

# SOUPS, SIDES AND APPETIZERS

## Hot Artichoke and Spinach Dip

Servings: 12

Category: Soups, Sides and Appetizers

8 oz cream cheese, fat free  
14 oz can Artichoke hearts, well drained and coarsely chopped  
1/2 cup frozen spinach, thawed and well drained  
1/4 cup mayonnaise, fat free  
1/2 cup Parmesan cheese, shredded  
1 clove garlic, finely minced  
1 tsp fresh basil, chopped  
1/4 cup Mozzarella cheese, grated  
1/4 tsp. garlic salt  
salt and pepper to taste

Bring cream cheese to room temperature. Cream together with mayonnaise, Parmesan cheese, garlic, basil and garlic salt. Mix well. Add the well drained artichoke hearts and spinach and mix until blended. Spray pie pan with pan spray; pour in dip, top with grated Mozzarella cheese. Bake at 350 degrees for 25 minutes or until the top is golden brown. Serve with baked tortilla chips.

Nutrition Information Per Serving:  
70 calories; 7 grams protein, 2 grams fat; 5 grams carbohydrate; 355 mg sodium

## Nine Layer Dip

Servings: 12

Category: Soups, Sides and Appetizers

2 strips lean bacon, diced  
1 can 16 oz Fat Free Refried Beans  
1/2 cup sour cream, fat free  
1/2 tsp taco seasoning  
3/4 cup cheddar cheese, shredded  
3/4 cup guacamole, frozen  
1/3 cup tomatoes, diced  
1 Tbsp fresh cilantro, chopped finely  
2 Tbsp black olives, sliced  
2 Tbsp green onions, finely sliced

Fry diced bacon in pan until well cooked; add refried beans and cook slowly and stir frequently until the bacon and bacon drippings are mixed throughout the beans-about 15 minutes; remove from heat. Mix taco seasoning with sour cream and set aside. Spread refried beans on a serving platter to about 1-1 1/2 inches thick. Top with 1/2 cup of shredded cheese; sour cream/taco seasoning mix; guacamole; tomatoes; diced cilantro, black olives, sliced green onion and 1/4 cup of shredded cheddar. Serve with baked tortilla chips.

Nutrition Information Per Serving:  
134 calories; 7 grams protein; 9 grams fat; 11 grams carbohydrate; 393 mg sodium

# SOUPS, SIDES AND APPETIZERS

## Spicy Hot Potato Soup

Servings: 10 1 cup servings

Category: Soups, Sides and Appetizers

2 bacon slices  
1 cup chopped carrots  
1 cup chopped poblano chilies  
1 cup chopped onion  
2 tablespoons minced seeded jalapeno pepper  
1/2 teaspoon cumin  
3 minced garlic cloves  
2 16-ounce cans fat free chicken broth  
5 cups diced peeled baking potatoes  
1/2 teaspoon salt  
1/3 cup flour  
2 1/2 cups skim milk  
5 ounces reduced fat Jalapeno Cheddar cheese  
2 ounces reduced fat Cheddar cheese  
2/3 cup onion  
Cook bacon until crisp. Remove bacon from pan leaving 1 tablespoon drippings in pan. Crumble bacon, set aside. Add carrots and next 5 ingredients to drippings. Sauté until golden brown. Stir in broth and add potato and salt. Bring to a boil. Cover, reduce heat and simmer 25 minutes or until potato is tender. Combine flour and milk in a small bowl stirring with a whisk. Add to pan slowly. Cook over medium heat until thick, about 12-15 minutes. Remove from heat. Add reduced fat and Jalapeno Cheddar cheese, stirring until melted. Serve in bowls topped with green onions and crumbled bacon.

Nutrition Information Per Serving:

171 calories, 8 grams protein, 3 grams fat, 27 grams carbohydrate, 705 mg sodium

## Seven Layer Salad

Servings: 16

Category: Soups, Sides and Appetizers

1 head of lettuce, finely chopped  
1 medium onion, finely chopped  
4 stalks of celery, finely chopped  
1/2 cup Miracle Whip Light  
6 packages Sweet and Low  
3 tablespoons skim milk  
1 16 oz package frozen peas  
1/4 cup bacon bits  
1 cup shredded cheddar cheese

Layer lettuce, onion and celery in 9 x13 dish; pack down and set aside. Mix together in a bowl; Miracle Whip Light, Sweet and Low and skim milk; spread on top of the celery. Layer peas next. Sprinkle bacon bits on top of peas and top with shredded cheddar. Eat now or store in the refrigerator covered up to 24 hours prior to serving.

Nutrition information per serving: 116 calories; 4 grams protein; 5 grams fat; 237 mg sodium

## Strawberry Whip

Servings: 12

Category: Soups, Sides and Appetizers

1 large box of sugar free gelatin  
2 24 oz container of low fat cottage cheese  
1 12 oz container of Cool Whip Free®  
2 quarts of fresh or frozen strawberries

Prepare gelatin according to box directions and prior to refrigeration, mix in cottage cheese, Cool Whip Lite and strawberries. Refrigerate for at least one hour prior to serving.

Nutrition Information per serving:

138 calories; 9 grams of protein; 1 gram of fat; 379 mg sodium

# SOUPS, SIDES AND APPETIZERS

## Veggie Pizza

Servings: 24

Category: Soups, Sides and Appetizers

2 cans crescent rolls  
2 packages of low fat cream cheese  
1 package of low fat, powdered  
Hidden Valley Ranch Dressing mix  
1/2 cup broccoli, chopped into small pieces  
1/2 cup carrots, shredded  
1/2 cup cauliflower, chopped into small pieces

Preheat oven to temperature required to bake rolls. On a large cookie sheet, spread out both cans of crescent rolls, pushing the seams together. Bake dough to "lesser" end of required time on package. In a medium bowl, mix cream cheese and ranch dressing mix. After crust is baked and cooled, spread cream cheese-ranch dressing mixture over the entire crust. Cut into 1" squares. Arrange chopped/shredded vegetables on each slice.

