Cookbook

300+ Weight Loss Recipes

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Appetizers and Dips

Herbed Yogurt Cheese



Makes 2 cups

Ingredients

2 cups yogurt cheese made from nonfat yogurt
2 scallions, trimmed and minced
2 Tbsp. chopped fresh parsley plus leaves for garnish
1 Tbsp. chopped fresh basil or
1/2 tsp. dried 1 clove garlic, minced
1/2 tsp. salt
1/4 tsp. freshly ground black pepper

Instructions

In a medium-sized bowl, blend together yogurt cheese, scallions, parsley, basil, garlic, salt and pepper with a wooden spoon. (The cheese may be prepared ahead and stored, covered, in the refrigerator for up to 2 days). To serve, spread the cheese on crostini and garnish with parsley leaves.

Nutritional Information:

24 calories, 0 g fat mono, 1 mg cholesterol, 3 g carbohydrate, 3 g protein, 66 mg sodium

Marinated Yogurt Cheese



Makes 4 small cheeses

Ingredients

Yogurt cheese from 32 oz. low-fat yogurt
3 Tbsp. olive oil, preferably extra-virgin
3 Tbsp. minced fresh parsley
1 Tbsp. minced fresh dill 2 cloves garlic, finely minced
1/2 tsp. dried thyme
1/2 tsp. dried rosemary
1/2 tsp. dried basil

Instructions

Divide yogurt cheese into 4 rounds, shaping patties with your hands. Place in a wide, shallow bowl. Combine remaining ingredients and pour over cheese. Let stand at room temperature for 1/2 hour; cover and refrigerate overnight. Remove from refrigerator 1/2 hour before serving. Serve with crusty French bread or crackers.

Nutritional Information:

42 calories, 2 g fat mono, 4 mg cholesterol, 3 g carbohydrate, 3 g protein, 27 mg sodium

Vegetable Dip



Ingredients

1 Cup Sour Cream
1 T. Vegetable Flakes
1 T. Parsley
1 T. Onion Flakes
1 tsp Lowry Seasoned Salt
1 Cup Mayonnaise

Instructions

Mix together and chill for a few hours. Stir before serving. Serve with platter of fresh raw celery, cauliflower, broccoli, cucumbers, and cherry tomatoes.

Nutritional Information:

Calories: 1909, Fat: 203g, Carbohydrates: 10g, Protein: 5.8g

Cilantro Mayonnaise



Ingredients

3⁄4 cup Ingredients
3⁄4 cup reduced-fat mayonnaise
3⁄4 cup loosely packed cilantro leaves
1 tablespoon fresh lime juice
1 teaspoon light soy sauce
1 small clove garlic

Instructions

Place the mayonnaise, cilantro, lime juice, soy sauce, and garlic in a blender or food processor. Blend until smooth.

Nutritional Information:

36 calories, 3 total fat (1 g sat), 4 mg cholesterol, 3 g carbohydrate, 0 g protein, 0 g fiber, 104 mg sodium

Lemon Zest Ricotta Crème



Serves 1

Ingredients

1⁄2 cup part-skim ricotta cheese
1⁄4 teaspoon grated lemon zest
1⁄4 teaspoon vanilla extract
1 package sugar substitute

Instructions

Mix together the ricotta, lemon zest, vanilla extract, and sugar substitute in a dessert bowl. Serve chilled.

Nutritional Information:

178 calories, 10 total fat (6 g sat), 38 mg cholesterol, 7 g carbohydrate, 14 g protein, 0 g fiber, 155 mg sodium

Almond Ricotta Crème



Serves 1

Ingredients

1⁄2 cup part-skim ricotta cheese
1⁄4 teaspoon almond extract
1 package sugar substitute
1 teaspoon slivered toasted almonds

Instructions

Mix together the ricotta, almond extract, and sugar substitute in a dessert bowl. Serve chilled and sprinkled with toasted almonds.

Nutritional Information:

192 calories, 11 total fat (6 g sat), 38 mg cholesterol, 8 g carbohydrate, 15 g protein, 0 g fiber, 155 mg sodium

Vanilla Ricotta Crème



Serves 1

Ingredients

1⁄2 cup part-skim ricotta cheese
1⁄4 teaspoon vanilla extract
1 package sugar substitute

Instructions

Mix together the ricotta, vanilla extract, and sugar substitute in a dessert bowl. Serve chilled.

Nutritional Information:

178 calories, 10 g total fat (6 g sat), 38 mg cholesterol, 7 g carbohydrate, 14 g protein, 0 g fiber, 155 mg sodium

Mocha Ricotta Crème



Ingredients

30 ounces ricotta cheese, part skim
1 tablespoon + 1/2 teaspoon cocoa
2 teaspoons vanilla
1/2 teaspoon stevia drops
2 tablespoons Splenda
1 teaspoon instant coffee granules

Instructions

Blend in food processor until smooth.

Yield: "4 1/2 cups"

Nutritional Information:

Calories: 946, Fat: 61g, Carbohydrates: 24g, Protein: 92g

Lime Zest Ricotta Crème



Serves 1

Ingredients

1⁄2 cup part-skim ricotta cheese
1⁄4 teaspoon grated lime zest
1⁄4 teaspoon vanilla extract
1 package sugar substitute

Instructions

Mix together the ricotta, lime zest, vanilla extract, and sugar substitute in a dessert bowl. Serve chilled.

Nutritional Information:

178 calories, 10 total fat (6 g sat), 38 mg cholesterol, 7 g carbohydrate, 14 g protein, 0 g fiber, 155 mg sodium

Cottage Cheese Puffs



Ingredients

2 cups low-fat cottage cheese
4 egg yolks
6 tablespoons all purpose flour
1/2 teaspoon vanilla
pinch of salt
8 egg whites

Recipe makes 6 servings (about 5 pancakes each).

Instructions

Drain the cottage cheese in a sieve to remove excess moisture. Stir together cottage cheese, egg yolks, flour, and vanilla in a large bowl until well blended.

Add salt to egg whites in large bowl. Beat at medium speed until soft peaks form. Gently fold egg whites into cottage cheese mixture in 2 or 3 additions until no streaks of white remain.

Spray large non-stick skillet with non-stick vegetable cooking spray. Heat skillet over medium heat for each pancake drop 2 or 3 heaping tablespoons of batter into skillet, 1 inch apart: pancakes should not be larger than 2 1/2 inches in diameter. Cook for about 2 minutes or until set on bottom and lightly golden. Flip pancakes over; cook for 1 more minute or until golden. (Pancakes will be very light.) Remove to baking sheet and keep warm in low oven. Repeat with remaining pancake batter, spraying skillet as needed.

Nutritional Information:

Calories: 952, Fat: 28.5g, Carbohydrates: 56.3g, Protein: 101g

Cinnamon Crispas



Ingredients

1 bag plain pork rinds
10 packages sweetener
4 Tbsp butter
1 Tbsp cinnamon

Instructions

Drizzle melted butter over the rinds. Combine sweetener with cinnamon in a bag and shake with rinds.

Coconut Milk Pudding



Ingredients

1 can coconut milk
1/2 can water
2 tsp unflavored gelatin powder
5 packages sweetener
1/2 tsp vanilla

Directions

Stir gelatin powder into the cold water. Combine coconut milk with sweeteners and vanilla. Bring the coconut milk to a boil, then slowly stir in the gelatin and water mixture. Refrigerate ate least four hours.

Serves 4.

5 gm. carbs/serving.

Chipotle-Lime Dip with Scallions



Ingredients

1 cup mayonnaise
1/2 cup low-fat sour cream
3 scallions, sliced thin
2 medium garlic cloves, minced (about 2 teaspoons)
3 small chipolte chiles in adobo, minced to paste (1 TB) plus 1/2 teaspoon adobo sauce
1 teaspoon grated lime zest, plus 1 TB lime juice

Directions

Combine all ingredients in medium bowl until smooth and creamy. Refrigerate for at least 1 hour, until flavors are blended. Serve with crudites. (vegetables of your choice)

Crab-Cheese Dip



Ingredients

2 cans (6 1/2 oz. each) crabmeat
1 container (8 oz.) creamed cottage cheese
2 tbsp. mayonnaise
1 tbsp. prepared mustard
1 tbsp. lemon juice
1/2 tsp. salt
Parsley
Twisted lemon slices

Directions

Drain crabmeat thoroughly. Reserve reddest pieces for garnish. Put remaining half in container of electric blender with cheese, mayonnaise, mustard, lemon juice and salt. Whirl until blended. Place in bowl and garnish with remaining crabmeat, parsley, lemon slices.

Makes 1 2/3 cs.

Nutritional Information:

Calories 27, Fat 1 g per tbsp., Carbs 0.5 g, Fiber 0 g

Cream Cheese Dip



Ingredients

1 8 oz package low-fat cream cheese, softened
1 1/2 TB lemon juice
1 1/2 teaspoons onion, grated
2 cups low-fat sour cream

Directions

Cream room temperature cream cheese until smooth. Add lemon juice and onion; blend well. Gradually blend in sour cream. Chill and serve with vegetables.

Cream Cheese Olive Spread



Ingredients

3 ounces low-fat cream cheese
1/3 cup sliced green olive with pimentos
2 tablespoons fat-free half & half
1/4 cup diced celery
1 drop tabasco
a pinch of salt

Directions

Allow the Cream cheese to reach room temperature. Beat the softened cream cheese until fluffy. Add the half & half and seasonings. Blend. Mix in the olives and celery. Serve with vegetables or as a spread for Roll-ups.

Feta-Mint Dip with Yogurt



Ingredients

1 cup plain low-fat yogurt
1/2 cup mayonnaise
2 1/2 ounces low-fat feta cheese, crumbled (1/2 cup)
1/4 cup chopped fresh mint leaves
2 medium scallions, roughly chopped
2 teaspoons juice from 1 lemon

Directions

Place yogurt in a fine-mesh strainer or cheese-cloth lined colander set over bowl. Cover with plastic wrap and refrigerate 8 to 24 hours; discard liquid in bowl.

Process all ingredients in food processor until smooth and creamy, about 30 seconds. Refrigerate for at least one hour to allow flavors to blend.

Serve cold with crudites. (raw vegetables of your choice)

Fresh Fruit Dip



Ingredients

Assorted fresh fruit
1 cup low-fat sour cream
1 TB brown sugar substitute (SugarTwin)
Splenda to taste (optional)

Directions

Mix sour cream and brown sugar. Add splenda for desired sweetness. Serve with fruits.

*Easy and delicious!

Green Goddess Dip



Ingredients

3/4 cup mayonnaise
3/4 cup low-fat sour cream
2 medium garlic cloves, minced
1/4 cup minced fresh parsley leaves
1/4 cup minced fresh chives
2 TB minced fresh tarragon leaves
1 TB juice from 1 lemon
1/8 teaspoon salt
1/8 teaspoon ground black pepper

Directions

Combine all ingredients until smooth and creamy. Refrigerate at least one hour, to allow flavors to blend. Serve cold with crudites. (raw vegetables of your choice)

Hot Crab Dip



Ingredients

8 ounces cream cheese, softened
1 tbsp. cream
1 pound lump crab meat - use the canned or fresh mixed with the canned
2 tbsp. finely chopped onions
1 tsp. horseradish
1/8 tsp. black pepper
1/2 cup toasted almonds

Directions

Preheat oven to 375:. Combine the cream cheese and milk; add the crabmeat, onion, horseradish and pepper. Blend well and spoon into an ovenproof dish. Sprinkle with toasted almonds. Bake at 375: for 15 minutes. Serve hot with vegetable sticks or pork rinds as dippers. Serves 8-12.

Olive Garden Artichoke-Spinach Dip



Ingredients

1 cup chopped artichoke hearts (canned or frozen and thawed) drain the canned ones
1/2 cup frozen, chopped spinach, thawed
8 ounces cream cheese
1/2 cup grated Parmesan cheese
1/2 tsp. crushed red pepper flakes
1/4 tsp. salt
1/8 tsp. garlic powder
Dash of black pepper

Directions

Boil the spinach and artichoke hearts in a cup of water in a small saucepan over med. heat until tender, about 10 minutes. Drain well in a colander. Heat the cream cheese in a small bowl in the microwave set on high for 1 minute. Or, use a saucepan to heat the cheese over med. heat just until hot. Add the spinach and artichoke hearts to the cream cheese and stir well. Add remaining ingredients to the cream cheese mixture and combine. Serve hot with crackers, chips etc. Serves 4 as an appetizer.

Olive Garden Hot Artichoke and Spinach Dip



Ingredients

1 pkg. Cream Cheese
1 can 14 oz. Progresso Artichoke Hearts, drained, coarsely chopped
1/2 cup Spinach, frozen chopped, or steamed
1/4 cup Mayonnaise (do not use Miracle Whip)
1/4 cup Parmesan Cheese
1/4 cup Romano Cheese (You can use all Parmesan)
1 clove garlic, finely minced
1/2 tsp. fresh basil (dry 1 tbsp. Basil)
1/4 cup Mozzarella Cheese grated
1/4 tsp. Garlic Salt
Salt and Pepper to taste

Directions

Allow cream cheese to come to room temperature. Cream together mayonnaise, Parmesan, Romano cheese, garlic, basil, and garlic salt. Mix well. Add the artichoke hearts and spinach (careful to drain this well), and mix until blended. Store in a container until you are ready to use. Spray pie pan with Pam, pour in dip, and top with cheese. Bake at 350 degrees for 25 minutes or until the top is browned. Serve with cucumber slices, pork rinds or sliced celery).

Red Pepper Hummus



Ingredients

1/2 7-ounce jar roasted sweet red peppers, drained and chopped
1 (15-oz) can chickpeas, rinsed and drained
1 garlic clove
1/4 cup lemon juice
3 TB tahini
2 TB olive oil
2 TB chopped fresh parsley
1 TB lite soy sauce
1 1/2 teaspoons ground cumin
1/2 teaspoon ground red pepper
1/8 teaspoon salt

Directions

Process all ingredients in food processor until smooth.

Roquefort Dip



Ingredients

1/2 cup crumbled Roquefort of Bleu cheese
2 cups (16 oz)low-fat cottage cheese
1 teaspoon dried onion flakes
Pepper, to taste

Directions

Combine and blend ingredients. chill until ready to serve. Serve with vegetables.

Sour Cream Dip



Ingredients

1 cup low-fat/fat-free sour cream
1/2 TB prepared mustard
2 TB chili sauce
1/4 teaspoon celery seed

Directions

Combine all ingredients. Chill. Serve with celery sticks or cucumber slices.

