

# Somersize Cookbook 3

A compilation of recipes  
suitable for Somersizing  
collected from the SS website  
in 2006

Compiled by ianj9

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## BREAKFASTS

### Wannabe Apple-Cinnamon Oatmeal

1/4 cup regular cooking oats  
 1/4 to 1/2 tsp cinnamon  
 1/8 tsp nutmeg  
 1 tsp vanilla  
 4 drops stevia (or sweeten however you like)  
 1/4 to 1/3 cup shredded zucchini  
 water enough to just cover ingredients

In a pot, combine all ingredients and bring to a boil. Simmer until oats are thoroughly cooked. You may need to add more water if it gets too dry or sticky for your liking. Serves one. (Most measurements were eyeballed.) I know this recipe might sound strange, but I created it this morning at it was Yummy! The Zucchini gives the illusion of apple since the textures are similar. Posted by Anidac.

### Oatmeal Pancakes

packet of SS oatmeal  
 1/4 of egg beaters (or 1 whole egg)  
 3 tbs of egg whites

Mix all ingredients together. Pour in teflon coated pan with a spray of Butter Pam (I make 1 large pancake). Cook on low and then flip. Serve with SF heated maple syrup. NB: adding egg to the oatmeal makes this Level 2. Posted by LCKing.

### Make Your Own Pancake Mix

#### Whole Wheat Pancakes

4c whole wheat flour  
 1/4c baking powder  
 1/4c Splenda (or somersweet equivalent)  
 1c nonfat milk powder\*

Mix all ingredients together. Store in ziploc in fridge or freezer until you use it (keeps it fresh).

#### To Make:

Measure 1c\*\* mix; put in bowl. Measure 1c water; gradually add water, mixing until you get thickness of batter YOU like. You may not use all the water. Cook pancakes on a nonstick skillet sprayed with Pam. These can stick quite easily, so I spray Pam every two pancakes. \*If you would rather, you could omit nonfat milk powder and use nonfat (skim) milk when you mix the batter instead of water. \*\*You could also just mix 1/2c of mix with 1/3 to 1/2c water (or milk) to make a few pancakes for yourself - no leftovers! Posted by marie172.

### Pro/Fat Pancakes (cinnamon)

I have started using Deb's pro/fat bun recipe, using cream cheese instead of sour cream, and using 5 egg yolks instead of 4. I add splenda or SS to taste, and cinnamon to taste. Bake as usual until lightly browned. I store them in parchment paper in a tupperware container, reheat them with butter in the microwave and use SS Maple syrup. I just softened the cream cheese in the microwave, then used the electric mixer after I had beaten the egg whites. It works best for me that way. I mix it with the egg yolks and splenda or sweetener and cinnamon, then use a rubber spatula to gradually fold in the whites. Rather than mix the yolks into the whites, I mix the whites into the yolk/cream cheese mixture. I had to try it a couple of different ways before it worked evenly for me. Yummmmmmy! I won't go back to regular pancakes again! This are so much better! Posted by mamabj.

## Pancakes

4 oz. softened cream cheese  
 2 eggs  
 1 pkt. Splenda  
 1/4 tsp. cinnamon  
 1/2 tsp. baking powder  
 3/4 tsp. imitation vanilla flavor, or less if it's the pure stuff

Mix everything together (a whisk works great for this), and cook with butter in a pan. You can double the amounts to make a larger batch. It's kind of my own creation (actually an altered version of already existing recipes). I love it, and now it's even better minus the tsp. of cream, and the not flattening after the first flip! PS: I've recently had to eliminate the pkt. of Splenda after having it in there for the longest time, my buds have changed and it's now too sweet for me. Posted by ChubChub.

## Delicious Baked Pancakes

6 eggs separated  
 1 c. vanilla whey protein, sifted  
 1/2 c. sour cream  
 1/2 c. real mayo  
 3 pkts. Splenda  
 1 t. baking soda  
 1 t. salt  
 1 t. cinnamon, apple pie or pumpkin pie spice  
 1/4 t. cream of tartar

Preheat oven to 350. Beat egg whites and cream of tartar until stiff, when eggs don't fall out when you turn bowl over. Mix all other ingredients together in separate bowl. Fold the whites into the yolk mixture. I used blueladybug's pot-pie tin idea, I used a large can of tuna to push down inside of each tin to create straight sides. Spray 12 tins with PAM and put on cookie sheets, 1 sheet holds 6 tins. Fill each tin with about 1/3 cup of mix until all tins are filled evenly. Bake for 22 minutes. After 11 minutes I switch pans on shelves in the oven so the cakes brown evenly. Serve these wonderful pancakes with butter and SF Syrup. Yum Yum!! Using blueladybug's pro/fat bun recipe I developed a delicious pancake that I actually like better than the real thing!! Posted by IWedRich.

## "Blueberry Pancakes"

2 oz softened cream cheese  
 2 eggs  
 2 packs of splenda  
 2-3 T SF DaVinci blueberry syrup  
 Butter  
 1 recipe Blueberry "syrup"

Mix softened cream cheese, splenda, eggs and blueberry syrup in a bowl. Pour into a greased, microwave safe dish. Cook in the microwave for 3-5 minutes, depending on your microwave and your pan size/shape. You want it to be done. In a frying pan, melt a tablespoon of butter. Fry your precooked blueberry pancake in the butter until golden on both sides. Serve with whipped cream, butter and blueberry syrup. I don't know who to credit the basis of this recipe to, but thank you, thank you, thank you!

## Blueberry syrup

1 T Da Vinci SF blueberry syrup  
 1 T Joseph's clear maltitol syrup

Mix well and pour over anything! Posted by erjen\_lower.

### Empty Refrigerator Crepes

4 eggs  
About 1/4 cup water

About tbl sour cream  
LOTS of Cinnamon

Whisk the heck out of it then cook and enjoy! To top them off, I put more butter & sour cream on them and SF syrup. I totally craved something like french toast/pancakes. This is what I came up with. Did not measure and will next time. Yummy these are, and hit the spot for sweet & carb desires. Posted by seasons121.

### Coconut Pancakes

2 eggs  
2 tbsp coconut oil or butter, melted  
1/4 tsp coconut or vanilla extract  
1/3 cup coconut milk or cream

sweetener to equal 1 tsp sugar  
1/8 tsp salt  
3 tbsp sifted coconut flour  
1/8 tsp baking powder

Combine all ingredients and mix well. Fry in a little butter or coconut oil over medium heat for 2-4 minutes, than flip and cook the other side. Great with maple syrup or a raspberry sauce. Level TWO. Posted by JamieAZ.

### Pro/Fat Cinnamon/Coconut Muffins

Sweetener to equal 2/3 cup sugar  
1 1/3 cup ground coconut flour (see note)  
1 (8oz) package cream cheese, softened  
1/3 cup vanilla whey protein powder-(see note)  
2T cream (I used coconut milk)  
2 eggs  
1/4 cup water

2 tsp coconut extract  
1 tsp vanilla  
2 tsp baking powder  
2T cinnamon  
1/8 tsp each ground ginger and nutmeg  
1/4 cup coconut oil, warmed (see note)

Throw everything together in a bowl, beat with electric mixer until well blended. Pour batter into a greased muffin tin, bake at 350 for 18-22 mins. Makes 12 muffins. (I buy unsweetened coconut flakes & grind them in blender or coffee grinder. Firmly pack the measuring cups with the flour.) (I used designer whey for this. If you use a unsweetened vanilla whey, add a little more sweetener to taste to the recipe.) (Pure extra virgin coconut oil gets solid at room temps below 76 degrees, so if it is chilly, you may need to warm it in order to get it back to a liquid state.) I made an almost level 1 pro/fat version of chubchub's famous muffins. Thank you chubchub for such a great recipe! The only thing that makes these AL1 is the coconut, but it is loaded with fiber & very low carb, so it is a very small imbalance. Posted by JamieAZ.

### AllBran Muffins

1 1/3 cups whole wheat flour  
1/2 tsp baking soda

1/2 tsp baking powder  
1/4 tsp salt

Combine above in a small bowl and set aside.

1 1/4 cups All Bran cereal  
1 1/4 cups milk (skim)

Combine cereal and milk, and let sit 5 minutes to soften.

1/4 cup oil  
1/3 cup unsweetened applesauce  
1 egg

Add oil, applesauce & egg to AllBran mixture, combine well. Add flour mixture to wet ingredients, stirring just to combine. Add 1 cup of blueberries, stir gently. Fill muffin tins 2/3 full, bake at 400 for 20-25 mins, until set. Just made some AllBran muffins that you may like. They are definitely Level 2. It calls for some oil & an egg, & instead of sugar substitute (which I hate in baking) or the molasses that the recipe called for, I used some unsweetened applesauce, & added some wild blueberries. Posted by LynH.

### Fantastic Fat-free Whole Wheat Bagels

2 packages of yeast  
 4 1/4 cups of whole wheat flour  
 1 1/2 cups warm water (115 to 120 degrees F)  
 3 T of sugar – sugar substitute to go in batter  
 1 T of salt – sugar substitute to go in boiling water  
 non fat milk (optional)

Combine the yeast and 1 cup of the flour. In a separate bowl, combine water, sugar substitute (equivalent to 3 T of sugar) and salt. Add to flour mixture. Beat with electric mixer or stir vigorously until no lumps remain and the mixture is sort of splashy. Add remaining flour. Mix until dough is tough. Turn out on floured surface and knead for 6-8 minutes. Cover and let rise for ten to fifteen minutes. Spray a large cookie sheet with Pam or use parchment paper. Divide the dough into 12 to 24 portions, rolling each into a ball and pulling a hole through in the middle with your fingers. Place the bagels on the cookie sheet, cover and let rise in a warm place for at least 20 minutes and no more than 2 hours (or you'll have dough coming out of your ears). Meanwhile, put one gallon of water and sweetener equivalent to one tablespoon of sugar in a large pot to boil; reduce to simmering. Cook bagels, 4 or 5 at a time for 4 to 7 minutes (depending on the toughness of the skin you prefer - the longer they boil, the tougher they get), turning once. Preheat oven to 375 degrees F. Brush bagels with non fat milk if you want. Bake the bagels for 31 minutes, or until golden brown. Serves: 12 – 24. Julie@Somersize site. Posted by DebB.

### Singin's Carb Energy Cookies

In mixing bowl combine:

1 C plain ff sf yogurt  
 3/4 C shredded zucchini ( peeled)  
 3/4 C pureed Great white Northern beans or pintos ( canned with no fat added)  
 1/4 C sf maple syrup  
 1 tsp vanilla

In second bowl combine:

1 1/2 C rolled oats  
 1 C white whole wheat flour  
 1/2 C Grapenuts ( reserve half to sprinkle on top)  
 1/2 C Splenda(or equiv.of other sugar sub)  
 1 1/2 tsp ground cinnamon  
 1/2 tsp pumpkin pie spice  
 3/4 tsp baking soda  
 1/2 tsp salt

Mix the wet ingreds on medium speed. Add the dry ingreds and mix on medium until all the mixture is wet. (Do not over beat.) Pour to half fill crown muffin pans. Sprinkle the remaining Grapenuts on top and extra cinnamon and Splenda if desired. Bake on 300 for 25 to 30 minutes until lightly browned. You may lightly spray or apply a very thin film of oil to pans before adding batter, but I experimented and my non stick pans released equally well without the oil added. It depends on your pans. This yields 12 large cookies with a crusty bottom and a tender inside. Thanks to Donna, DebB, a school lunchroom cook-friend, and having to punt with a few ingredients, a new carb cookie has emerged! Yrs ago, while teaching, my cafeteria manager friend, entered a contest with a recipe she developed for pinto bean pie. Yep! That's right! BEANS! She won a ribbon with her pie and was kind enough to share her recipe with me. The problem was, it was geared for feeding the masses and I never got around to gauging it down to a one family pie. LOL Today, I remembered her use of the humble bean and decided to try them in my cookies. I hope you enjoy this version of a way to get more energy from your carbs! Posted by SinginSOMERSong.

### Cowboy Hash

Bacon, cooked  
 Turnip or celery root, cubed and cooked  
 mushrooms  
 onions  
 Spices (Mrs Dash garlic and herb is good)  
 cheddar cheese, shredded

Cook onion & mushroom till onion is soft & mushrooms are done. Add the turnip & warm up. Add bacon. Sprinkle with the spices. Stir. Top with cheese & let melt. My sister told me about this & all I had to change was the potatoes. Yummy!! I don't have any measurements. It's more of a throw it together meal. Posted by matantej.

### Mexican Relanos

7 – oz can whole green chilies  
 2 C. shredded jack cheese  
 2 eggs  
 1 C. cream  
 green salsa

Open and seed chilies. Fill with cheese and place seam side down in a greased pan. Mix eggs, milk, salt and pepper. Pour over chilies. Top with the rest of the cheese. Bake at 375 for 30-45 minutes until puffed and golden. Serve with warm green chili salsa. Posted by sockim123.

### Chile Relleno Casserole

3 eggs  
 1 7 oz can or 2 4 oz cans diced green chiles (I think Ortega is the best)  
 1 lb shredded Monterey Jack cheese  
 1 16 oz carton sour cream

Grease 9 x 13 inch baking pan with butter. Mix all ingredients in a bowl, pour into baking pan. Bake at 350F for about a half hour, or until the top turns a nice light golden brown. Let cool slightly to set, & then cut into squares & enjoy! I've always made it with only 3 eggs, but you are welcome to add more if you like. I'm sure it would still taste good. It's surprising, but with only 3 eggs it does make quite a bit! This is truly wonderful. In my pre-ss days I used to make this with bisquick, but if you leave out the bisquick it tastes just as good. Posted by TraciLee.

### Brunch Casserole

1 # Italian sausage	2 C. shredded cheddar
8 eggs	1 t. oregano
2 C. shredded mozzarella	

Cook sausage into crumbles. Layer crumbled sausage in a 8 x 9 pan. Wisk eggs, cheeses, and oregano. Pour on top. Bake 325 degrees 25-30 min. Until middle is set. Posted by sockim123.

### Ricotta Frittata

6 eggs	1 1/2 Tablespoons chopped marjoram
Salt and freshly milled white pepper	1 small clove garlic, crushed
1 cup ricotta cheese	2 Tablespoons of mixture of olive oil and melted butter
1/4 cup freshly grated Parmesan cheese	

Preheat broiler. Beat eggs with 3/4 teaspoon salt and white pepper to taste. Stir in cheeses, marjoram and garlic. Heat oil and butter in 8- or 10-inch skillet. Add egg mixture and lower heat. Cook until set, about 12 minutes, then brown 4-6 inches under broiler. When done, slide frittata onto a plate. Posted by lilyismydog.

### Bampa's Puffy Omelette

4 Eggs - Separated  
 1/8 tsp. Cream of Tartar  
 4 ozs. Sharp Cheddar Cheese - cubed into ½ size chunks  
 1 pat butter or cooking spray  
 Salt & pepper to taste

Pre-heat oven to 450 F. Put a 10-inch cast iron skillet (or oven proof skillet) in the oven to heat up while you are beating eggs. Separate egg yolks into one bowl, & egg whites into another bowl. On high speed, whip egg whites until foamy. Add cream of tartar & continue whipping till you have shiny white peaks - not dry though! Beat egg yolks till thick & lemony yellow. Then fold them into the beaten egg whites carefully, not deflating the mix. Remove empty hot skillet from oven with sturdy mitts. Add one pat of butter to hot skillet, making sure bottom & sides of pan are evenly greased. (Or you could use cooking spray, but butter imparts a much better flavour.) Add egg mixture & return to oven for 8 mins. Remove skillet from oven & you'll see how puffy this is. Take a knife or spatula to run a crease thru the middle of the mix, almost dividing it in half. Add the chunks of cheese & then with a spatula, carefully fold over one half to cover cheese. Return to oven & cook additional 8 mins. When finished, allow to set for about 5 mins. You can then cut pie sliced wedges & get 4 nice sized portions, or just 2 if you are really hungry. I usually serve with bacon or sausage, or sometimes caramelized onions. \* Notes \* I have also used smoked Mozzarella cheese with fresh basil julienne cut. Or also works well with Swiss cheese & a sprinkle of Herbes de Provence. With a salad, or a side of tomatoes it's a perfect light meal. Sunday morning breakfasts at my grandparents house was always such a treat. One week Nana would make waffles, the next Bampa would make his puffy omelette. I just love this, & it brings back wonderful memories. Posted by Kisa 1.

### Greek Omelette

Fry onions, red pepper, green pepper and spinach in olive oil. set aside. Make an egg crepe. Place ingredients into the crepe and add fresh chopped tomatoes, feta cheese, and olives if you're on level 2. You barely even notice the spinach is there. Posted by Anidac.

### Red Bean Omelette (Level 2)

3 large eggs  
 1/2 tablespoon butter  
 3/4 cup cooked, seasoned red beans  
 1/2 cup shredded cheddar cheese  
 2 tablespoons chopped green onion  
 (prepare red beans, either from scratch or Blue Runner brand canned red beans)

Whisk three eggs together until blended and fluffy. Melt butter in omelette pan, coating bottom completely. Pour eggs into the buttered omelette pan and swirl them around, lifting the edges of the omelette to allow the eggs to run under and continue cooking on a low flame. When the eggs are semi-set, add 3/4 cup of hot, seasoned red beans to one half of the omelette. Top red beans with 1/2 cup shredded cheddar cheese, immediately fold omelette over in half, continue cooking for 60 seconds to melt cheese. Slide onto a serving plate and sprinkle with finely chopped green onion. Got this from Chef Tommy at Arnaud's. This is my favorite recipe from the famous Arnaud's Restaurant in New Orleans, Louisiana. It is so good, and very filling. Serves 1. NB: this would be a level 2 recipe. Posted by RedneckWoman70726.

### Scrambled Eggs with Pork and Broccoli

3 Eggs  
 3 OZ Cooked Pork Chop(I ust leftovers)  
 3 OZ Raw Broccoli  
 1 tsp. Coarse Ground Black Pepper

Take the above ingredients, mix them all in a bowl together, and cook it in a frying pan on med-hi heat. Delicious and super filling!! I like to 'invent' new SS recipes. Posted by DesertChick.



### Spinach-Mushroom-Sausage Bake

12 beaten eggs  
 1 C. cream  
 2 tsp. dry mustard  
 1/2 tsp. salt  
 1/8 tsp. pepper  
 2 10oz frozen chopped spinach boxes, thawed and drained  
 1 lb. sausage (I used Jimmy Dean)  
 1 C chopped mushrooms  
 1 C chopped onions  
 1 C shredded colby jack cheese  
 1 C shredded mozzarella cheese

Spray 9x13 with Pam or butter. Cook sausage, mushrooms, and onion till sausage is no longer pink. To the beaten eggs, add seasonings, cream, spinach, sausage mixture, and cheeses and mix to incorporate. Transfer to baking pan and bake at 325 degrees for 40-45 minutes or until a knife inserted comes out clean. Let stand 5 minutes before cutting. I think this would also be great with chicken. I made this for my Bible Study yesterday. It was a huge hit, and my DD and her friend loved it as a snack last night. I hope you like it. It heated up even better this morning so it makes great leftovers. Posted by gopmom2.

### Easy Eggs

Hardboiled eggs  
 butter  
 salt  
 pepper

Chop up the number of eggs you want. Add a little butter & some salt & pepper. Heat in microwave until warmed and butter melts. Stir and enjoy. I know we are all tired of eggs, but this is so simple. Posted by erjen\_lower.

### Chicago Baked Eggs

Six slices Canadian bacon	1/2 cup heavy cream
12 eggs	1/2 cup shredded cheddar cheese

Layer Canadian bacon in pie plate or quiche pan. Crack the eggs directly into the quiche pan. Pour 1/2 cup of cream around the eggs. Top with shredded cheddar cheese, salt and pepper liberally. Bake at 375 for 20-30 minutes, depending on how firm you would like the yolks to be. This recipe is from an old Chicago Hotel. I have altered by adding the Canadian bacon. Posted by jalapeno5.

### Eggs Benedict

3 egg yolks	1/4 t. salt
2 T fresh lemon juice	1 stick butter
pinch of cayenne pepper	

Place eggs yolks, lemon juice and cayenne in blender. Heat the butter in a pan until it starts to bubble. Do NOT let it turn brown. With the cover on the blender, turn it on to HIGH and blend the eggs for 3 seconds, then remove the top [or use the opening in top] and pour the butter over the eggs in a steady stream. By the time the butter is poured in - about 30 seconds- the sauce should be finished. If not, blend for 5 more seconds on high. Serve at once. {NOTE: do not make in a smaller quantity than given, as there would not be enough heat to cook the eggs.} Make 1 cup. Sauce doesn't reheat well, so use it all. From "Joy of Cooking". To make Eggs Benedict: Poach eggs, place eggs on a dish, cover with bacon [or ham] and pour hollandaise over them, yum. This is made with a hollandaise that is made in the blender and is no-fail! You will not believe how easy this is and how good it is. This is so versatile, you can use it on veggies like broccoli, asparagus or with artichokes. Posted by Debits2000.

## Homemade Sausage

Lean ground pork  
Sage  
Thyme  
Savoury  
Mace  
Cloves  
Salt and pepper

Basically you just mush all the ingredients together in a bowl with your hands. I haven't included any quantities because obviously the seasonings are a personal choice. However, I have listed them in decreasing amounts - by which I mean there is way more sage than thyme, more thyme than savory, etc. I also added chopped garlic. I formed some into sausage shapes, and some into giant meatballs, which I cooked in my wok with some mushrooms and onion for added flavour. Posted by Dingomoto.

## Strawberry Soup

1 lb. (about 4 cups) sliced strawberries (fresh or frozen)  
1 c. apple juice  
1 1/2 tsp. lemon juice  
1 1/2 tsp. apple cider vinegar  
1/4 tsp. ground cinnamon  
1/4 tsp. ground nutmeg  
1/4 tsp. ground black pepper  
1/8 tsp. ground cardamom  
Yogurt or sour cream for garnish  
Sprinkle of cinnamon for garnish

Combine first 8 ingredients in a blender (strawberries through cardamom). Process until smooth; you may need to work in batches. Chill at least 3 hours. Garnish with a dollop of yogurt or sour cream and dust with ground cinnamon. Serve cold. Makes 3 servings. Notes: If you use frozen strawberries, be sure to purchase unsweetened brands. You may wish to slightly thaw berries to make processing easier. This soup can be served as a refreshing appetizer or as a light dessert. The addition of black pepper may seem odd to you, but it is an old culinary trick which greatly enhances the fruitiness of the strawberries. This comes from the Radiant Recovery cookbook. If you want to make it patriotic, dollop the yogurt or sour cream on top and sprinkle some blueberries over that and you have your red, white and blue. Please note the addition of the yoghurt (for carbs) or sour cream (pro/fat) would make this level 2. Posted by larubia69.

## APPETISERS

### Southwestern Black Bean Topper

1 cup canned black beans, drained  
 1/2 cup cupped tomato  
 1 Tbsp. chopped cilantro  
 1 tsp. grated lime peel  
 1 Tbsp. lime juice

Mash beans slightly in a medium bowl with fork. Add all remaining ingredients; mix well. Cover and refrigerate for at least 1 hour for flavors to blend. Spoon over your legal cracker/tortilla/pita of choice! Posted by Laela.

### Tapas SSed Style

Cuznvin's Pancake Recipe: (Omitted vanilla and Splenda)

2 lg eggs  
 3 oz cream cheese  
 1/2 tsp baking powder  
 I also added 1/4 tsp butter extract.

Blend until smooth (15 seconds in Bullet), then add:

2 heaping Tbs lightly fluffed or sifted Whey protein powder. Blend only 5 more seconds. Using pastry brush or paper towel, apply veg or canola oil in 2 crown muffin pans 12 spaces). Por 3 Tbs batter into each space. Add ANY of the following for a variety of flavors: a sprinkle is all you need on each

lemon extract, or lemon zest, thyme  
 rosemary, sage  
 taco blend seasoning or chili powder  
 roasted shredded pork, SS BBQ sauce, Fast & E  
 seasoned cooked ground beef  
 green onion  
 dehydrated onion flakes  
 grated cheddar or Jack Cheese, grated  
 Jalapeño Jack cheese, grated  
 cooked sausage and cheese  
 Ragu, homemade, or Walmart brand pizza sauce,  
 mozzarella shreds and pepperoni  
 \* or other pizza toppings  
 legal fave mustard ( deli style or Dijon),  
 diced ham, diced swiss cheese  
 chicken, tuna, crab or salmon salad  
 scrambled eggs and bacon bits  
 patted dry spag squash, splenda, cinnamon  
 pepperoni, cheese and grape tomato  
 sour cream Ranch dip, diced red and green peppers  
 sauteed mushrms and carmelized onion

Bake at 350 degrees for 15 to 18 mins. Virtually anything you would normally enjoy on thin bread, you can flavor or top as desired. Serve warm or chilled as desired. In Spain, tapas are appetizers usually served with a drink.... or they can be made into a meal of wide variety. The basis of these SSed Tapas is Cuznvin's Pancake recipe and you can enjoy them with a legal SSed beverage. The toppings or flavors you add can either be sweet or savory. Use sf honey, a sugar sub, or sf syrups to make them sweet, and herbs, grn onions, dehydrated onion, or meats and cheeses for the savory. Let your creativity go wild! NOTE: I used the Bullet to blend the batter in seconds, and the crown muffin pans for ultra thin bases. Posted by SinginSOMERSong.

## Mock Tortillas and Dip

Take whole wheat pita, slice into pizza type slices and bake in the oven until crispy

### Dip

Layer one can of refried beans (I used presidents choice, nothing funky in ingredients. Layer no fat yogurt. Top yogurt with fresh chives or green onions, salt and pepper (personally, too lazy to mix this together, but I suppose if you want it to look pretty, you could do this). Layer Pace Salsa (I like the hot variety, but to suit your palate). Now, here I suppose you could layer a no fat cheese, but I have yet to find one here in Toronto, so that is deleted for me. Dip your whole wheat pita in and enjoy!!!! I have had some serious cravings for something crunchy to snack on, so came up with this carbo treat. Pretty sure it is all legal. Posted by beacher39.

## OLE! Mexican Devilish Eggs

6 hard cooked eggs

1/4 cup mayo (I like Hellmans)

2 Tbs pickled jalapeño slices, minced OR green chiles ( see option note below)

1 Tbs prepared mustard

1/4 tsp ground cumin

1/8 tsp salt

Option: Replace all the jalapeños (2 Tbs minced) with 2 Tbs grn chiles (no heat but TERRIFIC flavor!)

Garnishes: chili powder and fresh parsley sprigs

Cut eggs in half lengthwise, and carefully remove yolks. Mash egg yolks in a pequeno (small) bowl. Stir in mayo and next 4 ingredients; blend well. (See option note.) Spoon or pipe yolk mixture evenly into egg white halves, mounding as you go. Garnish if desired. If you enjoy the heat, jalapeños offer the zip you are looking for in my yummy rendition of the old time favorite! If you prefer a tamer flavor, reduce the amount of minced jalapeño you add in. OLE, ya'll! Posted by SinginSOMERSong.

## Devilled Eggs Pepperocini

1 dz. eggs

1 t. salt

1 ½ quarts water

In large saucepan, bring eggs to a boil. Boil for 10 minutes and drain. Run cold water over eggs and set aside to cool, about 10 – 20 minutes. Shell and half eggs lengthwise, remove yolks into mixing bowl and set aside. Lightly salt the cavity of each egg half.

### Stuffing:

Yolks from 1 dozen eggs

1 T. Mayonnaise

2 pkts. Splenda (sugar substitute)

3 T. Pepperocini Juice

1 T. Heavy Whipping Cream

Dash Salt

Paprika

Mash the yolks. Add other ingredients and mix well. If more liquid is needed add more pepperocini juice, mayonnaise or cream. Don't make too thin. Spoon mixture into egg whites and sprinkle tops with paprika. Posted by IWedRich.

### Four Cheese Stuffed Mushrooms

12 large Mushrooms ("stuffers")  
 1 Tablespoon Olive oil  
 1 Tablespoon Onion, minced  
 ½ teaspoon Garlic, minced  
 ½ teaspoon Basil  
 ¼ cup White wine  
 ½ cup Provolone, grated  
 ½ cup Mozzarella, grated  
 ¼ cup Parmesan, shredded  
 ¼ cup Romano, grated

Remove the stems from the mushrooms. Mince them and set aside. Heat the oil in a skillet. Add the onions, garlic and minced mushroom stems. Cook until soft (about 5 minutes over medium heat). Add the basil and wine. Simmer until almost dry (about 7 minutes). Cool slightly. Blend in the cheese. Preheat the oven to 350. Place the mushroom caps in a lightly greased baking pan. Fill the caps with the mixture and bake for 15 minutes (or until lightly browned). Serve warm. These mushrooms make a great appetizer. Makes 12. Posted by matantej.

### The Best-Ever Stuffed Mushrooms

1 pkg. Button Mushrooms  
 1/2 pkg. Cream Cheese (room temperature)  
 1 tsp. (+ or -) Bake and Fry Mix  
 1 tbsp. (+ or -)Parmesan Cheese  
 Handful of shredded Cheddar Cheese  
 Handful of shredded Mozzarella cheese  
 1 pat Butter

Preheat oven to 350. Clean mushrooms. Remove stems & chop stems finely. Place mushroom caps on cookie sheet. In a separate bowl, mix cream cheese, parmesan cheese, bake & fry mix, cheddar cheese, & parsley together. In fry pan, sauté chopped stems in butter until brown on the edges. Add sautéed stems to cream cheese mixture. Stir well. Fill mushroom caps. Top each stuffed cap with mozzarella cheese & bake for 15-20 min. Oh My! I make these & eat them as an entree - they are so good! All I can say is: YUM!!!!!! Posted by Kris Jordan.

### Grilled Portobellos with Red Peppers

Rinse 4 large Portobello mushrooms. Grill top side down in butter (grill or in skillet). Season under side with salt, pepper, garlic powder. Turn to grill/fry both sides. Flip again with top down, add chopped roasted red peppers to cover mushroom. Sprinkle shredded parmesan cheese on top, transfer to oven proof pan and broil until cheese is melted and a little brown. Very delicious and also good as a left over for lunch. Posted by sal023.

### Creamed Mushrooms with Cheese

2 Tbsp butter  
 1 Tbsp olive oil  
 1 pound firm white mushrooms - thinly sliced  
 2 Tbsp dry sherry  
 1/4 cup sour cream  
 2 Tbsp freshly grated Parmesan Cheese  
 Salt  
 Freshly ground pepper  
 Additional Parmesan Cheese, if desired

Melt butter in a skillet. Add oil. (This helps prevent butter from burning.) Add sliced mushrooms and sauté for 2 minutes. Add sherry and cook 1 minute more. Mix together sour cream, grated cheese, salt, and pepper and add to mushrooms. Cook over low flame until sour cream has warmed thoroughly (do not boil.) Add additional grated cheese if desired. Serve while warm. The sherry makes this AL1. Posted by lilyismydog.

### Southern Pimiento Cheese Spread

Grate a block of sharp Cheddar cheese. I use the fine shred blade on my food processor but the regular shred blade works also. If you want to keep using the food processor, switch to the steel blade and add mayo, salt & pepper and some Splenda to taste, depending on how much cheese you have used. Add 1-2 small jars of pimientos (drained). Pulse a few times to mix (but not pulverize) and taste for seasonings. If you want the cheese shreds and pimientos to keep their shape, mix in a bowl instead. I like mine a little sweet, just like the store bought. You can also add a little grated onion. I eat this with a spoon for a quick snack, or spread on slices of red bell pepper or on cucumber rounds. For a party you could fill a whole red bell pepper with this spread and serve with crudites. Posted by socalsweetpea.

### Bacon Cheese Balls

I made this up today for lunch, but it could be a good appetizer with any meal. Note: You will have to use a type of bacon that is still pliant after it's cooked, such as Bryan Sweet Hickory (it is sf too). Make about 6 slices of bacon (drain on paper towel). Get a slice of cheese (any kind you prefer). Tear it into 6 pieces (unless your cheese is in a block, in that case, just slice small thin pieces). While the bacon is still very warm, wrap the bacon around your slice tightly several times. Stick toothpicks in them to hold them together, if you are serving these as appetizers.

### Pesto Layered Cheese Torta

You will need cheesecloth for this recipe - two 18" size squares, moistened with water, and then wring dry, and lay out flat one on top of the other. Smoothly line a 5 to 6 cup straight sided plain mold pan, terrine, or bowl with the moistened cheesecloth, and drape excess over rim of mold.

#### CHEESE BASE:

1 lb. each cream cheese and unsalted butter, at room temperature.  
Topping and filling (choices below)

With electric mixer, beat cheese & butter till smoothly blended. Grab cheesecloth lined mold, & place a sprig of fresh basil at the bottom, or a bit of your choice of filling (see below) at the bottom, or even an edible flower (nasturtiums are great). Take 1/6 of cheese mixture & smoothly make an even layer covering the bottom & extending evenly around the sides of mold. Add pesto filling next (or sun-dried tomato), & continue making layers of cheese & filling until mold is filled, finishing with a cheese layer. Fold the ends of the cheesecloth over torta & press down lightly with your hand to compact. Chill for at least an hour or until firm. Then invert onto a serving dish & gently pull off the cheesecloth. You can serve now, or wrap with plastic wrap & refrigerate up to 5 days.

#### PESTO FILLING:

In a blender or food processor whirl 2 ½ cups fresh basil leaves, 1 cup fresh grated parmesan cheese, and 1/3 cup olive oil, and salt, pepper and garlic powder to taste. Save one nice sprig of whole basil to use as the decorative topping for your torta.

#### SUN DRIED TOMATO FILLING:

Drain a 10 ½ oz jar of dried tomatoes in olive oil and reserve 2 Tblsp of the oil. Center a few of the tomato sections in the mold's bottom for decoration, and whirl the rest of the tomatoes with reserved oil in a blender or food processor until finely chopped. I also sometimes use an olive tapanade as a filling, (L2).

You can serve your layered torta surrounded by cut veggies, or for those on Lev 2, enjoy with thinly toasted baguette slices or whole wheat crackers. On Lev 1, works well with pepperoni chips or parmesan crisps, etc. This came from Sunset Magazine back in '83 & has been a traditional holiday dish at our house ever since. It looks complicated, but it's easy to make once you get the hang of it. Work the cream cheese & sweet butter together and you'll have a wonderful spread which will be alternated with flavorful pesto fillings in a bowl or loaf pan used as a mold. It never fails to get ooh's & aahhs! Posted by Kisa 1.

### Jalapeno Hoppers

Cut the Jalapeño lengthwise, seed it and wash it. Spread cream cheese on jalapeno. Cut the bacon package in half. Take a slice of the half bacon and wrap the jalapeno with the cream cheese. Cook at 450 take about 45 to 1 hr until you see the bacon is cooked. Instead of jalapeno you can use hot dog and wrap with bacon (I cut the hot dog in 3 parts.) Or scallops and wrap with bacon. My kids love the hot dog one's. Posted by oiseaux.

### Hot Wings!

4-5 lbs. Chicken Wings  
 ½ Tub Vegetable Shortening (approximate amount) or Peanut Oil (Peanut oil is great for deep frying and actually adds an extra crunchiness too)  
 Cayenne Pepper  
 Salt & Pepper

Preheat Oven to 300°. Sprinkle cayenne, salt and pepper on wings and let sit while oil heats in a large pot. Fry chicken in a large covered pot until skin starts to crisp.

1 stick Butter  
 1 ½ C. Red Sauce (Red Devil, Louisiana, Tabasco, your preference.)  
 1 pkt. Good Seasons Italian Dressing Mix  
 2 pkts. Splenda (sugar substitute)

Heat sauce ingredients and mix well. Lower heat. When chicken is done frying add pieces to sauce, turning to coat all pieces evenly. Place chicken in a baking dish and cover with the sauce. Bake for 20-30 minutes, basting every 10 minutes. Serve wings with cut veggies and Bleu Cheese Dressing. Posted by IWedRich.

### Spicy Chinese 5-Spice Rubbed Wings with Creamy Cilantro Dipping Sauce

21 wings, about 4 lbs. (I buy all drumettes at Publix)  
 2 T 5-spice powder (I bought mine at Whole Foods, but I think I've seen it elsewhere)  
 1 T cayenne pepper (this seems to just balance out the 5-spice; use more if you want some heat)  
 salt and pepper

Preheat oven to 450. Put wings in a large bowl and sprinkle with the spice powder and the cayenne. Sprinkle generously with salt and pepper. Rub the mixture into the wings until no more remains. Line up on a foil lined baking sheet (with sides) with the side of the wing that has the most skin on top. Roast until cooked through and crispy, about 30 min. You will make them in batches. SAUCE: 1/4 c. each sour cream, mayonnaise, and plain yogurt, 1/3 c. chopped fresh cilantro leaves (works great in my mini food processor); and the juice of 1/2 lemon. Mix all together; season with salt and pepper to taste. Obviously you have to use full fat everything for the sauce. NB: using the yoghurt would make this level 2. This is an INCREDIBLE recipe. These wings taste so complex, so gourmet, and they are SO EASY. Posted by bonkymommy.

### Baked Crispy Onion Rings

1-1/2 cups crushed pork skins  
 2 tsp splenda  
 1 tsp paprika  
 1/4 tsp seasoned salt  
 1/4 tsp garlic salt  
 2 large sweet onions  
 2 eggs

In a large bowl combine the first five ingredients; set aside. Cut onions into 1/2 inch thick slices. Separate into rings, reserving the small rings for another use. In a small mixing bowl, beat eggs until frothy. Dip onion rings into the eggs, then into crumb mixture, coating well. Place in a single layer on baking sheets that have been coated with non-stick spray. Bake at 375 for 15-20 min. or until onions are tender and coating is crispy. Yummy. I love these onion rings. Posted by shan @ SS site. Re-posted by DebB.

### Crab Cakes

1 can crabmeat, drained very well  
 1/2 stalk celery, minced  
 1/4 lg onion, minced  
 1 clove garlic, minced  
 1 chile pepper, minced  
 1 cup Suzanne's Shake & Bake Mix, ground up  
 2 tbsp mayonnaise  
 1 tsp taco seasoning (Suzanne's)

Drain out all excess liquid from crab. Put in a strainer and set aside. Put Shake & Bake mix into a small coffee grinder and grind it a bit finer. Place in a shallow pie pan and set aside. In bowl, combine mayonnaise, taco seasoning, salt and pepper. Set aside. In small skillet, saute onion, garlic, celery and chile in a bit of oil. Cook until soft. Cool. Place crab in a bowl. Add cooked vegetables, 1 tbsp of Shake & Bake Mix, and mayonnaise mixture. Mix well. Form 2 cakes. With a spoon, cover the cakes with Shake & Bake Mix. Be very careful so they don't break. Make sure to coat each cake totally. Preheat a skillet over MED-HIGH heat. Add some vegetable oil. Saute each one until browned on both sides. Drain well on paper towels. Serve with some salad on top. Drizzle with a bit of Ranch Dressing or a favorite dressing. Delish. This is Level 1 to me. I am already on Level 2 but I try to include Level 1 dishes during the week to keep me honest! I made these today. I adapted the recipe from a book from Maryland where Crab is King. I used Suzanne's Shake & Bake Mix (homemade) for the breading and some of her taco seasoning in the cakes. Delish. I served 2 of them with some salad on top. A spicy ranch dressing on top. Posted by LCRisa.

### Double Cheese Crab Dip

1 cup salsa(I like pace)  
 1 teaspoon chili powder  
 1 8oz cream cheese-softened  
 1 8oz cold crab meat  
 1 cup shredded cheddar  
 thyme for garnish

Mix salsa and chili powder. Spread cream cheese in 9" pie plate. Top with salsa mixture, crabmeat, and cheese. Bake at 350 degrees for 15 minutes or until hot. Top with additional salsa. Garnish with thyme. I absolutely love this dip! It is a very tasty accompaniment - pork rinds, cheese crackers, even a topping for burgers, yum! Posted by Twinkle.

### Baked Crab Dip

1 package (8 oz) cream cheese, softened  
 1 can (6 oz) crabmeat  
 2 tablespoons grated onion  
 1 tablespoon cream  
 1/2 teaspoon salt  
 1/4 teaspoon pepper  
 1/4 teaspoon Worcestershire sauce  
 1 tablespoon finely sliced green onions, for garnish

In a medium bowl, combine cream cheese, crabmeat, onion, cream, salt, pepper, and Worcestershire sauce. Stir well. Place mixture in an ovenproof serving dish; sprinkle with a little paprika. Bake at 375 degrees for about 15 minutes, or until thoroughly heated. Sprinkle with sliced green onion. Yield: Approx. 2 cups. Posted by matantej.



**Chix Wing Dip**

2 pkgs cream cheese  
 1 12 oz bottle Frank's hot sauce  
 1 1/2 pound boneless chix breasts  
 1 jar of Marie's blue cheese

Mix cream cheese with some of the hot sauce. Spread into oven proof dish. Meanwhile, boil chix. Shred chix and in a med. bowl, mix chix with Marie's, and about half the bottle of hot sauce. Spread chix mixture over the cream cheese and bake for 1/2 hour at 350. I served it with cut up celery. Yum. Posted by missyjean.

**Sausage Ro-Tel Dip**

1 chub Jimmy Dean Original Sausage  
 (Cooked and drained)  
 1 pkg Philadelphia Original Cream Cheese  
 1 can Ro-Tel

Heat in sauce pan or in a small crock pot. Serve hot with pork rinds (plain)

**VARIATION:**

1 pound bacon (cooked and crumbled)  
 1 cup shredded cheese cheddar, swiss or a combination)  
 1 pkg Philadelphia Original Cream Cheese  
 1 can Ro-Tel

Heat the same way. Stir this one more often while heating so the cheese melts evenly throughout. Everyone begs for this easy recipe after they taste this rich treat! Posted by IWedRich.

**Beef Dip**

1 C. mayo  
 1 pkg. dried beef (chopped)  
 1 pkg. cream cheese (mash with fork)  
 chopped onion to taste

Mix all together and chill overnight to release flavors. This is a dip recipe I got recently from a friend that is tasty and legal (I think!). Posted by cafemom.

**Chipped Beef Dip**

half of a jar of chipped beef-diced  
 1 cup Sour cream  
 1 cup Mayo  
 1 Tbs. Chopped onion  
 1 Tbs. Parsley  
 2 Tbs. Dill

Mix it up and ready to go! This is so good! It is the kind that would normally come in that big rye boat...but who needs that when we have pork rinds to dip. There are a ton of recipes on the net for this but I just whipped some up some here are approximate measurements. Posted by mulligan1201.

**Southwest Burger Bacon Dip**

1lb hamburger fried  
 1lb bacon fried and crunched up  
 16 oz cream cheese cubed  
 16 oz pkg velveeta mexican cubed  
 3 green onions chopped

Mix all together. Microwave for a few minutes then stir-repeat until melted and bubbly. Use pork rinds or whatever your favorite "chip" is to dip. Posted by momof7.

### Fiesta Cheese Dip

2 8-oz. packages cream cheese, softened  
 1 cup sharp cheddar cheese, shredded  
 1 jalapeno pepper, seeded and finely chopped  
 1 8-oz. container sour cream  
 1 Tbsp. green onions, chopped  
 One half tsp. ground red pepper

Combine all ingredients, mix with hand mixer until smooth. Place in small baking dish & bake 20 mins at 350 F. Posted by matantej.

### Warm Onion Dip

One large (softball size) onion, chopped large  
 2 oz anchovies  
 extra v olive oil  
 ground thyme  
 6 oz Boursin garlic & herb cheese

Bake at 500 degrees until caramelized. About 1/2 hour. Place in food processor with boursin garlic and herb cheese. Process until smooth. Serve with crudités. The anchovies lose the fish taste and are nutty/salty flavor. I saw this today on the food network. Posted by inreno.

### Eggplant Caponata

1 eggplant, unpeeled and diced  
 1 medium onion, coarsely chopped  
 1 med size green pepper, chopped  
 1/2 C chopped celery  
 2 cloves garlic, minced  
 1/4 C olive oil  
 1 (8 ounce) can of tomato sauce  
 1 (6 ounce) can of tomato paste  
 3/4 C pitted ripe olives, sliced  
 1/2 C salad olives, chopped  
 2 1/2 Tbsp Sugar (Use something else for SSing!)  
 2 1/2 Tbsp vinegar  
 Dash of hot sauce  
 1/8 tsp dried whole oregano  
 Salt and pepper to taste

Sauté eggplant, onion, green pepper, celery and garlic in oil in a large skillet. Add tomato sauce, tomato paste, ripe olives, salad olives, sugar (subst), and vinegar. Cover, reduce heat, simmer for 30 minutes, stirring frequently. Stir in hot sauce, oregano, and salt and pepper. chill for 24 hours. Serve with crackers\*. Yield: 4 1/2 cups. \*I copied this exactly from the book, however, crackers are not a SS L1 okay snack subst veggies. This is from Southern Living Annual 1987 recipes, submitted by Anne Trapp from Bay City, Texas. Posted by Diamondgirl421.

### Eggplant Relish - Italian Caponata

1 medium eggplant-peeled  
 1 clove garlic minced  
 1 Tbsp tahini (Sesame paste)  
 1/8 tsp ground cumin  
 pinch of salt & pepper  
 Assorted raw veggies for dipping

Pre-heat broiler, slice eggplant crosswise into 1/2 in slices, place on baking sheet, broil until soft & water beads on the surface. Cool & peel, puree in blender with other ingredients, mix well. Chill & serve with raw veggies for dipping. This is a small portion, increase to serve more people. From my friend on South Beach. Posted by Diamondgirl421.

### Eggplant Dip

1 Large eggplant  
 1 clove garlic, crushed  
 1 tsp. salt  
 1/2 c. tahini (sesame paste) may create slight imbalance  
 3 Tbsp. water  
 1/2 c. fresh lemon juice  
 Parsley or pomegranate seeds (for garnish)  
 Olive oil (I use only EVOO)  
 Pita bread (SSers would use fresh veggies)

Wash the eggplant and remove stem. Stab in several places with fork. Bake at 400 for 45-60 minutes, until pulp is soft and eggplant collapses. If you like smoky flavor, charcoal on grill. Slit and scrape pulp and juices into bowl. Mash well. You should have about 2 cups. The secret is to scrape all the blackened pulp next to the skin-discard skin. Add garlic and salt, stir in tahini and water, then stir in lemon juice slowly. Pour into a lovely flat serving dish, garnish with parsley or pomegranate seeds. Drizzle with Olive oil, and serve with pita bread triangles or veggies. Posted by Diamondgirl421.

### Original Dill Dip

2 C. each of mayo and sour cream  
 3 Tbs. onion flakes  
 2 Tbs. dill weed  
 1 Tbs. parsley flakes  
 2 tsp. accent  
 2-3 tsp. Lawry's Seasoned salt

Blend and chill well. Use with cut, raw veggies. Posted by janland.

### Dill Dip

1 cup sour cream  
 1 cup mayo  
 1 packet Hidden Valley Ranch dry dressing mix  
 2 tsp. dill weed  
 1 tsp. parsley

Posted by cafemom.

### Curry Dip

1 cup mayo  
 1 tblsp or more curry powder (I like Tone's best)  
 2-3 tsp soy sauce  
 1 small clove garlic crushed

Mix together and allow flavors to develop a bit - that's it. I am really bad for measurements so they are not exact I just throw everything in until it looks/tastes right. This is a dip/sauce that I have been making for years, and for those who like curry seasoning you'll go nuts for it. I especially like serving it with grilled peppers, onions and zucchini but it goes excellent with grilled beef and lamb, I also like using it as a dip with jicama and other crunchy vegetables. It's so simple, but so good. Hope you enjoy it as much as I do. Posted by MsFit.

## SALADS

### Greek Salad

Tear up romaine lettuce (or any kind you like). Add sliced: cucumbers, green peppers, red onions and tomatoes. Add pepperonis if you like hot peppers. Pour Greek Dressing over and enjoy. Greek Salad Dressing: In a blender [or a jar] combine 1 part lemon juice and 2 parts olive oil [if using a blender drizzle in the oil so it thickens]. Then add the following spices: oregano, dill weed, fresh chopped garlic, black pepper. Blend again. You can add crumbled Feta cheese at this point and store in a container until chilled. Pour over salad or use as a marinade. Posted by Debts2000.

### Caprese Salad

sliced tomato	sliced fresh mozzarella
sliced gherkin baby cucumbers	fresh basil

Layer on a plate. Top with olive oil, balsamic vinegar, salt, pepper, garlic powder & a little parmesan cheese. I made this tonight and it is wonderful with fresh home grown tomatoes! Posted by mulligan1201.