Nutrition Information per serving: 128 calories;  
4 grams protein; 7 grams fat; 388 mg sodium

## Bean Dip

Servings: 15

Category: Soups, Sides and Appetizers

2 - 16 oz. cans fat-free refried beans  
1 cup fat-free sour cream  
1/2 cup fat-free mayonnaise  
1.8 oz. pkg. taco seasoning mix  
2 medium tomatoes, diced  
3.8 oz. can black olives, sliced, drained  
1 bunch green onions, chopped  
8 oz. fat-free cheddar cheese, shredded

Spread both cans of fat-free refried beans on bottom of 9" x 13" pan.

In a mixing bowl, blend together fat-free sour cream, mayonnaise and taco seasoning. Spread mixture over layer of beans.

Sprinkle tomatoes, black olives, green onions and cheese on top of mixture.

Serve with baked tortilla chips.

Nutrition Information per serving  
Calories 100; Protein 7 grams; Fat 1 gram;  
Sodium 531 mg

# SOUPS, SIDES AND APPETIZERS

## Broccoli with Orange Sauce

Servings: 4

Category: Soups, Sides and Appetizers

2 oranges  
8 cups broccoli flowerets (about 2 large heads)  
1 tbsp. margarine  
2 tbsp. garlic, minced, fresh  
1/4 tsp. salt  
1/8 tsp. pepper

Grate 2 tbsp. rind, and squeeze 1/2 cup of juice from oranges; set aside. Steam broccoli, covered, 10 minutes or until crisp-tender. Melt margarine in a small skillet over medium heat. Add garlic, and sauté 1 minute. Add orange rind, juice, salt, and pepper; bring to a boil. Reduce heat, and simmer, uncovered, for 2 minutes. Pour over broccoli, and toss well.

Nutrition Information per serving

Calories 109; Protein 6 grams; Fat 4 grams;  
Sodium 175 mg

## Cheese Stuffed Potatoes

Servings: 8

Category: Soups, Sides and Appetizers

4 medium potatoes  
1 cup fat-free cottage cheese or lowfat ricotta cheese  
4 tsp. skim milk  
2 tbsp. green onion, chopped  
1/4 tsp. paprika

Bake potatoes in a 350°F oven until tender. While potatoes are still warm, slice each potato in half lengthwise. Scoop out pulp, leaving about 1/4" thick shells. In a medium mixing bowl blend cheese, milk and onion. Add potato and mix until smooth. Fill potato shell halves with mixture. Arrange on a baking dish and sprinkle with paprika.

Microwave Method: Cover stuffed potatoes with wax paper. Heat on high for 5 minutes, turning 1/4 turn halfway through cooking.

Conventional Oven: Preheat oven to 350°F. Bake stuffed potatoes for 10 to 15 minutes or until thoroughly heated.

Nutrition Information per serving

Calories 132; Protein 6 grams; Fat 0 grams;  
Sodium 102 mg

## Cheesy Beans

Servings: 4

Category: Soups, Sides and Appetizers

15 oz. can pinto beans, drained  
15 oz. can kidney beans, drained  
1/2 cup lowfat cheddar cheese, shredded  
1 tbsp. salsa

Place all ingredients in saucepan; bring to low boil; simmer until cheese melts.

Nutrition Information per serving

Calories 224; Protein 14 grams; Fat 3 grams;  
Sodium 1003 mg

# SOUPS, SIDES AND APPETIZERS

## Cheesy Garlic Bread

Servings: 15

Category: Soups, Sides and Appetizers

1 1/2 cups fat-free mayonnaise  
1 cup fat-free cheddar cheese, shredded  
1 cup green onions with tops, thinly sliced  
3 cloves garlic, minced  
1 loaf French bread, halved lengthwise  
1/3 cup parsley, minced, fresh

Preheat oven to 400°F. Mix mayonnaise, cheese, onions and garlic; spread on bread halves. Sprinkle with parsley. Wrap each half in foil. Refrigerate for 1-2 hours or freeze. Unwrap and place on a baking sheet. Bake for 8-10 minutes (20-25 minutes if frozen) or until puffed but not brown. Cut into slices and serve.

Nutrition Information per serving  
Calories 83; Protein 3 grams; Fat 1 gram;  
Sodium 364 mg

## Cheesy Potatoes

Servings: 4

Category: Soups, Sides and Appetizers

2 medium russet baking potatoes (1 pound)  
1/2 cup lowfat cheddar cheese, shredded  
3 tbsp. lowfat buttermilk  
1/4 cup green onion with top, finely chopped  
1/2 cup fat-free cottage cheese  
1/4 tsp. salt  
1 clove garlic  
1/8 tsp. black pepper, freshly ground  
Paprika (optional)

Heat oven to 400°F. Scrub potatoes; prick in several places with a sharp knife. Bake until tender, about 50-60 minutes.

Slice potatoes in half lengthwise. Scoop out pulp, leaving 1/4" shell. Combine potato pulp, cheese, buttermilk, green onion, cottage cheese, salt, garlic, and pepper. If desired, sprinkle with paprika. Place in baking pan and bake 20 minutes or until heated through.

Microwave: Scrub potatoes; prick in several places with sharp knife. Place on paper towel; cook on high power 9-10 minutes or until tender, turning potatoes over once. Prepare potatoes as in steps 2 and 3 above. Place in shallow microwave-safe dish and cook on high power 3-4 minutes or until heated through, rotating dish once.

