

CHICKEN PICCATA

Sodium Per Serving – 97mg

Serves 4

You won't believe how easy it is to make this delicious dish, which is served in many upscale restaurants. Although chicken piccata is often prepared with capers (which are high in sodium), this version, without the capers, is just as tasty. This is an impressive dinner party entrée and takes less than 15 minutes to prepare, so have everything ready before cooking the chicken. Serve with **CARAMELIZED SHALLOTS AND ASPARAGUS** (page 171) and **BASIC STEAMED RICE** (page 195).

2 tablespoons all-purpose flour

1 teaspoon dried tarragon

½ teaspoon dried basil

½ teaspoon garlic powder

**½ teaspoon dried rosemary,
crushed**

½ teaspoon dried thyme

¼ teaspoon ground black pepper

**4 boneless, skinless chicken
breasts (about 1 pound),
flattened to ¼-inch thick¹**

1 tablespoon olive oil

Sauce:

**1 tablespoon unsalted margarine
or butter²**

1 large shallot, minced³

2–3 tablespoons lemon juice

½ cup Madeira or dry white wine

**¼ teaspoon low-salt Worcester-
shire sauce**

**4–5 drops hot pepper sauce, such
as *Tabasco***

2–3 tablespoons lowfat milk⁴

**1 tablespoon chopped fresh flat-
leaf (Italian) parsley (optional)**

▶ Mix flour, tarragon, basil, garlic powder, rosemary, thyme, and pepper together; dredge chicken in flour mixture, shaking off any excess.

▶ Heat oil in a large skillet over medium-high heat; add chicken. Cook until lightly browned on both sides, 3 to 4 minutes per side. (Chicken is done when it is no longer pink, but still moist inside.)

▶ Transfer chicken to a platter and keep warm while preparing the sauce.

▶ *For the sauce:* In the same skillet, melt margarine; add shallots. Cook, stirring frequently, until shallots are soft, 1 to 2 minutes. Add lemon juice, Madeira, Worcestershire, and hot pepper sauce; cook, stirring frequently, for 2 minutes. Mix one tablespoon of the pan sauce into the milk (to prevent milk from curdling); stir into shallot mixture. Cook, stirring constantly, until sauce has thickened to a gravy consistency, 2 to 3 minutes.

▶ Pour sauce over chicken and serve with parsley sprinkled on top.

NUTRITIONAL INFO PER SERVING: Calories 239mg, Fat 7mg (Saturated Fat 1mg), Cholesterol 69mg, Carbohydrates 8mg (Fiber 0mg, Sugar 1mg), Sodium 87mg

COMMENTS:

1 See COMMENTS #1, page 98, for flattening instructions.

Turkey cutlets may be used instead of chicken, but decrease cooking time to 2 to 3 minutes on each side.

2 To reduce saturated fats, use trans-free margarine. Since it contains sodium (90mg per tablespoon), it will increase the sodium per serving to 109mg.

3 For information on selecting and storing shallots, see FOOD NOTE, page 171.

4 For a creamier sauce, use a light cream or half-and-half.

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

1 lb chicken breasts - 307mg

1 shallot - 2mg

⅓ cup Madeira wine - 9mg

¼ t LS Worcestershire - 5mg

4 drops red pepper sauce - 8mg

2 T LF milk - 15mg

1 T parsley - 2mg

Fat (Sat Fat):

1 lb chicken breasts - 6mg (2mg)

1 T olive oil - 14mg (2mg)

1 T NSA margarine - 8mg (2mg)

or NSA butter - 12mg (8mg)

2 T LF milk - 1mg (0mg)

PUMPKIN JALAPENO SOUP

Sodium Per Serving – 54mg

Serves 4

This deliciously light and aromatic soup recipe was given to me by my friend, Sally Pearce, who truly is a “soup queen.” After a few low-salt substitutions, I think you’ll love the sweet taste of pumpkin combined with the heat of the jalapeños, not to mention the wonderful aroma that fills the house as it’s cooking.

