

## Savory Mediterranean Egg Cake

**Hands-On Time:** 10 minutes • **Total Time:** 25 minutes + standing time

**Makes:** 8 wedges

You can have the egg cake hot out of the pan, at room temp, or chilled. It's a great grab-and-go breakfast. Just pop 2 wedges in a sandwich bag—and if you'd prefer them warm, reheat gently in a toaster oven (about 10 minutes at 250°F) or the microwave (about 2 minutes at 50% power). Because the egg cake is made with a lot of egg whites, it will get wet as it sits, so you need to store the wedges (in the fridge) separated by sheets of waxed paper to absorb any excess liquid.

### Fat Releasers

Olive oil,  
bell peppers,  
black pepper, eggs,  
parsley, cheese

**4 teaspoons extra-virgin olive oil**

**1 tablespoon water**

**1 large red bell pepper, diced**

**Salt**

**Ground black pepper**

**5 large eggs**

**6 large egg whites**

**½ cup chopped parsley**

**2 teaspoons crumbled dried mint**

**2 teaspoons grated lemon zest**

**½ cup crumbled reduced-fat feta cheese**

1. In a large nonstick skillet, heat 1 teaspoon of the oil and the water over medium-high heat. Add the bell pepper and a pinch each of salt and pepper, and cook until the water evaporates and the pepper is starting to sizzle. Scrape out of the skillet and set aside to cool slightly.

2. In a large bowl, beat together the whole eggs and egg whites. Stir in the parsley, mint, lemon zest, a pinch of salt and a generous pinch of pepper. Stir in the cooled bell pepper.

3. In the same skillet (no need to clean), heat the remaining 1 tablespoon oil over medium heat. Add the egg mixture and cook until set around the edges, about 1 minute. Reduce the heat to medium-low, cover, and cook until about halfway cooked, about 3 minutes.

4. Sprinkle on the feta, cover, and cook until mostly firm but still a little moist on top, 6 to 8 minutes. Remove from the heat and let sit covered for 10 minutes. (If the top is still too wet, place the skillet under broiler 6 inches from the heat for 1 or 2 minutes; make sure the handle of the skillet is wrapped in aluminum foil if it's not broilerproof.) Cut into 8 wedges.

**Per 2-wedge serving:** 207 calories • 18g protein • 13g fat (4g saturated)

1.5g fiber • 107mg calcium • 64mg vitamin C • 5g carbohydrate • 486mg sodium

## Buttermilk Pancakes with Cherries

**Hands-On Time:** 30 minutes • **Total Time:** 30 minutes • **Makes:** 12 pancakes

You can make these pancakes ahead. Spread them out on a tray or cooling rack and place in the freezer. When frozen solid, pack a portion (2 pancakes) into individual plastic resealable bags. Pop them into the toaster oven (to “light” toast) or microwave (in 20-second bursts until heated through) to reheat for breakfast.

### Fat Releasers

Pecans, oats,  
buttermilk powder,  
cinnamon, eggs,  
olive oil

- ¼ pound fresh or thawed frozen cherries
- 2 teaspoons turbinado sugar
- 1 cup white whole-wheat flour
- ½ cup all-purpose flour
- ¼ cup finely ground pecans (the texture of cornmeal)
- ¼ cup quick-cooking oats
- ⅓ cup buttermilk powder or nonfat dried milk
- 1 tablespoon baking powder
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- 2 large eggs
- 1 tablespoon plus 1 teaspoon extra-light olive oil
- 1⅓ cups water

1. At least 30 minutes before you plan on making the pancakes, finely mince ¼ cup of the cherries and set aside. Thinly slice the remaining cherries and toss in a bowl with 1 teaspoon of the sugar. Let the sliced cherries sit to develop some juiciness. (You can do this well ahead if you'd like; the longer you let the cherries sit, the more juice you'll get.)
2. In a medium bowl, stir together the flours, pecans, oats, buttermilk powder, baking powder, 1 teaspoon of the sugar, the cinnamon, and salt.
3. Make a well in the middle of the flour mixture. Add the eggs and lightly beat with a fork. Add the oil and water and blend to make a batter. Stir in the minced cherries. (If the batter seems too thick, add a touch more water.)
4. Lightly coat a large nonstick skillet or griddle with cooking spray and heat over medium-high heat. Ladle in ¼ cupfuls of the batter and cook until the tops of the pancakes are speckled with bubbles and some bubbles have popped and the underside of the pancake is golden brown; then flip the pancakes and cook until browned on the second side. The second side will take about half as long as the first side did.
5. To serve, spoon the sliced cherries and some of the accumulated juices over each 2-pancake portion.

