



*The Best of 2009
Cooking with Kaye*

Happy Holidays Neighbors!



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January 21, 2009 – Simple Italian Supper with Dessert

One of my favorite authentic Italian cookbooks is by Michele Scicolone titled "A Fresh Taste of Italy. Today's menu: "Simple Italian Supper with Dessert" is taken exclusively from her book and it is an outstanding meal with ease of preparation that befits a weeknight while show-stopping enough to impress your most discriminating guests. For the starch-eaters at your table set out a loaf of rustic bread and that's all you will need to complete this meal.

Grilled Jumbo Shrimp with Sage & Pancetta

Gamberoni Alla Griglia

Page 219 - A Fresh Taste of Italy by Michele Scicolone

This easy and succulent shrimp recipe is enriched with the rich flavor of pancetta, Italian-style bacon, that crisps nicely under the broiler or the grill. The sage adds a freshness without being overpowering. Do not substitute dried sage, however, because it is too strong.

Ingredients:

12 thin slices pancetta
12 jumbo shrimps, peeled and deveined
12 fresh sage leaves

Directions:

Preheat the broiler or grill. Unroll the pancetta slices and wind each slice around a shrimp. Tuck a sage leaf between the shrimp and pancetta. Thread 3 shrimps on each of 4 skewers. Place the skewers on the grill rack or broiler pan about 4 inches from the source of the heat. Cook for 2 to 3 minutes on each side, or until the shrimps are cooked through and the pancetta is crisp. Serve immediately.

Green Beans with Garlic & Anchovies

Fagiolini Al Aglio E Acciughe

page 294 A Fresh Taste of Italy by Michele Scicolone

This recipe calls for anchovy fillets. I used to be squeamish about anchovies in cooking but have learned that when cooked in olive oil over low heat they simply dissolve imparting a slightly salty rich flavor to the dish. Give them a try, I think you will like the result. If you prefer, substitute 1/4 teaspoon of anchovy paste for the 4 anchovy fillets.

Ingredients:

1 pound fresh green beans, trimmed
Salt, to taste
2 tablespoons olive oil
1 garlic clove, finely chopped
4 anchovy fillets, drained and finely chopped
1/4 cup chopped fresh parsley
Freshly ground pepper, to taste

Bring a large saucepan of water to a boil. Add the green beans and salt. Cook until the beans are tender yet crisp, about 5 minutes. Drain well. Dry the saucepan.

In the same pan, combine the oil, garlic and anchovies. Cook over low heat, stirring, for 1 minute. Add the green beans, parsley, salt, and pepper. Stir well until the beans are heated through and coated with the garlic mixture.

Serve hot or at room temperature.

Fresh Winter Fruit Salad

Macedonia Di Frutta Fresca

Page 335, A Fresh Taste of Italy by Michele Scicolone

While traditionally we might think of biscotti or granita when we think of Italian dessert we must remember that fresh fruits are a mainstay on the Italian table. This winter fruit salad is a perfect example of a delicious fruit dessert that will not cause bloating or a drastic change in blood glucose levels because the fruits are low-glycemic. Mix and match using the best seasonal produce you can find.

Ingredients:

6 cups cut-up seasonal fruits, including apples, plums, pears, kiwi, bananas, grapes, tangerines, oranges

1/2 cup no-sugar-added orange marmalade or apricot jam

2 tablespoons freshly squeezed orange juice

Directions:

Combine the fruits in a large bowl. Stir together the marmalade and orange juice and pour the mixture over the fruits. Stir gently. Cover and chill for 1 hour before serving.



April 15, 2009 – Basic Chicken Sauté with Sauce Variations

Method: Basic Chicken Sauté

Follow these three easy steps for perfect skillet chicken. Select one of the ten recipe variations to add nutrients and variety to your weeknight healthy chicken supper. Increase the number of chicken pieces as desired. Please be sure to read the sauce recipe completely in order to have all ingredients on hand.

Step 1:

Season 4 boneless, skinless chicken breasts (4-6 ounces each) on both sides with salt and pepper. In a large heavy skillet heat 2 teaspoons olive or canola oil over medium-high heat. Add chicken pieces and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.

Step 2:

Choose one of the 10 sauce recipes. Sauté aromatics in the skillet, then add liquid(s). Simmer until reduced to desired sauce consistency.

Step 3:

Return chicken and accumulated juices to skillet and simmer gently until cooked through, about 4 minutes.

Note: The recipe calls for white meat chicken breasts, but boneless, skinless chicken thighs and less expensive and work equally as well with the sauce variations and this cooking method. In fact, I prefer the darker meat chicken which is richer in flavor and tends to be moister. Dark meat chicken is higher in fat than the breast meat, however dark meat is a more concentrated source of minerals including zinc and iron.

These sauce variations all include fruit as an ingredient. Many weight loss surgery patients who include fruit in their savory protein dishes report fewer cravings for sweets following the meal. Once you perfect these sauces expand your repertoire to include a greater variety of fruits to keep your palate and eye satisfied.

Apple Cider Chicken

Sauté chicken as directed in method above. Reduce heat to medium. Add 1 1/2 teaspoons oil to skillet. Add 2 peeled, cored and thickly sliced Granny Smith apples, 1/4 cup finely chopped shallot and 1 teaspoon dried thyme. Cook, stirring, until softened, 2 to 3 minutes. Add 1/2 cup apple cider and 1/2 cup reduced-sodium chicken broth; bring to a simmer. Cook until slightly thickened, about 3 minutes.

