
low calorie 7 course meal

Posted by Camilla Everett - 2008/09/05 15:21

Most of my friends have become conscious of caloric intake. They were complaining of how difficult it is to dine without exceeding the recommended daily diet. I would like to put together a meal in which is low in calories, healthy and tasty. Now I am tasked with proving this can be done. I would certainly appreciate suggestions for a complete low calorie menu.

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Re:low calorie 7 course meal

Posted by Nina Tchova - 2008/09/08 13:15

I believe it is all about the portion size. Therefore, place smaller portions of whatever you prepare in bowls or plates, serving each individual guest. Garnish rims with herbs or spices to make a nice presentation and fill in the white space.

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Re:low calorie 7 course meal

Posted by Kathryn Maitland - 2008/09/09 13:16

I agree with Nina concerning serving each guest with the appropriate portions. Below are some ideas which I have tried and received good reviews:

Appetizer – 4 grilled shrimp basted with lemon, then chilled

Salad – 1 cup mixed greens with olive oil & balsamic vinegar

Soup – 1-1/2 cup homemade cream of celery & broccoli (pureed) soup made with skim milk

Sorbet – ¼ cup lemon sorbet

Entrée – 1-1/2 cup vegetable stir fry with small chicken breast strips (use olive or sesame oil)

Entrée – small baked Portabella mushroom sprinkled with Swiss cheese and roughly ground pepper

Dessert – 1 cup fresh chilled fruit marinated in sugar substitute and topped with low fat whipped cream. Serve with fruit infused fruit tea to add more sweetness.

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Re:low calorie 7 course meal

Posted by Carolyn Spader - 2008/09/14 17:08

Appetizer – Black Bean Hummus with pita bread

Salad – Asparagus and Mushroom Salad

Soup – Cream of Parsnip Soup

Entrée – Fillet of fish with tomatoes and capers,

Entrée - Roast Pork Loin and Lemon Roasted Green Beans

Dessert – Orange, grapefruit and pomegranate compote

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