

Index

• A •

abbreviations, cooking, 337–340
acesulfame potassium, 25
almonds
 Maple-Cinnamon Almond Snack, 239
 roasted, with spices, 236
 as snacks, 239, 284
amino acids, 172
antioxidants, 188, 189
appetizers
 dining out and, 296
 Stuffed Mushrooms, 286
 veggies, 193
 wraps, 251
apples, tarragon chicken with, 319
Apricot-Cheddar Brunch Toast, 98
Apricot-Glazed Pork Roast, 178
artichokes
 Artichoke Heart Casserole, 202
 Casserole of Chicken, Artichokes, and
 Mushrooms, 273
 shopping for, 190
artificial sweeteners. *See also* sugar
 alcohols (polyols)
 aspartame, 25, 208
 carbs in, 24
 saccharin, 25
 Splenda, 64, 207
 substituting, 208
 sucralose, 25, 64
arugula
 about, 114
 Arugula, Radicchio, and Goat Cheese
 Salad, 117
 Herb-Rubbed Pork Chops with Tomato-
 Arugula Salsa, 179
asparagus
 Beef and Asparagus Stir-Fry, 182
 seasonings and sauce for, 198
 shopping for, 190
aspartame, 25, 208
avocados, 190

• B •

backsliding
 preventing, 59–60
 recovering from, 67–68
bacon
 BLT Soup from the U.S.A., 106
 Cauliflower and Broccoli with Cheese and
 Bacon, 282
 microwaving, 84, 95
bacteria
 chicken and, 152
 fish and, 136
 in leftovers, 322
 temperature of food and, 301
bagged lunches
 benefits of, 61, 300–301
 desserts, 306
 frozen foods, 306
 leftovers, 304–305
 salads, 302–303
 side items, 305
 soups, 301
 wraps, 303–304
Baked Ham and Sauerkraut Rolls, 176
barbecue. *See* grilling food
Barr, Tracy (*Cast-Iron Cooking For
Dummies*), 317
Basic Egg Crepes with Veggies, 260–261
Basic Meringue Shells with Berry Filling,
 218–219
basting food, 142, 158–159
beef. *See also* meat
 Beef and Asparagus Stir-Fry, 182
 Cheese-Stuffed Ground Round Patties,
 185–186
 Corned Beef with Vegetables, 272
 ground, 183–186
 least fatty cuts of, 173
 oven roasting, 177
 Reuben wraps, 276
 Roma Meat Loaf, 184

- beef (*continued*)
 - Rosemary Steak, 311
 - slow-cooked roast, 270
 - Steak Diane, 174
 - steaks, 174–175, 311
 - Tomato and Beef Salad with Red Wine Vinaigrette, 126–127
- bell peppers
 - Bell Peppers Stuffed with Spinach, 194–195
 - benefits of eating, 330
 - shopping for, 190
- berries
 - Basic Meringue Shells with Berry Filling, 218–219
 - Berry Peachy Greens and Turkey Salad, 122
 - blackberries, 332
 - Blender Blueberry Soup, 109
 - Chilled Raspberry Soup, 110
 - Meringues with Chocolate-Strawberry Whipped Cream Filling, 220
 - Old-Fashioned Blueberry Cobbler, 210–211
 - Raspberry Ribbon Pie with Meringue Crust, 214–215
 - salads with, 121–122
- black soybeans. *See also* edamame (green soybeans)
 - about, 14, 100, 332
 - Black Bean and Veggie Chili, 276
 - carbs and fiber in, 28, 332
 - Caribbean Style Black Soybean Soup, 107
 - Spicy Black Soybean Wraps, 258
- blackberries, 332
- Blackened Catfish, 147
- blanching vegetables, 194, 195
- bleach cleaning solution, 153
- Blender Blueberry Soup, 109
- blood sugar level
 - balancing, 35, 66, 231
 - effects on memory and learning, 83
 - glycemic index scores (GI) and, 35
 - glycemic load and, 36–37
 - simple carbohydrates and, 22
 - weight gain and, 34
- BLT Soup from the U.S.A., 106
- blueberries
 - Berry Peachy Greens and Turkey Salad, 122
 - Blender Blueberry Soup, 109
 - Old-Fashioned Blueberry Cobbler, 210–211
- BMI (body mass index), 78
- body measurements, 61
- boredom, avoiding, 17, 61
- bread
 - Apricot-Cheddar Brunch Toast, 98
 - breadcrumbs, making, 163, 164
 - Chicken Spoon Bread, 166
 - Chocolate Bread Pudding, 226
 - shopping for, 47
- breakfast. *See also* eggs
 - importance of, 32, 81–84
 - metabolism and, 32–33, 83
 - pancakes, 96–97
 - quick meals, 82
- broccoflower
 - Broccolomole Dip, 244
 - soup, 101
- broccoli
 - benefits of eating, 329–330
 - Cauliflower and Broccoli with Cheese and Bacon, 282
 - puree, 204
 - seasonings and sauce for, 198
 - shopping for, 190
- broiling food
 - about, 180–181
 - fish, 142
 - meat, 178–181
- brunch
 - Apricot-Cheddar Brunch Toast, 98
 - pancakes, 96–97
- Brussels sprouts
 - Brussels Sprouts and Mushrooms with Rosemary, 200
 - seasonings and sauce for, 198
- burgers
 - Cheese-Stuffed Ground Round Patties, 185–186
 - dining out and, 294
 - draining fat from, 183
- burrito, quick, 82
- butter, 63