Tuna Dip



Ingredients

1 six ounce can of tuna
1 eight oz. brick of cream cheese, warmed to room temperature (or a maybe even little warmer, so that it's really soft)

Directions

Mash the cream cheese and the tuna together, put into a nice bowl, and serve with pork rinds, celery sticks, cauliflower, etc.

Stuffed Celery



Ingredients

4 oz ff/lf cream cheese at room temperature
1/4 cup freshly grated low-fat Parmesan cheese
2 Tbs (30 ml) Smart Balance Spread
1 tsp (5 ml) celery seed
Salt and freshly ground pepper to taste
12-16 inner ribs of celery with leaves attached

Directions

Combine the cream cheese, Parmesan, butter, celery seed, salt, and pepper and blend to combine thoroughly. Using a spoon or a pastry bag with a star nozzle, fill the concave portion of the celery stalks with the mixture. Serve chilled. Serves 4 to 6.

Stuffed Mozzarella



Serving Size: 4

Ingredients

4 ounces mozzarella cheese
3/4 pound fresh spinach – steamed
2 red bell peppers - sliced lengthwise
1 tablespoon balsamic vinegar
2 cups mixed salad greens
2 tomatoes - sliced

Directions

Flatten fresh mozzarella to 1/2" width. Layer with spinach and red peppers. Roll up jellyroll fashion from longest end. Slice and serve with greens, tomatoes slices drizzled with balsamic vinegar.

Spinach-Stuffed Mushrooms



Serves 8

Ingredients

1 package (10 ounces) frozen chopped spinach
1⁄8 teaspoon salt
8 large mushrooms
1 tablespoon extra-virgin olive oil

Directions

In a medium saucepan, bring 1⁄2 cup water to a boil. Add the spinach and salt. Cover, and cook according to package directions. Wash the mushrooms. Remove the stems, trim off the ends, then chop the stems.

Heat the olive oil in a large skillet. Add the chopped mushroom stems. Sauté until golden, about 3 minutes. Remove from the pan. Add the mushroom caps to the skillet and sauté for 4–5 minutes. Remove the mushroom caps to a heatproof serving platter.

Drain the spinach. Stir in the sautéed chopped mushrooms.

Spoon the spinach mixture into the caps and serve immediately or place in the oven on low heat to keep warm.

Nutritional Information:

33 calories, 2 total fat (0 g sat), 0 mg cholesterol, 3 g carbohydrate, 2 g protein, 2 g fiber, 74 mg sodium

Salmon-Stuffed Mushrooms



Ingredients

8 ounces mushroom – fresh
1 tablespoon butter
1 clove garlic – pressed
2 tablespoons onion – minced
1/2 cup salmon -- smoked, canned, or crumbled salmon burger
1/2 teaspoon parsley – flakes
1/4 teaspoon pepper
1/8 teaspoon marjoram
1 tablespoon lemon juice

Directions

Sauté in 1 Tbs. butter until tender but not brown: finely chopped mushroom stems, onion, and garlic.

Remove from heat and add: salmon, parsley, pepper, marjoram, lemon juice; mix thoroughly.

Press a teaspoonful of mixture into each mushroom button.

Cook under broiler 3 to 5 minutes until mushroom buttons turn dark, but aren't browned.

Serve hot.

Makes about 24 stuffed mushrooms.

Bacon and Cheddar Stuffed Mushrooms



Ingredients

3 slices bacon (turkey bacon can be used)
8 crimini mushrooms
1 tablespoon butter (I Can't Believe It's Not Butter or Smart Balance)
1 tablespoon chopped onion
3/4 cup shredded low-fat or ff Cheddar cheese

Directions

1. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, dice and set aside.
2. Preheat oven to 400 degrees F (200 degrees C).
3. Remove mushroom stems. Set aside caps. Chop the stems.
4. In a large saucepan over medium heat, melt the butter. Slowly cook and stir the chopped stems and onion until the onion is soft. Remove from heat.
5. In a medium bowl, stir together the mushroom stem mixture, bacon and 1/2 cup Cheddar. Mix well and scoop the mixture into the mushroom caps.
6. Bake in the preheated oven 15 minutes, or until the cheese has melted.
7. Remove the mushrooms from the oven, and sprinkle with the remaining cheese.

Cheese Puffs



Ingredients

1 pkg. (3 oz.) cream cheese (they'd be good with pepper cheese, too)
1/4 lb. sharp cheddar cheese
1 stick butter
2 egg whites, stiffly beaten
Pork Rinds

Directions

Melt cream cheese, cheddar cheese and margarine in a double boiler. Fold cheese mixture into stiff egg whites. Dip pork rinds. Let stand in refrigerator overnight Bake the puffs in a slow oven, 250 degrees, for about an hour, or until crisp. The texture comes out like a cookie.

Nutritional Information:

cream cheese - 3 carbohydrates

cheddar cheese - 4 carbohydrates

egg whites - .6 carbohydrates

Total carbohydrates : 7.6

Store in an airtight container.

Chicken Cheese Dip



Ingredients

2 cups chopped, cooked chicken
3/4 cup mayonnaise
2 green onions, minced
1/2 tsp. dried basil
1/4 tsp. dried thyme
1/2 tsp. salt
1/4 tsp. pepper
1/2 cup grated Swiss cheese
1/2 cup grated Parmesan cheese

Directions

Preheat oven to 350º. Mix together chicken, mayonnaise, green onions, spices, Swiss cheese and 2 tablespoons Parmesan cheese. Put mixture in a buttered casserole dish.

Sprinkle the rest of the Parmesan cheese on top. Bake about 10 minutes, until top is browned.

Italian Tuna Pâté



Simple and quick, this spread is perfect to nibble on when you are preparing the rest of the meal. Celery sticks are great for dipping.

Prep time: 10 minutes

Ingredients

1 can (6 ounces) tuna packed in olive oil, lightly drained
1/4 cup tightly packed fresh parsley leaves
1 stick unsalted butter, softened
1 tablespoon lemon juice
Salt and pepper

Directions

In a food processor, pulse tuna and parsley until parsley is finely chopped.

Add butter and lemon juice; process until smooth. Season to taste with salt and freshly ground black pepper.

Servings: 8 (Serving Size: 2 tablespoons)

Nutrition Per Serving:

Carbohydrates 0 g, Net Atkins Carbohydrates 0 g, Fiber 0 g, Protein 5 g, Fat 16 g, Calories 163

Crab Meat Mousse



Ingredients

1 T gelatin
3 T cold water
1/4 C mayonnaise
2 T each lime & lemon juice
1 T each parsley and chives, chopped
1 T prepared mustard
Salt and pepper to taste
2 C flaked cooked crab meat
3/4 C whipping cream, whipped
Slices of lime
2 avocados, mashed

Directions

Soften gelatin in cold water and dissolve in double boiler over hot water. Mix gelatin with mayonnaise, lime and lemon juice, parsley, chives, mustard, salt, and pepper to taste. Fold in crab meat and whipped cream. Pour mixture into buttered ring mould and chill until set. Unmold on serving dish. Garnish with slices of lime. Fill center with mashed avocado and sprinkle with chopped chives.

May be prepared in individual moulds or served as an hors d'oeuvre.

Black Bean-Jalapeno Mousse {Crockpot Recipe}



8 to 10 servings

Ingredients

6 slices bacon, chopped (turkey bacon can be used)
1 lb dried black beans, rinsed
1 jalapeno pepper, seeded, chopped (add more if you like it spicy!)
1/2 teaspoon salt
1/4 teaspoon pepper
1 (10-1/2 oz) can low-sodium beef broth
1 teaspoon instant beef bouillon
1 cup red wine vinegar
1 cup dry red wine
1 cup water
8 oz. smoked ham, diced
1 cup chopped fresh cilantro
1 large onion, chopped
2 envelopes unflavored gelatin
1/3 cup cold water
Goat Cheese Topping:
5 oz goat cheese
1/4 cup low-fat sour cream
1/3 cup non-fat milk
2 green onions, chopped
Stuffed green olives and fresh cilantro sprigs

Directions

Sauté bacon until crisp, set aside. Rinse beans and drain. Pour beans into slow cooker. Top with jalapeno pepper, salt and pepper. In 3 or 4 quart saucepan, combine beef broth, bouillon, vinegar, wine, 1 cup water, ham, chopped cilantro, onion and bacon. Cover and cook on medium high heat until mixture boils. Pour into slow cooker; stir. Cover and cook on high for 6 hours. When beans are tender, sprinkle gelatin over 1/3 cup water. When softened, stir into hot beans. Spray 8-inch springform pan with cooking spray. Puree half of bean mixture at a time. Pour into springform pan; cover and refrigerate until firm. Prepare Goat Cheese Topping: Thoroughly combine cheese, sour cream, milk and green onions. Cover and refrigerate. To serve, remove side of springform pan, cut into wedges. Top with Goat Cheese Topping; garnish with olives and cilantro.

Ham & Mushroom Terrine



Serve 6 to 8.

Ingredients

1 oz ham, thinly sliced
3 TB Smart Balance spread
1 small onion, chopped
1 TB flour substitute (ThickenThin Not/Starch Thickener by Atkins)
1/2 cup skim milk
2 egg yolks
Freshly ground pepper to taste
8 oz. part-skim ricotta cheese
2 oz ham, chopped
1 cup button mushrooms

Directions

Grease 9-inch terrine or loaf pan with a 3-cup capacity. Line bottom and 2 long sides with waxed paper. Line prepared pan with ham slices. Set aside.

Melt Smart Balance spread in a tall skillet over medium heat. Add onion and cook until it begins to soften. Stir in flour substitute; cook 1 to 2 minutes. Gradually add milk, stirring until thickened. Whisk in egg yolks and pepper. remove from heat and cool. In a blender or food processor, process sauce and ricotta cheese until smooth. Stir in chopped ham. Cover mushrooms in boiling water in a small bowl. Let stand 2-3 minutes. Drain and stir into cheese mixture.

Spoon filling into greased pan. Refrigerate 2 hours. garnish with mushroom halves and sprigs of parsley, if desired.

Guacamole Dip or Salad Dressing



Ingredients

3 ripe avocados
3 Tbsp. lemon juice
1 small onion very fine chopped
1 tsp. garlic powder
2 Tbsp. mayonnaise
Salt and pepper to taste
Dash of Tabasco sauce
Dash of Worcestershire sauce
Very finely chopped jalapenos peppers to taste
1 chopped ripe tomato

Directions

Placed peeled and cut avocados in a medium bowl and on low speed blend with mixer.

Add remaining ingredients, adding jalapenos to suit your taste and blend until mixture is thoroughly blended together but not soupy. Chill and serve on lettuce as salad or with chips as dip. Place avocado pits in mixture while being stored in refrigerator to keep mixture from turning dark.

Soups

Mediterranean Grilled Vegetable Soup



Makes about 5 cups, serves 6

Ingredients

2 red bell peppers, cored, seeded and quartered lengthwise
1 yellow bell pepper, cored, seeded and quartered lengthwise 2 small
zucchini (1/2 lb. total), trimmed and quartered lengthwise
1 red onion, peeled and cut into 1/2-inch-thick slices
1 tsp. olive oil
3 large vine-ripened tomatoes (1 1/4 lbs.), cored and chopped
1 clove garlic, peeled
1/2 tsp. dried oregano
1/4 cup shredded basil leaves
1 Tbsp. red-wine vinegar
salt & freshly ground black pepper to taste.

Directions

Prepare a grill or preheat the broiler. Grill or broil bell peppers, skin-side toward the flame, until the skin is blackened, 5 to 10 minutes. Place in a paper bag and set aside for 15 minutes.

Meanwhile, brush zucchini and onion slices with oil and grill or broil until well browned and tender, about 5 minutes. Chop coarsely and set aside.

Peel the peppers. Coarsely chop the yellow pepper and set aside with the reserved zucchini and onions. Place the red peppers in a food processor or blender, along with tomatoes, garlic and oregano; puree until smooth. Transfer to a bowl and stir in 1 cup water, basil, vinegar and the reserved chopped vegetables. Season with salt and pepper. Cover and refrigerate until cool, about 30 minutes. (The soup can be stored, covered, in the refrigerator for up to 2 days.)

Nutritional Information:

56 calories, 1 g fat mono, 0 mg cholesterol, 11 g carbohydrate, 2 g protein, 12 mg sodium

Roasted Tomato Soup



Makes about 5 cups, serves 6

Ingredients

8-10 ripe tomatoes (3 lbs.), cored, halved and seeded
1 1/2 tsp. olive oil
2 red onions, chopped
1 clove garlic, minced
3 cups defatted reduced-sodium chicken stock
3 Tbsp. chopped fresh basil
salt & freshly ground black pepper to taste

Directions

Preheat broiler. Spray a baking sheet with nonstick cooking spray. Place tomatoes on the baking sheet, cut-side down. Broil until skins are blistered, about 10 minutes. Set aside to cool. Slip off skins and chop coarsely.

Meanwhile, in a medium-sized saucepan, heat oil over medium-low heat. Add onions and sauté for 5 minutes. Add garlic and sauté until the onions are very soft, about 5 minutes longer. Stir in tomatoes and cook, stirring, for 1 minute. Transfer the mixture to a food processor or blender and process until smooth; return to the saucepan. Stir in chicken stock and bring to a boil. Reduce heat to low and simmer for 5 minutes. Remove from heat and stir in basil. Season with salt and pepper. Cover and refrigerate until chilled, at least 1 hour. (The soup can be stored, covered, in the refrigerator for up to 2 days.)

Nutritional Information:

90 calories, 2 g fat mono, 0 mg cholesterol, 16 g carbohydrate, 4 g protein, 216 mg sodium

Gazpacho



Serves 5

Ingredients

2 1⁄2 cups tomato or vegetable juice
1 cup peeled, seeded, finely chopped fresh tomatoes
1⁄2 cup finely chopped celery
1⁄2 cup finely chopped cucumber
1⁄2 cup finely chopped green bell pepper
1⁄2 cup finely chopped green onion
3 tablespoons white wine vinegar
2 tablespoons extra-virgin olive oil
1 large clove garlic, minced
2 teaspoons finely chopped fresh flat-leaf parsley
1⁄2 teaspoon salt
1⁄2 teaspoon Worcestershire sauce
1⁄2 teaspoon freshly ground black pepper

Directions

Combine the juice, tomatoes, celery, cucumber, bell pepper, onion, vinegar, oil, garlic, parsley, salt, Worcestershire sauce, and black pepper in a large glass or stainless steel bowl. Cover and refrigerate overnight. Serve Cold.

