

Grilled Chicken and Spinach Salad with Spicy Pineapple Dressing

- **Yield:** 4 servings

Ingredients

- 1 pound skinless, boneless chicken breast
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- Cooking spray
- 1 1/4 cups (1-inch) cubed fresh pineapple (about 8 ounces), divided
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons fresh orange juice
- 4 teaspoons apple cider vinegar
- 1/2 teaspoon minced habanero pepper
- 1 large garlic clove
- 1/4 cup extra-virgin olive oil
- 3/4 cup julienne-cut peeled jicama
- 2/3 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced red onion
- 1 (5-ounce) package fresh baby spinach (about 8 cups)



Preparation

1. Heat a grill pan over medium-high heat. Place chicken between 2 sheets of plastic wrap, and pound to an even thickness using a meat mallet or small heavy skillet. Sprinkle both sides of chicken evenly with chili powder and salt. Lightly coat chicken with cooking spray. Add chicken to pan; cook for 3 minutes on each side or until done. Remove from pan; set aside.

2. Combine half of pineapple, cilantro, orange juice, vinegar, habanero, and garlic in a blender; process until smooth. With blender on, gradually add olive oil until blended.

3. Combine remaining pineapple, jicama, and the remaining ingredients in a large bowl. Drizzle with 3/4 cup dressing, and toss gently to coat. Divide salad evenly among 4 plates. Cut chicken across the grain into thin slices; divide chicken evenly over salads. Drizzle salads evenly with remaining 1/4 cup dressing.

Nutritional Information

Amount per serving:

- Calories 313
- Fat 15.2 g
- Sat fat 2.3 g
- Mono fat 10.2 g
- Poly fat 1.8 g
- Protein 28 g
- Carbohydrate 16.8 g
- Fiber 4.3 g
- Cholesterol 66 mg
- Iron 2.6 mg
- Sodium 444 mg
- Calcium 58 mg

Salmon Burgers

Give beef a break and try quick, simple salmon burgers. Combine salmon with red onion and fresh basil to make a hearty burger with less than 200 calories. Enjoy on toasted focaccia bread for a gourmet meal that's ready in 10 minutes. Summer entertaining just got so much easier.

- **Yield:** 4 servings (serving size: 1 burger)

Ingredients

- 1 cup finely chopped red onion
- 1/4 cup thinly sliced fresh basil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 (1-pound) salmon fillet, skinned and chopped
- 1 tablespoon hot pepper sauce
- 1 large egg white
- Cooking spray
- 8 (3/4-ounce) slices focaccia, toasted

Preparation

Combine first 5 ingredients in a large bowl. Combine hot pepper sauce and egg white in a small bowl; add egg white mixture to salmon mixture, stirring well to combine.

Divide the mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add salmon patties, and cook 3 minutes on each side or until desired degree of doneness. Serve patties on toasted focaccia.

Nutritional Information

Amount per serving

- Calories 190
- Calories from fat 42 %
- Fat 8.8 g
- Sat fat 2.1 g
- Mono fat 3.8 g
- Poly fat 2.1 g
- Protein 25.2 g
- Carbohydrate 1.1 g
- Fiber 0.3 g
- Cholesterol 58 mg
- Iron 0.6 mg
- Sodium 236 mg
- Calcium 21 mg



Spanish Omelets

- **Yield:** 4 servings (serving size: 1/2 omelet)

Ingredients

- 1 1/2 cups sliced potato
- 1/2 cup chopped onion
- 1/2 cup chopped red bell pepper
- 1 garlic clove, minced
- 1/4 cup sliced pitted manzanilla (or green) olives
- 1 tablespoon minced fresh or 1 teaspoon dried oregano
- 1/2 cup (2 ounces) shredded part-skim mozzarella cheese
- 8 large egg whites
- 4 large eggs
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon olive oil, divided
- Cooking spray



Preparation

Place potato in a saucepan; cover with water. Bring to a boil; reduce heat, and simmer 15 minutes or until tender; drain. Cool, dice, and set aside.

Heat a medium nonstick skillet over medium heat. Add onion, bell pepper, and garlic; sauté 8 minutes. Add potato, olives, and oregano; cook 1 minute or until thoroughly heated. Remove from heat; stir in cheese. Set aside.

Combine egg whites, eggs, salt, and pepper in a bowl; stir well with a whisk.

Heat 1/4 teaspoon olive oil in a small nonstick skillet coated with cooking spray over medium-high heat. Add half of egg mixture to skillet. Carefully lift edges of omelet with a spatula; allow uncooked portion to flow underneath cooked portion. Cook 3 minutes; flip omelet. Spoon 1 cup potato mixture onto half of omelet. Carefully loosen with a spatula; fold in half. Cook an additional minute on each side. Slide onto a plate. Repeat procedure with 1/4 teaspoon olive oil, cooking spray, egg mixture, and potato mixture.

