

Black Bean Quesadillas

Lobster Salad

Asparagus with Orange Sauce

Lemon Bars

### Appetizer: Black Bean Quesadillas

1 Tbsp. olive oil  
1 small sweet onion, chopped  
2 cloves garlic, minced  
1/2 tsp. ground cumin  
2/3 cup salsa  
1 15-oz. can black beans  
1/4 cup fresh cilantro, chopped  
2 Tbsp. fresh lime juice  
6 oz. crumbled Feta cheese  
8 - 10 flour tortillas  
Sour cream and salsa  
Sliced jalapeno peppers

Heat oil in a skillet and saute onion and garlic. Add cumin, salsa and black beans, cook for several minutes and remove from heat. Stir in cilantro, lime juice and Feta cheese. Spread mixture evenly over half of the tortillas and place a tortilla over mixture on top of each tortilla. Cut into 4 equal pieces and top with sour cream, additional salsa and jalapeno peppers.

The Skinny: Use low fat sour cream.

### Main Course 1: Lobster Salad

6 - 8 cups cooked lobster meat, cut into bite-sized pieces  
1 cup mayonnaise  
1/4 cup celery, chopped  
1 small sweet onion, chopped  
2 Tbsp. fresh lime juice  
1/4 cup fresh cilantro, chopped  
Salt and pepper to taste  
1/2 tsp. hot sauce  
6 - 8 cup salad greens

Combine first 8 ingredients in a large bowl and refrigerate until ready to serve. Arrange washed greens on individual plates and place a serving portion of lobster salad on each. You may substitute real crabmeat, imitation crabmeat or shrimp for this recipe as well. You may even find cooked lobster portions; it comes in a frozen package but is still very tasty.

### Main Course 2: Asparagus with Orange Sauce

2 pounds fresh asparagus, trimmed  
1/3 cup orange juice  
1 Tbsp. grated orange zest  
1/4 cup butter  
1/4 tsp. salt

Blanch asparagus by placing in a saucepan and covering asparagus with water. Cook until crisp-tender. Drain off water. Combine orange juice, orange zest, butter and salt in saucepan and heat until thickened. Pour over asparagus and serve. You will love the tart citrus accent to the rich asparagus flavor in this recipe.

Please don't overcook the asparagus! Is your raw asparagus droopy? Have the stalks lost their snap? Well, don't panic, just put the raw asparagus in a pot of very cold water and let them soak for an hour or so. The snap will quickly return.

The Skinny: We suppose you could find low sugar orange juice. For best flavor, don't substitute for the butter.

### Dessert: Cool Lemon Bars

2 cups all-purpose flour  
1/2 cup powdered sugar  
1 cup butter, softened  
4 eggs beaten  
2 cups sugar  
1/4 cup lemon juice  
1/4 cup flour  
1 tsp. baking powder  
Additional powdered sugar

Combine flour and powdered sugar; add butter and mix until crumbly. Press into a greased 13 x 9 inch pan. Bake for 20 minutes at 350 degrees until lightly browned. Combine eggs, sugar, and lemon juice. Stir in flour and baking powder. Pour over cooked crust and bake for 25 - 30 minutes at 350 degrees. Allow to cool and dust with powdered sugar and cut into squares.

Hot Spiced Tea  
Asparagus Omelets  
Smithfield Ham Hash  
Citrus Salad

Beverage: Hot Spiced Tea

6 cups water  
12 whole cloves  
6 tea bags  
2 cups pineapple juice  
Juice of 2 lemons  
Grated lemon rind from 1 lemon  
1 cup fresh orange juice  
1 Tbsp. grated orange rind  
1 tsp. ground cinnamon  
1 cup granulated sugar (or to taste)

Bring water to a boil and add cloves. Allow to simmer for 10 minutes. Add tea bags and allow to steep for 15 minutes. Remove tea bags and cloves and add remaining ingredients. Serve warm.

The Skinny: Use your favorite sugar substitute.