Nutritional Information:

117 calories, 6 total fat (1 g sat), 0 mg cholesterol, 13 g carbohydrate, 2 g protein, 4 g fiber, 690 mg sodium

Easy Black Bean Soup



Ingredients

3 cups Water
2 cans Black Beans
2 Stalks celery, chopped
1 Onion, chopped
1 tbsp Olive oil
2 Cloves Garlic
1 tbsp Fresh Ginger, chopped fine
Black pepper to taste

Directions

Heat oil in skillet. Sauté onion until tender (5 min?). Add Celery, garlic, ginger -- cook 1-2 mins more to release flavors. Add everything else and simmer 30 mins or so to mix flavors and thicken a little.

Spicy Bean and Sausage Soup



Ingredients

1 tbl minced garlic (vary to taste)
1 medium onion, chopped
1 medium jalapeno, chopped small
1 small red pepper, chopped
2 stalks of celery chopped small
1 can cannelini beans (white kidney beans)
1 lb hot Italian sausage (hot turkey sausage preferred)
2 cups chicken broth
1 c vegetable cocktail (v8 juice)*
ground black pepper to taste
cayenne to taste (3 shakes)
oregano to taste (approx 1 tbl)
* you can use another cup of broth and add a tbl of tomato paste

Directions

Remove sausage from casing and brown over medium heat Break up the sausage into small pieces as it browns. While sausage is browning, add garlic, onions, peppers, celery and a splash of olive oil to a medium soup stock pot on medium heat. Cook until soft-- stirring occasionally.

Drain sausage and dot with a towel.. rinse in cool water if using pork sausage. Add sausage to the stock pot with the veggies.. then add beans and chicken broth and v8 cocktail. Let cook on medium until it comes to temp and starts bubbling a bit then drop the heat to simmer. After about 10 min on simmer, add dried spices to taste and let simmer for another 30 min. Eat right away or cool and reheat (flavors enhance while cooling).

Tuscan Fish Stew



4 servings

Ingredients

1/2 pound large shrimp, peeled, deveined
9 littleneck clams, soaked in cold water and well scrubbed
3/4 pound cleaned mussels, well scrubbed
1 large Dungeness crab, cleaned and cracked
1/2 pound cubed whitefish (cod, grouper, bass, trout, or halibut)
2 tablespoons extra virgin olive oil
2 clove garlic, sliced
2 tablespoons dried basil
1 medium onion, chopped
finely grated peel of 1 lemon
2 teaspoons dried oregano
2 tablespoons fresh parsley, finely chopped
1/4 cup dry white wine

Directions

In an 8-quart pot, heat the olive oil and sauté the garlic and onions in the olive oil until translucent. Add the white wine, clams, basil and oregano. Cook covered until clams open (about 8 minutes). Remove opened clams and set aside. Discard any unopened clams. Add the crab and shrimp bring to a boil slowly and cook until shrimp are opaque. Add the mussels and whitefish allow simmering for an additional 10 minutes. Remove from heat; allow sitting for 10 minutes. Discard any unopened mussels. Add parsley and lemon peel, return to heat, simmering until shrimp turn pink. Serve in 4 shallow bowls.

Fish and Seafood Dishes

Baked Halibut with Salsa Verde



Makes 4 servings

Ingredients

1 1/2 pounds halibut steak
1 teaspoon olive oil, preferably extra-virgin
Salt & freshly ground black pepper to taste
Salsa verde
1 1/2 tablespoons olive oil, preferably extra-virgin
2 tablespoons very finely chopped fresh parsley, preferably Italian flat-leaf
1 tablespoon minced shallots
1 1/2 teaspoons capers, rinsed and chopped
1 small clove garlic, minced
1 teaspoon fresh lemon juice
1/2 teaspoon anchovy paste

Directions

To bake halibut:

1. Preheat oven to 300°F.
2. Set halibut on a large sheet of aluminum foil, drizzle with oil and season with salt and pepper. Bring together sides and ends of foil and seal into a tent, leaving an air space on top. Transfer tent to a large baking dish or baking sheet.

   Bake until the interior of the fish is opaque, 15 to 20 minutes.

To make salsa verde:

1. Combine oil, parsley, shallots, capers, garlic, lemon juice and anchovy paste in a small bowl. Season with salt and pepper.
2. Divide baked halibut into 4 medallions. Spoon a little salsa verde on top of each portion and serve.

Nutritional Information:

200 calories, 9 total fat (1 g sat), 41 mg cholesterol, 1 g carbohydrate, 27 g protein, 0 g fiber, 155 mg sodium

Cumin-Crusted Sea Bass



4 servings

Ingredients

1 Tbsp. cumin seeds
1/2 tsp. kosher salt
1/4 tsp. freshly ground black pepper
1 lb. sea bass fillets, skinned and cut into 4 pieces
1/2 Tbsp. olive oil
1-1/2 Tbsp. chopped fresh parsley
Lemon or lime wedges

Directions

1. Preheat oven to 375 degrees F.
2. In a dry skillet, toast cumin seeds over medium heat, stirring, until fragrant, 2 to 4 minutes. Transfer to a bowl to cool.
3. With a spice grinder or mortar and pestle, grind cumin seeds, salt and pepper into a fine powder. Rub spice mixture on both sides of bass.
4. In a large ovenproof skillet, heat oil over medium-high heat. Add bass and cook until browned, 2 to 3 minutes per side.
5. Transfer skillet to oven and bake until fish is opaque in the center, 3 to 7 minutes. Sprinkle with parsley and serve immediately, with lemon or lime wedges.

Nutritional Information:

130 calories, 4 total fat (1 g sat), 47 mg cholesterol, 1 g carbohydrate, 21 g protein, 0 g fiber, 345 mg sodium

Fillet of Sole with Spinach & Tomatoes



4 servings

Ingredients

12 cups spinach (1 1/4 lbs.), trimmed and washed thoroughly
2 cloves garlic, minced
salt & freshly ground black pepper to taste
1 lb. sole fillets
4 small plum tomatoes, sliced

Directions

Preheat oven to 400 degrees F. Prepare 4 pieces of parchment paper or aluminum foil for papillotes. Put spinach, with water still clinging to its leaves, into a large pot. Cover; steam the spinach over medium-high heat, stirring occasionally, until just wilted, about 5 minutes. Drain; when cool enough to handle, press out excess liquid. Chop and place in a small bowl. Stir in garlic. Season with salt and pepper.

Place one quarter of the spinach mixture in the center of one half of each opened paper heart. Lay a sole fillet over the spinach and arrange tomato slices over the sole. Season with salt and pepper. Seal the packages and place them on a baking sheet. Bake for 10 to 12 minutes, or until the packages are puffed. (You may want to open one package to check that the fish is opaque.) Transfer the packages to individual plates; let each diner open his or her own package.

Nutritional Information:

156 calories, 2 g fat mono, 55 mg cholesterol, 9 g carbohydrate, 27 g protein, 231 mg sodium

Mediterranean Roasted Fish



4 servings

Ingredients

2 tsp. olive oil
1 large onion, thinly sliced
3 Tbsp. dry white or red wine
2 cloves garlic, finely chopped
1 14-oz. can whole tomatoes, drained and coarsely chopped
8 imported black olives, such as Kalamata, pitted and coarsely chopped
1/4 tsp. dried oregano
1/4 tsp. grated orange zest
salt & freshly ground black pepper to taste
1 lb. thick-cut, firm-fleshed fish fillets, such as cod, halibut, mahi-mahi or monkfish, trimmed of any membrane, cut into 4 portions

Directions

Preheat oven to 450 degrees. In a large nonstick skillet, heat oil over medium-high heat. Add onions and sauté until lightly browned, about 5 minutes. Add wine and garlic; simmer for 30 seconds. Stir in tomatoes, olives, oregano and orange zest. Season with salt and pepper.

Arrange fish in a single layer in a shallow baking dish and season with salt and pepper. Spoon the tomato mixture over the fish. Bake for about 15 minutes, or until the fish fillets are opaque in the center.

Nutritional Information:

166 calories, 9 g fat mono, 47 mg cholesterol, 21 g protein, 116 mg sodium

Mustard-Crusted Salmon



4 servings

Ingredients

1-1/4 pounds center-cut salmon fillets, cut into 4 portions
Salt & freshly ground black pepper to taste
1/4 cup reduced-fat sour cream
2 tablespoons coarse-grained mustard
2 teaspoons fresh lemon juice
4 lemon wedges

Directions

1. Preheat broiler. Line a metal pan with foil, then lightly oil or coat it with nonstick spray.
2. Place salmon pieces, skin-side down, in prepared pan. Season with salt and pepper. In a small bowl, combine sour cream, mustard and lemon juice. Spread evenly over salmon.
3. Broil salmon, 5 inches from heat source, for 10 to 12 minutes, or until opaque in the center. Serve with lemon wedges.

Nutritional Information:

255 calories, 10 total fat (3 g sat), 83 mg cholesterol, 1 g carbohydrate, 29 g protein, 90 mg sodium

Pan-Grilled Salmon Fillets with Tomato & Tarragon



4 servings

Ingredients

1-1 1/4 pounds salmon fillet, skin on (scaling is not necessary), pin bones removed, cut into 4 pieces
Salt & freshly ground black pepper to taste
1/2 cup dry white wine
1/3 cup very finely chopped fresh chives
3 sprigs fresh tarragon
1 teaspoon butter
2 ripe plum tomatoes, seeded and finely chopped
Fresh chives for garnish

Directions

1. Preheat a 12-inch ovenproof skillet (cast iron is fine) for 3 or 4 minutes over medium-high heat. Preheat the broiler, positioning the top rack about 4 inches from the heat.
2. Place salmon fillets in the skillet, skin-side down, leaving the heat on medium-high. Sprinkle with pepper and cook, undisturbed, for about 6 minutes, or until the salmon flesh turns opaque about halfway up the fish.
3. Transfer the skillet to the broiler and leave it there for 2 or 3 minutes, just until the salmon browns on top. The salmon should still be moist in the middle.
4. Meanwhile, in a small saucepan, heat wine over medium heat. Let it simmer for about 1 minute. Add chives, tarragon and butter and stir. When the butter has melted, add tomatoes and cook another 30 seconds. Adjust seasonings with salt and pepper. Remove and discard the tarragon. Spoon the sauce over the salmon. Garnish with chives.

Nutritional Information:

185 calories, 8 total fat (2 g sat), 65 mg cholesterol, 3 g carbohydrate, 23 g protein, 1 g fiber, 65 mg sodium

Scampi with Broccoli



4 servings

Ingredients

1 Tbsp. olive oil
1 Tbsp. minced garlic
1/2 tsp. crushed red pepper
1 lb. large shrimp, peeled and deveined
Salt to taste
4 cups fresh broccoli florets
2/3 cup water
2/3 cup bottled clam juice
1/2 tsp. cornstarch
2 Tbsp. chopped fresh basil
Lemon juice to taste
Freshly ground black pepper to taste
Lemon wedges

Directions

1. In a large nonstick skillet, heat 1/2 Tbsp. oil over medium-high heat. Add 1/2 Tbsp. garlic and crushed red pepper; cook, stirring, until fragrant, about 1 minute. Add shrimp and season with salt. Sauté until shrimp are pink, about 3 minutes. Transfer to a bowl; set aside.
2. Add remaining 1/2 Tbsp. oil to skillet. Add broccoli and season with salt. Sauté until bright green, about 1 minute. Add water, cover and cook until broccoli is just tender and water has evaporated, 3 to 5 minutes. Transfer broccoli to bowl with shrimp.
3. In a small bowl, combine clam juice, remaining 1/2 Tbsp. garlic and cornstarch; stir until smooth. Add to skillet and cook, stirring, over medium-high heat, until thickened, 3 to 4 minutes. Stir in basil and season with lemon juice and pepper. Add reserved shrimp and broccoli and heat through. Serve immediately, with lemon wedges.

Nutritional Information:

185 calories, 6 total fat (1 g sat), 175 mg cholesterol, 7 g carbohydrate, 26 g protein, 3 g fiber, 285 mg sodium

Spicy Halibut with Tomatoes & Olives



4 servings

Ingredients

1 1/4 lb. halibut or cod fillet, cut into 4 portions
1 tsp. ground cumin
Salt & freshly ground black pepper to taste
1 10-oz. can diced tomatoes with green chilies
1/4 cup sliced green olives with pimientos
2 Tbsp. chopped fresh cilantro
1 tsp. olive oil

Directions

1. Preheat oven to 450°F. Lightly oil a baking sheet or coat it with nonstick spray. Arrange fish, skin-side down, on baking sheet. Season with 1/2 tsp. cumin, salt and pepper.
2. In a small bowl, combine tomatoes, olives, cilantro, oil and remaining 1/2 tsp. cumin. Spoon over fish.
3. Bake fish for 12 to 15 minutes, or until flaky and opaque in the center. Serve immediately.

Make it a meal: Serve with mashed potatoes and peas or black beans and rice.

Nutritional Information:

185 calories, 6 total fat (1 g sat), 45 mg cholesterol, 3 g carbohydrate, 30 g protein, 1 g fiber, 540 mg sodium

Swordfish Kebabs



4 servings

Ingredients

2 Tbsp. lemon juice
1 Tbsp. olive oil
1 Tbsp. chopped fresh rosemary or 1 tsp. dried
1/2 tsp. salt
1/4 tsp. freshly ground black pepper
1 lb. swordfish steaks, cut into 1 1/4-inch cubes
1 small zucchini or summer squash, sliced into 1/4-inch-thick ovals

Directions

Prepare a grill. If using wooden skewers, soak eight 10-inch skewers in water for 20 minutes. In a shallow dish, stir together lemon juice, olive oil, rosemary, salt and pepper. Add swordfish and stir to coat well. Cover with plastic wrap and marinate in the refrigerator for 15 minutes. Thread skewers alternately with pieces of swordfish and zucchini or summer squash. Grill the kebabs on a lightly oiled grill rack until the fish is opaque in the center, about 5 minutes per side.

Nutritional Information:

177 calories, 8 g fat mono, 44 mg cholesterol, 2 g carbohydrate, 23 g protein, 370 mg sodium

Tuna & Artichoke Salad



5 servings

Ingredients

1 12-ounce can (or two 6-ounce cans) solid white tuna in water,
drained and flaked
1 16-ounce can artichoke hearts, drained and chopped
1/4 cup chopped black olives, preferably imported Kalamata
1/3 cup reduced-fat mayonnaise
2 teaspoons fresh lemon juice
1 1/2 teaspoons chopped fresh oregano or 1/2 teaspoon dried

Directions

Combine tuna, artichoke hearts, olives, mayonnaise, lemon juice and oregano in a bowl.

