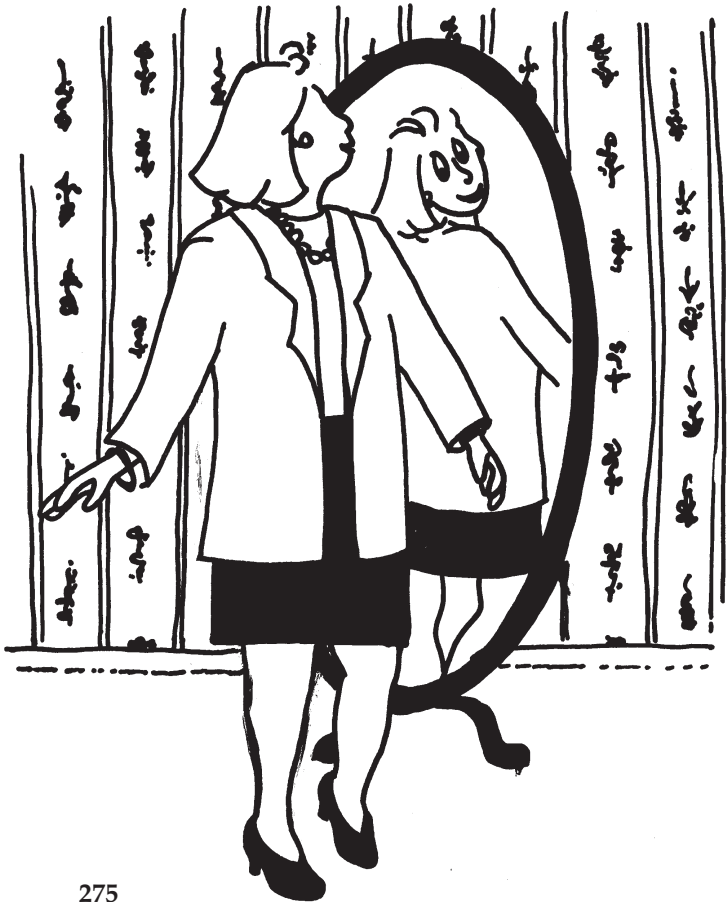


14

A New Concept of Cooking

You count, calories don't



YOU COUNT,
CALORIES
DON'T



Most of us have a repertoire of a dozen recipes that we tend to use over and over again. Do you realize that by making small changes, (changing one of your usual meals to a tasty lower fat version each month) you will have a new way of eating? Rather than relying solely on new recipes, the HUGS™ philosophy allows you to fine-tune your present food preparation methods. Experiment with herbs and spices to add flavor where fat was once the sole source of flavor. The talented cook is the individual who can make a tasty meal without depending on fat as the only flavor source. Herbs and spices can add a new taste sensation to a meal. Try them out. It's fun to experiment.

CREATIVE COOKING TIPS

- Start with 1/4 tsp (1 mL) dry herbs or 3/4 tsp (3 mL) fresh herbs for a dish that serves 4 people. Fresh herbs contain more moisture with a milder flavor. You will need 3 to 4 times more fresh herbs than dried herbs. For example, 1 tbs (15 mL) fresh herbs equals 1 tsp (5 mL) dried herbs.
- Crumble the herbs between your fingers to release the flavor prior to adding to the dish.
- Heat the herbs in a bit of oil to heighten and extend the flavor.
- With soups, stews, and large quantity dishes, add the herbs during the last hour of cooking so the flavor doesn't evaporate.
- Store the herbs in a cool place in an opaque container to retain their flavor. Do not store near the stove.
- Routinely replace your supply of herbs. Ground spices retain their flavor for about 6 months. Herbs dry out after 4 months.
- Rub herb mixture onto meats prior to cooking.
- Until you become experienced, use herbs singly and advance to blending herbs together later. In this way, you will pinpoint whether you like the flavor and aroma of the dish and which particular herbs enhance the flavor for you.
- When using seasoning packages, try using only 1/2 the package as the flavors are usually too concentrated, especially in salt. The remaining amount can be used for seasonings for home-made barbecue sauces or added to meats, etc. I will refer to these tips throughout this section as I discuss how to put some "oomph" into your meals. Refer to Chapters 4 and 5 for some other recipe ideas. Use the herb chart (p286) to help orient you to the taste of herbs.

You can use the foods you enjoy now and make slight changes to fit in with the HUGS™ philosophy rather than spend time gathering special ingredients and end up with a product you don't like. Here's your chance to try new ideas gradually. You may find that certain foods that did not appeal to you previously gain flavor and your approval with your

new preparation methods. Examples of how to modify existing recipes have already been discussed. What follows are a few more examples of how to lighten a meal, without sacrificing flavor.

HOW TO ADD FLAVOR TO SOUPS

- Sauté vegetables in a little bit of oil with some herbs to extract the flavor.
- Cream soups with 1 percent or skim milk.
- Add a variety of grains (i.e. bulgur, couscous, wild rice, pastas) of different shapes. If you cook the grain in soup, it will help thicken it.
- Keep some fresh herbs handy in a pot on your windowsill. Snip and chop some fresh herbs into your soup, sauté them at the beginning and/or add during the last hour of cooking.
- Leftovers are great to add to soup (i.e. leftover hamburger, gravy, sauce, seasoning from rice, etc.). Let your creativity run free!

RECIPES TO GET YOU STARTED

If your first impulse is to scan the following recipes for information on portion sizes and calorie content, you won't find it! Keep in mind that you're eating to satisfy your taste and feelings of hunger, so whether a recipe yields 12 or 18 servings is irrelevant. As for calories, remember *you count, calories don't* in your new perspective about food.

SOUPS

QUICK & EASY TOMATO MUSHROOM SOUP

1 can	light cream of tomato soup
1 can	light mushroom soup
4 cans	water
2 cans	1 percent milk
	chopped vegetables as desired (e.g. chopped carrots)
	herbs to go with tomato (basil and oregano to taste)
	herbs to go with mushroom (sage and savory to taste)

Combine all ingredients and heat. Add noodles or some type of grain to thicken the mixture. Serve when hot.

Note that more water was added to dilute the salty flavor. Herbs and vegetables were added to pick up the flavor. Adding water also diluted the thickness so rice, noodles, or bulgur was added to thicken it again. Milk added some creaminess without the fat. Another option would be to add skim-milk mozzarella cheese to the soup to boost the protein content.

