

) (Recipes to Make Denny Skinny...

...or Remind Him
How Fun It Was to Get Fat

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Knight Family Calendar

2012

Christmas 2012

This calendar edition has been fun organizing and putting together. Thanks to all of you who contributed recipes to make me skinny or help me remember how fun it was to get fat. About two thirds of the recipes favor the skinny side, but believe me, you also made it clear there is more fun out there to avoid.

I flagged the skinny recipes with “)(“ and the fat ones with “()”. Usually you told me which way they go, but in a few cases I applied my own judgment. Unfortunately that’s the judgment that made me fat in the first place.

At any rate, please enjoy this twenty-first edition of the Knight Family Calendar.
Bon appétit.

-Denny

Becky

)(**French Onion Soup**

I think it could go either way. It is a very rich tasting soup with onions cooked in butter and flavored with white wine and cognac, topped with toasted bread and cheese. But it is so filling that a small bowl goes a long way. Anyway, it is a favorite of our family and I'm pleased to share it.

1 1/2 lbs yellow onions, thinly sliced
3 T butter
1 T oil
1 tsp salt
1/4 tsp sugar
3 T flour
2 quarts boiling beef bouillon or stock
1/2 cup dry white wine or dry white vermouth
salt and pepper to taste
3 T cognac
rounds of French baguette
olive oil
clove of garlic
1 cup grated Swiss cheese

Cook the onions slowly with the butter and oil in a heavy-bottomed, covered 4 quart saucepan for 15 minutes. Uncover, raise heat to moderate, and add salt and sugar. Cook for 30-40 minutes stirring frequently until onions have turned a deep, golden brown. Sprinkle in the flour and stir for 3 minutes. Off heat, blend in the boiling beef bouillon or stock. Add the white wine, and season to taste. Simmer partially covered for 30-40 minutes or more, skimming occasionally.

In the meantime, slice the French baguette into rounds 1 inch thick. Place in a single layer in a roasting pan and bake at 325 for about 15 minutes. Halfway through baking baste each side of the bread with a little olive oil. After baking, rub each piece with a cut piece of garlic. Just before serving the soup, stir in the cognac. Pour the soup into bowls. Top with a piece of toasted bread (croustade) and sprinkle Swiss cheese on each piece. Place the soup bowls under the broiler until the cheese has melted and started to brown.

Serve 6 – 8 Bon appétit!

Jud & Maureen

Remember that one way to lose weight and keep it off is to eat vegetarian a few days each week. Soup is a real good way to do that. Here is a favorite in our house.

)(**Asian Herb Soup**

3-4 cloves garlic
1 inch fresh ginger root
1 shallot
2 jalapeno peppers
Fresh Basil
Fresh Cilantro
Fresh Bean Sprouts
Rice Noodles (Thai or Vietnamese)
Vegetable Stock

Mince fine the garlic, ginger, and shallot; sautee until golden in sesame (preferred) or olive oil over medium heat
Add broth and bring to boil for approx. 5 min
Add noodles to broth and cook
While noodles are cooking, fill bowls 1/2 way with fresh herbs and bean sprouts
Slice jalapeno into rings and add raw to herb mix
Put cooked noodles over herbs and pour broth on top
Garnish with garlic red chile garlic sauce (optional)
Remove jalapenos at some point as the soup will get hotter the longer they sit (do this to your own taste--some can take the heat...)
Bon appetit!!

Denny

)(**Banana Orange Salad**

1 medium navel orange, sectioned
2 tablespoons flaked coconut, toasted
2 tablespoons orange juice
1/8 teaspoon ground cinnamon
1 medium ripe banana, sliced

Cut orange sections into bite-size pieces. In a bowl, combine the orange, coconut, orange juice and cinnamon if desired; toss gently. Refrigerate until chilled. Just before serving, add banana and toss gently.

Maureen & Mac

() Aunt Josie's Blueberry Cake

1½ C sugar
½ C shortening cream together thoroughly
5 egg yolks

2 ½ C cake flour
1 tsp soda sift together and add to creamed mixture alternately with
¼ tsp salt

1¼ C buttermilk
1 C drained blueberries blend alternately with above ingredients
1 C chopped nuts

Beat 5 egg whites til stiff peaks form and fold into batter
Bake in 3 layers at 375° oven
Frost with a butter cream icing

() Grandma Payton's Blueberry Pie

Use Pillsbury Pie Crusts for a 9 inch pie (they're easiest)
Cream together one 12 ounce package of cream cheese with 2 tblsps of milk until soft and spreadable
Place unbaked crust in 9 inch pie pan and spread cream cheese evenly
Combine 1-1/3 C sugar and 1/3 C flour with 4 C ripe blueberries and toss gently to mix
Pour mixture on top of cream cheese and dot with 2 tbsp butter
Adjust top crust, cut vents and flute edges, sprinkle with sugar
Bake in hot oven (425°) until crust is golden, about 35 to 45 minutes

)(Cranberry Relish

1 orange, complete with rind
1 apple, unpeeled but cored
1 package cranberries

Cut orange into halves or quarters to remove seeds. Cut sections into smaller pieces (approx 1"). Core the apple and cut into 1" pieces.

