

## Where the calories are

To understand where the calories are in your food, imagine that each of the scale weights is a 1-gram weight (there are 28 grams in an ounce). Each dot represents one calorie. The number of dots shows the energy (or calorie) density of the major components of the foods you eat. As you can see, the energy density varies widely, from 9 calories per gram (cal/g) for fat, 7 for alcohol, 4 for carbohydrate and protein, 2 for fiber, to 0 for water. Remember that low-energy-dense foods with few calories per gram give you bigger, more satisfying portions than high-energy-dense foods.



Fat  
9 cal/g



Alcohol  
7 cal/g



Carbohydrate  
4 cal/g



Protein  
4 cal/g



Fiber  
2 cal/g



Water  
0 cal/g

## Calculating energy density

$$\text{Energy Density} = \frac{\text{Calories}}{\text{Grams}}$$

(E.D.)

A *calorie* is a measure of energy from food. Calories provide energy to power your body.

A *gram* (abbreviated “g”) is a measure of weight. There are 28 grams in 1 ounce.

Let's look at an example. The Energy Density of a reduced-fat mozzarella stick is 2.1.

$$\text{Energy Density} = \frac{60 \text{ Calories}}{28 \text{ Grams}} = 2.1$$

(E.D.)

### Nutrition Facts

Serving Size 1 stick (28g)

Servings Per Container 12

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#### Amount Per Serving

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**Calories** 60

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**Category 1:  
Very Low-Energy-Dense Foods  
(0 to 0.6 calories per gram)**

Remember, if the number of calories is less than the number of grams per serving: go for it—you can eat satisfying portions.

Food	Energy Density
Chicken broth, fat-free	0.07
Gelatin, fruit-flavored, sugar free	0.07
Cucumber	0.13
Celery	0.16
Chicken broth	0.16
Lettuce	0.18
Tomato	0.21
Asparagus	0.24
Mushrooms	0.27
Broccoli	0.28
Strawberries	0.30
Vegetarian vegetable soup	0.30
Grapefruit	0.30
Fennel	0.31
Watermelon	0.32
Green beans	0.35
Cantaloupe	0.35
Chicken, rice, and vegetable soup	0.38
Winter squash	0.39
Carrots	0.43
Peach	0.43
Applesauce, unsweetened	0.43
Italian dressing, fat-free	0.47
Orange	0.47
Raspberries	0.48
Yogurt, fruit, fat-free, low-calorie sweetener	0.53
Yogurt, plain, fat-free	0.56
Blueberries	0.56
Apples	0.58
Gelatin, fruit-flavored	0.59
Pears	0.59

**Category 2:  
Low-Energy-Dense Foods  
(0.6 to 1.5 calories per gram)**

These foods make up most of what we eat—you can eat satisfying portions at the low end, but start portion control at the high end.

Food	Energy Density
Tofu	0.61
Instant oatmeal, prepared with water	0.62
Mayonnaise, fat-free	0.62
Yogurt, plain, low-fat	0.63
Cottage cheese, fat-free	0.65
Grapes	0.67
Vegetarian chili	0.67
Beans, black	0.78
Green peas	0.78
Corn on the cob (boiled, drained)	0.86
Orange roughy (broiled)	0.89
Banana	0.92
Beans, baked	0.93
Sour cream, fat-free	0.94
Shrimp, boiled or steamed	1.0
Yogurt, frozen, fat-free	1.0
Yogurt, fruit, low-fat	1.0
Cottage cheese, regular (full fat)	1.0
Sweet potato, baked	1.0
Olives	1.1
Bran flakes with 1 percent milk	1.1
Ketchup	1.1
Potato, baked with skin	1.1
Tuna, canned in water	1.2
Yogurt, frozen, fruit varieties	1.3
Rice, white, long-grain, cooked	1.3
Chili con carne	1.3
Ranch dressing, fat-free	1.4
Pasta, cooked	1.4
Avocado	1.4
Ham, extra lean, 5 percent fat	1.5
Spaghetti with meat sauce	1.5

**Category 3:  
Medium-Energy-Dense Foods  
(1.5 to 4.0 calories per gram)**

Watch portion size, especially at the high end of this broad range of foods.

Food	Energy Density
Yogurt, frozen, chocolate or vanilla, soft serve	1.6
Egg, hard boiled	1.6
Turkey breast, roasted, no skin	1.6
Chicken breast, roasted, no skin	1.7
Vegetable burger	1.8
Sirloin steak, lean, broiled	1.9
Tuna, canned in oil	2.0
Bean and cheese burrito	2.0
Egg, fried	2.0
Pumpkin pie	2.1
Margarine, low-calorie	2.1
Bread, whole-wheat	2.5
Preserves, jellies and marmalades	2.5
Ice cream, premium	2.5
Angel food cake	2.6
Mozzarella cheese, part-skim	2.6
Ranch dressing, reduced-fat	2.7
Italian bread, white	2.7
Ground beef, lean, broiled	2.7
Bagel, plain	2.8
Cheese pizza	2.9
Muffin, blueberry	2.9
Raisins	3.0
Potatoes, french fried	3.2
Ravioli, cheese	3.2
Mayonnaise, light	3.3
Cream cheese, full fat	3.5
Italian dressing, full fat	3.6
Chocolate cake with frosting	3.7
Cheese, Swiss or American	3.8
Hard pretzels	3.9
Tortilla chips, baked	3.9
Potato chips, baked	3.9

**Category 4:  
High-Energy-Dense Foods  
(4.0 to 9.0 calories per gram)**

You need to manage intake from this category by limiting portions or making substitutions.

Food	Energy Density
Onion rings, battered and fried	4.1
Frosting, white	4.1
Croissant	4.1
Pie crust	4.1
Doughnut, plain	4.1
Graham crackers	4.2
Granola bar	4.3
Popcorn, caramel	4.3
Cheese, Parmesan	4.6
Chocolate chip cookies, homemade	4.6
Creme-filled chocolate sandwich cookies	4.9
Cheese crackers	5.0
Bacon	5.0
Tortilla chips	5.1
Peanut butter, reduced-fat	5.3
Chips, potato or corn	5.4
Milk chocolate bar	5.4
Peanuts, roasted	5.9
Ranch dressing, full fat	5.9
Peanut butter, creamy	5.9
Pecans, dry roasted	6.6
Mayonnaise, regular, full fat	7.2
Butter	7.2
Margarine, stick	7.2
Oil, vegetable	8.8

## Calories in beverages

Beverages can be a source of hidden calories. Often beverages sold in “individual” packages, such as a 16-ounce bottle of soda, contain multiple servings. Think about the beverages you had yesterday . . . how many calories did you drink?

Beverage	Amount	Calories	Energy Density
Water or diet soda	8 ounces	0	0.00
	12 ounces	0	
	16 ounces	0	
Light beer	8 ounces	66	0.28
	12 ounces	99	
	16 ounces	132	
Nonfat milk	8 ounces	86	0.35
	12 ounces	129	
	16 ounces	172	
Beer	8 ounces	97	0.41
	12 ounces	146	
	16 ounces	195	
Cola/soda	8 ounces	101	0.41
	12 ounces	152	
	16 ounces	203	
1 percent milk	8 ounces	102	0.42
	12 ounces	153	
	16 ounces	205	
Orange juice	8 ounces	112	0.45
	12 ounces	167	
	16 ounces	223	
2 percent milk	8 ounces	122	0.50
	12 ounces	183	
	16 ounces	244	
Whole milk	8 ounces	149	0.61
	12 ounces	223	
	16 ounces	298	
Wine	8 ounces	165	0.70
	12 ounces	248	
	16 ounces	330	

## Easy ways to save calories

Instead of	E.D.	Calories	Substitute	E.D.	Calories	Calorie Savings
Medium bagel (1 bagel)	2.8	195	Whole-wheat toast (1 slice)	2.5	62	<b>133</b>
Jelly donut (1 doughnut)	3.4	289	<i>Blueberry Applesauce Muffin</i> (page 68) (1 muffin)	1.6	123	<b>166</b>
Whole milk (8 ounces)	0.61	150	Nonfat milk (8 ounces)	0.35	86	<b>64</b>
Premium ice cream (½ cup)	2.5	270	Fat-free frozen yogurt (½ cup)	1.2	80	<b>190</b>
Tuna packed in oil (2 ounces)	2.0	110	Tuna packed in water (2 ounces)	1.2	66	<b>44</b>
Roasted chicken wings (3 ounces)	2.9	247	Roasted skinless chicken breast (3 ounces)	1.7	140	<b>107</b>
Regular soda (12 ounces)	0.41	152	Diet soda (12 ounces)	0	0	<b>152</b>

## The principles of *Volumetrics*

What is the ideal weight-loss plan? It is one that satisfies hunger, reduces calories, includes a wide variety of foods, meets nutritional needs, and includes physical activity. It also must be enjoyable and sustainable.

<b>Element</b>	<b>Recommendation</b>	<b>Comments</b>
Energy (Calories)	Reduce usual intake by 500 to 1000 calories a day	This should lead to weight loss of 1 to 2 pounds a week.
Fat	20 to 30 percent of total calories	Choose reduced-fat foods with a low energy density. Emphasize healthy fats.
Carbohydrates	55 percent or more of total calories	To increase satiety emphasize carbohydrates from whole grains, vegetables, and fruits.
Fiber	25 grams a day for women,	Enjoy lots of vegetables, fruits, legumes, and whole grains. Fiber helps lower energy density and increases satiety.
Sugars	Choose a diet moderate in sugars	Decrease intake of sugar-based drinks, which add calories with little satiety.
Protein	15 to 35 percent of calories, about 0.4 grams per pound of body weight. You can go up to 0.8 grams per pound if you are very active.	More satiating than carbohydrates or fat. During weight loss, adequate amounts help prevent muscle loss and thus maintain metabolic rate. Choose beans, low-fat fish, and lean meats.
Alcohol	Limit to 1 drink a day for women, 2 for men	Consume with low-energy-dense meals.
Water	Drink about 9 cups of fluids a day for women, 13 for men. This includes water and other beverages.	Replace sugary drinks with water or calorie-free beverages.
Physical activity	Aim for 30 to 60 minutes of modest-intensity physical activity on most days. Include resistance training twice a week.	Many everyday activities can help you reach this goal. Time spent gardening, walking, housekeeping, and using the stairs adds up quickly. Use a step counter!

**Here is an example of realistic goals.**

<b>Week 0 (Baseline)</b>		<b>Goals</b>	
Age:	<u>35 years</u>		
Waist size: (page 36)	<u>42 inches</u>		
Weight:	<u>165 pounds</u>	Goal weight:	<u>149 pounds</u>
BMI: (page 35)	<u>27</u>	Goal BMI:	<u>24</u>
Daily calorie requirement: (page 43)	<u>2324 calories</u>	Daily calorie goal:	<u>1824 calories</u>
Daily step count: (page 46)	<u>4,500 steps</u>	Initial Daily step goal:	<u>6,500 steps</u>
		Long-term step goal:	<u>10,000 steps</u>

**Use this goals chart for your own goals.**

<b>Week 0 (Baseline)</b>		<b>Goals</b>	
Age: _____			
Waist size: _____			
Weight: _____		Goal weight: _____	
BMI: _____		Goal BMI: _____	
Daily calorie requirement: _____		Daily calorie goal: _____	
Daily step count: _____		Initial Daily step goal: _____	
		Long-term step goal: _____	



## Calculate your weight loss goal

### EXAMPLE

If you weigh 165 pounds, 10% of your body weight is 16 pounds

$$\begin{array}{l} \underline{165} \text{ pounds} \times 0.10 = \underline{16} \text{ pounds} \\ \text{(current body weight)} \qquad \qquad \text{(10\% of your body weight)} \end{array}$$

Your goal weight would be 149 pounds.

$$\begin{array}{l} \underline{165} \text{ pounds} - \underline{16} \text{ pounds} = \underline{149} \text{ pounds} \\ \text{(current body weight)} \quad \text{(10\% of your body weight)} \end{array}$$

### NOW IT IS YOUR TURN

10% of your body weight: (for a 5% weight loss substitute 0.05 for 0.10)

$$\begin{array}{l} \underline{\hspace{2cm}} \text{ pounds} \times 0.10 = \underline{\hspace{2cm}} \text{ pounds} \\ \text{(current body weight)} \qquad \qquad \text{(10\% of your body weight)} \end{array}$$

Your goal weight.

$$\begin{array}{l} \underline{\hspace{2cm}} \text{ pounds} - \underline{\hspace{2cm}} \text{ pounds} = \underline{\hspace{2cm}} \text{ pounds} \\ \text{(current body weight)} \quad \text{(10\% of your body weight)} \end{array}$$

Use this chart to determine your BMI by finding the intersection of your weight and your height.

Weight	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250
Height																															
5'0"	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
5'1"	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
5'2"	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
5'3"	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
5'4"	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47
5'5"	17	17	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
5'6"	16	17	18	19	20	21	22	23	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
5'7"	16	16	17	18	19	20	21	22	23	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44
5'8"	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
5'9"	15	16	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44
5'10"	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44
5'11"	14	15	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
6'0"	14	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
6'1"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
6'2"	13	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
6'3"	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
6'4"	12	13	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41

Underweight	Normal weight	Overweight	Obese
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**Sample *Volumetrics* food diary**

**Date** Aug 17

<b>Time</b>	<b>Food</b>	<b>Amount</b>	<b>E. D. Category</b>	<b>Improvement Strategies</b>
7:30	Orange juice	1 cup	1	Substitute a whole orange.
7:30	Coffee with cream	1 cup	1	Use milk.
7:30	English muffin with butter	2	3	Substitute fiber-rich breakfast cereal with low-fat milk.
10:30	Chocolate cream-filled sandwich cookies	6	4	Pack and snack on an apple.
12:30	Baked potato with butter and cheese sauce	1	3	Top the potato with steamed broccoli and salsa.
12:30	Ham and cheese sandwich	1	3	Use whole-wheat bread. Add more vegetables. Use mustard or reduced-fat mayo.
3:30	Potato chips	1 small bag	4	Pack and snack on low-fat yogurt or a reduced-fat cheese stick.
6:00	Thick-crust pizza with extra meat and cheese	3 slices	3	Start dinner with a low-energy-dense soup and salad. Eat fewer slices of pizza. Order thin-crust pizza with extra veggies.
8:00	Milk shake	1 cup	2	Have a fresh fruit smoothie.

**Volumetrics food diary**

Date \_\_\_\_\_

A blank food diary for you to copy and use to keep track of what you are eating.

Time	Food	Amount	E. D. Category	Improvement Strategies

## Sample daily energy requirements worksheet for women

Determine your daily activity level

**Sedentary:** little walking, stair climbing, gardening or other activity

**Low active:** 30 to 90 minutes a day brisk activity (~3,600 to 10,800 steps)

**Active:** 1½ to 3½ hours a day brisk activity (~10,800 to 25,000 steps)

**Very active:** 3½ or more hours a day brisk activity (~25,000 steps)

1. If your activity level is:

**Sedentary**, enter 1.00

**Low active**, enter 1.14

**Active**, enter 1.27

**Very active**, enter 1.45

$$\begin{array}{r} 1.14 \\ \hline \end{array} \quad \text{(A)}$$

(activity level)

If you spend 45 minutes a day walking briskly, you have a low activity level and would enter a 1.14

2. Multiply your height

(inches) by 16.78

$$\begin{array}{r} 1107 \\ \hline \end{array} \quad \text{(B)}$$

(height x 16.78)

If you are 5 foot 6 inches tall, your height in inches is 66.  
 $66 \times 16.78 = 1107$

3. Multiply your weight

(pounds) by 4.95

$$\begin{array}{r} 817 \\ \hline \end{array} \quad \text{(C)}$$

(weight x 4.95)

$165 \text{ pounds} \times 4.95 = 817$

4. Multiply your age

(years) by 7.31

$$\begin{array}{r} 256 \\ \hline \end{array} \quad \text{(D)}$$

(age x 7.31)

$35 \text{ years} \times 7.31 = 256$

5. Add line B and line C

$$\begin{array}{r} 1924 \\ \hline \end{array} \quad \text{(E)}$$

(B + C)

$1107 + 817 = 1924$

6. Multiply line A by line E

$$\begin{array}{r} 2193 \\ \hline \end{array} \quad \text{(F)}$$

(A x E)

$1.14 \times 1924 = 2193$

7. Subtract line D from 387

$$\begin{array}{r} 131 \\ \hline \end{array} \quad \text{(G)}$$

(387 - D)

$387 - 256 = 131$

8. Add line G and line F

$$\begin{array}{r} 2324 \text{ calories} \\ \hline \end{array} \quad \text{(G + F)}$$

(G + F)

$131 + 2193 = 2324$   
Your daily energy needs are 2324 calories. To lose a pound a week, consume 500 calories less, which is 1824 calories.

## Daily energy requirements worksheet

Determine your daily activity level

**Sedentary:** little walking, stair climbing, gardening or other activity

**Low active:** 30 to 90 minutes a day brisk activity (~3,600 to 10,800 steps)

**Active:** 1½ to 3½ hours a day brisk activity (~10,800 to 25,000 steps)

**Very active:** 3½ or more hours a day brisk activity (~25,000 steps)

### WOMEN

1. If your activity level is:

**Sedentary**, enter 1.00 \_\_\_\_\_ (A)

**Low active**, enter 1.14 (activity level)

**Active**, enter 1.27

**Very active**, enter 1.45

2. Multiply your height \_\_\_\_\_ (B)  
(inches) by 16.78 (height x 16.78)

3. Multiply your weight \_\_\_\_\_ (C)  
(pounds) by 4.95 (weight x 4.95)

4. Multiply your age \_\_\_\_\_ (D)  
(years) by 7.31 (age x 7.31)

5. Add line B and line C \_\_\_\_\_ (E)  
(B + C)

6. Multiply line A by \_\_\_\_\_ (F)  
line E (A x E)

7. Subtract line D \_\_\_\_\_ (G)  
from 387 (387 - D)

8. Add line G and line F \_\_\_\_\_ (G + F)

### MEN

1. If your activity level is:

**Sedentary**, enter 1.00 \_\_\_\_\_ (A)

**Low active**, enter 1.12 (activity level)

**Active**, enter 1.27

**Very active**, enter 1.54

2. Multiply your height \_\_\_\_\_ (B)  
(inches) by 12.8 (height x 12.8)

3. Multiply your weight \_\_\_\_\_ (C)  
(pounds) by 6.46 (weight x 6.46)

4. Multiply your age \_\_\_\_\_ (D)  
(years) by 9.72 (age x 9.72)

5. Add line B and \_\_\_\_\_ (E)  
line C (B + C)

6. Multiply line A \_\_\_\_\_ (F)  
by line E (A x E)

7. Subtract line D \_\_\_\_\_ (G)  
from 864 (864 - D)

8. Add line G and line F \_\_\_\_\_ (G + F)

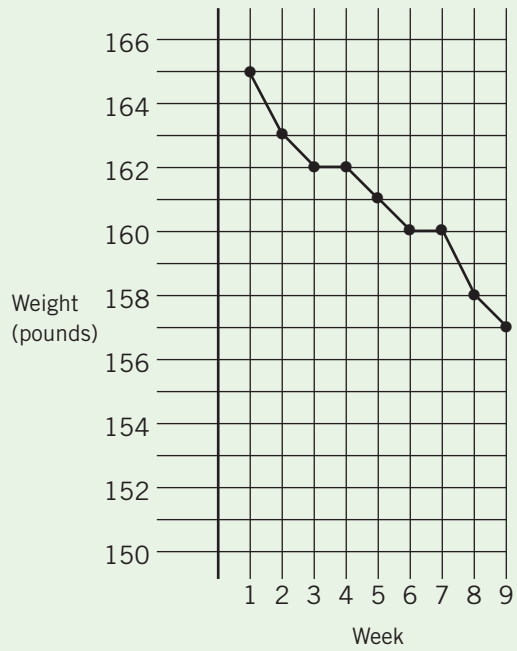
This is the estimated number of calories you need to maintain your current weight

Use this chart to track how many steps you take each day

Week 0 Steps

<b>Monday</b>	Number of steps:
<b>Tuesday</b>	Number of steps:
<b>Wednesday</b>	Number of steps:
<b>Thursday</b>	Number of steps:
<b>Friday</b>	Number of steps:
<b>Saturday</b>	Number of steps:
<b>Sunday</b>	Number of steps:
	Total steps over the week =
	Average steps (sum divided by 7) =
	Steps goal (average steps + 2000) =

### Example of how to plot your weight loss success!





**Daily self-monitoring form: What I ate.**

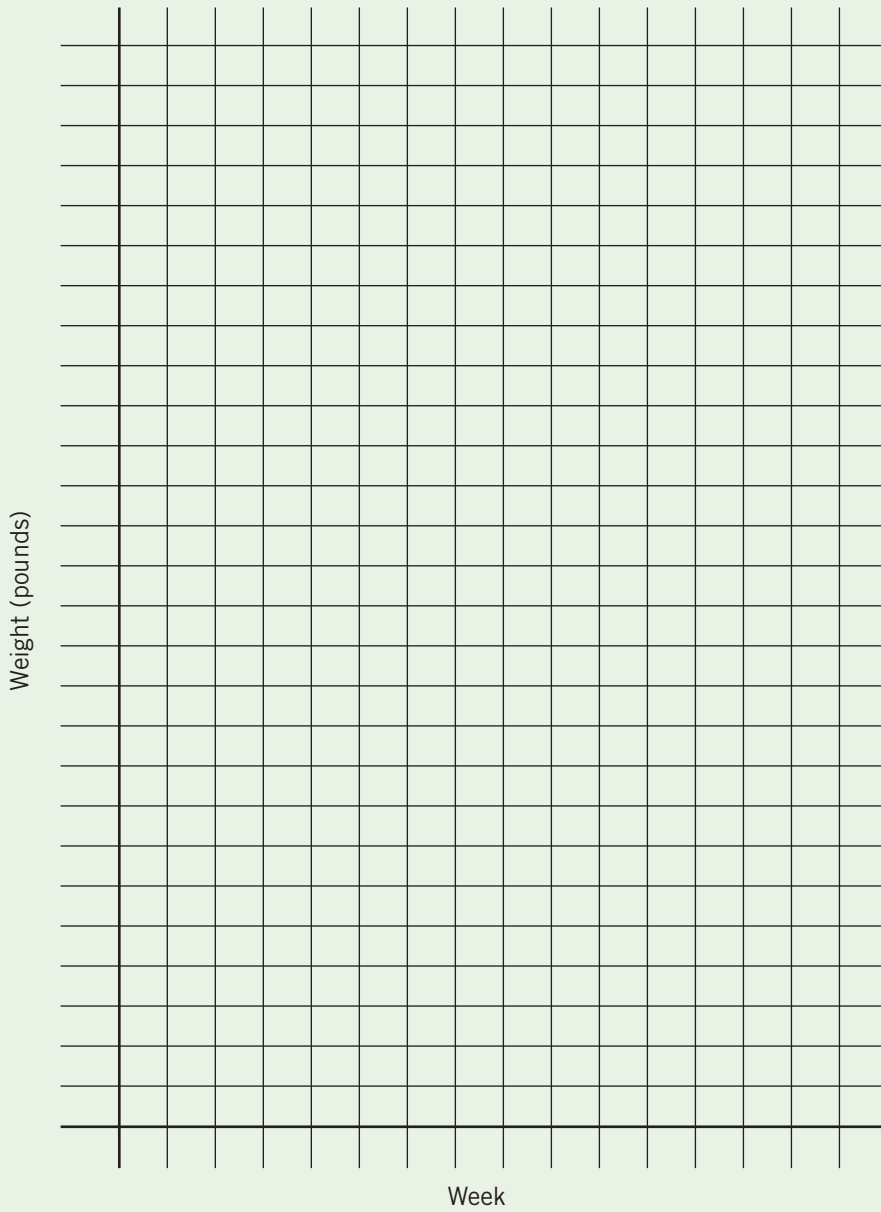
	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Beverages
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

## Daily self-monitoring form: How am I doing?

Weight: \_\_\_\_\_

	Meals: Were they full of low ED foods?	Hunger and satiety guided your eating.	Daily steps	Favorite volumetric meals & snacks	Daily personal goal
Monday	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve			
Tuesday	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve			
Wednesday	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve			
Thursday	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve			
Friday	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve			
Saturday	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve			
Sunday	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve	<input type="checkbox"/> Yes <input type="checkbox"/> Mostly <input type="checkbox"/> Improve			

**Plot your weight loss success!**



**WEEK 1 Menu Plan:** The meals listed in this first week contain a variety of *Volumetrics* recipes. Feel free to try meals from weeks 2 and 3 or to make substitutions with the modular lists.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> 1 cup wheat bran flakes ½ cup blueberries 1 banana (302 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1 whole-wheat English muffin 1 ounce Swiss cheese (220 calories) 1 grapefruit ½ teaspoon sugar (81 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1 packet instant oatmeal ¼ cup oat bran ¼ cup raisins dash cinnamon (307 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 2 whole-wheat frozen waffles 1 tablespoon light margarine ½ cup strawberries 1 kiwifruit (292 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1½ cups oat bran flakes ¼ cup dried cranberries (296 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> <i>Creamy Apricot Oatmeal</i> (page 69, 265 calories) ½ pink grapefruit ¼ teaspoon sugar (40 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> <i>Piquant Frittata</i> (page 66, 175 calories) 1 cup cantaloupe 1 cup honeydew (118 calories) 1 cup 1% milk (102 calories)
<b>Lunch</b> <i>Roasted Portobello Sandwich</i> (page 119, 290 calories) <i>Tabbouleh</i> (page 148, 100 calories) 1 pear (98 calories)	<b>Lunch</b> <i>Cold-Cut Combo Sandwich</i> (page 116, 345 calories) <i>Tangy Cole Slaw</i> (page 139, 65 calories) ½ cup fruit-flavored gelatin 1 cup strawberries (80 calories)	<b>Lunch</b> <i>Garden Fresh Vegetable Pizza</i> (page 238, 285 calories) <i>Gazpacho</i> (page 110, 120 calories) 1 snack cup nonfat chocolate pudding (100 calories)	<b>Lunch</b> <i>Zesty Tuna Salad Pita</i> (page 124, 285 calories) <i>Fresh Fruit and Spinach Salad with Orange-Poppy Seed Dressing</i> (page 138, 150 calories) 1 apple (81 calories)	<b>Lunch</b> <i>South of the Border Chicken Stew</i> (page 208, 325 calories) <i>Volumetrics Salad</i> (page 134, 100 calories) 1 cup fruit cocktail in light syrup (76 calories)	<b>Lunch</b> <i>Santa Fe Steak Salad</i> (page 144, 400 calories) ½ cup low-fat cottage cheese ¼ cup peaches canned in light syrup (108 calories)	<b>Lunch</b> <i>Risotto Primavera</i> (page 222, 290 calories) <i>Fennel, Orange, &amp; Arugula Salad</i> (page 133, 80 calories) <i>Maple Crème Caramel</i> (page 258, 130 calories)
<b>Dinner</b> <i>Chicken Merlot</i> (page 206, 240 calories) ¾ cup brown rice (144 calories) <i>Insalata Mista</i> (page 137, 60 calories) <i>Balsamic Berries</i> (page 246, 55 calories)	<b>Dinner</b> <i>Veggie-Stuffed Macaroni and Cheese</i> (page 234, 330 calories) <i>Curried Cauliflower Soup</i> (page 100, 105 calories) ¾ cup mandarin orange slices (69 calories)	<b>Dinner</b> <i>Baked Tilapia with Sautéed Vegetables</i> (page 194, 160 calories) <i>Oven Roasted Potatoes</i> (page 169, 110 calories) <i>Roasted Asparagus</i> (page 163, 50 calories) <i>Chocolate Fondue with Fresh Fruit</i> (page 259, 185 calories)	<b>Dinner</b> <i>South of the Border Chicken Stew</i> (page 208, 325 calories) Whole-wheat roll (110 calories) 1 cup grapes (62 calories)	<b>Dinner</b> <i>Poach-Roast Salmon</i> (page 193, 225 calories) <i>Vegetable Pilaf</i> (page 221, 135 calories) <i>Charlie's Greek Salad</i> (page 130, 80 calories) 1 3-ounce frozen fruit and juice bar (70 calories)	<b>Dinner</b> <i>Charlie's Pasta Primavera</i> (page 228, 345 calories) <i>Corn &amp; Tomato Chowder</i> (page 95, 105 calories) 1 kiwifruit (46 calories)	<b>Dinner</b> <i>Pork Chops with Orange-Soy Sauce</i> (page 188, 195 calories) <i>Stir-Fried Green Beans</i> (page 164, 65 calories) ½ cup brown rice (72 calories) <i>Raspberry-Topped Ricotta Cakes</i> (page 255, 165 calories)