Note: Substitute 2 cups egg substitute for 8 egg whites and 4 eggs, if desired.

Nutritional Information

Amount per serving

- Calories 213
- Calories from fat 38 %
- Fat 9.1 g
- Sat fat 3.3 g
- Mono fat 3.5 g
- Poly fat 1 g
- Protein 18.1 g
- Carbohydrate 14.5 g
- Fiber 1.7 g
- Cholesterol 229 mg
- Iron 2 mg
- Sodium 462 mg
- Calcium 157 mg

Three-Grain Breakfast Cereal with Walnuts and Dried Fruit

This mixture of barley and oats with nuts and raisins will keep you going all morning. Walnuts provide omega-3 fatty acids, but pecans also work nicely in this high-fiber cereal. Serve with yogurt or milk, and top with fresh fruit.

- **Yield:** 24 servings (serving size: 1/3 cup)

Ingredients

- 1/2 cup maple syrup
- 1/3 cup honey
- 3 tablespoons canola oil
- 1 1/2 tablespoons vanilla extract
- 4 1/2 cups regular oats
- 1 cup uncooked quick-cooking barley
- 3/4 cup chopped walnuts or pecans
- 1/2 cup wheat germ
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Cooking spray
- 1 (7-ounce) package dried mixed fruit, chopped (such as Sun-Maid brand)



Preparation

Preheat oven to 325°.

Combine first 4 ingredients, stirring with a whisk.

Combine oats, barley, walnuts, wheat germ, cinnamon, and nutmeg in a large bowl. Add syrup mixture; stir well to coat. Spread oat mixture evenly onto a jelly-roll pan coated with cooking spray. Bake at 325° for 30 minutes or until browned, stirring every 10 minutes. Stir in dried fruit. Cool completely.

Note: Store in an airtight container for up to 5 days.

Nutritional Information

Amount per serving

- Calories 185
- Calories from fat 28 %
- Fat 5.8 g
- Sat fat 0.6 g
- Mono fat 1.7 g
- Poly fat 2.8 g
- Protein 4.5 g
- Carbohydrate 31.3 g
- Fiber 4 g
- Cholesterol 0.0 mg
- Iron 1.6 mg
- Sodium 4 mg
- Calcium 24 mg

Edamame Dip

You won't need encouragement to eat your veggies when you serve this hearty, nutty dip with a variety of crisp vegetables such as jicama, bell pepper strips, steamed sugar snap peas, and carrot sticks.

- **Yield:** 2 1/2 cups (serving size: about 3 tablespoons edamame mixture)

Ingredients

- 1 1/2 cups frozen shelled edamame (green soybeans), thawed and cooked
- 1/2 cup water
- 1/4 cup chopped red onion
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons rice vinegar
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1 1/2 teaspoons chili garlic sauce (such as Lee Kum Kee)
- 1 (16-ounce) can cannellini beans or other white beans, drained

Preparation

Place all ingredients in a food processor, and process until smooth. Serve immediately, or cover and chill.

Nutritional Information

Amount per serving

- Calories 61
- Calories from fat 37 %
- Fat 2.5 g
- Sat fat 0.4 g
- Mono fat 1.1 g
- Poly fat 0.7 g
- Protein 4 g
- Carbohydrate 6.1 g
- Fiber 1.2 g
- Cholesterol 0.0 mg
- Iron 0.7 mg
- Sodium 120 mg
- Calcium 23 mg



Rosemary Popcorn

- **Yield:** Serves 10
(serving size: about
1 1/2 cups)



Ingredients

- 3 tablespoons olive oil
- 1/2 cup popcorn kernels
- 1 tablespoon chopped fresh rosemary
- 1 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper

Preparation

Heat olive oil in a Dutch oven over medium-high heat. Add popcorn kernels; cover but leave lid partially open. Cook 3 minutes; remove from heat. Close lid until popping stops. Toss with rosemary, garlic powder, salt, and pepper.

Nutritional Information

Amount per serving

- Calories 71
- Fat 4.5 g
- Sat fat 0.6 g
- Sodium 175 mg

Garlic-Parmesan Popcorn

- **Yield:** 20 cups



Ingredients

- 3 tablespoons unsalted butter
- 2 cloves garlic, minced
- 2 tablespoons vegetable oil
- 1 cup popcorn kernels
- 1/2 cup finely grated Parmesan
- 1/2 teaspoon cayenne pepper
- Salt

Preparation

In a small saucepan over medium heat, melt butter. Add garlic and cook 1 minute, stirring, then remove saucepan from heat and set aside to cool slightly.