Add cranberries, orange and apple pieces to food processor bowl and pulse to desired consistency.

Peter

)(How to Make Czech Chinese Food in America

5 fresh boneless, skinless chicken breasts (cut into small ¾ inch cubes)
One half cabbage
2 eggs
½ C corn starch
¼ C soy sauce
2 garlic cloves
salt
black pepper
½ C olive oil
¼ C beef bouillon powder
¼ C dry roasted peanuts

1 - Sauce

Bring 1 1/2 cup of water to a boil in a saucepan. Add 1/4 cup of beef bouillon powder. Add 2 garlic cloves, peeled, finely chopped. Boil for 2 minutes, stirring slowly. Remove from the heat and let it cool off.

2 - Cabbage

Rinse the 1/2 cabbage and pat dry. Cut diagonally into 1-inch pieces. Heat the fry pan and add 2 tablespoons of olive oil. When the oil is hot, add the cabbage. Add 1 teaspoon of salt. Stir-fry for about 5 minutes until the cabbage is soft. Drain all the oil, and remove the cabbage from the pan.

3 - Chicken

In a bowl, combine the following 7 ingredients:

2 eggs, slightly beaten
5 fresh boneless, skinless chicken breasts (cut into small 3/4-inch cubes)
1/2 cup of corn starch
1/2 cup of olive oil
1/4 cup of soy sauce
1 teaspoon of salt
1 teaspoon of black pepper

Use cooking chopsticks or your fingers to mix it all. Heat the fry pan and add 3 tablespoons of olive oil. When the oil is hot, drop the chicken cubes into the hot oil. Stir-fry for about 15 minutes until the chicken is done. Drain all the oil from the pan.

4 - Combine

In the fry pan with chicken (see #3 above), add the sauce (see #1 above).
In the fry pan with chicken and sauce, add the cabbage (see #2 above).
Add 3/4 cup of dry roasted peanuts.
Add more salt and black pepper if necessary to taste
Turn the heat to low, and stir for 5 more minutes.

Serves 4

Jill

I'm not sure where my recipes fall, but probably in the "get Denny skinny" category. I've loved and used them countless times over the years AND they pass the test with finicky eaters, i.e., kids.

)(**Lemon-Basil Chicken**

- 3 T. olive oil
- 3 T. lemon juice
- 2 T. white wine vinegar
- 1 t. dried basil
- 1/2 t. salt
- 1/4 t. black pepper
- 2 large garlic cloves, minced
- 1 t. grated lemon rind

Toss all ingredients in a one gallon ziploc bag. Add 3-4 skinless chicken breasts and marinate in fridge at least 30 minutes (preferably 1-2 hours). Grill or broil chicken breasts until done. Be careful not to overcook. Dry chicken breasts aren't very tasty!

)(**Grilled Salmon**

- 1/3 c. soy sauce
- 1/3 c. packed brown sugar
- 1/3 c. water
- 1/8 c. vegetable oil
- 2 T. sesame oil
- 2 green onions, finely chopped
- 1/2 t. lemon pepper
- 1/4 t. garlic powder

Add all ingredients in a one gallon size Ziploc bag. Close and mix with fingers until brown sugar has dissolved. Add 3-4 salmon fillets and allow to marinate in fridge at least one hour (I've found that overnight is best). Grill or broil salmon for about 5 minutes per side. Don't overcook!

Mick & Mary

Here are two recipes that Mary and I like which are both of the healthy variety.

)(**Southwestern Pork Kabobs (serves 4)**

Heat broiler. In large mixing bowl, combine 1 lb. pork tenderloin cut into 1" cubes, 1 Tbs. olive oil, 2 tsp. southwest seasoning blend and 1 tsp. salt; toss to coat.

Thread pork cubes and 1 each red and yellow pepper, seeded and cut into 1" pieces, alternating colors, on skewers. Arrange kebabs on rack set in broiler pan. Broil 10 min., or until thermometer inserted in pork reads 160 degrees F, turning once. Serve on bed of romaine lettuce.

)(**Pork Tostada (serves 4)**

Heat oven to 450 degrees F. In skillet coated with cooking spray over high heat, cook 1 lb. pork tenderloin, thinly sliced, in batches 4 min., stirring constantly. Drain. Return to pan.

Add 1 pkg. (16oz.) frozen pepper-and-onion stir fry blend, thawed, and 1 cup chunky salsa; simmer uncovered 5 min. Lightly coat 4 flour tortillas (8" each) with olive oil-flavored cooking spray; place on baking sheets. Top each with 2 Tbs. shredded pepper-jack cheese, 1 cup pork mixture and another 1 Tbs. shredded pepper jack-cheese. Bake 5 min., or until cheese melts.

