

**LOW-FAT
TOP
SECRET
RECIPES**

**Creating Kitchen Clones
of America's Favorite
Brand-Name Foods**

Todd Wilbur

With Illustrations by the Author



A PLUME BOOK

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TODD WILBUR is the author of *Top Secret Recipes*, *More Top Secret Recipes*, *Top Secret Restaurant Recipes*, and *Top Secret Recipes Lite!* (all available from Plume). When not taste-testing recipes on himself, his friends, or TV talk-show hosts, Todd lives in Las Vegas.

ALSO BY TODD VVILBUR

Top Secret Recipes
More Top Secret Recipes
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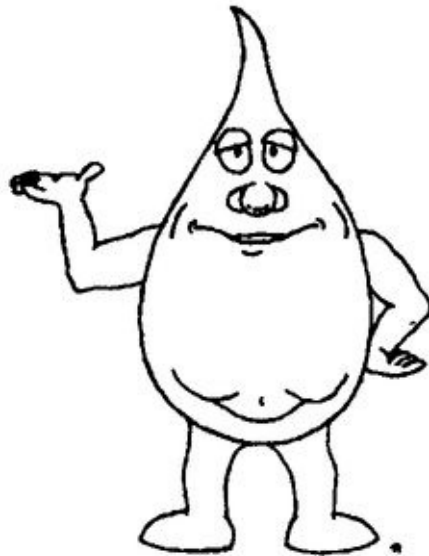
To my loving family and dear friends for all the kind words in times of need.

To Zebu, the Wonder Dog, for always being there. And rarely moving.

To the love of my life, Pamela. I couldn't have gotten through it without you. Every day with you an adventure, every night is a dream come true.

GUEST INTRODUCTION

A Word From Fat Gram Freddy



To all you beautiful people, I extend a greasy “hello,” and my most heartfelt plea. My name is Fat Gram Freddy, and I am exactly one gram of pure, glistening fat. I slide onto these pages before you as the spokesfat for trillions and trillions of others just like me who can no longer congeal idly by as others kind succumb in great numbers to all the senseless digestion. For many years it appeared you were on the right track. But I’m afraid that a recent about-face is returning us to the days when a fat gram’s existence is in a constant and tragic state of jeopardy.

Todd has been kind enough to allow me an open forum here in his new low-fat *Top Secret Recipes* cookbook to urge for a return to discretion in the consumption of my fatty brethren. He has allowed me to speak freely and has promised not to edit these thoughts—the first recorded words ever to be penned by a modestly handsome gram of fat—as long as I attempt to stay concise, reasonably polite, and off his new couch.

I assure you that I’m literate. I’m sincere. And, yes, I do wonders for fettucine alfredo and chicken wings. I’m told I make a lot of sense when I focus, so please read carefully these words I write.

Look, I know you like me ... you really like me. None of us can deny that fact. But just because we feel so good slipping over your tongue and down into the dark depths of your throat doesn’t mean that we, my friends and I should be ingested in such massive amounts with every single snack and meal. Why not have an apple the next time that acid-filled torture chamber you people call a stomach begins its terrifying growl? I hear that the broccoli and tomatoes are fantastic this year. Heck, we’ve always stayed away from those wonderful foods unless you invite us. That’s just how we are.

We fat grams have shared a lot of joy in the past decade as most of you worked hard to consume products created with little or none of us. We rejoiced in the early ‘90s as this trend encouraged manufacturers to go nuts creating entire product lines of scrumptious low-fat meals and fat-free

snacks. It was beautiful! This helped many of us to survive, uneaten, for long periods of time.

But the dark clouds formed once again as the millennium came to a close. Toward the end of the '90s, low-fat food sales began to slump, and now my slippery amigos are once again disappearing at an alarming rate.

This tragic turn has left us all in a state of panic. I'm afraid that one day, very soon now, it'll be time for yours truly to take the one-way drive down Digestive Tract Highway. That is why I am now appealing to you for help ... by merely helping yourselves.

