

THE
Skinnygirl
RULES

For Getting
and Staying
Naturally Thin

BETHENNY
FRANKEL

Read by the author • Includes Enhanced CD



Recipes for the Skinnygirl

Rule 1 Recipes

To get yourself on track and in balancing mode, try these recipes. Denis Leary loves this stuffed mushroom recipe; it's one of the ways I got him to eat more vegetables. If you have a sweet tooth, whip up these Banana Oatmeal Chocolate Chip Cookies, for a light and satisfying sweet snack.

Stuffed Portobello Mushrooms

Denis loves these stuffed mushrooms. They helped convince him that vegetables really can be delicious.

Serves 4

4 large portobello mushrooms

1 clove garlic, minced

Store-bought balsamic vinaigrette dressing

1 teaspoon Dijon mustard

Salt and pepper, to taste

1 tablespoon chopped parsley

4–5 button mushrooms, chopped

¼ cup Parmesan cheese

2 tablespoons toasted pine nuts (lightly toast in a small nonstick pan on medium heat, watch carefully, as they burn quickly)

Additional 1 tablespoon Parmesan and 1 teaspoon chopped parsley

1. Wipe portobellos clean with a damp paper towel. Do not rinse! Remove large stems. Cut off hard base and finely chop the remaining stem, then set aside. Mix garlic, balsamic dressing, Dijon mustard, and salt and pepper in a bowl. Using a brush, generously brush the entire mushroom cap with the marinade. Place mushrooms in a ziplock bag and refrigerate for no less than 1 hour.

2. Preheat oven to 400°F. Combine parsley, button mushrooms, and Parmesan. Taste mixture and season with salt and pepper.

3. Grill mushroom caps on an outdoor grill or in a grill pan or nonstick skillet. During the grilling, place a pan or some sort of weight on top of the mushrooms. This will make them crispier and remove some of the water. Grill until lightly charred, then flip and repeat. Place mushrooms on tinfoil or a sheet pan, spread the mushroom stem mixture on top of each portobello, sprinkle with pine nuts and additional Parmesan, and bake for 10 minutes. For the last 5 minutes, place under the broiler. Sprinkle with additional parsley and serve.

Banana Oatmeal Chocolate Chip Cookies

These are one of my faves, and one of Susan Sarandon's, too. It's a cute story, how we met. I met Susan Sarandon at a red-carpet event. She complimented me on my necklace, which Sheryl Crow had admired at a Rolling Stones concert a few weeks earlier. I had another necklace like it in my purse to give to Sheryl, so I laughed and said, "I have one in my purse for Sheryl Crow. Do you want one, too?" I felt like one of those guys on the street saying, "Hey, want to buy a watch?" I told her I would send her one, and she just smiled and said, "No, you won't." But I got the contact info for her agent and I did send her one, along with some of my BethennyBakes Banana Oatmeal Cookies. Now I send her cookies on a regular basis.

Serves 10 cookies

1½ cups oat flour
¾ cup rolled oats
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup raw sugar
1 teaspoon canola oil
⅓ cup soymilk
½ cup banana puree (1 medium-size banana)
1 teaspoon vanilla extract

1. Preheat oven to 375°F. Combine all the dry ingredients in a bowl. Combine all the wet ingredients in a separate bowl. Mix the dry and wet ingredients together, until well combined.
2. Use a medium-size ice cream scoop or a large spoon to scoop batter onto a cookie sheet covered with wax paper. Bake for 12 minutes, rotating the pan halfway through cooking, or bake until the edges of the cookies are light brown.

Rule 2 Recipes

♡ *You can have it all, just not all at once.* ♡ So pick what you really want, and have it in the best possible way. Is it pasta? Consider the *differential*—would this recipe for whole wheat fusilli with tomato, basil, pine nuts, and smoked mozzarella be just as satisfying as a less nutritious pasta dish? If so, go for this one. It tastes great, it's filling, and it's full of protein, fiber, and vitamins, but it isn't nearly as high in fat and calories as something like lasagna or spaghetti with meat sauce.