Denny

)(**Stir Fry Asparagus**

- 1 tablespoon olive oil
- 3 cups fresh asparagus, cut into 1-inch pieces
- 1 small onion, sliced
- 1 garlic clove, minced
- 2 tablespoons sliced almonds, toasted
- 2 teaspoons lemon juice
- 1 teaspoon soy sauce
- ½ teaspoon grated lemon peel
- 1 tablespoon shredded Parmesan cheese

In a skillet or wok, heat oil; stir-fry the asparagus, onion and garlic over medium-high heat until tender. Add the almonds, lemon juice, soy sauce and lemon peel; toss gently to coat. Sprinkle with Parmesan cheese.

Jerry

)(**Marinated Flank Steak**

½ cup vegetable oil
¼ cup soy sauce
3 T. honey
2 T. vinegar
1 tsp garlic powder
1 tsp fresh ginger, grated
1 cup green onions, chopped
1 (2 to 2 ½ - lb.) flank steak

Whisk the oil, soy sauce, honey, vinegar, garlic powder and ginger in a bowl. Stir in the green onions. Pour over the steak in a shallow dish, turning to coat. Marinate, covered, in the refrigerator for 12 hours, turning occasionally; drain, discarding the marinade.

Preheat grill. Grill directly over medium heat, turning once, until a meat thermometer registers 145°F for medium-rare (about 5 minutes per side). Let stand for 5 minutes. Slice diagonally against the grain into thin strips. Serves 6

Mike

)(**Roasted Garlic Cauliflower**

2 tablespoons minced garlic
3 tablespoons olive oil
1 large head cauliflower, separated into florets
1/3 cup grated Parmesan cheese
salt and black pepper to taste
1 tablespoon chopped fresh parsley

Preheat the oven to 450 degrees F (220 degrees C). Grease a large casserole dish. Place the olive oil and garlic in a large resealable bag. Add cauliflower, and shake to mix. Pour into the prepared casserole dish, and season with salt and pepper to taste. Bake for 25 minutes, stirring halfway through. Top with Parmesan cheese and parsley, and broil for 3 to 5 minutes, until golden brown.

Rosie

() **Hamburger (or Turkeyburger) Noodle Stroganoff Casserole**

½ pkg. (4 oz.) egg noodles
¼ cup butter or margarine
½ cup finely chopped onions
1 clove garlic, finely chopped
8 oz. mushrooms, thickly sliced
1 lb. ground beef or turkey
1 tsp salt
¼ tsp pepper
1 cup sour cream
1 T. flour
1 can tomato sauce (8 oz.)
¼ cup burgundy (optional)
1 can beef bouillon
½ cup grated Parmesan cheese

Preheat oven to 375 degrees. Cook noodles as directed, drain. Meanwhile, in hot butter in large skillet, sauté onion, garlic and mushrooms until onion is golden – about 5 minutes. Add beef or turkey; cook, stirring, until browned. Remove from heat. Stir in flour, tomato sauce, burgundy, bouillon, salt and pepper. Simmer 10 minutes, stirring occasionally. Blend in sour cream. In lightly greased 2 quart casserole, layer 1/3 of the noodles, then 1/3 of the meat mixture. Repeat twice. Sprinkle with cheese. Bake uncovered for 25 minutes. Feeds 5 or 6.

Denny

)(**Spring Rhubarb Salad**

4 cups diced rhubarb
1½ cups water
½ cup sugar
1 (6 ounce) package strawberry gelatin dessert mix
1 cup orange juice
1 teaspoon grated orange rind
1 cup sliced fresh strawberries

Combine rhubarb, water and sugar in saucepan. Cook and stir over medium heat until rhubarb is tender. Remove from heat; add gelatin and stir until dissolved. Add orange juice and rind. Chill until syrupy. Add strawberries. pour into 6-cup mold; chill until set.

Christi and Gunther

() **Praline Cake**

½ cup butter or margarine
¼ cup whipping cream
1 cup firmly packed brown sugar
¾ cup coarsely chopped pecans
1 (18.25-oz.) pkg. Pillsbury® Moist Supreme® Devil's Food Cake Mix
1¼ cups water
1/3 cup oil
3 eggs

Topping

1 ¾ cups whipping cream
¼ cup powdered sugar
¼ teaspoon vanilla
16 pecan halves, if desired
16 chocolate curls, if desired

Heat oven to 325°F. In small heavy saucepan, combine butter, 1/4 cup whipping cream and brown sugar. Cook over low heat just until butter is melted, stirring occasionally. Pour into two 9 or 8-inch round cake pans; sprinkle evenly with chopped pecans.

In large bowl, combine cake mix, water, oil and eggs; beat at low speed until moistened. Beat 2 minutes at medium speed. Carefully spoon batter over pecan mixture.