**WEEK 2 Menu Plan:** Here you will find a mix of Volumetrics recipes and quick meal ideas.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> 1 packet instant maple & brown sugar oatmeal ¼ cup oat bran (235 calories) 1 orange (62 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1½ cups wheat bran flake cereal 1 peach (246 calories) 1 cup cantaloupe (56 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1 cup nonfat vanilla yogurt 1 cup pineapple ¼ cup low-fat granola (304 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1 cup shredded wheat, spoon size ¼ cup dried apricots (291 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1 whole-wheat English muffin 1 tablespoon reduced-fat peanut butter 1 sliced apple (304 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> <i>Jennifer's Fruit-Smothered Whole-Wheat Buttermilk Pancakes</i> (page 62, 270 calories) 1 cup sugar-free fruited yogurt (120 calories)	<b>Breakfast</b> <i>Mexican Egg Wrap</i> (page 65, 240 calories) 1 cup grapes (62 calories) 1 cup 1% milk (102 calories)
<b>Lunch</b> 1 baked potato topped with veggies, salsa, and cheese (350 calories) <i>Lemony Fennel Salad</i> (page 136, 55 calories) 1 pear (98 calories)	<b>Lunch</b> 6" turkey sub on a wheat roll (no mayo or cheese, but lots of veggies) (280 calories) 2 cups vegetarian vegetable soup (144 calories) 1 cup grapes (81 calories)	<b>Lunch</b> <i>Buffalo Chicken Wrap</i> (page 120, 350 calories) <i>Insalata Mista</i> (page 137, 60 calories) 1 apple (81 calories)	<b>Lunch</b> <i>Tuna and White Bean Salad</i> (page 150, 200 calories) 1 3½-inch oat bran bagel (181 calories) 1 cup sugar-free fruited yogurt (120 calories)	<b>Lunch</b> 1 frozen reduced-calorie entrée of choice (300 calories) 15 baby carrots 1 tablespoon nonfat ranch dressing (82 calories) 1 banana (109 calories)	<b>Lunch</b> <i>Open-Faced Roast Beef Sandwich</i> (page 118, 200 calories) <i>Cannellini Bean Soup</i> (page 105, 265 calories) 1 plum (40 calories)	<b>Lunch</b> <i>Ratatouille</i> (page 162, 75 calories) 1 cup whole-wheat pasta (174 calories) <i>Strawberry Trifle with Lemon Cream</i> (page 256, 250 calories)
<b>Dinner</b> <i>Old World Goulash</i> (page 182, 335 calories) <i>Stuffed Mushrooms Florentine</i> (page 86, 45 calories) ½ cup low-fat cottage cheese 1 kiwifruit (128 calories)	<b>Dinner</b> <i>Bayou Red Beans &amp; Rice</i> (page 218, 300 calories) <i>Volumetrics Salad</i> (page 134, 100 calories) ½ cup low-fat vanilla ice cream (92 calories)	<b>Dinner</b> ¾ cup cooked whole-wheat pasta, 1½ cups frozen mixed vegetables, ½ cup prepared pasta sauce, and 1 teaspoon Parmesan cheese (460 calories) Piece of chocolate (50 calories)	<b>Dinner</b> <i>Hearty Chicken and Vegetable Soup</i> (page 108, 290 calories) <i>Fresh Fruit and Spinach Salad with Orange-Poppy Seed Dressing</i> (page 138, 150 calories) 1 cup cantaloupe (56 calories)	<b>Dinner</b> <i>Nouveau Lamb Stew</i> (page 186, 245 calories) <i>Insalata Caprese</i> (page 81, 105 calories) ½ cup chocolate pudding (150 calories)	<b>Dinner</b> <i>Oceanside Pasta</i> (page 230, 400 calories) <i>Creamy Cucumber and Dill Salad</i> (page 132, 50 calories) ½ cup peaches ½ tablespoon reduced-fat frozen whipped topping (51 calories)	<b>Dinner</b> <i>Stir-Fried Beef with Snow Peas and Cherry Tomatoes</i> (page 181, 255 calories) <i>Asian Spring Rolls</i> (page 82, 130 calories) 2 fortune cookies (56 calories) ½ peach 1 tablespoon light cream (51 calories)

**WEEK 3 Menu Plan:** This week contains a variety of quick meal ideas along with several Volumetrics recipes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> 2 slices whole-wheat toast 2 tablespoons reduced-fat cream cheese 2 kiwifruits (292 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 2 eggs scrambled 2 tablespoons salsa (163 calories) $\frac{3}{4}$ cup pineapple $\frac{1}{2}$ cup low-fat cottage cheese (139 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1 cup nonfat vanilla yogurt $\frac{3}{4}$ cup chopped mango $\frac{1}{4}$ cup low-fat granola (309 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 1 cup shredded wheat, spoon size 1 diced peach (256 calories) 1 tangerine (37 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 2 veggie sausage links (80 calories) 2 slices whole-wheat toast, $\frac{1}{2}$ tablespoon light margarine (155 calories) $\frac{1}{4}$ teaspoon sugar (40 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> 2 Blueberry Applesauce Muffins (page 68, 250 calories) $\frac{1}{2}$ pink grapefruit $\frac{1}{4}$ teaspoon sugar (40 calories) 1 cup 1% milk (102 calories)	<b>Breakfast</b> Baked Berry French Toast (page 64, 315 calories) $\frac{3}{4}$ cup 1% milk (75 calories)
<b>Lunch</b> Grilled chicken sandwich (no mayo or cheese, but lots of veggies) (320 calories) 7 wheat crackers, 1 ounce reduced-fat cheese (144 calories) 1 clementine (37 calories)	<b>Lunch</b> 5-ounce frozen bean and cheese burrito $\frac{1}{4}$ cup salsa (325 calories) 1 cup sugar-free fruited yogurt 1 cup strawberries (168 calories)	<b>Lunch</b> Ham sandwich on 6" wheat roll, 1 slice cheese (no mayo, but lots of veggies) (380 calories) $\frac{1}{2}$ cup fruit sorbet (120 calories)	<b>Lunch</b> 1 can broth-based vegetable soup (180 calories) 1 whole-wheat bagel 1 tablespoon reduced-fat cream cheese (230 calories) 1 pear (98 calories)	<b>Lunch</b> 1 frozen reduced-calorie entrée of choice (300 calories) $1\frac{1}{2}$ cups chicken, rice, and vegetable soup (135 calories) 1 cup grapes (62 calories)	<b>Lunch</b> 1 small fast-food cheeseburger (no mayo, but lots of veggies) (310 calories) Large garden salad without croutons, $\frac{1}{4}$ cup fat-free salad dressing (150 calories) 1 plum (40 calories)	<b>Lunch</b> Veggie burger on a whole-wheat roll, lettuce and sliced tomato (320 calories) 2 cups chicken noodle soup (150 calories) $\frac{1}{2}$ cup raspberries (30 calories)
<b>Dinner</b> $\frac{1}{4}$ of a bagged, reduced-calorie, frozen family-size meal entrée. Add 2 cups frozen vegetables (300 calories) 1 ounce angel food cake, $\frac{1}{2}$ cup strawberries, 2 tablespoons reduced-calorie whipped topping (193 calories)	<b>Dinner</b> Chicken Fajita Pizza (page 240, 390 calories) $\frac{1}{2}$ cup sugar-free vanilla pudding prepared with nonfat milk $\frac{1}{2}$ cup blueberries (110 calories)	<b>Dinner</b> Pizza Margherita (page 239, 265 calories) Green salad with nonfat dressing (50 calories) Grilled Banana Splits (page 248, 185 calories)	<b>Dinner</b> Shrimp Fried Rice (page 200, 325 calories) 1 cup fresh pineapple (76 calories) 1 fortune cookie (28 calories) $\frac{1}{2}$ cup nonfat frozen yogurt (80 calories)	<b>Dinner</b> Liz's Pasta Salad (page 146, 400 calories) Baked apple, 1 teaspoon sugar, dash of cinnamon (96 calories)	<b>Dinner</b> 3-ounce baked pork chop 1 cup wild rice (338 calories) White Bean Bruschetta (page 79, 60 calories) Minted broccoli (page 158, 35 calories) $1\frac{1}{4}$ cups watermelon (60 calories)	<b>Dinner</b> Italian Turkey Spirals (page 212, 140 calories) 1 cup green beans (20 calories) $\frac{3}{4}$ cup brown rice (162 calories) Fresh Fruit Parfait (page 252, 170 calories)

**WEEK 4 Menu Plan:** Fill this in with your favorite Volumetrics meals

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

## MODULAR FOOD LISTS

You can use these lists to make substitutions for foods in the menu plan and when developing your personal Volumetrics Eating Plan. Within each modular list, foods are grouped by calorie level, so you can easily determine which foods are interchangeable. The energy density of each food is listed to help you make the most satiating choices. I've also included the weight of the foods in grams so you will see how the portion sizes compare when you are choosing foods. To find the values for more foods, check *The Volumetrics Weight-Control Plan*.

### Breakfast Food Modular List

Let's use the breakfast modular list to show you how to make the most satiating choices. When choosing between foods with a similar calorie level, you will be able to have a larger portion if you choose the food with the lower energy density. For example, a glazed doughnut (E.D. 4.0) and the Creamy Apricot Oatmeal (page 69) (E.D. 0.90) both contain about 250 calories. The doughnut weighs 61 grams; the oatmeal weighs 294 grams—almost 5 times as much.

Cereal with nonfat or low-fat milk is a good choice for breakfast. Check the label to find cereals you like that have at least 3 grams of fiber per serving. Pay attention to portion sizes. I list calories per cup of cereal, but that does not mean you should eat that amount. If you ate a cup of granola with milk, you would consume 620 calories!



	Energy Density	Weight (grams)	Calories
<b>Less than 100 calories</b>			
Scrambled liquid egg substitute, ¼ cup	0.91	58	53
Whole-wheat toast, 1 slice	2.8	23	65
White toast, 1 slice	2.9	23	67
Poached egg, 1 large egg	1.5	50	75
Boiled egg, 1 large egg	1.6	49	78
Turkey kielbasa, 2 ounces	1.4	57	80
Veggie sausage links, 2 links	1.8	45	80
Pancake, 1 plain item, 4-inch diameter	2.3	37	86
Waffle, 1 plain, frozen variety	2.6	33	87
Canadian bacon, 2 slices	1.9	47	89
Turkey bacon, 3 slices	2.4	37	90
Fried egg, 1 large egg	2.0	46	92
<b>100 to 200 calories</b>			
Cream of Wheat, 1 cup, prepared with water	0.49	251	123
<i>Blueberry Applesauce Muffins</i> , page 68	1.6	78	125
English muffin, toasted	2.6	51	128
Pork bacon, 3 slices	5.7	24	138
Corn grits, 1 cup, prepared with water	0.60	242	145
Oatmeal, 1 cup, instant, prepared with water	0.62	233	145
Kellogg's Product 19 cereal, 1 cup with ½ cup 1 percent milk	1.0	151	151
Corn flakes cereal, 1 cup with ½ cup 1 percent milk	1.1	137	151
French toast, 1 slice, made with 2 percent milk	2.3	66	151
Bran muffin, 2½-inch diameter	2.7	57	153
General Mills Wheaties, 1 cup with ½ cup 1 percent milk	1.1	146	161
General Mills Cheerios, 1 cup with ½ cup of 1 percent milk	1.1	147	162
General Mills Fiber One cereal, 1 cup with ½ cup 1 percent milk	0.94	182	171
<i>Piquant Frittata</i> , page 66	1.0	170	175
Oat bran bagel, 1 item, 3⅓-inch diameter	2.5	70	181
Post Grape-Nuts Flakes cereal, 1 cup with ½ cup 1 percent milk	1.1	168	185
Cinnamon raisin bagel, 3⅓-inch diameter	2.9	67	194
Plain bagel, 3⅓-inch diameter	2.8	70	195

	Energy Density	Weight (grams)	Calories
Oat bran flakes cereal, 1 cup with ½ cup 1 percent milk	1.2	165	198
<b>200 to 300 calories</b>			
Wheat bran flakes cereal, 1 cup with ½ cup 1 percent milk	1.2	170	204
Fruit toaster pastry	3.9	52	204
All-bran cereal, Kellogg's, 1 cup with ½ cup 1 percent milk	1.1	192	211
1 biscuit, 2½-inch diameter	3.5	61	212
Post shredded wheat cereal, spoon size, 1 cup with ½ cup 1 percent milk	1.3	171	221
Cinnamon sweet roll with raisins	3.7	60	223
Post 100 percent Bran cereal, 1 cup with ½ cup 1 percent milk	1.2	188	226
Butter croissant	4.1	56	231
<i>Mexican Egg Wrap</i> , page 65	1.3	185	240
Quaker Toasted oatmeal cereal, 1 cup with ½ cup 1 percent milk	1.4	171	240
Raisin bran cereal, 1 cup with ½ cup 1 percent milk	1.3	185	241
Glazed doughnut	4.0	61	242
General Mills Multibran Chex cereal, 1 cup with ½ cup 1 percent milk	1.4	179	251
<i>Creamy Apricot Oatmeal</i> , page 69	0.90	294	265
<i>Jennifer's Fruit-Smothered Whole-Wheat Buttermilk Pancakes</i> , page 62	1.0	230	270
<b>300 to 400 calories</b>			
<i>Baked Berry French Toast</i> , page 64	1.1	286	315
Cinnamon Danish pastry, 1 item	4.0	87	349
Butter croissant with bacon, eggs, and cheese	3.3	117	386
<b>More than 400 calories</b>			
Granola cereal, 1 cup, reduced-fat, with ½ cup 1 percent milk	2.0	216	431
Post Grape-nuts cereal, 1 cup with ½ cup 1 percent milk	1.9	237	451
Pork sausage, 2 fried patties	6.7	76	506
Biscuit with egg and sausage	3.2	182	581
Granola cereal, 1 cup with ½ cup 1 percent milk	2.5	248	620

## Soup Modular List

Remember, if you are choosing a soup as a starter, keep the calories to 150 or less. Soups that are higher in calories make a nutritious and filling main course at lunch or dinner. Soups also make good snacks. If you are buying prepared soup, check the label for the energy density and calories since brands can differ considerably.

	Energy Density	Weight (grams)	Calories
<b>Less than 100 calories</b>			
Chicken broth, 1 cup, nonfat	0.07	243	17
Beef broth, 1 cup, nonfat	0.08	250	20
Vegetable broth, 1 cup	0.09	222	20
Beef broth, 1 cup	0.12	250	30
Chicken broth, 1 cup	0.16	244	39
Gazpacho, 1 cup, canned, ready to serve	0.23	243	56
Onion soup, 1 cup, canned, condensed, prepared with water	0.24	242	58
Vegetarian vegetable soup, 1 cup, canned, condensed, prepared with water	0.30	240	72
Chicken noodle soup, 1 cup, canned, condensed, prepared with water	0.31	242	75
Minestrone soup, 1 cup, canned, condensed, prepared with water	0.34	241	82
Tomato soup, 1 cup, canned, condensed, prepared with water	0.35	243	85
Chicken, rice and vegetable soup, 1 cup canned, ready to serve	0.38	237	90
New England clam chowder, 1 cup canned, condensed, prepared with water	0.39	244	95
<b>100 to 200 calories</b>			
<i>Curried Cauliflower Soup</i> , page 100	0.30	350	105
<i>Corn and Tomato Chowder</i> , page 95	0.40	263	105
Black bean soup, 1 cup, canned, condensed, prepared with water	0.47	247	116
<i>Gazpacho</i> , page 110	0.28	429	120
<i>Vegetarian Barley Soup</i> , page 107	0.40	300	120

	Energy Density	Weight (grams)	Calories
Vegetable soup, 1 cup, canned, ready-to-serve	0.51	239	122
<i>Rustic Tomato Soup</i> , page 101	0.40	312	125
<i>Minestrone</i> , page 102	0.50	250	125
Lentil and ham soup, 1 cup, canned, ready-to-serve	0.56	248	139
<i>Autumn Harvest Pumpkin Soup</i> , page 96	0.40	375	150
Beef with vegetables, 1 cup, canned, ready-to-serve	0.63	243	153
<i>Creamy Broccoli Soup</i> , page 98	0.60	267	160
Tomato soup, 1 cup canned condensed, prepared with 2 percent milk	0.65	248	161
Beef soup, 1 cup, canned, ready-to-serve	0.71	239	170
Bean with bacon soup, 1 cup, canned, condensed, prepared with water	0.68	253	172
Chicken noodle, 1 cup, canned, ready-to-serve	0.73	240	175
Split pea soup with ham, 1 cup	0.77	240	185
Potato ham chowder, 1 cup, canned, ready-to-serve	0.80	240	192
Corn chowder, 1 cup, canned, ready-to-serve	0.82	244	200
<b>More than 200 calories</b>			
Cream of mushroom soup, 1 cup, canned, condensed, prepared with 2 percent milk	0.82	248	203
<i>Lentil and Tomato Soup</i> , page 106	0.60	383	230
Bean with ham soup, 1 cup canned, ready-to-serve	0.95	243	231
<i>Asian Black Bean Soup</i> , page 104	0.70	343	240
<i>Cannellini Bean Soup</i> , page 105	0.50	470	265
<i>Hearty Chicken and Vegetable Soup</i> , page 108	0.60	483	290

## Side Dish Modular List

This list contains an assortment of side dishes such as vegetables, grains, salads, and starters. You will find many dishes of less than 100 calories, as well as many in the 100 to 200 calorie range. I've included a few side dishes with calorie levels greater than 200 calories; they can also be used as main dishes.

	Energy Density	Weight (grams)	Calories
<b>Less than 100 calories</b>			
Cauliflower, ½ cup, boiled	0.23	61	14
Green cabbage, ½ cup, boiled	0.23	74	17
Summer squash, ½ cup, boiled	0.20	90	18
Swiss chard, ½ cup, boiled	0.20	90	18
Spinach, ½ cup, boiled	0.22	95	21
Green beans, ½ cup, boiled	0.35	62	22
Asparagus, ½ cup, boiled	0.24	92	22
Carrots, ½ cup, raw	0.43	61	26
Brussels sprouts, ½ cup, boiled	0.39	77	30
<i>Minted Broccoli</i> , page 158	0.28	125	35
Beets, ½ cup, boiled	0.44	84	37
Winter squash, ½ cup, baked	0.39	102	40
<i>Stuffed Mushrooms Florentine</i> , page 86	0.40	113	45
<i>Creamy Cucumber and Dill Salad</i> , page 132	0.28	179	50
<i>Roasted Asparagus</i> , page 163	0.40	125	50
<i>Lemony Fennel Salad</i> , page 136	0.36	153	55
<i>Insalata Mista</i> , page 137	0.39	154	60
<i>White Bean Bruschetta</i> , page 79	1.5	50	60
Green peas, ½ cup, frozen, boiled	0.78	79	62
<i>Stir-Fried Green Beans</i> , page 164	0.40	163	65
<i>Pepper Slaw</i> , page 140	0.60	108	65
<i>Tangy Coleslaw</i> , page 139	0.43	151	65
Corn, ½ cup, canned, boiled	0.81	81	66
<i>Ratatouille</i> , page 162	0.50	150	75
<i>Smashed Potatoes</i> , page 170	0.70	105	75
Bulgur, ½ cup, cooked	0.83	92	76

	Energy Density	Weight (grams)	Calories
Cob of corn, 1 item, boiled	0.86	90	77
Buckwheat grouts (kasha), ½ cup, roasted, cooked	0.97	79	77
<i>Charlie's Greek Salad</i> , page 130	0.50	160	80
<i>Fennel, Orange, and Arugula Salad</i> , page 133	0.58	138	80
Cowpeas (black-eyed peas), ½ cup, boiled	0.97	82	80
<i>Garlic-Roasted Vegetables</i> , page 160	0.40	225	90
<i>Sesame Mushroom Kebobs</i> , page 84	0.70	129	90
French fried potatoes, 1 ounce	3.2	28	91
Refried beans, ½ cup, canned, nonfat	0.72	128	92
Creamed corn, ½ cup	0.72	128	92
Lima beans, ½ cup, frozen, boiled	1.1	86	95
Pearled barley, ½ cup, cooked	1.2	81	97
<b>100 to 200 calories</b>			
<i>Volumetrics Salad</i> , page 134	0.38	265	100
Black beans, ½ cup, canned	0.78	128	100
<i>Tabbouleh</i> , page 148	1.0	100	100
Kidney beans, ½ cup, canned	0.81	128	104
<i>Insalata Caprese</i> , page 81	0.81	130	105
Quinoa, ½ cup, cooked	0.99	107	106
Lima beans, ½ cup, boiled	1.2	90	108
Brown rice, ½ cup, cooked	1.1	98	108
<i>Oven-Roasted Potatoes</i> , page 169	1.6	69	110
Mashed potatoes with margarine and whole milk, ½ cup	1.1	101	111
Lentils, ½ cup, boiled	1.2	96	115
Split peas, ½ cup, boiled	1.2	96	115
Sweet potato, ½ cup, baked	1.0	117	117
Pinto beans, ½ cup, boiled	1.4	84	117
Refried beans, ½ cup, canned	0.94	127	119
Navy beans, ½ cup, boiled	1.4	92	129
<i>Asian Spring Rolls</i> , page 82	1.2	108	130
<i>New Potatoes with Peas</i> , page 168	0.80	169	135
<i>Vegetable Pilaf</i> , page 221	0.90	150	135
Chickpeas (garbanzo beans), ½ cup, canned	1.2	119	143
Millet, ½ cup, cooked	1.2	119	143
<i>Bulgur-and-Vegetable-Stuffed Peppers</i> , page 172	0.50	300	150

	Energy Density	Weight (grams)	Calories
<i>Fresh Fruit and Spinach Salad</i> , page 138	0.64	234	150
Great Northern beans, ½ cup, canned	1.1	136	150
White beans, ½ cup, canned	1.2	128	154
<i>Potato Salad with Green Beans and Tarragon</i> , page 149	0.80	194	155
Hash-brown potatoes, ½ cup	2.1	78	163
Baked beans, ½ cup, homemade	1.5	127	191
<i>Mary's Quinoa with Lime</i> , page 224	0.77	253	195
<b>More than 200 calories</b>			
<i>Herbed Barley Stuffed Squash</i> , page 171	0.60	350	210
Baked potato with skin, 1 medium	1.1	193	212
<i>Lemon Shrimp Bruschetta</i> , page 80	1.6	134	215
Onion rings, 7 batter-dipped rings, fried	4.1	70	285

## Main Dish Modular List

In this list you will find a variety of dishes that serve as the center of the meal. They are varied and include meat, poultry and fish, as well as pizza, pasta, sandwiches, and large salads. Add side dishes and starters that fit your calorie level and balance your meal.