Nutritional Information:

190 calories, 7 g fat mono, 29 mg cholesterol, 11 g carbohydrate, 21 g protein, 558 mg sodium

Tuna & Tomatoes Provençale



6 servings

Ingredients

2 cloves garlic, crushed and peeled
1/2 teaspoon salt, preferably kosher
2 tablespoons olive oil, preferably extra-virgin
2 tablespoons balsamic or red-wine vinegar
2 tablespoons lemon juice
1/2 teaspoon freshly ground black pepper
2 6-ounce cans solid white tuna in water, drained and flaked
1/2 cup diced roasted red peppers
1/4 cup chopped pitted black olives
1/4 cup chopped fresh basil
1/4 cup chopped fresh chives or scallion greens
2 tablespoons drained capers
4 large vine-ripened tomatoes
Several fresh basil leaves for garnish

Directions

1. Mash garlic and salt into a paste; transfer to a large bowl. Add oil, vinegar, lemon juice and black pepper. Whisk until well blended.
2. Add tuna, red peppers, olives, chopped basil, chives or scallions and capers. Toss gently to combine.
3. Slice tomatoes 1/2 inch thick and arrange on a serving platter. Sprinkle tuna mixture evenly over tomatoes. Let stand 20 minutes to let flavors meld. Garnish with whole basil leaves just before serving.

NUTRITION BONUS: If you are counting grams of fat, check the tuna label. Albacore tuna can contain anywhere from 1 to 7 grams in 2 ounces, depending on the catch.

Nutritional Information:

120 calories, 2 total fat (1 g sat), 28 mg cholesterol, 6 g carbohydrate, 19 g protein, 1 g fiber, 620 mg sodium

Warm Salad of Thyme-Crusted Tuna & Arugula



4 servings

Ingredients

2 Tbsp. extra-virgin olive oil
2 Tbsp. balsamic vinegar
1 large shallot, finely chopped
1 clove garlic, minced
Salt & freshly ground black pepper to taste
1 tsp. extra-virgin olive oil
1 lb. tuna steaks, 1 inch thick, cut into 4 portions
3 Tbsp. fresh thyme leaves
6 cups arugula, stems removed
2 ripe plum tomatoes, halved lengthwise, seeded and cut lengthwise into thin strips
1/2 cup fresh basil leaves, slivered
1 Tbsp. fresh mint leaves, slivered

Directions

To make vinaigrette:

In a small bowl, whisk oil, vinegar, shallot and garlic. Season with salt and pepper. Set aside.

To make salad:

1. Rub oil all over tuna. Sprinkle tuna generously with salt and pepper. Press about 1 tsp. thyme leaves into each side.
2. Heat a large heavy skillet (not nonstick) over high heat until very hot. Add tuna and sear until browned and crusted on the bottom, about 2 minutes. Turn tuna over and cook until browned-about 2 minutes more for medium-rare, a few minutes longer to cook through.
3. Meanwhile, in a large bowl, combine arugula, tomatoes, basil and mint. Toss with reserved dressing. Taste and adjust seasoning.
4. Slice the tuna into 1/4-inch-thick slices. Divide arugula salad among 4 plates, mounding it to one side. Fan tuna slices around the salad. Serve immediately.

Halibut with Herbs & Capers



4 servings

Ingredients

1/4 cup chopped onion
1/4 cup fresh flat-leaf parsley
1 tablespoon fresh cilantro leaves
2 teaspoons freshly grated lemon zest
1 tablespoon fresh lemon juice
1 tablespoon chopped pitted green olives
2 teaspoons drained capers, rinsed
1 clove garlic, minced
1/8 teaspoon freshly ground pepper
2 tablespoons extra-virgin olive oil
1 pound halibut fillet, cut into 4 portions

Directions

1. Place onion, parsley, cilantro, lemon zest, lemon juice, olives, capers, garlic and pepper in a food processor; pulse several times to chop. Add oil and process, scraping down the sides several times, until a pesto-like paste forms. Pat halibut with the herb paste. Cover and refrigerate for 30 minutes.
2. Preheat oven to 450°F. Coat a 7-by-11-inch baking dish with cooking spray. Arrange the halibut in the dish and spoon any extra herb mixture on top. Bake, uncovered, until the fish is opaque in the center, 15 to 20 minutes. Serve immediately.

Nutritional Information:

199 calories, 10 total fat (1 g sat), 36 mg cholesterol, 2 g carbohydrate, 24 g protein, 1 g fiber, 125 mg sodium

Grilled Salmon with Rosemary



Serves 4

Ingredients

1 pound salmon
2 teaspoons extra-virgin olive oil
2 teaspoons fresh lemon juice
1⁄4 teaspoon salt
Pinch freshly ground black pepper
2 cloves garlic, minced
2 teaspoons fresh rosemary leaves, chopped, or 1 teaspoon dried, crushed
Fresh rosemary sprigs (optional)
Capers (optional)

Directions

Cut the fish into 4 equal-size portions. Combine the olive oil, lemon juice, salt, pepper, garlic, and rosemary in a bowl. Brush the mixture onto the fish.

To grill, arrange the fish on a grill rack or use a grill basket sprayed with olive oil cooking spray.

Grill over medium-hot coals until the fish flakes easily (allow 4–6 minutes per 1⁄2" of thickness).

If the fish is more than 1" thick, gently turn it halfway through grilling.

To broil, spray the rack of a broiler pan with olive oil cooking spray and arrange the fish on it.

Broil 4" from the heat for 4–6 minutes per 1⁄2" of thickness. If the fish is more than 1" thick, gently turn it halfway through broiling.

To serve, top the fish with capers, if using, and garnish with rosemary sprigs, if desired.

Nutritional Information:

231 calories, 15 total fat (3 g sat), 67 mg cholesterol, 1 g carbohydrate, 23 g protein, 0 g fiber, 213 mg sodium

Orange Roughy in Scallion and Ginger Sauce



Serves 2

Ingredients

1⁄3 cup dry sherry or vermouth
3 tablespoons low-sodium soy sauce
2 teaspoons sesame oil
1⁄4 cup finely chopped green onion
1 teaspoon freshly grated ginger
1 teaspoon finely chopped garlic
2 orange roughy fillets (1 pound)

Directions

Preheat the oven to 400°F. Mix the sherry or vermouth, soy sauce, sesame oil, onion, ginger, and garlic in a small bowl.

Place the fish fillets in an ovenproof casserole dish. Drizzle the marinade over the fish and bake

for 12 minutes or until the fish flakes easily.

Cod, sole, or flounder may be substituted for the orange roughy.

Nutritional Information:

242 calories, 6 total fat (1 g sat), 45 mg cholesterol, 3 g carbohydrate, 35 g protein, 1 g fiber, 1154 mg sodium

Bacon Wrapped Shrimp



Ingredients

20 large shrimp, peeled and deveined
10 slices bacon

Directions

1. Preheat grill for medium heat.
2. Wrap shrimp in bacon, and secure with toothpicks.
3. Lightly oil grate, and arrange shrimp on grill. Cook for 3 to 4 minutes, turning once. The shrimp will be done when the bacon is fully cooked.

Nutrition at a glance

Servings Per Recipe: 2

Nutritional Information:

Calories 853, Protein 26.3g, Total Fat 81.8g, Sodium 1126mg, Cholesterol 200mg, Carbohydrates 0.8g, Fiber 0g

Fish Kabobs



Serves 4

Ingredients

2 tablespoons extra-virgin olive oil
2 tablespoons fresh lime juice
1 tablespoon Dijon mustard
1 pound fresh halibut, scrod, swordfish, salmon, or tuna steak, cut 1" thick
1⁄2 large red onion, cut lengthwise into quarters
1⁄2 green bell pepper, cored, seeded, and cut into 4 wedges
1⁄2 red bell pepper, cored, seeded, and cut into 4 wedges
4 cherry tomatoes, stemmed

Directions

Combine the oil, juice, and mustard in an 8" x 8" glass baking dish. Stir to blend. Cut the fish into sixteen 1" cubes. Add in one layer to the marinade. Cover and marinate in the refrigerator for 5–10 minutes. Turn the fish cubes to coat evenly and chill 5 minutes longer.

Preheat the broiler. Drain the fish cubes, reserving the marinade. Separate the onion layers slightly. Thread the fish and vegetables onto four skewers, alternating fish cubes with onions, peppers, and tomatoes. Brush the kabobs lightly with the reserved marinade.

Place the skewers on a broiler pan and broil 4" from the heat source, about 3 minutes. Turn the kabobs and brush again with the marinade. Broil for 3–4 minutes longer or until the fish is no longer translucent and the vegetables are tender-crisp.

Serve immediately.

Nutritional Information:

216 calories, 10 total fat (1 g sat), 36 mg cholesterol, 6 g carbohydrate, 25 g protein, 1 g fiber, 158 mg sodium

Grilled Mahi Mahi



Serves 4

Ingredients

1 pound mahi mahi, fresh or frozen
2 teaspoons olive oil
2 teaspoons lemon juice
1⁄4 teaspoon salt
Fresh ground pepper to taste
2 cloves garlic, minced
Capers (optional)

Directions

Cut the mahi mahi into 4 serving-size portions. Brush both sides of the fish with the olive oil and lemon juice. Sprinkle with salt and pepper, then rub the garlic on the fish.

To grill, arrange the fish on a grill rack or use a grill basket that has been sprayed with an olive oil cooking spray. Grill over medium-hot coals for 4–6 minutes per 1⁄2" of thickness, or until the fish flakes easily when tested with a fork. If the fish is more than 1" thick, gently turn it halfway through grilling.

To broil, arrange the fish on the rack of a broiler pan that has been sprayed with an olive oil cooking spray. Broil 4" from the heat for 4–6 minutes per 1⁄2" of thickness, or until the fish flakes easily when tested with a fork. If the fish is more than 1” thick, gently turn it halfway through broiling.

To serve, top the fish with capers, if using.

Nutritional Information:

120 calories, 3 total fat (1 g sat), 83 mg cholesterol, 1 g carbohydrate, 21 g protein, 0 g fiber, 245 mg sodium

Poached Salmon Spinach Salad



Serves 4

Ingredients

2 tablespoons extra-virgin olive oil
1⁄2 pound cleaned fresh spinach
1⁄4 teaspoon salt
1⁄8 teaspoon freshly ground black pepper
1⁄2 cup chopped yellow onion
3 fresh tomatoes (about 1 1⁄4 pounds), peeled, seeded and cut into 1⁄2" pieces
Poached salmon left over from Poached Salmon with Cucumber-Dill Sauce
1 tablespoon coarsely chopped flat-leaf parsley (optional)

Directions

In a skillet, heat 1 tablespoon of the oil over medium heat. When hot, sauté the spinach for 1 1⁄2 minutes. Mix in the salt and pepper and divide the spinach among 4 plates.

Heat the remaining tablespoon of oil in the skillet. Sauté the onion and tomatoes over medium heat until the onion is tender, about 5–6 minutes.

Arrange the salmon on the spinach and top with the tomatoes and onion. Garnish with parsley, if using.

Nutritional Information:

98 calories, 7 total fat (1 g sat), 0 mg cholesterol, 9 g carbohydrate, 2 g protein, 2 g fiber, 162 mg sodium

Tuna Steak with Tomatoes and Olives



Serves 4

Ingredients

4 Tuna steaks (1in thick)
salt and fresh ground pepper
3 tablespoons extra virgin olive oil
1 tablespoon minced garlic
coarsely chopped pitted green olives
1 tablespoon red wine vinegar
4 sprigs fresh thyme
¼ cup chopped fresh parsley
1 can (14 oz.) tomatoes drained/chopped or 2 cups chopped fresh tomatoes

Directions

Sprinkle Tuna with salt and pepper. Heat 1 tablespoon of the extra virgin olive oil in a large nonstick skillet over medium heat. Add tuna cook 3 minutes per side. (center should remain slightly pink). Transfer to a warm serving dish and set aside.

Add remaining 2 tablespoons extra virgin olive to skillet with garlic and cook until just tender.

Stir in the tomatoes, olives, vinegar, and thyme bring to a boil. Cook, stirring, 2 minutes. Season with salt and pepper. Stir in parsley, spoon over tuna.

Nutritional Information:

Calories: 1195, Protein 145 g, Fat 52 g, Carbohydrates 10 g, Fiber 3 g

Spinach-Stuffed Salmon Fillets



Serves 4

Ingredients

4 salmon fillets (about 5 ounces each)
Pinch salt
Pinch freshly ground black pepper
1 package (10 ounces) baby spinach, coarsely chopped
2 tablespoons prepared pesto
1 tablespoon chopped dry-packed sun-dried tomatoes
1 tablespoon pine nuts

Directions

Heat the oven to 400 F. Make a slit two-thirds of the way through the center of each fillet making sure not to cut all the way through. Season each fillet with the salt and pepper. In a bowl, combine the spinach, pesto, tomatoes, and pine nuts. Spoon 1/3 cup of the mixture into each slit.

Arrange the fillets on a broiler pan coated with cooking spray. Roast for 8-10 minutes or until the spinach mixture is heated through.

Nutritional Information:

Per serving: 329 calories, 32 g protein, 4 g carbohydrates, 20 g fat, 4 g saturated fat, 213 mg sodium, 86 mg cholesterol, 3 g fiber

Grilled Yellow fin Tuna with White Bean And Oregano Salad



Serves 4

Ingredients

6 ounces sushi-grade yellow fin tuna
Salt
Cracked black pepper
1/4 teaspoon crushed garlic
1/2 lemon, juice of
2 ounces olive oil
1/4 cup water
1 teaspoon fresh basil, chopped
1/2 tablespoon dried oregano
12 ounces cooked white beans
1 teaspoon parsley, chopped

Directions

Season the tuna with the salt and pepper and grill each side for 30-45 seconds. Set aside to cool.

Mix the garlic, lemon juice, olive oil, water, basil, oregano, and beans in a cold mixing bowl and let marinate for 3 hours in the refrigerator.

To serve, bring the salad to room temperature and place it in the middle of a shallow bowl. Slice the tuna thinly, and lay it on top of the bean mixture. Garnish the plate with the chopped parsley.

