

Healthy dessert: Chocolate Chiffon uses cocoa instead of chocolate for a lower fat content. It's delicious topped with fruit.

## Healthy dessert fights your cravings for fats

All the new reduced fat and fat-free food: salad dressings, cookies, dairy products — have made it easier for many people to cut the fat they eat to less than 30 percent of their daily calories, as health authorities recommend. However, it's important not to forget about eating wholesome foods that are naturally low in fat.

Research shows that people who replace high fat foods with naturally low-fat alternatives — such as lean meats, fruits and vegetables — actually reduce their craving for dietary fat. However, research also shows that processed low- or non-fat versions of fatty foods have pitfalls.

Some studies suggest that foods made with fat substitutes do not help people adjust their taste for fat, so that fatty foods remain tempting. Learning to enjoy naturally low-fat foods may be a better way to maintain a low-fat diet than relying on copies of high-fat foods that don't measure up to the real items (and that may have the same number of calories).

Eating plenty of naturally low-fat foods like fruits, vegetables, and grains, plus a few low- or non-fat versions of high-fat foods, is a good balance, according to the American Institute for Cancer Research.

## Salad is super for supper

AP — A refreshing main dish salad pleases the palate. And best of all, salads can mean "cool cooking."

### LENE-SESAME BEEF SALAD

12 ounces del roast beef, sliced 1/4-inch thick  
1 small cucumber, cut lengthwise in half and crosswise into thin slices  
1 medium carrot, cut into julienne strips  
1 small onion, cut lengthwise into thin wedges  
1 medium red bell pepper, cut into julienne strips  
1/4 cup coarsely chopped fresh dill  
Boston lettuce leaves  
For the lime-sesame dressing:  
3 tablespoons fresh lime juice  
2 tablespoons sugar  
1 tablespoon dark sesame oil  
1 tablespoon soy sauce  
1 clove garlic, crushed  
1/2 teaspoon crushed red pepper

Stack beef slices, cut lengthwise in half and then crosswise into 1/4-inch-wide strips. In medium bowl, combine beef, cucumber, carrot, onion, bell pepper and dill; set aside.

In 1-cup microwave-safe glass measure, combine dressing ingredients. Cook on high (100 percent power) for 30 seconds or just until bubbling, stirring until sugar is completely dissolved. Add dressing to beef mixture; toss to coat. To serve, arrange lettuce on serving platter. Spoon beef mixture over lettuce.

Makes 4 servings.  
Nutrition facts per serving: 301 cal., 26 g fat, 18 g carbs, 10 g fat, 2.5 mg iron, 225 mg sodium, 60 mg chole.

Recipe from: Most Board Test

Chicken

## Good homemade lasagna can be made in minutes

AP — Who says the best lasagna has to slow-bake? These cheese spirals cook in the microwave oven three times faster than regular lasagna, with the same great flavor.

Herbs, ricotta and mozzarella make up the easy cheesy filling, while the chunky tomato sauce boasts fresh basil. (Fresh basil gives the best flavor, but dried basil works OK, too.) Serving lasagna as rolls instead of the traditional layered squares is easier (and prettier) too. Simply spoon some of the sauce onto a dinner plate, top with two lasagna rolls and garnish with a sprig of fresh basil.

### LASAGNA SPIRALS

1/2 cup shredded part-skim mozzarella cheese  
1/4 cup fat-free or light ricotta cheese  
2 tablespoons grated Parmesan cheese

1 tablespoon snipped fresh basil or 1 teaspoon dried basil, crushed  
1/2 teaspoon dried marjoram, crushed

1 slightly beaten egg white  
8 lasagna noodles, cooked and drained  
1 1/2-ounce can reduced-sodium stewed tomatoes  
1 teaspoon snipped fresh basil or 1/2 teaspoon dried basil, crushed

1/4 teaspoon salt  
1 tablespoon water  
1 teaspoon cornstarch  
Fresh basil (optional)

For filling, in a medium mixing bowl stir together mozzarella cheese, ricotta cheese, Parmesan cheese, 1 tablespoon fresh basil and marjoram. Add egg white; mix well. Spread a rounded tablespoon of filling onto each cooked noodle. Roll up from one end.

For sauce, in a rectangular 3-

quart microwave-safe baking dish combine tomatoes, 1 teaspoon fresh basil and salt. Cook, uncovered, on high (100 percent power) for 4 to 6 minutes or until bubbly around the edges.

In a cup stir together water and cornstarch; stir into tomato mixture. Cook, uncovered, on high for 4 to 6 minutes more or until thickened and bubbly, stirring after every minute until thickened, then after every 30 seconds.

Place lasagna rolls, seam side down, in the sauce in the baking dish. Cover and cook on high for 3 to 5 minutes or until heated through, turning once.

To serve, spoon sauce onto four dinner plates; top with two roll-ups. If desired, garnish with additional fresh basil. Makes 4 main-dish servings.

Nutrition facts per serving: 278 cal., 4 g total fat, (2 g sat. fat), 15 mg chol., 337 mg sodium, 45 g carbs, 2 g fiber, 16 g pro.

## Everyone will eat shortbread treats

AP — Fall's gentle shower of leaves may just inspire you to make these rich shortbread cookies. Use leaf-shaped cookie cutters to shape the dough or bake traditional Scottish-style shortbread wedges.

The buttery flavor makes this cookie melt in your mouth, so be sure to use the real thing. Start with the plain butter version, then branch out with the ginger or orange-peppery seed variations another time. Because these cookies are so rich, you'll want to use regular cookie sheets. Insulated cookie sheets may cause the butter to leak out during baking.

### SHORTBREAD COOKIES

1 1/4 cups all-purpose flour  
3 tablespoons sugar  
1/2 cup butter  
Milk (optional)  
Coarse sugar (optional)

In a medium mixing bowl stir to-

gether flour and sugar. Using a pastry blender or fork, cut in butter until the mixture resembles fine crumbs and starts to cling. Form into a ball. Knead in the bowl about 1 minute or until smooth.

On a lightly floured surface, roll the dough to 1/4-inch thickness. Using desired cutters or a knife, cut into shapes that are 2 to 2 1/2 inches in diameter, rolling and cutting trimmings as necessary. If desired, brush cutouts with milk and sprinkle with sugar. Arrange cutouts on an ungreased cookie sheet.

Bake in a 325-degree F oven for 14 to 16 minutes or until bottoms just start to brown. Remove from cookie sheet. Cool on a wire rack.

Makes 12 to 14 cookies.

Nutrition facts per cookie: 123 cal., 8 g fat, 21 mg chol., 1 g pro., 12 g carbs, 78 mg sodium, 0 g fiber

**Shortbread Wedges:** Prepare dough as directed. On an ungreased cookie sheet pat and roll dough into an 8-inch circle. Using your fingers, press to make a rounded edge. Cut circle into 16 pie-shaped wedges, leaving wedges in the circle on the cookie sheet. If desired, brush dough with milk and sprinkle with sugar. Bake in a 325-degree F oven for 20 to 25 minutes or until bottom just starts to brown and center is set. Cut circle into wedges again while warm. Cool on the cookie sheet for 5 minutes.

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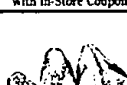
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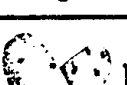
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Each of the 4 servings contains 1 gram of fat and 205 calories. Recipe and information from The American Institute for Cancer Research.

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