Bake at 325°F. for 35 to 45 minutes or until cake springs back when touched lightly in center. Cool 5 minutes; remove from pans. Cool 1 hour or until completely cooled.

In small bowl, beat 1 3/4 cups whipping cream until soft peaks form. Add powdered sugar and vanilla; beat until stiff peaks form.

To assemble cake, place 1 layer on serving plate, praline side up. Spread with half of whipped cream. Top with second layer, praline side up; spread top with remaining whipped cream. Garnish with whole pecans and chocolate curls.

Store in refrigerator.

Christi and Gunther

)(**Cabbage and Cornslaw with Cilantro and Orange Dressing**

1/3 cup frozen orange juice concentrate, thawed
1/3 cup unseasoned rice vinegar
1/3 cup canola oil or vegetable oil
2 (8-ounce) bags coleslaw mix
4 ears of fresh corn, shucked, kernels cut from cob
2 medium carrots, peeled, coarsely grated
1 medium red bell pepper, stemmed, cored, cut into thin strips
6 medium green onions, thinly sliced
1/2 cup chopped fresh cilantro

Whisk orange juice concentrate, rice vinegar, and canola oil in small bowl. Season with salt and pepper. DO AHEAD. Dressing can be made 1 day ahead. Cover and refrigerate.

Combine slaw mix, corn kernels, carrots, red bell pepper strips, sliced green onions, and chopped cilantro in large bowl. Toss with enough dressing to coat. Season slaw to taste with salt and pepper.

Let stand 15 minutes for flavors to blend. Toss again and serve

Charlie and Tobi

)(**Salmon Salad**

Make a generous sized tossed salad from lettuce, tomatoes, cucumbers, green peppers, green onions etc.; add about one and a half cups of cooked seashell macaroni and one large can of red salmon and about 2/3 cup mayonnaise and mix well. gently toss in 3 or 4 hard boiled eggs (sliced), salt and pepper to taste

Serve with lots of club crackers

Nick

I have a recipe for potato salad that could make you fat, it'll also keep you skinny if you indulge with moderation. I'm a big fan of potato salad anytime. I do prefer to have some fried chicken and baked beans on the side however.

I am very picky when it comes to potato salad, so picky that I'll only eat what I've prepared or what my mom prepares, I won't touch anybody's. My all time favorite is of course, grandma Geri's, then your sister Maureen's and mine coming in at 3rd. GG without a doubt was the best grandma there ever was and I fondly remember all of the great food she prepared from A-Z.

She taught my mother well and of course my mother is GG incarnate. Anyway, here is my contribution.

() **Potato Salad**

1/2 cup mayo or miracle whip
1/2 tsp celery salt
1/2 tsp salt
1/8 tsp black pepper
dash or several dash's of paprika
4 cups of cubed potato's, cooked, cooled
2 or 3 hard boiled eggs, chopped
1 small onion, chopped
2 stalks of celery, chopped
1/3 cup dill relish

Mix first 5 ingredients in a large bowl, add remaining ingredients and mix lightly. Add sliced egg over the top and lightly sprinkle paprika for color. Chill for several hours, and indulge.

)(**Refrigerator Pickles**

7 C cucumbers, peeled & thinly sliced	1 C chopped green bell pepper
1 teaspoon salt	1 C cider vinegar
2 cups white sugar	1 tbsp celery seed
1 cup diced red onion	

Mix the cucumbers and salt and let sit for one hour. Do not drain mixture and follow by adding the sugar, onions, bell pepper, cider vinegar and celery seed. Mix well, cover and refrigerate.

Nick

Here is bonus recipe for the best banana nut bread I've ever tasted. It's heavy which is the mark of a great banana bread.

() **Sour Cream Banana Bread**

1/2 cup real butter (not butter flavored vaseline, aka margarine)
1 1/2 cups pure cane sugar, not beet sugar
2 farm fresh eggs from free range chickens
1 tsp real vanilla
2 cups of flour, preferably organic
1/2 tsp baking powder
1/2 tsp salt
3/4 tsp baking soda
1/4 sour cream
3 bananas, organic
1 cup chopped walnuts
2 tbsp real butter
1 tsp cinnamon, organic
2 tbsp cane sugar, not beet sugar

Cream together 1/2 cup butter, 1 1/2 cups sugar, real vanilla, add the 2 free range chicken eggs but whisk them first cuz it just mixes better.

In a separate large bowl, combine flour, baking powder and salt, nothing else. Add the baking soda to the sour cream and mix it well. In another large bowl, mash up the ripe bananas. Add flour mixture to the egg and sugar mixture and alternate with the mix with mashed banana and sour cream. add the nuts and bake at 350 degrees for 60-70 minutes While bread is still hot spread 2 tablespoons of real butter over the top of bread and then sprinkle 2 tablespoons of sugar and 1 tsp of cinnamon over the top.

Keep in mind that this is a heavy banana bread which is a sign of great banana bread.