- cabbage
 - benefits of eating, 330–331
 - Chinese, 114
 - German Cabbage Soup, 104
 - savoy, 115
 - shopping for, 191
 - Turkey Brats and Cabbage, 320
 - for wraps, 248
- cake
 - cheesecake, quick, 243
 - Dirt Cake, 227
- Calico Tomato Salad, 125
- California Fishermen's Soup, 108
- calories
 - artificial sweeteners and, 24
 - average consumed, 66
 - counting, 13
 - defined, 31
 - in eggs, 84
 - food labels and, 53
 - low GL carbs and, 37
 - metabolism and, 31–32
 - in sugar, 23, 25, 207
 - in sugar alcohols (polyols), 25
- canned and jarred goods
 - fruit, 208
 - shopping for, 45–46
 - tomatoes, 124
- carbohydrates. *See also* counting
 - carbohydrates
 - in black soybeans, 28, 100
 - blood-sugar level and, 34
 - in chicken, 152
 - complex, 22, 26–27
 - daily recommended intake, 12
 - described, 11–12, 22
 - in eggs, 84
 - fiber and, 26–27
 - in fish, 132–133
 - food labels and, 53–54
 - in fruit, 208
 - gram counters, 42
 - healthy choices, 13–14, 29–30
 - hidden, 278, 302
 - not so healthy choices, 13, 30
 - simple, 22
 - stored as fat, 12
- Carbs Information (Web site), 336
- CarbSmart Magazine*, 334
- CarbSmart (Web site), 333–334
- Caribbean Style Black Soybean Soup, 107
- carrots, 44, 191, 198
- cashews, 235
- casseroles
 - Artichoke Heart Casserole, 202
 - Casserole of Chicken, Artichokes, and Mushrooms, 273
- Cast-Iron Cooking For Dummies* (Barr, Tracy), 317
- cast-iron skillet, 317
- catfish, blackened, 147
- cauliflower
 - benefits of eating, 330–331
 - Cauliflower and Broccoli with Cheese and Bacon, 282
 - Creamy Whole Cauliflower, 201
 - puree, 204
 - seasonings and sauce for, 198
 - shopping for, 191
- Celery Stick Tuna Delight, 240
- cheese
 - about, 14
 - Apricot-Cheddar Brunch Toast, 98
 - Arugula, Radicchio, and Goat Cheese Salad, 117
 - Cauliflower and Broccoli with Cheese and Bacon, 282
 - Cheese and Spinach Dumplings, 165
 - Cheese and Spinach-Stuffed Chicken, 161
 - cheeseburger, 294
 - cheesecake, quick, 243
 - Cheese-Stuffed Ground Round Patties, 185–186
 - Cheesy Hot Steak Wraps, 255
 - Cherry Tomato and Mozzarella Salad, 124–125
 - cottage cheese dips, 242, 244
 - cream cheese dips, 242
 - Ham and Cheese Frittata, 93
 - Mexican Cheese Omelet, 88
 - Mozzarella Cheese Soup with Fresh Mushrooms, 102
 - Peanut Butter and Cream Cheese Wraps, 252
 - Ricotta Dip for Fruits, 246
 - for salads, 119

- cheese (*continued*)
 - sauces, quick, 199
 - specialty types, 284
 - Three-Cheese Roasted Garlic Dip, 243
 - Turkey Cheese Pockets, 281
 - for wraps, 248
- chicken
 - basting, 158–159
 - canned, 46
 - Casserole of Chicken, Artichokes, and Mushrooms, 273
 - Cheese and Spinach Dumplings, 165
 - Cheese and Spinach-Stuffed Chicken, 161
 - Chicken and Veggie Stir-Fry, 312
 - Chicken and Zucchini in Dijon Sauce, 169
 - Chicken on the Barbie, 279
 - Chicken Spoon Bread, 166
 - Chinese Chicken Wings, 287
 - as comfort-food, 163–167
 - cutting into strips, 160
 - cutting up, 154–155
 - doneness tests, 154
 - fat in, 161
 - flavoring under the skin, 160–161
 - Grilled Ginger Chicken Strips, 159
 - grilling, 162
 - Herb-Roasted Lemon Chicken, 271
 - marinating, 153, 157–159
 - microwaving, 162–163
 - nutrition in, 152
 - Orange Chicken Veronique, 168
 - oven-fried, 162
 - poaching, 162–163
 - quick cooking methods, 162–163
 - Roast Chicken and Gravy, 167
 - roasting, 162
 - rubs, 156–157
 - safety when handling and cooking, 152–153
 - shopping for, 152
 - slow cooking tip, 272
 - Southern Fried Chicken, 164
 - storing, 152
 - substituting parts of, 155–156
 - Tarragon Chicken with Apples, 319
 - thawing, 153
 - 30-Minute Chicken, 321
 - chili, black bean and veggie, 276
 - Chilled Raspberry Soup, 110
 - Chinese restaurants, 296
 - chive-parsley sauce, 199
 - chocolate
 - Chocolate Bread Pudding, 226
 - Chocolate Cinnamon-Walnut Meringue Cookies, 216
 - Chocolate Fruit Pizza, 224–225
 - Dirt Cake, 227
 - Meringues with Chocolate-Strawberry Whipped Cream Filling, 220
 - puffies, 223
 - cholesterol, 38
 - cleaning
 - bleach solution for, 153
 - cutting boards, 183
 - fridge and freezer, 41
 - slow cookers, 269
 - cobbler, blueberry, 210–211
 - Cold Mexican Shrimp Soup, 104–105
 - comfort-food, 163–167
 - containers for freezing food, 309
 - conversions
 - metric, 337–340
 - slow cooking time, 268
 - cookie sheets, 327
 - cookies, meringue, 216, 305
 - Cooking Time Conversion Chart, 268
 - corn syrup, 23
 - Corned Beef with Vegetables, 272
 - cottage cheese dips, 242, 244
 - counting carbohydrates. *See also* carbohydrates
 - artificial sweeteners and, 24
 - described, 28–29
 - fiber and, 26, 28
 - gram counters, 42
 - net carb count, 28
 - nuts and, 235–236
 - Web sites, 42, 333–336
 - weight loss and, 51
 - Crab Scramble, 92
 - cravings
 - curbing, 14, 59–60, 83
 - sugar and, 23
 - tea and, 332
 - for vegetables, 239

