

ENTERTAINING

Good food, great health

Nutritionist Rose Reisman helps start the year off right with nutritious versions of the dishes you love

CHERRY TOMATO AND OLIVE TOPPING OVER SLICED STEAK

Makes 4 servings

INGREDIENTS

- 2 cups red and yellow cherry tomatoes, sliced in half
- ½ cup coarsely chopped pimiento-stuffed olives
- ½ cup coarsely chopped black olives
- ¼ cup chopped fresh cilantro
- 1 tbsp extra-virgin olive oil
- 1 tbsp drained chopped capers
- 1 tbsp fresh lemon juice
- 2 tsp finely chopped jalapeno peppers
- 1½ lb New York strip steak trimmed of fat
- 2 tbsp chopped cilantro

1. Combine the tomatoes, olives, cilantro, oil, capers, lemon juice and jalapenos.

2. Grill or sauté the steak on medium heat just until done to your preference. Let cool 10 minutes, then slice. Spoon the tomato-olive topping overtop. Garnish with cilantro.

Rose's tip
Capers are packed in a strongly acidic brine, which, as long as they're refrigerated, protects them against spoilage. In other words, they last for a very long time.

Health tip
A New York strip steak trimmed of fat is a leaner cut of beef than a rib-eye, porterhouse or prime rib. A 3-oz serving has just 160 calories and 10 grams of fat, whereas a porterhouse has 250 calories and 18 grams of fat.

SUGAR SNAP PEAS WITH SESAME SAUCE AND TOASTED CASHEWS

Makes 6 servings

INGREDIENTS

- 1 tbsp honey
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tbsp low-sodium soy sauce
- ½ tsp minced fresh garlic
- 1 tsp vegetable oil
- 1 lb snow peas, trimmed
- 2 tbsp chopped toasted cashews
- 1 tbsp toasted sesame seeds

1. Combine the honey, vinegar, sesame oil, soy sauce and garlic in a small bowl. Set aside.
2. Heat the vegetable oil in a large non-stick skillet over medium-high heat.

Add the snow peas and cook until tender-crisp, about 3 minutes. Pour the sauce over the peas and cook until heated through. Serve immediately, garnished with cashews and sesame seeds.

Rose's tip

If you add some cooked tofu cubes to this dish, you have an entire vegetarian meal.

Health tip

Always use low-sodium soy sauce because of the high levels of sodium in regular soy sauce. One tablespoon of regular soy sauce has 900 mg of sodium, whereas the low-sodium version has only 500 mg.



MINIATURE LASAGNAS

Makes 6 servings

INGREDIENTS

Sauce

- 1 tsp vegetable oil
- 1 cup diced onions
- 1½ tsp crushed garlic
- 6 oz lean ground beef
- 1 tsp dried basil
- 1 bay leaf
- pinches of salt and pepper
- 1¾ cups homemade or store-bought tomato sauce

Cheese mixture

- 1 cup reduced-fat ricotta cheese
- ½ cup grated part-skim mozzarella cheese
- ½ cup grated Parmesan cheese
- 1 egg
- 3 tbsp 2% milk
- pinches of salt and pepper

Lasagnas

- 36 small wonton sheets
- ¼ cup grated part-skim mozzarella cheese
- chopped fresh basil or parsley

1. Preheat the oven to 375° F. Spray a 12-cup muffin tin with vegetable oil.

2. To make the sauce, in a saucepan, add the oil and sauté the onions and garlic for 5 minutes. Add the beef, basil, bay leaf and salt and pepper and sauté just until the beef is cooked, breaking it up with the back of a wooden spoon. Add the tomato sauce, cover and simmer for 15 minutes. Set aside.

3. To make the cheese mixture, combine the ricotta, mozzarella and Parmesan cheeses, egg, milk and salt and pepper in a bowl.

4. To assemble the lasagnas, place two wonton sheets into the bottom of each muffin cup, overlapping to cover the entire surface. Top the wontons with half the cheese mixture. Then add half the sauce.

5. Place the last 12 wonton sheets overtop,

pressing down gently. Add the remaining cheese mixture and sauce and sprinkle with the mozzarella cheese.

6. Bake for 20 to 25 minutes until wontons are crisp. Let cool for 10 minutes, then remove carefully with a knife. Garnish with basil.

Rose's tip

You can also use mini loaf pans for these lasagnas. One is a perfect appetizer or side dish. It's filling if served as a main meal with a side salad or vegetable dish.

Health tip

Most lasagnas have double the fat and calories because of an added white sauce called béchamel made with butter and cream, as well as additional cheese. With my delicious cheese and tomato sauce, there is no need for this high-fat white sauce. ▶





The best of
Rose Reisman

If you've resolved to eat better this year, then you'll want to pick up this best-of collection from Rose Reisman, who for more than 20 years has helped Canadians eat healthily. Her more than 16 cookbooks, catering business, and menu items at the Pickle Barrel restaurant chain prove that nutritious dishes can be packed with great taste. *The Best of Rose Reisman* also includes all-new recipes, along with her signature health tips. — CHRIS DANIELS

MINI CHOCOLATE CHEESECAKES WITH MARSHMALLOWS AND PECANS

Makes 12

INGREDIENTS

- 1½ cups reduced-fat ricotta cheese
- ½ cup softened reduced-fat cream cheese
- ½ cup reduced-fat sour cream
- 1 large egg
- ¾ cup granulated sugar
- 3 tbsp unsweetened cocoa powder
- 1½ tbsp all-purpose flour

- ½ cup miniature marshmallows
- 3 tbsp semi-sweet chocolate chips
- 3 tbsp finely chopped toasted pecans

1. Preheat the oven to 350° F. Line a 12-cup muffin tin with paper liners.
2. Combine the ricotta, cream cheese, sour cream, egg, sugar, cocoa and flour in a food processor. Purée until smooth. Divide the mixture among the prepared muffin cups.
3. Set the muffin tin in a larger pan.

Pour enough hot water into the pan to come halfway up the sides of the muffin cups.

4. Bake in the centre of the oven for 20 minutes. Remove and sprinkle the marshmallows, chocolate chips and nuts evenly over the cheesecakes. Return to the oven and bake for 5 minutes longer or until the marshmallows and chocolate chips begin to melt.
5. Remove the muffin tin from the water bath and cool on a rack. Chill

well before removing the paper liners and serving.

Rose's tip

If you don't have mini marshmallows, use scissors to cut the large ones into small pieces.

Health tip

If you ever need a sweet treat without all the calories and fat, try ½ cup of mini marshmallows, which has only 100 calories and 0 grams of fat.