

BAKED HALIBUT

Yield: 24 servings

Serving: 1 $\frac{3}{4}$ cups

INGREDIENTS

7 small onions, sliced	7 $\frac{1}{3}$ fl. oz. Light Flavor-Glow
5 bay leaves, torn into small pieces	3 $\frac{1}{2}$ cups cracker crumbs
14 $\frac{1}{2}$ lbs. halibut steaks	1 tsp. paprika
10 oz. butter, melted	86 fl. oz. (2 $\frac{1}{2}$ quarts + 6 fl. oz.)
2 $\frac{1}{2}$ cups whole wheat flour	1 % milk

INSTRUCTIONS

- Put sliced onions, bay leaves, and halibut into a greased casserole dish.
- Mix together butter, half the flour, **Light Flavor-Glow**, and cracker crumbs. Pat or spread mixture across halibut.
- Sprinkle paprika on top of the fish. Bake at 375° for 50 minutes or until fish flakes easily.
- Strain any fat from baking dish into a saucepan. Stir in remaining flour and milk. Stir until mixture reaches a sauce consistency. Spoon over steak.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1 $\frac{3}{4}$ cups Calories 420 Calories from Fat 130 <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Total Fat 14g	22%	Total Carbohydrate 19g
	Saturated Fat 6g	32%	Dietary Fiber 2g	7%
	Cholesterol 90mg	31%	Sugars 5g	
	Sodium 790mg	33%	Protein 50g	
	Vitamin A 15% • Vitamin C 4% Calcium 25% • Iron 15%			
	Not a significant source of trans fat.			

BEEF STEW

Yield: approximately 48 oz. (6 cups) Serving: 1 cup

INGREDIENTS

2 Tbsp. Light Flavor-Glow	2 onions, sliced
½ tsp. thyme	4 tomatoes, quartered
1/3 cup whole wheat flour	2 cups boiling water
2 lbs. beef chuck, cut into 1-inch cubes	1 cup green beans, cut into ½-inch lengths
2 Tbsp. vegetable oil	

INSTRUCTIONS

- Add **Light Flavor-Glow** and thyme to flour.
- Coat meat in seasoned flour mixture.
- Heat oil in a heavy skillet or Dutch oven. Add meat, browning on all sides.
- Add onions, tomatoes, and boiling water to beef mixture. Cover and simmer gently over low heat for about 1 ½ hours.
- Add green beans and continue cooking until meat and beans are tender.
- Additional **Light Flavor-Glow** may be added to taste (this increases the sodium content).

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1 cup Calories 290 Calories from Fat 110 *Percent Daily Values are based on a 2,000 calorie diet.	Total Fat 12g	18%	Total Carbohydrate 9g
	Saturated Fat 3.5g	18%	Dietary Fiber 2g	9%
	Cholesterol 105mg	34%	Sugars 3g	
	Sodium 320mg	13%	Protein 36g	
	Vitamin A 10% • Vitamin C 20% Calcium 4% • Iron 25%			

CHICKEN GUMBO

Yield: 48 oz. (6 cups)

Serving: 1 cup

INGREDIENTS

1 medium stewing chicken	2 1/3 cups tomato pulp
3 Tbsp. whole wheat flour	Few springs parsley
4 Tbsp. vegetable shortening	6 cups water
1 1/3 onions, chopped	1 tsp. Light Flavor-Glow
5 1/3 cups okra or zucchini, chopped	

INSTRUCTIONS

- Clean chicken and cut into serving portions. Coat pieces lightly with flour.
- Sauté chicken pieces in shortening until browned.
- Add onions and okra or zucchini. Cook until browned.
- Add tomato pulp, parsley and water.
- Season to taste with **Light Flavor-Glow**. Simmer until chicken is tender and okra or zucchini is well cooked, about 2 ½ hours. Add more water during cooking as needed.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1 cup Calories 420 Calories from Fat 240 *Percent Daily Values are based on a 2,000 calorie diet.	Total Fat 27g	41%	Total Carbohydrate 24g
	Saturated Fat 7g	36%	Dietary Fiber 7g	27%
	Cholesterol 70mg	24%	Sugars 11g	
	Sodium 950mg	40%	Protein 24g	
	Vitamin A 35% • Vitamin C 60%		Calcium 10% • Iron 25%	
	Not a significant source of trans fat.			

