

RECIPES FOR EXCHANGE SYSTEM

The purpose of the following recipes is to add a variety and interest to your diet. These recipes are appropriate for dieting with the six food exchange lists.

Some recipes contain too few calories to count, others are low calorie recipes, and still others are only moderately low in calories.

Each recipe lists the number of servings the recipe makes, the food groups or exchanges in each serving, and the calories in each serving. You can count these recipes either as food exchanges or as extra calories in your diet plan.

Beverages:

Fruit-Flavored Milk

1/4 cup non-fat milk powder  
1/2 cup unsweetened orange juice

Pour juice into bowl and place milk powder on surface. Beat until all milk powder is dissolved. Chill. Makes 1 serving.

1 serving = 1 skim milk  
1 fruit  
120 calories

Grape Punch

1/4 cup unsweetened grape juice  
3/4 cup low calorie ginger ale  
ice cubes

Mix. Makes 1 serving.

1 serving = 1 fruit  
40 calories

Lemonade

1 tablespoon lemon juice  
sugar substitute to taste  
3/4 cup water  
ice cubes

Mix all together. Makes 1 serving.

Do not count calories.

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Tomato Refresher

2½ cups tomato juice  
3 tablespoons lemon juice  
1/8 teaspoon celery salt  
1 teaspoon Worcestershire sauce  
Non-caloric liquid sweetener equal to 1 teaspoon sugar  
5 thin lemon slices

Combine first 5 ingredients; chill. Stir before serving. Float paper-thin lemon slices atop. Makes five 4-ounce servings.

1 serving = 1 vegetable  
25 calories

Hot Cocoa

Mix 3 tablespoons cocoa (regular-type, dry), non-caloric sweetener equal to 3 tablespoons sugar, and ½ cup water. Bring to a boil, stirring constantly. Boil 1 minute. Add 3 cups skim milk; heat to boiling point (do not boil). Add ¼ teaspoon vanilla.

Beat with rotary beater just before serving. Makes 3 cups. Each ¾ cup serving equals 1 Milk Exchange.

80 calories.

Fruits:

Fresh fruits make appetizing snacks. Melon balls can be used for variety. Apples can be cored and baked with a sugar substitute.

1 serving = 1 fruit  
40 calories

Fruit Cup

1 cup fresh seedless grapes  
1½ cups fresh orange sections  
1 small sliced banana  
¼ cup ice water  
1/3 cup non-fat milk powder  
1 tablespoon lemon juice  
Sugar substitute equal to 4 tablespoons sugar

Combine fruit and chill. Thirty minutes before serving, add ice water to milk powder in a chilled bowl and beat at high speed until stiff peaks are formed. Fold-in fruits, lemon juice, and sugar substitute to whipped mixture. Chill. Makes 8 servings.

1 serving = 1 fruit  
40 calories

Vegetables:

Baked Acorn Squash

4 halves medium acorn squash  
4 teaspoons margarine  
4 tablespoons lemon juice  
Salt and pepper

Remove seeds and place acorn squash cut-side-up in baking dish. Sprinkle with salt and pepper. Place 1 teaspoon margarine and 1 tablespoon lemon juice in center of squash.

Bake uncovered at 350° F. for 60 minutes or until tender. Makes 4 servings.

1 serving = 1 vegetable  
1 fat  
70 calories

Salads:

Tuna Salad

½ cup low-calorie mayonnaise  
1 tablespoon lemon juice  
2 tablespoons capers  
¼ teaspoon salt  
Dash pepper  
2 6½-ounce cans chilled dietetic-pack tuna, drained and broken in pieces  
¾ cup diced cucumber

Combine first 5 ingredients for dressing. Combine tuna and cucumber. Just before serving, toss tuna with dressing. Serves 6.

1 serving = 2 meat exchanges  
1 fat exchange  
155 calories

Chef's Salad

5 cups mixed salad greens  
4 1-ounce slices each Swiss cheese and boiled ham, cut in julienne strips  
8 cherry tomatoes  
4 hard-cooked eggs, quartered  
¼ cup finely snipped green onion  
½ cup low-calorie salad dressing

Tear greens in bite-size pieces into 4 salad bowls. Layer atop each bowl: ¼ of the ham and cheese strips, 2 cherry tomatoes halved, 4 egg quarters, and 1 tablespoon green onion. Drizzle with 2 tablespoons dressing; serve immediately. Serves 4.

