Topnotch Spa Cuisine™

by Todd Weisz
Preface

This booklet is designed for anyone who wants to enjoy the benefits of a healthier diet or simply lose weight. The goal is to help you develop a "diet for life"; one that is realistic, easy to follow and rewarding. Because Topnotch at Stowe's approach is based on moderation rather than deprivation, we hope you will find these recipes easy to incorporate into your lifestyle.

In keeping with the latest nutrition information concerning preventative medicine and longevity, our recipes are low in saturated fat, salt and refined sugars, and high in natural fiber. By blending the creative cooking techniques of Spa Chef Todd Weisz with the latest scientific guidelines of a staff nutritionist, we have tried to offer the ultimate in healthful gourmet cuisine.

Chef Weisz's goal is to have you recognize how good the food is, not whether it is spa cuisine or not. For Chef Weisz this can only be accomplished if the food is easy to prepare at home and tastes great as well. If you have questions or problems when trying these recipes, please do not hesitate to contact Chef Weisz.

About the Chef

Classically trained in french cuisine, Chef Weisz attended the Culinary Institute of America before working in some of America's most illustrious hotels and restaurants including New York's Pierre, Aspen's Copper Kettle, San Francisco's five-star Ernie's and Florida's renowned Doral Saturnia International Spa Resort. These experiences offered him the opportunity to work with many of the finest chefs in the country including Bruno Tison, Jacky Robert and Spa Chef Michael McVay who taught him the basics for creating exceptional spa cuisine.

Calorie and fat counts have been calculated using the Nutritional III software system.
Vermonters pride themselves on the quality of the products they produce and preserving the environment around them. Topnotch at Stowe, Cabot Creamery and King Arthur Flour Company display all that is best about Vermont offering quality products, attention to detail and personalized service. Additionally, each is involved in some way with preserving Vermont's environment. From supporting educational programs to recycling efforts, all are helping to ensure that Vermont continues to be associated with only the very best. Additional information on each is provided below.

**TOPNOTCH AT STOWE RESORT AND SPA**

Located in the heart of Vermont's Green Mountains, just two miles from the ski slopes of Mount Mansfield, Topnotch at Stowe offers everything from year-round tennis to an internationally acclaimed spa. The resort has won numerous awards for its dining and accommodations and is Stowe's only four-star, four-diamond property. For more information, write P.O. Box 1458, Stowe, VT 05672 or call 800/451-8686 (US and Canada). A variety of ski, tennis, golf, spa and vacation packages are available.

**Cabot**

In 1919, when 94 dairy families formed the Cabot Farmers' Cooperative Creamery, their "membership fee" was $5 per cow plus one cord of wood. Today, the Cooperative includes more than 400 farm families who produce New England's highest quality milk for Cabot dairy products. Cabot's cheddar cheese was selected as the best in America at the 1989/90 U.S. Championship Cheese Contest. For more information, write Cabot Creamery, Box 128, Cabot, VT 05647 or call 802/563-2231.

**King Arthur Flour Co.**

Founded in 1790, the King Arthur Flour Co. has never added any chemicals to its famous Unbleached All Purpose and Stone Ground Whole Wheat Flours. Carefully milled from unusually high protein hard wheat, King Arthur Flours produce exceptional baked goods which are also good for you, naturally. It's why it's been the treasured flour of serious New England bakers for generations. King Arthur flour may not be available in your area, but it's worth the effort to obtain it from the King Arthur Flour Baker's Catalogue via mail. Call 800-827-6836 to order this special flour or any other grains, spices, flavorings, baking tools or cookbooks you might need.
THE SPA CUISINE KITCHEN contains . . .

1. A complete set of measuring cups and spoons.
2. A kitchen scale
3. A pepper mill
4. An electric blender or food processor
5. Non stick pans
6. Sauce pots
7. Wire whips
8. Rubber spatulas
9. Meat hammer
10. Pasta machine, hand roller
11. Fine and coarse cheese grater
12. Steamer pan
13. Meat grinder
14. Waffle iron
15. Parchment paper
16. Fine strainer
19. Hand held mixer
20. Muffin pans and terrine molds
21. Calorie/Fat Index. One good guide is Food Values of Portions Commonly Used by Jean A.T. Pennington, Ph.D., R.D. It is part of Perennial Library published by Harper & Row, and can be found in bookstores.
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Breakfast

French Toast

Ingredients:

<table>
<thead>
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<td>1</td>
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<tr>
<td>1</td>
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<td>Skim milk</td>
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<tr>
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<td>Vanilla extract</td>
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<tr>
<td>1/4 tsp.</td>
<td>Cinnamon</td>
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<tr>
<td>3 Tbsp.</td>
<td>Buttermilk, 1% fat</td>
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<tr>
<td>Pinch</td>
<td>White pepper</td>
</tr>
<tr>
<td>8 slices</td>
<td>Whole wheat bread</td>
</tr>
</tbody>
</table>

To prepare: Combine all ingredients in a bowl and lightly whip. Spray a nonstick pan with 100% vegetable spray. Place 4 tablespoons of batter in a shallow bowl, coat two slices of bread and cook over medium heat. Repeat procedure to prepare remaining servings.

To serve: Warm four plates in 150 degree oven. Place two slices of french toast on each and top with 2 tablespoons of Mango and Pink Grapefruit Sauce (recipe page 4).

Serves: 4  Calories/serving: 184  Fat/serving: 4 grams

Serving suggestion: Serve with 1/4 cup Cabot Lowfat Yogurt, 1/4 cup fresh blueberries and 3/4 cup apple juice.

Calories/meal: 327  Fat/meal: 5 grams
Whole Wheat Waffles and Pancakes

Ingredients:
- 1 cup King Arthur Stoneground Whole Wheat Flour
- 1 cup King Arthur Unbleached All Purpose Flour
- 2 tsp. Baking powder
- 2 tsp. Baking soda
- 2 cups Buttermilk, 1% fat
- 1 Tbsp. Blackstrap molasses
- 3 Egg whites

To prepare: Combine first four ingredients in a bowl and sift. Add molasses and buttermilk, stirring until smooth. In a separate bowl, whip egg whites to a soft peak. Fold egg whites into flour mixture until completely blended. Do not over mix.

Just before cooking, spray heated waffle iron or teflon pan with 100% vegetable oil. Add 2 tablespoons of batter for each pancake and 6 tablespoons of batter for each waffle. Cook until browned.

To serve: Heat six plates in 150 degree oven. Place three pancakes or one waffle on each. Serve with choice of topping.

Calories/serving: 110  Fat/serving: .3 grams

Serving suggestion: Serve waffles/pancakes with 2 tablespoons of Blueberry Mint Sauce or Sweet Caramelized Apples (recipes page 4), a raisin bran muffin, 1/4 cup cantaloupe and 3/4 cup nonfat milk.

