

# 'Healthy Weight With Dairy'

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milk, salt, and ¼ cup water; heat over medium heat until steaming hot, but not boiling. Add oats and cook, stirring until creamy, 1 to 2 minutes. Remove the pan from the heat and stir in mashed banana and 1 tablespoon maple syrup. Divide between 2 bowls, garnish with walnuts and a little more maple syrup and serve. Makes 2 servings.

Nutrition Facts: Calories: 300, fat grams: 5, milk/dairy servings: 0.5

## CREAMY POTATO SOUP

6 turkey bacon slices  
1 cup onions, chopped  
1 pound potato, thin-skinned, cut into ½-inch cubes  
2½ cups chicken broth  
3 tablespoons flour  
2½ cups lowfat milk  
¼ teaspoon salt  
½ teaspoon pepper, freshly ground  
¼ cup parsley sprigs, chopped  
In a large Dutch oven or soup pot, cook bacon until crisp. Remove bacon and drain on paper towels. When cool, chop bacon into small pieces and set aside.

Add onion to bacon drippings and cook until translucent. Add potatoes and broth to pot. Cover and bring to a boil. Simmer until potatoes are tender when pierced with a fork (about 10 minutes).

In a small bowl or jar, blend flour and milk until smooth. Add to broth and heat until boiling, stirring frequently. Boil one minute then turn off heat. Stir in salt, pepper, and parsley. Ladle soup into bowls and sprinkle with bacon pieces. Makes 5 servings.

Nutrition Facts: Calories: 213, fat grams: 5.5, milk/dairy servings: 0.5.

## WHITE CHILI

*This dish traditionally is served on toast, but also try it over pasta or rice.*

6 white corn tortillas  
1 tablespoon olive or canola oil  
¼ pound boneless, skinless chicken breast, trimmed and cut into ¼-inch chunks  
Salt and freshly ground black pepper to taste  
2 small red bell peppers, seeded and diced  
1 large onion, chopped  
1 4-ounce can chopped green chilies, drained  
3 cloves garlic, minced  
1 tablespoon chili powder  
1 teaspoon ground cumin  
1 teaspoon dried oregano  
1 14-ounce can reduced-sodium chicken broth, defatted  
2 cups fat free skin or 1% low-fat milk  
2 15-ounce cans white hominy, drained and rinsed  
Lime wedges for garnish  
½ cup chopped fresh cilantro

Season chicken with salt and pepper. In a deep saute pan or Dutch oven, heat ½ tablespoon oil over medium-high heat. Add chicken and cook, stirring often, until lightly browned, 2 to 3 minutes. Transfer to a plate and set aside. Add remaining ½ tablespoon oil to the pan. Add bell peppers and onion; season with salt and pepper and cook, stirring often, about 3 minutes. Add chopped green chilies, garlic, chili powder, cumin, and oregano; cook stirring, until fragrant, about 1 minute. Add broth and milk to the pan and bring to a simmer, stirring. Stir in hominy, toasted tortilla strips and browned chicken.

Reduce heat to low. Cover and

simmer, stirring occasionally, until chicken is cooked through and sauce has thickened, about 20 minutes.

To serve, stir in ¼ cup of the cilantro into chili. Taste and adjust seasonings. Ladle the chili into bowls and garnish with remaining chopped cilantro, lime wedges if desired. Served immediately with baked tortilla chips if desired. Sprinkle on ¼ cup light shredded cheese for an extra dairy serving. Makes 8 servings.

Nutrition Facts: Calories: 305, fat grams: 9.5, milk/dairy servings: 1.25.

