



# **E-Cookbooks Low Fat Recipe Sampler**

VJJE Publishing Co.

# Table of Contents

<a href="#"><u>Introduction</u></a> .....	1
<a href="#"><u>Personalized Cooking Aprons</u></a> .....	2
<a href="#"><u>Apple Pie</u></a> .....	3
<a href="#"><u>Baked Chicken Breast with Fresh Basil</u></a> .....	5
<a href="#"><u>Baked Macaroni, Cheese &amp; Spinach</u></a> .....	6
<a href="#"><u>Baked Potato with Spicy Chicken Topping</u></a> .....	7
<a href="#"><u>Beef Tenderloin with Cabernet Cherry Sauce</u></a> .....	8
<a href="#"><u>Black Bean Lasagna</u></a> .....	9
<a href="#"><u>Buffalo Chicken Strips</u></a> .....	10
<a href="#"><u>Bulgar Wheat and Fruit Stuffing</u></a> .....	11
<a href="#"><u>Cajun Style Pasta</u></a> .....	12
<a href="#"><u>Chicken Cordon Bleu</u></a> .....	13
<a href="#"><u>Chile–Cheese Chowder</u></a> .....	14
<a href="#"><u>Chili Dip</u></a> .....	15
<a href="#"><u>Chipotle Turkey Chili</u></a> .....	16
<a href="#"><u>Chocolate Candy Cheesecake</u></a> .....	17
<a href="#"><u>Chocolate Cherry Layer Cake</u></a> .....	18
<a href="#"><u>Chutney Chicken Salad</u></a> .....	19
<a href="#"><u>Cocoa Angel Food Cake</u></a> .....	20
<a href="#"><u>Colorful Chicken Stew</u></a> .....	21
<a href="#"><u>Corn Noodles</u></a> .....	22
<a href="#"><u>Crab Imperial</u></a> .....	23
<a href="#"><u>Crockpot Tostada</u></a> .....	24
<a href="#"><u>Spicy Cucumber–Avocado Soup</u></a> .....	25

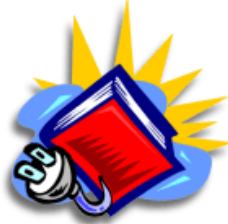
## Table of Contents

<a href="#"><u>Curried Cauliflower</u></a> .....	26
<a href="#"><u>Dijon Mushroom Potatoes</u></a> .....	27
<a href="#"><u>Egg McMuffin</u></a> .....	28
<a href="#"><u>Finger Lakes Chicken</u></a> .....	29
<a href="#"><u>Gardenburger</u></a> .....	30
<a href="#"><u>Garlic and Sage Biscuits</u></a> .....	31
<a href="#"><u>German Potato Salad</u></a> .....	32
<a href="#"><u>Glazed Roast Pork Tenderloin</u></a> .....	33
<a href="#"><u>Greek Burgers</u></a> .....	34
<a href="#"><u>Greek Chicken</u></a> .....	35
<a href="#"><u>Layered Pizza Dip</u></a> .....	36
<a href="#"><u>Middle Eastern Roast Chicken</u></a> .....	37
<a href="#"><u>Mississippi Mud Cake</u></a> .....	39
<a href="#"><u>Nacho Cheese Soup</u></a> .....	40
<a href="#"><u>Orange Chicken with Rice</u></a> .....	41
<a href="#"><u>Oven–Baked Pork Chops</u></a> .....	42
<a href="#"><u>Peppermint Angel Food Cake</u></a> .....	43
<a href="#"><u>Porkettes</u></a> .....	44
<a href="#"><u>Potato Gnocchi with Sage Cream</u></a> .....	45
<a href="#"><u>Sesame Ginger Noodles</u></a> .....	46
<a href="#"><u>Shrimp Thermidor</u></a> .....	47
<a href="#"><u>Smoked Eggplant and Yogurt</u></a> .....	48
<a href="#"><u>Spaghetti Sauce</u></a> .....	49
<a href="#"><u>Stuffed Mushrooms</u></a> .....	50