Calories/meal: 332 - 350  Fat/meal: 4.5 grams
Mango and Pink Grapefruit Sauce

Ingredients:

1 cup Mango, diced
1 Pink grapefruit, juice of
1 Tbsp. Honey

To prepare: Combine all ingredients in a sauce pan. Bring to a boil, then simmer for 10 minutes over medium heat until liquid becomes syrupy. Makes 1 cup; 2 tablespoons/serving.

Calories/serving: 20 Fat/serving: .03 grams

Blueberry Mint Sauce

Ingredients:

2 cups Fresh or frozen blueberries
1 cup Fresh squeezed orange juice
1/4 tsp. Lemon zest
1 Tbsp. Fresh mint, chopped

To prepare: Combine all ingredients in a heavy sauce pan. Bring to a boil, reduce heat to medium and simmer for 10 minutes stirring occasionally. Makes 1 1/2 cups; 2 tablespoons/serving.

Calories/serving: 14 Fat/serving: .03 grams

Sweet Caramelized Apples

Ingredients:

6 cups Green apples, peeled, cored and medium diced
1/2 tsp. Cinnamon
1/2 cup Apple cider or juice
1 Lemon, juice of

To prepare: Heat a large teflon pan and spray lightly with 100% vegetable oil. Add apples and saute until golden brown, approximately 10 minutes. Add remaining ingredients, toss and remove from heat. Keep warm. Makes 2 cups; 1/4 cup/serving.

Calories/serving: 60 Fat/serving: .03 grams
Tofu Omelette with Mushrooms, Onions & Cheese

Ingredients:

1 cup Tofu (firm)
3 Egg whites
1/8 tsp. Garlic powder
1/8 tsp. Paprika
2 Tbsp. Low-sodium Lite Soy Sauce
1/2 cup Mushrooms, sliced
1/4 cup Onion, diced
1/3 cup Cabot Vitalait Cheese, grated

**To prepare:** Remove tofu from water and squeeze dry in a strainer. If possible, weight tofu and let drain in refrigerator overnight.

Add first four ingredients to tofu and mix in a Cuisinart or blender until smooth. Spray a teflon pan with 100% vegetable oil and saute 1 tablespoon onions and 2 tablespoons mushrooms until tender. Add 1/4 cup tofu mixture, mix and spread in a circle with a rubber spatula. Cook over medium heat until golden brown, then flip and brown other side.

**To serve:** Place omelette on a plate, top with 1 tablespoon cheese and put under broiler until cheese is melted.

Serves: 5
Calories/omelette: 125
Fat/omelette: 7 grams

Serving suggestion: Serve with 1 slice mixed grain toast, 1/4 cup fresh strawberries and 3/4 cup of orange juice.

Calories/meal: 285
Fat/meal: 8.5 grams
**Carrot Bran Muffin**

**Ingredients:**
- 1/2 cup Carrot, shredded
- 1/2 cup King Arthur Stoneground Whole Wheat Flour
- 1 1/4 cup Quaker Unprocessed Bran
- 1 tsp. Baking Soda
- 1 tsp. Cinnamon
- 1/4 cup Brown sugar
- 1 Egg white
- 2 tsp. Corn Oil
- 1 cup Carrot juice

**To prepare:** Combine first six ingredients and mix. In a separate bowl, lightly whip egg whites, add remaining and mix. Add egg mixture to dry ingredients and blend until smooth, being careful not to overmix and toughen the muffins. Spray muffin pan with 100% vegetable oil and spoon 1 1/2 ounce of batter or 4 tablespoons into each cup. Bake at 325 degrees for 30 to 35 minutes.

Serves: 10  Calories/muffin: 85  Fat/muffin: 1.5 grams

**Apple Bran Muffin**

**Ingredients:**
- 2 cups Green apples, peeled, finely diced
- 1 tsp. Cinnamon
- 1/4 cup Apple juice
- 1/2 Lemon, juice of
- 1/4 cup Brown sugar
- 1 cup Quaker Unprocessed Bran
- 1/2 cup King Arthur Stoneground Whole Wheat Flour
- 1 tsp. Baking soda
- 2 Tbsp. Corn Oil
- 1 Egg, slightly whipped

**To prepare:** Heat a teflon pan and saute the first four ingredients until apples are tender, approximately 2 to 4 minutes. Pour into a bowl and let cool, then add remaining ingredients and mix until smooth. Do not overmix. Spray muffin pan with 100% vegetable oil and spoon 1 1/2 ounces of batter or 4 tablespoons into each cup. Bake at 325 degrees for 30 to 35 minutes.

Serves: 10  Calories/muffin: 105  Fat/muffin: 3.5 grams
**Green Herb Dressing**

**Ingredients:**
- 1 1/2 cup Cabot Cottage Cheese, 1% fat
- 1 cup Cabot Lowfat Yogurt
- 3/4 cup Buttermilk, 1% fat
- 1 Tbsp. Lemon juice
- 1 clove Garlic
- 1 Shallot
- 1 tsp. Fresh oregano
- 2 tsp. Fresh thyme
- 2 tsp. Dijon mustard
- 1 Tbsp. Honey
- 3 Tbsp. Red wine vinegar
- 6 bunches Fresh chives
- 12 leaves Fresh basil
- 3 Tbsp. Fresh chopped parsley

**To prepare:** Combine all ingredients in a blender and mix until smooth and creamy. Can refrigerate up to two weeks. Makes 3 cups; 2 tablespoons/serving.

Calories/serving: 23  Fat/serving: .3 grams

Serving suggestion: Pour 1/2 cup dressing over 8 cups of cold crisp greens or fresh spinach.

Serves: 4  Calories/salad: 57  Fat/salad: .3 grams
Spicy Mustard Dip

Ingredients:
- 1/2 cup Dijon mustard
- 2 cups Cabot Lowfat Yogurt
- 4 Tbsp. Honey (Note: honey is easier to measure if first heated in a microwave)

To prepare: Combine all ingredients in a bowl and mix with a wire whip until smooth. Makes 2 1/2 cups; 1/4 cup/serving.

Calories/serving: 65  Fat/serving: 1.5 grams

Serving suggestion: Serve 1/4 cup dip with 1/2 cup carrots, 1/2 cup cucumber sticks, 1/2 cup celery sticks, 1/2 cup red or green pepper slices.

Calories/plate: 125  Fat/plate: 1.5 grams

Curry Apple Dip

Ingredients:
- 1 cup Cabot Lowfat Cottage Cheese
- 1/2 cup Cabot Lowfat Yogurt
- 1/4 cup Buttermilk, 1% fat
- 2 tsp. Curry powder
- 1 tsp. Extra Virgin Olive Oil
- 1/2 cup Green apple, peeled, cored, finely diced
- 1/4 cup Onion, finely diced

To prepare: Heat oil in a nonstick pan over high heat. Add onions and apple and saute quickly for 2 to 3 minutes. Remove from heat and chill. Place remaining ingredients in a blender and process until smooth. Remove and stir in apple mixture. Makes 2 cups; 2 tablespoons/serving.