Main Course 1: Asparagus Omelets

24 eggs  
1 and 1/2 cups water  
1/3 cup real bacon pieces  
2 cups grated cheddar cheese  
1/2 cup onion, chopped  
32 small asparagus spears, cut into one inch pieces and blanched in boiling water  
Salt and pepper to taste

Separate egg whites from yolks. Reserve the yolks for later use. Pour the egg whites into a bowl and beat until frothy. Add about 1 and 1/2 cups water to make the mixture runny. Add bacon, cheese and onion and mix well. Add salt and pepper to taste. Bend each asparagus stalk until it breaks and discard the tough stalk end. Cut the other ends into 1-inch pieces. Blanche asparagus pieces in a pot of boiling water for just a couple of minutes so they are still crisp/tender. Drain asparagus and fill the pot with cold water to stop the cooking process. Heat a 9-inch skillet over medium heat. When skillet nice and warm, spray with non-stick spray and add 1/8 to 1/6 of the omelet mixture, depending on how many omelets you plan to make. Add 4 to 5 pieces of the asparagus into the omelet mixture in the pan. Cover the pan with a lid and cook for about 3 - 5 minutes depending on the heat of the stove. Lift lid to check the omelet; it should be nice and puffy and starting to firm up but still a little moist on top. Fold omelet in half with a spatula and continue to cook, flipping occasionally, until the entire omelet has firmed up. Repeat for each omelet.

The Skinny: We have never used egg substitutes for omelets but they may work fine. I would try just a couple to make sure before making a large batch. We use only the egg whites with this recipe so it is a little more healthful than the entire egg.

Main Course 2: Smithfield Ham Hash

1/2 cup butter  
1 onion, chopped  
2 and 1/2 cups finely chopped Smithfield Ham  
2 and 1/2 cups diced and boiled potatoes  
Salt and pepper to taste

Melt 1/4 cup of butter in a pan, add onion and sauté until onion is tender. Combine onion, Smithfield Ham, potatoes and salt and pepper in a bowl and mix well. Melt remaining 1/4 cup of butter in pan and spread out the hash mixture in the pan. Cook over medium heat until brown on the bottom. Turn hash over and cook on the other side until brown. The hash should have a nice brown crust on both sides when done.

The Skinny: Not much you can do to change this recipe.

Dessert: Citrus Salad

2 pink grapefruit, peeled and sectioned  
4 oranges, peeled and sectioned  
2 papayas, peeled and sliced  
1 avocado, peeled and sliced  
1 cup fresh berries, like strawberries, blueberries or raspberries  
1/2 cup poppy seed dressing (already prepared)  
1/3 cup slivered almonds

Combine all fruit in a large bowl and drizzle dressing over top and toss. Sprinkle with slivered almonds.

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## Appetizer: Fried Wontons

2 pounds ground pork  
1 cup sliced water chestnuts, finely chopped  
3 Tbsp. fresh ginger, grated  
2 Tbsp. minced scallions  
2 Tbsp. soy sauce  
1 Tbsp. rice wine, sake or rice wine vinegar  
1 Tbsp. sesame seed oil  
2 Tbsp. cornstarch  
70 wonton skins  
Cooking oil for deep fat frying

Fried Wontons  
Crispy Broccoli  
Spicy Orange Beef  
Candied Orange Slices

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Put pork in bowl and chop with a knife to allow for even mixture with other ingredients. Squeeze chopped water chestnuts in a paper towel to remove moisture and then add to pork. Add remaining ingredients except for wonton skins and cooking oil and stir well until completely mixed. Place about 1 tsp. of the mix in the center of a wonton skin and fold the skin over to make a triangle. Pinch edges of wonton skin together while moistening with just a little water on your fingers. The water helps hold the wonton skin together. Heat oil to 350 degrees in a wok or a deep fat fryer. Cook wontons only about 3 or 4 at a time to make sure you do not lower the cooking temperature of the oil too much. Maintaining the heat of the cooking oil will keep the wontons from absorbing too much oil. Remove wontons with a slotted spoon or frying strainer when they are golden brown. Drain on paper towels. You can keep the cooked wontons warm in the oven while you cook the remaining wontons. Serve with sweet and sour sauce, duck sauce, plum sauce and/or hot Chinese mustard. These fresh fried wontons are so good you will never feel the same about the ones you get from the local Chinese take-away. You can substitute ground shrimp or turkey for the pork or even use a combination of all three.