HOW IT ALL WENT DOWN

I remember like it was yesterday. Right after your second big war, I watched in terror as buddies of mine got slathered on toast, glopped over salads, smeared over pizza, and dolloped onto desserts in numbers that would make your fork spin.

Turns out you indulged in rich, creamy foods without any regard for content or consequence. Your average consumption of fat at this ghastly time reached 40 percent of calories. That's one of the highest percentages in history. It looked like you folks were on some kind of wild, self-destructive tear

What you didn't realize was that all the fat grams you were sucking down couldn't just sit back and take the absorption without exacting a devious revenge with their dying breath. As you snarfed on my fellow fat boys, they went to work from the inside, raising your cholesterol, attacking your arteries, and making you all flabby and swollen. The deadly chain reaction that followed was devastating to your life support system. We were at war, and our troops were required to use cruel, desperate measures. With each choked artery and every seized heart we claimed another victory.

This battle raged on in your inner space for many years, until you were finally tipped off to our clandestine scheme.

In the '60s, the intelligence officers you call "doctors" detected our internal attack and sent out the alarm. You had no choice but to cut back on the massive consumption of my com padres by propagating a campaign to reduce the intake of fat in the American diet. Lower-fat dairy products were introduced and lean meat hit your grocery stores. For us, it was a glorious time; yet only a momentary victory.

Through the next several decades you worked hard to create edibles of all kinds, containing fewer of my kind. This trend escalated in the '90s as companies with names such as Nabisco, ConAgra, Quaker Oats, Keebler, Weight Watchers, Hostess, and Hershey had the heart to give you munchies that didn't rely on fat grams to appeal to that slimy, bud-covered muscle in your cavernous pie holes.

We thought that this change in your eating habits signaled the end of our fight for survival. What we failed to notice over the years, however, was the sedentary lifestyle you humans had been creating for yourselves. Homes were made to be more comfortable. Cars clogged up the roadways. Television, movies, and video games were developing into multibillion-dollar industries that required—eventually encouraged—an increasing amount of inactivity. Fat or no fat, this was the recipe for your doom. Yet you were still placing the blame on us.

Recently I took it upon my oily self to do a little research, and I found that in 1986 the census bureau determined that 52 percent of Americans were fat. This bloated condition—which you curiously named after us—would continue to spread through the years, even though record numbers

low-fat and fat-free products had been distributed amongst you.

As 1998 rolled around, the percentage was up. The bulges affected an astounding 68 percent of you with 22 percent referred to as “obese.” Using a simple spreadsheet, I ran these figures through my laptop and came up with a shocking projection: If this rate continues, 100 percent of you will be obese by the year 2230!

So what’s happening? Is it that you thought the low-fat and fat-free labels on all those products gave you the freedom to gorge? Your U.S. Department of Agriculture checked out the average American diet and found that even with the abundance of lower-fat products on store shelves the total amount of fat in most diets in the late 90s was the same as in the 60s, and in some cases even went up. And according to the USDA, total caloric intake was increasing, mostly from sugar and carbohydrates. Oh, and booze. Apparently eating lots of lower-fat food makes you want to get a buzz on.

I checked out Michael Fumento’s book, *The Fat of the Land*, and he says the new lower-fat foods are so boring that many of you figure, like whales inhaling krill, that if you eat enough of them somewhere in there might be a tasty morsel. You were often disappointed with what you fished out.

When you switched to lower-fat products and experienced no weight loss, you figured the food was to blame. You may have given no regard to the increased amount of low-fat foods you consumed or to the decrease in your weight-shedding activity. You decided that eating foods less appealing to your palate was pointless, so you happily returned back to mowing down the fat grams. Except now the food was chased with a good dose of guilt and regret.

Friends, this is no way for you to live. That is why Fat Gram Freddy has come to the rescue.

