

# Corned Beef and Cabbage

Number of servings: 8 ... POINTS® value per serving: 7

- 12 ounces light beer
- 1 cup thinly sliced onion
- 2 bay leaves
- 1 garlic glove, minced
- One 3½ -pound trimmed beef brisket
- 1 medium head green cabbage, cored and cut into 8 wedges
- 1½ pounds small red potatoes 1 cup carrot pieces

1. Remove cooking rack from 4 quart pressure cooker. Pour beer into cooker; add onion, peppercorns, bay leaves and garlic, then brisket. Close cover securely; place pressure regulator on vent pipe or set pressure control at 15. Heat cooker over medium heat until pressure regulator rocks or dial shows 15 pounds pressure is reached. Cook 50 minutes.

2. Reduce pressure by placing cooker under cold running water. Follow manufacturer's directions - do not attempt to remove cover until pressure is completely reduced.

3. Remove lid; add cabbage, potatoes and carrots to cooker. Close cover securely. Return pressure regulator to vent pipe. Heat cooker until pressure regulator rocks. Cook 5 minutes longer.

4. Reduce pressure as above. Do not attempt to remove cover until pressure is completely reduced

5. Remove bay leaves. Remove meat and vegetables to serving platter. Carve meat across grain into 3 ounce portions; serve each with 1/8 of the vegetables

# *Corned Beef with Cabbage and Boiled Vegetables*

Yields: 6 servings ... Serving size: 1/6 of dinner

POINTS® value per serving: 7

## Ingredients

- 1¼ pounds corned beef, trimmed of all visible fat
- 1 small head green cabbage, cored and cut into 6 wedges
- 18 baby carrots
- 6 small purple-top turnips, peeled and halved
- 1 cup pearl onions or small pickling onions
- 6 small red potatoes, scrubbed and left whole

## Directions

1. Bring the corned beef and enough water to cover to a boil in a large saucepan or Dutch oven. Reduce the heat and simmer, partially covered, until almost tender, about 1½ hours.
2. Add the cabbage, carrots, turnips, onions, and potatoes to the pan; return to a boil. Reduce the heat and simmer, partially covered, until the vegetables and corned beef are fork tender, about 45 minutes.
3. Transfer the corned beef to a platter and carve into slices. Lift the vegetables from the broth with a slotted spoon and serve with the corned beef.

Per serving (1/6 of dinner): 320 Calories, 12 g Fat, 5 g Saturated Fat, 60 mg Cholesterol, 790 mg Sodium, 36 g Total Carbohydrate, 7 g Fiber, 16 g Protein, 117 mg Calcium

## **BROWN STEW**

1½ pounds round steak cut into 1 to 2" chunks  
2 to 3 tablespoons flour, seasoned with salt and pepper  
1 to 2 tablespoons vegetable oil  
1 large onion, chopped  
4 medium carrots, cleaned and sliced  
1 cup beef broth  
1 cup Guinness

Toss the beef in the seasoned flour to coat. Add the oil to a nonstick pan or pot and heat. Brown the meat in several batches if necessary and transfer to a plate.

Add the onions and carrots to the pan and saute until the onion is translucent. Return the beef to the pan and add the broth and Guinness gradually. Bring to a boil and reduce the heat to a gentle simmer. Cover and simmer for approximately 1 to 1½ hours. Add more broth during the cooking time if needed and stir often.

**MAKES 4 SERVINGS**

**7 POINTS PER SERVING**

Per Serving: 322 calories, 13 g. total fat, 3 g. saturated fat, 56 mg. cholesterol., 293 mg. sodium, 17 g. carb., 3 g. fiber, 31 g. protein, 40 mg. calcium

## *Carrots and Parsnips*

- 2 medium carrots, scraped and sliced
- 2 medium parsnips, scraped and sliced
- 2 teaspoons reduced calorie margarine

### *Directions:*

In a medium saucepan cook the carrots and parsnips, in enough water to prevent them from drying out, until fork-tender but not mushy. Drain, reserving 1 to 2 tablespoons of the cooking liquid.

Add the margarine and toss with the vegetables until melted.

Using a potato masher, mash the carrots and parsnips together. Serve immediately.

