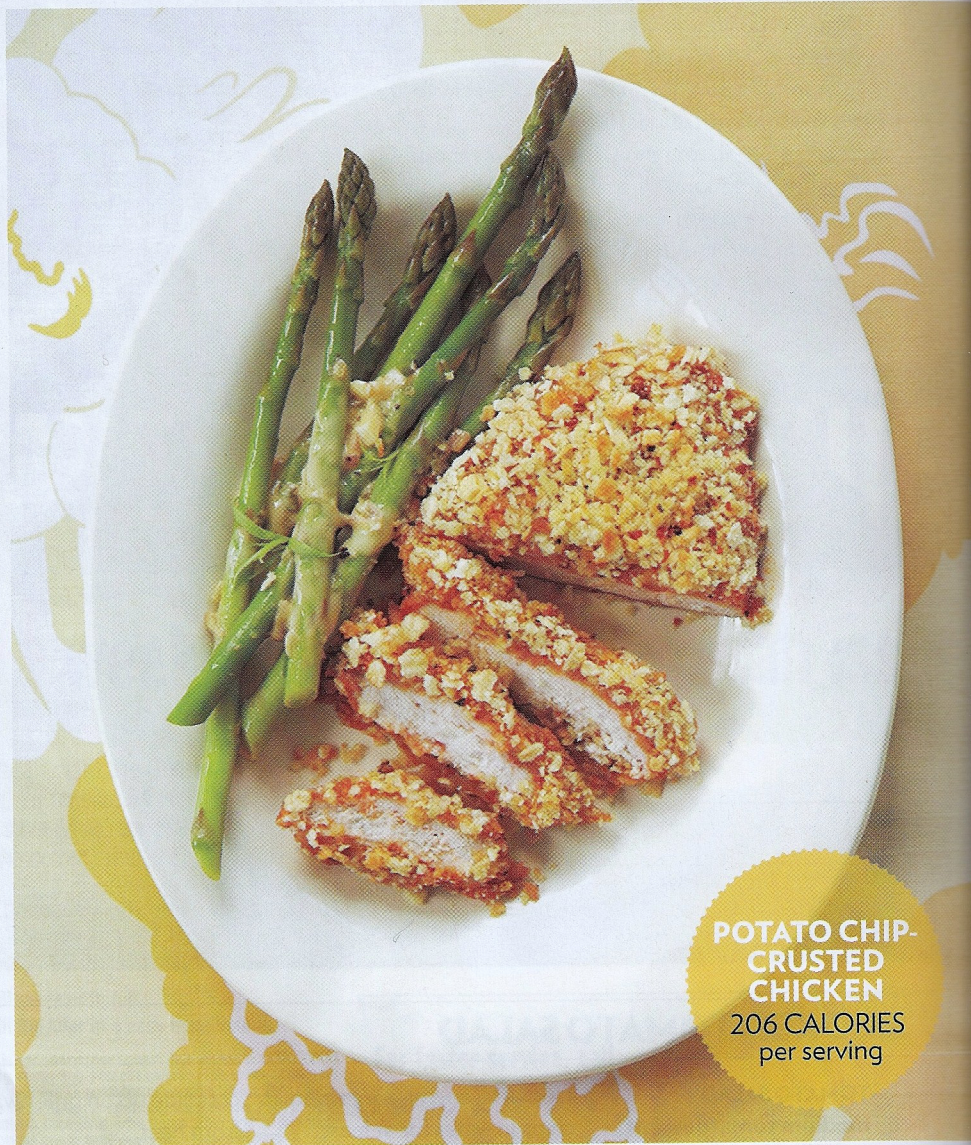
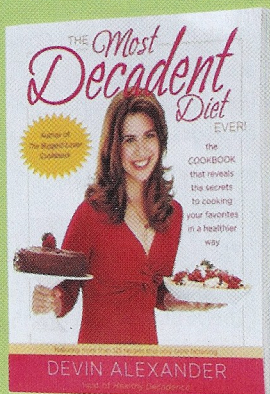


Make It Tor

Country Lite

How's this for a diet plan? "Not only have I kept off 55 lbs. for over 15 years, but I eat chocolate pretty much every day," declares Devin Alexander, the L.A. chef who hosts *Healthy Decadence* on the Discovery Health Channel. Her secret? Stealthy-but-healthy substitutions, including applesauce, yogurt and buttermilk, that boost flavor while cutting fat. "I'm not a tofu chef," says Alexander, 36, whose new book *The Most Decadent Diet Ever!* features her signature recipes, including a guilt-free chocolate cake inspired by client Reba McEntire. "One of the goals is to cut out saturated fat," says Alexander, who focuses on lightened versions of traditional comfort foods like French fries. "Just stay away from the ranch dressing!" she says. "My philosophy is, watch what you need to watch, and don't worry so much about the rest."



**POTATO CHIP-
CRUSTED
CHICKEN**
206 CALORIES
per serving

POTATO CHIP-CRUSTED CHICKEN

Serves 2

- | | | | |
|---------------|--|----------------|--|
| 2 | 3-ounce boneless skinless chicken breasts, visible fat removed | $\frac{1}{4}$ | teaspoon paprika |
| $\frac{1}{3}$ | cup low-fat buttermilk | $\frac{1}{4}$ | teaspoon black pepper |
| | Olive oil spray | $\frac{1}{8}$ | teaspoon salt |
| $\frac{1}{2}$ | teaspoon onion powder | 1 | pinch of cayenne |
| | | $1\frac{1}{2}$ | ounces (about $\frac{1}{2}$ cup) finely crushed Baked! Ruffles potato crisps |

1. Place the chicken breasts between two sheets of plastic wrap or wax paper. Use the flat side of a meat mallet to pound them to an even $\frac{1}{2}$ -inch thickness.
2. Transfer the chicken into a resealable plastic

ight!