### Clockwatcher Salad

1 head Lettuce - Chopped	8 slices cooked and crumbled bacon
1 Cup Celery	2 cups mayo
4 hard boiled eggs	2 Tlbs - Sugar Twin or Splenda (whatever sweetener you like)
1/2 cup green pepper diced	4 oz cheddar cheese shredded
1 medium onion (I don't use this much)	

Layer in a 9x14 tupperware. layer it in the order given and mix the sweetener with the mayo. Refrigerate over night. This is an oldie but a goodie that my mother always used to make. It also calls for 1 10 oz package of green peas, I am aware these are not legal, but maybe one could use pea pods chopped up? I have not tried it. I am sure some of you will recognize this salad. Posted by julsiefritz.

### Layered Vegetable Salad

In a large bowl add:

1/2 cup sour cream  
 1/2 cup mayonnaise  
 1 Tablespoon prepared mustard  
 1/2 teaspoon dill weed

Mix together with whisk and the layer the following on top of the dressing:

1/4 cup chopped green onion  
 1/4 cup chopped celery  
 1/4 cup green pepper  
 1 cup frozen peas-thawed (may omit or replace with chopped sugar snap peas for L1)  
 1/2 to 3/4 head of lettuce(I use one whole head of romaine)  
 1 cup shredded cheddar cheese  
 5 slices of bacon, fried and crumbled

Cover this and refrigerate overnite or for at least 4 hours. Toss all together right before serving. I thought about adding some chopped cooked chicken breast to this and it would make a nice salad for lunches. You could even make smaller batches in smaller containers and bring to work. Just shake the container before you eat it and you would have a great lunch salad. Posted by jimmac.

### Caesar Salad

1 cup Hellmans mayonnaise  
 2 tsp mustard  
 2 cloves crushed garlic  
 1 lemon (squeeze juice)  
 1/4 cup cream  
 3/4 cup parmesan cheese  
 Ground Black pepper to taste

Whisk ingredients together and pour over romaine lettuce. No croutons. Trust me, after a while you don't miss them. This is another recipe for homemade Caesar dressing Level 1. Posted by somersizenewby.

### Wilted Lettuce Salad

2 slices bacon  
 1 t sugar substitute  
 2 t vinegar  
 2 t water  
 1/8 t salt  
 Dash of pepper  
 Variety of Leaf Lettuce or spinach and/or dandelion greens

Cut bacon into small pieces and fry. Reserve about 2 T bacon grease. Add other dressing ingredients to grease. Heat to boiling and pour over salad greens. Serve immediately. (Can also be cooked and slightly cooled if you don't like wilted greens.) My Mom used to make this from fresh leaf lettuce from the garden. You can use a variety of leaf lettuce from the store. Posted by mamabj.

### Wilted Spinach Salad with Warm Bacon Dressing

6 oz. baby spinach (pre-washed bag)  
 3 Tablespoons cider vinegar  
 ½ teaspoon sugar (I used Splenda)  
 ¼ teaspoon ground black pepper  
 Pinch salt  
 8 slices thick cut bacon, cut into ½ inch pieces  
 ½ medium red onion, chopped medium (about a half-cup)  
 1 small garlic clove minced

Place spinach in a large bowl. Stir vinegar, Splenda, pepper, and salt together in a small bowl until Splenda dissolves. Set aside. Fry bacon in medium skillet over medium-high heat, stirring occasionally, until crisp – about 8-10 minutes. Drain bacon on paper towels. Pour bacon fat into a heat-proof bowl, then return 3 tablespoons bacon fat to skillet. Add onion to skillet and cook over medium heat, stirring frequently, until slightly softened - about 3 minutes. Stir in garlic until fragrant - about 15 seconds. Add vinegar mixture, then remove skillet from heat. Working quickly, scrape the bottom of the skillet with a wooden spoon to loosen browned bits. Pour hot dressing over spinach, add bacon, and toss gently with tongs until spinach is slightly wilted. \*\*Last time I made this, after tossing the spinach with the dressing, I returned the skillet to medium-high heat, poured about 2 tablespoons of reserved bacon fat back into the skillet, and seared large scallops in it. The scallops need to cook for a couple of minutes per side (until they are browned on the bottom). This recipe is from Cooks Illustrated and is to die for. I made it last night for dinner (with the scallops). Serves 4 as a first course or 2 as a main course. Posted by joey15.

## Spinach Salad and Hot Bacon Dressing

The Salad:

- 1 pkg. Ready-to-eat Spinach Leaves
- ½ C. White Mushrooms, thinly sliced
- 4 - 5 Hard Boiled Eggs, diced
- 10 Cherry Tomatoes, cut in half
- ¼ C. Mozzarella Cheese, thinly shredded
- ½ lb. Bacon, fried and cut into small pieces (do not overcook as the whole recipe will taste burned)

Reserve about half of the bacon and some of the fat for the dressing. Layer the salad starting with the Spinach and working up to the bacon. Top with Hot Bacon Dressing.

The Dressing:

- ¼ C. Balsamic Vinegar
- ½ C. Olive Oil
- 2 T. Bacon Fat
- 1 pkt. Good Seasons Italian Dressing
- 3 pkt. Splenda (sugar substitute)
- ¼ C. Heavy Cream
- Bacon

In a heavy saucepan heat the first five ingredients until gently boiling. Reduce heat to simmer. Quickly whisk in the cream and stir in the bacon. Serve immediately over fresh spinach. Posted by IWedRich.

## Summer Squash Slaw

- |  |   |
|--|---|
| 2 small yellow crookneck squash, julienned | 1 tsp sugar sub (equiv. to 1 tsp sugar) |
| 2 small zucchini, julienned                | 1/2 tsp dill weed                       |
| 1 small sweet red pepper, julienned        | 1/4 tsp celery seed                     |
| 1/3 cup sweet onion, sliced                | 1/4 tsp salt                            |
| 3 tbs vegetable oil, or canola             | 1/4 tsp pepper                          |
| 2 Tbs cider vinegar                        | 1/2 tsp garlic salt (optional)          |
| 2 Tbs mayo                                 |   |

In a large bowl, combine the squash, zucchini, red pepper, and onion. In a small bowl, combine the remaining ingredients and mix well. Pour the mixture over the veggies and toss to coat. Cover and refrigerate. Serve with a slotted spoon. Makes 6 to 8 servings. It's a nice change from the usual cabbage slaw with a zingy flavor. Note: I used the Genius( brand name) flip over cutter that makes julienne or matchstick pieces if the veggie is about 1 1/2 to 2 inches thick (or tall) before slicing. Posted by SinginSOMERSong.

## Cabbage Salad

- 2 lbs of cabbage, thick shred
- 1 onion sliced
- 1 large cucumber, thin sliced [peeled or not, your call]
- 1 green pepper, thin sliced into matchstick size pieces.
- ¾ cup white or apple vinegar
- 1/2 cup vegetable oil
- 1/2 cup sugar substitute
- 1/2 cup water
- 3 t. salt

Whisk together the vinegar, oil, sugar sub, water and salt until well mixed. In a large bowl, combine the cabbage, onions, and cucumbers. Pour dressing over mixture and mix well. Refrigerate for 3 hours. Re-toss and serve. You can add whatever other fresh salad items to this. This is a light version of coleslaw that is tasty and gets better after a day in refrigerator. Posted by Debits2000.

**Coleslaw- Sugar Free**

2 pkg. pre shredded coleslaw	2/3 C. cider vinegar
1 green pepper coarsely chopped	2/3 C Splenda
1 t. salt	1/2 C mayonnaise
1 t. mustard seed	1/4 C whipping cream or heavy cream
1/2 t. celery seed	1/2 C. Water (I omit)

Mix cabbage, green pepper. In a blender, combine all of the other ingredients, mix well. Pour on top of the cabbage and mix well. Refrigerate about an hour or two. Posted by janland.

**Coleslaw**

1 med. head of cabbage shredded	salt/pepper to taste
1 container of sour cream	sweetener to taste

Mix all of the ingredients together. Let stand at least 2 hours. It gets better with time. Posted by skinny Minnie.

**Coleslaw**

1 (16 ounce) package coleslaw mix  
 2 tablespoons minced onion (I used 1 T. dehydrated)  
 8 packets Splenda (equal to 1/3 C.)  
 1/2 teaspoon salt  
 1/8 teaspoon ground black pepper  
 1/2 cup cream  
 1/2 cup mayonnaise  
 2 tablespoons white wine vinegar  
 2 1/2 tablespoons lemon juice

Combine the onion, Splenda, salt, pepper, cream, mayonnaise, vinegar, lemon juice and mix until smooth. Pour over the coleslaw and stir well and chill for 1 hour. Posted by sockim123.

**Killer Caraway Cabbage Salad**

Shred white cabbage, add diced swiss cheese. Toss in about half and half olive oil and cider vinegar, add 3 packets of splenda and season with salt, pepper and about a tablespoon or so caraway seeds. This salad rocks. Let sit and wilt (marinate) for quite a few hrs before serving. Like coleslaw, it is awesome!! This sounds so weird with the caraway seeds, but I grew up on it, and was so happy to realize I can somersize it just by changing sugar to splenda and omitting the carrots! Posted by mulligan1201.

**Mexican Slaw**

1/3 cup Xtra virgin olive oil  
 1 Tbs orange zest  
 2 tbs lime juice  
 1 garlic button (clove), minced  
 1/2 tsp ground cumin  
 1/2 tsp salt  
 1/2 tsp black pepper  
 2 1/2 - 3 cups finely shredded cabbage  
 1/2 lb OR 2 cups jicama, shredded  
 1/2 cup red or orange bell pepper, shredded  
 1 jalapeño, seeded and diced (\*see note)  
 1/4 cup fresh cilantro, chopped

\* SOME like it HOT! Jalapeño may be omitted completely or amount reduced, depending on how hot you like it!

Combine all ingredients. A refreshing pro/fat slaw with a blend of flavors that will make you want to sit up and shake your maracas! Viva la freshness! Posted by SinginSOMERSong.

### **Creamy Cauliflower Salad**

One head of cauliflower, coarsely chopped (no stem), lightly steamed or raw  
 4 green onions, sliced  
 2 celery stalks, sliced  
 1 cup shredded sharp cheddar cheese  
 1 cup legal ranch dressing  
 crisp and crumbled bacon, optional

Combine all ingredients and chill. Over six years of ss, I finally have a replacement for potato salad. Posted by mjlibbey.

### **Bodacious Broccoli Salad**

8 slices bacon  
 2 heads fresh broccoli, chopped (buy the big bag at Costco)  
 1-1/2 c. shredded Cheddar cheese  
 1/2 large red onion, sliced or chopped  
 1/4 c. red wine vinegar  
 1/8 c. Splenda  
 2 tsp black pepper  
 1 tsp salt  
 2/3 c. mayonnaise

Cook bacon, drain, and crumble. In a large bowl, combine broccoli, cheese, bacon and onion. Prepare the dressing in a small bowl by whisking together the red wine vinegar, Splenda, pepper, salt, and mayo. Combine dressing with salad. Cover and refrigerate. I have made it without the bacon and it is still fabulous. My husband loves this! Posted by socalsweetpea.

### **Sight-Saving Summer Zucchini Salad**

1.5 lbs of zucchini, cut in quarters  
 1/2 cup feta cheese  
 1 small bunch of fresh mint, chopped  
 Extra-virgin olive oil  
 1 tablespoon red wine vinegar  
 Black pepper, freshly ground

Cook the zucchini in boiling salted water until just tender, about 7-8 minutes; it's better to undercook than overcook it. Drain in a colander and run under cold water to stop the cooking process. Let the zucchini cool a little, then transfer it to a shallow serving dish. Crumble the feta over the top, sprinkle with the mint, and drizzle with the olive oil and vinegar. Add freshly ground black pepper to taste. Serve at room temperature or slightly chilled. Makes 4 servings. Prep time: 10-15 minutes. Supplement vision protection with salads like this one, which, thanks to the zucchini, has a whopping 3,431 micrograms of lutein/zeaxanthin per serving. Not to mention nice amounts of calcium, protein, potassium, fiber, and other nutritious goodies -- and it tastes terrific! Zucchini is at its best from mid-April through July. Look for squash that's firm, bright green, and blemish free. Per Serving: calories: 108 kcal; fat total: 7 g (saturated fat: 3.1 g; polyunsaturated fat: 3.4 g; monounsaturated fat: 0.5 g); carbohydrates: 8 g; fiber: 2.5 g; protein: 4 g; vitamin C: 8.3 mg; calcium: 117 mg; magnesium: 32.5 mg; potassium: 76 mg. Originally published on 05/30/2006. Posted by darlin12009.

### **Egg Salad**

6 eggs, chopped onions. Mash together. Mix yellow mustard, a dash of soy sauce, a bit of curry powder. Make about 2 Tbsp worth. Add to mayonnaise (enough for 6 eggs); mix. Combine eggs, onions, and mustard/mayo sauce. I love to spoon it in lettuce leaves. Roll up. Mmmmm. Posted by Twiggy88.



### Egg Salad

Add chopped pickled hot peppers and the juice to the chopped hard boiled eggs, mayo, splenda and salt and pepper. Posted by jolly giant.

### Dilled Onions

1 lb sweet onions  
 3 tsp Somersweet  
 1/2 cup cider vinegar  
 1/4 cup vegetable or  
 olive oil  
 2 tsp dill weed

Slice onions very thinly, put in heat proof bowl. In a saucepan, combine Somersweet, vinegar, oil, dill and salt. Bring to a boil while stirring constantly. Pour over onions and toss to coat. Cover and refrigerate for at least 6 hours. Here's the beauty of this recipe: chop the onions very fine and you have a great relish. Serve as a salad as above. Use as a topping for hamburger patties. Goes great with fish. Add some garlic powder or minced fresh garlic and it really sings. Posted by Rcsindenver.

### Lima Bean Salad

1 package frozen lima beans, cooked, drained and cooled  
 1 large cucumber, diced  
 1/2 cup chopped onion  
 1/2 cup fat free mayo  
 a few drops of Tabasco(to add flavor to mayo, not to make hot)  
 dash of sweetener  
 dash of dried dill weed  
 garlic powder to taste  
 salt and pepper to taste

Combine all ingredients, mix well and chill. Love this salad with a veggie sandwich or grilled cheese. (Carb, level one.) Posted by mjlibbey.

### Cucumber Pasta Salad

1 lb box whole wheat pasta drained & cooled  
 1 c. cider vinegar  
 1 1/2 c. water  
 1 1/2 c. splenda  
 2 tbl prepared mustard  
 1 tsp salt  
 1 tsp pepper  
 1 tsp garlic powder  
 1 medium onion chopped  
 1 cucumber chunks, peeled  
 2 tsp fresh parsley

In a blender mix all but the pasta. Mix blended ingredients with pasta. Make one day ahead & stir before serving. This was my sister's recipe and it is really good. Of course she didn't use whole wheat pasta. It is really good! This is a carb recipe. Posted by Sunnyc.

## Cobb Salad

Dressing:

3T olive oil  
 1T white wine vinegar  
 1t Dijon mustard  
 1/2t salt  
 1/2t pepper

Whisk this all together.

1-1/2c cooked, cubed chicken  
 2 roma tomatoes, chopped  
 4 slices cooked bacon, chopped or crumbled  
 1/2c bleu cheese, crumbled  
 2 hard cooked eggs, chopped

Mix together chicken, tomatoes, bacon and cheese. Add dressing, then lightly stir in eggs. My note: I don't like bleu cheese, so I use whatever kind of cheese I like, and really enjoy this salad. You could eat it on a bed of lettuce. The original dressing adds an avocado, which I assume you mush into it somehow. Since I hate avocados, and they are funky for level one anyway, I have no problem omitting it! Posted by marie172.

## Chicken Salad

I just grill chicken breast on the George Forman and then chop it in the "knock off" bullet and add mayo, dill pickles, hard boiled egg and a little tarragon spice. Mix it all together and I usually eat just plain or use Debs buns. I could eat it all the time! Posted by miraclemom.

## Vietnamese Chicken and Mint Salad

1 Thai chili, or 1/2 jalepeno, seeded and finely chopped  
 1 garlic clove, minced  
 1 T Splenda or other sweetener  
 2 t rice vinegar  
 1 1/2 t lime juice  
 1 T Vietnamese or Thai fish sauce (nam pla)  
 1 1/2 T vegetable oil  
 1/2 medium onion, thinly sliced  
 black pepper  
 8 oz white cabbage, shredded  
 8 oz cooked chicken breast, shredded  
 3 T chopped fresh mint

In a bowl, combine the chilli, garlic, sugar substitute, rice vinegar, lime juice, fish sauce, oil, onion, and pepper to taste. Let steep for 1/2 an hour. In a large bowl, combine cabbage, chicken, and mint. After the dressing has steeped, pour it into the salad and combine. Salt and pepper to your taste. Garnish with more mint if you'd like. This sturdy salad keeps well in the fridge if you happen to have leftovers. This is a really great cabbage salad with vibrant flavors. The mint contrasts nicely with the heat from the Thai chilli. Posted by lsmith5.

## CONDIMENTS, DRESSINGS & DIPS

### Cheese Spread

Sometimes when I'm feeling creative, I'll take a brick of softened cream cheese, add a hefty handful of crumbled bleu cheese & finely shredded pepper monterey jack, a blob of chopped garlic, a good shake of onion powder, parsley flakes, salt, fresh ground black pepper, a wee pinch of cayenne & tarragon, mix them up well, let it sit in the fridge for an hour or so & it's great with veggies IMO. Posted by LoveSweets.

### Cilantro Cream

#### PRO/FATS

1/4 cup plus 2 Tbsp Sour Cream or  
Cream Fraiche  
3 Tbsp. Cream  
2 Tbsp. chopped fresh Cilantro  
Salt, Pepper, and Garlic Powder to taste.

Mix all ingredients in a bowl with hand mixer, or use a blender.

#### CARBO

In place of the sour cream, substitute homemade fat free yogurt cheese, or ff cream cheese. In place of cream to thin, use ff milk.

This is a favorite of ours for a "faux" guacamole. A great topper dolloped on a black bean soup or on a bean taco-seasoned salad. Prior to Somersizing this recipe came in handy any time I had a mexican meal planned and the avocados weren't ripe. Posted by Kisa 1.

### Cocktail Sauce

1/2 c sf ketchup  
zest and juice from 1/2 lemon  
1/4 tsp Worcestershire sauce  
1-1/4 tsp horseradish  
1 tsp Splenda

I just made this today and it was pretty tasty. Posted by carolannb.

### Shrimp Cocktail Sauce

1/2 cup sf ketchup (I use Westbrae brand)  
1 teaspoon chili powder  
3 tablespoons lemon juice  
1 tablespoon Worcestershire sauce  
1 tablespoon prepared horseradish, NOT sauce  
1 tablespoon finely minced onion  
1 tablespoon finely minced celery (optional)  
salt, pepper and Tabasco sauce to taste

Mix all ingredients together in a small bowl. Adjust seasonings to taste and refrigerate. This is enough sauce for about 1 pound of shrimp. I'm not a good cook but this is a tried and true cocktail sauce which we love with our shrimp. Some might not consider it level one because of the Worcestershire sauce but I've never had a problem with it. Posted by dottiea.

**Shrimp Cocktail Sauce**

8oz. Tomato Sauce	1 t. Crushed Garlic
2 T. Tomato Paste	3-4 Dashes of Hot Sauce (Tabasco style)
4 Anchovies	4 Packets Splenda (sugar substitute)
3 T. Lemon Juice	taste Salt & Pepper
1 t. Prepared Horseradish	

Using blender combine all ingredients. Blend until well mixed. Chill before serving with cooked and chilled peeled de-veined shrimp. Posted by IWedRich.

**"Honey" Mustard Dipping Sauce**

1/4 cup mayonnaise  
2 tablespoons spicy mustard  
1 teaspoon Splenda

Simply combine everything. From Dana Carpender's "15-Minute Low-Carb Recipes". Posted by tpfriend.

**Lemon Vinaigrette**

One quarter cup lemon juice  
3 Tbsp. olive oil  
One quarter cup sour cream  
2 tsp. sugar (use sweetener)  
One quarter tsp. red pepper flakes  
Salt and pepper to taste

Combine in a salad cruet and shake. Place all ingredients in a large serving bowl. Just before serving, pour vinaigrette over salad and toss. Posted by matantej.

**Beatrice's Raspberry Vinaigrette**

2 bags of either Celestial Raspberry Zinger or Wild Berry Zinger Tea  
1/2 cup white vinegar  
2 teaspoons of sugar (use legal equivalent - 2 packets of Splenda)  
1-2 tablespoons White Balsamic Vinegar  
3/4 cup of Olive Oil  
3 tablespoons of finely chopped pecans (level 2 addition)

Put the bags of tea in the vinegar and let stand for 10 minutes. Squeeze all of the moisture out of the bags, being careful not to break bag. Mix other ingredients. Shake good and serve chilled. (the first time I mix together I use a large whisk and whip for a couple of minutes). My mother made this today for a salad luncheon with our Bible study group. Everyone raved about it and I really wanted to lick my plate. It was that good! She got this off the box of tea bags. Posted by DebB.

**Balsamic and Sesame Oil Salad Dressing**

3 pkt. Splenda (sugar substitute)  
1/2 t. Ground Thyme  
1/2 t. Dried Orange Peel (or Lemon Peel)  
3 T. Balsamic Vinegar  
1/2 C. Sesame Oil

Mix together Splenda (sugar substitute), thyme and orange peel. Add vinegar. Slowly blend in the oil. The dressing will thicken as you blend. Toss with about 10 oz. Salad, using spinach, butter lettuces or your favorite combination. Posted by IWedRich.

**Metta's Salad Dressing**

1 egg  
 1 cup veg oil  
 juice of 1 lemon (microwave 20 secs before squeezing)  
 1 button garlic (minced)  
 1 1/2 tsp prepared mustard  
 1/4 tsp horseradish  
 1/2 tsp Worcestershire sauce  
 1/2 tsp freshly ground black pepper  
 1/2 tsp paprika  
 1 packet Splenda  
 1 dash red pepper sauce OR 1/8 tsp ground red pepper  
 1/2 tsp salt ( or less to taste)

Beat egg until light, begin adding a steady stream of oil in as the mixer beats egg on med speed. Add remaining ingreds with mixer running. (The acidic lemon juice \*cooks\* the egg, so it's safe.) Chill. MEGA-licious over veggies, salads, fish, well, you'll see what I mean! My great grandmother actually started this recipe with our family. Posted by SinginSOMERSong.

**Creamy Tomato - Basil Dressing**

1 C. Real Mayonnaise  
 1/4 C. Tomato Sauce  
 3 T. Sour Cream  
 1/4 C. Fresh Chopped Basil (dried will work if you don't have fresh)  
 1 t. Cream of Tartar  
 taste Salt & Pepper  
 taste Cream

Use mixer or blender on low to combine mayo, tomato sauce & sour cream, just until smooth. Stir in remaining ingredients by hand, adding cream to thin or more sour cream to thicken as needed. Posted by IWEdRich.

**Bleu Cheese Dressing**

1 c mayonnaise  
 1-2 Tbsp minced red onion  
 1-1/2 tsp minced garlic  
 1/2 c sour cream  
 2 Tbsp lemon juice  
 1/2 c crumbled bleu cheese  
 cream to thin if you think it's too thick  
 salt and pepper to taste

Mix all together (I sort of mashed the bleu cheese while stirring) & let sit overnight in fridge. Posted by carolannb.

**Gorgonzola Dressing**

2 c. mayonnaise	freshly ground black pepper, to taste
1 c. sour cream	2/3 c. gorgonzola cheese (may substitute with blue cheese)
1/2 c. balsamic vinegar	
4 garlic cloves, minced	

Blend first 5 ingredients in blender until well mixed. Add gorgonzola & pulse a few times. Let sit in refrigerator for several hours or overnight before serving. I like to add a red onion to the salad when serving this dressing as the flavors go well together. Whenever I make it for company it is always a hit! Posted by Pass the 'taters.

### Tomato Yogurt Dressing

1c nonfat yogurt  
 1 tsp lemon juice  
 1/2 tsp sugar (substitute equivalent)  
 1/4 tsp salt  
 1 Tbsp tomato sauce

Combine all ingredients, chill before serving. I was looking for a different recipe and came across this one - A carb dressing! No, I haven't tried it, but doesn't it look interesting? Posted by marie172.

### Florentine Roasted Red Pepper Sauce

1 box of frozen spinach, thawed and well drained of excess water- if you have the oxo ricer it works great for removing water  
 1 small onion diced  
 2 garlic cloves, sliced or diced  
 1 can or jar of roasted red peppers, drained and puréed in a food processor till smooth  
 olive oil to coat skillet  
 1 can chicken broth

Heat skillet & sauté the onion & garlic till nicely browned & crusty, add the chicken broth & let reduce a minute or 2, add the pepper puree & spinach. Do all of this on a medium high heat & cook till liquid reduces slightly & sauce looks thickened. I invented this one purely upon digging around the freezer & pantry & created this sauce that I put over some turkey sausages that I pan fried, served with a green salad, & it was great. Posted by ncpfarmgirl.

### Thousand Mile Dressing

½ C. Real Mayonnaise  
 ½ C. Sour Cream  
 ¼ C. Roasted Red Bell Pepper, blended until well mashed  
 6 T. Tomato Sauce  
 ¼ C. Dill Pickle Relish  
 1 t. Cream of Tartar  
 2 pkts. Splenda (sugar substitute)  
 taste Salt & Pepper  
 taste Cream (optional)

In a blender mix the peppers until smooth. Add the mayo, tomato sauce and sour cream, blending on low just until smooth. Stir in remaining ingredients by hand, adding cream to thin or more sour cream to thicken as needed. This is an absolute favorite - you will not miss Thousand Island! Posted by IWedRich.

### Creamy Basil Pasta Sauce

2 1/2 cups fresh basil leaves  
 4 cloves garlic, minced  
 1/4 cup olive oil  
 2 ounces pine nuts (Level 2)  
 2/3 cup shredded parmesan cheese  
 salt and pepper to taste  
 1 pint light cream

Combine basil and garlic in a food processor and begin processing. Pour in olive oil in a thin stream and process for about 40 seconds or until mixture begins to emulsify. Add pine nuts and Parmesan, then blend for another minute. Heat cream in a saucepan over low heat until simmering. Pour 1/2 of the hot cream into the processor with basil pesto, and pulse for 20 seconds to incorporate. Pour mixture back into cream, and simmer for 5 minutes, or until thickened. Yield: 4-6 servings. Posted by matantej.

### Alfredo Sauce

1 stick of butter  
 1 8 oz pkg cream cheese  
 1 cup heavy whipping cream  
 1 cup shredded parmesan (sometimes I use more to taste)  
 pepper, garlic, nutmeg, etc, whatever flavors you like in your sauce.

I've been using a recipe I got from AllRecipes.com that uses cream cheese to thicken the sauce and it works great. Posted by ZOE327.

### Brown Sauce

2 Tbsp. butter  
 1 small onion, chopped (opt.)  
 3/4 Tbsp. ThickenThin  
 1 cup meat, fish, or vegetable stock  
 1/4 tsp. salt  
 1/8 tsp. pepper

Melt the butter and, if desired, add onion; cook until brown. Add the ThickenThin & stir; add liquid gradually, stirring constantly. Season. Cook 5 minutes, stirring often. Serve as gravy with meat, mashed "faux"atoes, etc. Adapted from The Settlement Cookbook. Posted by iwillrejoice.

### Easiest Tomato Sauce

1 28oz can crushed tomatoes	1/4t crushed red peppers (optional)
1t crushed/chopped/minced/whatever garlic	1/2t salt (optional)
1/2c broth (vegetable, beef, or chicken)	1t olive oil (to fry the garlic for a pro/fat meal - optional)

I'm going to give the recipe for a carb meal. The only difference in the two is sautéing the garlic in water or oil. NB: if this is being made as a carbo, we'd want to stick with the veggie broth. The beef or chicken broth can't be used with the carbo sauce, but can with the pro/fat sauce. I use the jar of minced garlic in water. I like to add just a touch of the water to the pan to get it going. Once the bottom of your pan is brown (the first time I did this I panicked & thought I ruined it, I'm so used to oil burning) the garlic won't be burnt but the flavor is fantastic. Then add your broth & tomatoes. Cover & simmer about 20 min, then uncover & simmer another 5 or so. Just depends on how thick you like your sauce. I found this recipe is best with rotini noodles. They hold the sauce better. I'm sure there are a ton of recipes out there but this is delicious & easy. Especially if your tired of looking for a sauce with no fat in it! This is the easiest sauce I've ever made & I love it. It's so simple. Posted by hungryhippo.

### Tomato, Cheese and Mushroom Sauce

1 T butter	1/4 cup tomato sauce
1/2 garlic, minced	1/2 cup sour cream
garlic powder, to taste	black pepper, to taste
1 small can mushrooms, drained	3-4 oz. cheddar cheese, grated
1/3- 1/2 cup diced tomatoes, in juice	chicken, crab or shrimp, cooked

Melt butter in a skillet, add garlic, mushrooms, garlic powder and black pepper to taste. Add in diced tomatoes, sour cream and tomato sauce. Mix well. Add cheddar cheese and stir well to incorporate. At this point, I allowed it to bubble a bit to cook down and thicken up a bit. I added shrimp to mine and allowed it to heat. I served this over whole wheat rotini, which makes it level 2 and topped it with a little more shredded cheddar. I bet this would be good over cauliflower florets or even riced cauliflower. Probably broccoli too! I think some cayenne pepper or even roasted red pepper would be wonderful in this too. It would definitely add to the flavor. Don't salt this at all. It doesn't need it. I threw this together last night, so I apologize for the lack of organization in this recipe! It was good though! Posted by erjen\_lower.

### Marlboro BBQ Sauce

1 c strong black decaf coffee  
 1 c Worcestershire sauce  
 1 c legal ketchup (I use my own homemade)  
 1/2 c cider vinegar  
 3 T Chili powder  
 2 tsp salt (I omit)  
 2 c chopped onion  
 1/4 c minced hot chili peppers (your choice)  
 6 cloves garlic, minced  
 Splenda or sf honey, to your taste preference

Combine all ingredients in a large pot & simmer 25 mins. Press through a food mill or puree in a food processor or blender. For thicker sauce, return to pan & simmer 15-20 mins. Refrigerate between uses. Makes about 1 quart. I got this recipe from a Marlboro cookbook & made a few adjustments so it is ss'd. Posted by beebie1.

### BBQ Sauce

1 stick of butter  
 1 c finely chopped onion  
 1 finely chopped green pepper  
 2 c catsup (Sugar free, of course)  
 1 c honey (I use 1 c Splenda)  
 1 T Tabasco sauce  
 ? c white vinegar  
 2 T mustard  
 2 T Worcestershire Sauce (This may make it Almost Level 1. I didn't think there was enough in the recipe to hurt. You could leave it out. I don't know what that would do to the taste.)

Sauté onions and green peppers in the butter until tender. Add remaining ingredients and simmer for 10-15 minutes. Posted by aprilbaby.

### BBQ Sauce

1 Tbsp. Canola or Extra Virgin Olive Oil  
 1 cup Onion, minced  
 2 Garlic Cloves, minced  
 2 Beef Bouillon Cubes  
 1/2 cup Hot Water  
 3 (6oz.) cans Tomato Paste, divided  
 1 cup SPLENDA\* Granular  
 3/4 cup Worcestershire Sauce  
 3/4 cup Dijon Mustard  
 3 Tbsp. Liquid Smoke, hickory flavoured  
 1 tsp. Salt  
 1/2 cup Cider Vinegar  
 1 Tbsp. Tabasco (+ 1 tsp. for spicier sauce)

Place oil in large saucepan. Add onions & garlic. Sauté over medium heat until translucent (approx 2-3 mins). Mix bouillon & water until partially dissolved. Add bouillon mixture & all remaining ingredients to saucepan. Stir well using a wire whisk. Simmer, uncovered, 25-30 min. to allow flavours to meld. Stir frequently. Refrigerate overnight in a non-metallic container. Sauce is best if prepared a day before using. Keeps well, refrigerated, for 1 week. Makes 4 Cups (32 oz) (or 42-3/4 oz. servings). One serving is 3/4 oz. Preparation Time: 45 mins. This recipe, when compared to a traditional BBQ sauce, represents a 65% reduction in calories, a 90% reduction in fat, a 70% reduction in total carbohydrates & a 100% reduction in sugars!! I was looking at [www.splenda.ca](http://www.splenda.ca) & came across this amazing looking BBQ sauce, & as far as I can tell it is legal level 1. Posted by Topped at 300.



**BBQ Sauce**

1/2 cup Quick and easy ketchup - Recipe below	1/2 tsp kosher salt
1/8 teaspoon liquid smoke	1/4 black pepper
1/4 tsp ground mustard	1 tablespoon splenda
1/4 tsp onion powder	

Add all ingredients to a sauce pan over med heat and stir just for a few minutes to blend and combine.

\*\*\*Quick and Easy ketchup\*\*\*

8 oz tomato sauce  
 6 oz tomato paste  
 2 tablespoons white vinegar  
 1/4 cup splenda

Mix & refrigerate. I got this from the George Stella, Eating Stella Style Low Carb Book. Posted by stephanieNJ.

**Teriyaki Sauce**

1/3c soy sauce  
 1/4c honey or brown sugar (use substitute!)  
 1 tsp ginger, minced (real ginger, not powder)  
 1 tsp grated onion  
 1 clove garlic, minced

Combine all ingredients. Cook two minutes. Set aside for use. Usually needs to be doubled if using for a barbecue marinade. \*\*\*I marinate the meat, then use the excess to brush on while grilling. This is a homemade teriyaki sauce recipe I find very easy and very delicious. Posted by marie172.

**Teriyaki Sriracha Marinade and Sauce**

1 c. granular (pourable) Splenda  
 1 c. sugar free breakfast syrup  
 2/3 c. soy sauce  
 2 T. Sriracha Hot Chili Sauce (Asian section of market - can use 1 T. if you need it less spicy)  
 2 t. sesame seeds (toasted)  
 4 t. red wine vinegar  
 1 T. minced garlic

Mix all together. Marinade meats and/or use as a sauce. This is delicious! I developed this Thursday night to eat with DebB's Faux Fried Rice. And let me just say YUMM-EE!! Posted by IWedRich.

**Tonkatsu BBQ Sauce**

1 cup Ketchup  
 1/2 cup Worcestershire sauce  
 1/2 cup Sake, Rice wine, Vodka\*  
 1/4 Brown or Turbino Sugar\*\*  
 2 Tbs Sri Racha sauce (hot sauce)  
 2 Tbs Roasted Garlic  
 2 Tbs Ginger (fresh or powder)  
 2 Tbs balsamic Vinegar  
 \* I didn't have any of this so I used Rice Vinegar  
 \*\* Used SS of course!!

In a bowl mix all ingredients. I heated this to a simmer to bring all the flavors together then let it cool off before I used it. This does have a kick to it so if you don't like the heat back off on the Sri Racha a bit. I put this on some pulled pork I smoked today and it was great. I think this would go good with just about any type of meat. My wife thinks it taste like A-1 with a kick. I just think it taste pretty darn good. Posted by bigdad.

### Egg Fu Yung Sauce

1 Tbsp. ThickenThin  
 2 Tbsp. soy sauce  
 2 cups water

Combine ingredients - cook until thick. I found this other recipe in some of my old files. I have made this, in the UN-SS'd version. Posted by iwillrejoice.

### Warm Southwest Sauce

a couple of spoons of sour cream  
 a spoon of cream cheese  
 a little shredded cheddar cheese  
 chili powder, to taste  
 cumin, to taste  
 onion and garlic powders, to taste.

Mix it all together and heat in the microwave. It is nice over cauliflower or even on steak or chicken. Sorry there are no amounts, but this is how the recipe came to me. Posted by erjen\_lower.

### Three-Herb Chimichurri

1/4 cup olive oil  
 1-1/2 tablespoons Sherry wine vinegar  
 1-1/2 tablespoons fresh lemon juice  
 2 small garlic cloves, peeled  
 1 shallot, peeled, quartered  
 1/2 teaspoon fine sea salt  
 1/2 teaspoon black pepper  
 1/4 teaspoon crushed red pepper  
 1-1/2 cups packed, stemmed fresh Italian parsley  
 1-1/2 cups packed, stemmed fresh cilantro  
 1/2 cup packed, stemmed fresh mint

Combine first 8 ingredients (olive oil thru red pepper) in blender; blend until almost smooth. Add parsley, cilantro and mint; puree until almost smooth. NOTE: Can be made up to 3 hours ahead. Cover and chill. Bon Appetit, July 06, p. 93. This is an Argentinean sauce served with grilled steak. I've tried several of these and this is the best I've made ... so far! Posted by MsTified.

### Pico de Gallo

2 lg. Tomatoes, chopped  
 1 med. Onion, chopped  
 2-3 Garlic Cloves, chopped  
 1 sm. Jalapeno, chopped  
 2/3 C. Fresh Cilantro, chopped  
 3 T. Lemon Juice, fresh squeezed  
 1 T. Olive Oil  
 Salt to taste

Coarsely chop the ingredients. Mix together in a glass bowl and let stand about 30 minutes before serving. Posted by IWedRich.

**Black Bean Humus**

1 15-oz can black beans, drained  
 1 cup chickpeas, drained  
 1 Tbsp. lemon juice  
 1/2 cup fresh cilantro, chopped  
 1 tsp. ground cumin  
 1/2 tsp. ground ginger  
 1/2 tsp. paprika  
 2 cloves garlic, minced  
 Salt and pepper to taste

Combine all ingredients in a food processor and process until smooth. Posted by matantej.

**Maple Syrup**

1/2 C water  
 1/2 C butter  
 1 pkg unflavored gelatin  
 1/2 ts vanilla  
 1 tsp maple extract  
 1/4 C sugar substitute

Bring water and butter to a boil. Add gelatine, stir till dissolved. Remove from heat. Add flavoring and let cool. Add sweetener. Cool until slightly thick. This will gel as it cools so keep it in a wide mouth canning jar in the fridge then just warm it when you want some. Posted by momof7.

**Tony Chachere's All-Purpose Famous Creole Seasoning.**

26 oz. box free flowing salt (like Morton's)  
 1 1/2 oz. box ground black pepper  
 2 oz. bottle ground red pepper  
 1 oz. bottle pure garlic powder  
 1 oz. bottle chili powder  
 1 oz. carton MSG (Accent)

Mix well & use like salt. Store in an airtight jar. When it's salty enough, it's seasoned to perfection. Use generously on everything, except when recipes in this book call for something else. (LOL) If too peppery for children, add more salt (!!!) to mixture, then season to taste. To season seafood: use half of above mixture, & add:

1 tsp. powdered thyme  
 1 tsp. bay leaf  
 1 tsp. sweet basil

From his book, Cajun Country Cookbook. Posted by iwillrejoice.

**Seasoned Rice Vinegar**

1 tablespoon rice vinegar or 1 tablespoon white wine vinegar  
 1/2 teaspoon sugar (substitute equivalent)  
 1/8 teaspoon salt

Give this a try instead of buying the funky stuff. Saves money too. Posted by mamalaurie.

## BEEF

### Grilled Steak with Tarragon-Dijon Butter

2 Strip steaks (8-oz each)  
 4 Tablespoons Butter, softened  
 2 teaspoons Tarragon  
 1 teaspoon Dijon-style mustard, prepared

Blend the softened butter, tarragon and mustard. Place on plastic wrap or parchment. Roll into a cylinder about ¾ inch in diameter. Refrigerate until needed. Grill the steaks to the desired temperature. Cut the butter into ¼-inch slices. Place on the warm steak and serve immediately. The flavors of tarragon and mustard go well with beef. Serves 2. Posted by matantej.

### Pounded Sage Steak

2 Boneless Steaks about 1 lb each  
 1 box Fresh Sage chopped  
 ½ C. Olive Oil  
 3 T. Worcestershire Sauce  
 3 T. Tarragon White Wine Vinegar  
 taste Garlic Salt & Pepper

Pound the steaks with a mallet on both sides until the meat flattens out to about ¼ inch. Mix together the remaining ingredients in a non-corrosive dish. Marinade 2 hours or more. Pan-fry the steaks in the juices from the marinade. Cook over medium heat, 5 minutes on each side for medium rare to medium. Slice steak at an angle and slightly spread on a platter to serve. This steak is wonderful with Cajun Style Butter. Blend together softened butter with Cajun seasonings and chill. Cheaper cut of meat made to taste gourmet! Posted by IWedRich.

### London Broil with Teriyaki Srirachi Sauce

1 London Broil  
 1 bunch fresh Asparagus  
 1 recipe of Teriyaki Sriracha Sauce (below)

Cut London Broil in half long ways so you have 2 long strips to work with. Slice beef into very thin pieces, cutting at an angle. Cut Asparagus into 1 1/2 inch pieces. Toss into bowl with 1/2 of the sauce and marinade for an hour. In a hot skillet or wok place about 2T peanut oil. Quickly fry the beef and asparagus. Use tongs to keep the meat moving in the wok. Pour out onto a plate and top with remaining sauce.

### Teriyaki Sriracha Marinade And Sauce

1 c. granular (pourable) Splenda  
 1 c. sugar free breakfast syrup  
 2/3 c. soy sauce  
 2 T. Sriracha Hot Chili Sauce (Asian section of market)  
 2 t. sesame seeds (toasted)  
 4 t. red wine vinegar  
 1 T. minced garlic

Mix all together. Serve the London Broil with DebB's Faux Fried Rice. I developed this Thursday night to eat with DebB's Faux Fried Rice. And let me just say YUMM-EE!! PS: My picky 12 yr old said the rice was awesome - she didn't even know it was cauliflower!! Posted by IWedRich.

### Beef Garlic with Cabbage and Peppers

¼ C. Olive Oil  
 1 stick Butter  
 2 lb. Beef Steak (thinly sliced) \*Use a cheaper cut of meat, this recipe will tenderize as it cooks.  
 3 med. Onion, coarsely sliced  
 3 Garlic Cloves, chopped  
 6 oz. Marie's Creamy Italian Garlic Salad Dressing  
 3 C. Cabbage, sliced (about ½ head)  
 1 Green Bell Pepper, sliced  
 1 Red Bell Pepper, sliced  
 8 oz. Heavy Whipping Cream  
 Garlic Salt  
 Pepper

Heat oil & butter in bottom of Dutch oven or Nesco type cooker. Add meat & brown. Season browned meat with garlic salt & pepper. Add salad dressing & onions & garlic. Simmer about 30 mins. Add peppers & cream. Cover, simmer another 30 mins. Add cabbage, simmer until cabbage is just wilting, about 20 mins. Posted by IWedRich.

### Beef Sandwiches

London Broil (3-4 lbs)  
 1 jar Pepperoncini Peppers with liquid  
 Packet of au jus mix (I use McCormick's)

Place London Broil in slow cooker with peppers & a jar of water. Cook overnight or 12 hrs. In the morning, shred beef & pull out pepper stems. Put back in slow cooker. Add packet of au jus mix. Cook on low until evening. Can be used with the pro/fat buns. It is incredible. I have used this for work parties, any time you have a bunch of guys around, or just want a good beef sandwich. There is never any left. Posted by mamabj.

### Slow-Cooker Beef Tacos

2 lb boneless chuck roast, cut into 1-inch cubes  
 1 tsp salt  
 1 Tbs vegetable oil  
 1 Tbs chili powder  
 1 6-oz can no-sugar-added tomato paste  
 2 cups sf beef broth  
 1 small white onion, chopped  
 1 8-oz can no-sugar-added tomato sauce  
 1/2 med sized green bell pepper, diced  
 1 tsp ground cumin  
 1/2 tsp black pepper  
 egg crepes (warmed), OR parm taco shells, OR lettuce leaves for wraps.  
 Toppings: Diced sun ripened tomatoes(drain), shredded cheddar or Monterey Jack cheese, sour cream, picante sauce ( Pace or make a fresh sauce by grinding tomatoes, onion, garlic, cilantro & a bit of fresh jalapeño). You might also enjoy topping your tacos with Mexican Slaw (recipe in Salad file) instead of tomatoes & salsa.

Sprinkle beef cubes evenly with salt. Cook beef in batches, in hot oil in a Dutch oven (deep pot) 5 to 7 mins, turning pieces until brown on all sides. Remove beef, saving drippings in the Dutch oven. Add chili powder to the drippings, stirring constantly, 1 minute. Add 2 cups beef broth, and stir, scraping bits from the bottom of the pot. Place the browned beef in a 4 1/2 quart slow-cooker (crockpot). Pour the mixture from the Dutch oven over the meat; stir. Add onions and next 4 ingredients, stirring. Place the lid on and cook on HIGH 4 hours...OR on LOW 6 hours...until beef is tender. Serve in warm crepes, parmesan shells, or lettuce wraps with your choice of toppings. Make the color of this meat rich and the flavor FABULOUS by browning on all sides before slow cooking. It's so versatile, you will find yourself adding it to dishes such as faux mashed potatoes, enchiladas, crepes, sandwiches, eggs and Mexican pizza! Let your imagination take the lead! Posted by SinginSOMERSong.

### Mock Stroganoff

1 tb Vegetable Oil	2 t pepper (to taste)
2 lb boneless Sirloin Steak	Sauce:
2 medium chopped onions	2 c sour cream
1 lb Fresh Mushrooms, Sliced	1/4 c cream cheese for thickening
2 t salt (to taste)	2 t brown mustard

Slice Sirloin Steak into thin strips. Stir oil and meat in until beef is seared and cooked. Season with salt and pepper. Remove meat from pan, reserve meat and juices. Add mushrooms and onion to meat juices. Steam enough cauliflower to make 4 c julienned (about 1/2 large head) while meat is cooking. Mix mustard, cream cheese and sour cream. Stir in reserved meat, then sour cream mixture. I julienne my cauliflower with my electric mandolin. You could also rice it. I made this over the weekend. It turned out well. Serves 8. Posted by mamabj.

### Yummy Beef Stew

2 Tbsp. bacon fat  
 1 1/2 lb. stewing beef  
 1 celery heart  
 6-7 turnips, cut in chunks  
 black pepper, to taste  
 salt, to taste  
 2 cans of beef broth  
 2 can of mushrooms, drained  
 3-4 bay leaves  
 garlic, to taste  
 3 T heavy cream

In a large pot, braise the stew meat and the celery in the 2 T. bacon fat. When the meat is browned all over, salt and pepper to taste. Add 3-4 bay leaves to the pot and also add the turnips. I threw in garlic at this point as well. Sauté a minute or two and then pour both cans of beef broth over the meat and veggies. Bring broth to a boil. Cover, reduce heat to a simmer and cook for 1 hour, or until meat is tender. Add the 2 cans of mushrooms and the 3 T of cream. Stir and cook to heat mushrooms. At this point, I fished out the bay leaves and then strained the meat and veg out onto a plate. I then reduced the sauce over med-high heat until it was nice and thick. Mash a couple of the turnips help thicken it too. Then pour the meat/veg back in and stir to coat with the now thickened sauce. YUMMO! I came up with this recipe by combining 2 recipes; one from emerickfamily and one from September. Posted by erjen\_lower.

### Ropa Vieja - (Cuban Beef Stew)

2 1/2 lbs. Flank Steak, cut in strips  
 5 T. Olive Oil  
 5 Garlic Cloves, minced  
 1 lg. Onion, chopped  
 1 Green Pepper, diced  
 1/4 t. Black Pepper  
 8 oz. Tomato Sauce  
 1 C. Water  
 6 oz. Sofrito  
 2 oz. Capers  
 1 Pro/Fat Crepe Recipe

Heat 3 T. olive oil in skillet and brown the meat strips on all sides. Remove from skillet. Add remaining oil to skillet and add garlic, onion and bell pepper. Cook until translucent. Stir in black pepper, browned meat, tomato sauce, water and sofrito. Simmer until meat is tender and shreds easily, about 1 hour. Serve with Crepes or Noodles (crepes cut into strips). Varied from a friends recipe. Posted by IWedRich.

