

Recipes by Sally Okelberry
Almost No Fat Potato Salad

1¼ pounds small red new potatoes (about 12)
1 pound sweet potatoes (2 medium -- not yams)
3 scallions, including most of green tops, thinly sliced
½ cup packed parsley, finely chopped
½ cup packed cilantro leaves, finely chopped
1/3 cup loosely packed mint leaves, finely chopped
½ cup nonfat yogurt
½ cup low-fat mayonnaise
¼ tsp. Tabasco
Juice of 1 large lemon (about 3 Tbsp.)
Salt and freshly ground pepper to taste

Scrub potatoes. Bake at 375 degrees until just tender. Let cool slightly (I run them under cold water) and cut into 1" cubes, leaving skins on (sometimes I take it off the sweet potato, if it seems tough).

In a large mixing bowl, combine the potatoes, scallions, and chopped herbs.

In a small bowl, combine the yogurt, mayo, Tabasco, and lemon juice until well blended. Stir the sauce into the potato mixture (I don't do it all at once, and I don't always add it all; I just make the proportions seem right). Sprinkle with salt and pepper to taste; adjust other seasonings if desired.

SERVES 8

NOTE: I think it's a lot better if you make it in advance and let it chill and "blend" for a while in the fridge.

My Very Best Stir-Fry Chicken

3 T soy sauce
2 t cornstarch
1 to 1 ½ t grated ginger root
2 t sugar
½ t salt
1 t crushed red pepper
2 T olive oil
4 green onions (cut into 1-inch length)
2 medium peppers (red, orange, or yellow)
3 carrots, sliced
1 ½ pounds chicken breast, cubed
1 can water chestnuts
1 can chow mein noodles

Combine the first seven ingredients, set aside. Cook chicken in oil in a shallow Teflon pan or wok at medium heat until lightly browned. Add mixture. Cook for 5 minutes and then add vegetables. Cook for five more minutes. Serve over white rice and top with chow mein noodles. This recipe can be easily doubled or tripled. I like to make it with extra sauce – I think it gives a little extra flavor.

Low-Fat Chocolate Cake

1 oz unsweetened chocolate
2 T canola oil
1 cup brown sugar
1 large egg
2 large egg whites
1 t vanilla
½ cup pumpkin puree
¼ cup plus 2 T cocoa
1½ cup flour
½ t baking soda
1 t baking powder
dash of salt
¾ cup buttermilk

In a small saucepan melt chocolate and oil on low. Stir to combine. Transfer to a mixing bowl. Mix dry ingredients together and whisk. Beat brown sugar into melted chocolate and blend. Add eggs one at a time and mix after each addition. Add pumpkin. Stir in vanilla. Alternate ¼ cup of buttermilk with 1/3 cup of flour mixture. Batter will be lumpy. Pour into prepared pan. Bake at 350° for 20 minutes or until toothpick comes out clean. Glaze with Chocolate Glaze.

Chocolate Glaze

1 cup powdered sugar
¼ cup cocoa
bit of water
bit of flavoring (vanilla, coffee, Grand Marnier)
Add all ingredients gradually until you get a pour-able but not a runny glaze.