

- » vegetable cooking spray
- » 1 egg (well beaten)
- » salt and pepper to taste

YIELD: 1 omelet
EXCHANGE: 1 medium-fat meat
CALORIES: 78

Coat pan with vegetable cooking spray; heat pan to moderately hot. Add beaten egg and cook over low heat. Lift edges of egg very carefully to allow uncooked portion of egg to run under. Add salt and pepper. When mixture is firm, fold omelet in half, or roll up jelly-roll style. A filling may be added before folding.

- » 1 cup (250 mL) orange juice
- » 1 tablespoon (30 mL) orange peel (grated)
- » 1/2 cup (125 mL) raisins (soaked)
- » 1/3 cup (80 mL) sugar replacement
- » 1 tablespoon (30 mL) margarine
- » 1 egg
- » 1/4 teaspoon (2 mL) salt
- » 1 teaspoon (5 mL) baking soda
- » 1 teaspoon (5 mL) baking powder
- » 1/2 teaspoon (2 mL) vanilla extract
- » 2 cups (500 mL) flour

YIELD: 24 muffins

EXCHANGE: 1 bread per muffin

CALORIES: 68 per muffin

Combine orange juice, orange peel, and raisins. Allow to rest for 1 hour. Cream together the sugar replacement, margarine, and egg. Add salt, baking soda, baking powder, and vanilla extract. Stir in orange juice mixture. Stir in enough of the flour to make a thick cake batter. Spoon into greased muffin tins, filling no more than two-thirds full. Bake at 350°F (175°C) for 20 to 25 minutes, or until done.

MICROWAVE: Spoon into 6-ounce (180 mL) custard cups, filling no more than two-thirds full. Cook on Low for 7 to 8 minutes. Increase heat to High for 2 minutes, or until done.

- » 2 tablespoons (30 mL) soft margarine
- » 2 tablespoons (30 mL) sugar replacement
- » 1 egg (beaten)
- » 1 1/4 cups (310 mL) flour
- » 1/4 teaspoon (2 mL) salt
- » 2 teaspoons (10 mL) baking powder
- » 6 tablespoons (90 mL) skim milk
- » 1 small apple (peeled and chopped)

YIELD: 12 muffins

EXCHANGE: 1 bread per muffin

CALORIES: 72 per muffin

Cream margarine and sugar replacement; add egg. Stir in remaining ingredients. Spoon into greased muffin tins, filling no more than two-thirds full. Bake at 400°F (200°C) 25 minutes, or until done.

- » 1 egg
- » 1 1/4 cups (310 mL) buttermilk
- » 1 tablespoon (15 mL) molasses
- » 2 tablespoons (30 mL) margarine (melted)
- » 1 cup (250 mL) flour
- » 1 teaspoon (5 mL) salt
- » 1/2 teaspoon (3 mL) baking soda
- » 1/2 teaspoon (10 mL) baking powder
- » 1/2 cup (25 mL) yellow cornmeal
- » vegetable cooking spray

YIELD: 10 pancakes, 4 inches (9 cm) in diameter each

EXCHANGE: 1 bread, 1 fat per pancake

CALORIES: 95 per pancake

Beat egg, buttermilk, molasses, and margarine together until well blended. Add remaining ingredients, except vegetable cooking spray. Stir just enough to blend. Cook in skillet coated with vegetable cooking spray.

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- » 12 ounce can (354 mL can) evaporated nonfat milk
- » 1 tablespoon (15 mL) cornstarch
- » 3 packets concentrated acesulfame-k
- » 1 teaspoon (5 mL) almond extract
- » 1 teaspoon (5 mL) concentrated aspartame
- » 12 ounce bag (340 g bag) frozen mixed berries
- » 2 cups (500 mL) nonfat yogurt, no sugar added (plain or vanilla)

YIELD: 8 servings

EXCHANGE: 1 milk

CALORIES: 99

Combine the first three ingredients and stir them together in a saucepan. Heat just to a boil, then reduce the heat and simmer for 5 minutes or until the sauce thickens, stir constantly with a wire whisk. Turn off the heat; stirring in the almond extract, aspartame, and berries. Let cool and then fold in the yogurt.

- » 8 ounces (240 g) Swiss cheese (grated)
- » 4 ounces (120 g) ham (grated)
- » 2 tablespoons (30 mL) margarine (softened)
- » 1/4 teaspoon (1 mL) thyme

YIELD: 34 servings

EXCHANGE: 1/2 high-fat meat per serving

CALORIES: 51 per serving

Combine all ingredients; mix thoroughly. Shape 2 teaspoons (10 mL) of mixture into a ball. Repeat with remaining mixture.