	Energy Density	Weight (grams)	Calories
<b>Less than 100 calories</b>			
Orange roughy, 3 ounces, cooked with dry heat	0.89	85	76
Alaskan king crab, 3 ounces, cooked with moist heat	0.96	85	82
Lobster, 3 ounces, cooked with moist heat	0.98	85	83
Shrimp, 3 ounces, boiled or steamed	1.0	84	84
Cod, 3 ounces, cooked with dry heat	1.0	89	89
Scallops, 3 ounces, cooked with moist heat	1.1	82	90
Tuna, 3 ounces, canned in water	1.2	83	99
<b>100 to 200 calories</b>			
Perch, 3 ounces, cooked with dry heat	1.2	83	100
Turkey tenderloin, 3 ounces	1.3	85	110
Oysters, 3 ounces, cooked with moist heat	1.4	83	116
Yellowfin tuna, 3 ounces, cooked with dry heat	1.4	84	118
Halibut, 3 ounces, cooked with dry heat	1.4	85	119
Turkey breast, ground, 4 ounces, 99 percent fat-free	1.4	86	120
Clams, 3 ounces, cooked with moist heat	1.5	84	126
Pink salmon, 3 ounces, cooked with dry heat	1.5	85	127
Swordfish, 3 ounces, broiled with margarine	1.6	83	132
Chicken liver, 3.5 ounces, simmered	1.6	83	133
<i>Italian Turkey Spirals</i> , page 212	1.0	140	140
<i>Roasted Lamb Chops with Gremolata</i> , page 190	1.3	108	140
Cheese pizza, 1 slice, $\frac{1}{8}$ of 12-inch-diameter pie, regular crust	2.2	64	140
Chicken breast, 3.5 ounces, roasted, no skin	1.7	84	142
Ham, 3.5 ounces, extra lean (5 percent fat)	1.5	97	145
Cornish game hen, $\frac{1}{2}$ bird, without skin	1.4	105	147
Vegetable pizza, 1 slice, $\frac{1}{8}$ of 12-inch-diameter pie, thin crust	2.1	70	148
Turkey, 3.5 ounces, white meat without skin	1.6	98	157
<i>Baked Tilapia with Sautéed Vegetables</i> , page 194	0.80	200	160
Turkey, 3.5 ounces, ground, lean 7 percent fat	1.9	84	160
Beef liver, 3.5 ounces, braised	1.6	101	161
<i>Chicken Provençal</i> , page 210	0.70	236	165
Tuna, 3 ounces, canned in oil	2.0	84	168
Oysters, 3 ounces, breaded and fried	2.0	84	168
Clams, 3 ounces, breaded and fried	2.0	86	172
Macaroni, 1 cup, whole-wheat, cooked	1.2	145	174



	Energy Density	Weight (grams)	Calories
Spaghetti, 1 cup, whole-wheat, cooked	1.2	145	174
Veal chop, 3.5 ounces, lean, roasted	1.8	97	175
Ham, 3.5 ounces, 11 percent fat	1.8	99	178
Steak, 3.5 ounces, select sirloin, broiled	1.8	100	180
<i>Sautéed Flounder with Lemon Sauce</i> , page 196	1.2	150	180
<i>Fiesta Fish Stew</i> , page 202	0.40	463	185
Turkey, 3.5 ounces, dark meat without skin	1.9	98	187
Vegetable pizza, 1 slice, 1/8 of 12-inch-diameter pie, regular crust	2.5	76	191
Chicken breast, 3.5 ounces, roasted, with skin	2.0	97	193
Meat-and-vegetable pizza, 1 slice, 1/8 of 12-inch-diameter pie, thin crust	2.4	80	193
<i>Pork Chops with Orange-Soy Sauce</i> , page 188	1.6	122	195
Turkey, 3.5 ounces, light meat with skin	2.0	98	195
Catfish, 3 ounces, battered and fried	2.3	85	195
Macaroni, 1 cup cooked	1.4	141	197
Spaghetti, 1 cup cooked	1.4	141	197
<b>200 to 300 calories</b>			
<i>Tuna and White Bean Salad</i> , page 150	0.66	303	200
<i>Open-Faced Roast Beef Sandwich</i> , page 118	1.1	182	200
<i>Chicken Parmesan</i> , page 205	1.8	111	200
Duck, 3.5 ounces, without skin	2.1	96	201
Lean pork chop, 3.5 ounces, center loin, broiled	2.0	101	202
Cheese pizza, 1 slice, 1/8 of 12-inch-diameter pie, thick crust	2.8	72	202
Meat pizza, 1 slice, 1/8 of 12-inch-diameter pie, thin crust	2.9	72	208
Turkey, 3.5 ounces dark meat with skin	2.2	100	219
<i>Poach-Roast Salmon with Yogurt and Dill Sauce</i> , page 193	1.6	140	225
Buffalo chicken wings, 3.5 ounces, with skin	2.3	100	229
<i>Fillet of Sole and Vegetable Parcels</i> , page 197	0.70	329	230
Turkey, 3.5 ounces, ground	2.4	97	233
Meat and vegetable pizza, 1 slice, 1/8 of 12-inch-diameter pie, thick crust	2.7	87	234
Goose, 3.5 ounces, without skin	2.4	99	238
Beef ravioli, 1 cup, canned in tomato and meat sauce	0.95	252	239
<i>Chicken Merlot</i> , page 206	0.70	343	240

	Energy Density	Weight (grams)	Calories
Meat pizza, 1 slice, 1/8 of 12-inch-diameter pie, thick crust	3.1	78	243
<i>Nouveau Lamb Stew</i> , page 186	0.40	613	245
<i>Stir-Fried Beef with Snow Peas and Cherry Tomatoes</i> , page 181	1.2	213	255
<i>Thai Chicken Salad</i> , page 142	0.71	359	255
Ground beef, 3.5 ounces, extra lean, broiled	2.6	98	256
Chicken breast, 3.5 ounces, with skin, breaded, fried	2.6	99	258
<i>Pizza Margherita</i> , page 239	1.3	204	265
<i>Penne with Olives and Spinach</i> , page 232	1.4	189	265
<i>Classic Vegetarian Vegetable Stew</i> , page 176	0.60	450	270
Ground beef, 3.5 ounces, lean, broiled	2.7	101	272
<i>Almond Chicken Salad Sandwich</i> , page 114	1.4	196	275
Swedish meatballs with pasta, 1 reduced-calorie frozen entrée, 9.1 ounces	1.1	251	276
<i>California Cobb Salad</i> , page 143	0.82	341	280
<i>Zesty Tuna Salad Pita</i> , page 124	1.2	238	285
<i>Garden Fresh Vegetable Pizza</i> , page 238	1.2	238	285
Manicotti with 3 cheeses, 1 reduced-calorie frozen entrée, 11 ounces	0.93	312	290
<i>Risotto Primavera</i> , page 222	1.0	290	290
<i>The Aristotle Pizza</i> , page 237	1.0	290	290
<i>Roasted Portobello Sandwich</i> , page 119	1.2	242	290
<i>Turkey-Pepperoni Pizza</i> , page 242	1.6	184	295
Cornish game hen, 1/2 bird, with skin	2.6	114	296
Chicken pieces, 3.5 ounces, boneless, breaded and fried	3.0	100	299
<b>300 to 400 calories</b>			
<i>Stir-Fried Turkey with Crunchy Vegetables</i> , page 211	0.80	355	300
<i>Bayou Red Beans and Rice</i> , page 218	0.90	333	300
<i>Mediterranean Turkey Sandwich</i> , page 117	1.4	214	300
<i>Asian Chicken Wraps</i> , page 122	1.1	282	310
<i>All American Hamburger</i> , page 126	1.5	207	310
<i>Garden Chili</i> , page 216	0.70	450	315
<i>Shepherd's Pie</i> , page 184	0.90	350	315
<i>South of the Border Chicken Stew</i> , page 208	0.50	650	325
<i>Chickpea Curry</i> , page 174	0.70	464	325
<i>Shrimp Fried Rice</i> , page 200	1.1	295	325

	Energy Density	Weight (grams)	Calories
<i>Paella Sencillo</i> , page 220	1.2	271	325
<i>Veggie-Stuffed Macaroni and Cheese</i> , page 234	1.0	330	330
<i>Old World Goulash</i> , page 182	0.60	558	335
<i>Shrimp Creole</i> , page 199	0.60	558	335
Duck, 3.5 ounces, with skin	3.4	99	337
<i>Charlie's Pasta Primavera</i> , page 228	0.80	431	345
<i>Cold-Cut Combo Sandwich</i> , page 116	1.2	288	345
<i>Buffalo Chicken Wraps</i> , page 120	1.2	292	350
Vegetarian lasagna, 1 cup	1.4	250	350
<i>Eggplant "Lasagna,"</i> page 175	1.1	322	355
<i>Mushroom and Cheese Quesadillas with Mango Salsa</i> , page 85	1.4	214	355
Pasta helper mix with cheese and ground beef, 1 cup	1.6	225	360
<i>Broccoli and Tomato Stuffed Shells</i> , page 236	1.0	370	370
<i>Tofu Pad Thai</i> , page 167	0.90	417	375
<i>Chicken and Avocado Pita Pockets</i> , page 123	1.3	288	375
<i>Crisp Stir-Fried Vegetables</i> , page 166	0.80	481	385
<i>Chicken Fajita Pizza</i> , page 240	1.6	244	390
Macaroni and cheese, 1 cup	2.0	196	392
Lasagna with meat, 1 cup	1.6	249	399
<b>More than 400 calories</b>			
<i>Santa Fe Steak Salad with Lime-Cilantro Dressing</i> , page 144	0.79	506	400
<i>Oceanside Pasta</i> , page 230	0.80	500	400
<i>Liz's Pasta Salad</i> , page 146	0.82	488	400
<i>Spaghetti with Tomato and Fresh Basil Sauce</i> , page 233	1.0	400	400
<i>Jenny's Caribbean Tuna and Fruit Kebobs</i> , page 198	1.0	414	420

## Desserts Modular List

Dessert calories can add up quickly unless you choose those low in energy density or limit your portions. I have listed most fruit with the snacks, but fruit provides a nutritious and satisfying end to a meal.

	Energy Density	Weight (grams)	Calories
<b>Less than 100 calories</b>			
Fruit-flavored gelatin, ½ cup, sugar-free	0.07	143	10
<i>Balsamic Berries</i> , page 246	0.37	149	55
Vanilla pudding, ½ cup, sugar-free, prepared with nonfat milk	0.53	132	70
Frozen fruit and juice bar, 3 ounces	0.82	91	75
Chocolate pudding, ½ cup, sugar-free, prepared with nonfat milk	0.60	133	80
Fruit-flavored gelatin, ½ cup	0.59	141	83
Light vanilla ice cream, ½ cup	1.4	66	92
<b>100 to 200 calories</b>			
Baked apple, 1 medium item, unsweetened	0.63	162	102
Italian ice, 1 cup, lemon	0.53	232	123
<i>Four-Fruit Compote</i> , page 249	0.38	329	125
<i>Ruby-Red Poached Pears with Raspberry Sauce</i> , page 250	0.60	208	125
<i>Maple Crème Caramel</i> , page 258	1.0	130	130
Vanilla pudding, ½ cup, prepared with 2 percent milk	1.1	128	141
Fruit-flavored frozen yogurt, ½ cup	1.3	111	144
Chocolate pudding, ½ cup, prepared with 2 percent milk	1.1	136	150
<i>Raspberry-Topped Ricotta Cakes</i> , page 255	1.1	150	165
<i>Fresh Fruit Parfait</i> , page 252	0.78	218	170
<i>Raspberry-Apple Crumble</i> , page 254	1.0	175	175
Coffee cake with crumb topping, 1 slice, ⅛ of 8 inch cake	3.2	56	178
<i>Grilled Banana Splits</i> , page 248	1.2	154	185
<i>Chocolate Fondue with Fresh Fruit</i> , page 259	1.2	155	185
Chocolate snack cake, 1 cream-filled, frosted	3.6	52	188

	Energy Density	Weight (grams)	Calories
<b>200 to 300 calories</b>			
Rice pudding, ½ cup	1.4	155	217
Cherry pie, 1 slice, ⅛ of 9-inch frozen pie, reduced-fat, no sugar added	1.8	122	220
Pumpkin pie, 1 slice, ⅛ of 8-inch frozen pie	2.1	109	229
<i>Strawberry Trifle with Lemon Cream</i> , page 256	1.2	208	250
Brownie, 2-inch square	4.4	61	269
Ice cream, ½ cup, premium, vanilla/chocolate	2.5	108	270
<b>More than 300 calories</b>			
Banana cream pie, 1 slice, ⅛ of 9-inch pie	2.7	147	398
German chocolate cake with frosting, 1 slice, ½ of 9-inch cake	3.6	112	404
Apple pie, 1 slice, ⅛ of 9-inch pie	2.7	152	411
Cheese cake, 1 slice, ⅛ of 9-inch cake	3.6	127	457
Carrot cake with cream cheese frosting, 1 slice, ½ of 9-inch cake	4.4	110	484
Cherry pie, 1 slice, ⅛ of 9-inch pie	2.7	180	486

## Snacks Modular List

The snacks modular list contains a wide variety of foods that can be eaten between meals. You will find raw vegetables, fruits, potato chips, cookies, and candy. You can also snack on foods from other lists, such as soup or cereal. Choose your snacks wisely! Although I have included foods high in energy density, they are not your best choices. They are too easy to overeat, and are less filling than foods low in energy density. Many of the foods in this section, such as fruit and yogurt, make nutritious desserts.

	Energy Density	Weight (grams)	Calories
<b>Less than 100 calories</b>			
Cucumber, ½ cup	0.13	77	10
Celery, 1 stalk	0.16	81	13
Bell peppers, ½ cup	0.27	74	20
Hard candy, 1 piece	3.9	6	24
Tomato, 1 medium	0.21	124	26
Rice cake, plain	3.9	9	35
Tangerine, 1 medium	0.44	84	37
Clementine, 1 medium	0.44	84	37
Canned fruit cocktail, in light syrup, ½ cup	0.31	119	38
Plum, 1 medium	0.61	66	40
Popsicle, 2-ounce bar	0.72	58	42
Peach, 1 medium	0.43	98	42
Strawberries, 1 cup	0.30	143	43
Kiwifruit, 1 medium	0.61	75	46
Mandarin oranges, canned, ½ cup	0.36	125	46
Olives, black, 10 each	1.1	46	51
Cantaloupe, 1 cup	0.35	160	56
Raspberries, 1 cup	0.48	123	60
Grapes, 1 cup	0.67	93	62
Honeydew, 1 cup	0.35	177	62
Orange, 1 medium	0.47	132	62
Dried apricots, ¼ cup	1.1	66	73
Angel-food cake, 1-ounce slice, approximately ½ cake	2.6	28	73
Grapefruit, 1 medium	0.30	247	74
Pineapple, 1 cup	0.49	155	76
Hard-boiled egg	1.6	49	78
<i>B's Favorite Smoothie</i> , page 90	0.42	190	80
Gelatin, ½ cup	0.59	136	80
String cheese, 1 ounce	2.8	29	80
Blueberries, 1 cup	0.56	145	81
Apple, 1 medium	0.58	140	81
Cottage cheese, 1 percent fat, ½ cup	0.73	122	82
Baby carrots, 15, with 1 tablespoon nonfat ranch dressing	0.53	155	82
Ice cream, nonfat, ½ cup	1.3	69	90

	Energy Density	Weight (grams)	Calories
<i>Mel's Fresh Lemon Hummus</i> , page 77	1.7	53	90
Fudgsicle, 1.75-ounce item	1.8	74	90
Vanilla wafers, 5 each	4.5	21	94
Pear, 1 medium	0.59	166	98
<b>100 to 200 calories</b>			
Nonfat chocolate pudding, 1 snack cup	0.88	113	100
Fat-free potato chips, 1 ounce	3.5	28	100
Orange sherbet, ½ cup	1.4	73	102
Ice cream, light, ½ cup	1.2	90	108
Banana, 1 medium	0.92	118	109
Raisins, ¼ cup	3.0	36	109
Fig cookies, Newton type, 2	3.5	31	110
Popcorn, air-popped, 1 ounce	3.8	28	110
Soy nuts, honey roasted, 1 ounce	3.9	28	110
Baked tortilla chips, 1 ounce	3.9	28	110
Baked potato chips, 1 ounce	3.9	28	110
Pound cake, 1-ounce slice	3.8	28	110
Granola bar, chewy, low-fat, 1 ounce	4.0	28	111
Animal crackers, 10	4.5	25	112
Pretzels, 1 ounce	3.9	29	113
Frozen yogurt, soft serve, ½ cup	1.6	71	114
Graham crackers, 4 each	4.2	28	118
Baked tortilla chips, 1 ounce, with ¼ cup salsa	2.0	60	119
Yogurt, nonfat, flavored with aspartame, 8 ounces	0.53	226	120
Fruit sorbet, ½ cup	1.1	109	120
Wheat bagel, 1 half 4" bagel, with 1 tablespoon light cream cheese	2.1	58	120
Rice cake, plain, with 1 tablespoon peanut butter	5.2	25	130
Trail mix, 1 ounce	4.7	28	131
Broth-based canned soup, 1 cup	0.51	261	133
Apple, ½, with 1 tablespoon peanut butter	1.6	85	135
Popcorn, oil-popped, 1 ounce	5.1	28	142
Regular tortilla chips, 1 ounce	5.1	28	142
Cheese, 1-ounce reduced-fat Cheddar with 7 thin wheat crackers	3.6	40	144
Regular potato chips, 1 ounce	5.4	28	152

	<b>Energy Density</b>	<b>Weight (grams)</b>	<b>Calories</b>
Corn chips, 1 ounce	5.4	28	153
Jelly beans, 15 large	3.7	42	156
Cheese puffs, 1 ounce	5.6	28	157
Chocolate pudding, 1 snack cup	1.4	113	160
<i>Tropical Island Smoothie</i> , page 91	0.70	236	165
Avocado, ½, with lemon juice	1.1	152	170
Sunflower seed kernels, ¼ cup, roasted, toasted	5.8	32	186
Mixed nuts, ¼ cup, dry roasted	5.8	33	190
<b>More than 200 calories</b>			
Almonds, ¼ cup, dry roasted	5.9	35	206
Soft pretzel, 2.25 ounces	3.5	62	215
Yogurt, low-fat, flavored, 8 ounces	1.0	220	220



## Condiments Modular List

Remember to add the calories from toppings, spreads, and condiments when budgeting your calories. Notice how many calories the high-fat, energy-dense condiments like mayonnaise add to a dish.

	Energy Density	Weight (grams)	Calories
<b>Less than 100 calories</b>			
Vinegar, 1 tablespoon	0.14	14	2
Salsa, 1 tablespoon	0.32	16	5
Mayonnaise, 1 tablespoon, nonfat	0.62	16	10
<i>Cherry Tomato Salsa</i> , page 240	0.25	40	10
Mustard, 1 tablespoon	0.80	15	12
Barbecue sauce, 1 tablespoon	0.75	16	12
Cream cheese, 1 tablespoon, nonfat	0.95	15	14
<i>Yogurt and Dill Sauce</i> , page 193	0.52	29	15
<i>Yogurt Cheese</i> , page 89	0.90	17	15
Ketchup, 1 tablespoon	1.1	15	16
<i>Raspberry Sauce</i> , page 250	0.80	25	20
<i>Soy-Ginger Dipping Sauce</i> , page 82	1.2	21	25
Pancake syrup, 1 tablespoon, reduced-calorie	1.6	16	25
<i>House Dressing</i> , page 76	0.75	40	30
<i>Dijon Vinaigrette</i> , page 152	1.2	29	35
<i>Italian Dressing</i> , page 153	1.5	23	35
Cream cheese, 1 tablespoon, reduced fat	2.2	16	35
<i>Lime-Cilantro Dressing</i> , page 144	1.6	24	38
Marshmallow cream topping, 2 tablespoons	3.3	12	40
<i>Orange-Poppy Seed Dressing</i> , page 138	1.2	38	45
<i>Balsamic Dressing</i> , page 152	2.0	22	45
Marmalade, jelly, or preserves, 1 tablespoon	2.4	20	48
Mayonnaise, 1 tablespoon, reduced-fat	3.3	15	50
Margarine, 1 tablespoon, reduced-fat	3.5	14	50
Cream cheese, 1 tablespoon, full-fat	3.5	15	51
Maple syrup, 1 tablespoon	2.6	20	52
Pancake syrup, 1 tablespoon	2.9	20	57

	Energy Density	Weight (grams)	Calories
<i>Mango Salsa</i> , page 88	0.58	103	60
Honey, 1 tablespoon	3.0	21	64
<i>Guacamole</i> , page 88	0.83	78	65
<i>Citrus-Ginger Dressing</i> , page 153	3.1	21	65
Peanut butter, 1 tablespoon	5.9	16	94
<i>Tex-Mex Salsa</i> , page 78	0.65	146	95
<b>100 to 200 calories</b>			
Mayonnaise, 1 tablespoon	7.1	14	100
Almond butter, 1 tablespoon	6.3	16	101
Margarine, 1 tablespoon	7.2	14	101
Butter, 1 tablespoon	7.2	15	108
Fudge topping, 2 tablespoons	3.5	42	146

## Beverages Modular List

You will notice that, with the exception of milk, beverages were not included in the menu plan. This does not mean that you are not allowed to have beverages; just make sure that you budget the calories. So, if you want a glass of wine with dinner, skip dessert or save some calories at snack time. Remember that beverage calories add to food calories, so substitute low-calorie or zero-calorie beverages whenever you can.

	Energy Density	Weight (grams)	Calories
Water, 8 fluid ounces	0.00	237	0
Club soda, 12 fluid ounces	0.00	360	0
Diet cola/soda, 12 fluid ounces	0.00	360	0
Tea, brewed, without sugar, 8 fluid ounces	0.10	237	2
Coffee, 8 fluid ounces	0.20	237	5
Vegetable juice, 8 fluid ounces	0.19	242	46
White wine, 4 fluid ounces	0.68	118	80
Orange juice, 6 fluid ounces	0.45	186	84
Red wine, 4 fluid ounces	0.72	118	85
Milk, nonfat, 8 fluid ounces	0.35	245	86
Apple juice, unsweetened, 6 fluid ounces	0.47	186	87
Light beer, 12 fluid ounces	0.28	354	99
Milk, low-fat (1 percent), 8 fluid ounces	0.42	244	102
Whiskey, 1.5 fluid ounces	2.5	42	104
Grape juice, 6 fluid ounces	0.61	186	113
Wine cooler, 8 fluid ounces	0.50	240	120
Milk, reduced-fat (2 percent), 8 fluid ounces	0.50	244	122
Beer, 12 fluid ounces	0.41	356	146
Milk, whole (3.3 percent), 8 fluid ounces	0.61	244	149
Chocolate soy milk, 8 fluid ounces	0.62	242	150
Cola/soda, 12 fluid ounces	0.41	372	152
Orange soda, 12 fluid ounces	0.46	360	167
Sherry, dry, 4 fluid ounces	1.4	120	168
Daiquiri, 4 fluid ounces	1.9	121	224
Margarita, 4 fluid ounces	2.2	124	271
Eggnog, 8 fluid ounces	1.4	245	343

## Jennifer's Fruit-Smothered Whole-Wheat Buttermilk Pancakes

Here is a great way for kids to get fruit and fiber. These fresh-fruit-and-raspberry-sauce-topped pancakes are a favorite of my lab manager's son.

1¼ cups whole-wheat flour  
 1½ cups low-fat buttermilk  
 1 beaten egg  
 1 tablespoon sugar  
 1 teaspoon baking powder

½ teaspoon baking soda  
 ¼ teaspoon salt  
 ½ cup Raspberry Sauce (page 250)  
 2 cups mixed fresh blueberries,  
 raspberries, and blackberries

*For a 270-calorie breakfast*



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Pancakes with syrup and butter	<ul style="list-style-type: none"> <li>▶ Used whole-wheat flour</li> <li>▶ Omitted oil and butter</li> <li>▶ Replaced syrup with raspberry sauce</li> <li>▶ Added fresh fruit</li> </ul>	Jennifer's Fruit-Smothered Whole-Wheat Buttermilk Pancakes

1. In a medium mixing bowl, combine the flour, buttermilk, egg, sugar, baking powder, baking soda, and salt. Stir gently until all ingredients are mixed. The batter should be slightly lumpy.
2. Heat a skillet lightly coated with cooking spray over medium heat. Pour  $\frac{1}{4}$  cup batter into the skillet for each pancake. The pancakes will be ready to flip when small bubbles appear along the sides of the pancakes. Flip and cook until the undersides are lightly browned.
3. Place 2 pancakes on each of 4 plates. Spoon 2 tablespoons raspberry sauce over the pancakes and top with  $\frac{1}{2}$  cup mixed berries.

**YIELD:** 4 servings

**COOK'S NOTE:** Cooked pancakes may be kept warm in a 200 degree oven while you finish cooking the rest.

**Nutritional Information Per Serving**

Calories 270 | Energy Density 1.0 | Carbohydrate 51 g. | Fat 3 g. | Protein 10 g. | Fiber 8 g.

## Baked Berry French Toast

---

This is an attractive breakfast treat to make on a lazy weekend morning.

1 egg	<i>½ teaspoon ground cinnamon</i>
4 egg whites	8 <i>½-inch-thick slices whole-wheat bread</i>
1 cup nonfat milk	2½ cups frozen unsweetened raspberries
¼ teaspoon baking powder	2½ cups frozen sliced unsweetened strawberries
½ teaspoon vanilla extract	1 tablespoon cornstarch
½ cup sugar	

1. Preheat the oven to 400 degrees.
2. Whisk the egg and egg whites lightly in a shallow baking dish. Whisk in the milk, baking powder, vanilla, ¼ cup sugar, and cinnamon. Add the bread, turning to coat. Let the bread stand for 10 minutes, turning occasionally.
3. Lightly coat a 9-by-13-inch baking dish with cooking spray.
4. Combine the frozen berries, ¼ cup sugar, and cornstarch, and spread evenly on the bottom of the baking dish.
5. Arrange the bread slices in a single layer over the berries. Bake until the bread is golden brown and the berries are bubbly, 20 to 25 minutes.
6. Place 2 slices of the French toast and some of the berry mixture on each of 4 plates. Spoon a little of the berry sauce over the toast.

**YIELD:** 4 servings

**COOK'S NOTE:** Try other frozen fruit, such as blueberries or peaches. Note that the frozen fruit does not need to be thawed prior to use in this recipe. You may use fresh fruit in place of frozen.

### Nutritional Information Per Serving

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Calories 315 | Energy Density 1.1 | Carbohydrate 66 g. | Fat 3 g. | Protein 9 g. | Fiber 7 g.

# Mexican Egg Wrap

---

This versatile wrap can be enjoyed at breakfast, lunch, or dinner.

2 slices Canadian bacon, chopped	¼ teaspoon hot-pepper sauce
½ cup shredded zucchini	Pinch salt
½ cup diced mushrooms, about 2 ounces	4 flour tortillas
½ cup seeded, diced red or green bell pepper	4 tablespoons Cherry Tomato Salsa (page 240)
4 eggs	4 tablespoons reduced-fat shredded Mexican-blend cheese
4 egg whites	

1. Lightly coat a nonstick skillet with cooking spray and heat over medium heat. Sauté the Canadian bacon for 3 or 4 minutes, until it is browned. Add the zucchini, mushrooms, and bell pepper, and sauté for 2 minutes.
2. In a medium bowl, beat the eggs, egg whites, hot-pepper sauce, and salt. Pour the egg mixture into the pan and scramble with the bacon and vegetables. Cook, stirring frequently, until the eggs are cooked to your liking.
3. Heat the tortillas by steaming them in the microwave in moist paper towels for 20 to 30 seconds.
4. Divide the egg mixture among the tortillas and top with the salsa and cheese. Fold the tortillas in half and serve.

**YIELD:** 4 servings

**COOK'S NOTE:** Substitute ¼ cup chopped onion or another vegetable for the Canadian bacon and sauté with the zucchini to create a vegetarian version. Corn tortillas can be used in place of flour tortillas.

#### Nutritional Information Per Serving

---

Calories 240 | Energy Density 1.3 | Carbohydrate 21 g. | Fat 9 g. | Protein 17 g. | Fiber 2 g.

## Piquant Frittata

Try this egg dish for breakfast along with fresh fruit or have it for lunch with a side salad.

