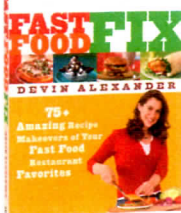


junk food freedom

» Fast-food flavor without all the fast-food fat

YOU SAVE
 • Almost 200 calories
 • 15 g fat
 • 10 g sat. fat
PER SERVING



YOU LIKE BROILED salmon as much as the next girl—but let's face it, sometimes only a Whopper will do. And that's fine with us. It's when you visit the drive-thru more often than you visit your mother that things start getting dicey. Enter our trusted cooking guru, Devin Alexander. Even with basic cooking

skills, she insists, you can whip up convincing facsimiles of your fast-food obsessions—minus the saturated fat and calories. In fact, that's what her new book, *Fast Food Fix* (Rodale 2006), is all about. "The recipes in the book have the same basic ingredients and flavors as the favorites they re-create, but they're guilt-free," she says. Here are two recipes; check out her book for even more.

JUST LIKE... McDonald's Big Mac

Special Sauce

- 1/3 c low-fat mayonnaise
- 2 tsp dill pickle relish
- 2 tsp ketchup
- 2 tsp sugar
- 2 tsp yellow mustard
- 1 Tbsp + 1 tsp finely chopped white onion

In a small bowl, combine the mayonnaise, relish, ketchup, sugar, and mustard. Stir to blend well. Cover and refrigerate. Stir in the onion just before serving. Makes enough for four burgers.

Burger

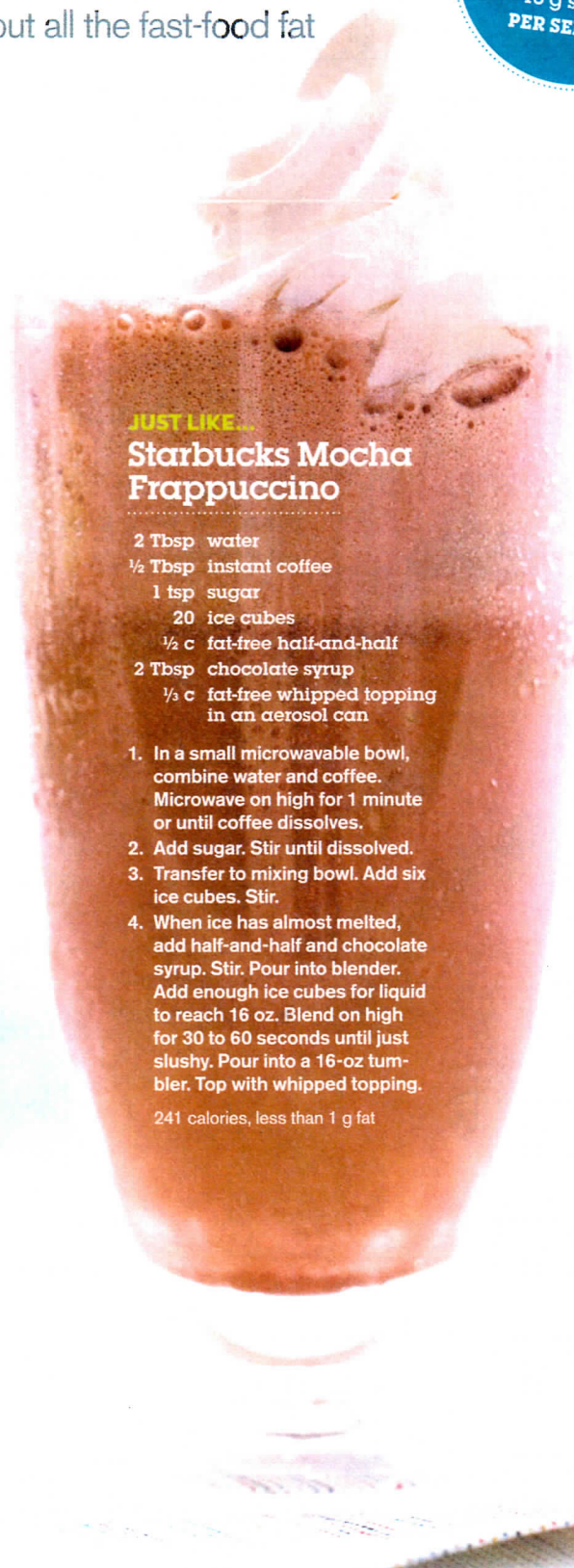
- 3 oz 96% lean ground beef, divided in half
- 2 pinches salt
- 1 sesame seed hamburger bun + 1 bun bottom
- 1 slice (1/2 oz) 2% milk, yellow American cheese
- 2 Tbsp + 1 tsp special sauce
- 1 tsp finely chopped white onion
- 1/3 c shredded iceberg lettuce
- 2 round slices dill pickle

1. On waxed paper, shape beef into two 4-inch patties. Season with salt. Place in the freezer for 5 minutes.
2. Preheat a large nonstick skillet over medium-high heat. Place the patties in the pan. Cook for 1 to 2 minutes per side until no longer pink on the inside.
3. Place the buns in the pan until toasted. Just before the

patties are cooked, place cheese on one patty.
 4. Place bun bottom on a plate. Spread on 1 Tbsp sauce. Place the cheeseburger on top. Spread 1 tsp sauce on the second bun bottom and place it, sauce side down, on the cheeseburger. Top with 1 Tbsp sauce; onion, lettuce, and pickles; the remaining burger; and bun top.

386 calories, 11 g fat (3 g saturated)

YOU SAVE
 • 174 calories
 • 19 g fat
 • 7 g sat. fat
PER SERVING



JUST LIKE... Starbucks Mocha Frappuccino

- 2 Tbsp water
- 1/2 Tbsp instant coffee
- 1 tsp sugar
- 20 ice cubes
- 1/2 c fat-free half-and-half
- 2 Tbsp chocolate syrup
- 1/3 c fat-free whipped topping in an aerosol can

1. In a small microwavable bowl, combine water and coffee. Microwave on high for 1 minute or until coffee dissolves.
2. Add sugar. Stir until dissolved.
3. Transfer to mixing bowl. Add six ice cubes. Stir.
4. When ice has almost melted, add half-and-half and chocolate syrup. Stir. Pour into blender. Add enough ice cubes for liquid to reach 16 oz. Blend on high for 30 to 60 seconds until just slushy. Pour into a 16-oz tumbler. Top with whipped topping.

241 calories, less than 1 g fat



Womenshealthmag.com/cooking
 Got a cooking query? Ask TV chef and food writer Devin Alexander online.

FOOD: ANTONIS ACHILLEOS; FOOD STYLIST: TONI BROGAN; PROP STYLIST: DEBORAH WILLIAMS/PAT BATES AND ASSOCIATES