

Lasagna	
Ingredients:	Substitutions:
1 box lasagna noodles	
1 pound ground beef	1 pound extra lean ground beef (93 percent lean) or lean ground turkey
1/2 cup chopped onion	
8 oz mushrooms, optional	
1 jar (about 16 ounces) spaghetti sauce, your favorite	1 jar spaghetti sauce, no added fat
1 teaspoon garlic powder	
1/2 teaspoon salt	
1 teaspoon dried leaf oregano, crumbled	
1/2 teaspoon dried leaf basil, crumbled	
1 1/2 cups ricotta cheese	1 1/2 cups part-skim ricotta cheese
2 cups shredded Monterey Jack cheese	2 cups reduced-fat Monterey Jack Cheese
3/4 cup grated Parmesan cheese	3/4 cup reduced-fat Parmesan cheese
Cook lasagna noodles according to package directions; drain and set aside. In a large skillet, brown beef, onion, and mushrooms. Stir in spaghetti sauce, garlic powder, salt, oregano, and basil. In a 2-quart buttered baking dish (about 11x7x2 inches), layer 1/3 of the lasagna noodles, 1/3 of the sauce, and 1/3 of the ricotta cheese, Monterey Jack cheese, and Parmesan cheeses. Repeat layers twice. Bake lasagna for 30 minutes or until thoroughly heated and bubbly. Let stand for 8 to 10 minutes before cutting and serving. Serves 6 to 8.	Notes: Don't forget to drain the fat from the meat after you brown it. Use cooking spray instead of butter to grease the dish.
Salad	
Ingredients:	Substitutions:
1 head iceberg lettuce	1 head of dark lettuces (radicchio, romaine, red leaf, etc.)
2 cups croutons	
1/2 cup regular salad dressing	1/4 cup fat-free or reduced-fat salad dressing
1 cup tuna salad with mayonnaise	1 cup tuna canned in water and drained
1 cup shredded mozzarella cheese	1/4 cup shredded parmesan cheese
1 cup sliced red or green peppers	
1 cup chopped celery	
1 cup shredded carrots	
Wash and tear lettuce and place in a large bowl. Wash and prepare vegetables and add to lettuce. Add dressing and toss.	
Chocolate Chip Cookies	
Ingredients:	Substitutions:
1 cup butter, softened	1/2 cup applesauce
1 cup white sugar	3/4 cup white sugar
1 cup packed brown sugar	3/4 cup packed brown sugar
2 eggs	1 whole egg and 1 egg white
2 teaspoons vanilla extract	
3 cups all-purpose flour	
1 teaspoon baking soda	
2 teaspoons hot water	
1/2 teaspoon salt	
2 cups semi-sweet chocolate chips	1 cup mini chocolate chips
1 cup chopped walnuts	
Preheat oven to 350 degrees Fahrenheit (175 degrees Celsius). Cream together the butter, white sugar, and brown sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour, chocolate chips, and nuts. Drop by large spoonfuls onto ungreased pans. Bake for about 10 minutes in the preheated oven or until edges are nicely browned.	