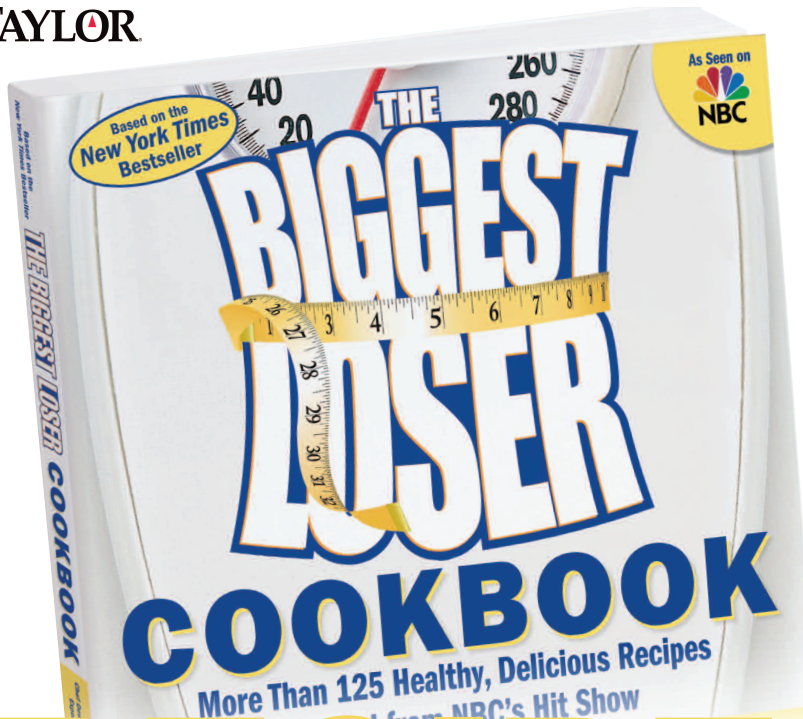


TAYLOR



RECIPES

The best recipes taken from **The Biggest Loser Cookbook & BiggestLoserClub.com** for your new Taylor® appliance!

Hand Blender & Chopper

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Always consult your physician prior to any weight loss or exercise program.
Recipes and nutritional information are meant as guidelines, individual results may vary, depending on size and quality of ingredients.

BLACK BEAN SOUP

- 1 can (15 ounces) black beans, rinsed and drained
- 3/4 cup low-sodium chicken broth or vegetable broth
- 1 cup water
- 1/2 teaspoon ground cumin
- 1/4 teaspoon dried oregano, crushed
- 1/4 teaspoon black pepper, freshly ground
- 1 teaspoon olive oil
- 1/2 cup red bell pepper, slivered
- 1/2 cup green bell pepper, slivered
- 1/2 teaspoon lemon peel, grated

In a large saucepan, combine the beans, broth, water, cumin, oregano, black pepper, and ground red pepper. Bring to a boil over high heat. Reduce the heat to low, cover, and simmer, stirring once or twice, for 15 minutes, or until the flavors are blended.

Meanwhile, heat the oil in a small nonstick skillet over medium heat. Add the bell peppers and cook, stirring frequently, for 4 minutes, or until tender.

Ladle half of the soup into a second pan or container with high sides. Using the blending wand, immerse the blender into the 1/2 mixture and blend until pureed. Return the puree to the pan; add the lemon peel.

Ladle the soup into bowls and top each serving with the bell peppers.

Yield: 4 Servings

NUTRITIONAL VALUES: Fat: 1 g, Carbohydrates: 15 g, Protein: 6 g, Calories: 94 kcal

CHICKEN MUSHROOM CHOWDER

8 ounces chicken breast, boneless, skinless, cut into 1/2-inch pieces

1 cup fat-free chicken broth, low sodium

1½ cups water

2 carrots, medium, diced*

2 ribs celery, chopped*

1 onion, medium, chopped*

1/2 cup mushrooms sliced

1 tablespoon fresh parsley, chopped*

1 teaspoon fresh rosemary, chopped, or 1/4 teaspoon dried

2 tablespoons unbleached flour

1 cup skim milk or soy milk

In a 4-quart covered pot, simmer chicken in broth until cooked through, 2 to 3 minutes. Using a slotted spoon, transfer chicken to a bowl.