Return chicken and juices to skillet; reduce heat to low. Simmer until chicken is cooked through, about 4 minutes. Transfer chicken to a warmed platter. Stir 1 tablespoon reduced-fat sour cream and 1 tablespoon chopped fresh parsley into sauce. Season with salt and pepper and spoon over chicken.

Per Serving: 235 calories, 30g protein, 6g fat, 15g carbohydrate.

Grapefruit-Mint Chicken

Sauté chicken as directed in method above. Reduce heat to medium. Add 1 1/2 teaspoons oil to skillet. Add 1/4 cup finely chopped shallots and 1/4 teaspoon crushed red pepper. Cook, stirring, for about 2 minutes. Remove from heat. In a small bowl, whisk 1/2 cup reduced-sodium chicken broth, 1/2 cup ruby-red grapefruit juice, 1 tablespoon chopped fresh mint and 2 teaspoons flour. Add to skillet and return to medium heat. Cook, whisking, until slightly thickened, about 3 minutes.

Return chicken and juices to skillet; reduce heat to low. Simmer until chicken is cooked through, about 4 minutes. Transfer chicken to a warmed platter. Season sauce with salt and pepper and spoon over chicken. Garnish with 1 tablespoon chopped fresh mint.

Per Serving: 200 calories, 30g protein, 5g fat and 6g carbohydrate.

Spiced Apricot Chicken

Sauté chicken as directed in method above. Reduce heat to medium. Add 1 1/2 teaspoon oil to skillet. Add 1/4 cup finely chopped onion, 2 minced garlic cloves, 1/2 teaspoon ground cumin, 1/4 teaspoon ground cinnamon and a pinch of cayenne pepper. Cook, stirring, for 1 minute. Add 1/2 cup unsweetened pineapple juice, 1/2 cup reduced-sodium chicken broth, 1/3 cup chopped dried apricots and 2 tablespoons fresh lemon juice and bring to a simmer. Cook until slightly thickened, about 5 minutes.

Return chicken and juices to skillet; reduce heat to low. Simmer until chicken is cooked through, about 4 minutes. Transfer chicken to a warmed platter. Season sauce with salt and pepper and spoon over chicken. Garnish with 2 tablespoons chopped fresh mint.

Per Serving: 225 calories, 30g protein, 5g fat, 14g carbohydrate, 1g dietary fiber.



July 23, 2009 – Reunion Party Appetizers

Crab Stuffed Cherry Tomatoes

This is a yummy and portable appetizer. Frozen, fresh or canned lump crabmeat may be used. (I've even used canned ham in place of the crabmeat when I needed something fast and on short notice). For a larger meal portion use plum tomatoes. Be sure to keep well chilled until serving.

Ingredients:	2 scallions, finely chopped
1/2 lb lump crabmeat	1 tablespoon fresh basil, chopped
2 teaspoons chili sauce	1 tablespoon fresh chives, chopped
1 teaspoon Dijon-style mustard	36 cherry tomatoes (about)
4 tablespoons mayonnaise	Salt
1 teaspoon Worcestershire sauce	Basil leaves for garnish

Directions:

In a mixing bowl, combine the crabmeat, chili sauce, mustard, mayonnaise, Worcestershire sauce, scallions and herbs. Mix well, cover and store in the refrigerator until time to stuff the tomatoes.

Using a serrated knife, cut a very thin slice from the stem end of each tomato. Carefully scoop out pulp and seeds with the tip of a teaspoon. Lightly sprinkle the insides of the tomatoes with salt. Invert them on paper towels and let them drain for about 15 minutes. (This is a necessary step so the filling does not become watery.)

Using a small spoon, stuff the tomatoes with the crab, mounding the filling slightly on top. You could also use the pastry bag method to stuff the tomatoes. Select a large piping tip. Garnish with basil leaves.

Serve chilled.

Serves 12 - 3 stuffed tomatoes each. Per serving: 62 calories, 4 grams protein, 4 grams fat (1 saturated), 3 grams carbohydrate and 1 gram dietary fiber.

Grilled Chicken Stuffed Jalapenos

If you like a little heat with your protein you will love these tasty treats. The jalapenos are stuffed with a chunk of seasoned chicken and then wrapped in bacon. They may be baked in the oven or prepared over indirect heat on an outdoor grill. If you can't take the heat use sweet yellow or red bell peppers.

Ingredients:	1 tablespoon pepper
1 pound boneless skinless chicken breasts	2 teaspoons seasoning salt
	1 teaspoon paprika
1 tablespoon garlic powder	1 small purple onion, cut into strips
1 tablespoon onion powder	

15 jalapeno peppers, halved and seeded 1 pound thin sliced smoked bacon

Directions:

Preheat oven to 350F or grill to medium heat. Prepare the peppers: wash and pat dry. Cut lengthwise in half and remove seeds. Wear gloves and avoid touching your eyes or mouth when handling peppers. Set aside. In a large re-sealable plastic bag, combine the garlic powder, onion powder, pepper, seasoned salt and paprika. Set aside.

Cut chicken into pieces that will fit in the jalapeno halves. This doesn't have to be exact, just a snug fit. Add the chicken pieces to the seasoning bag and shake to coat.

To assemble: Place a chicken and onion strip in each jalapeno half. (If you don't like your onion a little crispy, sauté in 1 tablespoon of butter for 2-3 minutes to soften). Wrap each pepper with a piece of bacon and secure with a toothpick.

If baking, place the stuffed jalapenos on a large baking sheet with a rim. Bake in the preheated oven 20-25 minutes testing to be sure the chicken juice runs clear and the bacon is done. Allow to cool slightly before serving. If grilling place stuffed peppers over indirect heat (so the fat drippings don't cause a flare-up) and grill until juices run clear, about 25 minutes.