Nutrition Information per serving  
Calories 153; Protein 10 grams; Fat 3 grams;  
Sodium 367 mg

# SOUPS, SIDES AND APPETIZERS

## Chunky Vegetable Soup

Servings: 12

Category: Soups, Sides and Appetizers

Vegetable cooking spray  
2 tbsp. vegetable oil  
1 cup onion, chopped  
2 cloves garlic, minced  
7 cups water  
1 tbsp. basil, dried  
3/4 tsp. salt  
1/2 tsp. marjoram, dried  
1/2 tsp. pepper  
1 lb. red potatoes, cut into 1" cubes  
1/2 lb. carrots, 1" thick  
15.5 oz. can cannelloni beans or other white beans, drained  
14.5 oz. can tomatoes, diced, undrained, chopped  
10 oz. pkg. lima beans, frozen, fordhook  
1/2 cup fat-free mozzarella cheese, shredded  
1/2 cup orzo, uncooked

Coat a large Dutch oven with cooking spray. Add oil and place over medium-high heat until hot. Add onion and garlic and sauté 5 minutes or until tender. Add water and next 9 ingredients. Bring to a boil. Cover, reduce heat and simmer 20 minutes. Add orzo. Cook uncovered over medium heat an additional 10 minutes. Ladle soup into individual bowls and sprinkle with cheese.

Refrigerate remaining soup in an airtight container for up to 1 week, or freeze it for up to 3 months.

Nutrition Information per serving  
Calories 135; Protein 6 grams; Fat 4 grams;  
Sodium 301 mg

## Creamy Dill Dip

Serving Size: 32

Category: Soups, Sides and Appetizers

8 oz. lowfat cream cheese  
8 oz. lowfat sour cream  
2 tbsp. green onion, finely chopped  
2 tsp. dill, dried  
1 tbsp. skim milk (optional)  
1 sprig dill, fresh (optional)

In a medium mixing bowl beat the cream cheese, sour cream, green onion and dill with an electric mixer until mixture is fluffy. Cover and chill for up to 24 hours.

Before serving, stir skim milk into the dip to make desired consistency. Garnish with a fresh sprig of dill.

Serve with assorted vegetables: cauliflower, zucchini, peppers, broccoli, carrots, and green onions.

Nutrition Information per serving  
Calories 26; Protein 1 gram; Fat 1 gram;  
Sodium 44 mg

# SOUPS, SIDES AND APPETIZERS

## Creamy Potato Salad

Servings: 4

Category: Soups, Sides and Appetizers

3 medium potatoes (1 pound)  
1/3 cup lowfat mayonnaise or lowfat salad dressing  
1/4 cup celery, thinly sliced  
1/4 cup green pepper, chopped  
2 tbsp. onion, chopped  
2 tbsp. skim milk  
1 tsp. prepared mustard  
1 tsp. vinegar  
1/8 tsp. salt  
1/8 tsp. pepper  
2 hard-boiled egg whites, coarsely chopped  
Skim milk (optional)

In a covered saucepan, cook the potatoes in boiling water for 20-25 minutes or just until tender. Drain well. Peel and cube potatoes.

In a large salad bowl stir together the mayonnaise (or salad dressing), celery, green pepper, onion, milk, mustard, vinegar, salt, and pepper. Add the cooked potatoes and egg whites. Toss lightly to mix. Cover and chill for 6-24 hours. If necessary, stir in a little additional milk before serving to make the salad the desired consistency.

Nutrition Information per serving

Calories 141; Protein 4 grams; Fat 5 grams;  
Sodium 252 mg

## Crispy Potato Wedges

Servings: 8

Category: Soups, Sides and Appetizers

4 medium russet potatoes, cut into large wedges  
1 tbsp. vegetable oil  
1/4 tsp. black pepper, freshly ground  
1/8 tsp. salt  
2 cloves garlic, minced  
reduced-sodium catsup

Place potatoes in a large bowl; add cold water to cover. Let stand for 15 minutes.

Preheat oven to 425°F. Spray a nonstick baking sheet with vegetable cooking spray. Set aside.

Drain potatoes in a colander. Spread on a double layer of paper towels. Cover with a second layer of paper towels. Press down on the towels to dry potatoes. Transfer potatoes to a clean, large bowl. Sprinkle with oil, pepper and salt; toss gently to combine. Arrange seasoned potatoes in a single layer on prepared baking sheet. Bake potatoes for 20 minutes. Using spatula, turn potatoes; sprinkle with garlic. Bake until golden brown, about 20 minutes, turning baking sheet after 10 minutes for even browning. Serve immediately, with catsup on the side.

Variation: For a sweeter flavor, use sweet potatoes instead of russet potatoes. Proceed as directed. Add 1/2 tsp. of paprika when tossing potatoes with spices. Bake as directed.

Nutrition Information per serving

Calories 125; Protein 2 grams; Fat 2 grams;  
Sodium 44 mg

# SOUPS, SIDES AND APPETIZERS

## Crumb-Topped Green Beans

Servings: 4

Category: Soups, Sides and Appetizers

1 1/4 lb. green beans  
1 tbsp. margarine  
1/2 cup onion, chopped  
1/4 cup Italian-seasoned dry bread crumbs

Steam the green beans, covered, for 12 minutes or until crisp-tender.

Melt the margarine in a large nonstick skillet over medium heat. Add chopped onion and bread crumbs, and sauté for 1 minute. Add green beans, and sauté for 4 minutes or until tender.

