

**Orange Roughy Pasta  
Florentine**

1 clove garlic, minced	1/8 tsp pepper
1 tsp cornstarch	3/4 cup evaporated milk
3/4 tsp dried whole basil	1/8 tsp salt
2 cups tightly packed finely chopped spinach	
1 lb. orange roughy fillets, cut into bite-size pieces	
1/3 cup grated parmesan cheese	
4 cups hot cooked linguine (cooked without salt or fat)	

Coat a 2 qt. casserole with cooking spray; add garlic. Microwave on high 30 secs; add cornstarch, basil, salt, pepper. Gradually add milk, whisk until blended. Microwave on high 3-4 1/2 mins or until thickened, stirring every 1 1/2 mins. Stir in spinach and fish. Cover with lid; microwave on high 4 mins or until fish flakes easily with a fork. Let stand, covered, 1 minute. Stir in cheese; serve over pasta.

Yield: 4 servings – 3/4 cup fish mixture and 1 cup pasta  
Calories 406 (25% from fat), Protein 30.2 gms, Fat 11.2 gms,  
Carbohydrate 44.5 gms, Cholesterol 30 mg, Sodium 348 mg.  
Exchanges: 3 lean meats, 3 starches, 1/2 fat



**Easy Apple Salad**

6 cups cubed unpeeled Red Delicious apple  
1/2 cup raisins  
1/3 cup chopped walnuts  
1/2 cup vanilla low-fat yogurt  
2 Tbsp honey

Combine first 3 ingredients in a bowl; toss gently. Combine yogurt and honey in a bowl; stir well. Add to apple mixture; toss gently to Coat. Cover and chill 1 hour.

Yield: 8 servings— 3/4 cup each serving.  
Exchanges: 1 1/2 fruit, 1 vegetable, 1/2 fat



**Café Rio**

1 cup water  
1 Tbsp instant coffee granules  
3 tsp sugar  
3 Tbsp unsweetened cocoa  
1 tsp ground nutmeg  
2 cups skim milk  
Ground cinnamon (optional)

Bring water to a boil in a saucepan; add coffee granules, stirring to dissolve. Add sugar, cocoa, cinnamon, and nutmeg; reduce heat to med-low, and cook, uncovered, 10 mins, stirring occasionally. Add milk; cook until heated (do not boil). Pour mixture into blender; cover and blend 30 seconds. Pour 3/4 cup into coffee cups. Top with whipped topping and cinnamon.

Yield 3 cups, 3/4 cup per serving. Calories 117 (6% from fat), Protein 6.6 gms, Fat 0.8 gms, Carbohydrate 21.1 gms, Cholesterol 3 mg, Sodium 78mg. Exchanges: 1 1/2 starch



**Butter-Nut Sugar Cookies**

1 cup + 2 Tbs packed brown sugar	3 oz Neufchatel cheese
1/4 cup + 2 Tbs margarine, softened	3 cups all purpose flour
2 Tbs skim milk	1 1/2 tsp baking powder
1/2 tsp vanilla, butter, and nut flavoring	1/2 tsp salt
1 egg	1/2 cup sifted powdered sugar
1 1/2 tsp water	Food coloring (optional)

Cream sugar, cheese and margarine at med speed until light and fluffy. Add milk, flavoring, and egg; beat well. Combine flour, baking powder, and salt. Add to creamed mixture, beating well. Divide dough into 4 equal parts. Working with one portion of dough at a time, roll to 1/8 in thickness on a well-floured surface; cover and refrigerate remaining dough. Cut dough with a 2 in cookie cutter; place 1 in. apart on cookie sheets. Bake at 350 degrees for 10 mins; cool on wire racks. Combine powdered sugar, water, and food coloring and stir well. Frost cookies.

Yield: 8 dozen cookies, 1 cookie per serving. Calories 35, (26% from Fat), Protein 0.6 gms, Fat 1g, Carbohydrate 6g, Cholesterol 3 mg, Sodium 30 mg.  
Exchanges = 1/2 starch

