

Do you **CRAVE CHOCOLATE?**

**SWEETS?** Something **CRUNCHY**

or something **SALTY? RELAX.**

We've got **27 HEALTHY TREATS.**

It's 1995, and everyone knows that fat is out. But if your cravings haven't heard the news, don't despair. You can take solace in these low-fat, high-taste alternatives, which are organized by craving type—chocolate, sweet, savory, crunchy, and comfort. Just identify your craving of the moment—and read on. Most of these dishes can be prepared in minutes; we've indicated those that require some "precrave" planning.

And remember, fat and calorie counts may vary depending on the brand of ingredient used, so read labels and look at the serving sizes for the most healthful foods you can buy.

## CHOCOLATE

### CHOCOLATE SLUSH

Because this takes time to freeze, you may want to make this recipe ahead of time and keep a tub in the freezer.

**1 cup skim milk**  
**1 cup water**  
**¼ cup sugar**  
**3 Tb. cocoa**  
**2 tsp. vanilla extract,**  
**orange, or any other**  
**desired flavoring**

1. Put all ingredients in medium-size pot and cook on medium heat. Be sure to stir constantly until mixture comes to a slow boil and sugar is dissolved. Lower heat and let simmer for 2 minutes, stirring occasionally to

make sure mixture does not boil over. Let cool.

2. Transfer to a covered container and freeze. Once frozen, put chocolate mixture in blender or food processor. Or if you're impatient, eat when it's half frozen (and enjoy the chocolate liquid). Store uneaten portion in freezer.

*Calories per 1 cup serving: 170*  
*Fat: 2 g (2%)*

**1 cup skim milk**  
**1½ tsp. cocoa (imported**  
**cocoa has a richer flavor)**  
**1½ tsp. sugar**  
**1 tsp. vanilla extract**

Place ingredients in cup or small pot. Stir. Heat on stove or in microwave to desired temperature, then drink up. If you must dunk, do it with pretzels or a few fatfree Fig Newtons.

*Calories per recipe: 134*  
*Fat: 1 g (4%)*

### HOT CHOCOLATE

Homemade hot cocoa can soothe any chocolate craving, especially on a cold night. This recipe can be made in the microwave or on the stove.

### CHOCOLATE-COVERED BANANAS

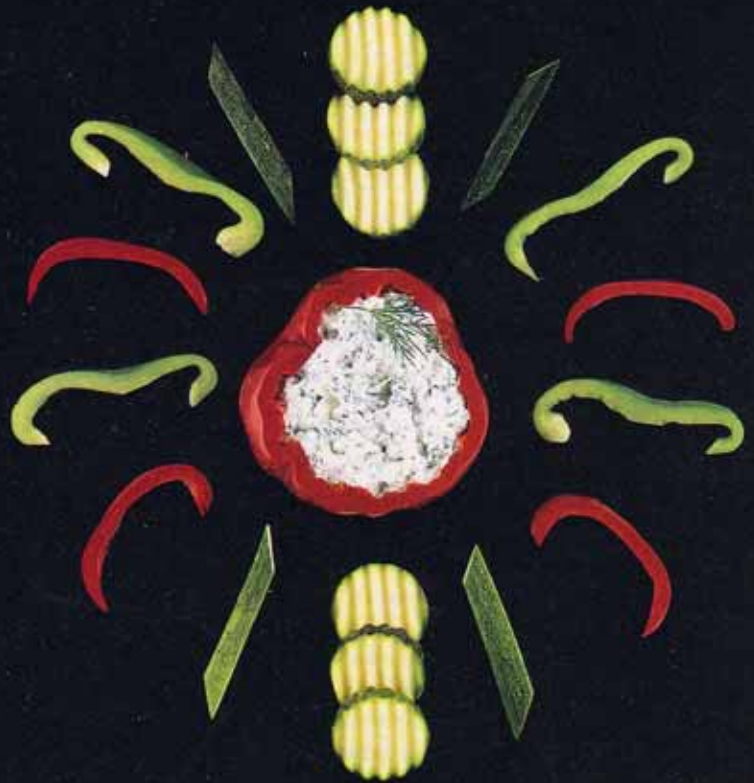
**¼ cup cocoa**  
**½ cup Karo syrup**

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by **ELIZABETH FASSBERG**



FOUR DISHES OUT OF OUR 27 TO CHOOSE FROM (CLOCKWISE FROM ABOVE LEFT): GUILTLESS PIZZA, CHOCOLATE-COVERED BANANAS, FRESH HERB DIP, FRENCH TOAST.