Nutrition Information per serving  
Calories 118; Protein 4 grams; Fat 4 grams;  
Sodium 279 mg

## Fresh Peach Salsa

Serving Size: 12

Category: Soups, Sides and Appetizers

3 1/2 cups peaches (about 2 1/2 pounds),  
peeled, diced  
1/4 cup red onion, diced  
2 tbsp. cilantro, finely chopped  
1 tbsp. jalapeno pepper, seeded, minced  
2 tbsp. rice vinegar  
1 tsp. lemon juice  
1 clove garlic, minced

Combine all ingredients in a bowl, and stir well. Cover and chill. Serve with pork tenderloin.

Nutrition Information per serving  
Calories 13; Protein 0 grams; Fat 0 grams;  
Sodium 10 mg

## Fruit with Ricotta Dip

Servings: 4

Category: Soups, Sides and Appetizers

4 oz. fat-free cream cheese  
2 tbsp. 100% fruit spread  
1/2 cup no-added-sugar vanilla yogurt  
4 cups fruit in season, sliced or cubed

In a blender or food processor bowl, combine cream cheese, yogurt and fruit spread. Cover and blend or process until smooth. If desired, cover and chill dip up to 24 hours.

Serve with assorted fresh fruit. Garnish dip with additional finely shredded orange peel, if desired.

Nutrition Information per serving  
Calories 164; Protein 8 grams; Fat 1 gram;  
Sodium 236 mg

## Fruited Gelatin and Cottage Cheese

Servings: 8

Category: Soups, Sides and Appetizers

16 oz. 4% fat cottage cheese  
1 pkg. sugar-free orange Jell-O® (4 serving size)  
3/4 cup boiling water  
1/2 cup cold water  
Ice cubes  
11 oz. can mandarin oranges, drained

Place cottage cheese in blender or food processor container, cover. Blend until smooth; set aside.

Completely dissolve gelatin in boiling water and add enough ice cubes to measure 1 1/4 cups to the gelatin. Stir until slightly thickened. Remove any unmelted ice; stir in oranges. Divide cottage cheese among 8 individual serving dishes. Spoon gelatin mixture over cottage cheese. Chill until set, about 2 hours.

Nutrition Information per serving  
Calories 46; Protein 4 grams; Fat 2 grams;  
Sodium 166 mg



# SOUPS, SIDES AND APPETIZERS

## Fruity Cottage Cheese

Servings: 6

Category: Soups, Sides and Appetizers

3 cups Cool Whip Lite®  
1 pkg. sugar-free orange Jell-O® (6 serving size)  
16 oz. container fat-free cottage cheese  
15 oz. can mandarin oranges in juice

Empty Cool Whip into bowl and add dry Jell-O®, mix well. Add cottage cheese and mix with a spoon until blended. Fold in drained oranges. Cover bowl with plastic wrap and chill for at least 1 hour before serving.

Other substitutions are:

Strawberry Jell-O, fresh strawberries  
Lime Jell-O, canned or fresh pineapple  
Cherry Jell-O, fresh Michigan sweet cherries

Nutrition Information per serving  
Calories 128; Protein 6 grams; Fat 6 grams;  
Sodium 193 mg

## Garden Salad

Servings: 8

Category: Soups, Sides and Appetizers

1 head romaine lettuce  
1 head iceberg lettuce  
1 medium zucchini, sliced  
1/2 medium green pepper, sliced  
2 medium tomatoes, quartered  
4 stalks celery, sliced  
3 carrots, diced

Tear romaine and iceberg lettuce into bite-size pieces. Toss with zucchini, green peppers, tomatoes, celery, and carrots. Top with your favorite dressing and toss until evenly coated.

Nutrition Information per serving  
Calories 41; Protein 3 grams; Fat 0 grams  
Sodium 39 mg

## Garlic-Buttermilk Dressing

Servings: 6

Category: Soups, Sides and Appetizers

1/4 cup lowfat buttermilk  
2 tbsp. olive oil  
1 clove garlic, minced  
1/2 tsp. black pepper, freshly ground  
1/4 tsp. salt

Whisk together all ingredients. Shake well before serving.

For Herbed Garlic-Buttermilk Dressing:

Add 1 tbsp. chopped fresh tarragon, dill, thyme, rosemary, oregano, basil, or parsley or 1 tsp. dried.

Nutrition Information per serving  
Calories 45; Protein 0 grams; Fat 5 grams;  
Sodium 107 mg

## Glazed Carrots

Servings: 6

Category: Soups, Sides and Appetizers

4 cups carrots, peeled, sliced  
3 tbsp. lowfat margarine  
2 tbsp. water  
1/2 tsp. salt  
1/2 tsp. pepper

Preheat oven to 350°F. Place carrots in 1 quart casserole with cover. Add lowfat margarine, water, salt and pepper. Cover and bake, stirring occasionally, for about 1 hour or until tender.

Nutrition Information per serving  
Calories 72; Protein 1 gram; Fat 3 grams;  
Sodium 311 mg

# SOUPS, SIDES AND APPETIZERS

## Gravy

Servings: 8

Category: Soups, Sides and Appetizers

3 tbsp. flour  
2 tsp. instant bouillon granules  
1/8 tsp. pepper  
12 oz. evaporated skim milk  
1/2 cup water  
Paprika (optional)

In a small saucepan stir together the flour, bouillon granules, and pepper. Gradually stir in the evaporated skim milk and water until mixture is smooth. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more. Serve over hot mashed potatoes. If desired, sprinkle with paprika.

To make chicken, ham, beef, or pork gravy: Substitute appropriate flavor of bouillon granules.

