

Pumpkin-Raisin Bread

This recipe serves: 12
Preparation time: 20 minutes
Cooking time: 1 hour

Ingredients

vegetable cooking spray
1/2 cup flour
1/2 cup whole wheat flour
1/2 cup cornmeal
1 cup dark brown sugar, packed
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon allspice
1/2 teaspoon salt
8 ounces canned pumpkin puree
1/2 cup plain low-fat yogurt
2 1/2 tablespoons vegetable oil
1 egg
1 egg white
1 cup raisins

Cooking Instructions

1. Heat the oven to 350°F. Spray a 9x5 inch loaf pan with vegetable cooking spray and lightly flour.
2. Combine the flours, cornmeal, sugar, baking powder, baking soda, cinnamon, allspice and salt in a large bowl.
3. Combine the pumpkin puree, yogurt, oil, egg and egg white in a medium bowl and mix well. Add the wet ingredients to the dry, along with the raisins and mix briefly. Do not over blend.
4. Pour the batter into the prepared pan and bake until a toothpick comes out clean, about 55 to 60 minutes.
5. Transfer the bread to a wire rack and cool slightly. Remove the loaf from the baking pan and cool completely before slicing.

This recipe can be made ahead and stored in an airtight container for up to one week. This bread can be frozen. Once the bread is completely cool, wrap well and freeze for up to three months.

Nutrition Facts

Serving Size 1 slice

Calories	142
Total Fat	3g
Saturated Fat	0g
Total Carbohydrate	26g
Dietary Fiber	2g
Sodium	356mg
Protein	3g
Percent Calories from Fat	22%
Percent Calories from Protein	9%
Percent Calories from Carbohydrate	69%

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Rustic Italian Minestrone

This recipe serves: 8
Preparation time: 15 minutes
Cooking time: 20 minutes

Ingredients

2 tablespoons olive oil
1 medium onion, chopped
1 large carrot, peeled and chopped
2 stalks celery, chopped
2 cloves garlic, minced
salt to taste
freshly ground black pepper
1 16-ounce can chopped tomatoes
5 cups low-sodium vegetable or chicken broth
1 tablespoon chopped fresh basil, or 1/2 teaspoon dried
1 tablespoon chopped fresh oregano, or 1/2 teaspoon dried
1 tablespoon chopped fresh parsley, or 1/2 teaspoon dried
1/4 pound fresh green beans, stemmed and cut into 1-inch lengths
1 16-ounce can cannellini beans, rinsed and drained
2 medium zucchini, quartered and chopped
1 cup raw, small, shell pasta
1/2 cup freshly grated Parmesan cheese

Cooking Instructions

In a large soup pot, heat the olive oil over medium heat. Add the onion, carrot and celery and cook for 5 minutes, or until the vegetables begin to soften. Add the garlic, season with salt and pepper and cook for 2 minutes more.
2. Add the tomatoes, vegetable or chicken broth and herbs, bring to a boil and turn down to a simmer.
3. Add the green and cannellini beans and simmer for 2 minutes.
4. Add the zucchini and pasta and simmer for 10 minutes, or until all of the vegetables are tender and the pasta is al dente. Season with salt and pepper.
5. Serve the soup in large bowls with a sprinkling of Parmesan cheese.

Nutrition Facts

Serving Size 1 bowl	
Calories	198
Total Fat	6g
Saturated Fat	2g
Total Carbohydrate	27g
Dietary Fiber	5g
Sodium	181mg
Protein	10g
Percent Calories from Fat	27%
Percent Calories from Protein	19%
Percent Calories from Carbohydrate	54%

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Greens with Ripe Tomatoes, Red Onion and Basil

This recipe serves 6
Preparation time: 20 minutes

Ingredients

for the vinaigrette:

- 1 tablespoon finely chopped shallots
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 3 tablespoons freshly chopped basil
- salt to taste
- freshly ground black pepper

For the salad:

- 6 cups green leaf lettuce, washed and torn into bite size pieces
- 1 small red onion, sliced thinly
- 4 large ripe tomatoes, sliced

Cooking Instructions

For the vinaigrette:

1. Place all of the ingredients in a container with a tight-fitting lid. Shake well.
2. Add the salt and pepper to taste.

For the salad:

1. Toss the greens and red onion with the vinaigrette in a bowl.
2. Transfer to a serving plate and add the sliced tomatoes.

