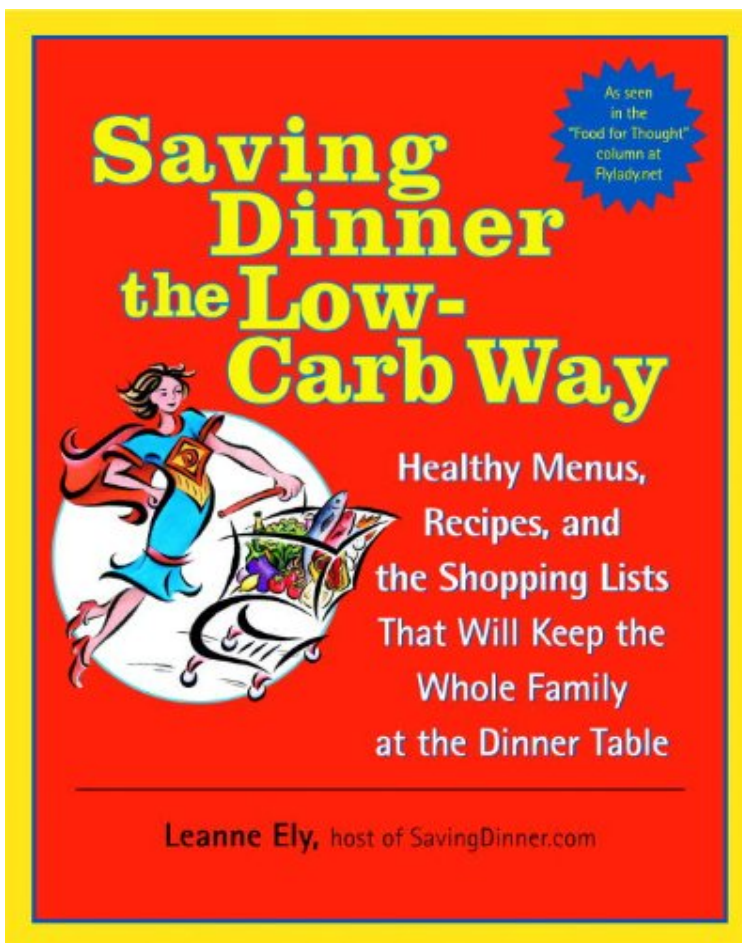


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Saving Dinner the Low-Carb Way: Healthy Menus, Recipes, and the Shopping Lists That Will Keep the Whole Family at the Dinner Table



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Par Leanne Ely : **Saving Dinner the Low-Carb Way: Healthy Menus, Recipes, and the Shopping Lists That Will Keep the Whole Family at the Dinner Table** before purchasing it in order to gage whether or not it would be worth my time, and all praised Saving Dinner the Low-Carb Way: Healthy Menus, Recipes, and the Shopping Lists That Will Keep the Whole Family at the Dinner Table:

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Description :

Prsentation de l'diteurLeanne Ely doesnt actually cook dinner for your family. It just feels that way.Certified nutritionist Leanne Ely loves delicious food and is dedicated to enticing todays busy families back to the dinner table with home cooking that cannot be beat. In Saving Dinner the Low-Carb Way, she integrates low-carb requirements into her mlange of dining pleasures for every seasonproviding easy-to-follow menus and highlighting per-serving measurements of calories, fat, protein, carbohydrates, cholesterol, and sodium for each dish.Itemizing ingredients by product in convenient lists, Ely makes your grocery shopping quick and effortless. She also gives you a helping hand in the kitchen with shortcuts that take the stress out of cooking,

and suggests menu variations for children and family members who choose not to go the low-carb route. The result? These dinners are not only balanced and healthy but truly varied and delectably good to eat. Main dishes like Low-Carb Beef Stroganoff, Crustless Quiche Lorraine, Crock-Pot Pork Jambalaya, Skillet Salmon with Horseradish Cream, and nearly 150 other entrees (plus recommendations for great side dishes) make dinnertime special in more ways than one. From the Trade Paperback edition.