Nutritional Information:

Per serving: 299 calories, 18 g protein, 23 g carbohydrates, 15 g fat, 2 g saturated fat, 19 mg

sodium, 19 mg cholesterol, 10 g fiber

Poached Salmon with Dill Sauce



Serves 4

Ingredients

4 fresh salmon steaks (about four ounces each)
2 cups dry white wine
2 cups water
1 small onion

Directions

Measure thickness of salmon steaks to determine cooking time. Select a large deep skillet or similar pan with a lid, large enough to hold steaks in a single layer without touching each other.

Cut a piece of aluminum foil just large enough to fit inside the top of the skillet.

Add wine, water and onion to skillet. Bring to boiling; lower heat to simmer.

Add salmon steaks to liquid in a single layer. (Fish should be just barely covered with liquid.)

Adjust heat to maintain simmer. Cover steaks with aluminum foil. Cover skillet with lid.

Simmer salmon steaks 10 minutes per measured inch of thickness. Do not let liquid boil.

Remove and discard foil. Lift salmon steaks from skillet with a slotted spatula; place on paper toweling to drain. Transfer steaks to dish. Spoon onions from the poaching over the top.

Garnish with parsley and lime wedges, serve with steamed asparagus.

Nutritional Information:

Calories 1350, Protein 93 g, Fat 60 g, Carbohydrates 19 g, Fiber 1.5 g

Broiled Seafood Kabob



Serves 4

Ingredients

1 pound fresh or frozen cod, halibut, salmon or tuna steak cut 1 inch thick
1/2 large red onion, cut lengthwise into quarters
1/2 green pepper, cored; seeded and cut into 4 wedges
1/2 red pepper, cored; seeded and cut into 4 wedges
4 cherry tomatoes

Directions

Pre-heat broiler. Prepare Fish Kabobs: separate onion layers slightly. Thread fish and vegetables onto each of four skewers, alternating fish cubes with onion quarters, green and red pepper wedges and cherry tomatoes. Brush kabobs lightly with olive oil.

Place skewers on broiler pan and broil 4 inches from heat source about 3 minutes. Turn kabobs and brush again with olive oil. Broil 3 to 4 minutes longer or until fish is no longer translucent and vegetables are tender-crisp. Serve immediately on bed of spaghetti squash.

Nutritional Information (without spaghetti):

Calories 480, Protein 90 g, Fat 2 g, Carbohydrates 18 g, Fiber 5 g

Fish in White Wine



Ingredients

3 lbs. fish (of your choice)
3/4 cup white wine
1/2 cup water
1 onion, chopped
1 sprig parsley, chopped
1 sprig chervil
1 sprig thyme
2 bay leaves
salt and pepper to taste
4 oz Smart Balance Spread, in pats

Directions

Preheat oven to 350F. Place fish in 9 by 13 baking dish. Mix wine with water and pour over fish.

Place onion, parsley, and chervil under and over fish. Add bay leaves and thyme. Top with salt, pepper and Smart Balance. Bake 25-30 minutes.

Nutritional Information:

Calories 1,200, Protein 180 g, Total Fat 60 g, Saturated Fat: 12 g, Carbohydrates 15 g, Fiber 3 g, Sodium: 500 mg

Grilled Fresh Tuna with Marinade



Serves 6

Ingredients

6 - 1 1/4 inch tuna steaks
2 TB finely minced fresh ginger
2 teaspoons finely minced fresh garlic
2 teaspoons lemon zest
1/4 cup low-sodium soy sauce
3/4 cup white wine

Directions

Combine all ingredients in shallow dish, and marinate tuna for 1 hour, turning several times. (Do not refrigerate) Grill on outdoor grill, or under the broiler for 3 to 4 minutes per side, basting with marinade.

Nutritional Information:

Calories 950, Protein 120 g, Total Fat 30 g, Saturated Fat:7 g, Carbohydrates 11 g, Fiber 1-2 g, Sodium 1,300 mg

Grilled Shrimp Italiano



Ingredients

1/3 cup extra virgin olive oil
¼ cup balsamic vinegar
1 envelope Good Seasons Italian Salad Dressing Mix
1 lb. cleaned medium shrimp
2 red peppers, cut into 1 ½" chunks
2 T. chopped fresh basil

Directions

Mix oil, vinegar, and salad dressing mix in cruet or small bowl as directed on envelope. Pour over shrimp in shallow dish; cover. Refrigerate several hours or overnight. Drain; discard dressing.

Thread shrimp and peppers alternately on skewers.

Place on greased grill over hot coals. Grill 5-6 min. on each side or until pink. Sprinkle with basil.

Nutritional Information:

Calories 950, Protein 95 g, Total Fat 65 g, Saturated Fat 9 g, Carbohydrates 15-18 g, Fiber 5-6 g, Sodium 1,300 mg

Grilled Shrimp Skewers



Ingredients

Jumbo Shrimp, peeled and deveined

Cobb dressing (you can make your own version by mixing olive oil, lemon juice, minced garlic,

and basil, go heavy on the garlic and lemon)

Directions

Thread the shrimp on small party size skewers if making for appetizers, or on full size skewers for a special meal. Find a pan they will fit in and marinate in the Cobb dressing for an hour or so.

Grill or broil until they turn pink.

Nutritional Information:

Calories 220-250, Protein 40-45 g, Total Fat 8-10 g, Saturated Fat 1-1.5 g, Carbohydrates 2-3 g, Fiber 0.5 g, Sodium 300-400 mg

Basil Shrimp



Makes 4 servings

Ingredients

2 1/2 tablespoons olive oil
1/4 cup Smart Balance spread, melted
1 1/2 lemons, juiced
3 tablespoons coarse grained prepared mustard
4 ounces minced fresh basil
3 cloves garlic, minced
salt to taste
1 pinch white pepper
3 pounds fresh shrimp, peeled and deveined

Directions

In a shallow, non-porous dish or bowl, mix together olive oil and melted Smart Balance. Then stir in lemon juice, mustard, basil and garlic, and season with salt and white pepper. Add shrimp, and toss to coat. Cover, and refrigerate for 1 hour. Preheat grill to high heat. Remove shrimp from marinade, and thread on skewers.

Lightly oil grate, and arrange skewers on grill. Cook for 4 minutes, turning once, until done.

Nutritional Information:

Calories 1,350-1,450, Protein 340 g, Total Fat 65 g, Saturated Fat 11 g, Carbohydrates 11 g, Fiber 3 g, Sodium 1,600 mg

Fish in a Bag



Ingredients

6 TB plus 2 TB extra-virgin olive oil, in all
4 fillets (6 oz. Each) flounder, pompano, snapper, haddock, bass, or any other flaky fish
4 TB Creole seasoning, in all
2 large onions, sliced in rings
8 italian plum tomatoes, cut into ½ inch slices
1 teaspoon salt
32 turns fresh ground black pepper
4 teaspoons minced garlic
1/2 cup chopped fresh basil

Directions

1. Preheat oven to 425 degrees.
2. Sprinkle each fillet with 1 TB of the Creole seasoning. Place each fillet on tin foil, and create a packet by folding over the edges, leaving enough foil to cover the top completely.
3. Place one quarter of the onion rings and 2 of the sliced tomatoes for each fillet, and sprinkle with ¼ teaspoon of the salt, 8 turns of the pepper, I teaspoon of garlic, and 3 TB of the basil.
4. Drizzle 1 teaspoon olive oil over each. Fold top of tin foil over to complete the foil packet, and bake for 20 minutes.

* You can add vegetables to the foil packets of fish for additional variety.

* For dinner parties, use lightly buttered parchment paper instead of tinfoil for a more attractive presentation.

Fresh Shrimp with Avocado Dressing



Ingredients

4 lettuce leaves
24 cooked, peeled shrimp
1 cup low-fat cottage cheese
4 slices lemon
Avocado Dressing:
1 large avocado, peeled and pitted
1 cup low-fat sour cream
1 tsp. grated lemon peel
1 TB fresh lemon juice
2 tsp. prepared horseradish
1/2 tsp. salt

Directions

In a small bowl, mash avocado. Stir in remaining ingredients, mixing well. Cover and refrigerate for at least 30 minutes, to allow flavors to meld.

Arrange lettuce leaves on 4 salad plates. Top with a scoop of cottage cheese; surround with shrimp. Garnish with a lemon twist. Serve with Avocado Dressing.

Nutritional Information:

Calories 1035, Protein 63 g, Fat 67.5 g, Carbohydrates 37 g, Fiber 11 g

Citrus-Marinated Salmon



Ingredients

1 teaspoon white wine vinegar
Juice of 3 oranges
Juice of 3 limes
6 cloves garlic, thinly sliced
1 teaspoon olive oil
1/3 cup finely chopped cilantro
Salt and freshly ground pepper
6 1-inch thick salmon steaks (about 2 1/4 pounds)
6 Tablespoons chopped cilantro, for garnish

Directions

In a shallow glass or ceramic bowl, whisk together the vinegar, orange and lime juice, and garlic.

Add the olive oil, whisking until blended. Stir in the 1/3 cup cilantro and season to taste with salt and pepper. Lay the salmon steaks in the bowl and carefully turn to coat with the marinade.

Cover and let the salmon marinate for 30 to 60 minutes at room temperature, turning the fish once.

Preheat the broiler.

Transfer the salmon and the marinade to a shallow roasting pan. Broil the salmon steaks for 5 to 6 minutes to a side until flaky but still moist.

Serve each steak with a tablespoon of the cooked marinade drizzled over the top and garnish each with a tablespoon of chopped cilantro.

Nutritional Information:

Calories 2317, Protein 275 g, Fat 95 g, Carbohydrates 55 g, Fiber 8 g

Salmon Fillets in Dill-Peperoncini Cream Sauce



Serves 4

Ingredients

4 (6 oz) salmon fillets, skinned
1 TB olive oil
1 shallot, finely chopped
1 1/2 TB peperoncini, seeded and minced
1 cup Land O'Lakes half and half
1 TB chopped fresh flat-leaf parsley
2 TB fresh dill, chopped
4 lemon wedges

Directions

Pat salmon dry and season w/ salt and pepper. Heat oil in a large nonstick skillet over moderately high heat until hot but not smoking, then cook salmon, turning once until just cooked through, about 7 minutes. Transfer to a platter.

Cook shallot in skillet over moderate heat, stirring until softened. Stir in peperoncini, half and half, parsley and 1 TB dill and simmer until sauce is slightly thickened, about 3 min. Stir in remaining TB dill and salt and pepper to taste.

Pour cream sauce over salmon and serve with lemon wedges.

Nutritional Information:

Calories 1417, Protein 113 g, Fat 100 g, Carbohydrates 18 g, Fiber 1.4 g

Salmon-Stuffed Zucchini



You may prepare these up to six hours ahead. Smoked whitefish may be substituted for the salmon.

Ingredients

2 medium or 3 small zucchini, scrubbed
1 can (6 ounces) salmon, drained and flaked
2 tablespoons mayonnaise
1 teaspoon Dijon mustard
1 teaspoon chopped dill
Dash Worcestershire sauce
1 tablespoon finely chopped red bell pepper

Directions

With a vegetable peeler, peel stripes down length of zucchini (to create a pattern of dark and

Light green). Cut zucchini into 3/4" slices; remove seeds and hollow slightly with a spoon. Arrange in rows on a serving plate.

Mix salmon, mayonnaise, mustard, dill and Worcestershire. Fill zucchini hollows with salmon mixture. Sprinkle red pepper on top of salmon.

Servings: 8

Nutrition Per Serving:

Calories 60, Carbohydrates 1.5 g, Fiber 0.5 g, Protein 4.5 g, Fat 4 g

Scallops in Pesto Cream



Ingredients

1 TB Smart Balance Spread
1 clove garlic -- minced
1 small onion -- diced
1/4 cup dry white wine
1/2 chicken stock
1 TB fresh basil -- minced
1 pound large scallops
1/3 cup fat-free half and half

Directions

Melt the Smart Balance in a large skillet over medium heat. Add the garlic and onion and cook about 5 minutes, until the onion is translucent. Stir in the wine, stock, and basil. Add the scallops and simmer for 5 minutes, or until they are no longer opaque.

Using a slotted spoon, remove the scallops from the pan and keep warm. Add the half-and-half to the poaching liquid and bring the sauce to a boil. Simmer rapidly for about 10 minutes, or until the sauce is the consistency of heavy cream. Strain the sauce through a sieve.

Combine the sauce and scallops and toss to coat.

Nutritional Information:

Calories 600 kcal, Protein 81 g, Fat 17 g, Carbohydrates 10 g

Sea Scallops Provencale



Ingredients

4 servings
2 medium sweet red peppers
2 TB olive oil
1 TB garlic, chopped (about 3 cloves)
6 small, ripe plum tomatoes cored and cut into 1/2 inch cubes
10 pitted and coarsely chopped black olives (optional)
1/4 cup capers, drained and rinsed
1 teaspoon chopped fresh thyme, or 1/2 teaspoon dried
salt and pepper to taste
2 TB Smart Balance spread
1 1/2 lbs bay or sea scallops, cut in half crosswise if very large
Juice of 1 lemon
1/4 cup coarsely chopped fresh basil or parsley

Directions

Core and remove seeds of the peppers and cut into 1/4 inch thick pieces, about 1 inch long.

Heat the oil in a large skillet over medium heat. Add the garlic and cook briefly. (Do not let it

brown) Add the red peppers, tomatoes, olives, capers, thyme and salt and pepper to taste. Cook, stirring, for 5 minutes. Remove from heat and cover to keep warm.

In a large nonstick skillet, heat Smart Balance spread over medium-high heat. When it is bubbling, add scallops. Season with salt and pepper to taste and cook, stirring, for about 3 minutes or until done. (Be careful not to overcook the scallops)Sprinkle the lemon juice and basil or parsley over the scallops, stir briefly, and remove from heat.

Spoon a portion of the tomato mixture onto each of four serving plates. Distribute the scallops evenly over the mixture and serve immediately.