JoBeth & John

I sound like I only eat WW recipes but that's not true. I eat anything I want, but it can all be calculated into point plus even candy, cake and ice cream and I eat it all. Our first recipe is from Weight Watchers. It's one I've had and used for 25 or 30 years. It will help Denny get skinny.

)(**Peanut Butter Goop** (serves 1)

- 1 English Muffin
- 1 to 1 1/2 tablespoons Peanut Butter
- 1/4 of a medium Banana
- 1 Tablespoon Raisins

Cut the banana into small pieces then smash in a small bowl with a fork, add the peanut butter and mix well. Add the raisins and spread on to the English muffin. Put in the microwave for about 15 seconds just to warm it through. In the new Weight Watchers points plus program this is 6 points plus. It's a filling breakfast. I really like it.

The second recipe isn't from WW, but one I created. With a half cup of rice it's about 10+ points.

)(**Apricot Pecan Porkshops** (serves 4)

- 4 boneless pork chops
- 1 can apricots in their own juice
- 1-1/2 tsps cornstarch
- 1 12 oz. can of apricot nectar
- 1/2 cup of pecans - rough chop

Season the meat (I use salt and pepper, garlic powder and onion powder) then brown both sides in an electric skillet, cut the apricots into quarters, saving the juice. Pour the whole can of apricot nectar into the skillet and simmer the pork chops until almost done. Add the apricots and pecans along with enough apricot juice to which you have added the cornstarch to thicken the nectar and meat juices into a thick and tasty sauce. Serve over Rice, make a salad and dinners ready.

Vince & Cara

We think this one goes in the "getting skinny" category, especially if you had a small portion and a big salad!

)(**Penne with Chicken, Artichokes, Red Bell Pepper and Goat Cheese**

- 1 pound boneless, skinless chicken breasts, cut into thin strips
- Salt and ground black pepper
- 3 tablespoons olive oil
- 1 can quartered artichoke hearts
- 1 red pepper, cored and diced fine
- 8 garlic cloves, minced
- ¼ teaspoon red pepper flakes
- 2 teaspoons minced fresh oregano (or ½ to 1 tsp. dried)
- ½ cup dry white wine
- 1½ cups chicken broth
- 2 teaspoons cornstarch, dissolved in 1 tablespoon water
- ½ pound penne (2 ½ cups)
- 1 cup crumbled goat cheese

1. **BOIL WATER FOR PASTA:** Bring 3 quarts of water to boil in a large pot.
2. **SAUTE CHICKEN:** Season chicken with salt and pepper. Heat 1 tbsp. of oil in 12-inch skillet over high heat until just smoking. Add chicken, spread into single layer, and cook without stirring for 1 minute. Stir chicken and continue to cook until most, but not all of pink color has disappeared and chicken is lightly browned around edges, about 2 minutes longer. Transfer chicken to a clean bowl and set aside.
3. **MAKE SAUCE:** Add remaining 2 tbsp. oil to skillet and return to high heat until shimmering. Add artichokes, red pepper and ¼ tsp. salt and cook until artichokes are lightly browned, about 8 minutes. Stir in garlic, red pepper flakes, and oregano and cook until fragrant, about 30 seconds. Stir in wine and cook until nearly evaporated, about 2 minutes. Stir in broth and dissolved cornstarch mixture and simmer until slightly thickened, about 2 minutes. Remove skillet from heat, cover and set aside.
4. **COOK AND DRAIN PASTA:** Add penne and 1 tbsp. salt to boiling water and cook, stirring often. Reserve ½ cup cooking water, then drain penne and return penne to pot.
5. **TOSS PASTA WITH CHICKEN AND SAUCE:** Stir chicken with any accumulated juices into sauce in skillet, and simmer until chicken is cooked through, about 1 minute. Stir sauce mixture and goat cheese into penne. Season to taste with salt and pepper, adding reserved pasta cooking water as needed to loosen sauce (I have never had to do this). Serve immediately and ENJOY!! - Serves 4

Dan & Kelly

() **Banana Cake**

1½ cups bananas, mashed, ripe
2 teaspoons lemon juice
3 cups flour
1½ teaspoons baking soda
¼ teaspoon salt
¾ cup butter, softened
2-1/8 cups sugar
3 large eggs
2 teaspoons vanilla
1½ cups buttermilk
Frosting
½ cup butter, softened
1 (8 ounce) package cream cheese, softened
1 teaspoon vanilla
3 1/2 cups icing sugar

Preheat oven to 275°, grease and flour a 9 x 13 pan. In a small bowl, mix mashed banana with the lemon juice; set aside. In a medium bowl, mix flour, baking soda and salt; set aside. In a large bowl, cream 3/4 cup butter and 2 1/8 cups sugar until light and fluffy. Beat in eggs, one at a time, then stir in 2 tsp vanilla. Beat in the flour mixture alternately with the buttermilk. Stir in banana mixture.