THE SOLUTION—FROM A FAT GRAM WHO CARES

Yes indeed, 1998 was a dark year for fat grams everywhere. This was the year that food manufacturers attempted to revive sluggish sales of lower-fat products by putting more of us fat grams back in. Manufacturers realized that since you folks didn’t see any weight-loss effects from eating the fat-free stuff, you started reevaluating your purchases. You figured if the weight loss never kicked in, you might as well return to a more stimulating eating experience.

The flavorlessness of many fat-free and low-fat products turned off consumers who decided that they would rather purchase products with moderate fat reduction or no fat reduction at all. Sure, I admit that some of that low-fat stuff tastes worse than the box it’s packed in, but there are plenty of others out there that taste great. And improved products are still unveiled as manufacturers learn new tasty, fat-saving tricks in the test kitchens.

But is it too late? My biggest fear is that most of you are tired of wasting money trying to figure out which lower-fat foods taste good and which don’t. You aren’t interested in playing the supermarket crapshoot, even when the food is not at the core of the problem.

The real problem, according to this other book I read called *The Skinny on Fat*, is that we have become a sedentary society. One-quarter of Americans are slugs. Too many of you make a habit of planting yourself in front of the television with salty snacks and plates of food, getting up only to replenish the rations or expel them.

In *The Skinny on Fat*, Shawna Vogel says, “Watching TV slows down a person’s metabolism to the point where they expend less energy than if they were doing nothing at all. Television, through its advertisements, can also increase the amount people eat while they’re watching. And if eating in front

of the TV is common, then it can become a conditioned stimulus to eat.”

~~According to *U.S. News & World Report*, only 15 percent of you get enough heart-strengthening aerobic exercise to live a long, healthy life. With work and family pressures and such easy access to engaging yet passive entertainment, you rarely make exercise a number-one priority.~~

Everyone in the know seems to be in agreement. When you exercise, or at least make an effort to participate in some sort of activity that hoists you off the posterior, you feel better about yourself and tend to eat better. Next time, perhaps you'll park your car a few blocks from your destination and walk, or maybe you can take the stairs once in while rather than the elevator. When you feel better about yourself, you'll be more likely to leave us fat grams alone.

And remember this: Diets rarely work. Don't even put that pressure on yourself. It's been shown over and over again that when dieters deny themselves the food they love to eat, it has a negative emotional impact. Sure, a few pounds may be shed early on, but there's usually a relapse on the horizon that will bring back those lost pounds and then some. A University of Toronto psychologist discovered that people rarely get fat from going on binges, but rather binge because they have been depriving themselves on a restrictive diet.

That cool Shawna Vogel book I mentioned earlier cites the fact that diet programs like Jenny Craig and Nutri/System have seen revenues plunge in recent years because “too much emphasis has been placed on restriction dieting and weight loss as the keys to health and not enough on activity, weight maintenance and metabolic fitness.”

I realize I'm no picture of health—I'm made of pure fat for God's sake, so I think I have a pretty good excuse—but food and dieting is my business; it's all I know. And all I'm hearing lately is that you've got to get into a little activity each and every day. Or at least thirty minutes of exercise three or four times a week. Get over the obsession with dieting and thinness and have a burger once in a while if you like. It's not going to kill you. Then for other meals you can get back to fat-free and low-fat products, and eat those in moderation, too. Eat the kind of stuff made from this book, so that you will enjoy the experience. That's why Todd put it here.

WHY THIS BOOK ROCKS

From what Todd has shown me, this book proves that reduced-fat food doesn't have to taste like cardboard. The recipes here create the type of food you would love to eat with less fat and more taste. It's the kind of stuff that satisfies your taste buds by replacing fat with other carefully crafted ingredients. My buddies and I like that.

With this book you'll discover tricks for mixing up fat-free dressings using pectin and cornstarch. And a way to bake chicken so that it has a deep-fried texture and no skin. You'll also discover Todd's unique technique for using the microwave to make a fat-free cookie filling that looks and tastes just like the stuff inside an Oreo.