Calories/serving: 25  Fat/serving: .6 grams

Serving suggestion: Serve as a dip with vegetables or as an accompaniment to grilled lamb and chicken.
Creamy Topping for Baked Potatoes

Ingredients:
- 1 1/2 cups Cabot Lowfat Cottage Cheese
- 1/2 cup Cabot Lowfat Yogurt
- 1/4 cup Dijon mustard

To prepare: Place all ingredients in a blender or food processor and mix until smooth. Place in a serving container and refrigerate. Makes 2 1/4 cups; 2 tablespoons/serving.

To serve: Place 2 tablespoons of topping on a medium size baked potato (approximately 7 ounces) and garnish with sliced scallions and cracked black pepper.

Calories/serving: 20  Fat/serving: .5 grams
Calories w/potato: 164  Fat w/potato: .5 grams

Tomato Basil Vinaigrette

Ingredients:
- 1 1/2 cup Tomatoes, peeled, seeded and diced (approx. 4 medium)
- 3 Tbsp. Shallots, finely chopped (approximately 2)
- 2 Tbsp. Fresh basil, chopped
- 1/2 cup Balsamic Vinegar
- 2 Tbsp. Extra Virgin Olive Oil
- To Taste White pepper

To prepare: Mix all ingredients and serve at room temperature. Makes 1 3/4 cups; 2 tablespoons/serving.

Calories/serving: 16  Fat/serving: 1 gram
Tangy Hummus Dip with Mint

Ingredients:

- 3 cloves Garlic, minced
- 1 cup Onions, finely diced
- 1 tsp. Extra Virgin Olive Oil
- 1 tsp. Sesame oil
- 2 cups Garbanzo beans, canned
- 2 Tbsp. Lemon juice, fresh
- 2 Tbsp. Cabot Nonfat yogurt
- 1 tsp. Cumin, ground
- 1 tsp. Coriander, ground
- 6 drops Tabasco sauce
- 1 Tbsp. Fresh mint, chopped

To prepare: In a non-stick pan heat oil over medium heat. Add garlic and onions and saute until slightly browned. Remove from heat and chill. After onions and garlic are thoroughly chilled, place in a food processor or blender, add remaining ingredients, except for mint, and mix until smooth. Pour into a bowl and stir in the mint. Cover and chill for one hour. Makes 2 cups; 1 tablespoon/serving.

Calories/serving: 13  Fat/serving: .5 grams

Serving suggestion: Use as a dip for crudites or as a spread on sandwiches.

Veggie Hummus Sandwich

Ingredients:

- 2 slices Whole wheat bread
- 2 slices Ripe tomato
- 1 Lettuce leaf
- 4 slices Cucumber
- 1 Tbsp. Carrots, grated
- Pinch Sprouts
- 1 Tbsp. Hummus
- 1 tsp. Extra Virgin Olive Oil and vinegar
  (3 parts vinegar, 1 part oil)

To prepare: Layer all ingredients on whole wheat bread.

Serves: 1  Calories/serving: 200  Fat/serving: 5 grams
Ranch Dressing

Ingredients:

- 2 cups Cabot Lowfat Cottage Cheese
- 1/2 cup Cabot Lowfat Yogurt, drained
- 2 small cloves Garlic
- 1 tsp. Oregano, dry
- 1 tsp. Thyme, dry
- 2 tsp. Parsley, fresh, chopped
- 1/2 cup Buttermilk, 1% fat
- 2 Tbsp. Lemon juice
- 1 Tbsp. Red Wine Vinegar
- To Taste White pepper

To prepare: Combine all ingredients in a blender or Cuisinart and mix until creamy and smooth. Can be refrigerated up to two weeks. Makes 3 1/2 cups; 2 tablespoons/serving.

Calories/serving: 36  Fat/serving: 1 grams

Serving suggestion: Top 2 cups of mixed greens with 1 serving of dressing. Also good as a dip for crudites.

Serves: 1  Calories/salad: 55  Fat/salad: 1 grams
Caesar Salad Dressing

Ingredients:
- 2 cups Cabot Lowfat Cottage Cheese
- 1/4 cup Buttermilk, 1% fat
- 1 Tbsp. Champagne Vinegar
- 3 cloves Garlic
- 3 Anchovies, rinsed in warm water
- 2 ounces Grated Parmesan cheese
- 1/4 tsp. Black pepper
- 1/2 tsp. Mustard powder
- 2 tsp. Lemon juice

To prepare: Combine all ingredients in a blender or Cuisinart and mix until smooth. Chill before serving. Can be refrigerated for up to two weeks. Makes 2 1/4 cups; 2 tablespoons/serving.

Calories/serving: 30 Fat/serving: 1 gram

Caesar Salad

Ingredients:
- 12 cups Romaine lettuce, washed, dried, cut into bite size pieces
- 1 cup Caesar Salad Dressing
- 2 tsp. Grated Parmesan cheese
- 4 tsp. Sliced scallions
- To Taste Cracked black pepper

To prepare: Toss lettuce, dressing and cheese together in a bowl.

To serve: Divide salad into four equal portions. Place on chilled plates. Garnish each with 1 teaspoon of scallions and cracked pepper.

Serves: 4 Calories/salad: 90 Fat/salad: 3 grams
Hot & Cold Soups

Ingredients:
- 4 lbs. Chicken bones
- 1 cup Carrots, peeled and chopped
- 1 cup Celery, chopped
- 2 cups Onion, chopped
- 2 cloves Garlic
- 8 cups Cold water
- Sachet bag 6 sprigs fresh thyme
- Sachet bag 6 sprigs fresh parsley
- 10 pepper corns
- 2 bay leaves

To prepare: Combine all ingredients in a stock pot over high heat and bring to boil. Lower heat and simmer for 1 1/2 hours, skimming surface every 1/2 hour to remove fat and debris from top.

After cooking, strain stock into a pot and place in an ice bath (smaller pot placed in larger pot full of ice water) to lower temperature before refrigerating. This will keep liquid from spoiling.

When liquid is cool, skim congealed fat from surface and stock is ready to use. Makes 4 to 5 cups.

Calories/cup: 25  Fat/cup: .3 grams
White Bean Soup

Ingredients:
- 2 1/2 cups Chicken stock
- 1 cup Cooked white beans
- 1/4 cup Onion, diced small
- 1/2 cup Carrots, diced
- 1/2 cup Celery, diced
- 1/2 tsp. Thyme, dry
- 1/2 tsp. Rosemary, dry, crushed
- 1 Bay leaf
- To Taste White pepper
- 1 bunch Parsley, fresh, chopped

To prepare: Boil beans in water until tender following directions on package. Strain and rinse with warm water. Return to pot, add remaining ingredients, except parsley, and simmer 10 to 15 minutes over medium heat.