Some people enjoy these with a ranch or blue cheese dressing for dipping but I think they stand on their own without dipping. They may be prepared ahead and refrigerated until cooking.

Serves 15 - 2 stuffed pepper halves each. Per serving: 205 calories, 15 grams protein, 15 grams fat (5 saturated) and 1 gram carbohydrate.

Red Lion Inn Smoked Salmon

This is a quick and showy appetizer adapted from the 5-Star rated Red Lion Inn Cookbook. The sour cream mixture is particularly refreshing in the heat of Summer. Pre-sliced cocktail pumpernickel bread is available in most supermarkets near the deli counter. It is a good source of B-Vitamins and fiber and tastes great with the salmon and spread.

Ingredients:

1 cup sour cream	4 teaspoons capers
8 teaspoons coarse grain mustard	8 ounces thinly sliced smoked salmon (about 8 slices)
4 teaspoons fresh dill (chopped)	pumpernickel cocktail bread
1 small red onions (sliced very thin)	

Directions:

In a small mixing bowl combine the sour cream, coarse grain mustard and dill. On a large tray place the bread slices in a single layer. Coat each slice with about 1 teaspoon of the sour cream mixture. Top with a few onion slices and then a piece of smoked salmon. Add a small dollop of the cream mixture to the top and garnish with the capers and more fresh dill if desired.

Serves 16 - two appetizers each. Per serving: 90 calories, 5 grams protein, 4 grams fat (2 saturated), 9 grams carbohydrate 1 gram dietary fiber.

July 13, 2009 - Feed the Carb Monster with Salads

Today let's talk about feeding the Carb Monster with salad. You already know the power of the Carb Monster Soups in curbing hunger pains and soothing cravings. When a salad is thoughtfully prepared with complex carbohydrates and seasoned with herbs and spices and dressed with healthful oil it works just as well to tame the Carb Monster. No pasta required! Today's Cooking with Kaye presents salad recipes to tame your Carb Monster, share with family and friends, and feed your nutritional needs.

When enjoying these salads it is important to remember the 2B1B Rhythm -- 2 Bites Protein, 1 Bite Carbohydrate. These salads of beans, vegetables, and grains are carbohydrate heavy and can sit heavy on the pouch if eaten in excess without fish or animal protein. These recipes call for grain such as rice or barley. If you are sensitive to these foods go ahead and omit them as you prepare your recipe. Grains, in controlled moderation, can be effectively included in your post weight loss surgery diet.

Southwestern Barley Salad

Food historians say humans have consumed barley since the Stone Age using this hearty grain in cereals, bread and malted into beer and whiskey. Pearl barley, which can be found in the rice and grain section of your supermarket, is quick cooking because the bran has been removed and the grain has been polished. Pearl barley is sold in course, medium and fine sizes: this salad calls for medium. Most gastric surgery patients report a good tolerance for pearl barley when enjoyed in moderation. Although the portion here is 1-cup it is anticipated that a weight loss surgery patient will only consume 1/4 to 1/2 cup of salad when enjoyed with lean protein.

Ingredients:

Salad

3 cups cooked medium pearl barley (follow package directions)
1 (15-ounce) can black beans, rinsed and drained
1 1/2 cups frozen corn, thawed
3 medium tomatoes, seeded and diced
1 cup frozen peas, thawed
1/4 cup fresh cilantro, minced
1 teaspoon salt
1/4 teaspoon pepper

Dressing

1/2 cup water
3 tablespoons lemon juice
1 tablespoon finely chopped onion
1 tablespoon canola oil
2 garlic cloves, minced

Garnish

12 lettuce leaves
1 ripe avocado, peeled and sliced
2 medium tomatoes cut into wedges

Directions:

In a large bowl combine the salad ingredients. In a small bowl whisk together the dressing ingredients until emulsified. Pour over barley mixture and toss to coat. Line plates with lettuce. Add 1 cup of salad and garnish with avocado and tomatoes. If making ahead dress salad, cover tightly with kitchen wrap and keep well chilled until serving. Store the lettuce, avocado and tomato wedges separately until serving.

Full Meal Deal: Add 4 cups diced grilled chicken or flaked grilled salmon to salad to increase protein.

Serves 12 about 1 cup each serving. Per serving: 273 calories, 9g protein, 53g carbohydrate, 12g dietary fiber, 4g fat (1g saturated), 316mg sodium and 466mg potassium.

Almond & Strawberry Salad

Fresh & Pretty!

Ingredients:	1/4 cup sliced honey-roasted almonds
3 cups fresh baby spinach	1 Tablespoon cider vinegar
1/2 cup sliced fresh strawberries	1 Tablespoon honey

Directions:

In a large bowl, combine the spinach, strawberries and almonds. In a small bowl whisk together the cider vinegar and honey. Top salad with vinegar-honey mixture and serve.

Cannellini Bean Salad

Cannellini beans are large, white Italian kidney beans, available both in dry and canned forms. Cannellini beans are an excellent source of plant protein and they are rich in folic acid and zinc. They also sit well with most surgical weight loss patients. Be sure to measure your portion and enjoy this delicious salad as a vegetarian meal or a side dish to your lean ground protein. You can substitute Great Northern Beans if you cannot find cannellini beans.

Ingredients:	1/4 cup basil, fresh, minced
1/2 cup roasted red pepper, diced	3 Tablespoons red wine vinegar
2 (15-ounce) cans cannellini beans, rinsed and drained	2 Tablespoons olive oil
1 medium red onion, sliced into rings	1/4 teaspoon salt
	1/4 teaspoon pepper

Directions:

Drain and pat dry the roasted red peppers, chop to 1/2-inch dice. In a large bowl combine the cannellini beans, red onion, fresh basil, red wine vinegar, olive oil, salt and pepper. Toss gently. Cover and store at room temperature for one hour to allow flavors to develop. Serve at room temperature or chilled.