CRAB WITH RICE

Yield: 24 cups

Serving: 1 cup

INGREDIENTS

2 lbs. crab meat (canned or fresh)	3 oz. Light Flavor-Glow
½ gal. boiling water	7 bay leaves
4 cups brown or wild rice, uncooked	1 whole clove
4 oz. butter or oil	1 tsp. lemon juice
2 lbs. onions, chopped	¼ tsp. paprika
6 medium-sized carrots, chopped	

INSTRUCTIONS

- If using fresh crab, cook in boiling water for about 1 hour. Canned crab does not need to be cooked.
- Pour strained liquid, either from cooked or canned crab over rice. Let mixture sit for ½ hour. Cook until rice is tender; add more water as needed to prevent scorching.
- Cook onion, carrots, **Light Flavor-Glow**, bay leaves and clove in butter or oil until slightly browned.
- Add flaked crab meat to vegetable mixture. Season with lemon juice and paprika.
- Add rice and cook together for 3 minutes. Remove cloves and bay leaves.
- Serve hot.

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Serving Size 3/4 cup		Total Fat 3.5g	5%	Total Carbohydrate 29g	10%
Servings Per Container 4		Saturated Fat 1.5g	7%	Dietary Fiber 2g	9%
Calories 200		Cholesterol 45mg	16%	Sugars 3g	
Calories from Fat 30		Sodium 450mg	19%	Protein 12g	
*Percent Daily Values are based on a 2,000 calorie diet.		Vitamin A 60%	•	Vitamin C 8%	•
		Calcium 8%	•	Iron 8%	

GREEN BEANS WITH MUSHROOMS

Yield: 4 cups

Serving: 1 cup

INGREDIENTS

3 cloves garlic, minced

1 cup fresh mushrooms, sliced

1½ Tbsp. melted butter or olive oil

3 cups green beans, cooked

½ tsp. **Light Flavor-Glow**

INSTRUCTIONS

- Sauté garlic and mushrooms in a wok or pan with butter or olive oil.
- Add beans and **Light Flavor-Glow**.
- Heat through and serve.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1/2 cup Calories 80 Calories from Fat 40 <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Total Fat 4.5g	7%	Total Carbohydrate 8g
	Saturated Fat 3g	14%	Dietary Fiber 3g	14%
	Cholesterol 10mg	4%	Sugars 2g	
	Sodium 85mg	4%	Protein 3g	
	Vitamin A 15% • Vitamin C 10%		Calcium 6% • Iron 6%	
	Not a significant source of trans fat.			

MANHATTAN CLAM CHOWDER

Yield: 64 oz. (8 cups)

Serving: 1 cup

INGREDIENTS

2 cups canned clams and liquid	4 cups water
½ cup water	3 Tbsp. Light Flavor-Glow
1 onion, minced	¼ tsp. thyme
2 Tbsp. vegetable oil	¼ tsp. marjoram
2 carrots, minced	1 tsp. parsley, chopped
2 cups diced potatoes	2 cups stewed or canned tomatoes

INSTRUCTIONS

- Combine clams, liquid and ½ cup water in a saucepan. Bring to a boil, then simmer for 5 minutes.
- In a separate pan, sauté onion in oil until tender.
- Add carrots and potatoes. Sauté for 5 minutes. Strain excess oil.
- Add water, **Light Flavor-Glow** and herbs. Cook until carrots and potatoes are tender.
- Add tomatoes. Simmer for 5 minutes.
- Add clams and liquid. Reheat. Simmer for 3 minutes. If desired, add water to make thinner chowder.
- Serve at once.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1 Cup Calories 90 Calories from Fat 25 *Percent Daily Values are based on a 2,000 calorie diet.	Total Fat 3g	4%	Total Carbohydrate 12g
Cholesterol 10mg		3%	Dietary Fiber 1g	6%
Sodium 500mg		21%	Sugars 3g	
			Protein 5g	
Vitamin A 35% • Vitamin C 15%		Calcium 2% • Iron 8%		
Not a significant source of saturated fat.				

Sensational Savory Sauce

Yield: see table below

Serving: 1 Tbsp.

INGREDIENTS

Butter	Light-Flavor Glow	Water	Yield
¼ pound	5 fl. oz.	7 fl. oz.	1 pint
½ pound	10 fl. oz.	14 fl. oz.	1 quart
¾ pound	15 fl. oz.	21 fl. oz.	48 fl. oz.