INTRODUCTION Every time I turn around, it seems something new has appeared, making fabulous low-carb claims, whether it is a book, product, spokes-person, or what have you. The never-ending hit parade of all things low carb doesn't seem to be coming to an end anytime soon. As a matter of fact, the business of low carb is escalating faster than the national deficit—not quite in the trillions of dollars, but definitely billions. For a long time I thought this was just a Dr. Stillman dj-vu deal, until the flashback wouldn't go away. As the Dinner Diva of SavingDinner.com, I want to know what my subscribers want. A while back, I began getting hit with a ton of requests for a more low-carb-friendly Menu-Mailer. The last straw came when one of my subscribers who had been with me from the beginning e-mailed me and told me that her husband had been diagnosed with diabetes. And yes, she asked the fatal question: Would I please do a more low-carb-friendly Menu-Mailer? Like a lot of people, I believed the low-carb fad diets would hit the skids anytime soon, and I couldn't wait. I pooh-poohed the idea and scoffed at the notion of those limiting their carbs. In my mind, eating low carb was eating bacon, eggs, and steaks. You call that healthy? I did a little research and discovered going low carb didn't need to look like steak for every meal. Quite the contrary—it could be a lifestyle of variety and flavor, could actually contain vegetables, and be outright healthy. In the meantime, I tried going low carb myself. Not only did I feel better and more satiated, while eating less food, but I began to read and read some more on the actual, real-life, not-manufactured-for-your-viewing-pleasure science. There really is something behind this low-carb phenomenon. It is here to stay, and I'm very glad it is. I guess you could say that I'm a believer. In August 2003, I realized this was something exciting and introduced my first Low-Carb Menu-Mailer (for more information on Menu-Mailer, go to www.savingdinner.com). I realize now, more than a year later, that low carb isn't a diet; it's a lifestyle and it is here to stay. It is in that spirit that I offer you the next Saving Dinner book. While the recipes are low carb (and that is 10 or fewer net grams of carbs for the entree—not counting the Serving Suggestions), there are certain members of your household who aren't going to want to do low carb all the way, so there are regular, non-low-carb Serving Suggestions offered as well for that person or persons. You don't have to make two dinners so you can low carb it, while the kids eat a regular, non-low-carb meal. Isn't that great? Just as the first Saving Dinner book offered you the recipes, menus, and shopping lists divvied up by weeks and seasons, so does this book. I think this is the way to go in today's world—having the hard work of menu planning already done and ready to go. The shopping lists are again at your convenience, on my website in a printer-friendly format, just go to www.savingdinner.com and click on Shopping Lists. You don't need to schlep your book to the grocery store and take a chance on losing it. A big caveat to those who may be following certain low-carb diets with big lists of dos and don'ts. This book does not adhere to any one low-carb diet plan. It's just low carb, end of story. You won't find oddball ingredients like pork rinds, weird ketosis-inducing, low-carb mixes made with strange things you've never heard of. I use regular ingredients and admittedly, I've been skewered for it. People have written absolutely unprintable e-mails denouncing my low-carb ideas because I had the audacity to add 1 tablespoon of whole-wheat flour to a recipe—even though I've kept the recipe very low carb. Apparently, in their eyes I've committed the cardinal sin (get it?) by using big no-no ingredients. But the issue in my mind, is keeping the recipes low carb (they are) and using real ingredients, easily accessible and found at just about any market, to carry out this goal. I've held true to this principle for years: that the more natural and real your ingredients are, the easier it is to accomplish and keep up as a lifestyle. Consider this book as another weapon in your arsenal to keep you organized and on target to help you get dinner on the table. With this tool, you can accomplish that without having to sacrifice your time, health objectives, or sanity. Saving Dinner the Low-Carb Way is all about helping you meet your goals.

HOW TO USE THIS BOOK Saving Dinner the Low-Carb Way is designed to give you everything you need to do dinner. The recipes, serving suggestions, and, most important, categorized shopping lists are all contained within this book. Speaking of shopping lists, for your convenience, I have also added printer-friendly shopping lists to my website (savingdinner.com) so you can print out the appropriate list without having to lug your book to the store. There are two types of Serving Suggestions in the book: LC (low carb) and just Serving Suggestions (regular ones for non-low-carbing family members). The Serving Suggestions are asterisked on the grocery lists because I don't want you to feel roped in by any of my suggestions.