FOLD HERE

- » 2 pounds (1 kg) lean ground beef
- » 1/2 cup (125 mL) cornflakes (crushed)
- » 1/4 teaspoon (1 mL) garlic powder
- » 1/2 teaspoon (3 mL) onion (finely chopped)
- » 1 egg
- » salt and pepper to taste
- » 2 1/4 cups (560 mL) water
- » 1 cup (250 mL) skim milk
- » 1 teaspoon (5 mL) salt
- » 2 cups (500 mL) instant mashed potatoes
- » 1 teaspoon (5 mL) margarine

YIELD: 8 servings

EXCHANGE: 4 high-fat meat, 1 bread, 1/2 fat per serving

CALORIES: 372 per serving

Combine ground beef, cornflakes, garlic powder, onion, and egg; mix well. Add salt and pepper. Place beef mixture in 9-inch (23-cm) pie pan. Pat to cover bottom and sides evenly. Bake at 425°F (220°C) for 30 minutes; drain off excess fat. Heat water, skim milk, and salt just to a boil; remove from heat. Add potato granules; mix thoroughly. Add margarine; blend well. Cover and allow to stand 5 minutes, or until potatoes thicken. Spread evenly over meat mixture. Return to oven and bake until potatoes are golden brown. Allow to rest 10 minutes before cutting pie into wedges.

MICROWAVE: Cover beef mixture. Cook on medium for 10 to 12 minutes; drain. Cover with potatoes. Cook on medium for 2 minutes. Hold 5 minutes.

- » dough for 1 biscuit
- » 1 tablespoon (30 mL) tomato sauce
- » dash each garlic powder, oregano, thyme, salt
- » 1/2 ounce (15 g) meat of your choice
- » 1/2 ounce (15 g) mozzarella cheese (shredded)

YIELD: 1 serving

EXCHANGE: 1 meat, 1 bread

CALORIES: 150

Press or roll biscuit dough flat. Roll edge up or place in individual baking dish. Combine tomato sauce and seasonings. Spread over entire surface of biscuit. Top with meat and cheese. Bake at 450°F (230°C) for 10 minutes.

- » 1 wiener
- » 3/8 inch strip (1 cm strip) cheese
- » dough for 1 biscuit

Make a thin slit in wiener; insert strip of cheese in slit. Roll or pat biscuit dough thin. Place wiener on edge of dough; roll up. Secure by pinching dough together, or use a toothpick. Bake at 375°F (190°C) for 15 minutes, or until golden brown.

YIELD: 1 serving
EXCHANGE: 1 1/4 meat, 1 bread
CALORIES: 141

FOLD HERE

- » 1/4 cup (60 mL) noodles or broken spaghetti
- » 1/2 cup (125 mL) broth

YIELD: 1/2 cup (125 mL)
EXCHANGE: 1 bread
CALORIES: 68

Cook 1/4 cup (60 mL) noodles or broken spaghetti in boiling salted water; drain. Add to hot broth just before serving.

MICROWAVE: Add 1/4 cup (60 mL) noodles or pasta to 2 cups (500 mL) boiling salted water. Cook on High for 3 minutes. Hold 3 minutes. Drain. Add to hot broth just before serving.

- » 1/2 cup (125 mL) tomato sauce
- » 3 tablespoons (45 mL) water
- » 1 tablespoon (15 mL) onion
- » 1/2 teaspoon (1 mL) garlic powder
- » 1/2 teaspoon (3 mL) oregano
- » salt and pepper to taste
- » 1/4 cup (60 mL) large curd cottage cheese
- » 1 egg
- » 1 1/2 cups (375 mL) lasagna noodles (cooked)
- » 2 ounces (60 g) mozzarella cheese
- » 1 tablespoon (15 mL) parmesan cheese

YIELD: 1 serving

EXCHANGE: 3 high-fat meat, 3 bread

CALORIES: 350

Combine tomato sauce, water, onion, garlic powder, oregano, salt, and pepper. Thoroughly blend together cottage cheese and egg. Spread small amount of sauce into bottom of individual baking dish. Alternate layers of noodles, sauce, cottage cheese mixture, and mozzarella cheese. Top with parmesan cheese. Bake at 375°F (190°C) for 30 minutes.

MICROWAVE: Cook on High for 10 minutes.

- » 2 pounds (1 kg) lean ground beef
- » 1/4 cup (60 mL) onion (grated)
- » 1 cup (250 mL) soft bread crumbs
- » 1 egg
- » 1/4 cup (60 mL) parsley (finely snipped)
- » 1 1/4 teaspoons (6 mL) salt
- » dash each pepper, thyme, marjoram
- » 1 teaspoon (5 mL) evaporated milk

YIELD: 12 servings

EXCHANGE: 2 1/2 high-fat meat, 1/4 bread per serving

CALORIES: 237 per serving

Combine all ingredients. Add just enough water to form firm ball. Press into baking dish. Bake at 350°F (175°C) for 1 1/2 hours.

MICROWAVE: Cook on High for 15 minutes. Turn dish halfway through cooking time. Allow to rest for 5 minutes before serving.