To serve: Heat four bowls in a 150 degree oven, pour 3/4 cup soup into each and top with parsley just before serving.

Serves: 4 Calories/serving: 72 Fat/serving: 1 gram
Butternut Squash Soup

Ingredients:

- 3 cups Butternut squash, peeled, deseeded and chopped
- 1 cup Onion, diced
- 1 1/4 cup Green apple, peeled, cored and chopped
- 2 1/2 cups Chicken stock
- 1/2 tsp. Salt
- To Taste White pepper
- Sachet Bag:
  - 1 bay leaf
  - 1 sprig fresh rosemary
  - 2 sprigs fresh thyme
  - 1 clove garlic

To prepare: Combine all ingredients in a sauce pan, cover and simmer over medium heat for 20 to 30 minutes. Remove sachet bag, pour mixture into a blender and process until smooth.

To serve: Heat six bowls in 150 degree oven. Place 3/4 cup of soup in each. Garnish with sliced scallions or chopped parsley.

Serves: 6 Calories/serving: 90 Fat/serving: 1 gram
Bouillabaisse

Ingredients:

- 1/4 cup Dry white wine
- 1 medium Onion, diced
- 1 clove Garlic, minced
- 4 Bay leaves
- 1/2 lb. Tomatoes, peeled, seeded and diced
- 1/2 cup Celery, diced
- 1/2 Jalapeno, diced
- 1/8 tsp. Celery seed
- 1/8 tsp. Ground white pepper
- 3 cups Fish stock
- 2 Tbsp. Tarragon, fresh, minced
- 2 Tbsp. Parsley, fresh, minced
- 1 1/2 tsp. Pernod Liqueur
- 3/4 cup Raw fish, diced (we recommend lowfat fish such as sole, grouper, snapper or scallops)

To prepare: Combine wine, onion, garlic and bay leaves in a saucepan and cook over medium heat until reduced by half. Add vegetables and pepper and simmer for 10 minutes. Just before serving, add remaining ingredients and simmer until fish is cooked, approximately 5 minutes.

To serve: Heat six bowls in a 150 degree oven and pour 3/4 cup soup into each. Garnish with parsley and tarragon.

Serves: 6  Calories/serving: 85  Fat/serving: 2 grams
Lentil Soup

Ingredients:

| 1 cup          | Lentils, cooked         |
| 3 cups         | Chicken stock           |
| 1/4 cup        | Onion, diced small      |
| 1/2 cup        | Carrot, diced           |
| 1/2 cup        | Celery, diced           |
| 1 small clove  | Garlic, minced          |
| 1/2 tsp.       | Thyme, dry              |
| 1              | Bay leaf                |
| 1 tsp.         | Parsley, fresh, chopped |
| To Taste       | White pepper            |

To prepare: Boil lentils in water until tender following directions on package. Strain and rinse with warm water. Return to pot, add remaining ingredients, except parsley, and simmer for 15 minutes over medium heat.

To serve: Heat six bowls in a 150 degree oven. Remove bay leaf, pour 3/4 cup of soup in each bowl and top with parsley before serving.

Serves: 6  Calories/serving: 75  Fat/serving: 1 gram
Curried Pea Soup

Ingredients:

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<td>1 2/3 cups</td>
<td>Zucchini, washed, chopped</td>
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<td>Onion, chopped</td>
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<tr>
<td>1/3 cup</td>
<td>Celery, chopped</td>
</tr>
<tr>
<td>1 each</td>
<td>Green apple, peeled, cored, chopped</td>
</tr>
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<td>2 cups</td>
<td>Green peas, frozen</td>
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<td>2 cups</td>
<td>Chicken stock</td>
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<td>2 cloves</td>
<td>Garlic</td>
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<td>1 tsp.</td>
<td>Curry powder</td>
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<tr>
<td>1 tsp.</td>
<td>Salt (optional)</td>
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<tr>
<td>To Taste</td>
<td>White pepper</td>
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To prepare: Combine all the ingredients in a heavy bottom pot. Place over high heat and bring to a boil. Reduce heat and simmer on medium heat for 20 minutes. Remove from heat, place in blender and puree until smooth. Return to pot and keep warm for service.

To serve: Heat bowls in a 150 degree oven. Place 3/4 cup of soup into each and garnish with fresh chopped parsley.

Serves: 8  Calories/serving: 63  Fat/serving: 1 gram
Red Pepper Soup

Ingredients:

2 cups Red peppers, roasted and peeled
1 cup Tomato, peeled, seeds removed, diced
1/4 cup Onion, diced
2 cloves Garlic
1 1/2 cup Chicken stock
1/4 tsp. Salt
To Taste White pepper
6 Tbsp. Cabot Lowfat Yogurt
6 tsp. Basil, fresh, chopped
1 bunch Basil stems tied in butcher's twine (Bouquet Garni)

To prepare: To prepare peppers, cut in half and remove stem and seeds. Place skin side up on a cookie sheet. Spray lightly with 100% vegetable oil. Place in a preheated 425 degree oven for approximately 15 minutes. When skin has bubbled and turned black in spots, remove, let cool, then peel skin off.

To peel tomatoes, remove core and score skin with a knife. Dip into boiling water for 10 seconds, remove and place in ice water. When cool, peel off skin. Cut crosswise, remove seeds and dice.

When peppers and tomatoes are prepared, place all ingredients in a sauce pot and bring to a boil. Reduce heat and simmer for 10 to 15 minutes covered.

To serve: Heat six bowls in a 150 degree oven. Pour 3/4 cup soup into each and garnish with fresh basil and 1 tablespoon Cabot Lowfat Yogurt.

Serves: 6 Calories/serving: 50 Fat/serving: 1 gram
Chilled Gazpacho Soup

Ingredients:
- 2 1/2 cups Cucumbers, peeled, seeded, finely chopped
- 2 1/2 cups Tomatoes, peeled, seeded, finely chopped
- 3/4 cups Red onion, finely diced
- 3 cloves Garlic, minced
- 2 tsp. Cilantro, fresh, finely chopped
- 1 1/4 cup V-8 Juice, low sodium
- 1 Tbsp. Lemon juice, freshly squeezed
- 1 Tbsp. Lime juice, freshly squeezed
- To Taste Tabasco sauce
- To Taste White pepper

To prepare: For peeling tomatoes, see "Red Pepper Soup" recipe, page 21. Combine all ingredients in a bowl, mix and refrigerate for two hours.

To serve: Chill six bowls, pour 3/4 cup of soup into each and garnish with a fresh sprig of cilantro and a thin slice of lemon.