## 27 HEALTHY TREATS

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**1½ tsp. flour**

**4 bananas, sliced just before use**

1. Heat cocoa, syrup, and flour in small saucepan, stirring constantly over low flame until it boils. Let simmer 1 minute. (Be careful not to let it burn.)

2. Take off heat and pour over sliced bananas. The sauce can also be stored in the refrigerator for later use. Makes ½ cup.

*Calories per 1½ Tb. sauce and 1 banana: 242*

*Fat: 1 g (3%)*

## SWEET

### PANCAKES

**1½ cups flour**

**1 tsp. salt**

**2 Tb. sugar**

**1½ tsp. baking powder**

**1 egg white**

**1½ cups skim milk**

**¼ cup seltzer**

1. Mix all dry ingredients in medium-size bowl. Mix all wet ingredients in another bowl. Add wet ingredients to dry and stir until combined. Let sit for 5 minutes.

2. Lightly spray nonstick skillet with Pam and heat. Pour small amount batter (enough for one pancake) into pan. When bubbles form, flip pancake. Serve with jam, powdered sugar, applesauce, or maple syrup. If you prefer, you can make batter ahead of time, store it in the refrigerator, and use as needed.

*Calories per 5 pancakes (about ½ cup per pancake): 214*

*Fat: 1 g (2%)*

### BRAN-FRUIT MUFFINS

**1 cup whole wheat flour**

**1½ cups unprocessed bran**

**1 tsp. baking powder**

**1 tsp. baking soda**

**½ cup raisins**

**1 egg, lightly beaten**

**¾ cup skim milk**

**¾ cup apple juice**

**2 Tb. honey or maple syrup**

**¼ cup applesauce**

1. Preheat oven to 375°. Spray muffin tin with Pam or line 12-muffin pan with muffin

cup. In medium-size bowl mix flour, bran, baking powder, baking soda, and raisins. In another medium-size bowl mix the rest of the ingredients. Add wet ingredients to dry and mix until just combined.

2. Bake for about 15 minutes or until muffins bounce back when touched. Do not overbake. Let cool for 5 minutes and then remove from pan. You can vary these muffins with other fruits—add apples, blueberries, peaches, etc., instead of raisins. Also, you can store these in the refrigerator, then slice and toast when ready to eat. Serve with fatfree cream cheese or fatfree cottage cheese.

*Calories per 1 muffin: 104*

*Fat: 1 g (5%)*

### FRENCH TOAST

**2 egg whites**

**½ tsp. cinnamon**

**2 slices fatfree bread**

**(challah bread tastes great, but it's loaded with butter and eggs)**

Whisk together egg whites and cinnamon in medium-size shallow bowl. Dip bread into batter and cook in nonstick skillet until both sides are golden brown. (You may want to spray pan with Pam first.) Serve with jam, powdered sugar, syrup, or plain.

*Calories per 1 piece of toast: 117*

*Fat: 0 g (0%)*

### SWEETENED SWEET POTATO

**1 sweet potato**

**1 Tb. Vermont maple syrup**

Wash potato well, but don't peel. (A lot of the nutrients are in the skin.) Prick skin a few times with fork. Bake in 400° oven for 45 minutes or zap in microwave until soft. Cover with syrup and enjoy.

*Calories per recipe: 168*

*Fat: .1 g (1%)*

### MARSHMALLOW SPUD

**1 sweet potato**

**2 large marshmallows**

Wash potato well and prick skin with fork. Bake in 400° oven for 45 minutes or zap in microwave until potato is soft. Slice potato in half and place marshmallows in center. Broil until marshmallows are lightly browned, 1 to 2 minutes.

*Calories per recipe: 158*

*Fat: .1 g (1%)*

### CRUNCHY FRUIT SUNDAE

**½ cup frozen berries**

**1 cup frozen yogurt, any flavor**  
**(be sure to read labels; not all yogurt is low in fat)**

**2 Tb. fatfree granola or any crunchy nonfat or low-fat cereal**

Thaw frozen berries in microwave or on stove until warm. Spoon yogurt into large glass dish. Add granola and then warmed berries. Drip berry juice over top.

*Calories per 1 serving: 238*

*Fat: .4 g (1%)*

### FRESH FRUIT IN RASPBERRY-ORANGE SAUCE

**2 tsp. flour**

**¼ cup orange juice**

**2 tsp. raspberry jam**

**1 Tb. framboise, optional**

**1 cup frozen unsweetened raspberries**

**4 cups cut-up fresh fruit**

In a medium-size saucepan dissolve flour in orange juice. Stir in jam, framboise, and raspberries. Cook over medium heat until mixture boils. Reduce heat and let simmer for about 5 minutes or until mixture thickens. Remove from heat and pour over fruit. For variations, mix sauce into nonfat yogurt or pour over nonfat frozen yogurt. Sauce can be made ahead of time and stored in refrigerator.

