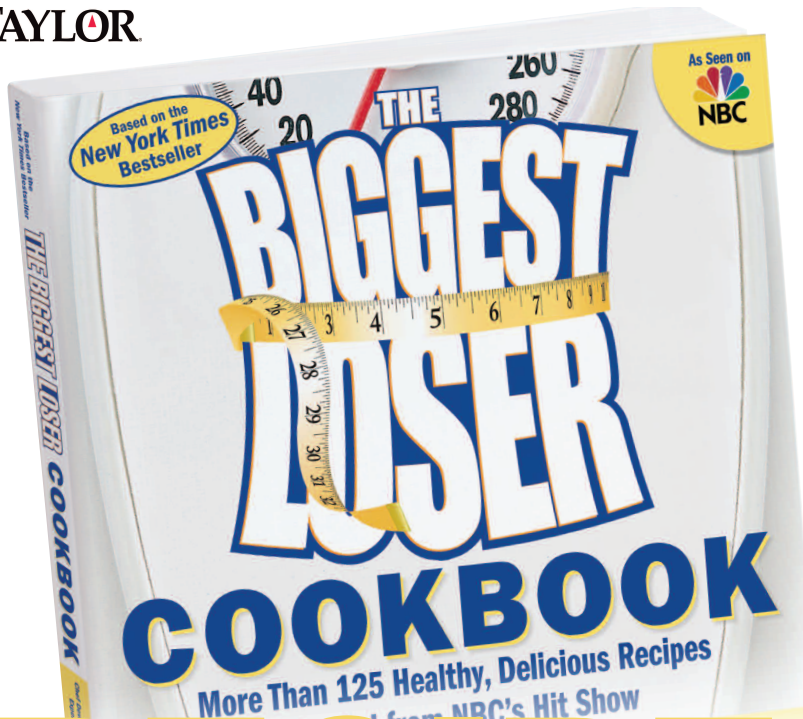


TAYLOR



# RECIPES

The best recipes taken from **The Biggest Loser Cookbook & BiggestLoserClub.com** for your new Taylor® appliance!

**Hand Blender**

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Always consult your physician prior to any weight loss or exercise program.  
Recipes and nutritional information are meant as guidelines, individual results may vary, depending on size and quality of ingredients.

# LOX-OF-MUSCLE CRISPS

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- 2 tablespoons fat-free cream cheese
- 2 teaspoons chopped fresh dill
- ½ ounce smoked salmon, minced
- 2 fat-free RyKrisp Crackers
- 1 teaspoon minced red onion

Many people are looking for a dish that will satisfy their cravings for smoked salmon. The problem, however, is that lox tends to have over 2,000 milligrams of sodium in a 4-ounce serving. Here is a throw together substitute that still gives you the essence of that great smoky taste without sending your blood pressure soaring.

In a small bowl, combine the cream cheese and dill, using your hand blender to mix well. Gently stir in the salmon.

Spread half of the salmon mixture evenly over each cracker. Place on a serving plate. Sprinkle half of the onion over each cracker. Serve immediately.

**Yield: 1 serving**

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**NUTRITIONAL VALUES:** 95 calories, 8 g protein, 13 g carbohydrates, 1 g fat (trace saturated), 6 mg cholesterol, 3 g fiber, 507 mg sodium

# SEXY JOES

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- 1 pound extra-lean ground chicken
- 1 tablespoon white vinegar
- 2 teaspoons Worcestershire sauce
- 1 ½ teaspoons honey
- ½ teaspoon hot-pepper sauce
- 2/3 cup chopped yellow onion
- 1/3 cup chopped green bell pepper
- ¾ cup low-sodium tomato sauce
- ¾ cup chili sauce
- ¼ teaspoon chili powder
- 4 whole-grain or whole-wheat hamburger buns

For fans of sloppy joes, this is a very lean version. Chicken or turkey can be used. If you have trouble finding extra lean ground chicken, ask the butcher to grind chicken breasts for you. They will usually do it at no charge.

Mist a medium non-stick skillet with olive oil spray and set it over medium-high heat. Add the chicken. Cook, stirring with a wooden spoon, breaking into large chunks, for 4 to 6 minutes, or until no longer pink.

In a small bowl, combine vinegar, Worcestershire, honey and hot-pepper sauce. Blend with your hand blender until well mixed. Set aside.

Drain off any liquid that has accumulated in the pan. Add the onion, bell pepper, tomato sauce, chili sauce, chili powder and the reserved vinegar mixture to the pan. Stir to blend. Bring the mixture to a boil then reduce the heat so the mixture simmers. Cook for 20 minutes or until the mixture is thickened.

Spoon the mixture equally onto the opened buns. Serve immediately.

**Yield: 4 servings**

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**NUTRITIONAL VALUES PER SERVING:** 331 calories, 31 g protein, 43 g carbohydrates, 4 g fat (less than 1 g saturated), 66 mg cholesterol, 5 g fiber, 876 mg sodium

# INDIAN CHICKEN SALAD POCKETS

---

1 ½ tablespoons low-fat  
mayonnaise

1 teaspoon lime juice,  
preferably fresh  
squeezed

½ teaspoon curry paste

¾ cup (4 ounces)  
chopped grilled  
chicken breast

1 ½ tablespoons seeded,  
chopped cucumber

1 ½ tablespoons  
chopped red onion

1 whole-wheat pita  
(6 ½" diameter), cut  
in half

2 leaves green leaf  
lettuce

You can mix stronger flavors with low-fat mayonnaise to give it the richness of a full-fat mayonnaise. Here, it is coupled with curry paste, which is found in the international food aisle of many grocery stores.