Change It Up: I used 1/2 teaspoon of the You Have Arrived Savory Provence herb blend to season this salad. The gentle Mediterranean flavors worked well with the creamy cannellini beans adding an extra dimension of flavor. This salad works beautifully to compliment chilled shrimp for a light summer brunch.

Serves 8 about 1-cup per serving. Per serving: 394 calories, 25g protein, 67g carbohydrate, 16g dietary fiber, 4g fat (1g saturated), 84mg sodium, 1963mg potassium. Rich in folic acid and zinc.

August 24, 2009 - Low-Carb Grilling

We all know that "Protein First" is the first of our four weight loss surgery rules. When approaching a high protein diet it is helpful to take a look at low-carbohydrate recipes. The basic premise of the low-carb diet is that by cutting down on carbs, less insulin is released by the body and fat is not stored. Replacing simple carbs with foods high in protein - such as meat, poultry, cheese, and eggs - builds muscle. Grilling is a terrific cooking method for high protein low-carb recipes and now is the perfect time of year to put some protein over the fire and enjoy! Today's Cooking With Kaye features great grilling recipes that are low-carb and delicious. The entire family can enjoy this healthy way of eating.

Sirloin with Mustard and Chives

I am always looking for different sauces to flavor grilled meat and this is one of the best recipes I've come across. While grilling the steaks throw some strips of red, yellow, orange and green peppers on the grill for a colorful and nutritious side dish. One full-size serving of sirloin contains 37 grams of protein. (Page 95 of Low-Carb Recipes).

Ingredients:	2 teaspoons garlic-pepper seasoning
4 boneless beef top sirloin or rib eye steaks, cut 3/4 inch thick (about 1 1/2 pounds total)	1/2 cup dairy sour cream
	2 tablespoons Dijon-style mustard
	1 tablespoon snipped fresh chives

Directions:

Trim fat from steaks. Sprinkle 1 1/2 teaspoons of the seasoning evenly over both sides of each steak. Place steaks on the rack of an uncovered grill directly over medium coals. Grill until desired doneness, turning once halfway through grilling. Transfer steaks to a serving platter.

Meanwhile, in a small bowl combine sour cream, mustard, chives, and the remaining 1/2 teaspoon seasoning. Spoon over sour cream mixture on top of steaks.

Serves 4. Per serving: 277 calories, 37g protein, 2g carbohydrate, 12g fat (5g saturated).

Grilled Salmon with Herb Crust

Ingredients:	1 tablespoon lemon juice
12 ounces fresh or frozen skinless salmon fillets, about 3/4-inch thick	2 teaspoons olive oil
1/3 cup oregano, coarsely snipped	1/2 teaspoon bottled minced garlic (1 clove)
1/3 cup cilantro, coarsely snipped	1/4 teaspoon salt
1/4 cup green onions, sliced	1/8 teaspoon black pepper

Directions:

Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Cut into 4 serving-size pieces; set aside.

In a food processor bowl combine oregano, cilantro, green onions, lemon juice, oil, garlic, salt, and pepper. Cover and process until chopped. Transfer to a shallow dish. (Or use a sharp knife to finely chop oregano, cilantro, and green onions. Transfer to a shallow dish. Stir in lemon juice, oil, garlic, salt, and pepper.) Generously coat both sides of fish with herb mixture.

Place fish on the greased rack of an uncovered grill directly over medium coals. Grill for 6 to 9 minutes or until fish flakes easily when tested with a fork, turning once halfway through grilling.

Serves 4. Per serving: 126 calories, 17g protein, 2g carbohydrate, 5g fat (1g saturated).

Grilled Chicken & Raspberry Salad

This refreshing salad can be prepared in less than 30 minutes. Each serving provides 23 grams protein and only 8 grams carbohydrate. This recipe is from Better Homes & Gardens 15 Minutes or Less Low-Carb Recipes Page 72.

Ingredients:

1/4 cup raspberry vinegar	1 pound skinless, boneless chicken breast halves
3 tablespoons cooking oil	6 cups mixed salad greens
1/2 teaspoon poppy seeds	1/2 of a small red onion, thinly sliced and separated into rings
1/4 teaspoon salt	1 cup raspberries
1/4 teaspoon black pepper	

Directions:

For dressing, in a screw-top jar combine raspberry vinegar, oil, poppy seeds, salt and pepper. Cover and shake well. Set aside.

Place chicken on the rack of an uncovered grill directly over medium coals. Grill for 12 to 15 minutes or until chicken is tender and no longer pink, turning once halfway through grilling. Place salad greens and onion on a large serving platter. Thinly slice chicken diagonally; arrange on top of greens mixture. Drizzle with dressing and top with fresh raspberries.

Serves 4. Per serving: 255 calories, 23g protein, 8g carbohydrate, 14g fat (2g saturated).

Mint Julep Melon

Serve this refreshing melon dish for dessert.

Ingredients:

2 tablespoons snipped fresh mint	2 tablespoons bourbon
2 tablespoons heat-stable granular sugar substitute (Splenda)	2 cups cubed honeydew melon

Directions:

In a medium bowl crush mint with the back of a spoon. Stir in sugar substitute and bourbon. Add melon and toss gently to combine. Serve in dessert dishes or martini glasses.

Serves 4. Per serving: 52 calories, 9g carbohydrate and 1g dietary fiber.