1 serving = 3 meat exchanges  
1 vegetable exchange  
135 calories

Gourmet Dressing

1 $\frac{1}{4}$  teaspoons unflavored gelatin  
1 $\frac{1}{2}$  cups tomato juice  
2 $\frac{1}{2}$  teaspoons dry salad dressing mix  
2 tablespoons vinegar

Soften gelatin in tomato juice, then bring to a boil and stir to dissolve gelatin. Add remaining ingredients and blend. Chill. Stir before serving. Use on vegetable salad. Makes 1  $\frac{2}{3}$  cups.

2 tablespoons = (Do not count calories.)

Low Fat Mayonnaise

2 eggs  
3/4 teaspoon salt  
 $\frac{1}{2}$  teaspoon paprika  
 $\frac{1}{4}$  teaspoon dry mustard  
3 tablespoons lemon juice  
 $\frac{1}{2}$  cup skim milk  
1 tablespoon vegetable oil

Beat eggs, salt, paprika, and dry mustard in top of double boiler. Gradually add lemon juice and milk, stirring constantly. Cook until thick. Remove from heat and stir in oil. Pour into jar, cover, and refrigerate. Stir before serving. Makes 1 cup.

1 tablespoon = 20 calories

Zero Salad Dressing

1 cup tomato juice  
 $\frac{1}{4}$  cup lemon juice  
2 tablespoons finely chopped onions  
Salt and pepper to taste

For variety add chopped parsley, diced green pepper, dill seed, horseradish, or other desired seasonings.

Combine ingredients and simmer for 5 minutes. Pour into a tight, clean jar with a lid. Refrigerate. Use on raw vegetable salads. Also it can be heated and used on meats. Makes 1  $\frac{1}{3}$  cups dressing.

3 tablespoons = (Do not count calories)

Main Dishes:

Lasagna

1 pound ground lean beef  
¼ teaspoon garlic salt  
1/8 teaspoon pepper  
1 tablespoon dried onion flakes  
2 teaspoons oregano  
1 cup tomato sauce  
½ cup low-fat cottage cheese  
6 ounces lasagna noodles (dry)

Cook noodles as directed on package. Drain. Cook beef, garlic salt, pepper, onion flakes, and oregano until brown. Pour off excess fat. Add tomato sauce to meat mixture. In baking dish, layer cooked noodles with meat sauce and cottage cheese.

Bake at 350° F. for 20-30 minutes, uncovered, until bubbly. Makes 8 servings.

1 serving = 2 meats  
1 bread  
220 calories

Chili

1 pound ground lean beef  
2 tablespoons minced onions  
1 teaspoon monosodium glutamate  
½ teaspoon garlic salt  
2 cups (1 lb. can) tomatoes  
1 tablespoon chili powder

Brown beef and onions in non-stick pan. Drain off fat. Combine with other ingredients. Simmer until thickened, about ½ hour. Makes 6 servings.

1 serving = 2 meats  
1 vegetable  
150 calories

Macaroni and Cheese

Cook 1½ cups elbow macaroni using package directions; drain. Simmer ¼ cup chopped onion in ¼ cup water, covered, 5 minutes; add ¾ cup skim milk and 1½ cups shredded sharp process American cheese. Cook and stir till cheese melts; pour over macaroni. Add 2 tablespoons chopped canned pimiento; mix well. Turn into 1½-quart casserole; bake covered at 350° F. for 35 minutes. Dash with paprika. Serves 6.

1 serving = 1 meat  
1 bread  
145 calories

Frank-Vegetable Medley

5 frankfurters, cut in 1-inch pieces  
½ cup long-grain rice  
1 8-ounce can (1 cup) tomato sauce  
1 10-ounce package frozen mixed vegetables, slightly thawed  
¼ cup chopped onion  
Dash of bottled hot pepper sauce

In 2-quart casserole, combine all ingredients; break up vegetables. Stir-in 1 cup water and 1 teaspoon salt. Bake, covered, at 375° F. for 1 hour; stir occasionally. Serves 5.

1 serving = 1 meat  
                  1 bread  
                  1 fat  
                  1 vegetable  
                  215 calories

Barbecued Pork and Beans

Combine one 1-pound can baked beans in tomato sauce (no pork) and 2 tablespoons chopped onion; place in 10x6x1½-inch baking dish. Trim fat off four 5-ounce lean rib pork chops; season. Spread generously with prepared mustard and catsup; sprinkle with lemon juice and non-caloric liquid sweetener. Place over beans.