LEGUMES SOUP

3 cups	legumes	750 mL
12 cups	water	3 L
1	chicken breast	1
1	ham bone	1
2	bouillon cubes	2
	touch of sugar	
	dash of tabasco sauce	

Cook all the ingredients together for 1 to 1-1/2 hours or until thick. The protein comes from the legumes and chicken. Note that any leftovers in the fridge can help to complete the protein in the legumes or make it more useable for the body. Add some pasta or grains to the soup or serve with some bread and it becomes a meal in itself. Adding some tomatoes or white wine can give the soup heightened flavor. Using some vegetables on hand adds to the color and texture of the soup.

CHUNKY GARDEN BORSCHT

Cutting
swiss
chard



Here is an example of hubby putting his creativity to work!

4	medium-sized onions (coarsely chopped)	4
8	small beets (coarsely chopped)	8
6 med. (or 12 small)	carrots (coarsely chopped)	6
1/2 head	cabbage (coarsely chopped)	
2 handfuls	green string beans (coarsely chopped)	2
1 cup	green garden peas	250 mL
2 handfuls	swiss chard (enough to fill a large pot)	
2 tbs	vinegar	25 mL

Fill a large pot with 12 cups (3 L) of water until it is 2 in (5 cm) from top of pot. Bring to boil. Add beets for 2 minutes. Remove. Peel beets. Discard water.

Refill the large pot with water. Place over heat. Add chopped vegetables except swiss chard. Bring to boil. Stir. Fold swiss chard leaves in half and remove heart. Discard. Cut coarsely. Add swiss chard to top of pot. Turn heat down to medium-low. Simmer. Stir when swiss chard has sunk into soup. Prepare fresh chopped dill. Pack dill into tea strainer and immerse. Add 2 teaspoons (10 mL) each of salt, vinegar, and sugar or to taste. Simmer for 1-1/2 hours, stirring occasionally. Serve with low-fat condensed milk or light sour cream.

Variations For extra flavor, add ham bone, tomatoes, beef bones, or bouillon cube, 1 can kidney beans, or 1 to 2 tbs (15 to 25 mL) each ketchup, sugar, and vinegar to taste.

FRESH TOMATO SOUP

1 tbs	oil	15 mL
2	onions (chopped)	2
1	green pepper (chopped)	1
	basil and oregano to taste	
4	tomatoes (chopped)	4
8 to 16 oz	water (with a boullion cube)	250 to 500 mL
1	bay leaf	1
1 tsp	brown sugar	5 mL

Heat oil in large frying pan. Sauté onions and green pepper with basil and oregano. (This technique helps to extract the flavor from the herbs.) Add chopped tomatoes. Add water and bouillon cube. (Any leftovers such as chicken stock or ham bone can add flavor to this soup.) Add bay leaf and brown sugar to taste, cover and simmer until tomatoes are cooked. Taste and adjust seasonings. Thicken with instant thickener, adjust seasonings to taste, and add skim milk at the very end.

Option Add noodles, bulgur, or barley to thicken the soup.

When using legumes that are gas-forming such as beans, soak them in water overnight and discard the water. The component that causes flatulence dissolves in the water and will be discarded. If you are extra sensitive, it may be advisable to add fresh water, cook for 10 minutes, and discard this water as well.

LUNCH IDEAS

LAYERED SANDWICH WITH A TWIST

Slices of toast, covered with leftover meat or canned fish, add tomato or pepper slices, or chopped onion, and top with shredded cheese (skim) and herbs sprinkled on top (i.e. oregano or thyme). Heat in microwave until cheese is melted

LAZY MAN'S CABBAGE ROLLS

Brown extra lean ground beef in teflon frying pan (no oil necessary due to fat in beef) or cook beef in microwave and then drain off fat. Layer the ground beef in bottom of casserole dish. Add chopped cabbage, uncooked rice, and tomato soup. Add water if necessary. Sprinkle with basil and oregano. Cover and cook at 350°F (180°C) until done (about 1 to 1-1/2 hours). Serve with noodles.

FRUIT PANCAKES

Great for breakfast, brunch, or lunch!

Makes 12 pancakes

These pancakes are moist and satisfying due to the technique of folding the egg whites into the batter. Use of whole wheat flour adds to the fiber content. More fruit adds to the moisture and more cinnamon, a sweeter spice, adds to the flavor.

1 cup	sifted whole wheat flour	250 mL
1 cup	all-purpose flour	250 mL
2 tbs	sugar	25 mL
1 tbs plus 1 tsp	baking powder	20 mL
1 tsp	salt	5 mL
1 to 2 tbs	cinnamon (as desired)	15 to 25 mL
2	egg yolks (well-beaten)	2
2 cups	low-fat milk	500 mL
2 tbs	oil	25 mL
1 cup	fruit (chopped)	250 mL
2	egg whites (stiffly beaten)	2

Sift together dry ingredients. Combine egg yolks and milk; stir into dry ingredients. Add oil and fruit. Blend. Carefully fold in egg whites. Bake on hot griddle or seasoned non-stick frying pan using 1/3 cup batter for each pancake. Spread batter evenly with a spatula. When done, remove from pan and serve immediately. Spread on quark, skyr, or ricotta cheese to add protein and richness to your meal with less fat.

TASTY & QUICK SPAGHETTI MEAT SAUCE

Sauté onions and garlic. (For a shortcut, add onion powder and garlic powder to the lean ground beef.) Add lean ground beef to the sautéed mixture. Brown, drain fat with turkey baster. Add seasonings. For 2 pounds (1 kg) of beef, add

1-5-1/2 oz can	tomato paste PLUS 1 can of water	156 mL
28-ounce can	tomatoes	795 mL
	Basil and oregano to taste	
1 tbs	brown sugar or honey	15 mL
	salt and pepper to taste	
1	bay leaf (to pull all the flavors together)	1

Simmer until flavors are mingled (about 1 hour). Adjust seasonings to taste.

Serve over whole wheat pasta or rainbow noodles. *Any leftovers can be used on toast as sloppy joes for lunch the next day. Add a salad and you have a tasty lunch that is pleasing to the eye.*

QUICK & TASTY PIZZA

Start with a frozen pizza crust (found in frozen section of super-market). Cover with grated mozzarella cheese. Initially you may want to mix the regular version of mozzarella cheese with the low-fat version if you haven't acquired a taste for the low-fat cheese. Otherwise, you may miss some of the flavor in the fat of the cheese. Eventually, you will like to use the lower fat version by itself.

