

## CREAMY DILL DRESSING

*Makes about 1 ½ cups*

This rich-tasting, creamy dressing has no added oil. Its creaminess comes from tofu.

12.3-ounce package Mori-Nu silken tofu  
2 Tbsp. Lemon Juice  
3 Tbsp. Seasoned rice vinegar  
1 Tbsp. Cider vinegar  
1 tsp. Garlic granules or powder  
1Tbsp. Dill  
¼ tsp. Salt (optional)

Combine tofu, lemon juice, vinegars, garlic granules or powder, dill, and salt in a food processor or blender. Blend until completely smooth, 1 to 2 minutes. Allow flavors to blend for 1 to 2 hours. Store any extra dressing in an airtight container in the refrigerator.

Yield 12 servings  
Serving Size 2 Tbsp.  
Calories 13  
Carbohydrates 1  
Protein 2

## Seasoned Toast Squares

Low carb bread  
Olive oil spray  
Sea salt  
Garlic powder  
Italian seasoning

Cut up some low-carb bread, spread pieces on a cookie sheet, lightly spray the pieces with olive oil, and add the seasoning you like, put it in the oven at around 300 degrees and bake until pieces are crispy through and through, about 1/2 an hour.

## **GARLIC SALMON SAUCE**

*Makes 8 servings*

Exotic enough for company with its mild garlic flavor, quick enough for anytime! The cooking tames the garlic's pungency.

2 Tbsp      Olive, sunflower or soy oil  
5             Garlic cloves  
15 ½ oz.    Water-packed red salmon, drained  
3 tblsp.     Minced fresh parsley  
1             Egg or ¼ cup Egg substitute

Place the oil in a medium skillet. Place skillet over low heat and add minced garlic cloves. Stir. Cook just until slightly tender, about 2 or 3 minutes, then turn off heat.

Flake the salmon, crush the bones and add to the garlic. Add parsley and heat through. Add egg to salmon stirring just until liquid in egg is cooked. Serve immediately. Serve hot with toasted low carbohydrate bread or whole grain high protein pasta.

Serving Size is 1/8 of recipe

Calories                      178

Carbohydrates              4

Protein                        12

## **TUNA ANYTIME DIP**

A hollowed-out red cabbage bowl makes a striking container for this dip, especially when you surround it with strips of brilliantly colored bell peppers. What a great way to lure your guests to take a heart-healthy dip! Try substituting canned chicken, salmon, or crab.

### **Ingredients:**

1 cup      Fat-free cottage cheese  
1 cup      Fat-free sour cream  
4 oz.      Tuna, canned  
4 medium Green onions (green and white parts), finely chopped  
2 tsp.     Fresh lemon juice  
¼ tsp.     Garlic powder  
            Salt and pepper to taste (optional)

### **Directions:**

In a food processor or blender, process the cottage cheese for 30 seconds, or until smooth. Transfer to a medium bowl.

Stir in the remaining ingredients. Cover and refrigerate until ready to serve.

Serving size 1/3 cup

Calories      64

Carb's        7

Protein       8

## **BLACK BEAN SPREAD**

*Makes 12 servings*

The simple bean dip is versatile and virtually fat-free. Add cumin to this recipe for added flavor and antioxidants. Enjoy this dip on crackers, raw vegetables (as tolerated), or as a sandwich spread.

2 - 15 oz. can Black beans, drained and rinsed, or 1 ½ cups of cooked black beans

2 cup Salsa

½ tsp Ground cumin

Combine beans and salsa in a food processor or blender and process until smooth. (Mash beans before putting in blender). Add cumin, if want a spicy spread.

Serving Size 1/12

Calories 79

Carb's 15

Protein 5

## **FRESH SPINACH DIP**

*Yields 2 cups. Serving size ¼ cups.*

4 cups packed

½ cup crumbled

2

½ cup

1 Tbsp. prepared

2 Tbsp. finely chopped

1 tsp.

¼ tsp.

¼ tsp.

Fresh spinach

Low-fat real feta cheese

Scallions sliced

Fat-free cottage cheese

Horseradish

Fresh dill

Fresh lemon juice

Salt

Pepper

Blend all ingredients in blender until smooth. Scraping down sides of bowl as needed.

Serving Size ¼ c

Calories 57

Carb's 2

Protein 4

## HUMMUS EDAMAMIE

3 cups	Edamamie
½ cup	Yellow onions, small dice
½ to 1 tsp	Cumin
2 tbsp	Olive Oil
1 cup packed	Fresh spinach
15 oz can.	Garbanzo Beans, drained and rinsed. (save liquid for use in blending)
2 tbsp.	Garlic, minced
½ cup	Tahini
2 tbsp.	Lemon Juice

1. Cook edamamie according to packaged instructions.
2. Drain and rinse garbanzo beans.
3. Cook diced yellow onions till translucent in ½ of olive oil.
4. Add cumin and mix.
5. Remove from heat and cool for 5 minutes.
6. Combine all ingredients in a food processor and blend till smooth.
7. Pepper and salt to taste (optional)

Serving Size 1/3 cup

Calories 13

Carb's 8

Protein 6