### Carne Asada

4 T. Olive Oil	1 Bunch Green Onions, trimmed
2 lb. Skirt Steak, tenderized	1 med. Onion, cut into thick rings
2 -4 T. Chili Powder	4-5 Cloves Garlic, sliced thin
1 t. Garlic Salt	½ C. Fresh Cilantro, chopped
2 Jalapeno Peppers	1 Pro/Fat Crepe Recipe
2 Long Yellow Peppers	

Set burner to medium-high. Heat oil in a large heavy skillet. Begin to brown the meat, sprinkling on the Chili Powder, Annatto Powder and the Garlic Salt. Under the meat in the pan, place the peppers, onions and garlic. Reduce temperature to low. Add cilantro to top of meat (it will turn in as you turn the veggies and meat. Cover, but leave the lid slightly askew. Lift meat and turn vegetables often, also turning meat for even cooking. Cook about 1 hour, until peppers are falling apart. Turn burner off and let sit about 10 minutes. Serve with Pro/Fat Crepes, sour cream and Pico de Gallo. I could eat Mexican Food EVERY DAY. So I have had to develop my own SS recipes to include Mexican Food! This is one of my favorites! Posted by IWedRich.

### Chili Like Wendy's (DebB version)

3 pounds hamburger	1 (15 oz) can Muir Glen fire roasted diced tomatoes
1 extra large sweet onion (such as Vidalia or Walla Walla)	1 (14oz) can beef broth
4 cloves garlic, chopped fine -or- 1 tablespoon of jar garlic	3 tablespoons chili powder
1 tablespoon olive oil	2 teaspoons salt
2 (4oz) cans green chili peppers	2 tablespoons cumin powder
3 (15 oz) cans tomato sauce	3 teaspoons oregano
1 (15 oz) blue can of Rotel	1 teaspoon pepper
	1/2 teaspoon cayenne pepper (to taste)

Sauté hamburger, onion and garlic in olive oil. Add rest of ingredients and simmer. I like to let this all simmer for at least 2-3 hours with a splatter lid (it's like a screen) so that it thickens up. I like using the Muir Glen and the Rotel. You can certainly substitute other versions to suit your taste or what you might have on hand. For example a 29 ounce can of crushed tomatoes, Muir Glen stewed tomatoes, etc. This freezes very well. I like to freeze this in 2 cup containers. That's the perfect amount for my husband and I to each get 1 cup and make a BIG taco salad in the future. Source of Recipe: Inspired by Merrilee Wagner @ Somersize Site. I've made so many changes to Merrilee's recipe over the years, that I'm replacing it with my current version. Level 1 - Pro/Fat. Posted by DebB.

### Ranch Chilli with Cheese

1 Lb Beef Chuck  
 1/2 C Chopped Onion  
 1 Can Diced Tomatoes --Small Can  
 2 garlic cloves  
 2 Tablespoons chili powder  
 1/2 Teaspoon crushed dried oregano  
 1/2 Teaspoon paprika  
 1/2 Teaspoon ground cumin  
 1/4 Teaspoon cayenne pepper  
 1 Cup Tomato Sauce  
 1 Cup beef broth  
 3 Tbsp Grated Cheese

Brown beef and drain then add onion, garlic and all seasonings. Stir and cook until well mixed and the onions are limp. Transfer to a covered saucepan and add tomato sauce, diced tomatoes and broth. Cover and simmer the chili for an hour adding water. Sprinkle with cheese before serving. I wanted to share a recipe for chilli that I make all the time on Somersize. I can't remember where I got it at but it is legal and oh so good. Posted by glitter skate.

### Spicy Seasoned Ground Beef

3 T. Olive Oil  
 1 lg. Onion, diced  
 5 Garlic Cloves, diced  
 1 C. Water  
 2 lb. Ground Beef  
 1 can Diced Green Chilies, small can  
 4-6 T. Chili Powder  
 3-4 T. Cumin  
 2 t. Salt  
 2 t. Paprika  
 ¼ t. Black Pepper  
 ½ t. Cayenne, optional

Heat olive oil in saucepan. Sauté onion and garlic until translucent. Meanwhile combine the beef with the green chilies and spices. Add water to the onion/garlic mix in saucepan. Add beef mixture. Cook on medium to medium-high heat, stirring regularly to break up the chunks of beef, about 30 minutes. Drain well. Serve, refrigerate or freeze. Use this for Tacos, Enchiladas, Burritos - all Somersize, of course! Posted by IWedRich.

### All Beef Chili for Hot Dogs or Other

2 lbs. ground beef  
 1 c. water  
 1 lg. minced onion  
 5 oz. Worcestershire sauce  
 2 tbsp. chili powder  
 5 tbsp. A-1 sauce  
 1-2 tbsp. ketchup (legal)  
 Salt and pepper to taste

Simmer ground beef and water 15 minutes. Add remaining ingredients and cook slowly for 2 hours (add water a little at a time if needed). If sauce is not smooth, beat with egg beater. Serve over hot dogs. If I want chili/cheese chips, I melt some nacho cheese mix shredded cheese with it and top w/some diced onion. I know there is a recipe on here for Lawry's seasoning mix, I haven't tried it, but I think that could be used in this too. This is a recipe I tried for all beef chili that is legal. Not Hormel No Beans, but it will do. I think it would be good with "Directions for Provolone Chips & Taco Shells" by 1goodfriend under Munchies and Chips. Posted by mamabj.

### Beef & Sour Cream Enchiladas with Crepes

1 Pro/Fat Crepe Recipe  
 1 Spicy Seasoned Ground Beef Recipe  
 2 T. Melted Butter  
 ½ C. Sour Cream  
 1 C. Grated Cheese, Cheddar, Jack or a combination work great  
 ½ C. Sour Cream  
 ½ C. Salsa (make sure there is no sugar added)  
 Toppings: Grated Cheese  
 Diced Tomatoes  
 Shredded Lettuce

Preheat Oven to 400°. Smear a spoonful of sour cream in middle of crepe. Top with beef and grated cheese. Roll up and place on an ungreased cookie sheet. Lightly brush with butter so the tortillas do not dry out during baking. Bake briefly, just until cheese melts, about 10 minutes. Meanwhile combine ½ C. sour cream and salsa. When Enchiladas are done, carefully lift them onto plates, top with sour cream mixture, lettuce, tomatoes and more grated cheese. These are incredibly tasty! Posted by IWedRich.



## Red Beef Enchiladas with Egg Tortillas

1 Pro/Fat Crepe Recipe  
 1 Spicy Seasoned Ground Beef Recipe  
 16 oz. Enchilada Sauce  
 1 C. Grated Cheese, Cheddar, Jack, Oaxaca or any combination works great  
 Sour Cream, optional

Preheat Oven to 400°. Fill tortilla with piping hot beef. Roll up and place in a baking dish. Heat enchilada sauce in pan. Pour heated sauce over enchiladas. Sprinkle grated cheese on top. Bake briefly, just until cheese melts, about 10 minutes. When Enchiladas are done, carefully lift them onto plates, top with sour cream if desired. Serves well with salad. Posted by IWedRich.

## Coney Island Sauce for Hot Dogs

1 pound ground beef	2 tablespoons chili powder
1 onion	2 tablespoons cayenne pepper
1 garlic clove	2 tablespoons hot sauce

Brown beef in a large deep skillet or saucepan. Process in a food processor, adding the onion & garlic. Return to the skillet & add seasonings. Add enough water to cover & simmer over low heat for 3 hours, stirring once in a while & adding more water if needed. Serve with Hebrew National or other legal hot dogs. Posted by mjlibbey.

## Hamburger Soup

2-3 pounds of hamburger  
 4-5 celery stalks, cut into bite size chunks  
 1 large or 2 med. onions, cut into bite size pieces.  
 2 cans green beans (cut- not french style) drained or 1 large bags frozen green beans  
 2 cans diced tomatoes  
 1 can beef broth (2 cups)  
 2 large cans tomato sauce  
 salt, to taste

In a large stock pot brown hamburger & drain. Add all remaining ingredients & simmer for 30 min or until celery & onions are tender. Stir occasionally. Notes: Can serve with shredded cheese if you like. Diced turnips might be good to add in place of potatoes. I don't add salt because I have over salters in my house I just allow them to salt as needed. It needs salt. I was craving this soup. I used to make it with corn, carrots, peas & potatoes & my mind just wasn't having it taste good with out them. Finally I decided to just omit the above & it turned out really good IMO. One more thing. It makes a HUGE Pot. There are 4-5 adults that live in the house & we eat on this for about 2-3 days. Since this is really just a dump recipe I am sure that it could be cut down very easily. I think it might freeze fairly well but there is never anything left after a couple of days to save. Posted by FrozH2O.

## Hamburger Helper Knock Off

4-6 slices of American cheese	4 oz of canned mushrooms
1 1/2 cups of heavy cream	1 lb of ground beef
4 oz of cream cheese	8 or more slices of sugar free bacon

In a sauce pan, mix heavy cream, cream cheese, American cheese, & mushrooms & cook on low to medium heat. In separate pan, brown ground beef, drain, & set aside. Fry bacon, set aside. In your bowl (the one your eating out of) put ground beef in & pour cheese mixture over it. Add bacon pieces & garnish with shredded cheese if you like. I have no idea where I got this recipe from, but I love it. My notes: I cut the cream cheese in half one time because I didn't have enough. It didn't seem to matter. I guess that means you don't need to worry about exact amounts! I use more hamburger than it calls for. This is good over mashed cauliflower, or other veggies. I sometimes add onions. I fry the hamburger, bacon & mushrooms (& onions) first, then add the other ingredients straight into the pan. Posted by marie172.

## Lasagne

1 lb ground beef  
 1 can tomato sauce I used Hunts  
 2 cans tomato paste with garlic I used house  
 2 tsp Italiano seasoning by clubhouse  
 2 cans mushrooms  
 1 container of ricotta cheese  
 1 pkg frozen spinach  
 mozzarella cheese, provolone and parmesan. I buy the mixture pre grated in a bag  
 6 lasagne whole wheat noodles

Sauté ground beef, add mushrooms, add italiano seasoning, add tomato sauce and paste. Boil noodles as directed on pkg. Mix ricotta cheese and spinach in bowl. Spray 9x13 baking dish with pam. Layer ground beef mixture, cheese mixture, ricotta cheese and spinach mixture, one layer of noodles (3), ground beef mixture, ricotta cheese and spinach mixture, one layer of noodles (last 3) top with three cheese mixture. Bake in oven at 350 degrees for 30 minutes. Serve. I pull out the my lasagne noodles for Level 1 and peel the cheese topping off of the first layer of noodles. It comes off nicely. This is my original Lasagne, I just pull out the whole wheat noodles at supper table to make it a level 1. Posted by somersizenewby.

## Mexican Lasagna

1-½ lbs ground beef  
 1 tsp ground cumin  
 1 Tbs chili powder  
 1 tsp salt  
 ½ tsp black pepper  
 ¼ tsp cayenne pepper, or to taste  
 1 can (14-1/2oz) tomatoes, diced and undrained  
 10 large corn tortillas (omit or replace with egg crepes)  
 2 c ricotta cheese  
 1-½ Monterey Jack cheese w/chile peppers (I used Monterey and Cheddar mix)  
 1 egg, lightly beaten  
 1 small can (4oz) sliced black olives, drained (Level 2)  
 ¾ c grated Cheddar cheese  
 1-½ c shredded lettuce  
 ¾ c chopped fresh tomatoes  
 4-6 green onions, chopped (including green tops)

Brown ground beef, drain well. Add cumin, chili powder, garlic powder, cayenne, salt, pepper & canned diced tomatoes, cook until thoroughly heated. Cover bottom & sides of a 13 x 9 inch baking dish with the corn tortillas. Pour beef mixture over tortillas, place a layer of tortillas over meat mixture & set aside. Combine ricotta cheese with Jack cheese & egg, pour over tortillas. Bake at 350 for 30-40 mins. Remove from oven, garnish top with narrow strips of Cheddar cheese, lettuce, tomatoes, green onions & olives. I just made this & it was really good (yes, I did eat the tortillas). But this would be good I think without the tortillas. Posted by carolannb.

## Mozzarella & "Rice" Bake

1lb ground beef  
 1 1/2 cups cauliflower "rice" (see below)  
 1 26oz jar of sugar free spaghetti sauce  
 4oz mozzarella cheese cubed  
 4oz mozzarella cheese sliced

Preheat oven to 375 F. Brown & drain ground beef; mix with "rice". Add spaghetti sauce & cheese cubes. Pour into oven safe dish & place mozzarella cheese slices over the top. Place in oven & bake for 30 mins, until cheese is melted & casserole is heated through. Great with a Caesar salad!! Makes 4 to 6 servings. Cauliflower Rice: Coarsely grate raw head of cauliflower. You can boil it for a few minutes or just use it raw. Posted by Twinkle.

## Mousaka

1 pound ground beef  
 1 cup chopped onion  
 Olive oil  
 1 cup water  
 1/2 cup tomato paste  
 2 tablespoons minced parsley  
 1 stick butter (1/2 cup)  
 Salt & pepper  
 2 medium eggplants  
 Flour (omit, or use plain whey protein powder, or ground dried mushrooms, or for Level 2, dust with low-carb flour)  
 1/2 cup bread crumbs (I'd use grated Parmesan)  
 2 eggs, well-beaten  
 1/2 cup grated cheese

Brown the meat & onion in some olive oil. When well-browned, add water, tomato paste, parsley, butter, & salt & pepper & let it simmer on low for 1 hour or more, until sauce is thickened. In the meantime, peel & cut lengthwise the eggplants in 1/4" thick slices. (Slice thin!) Sprinkle with a little flour (sub. or omit) & sauté in olive oil to a golden brown. Add 2 tablespoons bread crumbs (Parmesan) to the meat sauce & mix well. Butter a baking dish well & sprinkle with some bread crumbs (Parmesan). Place 1/2 of eggplant slices in the dish, & spread 1/2 of the meat sauce on top - repeat. Pour eggs on top & spread evenly. Sprinkle with cheese & bread crumbs (sub., or omit) & bake at 350° for 30 minutes or until golden. Serve with cheese sauce, if you want - I usually don't. This actually came from a Turkish cookbook, not a Greek one. I adapted it from that to this about 30 years ago. I'll post it "as is", with suggestions on how I would SS it in parentheses. Posted by iwillrejoice.

## "Spaghetti" Pie

1 cooked spaghetti squash, threaded to make about 3 cups of "pasta"  
 2 T. butter  
 1/3 cup grated parmesan cheese (I use a chunk and grate my own, so much better than stuff in can)  
 2 eggs, well beaten  
 1 cup whole milk ricotta cheese  
 1 lb. ground beef (I use 85%)  
 1/2 cup chopped onions  
 1/4 cup chopped green peppers  
 1 cup petite diced tomatoes (I use canned)  
 1 6 oz. can of tomato paste  
 1 t. of sugar substitute (this cuts bitterness of tomatoes, can omit)  
 1 t. dried crushed oregano  
 1/2 t garlic powder  
 1 t. basil leaves, crushed  
 1/2 t. thyme leaves, crushed  
 1/2 t. marjoram  
 Salt & pepper to taste  
 1/8 t. hot pepper flakes - optional  
 4 - 6 ounces of whole milk mozzarella cheese  
 (Wal Mart carries "Precious" brand FRESH...it is so much better: creamy and mild and melts great)

After baking & threading squash, stir butter into the squash threads. Stir in parmesan cheese & eggs. Put the "spaghetti" in to a buttered 10 inch pie plate forming a "crust" shape. Spread ricotta cheese over the bottom of the crust. Set aside. In skillet, cook ground beef & drain & remove. In same skillet, after draining all but 2 T of fat: saute the onions & green peppers till veggies are tender. Drain any remaining fat. Add the beef back & stir in undrained diced tomatoes, the tomato paste, sugar sub & spices. Pour the meat mix into the "pie crust". Bake, uncovered, at 350 degrees for 20 minutes. Sprinkle mozzarella cheese on top, & bake 5 more minutes or until cheese melts. Let stand 5 minutes before serving. This is a SS version of a dish we love. Posted by Debits2000.

## Baked Spaghetti Squash

1 medium spaghetti squash (2 1/4 lb.)  
 12 oz bulk sausage  
 1 1/2 cups sliced mushrooms  
 1 medium green or red sweet pepper, chopped  
 1/3 cup finely chopped onion  
 3 cloves garlic, minced  
 1 4 1/2 oz. can chopped pitted ripe olives (optional – level 2)  
 1/2 tsp. dried Italian seasoning, crushed  
 1 1/2 half cups purchased red pasta sauce  
 1 1/2 cups shredded Monterey Jack, mozzarella, or Italian blend cheese  
 1/4 cup snipped fresh Italian parsley

Halve squash and remove seeds. Place cut sides down in a 2 quart rectangular baking dish. Add 1/4 cup water. Cover with vented plastic wrap. Microcook on high power 13-15 minutes or until squash is tender when pierced with a fork. Rearrange once for even baking. In a large skillet, cook sausage, mushrooms, pepper, onion, and garlic over medium heat until sausage is no longer pink. Stir to break up sausage. Drain off fat. Preheat oven to 350. Scrape pulp from squash (about 3 cups). Wipe out baking dish and coat with PAM. Spread half the squash in the dish. Add half the sausage mixture and half the olives. Sprinkle with seasoning and 1/8 tsp of black pepper. Top with half the sauce and half the cheese. Top with remaining squash, sausage, olives and sauce. Bake for 30 minutes. Sprinkle with remaining cheese. Bake for 5 minutes or until cheese is melted. Let stand 10 minutes. Sprinkle with parsley. Serves 6. This recipe was in the September 2006 issue of Better Homes and Gardens. Submitted to the magazine by Christine Wood. My modifications follow: I made this last night for dinner and it was a big hit. I left out the olives because neither my husband nor I like them and we used a pound of ground beef in place of the sausage because we had it on hand. I also just sprinkled some basil and oregano instead of the Italian seasoning because I didn't have that. We used a green pepper and mozzarella for the cheese. It was easy and good! Posted by joey15.

## Sloppy Joes

2 lb.s ground beef, cook, drain and set aside.

In about 2 T. Olive Oil sauté in this order:

1 med. onion, diced, add...  
 1 bell pepper, diced, add...  
 2-3 cloves garlic, minced, add...  
 1 12 oz(ish) can crushed tomatoes  
 1 8 oz can Tomato Sauce

Mix the veggies into the ground beef and add these ingredients while simmering the pot:

1 1/2 T. French's Yellow Mustard  
 2-3 T. Da Vinci Simple or Breakfast Syrup  
 2-3 packets Splenda (adjust sweetness to your taste)  
 1-2 t. Worcestershire Sauce  
 1-2 t. Soy Sauce  
 Salt and Pepper to taste.

(The seasonings really have to be to your taste of Sloppy Joe's, whether you like them sweeter or not too sweet.

Simmer with lid half off for about 1 hour until the mixture is thick and rich. Serve on Deb's Buns!! I have a single friend in her 60's who started SS last week with my help and has lost 5 pounds! I am helping her grocery shop and cook up a few things (she doesn't cook much)and I asked "What do you really love to eat?" and she said, "Sloppy Joe's". Well, now that I have Debs Buns I thought I can definitely make this work! So here is my recipe!  
 Posted by IWedRich.

### Barbequed Beef or Sloppy Joes

3 lb ground beef  
 2 T. imitation brown sugar  
 1 large onion chopped  
 1 green pepper, chopped  
 4 Tbs. mustard  
 2 Tbs. Worcestershire sauce  
 1 1/2 C. Heinz carb ketchup  
 salt and pepper to taste

Brown meat and drain. Mix other ingredients and add to meat. Simmer 30 minutes. Use Deb B's pro fat buns for a sloppy joe or use as a sauce for BBQ ribs or country ribs. Kids love it. . Posted by janland.

### Stuffed or "Unstuffed" Cabbage

8 large cabbage leaves, stems removed  
 1 lb ground beef (I use ground sirloin)  
 1 C. cooked rice - Use uncooked riced cauliflower (do it in the food processor)  
 1/4 C chopped onion  
 1 egg slightly beaten (I dump it in unbeaten)  
 1 tsp salt  
 1/4 tsp pepper  
 1 6 oz can tomato paste.

Cook cabbage leaves in boiling water till soft. Drain. Mix the other ingredients (I wear latex gloves and do it by hand). Roll into cabbage leaves. Stand vertically in a bake pan (pyrex) and then cover with tomato sauce. Bake at 350 for about an hour. Ok, I use 3 times the recipe, a whole head of cabbage and make about 24 at a time. If you are unstuffing, use about 1/2 head cabbage, boil till soft and layer like lasagne. Cabbage, meat, cabbage, meat cabbage, etc. Cabbage should be on top. Then get a can of tomato sauce pour on top. Bake at 350 for about 1 1/2 hr. uncovered. Pour off the liquid before serving. Posted by janland.

### Beef-Squash-Tomato "Pie"

2 large tomatoes, thinly sliced  
 bunch of cherry tomatoes, thinly sliced  
 1 large zucchini, thinly sliced  
 1 large yellow squash, thinly sliced  
 2 turnips, peeled and sliced thin (optional)  
 1 chopped onion  
 1 cup chopped red & green bell peppers  
 1 large bag shredded Swiss cheese, divided  
 1 teaspoon Kosher Salt  
 2/3 teaspoon Italian seasoning  
 2/3 teaspoon ground black pepper  
 4-5 eggs, lightly beaten  
 1 - lb lean ground beef, cooked, drained, and cooled  
 Butter to grease casserole dish

Pre-heat oven to 400 degrees. Butter a shallow casserole dish. In a large bowl, combine zucchini, squash, turnips, onion, bell peppers, 3/4 bag of Swiss cheese, eggs, cooked ground beef, salt, Italian seasoning, and pepper until well blended. Arrange half of the tomato slices on the bottom of the pie plate, using combination of large & cherry tomatoes. Evenly spoon beef-vegetable mixture over tomatoes, pressing slightly to flatten. Arrange remaining tomato slices on top; sprinkle with remaining cheese. Bake until vegetables are tender, about 1 hour. Posted by Margo\_39.

### Beef Zucchini Boats

5-6 zucchini, raw, cut lengthwise  
 1 lb ground beef  
 1 chopped onion  
 1 32-oz jar spaghetti sauce, no sugar added (I use Classico Tomato & Basil)  
 Shredded cheese (mozzarella)  
 Italian Seasoning to taste  
 Salt & Pepper to taste

Preheat oven to 325 F. Brown ground beef with chopped onion. While that is cooking, slice zucchini lengthwise. Take a spoon and moving long ways, gently move spoon back and forth inside the zucchini, hollowing it out to make a "boat". Save the zucchini pulp, chop it and add to the meat mixture. Add the spaghetti sauce to the meat mixture. Next, add Italian seasoning to the mixture and let it simmer a few minutes. Take the zucchini shells and microwave them for about 2-3 minutes or until soft. Spray a big baking dish with olive oil spray, and line up the empty zucchini shells in the baking dish. Season to taste. Next, Sprinkle shredded mozzarella cheese inside the zucchini shells. Then add the cooked meat mixture into the shells, mounding the mixture on top. Top with more shredded cheese (I use the Shredded Mexican cheese blend from Kraft at this point, because my family likes it better). Bake until the cheese is melted, and serve. This recipe is a family favourite. Posted by Margo\_39.

### Sunday Meatloaf

1 (15 ounce) can tomato sauce; reserve 1/2 cup for the top  
 1 teaspoon minced garlic  
 1/2 teaspoon dried basil  
 1/2 teaspoon dried oregano  
 1/4 teaspoon salt  
 2 eggs  
 1/4 cup chopped onion  
 1/2 cup chopped zucchini  
 2 pounds hamburger

On Saturday evening, I mix all of the ingredients together and put it in my glass loaf pan. I put the 1/2 cup reserved tomato sauce in a small bowl with a lid and keep in the fridge until needed. I cover the meatloaf with plastic wrap and put it in the fridge overnight. On Sunday morning, I preheat the oven to 200 and at about 9 AM I put the meatloaf in the oven. I also put a large roasting pan on the lower rack and fill it most of the way up with water just in case it should spill grease. (Mine never has but I think it is a good precaution anyway.) We are gone for 4 hours and when we come home the house smells wonderful. I check the meatloaf and drain off the grease. I put the reserved tomato sauce on the top and turn the heat up to 350 while I make some side dishes. You could also melt some cheese on the top if you like. To make for a week night dinner, mix it up and bake it at 350 for 45 minutes. Top with the 1/2 cup reserved tomato sauce and bake 15 more minutes. We have meatloaf every other Sunday afternoon, it makes a great dinner after worship services. Posted by 3M.

### Island Meatballs for 50 People

6 lbs. leanest ground beef  
 2 cups soy sauce (shoyu)  
 1 cup water  
 1 clove garlic, minced  
 2 1/2 teaspoons powdered ginger  
 Food picks

Form meat into 1 inch balls. Place in a single layer in shallow baking pans. Combine remaining ingredients & pour about half of sauce over meatballs. Check frequently adding more sauce as necessary. Bake for 1 hour at 275. To prepare ahead of time (up two 2 days) store, cooled cooked meatballs in a large casserole dish, pour remaining sauce over them, cover & refrigerate. Re-heat in oven & serve with food picks. Posted by kerrichris.

### Giant Treasure Meatballs

2 lbs. Lean Hamburger

1-2 T. Olive Oil

Stuffing:

1 can Diced Green Chilies

½ C. Fresh Shredded Asiago Cheese

¼ C. Grated Parmesan

¼ C. Grated Colby-Jack Cheese

Topping:

1 jar Hunt's Spaghetti Sauce (no sugar added)

taste Parmesan Cheese

Separate the meat into 16 pieces. Flatten into burger shapes. Mix all ingredients of stuffing (including the juice from the green chilies). Divide stuffing into 8 equal parts and press them into balls using the palms of your hands. Place one ball of stuffing into the center of a hamburger patty. Top with a second patty and firmly press sides together. Make sure there are no gaps or openings in the meat. Heat the oil in a large skillet. Carefully place the meatballs into the skillet and cook covered over medium-low heat about 10-15 minutes. (May need to drain liquid off of meat.) When browned on one side, carefully turn the patties over and cook covered on the other side until done (about 10 more minutes). Meanwhile, heat the marinara sauce in a saucepan or microwave safe bowl. Remove meatballs from skillet and arrange on a platter. Scoop a ladle full of sauce over each meatball and sprinkle the tops with Parmesan cheese. Serve immediately. Posted by IWedRich.

### Pirate Patties

2 lbs. ground beef

2 eggs

Spice it up:

Dried minced Onion, garlic, Italian seasoning, Cayenne - you really choose the seasonings you want.

1/2 C. pork rind flour

Stuff with:

1 olive

1-2 slices of pepperoni

1 cube mozzarella cheese

Bake on a cookie sheet in 350 Oven, about 10 - 15 minutes each side. My oven is ancient - so you may want to check for doneness along the way. Don't bake too long or the meat will be dry.

"Matey Sauce"

1 pkt Hidden Valley Fiesta Ranch (prepared with sour cream)

Half a can of Hunt's no sugar added Marinara.

It was very tasty! My kids liked it! Posted by IWedRich. NB: olives would make this L2 unless they are carb-free.

### Grilled Hamburgers with Sauce and Cheese

I use an indoor grill to make these. Grill enough hamburgers for your family. While they are cooking, preheat the oven to 350. When the burgers are done, transfer to a baking pan. Top each burger with a couple spoonfuls of legal spaghetti sauce. I use Ferratto's Tomato and Basil pasta sauce. Then top each one with cheese. Bake 10 - 15 minutes to melt the cheese and heat the sauce. Posted by 3M.

### Corned Beef and Eggs

1 medium onion, sliced into thin rings

leftover corned beef, in bite size shreds (about 2 cups)

6 large eggs, scrambled

1 ½ T oil

In medium skillet, heat oil over medium high heat, add onions and sauté until they just start to get light golden brown. Add corned beef to skillet and heat for about 5 mins over medium heat, making sure to keep stirring the beef and onions to keep from burning. Add the scrambled eggs to the skillet and let it cook. You can stir the eggs as they cook to make this scrambled or you can let the eggs cook and set and make it more omelet like. This is great with deli mustard and will serve 2-3. This might sound a bit odd, but it is delish! Posted by Debits2000.

## CHICKEN

### Baked Chicken A-La Marzee

1 Whole Chicken, cut up	1/2 pound sliced mushrooms
1 tablespoon olive oil	2 cups Ketchup SF
1 onion, chopped	2 cups chicken broth
1 red bell pepper, chopped	1 tablespoon Worcestershire sauce
1 green bell pepper, chopped	1 tablespoon black pepper
2 garlic cloves, minced	salt to taste

Preheat oven to 350 degrees. Place chicken in a baking dish and set aside. In a medium skillet, heat olive oil. Sauté onion, bell pepper, garlic, and mushrooms until golden brown. In a medium bowl, combine ketchup, chicken broth, Worcestershire sauce, and pepper. Pour the ketchup mixture over the sautéed vegetables in the skillet. Bring the vegetable mixture to a boil, then pour over the chicken. Place dish in the oven and bake 1 1/2 hours or until no longer pink inside and juices run clear. Best when served over rice. Yield: 6 Servings  
ezine@gophercentral.com. Posted by matantej.

### Greek-Style Lemon Roasted Chicken

1 chicken (3-1/2 lbs.)  
Salt and black pepper  
1 medium lemon, washed and halved  
1/2 cup Kraft Signature Greek with Feta and Oregano Dressing (I know this has sugar, but SS herself said it's okay to have dressings in moderation. It would be handy to develop a legal recipe for this dressing, though.)

Rinse chicken, pat dry with paper towel. Sprinkle inside and out with salt and pepper. Place in a 13x9-inch baking dish. Squeeze the juice from lemon and mix with dressing in a small bowl. Place the squeezed lemon halves inside the cavity of the chicken. Drizzle dressing mixture over chicken. Insert meat thermometer into the thickest part of one of the chicken's thighs. Bake at 350F for 1-1/2 hours or until chicken is cooked through (reaches an internal temperature of about 180F), basting occasionally with pan drippings during roasting. VARIATION: Instead of using a whole chicken, use 4 boneless chicken breasts (about 2lbs.), cut in half, so you have a total of 8 pieces. Prepare dressing mixture as directed. Discard lemon halves. Pour dressing mixture over chicken in a 13x9-inch baking dish. Bake at 350F for 45 to 55 minutes, or until chicken is cooked through (180F), basting occasionally. I got this from the kraftcanada.com site. Very easy to prepare and so yummy to eat! Posted by artgirl67.

### Scrumptious Crockpot Chicken

preheated crockpot  
a plump roasting hen  
2 Tbs butter, softened  
1/2 yellow onion, 1 bay leaf  
1 tsp each: rosemary and thyme  
(crushed these by rubbing between fingers)  
2 buttons garlic, thinly sliced  
1 tsp each: salt, pepper

Rinse chicken in cool water; pat dry with paper towels. Rub salt and pepper in cavity and all over outside of bird. Slip fingers (or spoon face down) under skin to loosen on breast side. Rub butter all over outside of bird and place some under the skin. Rub the crushed herbs all over outside and under skin. Place bay leave under skin and onion in the cavity. Place breast side up in preheated crockpot. Roast on high for 30 mins, then set to medium for 8 hrs. Turn off and allow to cool until easy to handle. Debone bird and discard bones and skin. Either shred chicken and bag to store in fridge until needed, or slice and serve with side for a lovely dinner. The broth should be stored in the fridge until used OR heated in a saucepan with cream added to achieve a nice sauce (gravy). Either cook it down to thicken, or add cream cheese over medium heat and stir steadily. (Make sure it doesn't boil or the cream will separate.) I use this recipe to produce the shredded chicken for Southern Chicken and \*YUMplins\*. The broth is deliciously rich and flavorful! Posted by SinginSOMERsong.



### Dumbo Chicken Bake

1 Whole Chicken, cut up  
 1/2 C. Olive Oil  
 1/2 C. Marsala Cooking Wine  
 4 Elephant Garlic Cloves  
 1 T. Sea Salt  
 2 T. Watkins Garlic and Spice Seasoning (or your favorite brand)

Preheat oven to 400°. Wash & pat dry chicken pieces. Pour olive oil into bottom of a large glass baking dish, such as a lasagne pan. Roll chicken pieces in oil, sprinkle topside of chicken with salt & spice. Lay spiced side down in dish. Sprinkle underside of chicken pieces with salt & spice. Cut garlic cloves lengthwise in about 1/4 inch slices. Place these slices between pieces of chicken, or on top. Bake chicken at 400° for 15 mins. Turn chicken over & baste with juices. Bake another 30 mins, until skin is crispy & brown. If skin starts to burn, lower oven to 350°. Turn oven off & let chicken sit in oven for about 10 mins before serving. Posted by IWedRich.

### Butter Braised Chicken

Melt one stick of butter in a heavy pot (I have a Le Cruiset (sp) but a cast iron pan will work just fine) with a lid. The pot should be large enough to hold the chicken in one layer without crowding the pan. Season chicken with salt and pepper. Resist the urge to add any onion, garlic, or any other seasoning. Brown the chicken slowly over med-low heat. This will probably take 15 mins. Add a couple of bay leaves and just a little water - maybe 1/2 cup. Put the lid on and let braise over low (should be just simmering) heat for about an hour. Remove the lid and turn chicken over, cook another 10 min. The resulting gravy will be great over vegetables and the meat will have a delicious, buttery flavor. This is a method I learned from a Dutch friend on another web site. You can use chicken parts or just leg quarters. You can also do this with beef, but you will have to cook it longer. Posted by Dana N.

### Tarragon Baked Chicken

1 Whole Chicken, cut up	1 t. Garlic Salt
1 C. Olive Oil	1 t. Salt
1/2 C. Tarragon White Wine Vinegar	1 t. Pepper
3 T. Tarragon, fresh or dried	1 t. Paprika

Preheat Oven to 400° / Broil Setting. Wash and pat dry chicken pieces. Mix all other ingredients in a locking style baggie. Add the chicken and marinade overnight. Place chicken pieces on a cookie sheet, bottom facing up. Broil at 400° for 30 minutes, basting about every 10 minutes with leftover marinade. Turn chicken over and continue basting and broiling for 30 more minutes. If skin starts to burn, lower temperature of oven to 350°. Turn oven off and let chicken sit in oven for about 10 minutes. Posted by IWedRich.

### Stewed Chicken

various bone-in chicken pieces (i used 6 thighs and 6 drumsticks)	1/4 cup olive oil
1 bunch celery-sliced in 3in pieces	4 bay leaf
1 sweet onion-sliced how you like	1 tsp thyme
1 28 oz can of peeled whole tomatoes (I like roma)	1 tsp poultry seasoning
1 orange, green, OR yellow pepper-sliced lengthwise	10 peppercorns
6 TBLS stick butter	salt & pepper to taste
	dash of crushed red pepper flakes(optional)

Place chicken and all other ingredients in stock pot. (I used my 5 quart.) Add enough water just to cover. Bring to a boil. Do not cover. Cook for 1 hour or until liquid is evaporated. This recipe is from my great gram and is so flavourful and easy. I love one pot recipes! It's great because the ingredients are simple and probably already in your kitchen. Posted by Twinkle.

### Jocon - (Chicken in a Tomatillo-Cilantro Sauce)

1 Whole Chicken, cut up, loose skin and fat discarded  
 4 C. Water  
 1 t. Salt  
 4 T. Olive Oil  
 10 Tomatillos, sliced  
 1 lg. Green Bell Pepper, chopped  
 1 lg. Onion, chopped  
 2 Garlic Cloves, chopped  
 1 Bunch Cilantro, washed and trimmed  
 1 Jalapeno Pepper, chopped  
 ½ C. Toasted Sesame Seeds, (optional)  
 1 Pro/Fat Crepe Recipe

Cook the chicken in salted water in a covered pot, about 30 minutes. Remove the chicken and set aside. Reserve broth. Meanwhile in a skillet, sauté the tomatillos, bell pepper, onion and garlic in 2 T. olive oil. Prepare sauce in food processor: First grind the sesame seeds. Add the cilantro, onions, garlic, tomatillos, bell pepper, jalapeno and 1 cup of the reserved broth. Brown the chicken pieces in remaining 2 T. olive oil over moderate heat for 5 minutes. Add the green sauce and the balance of the broth, about 2 cups. Simmer over low heat for 15 minutes, until the sauce is reduced to a thick, rich, green consistency. Serve with Crepes or Pro/Fat Noodles. My friend from Guatamala introduced this recipe to me. Hers called for rice, you can use Crepes, Noodles or Riced Cauliflower. Posted by IWedRich.

### Sesame Chicken

NB: The sesame seeds make this a level 2 recipe. In a measuring cup I put equal parts oil (sesame is especially good but any kind is fine) and soy sauce. Then throw in garlic, onion and ginger (fresh is great but powdered spices are almost as good), chili powder, pepper, splenda (original recipe calls for brown sugar), and sesame seeds. Stir it all up, pour over chicken. Marinate if you have time. If not, no problem. I bake chicken pieces (with skin & bone) for an hour on 350, basting occasionally. I also use this sauce on boneless chicken breasts and shrimp. Sometimes I add a splash of vinegar and/or white wine. Posted by Skie.

### Jalapeno Chicken

Pound boneless/skinless chicken thighs (larger thighs are easier to use). Make them all the same thickness. Sprinkle both sides with Cajun seasoning. Prepare jalapeno peppers; cut top off, slit on one side and clean out the inside. (Wear plastic gloves if you want to.) Fill peppers with cheddar cheese or cream cheese. Place one pepper on each thigh and roll up. Wrap thigh with a slice of bacon and use toothpicks to hold together. You may need several toothpicks. (The pepper tends to slide out of the chicken.) Cook on a preheated grill. The chicken is tender, the pepper still has a crunch and the cheese is all melted. It is delicious! I made this over the weekend and loved it. Posted by mjlibbey.

### Legal Chicken Kiev

4 lg chicken breasts  
 4T butter  
 4 cloves crushed garlic (adjust to taste)  
 a couple of dashes of dried parsley  
 2 eggs  
 1/2 c heavy cream

Breading:  
 1 c Suzanne's bake 'n fry mix  
 1 c parmesan cheese

Preheat oven to 350. Pound your chicken until it is the same thickness throughout the breast. Then place the butter, the garlic & the parsley in the center. Roll the chicken up tight & seal with tooth picks. Mix the eggs & the cream until smooth. Mix the bake 'n fry mix & parmesan cheese. Dip the chicken in the milk/cream mixture & roll in the breading mixture. Bake for about 15-20 minutes or until they are golden brown & firm to the touch. I've been wanting some chicken kiev's so I found a few recipes & somersized it. This is great. Posted by mamabj.

## How to Perfectly Poach Chicken Breasts

Bring 5 cups water to a simmer in a 2-quart saucepan, then simmer chicken, uncovered, 6 minutes. Remove pan from heat and cover, then let stand until chicken is cooked through, about 15 minutes. Transfer the chicken to a cutting board and cool completely. Deb's notes: I was watching Sarah's Secrets today on Food Network and learned this. I'll definitely try this next time. She said the main reason folks don't like to poach chicken breasts is because they come out dry. Well, she said that's because they're overcooked (I totally agree! But I have had trouble getting them right). She said it was important to have the breasts completely covered with water. Depending what I'm using the breasts in after poaching, personally I like using some chicken broth and spices too. I like throwing in the stems from cilantro too. They give the chicken a nice flavor and they're typically something that would just get thrown away. I freeze mine to use for this. Posted by DebB.

## Supreme of Chicken with Balsamic Shallot Sauce

1 T. butter  
 2T. unsalted butter  
 4 boneless chicken breast halves [6 oz. ea]  
 1/4 t. salt  
 1/4 t. fresh ground black pepper  
 1/3 cup chopped shallots  
 1 cup diced white mushrooms  
 1/4 cup balsamic vinegar  
 1 T. sugar free ketchup  
 1/2 cup water  
 1 T. chopped fresh chives

Heat oven to 180 degrees. Heat the olive oil and 1 T. of butter over high heat in a heavy skillet [large enough to hold all the chicken in 1 layer]. Add the chicken breasts, sprinkle them with salt & pepper. Saute, uncovered, for about 3 minutes per side. Transfer the chicken to an ovenproof dish, reserving the drippings in the pan and place the breasts in the oven. Continue cooking for at least 10 minutes, until the meat is firm and juicy but not pink inside. Add the shallots and mushrooms to the drippings in the pan and cook for about 1 minute over high heat. Add the vinegar and ketchup and cook for another minute on high. Add the water and cook until the liquid is reduced by half. Add the remaining 1 T of butter and stir until mixed thoroughly. If you want a creamy sauce, add some heavy cream. Recipe from Jacques Pepin, adapted by me to SS. Try this, we thought it was super easy and good! Posted by Debbits2000.

## Balsamic Chicken Breasts

1 onion, sliced in half rounds  
 Chicken Breasts, bone in (or breasts would be good also)  
 Balsamic Vinegar  
 garlic, crushed or chopped  
 2 Bay leaf  
 Fresh cracked pepper  
 cream

Place onion, garlic & bay in bottom of crock pot. Place chicken, breast side down on top of the onions. Add about 1/4 cup water. Sprinkle (generously) with balsamic vinegar. Sprinkle with cracked pepper (generously). I let mine cook for 10 hours on low. Remove chicken and keep warm. Reduce juices with onions in saucepan on the stove until the sauce measures approximately 1/3 cup. Season with salt. Add a touch of cream to enrich. Serve sauce on top of the chicken. \*\* I used bone in chicken breasts because that is what I had in the freezer. I did not remove the skin, however, this chicken was very, very lean. If the chicken looked fatty, I would definitely take off the skin.\*\* My husband (who is not ssing) and I really enjoyed this. kitkat @ SS site. Posted by DebB.

### Chicken Breasts and Red Cabbage

1 head of red cabbage shredded	6 chicken breast halves with no skin, but with the bones in
1 whole onion sliced thin	
two cloves garlic - smashed	1/4 C olive oil
1T brown sugar substitute	2tsp salt
1/4 C red wine	1 tsp pepper
2T balsamic vinegar	1 tsp oregano

Brown all ingredients in oil. Place in crockpot. add seasonings and liquid. Cook on low all day. (I begin at 8am and get home around 6pm) it cooks all day long. You can also eliminate the browning step if you don't have the time. A couple of suggestions: I usually brown all my ingredients (meat, veggies) before putting in the crockpot. It's a little extra work, but worth it if I have time. Jodye @ SS site. Posted by DebB.

### Chicken Cacciatore

1.5 cups chopped onion  
 3 lbs chicken parts, skinned  
 14 oz canned tomatoes with juice  
 1 sml can tomato paste  
 10 oz canned mushroom pieces, drained  
 1 bay leaf  
 1 tsp salt  
 1/4 tsp pepper  
 1/2 tsp garlic powder  
 1 tsp dried whole oregano  
 1/2 tsp dried sweet basil  
 1/4 white or red wine (the alcohol cooks off)  
 1/2 tsp gravy browner or oxo beef powder  
 1 tsp artificial sweetener (Splenda, Sugar Twin, whatever.)

Place onion and chicken in 3.5 quart slow cooker. Combine rest of ingredients and pour over. Cook on low for 6-8 hours or high for 3-4. Discard bay leaf. Serves 4. From Jean Pare's Slow Cooker cookbook. Posted by: Nicole (nicolepayne@hotmail.com). Posted by DebB.

### Crockpot Chicken Fajitas

1 small onion – sliced  
 2 limes -- juice of  
 1/2 teaspoon oregano  
 1/2 teaspoon chili powder  
 1/2 teaspoon ground cumin  
 1/2 teaspoon coarse pepper  
 2 cloves garlic – minced  
 1 pound boneless chicken breasts -- cut into strips  
 1/2 red bell pepper -- cut into strips  
 1/2 green pepper -- cut into strips  
 Romaine lettuce leaves (for wraps)  
 1 tomato – chopped  
 sour cream

Place onion in crock. Combine lime juice and seasonings in small bowl. Add chicken and toss to coat. Pour chicken and juice mix over onion. Cover and cook 6-8 hours. Stir in green and red pepper strips 30 minutes before serving. To serve: spoon chicken and onion into center of lettuce leaves. Top with tomato and sour cream. YUMM!!!! These are so good and so easy. Stefanie @ SS site. Posted by DebB.

## Crockpot Chicken Mexicana

1 medium onion, chopped  
 2-3 cloves garlic, crushed/chopped  
 2-3 Tbl olive oil (I use extra virgin)  
 1 pound boneless, skinless chicken breasts  
 1 15oz can tomato sauce  
 1 cup salsa  
 salt and pepper to taste  
 8 oz cream cheese  
 1 6oz can tomato paste (optional)  
 Sour cream

Sauté onion & garlic in skillet with olive oil. Remove & place in crockpot with tomato sauce & salsa. Meanwhile, brown chicken breasts in skillet. Put chicken in crockpot with other ingredients; salt & pepper to taste. Cook on low if you have all day or high if just a few hours. Chicken breasts will become tender enough to shred/fall apart easily. Remove chicken. Add cream cheese & tomato paste & stir until cheese melts. The tomato paste isn't critical--it just helps make the sauce nice & thick. Return chicken to pot shredding it as you do. Heat through. Serve with generous dollops of sour cream. Serves 4-6 depending on how hungry you are. I finally think I have this recipe ready to share. I have made it many times, fiddling with the ingredients. Feel free to add other seasoning, such as cayenne pepper if you like it spicier. jaml @ SS site. Posted by DebB.

## Crockpot Cranberry Chicken

### CRANBERRY SAUCE:

4 cups fresh or frozen whole cranberries  
 1/2 cup water  
 Sweetener to equal 1 cup sugar - I used 1/4 cup erythritol and 1 tsp. Trish's Zero Carb Splenda liquid concentrate

Add water to berries in a 4 quart microwave-safe dish. Microwave on High 3 to 4 minutes; stir, MW another 3 minutes. By now some of the berries should be just starting to pop. Stir in sweetener and continue cooking and stirring until just starting to thicken. Should yield approx. 2 cups cranberry sauce

### CATALINA DRESSING:

3 Tbsp. low-carb ketchup such as Carb Options  
 1/4 c. white vinegar  
 1 tsp. onion powder  
 1/2 tsp. garlic powder  
 1/2 tsp. paprika  
 1/2 tsp. salt  
 2 Tbsp. Splenda, or liquid artificial sweetener to taste  
 1/2 c. vegetable oil (I used extra light olive oil)  
 1/4 tsp each dry mustard and chili powder

Stir together all ingredients and let stand for 15 minutes. Or you can whiz it up in the blender.

1 envelope dry Liptons' Onion Soup Mix (use legal substitute)  
 Boneless skinless chicken breasts or thighs

Add the salad dressing and the onion soup mix packet to the cranberry sauce. Blend well. In a crockpot, spread a couple tablespoons of the sauce on the bottom. Add a layer of chicken - I used 8 breasts total, in 2 layers. On top of the first layer, spread a little more sauce. Repeat. Pour remaining sauce over all and cook on Low 8 to 10 hours. If you start with frozen chicken, increase time to 10 to 12 hours. This is a low carb adaptation of a high carb, low fat favorite WW meal! Excellent served over spaghetti squash, rice-a-flower (shredded cauliflower, cooked til tender) or your choice of low carb pastas. Char @ low carb eating. "Almost Level 1" because of the cranberries Posted by DebB.

### Crockpot Cranberry Chicken

1 small onion, thinly sliced  
 1 cup fresh cranberries or frozen cranberries (unthawed)  
 4 boneless skinless chicken breasts  
 1/4 cup sugar-free catsup  
 2 tablespoons sugar twin brown sugar substitute  
 1 teaspoon dry mustard  
 2 teaspoons cider vinegar salt

In a 3-quart or larger electric slow cooker, combine onion, cranberries. 2. Arrange chicken on top. 3. In small bowl, mix ½ c water with catsup, sugar substitute, mustard and vinegar and pour over chicken. 4. Cover. 5. Cook at low setting until chicken is very tender when pierced (6 ½ to 7 ½ hours). "Almost Level 1" because of the cranberries. Lv2sun @ recipezaar. Posted by DebB.

### Crockpot Cranberry Chicken

1 small onion, thinly sliced  
 1 c. frozen whole cranberries, unthawed  
 2 lb boneless skinless chicken breasts  
 1/2 c. heinz 1 carb catsup  
 2 T. sf syrup (recipe called for a brown sugar substitute)  
 1/4 c. water  
 1 t. dry mustard  
 2 t. balsamic vinegar  
 salt & pepper

In crock combine onions and cranberries. Arrange chicken on top. In small bowl, mix water, catsup, syrup, mustard, and vinegar and pour over chicken. Cook on low setting till chicken is very tender when pierced (6 1/2 to 7 1/2 hours). This is the first time I tried this recipe but, I put it on at 2:30 am and at 5 hours the entire house is filled with a wonderful aroma.....Yum! Serves 6 - 3 grams carbs per serving. RecipeZaar "Almost Level 1" because of the cranberries. Posted by DebB.