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| 2 tablespoons unsalted margarine or butter¹ | 4 cups CHICKEN STOCK (page 232) or canned low-salt chicken broth, divided |
| 1 small onion, chopped | 1 tablespoon (or 3 envelopes) low-salt chicken bouillon granules |
| 2–4 jalapeños, seeded and chopped² | 1 (15-ounce) can pumpkin puree |
| 1 russet potato, cubed | ¼ cup Madeira wine or dry sherry |
| 1 clove garlic, minced | 2–3 drops hot pepper sauce, such as Tabasco |
| ½ teaspoon curry powder | Freshly ground nutmeg |
| ½ teaspoon garlic powder | ½ cup lowfat sour cream (optional) |
| ½ teaspoon ground white pepper | |
| 2 carrots, chopped | |
| ⅓ cup chopped fresh flat-leaf (Italian) parsley | |

- ▶ Melt margarine in a large pot over medium heat; add onion and jalapeños. Cook, stirring frequently, until onions are translucent, about 4 minutes. Mix in potatoes, curry, garlic, garlic powder, and white pepper; cook 1 minute longer.
- ▶ Add carrots, parsley, 2 cups chicken stock, and bouillon; bring to boil. Decrease heat to low; cover and simmer until vegetables are cooked, about 20 minutes. Remove from heat and cool slightly.
- ▶ Place one-half pumpkin mixture in a blender or food processor and pulse until smooth; repeat with remaining mixture.
- ▶ Return purée to pan; add remaining 2 cups chicken broth, pumpkin, Madeira, and hot pepper sauce. Heat through and serve, topped with nutmeg and a dollop of sour cream.

NUTRITIONAL INFO PER SERVING: Calories 189mg, Fat 6mg (Saturated Fat 2mg), Cholesterol 15mg, Carbohydrates 25mg (Fiber 5mg, Sugar 6mg), Sodium 54mg (128mg with LS canned broth)

COMMENTS:

1 To reduce saturated fat, use trans-free margarine. Since it contains sodium (90mg per tablespoon), it will increase the sodium per serving to 84mg (or 158mg with low-salt canned broth).

2 Two jalapeños give this soup a hint of heat, but if you like it hot . . . add all four! For information on handling jalapeños, see COMMENTS #2, page 50.

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

- 1 onion - 2mg
- 1 russet potato - 30mg
- 1 garlic clove - 1mg
- ½ t curry - 1mg
- 2 carrots - 84mg
- ⅓ c parsley - 12mg
- 4 c CHICKEN STOCK - 80mg or LS canned broth - 520mg
- 1 T LS chicken bouillon - 15mg
- 15 oz pumpkin - 25mg
- ¼ c Madeira - 5mg
- 2 drops hot pepper sauce - 4mg
- ½ c LF sour cream - 68mg

Fat (Sat Fat):

- 2 T NSA margarine - 16mg (3mg) or NSA butter - 24mg (16mg)
- 4 c CHICKEN STOCK - 4mg (0mg) or LS canned broth - 8mg (4mg)
- 15 oz pumpkin - 1mg (0mg)
- ½ c LF sour cream - 14mg (8mg)

COMMENTS:

1 Although freshly grated cheese is superior in flavor to the canned variety, it often contains more sodium. Romano generally is lower in sodium than Parmesan (340mg per ounce versus 454mg, and canned Parmesan only has 150mg or less).

SCALLOPED POTATOES WITH SUN-DRIED TOMATO PESTO

Sodium Per Serving – 92mg

Serves 8

My neighbor, Gigi Wooldridge, gave me this recipe. I've eliminated most of the salt and made a few other changes, but I think you'll enjoy these flavorful scalloped potatoes. Although you can purée the pesto in a blender, a food processor works best. SUN-DRIED TOMATO PESTO (page 154) may be substituted for the pesto ingredients below.

Pesto:

1 cup oil-packed sun-dried tomatoes, undrained
½ cup fresh basil
3 tablespoons reduced fat grated Parmesan cheese¹
2 garlic cloves, smashed and coarsely chopped
¼ teaspoon garlic powder
⅛ teaspoon ground black pepper

8 small red or Yukon Gold potatoes, thinly sliced (about 3 pounds)
4 ounces no-salt-added Swiss cheese, shredded (about 1 cup)
2 ounces lowfat Cheddar cheese, shredded (about ½ cup)
1 cup CHICKEN STOCK (page 232) or canned low-salt chicken broth
1 teaspoon (or 1 envelope) low-salt chicken bouillon granules

- ▶ Preheat oven to 350°F (180°C). Coat a 2-quart casserole or baking dish with nonstick cooking spray.
- ▶ *To make the pesto:* Place the tomatoes, basil, Parmesan, garlic, garlic powder, and pepper in a food processor or blender; pulse until a smooth paste. (If too dry, add a little olive oil while the machine is running.)
- ▶ Mix the pesto with the potatoes and arrange half the potatoes in the bottom of a prepared casserole dish. Mix the two cheeses together; spreading half on the potatoes and reserving the remaining cheese. Top with the rest of the potatoes.
- ▶ Mix the chicken stock and bouillon together; pour over potatoes. Cover with foil and bake in a preheated oven for 30 minutes; remove foil and spread remaining cheese on top. Bake for 20 to 25 minutes more, until potatoes are tender.