**September 13, 2009 - Easy, Elegant Dinner & Dessert
Celebrating my 10-Year Arrivalsary**

Before I had gastric surgery I thought I could cook well. But in reality, I was a starchy-condensed-soup-throw-it-in-a-pot cook. That type of food, while quite comforting, does not set well on a tiny gastric pouch, as you well know. It took me a few years to learn what did set well and satiated my appetite. Lean clean protein flavored with condiments and sauces or lightened gravies seemed to consistently appear on our table. And lightly pan cooked or oven roasted vegetables became a family favorite. Starches seldom made it to the plate, although Jim enjoys an occasional slice of whole grain toast or hot from the oven biscuit. Occasionally we enjoy a bite of light dessert. For our "Arrivalsary" meal it will be fresh peaches with cinnamon spiced sour cream topping.

Chicken Divan

This recipe takes advantage of rotisserie chicken. It makes much better use of condensed soup by using the improved reduced fat varieties and omitting starchy noodles or rice that are gummy and difficult for a gastric patient to eat. Leftovers reheat well for a convenient and economical take-along lunch.

Ingredients

2 (10-ounce) packages frozen broccoli spears, thawed	1/8 teaspoon pepper
1 rotisserie chicken, skin removed, chopped (about 3 cups)	1 (10 3/4-ounce) can reduced fat cream of mushroom soup, undiluted
1/2 (2 ounces) shredded reduced-fat sharp Cheddar cheese	3 tablespoons all-purpose flour
1 1/4 cups skim milk	3 tablespoons water
1 teaspoon lemon juice	1/2 cup finely crushed Melba toast rounds
1/2 teaspoon curry powder	1 tablespoon margarine, melted

Directions:

Arrange broccoli spears in 2 rows, with stalks toward center, in a 13x9x2-inch baking dish. Spoon chicken on top of stalk ends, and top chicken with cheese. Set aside.

Combine milk, lemon juice, curry powder, pepper, and condensed soup in a heavy saucepan; stir well. Combine flour and water in a small bowl, and stir well. Add to soup mixture, stirring well. Bring to a boil over medium heat, stirring constantly with a wire whisk. Cook, stirring constantly, 8 minutes or until thickened and bubbly. Pour over chicken.

Combine Melba toast crumbs and margarine in a bowl; sprinkle evenly over soup mixture. Cover and bake at 350F for 20 minutes. Uncover and bake 15 additional minutes or until thoroughly heated. Let stand 10 minutes. Serve warm.

Serves 6. Per serving: 355 calories, 44g protein, 20g carbohydrate, 10g fat (3g saturated).

Fresh Tomato-Squash Salad

This quick and easy salad is perfect this time of year when fresh fruits and vegetables are abundant. It is quick and easy to throw together.

Ingredients:

1 pound yellow squash, diagonally sliced	1/4 cup packed small fresh basil leaves
3/4 pound small tomatoes, cut into 1/2 inch thick wedges	1/4 cup white wine vinegar
1/2 cup vertically sliced purple or red onion	1 1/2 teaspoons olive oil
	1/8 teaspoon salt
	dash of pepper
	1 clove garlic, minced

Directions:

Arrange squash in a steamer basket over boiling water. Cover and steam 1 minute; drain. Plunge squash into ice water; drain well. Combine squash, tomato wedges, onion, and basil in a large bowl; set aside.

Combine vinegar, olive oil, salt, pepper and minced garlic in a small bowl and whisk well. Pour over vegetables; toss gently. Serve at room temperature or chilled on individual salad plates.

Serves 6. Per serving: 41 calories, 1g protein, 6g carbohydrate, 1g fat.

Warm Spiced Peaches with Sweet Sour Cream

Ingredients:	1/4 teaspoon ground nutmeg
3 ripe peaches, peeled and sliced	
2 teaspoons Splenda	1/2 cup low-fat sour cream
1/2 teaspoon ground cinnamon	2 teaspoons Splenda
1/2 teaspoon orange zest	1/2 teaspoon vanilla
1/2 teaspoon vanilla	

Directions:

In a medium bowl combine peaches, Splenda, cinnamon, orange zest, vanilla and ground nutmeg. Toss gently. Place in an oven-safe dish and bake at 350 degrees for 10 minutes. Alternatively, place in a grill-safe dish, cover tightly with foil and set on grill set to low. Cover grill and allow sliced peaches to warm.

While the peaches are warming mix sour cream, Splenda and vanilla in a small bowl. Serve 2/3 cup of warm peaches topped with 1 tablespoon sweet sour cream.

Per serving: 46 calories; 1 gram protein, trace of fat and 9 grams carbohydrate (2 grams fiber).

October 26, 2009 - Halloween Treats You Can Eat!

Greetings Neighbors and Happy Halloween to You! Have you picked up on the news reports the last few weeks? Americans are expected to spend \$2 Billion on candy this year for Halloween treats. According to big box stores customers have been stocking up for nearly 5 weeks now and will return again to replenish their candy supplies before the little costumed door knockers come calling on Saturday night. In spite of tough economic times consumers are spending nearly 7% more on candy this year than last. Some speculate that in tough times of economically driven sacrifice a little indulgence in sweet treats is much deserved.

It is no wonder we are confounded by so much temptation. Nobody wants to feel left-out of the Halloween hoopla but we know the consequences of a candy fest can be catastrophic for us. Today in this special edition of the You Have Arrived email newsletter I present several treats you can feel good about enjoying! We had gastric surgery to become healthy so that we could embrace life to the fullest -- not sit on the sidelines. Making small changes in how we celebrate goes a long way making those dreams of living a reality. I wish you the best in the coming days -- may all your haunting be happy!!