### Mellisa's Thai Chicken

16 chicken thighs or 10 breasts boneless, skinless  
 3/4 cup hot salsa  
 1/4 cup SF peanut butter (omit for Level 1)  
 4 T. splenda  
 2 T. soy sauce  
 1 t. grated ginger root  
 1 Tbs Thai chili garlic paste (optional but adds great flavor)  
 1/4 cup chopped peanuts (omit for Level 1)  
 2 T. chopped fresh cilantro

Place chicken in 3 1/2 to 6-quart slow cooker. Mix remaining ingredients except peanuts and cilantro; pour over chicken. Cover and cook on low heat setting 8 to 9 hours or until juice of chicken is no longer pink when centers of thickest pieces are cut. Remove chicken from cooker, using slotted spoon; place on serving platter. Remove sauce from slow cooker. Pour over chicken. Sprinkle with peanuts and cilantro. I served this over chopped broccoli and cauliflower. NOTE: The hot salsa doesn't make this dish very hot but I have made it with mild before and the flavor just wasn't up there, kind of bland, so try the hot or a medium style. Melissa @ TLC. Posted by DebB.

### Pizza Chicken

1 boneless chicken breast, pounded flat if thick  
 Salt, pepper, garlic powder and Italian seasoning, to taste  
 1 tablespoon pizza sauce  
 4 slices pepperoni  
 1 teaspoon butter or oil  
 2 fresh mushrooms, sliced  
 2 thin green pepper rings  
 1 ounce mozzarella cheese, shredded

Season chicken with salt & other seasonings; grill. Meanwhile, sauté the mushrooms and pepper rings in butter or oil until slightly tender, but not mushy; set aside. Spread pizza sauce over chicken, then top with the pepperoni, the pepper rings, mushrooms and then finally, the cheese. Sprinkle with a little additional Italian seasoning, if desired. Bake at 350° about 10-15 minutes or until hot and cheese is melted. Serve at once. Makes 1 serving. This is from Linda's Low Carb Menus & Recipes. Some of the recipes are not legal for SSing but here's the link <http://www.genaw.com/lowcarb/index.html>. Posted by 3M.

### Spaghetti Chicken

1 Jar your fav brand spaghetti sauce  
 1 can tomato paste  
 6-8 Frozen boneless, skinless, chicken breasts  
 Oregano, basil, garlic powder to taste  
 Parmesan cheese  
 Shredded Mozzarella cheese  
 spaghetti squash or zucchini ribbons

Combine all ingredients (except for the sp. squash or zucchini noodles AND cheeses) in crock pot; cook for 6-8 hours on low or 4-6 hours on high. Serve sauce and chicken on bed of zucchini ribbon "noodles" or spaghetti squash piled high with parmesan and shredded mozzarella cheese! Dixiechick @ SS site. Posted by DebB.

### Chicken Saltimbocca

6 (3-ounce) chicken cutlets, pounded to evenly flatten  
 Salt and freshly ground black pepper  
 6 paper-thin slices prosciutto  
 1 (10-ounce) box frozen chopped spinach, thawed  
 3 tablespoons olive oil  
 1/4 cup grated Parmesan  
 1 (14-ounce) can low-salt chicken broth  
 2 tablespoons fresh lemon juice

Place the chicken cutlets flat on the work surface. Sprinkle the chicken with salt and pepper. Lay 1 slice of prosciutto atop each chicken cutlet. Squeeze the frozen spinach to remove the excess water. Season the spinach with salt and pepper. In a small bowl, toss the spinach with 1 tablespoon of oil to coat. Arrange an even, thin layer of spinach atop the prosciutto slices. Sprinkle the Parmesan evenly over each. Beginning at the short tapered end, roll up each chicken cutlet as for a jellyroll. Secure with a toothpick. Heat the remaining 2 tablespoons of oil in a heavy large skillet over high heat. Add the chicken and cook just until golden brown, about 2 minutes per side. Add the chicken broth and lemon juice, and scrape the browned bits off the bottom of the pan with a wooden spoon. Bring the liquid to a boil. Reduce the heat to medium. Cover and simmer until the chicken is just cooked through, about 8 to 10 minutes. Transfer the chicken to a platter. Simmer the cooking liquid over high heat until it is reduced to about 2/3 cup, about 5 minutes. Season the cooking liquid with salt and pepper, to taste. Remove toothpicks from the chicken. Drizzle the reduced cooking liquid over the chicken and serve immediately. Cindi's note: After reducing the sauce, I added about 3 tbsp of heavy cream. It thickened the sauce a bit, and added some richness. I saw this recipe by Giada De Laurentiis on the food network. I made it the other night, and it was really good. Yield: 6 servings. Posted by Cindi.

### Chicken Baked Italiano

8 Chicken Breasts, boneless/skinless  
 3 Eggs, beaten  
 2 C. Pork Rinds, finely crushed  
 1 t. Garlic Salt  
 1 t. Salt  
 1 t. Pepper  
 ¼ C. Olive Oil  
 8 oz. Marinara Sauce, (Hunt's makes a delicious no-sugar added sauce)  
 8 oz. Mozzarella Cheese, grated  
 8 oz. Parmesan Cheese, grated

Preheat oven to 400°. Wash chicken pieces & pat dry. With meat mallet pound the chicken until about ¼ inch thick. Coat chicken with egg & roll in pork rind flour, coating evenly. Heat olive oil in skillet & brown chicken pieces. Place chicken into a baking dish, sprinkle with garlic salt, salt & pepper. Top each piece of chicken with 1 oz. each mozzarella & Parmesan. Spoon 1 oz. sauce over each piece. Bake for 30 – 40 mins. Posted by IWedRich.

### Easy Chicken Marsala

4 skinless, boneless chicken breast halves  
 1-1/2c sliced fresh mushrooms  
 2T sliced green onions  
 2T water  
 1/4t salt  
 1/4c dry sherry or dry Marsala (I have just used a white wine I have had on hand)

Flatten chicken breasts by either pounding, or butterfly them, then flatten with the side of the knife to make even. Saute in butter; brown until no pink remains. Remove breasts and set aside. Add mushrooms, onion, water and salt to skillet. Cook until mushrooms are tender and most of water has evaporated. Add wine; heat through. Spoon sauce over chicken. Serve with veggies (green beans sautéed with garlic is nice) and a salad. This would be almost level 1 because of the wine, I believe. Posted by marie172.

### The New Chicken Cordon Bleu

4 boneless, skinless chicken breasts  
 4 (2x4-inch) thin slices Westphalian or other smoky dry ham  
 4 (2x4-inch) slices Gruyère cheese  
 1/2 cup chopped fresh parsley  
 1/2 cup chopped fresh rosemary  
 1/2 cup chopped fresh sage  
 2 tablespoons olive oil

Gently pound chicken breasts, one at a time, between sheets of waxed paper or parchment paper until they're ¼-inch thick, 5 inches wide & 7 inches long. Season the top of each piece of chicken with salt & pepper. Lay a slice of ham & a slice of cheese horizontally along the bottom half of each breast, fold a ½-inch strip of each side inward & then fold the top over to enclose the filling completely. Mix the parsley, rosemary & sage together in a wide shallow bowl or pie plate. One at a time, put a filled chicken breast in the herb mixture, press to adhere as many herbs as you can, then turn & coat the other side with herbs. Coat all the breasts with herbs & set them on a plate until ready to cook. At this point they can be covered with plastic wrap & stored in the refrigerator for up to 24 hours. Heat oil in a large skillet over medium-high heat. Season the herbed, stuffed breasts with salt & pepper. When oil is hot, carefully lower chicken into pan, reduce heat to medium & cook, uncovered, until the underside is a deep brown color, about 5 to 6 mins. Turn chicken over & cook on other side until well browned & the chicken is cooked through, another 5 to 6 mins. Transfer the chicken to a warm platter & serve hot. Season to taste with salt & pepper. This updated version of the classic French dish is coated with fresh herbs instead of the usual breading. The result is a fresh-tasting chicken dish with a savory center of melted cheese & smoky ham. From meals.com. Estimated Times: Preparation Time: 25 mins Cook Time: 10 mins Servings: 4. Posted by matantej.



### Chicken Cordon Bleu

4 boneless skinless chicken breasts	1T. poultry seasoning
4 thin slices of boiled ham	1 Large egg; beaten
4 thin slices Swiss cheese	3/4 cup Parmesan cheese (green can) with 1 T.
1 Tablespoon melted butter	Italian Seasoning mixed into it

Pound chicken breasts to about 1/3" thick. Sprinkle the breasts with Poultry Seasoning. Place ham on breast then slice of swiss cheese. Roll up; securing with a toothpick. Dip each breast-roll into the beaten egg and then roll in the parmesan cheese mixture. Melt the butter in baking dish and place breasts in dish, rolling them in the melted butter. Bake at 350°F for 30 to 35 minutes or until browned and tender. Serves 4. Posted by Debits2000.

### Creamy Tomato-Stuffed Chicken

1 lb boneless chicken breasts	1/2 c chopped fresh basil, divided
salt & pepper	1/4 c shredded Parmesan cheese
4 oz cream cheese	6 plum tomatoes, chopped
3 garlic cloves, divided	2 tsp olive oil
1/4 c chopped sundried tomatoes	2 tsp red wine vinegar

Place chicken between 2 sheets of heavy duty plastic wrap and flatten to 1/4 inch thickness using a meat mallet or rolling pin. Sprinkle with salt and pepper, to taste. Stir together cream cheese, two-thirds of minced garlic, and dried tomatoes. Spread cream cheese mixture evenly over one side of each chicken breast, leaving a 1/4-inch border. Sprinkle 1/4 c basil and Parmesan cheese evenly over breasts; roll up, jellyroll fashion, and secure with wooden toothpicks if necessary. Arrange in a greased 8 inch square baking pan. Bake at 350 for 30 to 45 min or until chicken is done. Remove from oven and let stand 10 minutes. Stir together plum tomatoes, olive oil, vinegar, salt & pepper to taste, remaining one-third minced garlic, and remaining 1/4 c basil. Cut chicken into slices. Serve with tomato mixture. Makes 4 servings. For anyone interested in carb count, it's 9.5 g carb per serving. I just made this tonight and it was yummy. Hope everyone enjoys it. It's from the Southern Living magazine, 2003 (don't know the month). Posted by Pass the 'taters.

### Super Easy Spicy Chicken

2 boneless skinless chicken breasts  
 1 cup of salsa or picante sauce (I use med. picante)  
 3/4 cup of sour cream

Place all in crockpot for 4-5 hrs on High or 6-7 hrs on low. If I'm home, I pull it apart with a fork after about 3 hrs to let all the flavors combine. I eat it next to a pile of veggies, for level 2 you could roll it in a wholegrain tortilla. My Mom gave me this recipe and it's so easy and fantastic! PS--It tastes better than it looks :) Posted by brittmarie.

### Lemon-Mustard Chicken

2 - 2 1/2 pounds meaty chicken pieces (breasts, thighs, and drumsticks)	1 tablespoon lemon juice
2 tablespoons cooking oil	1 1/2 teaspoons lemon-pepper seasoning
1 tablespoon Dijon-style mustard	1 teaspoon dried oregano or basil, crushed
	1/8 teaspoon ground red pepper

Skin chicken. Rinse chicken; pat dry. Place chicken pieces, bone sides up, on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat about 20 minutes or till lightly browned. Meanwhile, for glaze, in a bowl stir together oil, mustard, lemon juice, lemon-pepper seasoning, oregano or basil, and red pepper. Brush chicken with glaze. Turn chicken; brush with remaining glaze. Broil for 5 to 15 minutes more or till chicken is tender and no longer pink. \*I use a big skillet with a lid to cook the chicken. I start with about 1/2 cup of water in the skillet and check every 5 minutes, adding more water and turning chicken as needed. When the chicken is done and the water is gone, I add some oil to the skillet. Then, pour about half of the glaze on the chicken and flip it over and do the other side. I fry it a few minutes on each side to cook the glaze onto the chicken. This is from one of my cookbooks and it already fits this WOE. My family enjoyed this even before SSing. Posted by 3M.

### Chicken with Lemon Caper Sauce

2 tbsp. butter	2 tbsp. water
4 boneless skinless chicken breast halves	2 tbsp. drained capers
3 tbsp. parsley, fresh or dried	1/2 tsp. pepper
2 tbsp. lemon juice	1/2- 1 c. sour cream

Melt butter in skillet. Add chicken (I pounded mine a bit first), sauté 6-8 minutes until done, turn once. Remove chicken and keep hot. Stir in lemon, water, parsley, pepper and capers. Deglaze pan. Remove from heat. Add sour cream and stir. Spoon over chicken and serve. I had it with baby spinach prepared my favorite way. I heat up a little olive oil and then sauté some chopped garlic for about 30 seconds or so. Then I add fresh spinach and sauté until good and wilted. I add a little salt as well. I was searching for a good recipe for chicken with capers and came across this on cooks.com. I made it today for lunch and it hit the spot. It was already completely somersized. Posted by atcchick.

### Baked Lime Chicken

4 - 6 chicken thighs or chicken breasts  
 1 Tbsp. grated lime peel  
 One third cup fresh lime juice  
 2 Tbsp. garlic salt  
 2 tsp. seasoned pepper

Put lime peel and lime juice in a resealable plastic bag and place chicken in the bag and shake to coat. Remove chicken and place in a baking dish. Combine garlic salt and seasoned pepper and sprinkle over chicken. Bake at 350 degrees for about 45 - 60 minutes or until juices run clear. Posted by matantej.

### Gingered Chicken Breast

1 Tablespoon lemon juice  
 1 1/2 teaspoons grated fresh ginger or 3/8 teaspoon ground ginger  
 1/2 teaspoon black pepper  
 2 cloves garlic or 1/4 teaspoon garlic powder  
 4 boneless, skinless chicken breasts

Combine lemon juice, ginger, pepper and garlic in a small bowl. Place chicken in a deep bowl. Pour the ginger mixture over the chicken, turning once to coat both sides. Cover and refrigerate for 30 minutes to 2 hours. Pour some cooking oil into a large nonstick skillet. Heat the skillet on medium high until hot. Add chicken and cook, turning once, until tender. Posted by 3M.

### Creamy Mushroom Chicken with Broccoli

I buy the chicken tenderloins from Sam's Club (flash frozen, so no defrosting). In a skillet pan over med heat, I add about 2 tbs of olive oil, and about 2 tbs butter to cook chicken in. I season to my liking with Salt, pepper, italian seasoning, and paprika. I let it cook till lightly brown. In another pan at the same time, I add about 4 TBLS of butter, 1/4 block of cream cheese, 1 tsp of crushed garlic, and about 1-2 cups of fresh mushrooms. Keep it on med-low heat and stir constantly so the cream cheese doesn't burn, but you want it to melt. Once it melts down, add about 1- 1/2 cups of heavy cream (I'm guessing on the exact amount cuz I just pour it in until it looks like enough sauce to cover my pre-cooked chicken with). You should know by looking at it. I also add a couple dashes of paprika, chopped parsley, and salt & pepper to taste. Let it simmer on low heat for about 5 min, keep stirring. Then add about 1/4 cup of (bagged) shredded parm cheese (not the shaker kind), and let the flavors meld for another min or two. Cut up your chicken in bite sized pieces, and pour sauce over it. Cook broccoli and add to sauce and chicken. This recipe has such a creamy alfredo/mushroom taste, I love it and so does my family. You can use canned mushrooms but it tastes much better with the fresh sliced ones. Note: I've also used steamed asparagus instead of the cooked broccoli and it's equally as yummy. You can also serve it over spaghetti squash. I made this recipe up last night and it was delicious. Posted by luvmy2boyz.

### Somersized Alice Springs Chicken

2 chicken breasts  
 seasoning mix- see below  
 1 T butter  
 2 slices bacon, chopped ( I usually forget this)  
 8 oz. mushrooms- sliced  
 honey mustard ( mix Dijon mustard with splenda or SF honey to taste)  
 cheddar cheese

Season breasts on both sides with seasoning mix. Fry in a nonstick pan. When browned on both sides, cover to cook faster and hold in juices. Meanwhile, fry chopped bacon until crisp. Add butter and mushroom into bacon and continue frying. Add some seasoning mix to the bacon/mushrooms. When the mushrooms are done, add some honey mustard, not a lot, just for flavor. Drizzle some honey mustard over the chicken and recover to warm. Plate chicken, pour mushroom bacon mix over chicken. Add cheddar cheese and drizzle some more honey mustard over the top. Use a light hand with the mustard as a little goes a long way.

Seasoning mix  
 1 container of paprika (2 7/8 oz.)  
 1 container of garlic salt or powder (2 7/8 oz.)  
 1/2 container of black pepper (1/2 of 2 7/8 oz.)  
 1 container of cayenne pepper (.85 oz.)

Mix together and store in a Tupperware type container. I like to leave some out on the stove in a salt shaker. Good on Alice Springs chicken, grilled catfish and makes a great taco seasoning. Posted by erjen\_lower.

### Royal Chicken Breasts

¼ cup Olive Oil  
 4 Large Boneless Chicken Breast halves  
 1 7oz. can Whole Green Chiles, cut into 1/2" wide strips  
 1 Cup Heavy Cream  
 1 Tblsp. Fresh parsley  
 1 tsp. Pepper  
 ½ tsp. Sea Salt  
 1/2 Cup Swiss Cheese

Preheat oven to 325. Heat the oil in a heavy large skillet over high heat. Add chicken and brown lightly on all sides, turning once – about 2 minutes. Transfer the chicken to a 9x13 glass baking dish. Arrange chiles over the chicken. Whisk cream, parsley, pepper and salt in a bowl to blend thoroughly. Pour over chicken. Sprinkle with cheese. Bake until chicken is tender – basting with the sauce in the dish half way through for a total of 45 minutes. \*\* I have also made this subbing the Swiss for Pepper Jack. The original version of this recipe came from La Comida, a restaurant in Cody, Wyoming, and was printed in Bon Appetit. I changed it around for L1 Somersizing. It has just enough south of the border taste to work well with any side dish. Posted by Kisa 1.

### Great Chicken Melt

1 can chicken (or tuna) drained	1/2 cup dill pickle chopped
4 tablespoons mayo (more if you Like)	1/2 tomato, sliced
1/2 onion chopped	1 slice of tillamook cheddar
1 tsp dill	

Mix all ingredients except tomato and cheese place in a small baking dish or I like to use 4 ramekins. Top with tomato slices and then cheese, broil till cheese is melted. If you just want a salad, just omit the cheese and mix the tomato with the other ingredients. DELICIOUS. Posted by Lissiegirl39.

### Chicken Spinach Roll Ups

2 boneless skinless chicken breasts  
 1 clove garlic  
 fresh baby spinach  
 freshly grated parmesan cheese  
 1/4 c freshly squeezed lemon juice  
 1 cup chicken stock  
 3 table butter  
 salt and pepper  
 extra virgin olive oil  
 toothpicks

Butterfly chicken breasts, cut them in half long ways and pound out gently to make even. This will give you four breast fillets. Remove skin from garlic clove any rub over each side of all the chicken breasts. Salt and pepper each side of chicken breasts. Next, put a small handful of fresh spinach in the middle of each breast. Then put a small handful of parmesan cheese on top of the spinach. Roll up each chicken breast individually and secure with toothpicks. Saute each chicken roll up in olive oil until golden brown. When chicken is done, remove and place on a plate to set aside. Deglaze the pan you cooked the chicken in by putting in chicken stock. Add the lemon juice and let simmer a few minutes. Finish with the butter to thicken the sauce a little. Place chicken back in the pan with the sauce and serve. Posted by sunshine272.

### Chicken-Spinach Parmesan with Crepes

2-3 T. Olive Oil  
 4-6 pcs. Chicken, cooked, skinned, de-boned and cut into chunks  
 1 pkg. Fresh Spinach  
 1 sm. Onion, thinly sliced  
 3 Garlic Cloves, sliced  
 Sauce:  
 1 C. Heavy Cream  
 1 C. Fresh Grated Parmesan  
 1 Pro/Fat Crepe Recipe  
 2 T. Parsley, finely chopped

In a skillet sauté the onion and garlic. Add the chicken and cook until the meat begins to brown slightly. Add the spinach and cook just long enough to wilt. Meanwhile, in a saucepan combine the cream and cheese. Heat on medium-low heat stirring often, until smooth. Wrap each crepe with a portion of the chicken mixture, roll up and spoon the hot Parmesan sauce over the wrap. Sprinkle with fresh chopped parsley. Posted by IWedRich.

### Stuffed Buffalo Chicken Breasts

6 chicken breasts, butterflied (sliced in half, but not cut through all the way)  
 2 - 4 T. oil  
 1 - 8 oz. pkg of cream cheese, softened  
 1 c. ranch dressing  
 1/2 c. hot sauce (more or less to taste)  
 1 c. shredded cheddar cheese

Chicken: Heat pan on med. high heat. Add oil. Fry chicken breasts 1 or 2 at a time for 2 - 3 minutes (undisturbed). Turn over and fry for an additional 2 - 3 minutes. Put aside. Stuffing: With a fork, gradually mix ranch dip into the cream cheese. Put aside. Assembly: Take each chicken breast and place a scoop of stuffing onto one side of each butterflied breast. Fold over and place in a 9x13 pan. After they have all been assembled, evenly sprinkle hot sauce. Top with grated cheese. Notes: I used Franks hot sauce and for the Ranch dressing, I made a home made dip with sour cream and mayo and a dip mix. My kids asked for seconds, so I know it was good! This is a recipe I got from a friend of mine and it is soooooo good! Posted by Jojomr2.

### Stuffed Buffalo Chicken Breasts

1 chicken breast butterflied  
franks red hot  
1 slice of american cheese

1 slice of cheddar cheese  
olive oil spray  
1/3 cup mushrooms diced

Butterfly the chicken breast and then fry for 2 minutes on each side. At the same time sauté 1/3 cups mushrooms in olive oil. Fill the chicken breast with the mushrooms and the slice of american cheese. Fold over and top with a slice of cheddar cheese. Bake until cheese is melted and then top with franks red hot and salt to taste! DELICIOUS! Jojomr2's recipe looked so good I just had to try it right away. I made a modified version, it was absolutely excellent! Based on a recipe by Jojomr2. Posted by TishKaBob3.

### Dutch-Oven Tex-Mex Chicken

4 Chicken Breasts  
1 1/2 TBS Tex-Mex Seasoning  
3/4 C Water

Put chicken in the Dutch oven. Sprinkle on the Tex-Mex Seasoning, and add 3/4 C water to the pan. Cook on HI until boiling, then turn heat to LOW, and cover pan with Dutch oven lid. Cook it on LOW for 2 hours. Comes out really tender!! I serve mine with either green beans, or steamed broccoli or cauliflower. Posted by DesertChick.

### Chicken & Chorizo Stew

chicken tenders cubed  
pkg chorizo sausages with casing removed, quartered  
1 15oz can diced tomatoes (fire roasted best)  
turnips diced  
sliced onion and chopped green onion.  
green pepper or whatever kind you like  
2T olive oil, salt & pepper to taste  
1 15oz can of your choice of beans, drained  
2 t. hot sauce (optional)  
1 qt. chicken stock  
3 cloves garlic

Brown chicken cubes in 2 t. olive oil in pot, season with salt and pepper, add chorizo and garlic and cook about 3 min., add peppers and onions and diced turnips. Cook about 5 min and add chicken stock, tomatoes, beans and hot sauce. Bring to a bubble then turn to simmer until turnips are tender. Top with green onion when serving. Good with a cheese chip made from melting parmesan cheese in a non-stick skillet and heating till crisp. The beans would make this level 2. Leave them out and this is level 1. Posted by DDTyler.

### Achiote-Grilled Chicken

1/4 cup achiote paste \*  
3 garlic cloves  
1 tablespoon olive oil  
2 tablespoons fresh-squeezed lime juice  
1 teaspoon oregano  
1 tablespoon water

1 teaspoon salt  
1 teaspoon pepper  
4 boneless, skinless chicken breast halves  
\* A paste made from achiote seeds, available in Latin markets (or local supermarkets, if you're lucky)

Blend first 8 ingredients in food processor to paste. Place chicken in a large glass baking dish. Coat with paste and marinate at least 30 mins. May be made 1 day ahead. Cover and chill. Prepare barbecue (medium heat). Grill chicken until browned, about 2-3 mins per side. Cover grill and continue to cook chicken until cooked through, maybe another 4-5 mins. NOTE: One could use chicken thighs and/or drumsticks instead of the breasts. The chicken would have to cook longer because of the bone, maybe 20-25 mins total. This is excellent. The Achiote is sometimes found in the Latin section of your local market and comes in a small box. If you are REALLY lucky, you can find the Achiote Sauce in a bottle (like say a hot-sauce-type bottle), but that could probably only be found in a Latin market. I get mine in Mexico. Serves: 4 Bon Appétit (with MsTified's changes). Posted by MsTified.

## Mexican Style Chicken

2 Chicken Cutlets  
 2 cloves garlic - minced  
 1 plum tomato - diced  
 1 small onion - diced  
 2 tbs of fresh cilantro - chopped fine  
 1 chipotle pepper in adobo sauce - chopped  
 1 tsp of no cal sweetener (I used splenda)  
 2 tbs of sour cream  
 1 tbs Olive Oil  
 1 cup tomato sauce  
 Salt and Pepper

Preheat oven to 200 degrees. Preheat a medium size skillet over medium heat. Coat chicken with olive oil, salt and pepper to taste. Add chicken to skillet and cook until almost done. Remove and place in oven to keep warm (in an oven proof dish). In the same skillet add garlic and onions - sauté about 1 min. Now add the chopped tomato, chipotle, splenda and cook for another 2 mins until tomatoes are soft. Add the tomato sauce and cilantro. Cook until the sauce starts to thicken. Add the chicken back and continue cooking until the chicken is done. Remove the chicken and place on serving dish. Stir the sour cream into the sauce. Pour sauce over chicken and serve immediately. I made this the other night with things I had in my pantry. I have never used chipotle's before, but I had a can sitting in my pantry for a while. So I decided to give it a try. They are spicy with a wonderful smoky flavor. Now I know what they use at the Mexican places that makes the food taste wonderful. It was so easy and I enjoyed it so much I decided to share it. Makes 2 servings. Posted by Mur239.

## Mexican Chicken

2 frozen boneless/skinless chicken breasts  
 1 cup fresh \*hot\* salsa (strain it if you buy the kind from the produce section)  
 2 to 3 cups water  
 1/4 c grated cheddar or white American cheese

Put 3/4 c of the strained salsa in the bottom of a pressure cooker pan insert. Place frozen chicken breasts on top of it. Pour remaining 1/4 cup of salsa over top of chicken. Pour water into pressure cooker. Place pan insert lid on chicken and put the pan into the pressure cooker metal lifter (into the water). Lock your pressure lid on top, and cook on high until the pressure/steam builds and the water boils - all of you who have a pressure cooker know how this works. Once the water is boiling, reduce the heat to medium or medium low, and set your timer for 40 minutes. When finished, lift the pan out of the water with your plastic lifter, and uncover the chicken. Spoon salsa over top of chicken. Sprinkle shredded cheese on top of the chicken. Replace the lid and let set until the cheese melts. Notes: I served this with a salad and steamed pureed cauliflower mixed with sour cream and cayenne pepper. I steamed the cauliflower with an insert pan on top of the chicken insert pan, so they cooked at the same time. The salsa flavor completely infuses throughout the chicken during this cooking process--it's so amazing! Reminds me of the taste at a Mexican restaurant, and will satisfy your craving for that chicken/spicy salsa/cheese combination that we all get from time to time. The chicken is FORK tender when you cook it this way. The only caution I have is if you use frozen chicken breasts, sometimes the processing plant adds chicken broth or water to the breasts. If that is the case, your salsa will get watered down during the cooking process. This recipe is still good, though! For those with milder tastes, use a less spicy salsa. You could also use Rotel in this recipe, but I really like the fresh salsa in it more than the Rotel. I just made up this recipe on the fly the other night when I only had a few things in the house to cook. This makes for two, so you could double it. Posted by Rockswife.

## Pesto Chicken Breasts

Spread pesto on chicken breasts then bake in the oven at 375 for 40 minutes(depending on size of breasts). Broil last 10 minutes to crisp the skin. Excellent the next day on a salad as well! Posted by almaalisa.

### Southern Chicken and \*YUMplins\*

Make aheads:

\*one Scrumptious Crockpot Chicken (See my recipe filed under Chicken), reserve broth; chicken deboned, shredded, bagged and kept in fridge until use. Discard bones and skin.

\*cuznvin's pancake/waffle bread (the "YUMplins") baked ahead in crown muffin pans and cut into fourths. Store in baggies in fridge until use later that day. (These are optional, the chicken is great on it's own.)

4 cups shredded pre-cooked chicken  
 1 recipe cuznvin's pancake/waffle bread  
 1/2 yellow onion, diced  
 1 stalk celery, (strings removed), diced  
 2 Tbs butter  
 1 Cup water  
 reserved broth from crockpot chicken  
 2 Cups cream  
 4 Tbs cream cheese  
 salt, pepper  
 yellow food coloring (optional)

Sauté onion and celery in a large skillet with butter 5 mins. Add water and continue to simmer on medium until veggies are tender. Add broth, cream, and cream cheese, heating and stirring until cheese melts and sauce thickens. Add food coloring if desired and stir to blend in. Add shredded chicken, and heat through. Salt and pepper to taste. Serve over Cuznvin's pancake/waffle bread (YUMplins) and Enjoy! \*\*Egg crepes or other bread recipes should suffice nicely, in place of cuznvin's recipe. Oooh LaLa! Words escape me. This was dinner tonight and it was FANTASTIC! Serves 4-6. Posted by SinginSOMERSong.

### Singin's Tender -N- Tasty Chicken

1 lb chicken tenders  
 1/2 C sour cream  
 1 Tbs ff Ranch Dip mix  
 1 C pork rind flour  
 1/4 C parmesan  
 1/4 tsp dried thyme  
 1/4 tsp dried rosemary  
 1/8 tsp garlic powder  
 1/4 tsp red pepper flakes (optional)  
 Pam Spray

\* pork rind flour can be made by putting plain pork rinds in a food processor and grinding to a fine texture.

In wide flat dish, combine sour cream and Ranch dip mix. Mix with a fork. Set aside. In a bowl, combine all the dry ingredients. Set aside. Wash the tenders in cold water & remove the tendon on the end of each ( I use kitchen shears). Pat tenders dry with paper towels and add the chicken to the dish with the sour cream. Roll them around until they are covered with the sour cream. Place on a silicone bake sheet which is on a cookie sheet or spray your pan with Pam Spray OR apply oil so the chicken won't stick. Scrape all the sour cream onto the tenders. Once the chicken is on the bake sheet, sprinkle them well with the seasoned pork rind flour. Spray the tops lightly with Pam Spray. Bake at 350 degrees for 25 mins. Remove and serve with extra sour cream and dip mix, if desired. (NOT the same the raw chicken was in contact with.) \* NOTE: Any chicken pieces can be coated and baked in this way, but the larger the pieces or if bone is in, additional 10-15 mins bake time will be needed. Posted by SinginSOMERSong.

## Mamas Mexican Style Mushroom Caps

Portabella mushrooms (as many as you'd like to make) 4 inch diameter worked well.

Shredded Chicken

Salsa

Cheddar or cojack cheese

Sour Cream

Guacamole (Adding this would make these level 2, it can easily be omitted for level 1)

Chopped fresh tomato

Wash mushrooms & let dry. Break off stem, leaving just the cap. I scrape out the fins using a spoon. Spray bottom of mushroom with olive oil. Place mushroom on a 12" square of foil. Pour salsa into cap & spread evenly. Next top with shredded chix (I used leftover crockpot jamaican jerk chix). Next place cheese on top of chicken (shredded cheese or cubes work equally well). Bring sides of foil together & roll ends to make a foil envelope. Place on baking sheet & put in preheated 400 oven for 40 mins. Remove & open top of foil. Place back in oven to get the cheese bubbly (another 15 mins or so. You need to cook the mushroom until tender. If you use a smaller mushroom it will take less time). Remove from oven & place mushroom on plate. Pour juices from foil over mushroom. Now top with sour cream, guacamole (if using), even chopped scallions would work. These could easily be a totally veggie dish or work with a carbo meal if you omit the chix. My family gobbled these up for dinner tonight. I love portabellas & had a taste for mexican food. The quesadilla inspired this. Posted by 2bkchk.

## Chicken "Burritos"

1 rotisserie chicken from supermarket

4 green onions

fresh cilantro

colby/jack cheese

green enchilada sauce - medium {or mild}

chopped jalapeno - optional

toppings:

sour cream; diced fresh tomatoes and shredded lettuce.

Pick off all of the chicken tearing it into shreds. Snip green onions & cilantro. Shred up cheese. To assemble: in a bowl mix chicken, green onions, cilantro. Pour green enchilada sauce over. Sprinkle with shredded cheese & jalapenos. Place in microwave until cheese is melted. Serve with toppings. NOTE: If you have a non SSer, roll mix in a tortilla, cover with sauce & extra cheese & continue. Living in the southwest, tortillas are a regular part of our diet, so I needed to find a way to do without, this worked well. Posted by Debits2000.

## Cajun Chicken & Sausage Kabobs

8 ounces of boneless, skinless chicken breasts (1 or 2, depending on size)

8 ounces fully cooked smoked sausage (I used chicken andouille)

4 tablespoons olive oil

4 teaspoons chili powder

1/4 teaspoon dried thyme, crushed

1/4 teaspoon cayenne pepper

1/4 teaspoon minced garlic

1/4 teaspoon ground white OR black pepper

6 12-inch bamboo skewers

(This recipe called for the kabobs to be grilled outdoors, but I did it on my SS indoor x-tra large contact grill. Cooked in half the time, & came out great. I'm sure outside would have been even better, tho.) Prepare grill: Either preheat gas grill 10 mins, or light charcoal & allow to burn down to a grey ash on top. Soak bamboo skewers in water until ready to use. (30 mins is suggested.) Remove fat from chicken, & cut diagonally into 1/2-by-2-inch strips. Slice thicker areas in half horizontally so strips are uniform in thickness. Cut sausage into 1-inch chunks. In small saucepan, heat olive oil, chili powder, thyme, cayenne, garlic, & white pepper over very low heat about 2 mins, or until fragrant. Cool slightly. Dip chicken & sausage pieces into spice mixture. (Or, do it like I did, & just thread the meats on skewers, & then pour the oil mixture over.) Thread, alternating chicken & sausage, onto bamboo skewers that have been soaked in water. Grill over medium heat about 8 mins, or until chicken is done & juices run clear. (4 mins on inside grill, after 10 mins preheating.) Makes 3 servings, of 2 skewers each. Note: When threading chicken strips on, puncture the strip at the bottom, fold it in half, & then puncture it again at the top, so that strip is folded double. These are good, & fun to eat! I made this the other night, & thought it was good! It was quick & easy, & made a nice change. From The Tennessean. Posted by iwillrejoice.



### White Chili

2 lbs. boneless chicken breasts, simmered for 15-20 minutes and cubed  
 1 T. olive oil  
 2 medium onions, chopped  
 4 cloves garlic, minced  
 2- 4 oz. cans of mild green chilies (mild or use jalapenos for hotter version)  
 2 t. ground cumin  
 1 1/2 t. oregano, crushed  
 1/4 t. ground cloves  
 1/4 t. cayenne pepper  
 1 14 oz can chicken stock  
 3 cup grated monterey jack cheese [12 oz]  
 sour cream for thickening and also for serving  
 salsa for serving

Heat oil, add onions and saute until translucent (about 10 minutes). Stir in: garlic, chilies, cumin, oregano, cloves and cayenne and saute 2 minutes. (Heating the seasonings intensifies the flavour.) Put the stock in a large pot, add the onion mix and bring to a boil. (Normally 1 lb of great northern soaked beans would be added at this point and cooked for 2 hours in 6 cups of stock.) Add chicken and heat through. Add 1 cup of cheese to chili and stir till melted. Add sour cream if needed to thicken. Ladle into bowls, serve with remaining cheese, sour cream and salsa. This is great on a cold night or when you are in a mood for something "south of the border" Posted by Debits2000.

### Peppery Chicken Wings

2lbs chicken wings  
 1 tbsp ground black pepper  
 1 1/2 tsp cayenne  
 1 tsp paprika  
 1 tsp garlic powder  
 1 tsp salt  
 1 tbsp Tabasco sauce  
 1 tbsp apple cider vinegar  
 1 tbsp vegetable oil

Preheat oven to 450. Line baking sheet with foil (for crispier wings, place chicken on a wire rack on sheet). It says to cut off and discard wing tips, but I didn't really care if they tend to burn or not have much meat on them. Place wings in a big bowl, sprinkle with the mixture and drizzle with Tabasco, vinegar and oil. Toss to evenly coat. Spread wings on rack. Roast in preheated oven until skin is crispy and brown, 40-50 minutes. Don't turn the wings over during roasting. Remove from oven. We had them last night with veggies and blue cheese dip. Nice and spicy. A definite keeper!!!! This recipe is from an old Chatelaine magazine. It gives you options of how to make it, going to tell you how I did. Posted by beacher39.

### Grilled Chix Salad

Grilled chicken breast - cubed  
 Hellmann's mayo  
 fine chopped celery, onion, water chestnuts and multi-colored peppers (whatever I have around)  
 small cubed zucchini

Mix together. Season with garlic powder, salt, pepper. A dash of horseradish gives it a little kick! Serve in romaine cups. Posted by rowdyinwi.

### AL1 Chicken and Berry Salad

Chicken breasts or tenders  
 strawberries, slices  
 red raspberries  
 mayonnaise  
 cream  
 pepper  
 salt  
 Splenda- 1-2 packets

Poach chicken in water seasoned with pepper and salt. When done, chunk up and cool in the fridge. When cool place in a bowl and add sliced strawberries and whole red raspberries. In a second bowl mix some mayo, pepper and 1-2 packets of splenda. Add cream to thin. Pour dressing over chicken and berries and mix well. Eat immediately or chill for later. I am sorry there are no measurements. I just throw it in until it looks right. You could also use celery in this if you'd like. Posted by erjen\_lower.

### My Best Juicy Turkey

Wash & pat dry the bird, inside & out. Rub butter all over inside & out & lightly sprinkle with salt (I use Garlic Salt) & pepper.

Orange - halved  
 Onion - halved  
 Celery stalks (leafy part and all)

Stuff your turkey with the above ingredients until cavity is full (I even stuff the other end as full as I can). I just bake in the oven the old traditional way (although I did Nesco one year and didn't like as well, the skin didn't crisp). If skin (especially wings) starts to get too dark you can tent a piece of foil over. I baste throughout the cooking. DON'T overcook and DON'T POKE!! I usually don't cook quite as long as the bag says. It will continue to cook after removing it from the oven while preparing other foods. This is the BEST turkey I have ever had. Even the breast meat is juicy. Make it every time this way and the raving never stops. Posted by IWedRich.

### Turkey Piccata and All That Jazz

1 lb boneless turkey breast cutlets  
 1 egg white  
 3/4-1 cup parmesan cheese  
 1 tsp white pepper  
 3 Tbs butter, divided  
 2 Tbs olive oil  
 1/2 cup dry white wine or chicken broth  
 1/3 cup fresh lemon juice  
 1 Tbs drained capers  
 6 lemon slices, halved  
 1 Tbs chopped fresh flat-leaf parsley

\*Optional: Add 2 Tbs cream cheese to final sauce to thicken before pouring over turkey.

What you need: A large non-stick skillet (try not to over crowd your pan & add each cutlet slowly to keep the temp hot). You can also use a lb of skinless chicken thighs or boneless pork chops instead of the turkey. Place turkey between 2 sheets of heavy duty plastic wrap or waxed paper. Flatten to 1/4 inch thickness, using a rolling pin or bottom of a saucepan (get all your frustrations out as you POUND away). Place egg white in a shallow dish. Combine parm & pepper in another shallow dish. Dredge the cutlets through the egg white & then in the parm mixture. Melt 1 Tbs butter with 1 Tbs olive oil in the large non-stick skillet over med heat. Add half the turkey, cook 2-3 mins on each side or until slightly brown. Remove turkey from skillet, & place on a wire rack in a jelly roll pan (or baking sheet w/ an edge on it) in a 200 degree oven to keep warm. Repeat with remaining turkey. Add 1 Tbs butter & 1 Tbs oil as needed. Stir in wine (or broth) & next 3 ingreds into skillet drippings, cooking over med heat 2 mins. (See option note about cream cheese.) Remove from heat & stir in remaining butter to melt. Place turkey on a serving platter; pour sauce over turkey & sprinkle evenly with parsley. Posted by SinginSOMERSong.

### Chilled Turkey Loaf

4 lbs (about 4 small) turkey drumsticks  
6 cups water\*\*  
2 chicken bouillon cube\*\*  
(\*or 6 cups of sugar free chicken broth)  
1 bay leaf  
1 teaspoon salt  
1 Tbsp lemon juice  
1 teaspoon Thyme  
1 teaspoon sage  
2 cloves of garlic, minced or pressed  
1/2 cup chopped green onions  
1/2 cup chopped parsley  
1 small jar (2 oz) diced pimento  
1/4 teaspoon freshly ground black pepper

In a 6-quart kettle, combine the turkey, water, bouillon, bay leaf, and salt. Cover and simmer until meat is very tender and begins to fall away from the bone, about 2 1/2 hours. Lift out meat and set aside to cool. Add lemon juice to cooking liquid and boil, uncovered, until reduced to 3 cups. Remove meat from the bones, discarding skin, tendons, and bones. Tear meat into fine shreds and combine with the thyme, sage, garlic, onion, parsley, pimento (drained), and black pepper. Pack meat mixture into a 5x9-inch loaf pan, then pour in the cooking liquid. Cover and chill until set, at least 6 hours. Run a knife around the pan sides to loosen. Dip pan into hot water for 5 seconds, then invert onto a serving plate and slice. Serve with DebB bread, lettuce, and condiments for sandwiches, or serve plain. Serves 6. Adapted from a recipe in a very old issue of Sunset Magazine. Posted by there1888.

## SEAFOOD

### Chilean Sea Bass in Mushroom Cream Sauce

2 Chilean Sea Bass Filets (8 oz)  
 1 tbs Garlic, chopped  
 1 Shallot, chopped  
 1 1/2 c Heavy whipping cream  
 4 oz Cream cheese  
 1 tsp Balsamic vinegar, aged  
 1/2 tsp Black pepper, ground  
 1/2 tsp Fleur de Sel  
 4 oz Mushrooms, brown clam  
 1/2 stk Unsalted butter  
 4 oz olive oil, extra virgin

Season all sides of the filets with Fleur de Sel salt and fresh ground pepper. Finely chop the shallot and garlic. Coarsely chop the clam mushrooms (you can use any type of mushrooms you like, I just had these handy). Set aside for later. Add 1/4 stick of butter into an already heated small pan with 2 or 3 turns of the pan of extra virgin olive oil (evoo). Place filets in the hot pan, skin side down and sear on all sides for 2-3 minutes per side. Remove from the pan to serving dish and cover with tin foil to keep warm. Add remain butter and 2-3 more turns of evoo. Scrap all the yummys created by searing the filets. Add shallots and garlic. Sauté until transparent, Add the mushrooms and balsamic vinegar and sauté for 3-4 minutes. Add cream and bring almost to boil. Add cream cheese and combine thoroughly. Lower heat and simmer until thickened. Unwrap filets and spoon sauce over them. Serve warm. YUMMY!!! Servings: 4. Preparation time: 15 minutes. Cooking time: 30 minutes. Posted by seedsjewelryandmore.

### Asian Roughy Packets

2 Orange Roughy Fillets (about 1 LB)  
 1 bag of pre-washed baby spinach  
 1/2 medium red onion (thinly sliced)  
 8 oz. sliced mushrooms  
 4 sheets heavy-duty foil (12x18 inches each)  
 Salt and ground black pepper  
 Sauce:  
 3 tablespoons soy sauce  
 1 tablespoon rice vinegar  
 2 teaspoons sesame oil  
 1 teaspoon chili oil (I use garlic chili oil)  
 1/4 teaspoon crushed red pepper flakes

Heat oven to 450 degrees. Remove the stems from the spinach leaves. Combine sauce ingredients in a small bowl and set aside. Cut fillets to make 4 portions. Lay one portion in center of each foil piece. Season both sides with salt and pepper. Lay one fourth of the spinach, mushrooms, and onion rings over each fillet. Season with salt and pepper. Bring up foil sides. Drizzle sauce mixture evenly over packet ingredients. Double fold tops and ends of foil to seal. Place packets on 2 baking sheets. Bake 8 minutes. Open packets and serve immediately. \*\*NOTE: be careful when opening the packets as to not get a steam burn. They are really hot and steamy when you open them. This is a recipe from HEB (a Texas grocery chain). I make it all the time. It is great tasting and so easy! Posted by joey15.

### Nut Crusted Halibut

2 Halibut Steaks, about 1 - 1 1/2 inches thick (each one = half diameter of fish)  
 1/2 cup chopped nuts\*, lightly toasted  
 pinch of cayenne  
 salt & pepper to taste

Old Bay Seasoning, optional  
 1 egg white  
 1 T. oil  
 1 T. Butter

Sprinkle the seasoning on both sides of fish and dip the fish into egg white. Preheat oven to 400 F {I used toaster oven}. Dip fish into the nuts, both sides. In a medium skillet, melt butter & oil over medium heat. Add the fish & sear for 3 - 4 mins. Carefully, using spatula, flip fish and cook other side for 3 minutes. Place in a baking dish & put in oven for 8 - 10 mins. Serves 2. \* I use Pinon which are so tasty, but you could use almonds or any other nut. Using nuts makes this a level 2 or maybe Almost Level 1, but it is sooo good! Posted by Debits2000.

### Level One Mahi Mahi Recipe

EVOO (Extra Virgin Olive Oil)  
 Juice from Fresh Lemon  
 Garlic Powder (fresh if you like)\*\*  
 Onion Powder (fresh if you like) \*\*

\*\* I don't like to cut onions or garlic, so I always use powder--plus it's just faster.

Mix well in a bowl. (Amounts depend on how much fish you're making.) I pour it over the fish and let marinate for as long as possible. I place in foil, sprinkle with a little Mrs. Dash or Cayenne pepper if you like it with a kick, and top with lemon slices. Wrap in foil and place in oven at 350. Just bake about 15-20 min. It steams in the foil and comes out soooo moist and yummy. I make tilapia and mahi mahi regularly. This is what I do... Simple and Fast!! Hope that helps. I love lemon, so I love this so much. Posted by baseballfan.

### Flounder Fillets with Spinach in Cheddar Cream Sauce

In a sauce pan, sauté onion & garlic until soft, in butter. Add a handful of parsley and some frozen well squeezed spinach. In another sauce pan, cook cream and white wine until thickened, Add handfuls of shredded cheddar a little at a time. Salt & pepper flounder fillets, stuff with spinach, roll & cover in cream sauce. Bake at 350 for about 35 mins. He decided he needed rice in the bottom of the casserole to soak up the cheese sauce, but cauliflower would work. Sorry I don't have the exact measurements. From foodnetwork tv. Posted by darlin12009.

### Flounder Poached In Olive Oil

Heat 3 1/2 cups evoo. Line the bottom of a cast iron pan with thinly sliced lemon, & a handful of parsley. Salt & pepper the flounder, lay on top of lemon slices, pour the oil carefully & bake 25 mins at 350. He said you could strain & re-use the oil. Sorry I don't have the exact measurements. From foodnetwork tv. Posted by darlin12009.

### Fish Tacos

Shredded Parmesan cheese (or a blend - I use parm, asiago, romano blend)  
 Pam  
 Garlic Powder  
 Tilapia Filet

Powdered Parmesan (green can)  
 Lettuce  
 Sour cream  
 Cheddar cheese  
 Taco sauce

In a hot skillet sprayed with Pam, sprinkle a generous portion of shredded parmesan, in a circle. Sprinkle with garlic powder. The cheese will melt and bubble a lot. When the bottom is golden brown, flip it and let the other side brown. Take the shell out of the pan and drape it over something to get a taco shape. Do this FAST, because it will harden fast. Pre heat broiler on high. Spray a pan with Pam. Place tilapia fillet in pan, sprinkle with powdered parmesan and garlic powder. Broil on the middle rack for 8-9 minutes. Stuff shell with sour cream, cheddar cheese, tilapia, lettuce and taco sauce. Posted by erjen\_lower.