Bake at 325° F. for 1¼ hours. Top each chop with 1 onion slice and 1 lemon slice; secure with wooden pick. Bake 15 minutes more. Serves 4.

— 1 serving = 3 meat  
                  1 bread  
                  145 calories

Ham Barbecue

½ cup catsup  
2 tablespoons finely chopped onion  
1 tablespoon Worcestershire sauce  
2 teaspoons lemon juice  
2 teaspoons prepared mustard  
¼ teaspoon chili powder  
Non-caloric liquid sweetener equal to 1 tablespoon sugar  
1 full cooked ham slice (1½ pounds)

Combine first 7 ingredients for sauce. Slash fat edge of ham at 2-inch intervals. Brush meat liberally with sauce and let stand 1 hour. Broil 3 to 4 inches from heat 5 to 6 minutes per side, turning once and brushing with sauce. Serves 8.

1 serving = 3 meat  
                  235 calories

### Skillet Spaghetti

In large skillet, break up 1 pound ground beef. Add one 6-ounce can tomato paste, one 18-ounce can tomato juice, 3 cups water,  $1\frac{1}{2}$  to 2 teaspoons chili powder, 1 teaspoon garlic salt, 1 teaspoon salt, 1 teaspoon sugar, 1 teaspoon dried oregano crushed, and 2 tablespoons instant minced onion. Cover; bring to boil; simmer 30 minutes; stir occasionally.

Add one 7-ounce package spaghetti; stir to separate strands. Cover; simmer 30 minutes or till spaghetti is tender. Stir frequently. Serves 4 to 6.

1 cup =  $2\frac{1}{2}$  meat  
1 bread  
1 vegetable  
285 calories

### No-Crust Pizza

Drain one 3-ounce can chopped mushrooms, adding water if necessary to equal  $\frac{1}{3}$  cup liquid. Combine liquid, 1 cup soft bread crumbs, 1 slightly beaten egg,  $\frac{1}{2}$  teaspoon salt, and dash pepper; let stand 5 minutes. Add 1 pound ground chuck,  $\frac{1}{2}$  teaspoon dried oregano, crushed, and half the mushrooms; mix lightly.

In a 9-inch pie plate form a "meat" crust. Cut 2 slices mozzarella cheese into 8 triangles; layer 4 over meat. Top with one  $5\frac{1}{2}$ -ounce can pizza sauce,  $\frac{1}{4}$  cup chopped onion, 2 tablespoons chopped green pepper, and remaining mushrooms. Dash with oregano. Bake at 350 F. for 55 minutes. Top with remaining cheese; bake 5 minutes. Let stand 10 minutes before serving. Serves 8.

1 serving = 3 meat  
155 calories

### Sandwiches:

#### Skilletburgers

Cook 1 pound ground beef and 1 cup each chopped onion and celery till meat is browned. Drain off fat. Stir in two 8-ounce cans tomato sauce,  $\frac{1}{2}$  cup water, dash hot pepper sauce,  $\frac{3}{4}$  teaspoon salt,  $\frac{1}{2}$  teaspoon monosodium glutamate, and  $\frac{1}{4}$  teaspoon chili powder. Simmer uncovered 30 minutes.

Serve on  $\frac{1}{2}$  bun. Serves 8.

Deviled Beef Patties

Combine 1 pound ground beef, 1 egg,  $\frac{1}{4}$  cup chili sauce, 1 teaspoon prepared mustard, 1 teaspoon prepared horseradish, 1 teaspoon instant minced onion, 1 teaspoon Worcestershire sauce,  $\frac{1}{2}$  teaspoon salt, and dash pepper. Mix well. Shape into 4 patties.

Broil 3 inches from heat for 5 minutes; turn and broil 4 minutes longer or till done. Serve on plain toasted  $\frac{1}{2}$  hamburger bun. Makes 4 servings.

1 serving = 3 meat  
1 bread  
245 calories

Open-Faced Ruben

1 slice toast  
1 teaspoon prepared mustard  
 $\frac{1}{4}$  teaspoon caraway seed  
1 oz. sliced corned beef  
1 oz. swiss cheese  
 $\frac{1}{2}$  cup drained sauerkraut

Spread toast with mustard, then sprinkle with caraway seeds. Place corned beef and cheese over caraway seeds. Top with sauerkraut. Place 4 inches under broiler for 4-5 minutes until cheese bubbles and sauerkraut browns lightly. Makes 1 serving.

