

Main Dishes:

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Dessert:

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**Recipes used with permission from the American Dietetic Association,
www.eatright.org.**

Vegetable Beef Stir-Fry

Yield: 6 Servings, $\frac{3}{4}$ cup rice and 1 cup stir-fry each.

1 pound boneless top round steak, partially frozen
2 tablespoons reduced-sodium soy sauce
1 tablespoon garlic, finely chopped
2 teaspoons sesame oil
1 red pepper, julienned
1 carrot, julienned
 $\frac{1}{2}$ pound snow peas
5 tablespoons water
4 $\frac{1}{2}$ cups brown rice, cooked (about 1 $\frac{1}{2}$ cups uncooked)

Sauce

$\frac{3}{4}$ teaspoon cornstarch
2 tablespoons dry sherry
1 tablespoon honey

- ◆ Slice meat across the grain and on the diagonal to make thin strips.
- ◆ Pour soy sauce and garlic into a bowl; add meat strips and toss gently to coat. Set aside.
- ◆ Heat the oil in a large wok or frying pan (use high heat for stir-frying) and add peppers and carrot. Stir a minute or two, and then add snow peas and water.
- ◆ Cook for another 2 to 3 minutes, stirring occasionally until vegetables are tender but crisp.
- ◆ Remove vegetables from wok and add meat and its liquid to wok. Cook for about 5 to 8 minutes, stirring frequently.
- ◆ Return vegetables to wok.
- ◆ Mix sauce ingredients together and add to wok; stir until sauce boils and thickens.
- ◆ Serve over hot rice.

Nutrients per Serving:

Calories	335
Cholesterol	45 mg
Fat	7.7 g
Saturated Fat	2.4 g

Pasta Primavera

Yield: 6 servings, 1 ½ cup per serving

6 cups water
8 ounces thin spaghetti, broken into 2-inch lengths
2 tablespoons margarine
1 cup onion, cut into thin wedges
2 cups broccoli, cut into florets and stalks, peeled and sliced
1 cup carrots, thinly sliced
1 cup zucchini, thinly sliced
1 cup yellow summer squash, diced
¾ cup water
¾ teaspoon chicken bouillon granules
6 tablespoons lemon juice
1 ½ teaspoons basil
¼ teaspoon pepper
3 tablespoons grated Parmesan cheese

- ◆ Bring water to a boil, add spaghetti, stir, and boil gently until tender, about 10 minutes. Meanwhile, prepare vegetables.
- ◆ Heat margarine in large skillet. Add onion. Stir-fry about 1 minute.
- ◆ Add vegetables. Stir. Add water and chicken bouillon. Stir. Cover and simmer about 6 minutes.
- ◆ Add parsley, lemon juice, basil, and pepper. Stir and cook 1 minute.
- ◆ Drain spaghetti and add to vegetables.
- ◆ Sprinkle with parmesan cheese; toss to mix well.

Nutrients per Serving:

Calories	222
Cholesterol	2 mg
Fat	5.5 g
Saturated Fat	1 g

Warm Harvest Potato Salad

Yield: 4 servings, 1 cup each.

1 pound (6 to 8) new red potatoes
1 carrot, peeled and julienned
2 scallions, chopped
1 tablespoon Dijon mustard
1 tablespoon dry sherry
1 teaspoon olive oil
½ teaspoon dried dill

- ◆ Scrub potatoes; leave skin on and cut into quarters.
- ◆ Steam potatoes and carrot together in a small saucepan over low heat for 10 to 15 minutes or until tender. Drain and remove from heat. Keep saucepan covered.
- ◆ Mix remaining ingredients in a small serving dish. Stir in hot potatoes and carrot. Serve while warm.

Nutrients per Serving:

Calories	135
Cholesterol	0
Fat	1.3 g
Saturated Fat	0.2 g

Roasted Zucchini

Yield: 4 servings, 2/3 cup each.

Vegetable cooking spray
4 small zucchini (about 1 pound total)
1 teaspoon olive oil
1 teaspoon balsamic vinegar
1 teaspoon dried basil
½ teaspoon black pepper
1 clove garlic, finely chopped

- ♦ Lightly coat a baking sheet with vegetable cooking spray.
- ♦ Slice zucchini ½-inch thick; cut each slice into quarters. Place in a small mixing bowl.
- ♦ Drizzle oil, vinegar, and spices over zucchini chunks. Add garlic and toss lightly.
- ♦ Transfer zucchini to baking sheet and bake in a preheated 450 degree oven for 8 to 10 minutes.

Nutrients per Serving:

Calories	30
Cholesterol	0
Fat	1.2 g
Saturated Fat	0.2 g

Espresso Cake

Yield: 12 servings

1 cup cake flour
1 ¼ cup powdered sugar
12 large egg whites
4 tablespoons instant espresso granules
1 ½ teaspoons cream of tartar
¼ teaspoon salt
1 ½ teaspoons vanilla extract
1 ¼ cups granulated sugar

- ◆ Sift cake flour and ¼ cups of powdered sugar together in a small bowl. Set aside.
- ◆ Place room temperature egg whites, espresso, cream of tartar, and salt in a large mixing bowl. Beat at high speed until soft peaks form.
- ◆ Add vanilla and continue beating. Gradually incorporate granulated sugar, a few tablespoons at a time so that sugar can dissolve.
- ◆ Keep beating at high speed until egg whites form stiff peaks; carefully fold in flour mixture.
- ◆ Spoon batter into an ungreased 10-inch tube pan. Bake in a preheated 375 degree oven for 35 to 40 minutes or until cake springs back when lightly touched. Invert pan and cool completely.
- ◆ Loosen cake from sides of pan with a narrow metal spatula.

Icing

- ◆ Mix espresso powder and 1 teaspoon of cocoa powder into hot water until dissolved. Stir in 1 ½ cups of powdered sugar.
- ◆ Drizzle icing over cake; sprinkle with remaining cocoa powder.

Nutrients per Serving:

Calories	220
Cholesterol	0
Fat	0.1 g
Saturated Fat	trace