### Bacon-Wrapped Salmon with Wilted Spinach

4 (5- to 6-oz) center-cut pieces skinless salmon fillet (about 1 1/2 inches thick)  
 1/2 teaspoon salt  
 1/4 teaspoon black pepper  
 4 teaspoons whole-grain or coarse-grain mustard  
 4 bacon slices  
 2/3 cup sliced shallots (2 large)  
 2 tablespoons olive oil  
 10 oz baby spinach (16 cups packed), rinsed but not dried  
 Special equipment: 4 (10- to 12-inch) metal skewers

Preheat broiler & put broiler pan under broiler so that its rack is about 4 inches from heat. Pat fish dry & sprinkle with salt & pepper, then spread curved sides with mustard. Lay 1 bacon slice lengthwise along top of each fillet, tucking ends of bacon under fillet (ends will not meet). Thread 1 skewer through length of each fillet, entering & exiting fish through bacon to secure it. Arrange fish, bacon sides down, on preheated rack of broiler pan & broil 3 mins, then turn & broil until fish is just cooked through & bacon is crisp, 3 to 4 mins more. While salmon broils, cook shallots in oil in a 12-inch heavy skillet over moderate heat, stirring occasionally, until beginning to brown, 3 to 5 mins. Add spinach & cook, covered, stirring occasionally, until spinach is just wilted, 1 to 2 mins. Season with salt & pepper. Serve salmon with spinach. Makes 4 servings. Wrapped with bacon, these delicious fillets self-baste during broiling, eliminating the need for a sauce. Found this recipe & it looks good. Posted by matantej.

### Feta-Spinach Salmon Roast

3 ounces cream cheese, softened  
 3/4 cup crumbled feta  
 2 scallions, thinly sliced, including the crisp part of the green  
 1/2 cup fresh spinach, chopped  
 1/2 teaspoon dill weed  
 1/4 teaspoon oregano  
 fresh ground black pepper, to taste  
 2 salmon fillets; 3/4 pound each  
 Olive oil

Preheat the oven to 350 F. In a bowl, combine cream cheese and feta, mashing and stirring with a fork until well blended. Add the scallions and spinach and combine well; stir in seasoning. Brush the skin side of 1 fillet with oil and place skin side down on a shallow baking pan\*. Spread the mixture evenly over fillet. (The filling will be about 3/4-inch thick.) Top with the second salmon fillet. Brush skin side of top fillet with olive oil. Bake for 20 mins; test for doneness with a toothpick. To serve, slice carefully with a sharp, serrated knife. 3 – 4 servings. I made this in toaster oven using the pan\* that comes with it. [I lined it with No Stick foil, sprayed it with Pam and there was no cleanup!] Original recipe was from George Stella, with my modifications. Just made this simple and delicious meal. Hubby said it was "restaurant worthy". It is reminiscent of an entree that I love to order from our favorite Greek restaurant [except their's is wrapped in buttered filo before baking] in Albuquerque. Posted by Debits2000.

### Slammin' Salmon

4 salmon fillets, skin removed	salt
Mayo	pepper
Dijon mustard	garlic powder
horseradish	dill weed
crushed pork rinds	paprika
parmesan (green can)	cayenne

Combine Mayo, Dijon mustard, horseradish. Spread on both sides of fillets. Combine pork rinds, parmesan, salt, pepper, garlic powder, dill weed, paprika, cayenne to taste. Roll coated fillets in crumb mixture. Fry in cast iron (or heavy skillet) until crispy & cooked thru to your liking. I don't measure, so please do to taste. Posted by rowdyinwi.

## Fillo Salmon Rolls

1T (3 or 4 cloves) minced garlic  
 1C chopped onion  
 1C chopped celery, with leaves  
 14.75 oz legal pizza or marinara sauce  
 1t crumbled rosemary  
 14.75 oz can pink salmon, drained with liquid reserved (discard any bones and skin)  
 10 oz pkg frozen peas (for level one use chopped snap or snow peas)  
 16 sheets fillo dough (whole wheat)  
 12 thin slices lemon, seeded and chopped with peel

Spray or coat bottom of large pan with oil and heat until very hot. Saute garlic for one minute. Add onion and stir 2 more minutes. Add celery and saute 2 additional minutes. Pour in tomato sauce, rosemary and reserved salmon liquid. Simmer, scraping up brown bits and stirring occasionally for 7 minutes or until thick. Remove from heat and add peas, mixing well, add pepper to taste. Add salmon and break up large pieces with a spoon. Set aside. Preheat oven to 400. Spray or coat a large baking tray with oil and set aside. lightly brush or spray top of 1 sheet of fillo with oil and fold to make an 8 1/2 x 12 inch rectangle. Spray top. Repeat with a second sheet of fillo and stack. Place a rounded 1/2 Cup scoop of salmon mixture onto dough on long edge, about 1-1/2 inches in from side. Sprinkle 1t lemon on top of mixture. Fold in edge on short side and roll up, starting on long side, jelly roll style. Place seam side down on prepared baking tray. Repeat with remaining dough, spacing rolls on tray. Place in center of oven, turn heat down to 375 and bake 18 - 30 minutes until golden brown. Serve immediately. Yields (8) 6 x 2 inch rolls. May be frozen but must be thawed prior to baking. Enjoy this with a tossed salad and some tasty iced tea! This recipe came on the back of the fillo dough box. It is level two as written but can be made in parchment paper envelopes (minus the fillo dough) for a level one entree. Posted by 2bkchk.

## Salmon with Grapefruit Beurre Blanc

Beurre Blanc:

3 tablespoons EVOO, divided  
 1/3 cup chopped shallots  
 1 anchovy fillet, chopped (I didn't have anchovies so I used 1 teaspoon anchovy paste)  
 1 teaspoon chopped garlic  
 1/2 cup dry white wine  
 7 tablespoons fresh ruby-red grapefruit juice, divided  
 1/4 cup whipping cream  
 Salmon:  
 4 6-8 oz. salmon filets  
 1 ruby-red grapefruit with skin, cut into 1/2-inch thick rounds  
 2 tablespoons chilled butter  
 1/8 teaspoon Worcestershire sauce  
 1/8 teaspoon hot pepper sauce

Heat 1 tablespoon oil in small skillet over medium heat. Add shallots and saute until golden. Add anchovy and garlic, saute until soft. Add wine and 6 tablespoons grapefruit juice; boil until reduced to 1/2 cup, about 4 minutes. Add cream; reduce heat and simmer until mixture is reduced to 3/4 cup, about 9 minutes. Set sauce aside. Prepare grill to medium-high heat. Brush salmon and grapefruit rounds with 2 tablespoons oil. Sprinkle with salt and pepper. Grill salmon until cooked to desired doneness, about 4 minutes per side for medium; and grapefruit until charred in spots, about 2-1/2 minutes per side. Transfer salmon and grapefruit to plates. Bring sauce to simmer, whisking often. Whisk in butter by 1/2 tablespoonfuls, then Worcestershire and hot pepper sauce. Mix in 1 tablespoon grapefruit juice. Season with salt and pepper, to taste. Serve salmon with sauce. This is definitely a Level 2 entree because of the white wine and the grapefruit and grapefruit juice. I didn't use the grapefruit because of the combining factor, but figured a little juice would be okay since most of it is cooked off. This is excellent! I used Copper River Salmon, but any wild salmon will work. YUM! MsTified & Bon Appetit, July 06, p. 125. Posted by MsTified.

## Shrimp Roll

### Outside dough:

6 egg whites beaten stiff  
4 egg yolks  
4 tbsp sour cream  
2 oz sharp cheddar shreds  
pinch of salt

1 small pkg frozen spinach  
6 oz sharp cheddar shreds  
1 med. onion, cut into pieces  
olive oil to cook  
1 TBSP lemon juice  
1/4 cup parmesan or romano  
1/4 cup heavy cream  
1/4 cup heavy cream

### Filling:

2(8oz) pkgs cream cheese  
1 lbs peeled precooked shrimp, cut into little pieces

Mix egg yolk with sour cream, cheddar & salt & fold that into egg whites. Preheat oven to 300. Spray a rectangular glass dish with non stick spray & pour mixture inside. Bake for 25 min. Let it cool before further handling. Heat olive oil & fry the onions. Then add the 1/4 cup heavy cream, parmesan & cheddar until it's one gooey mess. Cook spinach as per directions & drain of water. In the meantime mix the room temperature cream cheese with the other 1/4 cup heavy cream, add the lemon juice, the shrimp pieces, the spinach & the cheese mixture. Mix it all together & let it cool. Once everything is cool, separate the dough from the pan. I lay it on a piece of aluminum foil. Spread the cheese/shrimp mixture on top & roll it all up in the aluminum foil. Let it cool for a few hours. Then slice it up. Heat the slices in a microwave, drizzle a few drops of lemon on top & voila - ready to eat. Made something last night & just now tried it for the first time & it's awesome. Posted by varinia1961.

## Summer Shrimp Salad

### Vinaigrette:

2 garlic cloves  
1 tsp Dijon mustard  
Juice of 1-2 lemons  
1 Tbsp of White Wine Vinegar  
Small handful of fresh parsley

1-2 stalks of tarragon, leaves removed {1/2 tsp dried if you don't have fresh}  
1/2 bunch fresh basil {1 tsp dried if you don't have fresh}  
1/4 cup Extra Virgin Olive Oil  
Black pepper to taste

In the small bowl of food processor, add all ingredients through the olive oil, one at a time. When all ingredients are finely chopped and combined, removed from food processor and transfer to a small bowl. Drizzle olive oil into mixture, whipping with a whisk. {You can do this last step of adding the olive oil while mixture is still in food processor; I just like the consistency of the dressing better when added by hand.} Add black pepper to taste and set aside.

### Salad:

1 lb. peeled and deveined medium to large shrimp  
2 hard boiled eggs, quartered  
1/2 lb. of green beans  
1 can artichoke hearts, drained and cut in half  
2 Roma tomatoes, quartered

1/2 red bell pepper, sliced  
App. 5 cups {or to taste} mixed salad greens. I prefer to use baby mesclun, spring mix or Bibb lettuce. But any lettuce mixture is fine.  
Capers, to taste  
2 Tbsp Olive Oil

In a plastic bag, add shrimp & about 1/4 cup of the vinaigrette & marinate for about 30 minutes. Meanwhile, cook the green beans in boiling salted water until al dente. Once done, "shock" them by placing the beans in ice water to stop the cooking process & retain their vibrant green color. In a medium bowl, place the beans, artichoke hearts, tomatoes & bell peppers with about half the remaining vinaigrette; toss to coat & set aside. Heat a large skillet over med-high heat. Put the olive oil in pan & allow to heat through. Place the shrimp in the pan {discarding the marinade} & cook on each side for 2 - 3 minutes (depending on the shrimp's size). Remove from pan when done. Arrange salad in individual bowls with lettuce, then vegetable-vinaigrette mixture, shrimp & a couple of egg quarters. Sprinkle capers on top. Drizzle with some of the remaining vinaigrette if preferred. I found a recipe for French-Style Shrimp Salad in Cooking Light. It was meant to be a take-off of nicoise salad. I took away the potatoes & the olives & changed it a bit to work with SSing. It is really delish. Serves 3-4. Posted by alchemist.



### Stirfry Shrimp

Very fast and easy- use frozen SeaPak Shrimp Scampi (coated with butter and herbs that melt in pan) and then add frozen stirfry vegetables. Can get at Costco. That's it! The scampi is heavily coated with butter mixture, so I half it with plain frozen shrimp. Posted by b.ba.

### Crabmeat Prentiss

1/4 cup unsalted butter  
 1 cup finely chopped onion  
 1/2 cup finely chopped celery  
 1/2 cup finely chopped green bell pepper  
 1 small clove garlic, very finely chopped  
 1 pound cream cheese, at room temperature  
 1 cup sour cream  
 1 pound jumbo lump crabmeat, picked over and all bits of shell and cartilage removed  
 2 teaspoons Creole seasoning spice mix such as Tony Chachere's or Chef Paul's  
 2 green onions, white and green parts, thinly sliced  
 1/4 cup finely chopped fresh parsley  
 1/2 cup grated Parmesan cheese  
 1 cup grated Swiss cheese  
 Parsley sprigs, for garnish

Preheat the oven to 350°. In a large saucepan, melt the butter over medium-low heat. Add and sauté the onion, celery and bell pepper until translucent, about 7 minutes. Add the garlic and cook for a minute or two, until tender but not browned. Add the cream cheese and sour cream and stir constantly until the cream cheese melts and the mixture comes to a simmer. Gently stir in the crabmeat, reduce the heat to very low and simmer for 3 minutes. Add the Creole seasoning, green onions, parsley, Parmesan and Swiss cheese. Stir together to blend and bring just to a boil, then remove from the heat. Divide the mixture among individual ramekins or shallow serving dishes and place on a plate surrounded by whatever you are going to dip into it. Garnish with the parsley sprigs and serve hot. Serves 8. Named for Susan and Bill Prentiss, this specialty may also be offered as a dip. This is a recipe from the famous Arnaud's Restaurant, located at 813 Rue Bienville, New Orleans, Louisiana. I'm so excited that I can have this on level 1. \*\*Note: Other than omissions of crackers and croutons, this is the original recipe by Chef Tommy at Arnaud's. Posted by RedneckWoman70726.

### Yummy Tuna Salad

2 (7 ounce) cans white tuna, drained and flaked  
 3/4 cup mayonnaise  
 2 tablespoons Parmesan cheese  
 1/4 cup and 2 tablespoons sweet pickle relish ( I used Mt Olive Bread & Butter, sweetened with Splenda)  
 1/4 teaspoon dried minced onion flakes  
 1/2 teaspoon curry powder  
 2 tablespoons dried parsley  
 2 teaspoons dried dill weed  
 2 pinches garlic powder

In a medium bowl, stir together the tuna, mayonnaise, Parmesan cheese, and onion flakes. Season with curry powder, parsley, dill and garlic powder. I found this new recipe for Tuna Salad. It is so yummy. I make a batch every other day.

Posted by sockim123.

## PORK

### How to Cook Pulled Pork

Pork butt is the right choice. Get the nastiest looking one you can find!! Lots of fat and yuck looking!! I never pay more than .99 a pound for mine. Indirect heat method and a couple of smokin' packets and your all set. Get some wood chips I use hickory, some heavy duty foil. Place a big handful of chips in the middle of a chunk of foil and wrap it all up nice and tight. Poke a few holes in the top of it. You'll need at least two. Rub the butt(doesn't sound right!!) with your fav bbq type rub. Next heat only one side of your grill and cook on the other side. Keep the temp as close as possible to 225 as you can get. It will take about 1 1/2 hours per pound to cook. Put a chip packet right on the burner of the grill. When it stops smoking add the other one. It takes a while to cook but it's worth it. Cook until internal temp of the meat is at 190. Posted by bigdad.

### Smoky Mozzarella Stuffed Pork Chops

2 - 2" thick, center cut boneless pork chops (ask the butcher to cut a pocket in them, or do it yourself)  
 1 Tblsp olive oil  
 1 pat butter  
 2 Tblsp. Bake & Fry mix - again dry only, to be used as a rub  
 Salt & Pepper to taste - if desired (the B&F mix is already salty, so I didn't add more)  
 6 button mushrooms, quartered.

#### Stuffing Mix:

1 rib celery, finely diced  
 2 button mushrooms, finely diced  
 2 Tblsp. diced red onion  
 1 pat butter  
 1 tsp. Herbs de Provance  
 1 splash cooking sherry  
 ¼ cup Smoked mozzarella cheese, finely cut into about ¼" cubes  
 1 tsp. SS Bake & Fry Mix - dry, nothing added to it.

Saute all the veggies in the butter until tender and translucent. When nearly done, add in 1 splash cooking sherry, and cook 1 minute longer. Remove from heat and cool slightly. After cooling, add in the cheese, the herbs, and the dry bake & fry mix to act as seasoning and binder. Pre-heat oven to 350 degrees. In an oven-proof skillet, add olive oil and butter and heat over med high on stove top to brown chops. Wash and pat dry the pork chops. Cut a pocket in the lean end (if your butcher hasn't), being careful not to slice thru the other end. Add the stuffing mix equally between chops, packing tightly and firmly in pocket. Use 1 Tblsp Bake & Fry Mix per chop to rub into top, bottom, and fatty edge of each. (Do not season the filled side). Brown all 3 sides of chop (do not brown the filled side) ... start with both top and bottom flat sides, and brown fatty edge last, leaving it standing up in the pan. Takes about 8-10 min total. After the chops are golden brown, add the button mushrooms to the bottom of the skillet, coating with pan juices and crusty bits. Cover the skillet with aluminum foil, and place in oven for 20-25 minutes, until done. \*\* Oh PS .. I didn't find it necessary to use a skewer or toothpick to hold the chop together, but you could if needed. Lev 1. The butcher was cutting chops, and it reminded me it had been a long time since I enjoyed thick, stuffed pork chops. I experimented a little and came up with this. I served it with Steamed Asparagus in Lemon Butter, and Sour Cream Dill Sliced Cucumbers. Posted by Kisa 1.

### Stuffed Pork Chops

I chopped up some fresh mushrooms, onion in a skillet until the onions were starting to turn brown at the edges. I added some leftover browned sausage & seasoned with a little poultry seasoning. After this mixture cooled a little, I mixed in a scrambled egg. I had some thick porkchops that I cut a small slit in & then moved the tip of the knife around inside the chop to make a larger pocket, keeping the outside slit about 1 inch. I then stuffed each chop (I had 6) & baked at 375° until thermometer read 155°. Wow were these good! I made steamed cauliflower. Next time, I will give myself enough time to make faux mashed potatoes. Talk about a great Sunday dinner. I made these over the weekend. They were also great the next day as leftovers. Posted by beebie1.

### Italian Pork Chops with Kale or Collard

1 lbs kale or collard greens  
 1/4 c olive oil  
 2 large peeled garlic cloves (I use more)  
 4 thick pork chops  
 2 t fennel  
 1 1/2 c hot water  
 1 small can tomato paste

Soak kale & rinse it vigorously. (If using collards remove stems.) Simmer for 20 mins with salt in large pot. Just use enough water to steam real well. Not to cover greens completely. While greens are cooking, heat oil in large fry pan. Add garlic & cook for 2 mins over low heat, careful not to burn garlic. Add pork chops & saute for 5 mins on each side. Season to taste with salt, pepper & fennel seed. Dissolve tomato paste in hot water from greens & add. Cover & cook for 30 minutes. Add tomato sauce to greens. Cover & cook for another 10 mins. Serve over riced cauliflower. My sister made this with collard greens. It was so nummy. 4 servings. Posted by mamabj

### French Braised Pork Chops

1 onion - thinly sliced  
 1/2 c. water  
 1/2 c. dry white wine  
 2 tbsp. unsalted butter  
 1 stalk celery - thinly sliced  
 2 tbsp. Dijon mustard  
 2 (1 1/2-inch-thick) pork chops  
 2 tsp. capers

Melt butter in a frying pan over medium heat. Add pork chops & brown them on both sides. Transfer to an oven-safe braising pan. Cook the onion & celery in the same frying pan over medium heat for 2 to 3 mins, stirring frequently. Add the wine & water and bring to a boil over high heat. Pour the mixture over the pork chops & lightly season with salt. Cover & place in a 300-degree oven for 1 1/2 to 2 hours, until the chops are tender when pierced with a fork. Remove the chops, strain the pan juices with a wire strainer & combine them with Dijon mustard & capers. Simmer for 2 mins, then pour over the chops. Serve immediately. Since the alcohol evaporates, & just imparts its flavor it's perfect for SS'zing. I don't like red wine, but I would think this would work fine, maybe just a little less red wine, & more water so not so strong flavored? I also use the celery greens as well, I just love their flavor. This is a recipe I got a while back from food TV (I think) LOL. Posted by Kisa 1.

### Best Pork Chops Ever

4 pork chops (bone in)  
 1 medium onion  
 1 16 oz bag sauerkraut  
 1 16 oz beer  
 splenda  
 salt and pepper

Season and Brown Pork chops, sauté onion, squeeze the juice out of the sauerkraut and add. Pour beer over it and a little water. Cover and simmer for about an hour and a half or so. Add more water as needed. I use an electric skillet for this. My mom always did so I do as well. After awhile the liquid is gone and the sauerkraut caramelizes a little. I cook it longer sometimes, just depends. The meat falls totally off the bone and you won't believe how awesome this is. Serves 2. There are two ways of cooking pork chops. Very fast so they stay juicy, or for a long time so they fall off the bone. My mom made these for me all while growing up and it usually has apple sauce in it, but I omitted it and added a few packets of splenda to give it just a little sweetness to offset the sauerkraut. Don't let the Sauerkraut scare you off of this recipe if you think you are not a fan, after cooking so long it becomes sweet and delicious. You can even push it to the side if you do not like it, but you have to make this. Posted by mulligan1201.

## Pork With Sherry Vinegar

4 (1 1/2-inch thick) center cut pork chops  
 Salt and freshly ground black pepper  
 1 tablespoon peanut oil (I used olive oil)  
 1 tablespoon unsalted butter, plus 1 tablespoon  
 7 tablespoons sherry wine vinegar  
 3 tablespoons sherry  
 1 cup brown veal stock (I used beef stock)  
 1 tablespoon barbecue sauce (legal, of course - I used Suzanne's - luv it!)  
 1 1/2 tablespoons Dijon mustard  
 2 tablespoons peeled, seeded, and chopped tomatoes  
 1 teaspoon minced chives (I left out - didn't have any)

Preheat oven to 425 F. Pat pork chops dry with paper towels & season both sides with salt & pepper. Place a heavy saute pan over high heat. When the pan is hot, add the oil & 1 tablespoon butter to the pan & swirl to coat the pan evenly. Add the pork chop to the pan & sear for 2 to 3 minutes on the first side. The chops will turn golden brown as the natural sugars in the pork caramelize & create a nice crust. Turn the chops & sear on the second side for 1 minute. Transfer to the oven & cook to desired doneness. It should take about 10 to 12 minutes in the oven for the pork to be just cooked through & juicy. Remove the pork from the oven & place the pork chops on a plate to rest while you make the sauce. Loosely cover with foil. Remove the excess fat from the pan & return the pan to the burner. Turn the heat to medium high. Carefully deglaze the pan with the sherry vinegar & sherry & scrape up the brown bits on the bottom of the pan with a wooden spoon. Add the veal stock & barbecue sauce & bring to a boil. Reduce the heat to a simmer & reduce until slightly thickened, about 4 minutes. Whisk in the Dijon mustard & the remaining 1 tablespoon butter & whisk to combine. Garnish with chopped tomatoes & minced chives. Serve the pork with the sauce. Recipe by Wolfgang Puck. Kate's Notes: I ALWAYS marinate my pork chops for at least 24 hours in a solution of 1/2 cup water & 1/4 cup soy sauce. This makes them SO tender. I also ALWAYS use a cast-iron skillet to make my chops. I have several very old ones from my Grandma -- wouldn't give them up for anything! I made this tonight and it is fabulous! Posted by MsTified.

## Pork Chops in Mushroom Sauce served over Riced Cauliflower

6 Pork Chops  
 taste Garlic Salt  
 3 T. Olive Oil  
 Sauce:  
 3-4 Beef Bouillon Cubes  
 1/2 C. Water  
 1 Eggs, beaten  
 2 C. Heavy Whipping Cream  
 1 T. Worcestershire Sauce  
 1 t. Soy Sauce  
 2 C. Chopped Mushrooms  
 Taste Salt & Pepper  
 Fresh Spinach Leaves (optional)

Lightly sprinkle each chop with garlic salt. Brown chops in heavy skillet over medium heat. Dissolve the bouillon in the water. In a mixing bowl beat eggs; add cream, Worcestershire and soy sauce. When bouillon is dissolved mix into sauce. Add mushrooms and salt and pepper to taste. Pour mixture over simmering chops. Cover and let cook until pork is tender (about 30 – 45 minutes). To add spinach: Add to top of pan half way through cooking. The steam from the meat and sauce will wilt the spinach. When serving, integrate the spinach throughout the sauce.

### Riced Cauliflower:

Use either fresh or frozen. Cook until JUST fork tender, Drain well, Mash with a fork to get a "rice" consistency. You can add a pat or two of butter to this and eat it alone or as a side dish. Really tasty! One of my favorite recipes is Pork Chops w/ Mushroom Sauce poured over a big bed of white rice! Oh man, well, here is my Somersize version - and it's every bit as good!! Posted by IWedRich.

### Bob's Sweet and Sour Pork

Take 1 pork shoulder and cook till tender in chicken broth. When it pulls apart remove the pork from the broth. Cut up 1 cabbage into 1/8th's and add to the broth. Cook till tender. Add 3/4 to 1 cup Splenda and 1/2 to 3/4 c. of cider vinegar. Shred the pork and put it back in the pot. Simmer for about 15 minutes. If you are on level 2 you can boil a few small potatoes in a separate pot then serve 1 potato with the pork. Posted by janland.

### Brown Sugar Pork Chops

6 pork chops  
6 Tbs. brown sugar substitute  
6 Tbs. butter  
1 Tbs. soy sauce

Top each pork chop with a Tbs. brown sugar substitute, then a Tbs. butter. Sprinkle all with soy sauce. Cover, place in a 350 degree oven. Bake for 45 minutes, uncover and brown for an additional 15. I love recipes with few ingredients sometimes, so I think I might give this a shot tonight. I will let you know, if anyone else makes this, please let me know as well. Posted by mulligan1201.

### Herbed Pork Chops

2 thick pork chops {about 1"}  
1 t. dried rosemary  
1/2 t dried sage  
1/2 [to 1] clove garlic, minced  
Salt & pepper to taste  
butter to brown chops  
1/2 cup of chicken stock [or half stock and half water]  
"splash" of white wine

Mix spices and rub chops with mix. Place chops in buttered skillet, which has been heated. Cook 2 minutes each side to brown. Add stock, cover, simmer until all of the liquid has evaporated. Remove cover and brown the chops, a few minutes each side. Add wine, cook for 1 minute. Turn once, wine should be almost evaporated. There wasn't any gravy per se, but the chops were TENDER and MOIST! (From NY Times cookbook.) Hubby made these tonight and they were great! Posted by Debits2000.

### Moist Pork Chops

Hubby purchased some medium thick pork chops the other day and I put them flat in a baking dish, drenched them in soy sauce, sprinkled with lemon pepper, Suzanne's Memphis Salt Rub, ( not much), then I drizzled with olive oil to keep even more moist. I put them back in the refrig and let them sit for 2-3 hours. He grilled them and we both couldn't believe how juicy and tasty they were. Posted by Luv2shop.

### Moist Pork Chops

I take 5 chops, place them in an oven bake dish that has a tight cover. I put in 5-10 whole garlic cloves and either some broth or apple juice and cook tightly covered at 375 degrees for 1 hour. I use the soft cooked garlic cloves to spread over the pork chop. Yummmmmmm. Posted by Margaret martin.

### BBQ Pork Loin with Sauerkraut

In my SS slow cooker, I put a chunk of pork loin that was 1/5-2 pounds. I dumped 2 cans of undrained sauerkraut over the meat and set it on low to cook all day. In my smallest crockpot ( I have 4), I poured one can of caffeine free diet coke, one cup of SF ketchup, a splash of liquid smoke and a squirt of SF honey. I mixed this all up and cooked with the lid on for 2 hours. I took the lid off and it is now reducing. You can either mix the sauce in with the pork and kraut after it reduces or you can serve the pork and kraut and drizzle the sauce over it. YUM! Earlier when I had a sample of it, it was cooked to perfection. I left it on keep warm for several hours and now it is too dry. I think with pork loin, when you can stick a fork in it and tear it apart, get it off the heat. Posted by erjen\_lower.

### Slow Cooker BBQ Cabbage Bacon

Core 1 large head of cabbage (put a hole in center). Brown 1 lb bacon, sliced in bite sized pieces. Put cabbage in slow cooker, hole side up. Fill with bacon, sprinkle a little of the bacon grease over it. Top with 3/4 c Suzanne's BBQ Sauce or her new BBQ simmer sauce and cook on low in slow cooker. To serve, slice cabbage in wedges and serve with salad. I have made this before and it is so good for a cold wintry day. Posted by mamabj

### Italian Braised Pork

4 teaspoons sage  
1 1/2 teaspoons rosemary  
1 teaspoon salt (sea salt)  
1/2 teaspoon black pepper

Mix together and rub all over a 2 lb pork shoulder roast (I use a pork tenderloin roast). Bake at 350 degrees in a covered dutch oven for 1 1/2 hours till brown. After this time, add:

1 cup heavy whipping cream  
6 cloves of minced garlic (or to taste)

(Pour this around the roast.) Cover & return to the oven for an additional 45 mins. Remove from oven and transfer the roast to a serving platter. Add another 1/2 to 1 cup of cream to pan and put over medium heat on the stove top to reduce and thicken the sauce. Then slice your roast and serve with the sauce. I find the meat comes out so tender and the sauce really has a lot of flavor. I usually make mashed cauliflower to serve with this dish, and then you have a sauce for that also. I don't measure the spices for the rub, usually just eye ball it. Posted by jimmac.

### Spicy Pork Stew

8 dried red chiles  
2 - 3 pounds pork loin cut into 1-inch pieces  
2 Tbsp. vegetable oil  
1 large onion, chopped  
2 cloves garlic, minced  
4 cups beef broth  
2 red potatoes, diced (use turnip)  
2 tomatoes, diced  
2 Tbsp. brown sugar (substitute)  
1 tsp. cinnamon  
1/2 tsp. ground cloves  
2 Tbsp. apple cider vinegar

Place chilies in warm water for 10 - 15 minutes. Meanwhile, heat oil in a large skillet and brown pork with onion and garlic. After chilies have been sitting in the water until softened, remove tips and seeds. Chop the chilies. Place beef broth in a blender and add red chilies. Puree broth and chilies in the blender. Place beef broth in a crock-pot followed by browned pork, onions and garlic. Add potatoes, tomatoes, brown sugar, cinnamon, cloves and vinegar. Cook for several hours until turnip are tender. Posted by matantej.

### Asian Wraps

I used leftover marinated pork, you can use shredded beef, or marinate chicken. I marinated in teriyaki and cut up the leftover pork into thin strips. Put approx 2-3 tsps on oil into a pan and when hot, add 1 package of coleslaw mix (cabbage and carrots. After 2 minutes or so, give it a stir. Add the meat and let heat through, stirring occasionally. This only takes about 5-6 minutes. Then I just shook in some soy sauce and teriyaki to taste. Let heat, remove from heat and wrap this mixture in lettuce leaves - VOILA - ASIAN WRAPS!!! These were absolutely knee walking delicious. I'm going to make them with marinated chicken next. The best part is, you can make this with leftover meat and no lie, in 15 minutes, you have dinner. I served veggies with it. I adapted this from a recipe I saw on the Food Network. Posted by tinselbaby.

### Crock Pot Chalupa

3 lb. pork roast\*  
 1 lb. dry pinto beans\*\*  
 2 garlic cloves, minced  
 1 Tbsp. ground cumin  
 1 Tbsp. dried oregano  
 2 Tbsp. chili powder  
 1 Tbsp. salt  
 4-oz. can chopped green chilis  
 water

Cover beans\*\* with water and soak overnight in slow cooker. In the morning, remove beans (reserve soaking water), and put roast in bottom of cooker. Add remaining ingredients (including the beans and their soaking water), and more water if needed, to cover all ingredients. Cook on High 1 hr, and, then, on Low 6 hrs. Remove meat and shred with two forks. Return meat to slow cooker. Cook on High 1 more hr. Serve over bed of lettuce. Top with grated cheese and chopped onions and tomatoes. Sour cream is a great topping, also. \* I often use a much larger roast, because I want leftovers in our house!) This does work with a larger roast (i.e. 5 or 6 lbs.); you just have to beware of it overflowing. Also, you'll need to adjust cooking time (add additional minutes on HIGH). Cut down on beans. (You will notice my recipe has beans - NOT Level 1 SS'd with the beans, of course! Take them out! Serve them to someone else in your family. Or, it can possibly be made with everything but the beans. This is a delicious recipe for your slow cooker! \*\* BEANS -- I make this dish with beans (for my DH and DSx2). I don't eat the beans. You can do things like scoop the beans out of the cooker as you are shredding the meat. This is delicious! I've delivered this yummy meal to others also. It's a hit. Posted by daisyjane43.

### New England Spare Ribs

4 pounds pork spare ribs  
 1/4 cup sf maple syrup  
 1/6 cup sf brown mustard (just eyeball half of a 1/3 cup measure)  
 1/6 cup cider vinegar

Place the ribs, meaty side up, on a rack in a shallow roasting pan. Roast at 340 degrees for 50 minutes. Meanwhile, mix the maple syrup, mustard, & vinegar together. Baste the pork ribs after the first 50 minutes, & continue roasting for 40 minutes more. During the last 40 minutes, turn the ribs twice & baste with the remaining sauce. Gail's notes: I actually cooked this outside on my Weber grill. I used indirect heat & a closed grill. I added some charcoal at the 60 minute point, & maintained a temperature of about 325 degrees. Grilled pork gets a smoky, bacon-like flavor that I really enjoy! And this glaze added just the right touch of sweetness without being overpowering. I fixed this yesterday, & thought it was good! Adapted from Sugarfree Quick & Easy. Posted by iwillrejoice.

### Spaghetti Squash Creamy Italian Style

1 recipe Cooked Spaghetti Squash  
 1 lb. Mild Italian Sausage, browned and sliced  
 8 oz. Cream Cheese  
 1 C. Hunt's Spaghetti Sauce (no sugar added)  
 ¼ t. each Garlic Salt, Salt and Pepper  
 Fresh Grated Parmesan Cheese

Combine sausage, cream cheese, spaghetti sauce and spices and heat thoroughly in a heavy saucepan. Pour mixture over squash and cover with Parmesan cheese. Posted by IWedRich.

### Spaghetti Squash Marinara

1 recipe Cooked Spaghetti Squash  
1 ring Whole Pepperoni, sliced thick  
1 can Hunt's Spaghetti Sauce (no sugar added)  
Fresh Grated Parmesan and Mozzarella Cheese

Combine pepperoni and, spaghetti sauce. Heat thoroughly in a heavy saucepan. Pour mixture over squash and cover with cheese. Posted by IWedRich.

### Homemade Italian Sausage

1lb lean pork  
1/2lb fat pork  
3/4t salt  
1t fennel seed  
1 small clove garlic  
1/4t black pepper  
1/2t chili powder

Grind the pork (I just buy 2lbs already ground pork, which is pretty fatty already); crush the spices, or whirl in a blender jar. Combine meat and spices. Now, you could put this in casings, and make links, but I never do. It tastes better if you leave the meat for a day in the fridge first to blend the flavors, but it is also okay if you use it right away. I one time accidentally dumped a lot of the chili powder into it, and it tasted great! It wasn't spicy, just flavorful, so since then, I tend to add extra spices. This is a recipe I found a while back, and we use it a lot. I can't get good sausage at all here, and when we didn't eat pork for a while, I would even make this with hamburger. This way, you know what is going into your sausage, especially if you grind the meat yourself! Posted by marie172.



## VEGETARIAN

### Pam's Grandma Lou's Greek Spinach Pie

5 pkgs frozen spinach-(chopped type) thawed and VERY WELL drained-squeeze ALL the water out of it-if you don't pie will be soggy

1/2 -3/4 lb of feta cheese crumbled up into small pieces (get it fresh from Greek/Mediterranean store if at all possible). You can adjust amount as you wish. I like a lot. Note: Lb not cup

One onion chopped fine

Fresh mint, fresh oregano (about 3/4-1 Tbsp of oregano, 1/2-1 tsp of mint-adjust to taste) can use dried, but adjust amts to the fresh eqvlt.

Salt and pepper to taste, but watch the salt!-Depending on how salty your feta cheese is - fresh feta is very salty since kept in brine, however packaged from grocery is very bland IMHO make sure to taste/adjust salt

Juice of one lemon (again approx-use fresh not reconst juice) to taste

one stick salted butter

25-30 sheets WW phyllo dough thawed-there are usually 2 rolls of sheets in a pkg, you will need 1 (or substitute what you want to try to make L1). IMPORTANT: keep wrapped in pkg until ready to make the pie

You will need a 13x9 baking dish. Pre-heat oven 375. In a large mixing bowl, add spinach, feta cheese, onion, mint, oregano, salt and pepper, lemon juice. Combine till well mixed. Set aside. Melt butter. After you have the spinach mix combined, open phyllo dough, unroll, cover with towel - it dries out very quickly so work fast, that is why to do Everything Else first! Using a pastry brush, brush 13x9 pan with melted butter, then working quickly, begin to layer each sheet of phyllo in pan, cover the entire bottom of pan, between each sheet of phyllo, paint with melted butter, layer butter, phyllo, etc. Painting each layer will make your pastry puff/crispy, using 1/2 of the phyllo - reserve 1/2 for the top of the pie, load the spinach mixture into the pan and spread out evenly, then repeat the layering phyllo/butter process on the top. If it overlaps, fold over onto the top, brush entire top with butter. Whole top should be covered and sealed with phyllo - no spinach mix should be showing. VERY IMPORTANT!!!-WITH A VERY SHARP KNIFE - SLICE THE PIE INTO PORTION SQUARES NOW, IF YOU DON'T SLICE IT BEFORE BAKING IT WILL TOTALLY CRUMBLE AFTER BECAUSE THE PHYLLO IS SO CRISP. Pam's grandma then would break an egg over the top and spread that around. (It was for good luck and health at Easter which is when she made this for us.) I skip this step because don't care for the egg dribbling down in between the slices, great with or without it, would not be as crisp if egg is used. bake for about 45 minutes. You can also make individual little rolls- slice the entire sheets of phyllo in half lengthwise first, put the phyllo single layer on a cutting board, paint and layer about 3-4 sheets of the phyllos/butter, then load spoonful of spinach mixture, fold in sides & roll up, big or small as you want to make them-place in baking pan, paint with butter. I leave a small space in between them so the get really crispy on the sides. Better for buffet, cocktail appetizers. Refrigerate if there is anything left. NB: this is Level 2. Posted by Diamondgirl421.

### Southwestern Quiche

Preheat oven to 350. Sprinkle 1 3/4 cups shredded cheddar evenly in a 9 inch pie pan. Top with a drained 4 oz can of diced mild green chillies and 1 seeded and diced red bell pepper. In a small bowl, whisk together 3 large eggs, 1 cup cream and 1/4 tsp ground cumin. Pour over peppers and cheese. Top with another 3/4 cup cheddar. Bake for 50 minutes, or until a knife inserted in the center of the pie comes out clean. Cut into wedges and spoon salsa and sour cream on top. Posted by darlin12009.

## Grilled Onion Tart

### CRUST:

4oz. cream cheese, softened  
 2 eggs  
 1/4 cup Parmesan cheese, grated  
 1/2 teaspoon oregano  
 1/2 teaspoon garlic powder  
 2 cups mixed cheddar & mozzarella, grated

Preheat oven to 375F. Beat together cream cheese & eggs until smooth. Add Parmesan & spices & mix again. Grease an oblong casserole dish with olive oil or Pam & sprinkle shredded cheeses on the bottom. Pour egg mixture evenly over cheese & bake about 20-30 mins, remove from oven. Let stand while you prepare topping.

### ONION QUICHE TOPPING:

1 medium to large onion, chopped  
 1/2 to 1 cup grated cheddar cheese  
 5 cloves garlic, minced  
 4oz. cream cheese, softened  
 Salt & freshly ground pepper  
 5 eggs  
 1 teaspoon oregano  
 1 teaspoon McCormick Herb & Garlic seasoning (or garlic powder)

Sauté onions and garlic in olive oil until onions are beginning to get nice and golden. Remove from heat. Blend the remainder of the ingredients together until well combined. Add grated cheese and onions to eggs then pour over the prepared crust. Put back into the oven and cook for about 25 minutes more. Remove from oven let sit for 5-10 minutes. Slice and serve! YUMM-O! Posted by artgirl67.

## Spanish Rice

My sis made a great Spanish rice the other night. She just cooked some brown rice dumped a jar of legal salsa on it & baked it until all hot & bubbly. Talk about good & easy. She said salsa has everything in it that you put in spanish rice so why not? And she says she can't cook. Posted by beebie1.

## Beans & Rice

I nuke a package of Trader Joe's organic brown rice (in the freezer section). Add a can of rinsed beans of choice. I use organic beans usually kidney or black beans. Mix in a 1/2 jar legal salsa (or more to taste). You can throw in some diced celery or other leftover veggies. I put a ring of shredded iceberg and throw this in the middle. You can top with fat free sour cream and/or fat free cheese. Posted by capecodchris.

## Black Bean Chilli

1 medium onion chopped	1 can (15oz) diced tomatoes, (do not drain)
1 medium green bell pepper diced about 1/2 inch pieces	2 TBS ground cumin
1-1/2 cups + 1 TBS vegetable broth	2 TBS red chili powder
6 medium cloves garlic, chopped	2 TBS dried oregano
2 cans black beans, drained	1/4 cup fresh chopped cilantro
1 can (8oz) tomato sauce	salt & black pepper to taste

Heat 1 TBS broth in a medium size soup pot. Sauté onion and bell pepper in broth over medium heat for about 5 minutes stirring frequently, until translucent. Add garlic, cumin, red chili powder and continue to sauté for another minute. Add 1 1/2 cups broth and rest of ingredients, except cilantro. Simmer for another 20 minutes uncovered. Add chopped cilantro and season with salt & pepper to taste. This sounds good. I might try it in the fall/winter as a weekend carb brunch! Posted by Dingomoto.

### Quick Budget Bean Dish

Sautee in bit of water for several minutes some sliced green pepper and onion. Add can of tomato sauce and canned beans (eg chick peas and black beans) and 2 tsp of spices including chili powder. Serve over brown rice. Yummy and filling. I drained the canned beans before adding to the pan. The recipe was loose like that, so I don't think the precise amount of ingredients matters. Level 1 Carbo. Posted by matzo.

### Delicious Burritos

1 can ff refried beans  
 whole wheat ff tortillas (aunt millies carb watcher)  
 green chillies or jalepenos (optional)  
 bell pepper strips  
 onion strips  
 cilantro  
 salsa  
 1 8oz pk ff cream cheese  
 1 c ff milk  
 1 c vege broth/stock  
 salt & pepper

Preheat oven to 400. Combine cream, milk, and broth. Heat in saucepan over med/high, bring to boil then reduce for approx 15 min. Add salt and pepper and some green chillies or jalepenos if desired. I'll also sprinkle a little Mrs. dash in for some extra flavor. While the cheese sauce cooks down, put your beans in the tortilla and layer with peppers, onions, cilantro, and salsa. Roll up and place in a baking dish. (Baking dish just depends on how many you make, I just use an 8x8.) Once you have all your burritos rolled up, pour the cheese sauce over top and place in the oven for approximately 30 min, just long enough for the burritos to be heated thru. I enjoy these with more salsa on the side and I use the Kavli crispy thin as my "chip". I hope I got these to be an entire level one carbo. They are delicious. I love mexican food and crave it often. Posted by hungryhippo.

### Open Face Quesadilla

I stumbled on this tonight as I was making pro/fat pancakes for the family. I made the pancake/quesadillas with 8 oz. cream cheese, 6 T. ricotta, 1/2 tsp. salt, 5 eggs and 2 tsp. baking powder. That fed 4 adults and 2 munchkins. Feel free to use the smaller pro/fat pancake recipe with just 3 oz. cream cheese, 2 eggs, pinch of salt, 1 tsp of baking powder, and 2 T. ricotta. I poured the pancakes into a nonstick skillet sprayed with Pam and then sprinkled chopped green chiles and a generous helping of shredded Mexican cheese blend on top. Just flip them as usual and make sure you cook the cheesy side really well. It gets all crispy and yummy. It was like a thick corn tortilla, or El Salvadoran pupusa. You can top with salsa, lettuce/cabbage/vinegared slaw, and sour cream. Really yummy. I so miss quesadillas and will be making these again soon. Posted by socalsweetpea.

### Quinoa Paella

1 onion, chopped	2 cloves garlic, minced
1 red pepper, chopped	1/4 tsp paprika
4 tomatoes, chopped	pinch of saffron
1 hot pepper, chopped	4 C or even more if needed of veggie broth
1 green pepper, chopped	salt & pepper

Heat broth in a large skillet, add onion, peppers and cook 'til onion is translucent, add garlic, paprika, saffron, simmer for 2 minutes, add quinoa, the rest of broth, bring to boil, season with salt & pepper, simmer 'til liquid is absorbed and quinoa is cooked, decorate with lemon wedges. Posted by Mavie Blanka.

### Spaghetti Squash Alfredo

1 cooked spaghetti squash, threaded  
 1/3 pound prosciutto di Parma [optional]  
 2 tablespoons butter  
 1 to 1 1/4 cups heavy cream  
 1 cup (3 healthy handfuls) grated Parmigiano-Reggiano  
 2 pinches ground nutmeg or about 1/4 teaspoon freshly grated nutmeg  
 Coarse ground black pepper  
 A pinch coarse salt

Bake squash until tender and separate into spaghetti threads. OPTIONAL: Slice prosciutto ham into thin strips across. Separate ham ribbons and loosely pile them up and set aside. Preheat a large skillet over moderate heat. Add the butter to the pan and melt. Add heavy cream to the melted butter. Stirring constantly, add cheese and cook sauce 1 minute. Season with nutmeg, pepper, and a pinch of salt. Turn off heat under sauce and add squash to the skillet. Toss "pasta" until sauce coats evenly. Add prosciutto ribbons and toss to evenly distribute them. This is really good! Posted by Debits2000.

### Three Cheese Spaghetti Bake

4 cups spaghetti squash(cooked)  
 2 cups Low Moisture Part Skim Shredded Mozzarella, divided  
 3/4 cup Shredded Parmesan  
 1/2 cup grated Romano  
 3 Extra-Large Eggs, beaten  
 1 tablespoon vegetable or olive oil  
 2 teaspoons garlic powder  
 salt and pepper to taste  
 3-4 cups no sugar added marinara sauce (or your favourite red sauce)

Grease a 13-by-9-by-2-inch baking dish. Heat oven to 350 degrees. Place squash in a large mixing bowl and add 1 cup of the mozzarella, plus the Parmesan, Romano, eggs, oil, garlic powder, salt and pepper. Mix well. Press into baking dish. Top with spaghetti sauce. Cover dish and bake 20 minutes. Uncover; sprinkle with remaining mozzarella and bake until cheese is melted and squash is heated through, 10-15 minutes longer. Serve hot. Sprinkle with fresh snipped chopped basil before serving—it will fill the room with a wonderful smell! Posted by therese1888.

### Portabella Pizzas

I was preparing the original recipe, which is:  
 a portabella mushroom  
 2 or 3 oz of cream cheese  
 about 3 T of legal salt and vinegar dressing, or other legal dressing  
 1/2 to 2/3 cup of mozzarella cheese

Preheat oven to 350. Take out mushroom stem, clean mushroom, and place in baking dish, top bit down. Then drizzle the dressing on the 'shroom. Add your cream cheese... And here's where I digressed.

I used perhaps 1/8 tsp of garlic powder. Added a healthy shake of parmesan cheese. Remembered I had Morningstar "ground beef" in the freezer and added some of that. Spread a couple of TSP spaghetti sauce. Added the mozzarella cheese. I baked, per the original recipe, for 40 minutes. I hope you like the idea. I think portabella mushrooms make great personal pan pizza sizes! And it can be easier if you don't want to bother making any of the other 'crust' recipes. I don't know who to thank for the original idea, because years ago--my first somersizing attempt--a co-worker gave me a large number of printed recipes she had found online. My idea is a seed from that old collection. Posted by tesharri.

## POTPOURRI

### Simple Syrups

Basically, what I do, is boil 1 cup water with 1 tbsp somersweet for 3-5 minutes, add any flavor extract I want with a dash of vanilla, then let cool and store in fridge. (Boiling the water helps dissolve the sweeteners.) Depending on what you use them for, you will need to make them more or less sweet and the flavor stronger or weaker. For maple syrup, I make it nice and sweet and with a strong maple flavor, for sweetening tea, I keep the sweetness really lite and the flavor a little strong so I don't make the tea way too sweet trying to get the flavor into it. Sometimes, when it is done boiling, I put it in the blender and add a very little guar or xanthan gum to thicken it. I do this especially for maple or blueberry syrup that I want to put on pancakes. (Lorannoils.com has great flavors to choose from.) Makes a nice legal blueberry syrup. Sometimes I even add a little butter if I want that flavor in there. Posted by JamieAZ.