- » 4 slices bread (crust removed)
- » 1/2 cup (125 mL) skim milk
- » 1/2 teaspoon (2 mL) garlic powder
- » 1 teaspoon (5 mL) onion salt
- » 1 pound (500 g) lean ground beef
- » 1 egg (beaten)
- » 1 quart (1 L) water
- » 1 small bay leaf
- » 1 teaspoon (5 mL) salt
- » 1 clove

YIELD: 8 servings

EXCHANGE: 2 high fat meat, 1 bread per serving

CALORIES: 190 per serving

Soak bread in skim milk. Add garlic powder, onion salt, ground beef, and egg; mix thoroughly. Form into 8 balls. Combine water, bay leaf, salt, and clove. Bring to boil. Drop balls into boiling water. Cook until beef is done (about 15 minutes). Drain before placing on hot platter.

- » 3 ounces (90 g) lean ground beef
- » salt and pepper to taste
- » 1 tablespoon (15 mL) taco sauce
- » 3 6-inch (15-cm) taco shells
- » 1 1/2 ounces (45 g) Cheddar cheese (grated)
- » 1 1/2 tablespoons (25 mL) onion (chopped)
- » 1 medium tomato (chopped)
- » 1 cup (250 mL) lettuce (shredded)

YIELD: 1 serving

EXCHANGE: 1 bread, 4 1/2 meat, 1 vegetable

CALORIES: 145

Brown beef over low heat. Add salt and pepper. Drain. Add taco sauce; mix well. Divide beef mixture evenly among warm crisp shells. Top with cheese, onion, tomato, and lettuce.

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- » 1/2 cup (125 mL) herb-seasoned stuffing
- » 8 ounces (240 g) cooked flaked fish
- » 1 egg

YIELD: 6 patties

EXCHANGE: 1 1/4 meat, 1/4 bread, 1/8 fat per patty

CALORIES: 45 per patty

Moisten stuffing with water. Allow to stand 5 minutes, or until soft. (Add extra water if needed.) Blend fish and egg into softened stuffing. Form into 6 patties. Broil for 10 to 15 minutes. Turn once.

- » 1 tomato (thickly sliced)
- » vegetable cooking spray
- » dash each celery salt, garlic salt, pepper
- » 1 ounce (30 g) American cheese (grated)

YIELD: 1 serving

EXCHANGE: 1 vegetable, 1 high-fat meat

CALORIES: 140

Place tomato slices on broiler pan coated with vegetable cooking spray. Sprinkle with seasonings. Top with cheese. Broil 5 to 6 inches (15 cm) from heat until cheese is melted.

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- » 4 cups (1 L) apples, sliced
- » 1/4 cup (60 mL) water
- » 1 tablespoon (15 mL) molasses
- » 3 packets concentrated acesulfame-K
- » 1 tablespoon (15 mL) lemon juice
- » 1 teaspoon (5 mL) cinnamon
- » 1/4 teaspoon (1 mL) cloves
- » 3/4 cup (190 mL) oatmeal
- » 2 teaspoons (10 mL) margarine or butter
- » 2 packets concentrated acesulfame-K

YIELD: 8 servings

EXCHANGE: 1 bread

CALORIES: 84

Combine the apples, water, molasses, 3 packets of acesulfame-K, lemon juice, cinnamon, and cloves. Mix well. Arrange the apple mixture in an 8-inch (20 cm) square baking dish coated with non-stick cooking spray. Combine the remaining ingredients and sprinkle the mixture over the apples. Bake at 375°F (190°C) for 30 minutes or until the apples are tender and the topping is lightly browned.

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- » 1 quart (1 L) low calorie orange soda
- » 4 envelopes unflavored gelatin
- » 1 1/2 pkg. low calorie orange gelatin

EXCHANGE: Negligible

CALORIES: Negligible

FOLD HERE

Bring orange soda to a boil. Combine gelatins together in large bowl; add boiling water. Stir to dissolve. Pour into a pan. Chill until firm. Cut into cubes.

- » 13-ounce can (385 mL can) evaporated milk
- » 2 tablespoons (30 mL) sugar replacement
- » 1 1/2 cups (375 mL) whole milk
- » 1 tablespoon (15 mL) vanilla extract
- » 3 eggs (well beaten)

YIELD: 8 servings

EXCHANGE: 1/2 milk, 1/2 lean meat per serving

CALORIES: 122 per serving

Combine evaporated milk and sugar replacement. Beat well until sugar is dissolved. Add whole milk and vanilla extract; beat well. Add eggs; beat eggs into milk mixture vigorously. Pour into ice cream maker. Freeze according to manufacturer's directions.

» 1/2 cup (125 mL) grapes

Wash the grapes and place them in the freezer for several hours or overnight. Serve in fancy glasses.

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EXCHANGE: 1 fruit

CALORIES: 54