

Lighten-up Recipe

Cheesy Onion Dip

Packed with roasted garlic and onion, this tasty Jarlsberg cheese dip is big on flavor and low on calories and fat!

The classic recipe per serving: 224 calories; 19 g. fat
Lighten-Up! version per serving: 76 calories; 4 g. fat

- 1 Spanish onion, about 1 lb.
- 6 cloves garlic, unpeeled
- 4 oz. lite Jarlsberg cheese, grated
- 1/4 cup fat-free mayonnaise
- 2 Tbs. drained roasted red pepper from a jar
- Assorted vegetables, sliced, and/or crackers

Preheat oven to 425°F. Coat baking sheet with cooking spray. Horizontally cut 1/2"-thick slice from top of onion. With spoon, scoop out pulp from center, leaving 1/2"-thick shell; reserve 1/2 cup pulp. Coat onion cavity with cooking spray; stuff with piece of crumpled foil. Place garlic and reserved onion pulp (freeze or refrigerate remaining for later use) on separate pieces of foil; coat with cooking spray, then loosely seal in foil. Bake onion shell, garlic and pulp, 25-35 minutes or until softened. Cool. Squeeze garlic pulp from cloves into food processor. Add onion pulp and cheese, mayonnaise and red pepper; process until smooth. Spoon into onion shell. Serve with vegetables and/or crackers.

Low-fat

Servings: 6 (2 Tbs. each)
 Calories: 76
 Protein: 6 g.
 Fat: 4 g.
 (2 g. sat.)
 Trans fat: 0 g.
 Chol.: 13 mg.

Dinner in a Jiffy!

Mustardy chicken salad!

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 Calories: 76
 Protein: 6 g.
 Fat: 4 g.
 (2 g. sat.)
 Trans fat: 0 g.
 Chol.: 13 mg.

Carbs.: 5 g.
 Sodium: 166 mg.
 Fiber: 1 g.
 Sugar: 2 g.
 Kitchen time: 20 minutes.
 Total time: 1 hour, 25 minutes.



Quick & Easy

Tex-Mex Spaghetti

- 8 oz. spaghetti
- 1 onion, chopped, 1 cup
- 1 can (15 oz.) less sodium beef chili, no beans
- 1 can (14 1/2 oz.) diced tomatoes with zesty mild green chilies
- 1/4 cup basil leaves, torn if large
- 1/8 cup Mexican cheese



Cook pasta according to directions; drain. Meanwhile, in a large skillet, heat 1 medium heat. Add onion; cook, stirring occasionally, until softened, about 5 minutes. Stir in chili and tomato juices. Bring to boil, then reduce heat to medium-low. Cook, stirring occasionally, until slightly thickened, about 10 minutes. Toss pasta with sauce and cheese.

Servings: 4
 Calories: 391
 Protein: 18 g.
 Fat: 7 g.
 (3 g. sat.)
 Trans fat: 0 g.
 Chol.: 26 mg.

Carbs.: 58 g.
 Sodium: 90 mg.
 Fiber: 5 g.
 Sugar: 0 g.
 Kitchen time: 35 minutes.
 Total time: 35 minutes.

1/2 cup (1/2") slices crisply cooked bacon (crumbled) and another 1/2 cup cheese. Bake according to crust package directions until cheese has melted and pizza is hot.