### SF Berry Jam from Jello

3 cups crushed berries  
 1 can SF soda pop (choose a flavor to compliment)  
 1 lg. package SF jello, or 2 small packages  
 1 tsp. fresh lemon juice

In a large saucepan, crush berries, and then add 1 can of sf soda, and jello. Place over medium heat and bring the mixture to a boil, stirring constantly.\*\* Reduce heat to low and simmer for 2 minutes while stirring. Remove from heat, and stir in the lemon juice. Pour into sterilized 1-cup freezer containers or ½ pint canning jars with screw lids and seals. Allow to cool and then cover. Will keep in refrigerator for 1 week, or freeze for up to 3 months. \* Kisa's notes: The first batch I made (strawberry) came out a little runny or thin. It tasted good but wasn't very thick. The second batch I made (raspberry) I added in the Pomona's pectin and was very happy with the results, and even felt good about gifting friends with a jar. Most pectins have sugar added, and even SF pectins have dextrose and other additives. Pomona's Universal Pectin (at the health food store) has no added sugars or artificial Sweeteners. It's made from lemon, lime and grapefruit pulp and peel. The package comes with a pkg of pectin, and calcium that is added to a small amount of water to activate the pectin. \*\* If you use this pectin - use 1 tsp of pectin, and 1 tsp of calcium water. Add it after the first boil, and then continue to stir it in during the 2 minute simmer. I don't have jello very often, as I don't like aspartame, but I don't seem to react to it made this way. I am posting a recipe from a friend, and \* how I adapted it. Posted by Kisa 1.

### Fudgy Protein Bar Squares

2 1/3 cups vanilla protein powder  
 1 oz square unsweetened chocolate  
 1/2 cup butter melted  
 4 oz. cream cheese softened  
 1 tsp vanilla without sugar  
 1/4 cup sugar substitute (I use Splenda)  
 3 Tblsp.(or more) additional liquid (decaf coffee, cream, water, SF coffee flavorings, etc.)

Mix all of the above in processor until well blended. The amount of liquid may need to be adjusted. This mixture is extremely thick and very hard to mix. (Be careful! The first time I made this I broke my small hand mixer!) Spread the finished mixture into a small plastic container which has been sprayed with Pam, cover, and place in refrigerator. Yield: 8 squares. I think you could put one of these squares into a zip-lock baggie and carry in your purse as long as it doesn't get too hot. They will resemble a very thick chewy fudge and will definitely give you a chocolate fix! P.S. I noticed one variation had chopped almonds or 1 tsp. peanut butter, but that would be level 2. I noticed that many of you were frustrated because we cannot buy the SS protein bars for now and it's hard to find a legal one. I was surfing for protein bars and found this. Hope it helps! These are Almost Level 1 because of the chocolate. Posted by subiedoobie.

## Ezekiel Crumbs

several slices of dry ezekeil bread, cut into squares  
 parmesan cheese cut from block, ( a few good hunks)  
 2 tbsps onion powder  
 2 tbsps garlic powder  
 1 teaspoon dried oregano

Blend all together in a food processor until desired consistency is reached. Use in meatballs, meatloaf, anything requiring bread crumbs. I decided to blend together a " level 2 bread crumb" out of my ezekeil bread that had dried out in my freezer. Posted by ncpharmgirl.

## Quick Anytime Muffins

8 oz cream cheese (no need to soften, down and dirty is the motto here!)  
 4 eggs  
 1/2 tbs vanilla  
 1 tsb baking powder  
 1 1/2 - 2 scoops of whey protein power (this really depends on what brand your using - I use Vitamin World Whey Protein; never have to sift it) or enough to have the batter look more like cake then pancake batter

Throw first 4 ingredients in a blender and blend until smooth then while blender is running add protein powder. Spray 4 1 cup custard cups with Pam and distribute evenly or until 3/4 full. Bake at 350 until tops are brown (I can't tell you the time here since I use a convection oven). When through, let cool. I use these instead of Debs Buns when I make Twinkle's Baked French Toast Casserole (and, if you haven't tried that, you don't know what you're missing!). (I slice the buns from top to bottom about 1/4 inch thick and then put the tops and bottoms cut side up on the bottom of my casserole and layer from there - there's always enough for an 8x8 glass casserole.). I've also used the leftovers (yes, I sometimes do have leftovers LOL!) of the various cake/coffee cake recipes on this site to make the French Toast Casserole. It always comes out wonderfully! I've also used these quick muffins for strawberry shortcake and to eat out of hand - they're good and easy! Posted by LadyJ.

## English Muffins

1 package (1/4 oz.) dry active yeast	1/2 teaspoon baking soda
1/2 cup warm water	1/2 cup boiling water
1/2 cup plain nonfat yogurt	3 cups whole-grain wheat or spelt flour, divided
1 teaspoon apple cider vinegar	1/4 cup fine white cornmeal (optional)
1/4 teaspoon sea salt	

Place the yeast and warm water in a deep 1-quart bowl and mix, allowing the yeast to dissolve. Set aside for 5 to 10 minutes. Place the yogurt, vinegar, salt, baking soda, and boiling water in a 3-quart bowl, and mix. Stir in the yeast mixture and 2 cups of the flour. Cover the bowl with a towel, and transfer it to a warm place to allow the dough to double in size. (This will take from 1 to 2 hours, depending on the quality of the yeast and the degree of warmth.) After the dough has doubled, remove it from the bowl and place it on a lightly floured board. Add the remaining flour and knead thoroughly, using more flour as needed until the dough is no longer sticky. Shape the dough into a ball, and place it in a lightly greased 3-quart bowl. Cover with a towel, transfer to a warm place, and allow the dough to rise for an additional 30 minutes. After the dough has risen, punch it down and return it to the floured surface. Using a floured rolling pin, roll the dough into a 1/2 -inch-thick sheet. Using a large cookie cutter or a large drinking glass, cut the dough into circles. Lightly flour a 15x11-inch cookie sheet. Dust both sides of the dough-circles with cornmeal (optional), and place them on the prepared sheet. Cover with a towel, and allow the dough to rise for 45 minutes to an hour, or overnight if desired. (The taste improves with the longer rising time. So when time permits, prepare the dough the evening before and allow to rise all night. That way, you'll be able to make delicious fresh muffins at breakfast time.) Lightly coat a heavy 10-inch iron skillet with nonstick cooking spray or use a nonstick skillet. Place half of the muffins in the skillet, and cook over medium-high heat for about 10 minutes, or until well browned, turning them once during cooking. Repeat with the remaining muffins. Cool the muffins and split them horizontally using two forks back to back. Toast and serve immediately with the topping of your choice, or refrigerate them in an airtight container for up to 5 days. Posted by mjlibbey.

### Easy No-Knead Sweet Bread

2 cups warm water  
 ¼ cup sugar free maple syrup (log cabin)  
 1 tablespoon or one package active dry yeast  
 ¼ cup non fat dry milk  
 4 cups whole wheat flour(or whole grain spelt flour)  
 4 teaspoons Lora Brody Dough Enhancer or follow package instructions on vital gluten (can leave this out, but makes a nicer loaf)  
 2 teaspoons salt

Pour the water into a mixing bowl. Add and dissolve the maple syrup and then the yeast. Let this brew sit for a few minutes until you see foamy signs of life. Add the dry milk. When everything is dissolved in the liquid, stir in the flour, dough enhancer or vital gluten and salt. Beat this mixture vigorously for a couple of minutes and then pour it into two well-greased (spray with Pam), 4-1/2 X 8 1/2-inch bread pans. Let this dough rise for 45 minutes to an hour(sometimes longer to double in size). Put the dough in a cold oven, turn the heat to 400 degrees and bake for 15 minutes (from the time you put the loaves in the oven). Then turn the oven down to 350 degrees and bake for a further 20 to 25 minutes until the bread is brown and crusty. Best toasted. Lora Brody's Dough Enhancer is from [www.kingarthurflour.com](http://www.kingarthurflour.com). They also sell whole grain spelt flour and a white whole wheat flour that is legal. Both have a lighter taste than regular whole wheat. If you're wanting a sweet start to your morning, this bread toasted is great. Posted by mjlibbey.

### WW French Bread/Pizza Dough

1-1/2c warm water  
 1T yeast  
 1T sugar (sub) (optional, or less)  
 1t salt  
 4C WW flour

Conventional Method: Dissolve yeast in warm water (with sweetener). Wait until bubbly on top, just like any other bread recipe. In large bowl, measure flour and salt; stir in yeast mixture. Cover bowl with a towel (or pizza pan!). After 10 minutes, stir down, using a butter knife to cut and twist the dough. Do this 5 more times, to equal one hour. Roll out onto two greased pizza pans - you are ready to top them! I like to let my crust raise before baking. I like it to be thicker and fluffier. This makes a thick crust.

Bread Machine: Starting with water, add ingredients, ending with yeast on top. Set for dough setting. When it stirs down the last time, roll out on greased pizza pans. I have also taken the dough out early, when in a hurry, but I try to wait until the dough has gone at least 30-45 minutes, so it gets warm. It may not "fluff" up as much, so if you can, plan ahead, it is just better if you wait the longer time.

### French Bread (Yield: two loaves)

See, this is the thing. This is actually a French bread recipe, and made with white flour is absolutely wonderful. It also takes 2T oil. However, since we don't mix oil with our carbs, I have made this for pizza dough, and it turns out just fine. But, will it make a loaf of French bread okay? This I haven't tried yet. It could be made the same as above (only, ending with forming into French bread loaves, letting raise, etc.), or I thought of adding 2T plain nf yogurt. I'm not sure which will work out best, hoping it will be just fine without the yogurt, only because it is easier, and I don't always have yogurt on hand. But, since I haven't made it even until this day, I guess I haven't missed it too much, LOL! I think if you can get the winter white whole wheat flour, this would be wonderful. I can't get it here, but I still use the heavy ww, and it works for the crust. Yield: Two thick crusts (more, if you want them thinner). Posted by marie172.

## Rolls! Mmmm

3 large eggs, separated  
 1/4 teaspoon cream of tartar  
 3 1/2 tbsp ricotta  
 2 packets Splenda

Preheat oven to 300°F. Separate eggs very carefully (make sure NONE of the yolk gets into the white.) Spray PAM on a Teflon cookie sheet. Use an electric beater to beat egg whites and cream of tartar until stiff (but not dry). Mix egg yolks, cottage cheese and Splenda (or Sugar Twin) in separate bowl. Fold yolk-mixture carefully into egg whites being sure not to break down fragile whites - mix no longer than 1 minute. Place the mixture carefully on the cookie sheet, gently putting one tablespoon on top of another until it is two (2) inches in height. Repeat until you have 6 little "pillows". Place the cookie sheet in the oven and bake for 35-55 minutes. These are delicious, if never miss my rolls anymore! Posted by lilyismydog.

## AMAZING Bread/Bun Recipe - (Pro/Fat)

4 oz. softened cream cheese  
 1 egg  
 1 tsp. granulated Splenda  
 1/4 c. Wheat Protein Isolate (see note below) or your own protein powder  
 1/4 tsp. baking powder  
 1/2 tsp. garlic powder  
 1/4 tsp. onion powder  
 1 tsp. dried parsley  
 1/8 tsp. salt  
 3 Tb. parmesan (Kraft in the can)  
 1/4 c. cream & water combination (see note below)

Note 1: I purchased my Wheat Protein Isolate after seeing it on Twiggy's list of legal protein powders, (I thought it would work well in my bagel attempts), I got it from honeyvillegrain.com (5 lbs. for \$15.14 + \$4.49 flat shipping). I think most protein powders would work, but I haven't tried any others.

<http://www.store.honeyvillegrain.com/index.asp?PageAction=PRODSEARCH&txtSearch=wheat+protein+isolate&btnSearch=GO&Page=1>

Note 2: For the 1/4 c. of liquid, I've used 3 Tb. light cream & 1 Tb. water...2 Tb. reg. cream & 2 Tb. water...1/4 c. of Hood Carb Countdown 2% milk (I'm just entering Level 2)...3 Tb. Carb C. & 1 Tb. water...it kinda all works. I also like using 1/3 less fat cream cheese (It's legal - fat-free isn't).

OK, so once your batter is thoroughly blended (I use a whisk) and your waffle iron (mine is round, not square) is heated and ready to go, spray a little PAM on it and pour approximately 1/4 c. (I go just shy of that, about 3 Tb.) of batter into the center, then with a spoon, spread the batter into a nice circle before closing the top (it should be the size of an actual bun, or a little larger). If you don't spread it first, you'll end up w/ a weirdly shaped, small bun, and it'll be thick, which isn't what you want since this is only half the pair, you still have to make another one to go w/ it. NOTE: This isn't in sherrilee's directions, but I cook my waffles twice...when one is done, I flip it (even though both sides of the unit are heated, I still do this), and fit it into the indentations and cook again...mine don't burn at all and I LOVE the result...I would say this is a pretty important step, the texture isn't as sturdy w/ only one go around...that's my machine though. I don't know if everyone would have to do this. These buns are made in a waffle maker...that's what makes the texture so incredible...they're crisp and stay that way even when cooled. They look like breakfast waffles (only smaller), but they taste like bread! I'm not exaggerating when I tell you that these WILL become a favorite. Also, they're easy to make b/c you don't have to beat egg whites separately. I make a double batch of batter, keep it in the fridge, and make buns as I need them. I found the original recipe on a site called "Low Carb Friends"...I was trying to find ideas for a Pro/Fat bagel I wanted to create...there was a looong thread dating back to 2003 about the "best burger bun yet" w/ countless stellar reviews...the recipe below (w/ some tweaking to make legal), was posted by sherrilee. Posted by ChubChub.



## Whey Protein Breading

1 c Dried onions  
 2 T (BiPro) whey protein, natural unflavored  
 1 t salt  
 1/4 t pepper  
 1//8 t cayenne pepper  
 1/4 t ground sage  
 1/2 t rosemary, dried  
 1/2 t thyme, dried  
 1/4 t basil, dried  
 3/4 c grated parmesan cheese

Place dried onion in food processor or blender. Pulse 1 minute. Add remaining ingredients except parmesan cheese & pulse 1 minute. Add parmesan cheese & pulse for 10 secs. Use breading mix to coat chicken, fish or other breaded foods such as pork chops, shrimp or vegetables. \* Chicken nuggets - cut chicken breasts into pieces. Dip into beaten egg, then into breading mix. Fry in 350F oil for approximately 4 mins. \* Chicken breasts - moisten boneless chicken breasts with water. Place breading mix in a plastic bag, add chicken breasts & shake to coat. Bake on greased baking sheet at 400F for 20 mins. This is from biprousa.com. Makes about 12 servings. Posted by mamabj

## Our Favorite Bread Roll-Ups

Starlite's 1 1/2 lb. Whole Wheat Bread Loaf (Not Bread Machine Recipe)  
 3 C whole wheat Winter White flour  
 3 T wheat gluten  
 1 1/2 tsp sea salt,  
 2 T  
 1 1/4 C skim milk (heated to 115 degrees in microwave)

Heat oven on lowest temp and then turn off. This will be for the rise time. Mix dry ingred. well. Slowly add wet to dry in Kitchen Aid and mix to moisten 15 seconds. Continue on speed 2 for 1 1/2 or 2 mins until dough balls to center - away from sides of bowl in kneading action. Place in lightly greased bowl and cover with wet towel. Place in warm oven to rise. Using Smartbake cookie sheet liner (or Silpat), dust lightly with whole wheat flour. Roll dough out to fit sheet almost completely. If two flavors are desired, cut with plastic knife down length of dough. You could also make small rollups and nonstick muffin top pans to bake. Flavor or layer as desired:  
 Cinnamon: Puree 1/2 Cup cooked, drained spaghetti squash, 2 Tbs ff yogurt, and 1/4 Cup Splenda, 2 tsp cinnamon, 1/4 tsp ginger, 1/2 tsp vanilla, and 1/2 tsp butter extract. Spread over rolled out dough. Sprinkle more cinnamon and Splenda if desired, over the mixture. Roll short end all the way, turn under edges at end to seal. Place in one end of loaf pan. Brush sf caramel or sf vanilla syrup over the top and sprinkle splenda.

Mexican: Mix 1/4 C ff plain yogurt with 1/4 C el Pato hot tomato sauce. Stir in 1/8 tsp salt and 1/8 C green chilles (diced). Spread thin layer over dough to 1/4 inch from edges. Spread precooked rotel and white bean - brown rice or taco and bean-brown rice. Add very thin slivers of fresh onion over rice. Roll dough from short end and seal edges. Turn under ends and seal. Place in other end of loaf pan.

Complete recipe instructions by baking 15 min in 400 F oven, reduce heat to 350 and bake 25 to 30 min. Cool, before slicing. \*\* MORE flavor options:

Italian: Legal crab-friendly marinara or Italian seasoned tomato sauce. FF mozzarella or other cheese, onion, bell pepper, mushrooms.

Spinach Mulan: Spread a thin layer of the following mixture (cooked and drained spinach, sauteed mushrooms, onion, garlic, ff plain yogurt, salt, hot sauce or red pepper flakes).

Add veggies such as zucchini and onion (diced and cooked down in legal carb - marinara), ff cheese. Or try green onions, mushrooms, yellow squash, Worcestershire or soy sauce. We love our breads, don't we? I used SSer Starlite's bread recipe (THNX Starlite!) and developed some flavorful roll-ups that keep my family coming back for more. Try the sweet roll up with a hot decaf tea or decaf coffee. The savory varieties are \*OH so GOOD\* with a hot bowl of ff veggie soup! Posted by SinginSOMERSong.

### Low-Carb Tortilla, Wrap, Pita Bread Pro/Fat

1 c soy protein isolate (can use whey)  
 1/2 t baking powder  
 1 t whipping cream  
 1 c water  
 add water until soft but not runny  
 1 t olive oil  
 2 eggs

Mix eggs, add cream and oil, add dry mix, add water while mixing until soft mixture with no lumps. I used a hand mixer. Make sure to spread thinly on a well oiled sheet. This can get very thick. I spread very thinly, but avoid making it transparent. This makes it very flexible as a wrap. Bake 350F-180C for 10-12 minutes. This mixture can make about 8-10 pitas, depending on size and thickness. This makes an excellent pita/wrap with very low carb count. It also makes a good pizza crust as well. (No salt or splenda needed, since as a thin pita, it's not dense.) This recipe was from Tamarian Shepherd on an Australian site. Posted by mamabj.

### Protein Foccacia

2/3 c soy flour  
 2/3 c whey protein isolate  
 1 t baking powder  
 4 eggs  
 2 T sour cream or cream cheese -- tofu or ricotta cheese  
 2 T olive oil -- or melted butter  
 2 c shredded cheddar cheese, swiss, mozzarella, parmesan or whatever you have  
 Toppings:  
 Herbs -  
 fresh, chopped rosemary (1 tablespoon)  
 sage (2 tablespoons)  
 parsley (2 tablespoons)  
 basil (1/4 c)  
 oregano (1 tablespoon)  
 cracked black pepper  
 poppy seed )2 tablespoons)  
 Vegetables -  
 raw onion, chopped (works really well with sage) (1/2 c)  
 caramelized onion, sliced (also works well with sage) (1/2 c)  
 garlic, chopped or minced (1 T)  
 sun dried tomatoes, slivered (1.2 c)  
 olives, sliced or chopped (10 large)  
 Cheese (use sparingly or you'll end up with a pizza) -  
 feta cheese, crumbled (4 oz)  
 blue cheese, crumbled (4 oz)  
 parmesan cheese, grated (2 oz)

Preheat oven to 350F. Mix all ingredients together. Spread the batter in a greased baking sheet that has a lip. Brush top of bread with olive oil. Sprinkle with one choice from the toppings listed above or up to one from each group. If you choose more than that you're starting to make a pizza instead of foccacia. Bake crust for 10-15 minutes until a toothpick inserted in center of crust comes out clean. Watch carefully to make sure crust doesn't get too browned. If you're using cheese on your foccacia, sprinkle on after bread is baked. Broil until melted.. This is from an Australian site. If you use soy flour, this is Level 2. Posted by mamabj.

### Garlic Cheese Faux-cacia

1 egg  
 1/2 c whey protein isolate  
 1T garlic powder  
 1T oil  
 1/4 c heavy cream  
 1t oregano  
 1/2 t melted butter  
 1 oz shredded cheddar cheese  
 1 T baking powder

Preheat oven to 350. Mix all ingredients together and add a little water if necessary to thin. Spray cookie sheet and drop dough into 6 blobs (they will flatten a lot, and may run together). Bake 10 min until golden. These are cheesy and garlicky and have a texture like foccacia. I also tried it by putting dough in a circle on a pizza stone. You can add oil on the top and additional cheese on top when done. It will take longer to bake. I found this recipe from an Australian site. Posted by mamabj.

### Parmesan, Basil & Lemon Crisps

1 cup shredded Parmesan  
 2 tablespoons shredded basil leaves  
 1/2 tablespoon grated lemon zest

Preheat oven to 400 degrees F. Mix all ingredients together in a bowl. Transfer a heaping tablespoon of Parmesan mixture onto a silicone or parchment-lined baking sheet and lightly pat down. (A silicone baking sheet is highly recommended for this recipe.) Repeat with the remaining cheese mixture, spacing the spoonfuls about 1/2-inch apart. Bake for 3 to 5 minutes or until golden and crisp. Cool and use a flat spatula to transfer from lined baking sheet. This recipe is from Giada De Laurentis / Everyday Italian on the Food Network, and her recipe title is Parmesan, Basil & Lemon Wafers (Frico). It really is just a little twist on how we make our SSze Parmesan Crisps, and the addition of the Basil & Lemon zest are really refreshing. Posted by Kisa 1.

### Pasta Pro/Fat

1/2 soy flour  
 1/2 c protein powder  
 1/4 t granulated garlic  
 1/4 t seasoned salt  
 1/2 c water  
 1 egg

Combine the dry ingredients together, add the egg and water and mix well. It will be sticky dough. Divide the dough in half. Take a half at a time and dust your work surface with protein powder. Liberally dust the dough and roll out very, very thin on your work surface. Fold the dough in half, cut into strips with a very sharp knife. Place the cut strips onto a dry towel and let them air dry for 2 hours. To cook, drop noodles into boiling salted water. Use a large pot, water foams. I've not tried this. I found the recipe at lowcarbeating.com I'll try it next week when I'm with my granddaughters. If you use soy flour, this is Level 2. Posted by mamabj.

### Crustless Quiche

I like the basic Blaine Jelus quiche. You use 5 eggs and 1 c. of cream, plus salt and pepper to taste. From there you add whatever ingredients you like. My husband's favorite is 1 c. of French feta cheese (from the Middle Eastern market or Costco) thawed and drained chopped spinach, and dill, chives, or green onions. Bake at 350 in an 8x8 or 9x9 square or round pan until the center is set, about 40-45 minutes. (I line with foil to make clean-up easier. Let set for 10 minutes and then slice. Try cheddar cheese with ham or bacon and some jalapeno. Posted by socalsweetpea.

### Tomato Cream Sauce

1 large can diced tomatoes with juice	1/4 cup finely chopped carrot (I substituted red pepper for the carrot)
1/4 cup each finely chopped celery	1 tbsp butter
1/4 cup finely chopped onion	4 oz of cream cheese
1/4 cup finely chopped green pepper	1 cup heavy cream

Combine vegetables in a saucepan, bring to a boil & simmer for 25 mins. Melt butter in a separate saucepan. Add cream cheese (original recipe calls for 2tbsp flour as the thickener) & heavy cream - combine & cook until thickened. Slowly add hot tomato mixture, stir to combine well. Serve immediately over hot pasta/zucchini noodles. Also very good as a sauce with veal or chicken scallopini. I had forgotten about this recipe my mom made years ago in Montreal. It calls for light cream, but I used heavy cream & it is divine. I made this for everyone else over regular angel hair pasta, but used whole wheat linguine for myself. Would also be nice with zucchini noodles. I also just eat the sauce by itself! If you have this with pasta, it will be a level 2 meal. Posted by LynH.

### Singin's Like Delivery Pizza Crust

1 lg. egg	1/2 C grated parmesan (green canister type)
2 slices swiss cheese, (sandwich cut)	1/2 tsp Italian seasoning
1/2 C block mozzarella (break into chunks)	2 shakes or 1/8 tsp garlic powder

Preheat pizza stone in 400 F oven. Put all ingredients in a food processor. Blend in processor until pulling from sides, add a drizzle of olive oil to make a paste rather than a ball. Spread onto a preheated pizza stone into a circle, if there are small spaces in the middle as you spread, it will melt together, not to worry! Bake 400 F for 10-15 mins or until lightly brown, remove from oven and allow to cool 3-5 mins. Add and spread 1/3 Cup Ragu pizza sauce or any legal favorite. Add a layer of chunked mozzarella from a block, then mild Italian sausage already cooked and drained well of any grease. I also rinse mine with warm water to remove extra salt, then drain well on paper towels. Cut cherry or grape tomatoes and squeeze out to remove seeds and extra moisture. Turn upside down on paper towels to drain further. Add drained sausage or other meat. Clean, pat dry, cut and pile on any other desired veggies. I used green and red bell peppers, mushrooms, red onion, tomatoes. Add the tomatoes last and drizzle lightly with extra virgin olive oil (EVOO for all you Rachel Ray fans). Bake at 400 for another 20-25 mins, as long as crust is not getting too brown. Let set a few mins and ENJOY a crispy/crunchy edged pizza! The under crust hold up well if allowed to set but a fork is needed. Leftovers were great too (bake in 400 degree oven for 10 mins, allow to cool a bit). I could pick up the slices! FINALLY made a pizza crust combination that beats all I've tried (and tweaked) to infinitum! I'm a rebel in the kitchen and rarely (if ever) follow a recipe word for word, ingred for ingred. I've been punting now for a while, no recipe, just trying what I had in the fridge at the time. This one was easier than ever and better in taste and texture by far. TIP: I use a pizza stone and I think it DOES help crisp it up. It is well seasoned so I don't add oil before spreading the "dough". Posted by SinginSOMERSong.

### Zucchini Mini-Pizzas

2 zucchinis	Broccoli (optional) frozen & chopped
Olive oil	Mushrooms (optional)
Tony Chachere's "more spice" Seasoning, (or, use your favorite powdered seasoning shake)	1/2 small can of tomato sauce
	Full fat mozzarella/provolone mixture

Slice your zucchini into lengthwise strips that are between 1/4 to 1/2 inch thick. Preheat the oven to 350 degrees. In a coated frying pan, brown the z-strips a little on each side in about a tsp. of olive oil, sprinkling each side with Tony Chacherie's. Take your broccoli and mushrooms and stir them together with the 1/2 can of tom sauce. Line a baking pan with aluminum foil (this makes cleanup so easy). Spoon the tom mixture over the z-strips, keeping the strips close together so as to keep the toppings from sliding off them. Next, top the concoction with the cheese mixture. Bake for about 20 minutes. \*\*\*Note: I made some with just the cheese and tom sauce on them, and some with only broccoli, tom sauce and cheese. I much preferred them without the broccoli and mushrooms. This meal tasted like something you'd be served in a fancy Italian restaurant. My extremely picky son, said it was good. My husband raved about how great it was. This could be considered a vegetarian meal, an entree, a snack, or an appetizer. I am pretty sure it is LEVEL ONE. This recipe makes a small amount, suitable for 1 hungry person, or for 2 appetizers, and is so quick to prepare. Posted by RedneckWoman70726.

### Eggplant Parmesan

2 eggplants  
 3C shredded mozzarella cheese  
 2C grated parmesan cheese  
 4C marinara sauce (I make my own meat sauce)  
 2 eggs, scrambled for dipping  
 oil for frying

Preheat oven to 350. Slice the eggplant into 1/2in circles, dredge in egg, then coat with grated parmesan (should use about a cup). Fry in oil over med heat about 3 mins on each side. Layer into a 13x9 dish (I cut them up to make them fit evenly if I need to). Sprinkle with salt and pepper. On top of the eggplant, sprinkle 1/2c parmesan, 2c sauce and 1 1/2c grated mozzarella cheese. Repeat. You should end up with 2 layers. Bake for 20 mins or until cheese is slightly brown and bubbly. Let stand 5-10 mins before serving. Also makes for great leftovers! I've seen a couple of these posted, here's my version. Disclaimer – I'm not a chef and therefore am not good at writing recipes. Posted by FinanceWoman.

### Singin's Spaghetti Sauce

1 lb ground beef  
 3 links Italian mild sausage ( split skin & discard, tearing meat into small chunks or use bulk Italian sausage)  
 2 strips bacon (I use kitchen shears to cut small) - adds a smoky flavor ( optional)  
 1 small onion ( diced or slice as you like)

Sauté these together. Drain fat after beef browns. Add and simmer 20 minutes:

1/2 cup fresh mushroom slices  
 1/2 cup green bell pepper (diced)  
 1 med or 2 small diced or quartered slices yellow crook neck squash  
 1 med or 2 small zucchini  
 1 large clove or \* button\* of garlic (minced or diced)  
 \* a sprinkle of red pepper flakes OR a tiny bit of finely diced fresh jalapeño if you want a kick - for more heat use the hot Italian sausage)  
 1/4 Cup favorite wine (Optional)  
 1 jar Classico tomato and basil sauce

Serve, depending on SSer level - sprinkle top with grated parmesan (Level 1) alone, or omit bell pepper & bake in bell pepper halves, or over steamed veggie ie zuke \*noodles\*. For Level 2, over pasta, as a toasted sandwich hoagie. This is hearty enough to go it alone as a meal, but my non-SSing family and friends LOVE it on pasta. This is SO MUCH worth the added ingredients! Posted by SinginSOMERSong.

### Fruit Bat Adobo

1 kilo fruit bat meat  
 1 onion, chopped  
 1/4c vinegar  
 2T soy sauce  
 1t peppercorns  
 1c water  
 1/2t salt  
 1 bay leaf

Place all ingredients in a pot; simmer until meat is tender. Serve over rice. Posted by marie172.

### Deer Summer Sausage

2 pounds ground deer meat  
 2 tablespoons tender quick salt\*  
 1/4 teaspoon onion powder  
 1/2 teaspoon garlic powder  
 1 - 1 1/2 teaspoons liquid smoke  
 1 cup water  
 1 tablespoon mustard seed

Mix all ingredients together. Roll into 3 or 4 sticks, wrap in foil, and refrigerate for 24 hours. Preheat oven to 300 degrees. Unwrap and bake for one hour. Slice and serve with cheese slices. May also be frozen. \*Tender Quick salt is made with salt, sugar and other meat curing ingredients. I don't know if the sugar would be of an amount to hurt your weight loss. My husband is a member of the IBEW and this recipe was in their latest magazine. I have not tried this but it sounds good. Posted by 3M.

### Chorizo and Cabbage

12 oz. Manchego Cheese (or any mild white melting cheese)  
 3 T. Olive Oil  
 1 med. Onion, chopped  
 1 sm. Banana Pepper, chopped  
 3 Garlic Cloves, chopped  
 12 oz. Chorizo  
 3 C. Cabbage, sliced (about 1/2 head)  
 2 C. Water  
 1 Pro/Fat Crepe Recipe

In small crock-pot, or non-stick saucepan melt cheese. In heavy skillet heat olive oil. Add onion, garlic and pepper and cook about 3 minutes. Add chorizo and cook about 10 minutes. Add cabbage and water. Let cook on med-low heat until liquid is almost all cooked off (about 30 minutes). Make the crepes large and slice them pizza style. In each triangle pile up the chorizo mix and the melted cheese. Top with sour cream and serve with fresh cut tomatoes and lettuce. Another good Latino Dish! Posted by IWEdRich.

### Tortilla Española with Chorizo

2 Tbs. plus 2 tsp. olive oil  
 1/2 yellow onion, thinly sliced  
 1 tsp. salt  
 6 oz. precooked chorizo sausage, cut into 1/2-inch pieces  
 6 eggs  
 Freshly ground pepper, to taste  
 10 oz. turnips, boiled until tender and sliced 1/2 inch thick  
 1 red bell pepper, roasted, peeled and thinly sliced

In the deep half of a frittata pan over medium heat, warm 1 Tbs. of the olive oil. Add the onion and 1/2 tsp. of the salt, and cook until tender and translucent, about 5 mins. Add the chorizo and cook for 2 to 3 mins. Transfer the onion mixture to a plate. In a bowl, whisk together the eggs, the remaining 1/2 tsp. salt and pepper. Stir in the turnips, bell pepper and the onion mixture. In the deep half of the frittata pan over medium-low heat, warm 1 Tbs. of the oil. Add the egg mixture and cook, loosening the edges occasionally with a rubber spatula, for 5 to 6 mins. Adjust the heat as needed so the underside of the tortilla turns golden but does not brown. Meanwhile, in the shallow half of the frittata pan over low heat, warm the 2 tsp. oil. Place the shallow pan upside down on top of the deep pan. Holding the pans firmly together, quickly flip the tortilla into the shallow pan. Remove the deep pan. Set the shallow pan over medium-low heat and cook the tortilla, pressing the center lightly with the spatula, until set, 5 to 6 minutes. Loosen the edges with the spatula and gently slide the tortilla onto a large plate. Let stand for 10 minutes, then cut into slices and serve. Serves 6 to 8. A favorite Spanish tapa, tortilla española is an egg dish that traditionally includes potatoes. Here, we also add Spanish-style chorizo, which imparts a spicy flavor to the dish. \*\*\*\*We replace the potatoes with turnips for somersizing purposes. Posted by shirlee777.

## SOUPS AND STEWS

### Carb Veggie Soup

1 large can tomato juice + 1 can water  
 1 small can tomato paste  
 1 cup of beans  
 some frozen mixed veggies (the oriental mix is level 1 )  
 wholegrain noodles or brown rice or quinoa (optional)  
 spices of your choice (I like to use the SS cajun salt rub, or chili powder and black pepper)

Put in a large pot. Bring to a boil. Simmer until beans are tender. Posted by Twiggy88.

### Garden Soup

4 T. Butter  
 4-6 Zucchini and Crook Neck Squashes, sliced  
 2 Leeks, cleaned well and chopped  
 2 stalks Celery, coarsely chopped  
 1 lg. Onion, diced  
 1 lg. Red Bell Pepper, diced  
 3 Garlic Cloves, minced  
 16 oz. Chicken Broth  
 1 can V-8  
 2 t. Italian Herbs  
 1 t. each Garlic Salt, Salt and Pepper

Sauté all vegetables in butter, set aside. In pot, combine chicken broth, V-8, herbs and seasonings. Heat to a soft boil, add vegetables, cover and let simmer 20 minutes or until vegetables are tender. Posted by IWedRich.

### Thai Curry Vegetable Soup

1 can Muir glen fire roasted tomatoes  
 1 32 oz carton vegetable broth  
 1 can chickpeas, drained and rinsed  
 1 small zucchini cut in half moons  
 1 medium onion diced  
 1 large stalk celery diced  
 1 teaspoon Thai red curry paste  
 1 red bell pepper, or roasted red bell pepper diced  
 1 bunch cilantro, torn into pieces  
 1/2 bag angel hair style slaw mix or cabbage that has been finely shredded  
 1 small pc of fresh ginger root, finely minced. ( do not use powdered, taste is totally not the same)

Heat some olive oil (a few tsps) and sauté the onion, celery, zucchini till onions are translucent. Add tomatoes, bell pepper, and curry paste and stir well to combine. Add broth. Stir to combine. Add broth, stir to combine again. Add slaw, and torn cilantro and chickpeas. Stir to combine, when mixture comes to a good boil, turn heat off and leave on top of the stove covered for 1 hour. Posted by ncpharmgirl.

### Emerald's Vegetarian Asian Sesame Hot & Sour Soup

4 cups mushroom broth (I like Pacific organic mushroom broth, 1 box = 4 cups)  
 1 cup water  
 2 tsp fresh ginger, minced  
 1/2 cup canned bamboo shoots, rinsed and julienned  
 1/2 cup mushrooms, finely chopped  
 1/3 cup onion, finely chopped  
 1/4 tsp salt  
 3 tablespoons red wine vinegar  
 1 tsp crushed red pepper  
 2 packets of Splenda  
 1 egg  
 3 tbsp soy sauce  
 1 tsp sesame oil  
 4-5 oz firm tofu

In a large pot, combine the broth, water, mushrooms, bamboo shoots, onions, ginger, and salt. Cover and bring to a boil over medium-high heat. Reduce the heat and simmer for 10 minutes. Stir in the vinegar, 1 tsp red pepper, 2 packets Splenda, and boil over medium-high heat for 2 minutes. In a bowl, beat 1 egg. Slowly drizzle into the soup. Stir in the soy sauce, tofu, and sesame oil, and cook over medium heat until warmed through. Optional: Garnish with spring onion. Note: First, this soup is thinner than a lot of hot and sour soups b/c corn starch isn't added. I actually like the thinner consistency, as it makes the soup feel light. Second, some people say that you should let the soup sit in the refrigerator for two days before heating and serving hot and sour soup. I haven't tried that yet. Just be aware that it is an option. Based on reading several recipes, I created a hot and sour soup with a sesame flair. If you are a meat eater, there was one recipe that said that the trick to the soup was mixing 1/2 chicken broth to 1/2 beef broth for the broth. Being a vegetarian, I can't attest to the results (and will stick to mushroom broth) but thought it was worth mentioning. Posted by Emerald.

### Hot and Sour Soup

2 boneless/skinless chicken breasts  
 1 8 oz can bamboo shoots (strips), purchased or cut into strips  
 1 bunch green onions (5 – 6), sliced diagonally  
 1 15 oz can straw mushrooms, drained  
 2 quarts chicken stock  
 2 T Chinese black vinegar (may substitute balsamic vinegar)  
 ½ t finely ground black pepper  
 1 t soy sauce or salt

Slice chicken breasts into matchsticks and put to the side. Heat the stock and add the vinegar, pepper and soy sauce (or salt). Add the chicken and cook for 5-10 minutes (chicken will float when cooked). Then add bamboo shoots and mushrooms. Simmer for 3-5 minutes. Serve in bowls sprinkled with green onions. I'm sure canned stock works fine. I used cooked chicken I already had and this worked well. I also find I like to add more black vinegar. I just made this and was surprised how quick and good this is. I plan to have the bamboo shoots and chinese mushrooms in my pantry from now on! Posted by DominoCat.

### Green Tea Soup

3 green tea bags  
 1 c cream cheese or ricotta cheese  
 2 tbsp finely chopped fresh chives or basil.

Boil 1 C. water. Add tea bags, steep 5 minutes and cool. In small bowl, mix cheese and chives. Gradually blend in tea until smooth. Refrigerate 1 hour so flavors can blend the serve at room temperature. I found this in the August 06 Prevention magazine. Modified from reduced fat cheese to full fat cheese to make it level 1. Posted by larubia69.



### Creamy Italian Tomato Soup

2 cans Hunt's No-Sugar Added Marinara Sauce  
 1 can filled with Heavy Cream  
 1 can filled with water  
 2 pkts. Splenda  
 Now you can stop there or add:

1/2 C. Mayo  
 1/2 C. Sour Cream  
 for a rich thick tomato soup.

Tried this once when the family wanted grilled cheese dipped in tomato soup. Didn't have the soup - so improvised. This is actually fantastic! Serve with Grilled Cheese made with blueladybug's Pro/Fat Hamburger Buns. Who need's Campbell's?? Posted by IWedRich.

### Million Mushroom Soup

2 Tblsp butter  
 3 Tblsp olive oil  
 1 clove garlic, minced  
 1 onion, chopped  
 3 C. chicken broth  
 2 Tblsp. cooking sherry  
 2 Tblsp. Tomato paste  
 ½ cup fresh parsley, minced  
 Pepper to taste  
 1 lb mixed mushrooms - porcini, oyster, morels, enoki, brown or button - your choice

Melt butter and oil in a large saucepan. Sauté garlic & onion slowly over low heat about 10 min. Add sliced mushrooms, cover and cook over med heat about 5 min. Add chicken broth, cooking sherry, and tomato paste and simmer for 10-15 minutes. Ladle into bowls and add pepper to taste, and fresh parsley. \*\*\* We had DebB's garlic toast with this and a huge green salad. Mmmm! There's such a variety of mushrooms available, and the various shapes, colors and textures create a beautiful soup. A friend gave me this recipe but I have only tried it with fresh mushrooms, not dried. Posted by Kisa 1.

### Creamy Cauliflower Soup

4 C. Water  
 ½ C. Butter (one stick)  
 2-3 Carrots, sliced  
 3 Celery Stalks, sliced  
 1 Leek, sliced (white part only)  
 3 Garlic Cloves, minced  
 2 Heads Cauliflower, cut into florets  
 1 t. Garlic Salt  
 1 t. Ground Black Pepper  
 12 oz. Heavy Whipping Cream  
 taste Salt & Pepper

In deep pot start the water and the butter heating. Wash and cut vegetables and add to pot. Stir in garlic salt and pepper. Bring to a boil. Cover and let simmer for about 10 minutes. Vegetables should be tender but not mushy. Stir in the heavy whipping cream, mashing only slightly on the vegetables to thicken. Serve immediately. Eliminate carrots for SS. I never totally gave them up and have done fine - but eat them very limited. Posted by IWedRich.

### Thick & Creamy Cauliflower Soup

1 onion chopped  
 6 stalks celery chopped  
 chopped garlic to taste (I use a lot)  
 pepper flakes, salt and pepper, sweet basil to taste  
 1 head of roughly chopped cauliflower  
 box of chicken broth or stock (just to barely cover the cauliflower)  
 Cream

Sauté onion celery, garlic, pepper flakes, salt & pepper and basil (I use a little spray of pam- or you can use a little chicken stock). Add cauliflower and chicken broth. Cook until cauliflower is tender. In batches, process in blender - you can leave some if you like it a little chunkier. Pour back into pot, add some heavy cream to taste. Sometimes I leave the cream out - it tastes just as good and if you sauté the veggies in a non stick pan and use veggie broth it can be a veggie. This is a recipe for Creamy Cauliflower soup adapted from a Veg cookbook I have used for years. Posted by Medicmom.

### Creamy "Potato" Soup

1 14 1/2 oz. can beef broth  
 1 2/3 pkgs. frozen cauliflower  
 cream  
 1-2 cups shredded cheese of your choice (I used Mexican blend)  
 1/2 pkg. smoked sausage, diced  
 salt & pepper to taste.

Put beef broth and cauliflower in large pot. Bring to a boil, lower the heat, and cover. Cook until soft (about 10 minutes). Puree until smooth (I used a hand blender). Add cream to the consistency you like (I added about a cup, I think). Add cheese, sausage, salt and pepper. Heat over low until cheese melts and sausage is heated through. Add more cheese on the top when serving. I think this would also be good with bacon. This soup is filling and not too rich. Made up this soup last night. It was delicious! Posted by indyemmer1.

### Broccoli Ham & Cheese Soup

3 cups of steamed broccoli (chopped into bite size pieces)  
 4 ounces of cream cheese (softened)  
 3/4 cup heavy whipping cream  
 1 1/2 cups water  
 1 chicken bouillon cube, or 1 teaspoon chicken bouillon granules or concentrate  
 pepper to taste  
 1/2 cup sliced mushrooms  
 1/2 cup of chopped, cooked ham  
 4 ounces shredded cheddar cheese

First, of course, you'll steam your broccoli - you can steam a whole head and chop it up, or you can buy frozen broccoli "cuts," and use 3 cups of them. Combine 1 cup of the broccoli, the cream cheese, heavy cream, and 1/4 cup water in your food processor, with the S-blade in place. Process until smooth. Transfer mixture to a large saucepan. Add bouillon, pepper, the rest of the broccoli, the mushrooms, the ham and the rest of water. Simmer over medium heat until the mushrooms are soft. Add cheddar and stir until melted, then serve. Makes 6 servings, each with: 279 Calories; 25g Fat; 10g Protein; 4g Carbohydrate; 1g Dietary Fiber; 3g usable carbs. I came across this soup recipe and thought I'd share. I haven't made it yet but it sounds sooooo yummy. Posted by joyce317.

### Big Boy's Weight Watcher Cabbage Soup

6 beef bouillon cubes  
 small head of cabbage, shredded  
 2 small onions, chopped  
 3 carrots, sliced  
 1 - 48 oz can of tomato juice  
 2 jalapeño peppers, whole

Bring all ingredients to a boil. Turn down to simmer (I would suggest at least 1 hr). Remove jalapeño pepper. Serve. I have had this recipe for about 25 yr. It is exactly like BB's. Posted by janland.

### Chicken Vegetable Soup

Bring a whole chicken (or pieces) to a boil in a large stockpot with about 8 cups of water. Add an onion or two and a few bay leaves and 3-4 ribs of chopped celery. Add dried dill weed, anise, and peppercorns to taste. I find about 2-3 teaspoons of each about the best. Simmer for at least 2-3 hours. Then strain the broth off and add salt, chopped red and yellow pepper, 1 large can diced tomatoes, 2 cans of mushrooms, and some frozen green beans. Simmer for about 30 minutes tops. You don't want mushy vegetables. While this is simmering, remove the meat from the bones and then add the meat back to the soup and enjoy. This is a great recipe for chicken vegetable soup. It has lots of vegetables and warms you up on blustery days. Posted by barbinadaze.

### Chicken, "Rice" and Veggie Soup

Roast a small chicken. Take off meat, chop and put in fridge and put carcass/all bones in crockpot (I used it for the evening meal, then took almost all the meat off the bone and put the meat in the fridge). Cover with stock or chicken broth or water and a legal bouillon (something I have yet to find). Put in about 3-4 handfuls of fresh baby spinach, 1/2 large bok choy chopped, 2 medium onions chopped, 1/2 cauliflower riced and 5-6 celery stalks with leaves, chopped. Put in salt, fresh ground pepper and fresh garlic to taste. Add a little dried parsley. Cook on low for about 8 hours. Put in the chicken pieces that you have in the fridge to warm, about 10 minutes and serve. I like it with a little grated parmesan. The cauliflower fools you into thinking it is a chicken and rice soup. Made this on the weekend and liked it quite a bit! Posted by beacher39.

### Creamy Tomato-Chicken Soup

4 T. Butter  
 3 Garlic Cloves, minced  
 1 lg. Onion, diced  
 2 C. Chicken Pieces, boneless/skinless, diced into bite sized pieces  
 16 oz. Tomato Sauce  
 1 Jar Tomato Paste  
 1 can V-8  
 1 C. Chicken Broth  
 2 pkts. Splenda (sugar substitute)  
 2 t. Herbs de Provençal (or Italian Seasoning)  
 1 t. Garlic Salt  
 1 t. Ground Black Pepper  
 12 oz. Heavy Whipping Cream  
 taste Salt & Pepper  
 Mozzarella Cheese, cut into 1" cubes

Brown garlic, onion and chicken pieces in butter. Set aside. In pot combine tomato sauce, tomato paste, V-8, chicken broth, Herbs de Provençal, ground pepper and garlic salt. Heat to a soft boil. Slowly stir in cream, lowering temperature if needed. When sauce is smooth add chicken mixture. Salt and pepper to taste. Cover and simmer 20 minutes. Serve with a few mozzarella cubes floating on top of soup. Posted by IWedRich.

### **Creamy Chicken Shrimp Soup - Almost L1**

Olive Oil

4 chicken breasts

1 med Onion diced

5 oz (half a bag) pre-packaged spinach

1 12 oz (??) can chicken broth

2 C. Heavy Cream

2 cans diced rutabaga (drained) \*\*\* Replace Rutabaga with Cauliflower for Level 1

1 t. Lawry's or Chef's mate

1 t. ground pepper (I like lots of pepper)

1 10 oz bag (I think) frozen shrimp (about 2 cups) Thaw and remove tails

In large saucepan brown chicken and onion in olive oil. Add spinach and cook until spinach is wilted. Add broth, cream, and seasonings. Cook until just comes to a boil. Add the cans of drained rutabaga and bring back to a boil. Add shrimp at the very last. Cook about 3-5 minutes, just to heat the shrimp through. Serve immediately. (Rich took leftovers for lunch and said it reheated wonderfully. If using cauliflower to replace rutabaga I would add when adding broth. (Even my picky 12 yr old daughter loved this). Since I didn't really measure - but just threw together, I will estimate on the measurements. Posted by IWedRich.

### **Mexican Chicken Soup**

4-6 boneless chicken thighs

1 can (4oz) chopped mild green chiles

2 cloves of garlic, minced

1 diced yellow onion

2 cans (15 oz each) diced tomatoes, undrained

1 cup chicken broth

1 tsp ground cumin

Place chicken in the slow cooker. combine chiles, garlic, onion, tomatoes, 1/2 cup broth and cumin in small bowl. Pour mixture over chicken. Cover; cook on High 3 hours or Low 6 hours until chicken is tender. Remove chicken; use 2 forks to shred the meat and return to slow cooker. Adjust seasonings, adding additional broth and 1 T. chili powder. Cook about 1 hour more on low. Before serving, top with cheese. This is a Chicken Tortilla Soup without the tortillas. I adapted it from Woman's Day Slow Cooking Magazine. You can make it in the crock pot or on the stove. It's delicious with shredded cheddar cheese on top!! Posted by lsh13.