Nutrition Information per serving  
Calories 51; Protein 4 grams; Fat 0 grams;  
Sodium 56 mg

## Greek Chickpea Salad

Servings: 6

Category: Soups, Sides and Appetizers

16 oz. chickpeas (garbanzo beans), rinsed,  
drained  
1 small tomato, seeded, chopped  
1/2 cup cucumber, diced, unpeeled  
1/3 cup green onions, sliced  
1/4 cup Italian parsley, coarsely chopped  
2 tbsp. red wine vinegar  
2 tbsp. extra-virgin olive oil  
1/4 cup feta cheese, crumbled  
Black pepper, freshly ground

Combine chickpeas, tomato, cucumber, onions, and parsley in medium bowl. Whisk together vinegar and oil; pour over bean mixture. Toss well. Just before serving, sprinkle with cheese. Serve with pepper.

Nutrition Information per serving  
Calories 146; Protein 6 grams; Fat 7 grams;  
Sodium 130 mg

# SOUPS, SIDES AND APPETIZERS

## Green Beans Almondine

Servings: 8

Category: Soups, Sides and Appetizers

1 1/2 pounds green beans, fresh or frozen,  
cut into 1" pieces  
3 tbsp. lemon juice  
2 tsp. lowfat margarine  
1/4 cup slivered almonds, toasted

In a large saucepan, cook green beans, covered, in a small amount of boiling water for 20-25 minutes or until crisp-tender. Cook frozen beans according to the package directions, except omit the margarine or butter and salt. Drain well.

Meanwhile, in a small mixing bowl, stir together the lemon juice and melted margarine. Pour mixture over the green beans and toss to coat. Gently stir in the toasted almonds. Serve immediately.

Nutrition Information per serving  
Calories 70; Protein 3 grams; Fat 4 grams;  
Sodium 15 mg

## Green Bean Casserole

Servings: 8

Category: Soups, Sides and Appetizers

18 oz. French-style green beans, frozen  
1/3 cup onion, chopped  
2 tsp. lowfat margarine  
3 tbsp. fine dry bread crumbs  
10 3/4 ounces lowfat condensed cream of  
mushroom soup  
1/4 cup nonfat plain yogurt  
2 tbsp. pimiento, diced

Preheat oven to 350°F. Cook the green beans according to the package directions, omitting salt. Drain well.

Meanwhile, in a small saucepan, cook the onion in margarine until onion is tender. Stir in bread crumbs.

In a large mixing bowl, stir together the soup, yogurt, and pimiento. Stir in the beans. Transfer mixture to a 1 1/2 quart casserole. Sprinkle bread crumb mixture on top of the beans.

Bake for 25-30 minutes or until the mixture is heated through and crumbs are golden. If desired, garnish with additional pimiento pieces.

Nutrition Information per serving  
Calories 55; Protein 2 grams; Fat 2 grams;  
Sodium 174 mg

# SOUPS, SIDES AND APPETIZERS

## Ham Rolls

Servings: 64

Category: Soups, Sides and Appetizers

6 - 6 inch flour tortillas  
16 oz. fat-free cream cheese, softened  
1/3 cup fat-free mayonnaise  
2 tbsp. green onion, chopped  
1/4 cup black olives, chopped  
2 1/2 oz. lowfat ham, cooked, sliced, pressed

Combine cream cheese, mayonnaise, onions and olives. Spread thin layer of mixture on tortilla. Arrange a slice of ham over mixture. Tightly roll up tortilla. Wrap individually in plastic wrap. Place in refrigerator at least 3 hours or overnight. To serve, cut into 3/4" slices.

Garnish with fresh parsley and serve on decorative platter.

Nutrition Information per serving  
Calories 17; Protein 2 grams; Fat 0 grams;  
Sodium 80 mg

## Herbed Cream Cheese

Servings: 8

Category: Soups, Sides and Appetizers

8 oz. pkg. fat-free cream cheese  
2 tbsp. Mrs. Dash® Seasonings, any flavor

Cut cream cheese into 4 equal pieces. Place Mrs. Dash on a small plate. Roll each piece of cream cheese in Mrs. Dash until evenly coated. Serve with crackers.

For variety: Roll each piece of cream cheese in 1/2 tsp. of different Mrs. Dash flavor — Original, Garlic & Herb, Onion & Herb, and Extra Spicy.

Nutrition Information per serving  
Calories 30; Protein 1 gram; Fat 0 grams;  
Sodium 0 mg

## Hummus

Servings: 24

Category: Soups, Sides and Appetizers

1 clove garlic  
2 tbsp. sesame seed oil (tahini)  
2 1/2 tbsp. lemon juice  
1/2 tsp. cayenne pepper, or to taste  
1/4 cup juice from garbanzo beans  
15 oz. can garbanzo beans, drained  
8 whole wheat pita bread, cut into triangles

Place garlic, sesame seed oil, lemon juice, cayenne pepper, and bean juice in blender or food processor and puree.

Add drained garbanzo beans and continue to puree until creamy and smooth.

Taste and adjust seasonings.

Place in an airtight refrigerator container and chill until ready to serve.

To serve, bring to room temperature and place in a bowl surrounded with plain or toasted pita bread.

Nutrition Information per serving  
Calories 85; Protein 3 grams; Fat 1 gram;  
Sodium 165 mg

# SOUPS, SIDES AND APPETIZERS

## Italian Vegetable Salad

Servings: 14

Category: Soups, Sides and Appetizers

1 large head broccoli flowerets, chopped  
1 small head cauliflower flowerets, chopped  
4 tomatoes, chopped  
1 medium cucumber, peeled, sliced  
1 medium sweet onion, thinly sliced  
3 large carrots, thinly sliced  
1 -3.8 oz. can sliced black olives  
1 cup fat-free Italian dressing  
1 cup fat-free creamy Italian dressing  
2 cups part-skim mozzarella cheese, shredded

In a large bowl, combine the first seven ingredients. Pour salad dressing over and stir to coat. Cover and refrigerate for at least 4 hours. Stir in cheese just before serving.