Per 2-pancake serving: 251 calories • 9g protein • 9g fat (1.5g saturated)  
4.5g fiber • 173mg calcium • 1mg vitamin C • 35g carbohydrate • 544mg sodium

## Parmesan-Pecan Pork

**Hands-On Time:** 10 minutes • **Total Time:** 15 minutes • **Makes:** 4 servings

If your market carries only thinner pork chops ( $\frac{1}{2}$  inch thick), reduce the cooking time by about 1 minute per side; but to be sure, cut into the meat toward the end of the cooking time. You want the pork to be juicy and just cooked through, with the faintest hint of pink in the center. The pork will continue to cook a bit after you take the pan off the heat and let the meat sit. The juices will also pull back into the meat to make the chop extra juicy.

### Fat Releasers

Pecans, Parmesan cheese, black pepper, eggs, pork loin, olive oil

- $\frac{1}{4}$  cup (1 ounce) pecans
- $\frac{1}{3}$  cup grated Parmesan cheese
- Ground black pepper
- 2 large egg whites
- 4 boneless pork loin chops ( $\frac{3}{4}$  inch thick, 4 ounces each)
- 1 tablespoon extra-virgin olive oil

**COOKING FOR ONE:** Stir together 1 tablespoon finely chopped pecans, 4 teaspoons Parmesan cheese, and black pepper to taste. Dredge 1 pork chop in a beaten egg white and the pecan-Parm mixture. Coat a small nonstick skillet with olive oil cooking spray and cook the chop as directed.

1. In a mini food processor, grind the pecans and Parmesan cheese to the texture of fine bread crumbs. Place in a shallow bowl and season with pepper to taste. Put the egg whites in another shallow bowl and lightly beat.
2. Dip the pork in the egg whites (let the excess drip off) and then in the crumb mixture (pat the crumbs on thick). Place on a plate and let sit while you heat the oil.
3. In a large nonstick skillet, heat the oil over medium heat until shimmering. Add the pork and cook on the first side until the coating is golden, about 3 minutes. Carefully flip the pork and cook on the second side until the pork is mostly cooked through but with a hint of pink in the center, 3 to 4 minutes. Remove the pan from the heat and let the pork sit in the pan for 3 minutes. Serve hot.

**Per serving:** 259 calories • 24g protein • 17g fat (3.5g saturated) • 0.5g fiber  
121mg calcium • 0mg vitamin C • 1g carbohydrate • 186mg sodium

## PHASE 2: FADE AWAY

### Vietnamese Pho with Chicken & Spaghetti Squash

**Hands-On Time:** 25 minutes • **Total Time:** 30 minutes • **Makes:** 4 servings

This classic Vietnamese meal in a bowl (called *pho*) is usually made with noodles, but in this lightened version, spaghetti squash stands in for them. You can easily prep this recipe in stages: Cook the spaghetti squash first; it can sit for an hour or so at room temp. You can also make the frizzled shallots (step 3) ahead of time.

#### Fat Releasers

Limes, spaghetti squash, olive oil, shallots, serrano chile, bell pepper, chicken

- 1 lime
- 1 spaghetti squash (3½ pounds)
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil
- 4 large shallots, thinly sliced
- 4 cups low-sodium chicken broth
- ½ teaspoon salt
- 1 serrano chile, seeded and minced
- 1 green bell pepper, finely slivered
- 1 pound skinless, boneless chicken breast, cut against the grain into very thin slices
- 3 tablespoons chopped cilantro
- 3 tablespoons chopped fresh mint

1. Grate the zest of ½ lime into a large bowl. Squeeze in the juice of the whole lime.
2. Pierce the spaghetti squash in several places with a knife or kitchen fork. Microwave on high for 12 minutes, or until the squash is firm-tender (but not too soft). Holding the squash with a potholder, halve it lengthwise. When cool enough to handle, scoop out and discard the seeds, then use a fork to pull the squash flesh into strands. Gently toss the squash with the lime juice and set aside.
3. Meanwhile, in a large nonstick skillet, heat the oil over medium-high heat. Add the shallots and cook until very nicely browned, 5 to 7 minutes. Scrape onto a plate and set aside.
4. In a medium saucepan, combine the broth, salt, chile, and bell pepper and bring to a boil. Working in batches, place the chicken slices in a strainer and lower into the boiling broth to cook, just 45 seconds to 1 minute per batch. Set aside on a plate.
5. To serve, divide the hot broth and bell pepper among 4 large soup bowls. Place a portion of the “noodles” in the center. Top with the cooked chicken, fresh herbs, and fried shallots.

