

Eat better. Feel better.



Nutritious recipes to
delight your taste buds







Here's to your health

Everything your body does starts with the food you eat. From breakfast to dinner – and everything in between – you can make meals and snacks that are healthy and delicious. This cookbook gives you tasty ideas to get started. Use it to chart a course to a better, healthier you!

Healthy
eating tips



Eat like a champ

Whole, fresh foods can help you say goodbye to extra fat, sugar and salt.

- **Make bean your protein.** Beans are high in fiber and a great substitute for meats.
- **Eat more tofu.** It takes on the flavors it's cooked with, so you can add it to tons of recipes you already love.
- **Use lean cuts.** Choose chicken breasts over fatty dark meat, like legs and thighs. Use "choice" or "select" grades of beef, and avoid "prime" cuts.
- **Trim the fat.** It's a no-brainer.
- **Got milk?** Opt for low-fat or fat-free milk, yogurt and cheese.
- **Hold the salt.** Sprinkle herbs instead.
- **Reach for the right oil.** Use healthy oils such as olive, sesame and coconut oil.
- **Go whole-wheat.** Swap whole-wheat flour for the all-purpose flour in recipes.
- **Get sneaky.** Replace half the fat in baked goods with applesauce. Who knew?

Easy-freezy

Save time by doubling your recipes. Freeze leftovers in single portions, so a healthy meal is handy whenever you're hungry.



Refresh your cooking style

It's more than what you cook. It's how you cook it.

- Stir-fry vegetables, poultry or seafood using a small amount of vegetable stock, wine or oil. You'll keep more of the flavor and nutrients.
- Roast poultry. Use a rack in your pan, so the juices drip off. Baste with wine, tomato juice or lemon juice.
- Sauté vegetables, poultry or seafood. Choose a nonstick pan to use less oil.
- Steam vegetables in a basket over simmering water.
- Use low-sodium broth or wine instead of butter or other fats.
- Use a salad spinner to dry lettuce. Dressing clings better to dry salad, so you'll use less.
- Pad your portions. Add shredded or finely chopped vegetables or beans to ground poultry or meat.
- Spray oil onto foods using a pump, rather than drizzling it on.
- Wrap vegetables in aluminum foil before grilling. You'll get more nutrients and less charring.

Give the classics a makeover

Love your stash of favorite old recipes? Make them healthier with a few substitutions.

- 1 Tbsp margarine or shortening ➤ 1 Tbsp vegetable spread (without trans fat) or ¾ Tbsp olive or coconut oil
- 1 egg ➤ 2 egg whites or 1/4 cup egg substitute
- 1 cup heavy cream ➤ 1 cup fat-free or low-fat milk, or evaporated skim milk
- 1 cup whole milk ➤ 1 cup evaporated skim milk or 1/2 cup low-fat yogurt and 1/2 cup plain, low-fat cottage cheese

Spice things up

Shake off your salt habit. Instead, add full flavor with herbs and spices. Chop fresh herbs or grind them with a mortar and pestle. If you're in a hurry, grab a pinch of the dried stuff.

Basil	Fish, lamb, ground meats, stews, salads, soups and sauces
Chili pepper	Any dish that needs a little kick
Chives	Salads, sauces, soups and vegetables; sprinkle on lean meat or fish before baking
Curry powder	Vegetables or tomato-based soups and sauces; rub into lean meats, chicken or fish before cooking
Garlic	Lean meats, fish, soups, salads, sauces and vegetables; try pairing with tomato, onion or ginger
Ginger	Chicken, seafood or vegetable stir-fries, marinades, sauces and salad dressings; puree into fruit smoothies
Lemon juice	Lean meats, fish, poultry, salad dressings and steamed vegetables
Mustard (dry)	Lean meats, chicken, fish, salad dressings, vegetables and sauces
Paprika and parsley	Lean meats, fish, soups, salads, vegetables and sauces
Rosemary	Roast poultry, potatoes, stuffing and sauces, vegetables, soups and salads
Sage	Lean meats, stews, tomatoes, potatoes and onion-focused dishes
Thyme	Lean meats, lean pork, sauces, soups and vegetables

Foods to keep at your fingertips

Stock your kitchen with these goodies and you'll never be far from an easy, healthy meal.

- Vegetables – Fresh and frozen
- Salad greens
- Fruit – Fresh, frozen or canned in its own juice
- Whole-grain cereals – Hot and cold
- Potatoes – White, red or sweet
- Whole-grain bread
- Whole-wheat pasta
- Brown rice
- Canned beans – Low-sodium pinto, black, kidney, red or white
- Tuna or salmon – Fresh, canned in water or in a pouch
- Fish – Fresh or frozen halibut, tilapia, cod or trout
- Chicken breasts
- Ground turkey or chicken
- Pork – Lean chops or tenderloin
- Vegetarian burgers
- Cheese – Low-fat cottage, part-skim mozzarella or 2 percent
- Yogurt and milk – Low-fat or fat-free
- Salsa
- Light salad dressing
- Tomato or pasta sauce – Meatless and low-sodium
- Cooking wine – Dry red or white

Breakfast



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Frozen orange frosty

- ½ cup orange juice
- ½ cup soy milk
- ¼ cup silken tofu
- 2 tsp honey
- 1 tsp grated orange zest
- 1 small orange, peeled, segmented and frozen
- ½ tsp vanilla extract

Nutrition facts

Serving size	about 1 cup
Calories	112
Total fat	2
Saturated fat	0
Cholesterol	0
Sodium	32 mg
Protein	4 g
Carbohydrate	21 g
Total fiber	2 g

In a blender, combine all ingredients and blend until smooth, about 30 seconds.

Serves 2



Frozen orange segments chill this blended drink, while soy milk and tofu give it a punch of protein.

Granola

2 cups rolled oats
½ cup sliced almonds
½ cup flaked coconut
¼ cup sunflower seeds
¼ cup pine nuts
¼ cup flax seeds
¼ cup sesame seeds
2 Tbsp poppy seeds
1 Tbsp ground cinnamon
1 tsp ground nutmeg
1 tsp ground allspice
½ cup maple syrup
¼ cup melted butter
2 tsp vanilla
½ cup currants
¼ cup dried cranberries

Nutrition facts

Serving size	1/3 cup
Calories	195
Total fat	10 g
Saturated fat	2 g
Cholesterol	5 mg
Sodium	13 mg
Protein	4 g
Carbohydrate	24 g
Total fiber	3 g

Preheat oven to 350 degrees. In a large bowl, combine oats, nuts, coconut, seeds and spices. In a smaller bowl, mix together maple syrup, melted butter and vanilla. Drizzle wet ingredients over oat mixture and toss to coat. Spread on a baking sheet and bake 20 minutes, stirring occasionally. Add currants and cranberries and bake another 15 minutes. Cool completely before serving. Can be stored up to 2 months in an airtight container.

