

# 100% Pleasure - Low fat recipes

## CREOLE VEGETABLE SOUP

The combination of ingredients gives this easy vegetable soup quite a pleasing flavor. For a very quick and satisfying meal, just add a salad and bread.

1 large onion, chopped  
1 celery stalk, sliced  
1 garlic clove, minced  
2 teaspoons olive oil  
5 ¼ cups defatted chicken broth, divided (for vegetarian soup, use vegetable stock)  
2 cans (16 oz. each) kidney beans, rinsed and drained  
1 can (15 oz.) tomato sauce  
1 large carrot, peeled and sliced  
½ large green pepper, seeded and chopped  
1 ¼ teaspoons dried thyme leaves  
1 teaspoon dried marjoram leaves  
Dash black pepper, to taste  
3 drops hot-pepper sauce (optional)  
¼ cup uncooked long-grain white rice.

In a Dutch oven or other large heavy pot, combine the onions, celery, garlic, oil and 3 tablespoons of the broth. Cook over medium heat, stirring occasionally, for 5 to 6 minutes, or until the onions are tender; note: Add a bit more broth if the liquid begins to evaporate.

Add the beans, tomato sauce, carrots, green peppers, thyme, marjoram, black pepper, hot-pepper sauce (if using) and the remaining broth. Stir to mix well. Bring this mixture to a boil. Add the uncooked rice, cover, reduce the heat and cook at a gentle boil for 25 minutes, or until the rice is tender and the soup has thickened slightly. Makes 6 servings

***Per Serving: 244 calories, 3.5 g. total fat (12% of calories), 0.5 g. saturated fat, 1 mg. cholesterol***

## HERBED BROCCOLI BISQUE

Leeks contribute a subtle, pleasing flavor to this easy soup, which gets its creamy texture from pureed potatoes and broccoli. I prefer to use a blender, but you may puree the soup in a food processor. In that case, the texture of the soup will not be quite as smooth.

3 medium leeks

1 garlic clove, minced  
2 teaspoons non-diet tub-style canola or corn-oil margarine or butter  
3 cups defatted chicken broth, divided  
4 cups small broccoli florets  
1 pound boiling potatoes (about 4 medium), peeled and cut into  $\frac{3}{4}$ " cubes  
1 teaspoon dried basil leaves  
1 teaspoon dried thyme leaves  
 $\frac{1}{4}$  teaspoon ground white pepper  
1 $\frac{1}{2}$  cups 2% fat milk  
1 teaspoon lemon juice  
 $\frac{1}{2}$  teaspoon salt, or to taste  
Tiny blanched broccoli florets or fresh broccoli leaves for garnish

Clean the leeks by trimming of the root ends and all but about 1" off the green tops; discard. Peel off and discard 1 to 2 layers of tough outer leaves. Then, beginning at the green end, slice down about 1" into the leeks. Put the leeks in a colander. Wash them thoroughly under cool running water. Wash again to remove all traces of dirt. Set them aside until well drained. Cut into  $\frac{1}{2}$ " pieces.

In a Dutch oven or other large heavy pot, combine the leeks, garlic, margarine or butter and 3 tablespoons of the broth. Cook over medium heat, stirring frequently, for 10 minutes, or until the leeks are tender but not browned. (Add a bit more broth if the liquid begins to evaporate.) Add the 4 cups broccoli florets, potatoes, basil, thyme, pepper and the remaining broth. Bring to a boil. Cover, reduce the heat and simmer for 11 to 14 minutes, or until the potatoes and broccoli become tender. Remove from the heat and let cool slightly.