5 whole eggs

7 egg whites

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

Freshly ground black pepper

1 cup shredded part-skim mozzarella cheese

1 cup chopped onions

$1\frac{1}{2}$  cups sliced mushrooms, about 6 ounces

1 cup diced zucchini

$\frac{3}{4}$  cup chopped bottled roasted red peppers,  
drained

1 teaspoon dried thyme

3 tablespoons grated Parmesan cheese

For a 175-calorie entrée



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Frittata with eggs and meat	<ul style="list-style-type: none"><li>▶ Reduced number of egg yolks and cheese</li><li>▶ Used reduced-fat cheese</li><li>▶ Added more vegetables and egg whites</li><li>▶ Omitted the meat</li></ul>	Piquant Frittata



1. In a medium bowl, combine the eggs, egg whites,  $\frac{1}{4}$  teaspoon salt, and a few grindings of black pepper and stir in the mozzarella.
2. Lightly coat a large, oven-safe, nonstick skillet with cooking spray and warm over medium heat. Add the onions and mushrooms and cook, stirring, 5 minutes. Add the zucchini, red peppers, thyme,  $\frac{1}{4}$  teaspoon salt, and pinch black pepper. Cook the mixture, stirring, 4 minutes.
3. Pour the egg mixture over the vegetables and cook over medium-high heat for 7 minutes. As the eggs begin to set, run a spatula around the edges and tilt the skillet to allow any uncooked egg to run under the cooked portions. Do not stir. When the eggs are almost set, cover, reduce the heat to medium-low, and cook for 8 to 10 minutes, or until the eggs are set.
4. Preheat the broiler.
5. Sprinkle Parmesan on top of the eggs. Broil the frittata for 4 minutes or until the Parmesan is lightly browned. Cut the frittata into 6 wedges.

**YIELD:** 6 servings

**COOK'S NOTE:** Vegetables such as asparagus, broccoli, cauliflower, or yellow summer squash can be substituted for the zucchini.

**Nutritional Information Per Serving**

---

Calories 175 | Energy Density 1.0 | Carbohydrate 9 g. | Fat 8 g. | Protein 16 g. | Fiber 1 g.

## Blueberry Applesauce Muffins

---

These fruit-filled muffins work well for breakfast or as a snack. Applesauce replaces most of the fat traditionally used in baking, and helps keep the muffins moist.

<i>1¾ cups all-purpose flour</i>	<i>1 teaspoon ground cinnamon</i>
<i>¾ cup light brown sugar</i>	<i>1¼ cups low-fat buttermilk</i>
<i>½ cup whole-wheat flour</i>	<i>1¼ cups unsweetened applesauce</i>
<i>2 teaspoons baking powder</i>	<i>1 egg</i>
<i>1 teaspoon baking soda</i>	<i>1 teaspoon vegetable oil</i>
<i>¼ teaspoon salt</i>	<i>1 teaspoon vanilla extract</i>
<i>¼ teaspoon grated nutmeg</i>	<i>1½ cups fresh blueberries</i>

- 1.** Preheat the oven to 400 degrees.
- 2.** Lightly coat a 16-cup muffin pan with cooking spray.
- 3.** Mix together 1½ cups all-purpose flour, sugar, whole-wheat flour, baking powder, baking soda, salt, nutmeg, and cinnamon in a large bowl. Make a well in the center of the mixture.
- 4.** Whisk together the buttermilk, applesauce, egg, oil, and vanilla extract in a small bowl.
- 5.** Toss the blueberries in ¼ cup all-purpose flour to lightly coat the berries.
- 6.** Pour the buttermilk mixture into the flour mixture and stir until the batter is just moistened. Fold in the blueberries.
- 7.** Divide the mixture evenly among the muffin cups. Bake the muffins for 20 minutes. Cool the muffins in the pan on a rack for 5 minutes. Remove the muffins and serve warm or at room temperature.

**YIELD:** 16 servings

**COOK'S NOTE:** Be sure to use fresh berries, as frozen may make the batter too watery.

### Nutritional Information Per Serving

---

Calories 125 | Energy Density 1.6 | Carbohydrate 25 g. | Fat 1 g. | Protein 3 g. | Fiber 1 g.

# Creamy Apricot Oatmeal

---

This high-fiber cereal makes a hearty and satisfying breakfast.

*1½ cups quick-cooking rolled oats*  
*4 cups nonfat milk*  
*½ teaspoon grated nutmeg*  
*4 tablespoons oat bran*

*10 finely chopped dried apricots,*  
*about 2 ounces*  
*2 tablespoons brown sugar*

- 1.** Combine the oats and 3 cups milk in a medium saucepan. Bring the mixture to a boil over medium-high heat, stirring. Mix in the nutmeg and oat bran. Reduce the heat to low and simmer, stirring frequently, until the oats are tender, about 1 minute.
- 2.** Divide the oatmeal among 4 cereal bowls. Sprinkle each with the apricots and brown sugar.
- 3.** Serve the oatmeal immediately, with the remaining milk to add to the oatmeal, if desired.

**YIELD:** 4 servings

**COOK'S NOTE:** The apricots can be easily chopped using kitchen scissors. Try other dried fruit, such as dried plums, in place of the apricots. The remaining 1 cup milk can be warmed prior to serving.

## Nutritional Information Per Serving

---

Calories 265 | Energy Density 0.90 | Carbohydrate 47 g. | Fat 3 g. | Protein 15 g. | Fiber 5 g.

## House Dressing

---

Coriander and cumin give this creamy salad dressing an exotic taste. It is also good as a dip with cut-up fresh vegetables.

*½ teaspoon minced garlic*

*¼ teaspoon salt*

*2 tablespoons lime juice*

*½ teaspoon Worcestershire sauce*

*½ teaspoon ground coriander*

*½ teaspoon ground cumin*

*1 tablespoon minced scallions*

*1 cup Yogurt Cheese (page 89)*

*1 cup low-fat buttermilk*

*Pinch freshly ground black pepper*

**1.** Whisk all the ingredients in a large bowl until blended, but still slightly chunky.

**YIELD:** 12 servings of 2 tablespoons each

### Nutritional Information Per Serving

---

Calories 35 | Energy Density 0.75 | Carbohydrate 4 g. | Fat 1 g. | Protein 3 g. | Fiber 0 g.

## Mel's Fresh Lemon Hummus

---

This tangy hummus, developed by my daughter Melissa, is delicious either as a dip with raw vegetables or as a sandwich filling.

*¼ to ⅓ cup freshly squeezed lemon juice*

*2 cups canned chickpeas, rinsed and drained*

*¼ cup tahini*

*2 teaspoons chopped garlic*

*1 teaspoon grated lemon zest*

*½ teaspoon salt*

**1.** Puree ¼ cup lemon juice with the rest of the ingredients in a blender or food processor until the texture is slightly chunky. Taste and, if desired, stir in more lemon juice.

**YIELD:** 10 servings of 2 tablespoons each

### Nutritional Information Per Serving

---

Calories 90 | Energy Density 1.7 | Carbohydrate 13 g. | Fat 3 g. | Protein 3 g. | Fiber 2 g.

## Tex-Mex Salsa

---

Add a Southwestern flair to any meal by using this mild salsa as a garnish for fish or chicken. It can also be used as a topping for baked potatoes or as a dip with raw vegetables.

<i>1¾ cups canned black beans, rinsed and drained</i>	<i>1 cup chopped scallions</i>
<i>2 cups canned whole-kernel corn, drained</i>	<i>3 tablespoons lime juice</i>
<i>1 cup seeded, chopped red or green bell peppers</i>	<i>2 tablespoons red-wine vinegar</i>
<i>½ cup chopped fresh cilantro or fresh flat-leaf parsley</i>	<i>½ teaspoon ground cumin</i>
	<i>¼ teaspoon salt</i>
	<i>¼ teaspoon hot-pepper sauce</i>

**1.** Combine all the ingredients in a large bowl. The salsa can be refrigerated for up to 3 days.

**YIELD:** 8 servings of ½ cup each

**COOK'S NOTE:** The flavor of this salsa intensifies as the beans and vegetables marinate.

### Nutritional Information Per Serving

---

Calories 95 | Energy Density 0.65 | Carbohydrate 18 g. | Fat 1 g. | Protein 5 g. | Fiber 5 g.

## Lemon Shrimp Bruschetta

---

2 cups shredded arugula  
12 slices toasted or grilled baguette, cut  
    ¼-inch thick on the diagonal  
1 tablespoon extra-virgin olive oil  
2 thinly sliced garlic cloves  
12 peeled and deveined large shrimp,  
    about ½ pound

4 tablespoons lemon juice  
¼ cup dry white wine  
¼ cup chopped chives  
1 tablespoon grated lemon zest

1. Divide the arugula among 4 dinner plates. Place 3 slices of toasted bread on top of each plate of arugula.
2. Lightly coat a large nonstick skillet with cooking spray. Add the oil and heat to almost smoking over medium heat. Add the garlic and stir until light brown, about 1 minute.
3. Add the shrimp to the skillet and cook 2 to 3 minutes, or until bright pink. Turn the shrimp over. Add the lemon juice and wine and cook, stirring, 1 minute. Using a slotted spoon or tongs, place 1 shrimp on each bread slice.
4. Stir the chives into the sauce in the skillet. Spoon the sauce over the shrimp and sprinkle with the lemon zest.

**YIELD:** 4 servings

**COOK'S NOTE:** Any lettuce or combination of greens can be used in place of the arugula. Nonfat chicken broth can be used in place of the wine.

### Nutritional Information Per Serving

---

Calories 215 | Energy Density 1.6 | Carbohydrate 22 g. | Fat 6 g. | Protein 16 g. | Fiber 1 g.

## Insalata Caprese

---

The combination of fresh basil and mozzarella enhances the flavor of sweet vine-ripened tomatoes in this simple and colorful first course.

4 *medium ripe slicing tomatoes,*  
*about 1½ pounds*

*⅓ pound ball fresh mozzarella cheese*

*4 cups shredded arugula*

*18 to 20 fresh basil leaves*

*Balsamic Dressing (page 152)*

1. Core and cut each tomato into ¼" slices.
2. Slice the mozzarella into ⅛" thick rounds.
3. Divide the arugula among 6 plates. Arrange the tomato, mozzarella, and basil in overlapping slices on the arugula.
4. Drizzle 1 tablespoon dressing over each salad.

**YIELD:** 6 servings

**COOK'S NOTE:** Mixed spring greens can be used in place of the arugula.

### Nutritional Information Per Serving

---

Calories 105 | Energy Density 0.81 | Carbohydrate 6 g. | Fat 7 g. | Protein 6 g. | Fiber 1 g.



## Asian Spring Rolls with Soy-Ginger Dipping Sauce

These appetizers will provide an exotic start to your next dinner party.

¼ cup lime juice  
 ¼ cup rice-wine vinegar  
 1 tablespoon sesame oil  
 1 tablespoon reduced-sodium soy sauce  
 2 teaspoons brown sugar  
 2 teaspoons minced fresh ginger  
 1 ounce uncooked rice sticks  
 1 cup peeled, shredded carrots  
 ¼ cup packed fresh cilantro leaves

3 tablespoons shredded fresh basil  
 1 cup shredded green-leaf lettuce  
 1 teaspoon chopped garlic  
 ¼ cup finely chopped scallions  
 ¼ teaspoon crushed red-pepper flakes  
 1 cup seeded, chopped, red bell peppers  
 16 cooked medium shrimp, shelled and deveined, about ⅔ pound unshelled  
 8 8-inch-round rice-paper sheets

*For a 130-calorie appetizer*



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Egg rolls	<ul style="list-style-type: none"> <li>▶ Used a thinner wrapper</li> <li>▶ Served fresh instead of fried</li> </ul>	Asian Spring Rolls

1. Place the lime juice, vinegar, oil, soy sauce, sugar, and ginger in a screw-top jar. Shake vigorously until blended. Set the Soy-Ginger Dipping Sauce aside.
2. Bring 1 quart of water to a boil. Add the rice sticks, cook for 3 minutes. Drain, run under cold water, drain again.
3. Combine the rice sticks, carrots, cilantro, basil, lettuce, garlic, scallions, red-pepper flakes, and bell peppers in a large bowl.
4. Cut each shrimp in half lengthwise.
5. Place one rice-paper sheet in a shallow bowl or pan. Cover with 1" hot water and let stand for 30 seconds, or until soft. Place the sheet on a flat work surface.
6. Place ½ cup rice-stick filling in the center of the sheet. Arrange 4 shrimp pieces on the filling.
7. Fold in both sides and then the bottom of the sheet over the filling. Then roll it up from the bottom to close. Gently press the seam to seal. Place the roll on a plate and cover with a damp towel.
8. Repeat with the remaining rice-paper sheets, filling, and shrimp.
9. Place the Soy-Ginger Dipping Sauce in a small bowl and serve with the rolls.

**YIELD:** 8 servings of 1 spring roll with 1 tablespoon sauce

**COOK'S NOTE:** Rice sticks, rice-paper sheets, rice-wine vinegar, sesame oil, and soy sauce are available in the international section of large supermarkets and in Asian specialty stores. Substitute sliced mushrooms or cucumber for the shrimp to create a vegetarian version.

#### Nutritional Information Per Serving

---

Calories 130 | Energy Density 1.2 | Carbohydrate 15 g. | Fat 1 g. | Protein 13 g. | Fiber 1 g.

#### Nutritional Information Per Serving of Sauce Alone

---

Calories 25 | Energy Density 1.2 | Carbohydrate 2 g. | Fat 2 g. | Protein 0 g. | Fiber 1 g.

## Stuffed Mushrooms Florentine

These appetizers are low in calories and fat yet packed with flavor. Present them with other appetizers such as the Vegetable Party Platter (page 74) at your next party.

12 large white mushrooms, about 1½ inches across  
1 teaspoon vegetable oil  
¾ cup minced onions  
½ teaspoon minced garlic  
½ cup finely chopped spinach

½ cup seeded finely chopped red or green bell peppers  
1 tablespoon fresh thyme  
¼ teaspoon salt  
Pinch freshly ground black pepper  
1 tablespoon grated Parmesan cheese

*For a 45-calorie appetizer*



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Sausage-stuffed mushrooms	<ul style="list-style-type: none"><li>▶ Omitted sausage</li><li>▶ Added vegetables</li><li>▶ Decreased cheese</li></ul>	Stuffed Mushrooms Florentine

1. Remove, trim, and finely chop the mushroom stems, set aside.
2. Bring a medium pot of water to a boil. Blanch the mushroom caps for 2 minutes. Remove the caps and place gill side down on paper towels to drain.
3. Lightly coat a medium nonstick skillet with cooking spray, add the oil, and place over medium heat until hot. Add the reserved mushroom stems and the rest of the ingredients except the cheese, and cook, stirring occasionally, for 6 minutes. Remove the skillet from the heat and cool slightly.
4. Preheat the broiler.
5. Spoon the mixture into the mushroom caps and place on a baking sheet. Sprinkle with Parmesan. Broil the mushroom caps until light brown, about 3 minutes.

**YIELD:** 4 servings of 3 mushroom caps each

**COOK'S NOTE:** This appetizer may be frozen before broiling. When ready to proceed, thaw the mushrooms and broil as directed.

**Nutritional Information Per Serving**

---

Calories 45 | Energy Density 0.40 | Carbohydrate 5 g. | Fat 2 g. | Protein 2 g. | Fiber 2 g.

## Yogurt Cheese

---

This alternative to regular cream cheese has no fat. Use it as a spread for toast or to top baked potatoes.

*3 cups nonfat plain yogurt*

**1.** Set a fine-mesh sieve or colander over a bowl. Line it with a double layer of cheesecloth. Spoon in the yogurt and cover the bowl with plastic wrap. Refrigerate for at least 8 hours or overnight. Transfer the yogurt cheese to a covered storage container and discard the liquid.

**YIELD:** 16 servings of 1 tablespoon each, about 1 cup total

**COOK'S NOTE:** The yogurt cheese will keep in the refrigerator for up to 1 week. You can vary the flavor by adding fresh chopped herbs, minced garlic, and/or lemon zest. Begin with small amounts, adjusting to taste.

### Nutritional Information Per Serving

---

Calories 15 | Energy Density 0.90 | Carbohydrate 2 g. | Fat 0 g. | Protein 2 g. | Fiber 0 g.

## B's Favorite Smoothie

This is one of my favorite snacks. Volumetric smoothies, with lots of fruit and little fat, are particularly satisfying.

3 cups crushed ice

1 medium banana, peeled and sliced

1 cup sliced fresh or frozen strawberries

1 cup nonfat, sugarfree, strawberry yogurt

1. Place all the ingredients in a blender. Puree until smooth, approximately 1 minute.
2. Distribute among 4 glasses and serve immediately.

**YIELD:** 4 servings

**COOK'S NOTE:** Any fresh or frozen berries and other flavors of yogurt may be used.

### Nutritional Information Per Serving

Calories 80 | Energy Density 0.42 | Carbohydrate 17 g. | Fat 0 g. | Protein 3 g. | Fiber 2 g.

### For an 80-calorie snack



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Strawberry milkshake	<ul style="list-style-type: none"><li>▶ Used nonfat, sugarfree yogurt instead of whole milk and ice cream</li><li>▶ Used plenty of fresh fruit</li><li>▶ Added ice to increase volume without adding calories</li></ul>	B's Favorite Smoothie

## Tropical Island Smoothie

---

1 cup crushed ice

1 cup coconut sorbet

2 cups fresh pineapple cubes

1½ cups peeled, pitted, diced fresh mango

1. Place all the ingredients in a blender. Puree until smooth, approximately 1 minute.
2. Distribute among 4 glasses and serve immediately.

**YIELD:** 4 servings

**COOK'S NOTE:** Drained, canned pineapple can be substituted for the fresh pineapple.

### Nutritional Information Per Serving

---

Calories 165 | Energy Density 0.70 | Carbohydrate 37 g | Fat 2 g | Protein 1 g | Fiber 2 g.

## Corn and Tomato Chowder

---

This rich-tasting soup is thickened with potatoes instead of cream.

1 teaspoon unsalted butter	1½ cups canned diced tomatoes, with liquid
1 cup chopped onions	
1 cup chopped celery	1½ cups frozen corn, thawed
3 cups peeled, diced, boiling potatoes	1½ cups nonfat milk
1 bay leaf	Freshly ground black pepper
2 cups nonfat, reduced-sodium chicken broth	½ cup chopped, fresh flat-leaf parsley

1. Lightly spray a 4- to 5-quart nonstick pot with cooking spray. Add the butter and place over medium heat. Add the onions and cook, stirring, 5 minutes. Add the celery and potatoes and cook, stirring occasionally, for 2 minutes.
2. Add the bay leaf and broth and bring to a simmer. Cover the pot and cook 20 minutes, stirring occasionally to prevent sticking.
3. Remove the bay leaf, puree 2 cups soup in a blender or food processor, and return to the pot.
4. Stir in the tomatoes, corn, and milk. Return the soup to a simmer, stirring, and cook for 5 minutes, stirring occasionally.
5. Stir in a few grindings of the black pepper, ladle the soup into 8 soup bowls, and serve, garnished with parsley.

**YIELD:** 8 servings of 1 cup each

**COOK'S NOTE:** Fresh corn kernels can also be used. Substitute 1 cup vegetable broth and 1 cup of water for the chicken broth to make this a vegetarian soup. This soup freezes well.

### Nutritional Information Per Serving

---

Calories 105 | Energy Density 0.40 | Carbohydrate 19 g. | Fat 2 g. | Protein 5 g. | Fiber 2 g.



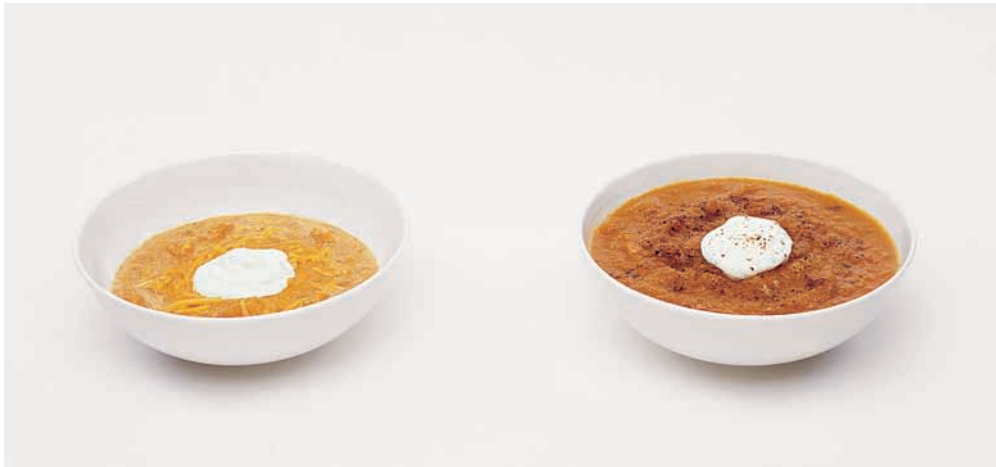
# Autumn Harvest Pumpkin Soup

Start a meal with this low-fat, beautifully colored soup enlivened with cumin.

2 teaspoons unsalted butter  
 2 cups chopped onions  
 2 teaspoons all-purpose flour  
 4 cups nonfat, reduced-sodium chicken  
 broth  
 3 cups plain pumpkin puree

½ teaspoon minced garlic  
 ½ teaspoon ground cumin  
 ¼ teaspoon salt  
 ¼ teaspoon ground white pepper  
 4 tablespoons nonfat plain yogurt  
 Dusting of grated nutmeg

## For a 150-calorie soup



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Pumpkin soup with cream, butter, and sour cream	<ul style="list-style-type: none"> <li>▶ Substituted broth for cream, and yogurt for sour cream</li> <li>▶ Decreased butter</li> </ul>	Autumn Harvest Pumpkin Soup

1. Lightly coat a 4- to 5-quart nonstick saucepan or pot with cooking spray. Add the butter and place over medium heat. Add the onions and cook, stirring occasionally, 5 minutes.
2. Sprinkle in the flour and cook, stirring, 2 minutes, or until the mixture thickens slightly. Add the broth, whisking, then the pumpkin, garlic, cumin, salt, and pepper. Bring the soup to a simmer, whisking occasionally, and cook 15 minutes, stirring occasionally to prevent scorching.
3. Ladle the soup into 4 soup bowls and top with the yogurt and nutmeg.

**YIELD:** 4 servings of 1½ cups each

**COOK'S NOTE:** Ground coriander can be substituted for cumin. Try adding a teaspoon of grated fresh ginger for extra zip. This can become a vegetarian soup by substituting 2 cups vegetable broth and 2 cups water for the chicken broth.

**Nutritional Information Per Serving**

---

Calories 150 | Energy Density 0.40 | Carbohydrate 25 g. | Fat 3 g. | Protein 8 g. | Fiber 7 g.

# Creamy Broccoli Soup

2 tablespoons unsalted butter  
¾ cup chopped onions  
2 tablespoons all-purpose flour  
1 teaspoon dry mustard  
½ teaspoon dried tarragon

Pinch ground white pepper  
2 cups nonfat milk  
2 cups nonfat, reduced-sodium chicken  
broth  
4 cups chopped broccoli florets

**For a 160-calorie soup**



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Broccoli cheese soup	<ul style="list-style-type: none"><li>▶ Omitted cheese</li><li>▶ Used nonfat milk and chicken broth and less butter</li><li>▶ Added more broccoli</li></ul>	Creamy Broccoli Soup

1. Heat the butter in a 4- to 5-quart nonstick pot over medium heat. Add the onions and cook, stirring occasionally, 5 minutes.
2. Raise the heat to medium-high and stir in the flour, mustard, tarragon, and pepper and cook 2 minutes. Reduce the heat to medium. Add the milk and broth and cook, stirring frequently, 8 minutes.
3. Add the broccoli and simmer 6 minutes, stirring frequently. Remove from the heat.
4. Puree 2 cups of soup in a blender or food processor and return to the pot. Reheat, stirring occasionally, about 2 minutes.

**YIELD:** 4 servings of 1½ cups each

**COOK'S NOTE:** To create a vegetarian version, substitute 1 cup vegetable broth and 1 cup water for the chicken broth.

**Nutritional Information Per Serving**

---

Calories 160 | Energy Density 0.60 | Carbohydrate 15 g. | Fat 8 g. | Protein 9 g. | Fiber 2 g.

## Curried Cauliflower Soup

---

This light vegetarian soup makes a delicious first course. The curry complements the cauliflower to create a unique flavor that will add variety to your meals.

1 tablespoon extra-virgin olive oil

1½ cups halved and sliced onions

1 teaspoon curry powder

4 cups vegetable broth

4 cups chopped cauliflowerettes

½ teaspoon salt

2 cups shredded zucchini, about 2 small

1. Heat the oil in a 4- to 5-quart pot over medium heat. Add the onions and curry powder. Cover and cook 4 minutes, stirring occasionally.
2. Add the broth, cauliflower, salt, and 2 cups water to the pot. Bring the soup to a simmer, stirring occasionally. Cover the pot and simmer 15 minutes, stirring occasionally.
3. Puree the soup in a blender or food processor and return to the pot.
4. Reserve 2 tablespoons of the zucchini. Stir the rest of the zucchini into the soup and reheat.
5. Ladle the soup into 4 soup bowls and garnish with the reserved zucchini.

**YIELD:** 4 servings of 1½ cups each

### Nutritional Information Per Serving

---

Calories 105 | Energy Density 0.30 | Carbohydrate 15 g. | Fat 4 g. | Protein 5 g. | Fiber 4 g.

## Minestrone

Pair this vegetarian soup with a sandwich for lunch.

2 teaspoons extra-virgin olive oil  
1 cup chopped onions  
1 cup peeled, shredded carrots  
1½ cups low-sodium vegetable juice  
3 cups vegetable broth  
1¼ cups cored, diced tomatoes  
¾ teaspoon dried thyme  
1 teaspoon dried oregano

Freshly ground black pepper  
3 ounces dry, whole-wheat small pasta shells, or other whole-wheat small pasta shapes  
1 cup canned cannellini beans, rinsed and drained  
3 cups shredded fresh spinach

*For a 125-calorie soup*



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Cream-based vegetable soup	<ul style="list-style-type: none"><li>▶ Decreased oil</li><li>▶ Omitted cream</li><li>▶ Added more veggies</li></ul>	Minestrone

## Asian Black Bean Soup

---

Garlic, soy sauce, and red-pepper flakes give this soup an Asian flair. Pair this soup with a salad for a filling lunch.

