

Bezzlin' Red-Potato Fajitas

Bean Salsa: In medium-size bowl, combine 1 cup each cooked, drained black beans and tomato salsa. For **marinade:** In large bowl, combine 2 Tbs each lime juice and olive oil with 1 Tbs minced jalapeño and 2 tsp ground cumin. Add 1 sliced green pepper, 1 sliced onion, and 6 small red potatoes that have been par-boiled 12 minutes, then cut into ¼-inch-thick French-fry-style sticks. Toss to coat vegetables; marinate for ½ hour. Cook quickly on a very hot cast-iron griddle or grill. Lightly sprinkle with water four 8-inch flour tortillas; heat one at a time, briefly on skillet, until pliable. Spoon vegetable filling and ¼ of salsa mixture on each, roll and serve. Makes 2 servings (2 fajitas each).

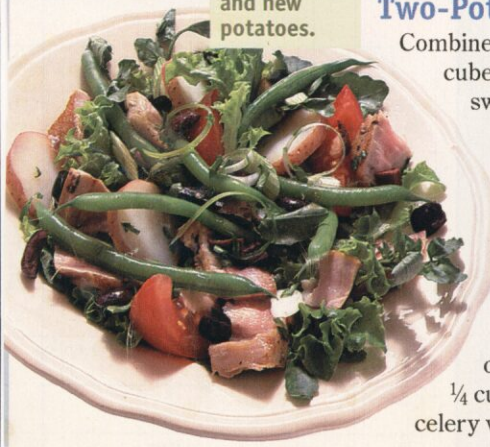
Per Serving: 472 calories, 14 g fat (27% of calories), 13 g protein, 80 g carbohydrate, 7 g fiber, 231 mg sodium, 0 mg cholesterol.

Salad Niçoise with Grilled Tuna

Sprinkle salt and pepper to taste over 2 oz fresh tuna. Grill or broil 5 minutes or until cooked, turning once.

Flake tuna and combine with 3 chopped black olives in small bowl. Make bed

Enjoy savory Salad Niçoise made with freshly grilled tuna and new potatoes.



of 1½ cups lettuce on plate. Arrange ½ cup steamed green beans, 2 or 3 small boiled new potatoes, sliced, and a small tomato, sliced, on lettuce. Place tuna mixture over center and sprinkle with 1 Tbs each chopped green onions and parsley. Combine 2 tsp each lemon juice and olive oil with salt and pepper to taste. Drizzle over salad. Makes 1 serving.

Per serving: 302 calories, 12 g fat (36% of calories), 19 g protein, 34 g carbohydrate, 5.5 g fiber, 286 mg sodium, 25 mg cholesterol.

Chunky Potato Omelet

Sauté 1 Tbs chopped onion and ¾ cup cooked, cubed new potatoes in nonstick skillet sprayed with nonstick vegetable cooking spray, until onion is tender. Remove. Beat together 1 whole egg and 1 egg white in small bowl. Coat skillet with the cooking spray. Place over medium heat. Add egg mixture; reduce heat to low and cook 1 minute. Sprinkle potato mixture over egg and continue cooking until set. Season with salt and pepper to taste. Fold omelet in half and slide onto serving plate. Makes 1 serving.

Per serving: 203 calories, 7 g fat (31% of calories), 21 g protein, 22 g carbohydrate, 2.5 g fiber, 123 mg sodium, 213 mg cholesterol.

Two-Potato Soup

Combine ¾ lbs peeled, cubed (½-inch) sweet potatoes, ¼ lb peeled, cubed (½-inch) Russet baking potatoes, ½ cup chopped onion and ¼ cup chopped celery with 3 cups

water in saucepan. Simmer, partly covered, for 40 minutes or until tender. Puree along with 1 tsp ground ginger, ½ tsp salt and ⅛ tsp pepper in blender or food processor, adding more water if necessary. Sprinkle with ¼ tsp nutmeg before serving. Makes 4 servings.

Per 1-cup serving: 112 calories, 0 g fat (0% of calories), 2 g protein, 26 g carbohydrate, 1 g fiber, 278 mg sodium, 0 mg cholesterol.

Asian Broccoli-Beef Stir-Fry

Cut 2 oz top sirloin into paper-thin slices; season with salt and pepper. Stir fry in 1 tsp canola oil in wok or large skillet over medium-high heat for 2 minutes. Remove beef from wok. Stir-fry 1 tsp chopped garlic, 2 tsp chopped, fresh ginger and 1½ cups broccoli florets for 3 minutes. Return beef to wok. Sprinkle with 1 tsp reduced-sodium soy sauce, few drops dark Asian sesame oil and 1 Tbs chopped green onion. Serve immediately over ⅔ cup cooked hot rice. Makes 1 serving.

Per serving: 407 calories, 14 g fat (31% of calories), 25 g protein, 45 g carbohydrate, 6 g fiber, 276 mg sodium, 51 mg cholesterol.

Creamy Garlic Mashed Potatoes

Cover 2¼ lbs russet baking potatoes with cold water. Boil, partially covered, 30 minutes or until tender. Remove; peel potatoes. Reduce potato water to 1 cup. Sauté 2 tsp minced garlic in 1 Tbs olive oil over very low heat for 1 minute. Mash potatoes with garlic, an additional Tbs olive oil,



Kick off your day with a hearty Chunky Potato Omelet

½ tsp salt, ¼ tsp pepper and ¾ cup potato water, adding more water if needed. Makes 8 servings.

Per ½-cup serving: 102 calories, 3.5 g fat (31% of calories), 2 g protein, 17 g carbohydrate, 137 mg sodium, 2 g fiber, 0 mg cholesterol.

Zesty Barbecued Shrimp

In large bowl combine 2 Tbs lemon juice, 2 tsp olive oil, 2 cloves chopped garlic, ½ tsp salt and ¼ tsp pepper. Cut into eighths: 1 zucchini (4 oz), 1 medium-size onion and 1 portabella mushroom (4 oz). Add to bowl along with 12 large shrimp (8 oz), peeled; toss to coat. Thread on 4 skewers. Place on hot grill and cook 3 to 4 minutes per side. Makes 4 servings.

Per serving: 163 calories, 5.5 g fat (30% of calories), 16 g protein, 13 g carbohydrate, 4 g fiber, 366 mg sodium, 127 mg cholesterol.

Grilled Herbed Potatoes

Brush 1 lb white potatoes, sliced into ¼-inch-thick rounds, with ⅛ cup olive oil mixed with ¾ tsp crushed, dried rosemary. Sprinkle with ¼ tsp salt and ⅛ tsp pepper. Grill or broil 4 inches from heat for 4 to 6 minutes per side, turning once. Season to taste with salt and pepper. Makes 6 servings.

Per ½-cup serving: 68 calories, 1 g fat (13% of cal), 1 g protein, 13 g carbohydrate, 1.5 g fiber, 42 mg sodium, 0 mg cholesterol. ■