Warm vegetable oil in a large, deep pot with a tight-fitting lid over high heat. When oil is hot, add unpopped popcorn, cover pot, and cook 1 minute. Vigorously slide pot back and forth over burner until popcorn begins to pop. Continue cooking and shaking pot until popping subsides, about 5 minutes. Remove pot from heat and transfer popcorn to large serving bowl.

Pour butter-garlic mixture over popcorn, sprinkle with Parmesan and cayenne and toss to coat. Season with salt and serve.

Nutritional Information

Amount per serving

- Calories 73
- Fat 4 g
- Satisfat 2 g
- Protein 2 g
- Carbohydrate 7 g
- Fiber 1 g
- Cholesterol 7 mg
- Sodium 97 mg

Steamed Carrots with Garlic-Ginger Butter

Be sure to use true baby carrots with tops. So-called baby carrots sold in bags are often whittled-down mature vegetables; their texture will be too tough for this recipe.

- **Yield:** 4 servings

Ingredients

- 2 garlic cloves, minced
- 1 pound baby carrots with tops, peeled
- 1 tablespoon butter
- 1 teaspoon minced peeled fresh ginger
- 1 tablespoon chopped fresh cilantro
- 1/2 teaspoon grated lime rind
- 1 tablespoon fresh lime juice
- 1/4 teaspoon salt



Preparation

1. Prepare garlic; let stand 10 minutes.
2. Steam carrots, covered, 10 minutes or until tender.
3. Heat butter in large nonstick skillet over medium heat. Add garlic and ginger to pan; cook 1 minute, stirring constantly. Remove from heat; stir in carrots, cilantro, and remaining ingredients.

Nutritional Information

Amount per serving

- Calories 69
- Calories from fat 39 %
- Fat 3 g
- Saturated fat 1.8 g
- Monounsaturated fat 0.8 g
- Polyunsaturated fat 0.2 g
- Protein 0.9 g
- Carbohydrate 10.3 g
- Fiber 3.4 g
- Cholesterol 8 mg
- Iron 1.1 mg
- Sodium 257 mg
- Calcium 41 mg

Spelt Salad with White Beans and Artichokes

Spelt (also called farro) is a high-protein grain with a mellow nutty flavor, and it provides an alternative to bulgur for those who have wheat allergies. (Bulgur is a good substitute if you do not have spelt for this dish.) It's nice chilled or at room temperature. Include a cluster of red grapes and crusty Italian bread in your bag. Spelt Salad with White Beans and Artichokes is a delicious dish that you will make again and again.

- **Yield:** 5 servings (serving size: 1 cup)

Ingredients

- 1 1/4 cups uncooked spelt (farro), rinsed and drained
- 2 1/2 cups water
- 1/3 cup chopped fresh mint
- 1/3 cup chopped fresh parsley
- 1/4 cup minced red onion
- 3 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 (15-ounce) can navy beans, rinsed and drained
- 1 (14-ounce) can artichoke hearts, drained and chopped



Preparation

Combine spelt and 2 1/2 cups water in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until tender and liquid is absorbed.

Combine cooked spelt, mint, and the remaining ingredients in a large bowl, stirring well. Cover and store in the refrigerator.

Nutritional Information

Amount per serving

- Calories 204
- Calories from fat 29 %
- Fat 6.5 g
- Sat fat 0.8 g
- Mono fat 4 g
- Poly fat 0.9 g
- Protein 7.4 g
- Carbohydrate 30.7 g
- Fiber 4.9 g
- Cholesterol 0.0 mg
- Iron 3.2 mg
- Sodium 437 mg
- Calcium 40 mg

Little Italy Chicken Pitas with Sun-Dried Tomato Vinaigrette

Use oil from the sun-dried tomatoes to prepare the vinaigrette for this zesty sandwich. Chilled green grapes are a cool side.

- **Yield:** 6 servings (serving size: 2 stuffed pita halves)

Ingredients

- 2 tablespoons balsamic vinegar
- 1 1/2 tablespoons sun-dried tomato oil
- 1 tablespoon chopped drained oil-packed sun-dried tomatoes
- 1/4 teaspoon freshly ground black pepper
- 1 garlic clove, minced
- 4 cups shredded cooked chicken breast (about 3/4 pound)
- 1 cup chopped tomato (about 1 medium)
- 1/2 cup (2 ounces) grated Asiago cheese
- 1/4 cup thinly sliced fresh basil
- 6 (6-inch) pitas, cut in half
- 3 cups mixed baby greens



Preparation

Combine first 5 ingredients in a large bowl. Stir in chicken, tomato, cheese, and basil. Line each pita half with 1/4 cup greens. Divide chicken mixture evenly among pita halves.