Working in batches, puree the mixture using a hand held blender stick, moving the stick around the pot until the mixture is completely smooth. Add the milk, lemon juice and salt. Mix well. Cook for an additional 4 to 5 minutes; **do not boil**. Garnish individual servings with the blanched florets or leaves. Makes 5 servings

***Per Serving: 207 calories, 3.5 m. total fat (15% of calories), 1.2 g. saturated fat, 5 mg. cholesterol***

## **WHITE PIZZA**

After enjoying white pizza as an appetizer, I immediately set out to make a low-fat version that would taste just as good for my customers. My recipe relies on a trio of cheeses combined with chopped fresh vegetables for texture and flavor. The ricotta and mozzarella have virtually no fat. And the feta is low in fat, with six grams per ounce. Serve these mini pizzas piping hot as an appetizer or as part of a brunch or light lunch. You can easily double the recipe. You may also prepare the ricotta-vegetable mixture several hours ahead and refrigerate it until needed.

3 English muffins, halved  
1/3 cup nonfat ricotta cheese  
1/3 cup thinly sliced scallion tops  
1/3 cup finely chopped zucchini  
¼ cup finely chopped sweet red peppers  
½ teaspoon dried oregano leaves  
¼ teaspoon dried basil leaves  
¼ cup firmly crumbled feta cheese  
1 ounce nonfat or reduced fat mozzarella cheese, shredded (about ¼ cup)  
Hot pepper flakes, optional and to taste.

Preheat the broiler

Arrange the English muffin halves, cut side up, on a baking sheet and set aside.

In a small bowl, mix the ricotta, scallions, zucchini, peppers, oregano and basil. Divide the mixture among the English muffins and spread it evenly. Sprinkle each muffin with 2 teaspoons of the feta, then 2 teaspoons of the mozzarella.

Broil 2" from the heat for 2 minutes, or until the mozzarella has melted. Sprinkle with the pepper flakes, if using. Makes 6 servings:

***Per Serving: 06 calories, 2.8 g. total fat (24% of calories), 1.4 g. saturated fat, 10 mg. cholesterol***

## **ASPARAGUS SALAD**

Here's an example of how a very little bit of a high-fat ingredient can go a long way. Because the Parmesan is added as a garnish, you need only a sprinkling to set off these fresh asparagus spears.

¼ cup finely chopped fresh parsley leaves  
¼ cup coarsely chopped green or sweet red peppers  
3 tablespoons canola oil  
3 tablespoons de-fatted chicken broth  
2 tablespoons lemon juice  
¼ teaspoon celery salt  
¼ teaspoon dry mustard  
1/8 teaspoon ground black pepper  
2 pounds fresh untrimmed asparagus spears  
2 teaspoons grated Parmesan cheese (optional)  
Red or Boston lettuce leaves

In a small bowl, combine the parsley, green or red peppers, oil, broth, lemon juice, celery salt, mustard and black pepper. Stir to mix well. Set aside for at least 20 minutes to blend the flavors.

Wash the asparagus well. Gently break off and discard the tough white part at the bottom of each spear. Lay the spears in a large skillet and cover them with water. Cover the skillet and bring the water to a boil over high heat. Reduce the heat and gently simmer for 4 to 6 minutes, or until the spears are crisp-tender; do not overcook.

Transfer the asparagus to a colander and cool slightly under cold running water. Drain, and then lay the spears out on paper towels to get all the water off the spears.

Arrange the lettuce and asparagus on a serving platter. Drizzle with dressing. Garnish with the Parmesan (if using), sprinkling it evenly over the spears. Cover and refrigerate for at least 30 minutes prior to serving. Makes 6 servings

***Per serving: 61 calories, 3.2 g. total fat (41% of calories), 0.4 g saturated fat, 0 mg. cholesterol.***

## **NOODLE PUDDING**

Almost all of the fat but none of the flavor has been removed from this traditional Jewish side dish. It is an excellent source of calcium since it's made with dairy products. When buying the egg noodles, look for a brand that is low in fat and cholesterol.

4 cups uncooked medium no-yolk egg noodles  
3 ounces reduced fat tub-style cream cheese, at room temperature  
1/3 cup + 3 tablespoon granulated sugar, divided  
1 cup nonfat ricotta cheese  
1 cup liquid egg substitute  
3/4 cup plain nonfat yogurt  
1 teaspoon vanilla extract  
1/4 teaspoon salt  
1/2 cup well drained crushed pineapple  
1/3 cup chopped dried apricots, currants or dark raisins  
1/4 cup ground cinnamon

Preheat the oven to 375 degrees. Coat a shallow 2-quart baking dish with nonstick cooking spray. Set aside.

