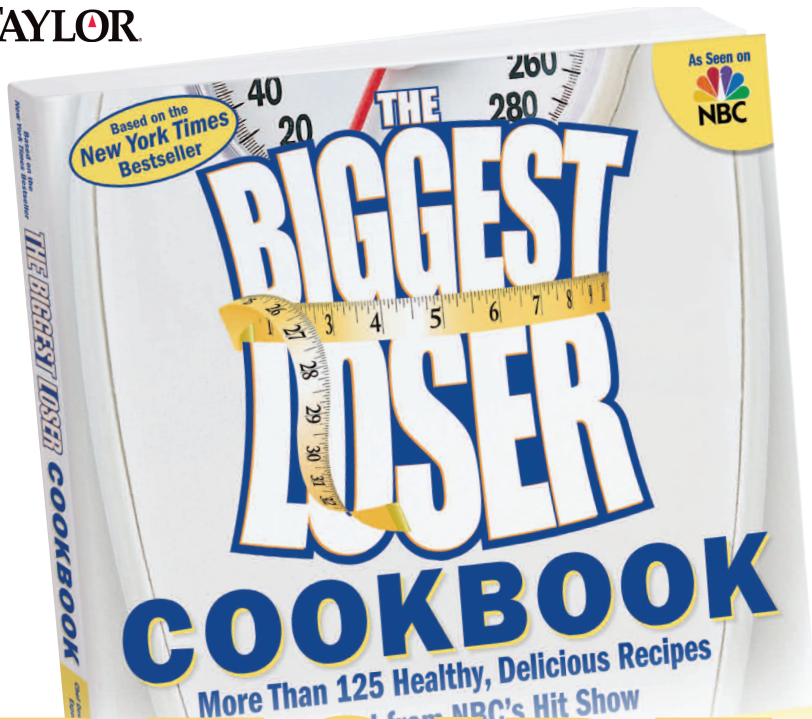


TAYLOR



RECIPES

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

Food Chopper

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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.

OTTO'S TASTY EGG-WHITE OMELET

- ½ cup fresh or frozen and thawed broccoli, finely chopped
- ¼ cup chopped red onion
- 1 clove garlic, minced
- ¾ cup fresh spinach leaves
- 4 large egg whites
- 1/8 teaspoon ground black pepper
- ½ cup (1 ounce) finely shredded Cabot 75% Light Cheddar Cheese
- Salt, to taste
- 3 tablespoons picante sauce (optional)

Otto uses fat-free American cheese. If you are trying to maximize results, you may try that. Cabot's 75% Light Cheddar Cheese, on the other hand, adds only 30 calories and 2 ½ grams of fat.

Chop separately the broccoli, red onion and garlic and set aside. Mist a medium non-stick skillet with olive oil spray. Set over medium heat. Add the broccoli, onion and garlic. Cook, stirring occasionally, for 4 to 6 minutes, or until the onion is almost tender. Add the spinach and cook for an additional 1 to 2 minutes, or until it is wilted. Remove the vegetables to a plate. Cover and set aside to keep warm.

In a small bowl, whisk the egg whites and pepper until the egg whites bubble lightly. Coat the pan with olive oil spray. Set over medium heat. Pour the egg white mixture into the pan. Cook, lifting the edges with a spatula as they start to set and tipping the pan for uncooked egg whites to run underneath, for 2 to 3 minutes, or until almost set. Flip the omelet. Spoon the reserved vegetables over the egg-white mixture. Sprinkle the cheese evenly over the top. Cover and cook for 1 to 2 minutes, or until the cheese is melted. Fold the omelet in half. Transfer to a serving plate. Season with salt. Top with picante sauce, if desired. Serve immediately.

Yield: 1 serving

NUTRITIONAL VALUES: 160 calories, 24 g protein, 11 g carbohydrates, 3 g fat (1 g saturated), 6 mg cholesterol, 3 g fiber, 435 mg sodium

COCKTAIL HOUR TUNA TARTARE

- 4 ounces sashimi- or sushi-grade ahi tuna, finely chopped
- 2 tablespoons minced mango
- 1 tablespoon minced seeded cucumber
- 2 teaspoons lime juice, or more to taste
- 1 teaspoon chopped fresh cilantro leaves
- 1 teaspoon chopped green onion tops
- ½ teaspoon toasted sesame oil
- ¼ teaspoon hot sesame oil
- Pinch of salt, or to taste

If you love sushi, you can't go wrong with this fresh and light dish, served in a martini glass! Just be 100 percent sure that you buy sashimi- or sushi-grade tuna.

Mince separately mango and cucumber and set aside. Chop cilantro and green onion separately and set aside. In a medium bowl, combine the tuna, mango, cucumber, 2 teaspoons lime juice, cilantro, green onion, toasted sesame oil, hot sesame oil and salt. Stir to mix. Taste and add up to 1 teaspoon more lime juice if desired. Spoon the mixture into a martini glass or mound onto a small serving plate.

Yield: 1 servings

NUTRITIONAL VALUES: 192 calories, 28 g protein, 5 g carbohydrates, 6 g fat (less than 1 g saturated), 0 mg cholesterol, less than 1 g fiber, 146 mg sodium

WINNING “FRIED” CHICKEN

- 3 tablespoons fat-free plain yogurt
- 4 large fresh basil leaves, chopped
- 1 teaspoon chopped fresh oregano leaves
- 1 teaspoon chopped fresh thyme leaves
- ¼ teaspoon garlic powder
- Pinch of salt
- Pinch of ground black pepper
- 4 tablespoons Ian’s Whole Wheat Panko Bread-crumbs or finely crushed Wasa Light Rye Crispbread
- 2 small (1/4 pound) boneless, skinless chicken breasts, trimmed of visible fat
- Mustard or low-fat, low-sodium marinara sauce, to taste (optional)

This “fried” chicken is incredibly versatile. It can be eaten as is, or add a bit of marinara sauce and some fat-free mozzarella cheese for chicken parmesan. You can also chop it up to top a salad. Panko is a Japanese bread crumb that is super crispy. If you can’t find it, a second choice is crushed up Wasa crispbread.