Serves 16

Hot cereal with fruit and nuts

2 ¼ cups water

¾ cup uncooked, old-fashioned oats

1 tsp cinnamon

¼ tsp nutmeg

1 tsp freshly grated orange
or lemon peel

Fruit choices:

2 unpeeled cooking apples, chopped

2 cups chopped bananas, pears
or peaches

Dried fruit choices:

¼ cup raisins, dates, prunes or
dried cranberries

Nut choices:

2 Tbsp chopped walnuts or almonds

Combine all ingredients in a 2-quart glass dish; cover tightly. Cook in a microwave oven on high for 5 minutes. Stir, cover and continue cooking for another 5 minutes. Serve with low-fat or skim milk.

Serves 4

Nutrition facts

Serving size	1 cup
Calories	155
Total fat	3 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	3 mg
Protein	3 g
Carbohydrate	31 g
Total fiber	4 g



Using more egg whites and less egg yolk, as in this recipe, reduces saturated fat and cholesterol.

Sweet potato pancakes

- 1 ¼ cups whole wheat flour
- ¼ cup brown sugar
- 1 ¼ tsp baking powder
- ½ tsp cinnamon
- ¼ tsp nutmeg
- ¾ cup skim milk
- ½ cup water
- ½ cup mashed sweet potatoes
- 1 egg
- 1 Tbsp vegetable oil
- 1 tsp vanilla

Nutrition facts

Serving size	3 pancakes
Calories	280
Total fat	6 g
Saturated fat	1 g
Cholesterol	54 mg
Sodium	203 mg
Protein	9 g
Carbohydrate	51 g
Total fiber	6 g

In a large mixing bowl, combine flour, brown sugar, baking powder, cinnamon and nutmeg. In a separate bowl, combine milk, water, sweet potatoes, egg, oil and vanilla. Mix well. Add wet ingredients to flour mixture and stir until just moistened. Lightly spray a griddle with nonstick cooking spray and heat to medium. Scoop batter, ¼ cup at a time, onto griddle and cook until bubbles form on the surface and begin to break. Flip pancakes and cook until bottom is golden brown. Serve with applesauce and plain, low- or nonfat yogurt.

Serves 4

Tomato broccoli frittata

- 6 egg whites
- 3 complete eggs
- ¼ tsp salt
- Freshly ground black pepper
- ¼ cup crumbled, reduced-fat feta cheese
- 2 cups small broccoli florets
- 2 Tbsp finely chopped shallots
- 1 tsp olive oil
- 1 ¼ cups cherry tomatoes, quartered

Nutrition facts

Serving size	¼ frittata
Calories	134
Total fat	6 g
Saturated fat	2 g
Cholesterol	161 mg
Sodium	416 mg
Protein	14 g
Carbohydrate	7 g
Total fiber	2 g

Preheat broiler. In a bowl, whisk together egg whites, eggs and salt and pepper to taste. Stir in cheese and set aside. In a large skillet, cook broccoli and shallots over medium heat, stirring occasionally, until broccoli is tender, 8 to 10 minutes. Pour egg mixture over broccoli and shallots. Cook over medium-low heat. As eggs begin to set, run a spatula around the edge of the skillet, lifting the eggs to allow uncooked portion to flow underneath. Continue cooking until the eggs are almost completely set. Arrange tomatoes on top and transfer to oven. Broil 5 inches from heat for about 5 minutes (until center is completely set). Let stand 5 minutes.

Serves 4

Scrambled eggs in a jar

2 eggs

¼ cup fresh spinach or other veggies

1 oz. shredded reduced-fat cheese

Dash of salt and pepper

Nutrition facts

Serving size	1 jar
Calories	261.1
Total fat	12.1 g
Saturated fat	XX
Cholesterol	6.3 mg
Sodium	75.4 mg
Protein	13.7 g
Carbohydrate	31.1 g
Total fiber	12.0 g

Add eggs, salt, pepper, spinach and cheese together in a small mason (or similar) jar. Cover with a lid and shake to mix all ingredients. Cook, uncovered, in microwave from 1:30 to 2:00 minutes (checking every 30 seconds). The egg mixture will puff up during cooking but deflate when out of the microwave. Don't be nervous if you see it rise higher than the jar.

Serves 1

French toast in a jar

2 pieces of toast
(whole-wheat preferred
but any kind will work)
¼ cup low-fat milk
1 egg
1 tsp ground cinnamon
1 tsp vanilla
1 Tbsp maple syrup (optional)

Nutrition facts

Serving size	1 jar
Calories	275.1
Total fat	7.5 g
Saturated fat	XX
Cholesterol	189.8 mg
Sodium	252.0 mg
Protein	11.4 g
Carbohydrate	19.5 g
Total fiber	3.2 g

Toast your bread, then tear it into bite-sized pieces and place it in a small mason (or similar) jar. Add milk, egg, cinnamon and vanilla and stir to mix well. Microwave for a total of 2 minutes, stopping every 30 seconds (count to 10 and start again). Let cool for 1–2 minutes, then add maple syrup (optional).

Serves 1

Blueberry pancakes in a jar

¼ cup flour
¼ Tbsp baking powder
¼ Tbsp sugar
½ Tbsp unsalted butter or
margarine, melted
¼ cup low-fat milk
Small handful of fresh blueberries

Nutrition facts

Serving size	1 jar
Calories	261.1
Total fat	12.1 g
Saturated fat	XX
Cholesterol	6.3 mg
Sodium	75.4 mg
Protein	13.7 g
Carbohydrate	31.1 g
Total fiber	12.0 g

Combine flour, baking powder and sugar in a small bowl. Add in melted margarine and milk and whisk until batter forms. Place blueberries on the bottom of a small mason (or similar) jar, then fill about halfway with batter. Microwave on high for approximately 1 minute. Pancake will rise while cooking. Let cool slightly before topping with more margarine, blueberries or syrup.

Serves 1

Basic overnight oats in a jar

- ¼ cup dry oatmeal (not steel-cut oats)
- ¼ cup low-fat or non-dairy milk
- ¼ cup low-fat plain yogurt
- 2 Tbsp chia seeds
- 1 Tbsp sweetener –
honey, agave or maple syrup (optional)
- 1 tsp vanilla (optional)

Toppings:

- ½ cup fresh fruit
- toasted nuts or nut butter

Nutrition facts

Serving size	1 jar
Calories	261.1
Total fat	12.1 g
Saturated fat	XX
Cholesterol	6.3 mg
Sodium	75.4 mg
Protein	13.7 g
Carbohydrate	31.1 g
Total fiber	12.0 g

Add dry oatmeal, milk, yogurt and chia seeds to a small mason (or similar) jar. Add your optional sweetener of choice and vanilla. Stir contents of the jar. Top with fruit and nuts, nut butter or other flavor combinations. Close the jar and refrigerate overnight.