In a medium bowl, combine the mayonnaise, lime juice and curry paste. Use your hand blender to mix well. Add the chicken, cucumber and onion. Toss to mix well.

Spoon the mixture evenly into the pita halves. Add the lettuce. Serve immediately.

**Yield: 2 servings**

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**NUTRITIONAL VALUES PER SERVING:** 186 calories, 20 g protein, 16 g carbohydrates, 5 g fat (1 g saturated), 48 mg cholesterol, 2 g fiber, 304 mg sodium

*Start and end every meal with a glass of water. If you are too full at the end of the meal to drink the water, you know that you have eaten too much!*

# GARLIC AND CHIVE MASHED SWEET POTATOES

---

- 1 head of garlic
- ¼ teaspoon extra-virgin olive oil
- Salt, to taste
- Ground black pepper, to taste
- 2 pounds sweet potatoes, peeled and cut into 1” chunks
- 3 tablespoons fat-free sour cream
- 1 tablespoon fat-free milk
- 4 tablespoons chopped fresh chives

If you've never roasted a head of garlic, it is a great thing to try. One garlic clove has only about 5 calories, a trace of fat and less than 1 milligram of sodium, so it makes a great seasoning. Roasting garlic tones down its sharp flavor, but also makes it rich and sweet. It is perfect for seasoning rice and mashed sweet potato dishes.

Pre-heat the oven to 400°F. On a cutting board, slice ¼” off the top end of the garlic bulb to expose the tops of the cloves. Place the bulb, cut side up, on an 8” x 8” piece of aluminum foil. Spoon the oil over the cut side. Season lightly with salt and pepper. Wrap the foil to seal tightly. Bake for about 45 minutes, or until the cloves are tender when pierced with a sharp knife. Let stand for 5 minutes to cool slightly. Squeeze the garlic cloves from their skins into a small bowl. Smash them with the back of a spoon. Set aside.

Cook the potatoes in a pot of boiling salted water for 12 to 15 minutes, or until tender when pierced with a fork. Drain and transfer to a medium mixing bowl.

In a small microwavable bowl, combine the sour cream and milk. Microwave on high power for about 1 minute, or until just warm. Add the milk mixture, the mashed garlic, and 3 ½ tablespoons of chives to the potatoes. Blend with your hand blender, using a gentle up and down motion until fluffy. Season with salt and pepper. Serve immediately, garnished with the remaining ½ tablespoon of chives.

**Yield: 5 (1/2 cup) servings**

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**NUTRITIONAL VALUES PER SERVING:** 149 calories, 4 g protein, 33 g carbohydrates, less than 1 g fat (trace saturated), less than 1 mg cholesterol, 5 g fiber, 61 mg sodium

*The roasted garlic can be transferred to a small re-sealable plastic bag or a jar and refrigerated for up to 1 week before using.*

# PAN “FRIED” CATFISH WITH SOUTHWEST TARTAR SAUCE

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- 1 **tablespoon low-fat mayonnaise**
- 1 ½ **teaspoons chopped fresh cilantro leaves, plus additional leaves for garnish (optional)**
- 1 **teaspoon lime juice, preferably fresh squeezed**
- 1/8 **teaspoon ground chipotle chile pepper**
- 1 **small (1/4 pound) catfish fillet**
  - A pinch of paprika, or to taste**
  - A pinch of garlic powder, or to taste**

*Catfish nuggets can also be used for this recipe but note that they will take only about 1 minute per side to cook.*

Here is a new twist on tartar sauce by coupling mayonnaise with Mexican seasonings. The richness of the seasonings eliminates the presence of any potential aftertaste from the mayonnaise, while the mayonnaise serves to delight the palate with contrasting texture and temperature.

To prepare the tartar sauce: In a small bowl, combine the mayonnaise, cilantro, lime juice and chipotle pepper. Use your hand blender to mix well. Set aside.

Season both sides of the catfish evenly with the paprika and garlic powder. Set a small nonstick skillet over a medium-high heat until it is hot enough for a spritz of water to sizzle on it. With an oven mitt, briefly remove the pan from the heat to lightly mist with olive oil spray. Place the catfish in the pan. Cook for 1 minute per side or until seared. Reduce the heat to medium. Cook for 2 to 3 minutes per side or until the catfish flakes easily. Transfer to a serving plate. Spoon the reserved tartar sauce over the top. Garnish with cilantro leaves, if desired. Serve immediately.

**Yield: 1 Serving**

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**NUTRITIONAL VALUES:** 136 calories, 19 g protein, 3 g carbohydrates, 5 g fat (1 g saturated), 66 mg cholesterol, trace fiber, 179 mg sodium



Go to [www.biggestloser.com](http://www.biggestloser.com) to learn more about all The Biggest Loser Lifestyle products.

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