Cream of Broccoflower Soup, 101
 cream of tartar, 212
 cream puffs (Puffies), 221–223
 Creamy Whole Cauliflower, 201
 crepe pan, 262
 crepes
 about, 258–259
 Basic Egg Crepes with Veggies, 260–261
 cruciferous veggies, 189, 330–331. *See also*
 specific vegetables
 Crustless Mushroom Quiche, 94
 Crustless Quiche Lorraine, 95–96
 cutting boards, 153, 183

• D •

dairy products. *See also* cheese
 milk, 48, 49
 for recipes in this book, 63
 shopping for, 48–49
 slow cooking and, 268
 yogurt, 48, 49, 242
 dandelion greens, 114
 dehydration, 76
 deli foods, 49, 302
 dessert
 for bagged lunches, 306
 Basic Meringue Shells with Berry Filling,
 218–219
 cheesecake, quick, 243
 Chocolate Bread Pudding, 226
 Chocolate Cinnamon-Walnut Meringue
 Cookies, 216
 Chocolate Fruit Pizza, 224–225
 choosing, 205–206
 dining out and, 298
 Dirt Cake, 227
 frozen, 50
 fruit as, 211
 Fruit Kabobs with Pineapple Dip, 209
 Lemon Cloud, 288
 Meringues with Chocolate-Strawberry
 Whipped Cream Filling, 220
 nectarines with red wine, 211
 Old-Fashioned Blueberry Cobbler,
 210–211

Puffies, 221–223
 Raspberry Ribbon Pie with Meringue
 Crust, 214–215
 shopping for, 206
 diet programs. *See* low-carb diet programs
 dill sauce, 199
 DiMino, Andrew (owner of CarbSmart), 334
 dinner
 packet cooking, 314–316
 planning meals for, 307–309
 quesadillas, 322
 skillet suppers, 317–322
 dips. *See also* sauces
 Broccolomole Dip, 244
 cottage cheese dips, 242, 244
 food presentation for, 244
 pineapple, 209
 quick, 242
 Ricotta Dip for Fruits, 246
 sour cream, 242
 Three-Cheese Roasted Garlic Dip, 243
 for vegetables, 199, 242–244
 Dirt Cake, 227
 Dried Herb Combo Vinaigrette, 127
 dumplings, cheese and spinach, 165

• E •

edamame (green soybeans), 14, 50
 Effective Carb Count (ECC), 28
 egg whites
 shopping for, 90, 215
 whipping, 212–214, 215
 whisk for whipping, 85
 Eggplant Sandwiches Extraordinaire, 285
 eggs
 Basic Egg Crepes with Veggies, 260–261
 Crab Scramble, 92
 crepes, 258–261
 Crustless Mushroom Quiche, 94
 Crustless Quiche Lorraine, 95–96
 freshness test, 85
 frittatas, 92–93
 hard-boiled, 86
 microwaving, 82
 nutrients in, 84

eggs (*continued*)

- omelets, 86–89
- quiche, 94–96
- scrambled, 90–92
- storing, 85
- substitutes, 90
- Sunday Brunch Scramble, 91
- endive, 114
- equipment
 - balloon whisk, 85
 - cast-iron skillet, 317
 - crepe pan, 262
 - cutting boards, 153, 183
 - grills, 327
 - lunch bags, insulated, 301
 - marinade containers, 157, 158
 - measuring cups, 315
 - meat thermometer, 175
 - parchment paper, 137, 217, 314, 327
 - plastic bags for marinating, 158
 - ramekin, 223
 - resealable plastic bags, 234
 - salad spinner, 119
 - skillets, cast iron, 317
 - slow cookers, 264–266, 269, 327
 - stainless-steel roaster, 163
 - steamer basket, 326
- escarole, 114
- ethnic restaurants, 296–298
- exercise, 70–71. *See also* pedometer
 - walking; walking

● **F** ●

Fabulous Foods (Web site), 334

fat

- benefits of, 37, 172
- burning, 188
- carbs stored as, 12
- in chicken, 161
- draining from ground beef, 183
- food labels and, 53
- in low-carb diets, 12, 38
- meat and, 172–173, 174
- monounsaturated, 38
- in nuts, 235

omega-3 fatty acids, 132, 331

polyunsaturated, 38, 132

saturated, 38, 171

trans fats, 38

unsaturated, 235

fiber

- counting carbs and, 26, 28
- daily recommended intake, 26–27
- food labels and, 54
- sources of, 14, 27, 235

fish. *See also* seafood

- basting, 142
- benefits of eating, 132, 331
- Blackened Catfish, 147
- broiling, 142
- California Fishermen's Soup, 108
- canned, 46
- carbs in, 132–133
- doneness tests, 136–137
- frozen, 50, 134–135
- Grilled Salmon Steaks, 143
- grilling, 142–147
- handling and storing, 135–136
- Kettle of Fish Stew, 275
- lemon garnish for, 139
- Lemon-Thyme Halibut en Papillote, 138–139
- Mustard-Dilled Red Snapper, 144
- packet cooking, 137–139, 316
- poaching, 139–140
- Salmon Fillets with Tarragon Cream Sauce, 313
- Salmon Steaks in Wine Marinade, 278–279
- shopping for, 49, 133–135
- Sole with Lemon and Garlic Sauce, 144–145
- Spinach and Flounder Pinwheels, 280
- Steamed Fish and Veggies, 316
- Steamed Trout, 141
- steaming, 140–141
- Swordfish Piccata, 146
- tuna, 46, 240