Serves: 6 Calories/serving: 40 Fat/serving: .3 grams

Chilled Melon Soup

Ingredients:
- 6 cups Cantaloupe, peeled, seeded, chopped
- 1 1/2 cups Fresh orange juice
- 1/4 cup Fresh lemon juice
- 1/4 cup Fresh lime juice
- 1 Tbsp. Honey
- 1/2 cup Apricot brandy
- 1/2 tsp Cinnamon

To prepare: Add brandy to a small sauce pan, place over high heat and flambee to remove alcohol. Place remaining ingredients in a blender, add brandy and mix until completely smooth. Remove and chill.

To serve: Chill six bowls, pour 1/2 cup of soup into each and garnish with a chiffonade of fresh mint or basil.

Serves: 6 Calories/serving: 40 Fat/serving: .3 grams
**Meals**

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**Sauteed Red Snapper with Mango Chutney,**
*steamed vegetables & wild rice*

**Ingredients:**
- 1 lb. Red Snapper fillets, skinless, boneless
- 1 cup Brown rice
- 1 cup Mixed vegetables
- 1/2 cup Mango Chutney

**Mango Chutney:**
- 1 cup Fresh mango, peeled, pitted and chopped
- 1/2 cup Onion, finely diced
- 1 Tbsp. Ginger, minced
- 1/4 cup White wine
- 1/4 cup Dry Vermouth

**To prepare:** For chutney, combine all ingredients in a heavy bottom sauce pan. Place over medium/ high heat and simmer until mixture thickens, about 10 minutes. Set aside and keep warm.

Cut fish into 4 oz. portions. Season with fresh chopped herbs (basil, chives, tarragon, chervil) and cracked white pepper. Place a nonstick pan over high heat. When hot, spray with 100% vegetable oil spray, add fillets and saute until golden brown on both sides. Remove and keep warm.

**To serve:** Heat four plates. Arrange 1/4 cup rice, 1/4 cup vegetables and 1 serving of fish on each. Top fish with 2 tablespoons of Mango Chutney. Garnish with a lemon wedge and a sprig of any fresh herb used in the dish.

Serves: 4  
Calories/meal: 200  
Fat/meal: 3 grams
Grilled Sea Scallops with Spicy Lime Marinade, 
served with Wild Mushrooms, sauteed spinach, 
saffron potatoes & tomato concasse

Ingredients:
- 1 1/4 lbs Fresh Sea Scallops
- 1 cup Wild mushrooms (Shiitaki, Oyster, or Chanterelles)
- 1/2 cup Spicy Lime Marinade
- 1 large Tomato, peeled, seeds removed, finely diced (concasse)

Sauteed Spinach:
- 1/2 lb. Fresh spinach, washed and destemmed
- 1 Tbsp. Shallots, finely diced
- 2 cloves Garlic, sliced
- 2 Tbsp Chicken broth
- To Taste White pepper

Saffron Potatoes:
- 1 cup Potatoes, peeled and scooped into balls
- 2 cups Chicken broth
- Pinch Saffron
- 1 Bay leaf
- To Taste White pepper

Spicy Lime Marinade:
- 1 cup Lime juice
- 1/4 cup Low-sodium Lite Soy Sauce
- 2 Tbsp. Garlic cloves, minced
- 3 Tbsp. Peanut Oil
- 1 Tbsp. Scallions, sliced
- 3 Tbsp. Chicken broth
- 1 tsp Chili flakes
- To Taste White pepper
To prepare:

**Spinach:** Place all ingredients, except spinach, in a sauté pan. Bring to a boil. Add spinach and sauté until wilted. Season with pepper.

**Potatoes:** Combine all ingredients in a small pot and simmer. Cook until tender. Set aside and keep warm.

**Marinade:** Mix all ingredients and set aside.

**Mushrooms:** Rinse quickly in cold water, then dry and remove stems. Cut into quarters and grill with scallops.

**Scallops:** Rinse in cold water to remove any sand or shell. Remove any muscle tissue hanging from the side of each scallop. Pat dry and season with white pepper. Heat grill and spray with a small amount of 100% vegetable oil just before cooking. Add scallops and cook until half done, turning once. Remove and place on a sheet pan with the mushrooms. Top with marinade and continue cooking in a preheated 350 degree oven for 5 to 10 minutes.

**To serve:** Heat four plates in a 150 degree oven. Arrange 1/4 cup scallops, 1/4 cup spinach, 1/4 cup potatoes, 1/4 cup mushrooms on each plate. Top with 2 tablespoons marinade, 1 tablespoon tomato concasse and garnish with a fresh sprig of cilantro.

Meal serves: 4  Calories/meal: 257  Fat/meal: 7 grams
Grilled Swordfish & Tomato Herb Salsa
with roasted new potatoes & steamed squash

Ingredients:
- 1 lb. Fresh Swordfish
- 8 small New potatoes
- 2 Zucchini
- 2 Yellow squash

Marinade:
- 1/4 cup Fresh lime juice
- 1/2 tsp. Ground white pepper
- 1 1/4 cups Water
- 1/2 tsp. Cumin
- 3/4 tsp. Oregano
- 1 clove Garlic, minced
- 1/2 tsp. Salt
- 1/2 tsp. Sugar
- 2 Bay leaves
- 1 Red chili pepper, chopped or 1/8 tsp chili pepper flakes
- 1 Tbsp. Extra Virgin Olive Oil
- 1 medium Onion, finely diced

Tomato Herb Salsa:
- 4 medium Tomatoes, very ripe
- 1 tsp. Cracked coriander seed
- 3 tsp. Extra Virgin Olive Oil
- 1 Tbsp. Fresh cilantro, chopped
- 1 Lemon, juice of
- 1 Tbsp. Fresh chives, sliced
- 2 Tbsp. Onion, minced
- 1/4 tsp. Ground white pepper
- 1/8 tsp. Salt (optional)
- 4 drops Tabasco

To prepare: Cut swordfish into 4 ounce portions and marinate for 1 to 2 hours in refrigerator. While fish is marinating, prepare salsa.

First core tomatoes then drop into boiling water for 10 seconds. Remove and drop into cold water. Remove and peel skin off using a small paring knife. Remove seeds and chop finely. Place tomato and remaining ingredients in a bowl and mix well. Keep at room temperature.
Brush new potatoes with extra virgin olive oil, season with thyme and pepper. Preheat oven to 350 degrees and roast for 25 and 30 minutes.

Cut zucchini and yellow squash into thin slices and steam for 3 to 5 minutes until tender crisp. Place potatoes and mixed squash on a warm plate and keep in a 150 degree oven while fish is cooking.

Heat grill or pan and spray with 100% vegetable oil just before adding fish. Cook a total of 5 to 10 minutes depending upon thickness, turning once. Swordfish should be slightly pink inside. Be careful not to overcook since swordfish can become dry.

**To serve:** Heat four plates in a 150 degree oven. Place 4 tablespoons of salsa on each, top with 1 serving of fish and put 2 new potatoes and 1/2 cup of mixed squash around each. Garnish with fresh cilantro and lemon slices.