You'll notice that Todd's divided the book into two sections: "Clones," for re-creating kitchen copies of your favorite foods that are already low in fat grams, such as Nabisco Honey Maid Graham Crackers, Gardenburgers, and SnackWell's products. And "Conversions," for creating reduced-fat clones of your normally fat-filled favorites, such as Chili's Southwestern Eggrolls, Wendy's Spicy Chicken Sandwich, and McDonald's Egg McMuffin. These conversions will let you enjoy the taste of your favorite products for which reduced-fat versions don't exist in stores. And just about all of these recipes cut fat from the real thing by at least half, sometimes by much more than that. To help you keep track, you'll find fat and calories counted at the bottom of each recipe.

I know that you can never entirely give up eating us fat grams. I understand that you need me and my kind in your diet to survive. Your huge bodies require the vitamins and fatty acids that we provide. But just because a package of cookies says "reduced fat" on the label doesn't mean you can eat a half a bag a day. There are still a lot of us little fellers in a quadruple-serving nosh fest. Not to mention a ton of those other guys, the calories.

Don't lose confidence that low-fat food can help you maintain a great physique when enjoyed in reasonable amounts. But remember that weight loss or maintenance cannot be realized in diet alone.

I speak for fat grams everywhere when I say that we will very much appreciate your efforts to return to eating lower-fat foods. When you're at the grocery store, please grab for the packages with the green "low-fat" labels again, and give those products another chance.

Better yet, when you have a craving for the oral sensation of a food that bursts with fat grams, open the pages of this fine book and satisfy your palate with some reduced-fat clones. The food will quell your craving, and your efforts will be rewarded. The process of cooking this food and shopping for the ingredients will keep you off the sofa. And that's a good thing.

Ladies and gentlemen, this is my message. It's a simple one. Eat more of the stuff on these pages and eat less of me. It's for your own good, and mine.

I'm a fat gram. I know what I'm talking about.

Thank you.

—Fat Gram Freddy

PS. Todd wants me to remind you that you can find tons of additional secret clone recipes on his fre

Web site at:

<http://www.topsecretrecipes.com>

You can even contact him with suggestions for other recipes to clone at:

Todd@topsecretrecipes.com

Tell him Fat Gram Freddy sent you.

LOW-FAT TOP SECRET RECIPES CONVERSIONS

APPLEBEE'S LOW-FAT ASIAN CHICKEN SALAD



My new diet plan is called the Chopsticks Diet. It requires that you use only chopsticks to eat everything: spaghetti, peas, hamburgers, cookies, ice cream, salads—whatever. As the food slips off the chopsticks, the pounds slip off of you. It's especially effective if you've never used chopsticks before. For those who can use them well, you've got to switch to the other hand. If you're Asian, you're only allowed to use one.

As the seasons change, so does the menu at this popular, casual, restaurant chain. You'll find this item in the "Low-Fat and Fabulous" column of the menu during the summer months where it's been a favorite since 1997. As with any salad, the waistline violator is the traditionally fat-filled dressing that is drizzled in gobs over the top of very healthy greens (a tablespoon of dressing usually contains around ten to twelve grams of fat). So if we can just figure out a cool way to make the dressing fat-free, we're well on our way to making a huge salad—four of them to be exact—with only twelve grams of fat on each plate. Most of those grams come from the chicken breast, and the crunchy chow mein noodles pick up the rest.

Just be sure to plan ahead when you make this one. The chicken should marinate for a few hours if you want it to taste like the original. Hope you're hungry.

1 cup teriyaki marinade

4 skinless chicken breast fillets

FAT-FREE ASIAN DRESSING

2 cups water

½ cup granulated sugar

3 tablespoons dry pectin

1 tablespoon white vinegar

½ teaspoon soy sauce

1 teaspoon salt

¼ teaspoon garlic powder

¼ teaspoon ground black

pepper

¼ teaspoon paprika

8 cups chopped romaine lettuce

8 cups chopped iceberg lettuce

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