However, the LC Serving Suggestions are not asterisked, as I am trying to help you put together a complete, low-carb meal. I would strongly suggest that you read the recipes before you hit the grocery store each week with the list. It helps to know what your menu is about before you head out the door. That five minutes of reading through the menu and recipes may help you make a quick decision if your store is out of something or if you would prefer a substitute. You can't do that if you don't know what you're shopping for! This book is chock full of sidebars . . . read them! There is a ton of information to help you take full advantage of these menus and to make the recipes your own. As I was writing these recipes out, I would think of something else that would empower you in the kitchen, so I made a sidebar out of it. The more you know, the faster you're able to do the recipes and shopping. That's a good thing! When appropriate, I have added Do-Ahead Tips to help make dinner easier the next day (e.g., precooking turkey or chicken for a salad, etc.). However, there are all kinds of things you can do the day before, if you so desire. I kept it basic, you might want to do more it's totally up to you. You also can move days around if you want—just remember that the Do-Ahead Tips may no longer be appropriate if you do. If you do want to make substitutions (due to allergies, preferences, etc.) on some of the grocery items, feel free! For those who are more kosher minded, the pork and shellfish recipes can easily be substituted out with any poultry, chicken being a very easy fit. Just remember, Saving Dinner the Low-Carb Way is another weapon in your arsenal to help you conquer the drive-thru and keep your family at the dinner table. Enjoy!

SAVING DINNER THE LOW-CARB WAY
FALL Week One
DAY ONE: Sweet Teriyaki Pork Chops
DAY TWO: Low-Carb Mexican Casserole
DAY THREE: Jack Fish
DAY FOUR: Bourbon Chicken on Spinach
DAY FIVE: Happy Family Beef Stir-Fry
DAY SIX: Crock Goulash

SHOPPING LIST
MEAT 4 boneless, skinless chicken breast halves 1 pound beef flank steak 4 boneless pork chops (46 ounces each) 1 1/2 pounds boneless pork (cut into 1-inch cubes) 1 pound ground turkey 1 pound cod fillets (if not using frozen, other firm white fish can be used instead)
CONDIMENTS olive oil (dark; sometimes called toasted; comes in a small bottle) teriyaki sauce soy sauce (low sodium, if available) ketchup honey vinegar 1/2 cup salad dressing your choice
PRODUCE 1 small green bell pepper 1 small red bell pepper 1/2 pound snow-pea pods 2 bunches green onions (you'll need 1/2 cup + 4 teaspoons) 3 pounds onions (keep on hand) 2 medium tomatoes 1 head garlic 1 piece ginger root (you'll need 1 tablespoon grated) 1 bag spinach (you'll need 4 cups); 1/2 lb (1 meal) red cabbage (you'll need 3 cups) 1/2 lb (2 meals) lettuce (not iceberg) (2 meals) 1/2 lb (2 meals) spaghetti squash (1 meal) 1/2 lb (1 meal) green beans (1 meal) 1/2 lb (1 meal) broccoli (1 meal) 1/2 lb (1 meal) cauliflower (1 meal) 1/2 lb (1 meal) pumpkin wedges (purchase a small pie pumpkin or sugar pumpkin) (1 meal) 1/2 lb (1 meal) russet potatoes (1 meal) 1/2 lb (2 meals) red potatoes (2 meals)
CANNED GOODS 1 14 1/2-ounce can chicken broth (you'll need 1/2 cup) 1 jar salsa (you'll need 3/4 cup) black olives (you'll need 1/4 cup chopped) apple juice (you'll need 4 tablespoons, if not using bourbon) 1/2 lb (1 meal) black beans
SPICES garlic powder basil paprika caraway seed
DAIRY/DAIRY CASE butter half-and-half (you'll need 1/2 cup) sour cream (you'll need 4 tablespoons + 1/2 cup) Cheddar cheese (you'll need 1 cup shredded) Monterey Jack cheese (you'll need 1/2 cup shredded) 1/2 lb (1 meal) 8-ounce package cream cheese
DRY GOODS whole-wheat flour sugar corn starch 1 package taco seasoning mix 2 pounds brown rice
FROZEN FOODS 1 pound cod fillets (if not using fresh)
BAKERY 1/2 lb (1 meal) low-carb tortillas
OTHER bourbon (you'll need 4 tablespoons, if not using apple juice)

SWEET TERIYAKI PORK CHOPS
Serves 4
1/2 cup olive oil 1 small green bell pepper, cut into strips 1/4 cup teriyaki sauce 1 tablespoon honey 1 tablespoon vinegar 1/2 teaspoon garlic powder 4 boneless pork chops
In a skillet, heat olive oil over medium heat. Add bell pepper and sauté till crisp-tender. Turn on the broiler. In a small bowl combine the teriyaki sauce, honey, vinegar, and garlic powder, mixing well. Place pork chops in a broiler-safe pan, and puncture all over with a fork (go easy—you aren't trying to ventilate the thing). Then evenly drizzle teriyaki mixture over the top of the chops. Give it a few minutes to marinate a bit (finish making the rest of your dinner). Broil 6 inches from the heat for about 5 minutes on each side, depending on the thickness of your chops. Make sure you watch them under the heat—you don't want them turning into shoe leather.
PER SERVING 202 Calories; 8g Fat (37.6% calories from fat); 22g Protein; 10g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 733mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 1 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.

