

“Norene Gilletz knows that fad diets don't work. Her new book provides healthy recipes that are fast, fun, and tasty. *Norene's Healthy Kitchen* is a must for anyone adopting a lifestyle change for long-term health.”

—Ronald Goldenberg, MD, FRCPC, FACE, endocrinologist at Toronto's LMC Endocrinology Centres

“Just what the doctor ordered...packed with chef's secrets and nutrition tips.”

—Carolyn Blackman, Canadian Jewish News



## Norene Gilletz



Norene Gilletz is the leading authority on kosher cooking in Canada. She is a certified Culinary Professional with the IACP (International Association of Culinary Professionals), a food consultant, a cooking instructor, and a freelance food writer.

Her other titles include *Healthy Helpings* (originally published as *MealLeaniYumm!*), *The Food Processor Bible*, *The PCOS Diet Cookbook*, *The Low Iodine Diet Cookbook*, *Pleasures of Your Food Processor*, *MicroWays*, and *Second Helpings Please!*

Her motto “food that's good for you should taste good” has been the guiding principle of her culinary career. She lives in Toronto, Canada.

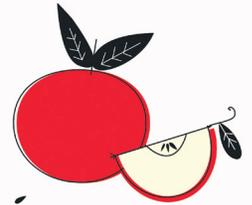
### norene's healthy kitchen

bursts with over 600 fast and fabulous recipes that are heart-healthy as well as weight-loss, diabetes, smart-carb, and glycemic-index friendly. Excellent for anyone on almost any diet! These delicious recipes are also suitable for the kosher kitchen, with lots of dairy-free and vegetarian options that the whole family will enjoy.

Family Friendly • Heart Smart • Diabetes, GI & Weight Loss Friendly

# Norene's healthy kitchen

EAT *YOUR* WAY TO GOOD HEALTH  
with over 600 fast & fabulous recipes



NORENE GILLETZ

Recipes from  
**NORENE'S HEALTHY KITCHEN**  
BY NORENE GILLETZ

\$34.95

Available at your favorite bookseller.

## LENTIL BARLEY SOUP

This simple and delicious soup is high in soluble fiber, which helps stabilize blood sugar. My mother's original version contained more starch but I omitted the potatoes and added lentils, bay leaves, and parsley. My Mom's mantra is "Eat some soup. It will fill you up!" Make half the recipe if you have a small family or don't have freezer space.

- 2 large onions, chopped
- 2 or 3 stalks celery, chopped
- 4 medium carrots, chopped
- 3 to 4 cloves garlic (about 1 Tbsp minced)
- 1 cup chopped mushrooms
- 1½ cups dried red lentils, rinsed and drained
- 1 cup pearl barley, rinsed and drained
- 14 cups water
- 2 Tbsp instant parve chicken soup mix
- 2 bay leaves (optional)
- 2 tsp salt (or to taste)
- 1 tsp freshly ground black pepper
- ¼ cup minced fresh dillweed
- ¼ cup minced fresh parsley

1. Combine all the ingredients, except the dillweed and parsley, in a large soup pot and bring to a boil. Reduce heat to low and simmer, partially covered, for 1 hour or until the lentils are soft. Stir occasionally.
2. Once the lentils are fully cooked, stir in the dillweed and parsley and simmer 5 to 10 minutes longer. Discard the bay leaves and adjust the seasonings to taste. If the soup becomes too thick, add a little water.

Yield: 8 to 10 servings (about 18 cups). Keeps 3 to 4 days in the refrigerator; reheats well. Freezes well for up to 4 months.

112 calories per cup, 21.6 g carbohydrate, 4.9 g fiber, 6 g protein, 0.6 g fat (0 g saturated), 0 mg cholesterol, 279 mg sodium, 240 mg potassium, 1 mg iron, 26 mg calcium

### Nutrition Note

- Lentils are an excellent source of folate and are filled with fiber. Red lentils melt into the soup and virtually disappear, making it an excellent way to sneak some fiber into your family's diet.

## EGGPLANT MOCK PIZZAS

This makes a terrific low-carbohydrate vegetarian main dish. It's an excellent choice for people with diabetes.

- 1 large eggplant, unpeeled
- 2 Tbsp olive oil
- Salt and freshly ground black pepper
- Dried basil and oregano
- ¾ to 1 cup Italian-style tomato sauce
- 1 cup grated low-fat mozzarella or havarti cheese

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper or foil. If using foil, spray with cooking spray.
2. Cut off the top and bottom ends of the eggplant. Slice the eggplant into rounds about ½-inch thick and arrange on the prepared baking sheet. Lightly brush both sides of the eggplant slices with oil. Sprinkle on both sides with salt, pepper, basil, and oregano.
3. Bake, uncovered, for 8 to 10 minutes or until lightly browned. Remove the pan from the oven. Spread each eggplant slice with tomato sauce and top with cheese. (If desired, the recipe can be prepared up to this point and stored in the refrigerator for up to 24 hours.)
4. Bake for 12 to 15 minutes longer or until piping hot and the cheese is melted and golden. Serve immediately.

Yield: 8 to 10 slices. Recipe doubles and triples easily. Keeps for up to 2 days in the refrigerator; reheats well. Freezes well for up to 2 months.

85 calories per slice, 5.2 g carbohydrate, 2.3 g fiber, 4 g protein, 5.7 g fat (1.9 g saturated), 9 mg cholesterol, 209 mg sodium, 144 mg potassium, 0 mg iron, 116 mg calcium

## CHOCOLATE PUDDING FOR ONE

Nutritious and satisfying, this calcium-packed, sugar-free dessert is perfect when you have a craving for chocolate.

- 2 tsp cornstarch
- 1 Tbsp unsweetened cocoa powder
- 4 tsp granular Splenda (or 2 packets)
- ½ cup skim milk
- Dash of pure vanilla extract

1. Combine the cornstarch, cocoa, Splenda, and milk in a 2-cup glass measure. Blend well.
2. Microwave, uncovered, on high for 1 minute; stir well. Microwave on high for another 30 seconds or until the mixture is thick and bubbly.
3. Stir in the vanilla. Serve immediately or chill in the refrigerator until ready to serve: it's delicious hot, warm, or cold.

Yield: 1 serving. Keeps for up to 1 to 2 days in the refrigerator. Freezes well for up to a month (see Frozen Pudding on a Stick, below).

85 calories per serving, 15.8 g carbohydrate, 1.8 g fiber, 5 g protein, 1.0 g fat (0.6 g saturated), 2 mg cholesterol, 65 mg sodium, 285 mg potassium, 1 mg iron, 158 mg calcium

### Frozen Pudding on a Stick

Pour the cooked pudding into a small paper cup. Cover the paper cup with foil and insert a wooden stick in the center of the cup by making a slit in the foil. Freeze for at least 2 hours. Remove the foil and peel away the paper cup at serving time. Freezes for up to a month.

### Nutrition Note

- Sweet Choice: If you prefer to use 4 tsp of sugar instead of granular Splenda, one serving contains 142 calories and 30.5 g carbohydrate.