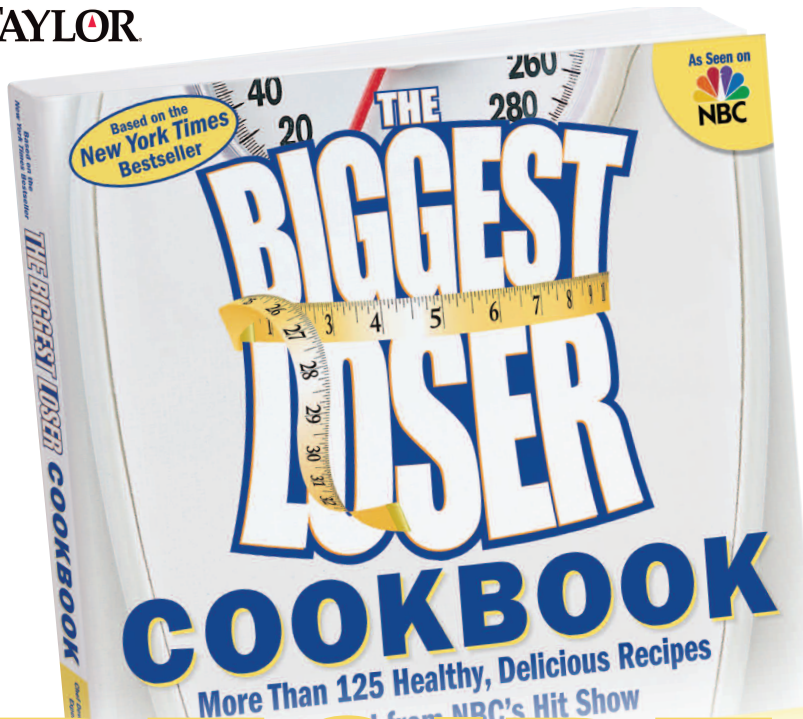


TAYLOR



RECIPES

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

Chopper & Blender System

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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.

COUNTRY-STYLE TURKEY LINKS

- 1 ¼ pounds lean ground turkey (or chicken)
- 1 cup finely chopped leek (or finely chopped onion)*
- ½ cup finely chopped sun-dried tomatoes*
- 2 tablespoons chopped fresh basil or parsley*
- 1 tablespoon chopped garlic, *
- 2 teaspoons chopped fresh thyme (or ½ teaspoon dried), chopped*
- 1 teaspoon toasted fennel seeds (see note)
- ½ teaspoon ground black pepper
- 1 tablespoon olive oil

The aroma of these fragrant sausages will lure any sleepyhead to the kitchen. But they're not just for breakfast. They're perfect for a barbecue or crumbled on top of Portobello Pizzas.

Place all ingredients, except oil, in the bowl of your Biggest Loser Chopper. Pulse just until mixture is well combined and cohesive. Transfer mixture to a bowl, cover with plastic and transfer to the freezer for 40 minutes, or until the mixture is very cold, but not frozen. There will be almost 4 cups of mixture. Using slightly less than a 1/4 cup measure, quickly shape the mixture into 16 links, about 3 inches long and 1 inch in diameter (or patties about 2 1/2-inches in diameter). Heat the oil in a large non-stick sauté pan and brown the sausages, over medium heat, turning occasionally, for about 3 minutes. Reduce heat to medium low, cover the pan, and cook, turning the sausages occasionally, until they are crisp and cooked through, about 4 minutes longer. (You may have to do this in two batches.) Drain on paper towels. Serve immediately. **Note:** Place fennel seeds in small sauté pan over medium heat. Toast seeds, stirring occasionally, until fragrant, about 2 minutes. Set aside to cool.

Yield: 16 links; Eight 2-link servings

NUTRITIONAL VALUES: Fat: 8 g, Carbohydrates: 4 g, Protein: 14 g, Calories: 150 kcal

*Chop in your Biggest Loser Chopper & Blender System

BLUEBERRY BRAN MUFFINS

- 1 ½ cups unprocessed wheat bran or oat bran
- 1 cup whole wheat flour
- 2 tablespoons ground flaxseed
- 1 ¼ teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1/8 teaspoon salt
- ¾ cup 1% milk or unflavored soy milk
- 1/3 cup honey
- 1 ripe medium banana, mashed with a fork
- 1 large egg
- 2 tablespoons olive oil
- 1 teaspoon pure vanilla extract
- 1 cup fresh blueberries or other berries

Yes, you can still have a muffin for breakfast – but it won't be the size of a grapefruit! Savor blueberries' healthy benefits in moist, delicious mini muffins. They are loaded with fiber and freeze well, too.

Position a rack in the center of the oven and preheat oven to 400 degrees Fahrenheit. Lightly coat 24 nonstick miniature muffin cups with cooking oil spray.

In a medium bowl, combine bran, flour, flaxseed, baking soda, cinnamon, and salt. Set aside. In your Biggest Loser blender, combine the milk, honey, banana, egg, olive oil, and vanilla extract until smooth.

Make a well in the center of the dry ingredients, and pour in one-third of the liquid mixture. Using a spoon, stir until smooth. Add remaining liquid mixture and stir just until combined. Add blueberries and stir again, but do not over mix.

Spoon 2 tablespoons of batter into each prepared muffin cup. Bake about 8 minutes, or until the tops spring back when pressed gently in the centers. Do not over-bake. Cool in the pan on a wire rack for 10 minutes before removing from the cups. Serve warm or cool completely on the rack.

Make-Ahead Tip: To freeze these muffins for later use, wrap cooled muffins tightly in plastic wrap and place in freezer bags. Freeze for up to three months.