TRY THESE DECADENT (BUT HEALTHY!) HOME-STYLE DISHES OR WHIP UP YOUR FAVORITE RESTAURANT FARE AT HOME

bag that is slightly larger than the breasts. Pour the buttermilk over the breasts, seal the bag and then turn the bag to coat.

3. Refrigerate the breasts for at least 6 hours or overnight, rotating once or twice.

4. Preheat the oven to 450° F. Lightly mist a nonstick baking sheet with olive oil spray.

5. Mix onion powder, paprika, black pepper, salt and cayenne in a small bowl. Put the crushed potato chips in a medium, shallow bowl. Remove one chicken breast from the buttermilk and let any excess buttermilk drip off. Sprinkle both sides of the breast evenly with half of the seasoning mixture. Then transfer the breast to the bowl of crushed chips and cover completely with the chips. Place the coated breast on prepared baking sheet. Repeat with the remaining breast. Discard any remaining marinade.

6. Lightly mist the top of both breasts with spray. Bake for 4 minutes, and then flip the breasts with a spatula, being careful not to remove the coating. Lightly mist the tops with spray and bake for another 3 to 5 minutes, or until coating is crispy and chicken is no longer pink inside. Serve immediately.

TIP: To crush the chips, place them in a resealable plastic bag and pound with a rolling pin or the flat side of a meat mallet.

CHOCOLATE CHOCOLATE BROWNIE CUPS

Makes 48

- Butter-flavored cooking spray
- ½ cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 8 egg whites
- 2 cups sugar
- ½ cup unbleached, all-purpose flour
- 1 cup unsweetened cocoa powder
- 2 teaspoons instant espresso powder
- 1 teaspoon baking powder
- 1 teaspoon salt
- ¾ cup plus 2 tablespoons mini semi-sweet chocolate chips

1. Preheat oven to 350° F.

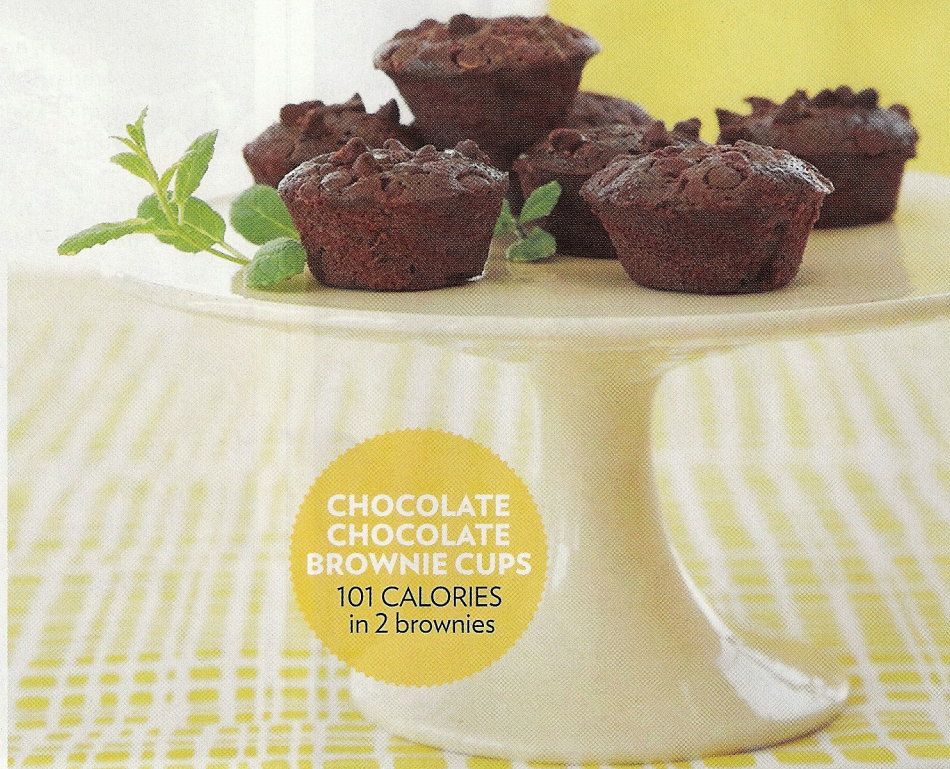
Thoroughly mist two 12-cup nonstick mini-muffin tins with spray.

2. Using a sturdy whisk, mix the applesauce, vanilla, egg whites and sugar until well combined in a large mixing bowl. Add the flour, cocoa powder, espresso powder, baking powder and salt. Stir until just combined and no lumps remain.

3. Working in batches, fill each cup until just barely full. Sprinkle ¼ of the chips evenly over the brownies in each of the tins.

4. Bake for 10 to 12 minutes or until a toothpick inserted into the center of the cups comes out dry (a few crumbs are okay).

5. Transfer the pans to a cooling rack and allow them to cool for 5 minutes. Using a butter knife, gently lift the brownies from the muffin tins (if they stick, carefully run the knife around the edge of each cup). Allow them to cool on the rack for another 10 minutes. Repeat with the second half of the batter and the remaining chips.



**CHOCOLATE
CHOCOLATE
BROWNIE CUPS**

101 CALORIES
in 2 brownies