Add any of the following toppings to the cheese:

Leftover meat

Cooked sausage (even though it is higher in hidden fat, the balance is there if you used low-fat cheese which offsets the higher fat in the sausage)

Canned tuna or other canned fish, drained

Ham (see instructions on p 283)

Cut-up vegetables such as red peppers, zucchini, cabbage, green peppers, or any other favorite vegetable.

Mild herbs such as oregano or thyme can be sprinkled on top.

Worcestershire sauce or other additional herbs can also perk up the flavor.

Note The flavor improves the next day due to the mingling of seasonings overnight. Leftover pizza made with low-fat cheese is tastier the day after.

Experiment with different methods of cooking for variety. For speed and convenience, the use of a slow cooker can work wonders in having a tasty meal on the table with little effort.

SOUP WITH THICK SANDWICHES

Use bagels or different kinds of whole wheat bread or try a pizza twist. Add leftover meat or canned fish or egg salad filling. Add lettuce and tomato if you like to give moisture and color without the fat. Serve with a piping hot soup pp 276-278 for a satisfying meal.

STIR-FRY

This is a terrific way of using up leftovers. Start with a teflon frying pan. Add meat, leftover rice, potatoes, or noodles, and serve with salad or add fresh or cooked vegetables. Cover when cooking to retain moisture.

Beans/Toast/Raw Vegetables or Salad

This is an old reliable when in a hurry. It is also a way of increasing your intake of vegetable protein. The toast or bread completes the protein in the meal.

NOODLES & CHEESE WITH SALAD

Use macaroni with cheese or noodles with quark, skyr, or cottage cheese. Serve with canned fruit in its own juice.

QUICK MACARONI WITH VEGETABLES & CHEESE

Use whatever vegetables you have on hand: in the spring, asparagus and mushrooms are nice; in the fall, try leeks and zucchini. Carrots add nice color any time of year.

1 cup	macaroni or	250 mL
4 oz	pasta	125 g
1	green onion (diagonally sliced)	1
2 cups	vegetables (thinly sliced) (carrots, celery, mushrooms, asparagus, broccoli)	500 mL
1	egg	1
2	egg whites	2
1/4 cup	milk	50 mL
1/4 tsp	dried basil	50 mL
	freshly ground pepper	
1/2 cup	part-skim mozzarella cheese	125 mL
2 tbs	grated parmesan cheese	25 mL

In a large pot of boiling water, cook macaroni or pasta until *al dente* (tender but firm). Steam green onion and vegetables until tender-crisp. Whisk egg and egg whites. Stir in milk, basil, and pepper. Drain macaroni and return to pot; add egg mixture and cheeses. Cook over low heat, stirring constantly for 1 to 2 minutes or until cheese has melted and sauce has thickened slightly. Stir in hot vegetables.

Courtesy "Eating Eggs to your Heart's Content" by the Canadian Egg Marketing Agency.

MACARONI SALAD

2 cups	macaroni (cooked)	500 mL
1/4 cup	plain yogurt	50 mL
2 tbs	light mayonnaise	25 mL
dash	lemon juice	dash
2 tbs	chopped onion	25 mL
2 stalks	celery, chopped	2
1 cup each	broccoli & sliced carrots (blanched)	250 mL
1/2 tsp (more, if desired)	dill	2 mL

Salmon, tuna, or chicken may be added to convert this dish from a side dish into a meal.

Note Adding different colored pasta gives a splash of color to the meal. Very appealing!

MEATS

HAM

Soak in water overnight to get rid of excess salt. If ham is large turn it and soak longer. Discard water. Add a bottle of beer or pineapple juice and boil until done. The result is a tender, flavorful ham that is not overly salty. It is great for lunches, especially when served with bread and pickled beets. It can also be used as a protein source at breakfast.

BACON

The procedure for ham can also apply to bacon. Since the surface area is smaller, it requires only a short time of soaking (30 minutes).

SAUSAGE

Prick sausages with fork and cook on rack in roaster. *Note* Sausage and luncheon meats contain hidden fat; therefore, fresh meats are a better option.

BEEF, CHICKEN, PORK, LAMB

Roast Lamb Often individuals do not like lamb because of the odor produced while it is cooking. However, this odor can be masked with the right combination of herbs and spices.

Cut garlic cloves in small pieces and insert into the lamb roast. Make a mixture of the following spices: onion powder, dill, mint, marjoram, basil. Rub over roast. Cook on a rack in a closed roaster to keep the meat moist.

When you remove the roast, throw ice cubes into the juices, and remove excess fat. Reheat juices and thicken. If you would like heightened flavor, add more of above spices or some salt and pepper to taste.

Refer to Chapters 4 and 5 for more ideas to bring out the flavor of foods that you are cooking. Remember that wine, sherry, rum, whisky, bouillon cubes, stock, leftover sauce, and juices can add a different taste to a meal.

Fruited Pork Chops Trim fat off pork chops. Sprinkle the chops with sweeter spices such as cinnamon and savory instead of using brown sugar. Add canned peaches for zesty natural flavor. Bake on rack in covered dish until brown and tender.

Fruited Chicken Sprinkle with thyme and rosemary. Add canned cherries and bake on rack in roasting pan.

MEAL ACCOMPANIMENT

The next time you make jello, try adding low-fat cottage cheese and some unsweetened crushed drained pineapple to the jello at the sloppy stage. Start with adding 1/2 cup (125 mL) cottage cheese to a small package of lime or lemon jello. Increase the quantity of cottage cheese, if desired, the next time you try it. Serve the set jello on a lettuce leaf.

Cottage cheese seems to be a dieter's choice but is often left to go moldy in the fridge when the dieter goes back to normal eating habits. To put cottage cheese into your changed life-style find ways to dress it up and introduce it slowly so that it will become more appealing. After all, it is one of the cheeses that is lowest in fat content and it can add variety to a meal plan.

Other Ideas Whip cottage cheese in a blender, add favorite seasonings, and make into a spread for toast or add to noodles for a meal and serve with canned fruit in its own juice or in a salad for lunch.

Another good idea is to serve cottage cheese on waffles topped with fresh strawberries in season. It's a great snack, breakfast, brunch, or lunch idea.

SALAD DRESSINGS

OIL & VINEGAR

Makes 1/2 cup (125 mL)

2 tbs	oil	25 mL
2 tbs	water	25 mL
4 tbs	seasoned gourmet vinegar (dill vinegar, tarragon, cider, or white wine vinegar)	60 mL
	favorite seasonings (thyme, oregano, chives, dill, garlic powder)	
1 tbs	sugar to taste	15 mL

Note that the oil is diluted with water so that the fat content is low and there are only 30 calories per tablespoon (15 mL). Seasoned vinegars and herbs add punch to the salad dressing.