LC SERVING SUGGESTIONS: Serve with sautéed green beans (see sidebar on page 251) and Turnip Fries (page 248).
SERVING SUGGESTION: Add brown rice.
LOW-CARB MEXICAN CASSEROLE
Serves 4
1 pound ground turkey 1 package taco seasoning mix (or 2 tablespoons of my homemade taco seasoning blend; see sidebar) 1/2 cup chopped green onion, divided 3/4 cup salsa 1 cup shredded Cheddar cheese 1/4 cup chopped black olives 4 tablespoons sour cream
In a skillet, over medium-high heat, cook turkey. Stir in seasoning mix and remove from heat. Preheat oven to 375 degrees F. Spread cooked turkey mixture in the bottom of an 8-

inch-square baking dish. Sprinkle 1/2 the green onions over the turkey and top with salsa, then sprinkle cheese over top. Bake for 10 to 15 minutes or until cheese is bubbling and hot. Garnish with the rest of the green onions, olives, and a blob of sour cream. **PER SERVING** 368 Calories; 23g Fat (56.7% calories from fat); 29g Protein; 11g Carbohydrate; 2g Dietary Fiber; 126mg Cholesterol; 1172mg Sodium. Exchanges: 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates. **LC SERVING SUGGESTIONS:** Make taco-chips from low-carb tortillas. You want the equivalent of 1 tortilla per person. Add a big green salad, and you're set. **SERVING SUGGESTION:** Add some black beans. **JACK FISH** Serves 4 1-pound cod fillets, thawed if necessary Salt and pepper to taste 2 medium tomatoes, chopped 4 teaspoons green onion, chopped 1/2 teaspoon basil 2 teaspoons butter 1/2 cup shredded Monterey Jack cheese Preheat oven to 450 degrees F. Place fish fillets in lightly greased baking dish. Sprinkle fish with salt and pepper. In a bowl, combine tomato, onion, and basil; spoon over fish. Dot fish with butter. Bake for about 8 to 10 minutes or until fish flakes easily when tested with a fork. Turn off the oven. Sprinkle fish with cheese and return to oven just to melt the cheese. **PER SERVING** 160 Calories; 5g Fat (30.0% calories from fat); 24g Protein; 3g Carbohydrate; 1g Dietary Fiber; 61mg Cholesterol; 143mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Fat. **LC SERVING SUGGESTIONS:** Serve with Mashed Faux-tatoes (page 246) and steamed broccoli. **SERVING SUGGESTION:** Add baked potatoes. **BOURBON CHICKEN ON SPINACH** Serves 4 4 boneless, skinless chicken breast halves Salt and pepper to taste 1 tablespoon whole-wheat flour, for dusting 1 tablespoon olive oil 4 cloves garlic, pressed 1 small onion, chopped 4 tablespoons bourbon (can substitute apple juice for bourbon) 1/2 cup chicken broth 1/2 cup half-and-half 4 cups spinach Season the chicken with salt and pepper and dust in flour. In a skillet, heat the olive oil over medium-high heat and saut chicken until browned and cooked through. Remove chicken from the pan and keep warm. Turn the heat to medium. Add the garlic and onion to the pan and cook till tender, but don't let garlic brown. Add the bourbon and cook another minute. Now add chicken broth and half-and-half and reduce until slightly thickened, about 2 to 3 minutes or so. Be careful not to let boil too vigorously, or sauce will break. Return the chicken to the