Yield: 24 miniature muffins; Serving = 1 muffin

Blueberry Factoids: Color, not size, is an indicator of blueberry ripeness. Look for berries that are deep purple to blue-black. Blueberries are a source of Vitamins A and C, potassium and folate. Blueberries are very low in fat and sodium, and high in dietary fiber and potassium.

NUTRITIONAL VALUES: Fat: 2 g, Carbohydrates: 11 g, Protein: 2 g, Calories: 63 kcal

DOC'S CHILI

- 3 cups chopped yellow onions, chopped*
- 1 pound lean ground turkey (or lean turkey sausage)
- 2 tablespoons chili powder
- 1 tablespoon chopped fresh oregano (or 1 teaspoon dried)*
- 1 teaspoon ground cumin
- 1 teaspoon ground mustard
- 2 tablespoons chopped garlic*
- 1 ½ cups cooked pinto beans (one 15-ounce can, rinsed and drained)
- 1 ½ cups cooked black beans (one 15-ounce can, rinsed and drained)
- 3 cups diced tomatoes (or one 28-ounce can roasted diced tomatoes, undrained)
- 1 cup fat free chicken broth
- ½ cup black olives

A simmering pot of Doc's Chili was found on the Ranch stove every week during Season Two. The invention of Dr Jeff Levine, this crowd-pleasing favorite is short on preparation time and long on flavor.

Spray a large saucepan or Dutch oven with a few sprays of cooking oil spray. Add onion and sauté over medium-high heat until soft and just starting to brown. Add ground turkey or sausage; cook over medium high heat, breaking up meat with a spoon, until cooked through; about 6 minutes. Add chili powder, oregano, cumin, mustard, garlic, beans, tomatoes, and broth. Bring to a boil over high heat and then reduce the heat to a simmer. Cover and let simmer for 20 minutes.

Garnish with olives and green onions or cilantro and serve immediately.

Yield: 2 ¼ quarts; twelve (1-cup) servings

Olive factoid: Unripe olives are green and fully ripe olives are black.

NUTRITIONAL VALUES: Fat: 5 g, Carbohydrates: 19 g, Protein: 11 g, Calories: 162 kcal

*Chop in your Biggest Loser Chopper & Blender System

SPINACH SKINNY DIP

- 1 package (10-ounces) frozen chopped spinach, thawed
- 2/3 cup drained sliced water chestnuts
- 1/2 cup chopped whole green onions using your Biggest Loser Chopper
- 2 cloves garlic
- 1/2 cup fat-free sour cream
- 1/2 cup fat-free plain yogurt
- 1/2 teaspoon prepared hot mustard
- Salt
- Ground black pepper

This is another recipe that I never hesitate to dish up at parties. It's great served in a hollowed whole-grain bread bowl and people always swear "It's too good to be virtually fat free". Whether you're using it an afternoon snack for yourself or to impress your guests, be sure to have plenty of fresh veggies on hand and always serve it chilled.

Place the spinach in the center of a clean dishtowel. Fold the towel over the spinach and squeeze out as much moisture as possible. (This is important so the dip won't be watery). Set aside. In your Biggest Loser Chopper fitted with the chopping blade, combine the water chestnuts, green onions, and garlic. Process until the mixture is finely chopped. Add the spinach. Process for 10 seconds, or until combined. Add the sour cream, yogurt, and mustard. Season to taste with salt and pepper. Process for 30 seconds, or until smooth. Transfer to a serving bowl. Cover with plastic wrap. Refrigerate for at least one hour before serving.

Yield: 2 and 1/4 cups (18 Servings); Serving = 2 tablespoons

NUTRITIONAL VALUES: Fat: 0 g, Carbohydrates: 4 g, Protein: 1 g, Calories: 22 kcal

MOCHA MADNESS

**Crushed ice equivalent
to 4 small ice cubes**

**1/2 cup fat-free vanilla
frozen yogurt (110
calories or less)**

**1 shot espresso pow-
der or instant decaf-
feinated coffee
(chilled)**

**2 teaspoons cocoa
powder**

All it takes to make the perfect smoothie is a blender, some crushed ice, and a few of your favorite foods. A cool, bracing, low-fat treat for you chocolate and coffee lovers.

Put frozen ingredients in your Biggest Loser Blender. Make sure the ice is crushed and the other items are golf-ball sized or smaller so they'll blend completely. Add instant coffee, if using. Cover the blender and press the start button. Use high speed for about 30 seconds.

Change to low speed and add cocoa and espresso powder (if using) as blender runs. (It may stick to the sides if you add it when the blender is off.) Stop blending to see that no chunks are wedged on the bottom. If there are, dislodge them, replace lid, and blend for 30 more seconds.

Yield: 1 serving

NUTRITIONAL VALUES: Fat: 4 g, Carbohydrates: 19 g, Protein: 3 g, Calories: 118 kcal

ROASTED RED PEPPER DIP AND GREENS

1/4 cup roasted red peppers, drained

1 tablespoon fat-free cream cheese, softened

1 tablespoon reduced-fat cream cheese, softened

1/8 teaspoon dried oregano

Dash of garlic powder

2 cups green salad leaves, rinsed and drained

Here's a super dip that pairs well with a green salad.

Process peppers, cheeses, oregano, and garlic powder in your Biggest Loser Chopper until smooth. Transfer to the plastic container and refrigerate for up to 4 days. Keep chilled until ready to eat.

Yield: 1 Serving; 1/2 cup

NUTRITIONAL VALUES: Fat: 3 g, Carbohydrates: 6 g, Protein: 4 g, Calories: 68 kcal



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