Pour batter into prepared pan and bake in preheated oven for one hour or until toothpick inserted in center comes out clean. Remove from oven and place directly into the freezer for 45 minutes. This will make the cake very moist.

For the frosting, cream the butter and cream cheese until smooth. Beat in 1 teaspoon vanilla. Add icing sugar and beat on low speed until combined, then on high speed until frosting is smooth. Spread on cooled cake. Sprinkle chopped walnuts over top of the frosting, if desired.

() **Peach Enchiladas**

2-8 oz. tubes of crescent rolls	1 teaspoon cinnamon
2 sticks of butter	4 – 6 peaches, quartered
1-1/2 cups sugar	1 Mountain Dew (12 oz)

Melt butter; add sugar and cinnamon and stir together well, remove from heat. Unroll crescent dough and place one quarter of a peach on each crescent. Roll dough around peach from large end to small. Place on large baking pan with 1-2 inch sides (to catch the syrup). Pour butter mixture over the rolls then pour Mountain Dew on top (yep...Mountain Dew). Bake at 350 from 45 minutes
Yield: 16 amazing servings!

Diet Advice from Dan & Kelly

A chocolate mousse that you did not order has no calories. Therefore, have your companion order dessert and you taste half of it.

Chocolate chips are fattening, about 50 calories a tablespoon. However, chocolate chips eaten while making chocolate chip cookies have no calories whatsoever. Therefore make chocolate chip cookies often but don't eat them.

All food eaten while standing has no calories. Why is not clear, but the current theory relates to gravity. The calories apparently bypass the stomach flowing directly down the legs and through the soles of the feet into the floor, like electricity. Walking seems to accelerate this process, so that a frozen custard or hot dog eaten at a fair actually has a calorie deficit.

Anything produced, purchased or intended for minors is calorie-free when eaten by adults. This category covers a wide range, beginning with a spoonful of baby tapioca, consumed for demonstration purposes, up to and including cookies baked and sent to college.

Pies and cakes should be cut neatly in even wedges or slices. If not, it falls on on the person putting them away to "straighten up the edges" by slicing away offending irregularities, which have no calories when eaten.

If you have a drink in your right hand, anything eaten with the other hand has no calories. Several principles are at work here. First of all, you're probably standing up at a cocktail party (see above.) Then there's the electronic field: a wet glass in one hand forms a negative charge to reverse the polarity of the calories attracted to the other hand. I'm not exactly sure how it works, but it's reversible if you're left-handed.

All cakes are horrendously fattening. However, the calories can be eliminated simply by inscribing "Happy Birthday, Bob" or "Good Luck, Pauline" in colored icing. Not only is it unnecessary to decline, it's impolite.

Sausages, cheese and the like are all fattening unless impaled on frilled toothpicks. The insertion of a sharp object allows the calories to leak out the bottom.

If you are rushed through a meal, the entire meal doesn't count. Conversely, if you have ordered something fattening and now regret it, minimize its calories by gulping it down.

Anything somebody made 'just for you' must be eaten regardless of the calories because to do otherwise would be uncaring and insensitive.

Barbara

Here is a healthy start to your day:

)(**Nectarine Yogurt Smoothie**

In blender combine 2 medium nectarines, pitted and quartered or 8 oz frozen peaches, 1/2 cup unsweetened almond milk, 1 TBSP honey, 1/2 cup nonfat plain Greek yogurt, and 1/2 cup ice if not using frozen peaches. Blend until smooth. Serves 2.

Here is a dessert to make you fat and love every minute of it:

() **Peach Clafouti**

5 large eggs (MacMillan's if you have em)
1/2 cup all purpose flour
1 cup sour cream
1 cup whole milk
3/4 cup sugar
3/4 teaspoon vanilla
1/4 tsp salt
1-1/4 lbs peaches halved and pitted and sliced (make this in July or August Colorado peaches are the best)
Powdered sugar for dusting.

Preheat oven to 375
In bowl whisk eggs and flour until combined.
Add sour cream, milk, sugar, vanilla, salt whisk to combine.
Pour mixture into baking dish 3 quart. Scatter peaches in a single layer in batter.
Bake until custard is browned at edges and center is set. 30 minutes, Let cool slightly, serve warm dusted with powdered sugar. Yum Yum.

)(**Southwestern Summer Salad**

4 large tomatoes, sliced	¼ tsp fennel seed
1 tablespoon lime juice	1 dried red chili pepper
2 tablespoons extra virgin olive oil	2 tbsp chopped fresh cilantro
1/4 teaspoon ground cumin	salt & pepper to taste

Arrange tomato slices on a platter; sprinkle with lime juice. Warm oil in a small pan over moderate heat. Add cumin, fennel and chili pepper; cook for 30 seconds. Remove from heat, discard pod and cool. Spoon seasoned oil over tomatoes, sprinkle with cilantro, salt and pepper.