Nutritional Information

Amount per serving

- Calories 342
- Calories from fat 24 %
- Fat 9.1 g
- Sat fat 2.8 g
- Mono fat 4.2 g
- Poly fat 1.3 g
- Protein 26.4 g
- Carbohydrate 37.3 g
- Fiber 2.4 g
- Cholesterol 56 mg
- Iron 2.7 mg
- Sodium 397 mg
- Calcium 162 mg

Avocado Soup with Citrus-Shrimp Relish

This lovely no-cook soup makes a refreshing entrée with a green salad.

- **Yield:** 4 servings

Ingredients

- Relish:
 - 2 tablespoons chopped fresh cilantro
 - 1 teaspoon grated lemon rind
 - 1 teaspoon finely chopped red onion
 - 1 teaspoon extravirgin olive oil
- 8 ounces peeled and deveined medium shrimp, steamed and coarsely chopped
- Soup:
 - 2 cups fat-free, less-sodium chicken broth
 - 1 3/4 cups chopped avocado (about 2)
 - 1 cup water
 - 1 cup rinsed and drained canned navy beans
 - 1/2 cup fat-free plain yogurt
 - 1 1/2 tablespoons fresh lemon juice
 - 1/4 teaspoon salt
 - 1/4 teaspoon black pepper
 - 1/4 teaspoon hot pepper sauce (such as Tabasco)
 - 1 small jalapeño pepper, seeded and chopped
 - 1/4 cup (1 ounce) crumbled queso fresco cheese



Preparation

1. To prepare relish, combine first 5 ingredients in a small bowl, tossing gently.
2. To prepare soup, combine broth and next 9 ingredients (through jalapeño) in a blender; puree until smooth, scraping sides. Ladle 1 1/4 cups avocado mixture into each of 4 bowls; top each serving with 1/4 cup shrimp mixture and 1 tablespoon cheese.

Nutritional Information

Amount per serving

- Calories 292
- Calories from fat 41 %
- Fat 13.2 g
- Sat fat 2.2 g
- Mono fat 7.8 g
- Poly fat 2.6 g
- Protein 23.9 g
- Carbohydrate 22.5 g
- Fiber 7.3 g
- Cholesterol 118 mg
- Iron 3.4 mg
- Sodium 832 mg
- Calcium 146 mg

Chocolate-Mint Pudding

Fresh mint leaves steep in fat-free milk to impart the herb's essence; the taste is much better than that of mint extract. Unless milk is stabilized with a thickener such as flour or cornstarch, it will "break," or curdle, when it becomes too hot; that's why it's important to go no higher than 180 degrees at the beginning of step one.

- **Yield:** 6 servings (serving size: about 2/3 cup)

Ingredients

- 3 cups fat-free milk
- 1/2 cup packed fresh mint leaves (about 1/2 ounce)
- 2/3 cup sugar
- 1/4 cup cornstarch
- 3 tablespoons unsweetened cocoa
- 1/8 teaspoon salt
- 3 large egg yolks, lightly beaten
- 1/2 teaspoon vanilla extract
- 2 ounces semisweet chocolate, chopped
- Mint sprigs (optional)

Preparation

Heat milk over medium-high heat in a small, heavy saucepan to 180° or until tiny bubbles form around edge (do not boil). Remove from heat; add mint. Let stand 15 minutes; strain milk mixture through a sieve into a bowl, reserving milk. Discard solids. Return milk to pan; stir in sugar, cornstarch, cocoa, and salt. Return pan to medium heat; bring to a boil, stirring constantly with a whisk until mixture thickens.

Place egg yolks in a medium bowl; gradually add half of hot milk mixture, stirring constantly with a whisk. Add egg mixture to pan; bring to a boil, stirring constantly. Cook 1 minute or until thick. Remove from heat; add vanilla and chocolate, stirring until chocolate melts. Pour pudding into a bowl; cover surface of pudding with plastic wrap. Chill. Garnish with mint sprigs, if desired.

Nutritional Information

Amount per serving

- Calories 227
- Calories from fat 25 %
- Fat 6.4 g
- Sat fat 3.2 g
- Mono fat 2.5 g
- Poly fat 0.4 g
- Protein 6.7 g
- Carbohydrate 39.4 g
- Fiber 1.2 g
- Cholesterol 105 mg
- Iron 1.1 mg
- Sodium 106 mg
- Calcium 173 mg