Nutrition Information per serving

Calories 130; Protein 6 grams; Fat 4 grams;  
Sodium 118 mg

## Layered Bean Dip

Servings: 15

Category: Soups, Sides and Appetizers

16 oz. fat-free refried beans  
16 oz. fat-free sour cream  
1/2 pkt. taco seasoning mix  
4 oz. green chiles, diced  
3 oz. black olives, sliced  
1/2 medium avocado, cubed  
2 medium tomatoes, diced  
3/4 cup fat-free Monterey Jack cheese,  
shredded  
3 tbsp. chives  
Lowfat tortilla chips

In a large bowl, combine beans, sour cream and taco seasoning mix. Transfer to a 9" pie plate or a large, shallow bowl. Layer the remaining ingredients in the order given. Serve with lowfat tortilla chips.

Nutrition Information per serving

Calories 80; Protein 6 grams; Fat 2 grams;  
Sodium 390 mg

## Mashed Potatoes

Servings: 6

Category: Soups, Sides and Appetizers

6 medium potatoes (2 pounds)  
1 tbsp. butter-flavored sprinkles  
2 tsp. salt  
1/4 cup skim milk

Wash, peel, and quarter the potatoes. In a large saucepan cook the potatoes, covered, in a small amount of boiling water for 20-25 minutes or until tender. Drain potatoes and mash with a potato masher or with an electric mixer on low speed. Add the butter-flavored sprinkles and salt. Heat the skim milk. Gradually beat enough of the hot skim milk into the potatoes to make them light and fluffy.

Nutrition Information per serving

Calories 149; Protein 9 grams; Fat 0 grams;  
Sodium 788 mg

# SOUPS, SIDES AND APPETIZERS

## Melon Basket

Servings: 20

Category: Soups, Sides and Appetizers

1 large watermelon  
2 cantaloupe melons  
2 honeydew melons  
1 quart fresh blueberries  
1 quart fresh strawberries

Using a watermelon and directions below for a plain or zigzag edge, prepare a fruit basket.

For a plain edge: Cut the melon in half and scoop out the seeds. Remove most of the fruit with a melon baller. Or, cut fruit out with a grapefruit knife or scoop it out with a large spoon. Reserve the fruit to serve in the basket later. Continue scraping out the flesh, to leave a smooth surface.

For a zigzag edge: First cut a line through the melon to ensure that your finished edge will be straight. Using a sharp knife, insert it on the cut line at an angle. Continue making cuts at the same angle 1/2 to 2 inches long, every 1 to 2 inches apart, according to the size of the melon.

Then insert the knife at the top of the angled cut and cut back down at the opposite angle to form a V. Continue cutting V-shapes in this way all around the melon. A special melon cutter with a V-shaped blade will make the job easier.

Once basket is prepared, cut cantaloupes and honeydews in half. Scoop out seeds. Using a melon baller, scoop out the fruit balls and add to basket. With the watermelon reserved from basket, use melon baller to make fruit balls and add to basket.

Clean strawberries and blueberries. Remove hull from strawberries and cut in half. Add strawberries and blueberries to basket and gently mix all fruit together.

Nutrition Information per serving

Calories 92; Protein 2 grams; Fat 1 gram;  
Sodium 15 mg

## Nachos

Servings: 4

Category: Soups, Sides and Appetizers

2 oz. baked nacho chips  
1/2 cup fat-free refried beans  
1/4 cup fat-free sour cream  
2 tbsp. taco seasoning mix  
1/2 cup fat-free cheddar cheese, shredded  
3 jalapeno peppers, canned, thinly sliced  
1/2 cup salsa

Preheat oven to 400°F. Mix refried beans, sour cream and taco seasoning. Spread mixture onto chips. Place chips on a foil covered cookie sheet. Top with shredded cheddar cheese and top with jalapeno peppers. Bake 5-7 minutes or until cheese melts. Serve with salsa.

Nutrition Information per serving

Calories 145; Protein 10 grams; Fat 1 gram;  
Sodium 791 mg

## Refried Beans

Servings: 8

Category: Soups, Sides and Appetizers

1 lb. dry pinto beans  
6 cups water  
2 tbsp. oil  
1 1/2 tsp. salt  
1 clove garlic, crushed

In a 3-quart covered saucepan, bring beans and water to a boil. Simmer for 2 1/2-3 hours or until beans are very tender. In a large heavy skillet, add beans with liquid, oil, salt, and garlic. Mash beans completely. Cook uncovered, over medium heat about 10 minutes or until thick, stirring often.

Nutrition Information per serving

Calories 128; Protein 11 grams; Fat 3 grams;  
Sodium 456 mg

# SOUPS, SIDES AND APPETIZERS

## Roasted Tomato and Mint Salsa

Serving Size: 3

Category: Soups, Sides and Appetizers

6 large Roma tomatoes, tops removed  
1 clove garlic  
2 tbsp. lime juice  
2 serrano peppers, minced, with seeds  
1 1/2 tbsp. cilantro, minced  
3 1/2 tbsp. spearmint, minced  
1/2 tsp. lime zest  
1/2 tsp. orange zest  
1 pinch salt  
1 tbsp. extra-virgin olive oil

In a black iron skillet over medium-high heat, cook the tomatoes until blackened all over. While still warm, pulse tomatoes with the garlic in a food processor until roughly chopped. Let cool to room temperature and add the remaining ingredients. Mix together and let sit at least 30 minutes before using. Serve salsa with venison chops, grilled pork, or tortilla chips.