Meal serves: 4  
Calories/meal: 300  
Fat/meal: 8 grams
Steamed Sole Provencale
with baked potato and broccoli

Ingredients:

1 lb. Sole fillets, skinless, boneless
1 cup Provencale sauce
4 Baked potatoes, approximately 7 ounces each
1 head Broccoli
4 tsp. Parmesan cheese, fresh, grated

Provencale Sauce:

3 cloves Garlic, minced
1 cup Onion, finely diced
1 Tbsp. Extra Virgin Olive Oil
3 tsp. Thyme, fresh
1 cup Eggplant, peeled, small dice
1 cup Zucchini, small dice
1/4 cup Red peppers, diced
1/2 cup Chicken stock
1/2 cup Dry Vermouth
1 cup V-8 Juice, low sodium
1 Lemon, juice of
1/4 tsp. Salt (optional)
1/8 tsp. White pepper
1 Tbsp. Parsley, fresh, chopped
1 Tbsp. Chives, fresh, thinly sliced

To prepare: For sauce, heat olive oil in a large sauté pan over high heat. Add garlic, onions and thyme. Saute until onions begin to brown, then add peppers, zucchini and eggplant. Continue sautéing for 3 to 4 minutes. Add remaining ingredients, except parsley and chives. Simmer for 10 minutes. Remove from heat and add parsley and chives. Set aside.

Divide sole into 4 ounce portions. Tuck ends under and place inside a steamer for approximately 5 to 8 minutes. Remove and serve immediately.

To serve: Heat four plates in a 150 degree oven. Place 1 serving of fish on each and top with 1/4 cup Provencale Sauce. Add 1 baked potato and 1/2 cup of broccoli. Garnish with a lemon wedge and 1 teaspoon Parmesan cheese.

Serves: 4 Calories/meal: 300 Fat/meal: 3 grams
Roast Pheasant & Oriental Marinade
with brown rice & steamed snow peas

Ingredients:
1 lb. Pheasant breast, boneless, skinless
1 cup Brown rice, cooked
1 cup Snow peas, cooked
1 cup Marinade
4 Tbsp. Sliced scallions

Marinade:
1 cup Rice Wine Vinegar
1/4 cup Low sodium Soy Sauce
2 Tbsp. Dijon mustard
2 Tbsp. Honey
1 Tbsp. Sake
1/4 tsp. Black pepper
1/2 tsp. Thyme, dry
1 tsp. Ginger, fresh, minced
1 Tbsp. Cilantro, fresh, chopped
1 Tbsp. Mint, fresh, chopped
1 tsp. Sesame oil

To prepare: Combine marinade ingredients in a bowl and let set for 1 hour.

Remove skin and fat from pheasant. Separate into 4 ounce portions. Brush each with olive oil, place in a roasting pan and bake in a preheated 400 degree oven, until slightly brown. Pour over marinade and continue to cook for 5 minutes. Remove from oven and serve immediately.

To serve: Arrange 1/4 cup of rice, 1/4 cup of snow peas and 1 serving of pheasant breast on a warm plate. Spoon remaining marinade over pheasant and rice. Garnish with thinly sliced scallions.

Serves: 4 Calories/meal: 262 Fat/meal: 2 grams
Baked Stuffed Chicken with Vermont Cheddar Cheese, broccoli and light thyme jus

Ingredients:

1 lb. Chicken breasts, boneless, skinless
3/4 cup Cheese Mixture
2 cups Steamed carrots
2 cups Brown rice
1/2 cup Thyme Jus

Thyme Jus:
2 lbs. Chicken bones
3 stalks Celery
1 medium Onion
5 cloves Garlic
6 sprigs Fresh thyme
1 Bay Leaf
4 cups Chicken Stock
2 tsp. Corn starch
2 tsp. Cold water, dissolve the corn starch in the water

Cheese Mixture:
1/4 cup Cabot Vitalait Cheese
1/4 cup Cabot Lowfat Cottage Cheese
3/4 cup Broccoli florets, steamed, chilled, chopped
1 tsp. Fresh chives, sliced
1/2 tsp. Fresh thyme, chopped
1/2 tsp. White pepper

Breading:
1/2 cup King Arthur Unbleached All Purpose Flour
2 Egg Whites, lightly beaten with 1 Tbsp. water
1/2 cup Whole Wheat Bread Crumbs

To prepare: For thyme jus, place chicken bones in a pan and roast in a preheated 400 degree oven until slightly brown, approximately 45 minutes. Add vegetables and herbs and continue cooking until vegetables are slightly brown, approximately 20 minutes. Remove from oven and drain fat.

Deglaze pan by adding a small amount of water and removing particles (the fond) from the bottom of the pan with a fork. Transfer bones to a sauce pot and add chicken broth. Simmer over medium heat for 1 hour until reduced by half, then strain, chill and skim fat from surface.
Before serving, bring jus to a boil, add corn starch mixture and continuing to boil until slightly thickened. Keep hot for service.

For cheese mixture, combine all ingredients in a bowl and mix.

Divide chicken breasts into 4 ounce portions. Remove skin and excess fat, then slightly pound meat. Spread 2 tablespoons of cheese mixture in a thin layer on half the breast. Fold over the other half, creating a sandwich-like pocket. Dredge the breast in flour then egg white mixture followed by bread crumbs. Bake in a preheated 400 degree oven for 15 to 25 minutes until golden brown.

**To serve:** Heat four plates in a 150 degree oven. Place 2 tablespoons of Jus on each and top with one portion of chicken. Serve with 1/2 cup carrots and 1/2 cup brown rice.

Serves: 4  
Calories/meal: 393  
Fat/meal: 6 grams
Whole Wheat Fettuccini
with Greek Turkey Sausage & Tomato Fennel Sauce

Ingredients:
- 1 1/4 lb. Cooked fettuccini, (recipe next page)
- 8 Greek sausage patties
- 2 cups Tomato Fennel Sauce
- 4 tsp. Parmesan cheese

Tomato Fennel Sauce: makes 6 cups, calories/recipe: 573, fat/recipe: 4 grams
- 1 lb. Fresh fennel, quartered, thinly sliced
- 1 cup Onions, chopped
- 1 cup Celery, chopped
- 3 cups Dry Vermouth
- 4 cups Fresh or canned tomatoes, fresh should be peeled, seeded and chopped. (See Red Pepper Soup, page 21)
- 6 cloves Garlic
- 1 bunch Parsley stems, thyme & bay leaf tied with butcher's twine (Bouquet Garni)
- 2 Tbsp. Fresh tarragon

Greek Turkey Sausage: makes 1 1/2 lbs., calories/oz.: 32, fat/oz.: .34 grams
- 1 1/2 lbs. Turkey breast, ground
- 1 cup Onions, finely diced
- 2 cloves Garlic
- 1 tsp. Extra Virgin Olive Oil
- 1/4 tsp. Chili flakes
- 2 tsp. Oregano, dry
- 1 tsp. Thyme, dry
- 1/4 tsp. All Spice, dry
- 1/4 tsp. Salt
- 1 Tbsp. Parsley, fresh, chopped
- 4 Tbsp. Cold water

To Prepare: For sauce, combine all ingredients except tarragon in a pot and simmer over medium heat for 1 hour covered. Remove bouquet garni, place mixture in a blender and puree until smooth. Finish with fresh chopped tarragon and season with white pepper.

