

Guacamole with baked tortilla wedges

Serves 12; 6 tortilla wedges, 2 tablespoons guacamole, and 1 tablespoon picante sauce per serving

12 6-inch corn tortillas, each cut into 6 wedges
1 medium avocado, cut into large pieces
¼ cup fat-free or light ranch dressing
½ cup fat-free or low-fat sour cream
½ teaspoon grated lime zest
2 tablespoons fresh lime juice
1 medium garlic clove, minced
½ teaspoon ground cumin
½ teaspoon salt
¾ cup picante sauce (lowest sodium available)



Preheat the oven to 320°F. Tear off a large piece of aluminum foil and set aside on a flat surface.

Arrange half the tortilla wedges on a large baking sheet. Bake for 6 to 8 minutes, or until barely golden on the edges. Transfer the wedges to the foil and let cool completely. Repeat with the tortilla wedges.

Meanwhile, in a food processor or blender, process the remaining ingredients except the picante sauce until smooth.

To serve, top each chip with 1 teaspoon guacamole and ½ teaspoon picante sauce. Arrange on a serving platter.

Nutrients per Serving: Calories 80, Total Fat 3.0 g, Saturated Fat 0.5 g, Polyunsaturated Fat 0.5 g, Monosaturated Fat 1.5 g, Cholesterol 2 mg, Sodium 288 mg, Carbohydrates 13 g., Sugars 1 g, Fiber 2 g, Protein 2 g

Dietary Exchanges: 1 starch, ½ fat.

Turkey sausage skillet dinner

Serves 4; 1 ½ cups per serving

1 teaspoon olive or canola oil
8 ounces reduced-fat smoked turkey sausage, quartered lengthwise and cut into ¼-inch pieces
1 teaspoon olive or canola oil large red bell pepper, chopped
1 medium carrot, thinly sliced
2 cups hot cooked brown rice, cooked without salt or margarine in fat-free, low-sodium chicken broth
½ 15.5-ounce can no-salt –added kidney beans, rinsed and drained
½ cup fat-free, low-sodium chicken broth
1 tablespoon chili powder



1 teaspoon ground cumin

Heat oil in a large nonstick skillet over medium-high heat, swirling to coat the bottom. Cook the sausage for 2 minutes, or until browned, stirring frequently. Transfer to a plate and set aside.

Pour the remaining oil into the skillet, swirling to coat the bottom. Cook the bell pepper, onion, and carrot for 4 minutes or until the onion is soft, stirring frequently. Stir in the cooked rice, browned sausage, and remaining ingredients. Cook for 1 to 2 minutes, or until heated through.

Nutrients per Serving: Calories 225, Total Fat 4.5 g, Saturated Fat 1.0 g, Polyunsaturated Fat 1.0 g, Monosaturated Fat 2.5 g, Cholesterol 20 mg, Sodium 548 mg, Carbohydrates 32 g, Sugars 9 g, Fiber 5 g, Protein 14 g

Dietary Exchanges: 1 ½ starch, 2 vegetable, 1 lean meat.

French toast with mixed berries

Serves 4; 1 slice bread, ¼ cup topping, and ¼ cup berry mixture per serving

2 tablespoons seedless raspberry all-fruit spread

8 ounces frozen, unsweetened mixed berries, thawed

¼ teaspoon vanilla extract

¾ cup egg substitute

3 tablespoons fat-free milk

½ teaspoon ground cinnamon

4 slices reduced-calorie whole wheat bread

1 teaspoon wheat bread

1 teaspoon canola or corn oil

2/3 cup fat-free or light frozen whipped topping, thawed in refrigerator

1/3 cup fat-free or low-fat vanilla yogurt

1/8 teaspoon ground cinnamon



In a medium microwavable bowl, microwave the raspberry spread on 50 percent power (medium) for 15 to 20 seconds, or until just melted. Whisk until smooth. Gently stir in the berries and ¼ teaspoon vanilla. Set aside.

In a shallow pan, such as a pie pan, whisk together the egg substitute, milk, 1 teaspoon vanilla, and ½ teaspoon cinnamon. Dip each bread slice in the mixture, turning to coat both sides. Let the excess mixture drip back into the pan. Put the bread in a single layer on a plate.

Pour the oil into a large nonstick griddle or skillet. Using a paper towel, spread the oil over the bottom. Heat over medium heat. Put the bread in a single layer on the griddle. Cook for 3 minutes on each side, or until golden .

Meanwhile, in a medium bowl, stir together the whipped topping, yogurt, and 1/8 teaspoon cinnamon.

To serve, place a bread slice on each plate. Spoon the whipped topping mixture onto the center of each slice. Spoon the berry mixture over each serving.

Nutrients per Serving: Calories 168, Total Fat 1.5 g, Saturated Fat 0.0 g, Polyunsaturated Fat 0.5 g, Monosaturated Fat 0.5 g, Cholesterol 1 mg, Sodium 234 mg, Carbohydrates 30 g, Sugars 16 g, Fiber 5 g, Protein 8 g

Dietary Exchanges: 1 starch, 1 fruit, 1 very lean meat.