sauce to reheat. Place 1 cup spinach on each plate, and carefully add chicken on top. Pour sauce evenly over the top. The heat from the chicken and sauce will perfectly wilt the spinach. **PER SERVING** 266 Calories; 9g Fat (34.2% calories from fat); 30g Protein; 7g Carbohydrate; 2g Dietary Fiber; 80mg Cholesterol; 210mg Sodium. Exchanges: 0 Grain (Starch); 4 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat. **LC SERVING SUGGESTION:** Serve with Baked Pumpkin Wedges (page 252). **SERVING SUGGESTION:** Add baked red potatoes. **HAPPY FAMILY BEEF STIR-FRY** Serves 4 2 tablespoons low-sodium soy sauce 4 teaspoons dark sesame oil, divided 1 teaspoon sugar 1 teaspoon cornstarch 1 pound beef flank steak, cut into strips 1 small red bell pepper, cut into strips 1/2 pound snow-pea pods, julienned 2 cloves garlic, pressed 1 tablespoon gingerroot, grated In a large bowl, combine soy sauce, half of the sesame oil, sugar, and cornstarch and mix till blended well. Add beef and toss to coat well. Heat remaining oil in a wok or large skillet over medium-high heat. Add the bell pepper and snow peas and stir-fry for 2 minutes. Add garlic and ginger, cooking for about 15 seconds. You don't want it to burn. Remove the bell peppers and snow peas. Now add the beef and stir-fry half the beef at a time, about 3 minutes each batch. Add back the vegetables to the beef in the pan and toss together to heat. **PER SERVING** 272 Calories; 15g Fat (50.5% calories from fat); 24g Protein; 9g Carbohydrate; 2g Dietary Fiber; 57mg Cholesterol; 371mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 1 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates. **LC SERVING SUGGESTIONS:** Serve on a bed of spaghetti squash. Add a big green salad. **SERVING SUGGESTION:** Add brown rice. **CROCK GOULASH** Serves 4 1 tablespoon olive oil 1 1/2 pounds boneless pork, cut into 1-inch cubes Salt and pepper to taste 2 medium onions, halved, thinly sliced 1/4 cup water 3 cups red cabbage, shredded 3 squirts of ketchup (about 3 tablespoons worth) 1 tablespoon paprika 1 clove garlic, pressed 2 tablespoons whole-wheat flour 1/2 cup sour cream 1/2 teaspoon caraway seed In a skillet, heat olive oil over medium-high heat. Add pork cubes to the skillet and saut till browned; salt and pepper to taste. Add the onion and saut a minute longer. Now add the pork and onion to the Crock-Pot. Add the water to the skillet and get up all the browned bits. Add this to the crock. Add the cabbage into the crock and toss well with the pork. In a small bowl, mix together the ketchup, paprika, and garlic. Pour over the top and mix well into the pork mixture. Cover and cook on low for 7 to 8 hours, depending on the type of slow cooker you have, or until pork is cooked and tender. In another bowl, combine flour, sour cream, and caraway seed. Stir into pork mixture and blend thoroughly. Let it cook a few minutes in the crock while you prepare the rest of the meal. **PER SERVING** 219 Calories; 9g Fat (38.3% calories from fat); 22g Protein; 11g Carbohydrate; 2g Dietary Fiber; 60mg Cholesterol; 147mg Sodium. Exchanges: 0 Grain (Starch); 3

Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates. **LC SERVING SUGGESTION:** Serve with a big spinach salad. Thats all you really need. **SERVING SUGGESTION:** Add boiled red potatoes. **Week Two DAY ONE: Low-Carb Crab Cakes DAY TWO: Classic Salisbury Steak DAY THREE: Indian Summer Skillet Chicken DAY FOUR: Dill Salmon Chowder DAY FIVE: Apricot Dijon Pork Chops DAY SIX: Crock Beef Stew with Oven-Roasted Vegetables**

SHOPPING LIST
MEAT 4 boneless, skinless chicken breasts 1 pound extra-lean ground beef 1 3/4 pounds beef stew meat 4 pork chops (about 1/2 inch thick) 2 cups crab, shredded (if not using frozen or canned)
CONDIMENTS mayonnaise Dijon mustard Tabasco sauce olive oil vegetable oil horseradish cider vinegar vinegar (if not using white wine) apricot spreadable fruit jam (you'll need 1/4 cup) **1c salad dressing your favorite
PRODUCE 2 heads garlic 3-pound bag onions (keep on hand) green onions celery 2 tomatoes (you'll need 1/2 cup diced) 4 plum tomatoes mushrooms (you'll need 3 cups + 12 medium mushrooms) 1 turnip **1c extra (1 meal) **1c 1 head lettuce (not iceberg) (1 meal) **1c 2 bags spinach leaves (2 meals) **1c 1 bag coleslaw mix (1 meal) **1c salad vegetables (1 meal) **1c broccoli (1 meal) **1c 3 heads cauliflower (3 meals) **1c artichokes (1 meal) **russet potatoes (4 meals) **1c green beans (1 meal)
CANNED GOODS 2 cups crab, shredded (if not using frozen or fresh; about 3 6-ounce cans) 2 cups cooked salmon (2 small cans or 1 large can) 2 1 1/2-ounce cans beef broth 1 1 1/2-ounce can chicken broth (you'll need 1/3 cup)
SPICES 8 basil leaves, fresh dill thyme
DAIRY **DAIRY CASE** 2 eggs butter half-and-half (you'll need 1 1/2 cups or 12 ounces) **1c 2 8-ounce packages cream cheese **1c Cheddar cheese, shredded **milk
DRY GOODS flour cornstarch **1 pound brown rice
FROZEN FOODS 2 cups crab, shredded (if not using fresh or canned) **BAKERY** 1 loaf whole-wheat low-carb bread (you'll need 46 slices) **4 hamburger buns **whole-grain rolls
OTHER white wine (you'll need 1/4 cup, if not using white grape juice) vinegar white grape juice (you'll need 1/4 cup, if not using white wine)

LOW-CARB CRAB CAKES Serves 4 2 cups crab, shredded (fresh, frozen, or canned) 1 cup soft whole-wheat bread crumbs (or use low-carb bread) 1/2 cup minced green onion 1/8 cup celery, minced 3 tablespoons mayonnaise 1 egg, beaten Dash of Tabasco sauce Salt and pepper to taste Flour, for dusting 3 tablespoons vegetable oil In a bowl, combine all ingredients except the flour and oil. Shape crab mixture into 4 nice cakes, about 3/4 inch thick. Dust lightly with flour. In a skillet, heat the oil over medium-high heat. Saut the crab cakes in the skillet on both sides for about 10 minutes or until golden brown. **PER SERVING** 275 Calories; 21g Fat (68.6% calories from fat); 15g Protein; 7g Carbohydrate; 2g Dietary Fiber; 92mg Cholesterol; 350mg Sodium. Exchanges: 1/2 Grain (Starch); 2 Lean Meat; 0 Vegetable; 3 Fat. **LC SERVING SUGGESTIONS:** Serve with a side of Basic Coleslaw (page 255) and some Turnip Fries (page 248). **SERVING SUGGESTIONS:** Serve on a bun and with Real Oven Fries (see page 249). **CLASSIC SALISBURY STEAK** Serves 4 1 pound extra-lean ground beef 1 onion, finely chopped 2 tablespoons dry whole-wheat bread crumbs (just toast some bread and crumble) 1 egg, slightly beaten 1 tablespoon horseradish Salt and pepper to taste 1 tablespoon vegetable oil, divided 1 can beef broth 3 cups mushrooms, sliced 2 tablespoons cold water 2 teaspoons cornstarch In medium bowl, combine first 6 ingredients, mixing lightly but thoroughly, then shape into 4 oval 1/2-inch-thick patties. In a skillet over medium heat, heat oil until hot and place patties in the skillet. Cook about 7 to 8 minutes or until no longer pink and the juices run clear, turning just once. Remove patties from skillet and keep warm. In the same skillet, saut mushrooms till soft. Remove mushrooms and add broth, using a wire whisk to scrape up the browned bits off the bottom of the pan. Allow broth to simmer till slightly reduced. Mix cornstarch with cold water, mixing well till combined (no lumps!). Add to broth mixture and cook over medium heat (it needs to simmer) for 3 to 5 minutes or until thickened. Add back the mushrooms and stir well, serving the mushroom gravy over patties. **PER SERVING** 358 Calories; 24g Fat (59.7% calories from fat); 24g Protein; 12g Carbohydrate; 1g Dietary Fiber; 79mg Cholesterol; 381mg Sodium. Exchanges: 1/2 Grain (Starch); 3 Lean Meat; 1 Vegetable; 3 Fat; 0 Other Carbohydrates. **LC SERVING SUGGESTIONS:** Serve with Mashed Faux-tay-toes (page 246) and steamed broccoli. **SERVING SUGGESTION:** Use regular mashed potatoes, too. **INDIAN SUMMER SKILLET CHICKEN** Serves 4 4 boneless, skinless chicken breast halves Salt and pepper to taste 1 tablespoon flour, for dusting 1 tablespoon olive oil, divided 1 onion, chopped 4 garlic cloves, pressed 1/4 cup white wine 1/2 cup tomatoes, diced 1/3 cup chicken broth 8 fresh basil leaves, chopped (remove stems) Season the chicken with salt and pepper and dust lightly in flour (you truly dont need much). In a skillet, heat half the olive oil over medium-high heat. Saut the chicken and brown on both sides, about 4 minutes each side. Remove from pan and keep warm. Add remaining olive oil and heat, then add the onion and garlic in the pan; saut until the onion is translucent. Add the white wine and then, using a wire whisk, deglaze the pan (scraping up the browned bits from the bottom of the pan). Now add the tomatoes and chicken broth. Allow

