



Reader recipes

Bigger is better when it comes to these chocolate chip cookies. Story by Jason Horn



RAISED IN WHAT SHE describes as a traditional, close-knit Italian family in Chicago, Marie Rizzio was exposed to great food from an early age. Her mother was a prolific home cook, baking fresh bread and preparing meals nearly every day.

“When I grew up, I was determined to become as good a cook as my mom,” she says.

From that auspicious start, Rizzio has found much success in the kitchen. After retiring to Michigan, she began entering recipe contests as a hobby. From her first win, a local newspaper contest, she went national, eventually taking home grand prizes from an oyster cook-off in Maryland, a Quaker Oats contest, and the National Chicken Cooking Contest.

Her advice for recipe-creation success? “You have to have a good audience for your cooking. My husband loves to eat and will eat anything, so that encourages me to experiment.”

It was experimentation that yielded these lower-calorie cookies. Chocolate chip is Rizzio’s favorite, and she tried egg whites for soft, puffy texture without extra fat, and a reduced amount of granulated sugar with brown sugar mixed in for deeper flavor. Even the size of these cookies helps: “Eating one giant cookie takes away the urge to eat two or three cookies,” Rizzio says.

Giant Chocolate Chunk Cookies ▲

“My grandkids love these cookies because they’re nice and big, with lots of chocolate chips. They’re easy to freeze—just wrap individually in heavy-duty plastic wrap, and store in a zip-top bag.”

—Marie Rizzio, Interlochen, Mich.

- 5 ounces all-purpose flour (about 1 cup plus 2 tablespoons)
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ⅓ cup granulated sugar
- ⅓ cup packed brown sugar
- ¼ cup butter, softened
- 1 teaspoon vanilla extract
- 2 large egg whites

- ¼ cup semisweet chocolate chips
- Cooking spray

- 1 Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, soda, and salt in a small bowl; stir with a whisk.
- 2 Place sugars and butter in a large bowl; beat with a mixer at medium speed until light and fluffy. Add vanilla

and egg whites; beat well. Add flour mixture; beat at low speed until well blended. Stir in chocolate chips. Cover and refrigerate 1 hour or until firm.

- 3 Preheat oven to 350°.
- 4 Divide dough into 6 equal portions; place dough portions 2 inches apart on a baking sheet coated with cooking spray. Bake at 350° for 14 minutes or until golden brown. Cool 2 minutes on pan; cool on a wire rack. Yield: 6 cookies (serving size: 1 cookie).

CALORIES 279; FAT 9.7g (sat 6g, mono 2.7g, poly 0.4g); PROTEIN 4g; CARB 44.8g; FIBER 1g; CHOL 20mg; IRON 1.6mg; SODIUM 281mg; CALC 16mg

Feta and Green Onion Couscous Cakes over Tomato-Olive Salad ▶

"This recipe came about when I wanted to use up leftovers I had around the kitchen. It's a great way to highlight the flavor of fresh summer tomatoes."

—Kathleen Kanen, Birmingham, Ala.

CAKES:

- 1/3 cup uncooked whole-wheat couscous
- 1/2 cup boiling water
- 1/4 cup (1 ounce) crumbled feta cheese
- 3 tablespoons egg substitute
- 2 tablespoons finely chopped green onions
- 1/8 teaspoon freshly ground black pepper
- 2 teaspoons olive oil
- Cooking spray

SALAD:

- 2/3 cup chopped seeded tomato
- 2 tablespoons chopped pitted kalamata olives
- 2 tablespoons chopped fresh parsley
- 2 teaspoons red wine vinegar
- 1/2 teaspoon olive oil
- 1/8 teaspoon freshly ground black pepper
- 3 cups gourmet salad greens

1 To prepare cakes, place couscous in a medium bowl; stir in 1/2 cup boiling water. Cover and let stand 5 minutes or until liquid is absorbed. Fluff with a fork. Cool slightly. Add cheese and the next 3 ingredients (through pepper). Heat 2 teaspoons oil in a large nonstick skillet coated with cooking spray over medium-high heat. Spoon about 1/3 cup couscous mixture into 4 mounds in pan. Lightly press with a spatula to flatten to 1/2 inch. Cook 2 minutes or until lightly browned. Coat tops of cakes with cooking spray. Carefully turn cakes over; cook 2 minutes or until heated.

2 To prepare salad, combine tomato and next 5 ingredients (through 1/8 teaspoon pepper). Arrange 1 1/2 cups greens on each of 2 plates. Top each serving with 1/2 cup tomato mixture; arrange 2 cakes over tomato mixture. Yield: 2 servings.