*Calories per 1 cup fruit and 3 Tb. sauce: 218*

*Fat: 1 g (5%)*

### HOT, SPICED PEAR-AND-APPLE CRUMBLE

**1 green apple, peeled, cored, and sliced**

**1 pear, peeled, cored, and sliced**

**1 Tb. lemon juice**

**½ tsp. cinnamon**

**½ tsp. ginger**

**2 tsp. brown sugar**

**¼ cup water**

**5 gingersnaps**

In medium-size bowl, mix apple and pear slices with lemon juice. In small bowl mix cinnamon, ginger, and sugar. Toss fruit

and spices together and heat in saucepan with water until apples and pears are softened. You may need to add additional water if it evaporates before fruit is softened. Spoon into small bowl and top with ginger-snaps. For an à la mode variation, add spoonful of nonfat or low-fat frozen yogurt. *Calories per ¾ cup serving: 131*  
*Fat: 1 g (7%)*

## SAVORY

### OVEN FRIES

**2 medium-size potatoes (any kind), washed but not peeled**  
**1 tsp. paprika, or to taste**  
**½ tsp. salt, or to taste**  
**1 Tb. ketchup, or to taste**

Boil potatoes for about 30 minutes, until they are just soft when pricked with fork. Cut potatoes into strips. Preheat oven to 400°. Spray baking sheet with Pam. Add potatoes and sprinkle with paprika and salt. Bake on both sides to desired color. Dip in ketchup. (See you later, McDonald's!) For a different flavor, sprinkle fresh or dried rosemary instead of paprika. *Calories per 1 cut-up potato: 121*  
*Fat: .3 g (2%)*

### MUSTARD SPUD

**1 large baking potato, washed and pricked with a fork**  
**1 Tb. fatfree sour cream**  
**1 Tb. fatfree plain yogurt**  
**1 Tb. grainy mustard**

Bake potato in 400° oven for 45 minutes or zap in microwave until soft. Meanwhile, in small bowl, mix sour cream, yogurt, and mustard. Serve mustard mixture on top of sliced baked potato. *Calories per recipe: 239*  
*Fat: 1 g (4%)*

### SUN-DRIED TOMATO POTATO

**1 baking potato, washed and pricked with a fork**  
**1 garlic clove, finely chopped**  
**2 sun-dried tomatoes, completely drained of oil, rinsed under water, cut into small pieces**  
**1 tsp. capers**

**Salt and pepper, to taste**  
**¼ cup nonfat shredded cheese**

Bake potato in 400° oven for 45 minutes or zap in microwave until soft. Meanwhile, in small nonstick pan sprayed with Pam, lightly brown garlic, then add tomatoes and capers and cook until warm. Add salt and pepper. Remove from heat and add to cooked and split potato. Sprinkle with cheese and broil until cheese is melted. (This part is quick, so don't walk away!) *Calories per recipe: 289*  
*Fat: 1 g (4%)*

### CHIPS AND SALSA

**¼ cup salsa**  
**1 cup nonfat plain yogurt**  
**3 oz. fatfree tortilla chips**

In medium-size bowl, mix salsa and yogurt. Now dip. If you tire of tortilla chips, try sourdough pretzels, either salty ones or baldies. Prewashed carrots are also good. *Calories with ½ cup dip and 1 oz. fatfree chips: 149*  
*Fat: 1 g (6%)*  
*Calories with ½ cup dip and 1 oz. fatfree pretzels: 167*  
*Fat: 0 g (0%)*  
*Calories with ½ cup dip and 2 carrots, peeled: 119*  
*Fat: .3 g (2%)*

### FRESH HERB DIP

**¼ cup fatfree cottage cheese**  
**1 cup nonfat yogurt**  
**2 medium-size garlic cloves, minced (or you can use preminced garlic sold in jars)**  
**¼ cup chopped fresh dill**  
**¼ cup chopped fresh parsley**  
**1 tsp. lemon juice**  
**4 red peppers, cored and cut into strips**

Mix everything but peppers in medium-size container. Refrigerate for about 30 minutes, so the flavors have time to blend together; then dig in.