Nutritional Information per Serving:

Calories 310 kcal, Protein 30 g, Fat 15 g, Carbohydrates 6 g

Seared Peppered Tuna w/ Greens and Vodka Vinaigrette



Makes 4 servings

Ingredients

1/4 cup black peppercorns, cracked
1 end loin yellowfish tuna (1 ½ to 2 lbs)
1 TB Creole seasoning
1 ¼ cup Vodka Vinaigrette
8 cups assorted greens
Salt and Pepper to taste

Directions

1. Sprinkle tuna w/ Creole seasoning and roll it in cracked pepper, using your hands to press the pepper into and all over the loin including the end.
2. Heat a large heavy dry skillet over high heat until very hot and smoking, for about 4 minutes. Add tuna and sear for 3 minutes on both sides, and then 2 minutes on each of the remaining sides. Remove tuna and refrigerate for 2 hours.
3. Prepare the Vodka Vinaigrette. Toss the greens w/ the salt, pepper, and _ cup of the vinaigrette.
4. Slice tuna into ¼-1/2 inch rounds. Place 2 cups salad in the center of the plate, surround with tuna pieces, and drizzle w/ remaining vinaigrette.

Nutritional Information per Serving:

Calories 530, Protein 70 g, Fat 18 g, Carbohydrates 4 g

Lobster Salad in Endive



Makes 24 appetizers; serves 6 to 8

Ingredients

3/4 pound fresh cooked lobster meat, small-diced
1/2 cup good mayonnaise
1/2 cup small-diced celery (1 stalk)
1 tablespoon capers, drained
11/2 tablespoons minced fresh dill
Pinch kosher salt
Pinch freshly ground black pepper
4 heads Belgian endive

Directions

Combine the lobster, mayonnaise, celery, capers, dill, salt, and pepper. With a sharp knife, cut off the base of the endive and separate the leaves. Use a teaspoon to fill the end of each endive leaf with lobster salad. Arrange on a platter and serve.

Connie Wheeler adds, “Make sure you use real lobster though. I was perusing through my carbohydrate counter just yesterday at fish and seafood and noticed that the fake lobster or crab is really pretty high in carbohydrates at 8.5 carbs per 3 oz.

Nutritional Information:

Calories 1,173, Protein 70 g, Fat 83 g, Carbohydrates 18 g, Fiber 8 g

Sautéed Mussels with Basil and White Wine



Ingredients

2 Dozen Mussels
1 tsp Canola Oil
1 tsp chopped Garlic
Juice of 2 Lemons
1 oz White Wine
2 Tbsp Smart Balance Spread
1 Tbsp chopped Basil
Pinch of Sea Salt

Directions

Heat a large sauté pan over medium heat and add the oil. Add the mussels and then quickly cover the pan. Let the mussels cook for a minute shaking them gently. Lift the cover and add the garlic, lemon juice, Smart Balance spread and white wine. Cover again and cook for 1 minute. Add the basil, and salt to taste.

Nutritional Information:

Calories 571, Protein 40 g, Fat 32.5 g, Carbohydrates 7 g

Shrimp With Peppers



Ingredients

30 medium shrimp -- cleaned and shelled
4 green peppers -- cleaned and sliced
1 large onion sliced
1 small can mushrooms (fresh mushrooms sautéed in butter can also be used)
1 medium can diced tomatoes
2 teaspoons (no sugar added) tomato paste
2 cloves garlic
1 tablespoon fresh basil
salt and pepper, to taste

Directions

In large covered casserole pot heat olive oil; brown garlic; add peppers. On top of peppers add onion; on top of onions add mushrooms and diced tomatoes. Cover and cook until peppers soften.

Place shrimp in pot, stir to mix, and cook about 5 minutes. With a large slotted spoon remove all ingredients, and place on serving dish.

Add 2 teaspoons of paste to liquid left in pot. Add basil, salt, and pepper. Ladle over shrimp, and vegetables.

Nutritional Information:

Calories 230, Protein 35 g, Fat 3 g, Carbohydrates 20 g, Fiber 6 g

Drunken Shrimp



Ingredients

16 large shrimp
2 cloves garlic, minced
1/2 cup olive oil
1 large onion, peeled and sliced
salt and pepper to taste
Juice of 1/2 lemon
1 lemon, seeded and thinly sliced
1/2 cup dry white wine

Directions

Peel and devein shrimp, leaving the tails on. In a large skillet sauté the garlic in the olive oil for 2 minutes. Add the sliced onion and salt and pepper. Sauté until the onions become transparent.

Add shrimp and sauté for 2 minutes, or until shrimp turn pink. Add lemon juice, the lemon slices, and white wine, and cook for another 2 minutes.

Remove from skillet and let cool to room temperature.

Nutritional Information:

Calories 700 kcal, Protein 24 g, Fat 65 g, Carbohydrates 12 g, Fiber 2 g

Creole Shrimp with Rémoulade Sauce



Ingredients

4 large Shrimp per person
1/4 C Creole Seasoning
1 Tbsp Canola Oil

Directions

Lightly oil the shrimp and press each side into the Creole seasoning. Heat a sauté pan over medium heat and add 1 teaspoon Canola oil. Sear the shrimp for 2 minutes on each side; place them on a plate decorated with a simple salad of julienne romaine leaves, thin sliced onion, thin sliced cucumber and red grape tomatoes. Garnish with the sauce.

Rémoulade Sauce

1/4 C Creole Mustard
1 tsp Paprika
1 tsp Cayenne
1 Tbsp Kosher Salt
1/2 C Tarragon Vinegar

Mix all ingredients well in a mixing bowl and slowly whisk in 1 1/3 cups olive oil.

In a separate mixing bowl or cuisinart place:

1 1/2 C diced Scallions
1/2 C diced Celery
1/2 C chopped Parsley

Blend this mixture into the olive oil mix and chill for 3 to 4 hours before using.

Place the shrimp around the salad and drizzle the Remoulade sauce over the salad and shrimp.

Garnish the plate with chives or sliced scallions.

Roast Shrimp with Orange and Rosemary



Ingredients

3 TB extra-virgin olive oil
1 teaspoon minced fresh rosemary leaves or
1/2 teaspoon dried rosemary
1 1/2 to 2 lbs shrimp, (20-30 pound range)
peeled, rinsed, and dried
1/2 cup freshly squeezed orange juice
Zest of 1 orange, finely minced
Salt and pepper to taste

Directions

Preheat oven to 450 F. When it is hot, warm 2 TB of the olive oil in a 9 by 13 inch baking pan, then add rosemary; return to the oven until rosemary begins to sizzle.

Add the shrimp, then sprinkle w/ the orange juice and zest, the salt and pepper, and remaining olive oil. Roast until shrimp turns pink, about 10 minutes.

Nutritional Information:

Calories 900 kcal, Protein 140 g, Fat 42 g, Carbohydrates 14 g, Fiber 1 g

Warm Spinach Salad with Seared Scallops and Roasted Pepper Vinaigrette



Ingredients

9 ounces baby spinach (about 8 cups lightly packed)
3/4 cup sliced almonds
5 tablespoons extra-virgin olive oil
1 pound medium sea scallops, tendons removed (see note)
Salt
4 ounces jarred roasted red peppers, drained and cut into thin strips (about 1/2 cup)
2 medium shallots, sliced thin
Dash ground black pepper
1-1/2 tablespoons sherry vinegar

Directions

Place the spinach in a large bowl and set it aside.

Toast the almonds in a 12-inch skillet over medium heat, shaking the pan occasionally to turn the nuts until they are fragrant and lightly browned, about 3 minutes. Transfer the almonds to the bowl with the spinach.

Add 2 tablespoons oil to the empty skillet, raise the heat to med-high, and heat until the oil begins to smoke. Add the scallops, flat-side down, and cook until well browned, 2-1/2 to 3 minutes. Using tongs, turn the scallops over, one at a time. Cook until medium rare (the sides will have firmed up and all but the middle third of the scallop will be opaque), about 45 seconds longer. Transfer the scallops to a plate, season with salt to taste, and set aside.

Lower the heat to medium and add the remaining 3 tablespoons oil to the empty skillet along with the red peppers, shallots, 1/4 teaspoon salt, and pepper. Cook until the shallots soften slightly, about 2 minutes. Remove the pan from the heat and swirl in the vinegar. Pour the warm dressing over the spinach and gently toss to wilt. Divide the spinach salad among 4 plates, and arrange the scallops on top. Serve immediately. Makes 4 main-course servings.

Note: The small, rough-textured, crescent-shaped muscle that attaches the scallop to the shell toughens when cooked. Use your fingers to peel the tendons away from the side of each scallop before cooking.

Poultry Dishes

Chicken Braised with Lemon, Fennel & Black Olives



4 servings - Prep time: 30 minutes
Start to finish: 80 minutes

Ingredients

2 teaspoons freshly grated lemon zest, divided
3 tablespoons fresh lemon juice, divided
2 tablespoons extra-virgin olive oil, divided
2 cloves garlic, minced
1 teaspoon dried oregano
1/2 teaspoon sugar
1/4 teaspoon salt
Freshly ground pepper to taste
11/4 pounds boneless, skinless chicken thighs, trimmed and cut into 3 pieces each
1 large fennel bulb
1 large onion
1/2 cup dry white wine
1/2 cup reduced-sodium chicken broth
1/2 cup oil-cured black olives, pitted

Nutritional Information:
Calories 350 kcal, Protein 32 g, Total Fat 20 g, Carbohydrates 10 g, Fiber 3 g, Sodium 450 mg

Directions

1. Whisk 1 teaspoon lemon zest, 2 tablespoons lemon juice,1 tablespoon oil, garlic, oregano, sugar, salt and pepper in a 71/2-by-11-inch (2-quart) glass or ceramic baking dish. Add chicken and toss to coat. Cover and marinate in the refrigerator for at least 30 minutes or for up to 8 hours.
2. Meanwhile, trim stalks from fennel, reserving the lacy greens for garnish. Slice the fennel bulb lengthwise into 1/4-inch-thick slices. Lay slices flat and cut into 1/4-inch-thick slivers. Peel onion, cut in half lengthwise and slice.
3. Preheat oven to 350°F. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium heat. Add fennel and onion; cook, stirring often, until softened and lightly browned, 8 to 10 minutes. (You may need to add a little water to prevent scorching.) Add wine, broth and the remaining 1 tablespoon lemon juice; bring to a simmer, stirring. Cook for 5 minutes, then stir in olives. Spoon this mixture over the chicken. Cover with foil and bake until the chicken is cooked through and the fennel is very tender, 35 to 40 minutes.
4. Finely chop enough of the fennel fronds to make 2 tablespoons. Combine with the remaining 1 teaspoon lemon zest; sprinkle over the chicken before serving.

Chicken Cutlets with Herbs de Provence & Apple Compote



Ingredients (6 servings)

2 apples, preferably Braeburn, peeled and thinly sliced
1 tablespoon freshly squeezed lemon juice
1/4 teaspoon ground cinnamon
3 teaspoons olive oil, divided
3 teaspoons unsalted butter, divided
1-1/8 teaspoons herbs de Provence
(see "Provencal Herbs," below), divided
1/2 teaspoon salt, or to taste
1/4 teaspoon freshly ground pepper
1-1/2 pounds boneless, skinless chicken breasts, trimmed
1 cup reduced-sodium chicken broth
1 teaspoon freshly grated lemon zest

Nutritional Information:
193 calories, 6 total fat, 72 mg cholesterol, 7 g carbohydrate, 27 g protein, 1 g fiber, 286 mg sodium

Directions

1. Toss apple slices with lemon juice and cinnamon in a small bowl. Heat 1 teaspoon oil and 1 teaspoon butter in a medium nonstick skillet over medium-high heat. Add the apples and cook, stirring occasionally, until tender, about 5 minutes. Keep warm.
2. Mix 1 teaspoon herbs de Provence, salt and pepper. Place chicken between sheets of plastic wrap and pound with a meat mallet or the bottom of a small saucepan to a 1/2-inch thickness. Sprinkle the chicken on both sides with the seasoning mixture.
3. Heat 1 teaspoon oil and 1 teaspoon butter in a large skillet over high heat. Add half the chicken and cook until no longer pink in the center, 2 to 3 minutes per side. Remove to a platter and keep warm. Add the remaining 1 teaspoon oil and 1 teaspoon butter to the skillet; heat over high heat. Cook the remaining chicken in the same manner.
4. Add broth, lemon zest, remaining 1/8 teaspoon herbs de Provence and any accumulated juices from the chicken to the skillet. Cook, stirring to scrape up any browned bits from the bottom of the skillet, until slightly reduced, about 3 minutes. Spoon sauce over chicken and serve with the sautéed apples.

Provencal Herbs

Herbs de Provence is a mixture of dried herbs commonly used in the south of France. You can find commercial mixtures in specialty stores, but it is easy to make your own. Mix 1 tablespoon each (or equal proportions) dried thyme, dried rosemary, dried oregano, dried marjoram and dried savory in a small jar. If desired, add a pinch of dried lavender and crushed aniseed.

Jerk Chicken Breasts



4 servings

Prep time: 15 minutes

Start to finish: 25minutes

Ingredients

6 scallions, trimmed and coarsely chopped
2 tablespoons dried jerk seasoning
3 tablespoons lime juice
1 tablespoon dark brown sugar (optional)
2 teaspoons reduced-sodium soy sauce
2 teaspoons canola oil
4 boneless, skinless chicken breast halves, trimmed

Directions

1. Combine scallions, jerk seasoning, lime juice, sugar (if using), soy sauce and oil in a blender or food processor; pulse to a coarse paste. Wearing gloves to protect your hands, spread paste all over chicken. Cover and marinate in the refrigerator for at least 10 minutes or for up to 2 hours.
2. Lightly oil broiler rack and set it 5 inches from the heat source; preheat broiler.
3. Scrape most of the paste from the chicken and discard. Broil chicken, turning once, until juices run clear, 10 to 15 minutes. Let stand for 5 minutes before slicing.

Nutritional Information:

192 calories, 6 total fat (1 g sat), 73 mg cholesterol, 7 g carbohydrate, 28 g protein, 1 g fiber, 450 mg sodium

Chicken-Pistachio Salad



Serves 4

Ingredients

Salad

1⁄2 cup shelled pistachio nuts, finely ground
1⁄2 + 1⁄4 teaspoon salt
1⁄2 teaspoon + 1 pinch freshly ground black pepper
4 boneless, skinless chicken breast halves
2 tablespoons extra-virgin olive oil
1⁄2 cup diced sweet white onion
1 head romaine lettuce

Dressing

1 teaspoon grated sweet white onion
1 large ripe avocado, pitted and peeled
3 tablespoons extra-virgin olive oil
3 tablespoons fresh lime juice
1 tablespoon water

Directions

To make the salad: Preheat the oven to 375°F. Mix the nuts in a pie plate with 1⁄2 teaspoon salt and 1⁄2 teaspoon pepper. Press the chicken into the nuts. Heat 1 tablespoon of the oil in a skillet and cook the coated breasts, 2 minutes per side. Place the breasts in a baking dish and bake for 15 minutes or until a thermometer inserted in the thickest portion registers 160°F and the juices run clear.