Fitness Walking For Dummies

(Neporent, Liz), 71

flounder and spinach pinwheels, 280

flour, 63, 211

flowers, edible, 118
foil packets, 314–315
food labels, 24, 52–55
Food and Nutrition Information Center
(FNIC) (Web site), 336
food journaling, 18–19
Food Safety and Inspection Service, USDA
(Website), 175
food-weaknesses. *See* cravings
free radicals, 188
freezer, 41, 309, 315
French salad dressing, 128
frisee, 114
frittatas, 92–93
frozen food
 for bagged lunches, 306
 chicken, 153
 containers for, 309
 fish, 50, 134–135
 fruit, 50
 ground beef, 183
 pineapple, 209
 shopping for, 49–50
 slow cooking and, 269
 thawing, 153
 tomatoes, 124
 vegetables, 50, 197
fruit. *See also specific fruit*
 for bagged lunches, 305
 canned, 208
 carbs in, 208
 Chocolate Fruit Pizza, 224–225
 frozen, 50
 kabobs, 209, 305
 Ricotta Dip for Fruits, 246
 shopping for, 44
 as snacks, 245
 soups, chilled, 109–110

• G •

garlic
 Garlic Vinaigrette, 127
 Parmesan-Garlic Lamb Chops with
 Zucchini Relish, 180
 Sole with Lemon and Garlic Sauce,
 144–145
 Three-Cheese Roasted Garlic Dip, 243

garnish
 edible flowers, 118
 grapes, 168
 lemon, 139
 parsley, 115
German Cabbage Soup, 104
gingerroot, 159, 197
glycemic index (GI), 34, 35, 335
glycemic load, 36–37, 335
grains, 14, 47
grapes, garnish, 168
gravy, roast chicken and, 167
grazing, 33. *See also* snacks
Greek restaurants, 296
green beans, 191, 197, 204
green soybeans (edamame), 14, 50
greens, leafy. *See also* salads; spinach
 about, 330
 nutrients in, 111, 112
 shopping for, 113
 tips for using, 113
 types of, 114–116
 as wrappers, 248
Greens with Walnut Dressing, 125
Grilled Ginger Chicken Strips, 159
grilling food
 about, 181, 327
 chicken, 162
 fish, 142–147
 Grilled Ginger Chicken Strips, 159
 Grilled Salmon Steaks, 143
 meat, 181
 sauces for, 199
grills, 142, 327

• H •

Ham and Cheese Frittata, 93
Herb-Roasted Lemon Chicken, 271
Herb-Rubbed Pork Chops with Tomato-
 Arugula Salsa, 179
herbs and spices
 perks of using, 62
 shopping for, 48
 slow cooking and, 268
 for vegetables, 198–203

hidden sugars
 in flavored vinegars, 128
 list of, 55
 in lunch meat, 302
 in salad dressings, 158
 in sauces and marinades, 278
 holidays, 60
 home-cooking. *See also* planning meals
 benefits of, 62
 food presentation, 67
 portions and, 66
 using recipes in this book, 3–4, 63–65
 Homemade Tomato Sauce, 283
 honey, 23
 horseradish-mustard dressing, 199
 Hot Salami Wraps, 256
 hummus, 303
 hunger, decreasing, 37, 83, 172

• I •

icons in this book, 7, 64
 insulin, 34, 35
 Italian restaurants, 297

• J •

Jan's Nostalgic Pancakes, 96–97
 Japanese restaurants, 297
 jarred and canned goods, 45–46
 Johnson, Ron and Lori (NutritionData
 Web site creators), 336
 journaling, 18–19

• K •

Kettle of Fish Stew, 275
 Key West Ribs, 270
 kitchen, stocking, 40–41, 326

• L •

labels, food, 24, 52–55
 Lacalamita, Tom (*Slow Cookers For
 Dummies*), 269
 lamb. *See also* meat
 least fatty cuts of, 173
 Parmesan-Garlic Lamb Chops with
 Zucchini Relish, 180

lasagna, no-pasta, 192–193
 leeks, 191
 leftovers, 304, 322
 legumes. *See* soybeans
 lemon
 garnish, 139
 Herb-Roasted Lemon Chicken, 271
 Lemon Cloud, 288
 Lemon or Lime Vinaigrette, 128
 lemon-herb butter sauce, 199
 Lemon-Thyme Halibut en Papillote,
 138–139
 Sole with Lemon and Garlic Sauce,
 144–145
 lettuce, 114–115, 248, 249. *See also* greens,
 leafy
 Low Carb Luxury (Web site), 334
 Low Glycemic Index Pyramid, 35, 36
 low-carb diet products, 18, 50–52, 63, 206
 low-carb diet programs
 calories and, 13, 31
 fat in, 12, 38
 food recommended, 14
 food to avoid, 13, 30, 40–41
 low-carb lifestyle. *See also* exercise
 backsliding and, 59–60, 67–68
 benefits of, 15–16
 blood sugar level and, 34–37
 boredom versus variety in, 16–17
 choosing, 57–59
 food journaling and, 18–19
 food-weaknesses and, 59–60
 healthy food for, 13–14, 29–30
 home cooking, benefits of, 62–67
 moderation in, 171, 277
 not so healthy food, 13, 30, 40–41
 nutrition, learning about, 17–18, 62
 success tips, 61–62
 support for, 59
 lunch. *See* bagged lunches
 lunch bags, insulated, 301
 lunch meats, 302