Serves 1

Apple pie smoothie

- ½ cup unsweetened applesauce
- ¼ cup non-fat milk (or other milk substitute)
- ¼ tsp ground cinnamon
- 1 ½ – 2 ice cubes

Nutrition facts

Serving size	1 recipe
Calories	75
Total fat	0.1 g
Saturated fat	
Cholesterol	1.3 mg
Sodium	35.1 mg
Protein	2.2 g
Carbohydrate	17.5 g
Total fiber	1.7 g

In the order listed, add everything to the blender and pulse until smooth. Drink immediately. Note: For a sweeter smoothie, add your favorite sweetener to taste. Or for a fun treat, top with a dollop of non-fat whipped cream.

Serves 1

Good to be green smoothie

1 cup chilled coffee (freeze the coffee in ice cube trays and you can omit the ice cubes)

1 banana, cut into chunks

1 cup non-fat plain Greek yogurt

1 Tbsp honey or agave nectar

½ tsp ground cinnamon

¼ tsp grated nutmeg

6 ice cubes

Nutrition facts

Serving size	1 recipe
Calories	426
Total fat	4.7 g
Saturated fat	
Cholesterol	0 mg
Sodium	117.6 mg
Protein	27 g
Carbohydrate	75.9 g
Total fiber	7.2 g

Place all of the ingredients in a blender. Blend until smooth.

Serves 1

Peanut butter banana smoothie

½ of a frozen banana

½ cup non-fat milk (or other milk substitute)

½ cup non-fat plain Greek yogurt

2 Tbsp smooth peanut butter
(or other nut butter)

Optional

1 tsp cocoa powder

Nutrition facts

Serving size	1 recipe
Calories	347
Total fat	16.2 g
Saturated fat	
Cholesterol	7.5 mg
Sodium	273.3 mg
Protein	23.1 g
Carbohydrate	30.5 g
Total fiber	3.5 g

Place all of the ingredients in a blender. Blend until smooth.

Serves 1

Sides



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Baked potato strings

1 medium russet potato,
cut into strips

1 tsp olive oil

¼ tsp salt

½ tsp paprika

¼ tsp garlic powder

Nutrition facts

Serving size	½ potato
Calories	134
Total fat	6 g
Saturated fat	2 g
Cholesterol	161 mg
Sodium	416 mg
Protein	14 g
Carbohydrate	7 g
Total fiber	2 g

Preheat oven to 375 degrees. Lightly brush a baking sheet with olive oil. Arrange potato strips in a single layer on the baking sheet and sprinkle with salt and spices. Bake for 30 to 35 minutes until potato strips are tender and golden. Check often and remove strips that have browned.

Serves 2

Bean dip

- 1 can low-sodium black or pinto beans
- 1 ½ cup frozen corn, thawed
- ½ cup prepared salsa
- ½ cup chopped red onion
- ½ cup chopped cilantro
- 1 avocado, cubed

Nutrition facts

Serving size	½ cup
Calories	106
Total fat	3 g
Saturated fat	0 g
Cholesterol	0 g
Sodium	139 mg
Protein	4 g
Carbohydrate	17 g
Total fiber	5 g

Mix together all ingredients and serve as an appetizer dip. As an alternative, heat all ingredients except avocado and use as a taco or burrito filling. Top with avocado after heating.

Serves 2

Brown rice with sautéed asparagus

- ½ cup uncooked brown rice
- 1 tsp olive oil
- ½ small onion, chopped
- 1 garlic clove, minced
- ½ cup fresh asparagus spears, cut into bite-sized pieces
- ¼ cup slivered almonds
- Freshly ground black pepper

Nutrition facts

Serving size	1 cup
Calories	285
Total fat	10 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	5 mg
Protein	8 g
Carbohydrate	42 g
Total fiber	4 g

Cook brown rice according to directions on package. Set aside. Heat olive oil in nonstick skillet. Add onion, garlic, asparagus and almonds. Sauté 5 minutes, until vegetables are tender. Season with black pepper. Toss vegetables with brown rice and serve.

Serves 2

Candied sweet potatoes and apples

3 large sweet potatoes, peeled & cut into ½-inch rounds

2 Golden Delicious apples, peeled, cored, and cut into ½-inch wedges

2 Tbsp olive oil

1 tsp ground cinnamon

¼ tsp freshly grated nutmeg

2 Tbsp honey

½ tsp vanilla extract

2 tsp lemon juice

½ cup orange juice

½ cup apple juice or apple cider

½ tsp salt

Nutrition facts

Serving size	¼ recipe
Calories	115.3
Total fat	4.9 g
Saturated fat	.7 g
Cholesterol	0 mg
Sodium	2.5 mg
Protein	.4 g
Carbohydrate	19.3 g
Total fiber	1.8 g

Preheat the oven to 425°F. In a large bowl, toss the sweet potatoes with the olive oil. Spread the sweet potatoes on a parchment-lined baking sheet in a single layer and roast for 40 minutes, turning them over after 20 minutes. Place the cinnamon and nutmeg in a small pot. Add the honey and mix until well combined. Stir in the vanilla, lemon juice, orange juice, apple juice, and salt. Bring the mixture to a boil over medium-high heat, stirring occasionally. Reduce the heat and simmer the syrup until it is reduced by a third. (⅔ of a cup of liquid). Remove the sweet potatoes from the oven and reduce the heat to 375°F. Lightly oil a 2-quart baking dish. Place a layer of sweet potatoes on the bottom, then top with half of the apple slices. Add the remaining sweet potatoes over the apples, then the remaining apples over the sweet potatoes. Pour the reduced syrup over the sweet potatoes and apples. Bake uncovered for 40 minutes, basting every 10 minutes.

Serves 6

Cilantro snow peas

- 1 tsp canola oil
- 1 cup fresh snow peas, trimmed
(or frozen, thawed and patted dry)
- 1 medium garlic clove, minced
- ¼ cup chopped cilantro leaves

Nutrition facts

Serving size	½ cup
Calories	45
Total fat	2.5 g
Saturated fat	<1 g
Cholesterol	0 mg
Sodium	100 mg
Protein	2 g
Carbohydrate	4 g
Total fiber	2 g

Heat canola oil in a nonstick skillet over medium-high heat. Add the snow peas and cook 3 minutes. Add garlic and cook 30 seconds, stirring constantly. Add cilantro and toss gently. Serve immediately.

Serves 2



Green beans that have been steamed until crisp-tender can be used in place of snow peas.

Cilantro-lime rice

- 1 cup water
- ½ cup uncooked brown rice
- 1 cup corn, cut from a cob (raw or cooked) or thawed from frozen
- 2 jalapeno chilies (or to taste), seeded
- Juice of ½ lime
- ½ cup cilantro leaves and tender stems
- 1 ½ Tbsp extra-virgin olive oil
- ¼ tsp salt
- 1 cup grape or cherry tomatoes, quartered

Nutrition facts

Serving size	1 cup
Calories	230
Total fat	8 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	200 mg
Protein	4 g
Carbohydrate	37 g
Total fiber	3 g

Bring water to a boil in a medium saucepan. Stir in rice, reduce the heat to low and cover. Simmer until all the water is absorbed, about 50 minutes. Remove from heat. Add corn and set aside. Put the jalapenos, lime juice, cilantro, oil and salt into a food processor or blender. Process until finely chopped. Toss with the rice and tomatoes.