Add carrots, celery, onion, mushrooms, parsley, and rosemary to broth; bring to a boil. Lower heat; cover and simmer until vegetables are tender, 10 to 12 minutes.

Using a slotted spoon, transfer half of the vegetable mixture to a second pan or container with high sides. Using the blending wand, immerse the blender into the mixture and puree. Use an up and down motion to get best results. Then return pureed vegetables to pot.

In a small saucepan, heat oil over medium heat. Stir in flour until smooth. Cook, stirring, for 1 minute. Gradually add milk and cook until thickened, stirring constantly. Heat through and serve.

Yield: 4 Servings

NUTRITIONAL VALUES: Fat: 1 g, Carbohydrates: 10 g, Protein: 16 g, Calories: 114 kcal

*Use the chopper feature on your Biggest Loser Hand Blender & Chopping Jar.

MINTED FRUIT WITH STRAWBERRY CREAM

1 pint strawberries,
hulled and halved

1 teaspoon fresh mint,
finely chopped* or
1/2 teaspoon dried

1/2 teaspoon honey

1 cup plain yogurt

Lettuce leaf, red, green
or romaine

1 cup fresh blueber-
ries, raspberries, or
sliced peaches

Worth a mint in flavor, this fruit salad is naturally endowed with health-promoting vitamins and fiber.

In your Biggest Loser blending mug, using the blending wand, puree enough of the strawberries, about 1/2 cup, to make 1/4 cup of puree. A gentle up and down motion will puree the berries best. Transfer to a small bowl and stir in the mint, honey, and yogurt.

Line individual salad plates with the lettuce. Arrange the remaining strawberries and other fruit on the lettuce. Top with the strawberry-cream dressing.

Yield: 4 Servings

NUTRITIONAL VALUES: Fat: 1 g, Carbohydrates: 17 g, Protein: 4 g, Calories: 87 kcal

*Use the chopper feature on your Biggest Loser Hand Blender & Chopping Jar.

FRESH PEACH SAUCE

- 2 peaches, large, diced in your **Biggest Loser Chopper**
- 2 tablespoons apple cider
- 2 tablespoons maple syrup

Great for topping pancakes, waffles, nonfat vanilla frozen yogurt, and angel food cake.

Place 1 peach cut into cubes in your blending mug. Using the blending wand, puree the peach, the cider, and syrup using a gentle up and down motion, until smooth. Stir in the remaining peach. To serve hot, heat in a saucepan, but do not boil.

Yield: 4 Servings

NUTRITIONAL VALUES: Fat: 0 g, Carbohydrates: 15 g, Protein: 1 g, Calories: 60 kcal

SALSA VINAIGRETTE

- 1 cup roast tomato salsa (or your favorite salsa)
- ¼ cup cider vinegar
- 3 tablespoons extra virgin olive oil
- ½ teaspoon ground black pepper

This vinaigrette is delicious on a piece of fish or chicken – or tossed with beans, whole grains or a green salad. Try different vinegars or add herbs for new flavors.

Combine vinaigrette ingredients in your Biggest Loser blending mug. Use the blending wand and a gentle up and down motion to process until smooth. There will be about 1 cup vinaigrette. Store the vinaigrette using the handy travel lid.

Yield: 1 cup; 16 (1-tablespoon) servings

Olive Oil Factoid: Buying a large bottle with a proportionately better price tag is not the best option if you use oil infrequently. When in doubt of your oil's freshness, throw it out and open a fresh bottle. One tablespoon of rancid oil can ruin the flavor of an entire recipe

NUTRITIONAL VALUES: Fat: 3 g, Carbohydrates: 1 g, Protein: 0 g, Calories: 28 kcal



Go to www.biggestloser.com to learn more about all The Biggest Loser Lifestyle products.

Bath Scales, Kitchen Scales, Appliances & MORE!



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