

## Antipasto Salad

- 1 14½-ounce can of artichoke hearts
- ¼ cup each of assorted olives, such as black, Kalamata, or green
- ½ 15-ounce can chickpeas
- ¼ pound roasted red peppers
- ½ cup low-fat mozzarella cheese, cubed
- ½ cup baby corn
- ½ cup sun-dried tomatoes, softened in boiling water and chopped
- ¼ cup turkey pepperoni, cubed or sliced
- ¼ cup turkey salami, cubed or sliced
- ¾ cup low-fat Italian or Caesar dressing
- Dash of salt and pepper

Combine all ingredients in a large bowl. Mix well. Makes approximately 16½ cups. Chill and serve.

Serves 8. Approx per serving: 470 calories; 11 grams of fat.



## Grilled Vegetables

- 1 cup fat free Italian dressing
- 1 small eggplant, sliced lengthwise into ½ inch slices
- 2 medium zucchini, sliced lengthwise into ½ inch slices
- 2 medium summer squash, sliced lengthwise into ½ inch slices
- 2 red peppers, cored, seeded, and sliced into ½ inch rings
- 2 green peppers, cored, seeded, and sliced into ½ inch rings
- 2 yellow peppers, cored, seeded, and sliced into ½ inch rings
- ½ head fennel, leaves removed, cut into 4 inch pieces
- 1 tablespoon garlic salt

Toss vegetables with Italian dressing to coat, keeping each type of vegetable separate. Heat grill to medium-high heat. Skewer vegetables (or cook in grilling basket to prevent small items from falling onto coals or heating element). Grill until lightly browned:

- 1 to 2 minutes per side for peppers
- 2 to 3 minutes per side for eggplant and squashes
- 3 to 4 minutes per side for fennel

Sprinkle with garlic salt while cooking. Remove vegetables from grill and place on a large platter, separating each type of vegetable.

Serves 8. Approx per serving: 80 calories; 0 grams of fat.

## Tiramisu

*Shave chocolate quickly and easily by using a vegetable peeler.*

- 1 cup strong coffee or espresso
- 2 tablespoons sugar
- 2 teaspoons cornstarch
- 1 large box instant chocolate pudding mix
- 2 cups skim milk
- 1 cup part skim ricotta cheese
- 3 cups fat-free whipped topping, divided
- Half of a 13-ounce fat-free pound cake, cut into 2-inch cubes
- 1 ½ ounce piece of bittersweet chocolate, shaved, for garnish

**TO PREPARE SYRUP:** In a small saucepan over medium-high heat, bring coffee or espresso and sugar to a boil. Add cornstarch and cook 5 to 6 minutes or until thickened. Remove coffee syrup mixture from heat and cool.

**TO PREPARE CHOCOLATE:** Prepare pudding according to package directions, but use only 2 cups of milk instead of 4. Chill.

**TO PREPARE RICOTTA:** Mix together ricotta cheese and 1 cup of whipped topping.

**TO ASSEMBLE TIRAMISU:** Press pound cake cubes into bottom of a large glass bowl or trifle dish. Pour coffee syrup evenly over cake. Spread ricotta mixture over cake smoothly. Spread chocolate pudding mixture on top of ricotta layer. Top with remaining whipped topping. Sprinkle with chocolate shavings. Chill at least 1 hour before serving to allow the flavors to meld.

Serves 8. Approx per serving: 330 calories; 2 grams of fat