# Table of Contents

<a href="#"><u>Three Cheese Baked Ziti</u></a> .....	51
<a href="#"><u>Two Layer Pumpkin Pie</u></a> .....	52
<a href="#"><u>Veal Stew</u></a> .....	53
<a href="#"><u>Vegetable Dip</u></a> .....	54
<a href="#"><u>Vietnamese Sandwiches</u></a> .....	55
<a href="#"><u>Zucchini Stuffed Chicken</u></a> .....	56

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# Apple Pie

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## Crust:

- 1/3 cup rolled oats
- 6 graham crackers
- 2 tablespoons chopped walnuts
- 1 egg white
- Buttered flavored vegetable cooking spray

## Filling:

- 2 cups apple cider
- 1/2 cup sugar
- 2 tablespoons fresh lemon juice
- 2 teaspoons vanilla extract
- 1 1/4 teaspoon pumpkin pie spice
- 5–6 large Granny Smith apples, about 2 1/2 pounds
- 3 tablespoons cornstarch

## Topping:

- 1/3 cup brown sugar
- 1/3 cup rolled oats
- 2 tablespoons chopped walnuts
- 1/2 teaspoon ground cinnamon
- 2 tablespoons butter, melted

Set oven temperature to 350 degrees.

In a food processor, process the oats, graham crackers and walnuts until finely ground. Add the egg white and process until blended.

The mixture should look crumbly not gooey.

Coat a 9–inch pie pan with cooking spray. Press the crumb mixture evenly into the pie pan to make the crust. Lightly coat with cooking spray. Bake at 350 degrees for 10 minutes. Remove from oven and set aside until ready to use.

Bring the cider to a boil in a large heavy saucepan over high heat. Cook until reduced to 1/2 cup, about 15 minutes. Pour the mixture into a large mixing bowl. Add the sugar, lemon juice, vanilla, and pumpkin pie spice to the bowl. Peel the apples, cut into quarters, remove the core and cut into thin slices. Stir the apples into the cider mixture. Sprinkle the cornstarch over the apples and stir to combine. Arrange the apples in the crust.

In a small bowl, mix the brown sugar, oats, walnuts and cinnamon together. Pour the melted butter into the bowl stirring to combine.

Sprinkle the topping over the apples, pat down with your hands and bake at 350F for 1 hour to 1 hour and 15 minutes. The center should be soft when pierced with a sharp knife.



## **Baked Chicken Breast with Fresh Basil**

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10 boneless skinless chicken breast (about 2 1/2 lbs.)

3/4 cup low-fat yogurt

1/2 chopped fresh basil

2 teaspoons cornstarch

1 cup bread crumbs

2 tablespoons grated Parmesan cheese

Arrange chicken in single layer in baking dish. Combine yogurt, basil and cornstarch; mix well and spread over chicken.

Combine bread crumbs with Parmesan and sprinkle over chicken. (If making in advance, cover and refrigerate for up to 6 hours.)

Bake chicken in 375 degrees oven for 30 minutes or until chicken is no longer pink inside.

# **Baked Macaroni, Cheese & Spinach**

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- 1 pound elbow macaroni
- 15 oz. low fat ricotta cheese
- 1 3/4 cups skim milk
- 1/2 cup egg substitute
- 2 teaspoons brown mustard
- 1 –2 teaspoons Tabasco sauce
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 2 cups shredded low fat cheddar cheese
- 2 cups torn fresh spinach leaves
- 1/4 cup grated Parmesan cheese
- 1/4 cup fine bread crumbs
- 1 teaspoon paprika

Preheat oven to 375F. Spray a 9 X 13 or 3 quart baking dish with nonstick spray oil. Cook macaroni according to package directions. Meanwhile, in a food processor or blender, mix ricotta cheese, milk, egg substitute, mustard, Tabasco sauce, salt and pepper.

Process until smooth. Drain macaroni, return to pot and add shredded cheddar and spinach. Stir until cheese melts and spinach wilts. Stir in ricotta mixture and scrape into prepared baking dish. In a small bowl, combine Parmesan cheese, bread crumbs, and paprika. Sprinkle evenly over macaroni and cheese. Bake at 375F for 25 minutes. Serve hot.

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