1 serving = 2 meat  
1 bread  
1 vegetable  
220 calories

Tuna Salad Sandwich

Drain one 6 $\frac{1}{2}$ -ounce can dietetic-pack tuna; break tuna in chunks and sprinkle with 1 tablespoon lemon juice. Combine tuna, 2 hard-cooked eggs coarsely chopped,  $\frac{1}{3}$  cup low-calorie mayonnaise,  $\frac{1}{4}$  cup thinly sliced dill pickle, 2 tablespoons snipped green onion,  $\frac{1}{4}$  teaspoon salt, and dash of pepper. Mix gently and chill.

Split and toast 2 English muffins. Spread each muffin half with 1 teaspoon low-calorie mayonnaise; layer with Boston or Bibb lettuce and 3 thin tomato slices atop. Season lightly with salt. Pile tuna salad mixture on top. Makes 4 sandwiches.

Each sandwich equals 2 meat  
1 bread  
1 vegetable  
1 fat  
250 calories



Peachy Ham Swisser

Toast 4 slices rye bread; spread each slice with 1 teaspoon low-calorie mayonnaise. Layer each with lettuce, 2 slices boiled ham, 1 slice process Swiss cheese, and 2 dietetic-pack peach halves.

Combine  $\frac{1}{2}$  cup low-calorie mayonnaise, 2 tablespoons skim milk, 2 tablespoons chili sauce, and 1 tablespoon finely chopped dill pickle. Drizzle about 3 tablespoons over each sandwich. Makes 4 sandwiches.

Each sandwich = 3 meat  
1 bread  
1 fruit  
1 fat  
1 vegetable  
345 calories

Turkey-Cheese Sandwich

1 10-ounce package frozen asparagus spears  
2 tablespoons finely chopped onion  
 $\frac{1}{2}$  cup low-calorie Italian salad dressing  
 $\frac{1}{8}$  teaspoon freshly ground pepper  
3 tablespoons low-calorie mayonnaise  
4 slices white bread, toasted  
8 1-ounce slices cooked turkey  
4 slices (4 ounces) process Swiss cheese, halved diagonally

Cook asparagus spears according to package directions; drain well. Combine onion, salad dressing, and pepper; pour over asparagus in saucepan. Bring to boil.

Spread mayonnaise on toast. Top each with 2 slices of turkey, several hot asparagus spears, and 2 triangles of cheese. Boil 5 inches from heat for 2 to 3 minutes, just till cheese melts. Makes 4 servings.

1 serving = 3 meat  
1 bread  
1 fruit  
1 fat  
1 vegetable  
345 calories

Salad Supper Sandwich

4 slices rye bread, toasted  
4 teaspoons softened butter  
Romaine  
2 1-ounce slices sharp process American cheese, cut in julienne strips  
4 slices pressed ham  
4 slices Cotto salami  
1 large tomato, cut in 8 slices  
2 hard-cooked eggs, sliced  
4 tablespoons low-calorie French salad dressing

Spread each slice with 1 teaspoon butter. For each sandwich layer in order: Romaine, cheese, ham, salami, tomato, and egg; drizzle with 1 tablespoon French dressing. Makes 4 servings.

1 serving = 3 meat  
1 bread  
1 fat  
1 vegetable  
305 calories

Desserts:

Ribbon Fudge Parfait

1 4-serving envelope low-calorie chocolate pudding mix  
2 teaspoons instant coffee powder  
1 3/4 cup skim milk  
2 stiffly beaten egg whites  
1 1/4-ounce envelope low-calorie dessert topping mix

In saucepan, combine pudding mix (dry) and instant coffee; slowly stir in milk. Cook and stir till mixture boils. Remove from heat, cool, beat smooth. Fold-in stiffly beaten egg white. Prepare topping mix according to package directions. Fold 1/2 cup topping into pudding. Alternately spoon pudding and remaining topping into 6 parfait glasses. Chill.

1 parfait = 1 fat  
1/2 milk  
95 calories

Apple Crunch

Place 4 cups pared, sliced apples in a 1-quart casserole. Combine 3/4 cup orange juice, non-caloric liquid sweetener equal to 1/2 cup sugar, 1 teaspoon ground cinnamon, and 1 teaspoon lemon juice. Pour over apples and toss.