Cook the noodles according to the package directions. Drain well and set aside.

While the noodles are cooking, in a large bowl, combine the cream cheese and 1/3 cup of the sugar. Using an electric mixer, beat on medium speed until well combined and smooth. Add the ricotta, egg substitute, yogurt, vanilla and salt. Beat on low speed until partially combined. Increase the speed to medium and beat until smooth. Stir in the pineapple and apricots, currants or raisins. Fold in the noodles.

Transfer to the prepared dish and spread evenly, using the back of a large spoon.

In a cup, mix the cinnamon and the remaining 3 tablespoons of sugar. Sprinkle evenly over the noodle mixture. Bake for 30 to 35 minutes, until the mixture is just set and a toothpick inserted in the center comes out clean. Do not over bake. Makes 15 servings

***Per servings: 118 calories, 2 g. total fat (14% of calories), 1 g. saturated fat, 6 mg. cholesterol.***

## **ROASTED WINTER VEGETABLES**

Roasted vegetables are so easy, tasty and healthful that I serve them often. They also smell wonderfully aromatic as they roast. I prefer to use extra-virgin, first pressed olive oil in this recipe because I think it brings out the taste of the vegetables. However, a very mild olive, canola or safflower oil may be substituted. Note that I have carefully specified what sizes the cut-up vegetables should be. This is so they will all be done at the same time. If you don't have small onions, use three larger ones and quarter them or check the freezer section at your supermarket for small white onions.

1 large rutabaga, peeled and cut into ¾" chunks  
1/3 cup de-fatted chicken broth  
3 medium carrots, peeled and cut into ¾" lengths  
12 small (1½" diameter) white onions, peeled and halved  
3 large all-purpose potatoes cut into 1¼" chunks  
1½ Tablespoons olive oil, preferably extra-virgin  
¼ teaspoon dried thyme leaves  
1/8 teaspoon ground black pepper  
¼ teaspoon salt

Preheat the oven to 375 –degrees.

Combine the rutabagas and broth in a large roasting pan or jelly-roll pan. Place on the center oven rack and roast, stirring occasionally, for 20 minutes.

In a large bowl, stir together the carrots, onions, potatoes, oil, thyme and pepper until well combined. Add the rutabagas and any remaining broth. Transfer the vegetables to the pan previously used for the rutabagas. Spread the vegetables out evenly.

Roast, stirring occasionally, for 40 to 50 minutes, or until the carrots and rutabagas are just tender when pierced with a fork. Sprinkle with the salt and mix well. Makes 5 servings  
***Per Serving: 201 calories, 4.6 g. total fat (20% of calories), 0.7 g. saturated fat, 0 mg. cholesterol***

## **QUICK-BAKED SEASONED FISH**

This makes an easy low-fat entrée that can be on the table in less than 15 minutes. Enjoy!

1 pound skinless mild white fish fillets  
2 teaspoons non-diet tub-style canola or corn-oil margarine or butter, melted & divided  
2½ tablespoons all-purpose or unbleached white flour  
1 teaspoon mild curry powder  
1 teaspoon chili powder  
¼ teaspoon celery salt  
1 medium lemon, quartered (garnish)

Preheat the oven to 425-degrees. Line a jelly-roll pan with foil. Coat the foil with nonstick cooking spray. Pat the fish dry with paper towels. Lay fillets, slightly separated, on the foil. Brush the tops of the fillets with 1 teaspoon of the margarine or butter.

In a small bowl, stir together the flour; curry powder, chili powder and celery salt. Sprinkle half of the seasoning mixture over the fish. Turn over the fish. Brush with remaining 1 teaspoon margarine or butter. Sprinkle with the remaining seasoning mixture.