Seasonings such as thyme or oregano can be rubbed between your hands to extract the flavor and then sprinkled over lettuce. Oil and vinegar dressing can then be added. Some of the flavor of the seasonings in the dressing will pick up the basic oil and vinegar flavor as the salad stands. Add some toasted sesame seeds if you like for extra crunch and flavor. Toss salad and serve.

If you use regular vinegar, you may replace the water with canned fruit in its own juice and a dash of garlic powder. Add chopped green onions with green leaf lettuce and mandarins, pineapple, or alfalfa sprouts for added color and flavor.

CREAMY DRESSING

	light sour cream or plain yogurt	
	paprika	
	dash onion powder	
	sugar to taste	

Thin out with a little bit of milk so that it spreads easily. Add to salad sparingly.

WILTED LETTUCE

2 slices	back bacon, crisp	2 slices
	chopped onions to taste	
1/4 cup	vinegar	50 mL
3/4 cup	water	175 mL
1 tbs	sugar	15 mL
dash	salt	dash
1 head	lettuce, cleaned, in pieces	1 head

Fry bacon crisp. Add chopped onions, if desired. Strain off excess fat. Add vinegar and water, mix with sugar and a dash of salt according to your taste. Boil. Pour over cleaned lettuce. If lettuce is not wilted enough, repeat the procedure.

CAESAR DRESSING

Makes 1 cup (250 mL)

3	garlic cloves	3
1/2 cup	oil	125 mL
3/4 cup	parmesan cheese	175 mL
1/4 cup	lemon juice	50 mL
1/4 cup	water	50 mL
pinch	salt and pepper	pinch
1/4 tsp	chives	1 mL
1/4 tsp	tarragon	1 mL

Mix all ingredients together in a blender 1 to 2 minutes. Thin out with milk if too thick. *TIP* If dressing gets thick as it stands, add milk to thin it to your preferred consistency.

PASTA

Pasta with some protein source such as scallops, seasoned with onions and fresh basil is delicious. Serve it with steamed vegetables for a quick and tasty lunch or supper.

KASHA

Roasted and ground buckwheat is a staple in eastern European diets. With its distinctive, nutty flavor and its versatility, buckwheat makes a good side dish or cereal and can be added to soups and stews. People who are allergic to wheat can usually eat buckwheat.

MORE ABOUT HERBS

BASIL AND OREGANO Great for tomato-based dishes. Oregano is also good with beef (i.e. hamburgers).

SAGE Commonly found in poultry seasonings. Good with pork dishes and with mushrooms.

GINGER This is a stronger spice. Great with chicken alone or on carrots.

CINNAMON This sweeter spice is most often used in cakes and cookies. It is also great on chicken or pork chops. Cinnamon is one of the key ingredients together with the meat drippings that heightens the flavor of chicken gravies.

CHILI POWDER Great as a replacement for black pepper on chicken or pork chops.

CURRY POWDER This has a similar taste to butter if used on chicken and it also gives a nice color to chicken. Fry spices in a teflon pan with a bit of oil. Or try a combination of curry powder and chili powder if your taste buds can handle something a little more spicy.

Limit the quantity of spices/herbs used. A little goes a long way in heightening the natural flavor of vegetables. Milder herbs such as thyme, oregano, chives, chervil, and parsley are suitable for vegetables.

BARBECUE SAUCES with a Difference

KETCHUP

Dilute with water. Add chili powder, onion powder, garlic powder, and seasonings that go with your particular dish.

PEACH NECTAR

Add milder seasonings such as mint, oregano, and thyme. Add water or yogurt if too thick

Other ideas

Pour a version of diluted cranberry juice over barbecued meat while cooking, especially chicken to keep it moist and heighten the flavor. Beer also works well.

**A New
Concept
of
Cooking**

For more tender meat, marinate in beer overnight. Pierce with fork ahead of time so that beer penetrates well.

Tenderized meat such as round steak (mechanically tenderized) is a nice change.

Use leftover soup to baste meat (can also be used as a topping for a casserole).

Use yogurt or tomato paste as a base or a neutral thickener. Add juice for flavor and spices to taste.

SNACKS

A snack that is both healthy and yummy seems to be the main question that arises in classes. Here are some suggestions that are lower in fat and taste good too.

YOGURT DIP

3/4 cup	low-fat yogurt	175 mL
1/4 cup	light mayonnaise or light miracle whip	50 mL
2 tbs	onion soup mix or other preferred seasoning	30 mL

Serve with vegetables.

PRETZELS (UNSALTED)

PUFFED WHEAT

Melt a little butter and mix with seasoning such as chili powder. Pour over and toss.

PITA CHIPS

Cut pitas in half and spread garlic butter or margarine lightly on inside. Sprinkle additional garlic powder on top for a strong garlic flavor. *Variation* Sprinkle with grated parmesan cheese.

TORTILLA SHELLS

Pop in microwave for 1 to 2 minutes until done. A great, satisfying snack. Sprinkling some seasoning before baking can add zip! Crisp, low-fat, crunchy-like chips.

Another method Place under broiler until brown.

CHOW MEIN NOODLES (UNCOOKED)

Crunchy as is and low in fat.

PARTY MIX

Makes 10 cups (2.5 L)

4 cups	Shreddies	1 L
2 cups	puffed wheat	500 mL
2 cups	Cheerios	500 mL
2 cups	small thin pretzels	500 mL
1/3 cup	vegetable oil	75 mL
1 tbs	Worcestershire sauce	15 mL
1 tsp	garlic salt	5 mL

Combine Shreddies, puffed wheat, Cheerios, pretzels in a large bowl. Mix together oil, Worcestershire sauce, and garlic salt. Sprinkle over cereal mixture and toss to coat lightly. Spread out in a large shallow cake pan or roaster. Toast for 1 hour in a 250°F (120°C) oven, stirring every 15 minutes.



Seasoned lentils, bulgur, or couscous dish (cold) makes a great snack!

LENTILS

BASIC COOKED LENTILS

1 cup	lentils	250 mL
2-1/2 cups	water	625 mL
2	beef bouillon cubes	2
1	bay leaf	1
1 tsp	salt	5 mL

Bring all ingredients to a boil and simmer 20 minutes.