Kevin

() **Chunky Uncle Butter Chews**

1 box of yellow cake mix
1 stick real butter
3 eggs
1 lb powdered sugar
8 oz. cream cheese

Mix the cake mix, butter, and 1 egg. Mix the powdered sugar, cream cheese and 2 eggs. Press the first mix into a 9x13 pan. Pour the second mix into the same pan. Bake at 350F 35-45 minutes until golden crust and set in middle (usually 55 minutes, really).

)(**Paunch-off Stroganoff**

1 antelope
1 packet of egg noodles
8 oz. sour cream
Lawry's seasoned salt
1 can Campbell's cream of mushroom soup (may substitute graham crackers or smelt)

Drive around until you see some antelope. When you spot one, quietly get out of your car, chase him until he gets tired, and strap the exhausted beast to your hood. Repeat as often as necessary until you catch one or get skinny.

Closely inspect the animal. If he's wearing a saddle or a leash, put him back, because that's not an antelope you have there, buddy. (Now that I know what to look for, I will NOT make this mistake twice.)

Grind and brown 1 pound of antelope meat. While browning, add Lawry's seasoned salt to top, and when you flip the meat, salt the other side too.

When meat is done browning add the cream of mushroom soup and sour cream, stir together and heat to low.

Serve on egg noodles. Enjoy!

Thomas

Although I am trained as a sushi chef, I almost never cook from a recipe so I'll give you some dishes that are fun to eat. None of these are in the healthy category, so I suggest you enjoy them in moderation and join my Taiko group. That will burn the calories off.

() **Spam Musubi**

This is a very Japanese creation that resembles sushi and is particularly popular in Hawaii. Mom used to bring it in batches enough to share with the entire marching band when we were performing at the UNC in Greeley. For some reason our school had a lot of Hawaiian students but musicians of every stripe would enjoy it.

Lay a sheet (about 10 square inches) of nori (seasoned seaweed) on a cutting board and layer about half an inch of cooked white rice. Arrange slices of Spam along the center and make a roll 10 inches long. You can make the roll hold together by lightly moistening an edge of the nori. Slice like a jelly roll into 1" pieces.

This is another dish popular with Hawaiians that I love. There is a restaurant in downtown Denver that knows me well and an order for LocoMoco is sent to the kitchen as soon as I walk in the door.

() **LocoMoco**

LocoMoco begins with a bed of white Japanese rice on a platter. It is layered with a hamburger smothered in gravy and topped with an egg cooked over easy.

Charlene & Dick

Good luck with your diet. We're with you in spirit!

)(**Barbeque Skirt Steak**

1 to 2 lbs of skirt steak
Ready made marinade with soy sauce base.
Several carrots
1 lb green beans
2 to 3 bunches green onions

Marinate meat per package directions. While meat is marinating, julienne carrots and blanch. Set aside.

Blanch and set aside whole green beans.

Prepare 2 to 3 bunches green onions.

Cut skirt steak into strips 2 inches wide. Lay cross wise 2 carrots and 3 green beans 1 or 2 onions. Wrap skirt steak around vegetables like a jelly roll and secure with tooth picks.

Cook until skirt steak is done, turning once.

Remove from grill and serve with corn on the cob.

Um-um Good!

Denny

)(**Fresh Herbed Halibut**

1 (2 pound) halibut fillet
1 large lemon, quartered
Olive oil for brushing
1 teaspoon sea salt
1 teaspoon garlic powder
1 tablespoon dill weed

Preheat the oven's broiler and coat a baking sheet or broiling pan with olive oil. Rinse the fish and pat dry. Place on the greased pan, and brush with olive oil or coat with olive oil cooking spray. Squeeze the juice from the lemon wedges over the entire fillet, and season generously with salt first, then garlic and finally dill. Broil for 15 to 20 minutes in the preheated oven, until the fillet is opaque and can be flaked with a fork. Broiling time may depend on the thickness of your fillet.

Kathi

)(**BOW TIE PASTA SALAD**

2 C cooked chicken (cut up)
16 oz bow tie pasta
1 bag baby spinach (pre-washed)
6 oz craisins
3 small cans mandarin oranges
1 8 oz can sliced water chestnuts (drained)
1 bunch green onions (chopped)
6 oz honey roasted peanuts

Cook pasta, put in Tupperware container and pour dressing over it. Shake.
Refrigerate for 1 hour. Add the rest of the ingredients and serve immediately.

Dressing:

1 C salad oil
2/3 C. teriyaki sauce
6 Tbsp sugar
½ tsp salt
½ tsp pepper

Gene

)(**PASTA PESTO CHICKEN**

3-4 chicken breasts: cut into chunks
2tsp garlic/pepper blend
1 container pesto sauce
1/3 C craisins
1 Tbsp. Olive oil
2 tsp. Italian seasoning
1/3 C pine nuts

Cook chicken in olive oil, add seasonings and cook thoroughly. Add pesto, pine nuts and craisins. Pour over ¾ of a box, cooked bowtie pasta.