Nutrition Information per serving  
Calories 108; Protein 3 grams; Fat 5 grams;  
Sodium 24 mg

## Salmon Ball

Serving Size: 32

Category: Soups, Sides and Appetizers

14 3/4 oz. water-packed red salmon, drained, flaked  
3 small dill pickles, chopped  
4 oz. fat-free cream cheese, softened  
1 tbsp. lemon juice  
1/2 tsp. dill, dried  
1 tbsp. oregano  
1/4 tsp. salt  
1 pkt. sugar substitute  
1/2 cup parsley, fresh, chopped

Combine all ingredients except parsley in a bowl and stir to blend. Shape into a ball and chill until ready to serve. Roll ball in chopped parsley. Serve with crackers.

Nutrition Information per serving  
Calories 29; Protein 4 grams; Fat 1 gram;  
Sodium 119 mg

# SOUPS, SIDES AND APPETIZERS

## Scalloped Corn

Servings: 4

Category: Soups, Sides and Appetizers

1/4 cup onion, chopped finely  
1/4 cup green or red sweet pepper  
1 egg white, slightly beaten  
1/2 cup lowfat saltine crackers, coarsely crushed  
1/2 cup skim milk  
1/8 tsp. seasoned salt  
1/8 tsp. pepper  
9 oz. whole kernel corn, drained  
9 oz. cream-style corn  
1 tsp. lowfat margarine, melted  
Vegetable cooking spray

Preheat oven to 350°F. In a small covered saucepan, cook the onion and green or red sweet pepper in a small amount of boiling water for 2 minutes or until tender. Drain.

Meanwhile, in a medium mixing bowl, stir together the egg white, 1/3 cup of the saltine crackers, milk, seasoned salt and pepper. Stir in the onion-sweet pepper mixture, whole kernel corn, and cream-style corn.

Spray a 1-quart casserole with vegetable cooking spray. In a small mixing bowl, toss the remaining saltine crackers with the melted margarine. Sprinkle on top of the corn mixture.

Bake about 35 minutes or until a knife inserted near the center comes out clean. Let stand for 5-10 minutes before serving.

Nutrition Information per serving  
Calories 179; Protein 6 grams; Fat 3 grams;  
Sodium 679 mg

## Seven Layer Salad

Servings: 12

Category: Soups, Sides and Appetizers

1 head lettuce, torn into pieces  
1/2 cup onion, chopped  
1/2 cup celery, chopped  
5 oz. water chestnuts, drained, sliced  
10 oz. frozen green peas  
1 1/2 cups fat-free mayonnaise  
1 tbsp. sugar substitute  
2 large tomatoes, sliced  
2 hard cooked eggs, sliced  
4 slices turkey bacon, cooked, crumbled  
1/2 cup fat-free American cheese, shredded

In a large glass salad bowl, make an even layer of the lettuce. Mix onion and celery; sprinkle over lettuce. Sprinkle water chestnuts and unthawed peas over salad. Spread mayonnaise evenly over top and sprinkle with sugar substitute. Refrigerate overnight.

The next day, layer remaining ingredients over mayonnaise. To serve, layer onto salad plates.

Nutrition Information per serving  
Calories 97; Protein 5 grams; Fat 2 grams;  
Sodium 438 grams



# SOUPS, SIDES AND APPETIZERS

## Shrimp Cocktail

Serving Size: 6

Category: Soups, Sides and Appetizers

2 quarts water  
3 cups celery, diced  
1 cup onion, chopped  
2 lemons, quartered  
2 cloves garlic, minced  
6 bay leaves  
3 tbsp. salt  
1 tbsp. allspice, whole  
2 tsp. cayenne pepper  
3 pounds headless frozen or fresh shrimp,  
with shells still on

Bring water to boil in large kettle. Add all ingredients except shrimp. Simmer 15 minutes. Add shrimp; bring back to boil. Simmer 15 minutes, or until shell turns pink and shrimp is tender. Remove from heat. Let shrimp stand 20 minutes in shrimp boil; drain. Peel and devein shrimp. Serve on platter or individual dishes of cracked ice with cocktail sauce.

Nutrition Information per serving  
Calories 252; Protein 47 grams; Fat 5 grams;  
Sodium 694 mg

## Shrimp Cocktail Sauce

Serving Size: 6

Category: Soups, Sides and Appetizers

11 oz. catsup  
1 tbsp. fresh lemon juice  
2 pkts. sugar substitute  
1/4 cup horseradish  
1/4 cup chives, chopped

Mix catsup, lemon juice, sugar substitute and horseradish. Adjust horseradish and lemon juice to taste. Refrigerate until well chilled. Garnish with chives to serve.

Nutrition Information per serving  
Calories 65; Protein 1 gram; Fat 0 gram;  
Sodium 662 mg

## Spicy Barbecue Sauce

Servings: 20

Category: Soups, Sides and Appetizers

1 1/2 tbsp. lowfat margarine  
3/4 cup onion, chopped  
1 1/2 cups sugar-free catsup  
1 cup plus 2 tbsp. vinegar  
3/4 cup sugar-free pancake syrup  
3/4 cup water  
3 beef bouillon cubes  
1 1/2 tbsp. Worcestershire sauce  
2 1/4 tsp. salt  
1/4 tsp. pepper  
3 drops Tabasco sauce  
1 pkt. Equal® sweetener

Melt margarine in saucepan. Add onion and sauté until lightly browned. Then add remaining ingredients except Equal. Boil slowly 15 minutes, or until sauce is glossy and thick. Remove from heat and stir in Equal.