Flavor options

CURRIED LENTILS

Heat a small amount of oil in a fry pan. Add 1 large onion, chopped and 1 clove garlic, minced. Sauté. Add 1 tsp (5 mL) salt and 1 to 2 tbs (15 to 30 mL) curry powder. Fry and stir. Add to lentils with 2 tbs (30 mL) lemon juice and chopped parsley.

SWEET-SOUR LENTILS

Reduce water by 1/2 cup (125 mL) in preparing Basic Cooked Lentils. When lentils are cooked, add

1/4 cup	apple or pineapple juice	50 mL
1/4 cup	cider vinegar	50 mL
1/4 cup	brown sugar	50 mL
1 clove	garlic, crushed	1
1/8 tsp	cloves	dash
sautéed onion (if desired)		

Heat until bubbly. Serve lentils over rice or eat as a snack by themselves.

BREADS

As discussed earlier, quark cheese is a lower fat substitute for cream cheese. Yet it is quite a transition in lower fat content. What follows is a hardy snack high in carbohydrate and fiber but, at the same time introduces you to quark cheese. Note that quark cheese and yogurt add to the protein content, making this a more substantial snack.

QUARK YOGURT BREAD

Makes 1 loaf or 18 rolls. Freezes well

1 tsp	sugar	5 mL
1/4 cup	warm water (115°F or 45°C)	50 mL
1 package	dry yeast	1
2 tbs	butter	25 mL
1/2 cup PLUS 2 tbs	plain yogurt	150 mL
1/2 cup	quark cheese	125 mL
1 cup	all-purpose flour	250 mL
1 cup	whole wheat flour	250 mL
1/4 tsp	baking soda	1 mL
2 tbs	sugar	25 mL
1 tsp	salt	5 mL

Dissolve sugar in warm water. Sprinkle yeast over and let stand for 8 to 10 minutes, until foamy. Stir to dissolve.

Melt butter in small saucepan. Stir in yogurt and quark cheese. Heat to lukewarm.

In a large mixing bowl or food processor using the steel knife, blend 2 cups (500 mL) of flour with the baking soda, sugar, and

salt. Add dissolved yeast. Add yogurt mixture and mix well. Knead on a well-floured board until smooth, about 5 minutes. Place in a greased bowl, cover with plastic wrap and let stand at room temperature until double in bulk, about 1 hour. Punch down.

Roll dough on a lightly floured board into a 9 in x 12 in (22 cm x 30 cm) rectangle. Roll up, sausage-style, from the shorter side. Seal ends by pressing down with the edge of your hand. Place seam side down in a greased 9 in x 5 in x 3 in (22 cm x 12 cm x 7 cm) loaf pan. (You may also place the bread on a greased cookie sheet and bake it free-form.) Cover with a towel and let rise until double, about 1 hour.

Bake at 375°F (190°C) for 25 to 30 minutes, until golden brown. There should be a hollow sound when you tap the crust lightly. Remove immediately from pan and cool on a wire rack.

To make rolls Follow above recipe and let dough rise as directed. Punch down. Divide dough into 18 equal portions. Roll each portion between your palms into a rope about 8 in (20 cm) long. Tie each piece into a knot. Place on a greased baking sheet, cover with towel and let rise until double in size. Brush with beaten egg yolk which has been blended with a few drops of water. Bake at 375°F (190°C) for 15 to 18 minutes, until golden.

COTTAGE CASSEROLE BREAD

Makes 12 slices

No kneading is required and the protein in the bread makes it suitable for a substantial snack.

1 tsp	sugar	5 mL
1/4 cup	warm water	50 mL
1 package	active dry yeast	1
1-1/4 cups	2 percent cottage cheese	300 mL
2 to 2-1/2 cups	all-purpose flour	500 to 625 mL
1 tbs	sugar	15 mL
1 tbs	poppy seeds	15 mL
1/2 tsp each of	salt and baking soda	2 mL
1	egg (well beaten)	1

Dissolve sugar in water. Sprinkle yeast over water mixture. Let stand 10 minutes, stir well. Heat cottage cheese very gently, in a saucepan just until warm. Combine 1 cup (250 mL) flour, sugar, poppy seeds, salt, and baking soda in a mixing bowl. Stir in warmed cottage cheese, egg, and yeast mixture. Beat about 3 minutes until mixture becomes elastic. Stir in remaining flour to

form a stiff dough. Cover with plastic wrap. Let rise in a warm, draft-free place about 1 hour until doubled in volume. Stir down dough. Turn into a well greased 6-cup (1.5-L) casserole. Cover. Let rise in a warm place 30 to 45 minutes until light. Bake in a 350°F (180°C) oven 30 to 35 minutes until golden brown. Remove from oven. Immediately turn out of casserole. Cool. Cut into wedges.

COUNTRY GARDEN MUFFINS

Makes 12 muffins

These muffins contain protein because of the ham in the recipe. They make a more substantial snack and a nice change for breakfast! Other leftover meat can be used in place of cooked ham.

1-1/2 cups	flour	375 mL
1/2 cup	quick rolled oats (uncooked)	125 mL
2 tbs	dark brown sugar	25 mL
2 tsps	baking powder	10 mL
1/2 tsp	cinnamon	2 mL
1/4 tsp	nutmeg	1 mL
1/4 tsp	salt	1 mL
1 cup	1 percent milk	250 mL
1	egg (beaten)	1
1/4 cup	vegetable oil	50 mL
3/4 cup	lean ham (cubed, cooked)	175 mL
1/2 cup	zucchini (unpeeled, finely shredded)	125 mL
1/2 cup	carrots (finely chopped, cooked)	125 mL

Preheat oven to 425°F (210°C). Prepare a 12-cup muffin pan by putting a little oil on a paper towel to lightly coat the muffin tin cups. Combine flour, oats, brown sugar, baking powder, cinnamon, nutmeg, and salt in a large mixing bowl; set aside. Combine milk, egg, and oil in a separate mixing bowl. Stir in ham, zucchini, and carrots. Pour liquid mixture into dry ingredients and stir just until dry ingredients are moistened; do not over mix. Divide batter evenly into prepared muffin tin (about 1/4 cup or 50 mL per muffin cup). Bake at 425°F (210°C) for 20 to 25 minutes, or until golden brown. Remove immediately to cooling rack and cool thoroughly. Refrigerate until ready to serve.



LOW-FAT MUFFIN RECIPE and Modifications

A great muffin for those chefs who have difficulty making muffins without the tunnels and peaks.