## TURKEY STROGANOFF

1 tablespoon butter  
¼ pound fresh mushrooms, sliced, 1 cup  
1 large onion, sliced, 2 cups  
2 tablespoons all purpose flour  
4 cups (1 quart) fat free milk, at the boiling point  
1 tablespoon powdered chicken stock seasoned base  
2 tablespoons Hungarian sweet paprika  
1 teaspoon dried basil, crushed  
½ teaspoon freshly ground black pepper  
¼ teaspoon ground nutmeg  
½ teaspoon red pepper flakes  
2 tablespoons dry sherry (or 1 tablespoon sherry vinegar)  
2 cups diced cooked lean turkey, all visible fat removed  
1 cup light sour cream

Melt the butter in a large, non-stick skillet. Add the onions and sliced mushrooms and cook over medium heat, stirring frequently, until the onion is soft, translucent and lightly browned, about 12 minutes. Add the flour to the skillet and cook, stirring constantly for 3 minutes. Add the hot milk and chicken stock base and bring to a boil, stirring constantly. Reduce the heat to low and simmer, stirring frequently,

until slightly thickened, about 15 minutes.

Stir in the paprika, basil, black pepper, nutmeg, red pepper flakes, and sherry and simmer for 5 minutes. Add the turkey and heat through. Stir in the sour cream and serve immediately. Makes 4 servings.

Nutrition Facts: Calories: 358, fat grams: 15, milk/dairy servings: 1.

## NOUVEAU ARTICHOKE DIP

2 cups (425g) artichoke hearts, (one 15-ounce can)  
½ cup (120g) light mayonnaise  
½ cup (115g) plain, fat free yogurt  
½ cup (60g) Parmesan or Romano cheese, grated  
1 tablespoon (2g) dried tarragon

Preheat oven to 350 degrees. Drain artichokes and coarsely chop.

Combine all ingredients in a small bowl and stir to thoroughly blend. Place in a small oven-proof casserole dish and bake for 30 minutes or until heated through. Serve with colorful vegetables slices or cubes of crusty bread. Makes 8 servings.

Nutrition Facts: Calories: 55, fat grams: 2, milk/dairy servings: 1.

## SALSA MAC WITH COLBY JACK

1 cup uncooked elbow macaroni  
1 medium tomato  
½ medium green bell pepper  
½ small onion  
1 tablespoon butter  
1 tablespoon all-purpose flour  
Fresh ground black pepper  
1¼ cups 1% lowfat milk  
8 ounces lowfat Colby Jack-cheese, shredded

Cook macaroni according to package directions.

Meanwhile, dice tomato, green bell pepper, and onion.

Drain cooked macaroni and add with tomato and green bell pepper. Reserve. Preheat oven to 350 degrees. In a medium saucepan, saute diced onion in butter until translucent. Stir in flour and black pepper. Add milk. Cook until slightly thickened and bubbly. Add cheese and stir until melted. Add macaroni/vegetable mixture to cheese sauce and coat evenly. Transfer to a 9-inch pie plate. Bake for 25-30 minutes or until bubbly. Cool for about 10 minutes before serving. Makes 6 servings.

~Can be substituted for lowfat Cheddar cheese.

Nutrition Facts: Calories: 182, fat grams: 6, milk/dairy servings: 1.5.

## CHOCO-LICIOUS BREAD PUDDING MUFFINS

1¼ cups of lowfat milk  
3 large egg whites or eggs, beaten  
¾ cup granulated sugar  
1 teaspoon vanilla  
6 cups cubed (½-inch) cinnamon swirl or egg bread  
½ cup mini semi-sweet chocolate pieces

12 cup muffin pan  
Preheat oven to 350 degrees.

In a medium bowl, combine milk, egg whites, sugar, and vanilla; mix well. Stir in bread cubes and chocolate chips; mix well. Let stand at room temperature 10 minutes. Spoon mixture into 12 paper-lined muffin cups.

Bake for 30 minutes or until puffed and set. Serve warm, at room temperature or chilled. The snacks may be cooled, placed in an air-tight container and frozen up to one month before serving. Makes 12 servings.

Nutrition Facts: Calories: 150, fat grams: 4, milk/dairy servings: 2 per muffin.

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