Devilishly Delicious Desserts

Pumpkin Gelatin Tarts

Ingredients:

1 (4-Serving Size) package orange gelatin, sugar free	1 (8-ounce) package non-fat vanilla yogurt
2 tablespoons splenda	1 1/2 scoop unflavored whey protein powder (optional)
1 cup boiling water	1 (6-count) package Mini 3-inch ready crust graham cracker tart shells
1/4 teaspoon pumpkin pie spice	1/2 cup pecans, chopped
1 cup pumpkin puree, canned	

Directions:

In a medium bowl stir together the gelatin and splenda. Add the boiling water and stir until gelatin is completely dissolved. Set in refrigerator to chill. In a medium bowl whisk together the pumpkin pie spice, pumpkin puree, non-fat vanilla yogurt and protein powder. Gently fold in chilled gelatin mixture and mix well. Divide pumpkin gelatin evenly among tart crusts and sprinkle with chopped pecans. Keep covered and chilled until serving. For a festive Halloween presentation use the pecans to create jack-o-lantern faces on tartlets or decoratively garnish with orange zest.

Airy Almond Cookies

Almonds and a hint of vanilla make a light delicious cookie.

Ingredients:

Cooking spray	1 tsp vanilla extract
3 egg whites	1/2 cup whole almonds, toasted and finely chopped
1/8 teaspoon salt	
1 cup sugar	

Directions:

Spray 2 baking sheets with nonstick cooking spray and preheat oven to 250°F.

Beat egg whites with an electric mixer in a medium bowl until soft peaks form. Add in the salt; gradually beat in the sugar, then the vanilla. Continue to beat until the egg whites are stiff but not dry. Gently fold in the almonds.

Drop the batter one teaspoonful at a time onto the baking sheets; lift the spoon as you drop to create a peak in the center. Work quickly so batter does not spread. There should be 40 cookies when properly measured.

Bake until the cookies are lightly browned and hard to the touch on top, about 20-30 minutes. Gently remove cookies from baking sheets and place on a wire rack to cool. One cookie is a serving and contains 16 calories; 4g carbohydrate (3.6g sugar).

Mocha Brownies

Ingredients:

2/3 cup unsalted butter	1 tsp vanilla extract
1/3 cup Cocoa Powder, unsweetened	3/4 cup white all purpose flour
1 tsp instant coffee granules	1/2 cup semi sweet chocolate chips
1 cup sugar	1 tsp grated orange peel
2 eggs	1/2 cup powdered sugar (optional)

Directions:

Spray an 8x8x2-inch baking pan, with cooking spray set aside. Preheat oven to 350°F. Melt butter in a medium saucepan, stir in cocoa powder and coffee crystals. Remove the mixture from heat and stir in granulated sugar. Add eggs one at a time, stirring to combine after each. Beat lightly by hand until the ingredients are combined then stir in flour. Fold in chocolate pieces, and grated orange peel. Spread the mixture into prepared pan, and bake for 30 minutes in preheated oven. Cool in pan on a wire rack, and sift powdered sugar over the top if desired. Cut into 24 bars to serve. One serving is 115 calories and contains 13 carbohydrates and 6g sugar. Splenda heat-stable sugar substitute may be used in place of sugar following package directions.

Kaye's Thoughts on Sugar

In general, I personally try to avoid sugar-sweetened food as much as possible. First, I had gastric bypass which means sugar causes me to become sick with "dumping syndrome" when I eat it. More importantly, it can be addictive and ultimately it will cause me to gain weight. Also, the longer I have been able to avoid sweets the less I have a desire for them.

As I have become a better cook, however, I have found that sugar is a necessary ingredient in many savory dishes in much the same way that salt is a necessary ingredient. When used in small quantities sugar and salt both enhance the flavor of many other ingredients. That is why you will often see both sugar and salt called for in my Cooking with Kaye recipes.

In this special edition newsletter I offer some tasty sugar sweetened treats that I think we WLS Neighbors can enjoy during the sugar-fest this Halloween. In deliberate and controlled fashion we can make intelligent treat choices so we don't feel left out, but we also honor our personal commitment to healthier living with weight loss surgery.

Please honor the portion guidelines for each recipe. And if you prefer use a heat stable sugar substitute in place of the sugar. Keep in mind, these are special occasion recipes, not every day food -- enjoy in moderation.

November 2, 2009 - 5 Day Pouch Test Bulletin A New-Improved Pumpkin Soup Recipe

Today I'm excited to share a new pumpkin soup recipe with you! I never imagined the Low-carb Sausage Pumpkin Soup would become such a hit -- but what a hit it is! Time and again we hear from people who are delighted by the soup that leaves their taste buds happy and puts to rest those nagging carbohydrate cravings. This new version includes shrimp as the protein -- I think you will love it! The recipe is below in this newsletter.

Pumpkin Shrimp Soup - Another 5DPT Great!

Day 1 & 2 Liquids

The Low-Carb Pumpkin & Sausage Soup recipe is a favorite of seasoned 5 Day Pouch Testers. (Page 69 of the 5DPT Owner's Manual or online here: 5DPT Recipes). Recently I came across another pumpkin soup recipe that showed great promise: but first I needed to calculate the nutritional and give it the family taste test. It is smooth as silk and delicious. The numbers are great too, being much lower in fat than the sausage recipe. Shrimp and whole milk provide protein while the pumpkin and other vegetables provide complex carbohydrates to keep the Carb Monster away. Give this refreshing change a try and I promise it will be part of your Day 6 menu rotation in the cold months to come! Enjoy!

