**Food by Tania Leah Haas**

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**Beverly Hills fries with Skinny 'Cue Sauce**

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**To die for low-fat sliders with caramelized onions and mushrooms**

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**INGREDIENTS**

**SKINNY 'CUE SAUCE**

- ½ cup tomato paste
- 2 tbsp honey
- 2 tbsp fresh orange juice
- 1 tbsp dark brown sugar
- 2 tsp Dijon mustard
- 1 tbsp balsamic vinegar
- 1 tbsp smoked paprika
- 1 tsp garlic powder

Whisk together and refrigerate for up to 2 weeks.

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**INGREDIENTS**

**Makes 8 mini burgers**

- 1 lb 96% lean ground beef
- ½ tsp sea salt
- ½ tsp garlic clove, finely minced
- 1 small red onion, finely chopped
- 1 cup finely chopped cremini mushroom
- 1 plum tomato, thinly sliced
- 2 extra-virgin olive oil
- 1 tbsp tomato paste
- 1 cup extra-virgin olive oil
- 1 tbsp finely chopped garlic clove
- 1 tbsp finely minced garlic
- 1 tsp dried oregano
- ¼ tsp sea salt

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**Hello! Canada**

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**Cook yourself thin**

Former model Candice Kumai trades in her Manolos for chef's clogs -- and still stays fit and fabulous

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home cooks trim down while still satisfying cravings for comfort food. The book also offers helpful tips for how to entertain on a budget. “Entertaining is a part of my life that I refuse to give up, even if I only have $10 to make dinner!” Candice writes. For the single star – who says she has yet to meet that special someone and is holding out until she finds a partner who can be a “best friend and a great support system” – whipping up healthy, delicious meals for friends and family is high pleasure. The cookbook author says the art of entertaining is something that she learned from her mother. “She threw the best dinner parties and was such a great hostess,” Candice recalls. “I think it’s my duty to do it for her now.”

Pretty Delicious is the unique cookbook that targets your taste buds, your waistline and your pocketbook. Chock full of lean cuisine, the colourful book also serves up tips on being financially frugal without sacrificing flavour. And home cooks looking to shed a few pounds will welcome the trim-down “swap this” suggestions contained in many recipes, such as choosing hummus over mayonnaise, or non-fat Greek yogurt instead of sour cream. In addition, Candice’s list of “Food with benefits” – which she also refers to as “babe-licious” staples – packs a serious nutritional punch.

**INGREDIENTS** makes 30

<table>
<thead>
<tr>
<th>BABYCAKES</th>
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<tr>
<td>3 cups cake flour, sifted</td>
<td>1/2 cup grated lemon zest (4-6 lemons)</td>
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<tr>
<td>1/2 cup grated lemon zest (4-6 lemons)</td>
<td>1/2 tsp baking soda</td>
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<td>3 tsp sugar</td>
<td>1/2 tsp sea salt</td>
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<td>1/2 tsp sea salt</td>
<td>1/2 cup buttermilk</td>
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<tr>
<td>1/4 cup fresh lemon juice (1-2 lemons)</td>
<td>1 tsp vanilla extract</td>
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<td>1 tsp vanilla extract</td>
<td>1/2 cup unsalted butter, at room temperature</td>
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<td>1/2 cup unsalted butter, at room temperature</td>
<td>1 1/2 cups sugar</td>
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<tr>
<td>1 1/2 cups sugar</td>
<td>large eggs, at room temperature</td>
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<th>LEMON CURD</th>
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<tr>
<td>1/2 cup fresh lemon juice (2-3 lemons)</td>
<td>1/4 cup sugar</td>
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<td>1/4 cup grated lemon zest (4-6 lemons)</td>
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<td>1/4 cup grated lemon zest (4-6 lemons)</td>
<td>2 large eggs, at room temperature</td>
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<td>1 tsp vanilla extract</td>
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<th>ICING</th>
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<tr>
<td>5 cups confectioners’ sugar</td>
<td>1 1/2 tbsp 1/3-less-fat Neufchâtel cream cheese, at room temperature</td>
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<td>1 1/2 tbsp 1/3-less-fat Neufchâtel cream cheese, at room temperature</td>
<td>1/4 cup unsweetened almond milk</td>
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<td>1/2 tsp grated lemon zest (2-3 lemons)</td>
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<td>1 tbsp fresh lemon juice</td>
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1 To make the babycakes: preheat the oven to 325° F. Line the cups of a mini muffin pan with paper liners. Whisk the sifted flour, lemon zest, baking soda and salt together in a large bowl. Whisk the buttermilk, lemon juice and vanilla together in a small bowl.

2 Using an electric mixer, cream the butter and sugar together on low speed until combined. Increase the speed to medium-high and beat until light and fluffy, about 2 minutes. Add the eggs, one at a time, mixing well and using a rubber spatula to scrape down the bowl between additions.

3 Reduce the speed of the mixer to medium-low and alternate adding the flour mixture and buttermilk mixture in three additions, starting and ending with the flour mixture, and mixing just until combined.

4 Fill the muffin cups three-quarters full with batter. Bake until the cupcakes are domed and resist light pressure, 18 to 20 minutes. Set aside to cool for 10 minutes in the pan, then remove to a wire rack to cool completely.

5 Meanwhile, make the lemon curd: combine the lemon juice and sugar in a small saucepan and bring to a simmer. Add the lemon zest and cook, stirring occasionally, just until the sugar is dissolved, about 2 minutes.

6 Whisk the eggs together in a medium bowl. Whisk a little of the hot lemon mixture into the eggs to warm them. Once the bottom of the bowl is warm, slowly whisk in the remaining hot lemon mixture. Pour the mixture back into the saucepan and place it over medium-low heat. Cook, stirring constantly, until a few bubbles pop on the surface of the curd and it coats the back of a wooden spoon, 10 to 15 minutes. Remove from the heat immediately and strain the curd through a fine-mesh sieve into a clean bowl. Using a clean whisk or spoon, stir in the vanilla extract. Place a piece of plastic wrap directly on the surface of the curd and it coats the back of a wooden spoon, 10 to 15 minutes. Remove from the heat immediately and strain the curd through a fine-mesh sieve into a clean bowl. Using a clean whisk or spoon, stir in the vanilla extract. Place a piece of plastic wrap directly on the surface of the curd and it coats the back of a wooden spoon, 10 to 15 minutes. 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