• M •

Maple-Cinnamon Almond Snack, 239
 marinating food
 chicken, 153, 157–159
 hidden sugars and carbs in, 278

- Marinated Fresh Garden Salad, 118
Marinated Veggies in Living Color, 203
meat, 176–177
safety issues, 153
Salmon Steaks in Wine Marinade, 278–279
Marsala wine, mushrooms sautéed in, 199
measuring cups, 315
meat. *See also* beef; lamb; pork
broiling, 178–180
cutting tip, 183
doneness tests, 175
fat and, 172–173, 174
frozen, 50
grilling, 181
marinating, 176–177
nutrients in, 171–173
oven roasting, 177
pockets in, 181
shopping for, 49, 173
slow cooking, 177, 268
stir-frying, 181–183
trimming, 173, 175
for wraps, 248
meat loaf, 183, 184
meat thermometer, 154, 175
Medline Plus (Web site), 336
Mendosa, Rick (journalist), 335
Mendosa (Web site), 35, 36, 335
meringues
Basic Meringue Shells with Berry Filling, 218–219
Chocolate Cinnamon-Walnut Meringue Cookies, 216
Meringues with Chocolate-Strawberry Whipped Cream Filling, 220
Raspberry Ribbon Pie with Meringue Crust, 214–215
shells, 217
storing, 221
whipping egg whites for, 212–214
mesclun, 115
metabolism
breakfast and, 32–33, 83
calories and, 31–32
increasing, 32–34
nuts as booster for, 284
starving yourself and, 61
Metric Conversion Guide, 337–340
Mexican food
burrito, quick, 82
Cold Mexican Shrimp Soup, 104–105
dining out and, 298
frittatas, 92–93
Mexican Cheese Omelet, 88
quesadillas, 322
microwave cooking
bacon, 84, 95
chicken, 162–163
quick breakfast meals, 82
Spinach and Flounder Pinwheels, 280
steaming vegetables, 194
tips for, 96
milk
author’s “recipe”, 48
shopping for, 49
Mozzarella Cheese Soup with Fresh Mushrooms, 102
mushrooms
Brussels Sprouts and Mushrooms with Rosemary, 200
Casserole of Chicken, Artichokes, and Mushrooms, 273
Crustless Mushroom Quiche, 94
Mozzarella Cheese Soup with Fresh Mushrooms, 102
Mushroom Omelet, 88
sautéed in Marsala wine, 199
shopping for, 191
Stuffed Mushrooms, 286
tip for storing, 200
Mustard-Dilled Red Snapper, 144
mustard-horseradish dressing, 199
- N •
- nectarines with red wine, 211
Neporent, Liz (*Fitness Walking For Dummies*), 71
net carb count, 28. *See also* counting carbohydrates
Net Impact Carbs, 28
non-nutritive sweeteners, 23. *See also* artificial sweeteners
No-Pasta Lasagna, 192–193
notepads, list-type, 309
Nouvelle cuisine, 297

Nutrient Data Laboratory (NDL)
 (Web site), 335
 nutrition
 Web sites, 42, 335, 336
 Nutrition Facts Panel, 51, 52–55
 NutritionData (ND) (Web site), 42, 336
 nutritive sweeteners, 23–24. *See also* sugar
 alcohols (polyols)
 nuts. *See also specific nuts*
 about, 14, 235–236, 331
 Nutty Popcorn, 238
 shopping for, 45
 as snacks, 284, 331
 unsaturated fats in, 235
 weight loss and, 235, 284

• 0 •

obesity, 74, 77
 Old-Fashioned Blueberry Cobbler, 210–211
 omega-3 fatty acids, 132, 331
 omelet pan, 86, 87
 omelets
 cooking tips, 86
 folding, 88
 microwaving, 82
 Plain Ol' Simple Omelet, 87
 Puffy Omelet Squares with Tomato-
 Zucchini Sauce, 89
 onions, 191
 Orange Chicken Veronique, 168
 oven roasting
 Apricot-Glazed Pork Roast, 178
 meat and, 177
 Oven-Roasted Vegetable Medley, 189
 oven-fried chicken, 162

• p •

packet cooking
 described, 314–315
 fish, 137–139, 316
 Lemon-Thyme Halibut en Papillote,
 138–139
 Steamed Fish and Veggies, 316

pancakes, 96–97
 parchment paper, 137, 217, 314, 327
 Parmesan-Garlic Lamb Chops with
 Zucchini Relish, 180
 parsley, 115, 199
 parsnips, 191
 pastry bag, 217
 peaches, turkey salad with, 122
 Peanut Butter and Cream Cheese
 Wraps, 252
 pecans, 122, 237
 pedometer, 73, 74, 75
 pedometer walking. *See also* walking
 buddy system for, 78
 buying a pedometer, 75
 described, 73–75
 goals for, 76–77
 Sassy Stepper (Web site), 335
 Pesto Salmon Wraps, 257
 phytochemicals, 112, 188, 189
 pies
 Old-Fashioned Blueberry Cobbler,
 210–211
 Raspberry Ribbon Pie with Meringue
 Crust, 214–215
 pineapple kabobs, 209
 pizza
 Chocolate Fruit Pizza, 224–225
 Pizza Wraps, 256–257
 Plain Ol' Simple Omelet, 87
 planning meals. *See also* shopping list
 benefits of, 65–66, 327
 for dinner, 307–309
 freezer and, 309
 snacks, 233, 234–235
 two-week schedule, 309–310
 plastic bags, 158, 234
 poaching food
 chicken, 162–163
 fish, 139–140
 pockets in meat, 181, 281
 popcorn, nutty, 238
 pork. *See also* meat
 Apricot-Glazed Pork Roast, 178
 Baked Ham and Sauerkraut Rolls, 176