To prepare sausage, place a nonstick pan over high heat, add oil, and when very hot, add onions and garlic. Saute until golden brown. Remove and chill. Combine the meat, onion mixture, and spices and mix well. Slowly add water, mixing well. Refrigerate for 1 hour. When chilled shape into 2 ounce/4 tablespoon size patties.
# Gourmet Spa Pizzas

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<tr>
<th>Pizza Type</th>
<th>Calories</th>
<th>Fat</th>
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<tbody>
<tr>
<td>Cheese pizza</td>
<td>303</td>
<td>7.5 grams</td>
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<tr>
<td>Vegetable pizza</td>
<td>310</td>
<td>7.5 grams</td>
</tr>
<tr>
<td>Wild Mushroom Pizza</td>
<td>320</td>
<td>7.5 grams</td>
</tr>
<tr>
<td>Asparagus &amp; Pepper Pizza</td>
<td>318</td>
<td>7.5 grams</td>
</tr>
<tr>
<td>Turkey Sausage &amp; Herb Pizza</td>
<td>335</td>
<td>8 grams</td>
</tr>
<tr>
<td>Goat Cheese &amp; Herb Pizza</td>
<td>350</td>
<td>14 grams</td>
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</tbody>
</table>

### Cheese pizza:
- 3 1/2 oz. Pizza Dough
- 3 Tbsp. Tomato sauce
- 2 Tbsp. Mozzarella cheese, lowfat, grated
- 1 tsp. Fresh basil, chopped

### Vegetable pizza:
- 3 slices Zucchini
- 2 slices Tomato
- 1 slice Onion
- 2 slices Red or green pepper

### Wild Mushroom Pizza:
- 3 Tbsp. White mushroom caps, thinly sliced
- 3 Tbsp. Wild mushrooms, shiitake, oyster etc.

### Asparagus & Pepper Pizza:
- 2 Tbsp. Red pepper, finely diced
- 1 Tbsp. Yellow pepper, finely diced
- 6 Asparagus tips

### Turkey Sausage & Herb Pizza:
- 3 Tbsp. Ground spa turkey sausage
- 1 tsp. Fresh thyme

### Goat Cheese & Herb Pizza:
- 3 1/2 oz. Dough
- 2 Tbsp. Crumbled goat cheese
- 1 clove Garlic, thinly sliced
- 1 Tbsp. Red onion, finely diced
- 3 Black olives, sliced
Spinach and Mushroom Lasagna with Tomato Basil Sauce

Ingredients:
- 1 lb.
- 2 3/4 cups
- 1 Tbsp.
- 6
- 3 cloves
- 1/2 lb.
- 2 lbs.
- 2 cups
- 3/4 cup

Whole Wheat Pasta Sheets (see recipe page 33)
Tomato sauce (see recipe page 32)
Extra Virgin Olive Oil
Shallots, minced
Garlic, minced
White cap mushrooms, washed, sliced thin
Shiitake mushrooms, washed, stemmed, sliced thin
Fresh spinach, stemmed, washed to remove sand
Cabot Lowfat Cottage Cheese
Grated Parmesan cheese, good quality
Basil, fresh, chopped
Thyme, fresh, chopped
Mozzarella cheese, grated

To prepare: Place a nonstick pan over high heat, add oil, shallots and garlic and saute for 1 to 2 minutes. Add mushrooms and continue to saute until mushrooms start to brown. Remove from heat and chill.

Steam spinach until completely wilted but still very green. Shock in ice water to stop the cooking process, drain and squeeze dry. In a large bowl, combine mushroom mixture, spinach, herbs, cottage cheese and Parmesan. Mix well by hand. Set aside.

Bring two gallons of water to a rolling boil, add pasta and cook 4 to 5 minutes. NOTE: Fresh pasta cooks very quickly and must be gently stirred to prevent tears. Strain pasta, rinse with cold water, quickly remove from colander and lay flat. Cover with a damp cloth.

Spray a 12" by 9" pan with 100% vegetable oil. Cover the bottom with a layer of pasta. Top with a thin layer of filling and continue this layering process until pasta and filling are used up, approximately 4 layers of pasta and 3 layers of filling. Top with Mozzarella cheese. Cover with foil and bake for 30 to 40 minutes. Recipe can also be microwaved.

To serve: Heat plates and tomato sauce. Place 1/4 cup sauce on each and top with a 5" by 2" portion of lasagna. Garnish with fresh basil.

Serves: 10  Calories/serving: 270  Fat/serving: 8 grams
Chilled Melon Balls and Warm Ginger Sauce

Ingredients:
1 large Honey Dew
2 Cantaloupe

Ginger Sauce:
4 Tbsp. Ginger, finely diced
1 quart Orange juice
2 Tbsp. Raspberry vinegar
1 tsp. Lemon juice
2 tsp. Honey

To prepare: Using a melon baller, scoop out inside of cantaloupe and honey dew to yield 3 cups.

For sauce, place all ingredients in a heavy sauce pan and reduce over medium high heat to yield approximately 1 cup. Set sauce aside and keep warm.

To serve: Arrange 1/2 cup of melon balls on a 7 inch plate. Top with 2 tablespoons sauce poured over melon in a lace pattern and a julienne of mint and basil.

Note: Excess sauce may be frozen for future use.

Serves: 6 Calories/serving: 68 Fat/serving: .4 grams
Warm Blueberry Crepes with Vermont Maple Cream

Ingredients:

Crepes:
- 3/4 cup King Arthur Unbleached All Purpose Flour
- 3/4 cup King Arthur Stoneground Whole Wheat Flour
- 2 cups Milk, 2% Fat
- 3 Tbsp. Sugar
- 3 Tbsp. Corn Oil
- 6 Egg whites, slightly whipped
- 2 tsp. Baking powder
- 1 tsp. Vanilla extract

Blueberry Filling:
- 2 cups Fresh blueberries
- 1/2 cup Orange juice
- 1 Tbsp. Cornstarch
- 1 Tbsp. Cold water

Maple Cream:
- 1 cup Cabot Lowfat Cottage Cheese
- 2 Tbsp. Maple syrup
- 1/2 tsp. Orange rind
- 1/8 tsp. Vanilla extract
- Pinch Cinnamon

To prepare: For crepes, combine all ingredients in a bowl, mix until smooth and let set for 10 minutes. Place a nonstick pan over medium heat. Just before cooking, remove pan from heat and spray with 100% vegetable oil. Add 2 tablespoons of batter, turning the pan from side to side to coat the bottom with a thin layer. Return pan to heat and cook until edges start to brown, approximately 2 to 3 minutes. Flip crepe with a spatula and brown other side. Make one crepe for each person to be served.