The Skinny: Deep fat frying is not consistent with skinny. Just eat one or two and you will be fine.

## Main Course 1: Crispy Broccoli

1 bunch broccoli  
1 Tbsp. dark sesame oil  
2 Tbsp. rice wine vinegar  
3 Tbsp. soy sauce  
2 tsp. sugar  
1 clove garlic, minced  
1 tsp. fresh ginger, grated  
1 tsp. red pepper flakes (optional but recommended)

Wash broccoli and cut florets into small pieces. Cut tough skin off outer layer of stalk and cut stalk pieces into bite-sized pieces. Steam broccoli for several minutes until crisp-tender. Meanwhile, combine remaining ingredients in a cruet and shake well. Pour over broccoli and toss. Chill for at least 1 hour before serving.

The Skinny: This one is fine as is.

## Main Course 2: Spicy Orange Beef

Sauce: 1/4 cup soy sauce  
1/4 cup rice wine  
1/2 cup water  
1 Tbsp. cornstarch  
1 Tbsp. sugar  
1 Tbsp. sesame oil  
1 tsp. Worcestershire sauce  
1 Tbsp. orange rind, grated  
1 clove garlic, minced  
1 Tbsp. fresh ginger, grated  
1/4 cup fresh orange juice  
1 tsp. red pepper flakes

1/4 cup vegetable oil  
1 and 1/2 pounds London broil  
1/2 pound snow peas  
1 8-oz. can sliced water chestnuts

Cut London broil into 1 inch pieces and trim away fat. Heat oil in a large skillet or wok and brown beef. Remove beef and set aside. Stir-fry snow peas for several minutes until crisp-tender. Add water chestnuts and then sauce ingredients and beef and stir-fry until sauce thickens. Serve hot with hot rice.

The Skinny: Use low sodium soy sauce and low sugar orange juice. You could probably leave out the beef or use tofu in place of the beef but we have not tried this.

Combine sauce ingredients and mix well. Set aside.

## Dessert: Citrus Salad

6 - 8 navel oranges, cut into slices  
1/3 cup brown sugar  
1 tsp. ground cinnamon  
1/4 tsp. ground nutmeg

Combine sugar, cinnamon and nutmeg and sprinkle over top of oranges. Let stand a few minutes before serving. This light dessert is simple yet elegant.

The Skinny: Use your favorite sugar substitute.

Appetizer: Grapes and Cheese

2 8-oz. packages cream cheese, softened  
1/2 cup mango chutney  
1 Tbsp. brandy  
1/4 cup green onions, chopped  
1/2 tsp. curry powder  
2 Tbsp. slivered almonds  
Clusters of green grapes

Combine cream cheese, chutney, brandy, green onions, curry powder and almonds in a food processor and process until smooth. Place on a serving platter and shape. Cut some of the grapes in half and place on top of the mound of cheese, leaving the rest of the grapes for garnish. Serve with crackers and other fresh fruit.

The Skinny: Use light cream cheese. If you cannot tolerate alcohol just leave out the brandy.

Main Course: Grilled Chicken Caesar Salad

1 cup olive oil  
1/4 cup lemon juice  
2 cloves garlic, minced  
1 tsp. oregano  
1/2 tsp. marjoram  
Salt and pepper to taste  
4 boneless chicken breasts

Combine all ingredients except chicken together and mix well to create marinade. Place chicken in a large baking dish and place marinade over chicken. Marinate in the refrigerator for several hours. When chicken has marinated for a sufficient time, place on a hot grill and grill for 7 - 10 minutes per side until juices run clear. Place chicken on a platter to cool.

