time it takes to boil water and cook the spaghetti you serve under it.

- 8 ounces thin spaghetti
- 1–2 tablespoons olive oil
- 1 bell pepper, diced, approximately 1 cup
- 1 medium onion, diced, approximately 1 cup
- 1 small zucchini, diced, approximately 1 cup
- 1 clove garlic, chopped
- 2 tablespoons chopped parsley
- 1 tablespoon basil*
- 1 28-ounce can of no-salt-added diced tomatoes*
- 4 tablespoons Parmesan or Romano cheese

**If you use tomatoes with basil, you need not add more.*

Put on a pot of boiling water for spaghetti and cook according to package directions.

Heat oil and lightly sauté pepper and onion. Add garlic and zucchini; cook a little more. Add tomatoes and parsley. Cook just until tomatoes are hot and spaghetti is ready to serve.

Divide spaghetti and sauce over four plates (about one cup of spaghetti and one cup of sauce per serving). Sprinkle a tablespoon of fresh, coarsely grated Parmesan or Romano cheese over each plate.

SERVES FOUR

Each serving contains approximately 360 calories, 58 grams carbohydrate, 12 grams protein, 9 grams fat, 106 milligrams sodium, 5 grams fiber.

quickTIPS

Canned tomatoes can be more nutritious than fresh because they are picked red and ripe and put through high-technology processing that retains all the goodness.





STOVETOP CASSEROLE

Forget the box mixes with the unpronounceable ingredients. With a can of whole tomatoes, a pound of meat and a box of pasta, you can make your own stovetop casserole. Here's one that's a change from hamburger. The spinach gives it color and intense flavor, but you can substitute green beans or other vegetables as you please.

- ½ pound Italian-style turkey sausage, cut into bite-size pieces
- 1 pound three-color corkscrew pasta cooked according to instructions on package
- 1 28-ounce can of no-salt-added whole tomatoes, cut slightly, with liquid
- 2 tablespoons olive oil
- 2 cups chopped bell pepper
- 2 cups onion
- 2 garlic cloves
- 2 cups mushrooms
- 2 cups spinach, washed and shredded, or 1 box frozen chopped spinach, thawed
- 4 ounces extra-sharp cheddar cheese, shredded

In a large casserole dish that can take the heat from the range, heat the olive oil and brown the sausage until cooked through. Add peppers and onions, garlic and mushrooms. Cook until slightly wilted. Add tomatoes and spinach. Stir until fresh spinach is wilted and bright in color. Stir in cheese, which will melt quickly. Add cooked pasta. Serve.

SERVES TEN

Each serving contains approximately 308 calories, 43 grams carbohydrate, 14 grams protein, 9 grams fat, 139 milligrams sodium, 3 grams fiber.

quickTIPS

Read the label carefully when you buy sauces and processed tomatoes. Some can have more ingredients than you want or need, especially if you are watching fat and sodium intake.

Desserts





TASTY PUMPKIN PIE

Sugar-free crust

$\frac{1}{3}$ cup butter-flavored
vegetable shortening
1 cup flour
3 tablespoons ice water

Pumpkin filling

1 15-ounce can pumpkin
 $\frac{1}{2}$ cup egg substitute
 $\frac{3}{4}$ cup sugar
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon ground ginger
 $\frac{1}{4}$ teaspoon nutmeg
 $\frac{1}{4}$ teaspoon ground cloves
1 12-ounce can evaporated
skim milk

Put flour and shortening into a small bowl. With two knives (or a pastry blender), cut shortening into flour until thoroughly mixed. Work on the crust at this time, not after adding water.

Add water and use a fork to toss quickly. Handle as little as possible. It can be a bit crumbly when you put it onto plastic wrap. Form a ball as you wrap it tightly and refrigerate for 30 minutes. When ready to make the crust, sprinkle a little flour on a large piece of plastic wrap. Put dough on the floured wrap. Turn once to get flour on both sides. Cover with a second piece of plastic wrap. Use a rolling pin to roll crust to fit a 9-inch pie pan.

Preheat oven to 425 degrees. In a medium bowl, whisk pumpkin with egg substitute, sugar and spices. Add evaporated milk; stir thoroughly. Pour mixture into pie shell.

Bake at 425 degrees for 15 minutes. Reduce heat to 350 degrees and keep baking for 30 minutes longer or until tester inserted in center of pie comes out clean. The center will get firmer as it cools.

SERVES EIGHT

Each serving contains about 278 calories, 42 grams carbohydrate, 7 grams protein, 6 grams fat, 91 milligrams sodium, 3 grams fiber.



PEACH BERRY CRISP

- 4 peaches, peeled and sliced
- 1 cup fresh blueberries
- 1 teaspoon lemon juice
- 2 tablespoons granulated sugar
- 1 teaspoon ground ginger
- 2 tablespoons walnuts, finely chopped
- $\frac{1}{4}$ cup quick oats
- $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ cup brown sugar, lightly packed
- 1 tablespoon margarine

Arrange fruit in 8-inch baking dish. Sprinkle with lemon juice, sugar and ginger. In bowl, measure dry ingredients and cut in margarine until crumbly. Spread over fruit in baking dish, lifting fruit gently so crumbs coat evenly. Bake at 375 degrees for about 30 minutes or until fruit bubbles and topping is browned. Cool slightly.