Nutrition Facts

Serving Size 1 cup of salad with 2
tablespoons of vinaigrette

Calories	7530
Total Fat	3g
Saturated Fat	0g
Total Carbohydrate	12g
Dietary Fiber	4g
Sodium	147mg
Protein	3g
Percent Calories from Fat	31%
Percent Calories from Protein	12%
Percent Calories from Carbohydrate	0%

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Baked Pork Chops with Apple Stuffing

This recipe serves: 4
Preparation time: 15 minutes
Cooking time: 25 minutes

Ingredients

4 pork loin chops
salt to taste
freshly ground black pepper
2 tablespoons olive oil
1 medium yellow onion, chopped
1/4 cup chopped celery
2 tart apples (such as Granny Smith), peeled, cored and chopped
1 1/2 cups bread cubes
1/4 cup chopped fresh parsley
1/4 cup apple cider
1 tablespoon Dijon mustard

Cooking Instructions

- Preheat the oven to 350° F.
- Heat 1 tablespoon of olive oil in a heavy skillet over medium-high heat. Season the pork chops with salt and pepper and brown them on both sides, about 2 minutes per side.
- Transfer the pork chops to a baking dish, turn the heat to medium and add the remaining olive oil to the skillet. Add the onion and celery and cook until the vegetables are soft. Add the apple and cook for 5 minutes more.
- Add the bread cubes and parsley and remove from heat. Stir in just enough cider to moisten the mixture and season with salt and pepper.
- Spread the mustard on top of each chop. Divide the stuffing mixture among the chops and pat it onto the mustard.
- Bake the chops until they are fully cooked and the stuffing is nicely browned, about 20 minutes.

Nutrition Facts

Serving Size 4

Calories	364
Total Fat	12g
Saturated Fat	3g
Total Carbohydrate	31g
Dietary Fiber	4g
Sodium	284mg
Protein	33g
Percent Calories from Fat	30%
Percent Calories from Protein	36%
Percent Calories from Carbohydrate	34%

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Herbed Mashed Potatoes

This recipe makes: 4
Preparation time: 10 minutes
Cooking time: 30 minutes

Ingredients

3 large potatoes (Idaho or russet)
about 2/3 cup Basic Chicken Stock (see recipe), or low-sodium canned
salt to taste
freshly ground black pepper
1/4 cup freshly chopped herbs (thyme, chives, sage or parsley)
2 tablespoons low-fat sour cream

Cooking Instructions

1. Peel the potatoes and cut them in half. Place them in a pot and cover with cold water. Bring to a boil over high heat and simmer until the potatoes are tender when pricked with a fork, about 30 minutes depending on the size of the potatoes. Drain.
2. Bring the stock to a boil, and turn down to a simmer.
3. Mash the potatoes with a potato masher or fork, or use a food mill. Slowly add the stock until the desired consistency is reached.
4. Adjust the salt and pepper to taste. Fold in the sour cream and herbs.

Nutrition Facts

Serving Size ½ cup

Calories	81
Total Fat	0g
Saturated Fat	0g
Total Carbohydrate	19g
Dietary Fiber	2g
Sodium	75mg
Protein	4g
Percent Calories from Fat	3%
Percent Calories from Protein	16%
Percent Calories from Carbohydrate	82%

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Steamed Carrots

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

Ingredients

2 cups baby carrots (or regular carrots, cut into ½ 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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Sour Cherry-Pecan Biscotti

This recipe makes: 72
Preparation time: 15 minutes
Cooking time: 30 minutes

Ingredients

2 cups dried tart cherries
1/4 cup orange juice
hot water
2 1/2 cups flour
1 cup sugar
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1 pinch salt
3 large eggs
1 cup chopped pecans
powdered sugar, for rolling

Cooking Instructions

1. Preheat the oven to 350°F and line 2 cookie sheets with parchment paper.
2. Combine the cherries and orange juice in a small bowl and add just enough hot water to cover. Set aside for 15 minutes or more.
3. In a mixing bowl, combine the flour, sugar, baking powder, baking soda and salt.
4. Drain the cherries and discard the liquid. In a separate bowl, whisk the eggs together. Add them to the flour mixture along with the drained cherries and pecans and stir until stiff dough forms.
5. Scrape the dough onto a lightly sugared work surface and divide it into 4 pieces. Roll each piece with the palms of your hands into a log slightly shorter than the length of your cookie sheet.
6. Place two logs on each cookie sheet, several inches apart (the logs will double in width). Bake for 15 minutes, until the logs feel set or firm to the touch. Set the cookie sheets on racks and let cool. Reset the oven to 300°F.
7. When cool to the touch, place the logs on a cutting board. With a serrated knife, slice them into 1/2-inch diagonal slices.
8. Lay the biscotti out on the prepared cookie sheets in a single layer and bake for an additional 10 to 15 minutes, until they are dry and lightly toasted. Cool completely.
9. Store in an airtight tin or plastic container at room temperature for up to 2 weeks.

Nutrition Facts

Serving Size 3 biscotti

Calories	139
Total Fat	3g
Saturated Fat	0g
Total Carbohydrate	24g
Dietary Fiber	1g
Sodium	65mg
Protein	2g
Percent Calories from Fat	22%
Percent Calories from Protein	7%
Percent Calories from Carbohydrate	71%

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