

Gazpacho

- 6 large ripe tomatoes, seeded and chopped or 1½ cups canned imported plum tomatoes, drained
- 2 red bell peppers, cored, seeded & coarsely chopped
- 2 large cucumbers, peeled, seeded & coarsely chopped
- 1 medium yellow onion, coarsely chopped
- 1 clove garlic
- 1½ cups canned tomato juice
- ¼ cup red wine vinegar
- 1 tablespoon olive oil
- Pinch of cayenne pepper or dash of hot pepper sauce
- Salt and freshly ground pepper to taste
- ½ cup fresh parsley, chopped

In a food processor or blender place tomatoes, red peppers, cucumbers, onion and garlic a small amount at a time, adding enough tomato juice to each batch to keep the blades from clogging. Process until well mixed but do not puree completely. Combine processed vegetable mixture, vinegar, olive oil, cayenne pepper, salt and pepper in a large bowl and cover. Refrigerate for 4 hours or longer, adjusting seasonings if necessary. Ladle soup into bowls. Garnish with parsley.

Makes 8 servings. Approx. per serving: 64 calories; 2 grams of fat.

Key Lime Yogurt Pie

- 1 reduced-fat graham cracker crust
- ½ cup frozen apple juice concentrate, thawed
- 1 envelope unflavored gelatin
- 2 tablespoons sugar
- 1/3 cup fresh lime juice
- 2 teaspoons lime rind (zest), freshly grated
- ¼ teaspoon vanilla extract
- 1½ cups low-fat plain yogurt
- Fresh lime slices

Pour apple juice into a saucepan, sprinkle with gelatin, and let stand for several minutes or until gelatin is softened. Add sugar and cook over low heat until gelatin and sugar dissolve, stirring constantly. Pour gelatin mixture into a mixer bowl, then add lime juice, rind and vanilla. Chill until mixture resembles raw egg whites, then beat until fluffy. Add yogurt, continuing to beat until fluffy. Pour yogurt mixture into graham cracker crust and chill until firm. Garnish with lime slices.

Makes 8 servings. Approx. per serving: 148 calories; 2 grams of fat.



Greek Chicken with Tomatoes, Peppers, Olives, Feta

Lemon, mint, and a garnish of crumbled feta cheese bring the flavors of Greece to this easy chicken dish. If fresh Roma tomatoes aren't available, canned tomatoes will provide the same cancer-fighting nutrients and vivid color.

- 4 boneless, skinless chicken breast halves, cut into bite-sized pieces
- 1/4 cup flour
- 8 teaspoons Greek seasoning salt, divided
- 1 teaspoon olive oil
- 1 large onion, sliced lengthwise
- 1 green pepper, cored, seeded, and sliced lengthwise into strips
- 3 Roma tomatoes, cut into eighths
- 3 tablespoons Kalamata olives, chopped
- 3 tablespoons feta cheese, crumbled

To make Greek seasoning salt, combine:

- 2 teaspoons of garlic salt
- 2 teaspoons of lemon pepper
- 2 teaspoons of oregano
- 2 teaspoons of dried mint

Dredge chicken in flour mixed with 4 teaspoons of Greek seasoning. Heat oil in a large skillet over medium heat and add chicken, sautéing for 3 to 4 minutes until cooked through. Remove chicken from pan and set aside. Add onion to skillet and sauté until tender, about 2 minutes. Add bell pepper and cook another 2 minutes. Return chicken to skillet and cook 1 to 2 minutes, sprinkling with remaining Greek seasoning. Mix in tomatoes. Remove from heat, transfer to serving dish, and sprinkle with olives and feta cheese.

Serves 8. Approximate per serving: 210 calories; 9.5 grams of fat