Chop basil, oregano and thyme separately and set aside. Crush or chop Wasa Light Rye Crispbread (if not using panko) and set aside. Preheat the oven to 400°F. Lightly mist a small non-stick baking sheet with olive oil spray.

In a medium shallow bowl, combine the yogurt, basil, oregano, thyme, garlic powder, salt and pepper. Stir to mix well.

Place 2 tablespoons of the bread crumbs or crushed crispbread in another medium shallow bowl. Set next to the yogurt mixture. Dip 1 chicken breast into the yogurt mixture to coat. Transfer to the crumbs to coat evenly. Place on the prepared baking sheet. Add the remaining 2 tablespoons crumbs to the bowl. Repeat the process with the second chicken breast. Place on the baking sheet, not touching each other.

Bake for 10 minutes. Flip the chicken and bake for 8 to 10 minutes longer, or until no longer pink. Serve immediately with mustard or marinara sauce on the side, if desired.

Yield: 2 servings

NUTRITIONAL VALUES PER SERVING: 173 calories, 29 g protein, 9 g carbohydrates, 2 g fat (less than 1 g saturated), 66 mg cholesterol, 1 g fiber, 171 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!

KIMMI AND BRUCE'S CHICKEN LETTUCE WRAPS

- 1 can (8 ounces) bamboo shoots, drained and minced
- 1 can (8 oz) water chestnuts, drained and minced
- 3 tablespoons sherry
- 2 tablespoons hoisin sauce
- 1 tablespoon unsalted freshly ground peanut butter, or reduced-fat peanut butter
- 2 teaspoons low-sodium soy sauce
- 2 teaspoons hot-pepper sauce
- 2 packets (.035 ounce each) sugar substitute (such as Splenda)
- 1 tablespoon minced garlic
- 1 cup minced onion
- ½ pound ground chicken breast
- 2 teaspoons minced fresh ginger
- ¼ teaspoon salt
- 1 teaspoon toasted sesame oil
- 8 small leaves butter lettuce
- 1 whole green onion, chopped
- 1 small cucumber, seeded and sliced into 1" strips

There are a lot of ingredients to this recipe, but don't be intimidated, it is quite easy and well worth making. If you are not a spicy food lover, you may want to start with a teaspoon of hot sauce instead of the 2 teaspoons listed.

Drain and chop bamboo shoots and water chestnuts separately and set aside. Chop garlic, onion ginger and green onion separately and set aside. In a medium bowl, combine the bamboo shoots, water chestnuts, sherry, hoisin sauce, peanut butter, soy sauce, hot-pepper sauce and sugar substitute. Mix well and set aside.

Mist a large, non-stick skillet with olive oil spray and set over medium heat. Add the garlic and cook for 2 minutes, or until fragrant. Add the onion. Cook, stirring occasionally for 3 to 4 minutes, or until tender and just starting to brown. Increase the heat to medium-high. Add the chicken, ginger and salt. Cook, breaking the chicken into small chunks, for 3 to 4 minutes, or until no longer pink. Add the reserved bamboo shoot mixture. Cook for 2 minutes more, or until hot. Stir in the sesame oil. Remove the pan from the heat. Spoon the chicken mixture, evenly divided, into the 8 lettuce leaves. Set on a serving dish. Top with the green onion and cucumber strips. Serve immediately.

Yield: 4 (2 wrap) servings

NUTRITIONAL VALUES PER SERVING: 191 calories, 16 g protein, 22 g carbohydrates, 4 g fat (less than 1 g saturated), 33 mg cholesterol, 5 g fiber, 637 mg sodium

NAPOLEON TURKEY SANDWICH

- ¼ cup loosely packed fresh basil leaves
- 1 ½ tablespoons low-fat mayonnaise
- ¼ teaspoon minced garlic
- 2 slices whole-grain or sprouted-grain sandwich bread
- ¾ cup (3 ounces) thinly sliced low-sodium, low-fat turkey breast
- ¾ ounce thinly sliced low-fat mozzarella cheese
- Several arugula or spinach leaves
- 4 slices tomato
- ¼ cup roasted red pepper strips
- 1 or 2 very thin slices red onion

If you are buying turkey pre-cooked at the grocery store, make sure that you buy low-sodium, not lower-sodium, turkey breast. Many popular brands of lower-sodium turkey breast still have 650 to 700 milligrams of sodium in each 4-ounce serving.

In your food chopper, chop the basil leaves very finely and set aside. Mince the garlic and set aside. Transfer the basil to a small bowl and add the mayonnaise and minced garlic. Stir to mix and set aside.

Place one slice of bread on a serving plate. Cover with the turkey, mozzarella, arugula or spinach, tomato, red pepper strips and onion. Spread the reserved mayonnaise mixture over the second slice of bread. Place on the sandwich. Serve immediately.

Yield: 1 Serving

NUTRITIONAL VALUES: 332 calories, 32 g protein, 35 g carbohydrates, 9 g fat (2 g saturated), 39 mg cholesterol, 6 g fiber, 752 mg sodium



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