Ingredients:

2 tablespoons unsalted butter
2 medium onions, sliced
2 medium carrots, sliced
2 medium garlic cloves, minced
1 teaspoon Old Bay Seafood Seasoning
1 (14-ounce) can fat free reduced sodium chicken broth

1 (15-ounce) can pumpkin puree, no added salt
1 cup whole milk
8 ounces cooked shrimp, peeled and deveined (if frozen, thawed)*
freshly grated nutmeg for garnish, optional

Directions:

Over medium-high heat in a large soup pot, melt butter and cook the onions, carrots, and garlic, covered until tender, about 10-12 minutes, stirring occasionally. Stir in the Old Bay Seafood Seasoning and 1/2 cup of the chicken broth. Working in batches puree the cooked vegetables in a blender or food processor following safety guidelines for processing hot food (see article below). Return vegetable puree to cooking pot. (Alternatively, use an immersion blender to puree the soup).

To vegetable puree add the remaining broth, pumpkin puree, milk and thawed drained shrimp. Heat gently to a low simmer, not boiling, and allow to cook 5 minutes until soup thickens slightly and is warm throughout. Serve immediately in measured 1 cup portions. Garnish each serving with a sprinkle of freshly grated nutmeg.

Serves 4. Per 1 cup serving: 245 calories, 19g protein, 23g carbohydrate, 6g dietary fiber, 5g fat.

For leftovers reheat in the microwave on low to avoid overcooking the shrimp.

*Canned shrimp, crabmeat, or salmon would work equally well in place of the frozen shrimp if necessary. Just make sure you have 8-ounces of seafood after draining the liquid.

November 8, 2009 - Simple Suppers Featuring Ground Meat

Oven Baked Porcupine Meatballs

(Page 179 of Day 6: Beyond the 5 Day Pouch Test)

This recipe reminds me of the great casserole foods from the 1970's. My mom made the meatballs with the rice mixed in with the meat. But rolling the meatballs in the pre-soaked rice gives the meatballs more bite without overindulgence in starchy carbohydrate. Any ground meat will work in this recipe, but if you use ground chicken or turkey be sure to add a small amount of olive oil or other fat so the meatballs are succulent.

Ingredients:	1 Tablespoon cornstarch
1 cup white rice	1 egg white, lightly beaten
Cooking spray	1 teaspoon sugar
1 pound ground veal	1/2 teaspoon sesame oil
1 Tablespoon rice wine vinegar	1 teaspoon salt
1 bunch green onions, minced	1/4 teaspoon white pepper
1/2 cup water chestnuts*, canned, drained, diced	

Soak rice in hot tap water in a large bowl while preparing meat mixture. Line a large baking sheet with foil and place baking rack on top so that fat will drip through rack to foil lined sheet. Spray rack with cooking spray. Set aside.

Preheat oven to 350°F. Combine ground veal, rice wine vinegar, green onions, diced water chestnuts, cornstarch, egg white, sugar, sesame oil, salt and pepper. Mix well. Form into 24 evenly sized meatballs. Drain rice in a sieve and transfer to a shallow dish. Roll each meatball in rice to coat and place 1-inch apart on baking rack. Bake in preheated oven for 18-22 minutes or until meatballs are done. Serve warm.

Serves 6; 4 meatballs each. Per serving:243 Calories; 6g Fat; 18g Protein; 28g Carbohydrate; 1g Dietary Fiber.

*Water chestnuts are the edible tuber of a water plant found in Southeast Asia. They are bland with a hint of sweetness and valued for the crunch they add to stir-fried dishes.

Easy Meatball & Vegetable Soup

1 (16 ounce) package frozen fully-cooked beef meatballs	1 (14.5 ounce) can diced tomatoes with roasted garlic
2 cups frozen vegetable mixture (I like peas, carrots and green beans)	1 cup uncooked pasta
4 cups water	Optional Garnishes:
2 (10.5 ounce) cans Campbell's Condensed French Onion Soup	Sour cream
	Cheddar cheese, shredded

In a large saucepan combine frozen vegetables, water, French Onion Soup and diced tomatoes. Bring to a boil. Stir in frozen meatballs and pasta and return soup to a simmer, cooking until meatballs are tender and pasta is done. Serve warm garnished with sour cream and shredded cheese, if desired.

Lemony Beef & Barley with Sugar Snap Peas

This quick skillet meal is good with any kind of ground meat including ground turkey, ground chicken or ground game meat. Vegetarians may want to try ground "meat" crumbles in place of animal protein. There are enough complex carbohydrates to keep the carb monster fed. Enjoy!

Ingredients:	1 can (14-ounces) fat free, reduced sodium beef broth
Cooking spray	1/2 cup quick cooking pearl barley
1 pound extra lean ground beef (5% fat)	1/2 teaspoon salt
1 (8-ounce) package fresh mushroom slices	1/4 teaspoon black pepper
1 medium onion, chopped	1 (8-ounce) package sugar snap peas
1 medium carrot, thinly sliced	1/4 cup chopped parsley
1 medium garlic clove, crushed	1 lemon, zested and juiced

Directions:

Spray a large nonstick skillet with cooking spray. Cook and stir the ground meat over medium heat breaking the meat as it cooks. Drain fat from meat. Add mushroom slices, chopped onion, carrot and garlic clove and continue cooking over medium heat until vegetables are slightly tender. Add beef broth, pearl barley, salt, pepper, and bring to a boil. Reduce heat, cover and simmer until barley is tender, about 10 minutes. Much of the liquid should be absorbed. Remove cover, add sugar snap peas, chopped parsley, lemon juice and lemon zest and cook 2-3 minutes until peas are warm.