### **Spinach Eggdrop Soup**

Had this from a restaurant today, will add a few tweaks when I make it at home. This is how I think it is made. Organic chicken stock, heat to almost boiling, add an egg or two, while stirring the broth. Add spinach, fresh or frozen squeezed. I will add a little parmesan and some hot sauce. This was really good. Posted by darlin12009.

### **Sausage & Spinach Soup**

Vegetable-cooking spray

1/2 lb. sweet Italian sausage, cut into 3/4" pieces

4 cups canned Chicken broth

1/2 tsp. dried oregano leaves, crushed

1 medium onion, chopped

1 medium carrot, sliced (level 2 or omit)

2 cups coarsely chopped fresh spinach

Spray saucepot with cooking spray and heat over medium-high heat 1 min. Add sausage and cook until browned, stirring often. Pour off fat. Add broth, oregano, onion and carrot. Heat to a boil. Cover and cook over low heat 10 min. or until vegetables are tender. Stir in spinach and cook 1 min. Serves 5. Posted by matantej.

### Italian Sausage and Spinach Soup

1 Package TJ's Sweet Italian Sausage (1 lb)  
 2-3 Containers TJ's Organic Chicken Broth (1 qt each)  
 1/2 medium onion, chopped  
 1 Large Can Chopped Tomatoes  
 1 Cup Rice (omit for level 1)  
 1 Pkg Organic Spinach frozen

Remove Sausage from casing and sauté with onion over medium-high heat until cooked through, breaking the sausage apart as it cooks. Add Chicken Broth and heat until just boiling. Add Tomatoes and Rice; reduce heat, cover and simmer until rice is cooked, about 20 minutes - longer if using brown rice. Add spinach and cook until heated through. Serve immediately. Garnish with your favorite shredded Italian cheese and serve with a warm loaf of crusty bread (not for SS). I did not use Trader Joe's products. I made a half recipe using 1 container of broth. I thought this was really yummy. This is what I plan on eating when my family has pizza. This recipe was in Trader Joe's most recent ad/flyer. It is Level 2. I made it Level 1 by omitting the rice. Posted by buggy.

### Leftover Mushroom & Sausage Stuffing Soup

I had leftover spinach, mushroom & sausage stuffing, chicken broth and I added some canned tomatoes cut into pieces and added some of the tomato juice. I chopped a green onion and let it simmer, add spice you would like. This morning I made this, I found it delicious. I did not measure anything just added. Posted by oiseaux.

### Kielbasa Soup

2 t. olive oil  
 1 pkg. polish kielbasa sliced  
 1 pkg. chicken tenders diced into chunks  
 salt/pepper to taste  
 3 cloves garlic diced  
 1 onion sliced  
 6 sm. turnips sliced  
 1 green pepper diced  
 1 can black beans drained (optional)  
 2 14.5 cans diced tomatoes with garlic/basil  
 2 t. hot sauce  
 1 qt. chicken stock

Season chicken and brown lightly in oil for 2 min. Add garlic and turnips and kielbasa and cook for 5 min. Add all other ingredients except stock. Cook 5 min and add stock. By now the tomatoes will have made the mixture soupy. Add only as much stock as you want. I prefer it thick like a stew so I add less stock. Excellent the day you make it, but warm it up the next day and it's twice as good! I treat beans as fat or carb, depending on the meal, without hurting my weight loss so I use the beans. You may add other veggies or sub a different kind of bean. The kielbasa makes the soup, but the second day the chicken has absorbed all the flavors. Posted by DTyler.

### Spicy Shrimp Soup

1/2 cup peeled shrimp  
 4 Tbsp pace salsa  
 2 Tbsp cream  
 1 Tbsp bell peppers  
 1 Tbsp celery (opt)  
 dash of pepper  
 dash of oregano

Put the shrimp into a pot, and stir in the salsa and ff cream. Once it begins to simmer, add your veggies, and spices. It's super quick, easy, and best of all delicious! I just made the most scrumptious soup, and because I am only a college student, it only serves one. However you could always double the recipe. Posted by eatinggreatlosingweight.

### BBQ Cabbage and Bacon Slow Cooker

Cut core out of medium sized head of cabbage. Place in crockpot, hole side up with a small amount of water. Brown 1 lb bacon, drain and crumble into cabbage head. Pour sugar free BBQ sauce over top and leave in crockpot on low. I start it in the morning and it's ready when you get home from work. This is really an easy meal. I used red cabbage, but green would be fine. Even my granddaughters liked it. I saw this on the BBQ U show and somersized it. It is incredible. Posted by mamabj. Notes by Kisa 1: Just a reminder that you can make a pretty good \*fake\* tortilla by using Suzanne's recipe for egg crepes, but add in a scoop of legal protein powder to make it more \*floury\*! It works great for enchiladas, or if you just want a wrap other than lettuce for fajitas. The parmesan crisps recipe is what we use now when making tacos as well as taco salad or nachos.

### Sausage in Slow Cooker

I always cook my sausage in a crockpot. I put the sausage on the bottom and than add two cans of stewed tomatoes and some mushrooms to that. I always used stewed tomatoes as it already has the onion and peppers in it. I cook it on low for 6-8 hrs. They come out so tender and exploding with flavor. I serve these over broccoli and have a salad with it. This is a fix it and forget it meal. Posted by sweetthing.

### Sausage in Slow Cooker

Cut kielbasa or polish sausage in chunks, add sauerkraut, a little sliced onion & celery, caraway seeds, pepper. Great meal. Posted by beebie1.

### Sausage in Slow Cooker

I have cooked hotdogs, bratwurst, polish sausages in my crockpot many times. Depends on how you prefer the taste as to whether/when you add a sauce. I put the sausages in "dry" then cook until browned - we do this for hotdogs a lot because everyone loves the flavor - they take approx 45 mins on high. Discovered this when the kids had friends over - I'd cook hamburgers, then throw hotdogs & hamburgers in the crock to keep warm and let guests help themselves as they got hungry. Everyone always raved about the hotdogs. Posted by GardenGirl.

### Pressure Cooker Pork

One of the easiest things to fix is pork. If you like sauerkraut, this is great. I use country style ribs, add sauerkraut, a little onion, caraway seeds and about 3 cups water. Put lid on, turn heat on high until it starts steaming, lower to med & cook about 30-45 minutes.

If you don't like sauerkraut, just put in a pork or beef roast, (you can sear it first if you like) add 3-4 c water, when pressure is up, cook 30-45 mins, depending on size of roast. When you want to check it, turn off heat, let steam escape until little pressure thingy drops back down, open it & check the meat. If it is not tender enough or you want to add veggies at that point, put lid back on, bring up pressure again & continue to cook a little longer. Posted by beebie1.

### Meatless Sloppy Joes

2 c thinly sliced onions	1 T mustard
2 c chopped green peppers	2 cloves garlic (chopped or minced)
1 c kidney beans, drained and coarsely mashed	1 t chili powder
1 can (8oz) tomato sauce	1 T cider vinegar (optional)
2 T ketchup (sf)	

Combine all ingredients in slow cooker. Cover and cook on low 5-5 1/2 hours or until vegetables are tender. Serve on ww bread. Serves 4. I found this in a slow cooker recipe book. Forgot to write down the name and publisher. Posted by 2b4mb.

### **Creole Chicken**

Chicken drumsticks, skin on  
Creole spice - or whatever spices you want  
water/stock/wine

Layer the drumsticks in the crock pot, and sprinkle the spices liberally on each layer. Add your water/stock/wine - about an inch - and leave on low the at least 10 hours. Carefully take the drumsticks out and place on a cookie sheet. Sprinkle more of the same spice they were cooked in over the drumsticks, and bake at 350 degrees for about half an hour. Good with ranch dip, or on their own! I make this recipe quite frequently - and as a returning SS-er I'm happy to see it's legal! Posted by Dingomoto.

### **Chardonnay Crockpot Chicken**

1 Packet of Good Seasons Italian Dry seasoning mix (dry packets come in 4 a box)  
1 Chicken cut up or halved  
1-1/2 Cup of Chardonnay wine (we use Barefoot brand)

Remove skin from chicken pieces lay on bottom of crockpot and sprinkle 1 packet of seasoning over all pieces and pour wine over chicken. Cook for 5-7 hours on low or 5 on high. We're on Level one and this has been a every other week dish. It's very tasty. Your home is going to smell sooooo good! Posted by BushGatorDave.

### **Southwest Pot Roast in Crock Pot**

I rub Suzanne's southwest salt rub on my chuck roast, then brown it quickly on both sides in olive oil, I transfer it to her crockpot. I add 1 can beef broth, 1 jar of the simmer sauce. Let it cook all day, Wow is it good! Oh, I add mushrooms and onions as well. Posted by Luv2shop.

## SIDE DISHES

### Parmesan Mashed Cauliflower

1 head cauliflower  
 1/4 cup grated Parmesan cheese  
 2 Tablespoons olive oil  
 1 teaspoon dried oregano  
 1 teaspoon dried thyme  
 1 teaspoon salt, or to taste  
 1 teaspoon pepper, or to taste

Wash the cauliflower well (dirt can collect in hard-to-reach places). Cut the cauliflower into pieces and place into a steamer basket in a pot over boiling water. Steam cauliflower until a fork can easily glide into it — about 8 minutes. Place the cauliflower into a bowl and crush with a potato masher until consistently mashed. Add the Parmesan cheese, olive oil, oregano, and thyme. Stir to combine. Season with salt and pepper, to taste. Serve warm. Serves 6. Prep Time: 15 minutes. Total Time: 15 minutes. For a creamier version that will better approximate mashed potatoes, delete the 2 Tablespoons of olive oil and add 1/4 cup of butter and 1/4 cup of cream. Cleanhomejournal.com. Posted by matantej.

### Dilled Mashed Cauliflower

1 large head of cauliflower, cut into flowerets  
 1 c. chicken broth  
 1/3 c. sour cream  
 1/2 c. mayo  
 2 tsp. dried dill ( I didn't have any fresh on hand :(  
 S&P to taste

Put both the cauliflower flowerets and the chicken stock in a pot. Steam 8 - 12 minutes until soft. Once they are cooked, mash like potatoes with the sour cream, mayo, dill, and S&P. I didn't really measure the ingredients, but it's my best guess! They are super yummy. My husband could not tell that it was cauliflower. He just kept asking, "What are these? These are really good! What are these?" I am totally experimenting with the mashed cauliflower. I am really missing mashed potatoes (which is weird because I never really ate them much before). But I made a really good batch the other night. I made them to go with some beef stroganoff I had. mmmmm. Posted by Jojomr2.

### Garlicky Mashed Cauliflower

1 1/2 lbs cauliflower, trimmed, cut into florets, about 5 cups  
 1/4 cup half-and-half  
 2 Tbs butter, at room temperature  
 2 cloves garlic (I used 1/2 tsp garlic powder)  
 1 tsp chopped fresh or 1/2 tsp dried sage  
 1/2 tsp salt  
 1/4 tsp pepper  
 3 Tbs grated parmesan cheese

In pot combine cauliflower with enough salted water to cover.. over high heat bring to a boil; boil until very tender, about 20 minutes; drain. In food processor, puree cauliflower, half-and-half, butter, garlic, salt, and pepper until smooth and creamy, 2-3 minutes. Add cheese and process until blended, about 30 seconds. This is super fast and easy to make, and it tasted incredible!!! Posted by sarahdawn. NB: using the half and half would make this Almost Level 1. Could replace with half cream/half water.



### "Adult" Mashed Cauli Bake

1 Head cauliflower  
 2 Tbs butter  
 1/4-1/2 Cup heavy cream  
 1 Finely chopped clove garlic  
 1 and 1/4 Cup fresh grated Monterey Jack cheese  
 Pinch Sea Salt/ Pepper  
 One small yellow onion cut to thin slices  
 1 Tbs extra virgin olive oil  
 Drizzle of Truffle oil (optional)

In a small pot steam the cauliflower until soft when poked with a fork. (I use one of those collapsible steel steaming devices that go in bottom of the pot to hold the cauliflower.) Meanwhile, start the thin onion slices in a small skillet with drizzle of extra virgin olive oil and pinch of sea salt. These should cook until caramelized and crispy aka "frizzled." (I use a fork to stir them around when they start sizzling.) When cauliflower is done, drain and immediately place in food processor with small blade. Pulse partially then break and add sea salt, 1/4 cup of the Monterey Jack cheese, garlic, heavy cream, butter (I melt the cream, butter and garlic together first for extra creamy-ness!) Process all together until it has mashed-potato-like texture. Pour mashed cauliflower into small glass baking dish and layer top with crunchy frizzled onions. Spread remaining shredded cheese on top. Broil just until top cheese layer fully melts. Remove and use a fork to make a few random punctures on top. Drizzle whole thing lightly with truffle oil! I also add goat cheese to the cauli when it is being processed to really make this a gourmet dish. I serve with Filet Mignon or sliced pork tenderloin. I've had several people not even realize this isn't a potato dish as they ate it! I make this even when I've strayed from the Somersize lifestyle-- even non-SSers love it! The bottom stays creamy like mashed potato, and the top is cheesy and crunchy with the frizzled onions. The truffle oil takes the taste to the next level for sure! Posted by JBinCT.

### Cauliflower with Mustard-Lemon Butter

Citrus Rosemary Salt:  
 2 teaspoons coarse salt  
 1 teaspoon fresh rosemary leaves, chopped  
 1 teaspoon lemon zest  
 Cauliflower:  
 1 small head of cauliflower  
 1-1/2 teaspoons finely grated lemon peel  
 6 tablespoons butter  
 2 tablespoons fresh lemon juice  
 2 tablespoons whole grain Dijon mustard  
 1 tablespoon chopped fresh parsley

Citrus Rosemary Salt: In a small bowl of food processor, process all the ingredients. Pulse until well blended. Set aside. Preheat oven to 400oF. Line baking sheet with foil then butter foil. Cut cauliflower in half, then cut crosswise into 1/4-inch slices. Arrange slices in single layer on prepared baking sheet. Sprinkle with the Citrus Rosemary Salt. Roast until cauliflower is slightly softened, about 15 minutes. Meanwhile, melt the butter in small saucepan over medium heat. Whisk in lemon juice, mustard and lemon peel. Spoon mustard-lemon butter evenly over cauliflower and roast until crisp-tender, about 10 minutes longer. NOTE: This can be made 2 hours ahead. Let stand at room temperature; re-warm in 350oF oven until heated through, about 10 minutes. Transfer cauliflower to platter. Sprinkle with parsley and serve warm or at room temperature. Serves: 6. From Bon Appetit, 11/06, 137 (and MsTified). I made this for Thanksgiving and it is fabulous! You could easily double the Citrus Rosemary Salt and use it on other things - like chicken or other vegetables. Store it in an airtight jar. Posted by MsTified.

## Scalloped Cauliflower

1 Head cauliflower - cooked and sliced  
 1 cup pepper jack cheese, shredded  
 1/2 onion  
 2 cups sliced mushrooms  
 2 garlic cloves, crushed  
 1 cup cream  
 3 cubes chicken bouillon  
 2 fresh tomatoes, diced

Cook head of cauliflower and slice. I slice mine before cooking. Place half the cauliflower in a 9 x 13 inch pan. Saute onions, mushrooms and garlic together in a bit of butter or bacon grease. Add chicken bouillon cubes. Add cream and heat through. Reduce slightly if desired. (I also add a bit of thick n thin to help with the runniness of this sauce.) Sprinkle 1 tomato over cauliflower, then half of the mushroom/cream mixture, then sprinkle half of the cheese on top. Make another layer exactly the same as the first. Bake at 350 degrees for 20 - 30 minutes or until bubbly. This is delicious. My husband and I couldn't stop eating it. Be sure to use the pepper jack cheese, though. It's not the same without it. If you make a homemade legal mushroom soup, you can use this instead. That's what I had in mind when I tried this for the first time. I didn't have any soup so I decided to make a quick version in a frying pan. Posted by Deedee2times.

## Level One Fried Rice

Pro/Fat

In large fry pan, saute in 3 Tbs Olive oil until onion is translucent:

1 medium yellow onion (diced)  
 1/2 yellow or orange bell Pepper (diced)  
 1/2 red bell pepper (diced)  
 2 buttons garlic ( minced)  
 1 Cup Echridge or Healthy Choice sausage ( cut into 1/2 inch strips)  
 1 Cup diced ham  
 1/4 Cup chopped parsley OR 1 T dry parsley  
 1 Tbs fresh grated ginger (peeled)  
 1 Tsp fresh lemon or org rind(no white pith)

Once sautéed, add the riced cauliflower and 3-4 Tbs low sodium soy sauce. Stir to blend ingreds well. Heat through about 15 mins on medium heat.

\*Optional ingreds:

1 tsp red pepper flakes

1 raw egg added when cauli is added and stirred to cook as all is blended in together

\*Serve with additional soy sauce if desired.

\*\*\*\*\*

Carb-Style~~

You can use the ingreds with cooked brown rice or with riced cauliflower as above. (Note the optional ingred list and choose according to Carb meal limits).

In Large saucepan, sauté in 1/2 Cup veggie broth or water the same ingreds above (EXCEPT oil, meats, egg). Add more broth if needed. When onion is translucent, add the brown rice or cauliflower, or BOTH if you'd like. Add soy sauce as above, heat through and enjoy! \* You can also roll this mixture in cabbage leaves and steam them, stuff into bell peppers and bake...OR fill zucchini boats and bake. I hope you'll give this a try and satisfy that "I GOTTA Have My Chinese Food FIX! This is versatile and can be used for carb meals or pro/fats with the required changes. Posted by SinginSOMERSONG.

### Cauliflower Puff

1 10 oz Package frozen cauliflower, cooked until very tender, drained  
 2 Large Eggs, separated  
 2 Tablespoons Milk (Sub Cream)  
 1/2 Teaspoon Salt  
 Pepper to taste  
 2 Tablespoons finely chopped scallions  
 1/2 cup grated cheddar cheese  
 2 Tablespoons Butter, melted  
 2 Tablespoons Grated Parmesan Cheese

In an electric blender or food processor whirl until smooth the cooked cauliflower, egg yolks, milk (cream), salt & pepper. In a medium bowl beat the egg whites until stiff; gradually fold in the cauliflower mixture, scallions & cheddar cheese. Spread over the bottom of a buttered 9 inch pie plate. Drizzle with melted butter, sprinkle with parmesan. Bake in a preheated 375 degree oven for 20 minutes or until golden brown and set. Cut into wedges and remove with wide spatula. Per Serving: 118 cal; 6g protein; 5 g sat fat; 3g carb; 1g fiber; 92 mgm chol; 315 mgm sodium. Serves 6. This was in our local paper this weekend. (Recipe Finder column by Julie Rothman) I haven't had a chance to try it yet but it's at the top of my list! Thought I'd share. Posted by wadamom.

### Mashed Broccoli

I wanted cauliflower, but all the market had yesterday was broccoli, so I got 6lbs of broccoli instead of cauliflower! So, I decided to experiment, and made mashed broccoli, the same way we all here on the boards make mashed, creamed, scalloped, twice baked - whichever is your favorite. It was surprisingly good! I added bacon and cheese, so they may have helped, but I don't think it tasted like broccoli at all, just a mashed veggie. Just another idea, in case cauliflower is too expensive, but broccoli is on sale. And, you could use it place of mashed potatoes come St. Patrick's Day! The weird thing is, it tastes a lot like the mashed cauliflower, but maybe a little milder? I guess I would have to try it a second time to make sure I didn't just get a really good batch of broccoli, but it didn't have that little bit of sharp taste I sometimes get with the cauli. It's one of the few veggie recipes (mashed anything) that is satisfying. Posted by marie172.

### Oh My Goodness, Broccoli

1 lg sweet onion  
 7-8 slices bacon  
 3-4 C broccoli spears  
 3/4 C grated parmesan  
 1 C cheddar or american cheese, cubed.  
 Heavy cream  
 Pat of butter  
 Salt, pepper, garlic powder, paprika to taste

In a non-stick sauce pan, cook chopped bacon and onion, with butter pat until cooked (not crispy). Add broccoli, cook about 5 mins while stirring frequently. Add cream, heat through. Add seasonings, cheeses and stir until melted and heated through and thickened a bit. Extra sauce? Freeze the leftovers and use the next time you're having plain old veggies. Soooo easy! Posted by rowdyinwi.

### Sautéed Purple Cabbage with Onion and Prosciutto

Slice 1 head of purple cabbage thin and 1 onion. Sautee in a large pan or wok in olive oil and butter with salt. Cook a while to soften 30 minutes. Add diced prosciutto cook another 10 minutes. If using bacon add bacon in the beginning or cook in another pan. this is great to cook ahead and then microwave later. Keeps well. This is sooo good. This restaurant serves it here in town on their low-carb menu. I had it with roasted pork tenderloin with SS vanilla maple basting sauce. Posted by stephygirl1234.

### Baked Squash

8 yellow squash, sliced	1/4 cup real bacon bits
1 white or Vidalia onion, chopped	1/4 tsp. nutmeg
3 Tbsp. butter, melted	1 clove garlic, minced
1 cup sour cream	Salt and pepper to taste
1 cup cheddar cheese, grated	Paprika
1/2 cup parmesan cheese, grated	

Boil squash and onion until tender, drain. Place squash and onion in a baking dish and pour melted butter over. Combine sour cream, cheddar cheese, 1/4 cup of Parmesan cheese, bacon bits, nutmeg, garlic, and salt and pepper and mix well. Place in baking dish with squash and stir. Top with the remaining Parmesan cheese and paprika. Bake for 30 minutes at 350 degrees. Posted by matantej.

### Spaghetti Squash and Cheese

1 recipe Cooked Spaghetti Squash  
 1/2 C. Heavy Whipping Cream  
 1/4 C. Butter  
 12 oz. Shredded Cheddar Cheese  
 taste Salt and Pepper

Heat cream and butter in a saucepan. Slowly add cheese, stirring constantly, until a smooth sauce. Pour mixture over the squash. Posted by IWedRich.

### Spaghetti Squash Au Gratin

1 recipe Cooked Spaghetti Squash  
 3 eggs, beaten  
 12 oz. Shredded Cheddar Cheese  
 taste Salt and Pepper

Preheat Oven to 400°. Butter a baking dish, and place squash in bottom. Pour eggs over squash and cover all with cheese. Bake until cheese is bubbly, about 20 minutes. Posted by IWedRich.

### Spaghetti Squash Alfredo

1 recipe Cooked Spaghetti Squash  
 2 C. Fresh Grated Parmesan Cheese  
 1/2 C. Butter  
 1/4 C. Heavy Whipping Cream  
 1/4 t. Garlic Salt

In heavy saucepan melt butter. Slowly add cheese, stirring constantly. Whisk in cream and garlic salt. Serve immediately over the squash. To make a thinner sauce, add more butter. Posted by IWedRich.

### The Best Mashed "Potatoes" Ever

Tonight I attempted to make spaghetti from spaghetti squash. I've microwaved it twice, varying the cooking times, and I've baked it whole for 2-1/2 hours before. Each time I ended up w/ mush. I'm convinced that there is NO way to get it to the consistency of pasta. Tonight I took that mush and put it in my potato ricer (just as you would for cauliflower mash), and squeezed a whole heap of water out of it. Then I put the blob in a small processor with 1 Tb. of butter, 1/4 c. of grated parmesan (from the wedge, not the can), 1/4 tsp. of garlic powder, and 1/4 tsp. of salt. It was soooo delicious! It was creamy (no strands at all) and mildly sweet, and unlike the cauliflower, tasted close to real potato. I loved it and will now use squash for my mash in the future. I started with a rather small squash, it yielded a serving and a half, I would say, or 2 very small servings of mash, so if you try this with a larger squash, I'm sure you would need more butter, parmesan, garlic powder, and salt. Posted by ChubChub.

### Singin's Scarborough Fair Stuffing/Dressing

1 egg  
 1 C roasted spaghetti squash  
 1 C steamed, drained cauliflower  
 1 C steamed green beans (frozen or fresh)  
 1/2 medium yellow onion  
 1 stalk celery ( strings removed)  
 1 C parmesan ( Kraft canister type)  
 1/4 - 1/2 C bacon bits or cooked diced (optional)  
 2 Tbs butter  
 1/4 tsp parsley  
 1/2 tsp sage ( or to taste)  
 1/4 tsp rosemary  
 1/4 tsp thyme  
 1/4 tsp red pepper flakes (optional)  
 1/4 C rich chicken stock or broth  
 1/8 tsp garlic powder  
 salt to taste  
 2 drops yellow food color (optional)  
 \*\*Browned Jimmy Deans sausage might be good in there sometimes too! (optional)

Combine all ingreds except egg in a food processor. Pulse to a medium grind of all ingreds, like rice but not mush. Taste for seasoning correction and THEN add 1 raw egg. Pulse a couple more times. Pour into a buttered baking dish, sprinkle the top with more parm and bake 350 degree oven for 25 mins. Tip: measure all dry ingreds into a small dish and dump in all at once, if you'd like. This is as close to our family cornbread stuffing/ dressing as possible, without actually adding the cornbread! It's definitely gracing our holiday tables this year! Remember Simon and Garfunkel's Scarborough Fair song? Parsley, Sage, Rosemary, and Thyme, it's all in this recipe! This recipe feeds 3 - 4 so double or triple as needed. Posted by SinginSOMERSong.

### Faux Fried Potatoes and Onions

After reading about the jicama chips and fries and cheese fries, I got a craving for fried potatoes and onions. I know parsnips are almost level one so I used them, sliced very thin, sliced onion, a little olive oil and kosher salt and pepper. The parsnips even smelled like fried potatoes. And they brown up just about as well. They were delicious. That and spaghetti squash with some Trader Joe's Three Cheese spaghetti sauce which is sugar free and I felt like I was eating all comfort food. Yum!!! Posted by mamabj.

### Turnip French Fries

Chop the turnip into french-fry strips and (if you wish) lightly coat with oil. Place on a flat baking sheet and sprinkle with sea salt. Bake at 180-190 C for 20 minutes. Try some different seasonings: dried parsley and basil, a little sea salt or a touch of cayenne and sea kelp. I found this recipe on a British website. Posted by jarush.

### Jicama Fries

I have discovered an easier way to deal with cooking jicama. My DH really misses his ff with our hamburgers, so I tried to fry jicama, but it was so hard that even if the fries browned they still didn't taste done in the center. Anyway, I have found a method that works for us. Microwave the jicama 7-10 minutes then let it cool enough to handle. Peel, then cut into small sized fries. Fry them in a good quality oil (peanut oil is best) until well browned. Sprinkle with salt while still hot. Keep the batches warm in the oven while frying other batches. -Hope this satisfies some of those french fry urges for you! Posted by subiedoobie.

### BBQ Onion Steaks with Honey-Mustard Sauce

1/4 olive oil  
 2 tablespoons butter, melted  
 1/4 cup Dijon mustard  
 1/4 cup sugar-free honey  
 1 tablespoon chopped fresh summer savory  
 1-1/2 teaspoons Worcestershire sauce  
 2 large sweet onions, cut horizontally into 1/2-inch thick slices

Prepare grill to medium high heat. Whisk oil and butter in small bowl. Whisk mustard and next 5 ingredients in another small bowl. Run 2 thin metal skewers or soaked bamboo skewers parallel through each onion slice, placing skewers about 1-1/2 inches apart to keep slice intact. Trim ends of bamboo skewers. Brush both sides of onion slices with oil mixture. Place onions on grill and cook until beginning to char, turning and brushing often with oil mixture; about 11 minutes. Brush top side of onions with mustard mixture and cook until mixture begins to bubble, about 2 minutes. Turn onions, brush with mustard mixture and grill until beginning to caramelize, about 1 minute longer. Transfer onions to plate. Brush with mustard mixture and serve. Bon Appetit, July 06, p. 98. This is heavenly! Yummy served with grilled steak. Posted by MsTified.

### Fried Green Beans

Sauté (stir fry) beans in some butter. Place on microwaveable dish, and nuke for 5 minutes; stir. Nuke for one minute at a time until to desired crispiness. Sometimes it helps to let them cool off between nukings (some of the moisture goes away then). You can also stop nuking them before they get completely crispy, and still have some soft spots. Both ways tasted good to me. I decided to try making these like I do my mushroom chips, and they worked great! I can only get fresh green beans, so I have no idea how these would work with frozen, but I don't see why not. In fact, if you defrosted them first and squeezed out the excess water, they might go faster. I can also buy my fresh green beans already french cut, pretty thin, so that is what I used. Posted by marie172.

### Fried Spinach Balls

1 10 oz box spinach  
 6 oz cream cheese  
 1 small onion, sautéed  
 1/2 cooked chicken breast  
 3/4 cup Parmesan cheese  
 1 egg  
 Olive Oil for frying

In a bowl, mix together spinach, onion, cream cheese, chicken, and egg. Roll into small balls. Dip each ball in Parmesan cheese and throw them into the frying pan. Cook until brown. My mom used to make these when I was little. I bread them in Parmesan to Somersize them. I make this recipe a lot. Posted by lilyismydog.

### Wild Rice Casserole

1 cup wild rice, uncooked  
 1 pound fresh mushrooms, sliced thickly  
 1 cup minced onion  
 3 cups vegetable broth  
 3 cloves garlic, minced

Rinse wild rice well. Combine wild rice, mushrooms, onion, and garlic in a 3 quart casserole dish. Pour broth over it all, cover, and bake at 350 degrees for about 1 1/2 hours. From [www.thedailyrecipe.com](http://www.thedailyrecipe.com). Posted by matantej.

**Perfect Baked Brown Rice (level 2)**

1 1/2 cups brown rice, medium or short grain  
2 1/2 cups water  
1 tablespoon unsalted butter  
1 teaspoon kosher salt

Preheat the oven to 375 degrees F. Place the rice into an 8-inch square glass baking dish. Bring the water, butter, and salt just to a boil in a kettle or covered saucepan. Once the water boils, pour it over the rice, stir to combine, and cover the dish tightly with heavy-duty aluminum foil. Bake on the middle rack of the oven for 1 hour. After 1 hour, remove cover and fluff the rice with a fork. Serve immediately. I saw this on Good Eats, and tried it, and it is definitely worth posting. I have never had such light, fluffy brown rice in my life. It is the only way I will prepare it from now on! Posted by ncpharmgirl.

## VEGETABLES

### Fasoliyyeh Bi Z-Zayt (Syrian Green Beans)

1 (16 ounce) package frozen cut green beans  
 1/4 cup extra virgin olive oil (I only used 2 tbl)  
 salt to taste  
 1 clove garlic, minced  
 1/4 cup chopped fresh cilantro

Place the green beans into a large pot, and drizzle with olive oil. Season with salt to taste, and put the lid on the pot. Cook over medium-high heat, stirring occasionally, until beans are cooked to your desired doneness. Syrians like it cooked until the green beans are turning brownish in color. The idea is not to sauté them, but to let them steam in the moisture released by the ice crystals. Add cilantro and garlic to the beans, and continue to cook just until the cilantro has started to wilt. I copied this from the allrecipes site. These are great! What is also great is that the recipe calls for frozen green beans, which are so cheap and easy to keep on hand. Only change I made was to use only 2 tbl. olive oil. I have never liked frozen green beans before this. "I learned how to make this while visiting my husband's family in Syria..." Original recipe yield: 4 servings. Prep Time:5 Minutes. Cook Time:25 Minutes. Servings:4. Posted by terrapin.

### Creamy Spinach Parmesan

2 Tbsp butter  
 1 Large bunch spinach - washed, drained and chopped  
 1/2 clove fresh garlic - finely minced  
 1/2 Cup heavy cream  
 3 Tbsp Parmesan cheese - freshly grated is best

Heat large skillet to medium high (350°F for electric skillet). Add butter and melt; then quickly add garlic and allow to brown for 1 minute. Add the spinach, reduce heat to medium, and cook, uncovered, until it wilts and much of the juices evaporate. Depending on the moisture of the spinach, it'll exude quite a bit of liquid. Cook it down until there's a about 2-3 tablespoons of liquid left. Add the heavy cream and cook down for a one to two minutes. Sprinkle in parmesan and mix. (If mixture is still a bit thin, allow the parmesan a few minutes in the skillet. It has good thickening power of its own.) \*if you don't like garlic, I would skip this dish. Posted by lilyismydog.

### Baked Spinach Casserole

3 tablespoons minced onion  
 1 pound chopped mushrooms  
 3 tablespoons butter  
 1 1/2 tablespoons ThickenThin  
 2 teaspoons salt  
 1/4 teaspoon white pepper  
 1/4 teaspoon nutmeg  
 2 cups light cream  
 2 (10 ounce) packages frozen spinach, thawed & drained  
 3 tablespoons grated Gruyere or Swiss cheese

Heat oven to 325F. degrees. Sauté onions and mushrooms in butter for 5 minutes. Blend in ThickenThin, salt, white pepper and nutmeg. Gradually add cream, stirring to boiling point. Taste for seasoning. In buttered casserole, spread half the spinach; cover with half of the mushroom sauce, then repeat. Sprinkle with the grated cheese. Set in pan of hot water. (I don't think you really need to cook this in water bath.) Bake 40 minutes. Serves 6 – 8. Tried this the other day, & thought it was good! Posted by iwillrejoice.



### Spinach Dish

In a large pan, fry chopped bacon and onion. Use grease for rest of the recipe, do not drain. Add 3/4 to 1 C heavy cream. Wilt 1 bag of 3x washed baby spinach (dry in a spinner). Add C of parmesan, C swiss cheese, salt, pepper, garlic powder, paprika to taste. Simmer until thickened. May also add jar of artichoke hearts. Posted by rowdyinwi.

### Broiled Tomatoes

Tomatoes, enough to do 1 layer on a large cookie sheet

Mayo

Prepared horseradish

shredded cheddar

parmesan

fresh minced onions

garlic powder

pepper

crumbled cooked bacon

Mix all ingredients except tomatoes together. Slice tomatoes 1/4" thick, and top with mix (heaping amount on each). Broil until golden and bubbly. Posted by rowdyinwi.

### Tomato Broil

4 tomatoes sliced about 1/4" to 1/2" in thickness

2 cups Italian Style cheese

2 teaspoons Italian seasoning

2 teaspoons olive oil

1/2 teaspoon pepper (adjust to your taste)

Preheat oven to 350. In a casserole dish put a layer of tomato slices and a layer of cheese: sprinkle some of the Italian seasoning and drizzle one teaspoon of olive oil over the layers. Repeat layers. Top with pepper. Bake in oven for 15 minutes to melt cheese. Then place under broiler until the cheese gets brown and bubbly. Serves 6. This recipe is from a bag of shredded cheese. Posted by 3M.

### Grilled Onions

Peel onion. Carve out center (save for other uses). Put in a pat of butter & 1 bouillon cube. Wrap in foil. Put on grill until tender. Posted by beebie1.

### Grilled Cabbage

I quarter the cabbage so it is nice portion size, then wrap it in 1 slice of bacon or sprinkle with bacon if you like. The I sprinkle it with garlic powder S & P, dash a little soy sauce, and sprinkle with Chicken bouillon or little chicken broth, top with 1 pat of butter. Wrap tightly in foil and place on grill. Wow it is soooooo good. I eat it all year long on the grill. Posted by Luv2shop.

### Cabbage-Curry-Fennel

How ever much cabbage your pan will hold. Remember that the cabbage will wilt down a lot so it won't be as bulky as when you started. Fry the cabbage until it is done to your liking. Some may like it crunchy while other may like it cooked more. When the cabbage is just about to your liking, add 1 teaspoon of hot curry and 1 teaspoon full of fennel and a little butter. Finish cabbage to your doneness and enjoy. Posted by bigdad.

## Oven-Roasted Veggies

1 medium zucchini  
1 medium summer squash  
1 medium red pepper  
1 medium yellow pepper  
1 red onion  
bacon, cooked and crumbled  
3 Tablespoons oil  
1 teaspoon salt  
1/2 teaspoon pepper  
shredded cheese

Heat oven to 450. Cut the zucchini, squash and peppers into bite size pieces and dice the onion. Place the veggies, onion and bacon in a large roasting pan. Toss with oil, salt and pepper to mix and coat. Spread in a single layer in the pan. Roast 30 minutes, stir occasionally, until the veggies are light brown and tender. Top with cheese. Posted by 3M.

## SNACKS

### Pepperoni Nachos

I used the pepperoni chips and got created. I made a big ole' batch of pepperoni chips and topped them with cheese sauce (heavy cream, cheese, chillies) They tasted like Mexican chips and queso (My favorite treat before Somersizing) It was awesome! Posted by lilyismydog.

### Baked Flax Chips

1/4 c flax meal  
2 T soy protein isolate  
1 T splenda  
1/2 t vanilla  
1 t water

Combine ingredients and enough water so that mixture resembles cookie dough. If too much water was added, let stand for a few minutes and it will dry out a bit. Roll out 1/3 of the dough on a piece of foil paper or cookie sheet. I aimed for paper thin for crisper chips. Using a pizza cutter or butter knife, carefully mark square shapes (or any shape preferred) without going through the foil. Bake at 300F-150C for 10-15 minutes. Keep a constant watch of the first batch as they tend to brown quickly. Break the chips at the knife marks into small pieces. Repeat for rest of the dough. The # of servings depends on how thin and how large each chip is. I get about 50 chips with trace carbs, calories 2 each. You can make variations by adding a bit of butter for a richer taste or some cinnamon and extra splenda. This was from the Australian site, no name included. NB: the flax meal would make this Level 2. Posted by mamabj.

### Zucchini/Crookneck Chips

Thinly slice (I keep skin on) squash. Round or long ways works! Heat peanut oil (or favorite cooking oil) to a sizzling temp. Toss in squash by handfuls. They shrink and separate as they cook. When edges start to turn golden flip over. When completely golden remove to a paper towel. Sprinkle with Lawry's of Chef's Mate All purpose seasoning. They crisp as they cool. They are delicious! Next time I make I am going to try sprinkling with cinnamon/sweetener combo! My 16 yr old son loves these so they don't last for long! Posted by IWedRich.

### Dilled Cheese Squares

1 lb gouda cheese  
3 eggs beaten  
2 T chopped green onions  
2 T chopped green pepper  
1/4 t dried dill weed

Mix all in medium bowl; pour into ungreased 8-inch square baking pan. Bake 350 until puffed and lightly browned, 25-30 minutes. Cool several minutes; cut into squares. This is a new cheese snack. This is from an Australian site. Posted by mamabj.

### Goat Cheese Crackers

Today I thought I'd try goat cheese as a cracker. As you know goat cheese has an extremely strong smell and is pretty sharp in taste so I wasn't sure how it would taste as a cracker but to my surprise I loved it. It is a fairly soft cheese so when I laid it on the plate it spread out evenly, bubbled up and turned to a wonderful golden crisp. I microwaved it for about 80 seconds, my microwave is old though and takes longer to cook than others. Surprisingly it lost that sharp strong taste after I microwaved it and has just the right taste for a cracker (not too sharp and not too bland). I cant wait to try tuna fish or spinach dip on these! Posted by RS1970.

### Nadine's Savory Italian Style Pork Rinds

1 bag pork rinds (3 oz)  
 3 T melted butter  
 salt and pepper to taste  
 1 t Italian seasoning  
 1/2 t onion powder  
 1/2 t garlic powder  
 4 T grated Parmesan cheese

Break larger rinds in half and place in large Ziploc bag. Combine butter, spices and cheese. Pour batter mix over rinds, seal bag, and shake until the rinds are well coated. Pour rinds onto a baking sheet. Bake 300F for about 10 minutes or until dry and crunchy. Serve plain or with a dish of marinara sauce for dipping. Posted by mamabj.

### Cheese Puffs

One 80 gram bag of Pork Rinds (I use Old Dutch brand)  
 5 tablespoons butter, melted  
 1/2 cup grated cheddar cheese (I use Kraft brand)

Preheat oven to 220 Degrees Fahrenheit. \*\*\* Place pork rinds in large bowl. Drizzle one spoonful of the melted butter over the pork rinds at a time, and mix. Continue this process until all the butter is evenly drizzled over the pork rinds. Place half of pork rinds in large plastic bag, and add 1/2 of the cheese. Shake until all the pork rinds are evenly coated in the cheese. Place cheese puffs on large cookie sheet in a single layer. Shake and coat remaining pork rinds with cheese and place on the cookie sheet in a single layer. Place cheese puffs in the oven and bake for 10 minutes, no longer. Store in an airtight container or Ziploc bag. It is a good idea to store these in the refrigerator until ready to eat because of the cheese. Take along in individual serving bags to the movies or a summer picnic for a great, crunchy snack.\*\*\* I find baking the cheese puffs helps to give them extra crispiness and helps to infuse the cheese flavour throughout the entire pork rind. However, this is optional and they will taste great without being baked. \*\*\* Variation: Replace grated cheddar cheese with grated parmesan cheese. (I use Kraft brand). A very tasty cheese alternative. \*\*\*\*\* Take pork rinds, butter, and cheese, then toss and bake. The result? A chip like snack filled with cheesy goodness. These resemble the classic cheese doodle in both taste and appearance. Another perfect and insanely delicious alternative to popcorn while enjoying a night out at the movies. As they say at the movies, "sit back, relax, and enjoy!" Serving Size: 1-3 people. Preparation Time: 15 minutes. Posted by pneuman.

### Cinnamon Twists

1 80 gram bag of Pork Rinds (a.k.a. Bacon Puffs, I use "Old Dutch" brand)  
 6 tablespoons melted butter  
 1/4 cup of cinnamon if you are a cinnamon lover (or 1/8 cup if you like a less strong in cinnamon flavour)  
 3/4 cup Splenda or 1 1/2-2 tablespoons SomerSweet (may use more or less sweetener to adjust to personal tastes)

Preheat oven to 200 Degrees Fahrenheit. Melt butter in a small bowl in the microwave for 30 seconds, or until melted. Drizzle one tablespoon of butter over pork rinds at a time, then thoroughly mix the pork rinds. Continue this method until you have drizzled all the butter over the pork rinds and they are completely coated in butter. Place cinnamon and sweetener in large plastic bag. Add 1/2 half of the pork rinds and shake gently until they are coated. Spread pork rinds on a large cookie sheet in a single layer and coat the remaining pork rinds, placing them on the cookie sheet. Bake on lower rack of oven 10-12 minutes. This will help to make the cinnamon twists nice and crisp and form a delicious, sweet glaze. Store in Ziploc Bag or airtight container. They can be stored in the cupboard for at least one week. Take along in individual snack bags to a summer BBQ or to munch on at the movies. Crunchy and sweet, these tasty treats are very similar to the cinnamon twists we all enjoyed at the carnival in our childhood. If you are looking for the perfect alternative to popcorn while enjoying a night at the movies, look no further. You may actually have people wishing they had these instead of popcorn. Posted by pneuman.

### Caramel Pork Rinds

3 oz. bag of pork rinds  
 3 T melted butter  
 2-3 T splenda

1 tsp caramel extract  
 1/2 tsp cinnamon

Break larger rinds in half. Put rinds in a large zip lock bag. Combine butter, splenda, extract and cinnamon. Pour butter mix over rinds and shake until well coated. Oh, yeah, close the bag before shaking!. Pour rinds onto a baking sheet and bake at 300 for about 10 minutes or until dry and crunchy. Note: you may sub caramel extract with toffee or butterscotch or who knows. Get wild, go crazy. ( I know I know, sweet pork rinds and YES it works) (Try it with more sauce or less rinds). Note: I wonder if this would caramelize made with somersweet? I have no idea who to credit this to, but there it is. I have made them and they are good. Posted by erjen\_lower.

### Crunchy Apple Chips

I was asked to post what I have so far. I've only made a couple batches of these and I was impressed that they actually did get crispy. I didn't follow any one of these exactly - but you can get the general idea - I just messed around with all 3 recipes. Note - the bottom recipe says it will take 6-8 hours. This depends on how thin your apple slices are. You'll just have to keep an eye on them. Mine only took a couple hours in the oven. I didn't make notes (doh!) and I don't recall exactly what I did. All I know is it was mostly the top recipe. We really enjoyed them. (I'm making notes next time.) Posted by DebB.

### Cinnamon Apple Crisps

2 small red apples, sliced paper thin  
 2 TBSP cinnamon and Splenda mix

Preheat oven to 200F. Line a baking sheet with parchment paper. Place apple slices in a single layer on the paper. Sprinkle with cinnamon and Splenda mixture. Bake until lightly browned, about 2 hours. Cool on a wire rack and serve. Cook's Tips: I used my Pampered Chef Apple Corer/Slicer/Peeler to make the apple slices. It was fast and easy. However, an apple corer and a mandolin could be just as quick. From <http://theweekendchef.exit-23.net/20050528/cinnamon-apple-crisps/>

### Apple Chips

6 tablespoons confectioners' sugar (use a legal sweetener)  
 2 Granny Smith Apples

Preheat oven to 225 F & line 2 large baking sheets with parchment paper. Sift 3 tablespoons confectioners' sugar evenly onto lined baking sheets. With a mandoline or other slicer cut apples crosswise into paper-thin slices. Arrange apple slices in one layer on sheets and sprinkle evenly with remaining 3 tablespoons confectioners' sugar. Bake slices in upper and lower thirds of oven, switching position of sheets half-way through baking, 2 1/4 hours total, or until slices are pale golden and starting to crisp. Immediately peel apple chips off parchment and cool on a rack. Tips: Apple chips keep in an airtight container at room temperature for 2 weeks. Recommended for garnish on ice creams and apple desserts or as a crisp, cookie-like accompaniment. From Food Network,

### Apple Chips - food down under

4 medium Golden Delicious apples  
 sweetener to equal 2 tablespoons sugar  
 1/2 teaspoon cinnamon

Peel, core and slice apples into 1/8- to 1/4-inch-thick rounds. (Davis uses a hand-cranked device that peels, cores and slices the apples in one operation.) As the apples are sliced, put them in salt water (about 2 teaspoons salt to 4 cups water) to keep the slices from turning dark. In a separate bowl, mix together sugar and cinnamon. Rinse salt water off the apple slices, but don't dry them. Spread slices, one layer thick, on dehydrator racks and sprinkle cinnamon sugar on them. Dry in an electric dehydrator 10 to 12 hours until slices are crispy. Variation: The drying can also be done on racks in an oven, with the door slightly ajar and temperature at 200 degrees. This may take 6 to 8 hours. Dry until slices are as crisp as you like. From Recipe # 6019 @ fooddownunder.com.

### Rhubarb "Roll-Up"

I just cooked the rhubarb with a tiny bit of water until it was all a mush. Then I added splenda to taste. The first time, this was all I did. They were good, but a little tart (even though I like them that way). This time I thought I'd try to add some vanilla and strawberry extract. Maybe like 1/2 t. each. Each time I let the sauce/jam cool. then dehydrate it. I'm still in the experimental phase myself but I just love this handy little snack. I don't have to think about what I'm having for dinner if I need a snack! Posted by hungryhippo.

## DESSERTS – Level One

### Kisa's Chewy Oatmeal Cookies

1 Cup Somersize Cinnamon Pancake & Waffle mix  
 1 Pkt. Somersize Maple Hot Instant Oatmeal \*\* -- cooked with ½ cup water as per package directions (or see notes below for subbing other instant oats)  
 ¾ Cup Water  
 3 tsp Somersweet  
 1 tsp Vanilla  
 1 Tbl. Somersweet Maple Syrup  
 ½ tsp Baking soda  
 ¼ tsp Nutmeg  
 ¼ tsp Cinnamon  
 ¼ tsp Salt  
 Cinnamon Somersweet Topping: Mix & Set aside for the tops of cookies -- 1 teaspoon Somersweet mixed with 1/8 tsp cinnamon.

Preheat oven to 350 degrees. In a medium mixing bowl add the Cinnamon pancake and waffle mix, with somersweet, baking soda, nutmeg, cinnamon, and salt. Cook 1 packet of SS Hot Maple Instant Oatmeal as package directs with ½ cup water, in the microwave. (cooks 1 min, stir, then cooks 30 seconds) Let stand for one minute, but while still warm, add in the vanilla, and maple syrup. Then add the water to this mix, a little at a time, mixing well. Lastly add in the bowl of dry ingredients and stir together until combined. ~ my batter was just the perfect dough for "drop" rather than rolled cookies. (If it seems too wet for you, just sprinkle in a little more dry pancake mix by teaspoon). Drop cookies by Tablespoonfull on a Silpat, or parchment lined cookie sheet, and bake for 7 minutes. Sprinkle with the Cinnamon Somersweet topping on tops of each cookie, and return to oven to bake for additional 4 minutes. Cool. Yield is 12 cookies. These are good warm, but even better after cooling an hour. \* If you are not using Somersweet Maple Instant Oats (which are already sweetened a bit) you may need to add a little extra somersweet to the batter. The packet of oats is approximately 1/3 cup. MMMmm ... Chewy Oatmeal Drop Cookies. Moist, dense, and chewy - Lev 1 Carbs. Thanks Karene! Your inspiration with the chocolate chip pancake mix prompted this experiment. Posted by Kisa 1.

