

COOKBOOK CORNER

Low-Carb Comfort Foods

(NAPSA)—Eating a low-carb diet doesn't have to mean taking comfort foods off the menu. That's good news for the estimated 30 million Americans who are on, or have been on low-carb diets.

THE LOW-CARB COMFORT FOOD COOKBOOK



More than 300 recipes that satisfy your comfort-food cravings while keeping you thin

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Low Carb, High Taste.

Dieters may find help reaching their goals from a new cookbook called *The Low-Carb Comfort Food Cookbook* (Wiley, \$24.95). It offers recipes for such food-favorites as pizza, fried chicken, macaroni and cheese, waffles, Mexican dishes and a variety of desserts—but in delicious low-carb versions.

The cookbook is a collaboration between best-selling authors Drs. Michael and Mary Dan Eades, and well-known chef Ursula Solomon. It features more than 300 recipes and provides nutrition information to help people make smart eating decisions. Try this recipe for low-carb sugar cookies:

SUGAR COOKIES

Number of Servings: 95 to 100

Nutritional Facts: Serving Size: 1 cookie—0.7 grams of carb, 0.9 grams of protein.

Preparation Time: 50 minutes. Baking Time: 8 to 10 minutes.

	Carbs	Protein
4 ounces cream cheese, soft	3.2	6.3
2 tablespoons butter (1.4 stick), soft	0	0
4 egg yolks	1.2	11.2
12 packets Splenda sugar substitute	12.0	0
2 teaspoons vanilla extract	1.0	0
2 teaspoons grated lemon peel (or lemon extract)	0.2	0
¼ cup unbleached, all-purpose wheat (white) flour	23.0	3.0
¼ cup vital wheat gluten flour	5.8	26.0
1 teaspoon baking powder	1.2	0
trace of salt (shake or two)	0	0
1½ cups blanched almond flour	18.0	36.0
Total	65.6	82.5

Combine cream cheese, butter and 2 egg yolks in the bowl of an electric mixer with a flat beater. Beat until thick, smooth and creamy. Do not under beat. Add the other 2 egg yolks and beat for another minute. Stop the mixer. Add the remaining ingredients, then mix at slow speed or by hand. Refrigerate the dough for about 30 minutes or until it can be handled without sticking.

Form balls the size of small grapes and put them on the cookie sheets. Allow room for expansion. About 24 cookies fit on a 13-by-18-inch cookie sheet. Flatten each cookie slightly with your fingertips. Next, rub a pinch of soy protein powder or soy flour on the contact surface of a smooth lid from a screw-top jar or a small flat-bottom glass. Press down firmly on each cookie. The cookies should expand to 2 or 2½ inches. With a pastry brush, remove remnants of soy that may cling to the cookies.

Bake cookies for 8 to 10 minutes (check early). Cookies should be barely golden with a slightly darker edge.

For more information visit www.wiley.com.