

Nashville Lifestyles

# AT HOME

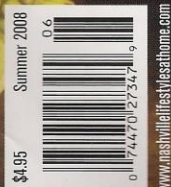
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entertaining

# Lighten Up!



Slim down your recipes  
for summer with Devin  
Alexander's simple  
solutions



**F**or those of you who love food but also want to look great in your summer attire, this season can be a little tough. Sure, hot weather makes eating lighter a bit easier, but there are some times when you're really craving a favorite treat to savor—from burgers and fries to a rich, chocolate dessert.

Devin Alexander, the author of *The Biggest Loser Cookbook*, has come out with a new release, appropriately titled *The Most Decadent Diet Ever*. Alexander's no stranger to cooking light, as she's tested hundreds of recipes to ensure maximum flavor and satisfaction, while drastically reducing fat and calories.

On a recent visit in our offices in Nashville, she explained that with her tips, you can easily have the majority of your favorite foods, without gaining weight or sacrificing flavor. After hearing her story—she's kept more than 55 pounds off for over 15 years—I absolutely believe Alexander knows what she's talking about. Her book is going to be a staple on our staff's kitchen counters this summer and beyond. While you'll want to pick up your own copy, here are a couple of our favorite recipes that you can try right now—guilt free!



## Chocolate Not Only in Your Dreams Cake

### INGREDIENTS:

Butter-flavored cooking spray  
1/4 cup unsweetened applesauce  
1 teaspoon vanilla extract  
4 large egg whites  
1 cup brown sugar (not packed)  
3/4 cup unsweetened cocoa powder  
1/4 teaspoon very finely ground espresso beans  
1/2 teaspoon salt  
1/2 teaspoon powdered sugar  
4 raspberries, optional

Preheat the oven to 350° F. Generously mist four 3 1/2-inch-diameter ramekins with spray. Place them side by side in an 8 x 8-inch baking pan. Add water to the pan

until it reaches halfway to the top of the ramekins.

Use a sturdy whisk or spatula to mix the applesauce, vanilla, egg whites and sugar in a large mixing bowl until well combined. Add the cocoa powder, espresso and salt. Stir until just combined and no lumps remain. Divide evenly among the ramekins (each ramekin will be about two-thirds full).

Bake for 21 to 24 minutes, until the tops look silky and puff slightly, and a toothpick inserted in the center comes out a bit wet. Remove from the oven and carefully transfer the ramekins from the water bath to a cooling rack. Cool for about 10 minutes. Then, invert each ramekin onto

a dessert plate. Let stand for one minute, and then slowly lift off the ramekin (the cakes should come out on their own, but if they don't, run a knife around the edge of the cakes to loosen them). Cool for another 5 to 10 minutes. Use a fine sieve to evenly dust each cake with a light sprinkling of powdered sugar. Place one raspberry on the center of each cake, if using. Serve immediately.

No more than 20 minutes hands-on prep time

### MAKES 4 CAKES

*Please note: these cakes are extremely rich. It's one of the few desserts where I feel satisfied eating just half... but even when I am really craving chocolate, the whole thing doesn't set me back. Just*

*make sure to grind the espresso finely. The coffee is here only to deepen the chocolate flavor; it's not a mocha cake. Regardless, you don't want to taste coffee grounds in this slice of heaven. Not only do I just love the taste, but it packs six grams of fiber, so it really comes without the guilt!*

**EACH CAKE HAS:** 203 calories, 7 g protein, 46 g carbohydrates, 2 g fat, 1 g saturated fat, 0 mg cholesterol, 6 g fiber, 364 mg sodium

**YOU SAVE:** 293 calories, 33 g fat, 19 g saturated fat

**TRADITIONAL SERVING:** 496 calories, 6 g protein, 47 g carbohydrates, 38 g fat, 20 g saturated fat, 195 mg cholesterol, 3 g fiber, 369 mg sodium

## BBQ Bacon Cheeseburger

The barbecue bacon cheeseburger is usually a guilty pleasure. Here, I've combined these favorite flavors in a reasonable-sized burger that's even more scrumptious because the ingredients are fresh and guilt-free. Please, though, don't cheat when buying the beef. Some people think that buying 93 percent lean ground beef isn't that much different from the 96 percent lean, but it is. Four ounces of the 96 percent lean has about 150 calories and 4 1/2 grams of fat. Four ounces of the 93 percent lean has 170 calories and 8 grams of fat. Yes, the 96 percent lean is more expensive, but you're worth it (plus, in the long term, you'll be saving money on doctor bills!)

### INGREDIENTS:

4 ounces 96% lean ground beef  
Pinch of salt  
1 1/2 slices center-cut bacon  
1 reduced-calorie hamburger bun  
1/2 ounce light Swiss cheese slivers  
1 to 2 tablespoons red onion slivers  
2 teaspoons barbecue sauce

Pack the beef tightly together with your hands, and then shape it into a 4-inch-diameter patty on a sheet of waxed paper. Sprinkle lightly with salt on both sides, and then place in the freezer for 5 minutes (to help the patty keep its shape). Preheat a grill to high.

Cut the whole bacon strip in half crosswise. Lay the 3 half strips side by

side in a small nonstick skillet over medium heat. Cook, flipping them every couple of minutes, until crispy and well done, 6 to 8 minutes. Transfer the bacon to a paper towel-lined plate to drain.

Meanwhile, remove the patty from the freezer and place it on the grill. Cook for 1 to 2 minutes per side for medium rare, or until the desired doneness is reached. Toast the bun halves on an upper grill rack for 30 seconds to 1 minute, watching them carefully. Place the cheese on top of the burger for the last few seconds of cooking so it just begins to melt. Add the patty to the toasted bun bottom. Lay the bacon strips side by side over the top. Place the onion over

that. Spread the barbecue sauce evenly over the inside of the top half of the bun. Place the bun top atop the sandwich. Serve immediately.

Can be made in 30 minutes or less / No more than 20 minutes hands-on prep time.

### MAKES 1 BURGER, 1 SERVING

**EACH SERVING (1 burger) has:** 304 calories, 33 g protein, 23 g carbohydrates, 10 g fat, 4 g saturated fat, 75 mg cholesterol, 3 g fiber, 752 mg sodium  
**YOU SAVE:** 180 calories, 22 g fat, 8 g saturated fat

**TRADITIONAL SERVING:** 484 calories, 29 g protein, 19 g carbohydrates, 32 g fat, 12 g saturated fat, 99 mg cholesterol, 1 g fiber, 712 mg sodium

By Stacie Standifer