Or maybe you are in the mood for dessert. You can indulge if you want to, but maybe my faux cheesecake recipe would be just as good. Give it a try. It might become one of your new favorite foods.

Whole Wheat Fusilli with Tomato, Basil, Pine Nuts, and Smoked Mozzarella

This delicious recipe makes an excellent dinner, but you can also make it ahead (or double it) and have the leftovers for lunch the next day. You can substitute brown rice pasta for the whole wheat pasta if you avoid gluten, or use white pasta—although white pasta is not as good for you and tends to stimulate the appetite, so go easy on it. As for the cheese, you can leave out the smoked mozzarella and instead use ricotta, feta, or shredded Parmesan. You don't need very much of these high-flavor cheeses to get a satisfying cheese experience, but don't leave it out. The protein balances the carbs. Serve with a salad.

Serves 2 (You can halve or double the recipe if that works better for you.)

- ½ cup whole wheat fusilli
- 2 teaspoons olive oil
- 2 to 3 cloves of garlic, smashed, peeled, and minced (whack the cloves with the side of a large knife for easier peeling)
- 4 Roma tomatoes, chopped
- Salt and pepper, to taste
- ½ cup fresh shredded basil plus 2 tablespoons for garnish
- 1 tablespoon toasted pine nuts (see page 29 for toasting directions)
- 2 ounces smoked mozzarella, shredded

1. Cook the pasta according to package directions, until firm but tender (*al dente*).
2. While the pasta is cooking, heat the olive oil in a nonstick skillet. Sauté the garlic in the oil until golden but not brown. Add the tomatoes, salt, and pepper. Simmer until the pasta is done cooking.
3. Remove the pasta from the water with a slotted spoon and add it to the sauce. Add about ¼ cup of the pasta cooking water as you go. This helps thicken the sauce.
4. Stir in the ½ cup shredded basil, pine nuts, and mozzarella. Stir to combine. Remove to two plates and garnish with more shredded basil. Serve hot.

Bethenny's Faux Cheesecake

This recipe is quick and easy but so good that it can curb the most raging sweet tooth. You can be creative with this recipe, adding dark chocolate chips, fruit, or a different kind of nut. Customize this faux cheesecake for your craving, and savor every bite.

Serves 1 (You can double it for two people if you want to serve it for dessert.)

½ cup whipped cottage cheese (Friendship makes a great one) or low-fat ricotta cheese

½ teaspoon vanilla or almond extract (or lemon, pistachio)

1 tablespoon dark chocolate chips *or* slivered almonds or anything else that goes with the flavor

1 teaspoon honey or maple syrup

Combine all the ingredients in a small bowl or ramekin. Eat immediately, or cover and chill.

Rule 3 Recipes

When you ♡ *taste everything, eat nothing*, ♡ it's important to taste only the very best foods, or make the foods you taste as healthy as possible without compromising taste. Here are two of my favorite high-taste, low-impact recipes. These are delicious, decadent, but, healthy comfort foods. Enjoy, but don't overindulge. Taste!

Zesty, Cheesy, Healthy Mac and Cheese

This recipe is amazing—the best macaroni and cheese you've ever had, with great flavor but a fraction of the fat and calories the old fashioned kind has. This is true comfort food. Just remember to *taste* it and don't overdo it.

Serves 4 (not 1!)

- 12 ounces whole wheat mini pasta shells (these hold the cheese better than elbows)
- 1 cup soymilk
- 1 cup freshly shredded Parmesan cheese (must be Parmigiano-Reggiano—the real stuff)
- 1 cup reduced-fat sharp cheddar cheese, shredded
- 1 cup frozen butternut squash thawed
- 1 teaspoon salt, plus more if needed
- 1 teaspoon dry mustard
- ½ teaspoon pepper, plus more if needed
- ½ teaspoon Worcestershire sauce
- ½ teaspoon chili powder, or a few dashes of Tabasco sauce
- 2 tablespoons whole wheat bread crumbs
- 2 tablespoons reduced-fat Monterey jack cheese, shredded