Heat the remaining tablespoon of oil in a nonstick skillet over high heat. Add the diced onion, 1⁄4 teaspoon salt, and a pinch of pepper. Cook until the onion is browned.

Line 4 serving plates with lettuce. Slice the chicken breasts and arrange 1 breast on top of the lettuce on each plate. Serve with the dressing.

To make the dressing: Puree the onion, avocado, oil, lime juice, and water in a blender.

Nutritional Information:

481 calories, 34 total fat (5 g sat), 70 mg cholesterol, 13 g carbohydrate, 33 g protein, 5 g fiber, 520 mg sodium

Balsamic Chicken



Serves 6

Ingredients

6 boneless, skinless chicken breast halves
1 1⁄2 teaspoons fresh rosemary leaves, minced, or 1⁄2 teaspoon dried
2 cloves garlic, minced
1⁄2 teaspoon freshly ground black pepper
1⁄2 teaspoon salt
2 tablespoons extra-virgin olive oil
4–6 tablespoons white wine (optional)
1⁄4 cup balsamic vinegar

Directions

Rinse the chicken and pat dry. Combine the rosemary, garlic, pepper, and salt in a small bowl and mix well. Place the chicken in a large bowl. Drizzle with the oil, and rub with the spice mixture. Cover and refrigerate overnight.

Preheat the oven to 450°F. Spray a heavy roasting pan or iron skillet with cooking spray. Place the chicken in the pan and bake for 10 minutes. Turn the chicken over. If the drippings begin to stick to the pan, stir in 3–4 tablespoons water or white wine (if using).

Bake about 10 minutes or until a thermometer inserted in the thickest portion registers 160°F and the juices run clear. If the pan is dry, stir in another 1–2 tablespoons of water or white wine to loosen the drippings. Drizzle the vinegar over the chicken in the pan.

Transfer the chicken to plates. Stir the liquid in the pan and drizzle over the chicken.

Nutritional Information:

183 calories, 6 total fat (1 g sat), 65 mg cholesterol, 4 g carbohydrate, 26 g protein, 0 g fiber, 270 mg sodium

Gingered Chicken Breast



Serves 4

Ingredients

1 tablespoon fresh lemon juice
1 1⁄2 teaspoons grated fresh ginger
1⁄2 teaspoon freshly ground black pepper
2 cloves garlic
4 boneless, skinless chicken breast halves

Directions

Combine the lemon juice, ginger, pepper, and garlic in a small bowl.

Place the chicken breasts in a deep bowl. Pour the ginger mixture over the breasts, turning once to coat both sides. Cover, and refrigerate for 30 minutes to 2 hours.

Spray a large nonstick skillet with cooking spray. Heat the skillet on medium-high until hot. Add the chicken. Cook, turning once, until tender, about 8 minutes.

Nutritional Information:

129 calories, 1 total fat (0 g sat), 65 mg cholesterol, 1 g carbohydrate, 26 g protein, 0 g fiber, 75 mg sodium

Walnut Chicken Breast Stir Fry



Serves 4

Ingredients

4 chicken breasts, skinless, boneless
5 tablespoons walnut oil
6 teaspoons low-sodium soy sauce
1/2 teaspoon ground ginger
1 red bell pepper
1/2 cup chopped walnuts
1/2 teaspoon garlic, minced
1 medium onion
1/2 cup reduced sodium chicken broth
1 8 ounce package broccoli florets
1 green bell pepper
4 cups assorted greens

Directions

In a large bowl, combine 2 tablespoon walnut oil and 3 teaspoons low-sodium soy sauce. Set aside. Cut the peppers and onion into 1 inch pieces. Cut the chicken breasts into 1 inch pieces.

Add the chicken to the large bowl, stir to coat. Cover, then place in the refrigerator for 30 minutes.

While waiting; in a small bowl combine the ginger with the reduced sodium chicken broth, and the remaining low-sodium soy sauce. Set aside.

In a large skillet (or Wok), heat the remaining walnut oil over medium high-heat, when hot, but not smoking, add the chicken (discard all remaining marinade), cook until chicken is no longer pink. Remove chicken, set aside. Now stir fry the onion and peppers until onion is tender, add the broccoli, cook until tender, add chicken and broth mixture, cook stirring constantly until chicken is brought up to desired serving temperature. Turn off heat, add walnuts, and stir thoroughly. On 4 serving plates, divide the mixed greens evenly, and then pour walnut chicken mixture onto center of greens.

Nutritional Information per Serving:

Calories 520-550 kcal, Protein 45-48 g, Total Fat 32-35 g, Saturated Fat 3-4 g, Carbohydrates 12-15 g, Fiber 4-5 g, Sodium 600-650 mg

Raspberry Chicken Breast with Fresh Herbs



Serves 4

Ingredients

4 boneless, skinless chicken breasts
4 tablespoons raspberry vinegar
1 tablespoon extra virgin olive oil
1 teaspoon salt
½ teaspoon fresh ground pepper
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh chives
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh tarragon
4 large garlic cloves peeled and halved

Directions

Combine the raspberry vinegar, salt, pepper, olive oil, parsley, chives, thyme, tarragon and garlic in a small bowl. Then drizzle this mixture evenly over the 4 chicken breasts. Place the chicken on an unheated rack in a broiler pan, broil 4 to 5 inches from the heat for about 20 minutes or until lightly browned. Turn the chicken and brown for an additional 5 to 15 minutes until the chicken is tender and no longer pink.

Nutritional Information per Serving:

Calories 220-240 kcal, Protein 35-38 g, Total Fat 7-8 g, Saturated Fat 1 g, Carbohydrates 2-3 g, Fiber 1 gram, Sodium 700-750 mg (mainly from added salt)

Lemon Couscous Chicken



Makes 4 servings

Ingredients

1¼ c water
1 Tbsp extra virgin olive oil
2 c broccoli florets
1 pkg Near East Roasted Garlic & Olive Oil Couscous mix
1½ c chopped cooked chicken
Juice of 1 lemon (about 3 Tbsp)
¼ tsp lemon peel

Directions

1. In a large skillet, bring the water, oil, broccoli, and contents of the spice sack from the couscous mix to a boil. Stir in the couscous, chicken, lemon juice, and lemon peel.
2. Remove from the heat. Cover, and let stand for 5 minutes. Fluff lightly with a fork. Chill well, and serve cold.

Nutritional Information per Serving:

311 calories, 24 g protein, 39 g carbs, 7 g fat, 1 g sat. fat, 45 mg chol, 3 g fiber, 476 mg sodium

Oriental Pineapple Chicken



Makes 4 servings

Ingredients

Marinade:

1/2 cup pineapple juice
2 tbsp. rice-wine vinegar
1/2 tsp. reduced-sodium soy sauce
1/4 cup sliced green onion
1 clove garlic, minced
1/8 teaspoon freshly ground black pepper

1 lb. boneless, skinless chicken breasts, halved
8 cups assorted salad greens, such as spinach, radicchio, endive, sprouts
8 slices fresh peeled pineapple, cut 1/2 inch thick
1/2 tsp. sesame seeds, toasted

Note: To toast sesame seeds, sprinkle them into a heavy skillet. Shaking the pan and stirring seeds often, being careful not to burn them, cook over low heat until seeds make popping sound.

Prepare marinade:

Combine juice, vinegar, soy sauce, onion, garlic and pepper in glass pie plate. Add chicken and turn to coat. Marinate 30 minutes, turning once.

Arrange salad greens on four salad plates. Set aside. Remove chicken from marinade and place on broiler pan; reserve marinade.

Broil chicken 4 inches from heat approximately 3 minutes on each side or until browned and cooked through. Remove from broiler, cover and set aside. Place pineapple slices on broiler pan.

Broil 1 to 2 minutes or until fruit is cooked and browned. Remove from broiler pan.

To make dressing, bring reserved marinade to boiling in small saucepan over medium-high heat.

Reduce heat to medium and boil 3 minutes. Set dressing aside to cool slightly. Slice chicken breasts crosswise and arrange on lettuce. Spoon boiled dressing over chicken and greens.

Sprinkle with sesame seeds; add pineapple slices. Serve immediately.

Nutritional Information per Serving:

Calories 190 kcal, Protein 28 g, Total Fat 2 g, Saturated Fat 0.3 g, Carbohydrates 10 g, Fiber 2 g, Sodium 230 mg

Chicken Honey Nut Stir Fry



A simple yet elegant chicken dish, stir fried with carrots, celery and an orange honey sauce. This recipe is from The WEBB Cooks, articles and recipes by Robyn Webb, courtesy of the American Diabetes Association. Preparation time: 20 minutes Prep Time: approx. 10 Minutes. Cook Time: approx. 10 Minutes. Ready in: approx. 20 Minutes. Makes 6 servings.

Ingredients

2 teaspoons peanut oil
2 stalks celery, chopped
2 carrots, peeled and diagonally sliced
1 1/2 pounds skinless, boneless chicken breast halves - cut into strips
1 tablespoon cornstarch
3/4 cup orange juice
3 tablespoons light soy sauce
1 tablespoon honey
1 teaspoon minced fresh ginger root
1/4 cup cashews
1/4 cup minced green onions

Directions

1. Heat 1 teaspoon of the oil in a wok over high heat. Add the carrots and celery and stir fry for 3 minutes. Add remaining 1 teaspoon oil, then add the chicken and stir fry for 5 more minutes.
2. In a small bowl, dissolve the cornstarch into the orange juice. Mix in the soy sauce, honey and ginger. Add this sauce to the wok and cook over medium heat until thickened. Top with the cashews and green onions.

Nutritional Information per Serving:

Calories 235, Protein 27.3 g, Total Fat 7.9 g, Sodium 536 mg, Cholesterol 69 mg, Carbohydrates 13 g, Fiber 1.2 g

Salsa Chicken



Serves 4

Ingredients

8 cups finely shredded iceberg lettuce
3 Tablespoons chili powder
1 teaspoon ground cumin
1 pound boneless, skinless chicken breast, cut into 1" pieces
2 large egg whites
2 tablespoons extra-virgin olive oil
8 ounces chunky tomato salsa
1/2 cup fat-free sour cream
Cilantro sprigs (optional)

Directions

Divide the lettuce among 4 individual plates, cover and set aside. In a large bowl, combine the chili powder and cumin. Add the chicken, turning to coat. Lift the chicken from the bowl, shaking off the excess coating. Dip the chicken into the egg whites, then coat again with the remaining dry mixture.

Heat oil in a wide nonstick frying pan or wok over med. heat. When the oil is hot, add the chicken and stir-fry gently until no longer pink in the center. Cut to test (5-7 minutes). Remove the chicken from the pan and keep warm. Pour the salsa into the pan; reduce the heat to medium and cook, stirring, until the salsa is heated through and slightly thickened. Arrange the chicken over the lettuce; top with the salsa and sour cream. Garnish with cilantro sprigs, if using.

Nutritional Information per Serving:

266 calories, 32 g protein, 12 g carbs, 10 g fat, 2 g saturated fat, 457 mg sodium,
66 mg cholesterol, 5 g fiber

Mediterranean Stuffed Chicken



Makes 4 servings

Ingredients

4 skinless, boneless chicken breast halves - pounded thin
4 ounces low-fat cream cheese, softened (or cc sub for phase 1)
1/3 cup low-fat feta cheese
1 teaspoon garlic powder
2 teaspoons dried dill weed
2 tablespoons melted Smart Balance spread
salt and pepper to taste

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. TO MAKE FILLING: In a large bowl beat the cream cheese until smooth. Add the feta cheese, dill weed and garlic powder. Beat until smooth and creamy.
3. Put a dollop of 1/4 of the filling on each breast, then roll and tie the breasts with cooking string to seal. Brush each breast with melted Smart Balance spread and sprinkle with salt and pepper to taste. Bake uncovered in the preheated oven for 20 minutes or until the juices run clear.

Nutritional Information per Serving:

Calories 230 kcal, Protein 32 g, Total Fat 9 g, Saturated Fat 3 g, Carbohydrates 2 g, Fiber 0 g, Sodium 350 mg

Apple Stuffed Chicken Breast



Ingredients

2 skinless, boneless chicken breasts
1/2 cup chopped apple
2 tablespoons shredded low-fat Cheddar cheese
1 tablespoon finely crushed pecans (or the nut of your choice)
1 tablespoon Smart Balance spread
1/4 cup dry white wine
1/4 cup water
1 tablespoon water
1 1/2 teaspoons cornstarch
1 tablespoon chopped fresh parsley, for garnish

Directions

Combine apple, cheese, and crushed pecans. Set aside.

Flatten chicken breasts between sheets of waxed paper to 1/4 inch thickness. Divide apple mixture between chicken breasts, and roll up each breast. Secure with toothpicks.

Melt Smart Balance in a 7 inch skillet over medium heat. Brown stuffed chicken breasts. Add wine and 1/4 cup water. Cover. Simmer for 15 to 20 minutes, or until chicken is no longer pink.

Transfer chicken to a serving platter. Combine 1 TB water and cornstarch; stir into juices in pan.

Cook and stir until thickened. Pour gravy over chicken, and garnish with parsley. Serve.

Nutritional Information:

Calories 350 kcal, Protein 38 g, Total Fat 15 g, Saturated Fat 4 g, Carbohydrates 10 g, Fiber 2 g, Sugars 6 g, Sodium 150 mg

Artichoke and Tomato Chicken



Makes 6 servings

Ingredients

1/4 cup olive oil
4 fresh tomatoes, diced
3 tablespoons chopped fresh basil
2 tablespoons chopped fresh oregano
6 artichoke hearts, drained and chopped
2 red bell peppers, chopped
1 (8 ounce) package low-fat mozzarella cheese, cubed
6 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
2 cups sugar-free marinara sauce

Directions

1. Heat oil in a skillet over medium heat. Add tomatoes, basil, oregano, artichoke hearts and red peppers. Cook until just hot, then remove from heat. transfer to a large bowl and toss together with mozzarella cubes.
2. Preheat oven to 350 degrees F (175 degrees C). Lay out the pounded breasts and spoon filling onto the center, leaving an inch on each side. Adjust filling as you roll so as not to over stuff. Place them seam side down into a 2 quart baking dish. cover with marinara sauce. Place lid onto dish or cover with aluminum foil.
3. Bake for 35 to 45 minutes in the preheated oven, or until chicken is cooked through.