If you're really hungry, make a stuffed red pepper: halve and core red pepper and stuff with dip. You can also substitute other vegetables or dip low-fat crackers. *Calories per ¾ cup dip and 1 red pepper: 82*  
*Fat: .3 g (3%)*

## CAPONATA

**2 tsp. garlic, chopped fine (you can also use prechopped garlic sold in jars)**  
**1 onion, chopped**  
**1 medium eggplant, diced**  
**1 zucchini, diced**  
**1 yellow squash, diced**  
**1 twenty-eight-oz. can whole tomatoes, chopped, with juice**  
**2 tsp. dried oregano**  
**Salt and pepper, to taste**

Spray large nonstick skillet with Pam. Sauté garlic and onion until lightly browned and onions have softened. Add rest of ingredients and cook on medium heat until mixture boils. Reduce heat and simmer, stirring often, until vegetables are soft and most of sauce has evaporated. Serve warm or cold with Italian breadsticks or in a pita pocket. Or add extra tomato puree and make it into a sauce for pasta. *Calories per 1 cup serving: 55*  
*Fat: 1 g (8%)*

## TORTILLAS WITH BLACK BEANS AND RICE

(when nothing seems to be filling you up)  
**2 cloves garlic, minced**  
**1 onion, chopped**  
**2 cups canned black beans, rinsed and drained**  
**½ cup water**  
**½ tsp. chili powder, or to taste**  
**¼ tsp. allspice**  
**Salt and pepper, to taste**  
**4 nine-inch low-fat flour tortillas (read the labels, some are high in fat)**  
**½ cup white or brown rice (for convenience, pick up an order at a Chinese restaurant)**  
**4 Tb. salsa**

In medium-size nonstick pan sprayed with Pam, sauté garlic and onion until lightly browned and softened. Add beans, water, chili powder, allspice, and salt and pepper, and heat until hot and most of water has been absorbed. Heat tortilla in oven or on burner. Put rice in tortilla, then spoon in beans and roll tortilla. Dip in salsa and eat. *Calories per 1 tortilla, ½ cup black beans, 2 Tb. rice, and 1 Tb. salsa: 349*  
*Fat: 4 g (10%)*

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**½ cup cooked green peas**  
**½ tsp. curry powder**  
**1 tsp. chutney**

Peel cucumber and cut in half lengthwise. Spoon out seeds (if there aren't many seeds, you may need to spoon out some of the cucumber flesh to make room for the rice mixture). In medium-size bowl, mix rice, peas, curry, and chutney. Spoon room-temperature rice mixture into the grooves of the cucumber.  
*Calories per recipe: 392*  
*Fat: 1 g (3%)*

## CARROT-APPLE SALAD

**1 cup shredded carrots**  
**½ cup shredded green apple**  
**1 Tb. lemon juice**  
**2 Tb. apple juice**

Place all ingredients in small bowl. Stir, and then munch away.  
*Calories per recipe: 100*  
*Fat: .4 g (4%)*

## COMFORT

### MASHED POTATOES

**1 whole head of garlic**  
**2 medium-size baking potatoes, peeled**  
**½ cup skim milk**  
**Salt and pepper, to taste**

Wrap garlic in foil and put in 450° oven. Bake for 30 minutes or until very soft. Meanwhile, boil potatoes in salted water until they are soft (it usually takes about 30 minutes, but depends on size). Squeeze garlic out of its skin (discard skin), and mix in food processor with potatoes, milk, and salt and pepper. Blend until potatoes are smooth. Add more milk if you like creamier potatoes. If you don't have a food processor, you can do it by hand with a masher or fork; add all ingredients to medium-size bowl and mash away.  
*Calories per 1 cup serving: 239*  
*Fat: .4 g (2%)*

## CREAMY MILK SHAKE

**½ cup nonfat yogurt**  
**1 cup skim milk**  
**½ cup ice cubes**  
**½ banana**  
**½ mango, peeled and chopped**

Mix ingredients on high speed in blender or food processor. Blend until ice cubes are finely chopped.

You can vary your fruit depending on what's in season; just remember, the sweeter the fruit, the tastier the shake. If you prefer a thicker shake, add additional ice. For thinner, use less.

*Calories per 1¾ cups serving: 131*  
*Fat: 1 g (3%)*

## HOME-BAKED SOFT PRETZELS

**4 oz. premade dough from local pizza parlor**  
**1 egg white**  
**Kosher salt, poppy seeds,**

**sesame seeds, and/or garlic powder or cinnamon and sugar, to taste**

Roll half of dough into pretzel shape. Do the same with other half. Brush egg white on top and roll in kosher salt, poppy seeds, sesame seeds, and/or garlic powder. For a sweet pretzel, sprinkle with cinnamon and sugar instead. Bake in preheated 450° oven until the pretzel turns golden brown (about 12 minutes).  
*Calories per 1 pretzel: 115*  
*Fat: .3 g (2%)* □

*Elizabeth Fassberg is a freelance food stylist and specialty-cake maker who constantly experiments with low-fat foods.*

...IS A  
HAM SANDWICH FROM HERE.



**CARVING BOARD**  
MEATS