1. Boil the pasta shells in salted water until slightly firm, or according to the package directions. Preheat the oven to 350°F.
2. In another saucepan, combine soymilk, Parmesan, cheddar, and butternut squash over medium heat until melted and combined. Turn off heat. Add salt, mustard, pepper, Worcestershire, and chili powder or Tabasco.
3. Drain pasta (don't rinse) and combine with cheese sauce in another bowl. Taste and add additional salt and pepper as needed.
4. Place in a shallow baking dish sprayed with nonstick cooking spray, sprinkle with breadcrumbs and Monterey jack cheese, and bake for 15 to 20 minutes, or until slightly browned.

“Out of this World” Stuffing

This stuffing really is out of this world. It provides you with all the comforting goodness of bread stuffing with just a fraction of the calories and fat traditional stuffing has. This recipe has a lot of ingredients, but the actual process is easy.

Serves 6 to 8

1 large onion, chopped
3 stalks of celery, finely chopped
1 tablespoon olive oil
½ teaspoon salt, plus more as needed
½ teaspoon pepper, plus more as needed
1 or 2 cloves fresh garlic, minced
4 sprigs sage, finely chopped
Leaves from 6 to 8 sprigs of thyme, finely chopped
½ pound turkey sausage (It comes in different flavors, so choose your favorite. I recommend the fennel flavor.)
Splash of good dry white wine
1 teaspoon butter
1 pound fresh mushrooms, sliced (whatever kind you like, or try an assortment)
½ cup dried morels, coarsely chopped and soaked in water until soft
½ loaf of 9-grain or multi-grain bread, toasted and chopped
½ to 1 cup chicken stock, mushroom broth, white wine, or other flavored liquid, if necessary
1 egg, beaten
Cooking spray

1. Preheat the oven to 350°F. Sauté the onion and celery in the oil, in a nonstick pan. Add the salt, pepper, garlic, sage, and thyme.
2. Take the sausage out of its casing (if it is in a casing) and break it into small pieces. Add to the pan and sauté until browned. Add the wine and butter. Stir in the mushrooms, morels, and morel soaking water.
3. Put the bread crumbs in a large bowl. Pour the sausage mixture over the top and toss to coat. If the mixture seems dry, add the chicken stock, mushroom broth, wine, or other flavored liquid. Add more salt and pepper, to taste. Stir in the beaten egg and mix it all together. Put it into a large baking pan sprayed with cooking spray.
4. Bake for 25 to 30 minutes, then turn the oven to broil. Broil for five minutes to make the top crunchy—but watch it closely to be sure it doesn’t burn.

Rule 4 Recipes

It's quick and easy to make food special, to help yourself eat more consciously and with greater pleasure. You don't have to be a gourmet cook. These recipes are quick to make at home, and they are full of color, flavor, and good nutrition.

Arugula Salad

Anybody can open a bag of greens and pour dressing on it. That's not special. Try this simple salad instead. It's an *event*. You can find bresaola (thinly sliced air-dried beef) at gourmet or higher-end food stores, either in packages or from the deli.

Serves 4

8 cups arugula, well washed
Salt and pepper, to taste
4 ounces fresh Parmesan
3 tablespoons toasted pine nuts (see page 29 for toasting directions)
Juice of 1 lemon, freshly squeezed
¼ cup extra-virgin olive oil
1 tablespoon truffle oil (optional)
4 to 8 ounces bresaola (optional)

1. Arrange the arugula on a platter. Season with salt and pepper.
2. Using a vegetable peeler, shave the fresh Parmigiano on top of the arugula. Sprinkle with the pine nuts.
3. Drizzle the salad with lemon juice, then olive oil, then truffle oil, if you are using it. You don't need much oil on this salad, because arugula has such high flavor.
4. If you are using the bresaola, arrange the slices around the edges of the platter.

Vegetable Tower

You can order fancy versions of this easy dish in a restaurant, but make it at home to impress guests or just to impress yourself. You'll be surprised how easy it is, especially if you use leftover vegetables that are already cooked.

