

Show 10: **LOW FAT COOKING**

**Cream of Garlic Soup**

2 cups Chicken Stock  
10 cloves garlic  
2/3 cup diced red potato or 1 small potato  
1/2 cup trimmed, sliced leek (white and light green parts only)  
1/4 cup plain nonfat yogurt  
1/4 t salt  
pinch white pepper  
Chopped fresh chives for garnish

Combine the stock, garlic, potato and leek in a saucepan and bring to a boil. Lower the heat and simmer for about 25 minutes, uncovered, until the vegetables are tender. Strain the mixture through a sieve, reserving the liquid. Put the solids in a bowl of food processor or blender, add 1/2 cup of the liquid, and puree. Return the puree and the remainder of the reserved liquid to the saucepan and set over low heat. Whisk the yogurt, salt and pepper. Cook for another 2 minutes while whisking, until the soup begins to steam. Put about a teaspoon of chives into each of 4 small bowls and pour the soup over.

**Spicy Southwestern Salad**

1 cup yellow squash, julienne - cut  
1 1/2 cup julienne-cut jicama  
1 small apple cored and julienne-cut  
2 T. sliced scallion (green onion)  
8 lettuce leaves  
1 t. olive oil  
1/4 cup spicy vegetable juice (V-8 can be used)  
1 T. balsamic or red wine vinegar  
1 1/2 t. each chopped cilantro and parsley  
1 clove of garlic

In a medium bowl combine the first four ingredients; mix well. Line serving platter with lettuce leave; top with squash mixture. In blender combine remaining ingredients and process until smooth. Pour over salad. Makes 2 servings. Fat per serving – 3 grams.

**Turkey Medallions Stuffed with Mushroom and Wild Rice on Cranberry-Orange Coulis**

**Turkey Medallions**

2 cups finely chopped white mushrooms (about 1/2 pound)  
1 T squeezed lemon juice  
2 T water  
1/8 t white pepper  
1 t. chopped fresh thyme  
1/2 cup cooked wild rice  
1 T skim milk  
1 T nonfat cream cheese  
Four uncooked 4 ounce slices skinless turkey breast

**Cranberry-Orange Coulis**

1 medium naval orange, quartered and seeded  
2 cups cranberries  
1/2 cup orange juice  
1/2 t sugar

Combine the mushrooms, lemon juice and water in a saucepan. Simmer for 10 minutes over low heat, uncovered, stirring occasionally. Raise the heat to medium and boil until most of the liquid in the pan has evaporated, about 5 minutes. Whisk in the white pepper and thyme. Add the wild rice, milk, and cream cheese. Mix until thoroughly blended and remove from the heat.

Place each turkey slice between 2 sheets of wax paper approximately twice its size using a meat tenderizer, or rolling pin, pound the turkey slices to about half of their original thickness. Remove the top layer of wax paper.

On each slice, spread a quarter of the mushroom – wild rice filling, leaving a 1/4 inch border all around. Lift along edge and roll the turkey over onto itself into a cylinder. Tuck the ends under. Place the turkey roll on a square of aluminum foil, roll it closed and twist the ends of the foil securely. Repeat this procedure for each of the remaining slices.

Fill a wide bottom sauté pan about halfway up with water and bring to a boil. Place the foil-encased turkey rolls into the boiling water and simmer, uncovered, for about 15-minutes over medium heat. The turkey rolls will be done when a metal cake tester inserted into the top of each roll comes out to the touch. Turn off heat and let the turkey rolls sit in the water.

### **Cranberry-Orange Coulis**

For the coulis, combine the orange quarters with the cranberries in a food processor or blender and chop coarsely. Transfer the mixture into a saucepan, add the orange juice, and bring to a boil over medium heat. Boil for 5 minutes, then add sugar. Reduce the heat to low and simmer, uncovered, for about 15 minutes, until thick. Do not overcook. Remove the turkey rolls from their foil wrappers and slice each on the diagonal into 6 medallions. Set medallions on the coulis. Make 6 servings – 4 medallions per person: Fat per serving - .97 grams

### **Linzertorte**

1 ½ cup Grape-Nuts cereal  
1 ½ cups all-purpose flour  
¼ cup granulated sugar  
1 t. ground cinnamon  
¼ t. ground cloves  
1 ¼ t. baking powder  
¼ cup natural applesauce  
3 T. plain nonfat yogurt  
Cooking spray  
10 ounces apricot spreadable fruit  
1 large egg white  
1 t. skim milk  
Confectioners sugar for topping

Put the cereal into the food processor and process to the consistency of finely groundnuts. Transfer to a large mixing bowl. Add the dry ingredients. Mix together with a fork, making sure to blend well. Add the applesauce and yogurt. Stir until the mixture is smooth and all the dry ingredients have been incorporated. Form into a ball by hand, enclose the dough in plastic wrap, and refrigerate for 1 hour. Preheat the oven to 350 degrees. Spray the bottom of a 9-inch spring form pan once lightly with the vegetable oil and spray and distribute the oil evenly over the surface of the pan with your fingers. Remove the dough from the refrigerator and cut it in half. Place half the dough in the pan and press it out evenly to uncover the entire bottom surface. Cover the dough evenly with the spreadable fruit, leaving a ½ inch border. Cut the remaining dough into long thin slices. Lightly flour your hands and work each slice into a thin cigar-shaped rope. Lay 4 evenly spaced ropes in each direction across the top of the spreadable fruit in a lattice pattern. Work any excess dough into a long rope to encircle the outer border. (This border can be made up for shorter dough ropes crimped together.) Mix the egg white and skim milk together well. Using a pastry brush, paint the exposed surface of the dough with the mixture. Bake for 35 to 40 minutes, until the dough is uniformly golden brown and firm to the touch. Transfer to the rack and cool to the pan. Remove the sides and sift confectioners sugar over the top of the torte. Makes 10 servings. Fat per serving – 0.27grams