The casserole should have the consistency of a very thick stew. Serve warm.

Serves 4. Per serving: 212 Calories; 27g Protein; 7g Fat; 2g Saturated Fat; 10g Carbohydrate; 3g Dietary Fiber.



November 24, 2009 - Classic LivingAfterWLS Thanksgiving Recipes

This time of year I enjoy receiving emails from my LivingAfterWLS Neighbors who often ask, "Kaye do you remember that one recipe you gave us, it had something like..." and I get to look back at our growing collection to find an old favorite recipe. Today I'm proud to publish some these favorite classics again for you. Maybe they will be new and find a place on your table, maybe they are an old favorite and you are glad to be reminded of them. Either way I know you will enjoy because they are tried and tested and have stood the test of time.

Creamy Butternut Squash Bake

Ingredients:

1 large butternut squash	1/2 cup bread crumbs
1/2 cup sour cream, light	1/2 cup parmesan cheese
2 Tablespoons margarine/butter blend	1/4 teaspoon freshly grated nutmeg

Directions:

Wash and dry butternut squash. Leave whole. Pierce skin with a carving fork in 4 or 5 places. Place squash on a baking sheet lined with foil and bake in a 350F degree oven for 40 minutes or until soft. Remove from oven and allow to cool.

When squash is cool enough to handle cut lengthwise in two pieces. Remove and discard seeds. Spoon out squash into a casserole dish. Add sour cream and 1 tablespoon of the margarine/butter blend. Mash all ingredients together with a potato masher. Smooth mixture in casserole dish.

In a small bowl melt the remaining tablespoon of margarine/butter blend. Stir in breadcrumbs and parmesan mixing to moisten. Sprinkle crumb mixture atop squash and sprinkle with grated nutmeg. Bake in 350F degree oven for 25 minutes.

Serves 4. Per serving: 199 calories, 7 grams protein, 10 grams fat (5 saturated), 22 grams carbohydrate and 2 grams dietary fiber.

Tofu Desserts to Love!

I know, I know! - These recipes include that "icky" thing - tofu. But before you move on consider this: tofu is a nutritional super-model with the remarkable ability to disguise itself as many things - in this case, Thanksgiving dessert. Silken tofu takes on a phenomenal life as a dessert and a healthy protein source. I encourage you to set these tofu desserts on your Thanksgiving dessert table. Shhhhhh - - don't tell your guests these are "healthy" desserts - let them enjoy the decadence!

These cheesecake recipes are WLS friendly, but as with all things after WLS, proceed with caution in moderation.

Pumpkin Tofu Cheesecake

1 1/2 pounds silken tofu	1/4 teaspoon ground cloves
1 cup canned or fresh, cooked pumpkin	12 ounces soy cream cheese
1 1/4 cups Splenda	1 tablespoon vanilla extract
1 teaspoon ground cinnamon	2 graham-cracker piecrusts (9 inches each)
1/2 teaspoon ground nutmeg	

Directions:

Have all ingredients at room temperature. Preheat oven to 325 degrees.

In a food processor or blender, puree the tofu and pumpkin. Add the Splenda cinnamon, nutmeg, cloves, soy cream cheese and vanilla and process until smooth. Scrape down the sides as necessary. Pour the tofu mixture into prepared piecrusts and bake for 50 minutes, until firm. Turn off oven and leave the cheesecake in the oven for 1 hour. Remove and cool to room temperature. Refrigerate overnight. Serve cool.

16 servings (normal portions). Nutrition: 210 calories, 14.5 g fat, 0 cholesterol, 4.5 g protein, 13 g carbohydrates, 1.2 g fiber, 138 mg sodium, 49 percent calories from fat.

Chocolate Hazelnut Cheesecake**Ingredients:**

1/3 cup hazelnuts	1 ounce semisweet chocolate, melted
1 cup graham cracker crumbs (5 ounces)	1/2 cup granulated sugar or splenda
1 tablespoon vegetable oil	1/3 cup packed light brown sugar
1/4 cup unsweetened cocoa powder	2 tablespoons flour
	1 egg
	2 egg whites
	1 teaspoon vanilla extract
1 pound silken tofu	
1 cup creamed (4%) cottage cheese	

Directions:

Preheat the oven to 367 degrees. Toast the hazelnuts on a baking sheet for 7 minutes, or until the skins begins to crinkle. (Leave the oven on). Transfer the hazelnuts to a kitchen towel and rub to remove as much of the skin as possible (some skin will remain). When the hazelnuts are cool enough to handle, coarsely chop them. Set aside.

In a small bowl, stir together the crumbs, oil, and 1 tablespoon of water. Press the mixture into the bottom and partway up the sides of a 9 1/2-inch spring-form pan. Bake for 8 minutes or until the crust is set. Cool on a wire rack. Reduce the oven temperature to 350 degrees.

In a small bowl, combine the cocoa and ¼ cup of water until well moistened. In a food processor, combine the tofu, cottage cheese, melted semisweet chocolate, granulated sugar, brown sugar, flour, whole egg, egg whites, vanilla and the cocoa mixture. Process until very smooth.

Pour the batter into the prepared crust and bake for 40 minutes. Reduce the oven temperature to 250 degrees. Sprinkle the nuts on top and bake for 10 minutes or until the cheesecake is just set. Cool to room temperature; refrigerate for 2 hours or until chilled. Serves 12 (normal portions).

Nutrition: Calories, 205; fiber, 1 gram; protein, 8 grams; fat 7 grams; cholesterol 20 mg; sodium 189 mg.