Bake the fish on the upper oven rack for 7 – 9 minutes, or until the fillets are opaque and flake when touched with a fork. Immediately remove from the oven. Using a wide spatula, transfer the fish to a platter or individual plates. Serve with the lemon wedges. Serves 4

***Per Serving: 139 calories, 3.1 g. total fat (21% of calories), 0.3 g. saturated fat, 49 mg. cholesterol***

## **JAMBALAYA**

Jambalaya is a spicy Cajun grab-bag of a dish. There are many variations, depending on what the cook has in the larder and which meats and seafood are available. The small amount of sausage we use adds an extra dimension to the seasonings. You can easily double the recipe to feed a crowd; but don't double the oil, one tablespoon is sufficient.

1 large onion, coarsely chopped  
1 large garlic clove, minced

2 teaspoons olive oil  
2 cups de-fatted chicken broth, divided (ok to use Swanson's Low Salt Broth)  
2 large celery stalks, diced  
1 large carrot, peeled and diced  
1 large green pepper, seeded and chopped  
1 can (28 ounces) Italian (plum) tomatoes, with juice  
4 ounces diced Andouille Sausage  
1 large bay leaf  
1 ½ teaspoons dried thyme leaves  
1 teaspoon dried marjoram leaves  
¼ teaspoon ground black pepper  
Pinch of ground red pepper  
1 ½ cups uncooked long grain white rice  
1 pound shrimp, peeled and deveined  
1 ½ cups frozen peas

In a Dutch oven or other large heavy pot, combine the onions, garlic, oil and 3 tablespoons of broth. Cook over medium heat, stirring frequently, for 5 to 6 minutes or until the onions are tender. Add the celery, carrots, green peppers and the remaining broth.

Add the tomatoes (with juice) and break them up with a spoon. Add the sausage, bay leaf, thyme, marjoram, black pepper and red pepper. Bring to a boil. Reduce the heat, cover and simmer for 15 minutes. Bring the liquid back to a boil. Add the rice, shrimp and peas. Reduce the heat, cover and simmer for 20 minutes, or until the rice is tender. Remove and discard the bay leaf. Stir the jambalaya before serving. Serves 8

***Per Serving: 236 calories, 2.8 g. total fat (11% of calories), 0.6 g. saturated fat, 42 mg. cholesterol***

## **TURKEY SCALOPPINE WITH LEMON AND PARSLEY**

In this Italian-style recipe, the turkey breasts cutlets look and taste remarkably like veal but are much lower in fat. To ensure that the cutlets don't stick during browning, use a nonstick skillet with a very smooth finish. A pan with a worn or scratched surface will not work as well.

1 pound turkey breast cutlets  
1/3 cup lemon juice – fresh if possible.  
¼ cup all- purpose or unbleached white flour, divided  
2 teaspoons olive oil, preferably extra virgin, divided  
2 teaspoons non diet tub style canola or corn oil margarine or butter, divided  
2 large garlic cloves, halved and crushed, divided  
¼ teaspoon salt, divided  
½ cup de-fatted chicken broth

¼ cup + 2 tablespoons chopped fresh parsley leaves, divided  
Ground black pepper to taste  
1 medium lemon, cut into 8 wedges

Lay the cutlets between sheets of plastic wrap. Using a kitchen mallet or the back of a larger, heavy spoon, pound each cutlet to 1/8" thickness. Transfer the cutlets to a large, flat glass dish or non-reactive platter. Pour the lemon juice over the cutlets. Cover the dish with plastic wrap and refrigerate for at least 45 minutes or up to 2 hours, turning occasionally.

Drain the cutlets well, pat dry with paper towels, discarding the lemon juice. Transfer the pieces to clean paper towels. Sift about 2 tablespoons of the flour over them and pat it into the top surface. Turn over the pieces and repeat with the remaining 2 tablespoons flour. Preheat the oven to 200 degrees.

In a 12" non-stick skillet, combine 1 teaspoon of the oil and 1 teaspoon of the margarine or butter. Add 1 clove of garlic half, pressing it into the pan. Heat the skillet over medium high heat until hot but not smoking. Add half the cutlets. Sprinkle with 1/8 teaspoon of the salt. Cook the cutlets for 1 ½ minutes, or until lightly browned. Turn over the pieces and cook for 2 minutes, or until lightly browned and just cooked through. Transfer to an oven-proof serving dish, cover and place in the oven. Discard the garlic from the skillet.