SERVES FOUR

Each serving contains approximately 245 calories, 48 grams carbohydrate, 3 grams protein, 5 grams fat, 8 milligrams sodium, 3 grams fiber.

CARROT-OATMEAL MUFFINS

- 1 cup quick oats
- 2 cups unbleached flour
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ cup dark brown sugar
- 1 large egg, lightly beaten
- 1 cup skim milk
- $\frac{1}{4}$ cup vegetable oil
- 2 carrots, grated
- 1 cup raisins
- $\frac{1}{2}$ cup walnuts, chopped

Line a regular muffin pan with 12 paper liners. Preheat oven to 400 degrees. In a large bowl, combine oats, flour, baking powder, salt and sugar. In a small bowl, beat egg lightly. Add milk, vegetable oil and grated carrots.

Stir wet ingredients into large bowl of dry ingredients. Do not overmix. Stir in raisins and walnuts. Divide batter among 12 muffin cups. Bake 20 to 25 minutes, or until tops are golden brown.

MAKES 12 MUFFINS

Each muffin contains approximately 266 calories, 42 grams carbohydrate, 6 grams protein, 9 grams fat, 113 milligrams sodium, 3 grams fiber.

quickTIPS

Whole grains, like oats, provide energy and calories with little fat. They also lengthen the time it takes to digest food — so you'll feel full longer.





PUMPKIN-CRANBERRY GIFT LOAVES

1 29-ounce can of pure pumpkin (about 3¹/₄ cups)

1¹/₄ cups sugar

3 eggs

¹/₂ cup vegetable oil

1¹/₂ teaspoons baking soda

2 teaspoons baking powder

2 teaspoons cinnamon

1¹/₂ teaspoons nutmeg

2¹/₄ cups flour

¹/₂ cup walnuts, coarsely chopped

2 cups fresh cranberries

Preheat oven to 325 degrees. Spray six baby loaf pans (about 6 inches long) with cooking spray. In a large bowl, use a whisk to combine pumpkin, sugar, eggs and vegetable oil. Add dry ingredients, stirring until everything is combined. Stir in nuts and cranberries. Bake at 325 for 45 minutes or until a knife inserted comes out clean.

MAKES SIX LOAVES (EACH LOAF SERVES FOUR)

Each serving contains about 165 calories, 24 grams carbohydrate, 2 grams protein, 6 grams fat, 130 milligrams sodium, 2 grams fiber.

quickTIPS

When you make a gift yourself, you'll know it comes from the heart — and the recipient will know, too.

Make these gift loaves ahead of time and keep frozen until needed.



QUICK APPLE CRISP

$\frac{1}{3}$ cup graham cracker crumbs

$\frac{1}{3}$ cup quick oats

2 tablespoons brown sugar

1 teaspoon cinnamon

2 pounds apples (about 6, medium size)

$\frac{1}{2}$ cup water

1 tablespoon butter

YOU CAN COOK ANY APPLE EXCEPT THE RED DELICIOUS. TART APPLES, LIKE GRANNY SMITH, BAKE WELL. THE MCINTOSH MAKES GREAT APPLESAUCE.

In a small bowl, mix graham cracker crumbs, oats and brown sugar. Wash and peel apples. Quarter them and cut away core and seeds. Slice apple quarters. Spread apples in a small oblong baking pan, about 12 by 8 inches. Add $\frac{1}{2}$ cup of water to the pan. Sprinkle cinnamon and topping mixture over apples. Dot with butter. Bake at 375 degrees for about 45 minutes or until apples are soft and topping is browned.

SERVES SIX

Each serving contains about 134 calories, 28 grams carbohydrate, 1 gram protein, 3 grams fat, 44 milligrams sodium, 3 grams fiber. For more crunch, you can add $\frac{1}{3}$ cup of chopped walnuts, which adds 38 calories, 1 gram carbohydrate, 1 gram protein and 4 grams fat to each serving.

PEACH MELBA SMOOTHIE

1 cup sliced peaches, fresh, frozen or canned
(drained and rinsed)

1 cup fat-free vanilla yogurt

1 cup crushed ice

1 cup fresh or frozen unsweetened raspberries
(reserve six berries for garnish)

Put peaches, yogurt, ice and all but six raspberries into blender and puree. Serve in tall glasses. Garnish with reserved berries. The smoothie will be thick enough to float them on top. Add fresh mint leaves if you have them.

SERVES TWO

Each serving contains about 125 calories, 16 grams carbohydrate, 5 grams protein, 0 grams fat, 63 milligrams sodium, 5 grams fiber.

quickTIPS

Raspberries are a great source of soluble fiber, which can help lower blood cholesterol levels and regulate the use of sugars.



MONTEPLUS CLUB

About the MontePLUS Club

Seniors are important to Montefiore. That's why Montefiore offers MontePLUS Club Membership free to adults 55 years of age and older. The MontePLUS Club provides information, education and resources to help seniors manage their healthcare needs and enjoy a healthy and active lifestyle.

Tell a Friend!

Refer a friend to the MontePLUS Club and they'll receive their own copy of this recipe book, filled with scrumptious and healthy dishes. To be eligible for this giveaway, new members must enroll by February 1, 2007 and be at least 55 years of age or older. **Please mention code: holiday06.** Offer available while supplies last.

To join the MontePLUS Club, call **1-800-MD-MONTE** (1-800-636-6683) today or visit our website at www.montefiore.org/montepusclub.