Serves 1 or 2 (depending on how hungry you are; it's also easy to double or triple)

Cooking spray

2 whole portobello mushrooms about 3–4 inches in diameter, marinated in your favorite low-fat Balsamic vinaigrette and roasted. (While roasting or grilling, weight them down with a heavy pan so they flatten out and release more moisture.)

Salt and pepper, to taste

½ cup fresh spinach, well washed, sautéed with olive oil and garlic

2 sliced sun-dried tomatoes in water, drained

2 ounces feta or mozzarella cheese

1 tablespoon store-bought pesto

1 tablespoon pine nuts

Preheat the oven to 400°F. Spray a baking sheet with cooking spray. Place the two mushroom caps on the baking sheet. Season with salt and pepper. Carefully layer each with half the spinach, tomatoes, and cheese. Bake for about 15 minutes, or until the cheese is melted. Carefully remove to a plate. Drizzle with pesto and sprinkle with pine nuts.

Rule 5 Recipes

These easy, delicious recipes are custom-made to come in small portions.

Classic Crab Cakes

I love crab cakes and I often order appetizer portions of crab cakes in restaurants, but you can make them at home, too. When you use a nonstick pan and cooking spray, you significantly reduce the fat content, compared with crab cakes that are fried in oil.

Makes 12 large crabcakes, or 24 small

2 tablespoons olive oil
¾ cup small-diced red onion
1½ cups small-diced celery
1½ cups of each: small-diced red and yellow bell pepper
1½ teaspoons Old Bay seasoning
½ teaspoon salt
½ teaspoon ground black pepper
½ cup whole wheat bread crumbs (preferably panko)
¼ cup lowfat mayonnaise or soy mayonnaise (I like Nayonnaise brand)
2 teaspoons Dijon mustard
1 teaspoon Worcestershire sauce
½ pound (8 ounces) jumbo lump crabmeat, drained
Cooking spray
2 tablespoons store-bought pesto + 2 tablespoons lowfat mayonnaise (or soy mayonnaise) mixed together and seasoned with salt and pepper to taste
2 tablespoons fresh minced parsley

1. Heat the oil in a pan and sauté the onion, celery, and bell peppers until soft. Season with Old Bay, salt, and pepper. Set aside to cool.
2. In a large bowl, combine the bread crumbs, mayonnaise, mustard, and Worcestershire sauce. Stir in the crabmeat to combine but don't overmix. The crabmeat should remain in large pieces. Combine ingredients from steps 1 and 2.
3. Spray a nonstick pan with cooking spray and turn heat to medium. Scoop evenly-sized cakes into the pan using an ice cream scoop and sauté over medium heat until crispy on both sides. Top each crab cake with tiny dab of pesto/mayonnaise mixture. Sprinkle with parsley and serve immediately.

Coconut Cupcakes

These vegan cupcakes are to die for...if you are one of those people who loves coconut. If you don't like coconut, just leave it out.

Makes 8 cupcakes

¾ cup raw sugar
1¼ cups oat flour
⅓ cup vegan shortening (mixed into the flour, not melted)
1½ teaspoons baking powder
½ teaspoon salt
½ cup soymilk
¾ teaspoon vanilla extract
¾ teaspoon coconut extract

1. Preheat the oven to 350°F. Line cupcake pans with liners.
2. Combine all the dry ingredients in one bowl and all the wet ingredients in another. Mix them each, then mix them together.
3. Using an ice cream scoop (perfect for portion control), transfer the batter into the liners. Bake for 20 minutes, rotating the pan after 10 minutes, or until tops of cupcakes are firm. Let cool.

Coconut Icing

½ cup vegan shortening
½ cup vegan margarine
3½ cups powdered sugar
1½ teaspoons vanilla extract
½ teaspoon coconut extract
Shaved coconut for garnish (about 1 cup)

Mix all ingredients together, then spread on the cupcakes. Garnish with shaved coconut.

Classic Zucchini Soufflé

These gorgeous little soufflés are great to serve guests, but you can also make them at home for your family, just because you want to serve them something special. Baking them in individual ramekins helps you control portions—these are rich! They are small, but that doesn't mean you can't still leave two bites. Serve this with a big beautiful salad, so you fill up on raw vegetables.