2 teaspoons vegetable oil	2 tablespoons reduced-sodium soy sauce
1 cup chopped onions	$\frac{1}{8}$ teaspoon crushed red-pepper flakes
2 teaspoons chopped garlic	$\frac{1}{8}$ teaspoon ground coriander
1 cup nonfat, reduced-sodium chicken broth	2 tablespoons orange juice
3 cups canned black beans, rinsed and drained	4 tablespoons reduced-fat sour cream
	2 tablespoons chopped scallions

1. Heat the oil in a 4- to 5-quart pot over medium heat. Add the onions and garlic and cook 5 minutes, stirring occasionally. Add the broth, beans, soy sauce, red-pepper flakes, coriander, and  $\frac{3}{4}$  cup water. Bring the soup to a boil, reduce the heat, and simmer, uncovered, 20 minutes.
2. Puree about three-quarters of the soup in a blender or food processor until smooth. Return the pureed soup to the pot and stir in the orange juice. Simmer the soup 5 minutes.
3. Divide the soup among 4 bowls and serve topped with the sour cream and scallions.

**YIELD:** 4 servings of  $1\frac{1}{2}$  cups each

**COOK'S NOTE:** Serve the soup over  $\frac{1}{2}$  cup boiled brown rice for a more substantial meal. Substitute  $\frac{1}{2}$  cup vegetable broth and  $\frac{1}{2}$  cup water for the chicken broth to make this a vegetarian soup.

### Nutritional Information Per Serving

---

Calories 240 | Energy Density 0.70 | Carbohydrate 32 g. | Fat 6 g. | Protein 13 g. | Fiber 11 g.

## Cannellini Bean Soup

---

This quick and delicious main dish soup will help you to boost your fiber intake.

1 <i>teaspoon extra-virgin olive oil</i>	1 <i>cup peeled, thinly sliced carrots</i>
1 <i>cup chopped onions</i>	1 <i>tablespoon chopped, fresh flat-leaf parsley</i>
1½ <i>teaspoons chopped garlic</i>	¾ <i>teaspoon dried thyme</i>
2 <i>cups cored, diced tomatoes</i>	<i>Pinch freshly ground black pepper</i>
2 <i>cups canned cannellini beans, rinsed and drained</i>	2 <i>cups vegetable broth</i>
1 <i>cup diced zucchini</i>	4 <i>tablespoons grated Parmesan cheese</i>
½ <i>cup frozen peas, thawed</i>	

1. Lightly spray a 4- to 5-quart pot with cooking spray and place over medium heat. Add the oil, onions, and garlic and cook 5 minutes, stirring frequently.
2. Stir in 1 cup water and the rest of the ingredients, except the Parmesan. Bring to a simmer, stirring occasionally. Simmer the soup 10 minutes, stirring occasionally.
3. Ladle into 4 soup bowls and sprinkle with Parmesan.

**YIELD:** 4 servings of 1½ cups each

**COOK'S NOTE:** Any white bean can be substituted for the cannellini. This soup freezes well.

### Nutritional Information Per Serving

---

Calories 265 | Energy Density 0.50 | Carbohydrate 44 g. | Fat 4 g. | Protein 15 g. | Fiber 10 g.



# Vegetarian Barley Soup

---

Barley provides interesting texture, a nutlike flavor, and lots of nutrients. Serve this soup as part of lunch or dinner.

<i>½ cup chopped onions</i>	<i>¼ cup pearl barley</i>
<i>¼ cup chopped celery</i>	<i>¼ teaspoon salt</i>
<i>1 tablespoon chopped fresh flat-leaf parsley</i>	<i>Pinch freshly ground black pepper</i>
<i>½ teaspoon chopped garlic</i>	<i>¼ teaspoon dried oregano</i>
<i>3½ cups vegetable broth</i>	<i>¼ teaspoon dried thyme</i>
<i>1½ cups canned diced tomatoes, with liquid</i>	<i>1 bay leaf</i>
<i>½ cup peeled, sliced carrots</i>	<i>2 cups chopped mushrooms, about 6 ounces</i>

- 1.** Coat the bottom of a large Dutch oven or pot with cooking spray and place over medium-high heat until hot. Add the onions, celery, parsley, and garlic and cook, stirring frequently, 4 minutes.
- 2.** Add the broth, tomatoes, carrots, barley, salt, pepper, oregano, thyme, and bay leaf and bring to a simmer, stirring occasionally. Cover the pot and simmer 20 minutes, stirring occasionally.
- 3.** Stir in the mushrooms and simmer, uncovered, 20 minutes, stirring occasionally.
- 4.** Remove and discard the bay leaf. Ladle the soup into 4 bowls.

**YIELD:** 4 servings of 1¼ cups each

**COOK'S NOTE:** Try different types of mushrooms to vary the flavor.

#### Nutritional Information Per Serving

---

Calories 120 | Energy Density 0.40 | Carbohydrate 19 g. | Fat 2 g. | Protein 8 g. | Fiber 4 g.

## Hearty Chicken and Vegetable Soup

---

Whole-wheat pasta adds fiber to this satisfying main dish soup.

2 tablespoons all-purpose flour	4 cups nonfat, reduced-sodium chicken broth
½ teaspoon salt	1 teaspoon hot-pepper sauce
½ teaspoon dried tarragon	4 ounces dry, whole-wheat chiocciolo or other small whole-wheat pasta
3 4- to 6-ounce skinless, boneless chicken breast halves, cut into ½-inch pieces	¼ cup chopped fresh flat-leaf parsley
2 teaspoons vegetable oil	
3 cups peeled, chopped carrots	
3 cups quartered, small mushrooms, about ½ pound	

1. Combine the flour, salt, and tarragon in a large bowl. Add the chicken and toss to coat.
2. Lightly coat the bottom of a 4- to 5-quart pot with cooking spray. Add the oil and place over medium-high heat. Add the chicken and cook, stirring frequently, 5 minutes, or until lightly browned and no longer pink inside. Remove the chicken and set aside.
3. Stir in the carrots, mushrooms, broth, and hot-pepper sauce and bring to a simmer. Cover and simmer 15 minutes, stirring occasionally.
4. Stir in the chiocciolo and reserved chicken and cook 12 minutes. Ladle into 4 soup bowls and sprinkle with parsley.

**YIELD:** 4 servings of 2 cups each

**COOK'S NOTE:** Two cups of boiled brown rice may be substituted for the pasta. Stir in the rice with the chicken in step 4, cook 5 minutes, and serve as directed above.

### Nutritional Information Per Serving

Calories 290 | Energy Density 0.60 | Carbohydrate 37 g. | Fat 7 g. | Protein 24 g. | Fiber 5 g.

For a 290-calorie soup



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Chicken and vegetable soup	<ul style="list-style-type: none"><li>▶ Used lean, white chicken meat</li><li>▶ Decreased oil and pasta</li><li>▶ Increased the amount of veggies</li></ul>	Hearty Chicken and Vegetable Soup

# Gazpacho

---

Serve this zesty, chunky version of the traditional Spanish cold soup as a starter.

3 cups cored, chopped tomatoes, about 1½ pounds	1 teaspoon minced garlic
1 cup seeded, peeled, chopped cucumber	2 cups reduced-sodium vegetable juice
1 cup chopped green bell peppers	2 tablespoons white-wine vinegar
2 jalapenos, seeded and finely chopped	2 teaspoons extra-virgin olive oil
1 cup chopped sweet onions	1 teaspoon hot-pepper sauce
½ cup chopped celery	¼ teaspoon salt
	¼ teaspoon freshly ground black pepper

**1.** Place all the ingredients in a large bowl. Stir well. Cover soup and chill 2 hours.

**YIELD:** 4 servings of 1⅔ cups each

**COOK'S NOTE:** If you use a food processor to chop the vegetables, process them separately to avoid overprocessing.

#### Nutritional Information Per Serving

---

Calories 120 | Energy Density 0.30 | Carbohydrate 19 g. | Fat 3 g. | Protein 5 g. | Fiber 5 g.

## Cold-Cut Combo Sandwich

---

When you are craving an Italian submarine or hero, try this recipe.

3 tablespoons Italian Dressing (page 153)	2 ounces reduced-fat Genoa salami, 4 slices
2 teaspoons grated Parmesan cheese	
1 teaspoon dried oregano or dry Italian seasoning	2 tomatoes, cored and sliced
4 split 2-ounce wheat rolls	1 green bell pepper, seeded, sliced into rings
6 ounces cooked, thinly sliced deli turkey breast, about 8 slices	¼ cup sliced black olives
4 ounces capocollo ham, 8 slices	1 cup shredded romaine lettuce

1. Combine the dressing, Parmesan, and oregano in a small bowl. Spread the dressing mixture evenly on the bottom of each roll.
2. Divide the turkey among the rolls and top with 2 slices of ham and 1 slice of salami.
3. Divide the tomato slices, pepper rings, olives, and romaine evenly over the 4 sandwiches. Cover each with the top half of a roll.

**YIELD:** 4 servings

**COOK'S NOTE:** If you do not like spicy ham, try a milder low-fat ham in place of the capocollo ham.

### Nutritional Information Per Serving

---

Calories 345 | Energy Density 1.2 | Carbohydrate 36 g. | Fat 10 g. | Protein 27 g. | Fiber 4 g.

## Open-Faced Roast Beef Sandwich

---

Using only one slice of rye bread and adding lots of peppers and onions lowered the energy density of this sandwich. Pictured on page 56.

*1½ cups sliced bell peppers, any combination of red, yellow, and/or green*  
*1 cup sliced mushrooms, about 2½ ounces*  
*¾ cup sliced red onions*  
*2 tablespoons reduced-fat mayonnaise*  
*2 teaspoons prepared horseradish, drained, or to taste*

*4 thin slices rye bread*  
*8 ounces thinly sliced, lean, deli roast beef, about 10 slices*  
*4 tablespoons shredded Swiss cheese*

1. Preheat the broiler.
2. In a nonstick skillet coated with cooking spray, sauté the peppers, mushrooms, and onions over medium heat for 5 minutes, or until slightly tender.
3. Combine the mayonnaise and horseradish and spread evenly over the rye slices.
4. Divide the roast beef among the slices of bread.
5. Divide the sautéed vegetables evenly over the sandwiches and top each with 1 tablespoon cheese.
6. Place the sandwiches on a baking sheet and broil until the cheese melts.

**YIELD:** 4 servings.

**COOK'S NOTE:** Chicken or turkey breast can be substituted for the roast beef; omit the horseradish.

### Nutritional Information Per Serving

---

Calories 200 | Energy Density 1.1 | Carbohydrate 19 g. | Fat 8 g. | Protein 15 g. | Fiber 2 g.

## Roasted Portobello Sandwich

---

With their substantial texture and flavor, portobello mushrooms provide a satisfying alternative to meat. Have this flavorful, vegetable-packed sandwich as the main part of your lunch or dinner.

<i>½ cup lime juice</i>	<i>8 teaspoons Guacamole (page 88)</i>
<i>2 tablespoons extra-virgin olive oil</i>	<i>4 split onion Kaiser rolls</i>
<i>½ cup red-wine vinegar</i>	<i>½ cup baby spinach</i>
<i>1 tablespoon minced garlic</i>	<i>½ cup sliced roasted red bell peppers</i>
<i>2 teaspoons chopped fresh cilantro</i>	<i>½ cup scrubbed, unpeeled sliced cucumber</i>
<i>2 teaspoons sugar</i>	<i>4 slices tomatoes</i>
<i>½ teaspoon salt</i>	<i>4 slices reduced-fat pepper-Jack cheese</i>
<i>¼ teaspoon freshly ground black pepper</i>	
<i>4 large cleaned portobello mushroom caps, about 4 inches in diameter</i>	

- 1.** In a small bowl, combine ½ cup water, lime juice, oil, vinegar, garlic, cilantro, sugar, salt, and pepper. Place the mixture, along with the mushroom caps, in a resealable plastic bag and marinate 1 hour.
- 2.** Preheat the oven to 400 degrees.
- 3.** Remove the mushroom caps from the marinade and place on a baking sheet, stem side up. Roast for 15 minutes, or until brown and tender.
- 4.** Spread 1 teaspoon of guacamole on each half of the Kaiser rolls. Divide the spinach, red bell peppers, and cucumber over the guacamole. Top each with a tomato slice, a mushroom cap, a cheese slice, and the top half of each roll.

**YIELD:** 4 servings

**COOK'S NOTE:** To pack this as part of your lunch, don't add the cooked mushrooms to the sandwich until you are ready to eat.

### Nutritional Information Per Serving

---

Calories 290 | Energy Density 1.2 | Carbohydrate 40 g. | Fat 10 g. | Protein 11 g. | Fiber 4 g.

## Buffalo Chicken Wraps

---

Try these wraps instead of fried chicken wings. The baked chicken paired with hot-pepper sauce and a low-fat blue cheese dressing gives you that comfort-food taste.

2 cups shredded, cooked chicken breast  
meat (page 114)  
2 tablespoons hot-pepper sauce  
 $\frac{1}{2}$  cup reduced-fat blue cheese dressing  
4 10" wheat tortillas

2 cups shredded romaine lettuce  
1 cup diced celery  
1 cup peeled, seeded, and diced cucumber  
1 cup peeled, shredded carrots

1. Combine the chicken and hot-pepper sauce in a small bowl.
2. Spread 2 tablespoons of blue cheese dressing over each tortilla. Arrange  $\frac{1}{2}$  cup romaine horizontally down the center of each tortilla. Top each with  $\frac{1}{2}$  cup chicken,  $\frac{1}{4}$  cup celery,  $\frac{1}{4}$  cup cucumber, and  $\frac{1}{4}$  cup carrots.
3. Fold the sides of each tortilla toward the center. Starting from the bottom, tightly roll the tortilla up to the top.

**YIELD:** 4 servings

**COOK'S NOTE:** Try using flavored tortillas to add color and extra flavor.

### Nutritional Information Per Serving

---

Calories 350 | Energy Density 1.2 | Carbohydrate 45 g. | Fat 7 g. | Protein 28 g. | Fiber 4 g.



*For a 350-calorie wrap*



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Fried chicken wrap	<ul style="list-style-type: none"><li>▶ Used baked chicken instead of fried</li><li>▶ Used reduced-fat blue cheese dressing</li><li>▶ Added more veggies</li></ul>	Buffalo Chicken Wrap

## Zesty Tuna Salad Pita

Dijon mustard sparks the flavor of this salad, and the vegetables add crunch.

2 tablespoons Dijon mustard

2 tablespoons reduced-fat mayonnaise

½ cup chopped red onions

½ cup seeded, chopped red bell peppers

½ cup seeded, chopped yellow bell peppers

½ cup chopped celery

1 12-ounce can solid white tuna packed in water, drained and flaked

Pinch freshly ground black pepper

4 6-inch whole-wheat pita pockets

½ cup shredded arugula or spinach

½ cup sliced mushrooms, about 1½ ounces

*For a 285-calorie pita*



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Tuna salad pita	<ul style="list-style-type: none"><li>▶ Used tuna packed in water and reduced-fat mayo</li><li>▶ Added more vegetables</li></ul>	Zesty Tuna Salad Pita

1. Whisk the mustard and mayonnaise in a medium bowl.
2. Add the onions, bell peppers, celery, tuna, and black pepper. Stir the tuna salad until well mixed; set aside.
3. Cut the pitas in half crosswise.
4. Divide the arugula, mushrooms, and tuna salad among the pita halves.

**YIELD:** 4 servings

**COOK'S NOTE:** You can combine the arugula, mushrooms, and tuna mixture and serve it on a bed of lettuce or on whole-wheat bread.

**Nutritional Information Per Serving**

---

Calories 285 | Energy Density 1.2 | Carbohydrate 32 g. | Fat 6 g. | Protein 27 g. | Fiber 6 g.

**Nutritional Information Per Serving of Tuna Salad**

---

Calories 155 | Energy Density 0.90 | Carbohydrate 6 g. | Fat 5 g. | Protein 21 g. | Fiber 1 g.

## Charlie's Greek Salad

---

This is a rustic side salad based on one Charlie was served during a trip to Athens. The feta cheese, although not in the original, adds another layer of flavor.

<i>½ teaspoon salt</i>	<i>cut crosswise into ½-inch pieces, about</i>
<i>Freshly ground black pepper</i>	<i>½ pound</i>
<i>1 tablespoon fresh lemon juice</i>	<i>2 cups cored tomatoes cut into ½-inch</i>
<i>1 tablespoon extra-virgin olive oil</i>	<i>cubes</i>
<i>2 cups scrubbed, unpeeled, and unseeded</i>	<i>¼ cup chopped fresh oregano</i>
<i>cucumber, quartered lengthwise, and</i>	<i>¼ cup crumbled feta cheese</i>

**1.** Whisk the salt, several grindings of pepper, lemon juice, and oil in a large bowl. Add the cucumber, tomatoes, oregano, and feta. Toss gently, but well.

**YIELD:** 4 servings of ¾ cup each

**COOK'S NOTE:** This dish is best when tomatoes and cucumbers are at their peak.

### Nutritional Information Per Serving

---

Calories 80 | Energy Density 0.50 | Carbohydrate 6 g. | Fat 6 g. | Protein 2 g. | Fiber 1 g.

*For an 80-calorie salad*



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Greek salad	<ul style="list-style-type: none"><li>▶ Reduced oil</li><li>▶ Substituted nonfat feta cheese</li><li>▶ Omitted cured olives</li><li>▶ Increased the veggies</li></ul>	Charlie's Greek Salad

# Creamy Cucumber and Dill Salad

---

This light, refreshing side dish goes well with fish and seafood. Pictured on page 4.

4 cups thinly sliced seedless cucumber,  
about 1 pound  
1 teaspoon salt  
 $\frac{1}{3}$  cup Yogurt Cheese (page 89)

2 tablespoons rice-wine vinegar  
2 tablespoons minced fresh dill  
Pinch freshly ground black pepper  
1 cup thinly sliced red onions

1. Toss the cucumber and  $\frac{1}{2}$  teaspoon salt in a colander set over a larger bowl. Let stand for 30 minutes, stirring occasionally. Rinse and dry the cucumber slices. Discard the liquid.
2. Whisk the yogurt cheese, vinegar,  $\frac{1}{2}$  teaspoon salt, dill, and pepper in a large bowl until smooth.
3. Add the cucumber and onions and toss to coat.
4. Cover the bowl and chill the salad, 1 hour.

**YIELD:** 4 servings of  $\frac{3}{4}$  cup each

**COOK'S NOTE:** Add  $\frac{1}{2}$  cup thinly sliced red radishes to the salad to give it some color and a sharper taste.

#### Nutritional Information Per Serving

---

Calories 50 | Energy Density 0.28 | Carbohydrate 9 g. | Fat 1 g. | Protein 3 g. | Fiber 1 g.

## Fennel, Orange, and Arugula Salad

---

Oranges, along with the distinctive taste of arugula and the crunchy texture of the fennel, make this a bright and refreshing side salad.

2 large navel oranges

1 tablespoon orange juice

1 tablespoon extra-virgin olive oil

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

Pinch freshly ground black pepper

1 fennel bulb, about 1 $\frac{1}{4}$  pounds

4 cups shredded arugula

1. Grate 2 teaspoons orange zest. Peel the oranges, making sure to remove all the bitter white pith. Cut the flesh into  $\frac{1}{2}$ " thick slices and cut the slices crosswise into cubes.
2. Whisk the zest, orange juice, oil, salt, and pepper in a large bowl.
3. Remove the fennel stalks and chop enough of the fronds to measure 1 tablespoon. Cut the bulb lengthwise into quarters. Cut out and discard the core. Cut each quarter crosswise into thin slices.
4. Toss the orange cubes, fennel, fennel fronds, and arugula with the dressing.

**YIELD:** 4 servings of 1 cup each

### Nutritional Information Per Serving

---

Calories 80 | Energy Density 0.58 | Carbohydrate 13 g. | Fat 3 g. | Protein 2 g. | Fiber 4 g.

## Volumetrics Salad

---

This is the salad used in one of the research studies at my lab. Serve this salad as a first course and it will fill you up so that you eat less during the rest of the meal.

8 cups mixed salad greens	1 cup scrubbed, unpeeled diced cucumber
1 cup peeled, shredded carrots	6 tablespoons shredded nonfat mozzarella cheese
1 cup diced celery	
1 cup cored, diced tomatoes	6 tablespoons Italian Dressing (page 153)

1. Mix all the vegetables in a large bowl.
2. Add the mozzarella and Italian Dressing and toss well.
3. Divide the mixture among 4 salad bowls or plates.

**YIELD:** 4 servings of 3 cups each

**COOK'S NOTE:** This recipe uses the low-fat Italian Dressing (page 153) rather than a nonfat Italian dressing as noted in the introduction to this chapter. If you prefer a nonfat dressing, try one of the commercially available nonfat Italian dressings.

### Nutritional Information Per Serving

---

Calories 100 | Energy Density 0.38 | Carbohydrate 11 g. | Fat 4 g. | Protein 6 g. | Fiber 4 g.



*For a 100-calorie salad*



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Tossed salad	<ul style="list-style-type: none"><li>▶ Used low-fat Italian dressing and reduced-fat cheese</li><li>▶ Added more vegetables</li></ul>	Volumetrics Salad

## Lemony Fennel Salad

---

Fresh fennel has a mild licorice taste that is balanced nicely by the lemon. This attractive side salad makes a tasty addition to a picnic basket. The energy density is so low that you can enjoy a large satisfying portion.

*½ teaspoon lemon zest*

*2 tablespoons lemon juice*

*2 teaspoons extra-virgin olive oil*

*¼ teaspoon salt*

*1 fennel bulb, about 1¼ pounds*

*1½ teaspoons grated Parmesan cheese*

- 1.** Whisk the lemon zest, lemon juice, oil, salt, and 1 tablespoon water in a large bowl.
- 2.** Remove the fennel stalks and finely chop enough of the fronds to measure 2 tablespoons and add to the bowl of dressing. Cut the bulbs in quarters lengthwise. Cut out and discard the core. Cut each quarter crosswise into thin slices.
- 3.** Add the fennel slices to the bowl and toss well. Sprinkle with Parmesan and toss again.

**YIELD:** 4 servings of ½ cup each

### Nutritional Information Per Serving

---

Calories 55 | Energy Density 0.36 | Carbohydrate 8 g. | Fat 2 g. | Protein 1 g. | Fiber 3 g.

## Insalata Mista

---

Radicchio adds a vivid red accent and a peppery flavor to this side salad.

1 fennel bulb, about 1¼ pounds

4 cups torn Boston lettuce

3 cups torn radicchio

1 tablespoon extra-virgin olive oil

¼ teaspoon salt

Pinch freshly ground black pepper

3 to 4 tablespoons freshly squeezed

lemon juice

1. Remove the fennel stalks and finely chop enough of the fronds to measure 2 tablespoons. Cut the bulbs in quarters lengthwise. Cut out and discard the core. Cut each quarter crosswise into thin slices.
2. In a large bowl, toss the fennel, fennel fronds, Boston lettuce, and radicchio with the oil, salt, and pepper. Add 3 tablespoons lemon juice and toss again. Taste and add more lemon juice, if desired.
3. Divide the salad among 4 salad plates or bowls.

**YIELD:** 4 servings of 1¾ cups each

### Nutritional Information Per Serving

---

Calories 60 | Energy Density 0.39 | Carbohydrate 7g. | Fat 4 g. | Protein 1 g. | Fiber 3 g.

## Fresh Fruit and Spinach Salad with Orange–Poppy Seed Dressing

---

This salad is a favorite in my lab when we have a party. It is a sweet way to eat your spinach.

<i>½ cup low-fat plain yogurt</i>	<i>1 orange, peeled and segmented</i>
<i>¼ cup nonfat milk</i>	<i>½ cup fresh blueberries</i>
<i>¼ cup sugar</i>	<i>½ cup diced fresh pineapple</i>
<i>2 tablespoons distilled white vinegar</i>	<i>1 tablespoon toasted almond slices</i>
<i>2 tablespoons orange juice</i>	<i>(page 84)</i>
<i>1 tablespoon poppy seeds</i>	<i>8 cups baby spinach</i>
<i>1 cup sliced fresh strawberries</i>	

- 1.** Place the yogurt, milk, sugar, vinegar, juice, and poppy seeds in a screw-top jar. Shake vigorously until blended. Set the Orange-Poppy Seed Dressing aside.
- 2.** Combine the fruit and toasted almonds in a medium bowl and mix well.
- 3.** Divide the baby spinach evenly among 4 salad plates or bowls. Top each with ¼ fruit mixture (a little over ½ cup each).
- 4.** Spoon 2 tablespoons of the Orange–Poppy Seed Dressing over each salad.

**YIELD:** 4 servings of 2½ cups each

**COOK'S NOTE:** Canned pineapple and mandarin oranges may be used in place of fresh fruit.

### Nutritional Information Per Serving

---

Calories 150 | Energy Density 0.64 | Carbohydrate 30 g. | Fat 2 g. | Protein 4 g. | Fiber 8 g.

### Nutritional Information Per Serving of Dressing

---

Calories 45 | Energy Density 1.2 | Carbohydrate 8 g. | Fat 1 g. | Protein 1 g. | Fiber 0 g.

## Tangy Cole Slaw

---

Reminiscent of my mother's cole slaw, this side salad has the tangy flavor of dill pickle.

*1/3 cup reduced-fat mayonnaise*  
*1 cup diced dill pickle*  
*3 tablespoons dill-pickle juice*  
*1 teaspoon celery seed*

*3 1/2 cups shredded green cabbage,*  
*about 1 pound*  
*1/2 cup peeled, shredded carrots*  
*1/2 cup diced celery*

- 1.** Whisk the mayonnaise, pickle, pickle juice, and celery seed in a large bowl.
- 2.** Add the cabbage, carrots, and celery to the bowl and toss well. Chill 1 hour before serving.

**YIELD:** 4 servings of 1 cup each

**COOK'S NOTE:** This salad is best if eaten on the same day it is prepared. Bagged, shredded cole slaw mix can be used in place of the cabbage and carrots to shorten preparation time.

### Nutritional Information Per Serving

---

Calories 65 | Energy Density 0.43 | Carbohydrate 12 g. | Fat 2 g. | Protein 2 g. | Fiber 3 g.

## Thai Chicken Salad

---

Peanuts and peanut oil give this refreshing main dish salad a distinctive Thai taste.

