



Fresh veggies are full of flavor and loaded with vitamins and minerals.

CHILLED MELON SOUP

2 cups ripe cantaloupe, cut into 1-inch pieces

1 cup ripe honeydew melon, cut into 1-inch pieces

1½ Tb. lemon juice

¼ tsp. ground ginger

Garnish: Prosciutto slices

1. In blender or food processor, puree cantaloupe with honeydew. Stir in lemon juice and ginger.

2. Chill and serve with slices of prosciutto. Yield: 2 servings.

Per serving, 114 calories: 9% (3 g) protein, 4% (1 g) fat, 87% (27 g) carbohydrate. 0 mg cholesterol; 36 mg sodium.

VEGETABLE-STUFFED MUSHROOMS

¼ tsp. coarse salt

5 oz. whole mushrooms

1 Tb. plain bread crumbs

1 Tb. lemon thyme

¼ tsp. salt

¼ tsp. pepper

½ cup finely chopped red pepper

2 Tb. reduced-fat and -sodium chicken stock

1 Tb. Parmesan cheese, optional

1. Preheat oven to 350°. Sprinkle damp paper towel with coarse salt and rub mushrooms clean. Carefully remove stems and chop fine. Place in medium-size bowl. Reserve caps.

2. Combine bread crumbs, thyme, salt and pepper, and red pepper in the bowl of chopped stems. Add chicken stock and stir to combine.

3. Spray sheet pan with vegetable oil and set whole mushroom caps on top.

4. Spoon small amount of mixture into each cap. (Amount will depend on how big cap is.) Bake 20 minutes. Serve hot, sprinkled with Parmesan cheese. Yield: 4 (appetizer) servings.

Per serving, 25 calories: 26% (2 g) protein, 15% (1 g) fat, 59% (4 g) carbohydrate. 1 mg cholesterol; 154 mg sodium.

SPICY SWEET POTATO-AND-BEET STICKS

4 cups shredded peeled sweet potatoes

4 cups shredded peeled beets

½ tsp. salt, or to taste

¼ tsp. cayenne pepper, or to taste

1. Preheat oven to 400°. Keep the two vegetables in separate

small bowls. Toss each with salt and cayenne.

2. Spray sheet pan with vegetable oil. Place beets in thin layer on one side of pan and potatoes on other side, and spray them with oil. Bake 20 minutes, turn, and continue to cook another 20 minutes or until crisp.

3. Remove from oven; mix potatoes and beets together. Serve immediately. Yield: 4 servings.

Per serving, 179 calories: 9% (4 g) protein, 1% (.2 g) fat, 90% (39 g) carbohydrate. 0 mg cholesterol; 671 mg sodium.

BUCKWHEAT SALAD WITH MIXED VEGETABLES

½ cup onion, chopped

½ cup cracked buckwheat

1 egg white, lightly beaten

1 cup reduced-fat and -sodium chicken stock

1 cup chopped peeled carrots

1 cup chopped tomato

1 cup chopped cucumber

2 cups cooked farfalle, or butterfly, pasta

2 Tb. lemon juice, or to taste

1 tsp. salt, or to taste

½ tsp. pepper, or to taste

1. In medium-size saucepan sprayed with vegetable oil, sauté onion until translucent, about 3 minutes. Set aside.

2. In small bowl, combine buckwheat with egg white. Toss with fork. Add buckwheat mixture to onion and sauté over medium heat until buckwheat separates, about 3 minutes.

3. In another medium saucepan, bring chicken stock to a boil. Stir in buckwheat mixture and cover tightly; simmer 7 to 10 minutes, until kernels are tender and liquid is absorbed. Cool to room temperature.

4. In large bowl, combine carrots, tomato, cucumber, and pasta. Stir in buckwheat; season with lemon juice and salt and pepper. Yield: 4 servings.

Per serving, 242 calories: 18% (11 g) protein, 8% (2 g) fat, 73% (45 g) carbohydrate. 1 mg cholesterol; 641 mg sodium.

ROAST CHICKEN OVER SUMMER SLAW

¾ cup rice vinegar

¾ cup water

1½ tsp. Dijon mustard

1 Tb. sugar

Fabulous Low-Fat Farm-Stand Dishes

Late summer is a great time for fresh fruits and vegetables—farm stands and farmers' markets are overflowing with fabulous produce. Here, eight delicious, healthful, low-cal recipes to make with the season's bounty.

- 2 cups shredded green cabbage
- 2 cups shredded purple cabbage
- 1 cup shredded carrots
- ½ tsp. salt, or to taste
- ½ tsp. pepper, or to taste
- 2 eight-oz. skinless whole chicken breasts

1. In small saucepan combine vinegar, water, mustard, and sugar. Cook on medium heat until mixture boils, stirring constantly in order to dissolve sugar. Remove from heat and cool to room temperature.

2. In large bowl combine green and purple cabbage and carrots. Stir in sauce and season with salt and pepper. Refrigerate until ready to serve.

3. Flatten chicken breasts by placing them between two sheets of waxed paper. Using meat pounder or something heavy, press out and down from center so meat flattens evenly.