4 cups shredded zucchini
1¼ teaspoons salt
1 tablespoon melted butter
4 eggs
1 teaspoon fresh thyme, chopped
⅛ teaspoon ground black pepper
Pinch of red pepper flakes
1 cup shredded Monterey Jack cheese
1 tablespoon grated Parmesan
¼ cup all-purpose biscuit baking mix

1. Toss the zucchini and salt together and place into a colander set in the sink. Allow to drain for 1 hour, then squeeze the liquid out of the zucchini, and set aside.
2. Preheat oven to 350°F. Brush a 6-cup muffin tin, or 6 individual ramekins, with the butter.
3. Whisk the eggs in a mixing bowl with the thyme, pepper, and red pepper flakes. Stir in the zucchini, Monterey Jack cheese, Parmesan, and baking mix, until combined. Pour into the prepared muffin tin or ramekins.
4. Bake, uncovered, until set and golden brown on top, about 20 minutes. The soufflé is done when a knife inserted into the center comes out clean.

Joyful Heart Muffins

I created these low-fat, wheat-free, dairy-free fudgy chocolate chip muffins for Mariska Hargitay, who cofounded the Joyful Heart Foundation. Mariska is an actress who has won the Golden Globe and Emmy awards, and a very dear friend of mine.

Serves 8

Nonstick cooking spray

1 cup unsweetened applesauce

½ cup raw sugar

1 teaspoon vanilla

1 teaspoon almond extract

1 teaspoon canola oil

¾ cup oat flour (to make oat flour, pulverize dry rolled oats to a powder in a blender)

⅓ cup unsweetened cocoa powder

2 teaspoons baking powder

½ teaspoon baking soda

½ teaspoon salt

Dash of cinnamon

½ cup semisweet vegan chocolate chips

1. Preheat the oven to 375°F. Spray a regular-sized muffin tin with cooking spray. If you have only a muffin tin that holds 12 muffins, use just 8 of the cups.
2. In a small bowl, combine the applesauce, sugar, vanilla, almond extract, and canola oil. Stir and set aside to allow the sugar crystals to dissolve.
3. In a large bowl, sift together the oat flour, cocoa powder, baking powder, baking soda, salt, and cinnamon. If you don't want to take the time to sift, mix them well with a wire whisk to aerate the dry ingredients.
4. Add the applesauce mixture to the flour mixture and stir until combined. Fold in chocolate chips.
5. Using a 3-ounce ice cream scoop or a large spoon, divide the batter between 8 muffin cups. Bake for 20 minutes, or until the tops are firm to the touch.
6. Cool completely on a wire rack, then pop the muffins out with a spoon.

Rule 7 Recovery Recipes

If you overdid it and you feel bloated and horrible, don't focus on your guilt—focus on healing. Treat yourself gently and eat gentle, cleansing, easily digestible foods that will naturally flush excess water from your system and make you feel better. These are also good whenever you feel like eating more lightly, even if you haven't binged.

Pureed Zucchini Soup

The perfect, gentle, purifying, savory, delicious soup, this will make you feel better whenever you eat it.

Serves 6 to 8

1 medium red onion, evenly chopped
Nonstick cooking spray
6 cups chicken stock or broth
6 medium-sized zucchini, evenly chopped
Salt and pepper, to taste
12 oz. frozen butternut squash, defrosted
1 cup plain soymilk
Juice of ½ a lemon

1. Sauté the onions in a large pot using nonstick cooking spray, until slightly soft. Add the chicken stock or broth, zucchini, salt, and pepper. Cook until zucchini are soft.
2. Using a hand (immersion) blender, puree the onion-zucchini mixture until smooth. Add the defrosted butternut squash. Turn off the heat and add the soymilk and lemon juice. Season with more salt and pepper, to taste.

Cool Cucumber Salad

Cucumbers are a natural diuretic, and this fresh cold salad is perfect for hot, humid days when you feel not only bloated but sweaty and uncomfortable.