1/3 cup	margarine (at room temperature)	75 mL
1/2 cup	sugar	125 mL
2	large eggs	2
1 tsp	pure vanilla	5 mL
3 tbs	baking powder	45 mL
2-1/4 cups	all-purpose flour	550 mL
1 cup PLUS 3-1/2 tbs	plain low-fat yogurt	300 mL
1 level tsp	baking soda	5 mL

Preheat oven to 375°F (180°C). In a large mixing bowl combine the margarine, sugar, eggs, and vanilla. Beat very well with an electric mixer for about 5 minutes on high until the mixture is light in color, fluffy, and very thick.

Sift the baking powder into the flour. Place the yogurt in a measuring cup. When the creamed mixture in the bowl has been beaten enough, add the baking soda to the yogurt. Mix the yogurt until the baking soda is blended. When the yogurt foams up, add half of it to the creamed mixture, along with half the flour. Beat the mixture until it is well blended. Add the remaining flour and yogurt, and beat until well blended. The batter will be very thick. Do not add moisture.

Remove the beaters and divide the batter into a greased, oversized 12-muffin tin. For an average-sized muffin, divide the recipe to make 18 muffins. Bake for 20 to 25 minutes. Loosen the muffins from the tin 5 minutes after they are removed from the oven.

Note These muffins freeze well. Defrost in a microwave on low or defrost for 70 seconds.

Other versions

Apple Bran Substitute brown sugar for the granulated sugar. To the well-beaten creamed mixture, add 2 tbs (25 mL) pure unsweetened cocoa and 1 cup (250 mL) all-bran cereal that has soaked in and absorbed 3/4 cup (175 mL) nonfat milk. Proceed as in the basic recipe. Before scooping the batter into the muffin tin, use a large spoon to mix in 2 medium-sized apples that have been cored and chopped into about half-inch (1 cm) chunks and sprinkled with 1 tsp (5 mL) pure cinnamon. Sprinkle the top of each muffin with cinnamon.

Banana To the creamed mixture, add 2 medium-sized very ripe bananas, well mashed. Adding raisins also gives a nice flavor.

Banana Chocolate The basic banana muffin can become banana-chocolate if you add 1/4 cup (50 mL) of pure unsweetened cocoa to the creamed mixture.

Banana Oatmeal Reduce the flour by 1/2 cup (125 mL) and add 1/2 cup (125 mL) of uncooked rolled oats to the banana muffin recipe. Raisins can also be added.

Blueberry or Cranberry After making the basic recipe, remove the beaters and fold in 1 cup (250 mL) of fresh washed and floured blueberries or cranberries. Frozen unsweetened berries can be used in the same way.

Corn Reduce the flour by 1/2 cup (125 mL) and substitute 1/2 cup (125 mL) corn flour. Substitute 1 tbs (15 mL) of Scotch whiskey for the vanilla, and fold 1 cup (250 mL) of frozen corn kernels into the completed batter. Place the batter into the muffin tins, and sprinkle each muffin with a mixture of 2 tbs (25 mL) parmesan cheese and 3 tbs (45 mL) of cornmeal.

Mocha Marble To the well-beaten creamed mixture, add 2 tbs of strong black coffee and 2 table-spoons (30 mL) of pure unsweetened cocoa. In a small cup, mix together 1/4 cup (50 mL) of unsweetened cocoa, 1 tbs (15 mL) of mocha flavoring, and a heaping 1/4 cup (50 mL) of batter. Marble the chocolate mixture through the batter just before putting it into the muffin tin.

Oatmeal Chocolate Reduce the flour by 1/2 cup (125 mL) and add 1/2 cup (125 mL) uncooked rolled oats. Add 1/4 cup (50 mL) of pure unsweetened cocoa and 1 tbs (15 mL) of Cream de Cacao or brandy to the creamed mixture.

Pineapple Bran Follow the directions for apple bran muffins. Substitute 1 can of chunk pineapple (packed in its own juice), well drained, instead of the chopped apples.

Whole Wheat Use 1/2 cup (125 mL) whole wheat flour and 1-3/4 cups (425 mL) all-purpose flour.

SANDRA'S FLAVORED YOGURT MUFFINS

Makes 12 large muffins

1 cup	rolled oats	250 mL
1 cup	flavored yogurt	250 mL
1/4 cup	vegetable oil	50 mL
1/4 cup	brown sugar	50 mL
1	egg	1
1 cup	all-purpose flour	250 mL
1 tsp	salt	5 mL
1/2 tsp	baking soda	2 mL
1 tsp	baking powder	5 mL

Soak oats in yogurt. Add oil, sugar, and egg. Mix until moistened. Sift in flour, salt, soda, baking powder. Fill muffin tins and bake at 400°F (200°C) for 20 minutes.

This is a moist flavorful muffin that uses up yogurt that has been in the fridge for a while.

BARS, SLICES, CAKES, COOKIES

Peanut butter can be incorporated into recipes to make interesting snacks instead of always settling for the old stand-by—peanut butter and bread or crackers. Here are some ideas to add to your repertoire.

Peanut Butter Bars

2-1/2 cups	bran flakes	625 mL
1/2 cup	wheat germ	125 mL
1/2 cup	raisins or dried fruit	125 mL
1/4 cup	honey	50 mL
3/4 cup	natural chunky-style peanut butter	175 mL
1/3 cup	instant nonfat dry milk	75 mL
1/3 cup	sunflower seeds	75 mL

Combine cereals, wheat germ, raisins, nuts, and seeds in a bowl. In a small saucepan heat honey. Remove from heat. Blend in peanut butter with dry milk mixing quickly and well. Pour over cereal mixture. Stir to cool. Press mixture into greased 8-in (20-cm) baking dish. Chill overnight. Cut into bars and store in airtight container.

KRISPIE PEANUT BUTTER SQUARES

Yields 25 1-1/2 inch (4-cm) squares

1/2 cup	brown sugar (firmly packed)	125 mL
1/2 cup	corn syrup	125 mL
1/2 cup	peanut butter	125 mL
3 cups	Rice Krispies	750 mL

In a large saucepan, combine sugar and corn syrup. Cook over medium heat, stirring frequently* until sugar is dissolved and mixture bubbles. Remove from heat. Stir in peanut butter, and mix well. Stir in cereal, mixing until well coated. Press evenly and firmly into lightly buttered 8-in (20-cm)-square pan. Let stand until firm. Cut into squares.

