

SEPTEMBER 2004

BREAKFAST

Quiche Lorraine

LUNCH

Roast Beef Sandwiches on Foccacia with Dijon Horseradish Sauce

DINNER

Soup:

Vegetarian Asparagus Soup

Salad:

Fall Salad with Asian Pears, Walnuts and Sherry Vinaigrette

Entrée:

Zesty Lemon Chicken Cutlets

Side Dish:

Steamed Carrots

DESSERT

Elegant Chocolate Angel Cake

Quiche Lorraine

This recipe serves: 6
Preparation time: 20 minutes
Cooking time: 45 minutes

Ingredients

3 large eggs
1 1/2 cups low-fat milk
1 teaspoon flour
salt to taste
freshly ground black pepper
pinch nutmeg
2 teaspoons olive oil
1/2 medium yellow onion, finely chopped
2 Idaho potatoes, about 1 1/2 pounds, thinly sliced
1/4 cup grated Gruyere cheese
1/4 cup Parmesan cheese
4 slices Canadian bacon

Cooking Instructions

1. Preheat the oven to 325°F.
2. Whisk the eggs, milk and flour together in a mixing bowl. Generously season with salt, pepper and nutmeg and set aside.
3. Heat 1 teaspoon of the olive oil in a large, ovenproof, nonstick skillet over medium heat. Add the onion and cook until it is soft and translucent, about 5 minutes. Transfer the onions to a strainer and let the excess liquid drain off.
4. Heat the remaining oil in the same pan over medium heat.
5. Arrange the potato slices in overlapping concentric circles on the bottom and sides of the pan. Fill in any holes with slices of potato and sprinkle with salt and pepper. Cook, without turning the potatoes, until they begin to turn golden brown on the edges, about 8 to 10 minutes. Remove from heat.
6. Sprinkle the cheese over the potatoes. Cover the cheese with the cooked onions and Canadian bacon. Carefully pour the egg mixture into the pan and place the pan in the oven.
7. Bake the quiche for about 45 minutes or until it is just set.

Nutrition Facts

Serving Size 1 slice	
Calories	228
Total Fat	9g
Saturated Fat	3g
Total Carbohydrate	25g
Dietary Fiber	3g
Sodium	426mg
Protein	16g
Percent Calories from Fat	32%
Percent Calories from Protein	26%
Percent Calories from Carbohydrate	42%

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Roast Beef Sandwiches on Focaccia with Dijon-Horseradish Sauce

This recipe serves: 4
Preparation time: 15 minutes

Ingredients

For the horseradish-mustard sauce:

1/4 cup freshly grated horseradish
1 teaspoon Dijon mustard
1/2 cup sour cream, fat-free
1/2 teaspoon sugar
salt to taste

For the sandwiches:

4 small loaves of focaccia, sliced in half
3/4 pound sliced, lean roast beef tenderloin, from the deli
4 lettuce leaves, green leaf, bibb or romaine, shredded
4 large slices of ripe tomato, sliced thin

Cooking Instructions

For the horseradish-mustard sauce:

1. In a small mixing bowl, combine the horseradish, mustard, sour cream, sugar and salt.

For the sandwiches:

2. Lay the focaccia slices out and spread the sour cream mixture on each side. Divide the roast beef among the sandwiches. Divide the shredded lettuce among the sandwiches and top with a tomato slice. Place the top slice of focaccia on each sandwich.
3. Cut the sandwiches in half on the diagonal and serve.

Nutrition Facts

Serving Size 1 sandwich	
Calories	293
Total Fat	6g
Saturated Fat	3g
Total Carbohydrate	36g
Dietary Fiber	1g
Sodium	872mg
Protein	25g
Percent Calories from Fat	17%
Percent Calories from Protein	34%
Percent Calories from Carbohydrate	49%

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Vegetarian Asparagus Soup

This recipe serves: 6
Preparation time: 20 minutes
Cooking time: 40 minutes

Ingredients

1 tablespoon peanut oil
1/3 cup finely chopped carrots
1/3 cup finely chopped celery
1/3 cup finely chopped onions
salt to taste
freshly ground black pepper
1 quart vegetable broth or vegetable stock
5 cups chopped asparagus stalks
fresh dill to taste (optional)

Cooking Instructions

1. Heat the peanut oil in a saucepan over low heat. Add the carrots, celery and onion, season lightly with salt and pepper, and cook for 10 minutes.
2. Add the stock and bring to a boil quickly over high heat.
3. Lower the heat and simmer until the vegetables are completely tender, about 15 minutes.
4. Add the asparagus and simmer until just tender, about 5 to 7 minutes.
5. Puree in a blender and strain.
6. Add the dill if desired.
7. Adjust the salt and pepper to taste.