Jim

Somehow this recipe seems to belie all the praise we have heaped on Mom over the years for her culinary and domestic skills, but it's an example of ways she could find to keep meals interesting to seven hungry kids. Assembling this meal is a task Mom would delegate to me, and it's a classic example of how Denny got fat.

() **Cheese Stuffed, Bacon Wrapped Hot Dogs**

One package hot dog wieners (make sure they're not chicken!). Split each dog almost through, open and insert Velveeta cheese and fold back together. Spiral wrap thin sliced bacon around each dog.

Cook in oven at 425° until bacon gets crispy. Serve on white buns (preferably Wonder Bread or some other very soft bread with plenty of preservatives. May add catsup, but please do not use pickles, relish or other garnish. Even mustard would be too healthy.

Denny

)(**Holiday Turkey Loaf**

½ pound ground turkey
1 egg
¼ cup salsa
1/8 cup chopped red bell pepper
1/8 cup chopped yellow bell pepper
¼ cup chopped onion
¼ cup dry bread crumbs
lemon pepper to taste

Preheat oven to 350 degrees F (175 degrees C). In a large bowl combine the turkey, egg, salsa, red bell pepper, yellow bell pepper, onion, bread crumbs and lemon pepper. Mix well with hands until blended. Press mixture into a loaf pan. Bake in the preheated oven for 25 minutes.

Special Holiday Treats

)(**Vegetarian Tortilla Soup**

2 tablespoons vegetable oil
1 (1 pound) package frozen pepper and onion stir fry mix
2 cloves garlic, minced
3 tablespoons ground cumin
1 (28 ounce) can crushed tomatoes
3 (4 ounce) cans chopped green chile peppers, drained
4 (14 ounce) cans vegetable broth
salt and pepper to taste
1 (11 ounce) can whole kernel corn
12 ounces tortilla chips
1 cup shredded Cheddar cheese
1 avocado - peeled, pitted and diced

Heat the oil in a large pot over medium heat. Stir in the pepper and onion stir fry mix, garlic, and cumin, and cook 5 minutes, until vegetables are tender. Mix in the tomatoes and chile peppers. Pour in the broth, and season with salt and pepper. Bring to a boil, reduce heat to low, and simmer 30 minutes. Mix corn into the soup, and continue cooking 5 minutes. Serve in bowls over equal amounts of tortilla chips. Top with cheese and avocado.

)(**Spiced Baked Apples**

3 tablespoons raisins
2 tablespoons chopped walnuts or pecans
1/4 teaspoon grated orange peel
1/4 cup packed brown sugar
1/4 cup water
1 tablespoon butter or margarine
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
2 large baking apples

Combine raisins, nuts and orange peel; set aside. In a saucepan, bring brown sugar, water, butter, cinnamon and nutmeg to a boil. Reduce heat; simmer, uncovered, 2 minutes, stirring occasionally. Core apples and place in an ungreased 1-1/2-qt. baking dish; fill with raisin mixture. Pour sugar mixture over and around apples. Bake, uncovered, at 350 degrees F for 30-35 minutes or until apples are tender. Let stand 15 minutes before serving.

() **Apple and Carrot Christmas Pudding**

4 carrots, peeled and grated
2 apples - peeled, cored, and grated
1 cup raisins (optional)
1 cup fine bread crumbs
1½ cups all-purpose flour
2 teaspoons baking powder
2 teaspoons ground cinnamon
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon ground nutmeg
1 teaspoon ground allspice
2/3 cup butter
½ cup white sugar
4 eggs

Combine the carrots, apples, raisins, and bread crumbs in a bowl. Sift together the flour, baking powder, cinnamon, baking soda, salt, nutmeg, and allspice in a separate small bowl. Cream together the butter, sugar, and eggs in a separate large bowl; stir in the flour mixture. Add the carrot mixture and mix well. Transfer mixture to a lightly-greased, 2-quart mold. . Place a steamer rack in the bottom of a large, deep pot. Set the filled mold on top of the steamer rack. Pour enough water into the bottom of the pot to cover the bottom 2/3 of the mold. Bring to a boil over medium heat. Reduce heat to low; cover. Simmer for 2 hours 45 minutes, adding water occasionally to maintain the water level. Remove from water and allow to cool 10 minutes before turning out of mold onto a plate.

)(**Holiday Grapefruit & Green Salad**

4 red grapefruit, peeled and sectioned
1 (8 ounce) package baby salad greens
2 bunches green onions, thinly sliced
3 avocados - peeled, pitted and sliced
8 ounces shredded Swiss cheese
1 cup poppy seed salad dressing

Drain off excess juice from grapefruit sections; gently mix the grapefruit sections with the salad greens, green onions, avocados, and Swiss cheese. Toss with dressing just before serving