

# Healthy Cooking



## Mushroom and Spinach Salad Fits Perfectly into a Low-Carb Diet

(NAPSA)—When her husband decided to shed a few pounds by going on a low-carbohydrate diet, cookbook author Linda Gassenheimer wanted to help. “It wasn’t easy, though—I had to rethink my approach to shopping and cooking,” she says. Out went sugary fat-free desserts and bagels, and in came low-fat deli meats, eggs, and vegetables. Gassenheimer also stocked her crisper with plenty of fresh, meaty mushrooms because they’re such a natural for a low-carb diet.

Five years later Gassenheimer’s *Low-Carb Meals in Minutes* (Bay Books, 2000) is in bookstores and she has a success story to tell. After trimming down by means of a short stint on a strict low-carb diet, her husband is keeping the pounds off long term by following “Phase 3” of Gassenheimer’s plan, a moderately low-carb maintenance diet.

“Low-carb can work as a lifestyle,” says Gassenheimer, “when it’s not extreme”—and when you include satisfying and delicious meals such as **Fresh Mushroom, Spinach and Canadian Bacon Salad** (pictured). In this recipe, which meets the guidelines of maintenance diets found in *The Zone* and *Sugar Busters*, fresh mushrooms contribute meaty flavor and yet are extremely low in carbohydrates.

Mushrooms appear frequently in Gassenheimer’s recipes. Roast beef hash with shiitake mushrooms, a pizzetta topped with sausage and mushrooms, a grilled



**This low-carb mushroom and spinach salad doesn’t taste like diet food!**

portabella omelet...it’s easy to stick to a diet when you can eat so well!

### **FRESH MUSHROOM, SPINACH AND CANADIAN BACON SALAD**

**6 ounces sliced lean  
Canadian bacon, cut in  
thin strips**  
**1 cup canned chickpeas,  
drained and washed**  
**2 tablespoons prepared oil  
and vinegar dressing**  
**8 green onions (scallions),  
sliced (about 1 cup)**  
**Salt to taste**  
**Ground black pepper to  
taste**  
**8 ounces fresh white mushrooms, sliced (about 3  
cups)**

**4 cups washed, ready-to-eat  
fresh baby or regular  
spinach, in bite-sized  
pieces**

**Preheat broiler. On a foil-lined broiling pan, place Canadian bacon and chickpeas; broil until lightly browned, about 10 minutes, turning occasionally. In a medium-sized bowl, combine green onions, dressing and salt and pepper. Add mushrooms and spinach. Toss well. Garnish with Canadian bacon strips, chickpeas and, if desired, red bell pepper strips and bean sprouts.**

**YIELD: 2 portions**

**Per portion: 406 calories,  
29 g protein, 38 g carbohydrate,  
17 g fat.**