deli ham as a wrap, 304
 ham and cheese frittata, 93
 Herb-Rubbed Pork Chops with
 Tomato-Arugula Salsa, 179
 Key West Ribs, 270
 least fatty cuts of, 173
 portion size
 blood sugar and, 66
 eyeballing, 328
 food labels and, 53
 importance of, 66
 moderation in, 277
 snacks and, 234–235
 weight loss and, 33
 poultry. *See* chicken; turkey
 prepared food
 deli foods, 49, 302
 low-carb diet products, 18, 50–52, 63, 206
 as time saver, 326
 presentation, food, 67, 244
 produce. *See also specific produce*
 for recipes in this book, 63
 shopping list, 41–45
 protein
 about, 171–172
 in chicken, 152
 cravings curbed with, 84
 food labels and, 54
 in nuts, 235
 pudding
 for bagged lunches, 306
 Chocolate Bread Pudding, 226
 Puffies (cream puffs), 221–223
 Puffy Omelet Squares with Tomato-
 Zucchini Sauce, 89
 pyramid, low glycemic index, 35, 36

• Q •

quesadillas, 322
 quiche, 94–96

• R •

radicchio, 115, 117, 248
 ramekin, 223
 raspberries, 110, 214–215
 recipes
 Abbreviations and Metric Conversion
 Guide, 337–340
 converting to slow cooking, 268
 ingredients list, 3
 organizing, 328
 in this book, using, 3–4, 63–65
 Web sites, 334
 Red Wine Vinaigrette, 126
 refrigerator, cleaning out, 41
 reheating food
 slow cookers and, 267
 wraps and, 253
 restaurant dining
 ethnic, 296–298
 placing your order, 292–296
 scanning the menu, 293
 survival tips, 295–296
 rewarding yourself, 62
 Ricotta Dip for Fruits, 246
 roaster, stainless-steel, 163
 roasts, oven
 Apricot-Glazed Pork Roast, 178
 chicken, 162
 Oven-Roasted Vegetable Medley, 189
 Roast Chicken and Gravy, 167
 vertical stainless-steel roaster for, 163
 roasts, slow-cooked
 described, 177
 Herb-Roasted Lemon Chicken, 271
 overview, 270
 Roma Meat Loaf, 184
 Rosemary Steak, 311
 rubs
 chicken, 156–157
 Herb-Rubbed Pork Chops with
 Tomato-Arugula Salsa, 179
 Russian Borscht, 274

• S •

- saccharin, 25
- safety issues. *See also* bacteria
 - chicken, handling and cooking, 152–153
 - fish, handling, 136
 - for grilling, 142
 - for leftovers, 322
 - marinating, 153
 - meat, preparing and storing, 175
 - slow-cooking and, 266–267
 - Web sites, 175
 - wooden cutting boards and, 153
- salad dressing
 - Dried Herb Combo Vinaigrette, 127
 - French, 128
 - Garlic Vinaigrette, 127
 - hidden sugars in, 158
 - Lemon or Lime Vinaigrette, 128
 - Red Wine Vinaigrette, 126
 - shopping for, 36
 - Toasted Sesame seed Vinaigrette, 128
 - Walnut Dressing, 129
- salad spinner, 119
- salads. *See also* greens, leafy; salad dressing
 - Arugula, Radicchio, and Goat Cheese Salad, 117
 - for bagged lunches, 302–303
 - with beef, 126–127
 - with berries and fruits, 121–122
 - Berry Peachy Greens and Turkey Salad, 122
 - Calico Tomato Salad, 125
 - Cherry Tomato and Mozzarella Salad, 124–125
 - edible flowers in, 118
 - Greens with Walnut Dressing, 125
 - items to add, 119
 - Marinated Fresh Garden Salad, 118
 - quick and simple, 66, 123
 - Stir-Fried Lettuce, 120
 - tomatoes in, 124–126
 - Waldorf Salad to Go, 302–303
 - in wraps, 253
 - salmon
 - Grilled Salmon Steaks, 143
 - Pesto Salmon Wraps, 257
 - Salmon Fillets with Tarragon Cream Sauce, 313
 - Salmon Steaks in Wine Marinade, 278–279
 - salmonella, 152
 - salsa, tomato-arugula, 179
 - salt, 46, 53
 - sandwiches, eggplant, 285
 - Sassy Stepper (author's Web site), 335
 - sauces. *See also* dips; salad dressing
 - for basting chicken, 158–159
 - cheese, quick and easy, 199
 - chive-parsley, 199
 - Dijon Sauce, 169
 - dill, 199
 - Garlic Sauce, 144–145
 - gravy for roast chicken, 167
 - hidden sugars and carbs in, 278
 - Homemade Tomato Sauce, 283
 - lemon-herb butter sauce, 199
 - mustard-horseradish dressing, 199
 - Tarragon Cream Sauce, 313
 - Tomato-Arugula Salsa, 179
 - Tomato-Zucchini Sauce, 89
 - for vegetables, 198–203
 - sauerkraut rolls with baked ham, 176
 - scales, bathroom, 20
 - seafood. *See also* fish
 - about, 148
 - carbs in, 133
 - Cold Mexican Shrimp Soup, 104–105
 - Crab Scramble, 92
 - shellfish, 148–150
 - Shrimp and Scallop Combo, 150
 - Shrimp Scampi, 149
 - stir-fry, 148
 - servicing size. *See* portion size
 - sesame seeds, 121, 128, 182
 - setting a table, 67
 - shoes, supportive, 72
 - shopping
 - baking aisle, 47–48
 - bread, 47
 - canned and jarred goods, 45–46
 - dairy products, 48–49
 - deli foods, 49
 - desserts, 206
 - egg whites, 215
 - fish, 49, 133–135