INSTRUCTIONS

- Slowly heat butter. When melted, add **Light Flavor-Glow** and water.
- Bring mixture to a slow boil over medium heat.
- Pour warm sauce over steaks, chicken, seafood or vegetables. Stir before each use.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Total Fat 6g 9% Sodium 870mg 36%			
Saturated Fat 3.5g		18%	Total Carbohydrate 0g 0%	
Cholesterol 15mg		5%	Protein 2g	
			Vitamin A 4%	

Serving Size 1 Tbsp. (15 g.)
Calories 60
Calories from Fat 50
*Percent Daily Values are based on a 2,000 calorie diet.

Not a significant source of trans fat, dietary fiber, sugars, vitamin C, calcium, and iron.

SPAGHETTI ITALIANO

Yield: Approximately 48 oz. (6 cups) Serving: 1 cup

INGREDIENTS

¾ cup sliced onions	1 bay leaf
2 ½ Tbsp. oil	1 8-oz. can mushrooms and liquid
1 ¼ lbs. ground beef or chuck	1 ¼ cups water
1 ¼ cloves garlic, minced	1 Tbsp. Light Flavor-Glow
1 ¼ green pepper, seeded and minced	¼ tsp. paprika
4 ½ cups canned crushed tomatoes	1 ¼ tsp. powdered sage
2 8-oz. cans tomato sauce	1/3 tsp. powdered thyme
	1 ¼ tsp. rosemary

INSTRUCTIONS

- Sauté onion in oil until very tender.
- Add meat and cook, continuously stirring until browned.
- Add remaining ingredients.
- Simmer uncovered, stirring occasionally for 1 ½ hours or until sauce thickens.
- Serve over pasta.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1 cup Calories 380 Calories from Fat 200 <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Total Fat 23g	35%	Total Carbohydrate 24g
Saturated Fat 7g		36%	Dietary Fiber 6g	25%
Cholesterol 65mg		22%	Sugars 5g	
Sodium 1020mg		43%	Protein 23g	
Vitamin A 35%		•	Vitamin C 70%	•
			Calcium 10%	•
			Iron 30%	
<small>Not a significant source of trans fat.</small>				

Stuffed Artichokes

Yield: 24 servings

Serving: 1/3 cup

INGREDIENTS

24 artichokes (3 lbs.), cleaned 3 fl. oz. (¼ cup+ 2 Tbsp.) **Light Flavor-Glow**
 24 cloves garlic, sliced 1 tsp. basil
 2 cups melted butter or olive oil 1½ cups bread crumbs

INSTRUCTIONS

- Insert sliced garlic between artichoke leaves. Place artichokes upright in steamer basket and steam until tender, about 30-40 minutes.
- Remove all the leaves. Scrape the choke out of the heart, leaving a rounded hollow. Discard the choke.
- Scrape the pulp from all leaves. Mash pulp with melted butter or oil, **Light Flavor-Glow**, basil and bread crumbs.
- Stuff artichoke heart with pulp mixture.
- Broil until just browned.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1/3 cup Calories 190 Calories from Fat 130 <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Total Fat 15g	23%	Total Carbohydrate 12g
	Saturated Fat 9g	47%	Dietary Fiber 3g	13%
	Cholesterol 40mg	13%	Sugars 1g	
	Sodium 490mg	20%	Protein 4g	
	Vitamin A 10% • Calcium 2%		Iron 2%	
	Not a significant source of trans fat, and vitamin C.			

ZUCCHINI WITH HERBS

Yield: 12 cups Serving: ½ cup

INGREDIENTS

3 cloves garlic, minced	2 bay leaves
3 small onions, chopped	3 Tbsp. Light Flavor-Glow
¾ cup melted butter	1 ½ cups boiling water
3 oz. vegetable oil	9 tomatoes (1 ¾ lb.), peeled and chopped
7 medium-sized zucchini, unpeeled, cut into thin rounds	6 Tbsp. chopped parsley
3 tsp. basil	

INSTRUCTIONS

- Sauté garlic and onion in the melted butter and oil until slightly browned.
- Add zucchini, basil, bay leaves, **Light Flavor-Glow** and water. Cook together for a few minutes.
- Add tomatoes and cook for a few minutes more.
- Add parsley and serve.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size Approx. 1/2 cup Servings Per Container about 8 Calories 90 Calories from Fat 70 <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Total Fat 8g	12%	Total Carbohydrate 5g
	Saturated Fat 3g	15%	Dietary Fiber 1g	6%
	Cholesterol 10mg	3%	Sugars 2g	
	Sodium 180mg	7%	Protein 2g	
	Vitamin A 15% • Vitamin C 45% Calcium 2% • Iron 4%			