

**Fancy Marinated Tomatoes**

- 4 firm, ripe tomatoes
- ¼ cup snipped parsley
- ½ tsp garlic powder
- ¼ tsp salt
- 1 tsp sugar
- ¼ tsp pepper
- 1 Tbsp vegetable oil
- 1 Tbsp red wine vinegar
- 1 tsp Dijon mustard

Remove stems from tomatoes and turn upside down. Cut partially through vertically in ¾ inch slices. For each tomato, spoon 1 tsp of parsley between the slices and place stem-side down in a shallow serving dish. Combine remaining ingredients and pour over tomatoes. Cover and chill at least 30 mins. Allow to stand at room temperature for 15 mins before serving.

Yield: 4 servings –  
Calories per serving: 59, Fat 3g, Sodium 160mg  
Exchanges: 1 Vegetable, 1 Fat



**Red, White, and Blue Dessert**

- 1 cup sliced strawberries
- 1 cup blueberries
- 1 large banana, sliced
- 1 cup white miniature marshmallows
- 1 cup sugar-free nonfat vanilla yogurt
- Garnish: 2 Tbsp coconut

Combine first 5 ingredients in a clear salad bowl, using a spatula to gently mix. Garnish the top with coconut and chill or serve immediately.

Yield: 8 servings– 2/3 cup per serving  
Exchanges: 1 fruit  
Calories per serving: 73, Fat 1g, Sodium 26mg



**A Cool Drink**

- 6 cups cold water
- 4 cups fresh orange juice (about 10 oranges)
- 1 cup fresh lime juice (about 6 limes)
- 2/3 cup sugar
- ¼ cup grenadine
- 4 tsp orange-flower water (optional)
- 20 lime slices (optional)

Combine first 6 ingredients in a pitcher, stirring until sugar dissolves. Chill. Serve over ice; garnish with lime slices, if desired.

Yield: 10 servings, 1 cup per serving

Calories per serving: 124, Fat 0g, Carbohydrate 31.5g.  
Exchange: 2 fruits



**Open-faced Burgers with Onion Mushroom Topping**

- 2 tps olive oil
- 1 med sweet onion, sliced
- 2 (8-ounce) pkg pre-sliced mushrooms
- ½ tsp. salt
- 2 tsp balsamic vinegar
- 1 ½ Tbsp paprika
- ½ tsp dried thyme
- ¼ tsp black pepper
- ¼ tsp red pepper
- 1 pound ground round
- 2 English muffins, split and toasted

**Preheat grill. Heat oil in a large nonstick skillet over medium-high heat. Add onion, and cook for 5 mins or until golden. Add mushrooms and salt; cook 5 mins, stirring constantly. Add vinegar, remove mixture from pan. Set aside.**

**Combine the paprika and the next 4 ingredients (paprika through black pepper). Divide the ground round into 4 equal portions, shaping each into a ½ inch thick patty. Coat patties with spice mixture. Grill patties 4 mins on each side or until done. Place burgers on muffin halves, and top each burger with ¼ cup onion mixture.**

Yield: 4 servings. Calories 320, Protein 29.4 gms, Fat 10.5g, Carbohydrate 27.3g, Cholesterol 70 mg, Sodium 813 mg.  
Exchanges = 2 bread, 3 meat, 1 fat