Serves 3

Hummus and vegetable pinwheels

4 8-inch spelt or whole wheat tortillas
1 cup hummus
2 cups baby spinach
¾ cup peeled and shredded carrot
¾ cup peeled, seeded, and sliced cucumber

Nutrition facts

Serving size	1 wrap
Calories	330
Total fat	9 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	835 mg
Protein	12 g
Carbohydrate	50 g
Total fiber	Fiber: 10 g

Place a tortilla on a flat work surface. Spread ¼ cup of hummus over the tortilla, leaving a ¾ -inch border all the way around. Lay a quarter of the spinach, carrot, and cucumber over the hummus, and then roll up into a tube. Glue down the top edge with a smear of hummus. Trim the ends, and then cut crosswise into 1-inch pinwheels. Repeat with the remaining ingredients.

Serves 4

Pesto Florentine pasta

2 cups cooked, whole-grain
linguine (or other flat pasta)

Pesto:

3 cups baby spinach leaves

3 Tbsp shredded or grated
Parmesan cheese

2 Tbsp chopped fresh basil

1 Tbsp plus 1 tsp fresh lemon juice

1 large garlic clove

1½ Tbsp extra virgin olive oil

Salt and pepper

Nutrition facts

Serving size	1 cup pasta
Calories	256
Total fat	8 g
Saturated fat	1 g
Cholesterol	2 mg
Sodium	252 mg
Protein	9 g
Carbohydrate	44 g
Total fiber	2 g

In a food processor or blender, process all the pesto ingredients, except for the oil, for 30 seconds or until smooth, scraping the side of the bowl with a rubber scraper. With the processor running, slowly pour the oil into the mixture. Process for 10 more seconds, or until blended. Makes 6 servings of 2 Tbsp each. To serve, transfer the pasta to 2 serving bowls. Stir 2 Tbsp pesto into each bowl.

Serves 2

Fresh baby spinach along with basil in this pesto recipe adds a nutritional boost to this pasta side dish. Use the extra pesto from this recipe as a topping for chicken, fish or roasted vegetables.



Quinoa with almonds and sautéed apples

½ cup uncooked quinoa
1 tsp olive oil, divided
½ cup chopped onion
½ cup finely diced carrot
1 garlic clove, minced
1 cup low-sodium vegetable broth
¼ tsp ground cinnamon
¾ cup finely diced unpeeled
Granny Smith apple
2 Tbsp slivered almonds, toasted
Salt and pepper

Nutrition facts

Serving size	½ cup
Calories	130
Total fat	4 g
Saturated fat	<1 g
Cholesterol	0 mg
Sodium	232 mg
Protein	4 g
Carbohydrate	21 g
Total fiber	2.5 g

Rinse the quinoa well to remove bitterness. Heat ½ tsp olive oil in saucepan over medium-high heat. Add onion, carrot and garlic to pan; sauté until onion is tender and carrots begin to brown, 4 to 5 minutes. Stir in broth, quinoa, salt and cinnamon, and bring to a boil. Cover, reduce heat and simmer for 20 minutes or until liquid is absorbed. Remove from heat. Fluff with a fork, and keep warm. Heat remaining ½ tsp olive oil in a nonstick skillet over medium-high heat. Add apple to pan, and sauté until apple begins to brown, 5 to 7 minutes. Add apple, almonds and pepper to quinoa, tossing to combine. Serve warm.

Serves 4

Roasted brussels sprouts

1 ½ tsp olive oil

2 cups brussels sprouts,
trimmed and halved

4 garlic cloves

Salt and pepper

Nutrition facts

Serving size	1 cup
Calories	77
Total fat	4 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	72 mg
Protein	3 g
Carbohydrate	10 g
Total fiber	3 g

Preheat oven to 400 degrees. Place brussels sprouts and garlic cloves in a bowl and toss with olive oil, salt and pepper to taste. Transfer vegetables to baking sheet. Roast for 15 to 20 minutes, stirring once halfway through, until vegetables are tender and slightly charred.

Serves 2

Roasted root vegetables

- 1 Tbsp olive oil
- ½ sweet onion such as Walla Walla, sliced (red onion can be used in place of sweet onion)
- 2 cloves garlic, peeled and cut in half
- 1 carrot, diced
- 1 yam, diced
- 1 parsnip, peeled and diced
- 1 tsp dried rosemary
- 1 tsp dried thyme
- Salt and pepper
- 2 tsp balsamic vinegar, optional

Nutrition facts

Serving size	½ cup
Calories	104
Total fat	4 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	60 mg
Protein	1 g
Carbohydrate	18 g
Total fiber	3 g

Preheat oven to 375 degrees. Spray a baking sheet pan with nonstick cooking spray. Combine all ingredients in a mixing bowl; toss to combine. Place mixture on baking sheet. Bake 30 to 45 minutes, turning vegetables halfway through, until vegetables are tender and slightly browned. Drizzle with balsamic vinegar before serving.

Serves 4



Parsnips look like white, oversized carrots and are sweet like yams with a texture like a potato. You can swap out any root vegetable in this recipe for others, such as rutabagas, turnips and sweet potatoes.

Steamed asparagus with sesame seeds

½ pound fresh asparagus
1 Tbsp water
2 tsp lower-sodium soy sauce
1 tsp canola oil
¼ tsp sesame oil (optional)
Freshly ground black pepper
1 teaspoon sesame seeds, toasted

Nutrition facts

Serving size	4–6 spears
Calories	58
Total fat	4 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	177 mg
Protein	3 g
Carbohydrate	5 g
Total fiber	3 g

Snap off and discard the woody base from each asparagus spear. Steam for 4 to 5 minutes or until crisp-tender. Transfer to a serving dish. Combine the water, soy sauce, oil(s) and pepper to taste, and drizzle over asparagus. Sprinkle with sesame seeds.

Serves 2

Stir-fried Swiss or rainbow chard

1 bunch Swiss
or rainbow chard, washed
2 tsp canola or olive oil
2 cloves garlic, minced
1 tsp low-sodium soy sauce
or tamari

Nutrition facts

Serving size	½ cup
Calories	75
Total fat	5 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	395 mg
Protein	3 g
Carbohydrate	7 g
Total fiber	2 g

Remove bottom 1 to 2 inches of stems from chard and discard. Separate the remaining stems from the leaves, making a V-shape in the leaf. Chop stems into bite-sized pieces. Cut leaves crosswise into strips ½ inch wide. In a large frying pan or wok, heat the oil over medium heat. Add chopped stems, and cook 10 minutes. Stir every few minutes. Add garlic; cook another 3 minutes, stirring often. Add leaves and soy sauce. Cook for 7 more minutes or until leaves and stems are tender.