<i>½ cup sliced scallions</i>	<i>1 cup shredded red cabbage</i>
<i>1 tablespoon minced garlic</i>	<i>1 cup peeled, grated carrots</i>
<i>1 seeded and minced jalapeno</i>	<i>1 cup seeded, diced red bell peppers</i>
<i>3 tablespoons lime juice</i>	<i>1 cup peeled, seeded, chopped cucumber</i>
<i>3 tablespoons reduced-sodium soy sauce</i>	<i>1 cup small snow-pea pods</i>
<i>2 tablespoons honey</i>	<i>2 cups cooked, diced chicken breast</i>
<i>1 tablespoon peanut oil</i>	<i>(page 114)</i>
<i>1 tablespoon rice-wine vinegar or distilled white vinegar</i>	<i>4 teaspoons crushed unsalted, dry-roasted peanuts</i>
<i>7 cups torn romaine lettuce</i>	

- 1.** Whisk the scallions, garlic, jalapeno, juice, soy sauce, honey, peanut oil, vinegar, and 2 tablespoons water in a large bowl. Set aside for 30 minutes.
- 2.** Whisk the dressing to recombine and add the lettuce, cabbage, carrots, bell peppers, cucumber, and pea pods to the bowl. Toss well.
- 3.** Divide the salad among 4 plates. Top each with the chicken and peanuts.

**YIELD:** 4 servings of 3 cups each

**COOK'S NOTE:** For a more authentic Thai flavor, substitute 3 tablespoons fish sauce for the soy sauce.

### Nutritional Information Per Serving

---

Calories 255 | Energy Density 0.71 | Carbohydrate 22 g. | Fat 8 g. | Protein 26 g. | Fiber 5 g.

## California Cobb Salad with Nonfat Tomato and Herb Dressing

---

This popular, visually appealing, main dish gives you a large portion without a lot of calories.

8 cups mixed spring salad greens	4 tablespoons crumbled blue cheese
2 cups cooked, diced chicken breast meat (page 114)	½ cup reduced-sodium vegetable juice
2 cups halved cherry tomatoes	2 tablespoons lemon juice
1 cup chopped cucumber, unpeeled and scrubbed	1 tablespoon chopped, fresh flat-leaf parsley
4 slices cooked turkey bacon, chopped	½ teaspoon chopped garlic
2 peeled hard boiled eggs, chopped	¼ teaspoon salt
¾ cup chopped avocado	Dash dried thyme
2 tablespoons chopped fresh chives	Dash sugar
	Dash cayenne
	Dash freshly ground black pepper

1. Divide the greens among 4 large salad bowls. Divide the chicken, tomato, cucumber, bacon, eggs, and avocado among the salads, arranging each ingredient in an individual row on top of the greens. Sprinkle the chives and blue cheese on top of each salad.
2. Place the rest of the ingredients in a screw-top jar. Shake vigorously until blended and set the Nonfat Tomato and Herb Dressing aside.
3. Serve the salad with the dressing on the side.

**YIELD:** 4 servings of 3½ cups each

**COOK'S NOTE:** You can turn this salad into a vegetarian dish by omitting the chicken and the bacon.

### Nutritional Information Per Serving

---

Calories 280 | Energy Density 0.82 | Carbohydrate 12 g. | Fat 13 g. | Protein 31 g. | Fiber 5 g.

### Nutritional Information Per 2 Tablespoon Serving of Dressing

---

Calories 10 | Energy Density 0.27 | Carbohydrate 2 g. | Fat 0 g. | Protein 0 g. | Fiber 0 g.

## Santa Fe Steak Salad with Lime-Cilantro Dressing

---

You can eat steak when following Volumetrics, just watch your portion, and combine it with lots of veggies to reduce the energy density. Serve this main dish salad for lunch or dinner.

<i>½ cup lime juice</i>	<i>1 seeded red or green bell pepper, sliced</i>
<i>3 tablespoons extra-virgin olive oil</i>	<i>½ cup chopped red onions</i>
<i>½ cup chopped fresh cilantro</i>	<i>¼ cup chopped green olives</i>
<i>1 tablespoon chopped garlic</i>	<i>1 cup halved cherry tomatoes</i>
<i>2 teaspoons sugar</i>	<i>½ cup canned dark-red kidney beans, rinsed and drained</i>
<i>1 teaspoon cumin</i>	<i>½ cup canned corn, drained</i>
<i>⅛ teaspoon cayenne</i>	<i>¾ cup diced avocado</i>
<i>1 pound flank steak, cut diagonally against the grain into ¼-inch thick pieces</i>	<i>½ cup shredded, reduced-fat Mexican- blend cheese</i>
<i>8 cups mixed salad greens</i>	<i>1 cup prepared tomato salsa</i>
<i>1 cup peeled, diced jicama</i>	

- 1.** Combine the lime juice, oil, cilantro, garlic, sugar, cumin, cayenne, and ½ cup of water in a blender. Blend on high until smooth. Set the Lime-Cilantro Dressing aside.
- 2.** Marinate the steak in the dressing for 1 hour.
- 3.** Place a large skillet coated with cooking spray over medium-high heat. When it is hot, add the meat and marinade, and cook, stirring, 3 to 4 minutes, or until the meat is no longer pink. Transfer the meat to a plate and cover.
- 4.** Divide the greens among 4 plates.
- 5.** Mix the jicama, bell peppers, onions, olives, tomatoes, beans, corn, and avocado in a bowl.
- 6.** Divide the jicama mixture among the plates and top with the cheese, salsa, and steak.



**YIELD:** 4 servings of 3½ cups each

**COOK'S NOTE:** Jicama, also known as *Mexican potato*, can be found in the produce section of large supermarkets and specialty grocery stores. It is a crunchy tuber that adds wonderful flavor and texture to salads. (When used as a dressing for salad, Lime-Cilantro Dressing yields 12 servings of 1½ tablespoons each.)

**Nutritional Information Per Serving**

---

Calories 400 | Energy Density 0.79 | Carbohydrate 29 g. | Fat 18 g. | Protein 33 g. | Fiber 10 g.

**Nutritional Information Per 1½ Tablespoon Serving of Dressing**

---

Calories 40 | Energy Density 1.6 | Carbohydrate 2 g. | Fat 4 g. | Protein 0 g. | Fiber 0 g.

## Liz's Pasta Salad

---

Liz Bell, one of my doctoral students, developed this main-course pasta salad for use in one of our studies. The participants in the study enjoyed this tasty salad and ate fewer calories than when served a traditional pasta salad.

4 cups ditalini or small shell pasta, cooked and drained	8 tablespoons $\frac{1}{4}$ -inch thick diced ham, about 4 ounces
2 cups peeled, shredded carrots	1 cup shredded part-skim mozzarella cheese
2 cups cored, diced tomatoes	$\frac{1}{2}$ cup Italian Dressing (page 153)
2 cups diced zucchini	
2 cups frozen baby peas, cooked and drained	

**1.** Combine all the ingredients in a medium bowl and mix well, evenly distributing the dressing. Serve chilled or at room temperature on 4 plates.

**YIELD:** 4 servings of 3 cups each

**COOK'S NOTE:** You can use whole-wheat pasta in this recipe for extra fiber.

### Nutritional Information Per Serving

---

Calories 400 | Energy Density 0.80 | Carbohydrate 52 g. | Fat 11 g. | Protein 23 g. | Fiber 9 g.

For a 400-calorie salad



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Pasta salad	<ul style="list-style-type: none"><li>▶ Used less pasta</li><li>▶ Used a reduced-calorie dressing</li><li>▶ Added 4 times the veggies</li></ul>	Liz's Pasta Salad

## Tabbouleh

---

The addition of fennel gives a new twist to this light Lebanese bulgur salad.

<i>⅔ cup bulgur</i>	<i>½ cup cored, chopped fennel bulb, about ¼ bulb</i>
<i>4 thinly sliced scallions</i>	<i>3 tablespoons extra-virgin olive oil</i>
<i>2 cups chopped, fresh flat-leaf parsley</i>	<i>¼ cup lemon juice</i>
<i>¼ cup shredded fresh mint</i>	<i>¼ teaspoon salt</i>
<i>½ cup cored, chopped tomatoes</i>	<i>¼ teaspoon freshly ground black pepper</i>
<i>½ cup chopped celery</i>	

- 1.** Place the bulgur in a small bowl and cover with water. Let it soak for about 30 minutes.
- 2.** Drain the bulgur through a cheesecloth-lined sieve. Extract as much water as possible by squeezing the cheesecloth. Transfer the bulgur to a medium bowl and fluff with a fork.
- 3.** Combine the scallions, parsley, mint, tomatoes, celery, and fennel with the bulgur.
- 4.** Whisk the oil, lemon juice, salt, and pepper in a small bowl. Pour the dressing over the salad and toss gently to coat. Cover and chill 30 minutes.

**YIELD:** 8 servings of ½ cup each

### Nutritional Information Per Serving

---

Calories 100 | Energy Density 1.0 | Carbohydrate 13 g. | Fat 5 g. | Protein 2 g. | Fiber 3 g.

## Tuna and White Bean Salad

---

Serve this light, flavorful, and slightly tart salad with soup for lunch.

3 tablespoons lemon juice	½ cup chopped red onions
1 tablespoon extra-virgin olive oil	¼ cup pitted, chopped Niçoise olives
1 teaspoon minced garlic	2 cups seeded and diced tomatoes
1 teaspoon Dijon mustard	3 cups baby spinach
½ teaspoon salt	1 12-ounce can solid white tuna, packed in water, drained and flaked
Freshly ground black pepper	
1 cup canned cannellini beans, rinsed and drained	

1. Whisk the lemon juice, oil, garlic, mustard, salt, several grindings of black pepper, and 2 tablespoons water in a large bowl.
2. Place the rest of the ingredients in the bowl and toss to coat with dressing.

**YIELD:** 4 servings of 1¾ cups each

**COOK'S NOTE:** Any white bean can be substituted for the cannellini. Other cured olives such as kalamata can be used in place of the Niçoise.

### Nutritional Information Per Serving

---

Calories 200 | Energy Density 0.66 | Carbohydrate 15 g. | Fat 6 g. | Protein 24 g. | Fiber 6 g.

*For a 200-calorie salad*



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Salad Niçoise	<ul style="list-style-type: none"><li>▶ Decreased oil</li><li>▶ Used tuna packed in water</li><li>▶ Added more vegetables</li></ul>	Tuna and White Bean Salad

## Minted Broccoli

---

The mint and lemon juice complement the taste of broccoli, so it can be enjoyed without added fat. The energy density is so low you can eat as much as you like.

1 pound broccoli

$\frac{3}{4}$  teaspoon salt

2 tablespoons lemon juice

Freshly ground black pepper

1 tablespoon chopped fresh mint

- 1.** Remove the tough ends of the broccoli stems, peel the stems, and cut the broccoli into  $\frac{1}{2}$ -inch-thick spears.
- 2.** Bring 1 inch of water to a boil in a large saucepan. Add  $\frac{1}{2}$  teaspoon salt and the broccoli and simmer, covered, for 5 minutes. Drain the broccoli and return it to the pan.
- 3.** Place the pan over very low heat. Sprinkle with the lemon juice,  $\frac{1}{4}$  teaspoon of salt, a few grindings of black pepper, and the mint. Toss gently to combine.

**YIELD:** 4 servings of  $\frac{3}{4}$  cup each

**COOK'S NOTE:** Try using your favorite fresh herb or combination of herbs in place of the mint.

### Nutritional Information Per Serving

---

Calories 35 | Energy Density 0.28 | Carbohydrate 7 g. | Fat 1 g. | Protein 3 g. | Fiber 1 g.

For a 35-calorie side dish



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Broccoli with cheese sauce	<ul style="list-style-type: none"><li>▶ Omitted cheese sauce</li><li>▶ Used fresh herbs for flavor</li></ul>	Minted Broccoli



## Ratatouille

---

This quick-to-prepare version of the versatile classic French recipe makes a flavorful side dish. It can be served hot or at room temperature. Try it as a dip, a topping for pasta and baked potatoes, or a filling for omelets.

1 <i>tablespoon extra-virgin olive oil</i>	<i>½ cup vegetable broth</i>
1 <i>cup diced zucchini</i>	2 <i>tablespoons tomato paste</i>
1 <i>cup unpeeled, diced eggplant</i>	<i>¼ teaspoon salt</i>
<i>½ cup halved and sliced onions</i>	<i>¼ teaspoon freshly ground black pepper</i>
1 <i>teaspoon chopped garlic</i>	2 <i>tablespoons chopped fresh basil</i>
<i>1½ cups canned diced tomatoes, with liquid</i>	

1. Heat the oil in a 12" nonstick skillet over medium-high heat. Add the zucchini, eggplant, onions, and garlic and cook, stirring occasionally, 5 minutes.
2. Add the rest of the ingredients, except the basil, and bring to a simmer, stirring. Cook 10 minutes, stirring occasionally. Stir in the basil and serve.

**YIELD:** 4 servings of  $\frac{3}{4}$  cup each

### Nutritional Information Per Serving

---

Calories 75 | Energy Density 0.50 | Carbohydrate 9 g. | Fat 4 g. | Protein 2 g. | Fiber 2 g.

## Roasted Asparagus

---

Roasting gives the asparagus in this side dish a deep, mellow flavor. Pictured on page 4.

*1½ pounds thick asparagus spears*  
Salt

*Freshly ground black pepper*  
*2 tablespoons grated Parmesan cheese*

1. Preheat the oven to 400 degrees.
2. Lightly coat a baking sheet with cooking spray.
3. Break off the tough root ends of the asparagus. Peel off the tough skin with a paring knife. Place on the baking sheet in single layer. Lightly spray the asparagus with cooking spray. Season lightly with the salt and pepper. Sprinkle evenly with the Parmesan and roast for 15 minutes, or until tender when pierced with the tip of a knife.

**YIELD:** 4 servings of  $\frac{3}{4}$  cup each

**COOK'S NOTE:** Thicker asparagus spears work best in this recipe. If using thin spears, shorten the baking time to about 10 minutes. Parmesan can be omitted, if desired.

### Nutritional Information Per Serving

---

Calories 50 | Energy Density 0.40 | Carbohydrate 8 g. | Fat 1 g. | Protein 5 g. | Fiber 4 g.

## Stir-Fried Green Beans

---

Stir-frying is a way to quickly prepare dishes with fresh, crisp textures and flavors using only a little fat. Notice the low energy density of these beans!

*1½ teaspoons sesame oil*                      *1½ teaspoons reduced-sodium soy sauce*  
*1½ pounds green beans, trimmed and cut*    *1 teaspoon sugar*  
*into 1-inch pieces*

**1.** Heat the oil over medium-high heat in a large nonstick skillet or wok. Add the green beans and stir-fry 3 minutes. Add the soy sauce and stir-fry 1 minute. Add the sugar and stir-fry 30 seconds.

**YIELD:** 4 servings of 1¼ cups each

**COOK'S NOTE:** Thin asparagus can be substituted for the green beans. Sliced bamboo shoots provide an attractive garnish.

### Nutritional Information Per Serving

---

Calories 65 | Energy Density 0.40 | Carbohydrate 11 g. | Fat 2 g. | Protein 3 g. | Fiber 5 g.

For a 65-calorie side dish



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Green-bean casserole	<ul style="list-style-type: none"><li>▶ Omitted cream soup</li><li>▶ Omitted fried onions</li><li>▶ Used a small amount of sesame oil to increase flavor</li></ul>	Stir-Fried Green Beans

## Tofu Pad Thai

---

Tofu or bean curd stands in for meat in many vegetarian dishes. It absorbs flavors of the sauce in which it is cooking.

6 ounces Asian rice noodles	1 teaspoon garlic
1 cup vegetable broth	1 egg
2 tablespoons bottled fish sauce	8 ounces extra-firm tofu, diced into ¼-inch cubes
1 tablespoon rice-wine vinegar	1 cup chopped onions
1 tablespoon lime juice	2½ cups fresh bean sprouts
3 tablespoons tomato paste	½ cup chopped fresh cilantro
1 tablespoon sugar	¼ cup chopped, dry-roasted peanuts
½ tablespoon seeded, minced jalapeño	4 cups shredded romaine lettuce
1 tablespoon peanut oil	

1. Prepare the noodles as directed on the package.
2. In a small bowl, combine the broth, sauce, vinegar, lime juice, tomato paste, sugar, and jalapeño and set aside.
3. In a large nonstick skillet or a wok, heat the oil over medium heat and sauté the garlic. Add the egg and scramble it into small pieces. Increase the heat to high, add the tofu, and sauté 2 minutes, stirring gently. Add the sauce mixture and cook 1 minute, or until it comes to a boil.
4. Reduce the heat to medium, and add the rice noodles, onions, sprouts, cilantro, and peanuts to the skillet. Heat thoroughly while tossing until the noodles are coated.
5. Divide the romaine among 4 plates and serve the Pad Thai over it.

**YIELD:** 4 servings of 2 cups each

**COOK'S NOTE:** For a vegetarian dish, substitute soy sauce for the fish sauce.

### Nutritional Information Per Serving

---

Calories 375 | Energy Density 0.90 | Carbohydrate 52 g. | Fat 13 g. | Protein 14 g. | Fiber 4 g.

## Oven-Roasted Potatoes

---

This side dish is a delicious, low-fat alternative to deep-fried potatoes.

*1¼ pounds unpeeled, medium red-skinned potatoes, each cut into 8 wedges*      *Salt*  
*½ teaspoon dried thyme*      *Freshly ground black pepper*  
*¼ cup chopped fresh parsley*

1. Preheat the oven to 400 degrees.
2. Lightly coat a baking dish with cooking spray and add the potatoes, skin side down. Spray the potatoes lightly with cooking spray. Sprinkle the potatoes with thyme and season lightly with the salt and pepper. Roast the potatoes 40 minutes.
3. Serve the potatoes sprinkled with the parsley.

**YIELD:** 4 servings of  $\frac{2}{3}$  cup each

**COOK'S NOTE:** Any boiling potato can be substituted for the red skins. For a Cajun flavor, add 2 teaspoons chili powder and  $\frac{1}{4}$  teaspoon cayenne.

### Nutritional Information Per Serving

---

Calories 110 | Energy Density 1.6 | Carbohydrate 24 g. | Fat 0 g. | Protein 3 g. | Fiber 2 g.

## Bulgur and Vegetable Stuffed Peppers

Bulgur provides the extra fiber associated with whole grains, and gives this dish a hearty texture. Enjoy this as a side dish, or double the portion to make a main dish.

1 cup vegetable broth

$\frac{2}{3}$  cup bulgur

4 red, yellow, or orange bell peppers, about 2 pounds

$\frac{1}{2}$  cup finely chopped celery

$\frac{1}{4}$  cup chopped scallions

$\frac{1}{2}$  cup diced mushrooms, about 2 ounces

$\frac{1}{2}$  cup peeled, shredded carrots

$\frac{1}{4}$  cup grated Parmesan cheese

$\frac{1}{2}$  teaspoon dried thyme

$\frac{1}{2}$  teaspoon dried oregano

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

Pinch cayenne

*For a 150-calorie side dish*



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Sausage-stuffed peppers	<ul style="list-style-type: none"><li>▶ Decreased amount of oil</li><li>▶ Omitted sausage</li><li>▶ Added bulgur and vegetables</li></ul>	Bulgur and Vegetable Stuffed Peppers

1. Bring the broth and bulgur to a boil in a 2-quart saucepan, stirring constantly. Reduce the heat and simmer, covered, 10 minutes. Fluff with a fork and put in a large bowl.
2. Preheat the oven to 375 degrees.
3. Lightly coat an 8-by-8-inch baking dish with cooking spray.
4. Cut the tops off the bell peppers and remove the core and seeds. Cut a very thin slice off the bottom of the bell peppers so they will stand upright.
5. Cook the peppers, in a large pot of boiling water, 3 minutes. Remove the peppers and drain, inverted, on paper towels.
6. Combine the remaining ingredients with the bulgur. Divide the mixture among the peppers. Place the peppers upright in the baking dish and bake 15 to 20 minutes.

**YIELD:** 4 servings

**COOK'S NOTE:** Bulgur is available in the natural-food section of some supermarkets and in specialty grocery stores.

**Nutritional Information Per Serving**

---

Calories 150 | Energy Density 0.50 | Carbohydrate 27 g. | Fat 2 g. | Protein 7 g. | Fiber 8 g.



## Chickpea Curry

---

Chickpeas, or garbanzo beans, add lots of nutrients and fiber to this spicy vegetarian main dish.

1 <i>tablespoon extra-virgin olive oil</i>	4 <i>cups cored, chopped tomatoes</i>
1 <i>cup chopped onions</i>	1½ <i>teaspoons sugar</i>
1½ <i>teaspoons chopped garlic</i>	3 <i>cups canned chickpeas, rinsed and drained</i>
1½ <i>teaspoons chopped fresh ginger</i>	1½ <i>cups baby spinach</i>
1½ <i>teaspoons curry powder</i>	1½ <i>cups small cauliflowerettes</i>
½ <i>teaspoon ground turmeric</i>	½ <i>teaspoon garam masala</i>
⅛ <i>teaspoon crushed red-pepper flakes</i>	3 <i>cups cooked brown basmati rice</i>
½ <i>teaspoon salt</i>	

1. Heat the oil in a 4- to 5-quart pan over medium heat. Add the onions and sauté 5 minutes. Stir in the garlic, ginger, curry powder, turmeric, red-pepper flakes, and salt. Cook 2 minutes, stirring.
2. Stir in the tomatoes and sugar and cook on medium-low heat 10 minutes, stirring occasionally.
3. Stir in the chickpeas, spinach, cauliflower, and garam masala. Simmer, covered, 10 minutes, stirring occasionally.
4. Divide the rice and curry among 6 bowls.

**YIELD:** 6 servings of 1 cup of curry and ½ cup rice each

**COOK'S NOTE:** Garam masala is an Indian spice blend that can be found in the spice section of large supermarkets and in specialty grocery stores.

### Nutritional Information Per Serving

---

Calories 325 | Energy Density 0.70 | Carbohydrate 61 g. | Fat 5 g. | Protein 11 g. | Fiber 10 g.

## Stir-Fried Beef with Snow Peas and Tomatoes

---

This mildly spicy main dish is a good choice when you need to get dinner on the table quickly.

1 pound well-trimmed flank steak	3 scallions, cut in 1-inch lengths
1 tablespoon cornstarch	1½ teaspoons minced garlic
1 tablespoon reduced-sodium soy sauce	6 ounces snow peas
1 tablespoon minced fresh ginger	2 cups cored, chopped tomatoes
1 teaspoon sugar	¼ teaspoon hot-pepper sauce
1 tablespoon vegetable oil	Freshly ground black pepper

1. Cut the beef in half lengthwise and slice it thinly across the grain.
2. Combine the cornstarch, soy sauce, ginger, and ½ teaspoon sugar in a large bowl. Stir until smooth. Add the beef and toss well.
3. Heat 1½ teaspoons oil in a large nonstick skillet or wok over moderately high heat. Add half of the beef, stir-fry 2 minutes. Transfer the beef to a plate with a slotted spoon. Repeat with the remaining 1½ teaspoons oil and remaining beef. Set the beef aside.
4. Add the scallions, garlic, snow peas, tomatoes, the remaining ½ teaspoon sugar, and hot-pepper sauce and stir-fry 3 minutes. Return the beef and any liquid on the plate to the skillet and stir-fry 1 minute. Add a few grindings of black pepper and stir again.

**YIELD:** 4 servings of 1½ cups each

**COOK'S NOTE:** Green beans cut into 1-inch pieces or sugar snap peas can be substituted for the snow peas. This is good served with boiled brown rice.

### Nutritional Information Per Serving

---

Calories 255 | Energy Density 1.2 | Carbohydrate 11 g. | Fat 12 g. | Protein 26 g. | Fiber 2 g.

## Old World Goulash

---

This volumetric version of the traditional Hungarian beef stew provides satisfying portions with lots of vegetables.

1 <i>tablespoon extra-virgin olive oil</i>	2 <i>cups peeled, thinly sliced carrots</i>
1 <i>pound well-trimmed, boneless beef round roast, cut into 1-inch pieces</i>	1 <i>cup sliced celery</i>
$\frac{1}{2}$ <i>teaspoon salt</i>	12 <i>ounces trimmed green beans, cut into 1-inch lengths</i>
$\frac{1}{4}$ <i>teaspoon freshly ground black pepper</i>	2 <i>tablespoons paprika</i>
1 <i>cup chopped onions</i>	$\frac{1}{2}$ <i>teaspoon dried thyme</i>
1 <i>teaspoon chopped garlic</i>	1 <i>tablespoon tomato paste</i>
2 <i>cups sliced mushrooms, about <math>\frac{1}{3}</math> pound</i>	2 <i>tablespoons cornstarch</i>
1 <i>cup nonfat, reduced-sodium beef broth</i>	2 <i>tablespoons dry red wine</i>
2 <i>cups peeled, diced boiling potatoes, about 1 pound</i>	

1. Lightly coat a 4- to 5-quart heavy pot or Dutch oven with cooking spray. Add the oil and heat over medium-high heat. Add the beef, salt, and pepper. Cook, stirring occasionally, until the beef browns, 6 to 8 minutes.
2. Add the onions, garlic, and mushrooms and cook 5 minutes.
3. Add the broth, and enough water to barely cover the ingredients in the pot. Bring to a simmer, stirring occasionally. Cover the pot and cook 45 minutes, stirring occasionally.
4. Add the potatoes, carrots, celery, beans, paprika, thyme, and tomato paste and stir well. Add more water, if necessary, to barely cover. Simmer, uncovered, 45 minutes, stirring occasionally. Add additional water, if necessary, to prevent the stew from drying out.
5. Whisk the cornstarch and wine in a small bowl until smooth. Stir the mixture into the goulash and cook over medium-high heat, stirring occasionally, until slightly

thickened and bubbly, about 3 minutes. Taste the sauce and season with salt and pepper, if necessary.

**YIELD:** 4 servings of 2¼ cups each

**COOK'S NOTE:** The paprika provides the distinctive flavor and color of this dish so be sure it is fresh. The goulash is delicious by itself, but it is often served with noodles. Try whole-wheat, broad egg noodles, or short pasta such as whole-wheat fusilli or penne.

**Nutritional Information Per Serving**

Calories 335 | Energy Density 0.60 | Carbohydrate 32 g. | Fat 11 g. | Protein 30 g. | Fiber 10 g.

*For a 335-calorie entrée*



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Traditional beef goulash	<ul style="list-style-type: none"><li>▶ Used less oil to sauté</li><li>▶ Omitted sour cream</li><li>▶ Used lean beef and twice as many vegetables</li></ul>	Old World Goulash

## Nouveau Lamb Stew

I updated this satisfying main dish by decreasing the calories and fat and adding Mediterranean-inspired flavors.