**Microwave note:* Microwave on high for 2 minutes, stirring every 45 seconds.

For chocolate lovers, here are a few recipes.

CHOCOLATE CHERUB CAKE

Makes 8 slices

1/4 cup	all-purpose flour	50 mL
2 tsps	baking powder	10 mL
1/3 cup	unsweetened cocoa powder	75 mL
1/3 cup	water	75 mL
1/2 tsp	vanilla extract	2 mL
whites from 4 large eggs (at room temperature)		
pinch of salt		
1/3 cup	sugar	75 mL
<i>Optional</i>	Confectioner's sugar (for dusting on top)	

Heat oven to 350°F (180°C). Have an 8-in (20-cm) -square cake pan ready. Mix flour and baking powder, set aside. Put cocoa and water in a small saucepan over low heat. Bring to a simmer, and cook about 1 minute stirring constantly until thick and smooth. Remove from heat; stir in vanilla. Beat egg whites and salt in a large bowl with electric mixer until foamy. Gradually add sugar, beating until soft peaks form when beaters are lifted. Quickly add cocoa mixture; beat just until blended. Fold in flour mixture in 2 additions just until blended. Pour into ungreased cake pan. Bake 20 to 25 minutes until the top cracks and looks dry. Place cake, still in pan, upside down on wire rack to cool 20 minutes. Run knife around edge of cake to loosen; carefully turn onto wire rack. Cool completely. Sprinkle with confectioner's sugar, if desired.

CHOCOLATE CHIP COOKIES

Makes about 24 cookies

1 cup	sifted all-purpose flour	250 mL
1	large egg	1
1/4 cup	unsifted whole wheat flour	50 mL
1	large egg white	1
1/2 tsp	baking soda	2 mL
1 tbs	almond extract	15 mL
1/4 cup	unsalted margarine	50 mL
1 square (1 oz)	semi-sweet chocolate (grated fine)	28 g
1/4 cup	granulated sugar	50 mL
1/4 cup	light brown sugar (firmly packed)	50 mL

Preheat the oven to 375°F (180°C). In a small bowl, combine the all-purpose flour, whole wheat flour, and baking soda and set aside.

In the large bowl of an electric mixer, beat the margarine, granulated sugar, and brown sugar at moderately low speed for 2 minutes or until smooth and creamy; then beat in the egg, egg white, and almond extract.

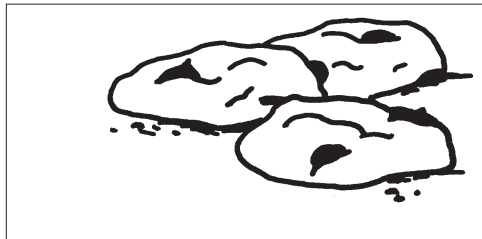
Using a wooden spoon, mix in the dry ingredients and the grated chocolate.

Drop the dough by rounded tbsfuls (15 mL) onto ungreased baking sheets, spacing the cookies about 2 in (5 cm) apart. Bake for 8 to 10 minutes or until lightly browned around the edges. Remove immediately to wire racks to cool.

TIP

When using your own recipe try substituting half the flour with whole wheat flour using the following formula:

$$\begin{array}{l} 1 \text{ cup (250 mL)} = 2/3 \text{ cup (150 mL)} \\ \text{all-purpose flour} \quad \text{whole wheat flour} \end{array}$$



CHOCOLATE CHEESECAKE

Sugar was decreased in recipe from the original recipe and cream cheese was replaced with quark cheese, a lower fat version with a similar taste. The result is a lighter cake that is loaded with a chocolate flavor.

3/4 cup	graham wafer crumbs	175 mL
1 tbs	sugar	15 mL
2 tbs	butter (melted)	25 mL
1 pkg (4-serving size)	chocolate pudding and pie filling	1 pkg
1/2 cup	sugar	125 mL
1 cup	1 percent milk	250 mL
1 oz	unsweetened chocolate	28 g
26 oz	quark cheese	750 g
3	egg yolks	3
2 tsps	vanilla	10 mL
1/4 tsp	salt	1 mL
3	egg whites	3

Mix together graham cracker crumbs, 1 tbs (15 mL) sugar, and butter. Grease sides of 9-in (22.8-cm) spring-form pan to 1 in (2.5 cm) from top; coat with about 2 tbs (30 mL) crumb mixture. Press remaining crumb mixture firmly on bottom of pan.

Combine pudding mix, 1/2 cup (125 mL) sugar, and milk in saucepan. Add chocolate. Cook and stir over medium heat until chocolate is melted and mixture comes to a full bubbling boil. Remove from heat. Cover surface with wax paper and set aside to cool.

In large bowl, beat quark cheese until fluffy. Add egg yolks, beat well. Blend in vanilla, salt, and pudding. Beat egg whites until soft rounded peaks form; fold into cheese mixture.

Pour into prepared pan. Bake on lowest oven rack at 425°F (210°C) for 30 minutes, or until center is set when lightly touched and top is golden brown. Cake becomes firmer when cool. Remove outside ring of spring-foam pan only when cool.

Spread top of cheese cake with cooked rhubarb mixture or other cooked or fresh fruit. Also good by itself without any added fruit. Refrigerate until firm before serving.

COCOA BROWNIES

These brownies are moist and lower in fat than most brownies because they are made with cocoa instead of chocolate and with egg whites instead of whole eggs.

1/2 cup	soft margarine	125 mL
1 cup	granulated sugar	250 mL
1/2 cup	all-purpose flour	125 mL
1/2 cup	cocoa	125 mL
1 tsp	baking powder	5 mL
1 tsp	vanilla	5 mL
4	egg whites	4

In bowl, using electric mixer, beat margarine and sugar until light and creamy. Beat in flour, cocoa, baking powder, and vanilla. In another bowl, using hand electric mixer, beat egg whites until they are white and hold their shape. Fold beaten whites into cocoa mixture until completely blended. Transfer to greased and floured 8-in (20-cm) -square baking pan.

Bake in 325°F (160°C) oven for 20 to 25 minutes. Top should be slightly underbaked in the middle and firm to the touch near the edges. Remove from oven and allow to cool completely before cutting.



TIP

For a quick and simple dessert or to accent a cake to make it special, try using a yogurt-flavored sauce on cake or fruit instead of whipping cream. Take low-fat plain yogurt and mix in a bit of flavoring from a flavor of your choice; for example, coffee yogurt is nice.