Repeat the procedure, using the remaining 1 teaspoon oil, 1 teaspoon margarine or butter, 1 of the remaining garlic cloves halves, remaining turkey cutlets and 1/8 teaspoon salt. Transfer the cooked cutlets to the serving dish and keep warm; discard the garlic.

Add the broth, ¼ cup of the parsley and the remaining 2 garlic clove halves to the skillet; cook over medium heat stirring for 4 minutes or until the liquid has reduced to about 3 tablespoons. Strain the liquid through a fine sieve and pour over the cutlets. Sprinkle with the remaining 2 tablespoons of parsley. Add the pepper and garnish with the lemon wedges. Makes 4 servings

***Per Serving: 188 calories, 6.8 g. total fat (33% of calories), 1.4 g. saturated fat, 49 mg. cholesterol***

## **PORK TENDERLOIN WITH GLAZED APPLES**

Pork tenderloin is flavorful and sumptuous, yet it's low in fat. In this recipe I pair it with apple cider and Golden Delicious apples. I like these particular apples because they're fragrant and sweet. Also, they hold their shape and turn a rich, tawny brown as they cook.

1 pound lean pork tenderloin, trimmed of all visible fat  
1 tablespoon finely chopped onions  
1 teaspoon peanut or canola oil  
1¾ cups apple cider, divided  
3 large Golden Delicious apples, peeled, cored and cut into eighths  
½ teaspoon reduced-sodium soy sauce



1 teaspoon balsamic or apple cider vinegar  
Pinch of ground black pepper, or to taste

Cut the pork on the diagonal into 8 slices. Lay the 3 slices, separated by several inches, between sheets of plastic wrap or parchment paper. Using a kitchen mallet or the back of a large heavy spoon, pound the slices until they are a scant ¼" thick. Set aside

In a 12" nonstick skillet, combine the onions and oil; cook over medium-high heat, stirring, for 3 minutes, or until the onions are limp. Now add the pork and cook for 3 minutes longer, or until it's nicely browned on one side. Turn over the slices and cook for 3 minutes longer, or until browned. Remove the pork and onions from the pan and set aside.

Add 1 cup of the cider to the pan. Raise the heat to high and cook until the liquid is reduced by about half. Add the apples and cook, stirring frequently, for 3 minutes, or until all the liquid has evaporated. Remove the apples from the pan and set them aside.

Add the soy sauce, vinegar, pepper and remaining ¾ cup cider to the pan. Cook until the cider mixture has reduced by half. Add the apples and heat briefly. Place the pork slices in the center of a platter or individual plates and arrange the apple slices around them.

***Per serving: 266 calories, 5.7 g. total fat (19% of calories), 1.7 g. saturated fat, 81 mg. cholesterol***

## **APRICOT-ORANGE MUFFINS**

These tempting golden-brown muffins are rich and satisfying, yet only 26 percent of their calories come from fat. They are especially nice for brunch or with afternoon coffee or tea. Like most low fat muffins, these are best when fresh. But you may re-heat them (wrap in foil and warm for 10 to 15 minutes at 375 degrees).

1/3 cup orange juice  
1/3 cup finely diced dried apricots  
½ teaspoon finely grated orange zest  
1¼ cup all-purpose or unbleached white flour  
2/3 cup whole wheat pastry flour or whole wheat flour  
6 ½ tablespoons granulated sugar  
2 ½ teaspoons baking powder  
¼ teaspoon baking soda  
1 cup buttermilk  
1 large egg white, room temperature  
3 ½ tablespoons canola or safflower oil  
1 teaspoon vanilla extract

¼ teaspoon almond extract

Preheat oven to 425-degrees. Coat 12 standard muffin tin cups with nonstick spray.