- food labels and, 52–55
- frozen foods, 49–50
- fruit, 44
- grains, 47
- greens, leafy, 113
- herbs and spices, 48
- low-carb diet products, 18, 50–52, 63, 206
- meat, 49
- milk, 48, 49
- nuts, 45
- pedometer, 75
- produce, 41–45
- salad dressing, 36
- vegetables, 42–44, 193
- yogurt, 48, 49
- shopping list
 - benefits of using, 41–42
 - list-type notepads for, 309
 - as time saver, 310, 327
- shrimp
 - Cold Mexican Shrimp Soup, 104–105
 - Shrimp and Scallop Combo, 150
 - Shrimp Scampi, 149
- Sicard, Cheri (editor/author), 334
- side dishes
 - about, 282
 - for bagged lunches, 305
 - Cauliflower and Broccoli with Cheese and Bacon, 282
 - mushrooms sautéed in Marsala wine, 199
 - vegetables as, 198
- Simple Farmer's Omelet, 88
- skillet suppers
 - overview, 317
 - Tarragon Chicken with Apples, 319
 - 30-Minute Chicken, 321
 - Turkey Brats and Cabbage, 320
 - Zucchini Skillet Supper, 318
- skillets, cast iron, 317
- skipping meals, 33
- slow cookers, 264–266, 269, 327
- Slow Cookers For Dummies* (Lacalamita, Tom and Vance, Glenna), 269
- slow cooking
 - benefits of, 263–264
 - Black Bean and Veggie Chili, 276
 - Casserole of Chicken, Artichokes, and Mushrooms, 273
 - Cooking Time Conversion Chart, 268
 - cooking times and temperatures, 266–268
 - Corned Beef with Vegetables, 272
 - food safety issues, 266–267
 - Herb-Roasted Lemon Chicken, 271
 - Kettle of Fish Stew, 275
 - Key West Ribs, 270
 - roasts, 177, 270, 271
 - Russian Borscht, 274
 - tips for, 268–269, 272
- snacks. *See also* dips
 - almonds, 239, 284, 331
 - benefits of eating, 83, 231–233
 - Celery Stick Tuna Delight, 240
 - Chinese Chicken Wings, 287
 - dessert and, 206
 - Eggplant Sandwiches Extraordinaire, 285
 - fruit as, 245
 - less than 5 grams net carbs, 284–287
 - list of ideas for, 234
 - Maple-Cinnamon Almond Snack, 239
 - nuts, 235–237, 239, 284, 331
 - Nutty Popcorn, 238
 - planning, 233, 234–235
 - portion size for, 234–235
 - Spiced Pecans, 237
 - Stuffed Mushrooms, 286
 - turkey slices, 331
 - vegetables, 44, 62, 239–241
 - Veggie Wedgie Crisps, 241
 - water as, 237
 - while cooking, 308
- sodas, diet, 295
- Sole with Lemon and Garlic Sauce, 144–145
- sorrel, 115
- soups
 - from around the world, 103
 - for bagged lunches, 301, 305
 - Blender Blueberry Soup, 109
 - BLT Soup from the U.S.A., 106
 - California Fishermen's Soup, 108
 - Caribbean Style Black Soybean Soup, 107
 - Chilled Raspberry Soup, 110
 - Cold Mexican Shrimp Soup, 104–105
 - Cream of Broccoli Soup, 101
 - fruit soups, chilled, 109–110
 - German Cabbage Soup, 104
 - Mozzarella Cheese Soup with Fresh Mushrooms, 102
 - Russian Borscht, 274

soups (*continued*)

- stockpot for, 99–100
- stocks and broths, 100
- sour cream dips, 242
- Southern Fried Chicken, 164
- soybeans, 14, 50. *See also* black soybeans
- Spiced Pecans, 237
- spices. *See* herbs and spices
- Spicy Black Soybean Wraps, 258
- spinach
 - about, 115
 - Bell Peppers Stuffed with Spinach, 194–195
 - Cheese and Spinach Dumplings, 165
 - Cheese and Spinach-Stuffed Chicken, 161
 - shopping for, 191
 - Spinach and Flounder Pinwheels, 280
- Splenda, 64, 207
- Splenda sugar blend for baking, 64, 207
- Steak Diane, 174
- steamer basket, 326
- steaming food
 - fish, 140–141
 - Steamed Fish and Veggies, 316
 - Steamed Trout, 141
 - vegetables, 194
- stevia, 25
- stir-frying food
 - Chicken and Veggie Stir-Fry, 312
 - meat, 181–183
 - seafood, 148
 - Stir-Fried Asian Veggies, 196–197
 - Stir-Fried Lettuce, 120
 - vegetables, 195–197
- stocking your kitchen, 41–42, 326.
 - See also* shopping
- stockpot, 99–100
- stocks and broths, 100
- storing food
 - chicken, 152
 - eggs, 85
 - fish, 135–136
 - slow cookers and, 267
- strawberries, 122, 220
- Stuffed Mushrooms, 286
- sucralose, 25, 64
- sugar. *See also* artificial sweeteners
 - average consumption of, 23
 - calories in, 23, 25, 207

- carbs in, 207
- food labels and, 54, 55
- hidden, 55, 128, 158, 278
- reasons to replace, 206–207
- in wines, 64
- sugar alcohols (polyols)
 - calories in, 25
 - counting carbs and, 28
 - described, 24–26
 - food labels and, 64
 - pros and cons, 26
 - types of, 25–26
 - using in recipes, 64
 - weight loss and, 206
- summer squash, 198
- Sunday Brunch Scramble, 91
- support groups
 - online, 59, 77
 - walking buddies, 78
- Sushi Under (Low-Carb) Wraps, 249
- sweeteners, 23–24. *See also* artificial sweeteners; sugar
- Swordfish Piccata, 146