APPLE OAT BREAD

Makes 1 loaf

1-1/2 cups	quick-cooking or old-fashioned oats (uncooked)	375 mL
1-1/2 cups	all-purpose flour	375 mL
1-1/2 tsp	baking soda	7 mL
1-1/2 tsp	cinnamon	7 mL
3/4 tsp	allspice	3 mL
1/4 cup	honey	50 mL
1/2 cup	skim milk	125 mL
3 tbs	salad oil	45 mL
3	egg whites	3
3 medium	green cooking apples (unpeeled, diced)	3

Preheat oven to 350°F (180°C). Grease 8.5 in x 4.5 inch (21.5 cm x 11.4 cm) loaf pan with oil on paper towel.

In large bowl, mix oats and next 4 ingredients. In small bowl, beat honey, milk, oil, and egg whites until blended; stir into flour mixture just until flour is moistened (batter will be lumpy). Fold in apples.

Spoon batter evenly into loaf pan. Bake 65 minutes or until a toothpick inserted into center of bread comes out clean. Cool bread in pan on wire rack 10 minutes; remove bread from pan. Cool bread completely on wire rack.

STREUSEL PLUM CAKE

1/4 cup	margarine	50 mL
1/2 cup	granulated sugar	125 mL
2	eggs (separated)	2
1-1/2 cups	all-purpose flour	375 mL
1 tsp	baking powder	5 mL
1/2 cup	1 percent milk	125 mL
2 — 14-oz cans	plums (drained)	400 g
2 cups	ripe plums (halved)	500 mL

Grease 9-inch (22.8-cm)-square cake pan, or use greased spring-form or flan pan. Cream together margarine, sugar, and egg yolks in large bowl. Beat until fluffy. Combine flour and baking powder. Beat into egg mixture alternately with milk. Beat egg whites until stiff but not dry. Fold into batter. Turn into prepared pan. Halve and pit plums and arrange over top.

Bake in preheated 350°F (180°C) oven for 35 to 45 minutes or until top is golden and toothpick inserted into cake comes out clean.

FRUIT PIES

Some tips on how to modify your recipes.

Crust

Roll the crust out thinner and use latticework on top or try a crumb crust for a change. Try using half the fat content as called for in your recipe for a lighter version that makes the fruit the focus rather than the crust.

For filling

Use light pie filling or if you are feeling creative, try using canned fruit in its own juice, drained (peaches or pineapple cubes work well). Another option would be to use those crabapples from your freezer. Chop in half, and leave them unpeeled for more flavor and color.

For thickener

Use flour, cornstarch, and/or oat bran. Guideline 1/4 cup (50 mL) flour or 2 tbs (25 mL) cornstarch per large 9-in (22.8-cm) fruit pie.

For flavor

Cut back on sugar content slightly depending on the type of filling (i.e. crabapples are sour and therefore, you will need more sugar); add other flavor enhancers.

For crabapples Use rum extract, cardamom, cinnamon, cloves.

For pineapple Use almond extract, slivered almonds, cinnamon, bit of juice that was drained.

Dots of butter on top are not necessary.

Make only slight modifications to your regular recipe so that you are assured of success.

The above recipes and suggestions have given you a sampling of the kind of changes you can make to eat in a healthier way. Many other recipe books are available to give you additional ideas of how to modify recipes. By following the principles of HUGS™ as outlined in the previous chapters you can start from where you are right now and proceed to where you want to be one step at a time. Break free from continually trying new recipes and learn to take what you are familiar with and make it better.



Looking ahead

If your main goal as you come into the HUGS™ program was to lose weight, but you have not yet lost any weight, perhaps the goal has to be looked at again. If you remember we said a goal of weight loss does not achieve health and permanent life-style change. Focusing on a goal of weight loss shifts the emphasis from life-style habits that are integral in stabilizing and maintaining any weight lost. Remember that fluctuations in body weight are more harmful to health than if you stabilize at a higher weight.

We all make decisions that affect the rest of our lives. We can choose to take responsibility for them and move on or continue to dwell on the past causing more stress and unhappiness which leads to more eating. In this way, the process of healthy living is no longer natural but forced. The journey is no longer enjoyable. Rather the destination becomes foremost in your mind.

It's your choice — continue the HUGS™ philosophy recognizing and accepting the internal benefits gained and striving for unconditional self-acceptance, or go back on the bandwagon that brings with it irritability, preoccupation with weight and food, and even larger body size a few years later.

DIETS DON'T WORK. The greatest chance to reach your health potential is through healthy living. Why give up that chance now that you have come so far. Life-style change doesn't happen overnight. If it did it would simply be another diet under the new banner "life-style."

HOW FAR HAVE YOU PROGRESSED?

- Have you cultivated a preference for lower fat foods?
- Have you cultivated a preference for less sweetening foods?
- Are you starting to enjoy incorporating more activity into your life-style?
- Are you dealing with why you are eating in the first place?
- Are you using confrontation to really determine if you want certain foods?

YOU COUNT,
CALORIES
DON'T

- Are you making small changes to build in some time for yourself?
- Are you thinking like a nond Dieter?

Every yes answer is a success!

When you can answer yes to all these life-style shifts, physical changes might take place. If you rush this process, you will certainly end up in the diet thinking. The more you have dieted and the older you are the longer it will take to make the new process enjoyable. But if it's fun and you have an attitude of self-discovery and experimentation, it really doesn't matter how long the new process takes. If you allow changes to take place over a 5-year period, your body will readjust to its natural weight comfortably, and will maintain it. No matter what the outcome, you are to be congratulated on taking this road. This is the way you will be healthier and happier.

Your success is renewed confidence and self-acceptance, energy, enjoyment of increased activity, feeling better about yourself, and improved eating habits.

The qualities expressed in the next chapter will guide you on what needs to be done to really begin to focus on your needs. If you are younger than 40, gather preparation ideas for moving through menopause comfortably and painlessly. If you are in your 40s or 50s, draw what you need to reassess and gain the skills to do what it takes to enjoy the process of change that is taking place; the metamorphosis to a new you, one of vitality and vigor and confidence. If you have already gone through menopause and do not possess these qualities, the characteristics alone can help you grab onto this new adulthood that can transport you to new heights. Men and women will be guided in this stage of transition, midlife, a time when many of us step back and reassess before we move on.

HUGS may be in your area.

Check the yellow pages or ask your nutritionist or dietitian for the program in your area.

Visit our web site at <http://www.hugs.com> for a current listing of HUGS facilitators worldwide.