4. Preheat oven to 375°. Sprinkle breasts with salt and pepper. Place breasts on foil-covered baking sheet that has been sprayed with vegetable oil. Bake about 12 to 15 minutes on one side. Turn chicken over and bake on other side another 12 to 15 minutes. Make sure there is no pink when you slice into the meat.

5. Slice chicken into strips and serve over slaw. Yield: 4 servings. *Per serving, 177 calories: 54% (19 g) protein, 11% (2 g) fat, 35% (12 g) carbohydrate. 68 mg cholesterol; 409 mg sodium.*

PORTOBELLO MUSHROOM, ZUCCHINI, AND YELLOW-SQUASH FRITTATA

- 1 medium Portobello mushroom
- 1 small zucchini, sliced into 1-inch rounds
- 1 small yellow squash, sliced into 1-inch rounds
- Salt, to taste
- 1 Tb. minced shallot

- 3 egg whites
- 2 Tb. skim milk
- 1 tsp. grated Parmesan cheese
- ¼ tsp. pepper

1. Turn broiler on. Spray large sheet pan with vegetable oil. Place vegetables in single layer on pan and spray again. Sprinkle salt on top. Place under

boiling

Husk and remove all silk. Place corn in a pot and add enough water to cover. Heat over high heat to a rolling boil. Remove corn and eat. (For very sweet corn there is no need to add sugar to the water. If it's not the height of the season, add one tsp. sugar to the water before cooking corn.)

roasting

(This is a perfect method for summer and fall barbecue nights.) Pull husks down but keep them attached. Remove silk. Bring husks back up. Soak in water for 15 minutes and then roast over hot coals for about 15 to 30 minutes, depending on size, turning often to brown all sides.

You can also roast corn in a 425° oven. Wrap corn in aluminum foil and roast in oven, turning frequently. The corn will have a steamed flavor. Cook for about 15 to 30 minutes, depending on size.

Per 1 large ear, 89 calories: 10% (3 g) protein, 10% (1 g) fat, 80% (21 g) carbohydrate. 0 mg cholesterol; 14 mg sodium.

broiler until browned. With spatula, turn vegetables over, sprinkle again with salt, and broil until browned. Remove from oven. Do not turn oven off. Slice mushroom into ¼-inch strips. Set aside.

2. Spray small nonstick frying pan with vegetable oil. Add shallot; cook until transparent. Remove from pan and set aside.

3. In medium-size bowl, combine egg whites and milk. Whisk until foamy. Add shallot, cheese, and pepper.

4. Spray small nonstick pan with vegetable oil. Heat pan about 1 minute on medium flame. Add egg-white mixture. Place vegeta-

bles in single layer on top of eggs and let cook until set, about 2 minutes. Place pan under broiler and cook until eggs puff up and tops of eggs are no longer runny. Yield: 2 servings.

Per serving, 68 calories: 46% (8 g) protein, 10% (1 g) fat, 46% (8 g) carbohydrate. 1 mg cholesterol; 401 mg sodium.

TO PREPARE PERFECT CORN ON THE COB

CARROT, ZUCCHINI, AND APPLE MUFFINS

- 2½ cups all-purpose flour
- 1 cup unsifted whole wheat flour
- 1 Tb. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- ½ cup firmly packed brown sugar
- ½ tsp. cinnamon
- ½ tsp. ginger
- 1 cup coarsely shredded zucchini
- 1 cup coarsely peeled shredded carrot
- 1 cup coarsely shredded Granny Smith apple
- 2 egg whites
- 2 cups low-fat buttermilk
- 4 Tb. nonfat yogurt
- 1 tsp. vanilla extract

1. Preheat oven to 350°. Spray 12-muffin pan with vegetable oil.

2. In large bowl mix together flours, baking powder, soda, salt, sugar, cinnamon, ginger, zucchini, carrot, and apple. Set aside.

3. In medium-size bowl, lightly beat egg whites. Add buttermilk, yogurt, and vanilla extract. Mix together. Add to dry ingredients and stir until blended.

4. Spoon into muffin pan. Bake 30 minutes. Remove from pan and cool on rack. Spray pan with vegetable oil. Spoon rest of muffin mix into pans. Bake 30 minutes. Yield: 18 muffins.

Per muffin, 126 calories: 13% (4 g) protein, 4% (1 g) fat, 83% (26 g) carbohydrate. 1 mg cholesterol; 221 mg sodium. □

TOMATO- AND RICOTTA-STUFFED FLOUNDER

- 1 tsp. minced garlic
- 2 large plum tomatoes, chopped
- ½ cup nonfat ricotta cheese
- 1½ tsp. chopped fresh oregano
- 1 Tb. fresh lemon juice
- 2 four-oz. flounder fillets
- Garnish: Lemon wedges

1. Preheat oven to 425°. In small bowl mix together garlic, tomatoes, cheese, oregano, and lemon juice.

2. Line baking sheet with foil and spray with vegetable oil. Place fillets flat on sheet pan. Divide filling evenly and place