Combine 1 cup graham-cracker crumbs with 2 tablespoons melted butter. Sprinkle over apples. Cover with foil and bake at 400° for 25 minutes. Uncover and bake 5 to 10 minutes longer. Makes 6 servings.

1 serving = 1 fruit  
1 bread  
1 fat  
155 calories

Chocolate Ice Milk

1 1/3 cup non-fat milk powder  
1 cup ice water  
Sugar substitute equal to 3/4 cup sugar  
2 teaspoons vanilla  
1/2 ounce chocolate square, melted (can omit, if desired)

Place dry milk in deep bowl. Add water, sugar substitute, and vanilla. Beat at low speed of electric mixer until blended, then beat at high speed until mixture stands in peaks. Gently fold-in chocolate and mix well. Pour into ice tray and freeze. Makes 4 servings.

1 serving = 1 milk  
80 calories

Strawberry Shortcake

1 biscuit, 2" diameter  
1 cup fresh strawberries with sugar substitute to taste  
2 tablespoons whipped non-fat milk powder (see recipe) with sugar substitute equal to 1 teaspoon sugar

Makes 1 serving

1 serving = 1 bread  
1 fruit  
1 fat  
155 calories

Snacks:

Sesame Seed Bread Sticks

4 slices bread  
4 teaspoons margarine, melted  
1/2 teaspoon sesame or celery seeds

Brush margarine on both sides of bread slices. Cut each slice into 4 equal-sized strips. Roll strips in sesame seed. Place on ungreased baking sheet and bake 12 minutes at 350° F.

Makes 16 strips

2 strips = 1/2 bread  
25 calories

Snack Tidbits

1 cup bitesize shredded wheat squares  
1 cup bitesize crisp rice squares  
1 cup doughnut-shaped oat cereal  
2 cups thin pretzel sticks  
1/3 cup melted margarine  
2 teaspoons Worcestershire sauce  
1/8 teaspoon garlic salt, if desired  
1/4 teaspoon salt

Mix cereals and pretzel sticks and place in a large shallow baking pan. Pour margarine and Worcestershire sauce over mixture.

Set in a 250° F. oven and bake for 30 minutes. Stir often. Salt. When cool store in a can with lid. Makes 5 cups.

1/2 cup = 1 bread  
1 fat  
115 calories

Cheddar Spread

Cube 8 ounces sharp natural Cheddar cheese at room temperature. Add 1/2 cup skim milk and 1 teaspoon prepared mustard. Beat with electric mixer until almost smooth. Serve with unpared apple wedges. Makes about 1 cup.

2 tablespoons = 1 meat  
5 apple wedges = 1/2 fruit  
20 calories

Salted Pecans

1 cup  
1 tablespoon fat melted  
Salt

Stir pecans to cover with fat. Place in shallow pan in the oven at 250° F. Stir frequently. Do not let overheat. Remove from oven and drain on absorbent paper. Sprinkle lightly with salt. Makes 1 cup pecans.

2 tablespoons or 10 halves = 2 fat  
90 calories

Quick Pizza

2 slices bread (or 2 halves English muffins, or 2 biscuits split open)  
1/3 cup shredded cheese  
1/4 cup tomato sauce  
Dash of oregano

Toast bread on both sides. Spread tomato sauce on top of bread, then sprinkle with a dash of oregano. Top with cheese. Place in 450° F. oven until cheese bubbles. Makes 2 servings.

1 serving = 1 meat  
                  1 bread  
                  1 vegetable  
                  145 calories

Cheese Fondue

2 tablespoons margarine  
2 tablespoons flour  
1 tablespoon grated onion  
1 cup skim milk  
1/2 teaspoon Worcestershire sauce  
1 1/2 cups shredded cheddar cheese  
    (or 1 cup shredded cheddar and 1/2 cup shredded swiss cheese)

Melt butter and add flour to make smooth paste. Cook for one minute over low heat. Add onion, milk, and Worcestershire sauce and stir constantly over low heat until mixture thickens. Add cheese and stir until melted.

Place in fondue pot or a casserole dish over a warmer for a hot dip. Makes 8 servings (1/3 cup each)

1/3 cup = 1 meat  
                  1 fat  
                  120 calories

Serve: Cut 1 bread slice into 9 servings for a dip.

1 slice bread = 1 bread  
                  70 calories

Write-in additional recipes:

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