Serves 2-3



Swiss chard is packed with vitamins and minerals, but also has a good dose of sodium. That's why there's a slightly salty flavor in plain chard. Pair this dish with something lower in sodium to get the healthy benefits of chard while keeping your sodium intake in check.

Wild rice stuffing

- ½ cup wild rice
- 1 ½ cup water
- 1 bay leaf (preferably fresh, but dried will work fine)
- ¼ tsp salt
- 1 delicata or other squash
- 2 Tbsp extra-virgin olive oil
- ¼ pound maitake mushrooms, or substitute 14-16 medium shiitake mushrooms
- 1 medium leek, thinly sliced
- ½ cup walnuts
- 4 Tbsp. minced fresh parsley
- 1 tsp. soy sauce
- Freshly ground black pepper

Nutrition facts

Serving size	¼ recipe
Calories	220.7
Total fat	14 g
Saturated fat	
Cholesterol	
Sodium	
Protein	4.5 g
Carbohydrate	24.9 g
Total fiber	4.1 g

Combine the rice, water, bay leaf and salt in a pot and cook covered over medium-low heat until rice is done and most of the water is absorbed (30-45 minutes). Steam off any excess water. Pre-heat the oven to 350°. Halve the squash, scoop out the seeds and place the squash, cut side down, on an oiled baking sheet. Bake until tender, but not mushy, about 15 minutes. Tear the maitake mushrooms into bite-sized pieces, or slice the shiitake mushrooms. Heat oil in a skillet over medium-high heat, once hot, add the mushrooms and leeks and sauté for several minutes, until both are tender. Sprinkle with a pinch of salt to season. Add nuts and sauté for a few more minutes. Stir in the parsley and remove from the heat. Stir in cooked wild rice and season with soy sauce and black pepper to taste. Fill the squash halves. Bake until hot (about 10 minutes).

Serves 4-6

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Asian grilled chicken salad

- ¼ cup black rice
- ½ pound boneless, skinless chicken breast cutlets
- ¼ cup orange juice
- ½ tsp toasted sesame oil
- 1 Tbsp canola oil
- 2 tsp low-sodium soy sauce
- 2 tsp red wine vinegar
- 1 tsp honey
- 1 cup shredded red cabbage
- 2 cups mixed salad greens
- ¼ cup slivered almonds, toasted
- Salt and pepper

Nutrition facts

Serving size	2 ½ cups
Calories	410
Total fat	17 g
Saturated fat	2 g
Cholesterol	70 mg
Sodium	420 mg
Protein	34 g
Carbohydrate	33 g
Total fiber	6 g

In a medium pot, bring ½ cup of water to a boil. Add rice, cover and simmer over low heat until all of the water is absorbed (about 30 minutes). Once cooked, uncover and let cool. Soak chicken in orange juice for 5 minutes. Remove chicken and discard juice. Season chicken with salt and pepper. Grill over medium heat until cooked through, 2 to 3 minutes per side. In a large bowl, whisk together the oils, soy sauce, vinegar and honey. Toss cabbage, salad greens and rice with the dressing. Garnish with almonds and serve with the chicken.

Serves 2



Black rice, an heirloom variety of rice cultivated in Asia, is a great way to add whole grains to your diet. It adds impressive color and a nutty taste to this dish.

Carrot-pineapple slaw with ginger

- 1 ½ cups shredded carrots
- 8 ounce can crushed pineapple in its own juice, drained
- ½ cup dried apricots, finely chopped
- 1 tsp grated, peeled ginger root
- 1 tsp grated lemon zest
- 2 Tbsp fresh lemon juice

Nutrition facts

Serving size	½ cup
Calories	97
Total fat	0
Saturated fat	0
Cholesterol	0
Sodium	33 mg
Protein	1 g
Carbohydrate	23 g
Total fiber	3 g

In a medium bowl, toss together all ingredients. Let stand for 10 minutes so the flavors can marry.

Serves 4

Chilled barley salad

- 1 Tbsp extra virgin olive oil
- 1 Tbsp lemon juice
- 1 tsp orange juice (optional)
- 1 cup cooked barley
- $\frac{3}{4}$ cup grapes, halved and seeded (if necessary)
- $\frac{1}{4}$ cup sliced celery
- 2 Tbsp sliced green onion
- Freshly ground black pepper

Nutrition facts

Serving size	1 cup
Calories	201
Total fat	7 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	15 mg
Protein	2 g
Carbohydrate	34 g
Total fiber	4 g

In a mixing bowl, whisk together the oil and lemon juice. Add barley, grapes, celery and onions, tossing to coat. Season with pepper, and chill until serving time. Flavor with herbs, such as oregano or parsley, if desired.

Serves 2

Mediterranean lentil salad

- 1 cup dried French lentils, rinsed and picked over
- 1 clove garlic, peeled and smashed
- ¼ tsp dried oregano
- 2 bay leaves
- ¼ cup extra-virgin olive oil
- 1 Tbsp brown rice vinegar
- 2 Tbsp freshly squeezed lemon juice
- 1 tsp lemon zest
- ½ tsp ground cumin
- ¼ tsp sea salt
- 1 red bell pepper, seeded and diced
- 1 small cucumber, seeded and diced
- ¼ cup kalamata olives, rinsed and sliced
- 3 Tbsp chopped fresh mint
- 3 Tbsp chopped fresh flat-leaf parsley
- ¼ cup feta cheese, crumbled

Nutrition facts

Serving size	3/4 cup
Calories	315
Total fat	17 g
Saturated fat	2 g
Cholesterol	0 mg
Sodium	293 mg
Protein	11 g
Carbohydrate	32 g
Total fiber	Fiber: 8 g

Combine lentils, garlic, oregano, and bay leaf in a saucepan and cover with water or broth by 2 inches. Bring to a boil, then cover, lower the heat, and simmer until the lentils are tender, 20 to 25 minutes. Drain the lentils thoroughly and discard the garlic and bay leaves. Whisk the olive oil, vinegar, lemon juice, lemon zest, cumin, and salt together. Toss the lentils with the vinaigrette and refrigerate for 20 minutes. Stir the bell pepper, cucumber, olives, mint, and parley and combine. Sprinkle the feta cheese on top.

Serves 4

Persimmon-apple salad

3 chopped apples
3 chopped persimmons, firm
½ cup dried cranberries
½ cup chopped celery
½ cup chopped pecans or walnuts
1 cup low-fat vanilla yogurt
2 Tbsp lemon juice
Nutmeg to taste

Nutrition facts

Serving size	1 cup
Calories	273
Total fat	11 g
Saturated fat	1 g
Cholesterol	3 mg
Sodium	52 mg
Protein	6 g
Carbohydrate	44 g
Total fiber	4 g

In a medium salad bowl, toss together all ingredients.