In a small saucepan, combine the orange juice, apricots and orange zest. Bring to a simmer over medium-high heat. Reduce the heat and simmer, stirring occasionally, for 6 to 8 minutes, or until almost all the liquid has been absorbed. Set aside.

In a large bowl, thoroughly stir together the white and whole wheat flours, sugar, baking powder, baking soda and salt. In a 2-cup measure, stir together the buttermilk, egg white, oil, vanilla and almond extract with a fork until evenly mixed.

Gently stir the apricots and buttermilk mixture into the dry ingredients just until incorporated. DO NOT OVERMIX.

Divide the batter evenly among the muffin cups. (I find using an ice-cream scoop works best.) Bake the muffins on the center oven rack for 14 to 17 minutes, or until the muffins are tinged with gold and spring back when touched lightly. Transfer the pan to a wire rack and let stand for 5 minutes before removing the muffins.

***Per Serving: 153 calories, 4.4 g. total fat (26% of calories), 0.4 g. saturated fat, 1 mg. cholesterol***

## **CINNAMON COFFEE CAKE**

This easy coffee cake is an old favorite, updated to remove a great deal of the fat. The nonfat sour cream is an important flavor component, so do not alter that aspect of the recipe.

Cake:

1¾ cups all-purpose or unbleached white flour

1 teaspoon baking powder

½ teaspoon baking soda

¼ teaspoon ground cinnamon

1 cup nonfat sour cream

2/3 cup granulated sugar

¼ cup liquid egg substitute

3 tablespoons canola or safflower oil

1 teaspoon vanilla extract

Topping:

1 ½ tablespoons granulated sugar

¼ teaspoon ground cinnamon

To prepare the cake: Preheat the oven to 350-degrees. Coat an 8 x 8 baking pan with nonstick spray, set aside.

In a medium bowl, combine the flour, baking powder, baking soda and cinnamon. Stir well to mix.

In a large bowl, combine the sour cream, sugar, egg substitute, oil, and vanilla. Stir vigorously until well blended. Stir in the flour mixture until thoroughly combined. Pour the batter into the prepared pan and spread evenly with a rubber spatula.

To prepare the topping: In a small cup, stir together the sugar and cinnamon. Sprinkle the mixture evenly over the batter.

Bake on the center oven rack for 20 to 25 minutes, or until a toothpick inserted in the center comes out clean. Cool on a wire rack for 10 to 15 minutes before serving. Makes 9 servings

***Per Serving: 224 calories, 5 g. total fat (20% of calories), 0.4 g. saturated fat, 0 mg. cholesterol***

## **CHOCOLATE BREAD PUDDING**

Like most old-fashioned bread puddings, this one is an unpretentious dessert. However, it does seem mellower and richer than many traditional recipes because the custard is enlivened with chocolate, spices and rum-soaked raisins. Store covered and refrigerated for up to two days; reheat before serving.

1/3 cup dark raisins

¼ cup rum or orange juice

¾ cup packed light or dark brown sugar

2 ½ tablespoons unsweetened cocoa powder

2 ¾ cups 1% fat milk

1/8 teaspoon ground nutmeg – freshly ground

Pinch of ground cinnamon

Pinch of salt

1 ounce unsweetened chocolate, chopped

2/3 cup liquid egg substitute

2 teaspoons vanilla extract

3 ½ cups finely diced fresh French, Italian or sourdough bread, crusts removed

1 tablespoon powdered sugar (for garnish)

Preheat the oven to 375-degrees. Coat a 1½ quart or slightly larger round baking dish with nonstick spray. Set aside for now. In a small bowl, mix the raisins, rum or the orange juice and set aside for now.

In a medium saucepan, thoroughly stir together the sugar and cocoa. Slowly stir in the milk, nutmeg, cinnamon and salt. Bring just to a simmer over medium-high heat. Remove from the heat.

Place the chocolate in a small bowl. Pour about ¼ cup of the hot milk mixture over the chocolate and stir until the chocolate is completely melted and smooth. Stir the chocolate mixture into the saucepan with the remaining milk mixture. Set aside until just barely hot. In a medium bowl, mix the egg substitute and vanilla. Gradually beat in about 1 cup of the milk mixture. Then slowly stir the egg mixture into the saucepan. Drain any unabsorbed rum or orange juice from the raisins and add to the pan, reserving the raisins.