MAKES 4 SERVINGS

1 POINT PER SERVING

Per Serving: 71 calories, 1 g. total fat, 1 g. saturated fat, 0 mg. chol., 40 mg. sodium,  
15 g. total carbohydrate, 4 g. fiber, 1 g. protein, 31 mg. chol

Recipe from Watchers International, Inc.

## **FADGE**

1 large potato, boiled and mashed  
1 teaspoon margarine or butter  
¾ cup flour  
salt and pepper to taste  
nonstick cooking spray

Mix together the potato, margarine and salt and pepper.  
Add the flour and combine using your hand's until the mixture sticks together.

Turn out onto a floured board and knead until dough forms a soft ball. Roll out (in a circle) to about 1/2 inch thickness and cut into eight triangles.

Using a nonstick griddle and nonstick cooking spray, cook triangles over medium heat until well browned, approxi-mately 3 minutes per side. Serve hot.

Mix together the potato, margarine and salt and pepper.  
Add the flour and combine using your hand's until the mixture sticks together.

Turn out onto a floured board and knead until dough forms a soft ball. Roll out (in a circle) to about 1/2 inch thickness and cut into eight triangles.

Using a nonstick griddle and nonstick cooking spray, cook triangles over medium heat until well browned, approxi-mately 3 minutes per side. Serve hot.

**MAKES 8 SERVINGS**

**1POINT PER SERVING**

Per Serving: 72 calories, 1 g. total fat, 0 g. saturated fat, 0 mg. chol., 8 mg. sodium, 14 g. total carb., 1 g. fiber, 1 g. protein, 5 mg. calcium.

# Irish Soda Bread

- 1 cup low fat (1.5%) buttermilk
- 2 tablespoons + 2 teaspoons honey
- 1½ cups + 1 tablespoon all purpose flour (reserve the 1 Tblsp.)
- ½ cup whole wheat flour
- ½ cup dried currants
- 2 teaspoons caraway seeds
- 2 teaspoons lemon zest
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon granulated sugar

## Directions:

Preheat oven to 350 degrees. Spray baking sheet with nonstick cooking spray.

In a small bowl, combine buttermilk and honey. In a larger bowl, combine all purpose flour, whole wheat flour, currants, caraway seeds, lemon zest, baking soda and salt.

Add milk mixture to flour mixture and stir just until flour disappears; do not overblend. Sprinkle work surface with 1 tablespoon reserved flour; turn dough out onto prepared work surface, flour hands and knead lightly seven times. Form into a 7" round loaf and place on prepared baking sheet. Slash a cross on the top with a sharp knife or single edge razor blade; sprinkle with the sugar and bake in upper third of oven about 40 to 45 minutes, or until nicely browned, and a toothpick inserted near center comes out clean. Cool on rack; serve at room temperature.

MAKES 10 SERVINGS

PER SERVING: 3 POINTS / 146 calories, 4 g. protein, 1 g. fat, 31 g. carbohydrate, 263 mg. sodium, 2 mgs. chol., 2 g. fiber

# Brown Soda Bread

Yields: 12 servings ... Serving size: 2 slices

POINTS® value per serving: 2

## Ingredients

- 3 cups all-purpose flour
- 1 cup whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1½ cups fat-free buttermilk

## Directions:

1. Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.
2. Combine the all-purpose flour, whole-wheat flour, baking soda, and salt in a large bowl. Add the buttermilk and stir with a wooden spoon until just moistened. Gather the mixture into a ball. On a lightly floured surface, knead the dough 2-3 times. Divide the dough in half, and press into 2 (1½-inch thick) disks. Transfer to the baking sheet. With a sharp knife, cut an X over the surface of each loaf.
3. Bake until golden brown and a toothpick inserted in the center comes out clean, about 45 minutes. Transfer the loaves to a rack to cool completely. Cut each loaf into 12 slices.

**Chef's Tip:** The traditional method of storing Irish soda bread is still the best. Wrap the completely cooled loaf in a clean tea towel and keep at room temperature. Soda breads can be kept this way for up to two days.

Per serving (2 slices): 110 Calories, 0 g Fat, 0 g Saturated Fat, 0 mg Cholesterol, 12 mg Sodium, 22 g Carbohydrate, 1 g Fiber, 4 g Protein, 29 mg Calcium.