Serves 1 (but you can multiply it for more people)

1 medium cucumber

¼ cup apple cider vinegar

1 tablespoon chopped fresh dill, plus sprigs for garnish (or your favorite herb)

1 teaspoon honey

1 teaspoon lemon juice

Salt and pepper, to taste

1. Peel and thinly slice the cucumber. Put the slices in a bowl and set aside.
2. In a separate bowl, whisk together the vinegar, dill, honey, and lemon juice. Pour over the cucumbers and toss to coat. Season with a little salt and pepper.
3. Cover with a lid or plastic wrap and refrigerate for at least 30 minutes to chill and incorporate the flavors. Enjoy this salad cold. Garnish with a few extra sprigs of fresh dill.

Rule 8 Recipes

These recipes make small, delicious snacks that are just right for spoiling your appetite so you can make better investments throughout the day, especially before a big food-centric event. Make them ahead and store them for easy access. You'll feel better, calmer, and more prepared knowing that you've got homemade food to eat instead of packaged junk. (You'll save money, too.)

Pomegranate Smoothie

This smoothie is simple, quick, and so refreshing. When you aren't that hungry for breakfast in the morning, try this recipe. I think it's perfect without the additional sweetener, although some people like their smoothies sweeter, so go with your own preference—but try it without sweetening first, just to see if you like it.

Serves 2

1 cup berries (such as raspberries, strawberries, or blueberries)

¼ cup pomegranate juice

¼ cup water

½ banana

1 cup ice

Optional: A little bit of Stevia, maple syrup, or honey, if you want it sweeter

Combine all the ingredients in a blender and blend until smooth. Enjoy!

Butternut Squash Puree

I want to let you in on a little secret, one of my all-time favorite quick snacks. I'm not a huge snacker, but this is such a great snack in the middle of the day.

1 serving

Buy a box of frozen butternut squash at the store. These little boxes (I buy the ones by Cascadian Farms but Birdseye also makes it) have the squash all prepared for you, so you don't have to peel and chop it. Microwave it according to the directions, then mash it up with just a dab of butter and some cinnamon, or simply salt and pepper. This is incredibly delicious and so easy, and the calorie count is low. I eat this all the time.

Rule 9 Recipes

These recipes all use fresh seasonal real food in a beautiful palette of colors. They are also high-volume, so you'll fill up and feel satisfied on fewer calories.

These salads, featured last year in the culinary issue of *Hamptons Magazine* in an article I wrote about upscale, healthy barbecue, are great to make for a party. Displayed together, they make an impressive and artistic presentation. Or make just one of them for a beautiful lunch. Color means not only that the food is more nutritious, but also that it looks much better. I'll buy the yellow tomatoes in addition to red just to have more colors.

Each salad serves about 4 as a meal, or 8 as an appetizer. (Of course, you can always make half or a quarter of these recipes, to serve fewer people.)

Rainbow Salad

- 8 cups baby spinach, well washed
- 1 cup quartered grape tomatoes
- 1 cup thinly sliced orange bell peppers
- 1 cup baby corn, raw or grilled
- 1 cup halved sugar snap peas or chopped asparagus (quickly steam them first, then dip them into an ice bath to preserve the color)
- 1 cup shredded red cabbage
- 1 cup chopped hearts of palm
- Salt and pepper, to taste
- 1 cup chiffonade of fresh basil (finely sliced basil leaves)
- ½ cup low-fat ranch dressing and ½ cup light vinaigrette dressing mixed together

1. Arrange the baby spinach on a platter. Over the spinach, make rows out of each of the vegetables: a row of tomatoes, then a row of peppers, then a row of corn, etc. Season the salad with salt and pepper, to taste.
2. Sprinkle the entire salad with the chiffonade of basil. Combine the ranch and vinaigrette dressings, then drizzle them evenly over the top of the salad.

Tomato Mozzarella Salad

With red and yellow tomatoes and green and purple basil, this salad is even more spectacular.