Serves 4

Spinach salad with classic vinaigrette

Salad

- 3 cups spinach
- ½ cup chopped boiled or roasted beets
- ½ apple, diced
- ½ cup canned chickpeas
- 2 Tbsp sunflower seeds
- 1 ounce reduced-fat, soft goat cheese

Classic vinaigrette

- 2 Tbsp Dijon mustard
- 3 Tbsp red wine vinegar
- 2 tsp honey
- 1 small shallot, minced
- ½ cup extra virgin olive oil
- Salt and pepper

Salad

Arrange ingredients in a large serving bowl and drizzle with classic vinaigrette.

Classic vinaigrette

Place ingredients in a small container with a tight fitting lid and shake vigorously.

Serves 1

Nutrition facts

Serving size	salad/2 Tbsp
Calories	510/130
Total fat	28/14 g
Saturated fat	6/2 g
Cholesterol	10/0 mg
Sodium	500/118 mg
Protein	20/0 g
Carbohydrate	49/2 g
Total fiber	13/0 g

This main dish salad supplies four servings of vegetables and is a good source of protein. Make your own vinaigrette so you can control the sodium.



Strawberry cantaloupe salad with mint and feta

- 1/2 cantaloupe cut into 1-inch pieces
- 3 cups hulled, quartered strawberries
- 2 Tbsp balsamic vinegar
- 2 Tbsp olive oil
- Pinch of black pepper
- 1/2 cup crumbled feta cheese
- 15 fresh mint leaves, finely chopped

Nutrition facts

Serving size	1/6 recipe
Calories	120
Total fat	7 g
Saturated fat	
Cholesterol	11 mg
Sodium	149 mg
Protein	3 g
Carbohydrate	12 g
Total fiber	2 g

In a medium bowl, combine cantaloupe, strawberries, balsamic vinegar, olive oil and pepper. Stir to combine. Stir in feta and fresh mint just before serving.

Serves 6

White bean salad with grilled salmon

- 1 Tbsp orange juice
- 2 tsp lemon juice
- 1 small clove garlic, minced
- 2 Tbsp extra virgin olive oil
- 1 15.5 ounces can low-sodium white beans
- 3 sprigs flat-leaf parsley, leaves chopped and stems discarded
- Freshly ground black pepper
- ½ head butter lettuce (Boston or Bibb), washed and dried
- 1 6-ounce salmon fillet, grilled

Whisk together orange juice, lemon juice and garlic. Drizzle in oil while whisking until the dressing is smooth. Toss dressing with the beans and parsley. Season with black pepper. Divide the lettuce onto two plates. Top with the dressed beans and salmon.

Serves 2

Nutrition facts

Serving size	1 ½ cup salad
Calories	465
Total fat	23 g
Saturated fat	4 g
Cholesterol	65 mg
Sodium	260 mg
Protein	33 g
Carbohydrate	31 g
Total fiber	10 g

Whole-wheat pasta salad

- 1 cup spiral-shaped whole-wheat pasta
- 1 cup black beans (canned or home-cooked), rinsed and drained
- 1 cup chopped tomato
- 1/3 cup diced part-skim mozzarella cheese
- 2 Tbsp light balsamic vinaigrette
- 1 Tbsp chopped fresh parsley
- 1/4 tsp garlic powder
- 1 Tbsp chopped green onion

Nutrition facts

Serving size	1/2 cup
Calories	110
Total fat	2 g
Saturated fat	1 g
Cholesterol	3 mg
Sodium	75 mg
Protein	5 g
Carbohydrate	18 g
Total fiber	3 g

Cook pasta according to directions on package (about 12 minutes). Drain and rinse under cold water. Place pasta in medium bowl. Add all ingredients except green onions and toss well. Garnish with green onion. Serve chilled.

Serves 6



Using whole-wheat pasta adds a significant amount of fiber and other nutrients to your daily intake.

Lunch and dinner



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Baked chicken with caramelized onion

- 1 large onion, thinly sliced
- 1 ½ Tbsp brown sugar
- ½ cup dry red wine
- 1 ½ Tbsp balsamic vinegar
- 1 ½ Tbsp Dijon mustard
- ¾ tsp freshly squeezed lemon juice
- Freshly ground black pepper
- ½ tsp Worcestershire sauce
- 1 small garlic clove, minced
- 2 boneless, skinless chicken breasts,
about 4 ounces each

Nutrition facts

Serving size	½ recipe
Calories	250
Total fat	4 g
Saturated fat	1 g
Cholesterol	73 mg
Sodium	215 mg
Protein	28 g
Carbohydrate	18 g
Total fiber	2 g

To prepare caramelized onions, combine onion and brown sugar in a nonstick skillet. Cook over medium heat, stirring often, until onions begin to turn golden, 15 to 20 minutes. Stir in wine and vinegar; increase heat to medium-high and bring to a boil. Reduce heat and cook, stirring often, until most of the liquid has evaporated, at least 30 minutes. Set aside. Preheat oven to 350 degrees. While onions are cooking, combine mustard, lemon juice, pepper, Worcestershire sauce and garlic. Place chicken breasts in a baking dish and cover with mustard mixture. Bake uncovered for 30 minutes or until chicken is no longer pink inside. Place on a serving dish and cover with warm caramelized onions.

Serves 2

Baked salmon Dijon

- ½ cup fat-free sour cream
- 1 tsp dried dill
- 1 ½ Tbsp green onions, finely chopped
- 1 Tbsp Dijon mustard
- 1 Tbsp lemon juice
- 1 ¾-pound salmon fillet with skin
- ¼ tsp garlic powder
- Freshly ground black pepper

Nutrition facts

Serving size	4 ounces
Calories	196
Total fat	7 g
Saturated fat	2 g
Cholesterol	76 mg
Sodium	229 mg
Protein	27 g
Carbohydrate	5 g
Total fiber	less than 1 g

Preheat oven to 400 degrees. Lightly oil baking sheet with cooking spray. Whisk sour cream, dill, onion, mustard and lemon juice in small bowl to blend. Place salmon, skin side down, on prepared baking sheet. Sprinkle with garlic powder and pepper. Spread sauce over the salmon. Bake until just opaque in center, about 20 minutes.

Serves 3

Curried chicken with cabbage, apple and onion

- ½ tsp curry powder
- Freshly ground black pepper
- 2 small skinless, boneless chicken breast halves (about ½ pound)
- 1 tsp olive oil
- 1 tsp butter
- ½ medium onion, sliced and separated into rings
- 1 ½ cups shredded cabbage
- 1 red-skin cooking apple (such as Rome or Jonathan), cored and thinly sliced
- ¼ cup apple juice

Nutrition facts

Serving size	½ recipe
Calories	237
Total fat	6 g
Saturated fat	2 g
Cholesterol	71 mg
Sodium	231 mg
Protein	27 g
Carbohydrate	19 g
Total fiber	4 g

In a small bowl, combine ¼ teaspoon of the curry and freshly ground pepper to taste. Sprinkle mixture over chicken; rub in with your fingers. In a large nonstick skillet, heat olive oil over medium-high heat. Add chicken and cook for 8 to 10 minutes, turning once, until chicken is no longer pink. Set aside. Melt butter in a hot skillet. Add onion. Cook until onion is tender, about 5 minutes. Stir in cabbage, apples and apple juice. Sprinkle with the remaining curry powder. Cook 3 to 4 more minutes, stirring occasionally. Divide cabbage mixture onto two plates and serve with chicken breasts.