Nutrition Information per serving  
Calories 21; Protein 0 grams; Fat 0 grams;  
Sodium 451 mg

# SOUPS, SIDES AND APPETIZERS

## Spinach Dip

Servings: 12

Category: Soups, Sides and Appetizers

10 oz. frozen spinach, chopped, thawed  
1 1/2 cups fat-free sour cream  
1 cup lowfat mayonnaise  
1.4 oz. pkg. vegetable soup mix  
8 oz. water chestnuts, finely chopped  
3 green onions, finely chopped  
1 round loaf pumpernickel bread

Squeeze spinach until dry. In medium bowl, stir together spinach, sour cream, mayonnaise, soup mix, water chestnuts, and green onions. Cover; refrigerate for 2 hours.

Serve with pumpernickel bread. Cut the top of the bread off; carve out the center and fill with the dip. Place pieces of cut bread and crackers around the bread bowl.

Nutrition Information per serving  
Calories 220; Protein 5 grams; Fat 9 grams;  
Sodium 669 mg

## Stuffing

Servings: 8

Category: Soups, Sides and Appetizers

1 cup canned chicken broth  
16 slices white bread  
1 cup celery, chopped  
1/2 cup onion, chopped  
2 tbsp. lowfat margarine  
1 tsp. poultry seasoning  
1/4 tsp. pepper  
1 apple, peeled, chopped  
1 tsp. butter-flavored sprinkles

Preheat oven to 300°F. Place canned chicken broth in refrigerator for 1 hour or longer. Open can and skim off fat layer.

Cut bread into 1/2" cubes. Spread into a single layer in a shallow baking pan. Bake for 10-15 minutes or until dry, stirring twice. Or, let bread cubes stand, at room temperature for 8-12 hours.

In a small saucepan, cook the celery and onion in lowfat margarine until tender. Remove from heat. Stir in the poultry seasoning and pepper. Place dry bread cubes in a mixing bowl. Add the onion mixture and apple. Combine the defatted broth and butter-flavored sprinkles. Drizzle over bread mixture, tossing lightly to moisten. If desired, add additional defatted broth for desired moistness. Spray a 2-quart casserole with vegetable cooking spray. Spoon stuffing into casserole.

Bake stuffing, covered, for 50-55 minutes or until hot. If desired, garnish with a strip of orange peel.

Nutrition Information per serving  
Calories 163; Protein 5 grams; Fat 4 grams;  
Sodium 494 mg

# SOUPS, SIDES AND APPETIZERS

## Tomato Spinach Soup

Servings: 4

Category: Soups, Sides and Appetizers

1 1/2 tsp. olive oil  
3/4 cup onion, chopped  
1 clove garlic, minced  
1 1/2 cups salsa  
1 cup tomato juice  
1 tsp. sugar  
29 oz. tomatoes, whole, undrained, chopped  
11 oz. sugar-free condensed tomato soup  
10 oz. frozen chopped spinach

Coat a large Dutch oven with vegetable cooking spray. Add olive oil and place over medium-high heat until hot. Add the onion and garlic. Sauté for 2 minutes. Add remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until thoroughly heated.

Nutrition Information per serving  
Calories 158; Protein 5 grams; Fat 3 grams;  
Sodium 1251 mg

## Veggie Dip

Servings: 6

Category: Soups, Sides and Appetizers

3/4 cup lowfat cottage cheese  
1/4 cup fat-free plain yogurt  
1/2 tsp. lemon juice  
1 pkg. dry ranch salad dressing mix

Place all ingredients in a blender and blend until smooth. Serve with fresh cut vegetables or crackers.

Nutrition Information per serving  
Calories 28; Protein 4 grams; Fat 0 grams;  
Sodium 57 mg

## Veggie Pizza

Serving Size: 32

Category: Soups, Sides and Appetizers

2 pkgs. crescent rolls  
1 cup fat-free creamy Italian dressing  
3-8 oz. pkgs. fat-free cream cheese  
1/2 cup broccoli, chopped  
1/2 cup carrots, grated

Bake crescent rolls on a cookie sheet rolled out tight together and pinched at each seam. Bake according to directions on package or until golden brown.

Cream together softened cream cheese and creamy Italian dressing. Spread on cooled crescent crust.

Cut pizza into 32 pieces and place grated carrots and broccoli pieces on the top to make it look like a pizza.

Nutrition Information per serving  
Calories 86; Protein 3 grams; Fat 2 grams;  
Sodium 214 mg

# SOUPS, SIDES AND APPETIZERS

## White Bean Soup

Servings: 5

Category: Soups, Sides and Appetizers

1 lb. great northern beans or other white beans  
1 tbsp. olive oil  
1 cup fresh onion, minced  
3/4 cup smoked ham, lean, diced  
2 tbsp. jalapeno pepper, seeded, minced  
1 clove garlic, minced  
7 cups water  
3/4 tsp. salt  
1/4 tsp. pepper  
1/4 cup fresh parsley, flat-leaf, chopped

Sort and wash beans and place in Dutch oven. Cover with water to 2 inches above beans. Bring to a boil; cook 2 minutes. Remove from heat; cover and let stand 1 hour. Drain beans and set aside. Wipe pan with a paper towel.

Heat oil in pan over medium heat. Add onion, ham, jalapeno pepper and garlic. Sauté 7 minutes or until onion is tender. Add beans, water, salt and pepper. Bring to a boil. Partially cover, reduce heat and simmer 1 hour.

Place 2 cups of bean mixture in a blender or food processor and process until smooth. Return puree to pan. Stir in parsley.

Nutrition Information per serving  
Calories 213; Protein 19 grams; Fat 6 grams;  
Sodium 1160 mg