the sauce to simmer and reduce the sauce to the desired consistency. Last, add the basil to the sauce and return the chicken to the pan to heat. Serve chicken with sauce over the top. **PER SERVING** 200 Calories; 5g Fat (24.8% calories from fat); 29g Protein; 6g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 144mg Sodium. Exchanges: 0 Grain (Starch); 4 Lean Meat; 1 Vegetable; 1/2 Fat. **LC SERVING SUGGESTIONS:** Serve with a big spinach salad and sautéed green beans (see sidebar on page 251). **SERVING SUGGESTION:** Add brown rice.

DILL SALMON CHOWDER Serves 4 1/2 large onion, chopped 1/2 cup celery, chopped 1/2 turnip, chopped 3 tablespoons butter 1 tablespoon cornstarch 1/2 cup cold water 1 1/2 cups half-and-half 2 cups cooked salmon (2 small cans or 1 large can) Salt and pepper to taste 2 teaspoons dried dill In a saucepan, sauté onion, celery, and turnip in butter until lightly browned. Stir cornstarch into about 1/2 cup of cold water and add to onion mix. Turn up the heat to thicken, but don't let it scorch; watch it. Add the half-and-half, salmon, salt and pepper to taste, and the dill and heat till nearly boiling and slightly thick; serve. **PER SERVING** 389 Calories; 26g Fat (60.7% calories from fat); 26g Protein; 11g Carbohydrate; 1g Dietary Fiber; 120mg Cholesterol; 781mg Sodium. Exchanges: 1/2 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 4 Fat. **LC SERVING SUGGESTION:** A big green salad. **SERVING SUGGESTION:** Add whole-grain rolls.

APRICOT DIJON PORK CHOPS Serves 2 1/2 tablespoons butter, divided 4 pork chops, 1/2 inch thick Salt and pepper to taste 1/4 cup apricot spreadable fruit 4 sliced green onions 1/8 cup Dijon mustard 1 tablespoon cider vinegar In a skillet, melt 1 tablespoon butter over medium-high heat, add pork chops, salt and pepper to taste, then sauté for about 4 minutes on each side or until cooked through, depending on thickness of chops. Remove chops from pan and keep warm. Now add the remaining tablespoon of butter, the jam, onion, mustard, and vinegar to pan. Bring to a boil, lower the heat, and simmer 3 to 4 minutes, covered. Add chops back into the sauce and heat through thoroughly. Serve with sauce on top of chops. **PER SERVING** 305 Calories; 19g Fat (57.2% calories from fat); 24g Protein; 10g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 104mg Sodium. Exchanges: 0 Grain (Starch); 3 1/2 Lean Meat; 0 Vegetable; 2 Fat; 1/2 Other Carbohydrates. **LC SERVING SUGGESTIONS:** Serve with steamed artichokes and Baked Cheesy Cauliflower (see page 247). **SERVING SUGGESTION:** Add baked potatoes.

CROCK BEEF STEW WITH OVEN-ROASTED VEGETABLES Serves 4 1/2 tablespoons olive oil 3/4 pounds beef stew meat 3 cloves garlic, pressed Salt and pepper to taste 1 can beef broth (13 1/4 ounces) 2 teaspoons thyme 12 medium mushrooms 4 plum tomatoes, quartered 2 onions, quartered 1 1/2 tablespoons olive oil 1 tablespoon cornstarch, dissolved in 2 tablespoons cold water In a skillet, heat 1/2 tablespoon olive oil over medium heat until hot. Add beef and garlic and brown, salting and peppering to taste. Stir in broth and dried thyme. Bring to a boil and transfer to a Crock-Pot. Cook on high for 4 to 5 hours or on low for 6 to 8 hours, depending on the type of slow cooker you have. Meanwhile, preheat your oven to 425 degrees F. Lightly grease a jelly-roll pan with a little olive oil. Place the veggies on the pan. Drizzle 1/2 tablespoon olive oil over vegetables, tossing to coat. Roast in oven for 20 to 25 minutes or until tender. At the last hour of cooking, add the cornstarch mixture; cook and stir 2 minutes with the lid off or until sauce is slightly thickened and bubbly. Stir in the roasted vegetables and serve. **PER SERVING** 289 Calories; 13g Fat (39.7% calories from fat); 32g Protein; 12g Carbohydrate; 2g Dietary Fiber; 77mg Cholesterol; 285mg Sodium. Exchanges: 0 Grain (Starch); 4 Lean Meat; 2 Vegetable; 0 Fruit; 1 Fat. **LC SERVING SUGGESTIONS:** Serve with Mashed Faux-tay-toes (page 246) and Sautéed Garlicky Spinach (on page 253). **SERVING SUGGESTION:** Serve with mashed potatoes.