1 teaspoon extra-virgin olive oil	2 cups peeled, chopped turnips
1 pound boneless lamb shoulder, excess fat removed, cut in 1-inch pieces	1 cup peeled, thickly sliced carrots
1 cup chopped onions	1 cup sliced celery
½ teaspoon salt	½ teaspoon dried thyme
Pinch freshly ground black pepper	½ teaspoon chopped garlic
1 cup nonfat, reduced-sodium beef broth	2 tablespoons cornstarch
1½ cups peeled, diced boiling potatoes	2 tablespoons dry red wine
	1 cup frozen peas, thawed

*For a 245-calorie entrée*



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Lamb stew	<ul style="list-style-type: none"> <li>▶ Decreased oil</li> <li>▶ Used less meat and trimmed all visible fat</li> <li>▶ Doubled the amount of veggies</li> </ul>	Nouveau Lamb Stew

1. Lightly coat a 4- to 5-quart heavy pot or Dutch oven with cooking spray. Add the oil and heat over medium-high heat.
2. Add the lamb, and cook, stirring occasionally, until the lamb is lightly browned. Stir in the onions, salt, and pepper and cook 5 minutes. Add the broth and enough water to cover the meat. Bring to a simmer, stirring occasionally. Cover the pot and cook 1 hour, stirring occasionally.
3. Add the potatoes, turnips, carrots, celery, thyme, and garlic. Add more water, if necessary, to barely cover all the ingredients. Bring back to a simmer, stirring, and cook, uncovered, 30 minutes.
4. Whisk the cornstarch and wine in a small bowl until smooth. Stir the cornstarch mixture and peas into the stew. Raise the heat to medium-high and cook, stirring, until slightly thickened and bubbly, about 3 minutes. Taste for seasoning and, if desired, add more salt and pepper.

**YIELD:** 4 servings of 2½ cups each

**COOK'S NOTE:** This stew is even better reheated. Cool, cover, and place in the refrigerator overnight. Remove any fat that settles on the surface. Return to the stove and cook, stirring occasionally, over medium heat, until bubbly.

**Nutritional Information Per Serving**

Calories 245 | Energy Density 0.40 | Carbohydrate 28 g. | Fat 6 g. | Protein 20 g. | Fiber 6 g.

## Pork Chops with Orange-Soy Sauce

The orange juice and soy sauce reduction makes a great tasting sauce. This main dish can be prepared quickly enough to make any night a special occasion.

1 cup orange juice

1 tablespoon reduced-sodium soy sauce

2 teaspoons minced garlic

½ teaspoon dried thyme

4 pork chops, 4 ounces each,  
trimmed of fat

Salt

Freshly ground black pepper

1 tablespoon vegetable oil

For a 195-calorie entrée



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Breaded and fried pork chops	<ul style="list-style-type: none"> <li>▶ Omitted breading</li> <li>▶ Instead of pan frying, browned chop with a small amount of oil and finished it in the oven</li> <li>▶ Added sauce for flavor</li> </ul>	Pork Chops with Orange-Soy Sauce

1. Preheat the oven to 400 degrees.
2. Combine the juice, soy sauce, garlic, and thyme in a small bowl and set aside.
3. Lightly season the pork chops with salt and pepper.
4. Heat the oil in a large skillet over high heat. Add the pork chops and brown 3 minutes per side. Transfer the chops to a baking dish and bake 10 to 15 minutes, or until no longer pink.
5. Remove any fat from the skillet. Add the orange-soy mixture to the skillet and cook, stirring, over high heat, 3 to 5 minutes, or until reduced by half. Return the chops and any juices to the skillet and heat through, turning once.

**YIELD:** 4 servings

**Nutritional Information Per Serving**

---

Calories 195 | Energy Density 1.6 | Carbohydrate 7 g. | Fat 9 g. | Protein 20 g. | Fiber 1 g.



## Poach-Roast Salmon with Yogurt and Dill Sauce

---

This is a simple and almost foolproof method of cooking salmon fillets so that they remain moist.

<i>½ cup nonfat plain yogurt</i>	<i>1 tablespoon chopped fresh dill</i>
<i>½ teaspoon minced garlic</i>	<i>1 pound salmon fillet, cut crosswise into</i>
<i>1 tablespoon minced onions</i>	<i>4 equal portions</i>
<i>1 tablespoon drained capers, chopped if</i>	<i>¼ teaspoon salt</i>
<i>large</i>	<i>Pinch freshly ground black pepper</i>
<i>3 tablespoons lemon juice</i>	<i>4 lemon wedges</i>

1. Preheat the oven to 400 degrees.
2. In a small bowl, stir the yogurt, garlic, onions, capers, 1 tablespoon lemon juice, and ½ tablespoon dill until smooth. Set the Yogurt and Dill Sauce aside.
3. Lightly coat an 8- by 12-inch glass baking dish with cooking spray.
4. Place the salmon, skin-side down, in the dish. Sprinkle with 2 tablespoons lemon juice. Season with salt, pepper, and ½ tablespoon dill. Cover the dish tightly with foil and bake 15 to 25 minutes until fish is flaky and no longer translucent.
5. Divide the salmon among 4 dinner plates and garnish with 2 tablespoons of the sauce and a lemon wedge.

**YIELD:** 4 servings

### Nutritional Information Per Serving

---

Calories 225 | Energy Density 1.6 | Carbohydrate 4 g. | Fat 13 g. | Protein 24 g. | Fiber 0 g.

### Nutritional Information Per Serving of Yogurt and Dill Sauce

---

Calories 15 | Energy Density 0.52 | Carbohydrate 2 g. | Fat 1 g. | Protein 1 g. | Fiber 1 g.

## Baked Tilapia with Sautéed Vegetables

Try this simple method of cooking fish fillets for a colorful and delicious main dish.

1 pound tilapia fillets

½ cup orange juice

2 teaspoons vegetable oil

¼ teaspoon salt

1 cup chopped green bell peppers

¾ cup halved and sliced onions

2 teaspoons minced garlic

1½ cups canned diced tomatoes, with liquid

*For a 160-calorie entrée*



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Breaded and fried fish	<ul style="list-style-type: none"><li>▶ Omitted the breading</li><li>▶ Baked the fish instead of frying</li><li>▶ Added vegetables</li></ul>	Baked Tilapia with Sautéed Vegetables

1. Preheat the oven to 350 degrees. Lightly coat a baking dish large enough to accommodate the fillets in one layer with cooking spray.
2. Rinse the fillets under cold water, pat dry, and place them in the baking dish in a single layer, skin side down.
3. Combine 2 tablespoons orange juice with 1 teaspoon oil and sprinkle over the fillets. Sprinkle with salt and bake 15 to 20 minutes, or until the fish is flaky and no longer translucent.
4. Lightly coat a large skillet with cooking spray, add remaining 1 teaspoon oil and heat over medium-high heat. Add the bell peppers and onions and cook, stirring occasionally, 5 minutes. Add the remaining orange juice, garlic, and tomatoes. Cook, stirring occasionally, 2 minutes, or until heated through.
5. Divide the fillets among 4 plates and spoon the sauce over them.

**YIELD:** 4 servings

**COOK'S NOTE:** Other fish choices are flounder, cod, red snapper, or sole. Lemon juice or dry white wine can be substituted for the orange juice. Try the Cherry Tomato Salsa (page 240) or the Mango Salsa (page 88) instead of the sautéed vegetables.

**Nutritional Information Per Serving**

---

Calories 160 | Energy Density 0.80 | Carbohydrate 10 g. | Fat 3 g. | Protein 22 g. | Fiber 2 g.

## Jenny's Caribbean Tuna and Fruit Kebobs

---

Jenny, a Postdoctoral Fellow in my lab, created this main dish recipe after returning from a trip to Jamaica.

<i>½ cup lime juice</i>	<i>1 pound tuna steak, cut into 16 1-inch cubes</i>
<i>1 cup orange juice</i>	
<i>4 tablespoons honey</i>	<i>¼ teaspoon salt</i>
<i>¼ teaspoon allspice</i>	<i>24 1-inch cubes fresh pineapple</i>
<i>¼ teaspoon dried thyme</i>	<i>2 peeled, pitted mangos, cut into 24 chunks</i>
<i>¼ teaspoon cayenne</i>	<i>2 cups cooked long-grain brown rice</i>

- 1.** Stir the lime juice, orange juice, honey, allspice, thyme, and cayenne together in a small bowl. Marinate the fish in 1 cup of the lime juice mixture in the refrigerator 1 hour. Reserve the remaining marinade.
- 2.** Preheat the broiler.
- 3.** Remove the tuna from the marinade and sprinkle with the salt. Thread a piece of pineapple, a piece of mango, and a piece of tuna onto a skewer. Repeat, and then add another piece of each fruit. Fill 8 skewers.
- 4.** Place the kebobs on a baking sheet coated with cooking spray and brush with the reserved marinade. Broil the kebobs 3 minutes. Turn the kebobs, brush with the reserved marinade, and broil 3 to 4 more minutes, or until the tuna is flaky and no longer translucent.
- 5.** Divide the kebobs and rice among 4 plates.

**YIELD:** 4 servings

**COOK'S NOTE:** The kebobs can also be prepared on a grill.

### Nutritional Information Per Serving

---

Calories 420 | Energy Density 1.0 | Carbohydrate 61 g. | Fat 7 g. | Protein 30 g. | Fiber 4 g.

## Shrimp Creole

---

Enjoy the flavors of New Orleans in this impressive, easy-to-prepare main dish.

1 cup sliced celery	2 tablespoons Worcestershire sauce
1 cup chopped onions	1 tablespoon hot-pepper sauce
2 teaspoons minced garlic	$\frac{3}{4}$ pound boiled shrimp, shelled and deveined
3 cups canned stewed tomatoes	2 cups green bell pepper strips, about 1 pound
1 cup Tomato and Fresh Basil Sauce (page 233)	3 cups cooked brown rice
2 teaspoons chili powder	

1. Cook the celery, onions, and garlic in a large pan coated with cooking spray over medium heat until tender, about 5 minutes.
2. Add the tomatoes, tomato sauce, chili powder, Worcestershire sauce, and hot-pepper sauce and simmer, uncovered, 45 minutes. If tomato mixture becomes thick, stir in up to  $\frac{1}{2}$  cup water.
3. Add the shrimp and green pepper strips to the tomato mixture and simmer 5 minutes.
4. Divide the rice among 4 plates and spoon the Shrimp Creole over the rice.

**YIELD:** 4 servings of  $1\frac{1}{2}$  cups Shrimp Creole and  $\frac{3}{4}$  cup brown rice each

### Nutritional Information Per Serving

---

Calories 335 | Energy Density 0.60 | Carbohydrate 60 g. | Fat 2 g. | Protein 19 g. | Fiber 8 g.

## Shrimp Fried Rice

---

The rich taste of the dark sesame oil adds a distinctive flavor to this quick stir-fry meal.

3 teaspoons dark sesame oil	1 cup frozen peas, thawed
$\frac{3}{4}$ pound small shrimp, shelled and deveined	2 cups cooked brown rice
2 teaspoons chopped garlic	1 tablespoon reduced-sodium soy sauce
2 teaspoons chopped fresh ginger	1 tablespoon hoisin sauce
1 cup peeled, finely chopped carrots	Pinch cayenne
1 cup small broccoli florets	1 egg
$\frac{1}{4}$ cup chopped scallions	1 egg white
1 cup seeded, chopped red or green bell peppers	

1. Heat 1 teaspoon oil in a large nonstick skillet or wok over medium-high heat. Add the shrimp, garlic, and ginger and stir-fry 3 minutes, or until the shrimp are pink and opaque. Transfer the shrimp to a plate and cover to keep warm.
2. Add 2 teaspoons oil to the skillet and stir-fry the carrots, broccoli, scallions, bell peppers, and peas 2 minutes.
3. Add the rice, soy sauce, hoisin sauce, cayenne, and shrimp and stir-fry 3 minutes, or until heated through.
4. Combine the egg and egg white in a small bowl. Add the eggs to the skillet and cook, stirring occasionally, until the eggs are set.

**YIELD:** 4 servings of 1½ cups each

**COOK'S NOTE:** Substitute 6 ounces of tofu for the shrimp for a vegetarian version.

### Nutritional Information Per Serving

---

Calories 325 | Energy Density 1.1 | Carbohydrate 39 g. | Fat 8 g. | Protein 26 g. | Fiber 6 g.

For a 325-calorie entrée



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Stir-fried shrimp with peanuts	<ul style="list-style-type: none"><li>▶ Decreased oil</li><li>▶ Omitted nuts</li><li>▶ Added more vegetables</li></ul>	Shrimp Fried Rice

## Fiesta Fish Stew

---

This low-energy-dense main course will wake up your taste buds with the flavors of the Southwest.

1 cup fish stock or clam juice	½ teaspoon salt
1 cup vegetable broth	Pinch freshly ground black pepper
⅓ cup dry white wine	3 cups chopped zucchini
2 tablespoons lime juice	3 seeded finely chopped plum tomatoes
1 large onion, about 6 ounces, cut into ½-inch wedges	1 pound skinless haddock fillets, cut into 1¼-inch pieces
2 thinly sliced shallots	2 tablespoons white-wine vinegar
1 teaspoon minced garlic	1 cup chopped fresh cilantro
1 seeded, thinly sliced jalapeno	

**1.** Bring the fish stock, broth, wine, lime juice, onions, shallots, garlic, jalapeno, salt, and pepper to a simmer in a 4- to 5-quart saucepan. Cook the mixture, uncovered, 15 minutes.

**2.** Stir in the zucchini and tomatoes. When the mixture begins to simmer add the haddock and cook 2 minutes, or until the haddock is flaky and no longer translucent. Stir in the vinegar and cilantro. Ladle into 4 soup bowls.

**YIELD:** 4 servings of 1¾ cups each

**COOK'S NOTE:** Any white fish fillet such as flounder or sole can be substituted for the haddock.

### Nutritional Information Per Serving

---

Calories 185 | Energy Density 0.40 | Carbohydrate 13 g. | Fat 2 g. | Protein 26 g. | Fiber 3 g.



## Chicken Parmesan

---

This is an alternative to traditional fried chicken. It is low in fat, yet high in flavor. Pictured on page 4.

1 <i>teaspoon extra-virgin olive oil</i>	<i>½ cup grated Parmesan cheese</i>
<i>½ teaspoon minced garlic</i>	<i>½ cup breadcrumbs (page 175)</i>
<i>¼ cup hot-pepper sauce</i>	<i>¼ cup minced fresh cilantro</i>
1 <i>egg white</i>	<i>4 skinless, boneless chicken breast halves,</i>
<i>¼ teaspoon salt</i>	<i>4 ounces each</i>

1. Preheat the oven to 350 degrees. Lightly coat a baking sheet with cooking spray.
2. In a shallow bowl, whisk the oil, garlic, hot-pepper sauce, egg white, salt, and 2 teaspoons water.
3. In another shallow bowl, combine the Parmesan, breadcrumbs, and cilantro.
4. Dip a chicken breast half in the egg white mixture to coat. Then dredge in the Parmesan mixture to coat completely and place on the baking sheet. Repeat with the remaining chicken. Lightly coat the chicken with cooking spray and bake 35 minutes.

**YIELD:** 4 servings

**COOK'S NOTE:** For a different taste, substitute ¼ cup Worcestershire sauce for the hot sauce and chopped, fresh, flat-leaf parsley for the cilantro.

### Nutritional Information Per Serving

---

Calories 200 | Energy Density 1.8 | Carbohydrate 11 g. | Fat 6 g. | Protein 24 g. | Fiber 1 g.

## Chicken Merlot

This entrée evokes some of the traditional flavors of French country cooking.

- |                                                              |                                                                      |
|--------------------------------------------------------------|----------------------------------------------------------------------|
| 4 skinless, boneless chicken breast halves,<br>4 ounces each | 2 cups peeled, sliced carrots                                        |
| $\frac{1}{4}$ cup all-purpose flour                          | 4 pieces Canadian bacon, cut into $\frac{1}{4}$ -inch<br>wide slices |
| 1 teaspoon dried thyme                                       | $\frac{2}{3}$ cup Merlot or other dry red wine                       |
| $\frac{1}{2}$ teaspoon salt                                  | $\frac{2}{3}$ cup nonfat, reduced-sodium chicken<br>broth            |
| 2 teaspoons extra-virgin olive oil                           | 2 teaspoons tomato paste                                             |
| 3 cups quartered mushrooms, about $\frac{1}{2}$<br>pound     | $\frac{1}{4}$ cup chopped, fresh, flat-leaf parsley                  |

For a 240-calorie entrée



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Coq au vin	<ul style="list-style-type: none"> <li>▶ Used skinless, white chicken instead of dark meat</li> <li>▶ Used less oil</li> <li>▶ Added more veggies</li> <li>▶ Used Canadian bacon instead of regular bacon</li> </ul>	Chicken Merlot

1. Cut each chicken breast crosswise into 3 pieces.
2. Combine the flour, thyme, and salt in a resealable plastic bag and add the chicken pieces. Seal the bag and shake to coat chicken. Remove the chicken and shake off excess flour.
3. Lightly coat a large nonstick skillet with cooking spray. Add 1 teaspoon oil and heat over medium-high heat. Add the chicken and cook, stirring, about 5 minutes, or until the chicken is lightly browned on both sides. Remove the chicken and set it aside.
4. Add 1 teaspoon oil to the skillet and sauté the mushrooms, carrots, and bacon 2 minutes. Stir in the wine, broth, and tomato paste, and cook, stirring occasionally, 10 minutes.
5. Return the chicken to the skillet and cook 4 to 5 minutes, or until it is no longer pink in the center.
6. Divide the chicken mixture among 4 plates, sprinkle with the parsley, and serve.

**YIELD:** 4 servings

**COOK'S NOTE:** Try serving the chicken with boiled potatoes, whole-wheat noodles, or short whole-wheat pasta, such as fusilli or penne.

**Nutritional Information Per Serving**

---

Calories 240 | Energy Density 0.70 | Carbohydrate 15 g. | Fat 6 g. | Protein 26 g. | Fiber 3 g.

## South of the Border Chicken Stew

---

This zesty dish is a whole meal in one pot.

4 skinless, boneless chicken breast halves, 4 ounces each	4 cups nonfat, reduced-sodium chicken broth
Salt	1½ cups frozen corn, thawed
Freshly ground black pepper	1½ cups canned diced tomatoes, with liquid
2 tablespoons extra-virgin olive oil	3 cups baby spinach
1½ cups chopped onions	¼ teaspoon hot-pepper sauce
1 cup seeded, chopped green bell peppers	½ cup nonfat plain yogurt
1 cup diced celery	¼ cup chopped scallions
1 teaspoon chopped garlic	
2 teaspoons dried oregano	

1. Cut the chicken into 1-inch chunks and season lightly with salt and pepper.
2. Heat 1 tablespoon of the oil in a 4- to 5-quart pot over medium-high heat. Lightly brown the chicken, stirring, about 5 minutes. Remove the chicken to a bowl.
3. Reduce the heat to medium and add 1 tablespoon oil, onions, bell peppers, celery, and garlic. Cook, stirring frequently, 5 minutes. Stir in the oregano, broth, and ½ teaspoon salt. Bring to a simmer and cook 10 minutes.
4. Stir in the corn, tomatoes, and chicken and simmer 10 minutes, stirring occasionally. Stir in the spinach and hot-pepper sauce.
5. Divide the stew among 4 bowls, and serve with the yogurt and scallions in small bowls on the side.

**YIELD:** 4 servings of 2½ cups each

### Nutritional Information Per Serving

Calories 325 | Energy Density 0.50 | Carbohydrate 24 g. | Fat 11 g. | Protein 34 g. | Fiber 6 g.

For a 325-calorie entrée



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Mexican stew	<ul style="list-style-type: none"><li>▶ Used skinless chicken breast instead of dark meat</li><li>▶ Decreased oil</li><li>▶ Added more vegetables</li><li>▶ Omitted tortilla chips</li></ul>	South of the Border Chicken Stew

## Italian Turkey Spirals

---

This visually appealing main dish will impress your guests.

1 pound turkey breast cutlets, cut into  
4 equal pieces

4 teaspoons tomato paste

½ cup packed fresh basil leaves

½ teaspoon minced garlic

Salt

Freshly ground black pepper

1 tablespoon nonfat milk

2 tablespoons whole-wheat flour

½ cup Tomato and Fresh Basil Sauce

(page 233)

1. Set an oven rack about 5 to 6 inches below the broiling element and preheat the broiler.
2. Place the turkey on a work surface and cover with a sheet of plastic wrap. Flatten the turkey to about ¼-inch thick with a meat mallet or rolling pin. Remove the plastic wrap.
3. Spread 1 teaspoon tomato paste on each piece of turkey. Cover with basil leaves, sprinkle on the garlic, and season lightly with salt and pepper.
4. Starting with the short end of the cutlets, roll each piece up tightly and secure with a wooden toothpick. Brush the rolls with milk and lightly dust with flour.
5. Place the rolls on a foil-lined baking sheet and broil, turning occasionally, 20 minutes or until cooked through. Heat the tomato sauce in a small saucepan.
6. Remove the toothpicks and cut each roll, crosswise, into 1-inch-thick pieces. Divide the sliced rolls among 4 plates and spoon 2 tablespoons of the tomato sauce over each. Garnish each with 1 or 2 basil leaves.

**YIELD:** 4 servings

### Nutritional Information Per Serving

---

Calories 140 | Energy Density 1.0 | Carbohydrate 4 g | Fat 2 g | Protein 28 g | Fiber 1 g.

## Bayou Red Beans and Rice

---

This main dish tastes like the traditional spicy southern staple, but has almost no fat. Keep this recipe in mind for those evenings when you want to get dinner on the table quickly.

<i>1 cup chopped onions</i>	<i>1 cup seeded, diced green bell peppers</i>
<i>1 teaspoon minced garlic</i>	<i>2 teaspoons cumin</i>
<i>4 cups canned red kidney beans, rinsed and drained</i>	<i>1½ teaspoons hot-pepper sauce</i>
<i>1 cup seeded, diced red bell peppers</i>	<i>2 cups cooked brown rice</i>

1. Lightly coat a large nonstick skillet with cooking spray and heat over medium-high heat. Add the onions and garlic, and cook, stirring, 5 minutes.
2. Stir in the beans, bell peppers, cumin, hot-pepper sauce, and ½ cup water. Bring to a simmer, cover, and cook 20 minutes.
3. Serve the beans over the rice.

**YIELD:** 4 servings of 1½ cups each

**COOK'S NOTE:** The beans and rice can be garnished with chopped scallions. White rice is traditional, but brown has more fiber and nutrients.

### Nutritional Information Per Serving

---

Calories. 300 | Energy Density 0.90 | Carbohydrate 60 g. | Fat 1 g. | Protein 14 g. | Fiber 15 g.

For a 300-calorie entrée



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Red beans and rice with ham	<ul style="list-style-type: none"><li>▶ Omitted high-fat meat, oil, and lard</li><li>▶ Added peppers and more onion</li></ul>	Bayou Beans and Rice



## Vegetable Pilaf

---

In a pilaf, rice is sautéed in butter or oil before adding the liquid. The energy density of this side dish has been lowered by adding vegetables to simmer along with the rice.

2 teaspoons unsalted butter

½ cup chopped onions

½ cup long-grain white rice

½ cup vegetable broth

½ cup trimmed, diced, thin asparagus

½ cup chopped mushrooms,  
about 2 ounces

¼ teaspoon dried tarragon

¼ teaspoon salt

½ cup diced zucchini

½ cup frozen baby peas, thawed

1. Melt the butter in a 4- to 5-quart saucepan over medium heat. Add the onions and cook 3 minutes. Add the rice and stir to coat in the butter.
2. Stir in ½ cup water, broth, asparagus, mushrooms, tarragon, and salt and bring to a simmer. Cover and cook over low heat 16 to 20 minutes, or until the rice is tender and all the liquid has been absorbed.
3. Fold the zucchini and peas into the rice. Cover, and let stand, 3 minutes.

**YIELD:** 4 servings of ¾ cup each

### Nutritional Information Per Serving

---

Calories 135 | Energy density 0.90 | Carbohydrate 25 g. | Fat 2 g. | Protein 4 g. | Fiber 2 g.

## Risotto Primavera

---

This main dish is a delicious low-fat version of traditional risotto.

<i>1½ cups vegetable broth</i>	<i>1 teaspoon chopped garlic</i>
<i>1 tablespoon extra-virgin olive oil</i>	<i>1 cup short-grain rice</i>
<i>1 cup chopped onions</i>	<i>½ cup dry white wine</i>
<i>1 cup trimmed, diced fresh green beans</i>	<i>1 tablespoon grated Parmesan cheese</i>
<i>1 cup seeded, chopped red bell peppers</i>	<i>Freshly ground black pepper</i>
<i>1 cup peeled, diced carrots</i>	
<i>1 tablespoon plus ¼ cup chopped fresh basil</i>	

- 1.** Bring the broth and 1½ cups water to a simmer in a saucepan. Keep warm over low heat.
- 2.** Heat the oil in a 4- to 5-quart nonstick pot over medium-high heat. Add the onions, beans, bell peppers, carrots, 1 tablespoon basil, and garlic and cook, stirring, 6 minutes.
- 3.** Add the rice and cook, stirring constantly, 2 minutes.
- 4.** Add the wine and 1 cup of broth and cook, stirring constantly, until the liquid is nearly absorbed. Add the remaining broth, ½ cup at a time, stirring often, until liquid is absorbed before adding the next portion, about 25 to 30 minutes total cooking time.
- 5.** Remove the risotto from the heat and stir in the Parmesan and a few grindings of black pepper.
- 6.** Divide among 4 plates garnished with the remaining basil.

**YIELD:** 4 servings of 1½ cups each

**COOK'S NOTE:** The wine can be replaced by vegetable broth. Although Arborio or Italian rice is usually specified for risotto, any short-grain rice will give excellent

results. Risotto may be made ahead and held for up to an hour. To do that, reserve 1 cup of the broth. Stop the process when the remaining broth is used up. Take the risotto off the heat, cover, and set aside. When ready to proceed, uncover and reheat slowly over medium heat, stirring, being careful not to burn it. Increase the heat to medium-high, add the reserved broth  $\frac{1}{2}$  cup at a time, and the rest of the ingredients as directed.

#### Nutritional Information Per Serving

Calories 290 | Energy Density 1.0 | Carbohydrate 51 g. | Fat 5 g. | Protein 6 g. | Fiber 5 g.

### For a 290-calorie entrée



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Risotto	<ul style="list-style-type: none"> <li>▶ Decreased butter and cheese</li> <li>▶ Added vegetables</li> </ul>	Risotto Primavera

## Mary's Quinoa with Lime

---

Quinoa is a grain with a delicious nutty flavor that has been cultivated in South America for centuries. Serve this light and refreshing recipe as a side dish. Mary is a friend and colleague of mine who is always willing to share her favorite volumetric recipes.