Salad Ingredients:	Dressing:
1 - 2 cloves garlic	1/2 cup extra virgin olive oil
2 large heads Romaine lettuce, gently torn into bite-sized pieces	1/4 cup red wine vinegar
1 cup croutons	1 tsp. Dijon mustard
1/4 cup anchovies, diced (optional)	1 egg yolk, mashed
Freshly grated Parmesan cheese	2 oz. Blue cheese or Roquefort, mashed
	Salt and pepper to taste

Rub the inside of a large salad bowl with the garlic cloves and then discard the cloves. Combine salad ingredients together and place in the bowl. Slice marinated and cooked chicken and place over salad. Combine dressing ingredients and shake well. Pour over salad and toss.

The Skinny: Use fat free croutons and light or low fat cheeses.

Dessert: Pear Tart

1 9-inch pie crust  
1 and 1/2 cups milk  
2 tsp. peeled and grated ginger root  
3 egg yolks  
2/3 cup sugar  
2/3 cup flour  
1 tsp. vanilla  
1/4 cup butter  
2 15-oz. cans pear halves, drained  
1 8-oz. jar apricot preserves

Place milk and ginger in saucepan and heat over low heat until hot. Combine egg yolks and sugar in a bowl and beat. Slowly add flour to egg mixture and mix well. Add egg mixture to the milk and ginger in the saucepan and cook over low heat until mixture starts to thicken. Add vanilla and butter and remove from heat. Place mixture in the refrigerator until cooled. Meanwhile bake pie shell at 425 for about 10 minutes until golden brown and allow to cool. Place cooled cream mixture in pie shell. Slice pear halves into sections and arrange on top of cream. Heat apricot preserves and brush over pears. Slice and serve.

The Skinny: Use low fat milk and your favorite egg and sugar substitutes.

Appetizer: Clam Chowder

1/2 pound of bacon, fried and cut or torn into 1 inch pieces  
2 tsp. bacon drippings, reserved from frying the bacon  
1 medium onion, chopped  
8 small potatoes cut up in small chunks (we leave on the peel)  
1 pint fresh clams with liquor (juice) cut in small pieces  
2 celery stalks, cut in small pieces  
4 and 1/2 cups of water  
2 - 8 oz. bottles of clam juice  
Salt and fresh ground pepper

In a large pot, cook onions in bacon drippings. Add all other ingredients to pot and heat to a boil. Reduce heat and simmer for 50 minutes or until potatoes are tender. This type of clam chowder is typical to the areas around the Chesapeake Bay and the Outer Banks of North Carolina. Note that the chowder base is a broth rather than the creamy base of a New England Clam Chowder or the tomato base of a Manhattan Clam Chowder. No offense to these other traditional types of clam chowder but the broth-base really brings out the flavor of the clams.

The Skinny: It is fine to use lower fat bacon because you only need 2 tsp. of the bacon drippings. The nice thing about the broth base is that you do not have to worry about the fat and calories from milk or cream.

Main Course 1: Grilled Tuna a la Scooter

6 - 8 fresh tuna steaks, cut about 3/4 to 1 inch thick  
Salt and fresh ground pepper  
1/2 cup soy sauce  
1/2 cup butter

Prepare charcoal or gas grill. Melt butter in pan and add soy sauce. Dip tuna steaks in butter/soy sauce mixture, sprinkle with salt and pepper and grill over medium-high heat for 4 - 7 minutes per side. While grilling, baste tuna often with the butter/soy mixture. Cooking time will vary depending on the heat of the fire and the thickness of the tuna steaks. The tuna should still be a little pink in the middle when done.

This recipe is simple but very tasty. The butter/soy sauce baste really compliments the flavor of the fresh tuna. My good friend Scooter came up with this recipe and told me to keep it a secret. I'm sure he won't mind if I share it with a few subscribers; besides, it is really too good to keep secret.