To prepare sauce, dissolve cornstarch in a small bowl with water. Set aside. Place blueberries and orange juice in a sauce pan over high heat and bring to a boil. Add cornstarch mixture to berries, stirring constantly. Mixture will immediately start to thicken. Lower heat and simmer 3 to 5 minutes. Remove and keep warm.
For maple cream, combine all ingredients in a blender and mix until smooth and creamy.

**To serve:** Lay one crepe flat on a small plate. Spoon 2 tablespoons of Blueberry Filling onto each and roll into a tube shape. Top with 1 tablespoon Maple Cream and garnish with a fresh blueberry and mint sprig.

**Serves:** 10  
**Calories/serving:** 72  
**Fat/serving:** 2 grams

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**Banana en Papillote**

**Ingredients:**
- 1/2  
- 1/8 tsp.  
- 1/4 tsp.  
- 2 inch  
- 3 Tbsp.  
- Pinch  
- Banana, cut lengthwise  
- Lemon zest  
- Lemon juice  
- Vanilla bean  
- Vermont apple cider  
- Grated cinnamon

**To prepare:** Fold all ingredients into parchment paper or foil. Bake in a 350 degree oven for 7 to 10 minutes. Serve immediately on a heated plate.

**Parchment Folding Instructions:**
1. Fold a rectangular piece of parchment paper in half to form a rough square.
2. With scissors, trim open edges to form a large half circle or question mark shape.
3. Open the paper and place all ingredients, except for cider, inside.
4. Brush the edges of the parchment with egg white and, starting at one corner, fold the edges in an overlapping fashion to make a seal. Just before the bag is closed, pour in the juice. Finish sealing. Bag is ready to bake.

**Serves:** 1  
**Calories/serving:** 71  
**Fat/serving:** .03 grams
Orange Cloud Cake
with Sweet Berry Coulis

**Ingredients:**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup</td>
<td>King Arthur Stoneground Whole Wheat Flour</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>King Arthur Unbleached All Purpose Flour</td>
<td></td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Sugar</td>
<td></td>
</tr>
<tr>
<td>1 tsp.</td>
<td>Baking powder</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp.</td>
<td>Baking soda</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp.</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Egg</td>
<td></td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Skim milk</td>
<td></td>
</tr>
<tr>
<td>3 Tbsp.</td>
<td>Corn Oil</td>
<td></td>
</tr>
<tr>
<td>2 tsp.</td>
<td>Orange rind</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp.</td>
<td>Fresh vanilla bean</td>
<td></td>
</tr>
<tr>
<td>1 1/2 tsp.</td>
<td>Vanilla extract</td>
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<tr>
<td>6</td>
<td>Egg whites</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp.</td>
<td>Confectioner's sugar</td>
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</tr>
</tbody>
</table>

**Sweet Berry Coulis:**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 pints</td>
<td>Raspberries or other fresh berries</td>
</tr>
<tr>
<td>2 Tbsp.</td>
<td>Sugar</td>
</tr>
<tr>
<td>1 tsp.</td>
<td>Lemon juice</td>
</tr>
</tbody>
</table>

**To prepare:** Preheat oven to 350 degrees. Combine first six ingredients and sift. Set aside. In a separate bowl, combine next six ingredients and whip slightly. Add to flour mixture and stir. In another bowl, combine egg whites and Confectioner's sugar. Whip to a soft peak. With a spatula, lightly fold egg whites into batter. Spray a muffin pan or 10 ramekins with 100% vegetable oil. Pour 4 tablespoons of batter into each cup and bake for 30 to 35 minutes.

To prepare coulis, combine all ingredients and blend until smooth. Strain mixture and set aside.

**To serve:** Spoon 4 tablespoons of coulis onto each dessert plate and top with a small cake. Garnish with orange slices and mint sprig.

Serves: 10  Calories/serving: 150  Fat/serving: 5 grams
Fresh Berries in a Cookie Shell

Ingredients:

1 Cookie Shell
1/2 cup Assorted berries
Fresh mint sprigs

Cookie Batter:

1 cup Egg whites (approximately 6)
3/4 cup King Arthur Stoneground Whole Wheat Flour
3/4 cup King Arthur All Purpose Flour
1/3 cup Cabot Lowfat Yogurt
1/2 cup Sugar
1/3 cup Corn Oil
1 tsp. Vanilla extract
1 tsp. Almond extract

To prepare: Combine batter ingredients in a bowl and mix by hand or blender until smooth. Let set for 10 minutes.

Preheat oven to 375 degrees. Lightly spray a cookie sheet with 100% vegetable oil and pour 1 tablespoon of batter per cookie into a circle approximately 4 inches in diameter. Prepare only 2 or 3 cookies at a time.

Bake cookies for approximately 3 to 5 minutes or until edges turn brown. Working from the oven to keep cookies warm and pliable, remove one cookie at a time with a spatula, pressing each into a small bowl shape.

To serve: Place one cookie on each dessert plate, fill with 1/2 cup of fresh berries and garnish with fresh mint.

NOTE: Leftover batter may be frozen for future use.

Serves: 1 to 32 Calories/serving: 95 Fat/serving: 3 grams
**Glossary**

Batter: A mixture of flour, liquid and other ingredients that is thin enough to pour.

Blend: To combine two or more ingredients and mix to a smooth consistency.

Bouquet Garni: Fresh herbs such as parsley, thyme and bay leaves tied together with butcher’s twine and used to flavor soups and broths.

Calorie: The unit used to express food energy; the amount of heat required to raise the temperature of 1 kg. of water 1 degree Celsius.

Caramelize: To heat a product that contains sugar until the sugar turns brown.

Chiffonade: Finely shredded or minced.

Crepe: A thin pancake.

Deglaze: To dilute pan juices with stock or water.

Dredge: To coat food by rolling or sprinkling in flour.

Flambee: To ignite.

Fold: Method for adding fragile ingredients, such as beaten egg whites, to a mixture.

Grilling: To cook food on a rack over a heat source.

Jus: Natural meat juices.

Knead: To fold, stretch and press dough to incorporate air and improve texture.

Madeleine: A small cake baked in a mold.

Quenelle: An egg shaped dumpling.

Reduction: A process to increase the flavor and richness of sauces by slowly simmering liquids until their volume is reduced by one half through evaporation.

Saute: To cook quickly in a pan over high heat.

Steam: To cook a product over boiling water using the heat produced.

Spice/sachet bag: Herbs and spices tied in cheesecloth used for seasoning soups and sauces.

Whip: To beat ingredients, such as eggs into a froth by incorporating air.

Zest: A fine grating of the outermost, colored part of a citrus peel.
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