Serves 2

Fish tacos

- 2 Tbsp low-fat sour cream (or plain, low-fat yogurt)
- ½ jalapeno pepper, seeded
- 1 Tbsp fresh lime juice
- ½ bunch cilantro
- ¼ tsp salt
- 2 Tbsp canola oil
- ¼ cup cornmeal
- ¾ pound white fish, cut into 1-inch strips
- 5 6-inch corn tortillas, warmed according to package instructions
- ½ avocado, peeled and cut into chunks
- ½ cup cherry tomatoes, chopped
- 2 Tbsp red onion, thinly sliced
- 1 cup red cabbage, finely shredded

Nutrition facts

Serving size	1 taco
Calories	245
Total fat	9 g
Saturated fat	1 g
Cholesterol	36 mg
Sodium	173 mg
Protein	17 g
Carbohydrate	25 g
Total fiber	4 g

In a food processor, puree the sour cream, jalapeno, lime juice, cilantro and salt. Set aside. Heat the oil in a large, nonstick skillet over medium heat until hot. While the oil heats, spread the cornmeal on a plate. Pat the fish in the cornmeal to coat on all sides. Fry fish in the oil until the cornmeal is lightly browned, 1 to 2 minutes per side. Remove and drain on paper towels. To assemble the tacos, top each tortilla with fish, cilantro sauce, avocado, tomato, red onion and cabbage, then fold in half.

Serves 3

Halibut with spicy tomato sauce

- 2 tsp canola oil
- 2 cloves garlic, minced
- 1 Tbsp grated, fresh ginger root
- 1 tsp jalapeno pepper, seeded and minced (or to taste)
- ¼ tsp cumin
- ¼ tsp turmeric
- ¼ tsp salt
- 1 cup coarsely chopped Roma tomatoes
- ½ cup water
- ¾ pound halibut (or red snapper, ocean perch or cod)
- 2 Tbsp fresh chopped cilantro

Rinse fish and pat dry with paper towel. Cut into two-inch pieces and set aside. Heat oil in nonstick skillet over medium heat. Add garlic and ginger, and cook 1 to 2 minutes, stirring often. Add jalapeno pepper, cumin, turmeric, salt, tomatoes and water. Stir and bring to a boil. Cover, reduce heat and simmer for 15 to 20 minutes to let sauce thicken, stirring often. Bring sauce to a boil again and add fish. Cover and cook 4 to 5 minutes or until fish is done. Sprinkle with cilantro. Serve over rice or pasta.

Serves 2

Nutrition facts

Serving size	½ recipe
Calories	248
Total fat	9 g
Saturated fat	1 g
Cholesterol	54 mg
Sodium	387 mg
Protein	36 g
Carbohydrate	5 g
Total fiber	1 g

Quinoa with edamame, ginger and lime

- 2 ½ cups stock or water
- ½ tsp sea salt
- 1 ½ cups red or white quinoa
rinsed well in cold water and drained
- 1 tsp freshly grated ginger
- Pinch of cayenne
- 1 cup fresh or frozen Edamame beans,
mixed with a spritz of fresh lime juice,
and a pinch of salt
- ½ cup red bell pepper, finely diced
- 2 scallions, white and
green parts finely chopped
- 2 Tbsp chopped fresh mint
- 2 Tbsp chopped cilantro, basil or parsley
- 2 Tbsp extra-virgin olive oil
- 2 Tbsp freshly squeezed lemon juice
- 2 Tbsp freshly squeezed lime juice
- 1 Tbsp grated lemon zest
- 1 tsp grated lime zest

Put the broth and ¼ tsp of the salt in a large saucepan and bring to boil over high heat. Stir in the quinoa. Decrease the heat to low, cover, and cook 15 to 20 minutes until the water is absorbed. Remove from the heat. Add the ginger, cayenne, and remaining salt and fluff with fork until well combined. Transfer the quinoa to a bowl and let cool to room temperature. Add the edamame, red pepper, scallions, mint, cilantro, olive oil, lemon juice, lime juice, lemon zest and lime zest and stir well until combined.

Serves 6

Nutrition facts

Serving size	⅓ recipe
Calories	275
Total fat	9 g
Saturated fat	1 g
Cholesterol	
Sodium	236 mg
Protein	10 g
Carbohydrate	37 g
Total fiber	14 g

Quinoa with black beans and tomatoes

- 1 cup quinoa
- 2 cups cooked black beans, drained
- 2 medium tomatoes, diced
(or finely chopped sun-dried tomatoes)
- 2 scallions, chopped
(or a handful of chives, chopped)
- ¼ cup fresh cilantro, chopped
- 1 avocado, chopped
- 2 oz feta, crumbled
- 2–3 Tbs olive oil
- Zest of one lime
- 2–3 Tbs fresh lime juice
- 1 ¼ cups water
- 1 tsp salt
- ¼ tsp pepper

Nutrition facts

Serving size	¼ recipe
Calories	323.8
Total fat	13.1 g
Saturated fat	3.4 g
Cholesterol	12.6 mg
Sodium	166.8 mg
Protein	14.1 g
Carbohydrate	40.2 g
Total fiber	10.1 g

In a large bowl, whisk together lime zest, lime juice, olive oil, pepper and ½ tsp salt. Place quinoa in a fine mesh strainer and thoroughly rinse under cold, running water or place strainer with quinoa in a large bowl of water and swish around and change water several times. Drain well and put quinoa in a medium pot with water and ½ tsp salt. Bring to a boil, then turn down the heat, cover and simmer for 15–20 minutes, or until the water is absorbed and the quinoa is tender and fluffy. Add warm or room temp quinoa to dressing and toss until dressing is absorbed, then stir in remaining ingredients and salt and pepper to taste.

Serves 4 as a side dish, 2 as a light meal.