The Skinny: Do not substitute for the butter. You can use reduced sodium soy sauce if you wish.

Main Course 2: Very Vegetable Casserole

2 cups fresh green beans, cut into 1 to 2 inch pieces  
2 cups fresh white corn kernels, cut off the cob  
1 - 14 oz. can cream of celery soup, undiluted  
1 cup celery, chopped  
1/2 cup onion, chopped  
1/3 cup sour cream  
1/2 cheddar cheese, shredded  
1/2 cup corn flakes

Blanche green beans and corn kernels in boiling water for just a couple of minutes. Combine all ingredients except corn flakes in a casserole dish and sprinkle corn flakes on top. Bake at 350 degrees for 30 - 40 minutes.

The Skinny: Use light cream of celery soup and light sour cream. You can probably get away with low fat cheese as

Appetizer: Spinach with Bacon

1 10-oz. box of frozen spinach  
4 strips of bacon, diced  
1 onion, diced  
dash of nutmeg  
sprinkle garlic powder  
sprinkle seasoned salt  
1/8 cup of seasoned bread crumbs  
1/4 cup of diced muenster cheese  
1 egg, beaten

Heat spinach until warmed and drain liquid. Cook bacon till crispy, drain fat but leave the drippings in the pan. Cook onion in pan. Add spinach and stir on low heat. Add nutmeg, garlic powder, seasoned salt and bread crumbs. Stir well. Add muenster cheese and stir. As cheese melts add egg and stir. The spinach mixture should continue to cook for a few minutes. Crumble bacon, add and stir. Cover and let sit on low heat for about 10 minutes. Serve warm with crackers.

The Skinny: Use 2 Tbsp. of olive oil in place of the bacon. Use low fat cheese and your favorite egg substitute.

Main Course 1: Pork and Pineapple Casserole

1 16-oz. can crushed pineapple, drained  
(but reserve some liquid)  
6 to 8 pork loin chops  
Salt and pepper to taste  
2 to 3 potatoes  
8 to 10 strips of bacon or slices of Canadian bacon

Line casserole dish with crushed pineapple, Cover with pork chops and season with salt and pepper. Cover with slices of raw potato, then slices of bacon. Cover with lid and bake for 1 hour at 350 degrees. Check dish a few times while cooking and if the casserole starts to dry out then add some of the reserved pineapple juice.

The Skinny: Use lean pork chops and low fat bacon.

Main Course 2: Carrots and Broccoli

1 16-oz. package of fresh baby carrots  
1 pound fresh broccoli, cut into bite sized florets,  
and peeled, thin slices of stalk  
1/3 cup butter  
2 tsp. orange zest  
1 Tbsp. fresh grated ginger  
2 Tbsp. orange juice  
Salt and pepper to taste

Place carrots in large pot and bring to a boil. Cook for a couple of minutes then add broccoli, cover the pot and reduce heat. Cook for about 5 minutes or until broccoli is just crisp tender. Drain veggies and place in a serving dish. In a small pan, melt butter over medium heat. Add orange zest, ginger and orange juice and mix well. Pour butter sauce over veggies and toss to coat. Add salt and pepper to taste.

The Skinny: You could use reduced sugar orange juice but there really isn't much in the recipe to begin with.

Dessert: Bread Pudding

2 and 1/2 cups dry bread cubes  
(about 4 slices of bread)  
1/3 cup raisins  
4 eggs, beaten  
2 cups milk  
1/3 cup sugar  
1 tsp. ground cinnamon  
1/2 tsp. vanilla extract  
1/4 tsp. salt

Put bread cubes in 9-inch round baking dish. Sprinkle raisins over bread cubes. Mix together remaining ingredients and pour over raisins and bread cubes. Bake for 45 minutes in 325 degree oven or until knife comes out clean when inserted near the center. Serve warm.

The Skinny: Use your favorite egg and sugar substitutes and low fat milk.