### Cinnamon Spice Pork Rind Cake

7 egg whites, room temp.  
 2 cups of pork rind flour  
 2-1/2 c. splenda or 6 tbs sweetbalance  
 1/2 c. cinnamon  
 1 tsp gr. nutmeg  
 1 tbs cinnamon extract  
 1 tsp baking powder  
 1 tsp baking soda ¾ c. boiling water  
 ¾ c. soured, scalded, heavy whipping cream \*\*\*  
 4 egg yolks  
 \*\*\* sour cream\*\*\* ~to sour the cream add 2 tbs vinegar to the cream, to scald, bring to slow boil and remove from heat immediately

Preheat oven to 350 degrees, lightly grease one 16x16 rectangular pan, or 2 round or square 8 inch pans Add flour, sweetener, cinnamon, nutmeg, extract, powder and soda. Mix until thoroughly blended. Add scalded, sour cream and boiling water. Beat on low speed w/ mixer until well blended. Add egg yolks and beat til smooth, Beat egg whites w/ mixer on low speed til they are whites are thick and frothy. Increase speed to high and beat until stiff, white peaks form. Be careful not to over-beat or they will lose their volume. Gently fold in 1/4 of the egg whites into cinnamon batter. Fold in the remaining egg whites, working quickly yet to preserve the volume of the egg whites. Pour cake into pan. Bake at 30-36 mins, depending on your preferred moistness level. Take out of oven and cool in pan for 1-1/2 hrs, letting bottom cool. Invert cake onto plate lined with waxed paper, cover w/ plastic wrap and store in fridge. Originally posted by pneuman. Re-posted by pfreeland.

### Perfect Glaze

2 ounces heavy cream  
2 tablespoons softened butter

1 teaspoon vanilla extract or lemon extract  
3 ounces cream cheese-room temp

Beat heavy cream, butter, cream cheese, & extract of choice well. If too thick, add a little more cream, 1 tablespoon at a time. Drizzle over dessert of choice. This is a yummy glaze for any dessert. Posted by Twinkle.

### Cinnamon Flan Cups

1 cup heavy cream  
2/3 cup water  
3T caramel s/f syrup

1 cinnamon stick  
2 eggs  
1/2 tsp somersweet or 2 Tbls splenda

Heat oven to 325 F. In a saucepan, bring first 4 ingredients to a simmer over med-low heat. Remove from heat & stand 15 mins. Remove cinnamon stick. Beat eggs; gradually whisk in 1/3 of cream mixture. Whisk egg mixture into cream. Pour mixture through a sieve into 4 (6oz) ramekins. Place cups in large roasting pan, place pan on oven rack. Pour boiling water halfway up sides of ramekins. Cover entire pan with foil. Bake for 40 mins, until center is set. Let cups sit in pan at room temp for 15-20 mins. Remove cups & cover with plastic wrap. Do not let plastic wrap touch surface of flan. Refrigerate at least 2 hrs. \*For almost level 1, use 3 tbs s/f caramel sauce, like the kind you put on ice cream. I used suzannes caramel sauce when I made it & it was good. Posted by JamieAZ.

### Tart Crust Shells

1 1/4c vanilla protein powder  
1/4c sugar equiv of sweetener (I used 1/4c WL)  
10 Tablespoons butter melted

Preheat oven to 350. Mix protein powder and sweetener, then add the melted butter until you have a mixture like that of a crumb crust. For little tarts (which is what I made): Take a mini muffin pan and butter if it is not non-stick. Then fill each muffin cup with a heaping teaspoon of crust mix. Press the mix in with your fingers or a tart tapper if you have one. It is important that the tart mix is pressed in really well or it might not come out right. When you have pressed mix in all the muffin cups bake for about 5 min. Don't worry when they come out of the oven if there is a little butter pooled in the middle of the tarts, it goes away. Allow to cool in the pan, when they are cool, gently turn each one a little to see if it is loose and flip onto a cookie sheet. They are very delicate and may require a little effort to remove from the pan, I suppose one could try mini-muffin papers too. For a filling when they were cool I used homemade lemon curd (Joy of Cooking's recipe but sub WL). But, the possibilities are endless, any of the pudding recipes, or ice cream. For AL1+ chocolate, for L2 berries with custard. It might work in larger pans too, I haven't tried it. There is still a little of the whey powder taste, but I don't mind it. Posted by oreolover.

### Cheesecake

2---8ox. pkgs. cream cheese  
2/3 cup splenda  
3 eggs  
1/2 teaspoon almond extract

Beat the above ingredients until whipped like lemon cram. Then pour into a well greased glass 9 in. pie plate and bake in oven at 350 degrees for 25 min. Take out and cool on rack for 20 minutes. While pie is cooling, mix:

2 cups sour cream (I use only 1 cup)  
6 tablespoon splenda  
2 teaspoon vanilla extract

Pour on top of pie, after it cools for 20 minutes and put back into oven and bake for 10 minutes more. Take out of oven and cool on rack. Thank you to Barbara Brody for this cheesecake. It was first posted back in 2001 and I saved it. This is delicious! Posted by T66.



### Mascarpone Cheesecake

20 oz cream cheese (2 1/2 eight-ounce packages), softened  
 8 oz mascarpone cheese at room temperature (about 1 cup)  
 Splenda or Somersweet equivalent of 3/4 cup sugar  
 3 large eggs  
 1 teaspoon vanilla  
 1 teaspoon fresh lemon juice  
 1/4 tsp cinnamon (or to taste, this will be topping the cheesecake)  
 1/4 teaspoon salt  
 For topping  
 1 cup sour cream  
 Splenda or Somersweet equivalent of 1/4 cup sugar  
 1 teaspoon vanilla  
 1 teaspoon fresh lemon juice  
 1/8 teaspoon salt

Beat cream cheese, mascarpone, and sweetener in a large bowl with an electric mixer at medium high speed until fluffy, 3 to 5 minutes. Add eggs 1 at a time, beating well after each addition. Add vanilla, lemon juice, and salt and mix at low speed until combined. Pour into pie pan that has been sprayed with Pam and bake until cake is set and puffed around edge but still trembles slightly when pan is shaken gently, 25 to 30 minutes. Cool slightly in pan on rack, about 20 minutes. (Cheesecake will continue to set as it cools.) Leave oven on. Make topping: Stir together sour cream, sweetener, vanilla, lemon juice, and salt in a small bowl and spoon over cheesecake, spreading gently and evenly, leaving a 1/4-inch border around edge. Bake cheesecake until topping is set, about 10 minutes. Run a thin knife around edge to help prevent cracking. Sprinkle top with cinnamon and cool completely in pan on rack, then chill, loosely covered, at least 8 hours. Posted by TraciLee.

### No-Bake Cheesecake

Mix together 2 envelopes Knox Unflavored Gelatine, sugar sub of your choice to equal 1 cup, and 1/4 teaspoon salt in the top of a double boiler. Beat together 2 egg yolks, 1/2 cup water and 1/2 cup cream; add to gelatine mixture. Cook over boiling water, stirring constantly until gelatine is dissolved and mixture thickens...about 10 minutes. Remove from heat; add 1 tsp. grated lemon rind; cool. Stir in 3 cups softened cream cheese (24 oz.), 1 tblsp. lemon juice, and 1 tsp. vanilla. Chill, stirring occasionally until mixture mounds slightly when dropped from a spoon. While mixture is chilling, make crumb topping: Level one: It works well with no crust. I tried to make someone's recipe of spice cookies (somersize recipe) and they were so dry they crumbled-up well for crust. Level two: Mix 2 tblsps. melted butter, 1 tblsp. sugar sub., 1/2 cup graham cracker crumbs, 1/4 teasp. vanilla 1/4 tsp. nutmeg; set aside. 6. Fold 2 egg whites, stiffly beaten and 1 cup heavy cream whipped, into chilled gelatine mixture. 7. Turn into 8" spring form pan and sprinkle top with crumb mixture. Chill until firm. This recipe has been a favorite of my family for years. It was so easy to somersize for level one. Posted by cmc4akc.

### Yummy Legal Dessert

8 oz. cream cheese - softened  
 8 oz. sour cream  
 1/3 c. splenda + more for cream  
 1 cup heavy whipping cream  
 1 tsp. vanilla

Start by beating the cream with a mixer until peaks form or it turns a little thick. Add Splenda to taste - this is supposed to taste like Cool Whip. In separate bowl soften cream cheese and add sour cream and beat together. Add vanilla. Slowly incorporate cream mixture and 1/3 cup of Splenda until it is all mixed together well. THAT'S IT! It is so good! Posted by daviansmom.

### Lemon Zest Ricotta Crème

1-cup part-skim ricotta cheese  
 1/2 teaspoon grated lemon zest  
 1 squeeze of lemon juice

1/2-teaspoon vanilla extract  
 sugar substitute to taste [1 - 2 t.]

Before dinner mix all together in a individual bowls. Put in refrigerator. Serve after dinner. Makes 2 servings. {From George Stella} I topped this with some homemade whipped cream that I added a touch of almond extract too. Wow, it was good. Posted by Debits2000.

### Lemon Angel Frost

2 Egg Whites  
 1/2 C Sugar equivalent  
 1/2 t. grated lemon peel

1/4 C lemon juice  
 1/2 C heavy cream, whipped  
 2 Egg yolks

Beat the egg whites till soft peaks form; gradually add sugar sub, beating to stiff peaks. Beat egg yolks till thick and lemon colored. Fold egg yolks, lemon peel, and lemon juice into egg whites. Fold in whipped cream. Pour into freezer tray; freeze firm. Scoop and serve in sherberts. Top with choc. shavings (legal chocolate). Leave off for level 1. So airy, smooth and creamy it just melts in your mouth. and don't forget the chocolate shavings, (almost level 1). it's delightful with the lemony tang. I have not made this yet. Better Homes and Gardens 1960. I found this in a recipe scrapbook of my DH grandma's. We need more level 1 desserts. Posted by stephygirl1234.

### Lemon Chantilly Frosting

2 c heavy cream  
 1/4 c sugar substitute  
 1 T lemon juice  
 1 t lemon peel

Chill bowl and beaters. Combine cream and sugar substitute in bowl. Beat until soft peaks form and cream is of spreading consistency. Fold in lemon juice and peel. Use about 1 c frosting between each layer and remaining 2 cups for top and sides. Posted by mamabj.

### Sugar Free Spicy Rhubarb Fool

3 cups rhubarb (4-5 stalks fresh rhubarb, washed and cut into small chunks)  
 1 cup water  
 1 cup Vanilla sugar-free syrup  
 2 tablespoons unflavored gelatin  
 1/4 teaspoon stevia (optional)  
 2 teaspoons ginger - fresh grated is best  
 8 oz cream cheese  
 1 cup heavy cream

Mix the water and syrup in a medium saucepan and add the unflavored gelatin. Allow to soften for five minutes. Turn on the burner and add the cut rhubarb, (Stevia) and ginger and bring to boil. Reduce heat and cover, simmer gently for 10 minutes or until rhubarb is soft. The rhubarb will add it's own juices to the mixture as well. Turn off burner. When the rhubarb is softened, add the cream cheese which has been cut into small blocks. Allow the cream cheese to melt and blend into the hot mixture. Remove and set aside to cool. This can be hastened by setting the pan in a large unbreakable bowl of ice. Whip the cream and fold into the rhubarb. Spoon into serving dishes. Chill for several hours. Garnish with a dollop of whipped cream. Makes 6 Servings. Tired of strawberries as your only low carb fruit option? Rhubarb, also called sweet round-leaved dock or pieplant, is usually thought of as a fruit, but it is actually one of the few perennial vegetables in existence. It is often over-looked as a low-carb alternative for dessert, though it is not only low-carb, it is also high in calcium, potassium and vitamins A&C. Rhubarb must always be cooked and the leaves, which are toxic, should be thrown away. Posted by mamabj.

### Creamy Raspberry Cloud

1 - pkg sf jello (4 serv. size)	1 1/2 c. whipping cream
2/3 c. boiling water	1 tsp. somersweet
1 - 8 oz. pkg. cream cheese	1 tsp vanilla
1 c. ricotta cheese	

Dissolve jello in boiling water, stirring for 2 minutes. Put in a blender and add in cream cheese. Blend. Add in ricotta. Blend until smooth. Place mixture in a medium bowl. In another bowl, add cream, somersweet and vanilla. Whip until stiff. Fold whipped cream into jello mixture. When combined, put in a greased springform pan. Chill for four hours or overnight. Serve with whipped cream for level one. Add some berries sweetened with somersweet for almost level one. This can be made with any flavour of sugar free jello. I made this for company and no one had a clue there was no sugar in this recipe, and they all raved about it. I also served a little of Terri T's chocolate sauce on the side! Yum! I have to say I have been having a lot of fun in the kitchen lately with experimenting, especially with deserts. This was a very good experiment. Posted by Jojomr2.

### Gelatin Dessert

Make a sf gelatin - any flavour. Allow to set to soft set. Put in blender and add 8 oz ricotta cheese. Allow to set until firm. Notes: I didn't use a full 2 cups of liquid so that it would be a little firmer. Tried strawberry and substituted OJ for the cold water. Added frozen strawberries when blending. (AL1?) Added some vanilla (1 teaspoon?) I think any flavor would work. Next I want to try orange gelatin with OJ and vanilla. Cream sickle???? I really like this because it is not as heavy as the other desserts with whip cream and cream cheese. The combinations are unlimited!! Posted by 2b4mb.

### Stained Glass Window Cake

1 small (0.3oz) package Sugar Free Jell-O: Red (Cherry, etc.)	2 cups heavy whipping cream
1 small (0.3oz) package Sugar Free Jell-O: Orange	3 Packets Splenda
1 small (0.3oz) package Sugar Free Jell-O: Lime	4 cups boiling water
1 small (0.3oz) package Sugar Free Jell-O: Lemon	1 1/2 cups cold water

Prepare red, orange & lime Jell-O separately, dissolving each in 1 cup boiling water & adding 1/2 cup cold water in each. Pour each flavor into separate pans (loaf pans or small square baking pans.) Chill until firm - about 3 hrs. Meanwhile, whip the heavy cream with the artificial sweetener until you have stiff peaks. Cover & refrigerate. After Jell-O squares are firm, prepare the lemon Jell-O with 1 Cup boiling water & let chill until slightly thickened (about 1 hour.) Remove red, orange & lime Jell-Os from refrigerator & using a butter knife, slice into approximate 1/2 inch cubes. Using a rubber spatula, loosen from pans into a large mixing bowl & set aside. Carefully blend the lemon Jell-O with whipped cream in a large bowl. Fold the Jell-O cubes into this mixture & pour into a springform pan to chill overnight or until firm. To serve, carefully remove outer ring of springform pan & cut into slices. Me & my sister had this recipe from when we were little, & just tweaked it a bit to be ss. Posted by lilyismydog.

### Seven Layer Jello

4 packages of sugar free jello lemon lime orange cherry	1 container of sour cream
2 envelopes unflavored gelatin	1/2 tablespoon of sweetener
1 cup of cream and 1 cup of water	2 teaspoon vanilla

Dissolve unflavored gelatin in 1/2 cup boiling water, let cool. This is to be mixed cream and water mixture to follow. Dissolve 1 pkg of jello in 1 1/2 cups of boiling water, pour into a 9"x13" clear dish, then place in refrigerator to set. Dissolve another jello and leave at room temperature. Meanwhile, bring cream and water to a boil, Remove from heat, add sweetener, vanilla, sour cream and gelatin mixture. Alternate 1 1/2 cups of milk mixture over set jello. Continue same procedure with the two remaining jellos. Hint: Making the first layer of jello the night before gives this recipe a good start. This recipe does take time to do but it is really good and kids love it also. \*Christmas time I use red and green jello. Posted by oiseaux.

### Cherry and Pineapple Sorbet

Take frozen cherries, 1/4 c unsweetened pineapple juice, and if necessary a little ice, and blend it. It is incredible. The cherries are sweet enough you should not need any sweetener, but if you, add to taste. It is a great late night snack, the enzymes, I like to think of them as little pac men eating up the fat. I started making this years ago, before I even knew what sorbet was. You can also make tangerine, (when in season) of course. Just fresh or frozen tangerine juice and ice. Wonderful! Posted by mamabj.

### Cherry Sorbet

6 cups frozen pitted cherries  
1/4 cup sugar substitute  
1 lemon, juiced

Combine sugar and cherries and refrigerate overnight. Place mixture into a blender and puree until smooth. Add lemon juice and pulse until combined. Pour mixture into ice cream machine & churn according to manufacturer's instructions. This recipe is from the Food Network, courtesy Kathleen Daelemans. Difficulty: Easy; Prep Time: 20 minutes; Yield: 6 servings. Posted by mamabj.

### Strawberry Sorbet

I've made a delicious and very quick dessert that is similar to sorbet. Fill your blender about 3/4 full of frozen strawberries (I let them thaw partially). Add one tub of Raspberry Ice Crystal Light and about 1/2 c. water. Blend until smooth. (I sometimes have to add more water.) This is delicious and really fast! Posted by indyemmert1.

### Awesome Lemon Ice Cream

1+1 Lemons (1 for Juice and Zest for recipe, one for serving in a lemon boat.)  
1 Cup Heavy Cream  
2 sweetener packets

Combine sweetener, cream and zest of one lemon. Add juice of one lemon. Will begin to thicken immediately. Whisk for about 2 minutes. Put in freezer and whisk again at half hour intervals until desired consistency. (I like it after 1 hour or so) Then put in lemon boat to serve. Top with mint sprig if desired. If left in freezer it will freeze hard and makes a good ice pop too. This is based on a recipe I got out of a vintage women's mag. Ingredients can obviously adjusted to taste. If you like it more tart, add the juice from the second lemon too - if you like it sweeter, add more sweetener! I think it's wonderful, especially on a hot summer day. This recipe is for a single serving, but easily doubles, triples, etc. for entertaining. Posted by listenersamantha.

### Frozen Orange Creamsicle

2 small boxes Sugar Free Orange Jell-O  
2 pkts Splenda  
1 Cup heavy cream  
2 Cups boiling water  
1 Cup crushed ice

Add 2 cups boiling water to Jell-O mix as per package directions and mix well till fully dissolved. Add crushed ice to the mixture and stir to melt ice and cool mixture. Add sweetener and heavy cream. Mix well, pour into freezer bowl or individual cups and chill until firm. (These can also be poured into freezer-pop holders to make true creamsicle type treats!) Posted by lilyismydog.

### Chai Vanilla Ice Cream

2 Cups heavy cream  
 1 Cup decaf chai vanilla tea, chilled  
 1 tsp almond extract  
 3 Tbsp Somersweet  
 1 tsp freshly ground black pepper  
 1/2 tsp ground ginger  
 1/2 tsp ground cloves  
 1/2 tsp ground cinnamon  
 1/2 tsp freshly grated nutmeg  
 1/2 tsp ground cardamom  
 1/3 Cup powdered egg whites  
 Caramel Sauce(optional, I used Somersize premade sauce in the jar)

Pour tea, almond extract and all of the spices into the blender. (I find that if the blender is set very low to just stir, you can put the tea in then add the other ingredients into the blender with the blender on). With the blender still on stir, add in the powdered egg whites and somersweet. Put lid on blender and blend on high for 1/2 to 1 minute. Next pour in the heavy cream and blend only for 1 minute, no longer.(blending too long will cause the cream to separate into butter). Follow the directions for your ice cream maker. After the ice cream process is complete, I placed 1/3 of the ice cream into a storage container. I drizzled 1/2 a jar of caramel sauce over this, then another layer of ice cream, rest of caramel sauce, then remainder of ice cream. I then just swirled a spatula through gently to swirl the caramel. Freeze until ready to use. All of the credit for this recipe goes to Teri T(for her superior scoopable ice cream #2 recipe) and Semi Homemade with Sandra Lee from food network(even if this is more work than she likes it was very simple). I used my Donvier Ice cream maker to assemble this. This will be a good dessert to accompany a curry dish or something a little spicy. I hope you enjoy this as much as my family does. Posted by 2bkchk.

### Blushing Apples

2 pkg. (4-serving size) strawberry gelatin (substitute sugar-free--can also substitute any red flavor)  
 1/4 tsp. ground cinnamon  
 4 cups water  
 4 medium apples, such as Granny Smith, McIntosh or Golden Delicious

Combine dry gelatin mix and cinnamon in 3- to 4-qt. saucepan. Add water. Bring to boil on med-high heat, stirring frequently until gelatin is completely dissolved. Peel and core apples. Add to gelatin mixture in saucepan; partially cover saucepan with lid. Return to boil. Reduce heat to med-low; simmer 10 to 15 min. or just until apples are fork tender, gently turning apples every 5 minutes. Remove apples from liquid. Serve warm. Or, cool and store in tightly covered container in refrigerator at least one hour or overnight. Serves 4. Got this recipe from the latest Kraft Food and Family. I'm planning to try it this weekend. This would be a level 1 fruit. Posted by indyemmer1.

### Baked Apples

2 or 3 large baking apples (Romes are good)  
 1 can [12 oz.] of Diet Rite Raspberry soda  
 ground cinnamon, to taste

Peel the apples about halfway (from top to midsection, leaving skin on bottom half). Core out the seeds, being careful not to go all the way through the bottom of apple. Set the apples, peeled end up, in a baking dish (I use a loaf pan) and pour the Diet Rite into the "hole" and the pan around the apples. Sprinkle the tops of the apples and the center with cinnamon, to taste (I like lots). Bake at 350 degrees till tender (about 1 hour, depends on size). Baste with soda as it bakes. I make mine in toaster oven. Serves 2 - 3. This is so good, like apple pie without the crust. And Hubby pours on heavy cream when he eats his apple. Maybe this isn't too "illegal" since the apple has fiber and Suzanne says strawberries and cream is ok if it doesn't cause problems. (NB: adding the cream would be Level 2.) Posted by Debits2000.

## DESSERTS – Almost Level One

### HSN Whole Wheat CC Cookies

1 C Somersize Chocolate Chip Pancake mix  
 1/4 tsp ground nutmeg  
 1/4 tsp salt  
 1/4 tsp baking powder  
 Brown Sugar sub equivalent to 1/2 C brown sugar  
 1/4 tsp vanilla extract  
 1/2-3/4 C water (add little by little until get cookie dough texture)

On Silpat or parchment paper (or very lightly spray cookie sheet) lined cookie sheet, drop by spoonfuls. Bake at 350 for 12-15 min for soft cookies, longer for crispy. Could also add oatmeal too for added texture. Even my co-workers who are fully-loaded only foods liked these. Per requests, I tried to re-create as close as possible the cookies I made. Posted by Karene.

### Chocolate Chip Cookies

1 cup Somersize Chocolate Chip Pancake and Waffle Mix  
 4 tablespoons water  
 Non-stick cooking spray

Preheat oven to 350 degrees. Mix batter and water together using a rubber spatula, to form a ball. (Batter will be crumbly.) Roll ball into a log. Slice log into 8 even cookies. Spray cookie sheet with non-stick spray. For extra browning, you may also lightly spray the tops of cookies. Bake for 7 minutes. Using a spatula, flip cookies over and cook 5-7 minutes more. Almost Level One - Makes 8 cookies. This is a really easy way to make cookies out of Somersize Chocolate Chip Pancake Mix. Recipe from HSN, posted by barbtyszka.

### Double Chocolate Chip Cookies

3/4t salt  
 1 1/3C whole wheat pastry flour  
 1 1/2 C oats (I use quick oats for this)  
 1/2C unsweetened Cocoa Powder  
 2 1/2t baking powder  
 1t Baking soda  
 1C sugar substitute (I use Somersweet)  
 1C Evaporated Skim Milk  
 1C fat free yogurt (plain)  
 1/2 C sugar free chocolate chips  
 1 C puffed wheat cereal

Preheat oven to 375. In a large bowl, combine flour, oats unsweetened cocoa powder, baking powder, baking soda, salt, and sugar substitute. In a small bowl whisk together milk and yogurt. Form a well in the middle of the dry ingredients, add wet ingredients and combine. Add chocolate chips and stir to distribute them evenly into batter. Just before spooning onto cookie sheets, stir in puffed rice cereal (You don't want it to get soggy). Place by spoonfuls onto cookie sheets covered with parchment (I use silicon baking mats). Bake for 10 - 12 minutes. Cool on racks. 1/2 recipe made 24- 2 inch cookies. These don't spread out much. These are a nice treat after a legal carb lunch or dinner (or for breakfast if you just have to have that chocolate fix! This recipe was originally posted by Texanbroad as Double Chocolate Chip Muffins. I have tweaked it and come up with a cookie version that is an almost level one-carb. Posted by 2bkchk.

### Chocolate Chocolate Chip Cookies

1 box of Somersize Flourless Chocolate Brownie Mix  
 1 large egg  
 1/4 cup cold butter  
 1/4 cup of chopped Somersize Baking Bars (optional)

Preheat oven to 350 degrees. With an electric mixer, blend the cold butter with one package of the brownie mix until it resembles cookie crumbs. Add the egg and blend until combined. Fold in the chopped chocolate. Using a teaspoon, scoop approximately 1" balls of cookie dough onto an ungreased cookie sheet. Bake 12-14 minutes. ALMOST LEVEL ONE. Makes 12-14 cookies. Posted by CP9293.

### Individual Soft Center Cakes

8 TBSP (1 stick) unsalted butter  
 1 bar (4 oz) Ghirardelli 60% Cacao Bittersweet Choc. baking bar  
 2 whole eggs  
 2 egg yolks  
 1/3 cup splenda  
 1/2 tsp vanilla extract  
 1 TBSP cake flour (L2) (OR ground Pork Rind or protein powder)

Melt butter and chocolate in double broiler. Whip eggs, yolks, sugar and vanilla with a mixer for about 10 minutes on high speed. Fold melted chocolate and butter into the egg mixture. Fold in the flour just until combined. Butter and sugar four 6 oz ramekins then spoon even portion of mixture into each. Bake at 450 degrees for about 9 or 10 minutes. The center will be quite soft but the top and sides will be set. Let sit, out of the oven for about 5 mins, then unmold onto a plate. Serve with a few raspberries and a dollop of whipping cream. (This looks like the chocolate volcano dessert.) I saw this recipe and this sounds really good. Posted by CP9293.

### Another Twist on Dulcenea's Beautiful Whole Wheat Cake

For a gorgeous chocolate cake, I made the recipe with the recommended 1/2 cup of wonder cocoa. Then I added 2 TBLS of egg whites--with the recommended added liquid too. The flour-like quality of the cocoa and the egg whites lift this cake beautifully, and I ended up with a lovely rich dark chocolate cake. Since the egg whites are fat free, I think this cake is still level one! Then I thought of rum soaked cakes, and on that idea I drizzled a little da vinci's sugar free hazelnut syrup on top of the cake, and it was totally divine. This would also be fabulous with Suzanne's raspberry coulis, which would make a wonderful level two dessert. These are small additions and ideas but I hope you like them. Dulcenea's recipe is wonderful; it's so sturdy and versatile you can do many things with it. I didn't care for the cake at first with regular whole wheat flour. I find that it helps tremendously with the quality and moistness if you buy organic whole wheat flour. Posted by tesharri. (NB: refer J9 Cookbook "Whole Wheat Cake" recipe on page 275 for full original recipe.)

### Chocolate Iced Cream – Nuked

2/3 cup cocoa\*  
 1 cup cream  
 1 cup water  
 1/8 tsp salt  
 4 Tbsp butter  
 1.5 tsp vanilla (or 2 tsp sf syrup)  
 4 scoops Somersweet \*\*

In a medium sized microwavable bowl, place cocoa\*, salt, cream, and water. Mix well. Microwave on high until hot. Add butter, vanilla, somersweet. Microwave 2 minutes. Stir to ensure all butter is melted. Freeze in individual servings. Let it soften before serving. Has the consistency of a fudgesicle. \*Use wondercocoa or Safeway premium cocoa. \*\* 4 scoops Somersweet = 1 tsp Somersweet = 1.3 Tbsp sugar. Posted by Twiggy88.

### Blueberry Ice Cream

5 egg yolks  
 1 Cup Splenda  
 3 tsp. vanilla extract  
 2 Cup heavy cream, whipped  
 1/2 Cup frozen blueberries, drained well  
 1/4 Cup water

Place egg yolks, vanilla extract, sweetener and water in blender. Blend at medium speed for 30 seconds. Add blueberries. Blend an additional 10 seconds. Fold yolk mixture into whipped cream. Blend lightly, until you have a marbled effect. Be careful not to break down volume of whipped cream. Empty into refrigerator tray and freeze for 2 hours. This is an awesome all treat. Posted by lilyismydog.

### Stuffed Strawberries

Take several large strawberries and with a small melon baller, hollow out the strawberries at the stem. Take a package of softened cream cheese, add sweetener to taste, juice of half a lemon and lemon zest of 1 lemon. Beat the cream cheese mixture till light and fluffy. Then just stuff the strawberries and put out for everyone to eat. You can make these ahead of time. You can use a pastry bag with a tip if you want to get fancy, or just use a spoon to fill them. This is a great refreshing light desert. Posted by jimmac. Noted from erjen\_lower: These sound good. I bet these would be great and really fancy if you filled them (or even halved them and made little sandwiches) and dipped them in chocolate and chilled them.

### Strawberries with Cheesecake Cream

1/2 cup (4 oz.) cream cheese, softened  
 sweetener to equal 6 tablespoons of sugar  
 4 teaspoons heavy cream  
 orange extract to taste (up to 1 teaspoon)  
 one quart of strawberries

Beat all ingredients except berries with electric mixer on medium speed until smooth. Slice strawberries and divide into four dishes. Spoon 1/4 cup of cheesecake cream over top and serve. Posted by mjlibbey.

### Strawberry Shake

Fill a sauce pan (lg) half way full of frozen strawberries and water half of that. Bring to a boil and then simmer until berries are thawed. This makes a sauce when you blend (hand blender) all together. Let cool then add SSweet or your favorite sweetener. Then in a blender mix 3/4 strawberry sauce to 1/4 heavy cream and ice cubes. Yummy. This is easier to me than ice cream and my kids liked it so much better than it as well. No coating and almost level 1. I discovered this the other day and my kids loved it. Posted by stephygirl1234.

### Dona's Chocolate Sauce

1/2 cup butter (if you don't like salt, you can use unsalted)  
 1/2 cup pure xylitol - just like sugar and approved by somersizing for those who can't use somersweet  
 Pinch of salt  
 1 cup heavy cream  
 1 teas. vanilla extract  
 6 tbs. Wondercocoa

In a saucepan, combine butter, Wondercocoa, and xylitol. Whisk over medium high heat until sugar is dissolved (approx. 3- 4 mins) and as it starts to bubble, add cream very slowly (be careful, as, can boil over). Lower heat to medium and heat until it gets bubbly and cook for another 3-4 minutes. Let it cool and store in the refrigerator. I pour it into a plastic squeeze bottle for convenience. Posted by dona1012.



### Choco-Mousse Pudding and Pie Filling

8 oz cream cheese, softened  
1 C Pourable Splenda  
2 tsp vanilla extract  
1/2 C of heavy cream  
1/2 C Wonder Cocoa  
2 T melted butter  
1/4 tsp baking soda

Soften cream cheese in microwave for 10-15 seconds. Sift in Wonder Cocoa. Add other ingredients and mix with hand mixer until smooth and fluffy. Now I just have to find a legal pie crust so I can serve this for Thanksgiving with a huge layer of homemade whipped cream! Posted by IWedRich.

### Delicious Rocky Road Dessert

6 ounces sugar-free semisweet chocolate chips  
Sweetener equivalent to 3 tablespoons sugar (2 1/4 teaspoons SomerSweet is what I used)  
3 eggs, separated  
1 pint whipping cream  
1 recipe Cindi's Vanilla Cake (in Level 1 Dessert forum)  
Slivered almonds (optional - this would make it Level 2)

Melt chocolate chips with the sweetener in double boiler over hot water. (Stir until smooth.) Remove from the heat & cool slightly. Beat the egg yolks, & add to the chocolate, stirring constantly. It will seize up, but just keep stirring. Cook for 5 minutes over the hot water. Cool. Beat the egg whites until stiff. Fold the chocolate into the egg whites. Whip the cream. You don't need to sweeten it. Fold the chocolate mixture into the whipped cream. Cut the cake into bite-sized chunks & place in a large serving dish. Pour the chocolate whipped cream over the cake chunks, & mix lightly. Refrigerate several hours. Sprinkle slivered almonds over the top, if desired. I tried this one this weekend, & I thought it was pretty good! I don't actually make dessert very often, so this was a treat. Satisfies that chocolate itch! This makes a lot! Posted by iwillrejoice.

### Chocolate Scotch Pudding

I wanted to make Suzanne's pudding for company the other night and only had one package of chocolate and one of butterscotch, so I mixed them. WOW! Delicious. Now I'm thinking this would be a great frosting for any of the legal pro/fat brownies or chocolate cake. Posted by mamabj.

## DESSERTS – Level Two

### Chocolate Apple Crepe topped with Whipped Cream

Crepe

1 large apple ( I used a Spartan apple )

1 scoop protein powder

1 Tbsp cocoa powder

2 large eggs

1 Tbsp maple syrup

1 Tbsp vanilla extract

1 Tbsp water

1 Tbsp butter

Whipped Cream

1/2 cup whipping cream

1 scoop Somersweet

1/8 tsp cherry flavour

1 drop red food colouring

Slice the apple thinly. Microwave apple slices on high for 3 minutes. Sprinkle with cinnamon. Melt butter in a 10" pan. In a bowl, blend or whisk the protein powder, cocoa powder, eggs, maple syrup, vanilla extract, and water. Pour into hot pan. Carefully place apple slices on top. Cook on level 5. When bottom is cooked (lift edge to check), flip or place under broiler at 300F until done. When done, place on a plate and shove it in the freezer to cool. While cooling, whip cream, somersweet, cherry extract, and food colour. Take crepe out of freezer, transfer to serving plate, cover with whipping cream. So easy, so yummy. The whipped cream topping is optional. Posted by Twigg88.

### Rhubarb Fool

3 C sliced fresh or frozen rhubarb (1-inch pieces)

1/3 C sugar substitute

1/4 C orange juice

2 C light whipped topping

1 pint fresh strawberries, halved

fresh mint for garnish (optional)

In a saucepan, combine rhubarb, sugar & orange juice; bring to a boil. Reduce heat; cover and simmer for 6 to 8 mins or until rhubarb is tender. Cool slightly. Pour into a blender container; cover & blend until smooth. Chill. Just before serving, fold rhubarb mixture into whipped topping until lightly streaked. In six chilled parfait glasses, alternate layers of rhubarb cream mixture and strawberries. Top with strawberries and a sprig of mint, if desired. Serves 6. A "fool" is a British dessert that's usually made with whipping cream or custard. Marilyn got this modified, healthier version from Cheryl Miller of Fort Collins, Colorado. Posted by mamabj.

### Sugar-Free Low Carb Pina Colada Pudding

3 cups water

1 cup Pineapple Sugarfree Syrup (such as Torani)

2 packets unflavored gelatin

2 tablespoons lime juice

8 oz. cream cheese

1 teaspoon rum flavored extract

1/2 cup unsweetened coconut

green food color (optional)

Allow the gelatin to soften in the syrup for five minutes. Add to water and lime juice and bring to a boil. Turn off heat. Cut up the cream cheese into smaller pieces and add to the hot mixture. Stir until melted. Add the coconut and extract and pour into a glass serving dish (or 8 individual serving dishes). Allow to cool and then refrigerate until set. Serve with whipped cream. Makes 8 Servings. I guess with the coconut this is not really level 1. Note from Cheri: This recipe was given to us by our friend April S. Fields, author of the fabulous book 101 Low-Carb & Sugar-free Dessert Recipes. This recipe is part of a collection April shared in a fascinating article about understanding low carb diets. Posted by mamabj.

### Ginger Loaf

1 c soy flour  
 1/2 c heavy cream  
 2/3 t baking soda  
 2 eggs  
 1/4 c seltzer water  
 2 T splenda  
 1/2 t grated ginger  
 1/2 t nutmeg  
 1/2 t cinnamon  
 Butter to grease pan  
 \*adjust spices to your tastes

Preheat oven to 375F-190C. Grease small loaf pan and set aside. Combine all dry ingredients, set aside. Separate eggs, beat whites till fluffy. Recombine egg whites and yolks and add sweetener. Combine all ingredients and mix until dry ingredients are fully incorporated. Do not over mix, bread will not rise. Pour into pan and bake for approximately 25 min or until cake tester comes out clean. Top with whipped cream. Servings: 4-5 slices (med size). This recipe was by Renne at LowCarbEating.com. Posted by mamabj.

### Almond Cookies

1 1/4 cups almond flour  
 1 cup Splenda  
 1 egg  
 1/2 teaspoon almond extract  
 1/4 cup butter, softened

Mix all together well and form into 24 small balls. Press flat on an ungreased cookie sheet. Decorate with an almond slice (optional). Bake for 8 minutes at 350 degrees F. Per Serving: 21 Cal (69% from Fat, 4% from Protein, 27% from Carb); 0 g Protein; 2 g Tot Fat; 2 g Carb; 0 g Fiber; 2 mg Calcium; 0 mg Iron; 26 mg Sodium; 14 mg Cholesterol. Yield: 24 servings. Posted by darlin12009.

### Breakfast Cookies

3 cup oats (she used organic)  
 2 medium bananas  
 just under 1/3 cup olive oil  
 1/3 tsp salt  
 1/3-1/2 cup dates (be sure they're pitted!)  
 2/3 Cups toasted almonds or any other nut (optional)  
 2/3 cup carob chips (optional)

\*\*She added one lightly beaten egg, which helps the cookie hold together better.

Mix oats and salt. Add olive oil and mix well. In a blender mix bananas and dates until well blended. You can add a little brown rice syrup or maple syrup--or another sweetener--if you want them sweeter, but she just made hers with the fruit. Add banana mixture to the oats and blend well. Add nuts & carob and let stand 1/2 hour. On ungreased cookie sheet, form cookies (they will not spread or change while baking). Bake in preheated 350 oven for 12-15 minutes. Cool on sheet before removing. A friend very kindly made these for me, not understanding the difference between level one and level two, and to avoid hurting her feelings I fell off the wagon and had some. They're delicious quite sweet, especially if you have gotten away from the taste of refined sugars! I don't know where she got the recipe from. Posted by tesharri.

## DRINKS

### Chocolate Milk

10 T. Cocoa  
15 T. WL (or equivalent)

Mix well, store in air tight container. Use 1 T. (or to taste) per 8 (+) oz glass. Mix 1/3 (or so, I do just under half so I think 1/3 is right.) glass of cream to 2/3 glass of water. Add mix. MIX WELL!!! You can get lumps. I find that if you mix the powder with the cream then add the water you get less lumps. I am not picky and this works to cure a craving. All legal ingredients. Posted by FrozH2O.

### Chocolate Milk

I have finally mastered a glass of chocolate milk, without the clumps. I put 8 oz. ff milk into a mug, with a scoop of WonderCocoa and heat it in the m/w. Then, I add 3 Stevia packets and stir. I pour this into a tall glass, and add ice and ff milk to fill it up. Stir again and whallah! It tastes exactly like chocolate milk. Yum! Posted by RedneckWoman70726.

### Chocolate Shake/Milk

1c skim milk  
2T unsweetened cocoa powder  
1T somersweet  
1/2t vanilla  
Ice

Place first four ingredients in blender. Blend, adding ice until desired thickness. You can also use cream for the skim milk to make it a pro/fat instead of a carbo. It's good both ways, and easier than ice cream. Okay, so this isn't chocolate milk, but I thought it might be nice. Posted by marie172.

### Protein Shake

2 oz cream  
6 oz water  
1 scoop whey protein powder  
sweetener of choice (optional)  
flavour extract  
food colouring (optional)

Posted by Twiggy88.

### Coffee Mocha Protein Shake

fill blender 1/2 way with ice  
1/2 t vanilla  
T heavy cream  
1 cup instant decaf coffee  
SS or splenda to taste  
2 T wondercocoa  
1-2 scoops protein powder (legal)

Blend and top with whipped cream. Yummy. I discovered how to make a coffee mocha protein shake. It is really good. No weird taste or texture. Posted by stephygirl1234.

**Triple Berry-Lime Smoothie**

1-1 1/2 c cranberry juice (unsweetened if possible)  
 1 c lightly frozen raspberries  
 1 c frozen strawberries  
 1-2 tsp splenda  
 1T lime juice

Blend all ingredients. Posted by mamabj.

**Strawberry Rhubarb Smoothie**

1 c vanilla fat free yogurt  
 1 c f/f milk  
 1 c frozen unsweetened whole strawberries  
 1/2 c frozen unsweetened rhubarb  
 1-2 T splenda  
 (Fresh strawberries optional)

Blend all ingredients. Almost Level 1 carbo. Posted by mamabj.

**Strawberry Papaya Smoothie**

1/2 c f/f plain yogurt  
 1/2 c f/f milk  
 3/4 c chopped chilled papaya  
 1/2 c strawberries  
 1T splenda  
 1/2 c small ice or crushed

Blend all ingredients. Level 2 carbo. Posted by mamabj.

**Anti-Aging Smoothie**

12 oz. pomegranate juice (I made)  
 4 oz. aloe vera juice  
 blueberries  
 strawberries  
 6 to 8 packets of Stevia (use sweetener and amount you prefer)  
 2 tsp. of vanilla extract (more if you like)  
 ice  
 filtered water

Blend in blender and whallah! I created this one today. It's level one. If you're wondering why you should incorporate aloe vera juice and pomegranate juice into your smoothies, do a web search like this: health benefits of pomegranate juice (or of course type in: aloe vera juice after health benefits). The benefits are endless. Posted by RedneckWoman70726.

**Smoothies**

2 tangerines  
 2 peaches  
 6 strawberries  
 (sweetener of choice)

Throw it all in the blender. Serves 3. Posted by DesertChick.

### Sugar Free Smoothie Mix

3/4 cup Vanilla SF syrup (such as Da Vinci)	scoops soy protein isolate)
1/4 cup water	1/8 tsp Stevia
1/4 cup heavy cream	1 1/2 cups crushed ice
3 scoops Sugarfree Smoothie Mix powder (or 3	

Since you can use protein isolate instead of the smoothie mix, you can be sure it is legal. Posted by mamabj.

### Just Like Starbucks Strawberry Creme Frappuccino

1/2 cup decaf coffee	1 cup frozen strawberries
7 ice cubes	1 tsp davinci sf vanilla syrup
1 cup cream	

Mix in blender until well combined and enjoy! This is what I wake up to every morning. NB: this would be Almost Level 1 because of the berries. Posted by lilyismydog.

### Starbucks Frappuccino Drinks

Brew a strong cup of de-caf, mix in blender with heavy whipping cream (maybe 1/2 c.) and ice. Add a splash or two of vanilla or sugar-free syrup (Da Vinci, Torani). You also don't have to blend if you just wanted the iced coffee. It is really good. Posted by IWedRich.

### Mocha Frappuccino

1/2 cup milk  
 2 tablespoons chocolate syrup  
 1 tablespoon granulated sugar, plus  
 1 teaspoon granulated sugar  
 1/3 cup strong coffee  
 1 cup ice

Here are possibilities for substitutes:  
 (For a carb)

2T powdered FF milk  
 2T chocolate Torani syrup  
 4t sugar (sub)  
 1/3c water  
 1pkg instant nescafe decaf (individual pouch)  
 1c ice

Mix in blender.

For a Pro/fat:

1/2c cream  
 2T chocolate Torani syrup  
 4t sugar (sub)  
 1pkg instant nescafe decaf (individual pouch)  
 1c ice  
 water as needed. Only add 1T at a time.

Mix in blender. But, looking at the original recipe, if you sub the sugar and use cream, you could use brewed decaf and the chocolate Torani syrup. Remember, if you use the coffee flavored Torani syrup, there is caffeine in it. It is the only Torani syrup that does have caffeine. (According to the Torani people.) Posted by marie172.

### **Creamy Vanilla-Cinnamon Rooibos Tea**

Place a cinnamon stick in a couple of ounces of heavy cream and heat it in a pot on the stove. (Or you can just add ground cinnamon to warm cream.) While you are doing that, brew a pot of Rooibos Vanilla tea. (This tea is available in most grocery stores. If you can't find it in yours, check a health food store.) Once they are both ready, remove the cinnamon stick and add the cream to the tea. (I usually add two ounces cream to six ounces tea. But flavor however you like!) Add somersweet to taste (or I actually use Xylitol) and enjoy. This is a very enjoyable warm treat that feels like you are SOOOOOO cheating! It's helped me get through several cravings!!! It is L1 - prof/fats. Posted by Anidac.

### **Citrus Spritzer**

Juice limes or lemons. Pour juice into ice cube trays and freeze. Place frozen cubes into a ziplock bag and keep frozen. To mix: add 1 cube to a tall glass, add 2 scoops(or to taste) Somersweet, fill glass with seltzer water (I have used the flavored seltzers too and they work well), stir and enjoy! I can get large quantities of lemons and limes on occasion for a bargain price. I make this up as a refreshing quick drink in the warm weather. Posted by 2bkchk.

### **Peaches and Cream Shake**

3/4 c frozen or slightly thawed peach slices  
2 - 3 scoops legal vanilla protein powder  
1 - 2 T heavy whipping cream  
6 ice cubes

Blend until smooth. Level two. Torani does have a sugar free peach syrup so it could be made into a level one. Not quite the same as real peaches, but it would certainly be a treat, nonetheless. Posted by mamabj.

### **White Russian Shake**

1-2 scoops legal vanilla protein powder  
16-20 ice cubes  
1 - 3 T sugarfree kahlua flavored syrup  
2 - 3 c freshly brewed dc coffee  
1 - 3 T Heavy whipping cream

Shake or blend and enjoy. For a twist - replace chocolate for the vanilla. Posted by mamabj.

### **White Russian**

In a large glass, fill with ice. Fill to almost 1/2 way with DaVinci's SF Kahlua. Fill equal amount of club soda. Top with heavy cream. Stir and enjoy! This is right off of the DaVinci's bottle. Posted by rowdyinwi.

### **Chocolate Raspberry Truffle Shake**

2 scoops legal chocolate protein drink  
2 T heavy whipping cream  
2 T powered dutch cocoa  
2T Davinci Raspberry syrup  
16-20 ice cubes  
12-16 oz cold water

Shake or blend and enjoy. Add 1/2 c dc coffee to really up the chocolate flavor. This would be almost level one. Posted by mamabj.

### Black Cow Soda

1 litre diet root beer  
8 oz whip cream

Make 6 large balls of whip cream, place on waxed paper and freeze. Pour 10 oz soda in glass and top with frozen whipped cream. Yummy! Here is a recipe I found that I made legal. It's great treat! Posted by mamabj.

### Non alcoholic Smith & Kearns

sugar free kahlua syrup - to taste  
1 can cf diet pepsi  
3/4 c heavy cream  
sugar free creme de cocoa (Torani has one) (less than the kahlua flavoring)  
ice

blend together. It tastes like a chocolate milkshake. If you are making a serving for one, use a regular measure of kahlua flavoring. I never liked the taste of alcohol much, however I did like things that didn't taste like it and carried a punch. Just get in a festive mood and you can still have the punch! This used to be one of my favorite drinks and now it can be made legally. No alcohol. We used to make this in a blender, 32 oz at a time for a group, so measure accordingly. Posted by mamabj.

### Sugar Free Eggnog

1 package SS sugar-free instant vanilla pudding mix (4-serving size)  
5 c whipping cream  
1 packet sugar substitute, such as Splenda  
1/4 teaspoon ground cinnamon  
1 pinch ground nutmeg  
1 teaspoon rum flavored extract

In a large mixing bowl, mix together sugar free vanilla pudding mix, nonfat milk, sweetener, ground cinnamon, dash of nutmeg, and rum extract. Mix these very well with a wire whisk for at least 2 minutes. If this is too thick, add more whipping cream and sweetener. I don't drink a lot of eggnog, but sometimes I like a little. Usually it has so much sugar, I won't touch it. But I tried this and it's good. Now all I need to do is figure out how to make a whipped cream frosting out of this for Suzanne's flourless brownies for the holidays. Posted by mamabj.