CALORIES 289; FAT 14g (sat 3.6g, mono 8.1g, poly 1.8g); PROTEIN 10.7g; CARB 30.6g; FIBER 4.4g; CHOL 13mg; IRON 2.7mg; SODIUM 478mg; CALC 154mg



Kathie's Zucchini Muffins

"I was looking for something healthy the kids could grab for breakfast on the way out the door and came up with these muffins. The kids are grown now, but I still enjoy making these. Sometimes I add raisins, nuts, or dried cranberries for variety." —Kathleen Lehner, Montgomery Village, Md.

- 4.75 ounces whole-wheat flour (about 1 cup)
- 3 ounces all-purpose flour (about 2/3 cup)
- 1/2 cup sugar
- 1 teaspoon ground cinnamon
- 1 1/4 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/3 cups shredded zucchini
- 1/2 cup fat-free milk
- 2 tablespoons canola oil
- 2 tablespoons honey
- 1 large egg
- Cooking spray
- 1 tablespoon sugar
- 1/4 teaspoon ground cinnamon

1 Preheat oven to 400°.

2 Weigh or lightly spoon flours into

dry measuring cups; level with a knife. Combine whole-wheat flour and next 6 ingredients (through salt) in a large bowl; stir with a whisk. Combine zucchini, milk, oil, honey, and egg in a small bowl; stir until blended. Make a well in center of flour mixture; add milk mixture, stirring just until moist. Spoon batter into 12 muffin cups coated with cooking spray.

3 Combine 1 tablespoon sugar and 1/4 teaspoon cinnamon; sprinkle over tops of muffins. Bake at 400° for 15 minutes or until golden. Remove from pans immediately; cool on a wire rack. Yield: 12 servings (serving size: 1 muffin).

CALORIES 145; FAT 3.1g (sat 0.4g, mono 1.6g, poly 0.9g); PROTEIN 3.5g; CARB 27.1g; FIBER 1.8g; CHOL 21mg; IRON 1.1mg; SODIUM 154mg; CALC 58mg

Sesame-Orange Shrimp and Chicken Stir-Fry

“Stir-fries are an easy way to get more vegetables into my 4- and 6-year-old’s diets. After years of experimenting to get the best flavor and consistency for a versatile sauce, I was finally satisfied with this combination of ingredients. The taste is slightly sweet with subtle flavors that complement all those fresh vegetables. There’s a surprising hint of ground red pepper along with the nutty flavor of the dark sesame oil.” —*Rachel Spear, Casper, Wyo.*

SAUCE:

- 1 cup water
- ⅓ cup low-sodium soy sauce
- ¼ cup cornstarch
- ¼ cup orange juice
- 1 tablespoon sugar
- ½ teaspoon ground ginger
- ½ teaspoon dark sesame oil
- ¼ teaspoon kosher salt
- ¼ teaspoon ground red pepper
- ¼ teaspoon freshly ground black pepper
- 1 (14-ounce) can fat-free, less-sodium chicken broth

STIR-FRY:

- 2 tablespoons olive oil, divided
- 12 ounces skinless, boneless chicken breast, cut into 1-inch pieces
- 2 cups coarsely chopped broccoli florets
- 1 cup chopped carrot
- 1 cup mushrooms, halved
- 1 cup snow peas, trimmed
- ½ cup chopped onion
- 2 garlic cloves, chopped
- 1½ pounds medium shrimp, cooked and peeled
- 3 cups hot cooked long-grain rice

① To prepare sauce, combine the first 11 ingredients in a large bowl, stirring with a whisk. Set aside.

② To prepare stir-fry, heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat. Add chicken to pan, and stir-fry for 4 minutes or until done. Remove chicken from pan, and keep warm. Add the remaining 1 tablespoon olive oil to pan. Add chopped broccoli and the next 5 ingredients (through garlic) to the pan; stir-fry for 4 minutes or until the vegetables are crisp-tender. Return chicken to pan, and stir in shrimp. Add sauce, and bring to a boil. Reduce heat, and simmer for 5 minutes or until the sauce thickens. Serve over rice. Yield: 6 servings (serving size: about 1 cup chicken mixture and ½ cup rice).

CALORIES 340; FAT 7.3g (sat 1.3g, mono 4.1g, poly 1.3g); PROTEIN 28.6g; CARB 38.6g; FIBER 2.7g; CHOL 142mg; IRON 4.1mg; SODIUM 864mg; CALC 77mg

Jason Horn is an editorial assistant at *Cooking Light*.

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