Smoked Salmon Bisque  
Chicken Divan  
Zucchini and Tomato Stir-Fry  
Turtle Bars  
Serves 6 to 8.

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Appetizer: Smoked Salmon Bisque

1/3 cup butter  
1/4 cup flour  
1/4 cup dry sherry  
4 cups chicken stock (broth)  
4 cups light cream  
1/4 cup olive oil  
1 small onion, diced  
4 celery stalks, diced  
2 garlic cloves, minced  
1 Tbsp. Worcestershire sauce  
1 tsp. dried tarragon  
1/2 tsp. Old Bay seafood seasoning  
8 oz. smoked salmon, chopped  
Salt and pepper to taste

Melt butter in saucepan, add flour and stir until smooth. Add sherry and cream and continue stirring. In a separate pan heat olive oil and saute onion, celery, and garlic until tender. Add chicken stock, Worcestershire sauce, tarragon, Old Bay and salt and pepper and continue cooking. Add cream mixture to chicken stock mixture. Stir in smoked salmon and continue cooking for several minutes. This soup is a meal in itself. Old Bay is a seafood seasoning that is available on the East Coast of the United States and probably most other places in this country. If you can't locate Old Bay, then just substitute any other seafood seasoning you can find or just leave out the seasoning.

The Skinny: Use light chicken broth and substitute evaporated milk for the cream. We would not leave out the butter because it is important to the taste and texture.

Main Course 1: Chicken Divan

2 - 10 oz. packages frozen broccoli  
2 cups cooked chicken breast,  
cut into 1-inch pieces  
1/4 cup butter  
1/4 cup flour  
1 tsp. lemon juice  
1/4 tsp. ground nutmeg  
1 cup chicken broth  
1 cup light cream  
1/3 cup white wine  
1/2 cup sharp cheddar cheese, grated  
1/4 cup Parmesan cheese, grated

Cook broccoli according to package instructions and place on the bottom of a greased 13 x 9 baking dish. Melt butter in a saucepan; add flour, lemon juice and nutmeg stirring constantly. Slowly add chicken broth, cream and wine. Continue to cook for several minutes. Pour half the creamy mixture over the broccoli followed by the 2 cups of cooked chicken. Pour remaining sauce over chicken; sprinkle with cheddar cheese and Parmesan cheese. Bake at 350 degrees for 25 - 30 minutes or until heated through. This dish is very tasty. Feel free to use fresh broccoli, steamed until just crisp-tender.

The Skinny: Use light chicken broth and substitute evaporated milk for the cream. You might get away with low fat cheese but it would be better to use half low fat and half regular to keep some of the gooey texture.

Main Course 2: Zucchini and Tomato Stir-Fry

6 small zucchini squash, sliced  
1 small onion, diced  
1/4 cup olive oil  
1 Tbsp. lemon juice  
1 Tbsp. fresh basil, chopped or  
1 tsp. dried  
2 fresh tomatoes, chopped  
Salt and pepper to taste  
1/4 cup Parmesan cheese, grated

Heat olive oil in a skillet and saute zucchini and onion until crisp-tender. Stir in lemon juice, basil, tomatoes and salt and pepper. Continue cooking for about a minute. Sprinkle with cheese and serve. This veggie dish is the perfect accompaniment for the Chicken Divan.

The Skinny: Not much you can do here except use low fat cheese.

Dessert: Turtle Bars

2 cups graham cracker crumbs  
1 cup butter, melted  
8 oz. chocolate morsels  
2/3 cup chopped nuts  
1 cup caramel ice cream topping

Combine graham cracker crumbs and butter together and press into the bottom of a 13 x 9 inch baking dish. Sprinkle chocolate morsels and nuts on top. Pour caramel topping over chocolate and nuts. Bake at 350 degrees for about 10-12 minutes. Allow to cool and cut into 1 inch pieces

The Skinny: These little goodies are not too bad for you. Just don't eat too many or have a few extra as your midnight snack and you will be fine.