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

1 c sun-dried tomatoes - 80mg
3 T Parmesan cheese - 225mg
2 garlic cloves - 2mg
3 lb red potatoes - 82mg
4 oz NSA Swiss cheese - 40mg
2 oz LF Cheddar cheese - 280mg
1 c CHICKEN STOCK - 20mg
or LS canned broth - 130mg
1 t LS chicken bouillon - 5mg

Fat (Sat Fat):

1 c dried tomatoes - 8mg (1mg)
3 T Parmesan - 3mg (0mg)
3 lb red potatoes - 2mg (0mg)
4 oz NSA Swiss - 32mg (20mg)
2 oz LF Cheddar - 12mg (8mg)
1 c CHICKEN STOCK - 1mg (0mg)
or LS canned broth - 2mg (1mg)

NUTRITIONAL INFO PER SERVING: Calories 222mg, Fat 7mg (Saturated Fat 4mg), Cholesterol 20mg, Carbohydrates 31mg (Fiber 3mg, Sugar 3mg), Sodium 92mg (106mg with canned low-salt broth)

COMMENTS:

1 Almonds, walnuts, or a combination of nuts may be substituted. Whole nuts can easily be ground in a food processor.

2 To reduce saturated fat, use trans-free margarine. Since it contains sodium (90mg per tablespoon), increase the sodium per serving to 76mg.

To keep fat and sodium to a minimum, use a combination of trans-free and unsalted.

3 Because sugar substitutes differ from sugar in sweetness, the amount needed depends on the sweetener used:

Splenda or sugar - 1/2 cup

Fructose - 1/3 cup

For additional information, see Sweeteners, page 37.

4 See Eggs and Egg Substitutes, page 38, for a comparison of fat and sodium in eggs and egg substitutes.

5 To keep the sugar low, I use sugar-free morsels, however, regular chocolate chips may be substituted.

CHOCOLATE DECADENCE TORTE

Sodium Per Serving – 9mg

Serves 16

Chocolate lovers beware, this torte may be addicting! This no-bake dessert is another of my most-requested recipes. Although it contains a lot of fat (mostly from the pecans), it is so rich that a little goes a long ways. Allow 4 hours for the torte to set up.

Crust:

2 cups ground dry roasted unsalted pecans¹

1/2 teaspoon ground cinnamon

1/4 cup unsalted margarine or butter, melted²

Filling:

1/2 cup unsalted margarine or butter, at room temperature²

1/3–1/2 cup sugar substitute or sugar³

2 eggs, or 1/2 cup egg substitute⁴

1 teaspoon vanilla extract

1 (12-ounce) package chocolate morsels, melted⁵

2 tablespoons frozen lowfat whipped topping, thawed

► *For the crust:* Mix together pecans, cinnamon, and margarine; press into bottom of springform pan. (The crust goes together quickly using a food processor. Place whole nuts and cinnamon in processor and pulse until nuts are finely ground; slowly add margarine. Proceed as directed.)

► *For the filling:* Combine margarine and sweetener; beat until light and fluffy. Mix in eggs, one at a time, and vanilla; beat 2 minutes. Mix in melted chocolate; fold in whipped topping. Pour into crust and refrigerate until firm, about 4 to 6 hours.

NUTRITIONAL INFO PER SERVING: Calories 370mg, Fat 34mg (Saturated Fat 7mg), Cholesterol 27mg, Carbohydrates 18mg (Fiber 4mg, Sugar 12mg), Sodium 9mg

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

2 c pecans - 5mg

2 eggs - 140mg

or 1/2 c egg substitute - 200mg

Fat (Sat Fat):

3/4 c NSA margarine - 96mg (18mg)

or NSA butter - 144mg (96mg)

2 c pecans - 337mg (29mg)

2 eggs - 10mg (3mg)

or 1/2 c egg substitute - 0mg

10 oz choc chips - 80mg (50mg)

2 T LF topping - 1mg (1mg)

COOKING TIP

MELTING CHOCOLATE

There are two ways to melt chocolate:

Microwave – Place in a microwave-safe container and microwave for 2 to 4 minutes at 50% power. Once chocolate appears shiny, remove and stir until completely melted.

Stove-top – Place chocolate in the top of double boiler over hot, near-boiling water; stir until chocolate has melted.