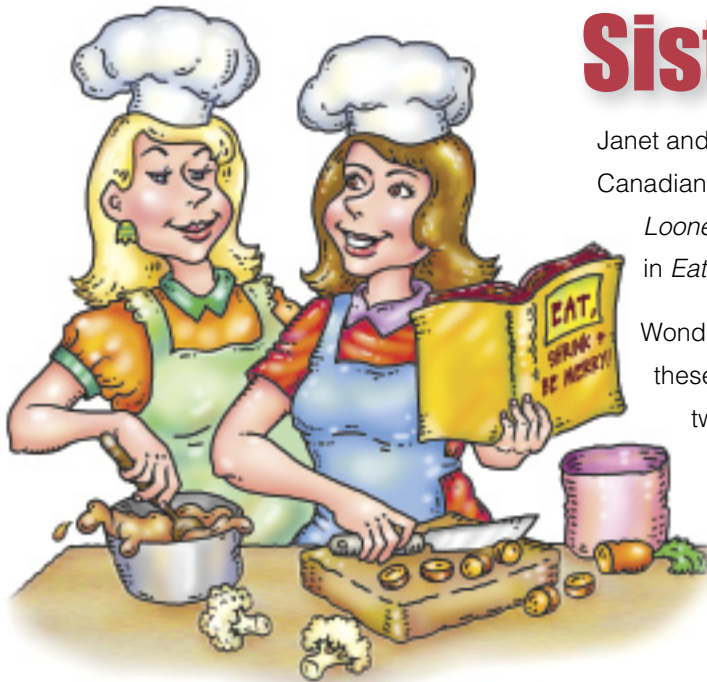


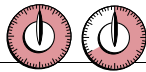
Sister, Sister

Janet and Greta Podleski (“sisters, but not nuns”) have been delighting Canadian cooks with their “low-fat food made fun” for a decade, first in *Looneyspoons* (1996), then in *Crazy Plates* (1999), and, most recently, in *Eat, Shrink & Be Merry!* (Granet Publishing, 2005).

Wondering why their books are bestsellers? Throw on your apron and try these three reasons, all adapted from *Eat, Shrink, etc.* (We had to tweak the cauliflower soup recipe to keep a lid on sodium—the sisters’ Achilles heel.) Note: the nutrition numbers following each recipe come from our analyses and may not match the numbers in the book.



Dilly Beloved



Baked chicken breast with maple syrup, mustard, lemon, and dill.

- ¼ cup pure maple syrup
- 3 Tbs. grainy Dijon mustard
- 2 Tbs. minced fresh dill
- 2 Tbs. freshly squeezed lemon juice
- 1 Tbs. olive oil
- 1 Tbs. balsamic vinegar
- 2 tsp. grated lemon zest
- 1 tsp. minced garlic
- ¼ tsp. each salt and freshly ground black pepper
- 4 large boneless, skinless chicken breasts (about 1½ lbs./680 g)

Whisk together all the marinade ingredients (everything but the chicken) in a small bowl. Arrange the chicken breasts in a glass or ceramic baking dish that’s just large enough to hold them in a single layer. Pour the marinade over the chicken. Turn the pieces to coat both sides with the marinade. Cover with plastic wrap and refrigerate for at least 1 hour or up to 1 day.

Preheat the oven to 350°F. Remove the plastic wrap and transfer the dish to the middle oven rack. Bake, uncovered, for about 35 minutes, or until the chicken is no longer pink in the centre. Spoon the sauce from the bottom of the pan over the chicken and serve immediately. Makes 4 servings.

PER SERVING

Calories: 230
Total Fat: 7 g
Sat Fat: 1 g / Trans Fat: 0 g
Fibre: 0 g
Sodium: 360 mg
Cholesterol: 75 mg
Carbohydrates: 15 g
Protein: 27 g

Salmon Cowell



Grilled salmon in an orange-ginger marinade. (To play it safe, ignore the book’s suggestion to reserve the marinade for possible basting just before serving. Once used, uncooked marinade could contain harmful food bugs.)

- ¼ cup frozen orange juice concentrate
- ¼ cup hoisin sauce
- 1 Tbs. reduced-sodium soy sauce
- 1 Tbs. grated gingerroot
- 2 tsp. grated orange zest
- Pinch crushed red pepper flakes (optional)
- 4 boneless, skinless salmon fillets (about 5 oz./142 g each)

Whisk together all the marinade ingredients (everything but the salmon) in a small bowl. Place the salmon in a large, heavy-duty resealable plastic bag. Add the marinade and seal the bag. Turn the bag several times to coat the salmon with the marinade. Marinate in the refrigerator for 30 minutes.

Remove the salmon from the marinade and place it on a baking sheet that has been sprayed with cooking spray. Broil 4 inches from the heat source for about 8 minutes, turning the salmon once, halfway through the cooking time. (If you use a grill, place the salmon on a lightly oiled rack and grill on a preheated medium setting for 3 or 4 minutes per side.) The fish should flake easily when tested with a fork. Makes 4 servings.

PER SERVING

Calories: 260
Total Fat: 10 g
Sat Fat: 2 g / Trans Fat: 0 g
Fibre: 0 g
Sodium: 220 mg
Cholesterol: 90 mg
Carbohydrates: 7 g
Protein: 33 g

Melancauli Baby



Curried cauliflower soup with Swiss cheese and wild rice. (To hold down the sodium, we used *Imagine Organic Chicken Broth* and omitted the unnecessary ½ tsp. of salt that’s in the original recipe.)

- 1 Tbs. olive oil
- 2 cups thinly sliced leeks (about 2 large)
- 2 tsp. minced garlic
- 4 cups small cauliflower florets
- 1½ cups peeled, cubed sweet potato
- 1½ tsp. curry powder
- 1 tsp. ground cumin
- 4 cups lower-sodium chicken or vegetable broth
- ¼ tsp. freshly ground black pepper
- 1 cup cooked brown and wild rice blend
- 1 cup evaporated 2% milk
- ½ cup packed shredded light Swiss cheese

Heat the olive oil in a large, non-stick soup pot over medium heat. Add the leeks and garlic. Cook and stir until the leeks begin to soften, about 3 minutes.

Stir in the cauliflower, sweet potato, curry, and cumin. Cook and stir for 1 more minute. Add the broth and pepper. Bring the mixture to a boil. Reduce the heat to low, cover, and simmer for 12 to 15 minutes, until the vegetables are tender.

Transfer half the soup to a blender or food processor and purée until smooth. Return the puréed soup to the pot with the remaining soup and mix well. Stir in the cooked rice, milk, and Swiss cheese. Heat the soup for 1 more minute. Serve hot. Makes 8 servings.

PER SERVING

Calories: 230
Total Fat: 5 g
Sat Fat: 2 g / Trans Fat: 0 g
Fibre: 5 g
Sodium: 370 mg
Cholesterol: 5 mg
Carbohydrates: 37 g
Protein: 10 g