Spicy Green Beans Amandine

Serves 4; ½ cup per serving

12 ounces fresh green beans, trimmed
1 tablespoon firmly packed dark brown sugar
1 tablespoon soy sauce (lowest sodium available)
1½ teaspoon balsamic vinegar
1/8 teaspoon of cayenne
¼ cup sliced almonds, dry roasted and slightly crushed (about 1 ounce)
Steam the beans over medium-high heat for 5 minutes, or until tender-crisp. Transfer to a serving bowl.

Meanwhile, in a small bowl, stir together the remaining ingredients except the almonds. Stir into the cooked beans. Sprinkle with the almonds.

Nutrients per Serving: Calories 78, Total Fat 3.0 g, Saturated Fat 0.5 g, Polyunsaturated Fat 1.0 g, Monosaturated Fat 2.0 g, Cholesterol 0 mg, Sodium 105 mg, Carbohydrates 11 g., Sugars 5 g, Fiber 4 g, Protein 3 g
Dietary Exchanges: 2 vegetable, ½ fat

Sirloin with Pineapple-Sherry Marinade

Serves 4; 3 ounces steak per serving

¼ cup pineapple juice
¼ cup dry sherry
2 tablespoons firmly packed dark brown sugar
3 tablespoons light soy sauce
½ teaspoon chili garlic sauce or
1/8 to ¼ teaspoon crushed red pepper flakes
½ teaspoon ground cinnamon
¼ teaspoon ground allspice
1 1-pound boneless top sirloin steak, all visible fat discarded
Vegetable oil spray
¼ teaspoon pepper (coarsely ground preferred)
1/8 teaspoon salt

In a large resalable plastic bag, combine the marinade ingredients, making sure the sugar is dissolved. Add the sirloin. Seal the bag and turn to coat. Refrigerate for 8 to 24 hours, turning occasionally.

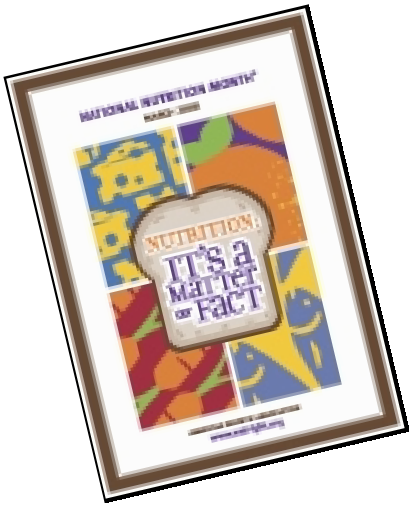
Preheat the broiler. Lightly spray a broiler rack and pan with vegetable oil spray. Remove the steak from the marinade, discarding the marinade. Place the steak on the

broiler rack and broil at least 6 inches from the heat for 5 minutes on each side, or until the desired doneness. Transfer the steak to a cutting board. Sprinkle with the pepper and salt. Let stand for 5 minutes before slicing.

Nutrients per Serving: Calories 154, Total Fat 4.5 g, Saturated Fat 1.5 g, Polyunsaturated Fat 0.0 g, Monosaturated Fat 2.0 g, Cholesterol 46 mg, Sodium 436 mg, Carbohydrates 1 g, Sugars 0 g, Fiber 0 g, Protein 25 g
Dietary Exchanges: 3 lean meat.

Banana Pancakes

Serves 4; 2 pancakes per serving



½ cup all-purpose flour
½ cup whole-wheat flour
3 tablespoons sugar
1 ½ teaspoons baking powder
¼ teaspoon baking soda
1/8 teaspoon salt
1 cup plus 2 tablespoons low-fat buttermilk
¼ egg substitute or whites of 2 large eggs
1 tablespoon corn oil stick margarine, melted
1 medium banana, cut into ½-inch cubes
¼ cup maple syrup
1 teaspoon corn oil stick margarine
¼ teaspoon ground cinnamon
2 teaspoons canola or corn oil, divided use

In a large bowl, stir together the flours, sugar, baking powder, baking soda, and salt.

In a medium bowl, stir together the buttermilk, egg substitutes, and melted margarine. Add to the flour mixture, stirring until just blended. Fold in the banana. Let stand for 15 minutes to thicken slightly.

Meanwhile, preheat the oven to 200◦F. Put the maple syrup, 1 teaspoon margarine, and cinnamon in a small ovenproof container, such as a custard cup. Keep in the oven until needed.

Pour 1 teaspoon oil into a large nonstick skillet. Using a paper towel, spread the oil over the bottom. Heat over medium heat. Sprinkle several drops of water on the skillet; the drops should dance on the surface, . Pour four 1/3-cup portions of batter into the skillet. Cook for 2 to 3 minutes on each side, or until golden. Place the pancakes in a single layer on a plate. Put in the oven to keep warm. Pour the

remaining oil into the skillet. Being careful not to burn you, spread the oil over the bottom with a paper towel. Repeat with the remaining batter.

Transfer 2 pancakes to each plate. Top with the syrup mixture.

Nutrients per Serving: Calories 312, Total Fat 7.5 g, Saturated Fat 1.5g, Polyunsaturated Fat 2.0 g, Monosaturated Fat 4.0 g, Cholesterol 3 mg, Sodium 453 mg, Carbohydrates 56 g, Sugars 29 g, Fiber 35 g, Protein 8 g
Dietary Exchanges: 2 starch, ½ fruit, 1 ½ other carbohydrate, 1 fat