

1. FAYET.

Zippy Deviled Eggs

Ingredients

¼ cup low-fat cottage cheese
2 tablespoons low-fat mayonnaise
1 teaspoon chopped fresh chives
½ teaspoon prepared horseradish
Paprika (optional)

5 hard-cooked eggs
1 tablespoon fat-free sour cream
1 teaspoon prepared mustard
1/8 teaspoon onion powder
Fresh parsley sprigs (optional)

Preparation

Place cottage cheese in container of an electric blender; cover and process until smooth. Slice eggs in half lengthwise; remove yolks. Mash 2 yolks; reserve remaining yolks for another use. Add cottage cheese, mayonnaise, and next five ingredients. Pipe into egg whites. If desired, garnish with paprika and parsley. Yield: 10 servings

Nutritional Information

Calories 34; Protein 3.1 g; Fat 1.9 (Sat 0.5g); Cholesterol 44 mg; Carbohydrate 0.7 g; Fiber 0g; Iron 0.1 mg; Sodium 81 mg; Calcium 10 mg

Cooking Light Cookbook, 1994

Beverages

Those who choose to drink alcoholic beverages should do so sensibly and in moderation—defined as the consumption of up to one drink per day for women and up to two drinks per day for men. Healthier, non-alcoholic beverages include:

- Bottled Water
- Diet soda
- 100% fruit juice
- Smoothies made with juice, yogurt & fruit



Grilled Tomato Salad

Ingredients

1 tablespoon extra virgin olive oil
1 tablespoon fresh lemon juice
2 cloves of garlic minced
3 dashes of Worcestershire sauce
½ cup chopped fresh basil
Salt and pepper to taste
5 large vine ripened tomatoes - quartered
½ loaf of crusty bread torn in 5 pieces

Preparation

Prepare the grill. Whisk in a medium bowl - oil, lemon juice, garlic and Worcestershire sauce, add basil and let set. Combine salt and pepper with the quartered tomatoes. When grill is hot shear the tomatoes, turning frequently until brown on all sides. Toss sheared tomatoes in the basil mixture. Season with salt and pepper. Yield: 5 servings.

Serve with the crusty bread.

*Source: Leslie Ann Britton, Coleman
NASCAR Team Challenge Winner!*