Per serving: 290 calories • 29g protein • 8.5g fat (1.5g saturated) • 5g fiber  
79mg calcium • 40mg vitamin C • 26g carbohydrate • 547mg sodium

### Wine- & Hands-On Time

To wash leeks, fi leeks, put them i to the bottom ar slotted spoon to this over ½ cup c

- 6 ounces port caps, prefer portobellos
- 1 tablespoon extra-virgin
- 4 skinless, bon breast halve cut crosswis
- ½ teaspoon cri rosemary
- ¼ teaspoon sai
- ¼ teaspoon gro
- 4 medium leek lengthwise a into ¾-inch p
- 1 cup low-sodi
- ¾ pound zucch ¾-inch chunl
- 1 cup dry red v
- 3 tablespoons tomato paste
- 3 ounces low-s ham, diced

Per serving: 378  
29mg vitamin C . .

## Flourless Chocolate-Peanut Butter Cakelets

**Hands-On Time:** 15 minutes • **Total Time:** 30 minutes • **Makes:** 12 cakelets

Nuts and chocolate, in addition to being delicious, have the ability to help baked goods rise. So these little cakes, which have no flour in them at all, are leavened by eggs, peanut butter, and cocoa. The cakes store well in the fridge or freezer. If freezing, spread them out on a tray to freeze solid, then store them in a plastic resealable bag. When you're ready to have one for dessert, just leave it at room temperature for 10 minutes or so.

**Fat Releasers**  
Honey, chocolate,  
peanut butter,  
cocoa, eggs

- ½ cup honey
- ½ cup (about 2 ounces) mini semisweet chocolate chips
- ¼ cup creamy natural peanut butter
- 5 tablespoons unsweetened cocoa powder
- 2 large eggs, separated
- 2 teaspoons vanilla extract
- ¼ teaspoon salt
- 2 egg whites
- ¼ teaspoon cream of tartar

1. Preheat the oven to 375°F. Line 12 cups of a muffin tin with paper liners.
2. In a small saucepan, combine the honey, chocolate chips, peanut butter, and cocoa and stir over low heat until smooth.
3. In a large bowl, beat the egg yolks with the vanilla and salt. Whisk about ¼ cup of the chocolate mixture into the egg yolks to warm them. Scrape the remaining chocolate mixture into the egg yolks and stir to combine.
4. In a large bowl, with an electric mixer, beat the 4 egg whites until foamy. Add the cream of tartar and beat until stiff peaks form.
5. Stir one-third of the egg whites into the chocolate mixture to lighten it, then gently but thoroughly fold in the remaining egg whites.
6. Divide the batter among the muffin cups and bake until a wooden pick inserted in the center comes out with a few moist crumbs clinging to it, 12 to 14 minutes. Let cool completely in the pan on a rack. The cakes will fall a little as they cool.

**Per cakelet:** 124 calories • 4g protein • 5g fat (1.5g saturated) • 1g fiber  
7mg calcium • 0mg vitamin C • 17g carbohydrate • 71mg sodium

## Chocol

**Hands-On Tim**

**Total Time:** 45 |

Super moist beca  
takes really well t  
squares and spre  
solid, then pop in  
freezer, but chan  
straight from the

- 5 tablespoons plus extra fc
- 1 medium zuc
- ½ cup honey
- ¼ cup turbinac
- 2 tablespoons or extra-ligh
- 1 large egg
- 1 large egg wh
- ½ teaspoon va
- 2 tablespoons
- ¾ cup white wt spooned into then leveled
- ½ cup all-purpo spooned into and then leve
- 2 tablespoons cocoa powde
- 1 teaspoon bak
- ½ teaspoon gro
- ¼ teaspoon salt
- ⅓ cup mini choc

**Per square:** 165 ci  
4mg vitamin C • 23 |