• T •

- table, setting, 67
- Tarragon Chicken with Apples, 319
- tea, 206, 332
- temperature
 - bacteria and, 301
 - Metric Conversion Guide, 339–340
 - for slow-cooking, 266–268
 - whipping egg whites and, 212
- 30-Minute Chicken, 321
- Three-Cheese Roasted Garlic Dip, 243
- time savers
 - bagged lunches, 300
 - for cleanup, 269
 - for grocery shopping, 310
 - meal planning as, 65
 - precut veggies, 44
 - prepared food as, 326
 - quick meals, 65–66, 315
 - simplifying your cooking, 325–328
- Toasted Sesame Seed Vinaigrette, 128
- tomatoes
 - about, 123–124
 - bringing out the flavor in, 284

Calico Tomato Salad, 125
 canned and jarred, 46
 Cherry Tomato and Mozzarella Salad,
 124–125
 freezing, 124
 Homemade Tomato Sauce, 283
 peeling, 284
 Puffy Omelet Squares with
 Tomato-Zucchini Sauce, 89
 in salads, 124–125
 Tomato and Beef Salad with Red Wine
 Vinaigrette, 126–127
 Tomato-Arugula Salsa, 179
 tools. *See* equipment
 tortillas, low-carb
 about, 247
 sogginess, preventing, 249
 wrapping styles for, 254
 for wraps, 82, 247
 trout, steamed, 141
 tuna, 46, 240
 turkey
 Berry Peachy Greens and
 Turkey Salad, 122
 snacks, 331
 Turkey Brats and Cabbage, 320
 Turkey Cheese Pockets, 281
 turnips, 192, 198

• U •

U.S. Department of Agriculture
 (Web site), 175

• V •

Vance, Glenna (*Slow Cookers
 For Dummies*), 269
 vegetables. *See also* greens, leafy; salads;
specific vegetables
 about, 14, 187–189
 Basic Egg Crepes with Veggies, 260–261
 Black Bean and Veggie Chili, 276
 blanching, 194, 195
 Chicken and Veggie Stir-Fry, 312
 cooking tips, 193, 195
 Corned Beef with Vegetables, 272
 cruciferous, 330–331

dips for, 199, 242–244
 eating more of, 329–331
 frozen, 50, 124, 197
 Marinated Veggies in Living Color, 203
 No-Pasta Lasagna, 192–193
 Oven-Roasted Vegetable Medley, 189
 purees, 204
 seasonings and sauce for, 198–203
 servings per day, 189
 shopping for, 42–44, 193
 side dishes, 282
 slow cooking and, 268
 as snacks, 44, 62, 239–241
 Steamed Fish and Veggies, 316
 steamer basket for, 326
 steaming, 194
 Stir-Fried Asian Veggies, 196–197
 stir-frying, 195–197
 time saving tips, 315
 types of, 190–192
 Veggie Wedgie Crisps, 241
 vegetarian recipes, 3
 vinegar, 128

• W •

Waldorf Salad to Go, 303
 walking
 benefits of, 71–72
 buddy system, 78
 drinking water during, 76
 with pedometer, 73–78
 posture and, 72
 recommended amount, 74
 Sassy Stepper (Web site), 335
 shoes for, 72
 walnuts, 125, 216
 water chestnuts, 192
 water, drinking
 about, 76
 benefits of, 76
 dining out and, 295
 hunger and, 37
 as a snack, 237
 as weight loss aid, 62
 watercress, 115
 watercure (Web site), 76

Web sites

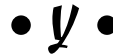
- BMI (body mass index) calculator, 78
- carb-counting, 42, 333–336
- Food Safety and Inspection Service, USDA, 175
- online support groups, 59
- Sassy Stepper, 335
- Splenda, 64, 207
- watercure, 76

weight

- blood sugar and, 34
- BMI (body mass index) calculator, 78
- Metric Conversion Guide, 338
- obesity, 74, 77
- portion size and, 66
- “seeing” the extra, 73
- weight loss. *See also* metabolism
 - calorie counting and, 13
 - carb counting and, 51
 - drinking water and, 62
 - for life, 19–20
 - nuts and, 235, 284
 - portion size and, 33
 - sugar alcohols (polyols) and, 206
 - support groups, 77
- weight scales, 20
- whipped cream, tip for, 215
- whisk, balloon, 85
- wine
 - mushrooms sautéed with, 199
 - nectarines in, 211
 - for recipes in this book, 64
 - Salmon Steaks in Wine Marinade, 278–279
 - sugar in, 64
 - Tomato and Beef Salad with Red Wine Vinaigrette, 126–127

wraps

- as appetizers, 251
- bagged lunch ideas, 303–304
- Basic Egg Crepes with Veggies, 260–261
- Cheesy Hot Steak Wraps, 255
- fillings for, 250–251
- heating or reheating, 253
- Hot Salami Wraps, 256
- Peanut Butter and Cream Cheese Wraps, 252
- Pesto Salmon Wraps, 257
- Pizza Wraps, 256–257
- Reuben wraps, 276
- salad in, 253
- securing, 253
- Spicy Black Soybean Wraps, 258
- Sushi Under (Low-Carb) Wraps, 249
- as time saver, 66
- tortillas for, 82, 247, 254
- wrapper options, 248



yogurt, 48, 49, 242



zucchini

- Chicken and Zucchini in Dijon Sauce, 169
- Parmesan-Garlic Lamb Chops with Zucchini Relish, 180
- Puffy Omelet Squares with Tomato-Zucchini Sauce, 89
- shopping for, 192
- Zucchini Skillet Supper, 318