Roasted cod with vegetables

- 1 cup frozen peas
- ½ cup fresh button mushrooms, halved
- ½ cup grape tomatoes
- ½ small onion, cut into very thin wedges
- 2 tsp olive oil, divided
- Dash of salt
- Fresh ground black pepper
- 10 ounces skinless cod (or ocean perch)
- 1 tsp fresh dill weed
or ¼ tsp dried dill weed

Nutrition facts

Serving size	½ recipe
Calories	228
Total fat	6 g
Saturated fat	1 g
Cholesterol	60 mg
Sodium	306 mg
Protein	30 g
Carbohydrate	13 g
Total fiber	4 g

Preheat oven to 425 degrees. In a medium bowl, combine peas, mushrooms, tomatoes and onion. Drizzle with 1 ½ tsp olive oil and sprinkle with salt. Add ground pepper to taste. Toss to coat. Lightly coat a small baking pan with nonstick cooking spray. Spoon vegetables onto one side of the pan. Roast 10 minutes. Rinse fish and pat dry with paper towel. If necessary, cut fish into two pieces. Take baking pan out of the oven. Arrange fish fillets beside vegetables in the baking pan. Brush fish with the remaining ½ tsp olive oil. Season with freshly ground black pepper. Stir vegetable mixture before putting baking pan back in the oven. Roast about 12 minutes more or until fish flakes easily when tested with a fork. Transfer to serving plates and sprinkle with dill.

Serves 2

Simple stir-fry

- 1 tsp sesame oil
- ¼ tsp minced garlic
- 4 cups fresh precut vegetables
- 1 Tbsp low-sodium soy sauce
- ½ tsp sugar
- ¼ tsp ground ginger
- ½ cup low-sodium chicken broth
- 2 Tbsp sliced green onion
- 2 Tbsp chopped fresh cilantro
- Sprinkling of sesame seeds
- 1 cup cooked brown rice

Nutrition facts

Serving size	2 ½ cups
Calories	217
Total fat	4 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	476 mg
Protein	8 g
Carbohydrate	41 g
Total fiber	7 g

Heat a wok or skillet over medium heat. Add sesame oil, garlic and vegetables. Sauté until vegetables are tender-crisp. Mix together soy sauce, sugar, ginger and chicken broth. Stir mixture into the veggies and cook, stirring, for 2 more minutes. Serve stir-fry over rice and top with green onions, cilantro and sesame seeds.

Serves 2

Skillet ziti with broccoli, sun-dried tomatoes and white beans

- 1 Tbsp extra-virgin olive oil
- 3 cloves garlic
- ¼ tsp red pepper flakes (optional)
- 3 green onions, chopped
- 4 ounces whole-wheat ziti or penne
- 1 ¾ cups nonfat milk, divided
- ¾ cups low-sodium vegetable broth
- ½ pound broccoli, cut into small florets
- ¾ cup canned, no-salt-added white beans
- ¼ cup oil-packed sun-dried tomatoes, drained and chopped
- ¼ cup grated Parmesan cheese
- Freshly ground black pepper

Nutrition facts

Serving size	1 ½ cups
Calories	400
Total fat	9 g
Saturated fat	2 g
Cholesterol	10 mg
Sodium	386 mg
Protein	21 g
Carbohydrate	60 g
Total fiber	10 g

Heat the oil in a large nonstick skillet over medium-high heat. Add the garlic, pepper flakes and green onions and cook, stirring until fragrant, about 30 seconds. Add the uncooked ziti, 1 ¾ cups of the milk and all of the broth. Bring to a boil over high heat and cook, stirring frequently, until a thick sauce forms, about 12 minutes. Stir the broccoli, white beans, sun-dried tomatoes and remaining ½ cup of milk into the pasta mixture. Cover, reduce heat to medium and cook until the broccoli turns bright green and is almost tender, 3 to 5 minutes. Uncover and stir in the Parmesan. Season with pepper.

Serves 3

Southwest chicken casserole

- 3 corn tortillas (6-inch), each cut into 6 wedges
- 1 cup cubed, cooked chicken breast
- 1 cup frozen, whole-kernel corn
- 1 cup low-sodium, canned black beans, drained and rinsed
- 1 cup jarred salsa, preferably low-sodium
- 1 ¾ cups finely diced tomato, divided
- 3 Tbsp nonfat sour cream (or nonfat plain yogurt)
- ¼ cup chopped fresh cilantro, divided (use as much of this flavorful herb as you like)
- ½ cup grated low-fat pepper jack cheese or other low-fat cheese
- 1 jalapeno pepper, thinly sliced
- 2 Tbsp sliced black olives (optional)

Nutrition facts

Serving size	¼ casserole
Calories	280
Total fat	4 g
Saturated fat	1 g
Cholesterol	34 mg
Sodium	477 mg
Protein	22 g
Carbohydrate	36 g
Total fiber	8 g

Preheat oven to 350 degrees. Spray an 8 ½ x 11-inch baking dish with nonstick cooking spray. Cover the bottom of the dish with tortilla wedges. In a bowl, combine chicken, corn, black beans, salsa, 1 ½ cup of the tomatoes, sour cream or yogurt, ½ of the cilantro and cheese. Place mixture in baking dish on top of tortilla wedges. Bake uncovered for 20 to 30 minutes. Sprinkle jalapeno pepper, remaining cilantro and tomato, and olives on top of casserole. Serve with sour cream (or plain yogurt) and salsa, if desired.

Serves 4

Summer vegetable casserole

- 1 medium eggplant, sliced
- 1 small onion, sliced
- 1 green pepper, sliced
- 2 medium zucchini squash, sliced
- 4 medium ears corn, kernels cut off cob
- 3 tomatoes, sliced
- 4 ounces uncooked whole wheat orzo pasta or other small shaped pasta
- ½ cup chopped fresh basil
- ½ cup grated parmesan cheese or feta cheese
- 2 Tbsp olive oil
- 1 tsp red pepper flakes
- Freshly ground black pepper

Nutrition facts

Serving size	¼ cup
Calories	368
Total fat	13 g
Saturated fat	3 g
Cholesterol	11 mg
Sodium	226 mg
Protein	16 g
Carbohydrate	57 g
Total fiber	12 g

Preheat oven to 350 degrees. Spray a glass baking dish with nonstick cooking spray. Layer the vegetables, corn, and uncooked pasta in the baking dish. Sprinkle basil on top and drizzle with olive oil. Add red pepper flakes and black pepper to taste. Cover with aluminum foil and bake for 30 minutes. Remove foil, add cheese and cook another 15 minutes.

Serves 4

Vegetable primavera

2 tsp olive oil

4 cups fresh, precut or frozen vegetables (see below)

1 clove minced garlic

2 Tbsp fresh, chopped basil (or 2 tsp dried basil)

Freshly ground black pepper

1 cup cooked whole-wheat pasta or couscous

2 Tbsp grated Parmesan cheese

Vegetable choices:

carrots, zucchini, onion, bell pepper, spinach, broccoli, cabbage, mushrooms

Heat oil in a large nonstick skillet over medium-high heat. Add the vegetables, including the garlic and basil. Cook, stirring frequently, until vegetables are tender. Toss vegetables with pasta and add pepper to taste. Top with parmesan cheese.

Serves 2

Nutrition facts

Serving size	2½ cups
Calories	226
Total fat	7 g
Saturated fat	2 g
Cholesterol	4 mg
Sodium	153 mg
Protein	9 g
Carbohydrate	36 g
Total fiber	8 g

Notes



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