Week Three DAY ONE: Roasted Chicken and Peppers DAY TWO: Cream of Butternut Bisque DAY THREE: Seared Scallops with a White Wine Sauce DAY FOUR: Cajun Chops DAY FIVE: Mediterranean Turkey Skillet DAY SIX: No-Hurry Crock Curry

SHOPPING LIST MEAT 4 chicken breasts 4 pork chops (about 1/2 inch thick) 1 1/2 cups turkey breast, cooked 1 pound lean beef (to cut into 1-inch cubes) 1 pound scallops

CONDIMENTS olive oil lemon juice vinegar (if not using white wine) **1c salad dressing your choice

PRODUCE 1 red onion 3-pound bag onions (keep on hand) 1 head garlic ginger root (you'll need 2 teaspoons grated) 3 red bell peppers 1 butternut squash (you'll need 1 3/4 cups chopped) 2 leeks 1 bunch cilantro **1c 2 bags spinach (2 meals) **1c 1 bunch Swiss chard (1 meal) **1c 1 head lettuce (not iceberg) (1 meal) **1c salad vegetables (1 meal) **1c green beans (1 meal) **1c 1 head cauliflower (1 meal) **1c broccoli (1 meal) **1c rutabagas (1 meal) **1c spaghetti squash (1 meal) **1c Hubbard squash (1 meal) **1c kale (1 meal) **russet potatoes (2 meals) **sweet potatoes (1 meal)

CANNED GOODS 2 14 1/2 -ounce cans chicken broth black olives (you'll need 2 tablespoons sliced) tomato puree (you'll need 4 ounces) 1 can artichoke hearts (you'll need 1 cup, if not using frozen) Note: not from a jar; you do not want pre-seasoned.

SPICES paprika onion powder garlic powder rosemary sage thyme nutmeg curry powder cayenne pepper white pepper

DAIRY DAIRY CASE butter; **extra half-and-half (you'll need 1 cup) 1 small package

plain non-fat yogurt**1c 8-ounce package cream cheese**milk DRY GOODS flour**1 bag pasta**1 pound brown rice FROZEN FOODS frozen artichoke hearts (you'll need 1 cup, if not using canned) green peas (you'll need 1/2 cup) BAKERY**whole-grain rolls OTHER dry white wine (you'll need 1/3 cup, if not using white grape juice) white grape juice (you'll need 1/3 cup, if not using white wine) Presentation de l'diteur Leanne Ely doesn't actually cook dinner for your family. It just feels that way. Certified nutritionist Leanne Ely loves delicious food and is dedicated to enticing today's busy families back to the dinner table with home cooking that cannot be beat. In *Saving Dinner the Low-Carb Way*, she integrates low-carb requirements into her mélange of dining pleasures for every season providing easy-to-follow menus and highlighting per-serving measurements of calories, fat, protein, carbohydrates, cholesterol, and sodium for each dish. Itemizing ingredients by product in convenient lists, Ely makes your grocery shopping quick and effortless. She also gives you a helping hand in the kitchen with shortcuts that take the stress out of cooking, and suggests menu variations for children and family members who choose not to go the low-carb route. The result? These dinners are not only balanced and healthy but truly varied and delectably good to eat. Main dishes like Low-Carb Beef Stroganoff, Crustless Quiche Lorraine, Crock-Pot Pork Jambalaya, Skillet Salmon with Horseradish Cream, and nearly 150 other entrees (plus recommendations for great side dishes) make dinnertime special in more ways than one. From the Trade Paperback edition.