Nutrition Facts

Serving Size 1 cup	
Calories	59
Total Fat	3g
Saturated Fat	0g
Total Carbohydrate	7g
Dietary Fiber	3g
Sodium	481mg
Protein	4g
Percent Calories from Fat	34%
Percent Calories from Protein	25%
Percent Calories from Carbohydrate	42%

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Fall Salad with Asian Pears, Walnuts and Sherry Vinaigrette

This recipe serves: 6
Preparation time: 20 minutes

Ingredients

For the vinaigrette:

1 tablespoon finely chopped shallots
3 tablespoons sherry vinegar
3 tablespoons olive oil
1 tablespoon honey
salt to taste
freshly ground black pepper

For the salad:

12 cups red or green leaf lettuce, washed and torn into bite-size pieces
3 Asian pears, cored and sliced (peeling is optional)
2 cups red grapes
3 tablespoons chopped walnuts
3 tablespoons crumbled blue cheese
6 slices thick, crusty bread

Cooking Instructions

For the vinaigrette:

1. Place all the ingredients in a mixing bowl and whisk to combine. Adjust the salt and pepper to taste.
(This can be made in advance and stored in the refrigerator for up to 1 week.)

For the salad:

1. Toss the lettuce, pears and grapes with the vinaigrette in a large bowl.
2. Divide the salad among 6 serving plates and sprinkle with the walnuts and blue cheese. Serve with bread on the side.

Nutrition Facts

Serving Size 2 cups of salad with 1 tablespoon of vinaigrette	
Calories	302
Total Fat	11g
Saturated Fat	3g
Total Carbohydrate	46g
Dietary Fiber	6g
Sodium	477mg
Protein	7g
Percent Calories from Fat	33%
Percent Calories from Protein	9%
Percent Calories from Carbohydrate	58%

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Zesty Lemon Chicken Cutlets

This recipe serves: 4
Preparation time: 10 minutes
Cooking time: 10 minutes

Ingredients

1 pound chicken cutlets
salt to taste
freshly ground black pepper
1/4 cup flour
1 tablespoon olive oil
1 cup low-sodium chicken broth
1 teaspoon finely chopped garlic
2 tablespoons fresh lemon juice
1/4 teaspoon finely grated lemon zest
2 tablespoons chopped fresh parsley
2 tablespoons capers

Cooking Instructions

1. Season the chicken cutlets with salt and pepper and dredge them in flour.
2. In a large nonstick skillet, heat the olive oil over medium-high heat. Add the chicken and cook until golden brown on each side, about 2 minutes per side. Transfer the chicken to a platter and keep warm.
3. Add the stock and garlic to the skillet, bring the stock to a boil and reduce it by half. Add the lemon juice, lemon zest, parsley and capers. Simmer for 30 seconds and pour the sauce over the chicken. Serve immediately.

Nutrition Facts

Serving Size 2 cutlets	
Calories	195
Total Fat	5g
Saturated Fat	1g
Total Carbohydrate	8g
Dietary Fiber	1g
Sodium	294mg
Protein	28g
Percent Calories from Fat	25%
Percent Calories from Protein	59%
Percent Calories from Carbohydrate	16%

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Steamed Carrots

This recipe serves: 4
Preparation time: 5 minutes
Cooking time: 10 minutes

Ingredients

2 cups baby carrots (or regular carrots, cut into 1/2 inch logs)

Cooking Instructions

1. Place the carrots in a steaming basket with 2 inches of water in the pot below.
2. Bring the water to a boil and steam over a high heat for approximately 6 to 8 minutes depending on the thickness of the carrots.

Nutrition Facts

Serving Size ½ cup	
Calories	24
Total Fat	0g
Saturated Fat	0g
Total Carbohydrate	6g
Dietary Fiber	2g
Sodium	19mg
Protein	1g
Percent Calories from Fat	4%
Percent Calories from Protein	9%
Percent Calories from Carbohydrate	87%

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Sprinkle with 2 Tbs. chopped fresh herbs.

Elegant Chocolate Angel Cake

This recipe serves: 6
Preparation time: 20 minutes
Cooking time: 1 hour

Ingredients

1 cup minus 2 tablespoons cake flour
1 1/2 cups superfine granulated sugar
2 tablespoons cocoa powder
1 1/4 cups egg whites (about 10 large egg whites) at room temperature
1 teaspoon vanilla extract
1 1/4 teaspoons cream of tartar
1/4 teaspoon salt
powdered sugar for dusting

Cooking Instructions

1. Preheat the oven to 350°F.
2. Sift the flour twice with the cocoa powder and 1/2 cup of the sugar.
3. With an electric mixer on high speed, beat the egg whites, cream of tartar and salt until soft peaks form when the mixer is removed from the batter.
4. Add half of the remaining sugar and beat for 1 minute. Add the remaining sugar, 2 tablespoons at a time, beating after each addition.
5. Stir in the vanilla.
6. Fold the flour and sugar mixture into the egg whites, 1/4 cup at a time, until just incorporated.
7. Put the batter in an ungreased 10" tube pan and bake until the cake is light golden brown and springy to the touch, about 1 hour. Invert the pan and let the cake cool completely before removing from the pan.
8. Once the cake is completely cool, place a doily on top of the cake and dust it with powdered sugar. Remove the doily and a beautiful design of powdered sugar will remain.

Nutrition Facts

Serving Size 1 slice (1/6 of cake)	
Calories	295
Total Fat	1g
Saturated Fat	0g
Total Carbohydrate	66g
Dietary Fiber	0g
Sodium	195mg
Protein	8g
Percent Calories from Fat	2%
Percent Calories from Protein	10%
Percent Calories from Carbohydrate	88%

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