

Hidden Vegetables Save Calories!



Half n Half Meat Loaf

- 1 pound lean ground turkey
- 1 pound frozen stew veggies
- 1 can whole tomatoes, no salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp poultry seasoning
- 1/2 cup seasoned bread crumbs
- Ketchup, about 2 tablespoons

Directions :

1. Cook the veggies in the micro-

wave for 10 minutes or until really tender.

2. Puree the cooked veggies with the tomatoes in a food processor.
3. Stir the turkey , puree, season - ings and bread crumbs together. Place into oiled loaf pan, top with ketchup and bake at 375 for 1 hour or until done.
4. Allow to sit out for 10 minutes; cut and serve fr om the pan.

Serves 10. Each slice (4 ounces): 100 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 21 mg cholesterol, 191 mg sodium, 10 g carbohydrate, 1 g fiber, 12 g protein. (Compare to 520 calories and 36 g of fat for regular meatloaf!)

Mashed Cauli Taters

- 1 pound yukon gold potatoes
- 1 pound frozen cauliflower florets

- 1 teaspoon butter
- 1/4 tsp black pepper
- 1/2 tsp garlic powder
- 1/4 cup skim milk

Directions :

1. Peel the potatoes and cut them in quarters. Cook them in boiling water with the cauliflower until they are very tender, about 30 minutes.
2. Drain off the water, mash with a potato masher and then whip smooth with electric beaters. Add the butter, seasonings and skim milk. Dab with additional butter or margarine. Serve hot.

Serves 8. Each 1/2 cup serving: 66 calories, <1 g fat, 0 g saturated fat, 0 g trans fat, 1 mg cholesterol, 19 mg sodium, 14 g carbohydrate, 2.5 g fiber, 2 g protein. (Compare to 270 calories and 11 g of fat for regular mashed potatoes!)



We used 2.5 pounds of vegetables in this entire meal. It was tested and approved by 3 teenage boys! Overall this entire meal (meatloaf, mashed potatoes and macaroni) saved 624 calories compared to regular versions at a restaurant!

Carrot Mac

- 8 ounces sliced carrots
- 1 family-size (14.5 oz) box macaroni and cheese
- 1/2 cup skim milk

Place the carrots in a pan with a little water; cover and microwave 10 minutes or until very tender. Puree with a little water and set aside. Cook the macaroni until al dente - with a slight bite. Drain and rinse.

Blend the milk with the carrot puree and the cheese pack from the macaroni. Add the puree cheese sauce to the noodles and reheat in oven or microwave. Serve hot.

Serves 6. Each 1/2 cup serving: 290 calories, 4 g fat, 1.5 g saturated fat, 0 g trans fat, 9 mg cholesterol, 587 mg sodium, 51 g carbohydrate, 1 g fiber, 12 g protein.