4 tablespoons lime juice	$\frac{1}{8}$ teaspoon freshly ground black pepper
1 tablespoon extra-virgin olive oil	$\frac{1}{2}$ cup quinoa
1 tablespoon plus 1 cup vegetable broth	1 teaspoon toasted cumin seeds (page 84)
1 tablespoon seeded, finely chopped jalapeno	1 cup canned black beans, rinsed and drained
3 tablespoons chopped fresh cilantro	1 cup seeded, chopped orange bell peppers
$\frac{1}{2}$ teaspoon sugar	1 cup seeded, chopped red bell peppers
$\frac{1}{4}$ teaspoon salt	3 tablespoons chopped scallions

1. In a medium bowl, whisk together the lime juice, oil, 1 tablespoon broth, jalapeno, cilantro, sugar, salt, and pepper. Set aside.
2. Bring 1 cup broth to a boil in a small saucepan. Add the quinoa and cumin seed. Simmer, covered, 10 minutes, or until the broth is absorbed.
3. Combine the black beans, bell peppers, and scallions in a large bowl. Fluff the quinoa with a fork and add to the bowl. Toss the mixture with the lime dressing and chill 1 hour.

**YIELD:** 4 servings of  $\frac{3}{4}$  cup each

**COOK'S NOTE:** Quinoa can be found in the international section of large supermarkets, some health-food stores, and some specialty grocery stores.

### Nutritional Information Per Serving

---

Calories 195 | Energy Density 0.77 | Carbohydrate 32 g. | Fat 5 g. | Protein 7 g. | Fiber 6 g.

## Oceanside Pasta

---

Shellfish combine beautifully with tomatoes and pasta in this delicious and satisfying main course.

*½ pound unshelled medium shrimp*

*½ pound sea scallops*

*1 tablespoon extra-virgin olive oil*

*1 large garlic clove, peeled and cut in half*

*½ cup chopped onions*

*3½ cups canned chopped tomatoes, with liquid*

*½ teaspoon salt*

*Freshly ground black pepper*

*½ teaspoon dried oregano*

*¼ teaspoon crushed red-pepper flakes*

*8 ounces dry, medium, whole-wheat pasta shells*

*1 teaspoon grated lemon zest*

*2 tablespoons lemon juice*

*3 tablespoons chopped fresh basil*

- 1.** Bring 6 cups water to a boil in a medium saucepan. Add the shrimp and cook 2 to 3 minutes, or until the shrimp turn pink. Drain the shrimp and cool. Shell and devein the shrimp, cut each in half lengthwise, and set aside.
- 2.** Cut the scallops in half horizontally and drain in a colander. Dry the scallops with paper towels and set aside.
- 3.** Heat the oil in a large skillet over medium heat. Add the garlic and sauté, pressing on the pieces with a spatula, 2 minutes, or until they turn golden. Remove and discard.
- 4.** Add the onions to the skillet and cook 5 minutes, stirring occasionally.
- 5.** Stir in the tomatoes, salt, a few grindings of black pepper, oregano, and red-pepper flakes. Bring to a simmer and cook 25 minutes.
- 6.** Prepare the pasta shells as directed on the package and drain.
- 7.** Add the shrimp and scallops to the sauce and cook 3 to 5 minutes, or until the scallops turn opaque.

**8.** Drain the pasta and add it to the sauce along with the zest, lemon juice, and basil. Stir well and serve.

**YIELD:** 4 servings of 2 cups each

**COOK'S NOTE:** If you prefer, you can use all scallops or all shrimp.

**Nutritional Information Per Serving**

---

Calories 400 | Energy Density 0.80 | Carbohydrate 54 g. | Fat 7 g. | Protein 31 g. | Fiber 4 g.

## Spaghetti with Tomato and Fresh Basil Sauce

---

This main dish recipe contains a delicious and simply made marinara sauce that is low in calories and fat.

1 <i>teaspoon extra-virgin olive oil</i>	1 <i>teaspoon salt</i>
1 <i>cup chopped onions</i>	<i>Freshly ground black pepper</i>
1½ <i>teaspoons chopped garlic</i>	1 <i>cup chopped fresh basil</i>
3½ <i>cups canned crushed tomatoes</i>	12 <i>ounces dry, whole-wheat spaghetti</i>
½ <i>teaspoon dry oregano</i>	4 <i>tablespoons grated Parmesan cheese</i>
¼ <i>teaspoon crushed red-pepper flakes</i>	

1. Lightly coat a large skillet with cooking spray. Heat the skillet with the oil over medium heat. Add the onions and cook 5 minutes, stirring occasionally. Add the garlic, tomatoes, oregano, red-pepper flakes, salt, and a few grindings of black pepper and simmer 15 minutes, stirring occasionally. Reduce the heat to low and stir the basil into the sauce.
2. Cook the spaghetti as directed on the package. Reserve ¼ cup cooking water and drain.
3. Add the spaghetti to the Tomato and Fresh Basil Sauce. Stir to combine and let it sit 1 minute. If the sauce looks dry, stir in the reserved cooking water.
4. Divide the spaghetti among 4 dinner plates and sprinkle with Parmesan.

**YIELD:** 4 servings of 1½ cups each

**COOK'S NOTE:** If you prefer a smoother sauce, puree it before adding the spaghetti. This recipe produces about 3½ cups of sauce, which can be used in any recipe calling for tomato sauce. It freezes well.

### Nutritional Information Per Serving

---

Calories 400 | Energy Density 1.0 | Carbohydrate 78 g. | Fat 4 g. | Protein 15 g. | Fiber 5 g.

### Nutritional Information Per Serving of Tomato Sauce

---

Calories 100 | Energy Density 0.40 | Carbohydrate 16 g. | Fat 3 g. | Protein 4 g. | Fiber 3 g.

## Veggie-Stuffed Macaroni and Cheese

---

This volumetric main course shows that you can enjoy the ultimate comfort food while managing your weight.

8 ounces <i>dry, whole-wheat elbow macaroni, fusilli, or penne</i>	1 cup <i>1 percent fat cottage cheese</i>
2 tablespoons <i>whole-wheat breadcrumbs (page 175)</i>	$\frac{1}{4}$ cup <i>grated Parmesan cheese</i>
1 teaspoon <i>melted butter</i>	Pinch <i>grated nutmeg</i>
$\frac{1}{4}$ teaspoon <i>paprika</i>	$\frac{1}{2}$ teaspoon <i>salt</i>
$1\frac{3}{4}$ cups <i>nonfat milk</i>	Pinch <i>freshly ground black pepper</i>
3 tablespoons <i>all-purpose flour</i>	6 cups <i>shredded fresh spinach, about 1 pound</i>
$1\frac{1}{2}$ cups <i>shredded, reduced-fat Cheddar cheese</i>	$1\frac{1}{2}$ cups <i>canned diced tomatoes, with liquid</i>

1. Preheat the oven to 375 degrees.
2. Lightly coat a 9-by-13-inch baking dish with cooking spray.
3. Cook the pasta according to the package directions. Drain and set aside.
4. Mix the breadcrumbs, butter, and paprika in a small bowl and set aside.
5. Heat  $1\frac{1}{2}$  cups milk in a 4- to 5-quart nonstick saucepan over medium-high heat until steaming.
6. Whisk the remaining  $\frac{1}{4}$  cup milk and the flour in a small bowl until smooth. Add to the hot milk and cook, whisking constantly, until the sauce thickens and simmers, 3 to 7 minutes. Remove the pan from the heat.
7. Add the Cheddar to the white sauce and stir until the cheese is melted. Stir in the cottage cheese, Parmesan, nutmeg, salt, and pepper. Stir the pasta into the cheese sauce.
8. Spread half of the pasta mixture into the baking dish. Place the spinach evenly on



top, then the diced tomatoes. Spread the remaining pasta mixture over the tomatoes and sprinkle with the breadcrumb mixture.

9. Bake until bubbly and golden, 25 to 30 minutes.

**YIELD:** 6 servings of 1½ cups each

**COOK'S NOTE:** Two cups chopped fresh broccoli florets can be substituted for the spinach.

**Nutritional Information Per Serving**

Calories 330 | Energy Density 1.0 | Carbohydrate 38 g | Fat 9 g | Protein 25 g | Fiber 5 g.

*For a 330-calorie entrée*



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Macaroni and cheese	<ul style="list-style-type: none"><li>▶ Used whole-wheat pasta, nonfat milk, and reduced-fat cheese</li><li>▶ Reduced the amount of butter and cheese</li><li>▶ Added vegetables</li></ul>	Veggie-Stuffed Macaroni and Cheese

## The Aristotle Pizza

---

Feta cheese and fresh dill add great flavor to this colorful, Greek-inspired, vegetarian pizza.

9 ounces packaged wheat pizza dough  
(see Cook's Note)

1 cup nonfat ricotta cheese

1 teaspoon extra-virgin olive oil

1 teaspoon chopped garlic

1 cup chopped onions

3 cups shredded fresh spinach

5 plum tomatoes cut into ¼-inch-thick  
slices

½ cup nonfat feta cheese

1 tablespoon chopped fresh dill

1. Preheat the oven to 375 degrees.
2. Stretch the dough out on a 12-inch pizza pan or roll out into a 12-inch round on a baking sheet.
3. Spread the ricotta evenly over the dough, leaving a ¼-inch border.
4. Heat the oil over medium-high heat in a large skillet coated with cooking spray. Add the garlic, onions, and spinach and sauté, stirring frequently, 5 minutes.
5. Spread the spinach mixture over the ricotta. Cover with the tomato slices and feta. Sprinkle with dill.
6. Bake until the crust is golden, 20 to 25 minutes. Cut the pizza into 4 wedges.

**YIELD:** 4 servings

**COOK'S NOTE:** Packaged wheat pizza dough made with whole-wheat flour is available in larger supermarkets. If packaged pizza dough is not available at your local store, a pre-made crust can be used, but it will increase the calorie level by approximately 100 calories per serving.

### Nutritional Information Per Serving

---

Calories 290 | Energy Density 1.0 | Carbohydrate 42 g. | Fat 5 g. | Protein 20 g. | Fiber 5 g.

## Garden-Fresh Vegetable Pizza

---

This recipe makes an eye-catching pizza. The vegetables complement the traditional tomatoes and mozzarella.

1 <i>tablespoon extra-virgin olive oil</i>	<i>½ cup thinly sliced zucchini</i>
1 <i>cup thinly sliced leeks, white part only</i>	1 <i>cup thin asparagus, cut into 1-inch-long pieces</i>
1 <i>teaspoon minced garlic</i>	Salt
1 <i>cup peeled, grated carrots</i>	<i>Freshly ground black pepper</i>
9 <i>ounces packaged wheat pizza dough (page 237)</i>	<i>½ cup shredded, part-skim mozzarella cheese</i>
2 <i>medium tomatoes, cored and cut into ¼-inch slices</i>	

1. Preheat the oven to 375 degrees.
2. Heat the oil in a nonstick skillet over medium heat. Add the leeks and garlic and cook, stirring occasionally, 4 minutes. Stir in the carrots and cook 1 minute. Remove the skillet from the heat and set aside.
3. Stretch the dough out in a 12-inch pizza pan or roll out into a 12-inch round on a baking sheet.
4. Spread the leek mixture onto the dough, leaving a ½-inch border.
5. Arrange the tomato slices around the outside edge of the leek mixture and lay the zucchini slices in the center. Place the asparagus on top of the tomatoes. Season lightly with the salt and pepper. Sprinkle the mozzarella over the pizza.
6. Bake until the crust is golden, about 15 to 20 minutes. Cut the pizza into 4 wedges.

**YIELD:** 4 servings.

### Nutritional Information Per Serving

---

Calories 285 | Energy Density 1.2 | Carbohydrate 41 g. | Fat 9 g. | Protein 13 g. | Fiber 5 g.

# Pizza Margherita

---

This is a lower fat version of a Neapolitan favorite.

9 ounces packaged wheat pizza dough  
(page 237)

5 plum tomatoes, thinly sliced

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

$\frac{1}{8}$  teaspoon salt

Pinch freshly ground black pepper

1 cup shredded, part-skim mozzarella cheese

$\frac{1}{2}$  cup chopped fresh basil

1. Preheat the oven to 375 degrees.
2. Stretch the dough out in a 12-inch pizza pan or roll out into a 12-inch round on a baking sheet.
3. Arrange the tomatoes on the dough in overlapping slices, leaving a  $\frac{1}{2}$ -inch border. Sprinkle evenly with the garlic, salt, black pepper, and mozzarella. Bake for 15 to 20 minutes or until the crust is golden brown. Sprinkle with the basil and cut into 4 wedges.

**YIELD:** 4 servings

#### Nutritional Information Per Serving

---

Calories 265 | Energy Density 1.3 | Carbohydrate 37 g. | Fat 7 g. | Protein 16 g. | Fiber 4 g.

## Chicken Fajita Pizza

---

This unusual pizza has the flavors of Mexican cooking.

10 chopped cherry tomatoes	1 cup diced cooked chicken breast (page 114)
2 tablespoons chopped cilantro	
2 tablespoons chopped onions	½ cup canned black beans, rinsed and drained
1½ teaspoons seeded and finely chopped jalapeno pepper	½ cup cored, diced red tomatoes
1½ teaspoons lime juice	2 teaspoons ground cumin
Dash salt	2 teaspoons chili powder
2 tablespoons reduced-fat sour cream	9 ounces packaged wheat pizza dough (page 237)
2 cups seeded, diced bell peppers, any color	
½ cup diced red onions	1 cup shredded, low-fat Cheddar cheese

1. Preheat the oven to 375 degrees.
2. Combine the tomatoes, cilantro, onions, jalapeno, juice, and salt in a small bowl. Add sour cream to the Cherry Tomato Salsa and set aside.
3. Heat a medium-sized skillet over medium heat. Add the bell peppers, onions, chicken, beans, tomatoes, cumin, and chili powder to the skillet and cook for 2 to 3 minutes, just long enough to soften the vegetables slightly. Remove the skillet from the heat and set it aside.
4. Stretch the dough out in a 12-inch pizza pan or roll out into a 12-inch round on a baking sheet.
5. Spread the salsa mixture evenly over the dough leaving a ½-inch border.
6. Spread the Cheddar evenly over the salsa mixture. Follow with the bell pepper mixture.
7. Bake for 15 to 20 minutes or until the crust is golden brown. Cut the pizza into 4 wedges.

**YIELD:** 4 servings

**COOK'S NOTE:** Use the Cherry Tomato Salsa as a dip with raw vegetables or as a topping for baked potatoes. You can substitute  $\frac{1}{4}$  cup bottled salsa for the Cherry Tomato Salsa.

**YIELD:** 4 servings.

**Nutritional Information Per Serving**

Calories 390 | Energy Density 1.6 | Carbohydrate 41 g. | Fat 15 g. | Protein 24 g. | Fiber 5 g.

**Nutritional Information Per 2 Tablespoon Serving of Salsa**

Calories 10 | Energy Density 0.25 | Carbohydrate 3 g. | Fat 1 g. | Protein 1 g. | Fiber 1 g.

*For a 390-calorie pizza entrée*



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Chicken topped pizza	<ul style="list-style-type: none"><li>▶ Used less dough and cheese</li><li>▶ Used whole-wheat dough, and reduced-fat sour cream and cheese</li><li>▶ Increased the amount of veggies</li></ul>	Chicken Fajita Pizza

## Turkey-Pepperoni Pizza

---

Using turkey pepperoni reduces the calories and fat, while retaining the same spicy flavor of traditional pepperoni pizza.

1 green bell pepper, cut into strips  
½ cup sliced red onions  
¾ cup sliced mushrooms, about 3 ounces  
9 ounces packaged wheat pizza dough  
(page 237)

½ cup prepared low-fat pizza sauce  
1 cup shredded, 2 percent fat mozzarella  
cheese  
1 ounce turkey pepperoni, cut into about  
16 slices, each the size of a fifty-cent piece

1. Preheat oven to 375 degrees.
2. Spray a nonstick skillet with cooking spray. Heat the skillet over medium heat and add the bell peppers, onions, and mushrooms. Sauté until the vegetables are slightly tender, about 4 to 5 minutes. Remove the skillet from the heat and set aside.
3. Stretch the dough out in a 12-inch pizza pan or roll out into a 12-inch round on a baking sheet.
4. Spread the pizza sauce on the dough, leaving a ½-inch border.
5. Spread the mozzarella evenly over the pizza sauce. Cover with the pepperoni and vegetable mixture.
6. Bake the pizza 15 to 20 minutes, or until the crust is golden brown. Cut the pizza into 4 wedges.

**YIELD:** 4 servings

### Nutritional Information Per Serving

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Calories 295 | Energy Density 1.6 | Carbohydrate 36 g. | Fat 10 g. | Protein 18 g. | Fiber 3 g.

## Balsamic Berries

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A few drops of aged balsamic vinegar bring out the flavor of the fruit—you won't taste the vinegar.

4 cups strawberries, about 1 pound  
1 tablespoon sugar

$\frac{1}{4}$  teaspoon aged balsamic vinegar

1. Wash, dry, hull, and quarter the strawberries lengthwise.
2. Put the strawberries into a large bowl. Add the sugar and balsamic vinegar and toss gently to combine. Refrigerate 1 hour.
3. Spoon the strawberries into chilled stemmed glasses or dessert bowls.

**YIELD:** 4 servings of 1 cup each

**COOK'S NOTE:** Aged Italian balsamic vinegar has a more intense flavor than many domestic varieties. Increase the amount to 1 teaspoon if you use the latter.

### Nutritional Information Per Serving

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Calories 55 | Energy Density 0.37 | Carbohydrate 13 g. | Fat 0 g. | Protein 1 g. | Fiber 3 g.



For a 55-calorie dessert



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Strawberries and cream	▶ Substituted balsamic vinegar and a small amount of sugar for cream	Balsamic Berries

## Grilled Banana Splits

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These make a great ending to a summer evening of grilling.

4 ripe bananas, about  $\frac{1}{2}$  pound each  
2 tablespoons chocolate chips

$\frac{1}{2}$  cup nonfat, frozen vanilla yogurt  
4 teaspoons chopped walnuts

1. Preheat a grill or preheat the oven to 400 degrees.
2. Place each banana on its side on a piece of foil. Cut a slit lengthwise across the top. Leave the skin attached.
3. Push  $\frac{1}{2}$  tablespoon chocolate chips into the slit of each banana.
4. Wrap the bananas with the foil, leaving the top open. Grill or bake about 15 minutes, or until the chocolate melts.
5. Loosen the foil and press the bananas open a little.
6. Top each banana with 2 tablespoons of the frozen yogurt and sprinkle with 1 teaspoon walnuts.

**YIELD:** 4 servings

### Nutritional Information Per Serving

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Calories 185 | Energy Density 1.2 | Carbohydrate 36 g. | Fat 4 g. | Protein 3 g. | Fiber 3 g.

## Fresh Fruit Parfait

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Try this refreshing dessert when fresh berries are in season. It also works well at breakfast. Pictured on the cover.

1½ cups yogurt cheese (page 89)

2 tablespoons honey

½ teaspoon vanilla extract

1 cup sliced fresh strawberries plus

4 whole, perfect strawberries

1 cup fresh blueberries

1 cup fresh raspberries

4 teaspoons low-fat granola

- 1.** In a mixing bowl, combine the yogurt cheese, honey, and vanilla extract. Beat with an electric mixer until fluffy and smooth.
- 2.** Divide the strawberries among 4 dessert dishes or parfait glasses and top each with 3 tablespoons of the yogurt mixture. Divide the blueberries among the dishes and top each with 3 tablespoons of the yogurt mixture. Divide the raspberries among the dishes and top each with the remaining yogurt mixture. Garnish each parfait with 1 teaspoon of the granola and 1 whole strawberry.

**YIELD:** 4 servings

### Nutritional Information Per Serving

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Calories 170 | Energy Density 0.78 | Carbohydrate 32 g. | Fat 0 g. | Protein 11 g. | Fiber 4 g.

For a 170-calorie dessert



TRADITIONAL	How we lowered the ED	VOLUMETRICS
Strawberry mousse	<ul style="list-style-type: none"><li>▶ Used plenty of fresh berries</li><li>▶ Substituted yogurt cheese for cream</li></ul>	Fresh Fruit Parfait

## Raspberry-Topped Ricotta Cakes

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These delicious individual cheesecakes have only a few ingredients and no measurable fat.

1 cup nonfat ricotta cheese

2 beaten egg whites

$\frac{1}{4}$  cup honey

Raspberry Sauce (page 250)

1. Preheat the oven to 350 degrees.
2. Place the ricotta in a bowl and break it up with a wooden spoon. Add the egg whites and honey, and mix until smooth.
3. Lightly coat 4 6-ounce ramekins with cooking spray and divide the ricotta mixture among them. Place the ramekins on a baking sheet and bake for 30 minutes. Cool the ramekins on a wire rack 30 minutes.
4. Run a knife around the edges of the ramekins and unmold onto 4 dessert plates. Spoon 2 tablespoons of Raspberry Sauce around and over each cake.

**YIELD:** 4 servings

**COOK'S NOTE:** The cakes can be made ahead and chilled in the refrigerator for an hour or two. Remove from the refrigerator 30 minutes prior to serving.

### Nutritional Information Per Serving

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Calories 165 | Energy Density 1.1 | Carbohydrate 30 g | Fat 0 g | Protein 11 g | Fiber 1 g

## Strawberry Trifle with Lemon Cream

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The classic English dessert has been updated with nonfat yogurt cheese.

3 tablespoons lemon juice	2 teaspoons vanilla extract
$\frac{2}{3}$ cup sugar	2 pints hulled and thinly sliced fresh strawberries
1 cup Yogurt Cheese (page 89)	12 ladyfingers
4 ounces reduced-fat cream cheese, softened	Fresh mint sprigs for garnish
2 teaspoons grated lemon zest	

1. Combine 2 tablespoons lemon juice and  $\frac{1}{2}$  cup sugar in a small saucepan and stir over medium heat 3 minutes, or until sugar dissolves. Transfer to a small bowl and set the lemon syrup aside to cool.
2. In a mixing bowl, combine the yogurt cheese, cream cheese, 1 tablespoon lemon juice, lemon zest, vanilla extract, and  $\frac{1}{3}$  cup sugar. Beat with an electric mixer until fluffy and smooth.
3. Toss the strawberries with 2 tablespoons lemon syrup in a medium bowl.
4. Divide half of the cheese mixture among 6 dessert dishes. Place 1 ladyfinger on each and lightly brush with half the remaining lemon syrup. Top with half the strawberries. Repeat with the remaining cheese mixture, ladyfingers, lemon syrup, and strawberries. Garnish with mint sprigs.

**YIELD:** 6 servings

**COOK'S NOTE:** Other berries or combinations of berries can be substituted for the strawberries. You could assemble everything in one serving bowl for a party buffet. Start with half the cheese mixture and 6 ladyfingers and proceed as directed.

### Nutritional Information Per Serving

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Calories 250 | Energy Density 1.2 | Carbohydrate 43 g. | Fat 5 g. | Protein 8 g. | Fiber 2 g.

For a 250-calorie dessert



TRADITIONAL	How we lowered the ED	VOLUMETRICS
English trifle with custard sauce	<ul style="list-style-type: none"><li>▶ Reduced number of ladyfingers</li><li>▶ Used yogurt cheese and reduced-fat cream cheese in place of custard sauce</li><li>▶ Added more fruit</li></ul>	Strawberry Trifle with Lemon Cream

## Maple Crème Caramel

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This is an elegant, easy to make dessert. Be sure to use 100 percent pure maple syrup.

*1/3 cup sugar*

*3 large eggs*

*1 large egg white*

*2 cups nonfat milk*

*1/2 teaspoon vanilla extract*

*2 tablespoons 100 percent pure maple syrup*

*1/2 teaspoon salt*

- 1.** Preheat the oven to 325 degrees.
- 2.** Lightly coat 6 6-ounce ramekins or custard cups with cooking spray.
- 3.** Combine the sugar and 3 tablespoons water in a small, heavy saucepan. Cook, stirring, over medium-high heat until the sugar dissolves. Continue cooking, without stirring, until the mixture turns a deep golden brown, 4 to 8 minutes. Immediately divide the caramel among the ramekins, one at a time, quickly tilting each to coat the bottom and set aside.
- 4.** Whisk the eggs and egg white in a 4-quart measuring cup. Whisk in the milk, vanilla extract, syrup, and salt. Divide the mixture evenly among the ramekins.
- 5.** Place the ramekins in a 13-by-9-inch baking pan and add hot water to a depth of 1 inch. Bake 50 minutes.
- 6.** Cool the ramekins on a rack 30 minutes. Cover the ramekins with plastic wrap and chill, in the refrigerator, 4 hours.
- 7.** Loosen the custards by running a knife around the inside edges of the ramekins. Place a dessert plate upside down over each ramekin and invert the custard onto the plate. Drizzle any remaining caramelized syrup over the custards.

**YIELD:** 6 servings

### Nutritional Information Per Serving

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Calories 130 | Energy Density 1.0 | Carbohydrate 19 g. | Fat 3 g. | Protein 6 g. | Fiber 0 g.



## Chocolate Fondue with Fresh Fruit

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The key to keeping this rich chocolate fondue volumetric is to take a small amount of chocolate with each bite of fruit.

3 ounces semisweet chocolate	1 cored and sliced Golden Delicious or Granny Smith apple
2 tablespoons nonfat evaporated milk	1 cup halved fresh strawberries
1 teaspoon vanilla extract	1 cup fresh pineapple chunks
1 banana, sliced into 1-inch-thick pieces	

1. Melt the chocolate, milk, and vanilla extract in a fondue pot according to the manufacturer's instructions. If you do not have a fondue pot, melt all the ingredients together in a small saucepan over medium-low heat, stirring constantly. Transfer to a small bowl for serving.
2. Serve the chocolate fondue with the fruit arranged on a plate along with fondue skewers or long toothpicks for dipping.
3. If not serving the fruit immediately, sprinkle a small amount of lemon juice on the apple slices to prevent them from turning brown.

**YIELD:** 4 servings

**COOK'S NOTE:** Since the recipe calls for a small amount of chocolate, go ahead and get the best-quality chocolate that you can afford. Try a variety of other fruits such as pears, peaches, orange slices, and raspberries.

### Nutritional Information Per Serving

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Calories 185 | Energy Density 1.2 | Carbohydrate 33 g. | Fat 6 g. | Protein 2 g. | Fiber 3 g.

### Nutritional Information Per Serving of Chocolate Fondue

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Calories 114 | Energy Density 3.9 | Carbohydrate 14 g. | Fat 6 g. | Protein 2 g. | Fiber 0 g.