Serves 6

2 fresh ripe red tomatoes

2 fresh ripe yellow tomatoes

1 pound fresh buffalo mozzarella in water (Costco has a great brand)

½ cup fresh basil leaves

Salt and pepper, to taste

¼ cup fresh green pesto (can be store bought)

1. Core the tomatoes, then cut into ½-inch slices. Slice the mozzarella so you have half as many slices of cheese as tomato slices.
2. In one or two rows (depending on the size of your plate or serving platter), layer the tomatoes and cheese, alternating a slice of red tomato, a slice of cheese, and a slice of yellow tomato.
3. Arrange the basil leaves over the tomatoes and cheese. Season with salt and pepper, then drizzle the entire salad with pesto.

Pureed Vegetable Soup

Something about pureed food feels nurturing to me. I love this delicious soup, not only because it represents comfort to me but because it always makes me feel clean and energized after I eat it, especially when I use real fresh seasonal vegetables. This recipe is versatile. You can use any vegetables that are in season and look particularly good, or you can make it to use up leftover vegetables you happen to have sitting around, while they are still fresh. Freeze the leftovers in small individual containers so you always have some pureed vegetable soup whenever you need it.

Serves 4

1 medium red onion, chopped

Nonstick cooking spray

6 cups chicken or vegetable stock or broth

½ cup chopped celery

½ cup chopped carrot

2 cups chopped asparagus, broccoli, cauliflower, or a combination

Salt and pepper, to taste

Juice of ½ a lemon

Your favorite fresh herbs, for garnish

1. Over high heat sauté the onions in a large pot, using the nonstick cooking spray, until slightly soft. Add the chicken or vegetable stock or broth, all the vegetables, salt, and pepper. Simmer until the vegetables are soft.
2. Turn off the heat. Using a hand (immersion) blender, puree the mixture until smooth. Add the lemon juice. Season with more salt and pepper, to taste. Garnish with your favorite fresh chopped herbs.

Rule 10 Recipes

These recipes are just for you—special treats that still won't break your nutritional bank. Indulge yourself, but use these recipes to do it wisely.

Rustic Mashed Potatoes

What embodies comfort food more than any other dish? To me, it's mashed potatoes. This version includes the skins, for extra nutrients. Creamy white beans add texture and protein.

Serves 4 (If you are cooking for one, portion out the rest into freezer containers so you have mashed potatoes ready for any time you crave comfort.)

4 medium russet potatoes, well washed
One 12-ounce can white beans, drained
½ cup warm plain soymilk
⅓ cup ricotta cheese
¼ cup butter
1 tablespoon salt
Dash of pepper

1. Cube the potatoes but leave the skins on. Put them in a pot and cover with water. Cover the pot and bring the potatoes to a boil. Cook for 25 minutes, or until very tender.
2. Meanwhile, puree the white beans in a food processor until smooth. Drain the potatoes. Put them back in the pot, add the bean puree, and add the remaining ingredients. Mash everything together. Heat through and serve hot.

Citrus Shrimp Refresher

This light, cleansing, elegant appetizer feels luxurious. On a light-eating day, paired with a salad, this can be dinner.

Serves 1 (Double it if you are making a special dinner for 2.)

2 large shrimps, split in half, tails removed

¼ of a cucumber, peeled and chopped

¼ of a segmented pink grapefruit

¼ of a segmented lime

1 teaspoon fresh cilantro, minced

¼ of an avocado, cubed

Combine all ingredients in a small bowl, then serve in a chilled cocktail martini glass.

Skinnygirl™ Frangelini

This Frangelico-flavored martini is delicious and tastes decadent, but has virtually no sugar and very few calories compared with most fancy sweetened martinis. To order it, just ask for vanilla-flavored vodka on the rocks with club soda, with just a tiny splash of Frangelico. Or make it at home.

Serves 1 (You can increase it easily for larger groups, making several glasses at once.)

1 shot of vanilla-flavored vodka (count 1, 2)

Club soda

Splash of Frangelico

Fill a rocks glass with ice. Add the vodka, then fill the glass with club soda. Add a splash of Frangelico on top. Cheers!