Pour one third of the milk mixture into the prepared baking dish. Add half of the bread and half of the raisins. Top with another third of the milk mixture and the remaining bread and raisins. Add the remaining milk mixture.

Lay a piece of wax paper over the top and press down slightly to be sure all the bread is moistened, discard the paper. Let stand for 10 minutes to allow the bread to absorb the liquid. Set the baking dish in a larger pan. Place in the upper third of the oven. Add enough hot water to the larger pan to come 1 ½ inches up the sides of the smaller dish. Bake for 15 minutes. Reduce the oven temperature to 350-degrees; continue baking for 20 to 30 minutes or just until the top is browned and the pudding appears to be set when the dish is jiggled. Transfer to a wire rack and let cool for 10 minutes. Just prior to serving, dust the top of the bread pudding with the powdered sugar. Store covered and refrigerated for up to two days, reheat before serving. Makes 5 servings

***Per serving: 358 calories, 6.7 g. total fat (16% of calories), 1.3 g. saturated fat, 6 mg. cholesterol.***

## **CHOCOLATE SAUCE**

This is a very chocolatey, glossy, bittersweet sauce that's good drizzled over brownies, ice cream, cake and other desserts. The cocoa powder – which is low in fat – provides most of the chocolate taste. We add only a small amount of regular chocolate to round out the flavor and add richness. Store the sauce in the refrigerator for up to two weeks. Although you can serve it chilled, it will become more fluid and flavorful if you allow it to warm to room temperature

½ cup unsweetened cocoa powder  
½ cup packed light brown sugar  
½ cup hot water  
½ cup light corn syrup  
1 ½ ounces unsweetened chocolate, chopped into ¼ inch pieces  
2 teaspoons vanilla extract

In a heavy medium saucepan, stir together the cocoa and sugar until well combined. Stir in the water, then the corn syrup until very smooth and well blended. Bring to a boil, stirring

constantly, over medium heat, scraping the pan bottom, for 1 minute. Immediately remove the pan from the heat.

Place the chocolate pieces in a small deep bowl. Add about ¼ cup of the hot cocoa mixture and stir until well blended and the chocolate partially melts. Add about ¼ cup more of the cocoa mixture and stir until smoothly incorporated. Pour into the saucepan and stir until the sauce is completely smooth. Stir in the vanilla. Let cool to room temperature before serving. Makes 1 ½ cups; 8 servings

***Per serving: 157 calories, 3.5 g. total fat (19% of calories), 0 g. saturated fat, 0 mg. cholesterol***

### **SPICY HERBED MUSTARD SAUCE**

This zippy sauce goes well with most winter vegetables – cabbage, rutabagas, turnips, parsnips, carrots and onions are particularly good. Or, you can use it to dress up grilled or broiled chicken or fish. . It will keep in the refrigerator for up to two days. Stir well and reheat before using.

1 tablespoon cornstarch  
1 tablespoon packed light brown sugar  
1 cup de-fatted chicken broth  
¼ cup nonfat sour cream  
2 tablespoon Dijon mustard  
1 ½ teaspoons dried tarragon leaves

In a small saucepan, stir together the cornstarch and sugar until blended. Stir in the broth until the mixture is smooth. Cook over medium-high heat, stirring constantly, for 2 minutes, or until the mixture turns clear. Remove from the heat.

In a small deep bowl, whisk together the sour cream, mustard and tarragon. Whisk into the cornstarch mixture until blended. Return to the heat and heat until piping hot but not boiling. Serve immediately. Makes 1 ¼ cups, 8 servings

***Per serving: 25 calories, 0.3 g. total fat (11% of calories), 0 g. saturated fat, 0 mg. cholesterol***

***All recipes are from the 100% Pleasure cookbook by Nancy Baggett and Ruth Glick; Rodale Press, 1994***