Nutritional Information per Serving:

Calories 280 kcal, Protein 38 g, Total Fat 10 g, Saturated Fat 3.5 g, Carbohydrates 8 g, Fiber 2 g, Sugars 5 g, Sodium 400 mg

Braised Balsamic Chicken



Makes 6 servings

Ingredients

6 skinless, boneless chicken breast halves
salt and freshly ground black pepper to taste
1 clove garlic, minced
2 tablespoons olive oil
1 onion, thinly sliced
1/2 cup balsamic vinegar
1 (14.5 ounce) can diced tomatoes
1 1/2 teaspoon fresh basil (or 1/2 teaspoon dried)
1 teaspoon dried oregano
1 teaspoon dried rosemary
1/2 teaspoon dried thyme

Directions

Season chicken breasts with ground black pepper and salt. Heat olive oil in a medium skillet, add garlic and saute for 2 minutes; add and brown the onion and chicken breasts.

Pour tomatoes and balsamic vinegar over chicken, and season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes.

Nutritional Information per Serving:

Calories 220 kcal, Protein 38 g, Total Fat 7 g, Saturated Fat 1 g, Carbohydrates 6 g, Fiber 1.5 g, Sugars 4 g, Sodium 350 mg

Broiled Herb Butter Chicken



Makes 4 servings

Ingredients

4 skinless, boneless chicken breast halves
1/2 cup Smart Balance spread, softened
3 cloves garlic, minced
1 teaspoon dried parsley
1/4 teaspoon dried rosemary (or 1/2 teas. fresh)
1/4 teaspoon dried thyme (or 1/2 teas. fresh)

Directions

Preheat oven to Broil/Grill and line broiler pan with aluminum foil.

Place chicken on pan. Pierce chicken with fork a couple of times on each side.

In a small bowl combine the Smart Balance, garlic, parsley, rosemary and thyme and mix together, then evenly spread a dollop of mixture on each chicken breast.

Broil in preheated oven, turning and frequently coating with remaining herb-butter mixture, for about 15 minutes or until chicken juices run clear.

Nutritional Information per Serving:

Calories 320 kcal, Protein 38 g, Total Fat 18 g, Saturated Fat 4 g, Carbohydrates 1 g, Fiber 0 g, Sugars 0 g, Sodium 150 mg

Buffalo Chicken Roll-Ups



Makes 4 servings.

Ingredients

4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
4 tablespoons Smart Balance spread, melted
1/2 cup hot sauce
1/2 cup shredded low-fat provolone cheese

Directions

1. In a small bowl, stir together the melted Smart Balance spread and hot sauce. Place chicken breasts in a glass bowl, and pour the sauce over. Turn to coat, cover and refrigerate for 15 to 20 minutes.
2. Preheat the oven to 400 degrees F (200 degrees C). Remove chicken breasts from the hot sauce, and place 1 tablespoon of cheese in the center of each one. Roll up, and secure with a toothpick. Repeat with remaining breasts, and place them seam side down in a glass baking dish.
3. Cover the dish, and bake for 30 minutes, or until chicken is fork tender. Increase the temperature of the oven to 450 degrees, and place the chicken 8 inches from the heat. Uncover, and bake for 5 minutes, until browned. Garnish with remaining shredded cheese, remove toothpicks, and serve with low-fat ranch or blue cheese dressing.

Nutritional Information per Serving:

Calories 280 kcal, Protein 38 g, Total Fat 12 g, Saturated Fat 4 g, Carbohydrates 2 g, Fiber 0 g, Sugars 1 g, Sodium 700 mg

California Chicken



Makes 4 servings

Ingredients

4 skinless, boneless chicken breasts
1 teaspoon olive oil
1/2 teaspoon onion powder
1 pinch salt
1 pinch ground black pepper
2 avocados - peeled, pitted and sliced
2 ripe tomatoes, sliced
1 (8 ounce) package low-fat Monterey Jack cheese, cut into 10 slices

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Warm oil in skillet and add chicken and onion. Cook 15 minutes or until chicken is browned and just about done. Add salt and pepper to taste.
3. Place chicken on cookie sheet and top each breast with 1 to 2 slices of tomato and 2 to 3 slices of cheese. Place in oven for 10 to 15 minutes, until cheese melts. Remove from oven, add 2 to 3 slices of avocado on top of each breast, and serve immediately.

Nutritional Information per Serving:

Calories 480 kcal, Protein 44 g, Total Fat 28 g, Saturated Fat 8 g, Carbohydrates 12 g, Fiber 7 g, Sugars 4 g, Sodium 350 mg

Chicken Breasts Stuffed with Dried Tomatoes and Basil



Makes 4 servings

Ingredients

1 bunch basil
1/4 cup (olive-oil packed) dried tomatoes
2 TB freshly grated low-fat Parmesan cheese
Coarsely ground black pepper
4 chicken breast halves
1 TB olive oil from dried tomatoes
1/2 teaspoon salt

Directions

Preheat oven to 425 F. Chop enough basil to equal ¼ cup; reserve remaining for garnish.

Coarsely chop dried tomatoes.

Cut small pockets lengthwise into the chicken breast, taking care not slice all the way through.

In small bowl, mix basil, tomatoes, Parmesan, and ½ teaspoon pepper. Stuff mixture into pockets of chicken. Secure with toothpicks.

Place in 13 by 9 glass baking dish.

Brush chicken lightly with olive oil (from tomatoes) and sprinkle with salt and pepper. Bake chicken for 35 to 40 minutes, basting occasionally with pan juices to keep moist. Chicken is done with juices run clear when pierced with the tip of a knife.

Nutritional Information per Serving:

Calories 280 kcal, Protein 38 g, Total Fat 12 g, Saturated Fat 3 g, Carbohydrates 3 g, Fiber 1 g, Sugars 2 g, Sodium 450 mg

Chicken Creole with Chili Cream Sauce



Serves 4

Ingredients

4 boneless chicken breast halves
2t. Creole or Cajun seasoning
1T. extra-virgin olive oil
1 can low-sodium fat-free cream of chicken soup
1/2 c. water
1 (4oz) can chopped green chilies
1t. lime juice
1/4c. fat-free or low-fat sour cream

Directions

Season chicken with Creole seasoning. Heat oil in skillet.

Add chicken and cook until browned.

Add soup, water, chilies, and lime juice.

Cook over low heat 5 mins. or until done.

Stir in sour cream and heat through.

Nutritional Information per Serving:

Calories 260 kcal, Protein 38 g, Total Fat 8 g, Saturated Fat 1.5 g, Carbohydrates 5 g, Fiber 1 g, Sugars 2 g, Sodium 450 mg

Chicken Feta



Serves 4

Ingredients

4 (4 ounce) skinned, boned chicken breast halves
1/4 cup dry whole wheat bread crumbs
1/4 cup crumbled feta cheese with basil and tomato
cooking spray
1 1/2 teaspoons Smart Balance, melted
3 cups torn spinach
1/2 cup chopped fresh basil
1 tablespoon balsamic vinegar
1 teaspoon olive oil
1/8 teaspoon pepper

Directions

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness, using a meat mallet or rolling pin. Dredge chicken in breadcrumbs. Spoon 1 tablespoon cheese onto each piece of chicken; fold chicken in half.

Place folded breast halves in an 8-inch square baking dish coated with cooking spray. Drizzle melted Smart Balance over chicken. Bake, uncovered, at 400 degrees for 25 minutes or until chicken is done.

Combine spinach and basil in a bowl; drizzle with vinegar and oil. Sprinkle pepper over salad; toss well. Serve chicken over salad.

Nutritional Information per Serving:

Calories 230-250 kcal, Protein 30 g, Total Fat 8 g, Saturated Fat 2.5 g, Carbohydrates 6 g, Fiber 2 g, Sugars 1 g, Sodium 350 mg

Chicken Marsala Florentine



Ingredients

4 boneless, skinless chicken breast halves
1/4 cup ThickenThin Not/Starch Thickener (flour substitute)
salt and pepper to taste
1 tablespoon dried oregano
2 tablespoons olive oil
3/4 cup Smart Balance spread
3 cups sliced Portobello mushrooms
3/4 cup sun-dried tomatoes
1/2 cup packed fresh spinach
1 cup Marsala wine

Directions

1. Place chicken breasts between two pieces of wax paper, and pound to 1/4 inch thick with a meat mallet. Dust chicken with flour substitute, salt , pepper and oregano.
2. In a skillet, cook chicken in olive oil over medium heat. Cook until done, turning to cook evenly. Set aside, and keep warm.
3. In the same pan, melt the Smart Balance over medium heat; add mushrooms, sun-dried tomatoes, and Marsala wine. Cook for approximately 10 minutes, stirring occasionally. Mix in spinach, and cook for about 2 minutes. Serve over chicken.

Nutritional Information per Serving:

Calories 480-520 kcal, Protein 45-50 g, Fat 30-35 g, Carbohydrates 10-15 g, Fiber 3-4 g

Chicken Nuggets



Makes 4 servings

Ingredients

2 cups bite size shredded wheat (100% whole wheat only) crushed to one cup
1/2 cup grates parm. cheese
1/2 tsp. seasoned salt
1/4 tsp paprika
1/8 tsp garlic powder (more if you like!)
1/2 cup lowfat mayo
2 tsp. prepared mustard
1 lb boneless skinkless breast of chicken cut into 3/4 inch strips

Directions

1. Preheat oven to 400
2. Combine cereal, cheese, salt, paprika and garlic powder.
3. In separate bowl, combine mayo and mustard
4. dredge chicken in mayo mix then roll in dry mix.
5. Bake on Pam-sprayed cookie sheet 12 to 15 minutes until no longer pink inside.

This recipe also calls for 1 tbsp honey to mix in with the mayo mix but I simply omit it. Others could use stevia or whatever... I don't know. You get the idea, though! these shredded wheat babies make a great alternative to whole wheat flour for something like this!

Nutritional Information per Serving:

Calories 350-400 kcal, Protein 40-45 g, Fat 15-18 g, Carbohydrates 15-18 g, Fiber 3-4 g

Chicken Rollups



Makes 4 servings

Ingredients

4 skinless, boneless chicken breast halves
1 (8 ounce) package ff cream cheese with chives
2 tablespoons melted Smart Balance spread

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Pound meat to between 1/4 and 1/8 inch thick.
2. Spread about a tablespoon of seasoned cream cheese on the bottom of each breast half. Roll up, and place in a casserole dish. Drizzle melted Smart Balance spread over rollups.
3. Bake in the preheated oven for about 30 minutes, or until chicken is cooked through and juices run clear.
4. Melt extra cream cheese with chives in the microwave, and use as sauce for the chicken.

Nutritional Information per Serving:

Calories 280-320 kcal, Protein 45-50 g, Fat 8-10 g, Carbohydrates 2-4 g, Fiber 0 g

Chicken with Lemon-Caper Sauce



Makes 4 servings

Ingredients

1/4 teaspoon salt, divided
1/4 teaspoon black pepper, divided
4 (4 ounce) boneless, skinless chicken breast halves
1 tablespoon extra-virgin olive oil
olive-oil cooking spray
1/3 cup extra-dry vermouth (or low-sodium chicken broth)
3 tablespoons fresh lemon juice
1 1/2 teaspoons capers
1 tablespoon chopped fresh parsley

Directions

1. Sprinkle 1/8 teaspoon salt and 1/8 teaspoon pepper evenly over chicken. Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken; cook 6 minutes on each side or until chicken is done. Remove from skillet. Set aside; keep warm.
2. Add 1/8 teaspoon salt, 1/8 teaspoon pepper, vermouth, lemon juice, and capers to skillet, scraping skillet to loosen browned bits. Cook until reduced to 1/4 cup (about 2 minutes). Stir in parsley. Spoon sauce over chicken.

Nutritional Information per Serving:

Calories 220-260 kcal, Protein 30-35 g, Fat 9-11 g, Carbohydrates 3-5 g, Fiber 0.5 g

Chicken-Stuffed Poblanos



Makes 4 servings

Ingredients

8 medium poblano chiles (1 1/4 lb)
1 large onion, finely chopped
1/2 TB extra-virgin olive oil
1/4 cup water
2 plum tomatoes, finely diced
2 cups choppped cooked chicken breast meat (1/2 lb)
1 teaspoon kosher salt
1/2 teaspoon black pepper
2 1/2 oz low-fat Monterey Jack cheese cut into 1/4 inch dice (about 2/3 cup)

Directions

Roast chiles:

Lay 4 chiles on their sides on racks of gas burners and turn flames on high. (OR broil all 8 chiles on rack on broiler pan about 2 inches from heat) Roast chiles, turning w/ tongs, until skins are blistered but not blackened, 4 to 6 minutes (be careful not to overroast, so that the chiles do not fall apart!)Transfer immediately to a large Ziploc bag, then close and allow chiles to steam. Roast remaining chiles in same manner.

Make filling:

Cook onion in oil in non-stick skillet over low heat, stirring, until onion begins to turn golden, about 4 minutes. Add water and cook, stirring occasionally, until water is evaporated and onion is tender, about 5 minutes. Add tomatoes and cook, stirring until softened, about 4 minutes. Remove from heat and stir in chicken, salt, and pepper. Cool completely, then stir in cheese.

Stuff and bake chiles:

Preheat oven to 350 F. Rub skins off chiles. Cut a slit lengthwise in each chile and carefully remove seeds (leave stem attached).

Stuff filling into chiles though slits, keeping chiles intact. Place chiles in a 13 by 9 baking dish and cover tightly w/ foil. Bake in middle of oven until cheese is melted, about 30 minutes.

Nutritional Information per Serving:

Calories 220-260 kcal, Protein 30-35 g, Fat 8-10 g, Carbohydrates 8-10 g, Fiber 3-4 g

Cottage Cheese Spinach Chicken



Makes 4 servings

Ingredients

1 (10 ounce) package frozen chopped spinach, thawed
1/2 yellow onion, chopped
1 cup low-fat cottage cheese
4 skinless, boneless chicken breast halves
2 tablespoons Cajun-style seasoning
2 tablespoons melted Smart Balance spread

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Squeeze excess water out of thawed spinach; in a large bowl, mix spinach with onion and cottage cheese and set aside.
3. Season chicken breasts with Cajun-style seasoning, then place 1/4 of cheese/spinach mixture in the center of each breast and fold in half. Secure with toothpicks and place in a lightly greased 9x13 inch baking dish.
4. Drizzle with melted Smart Balance spread and bake at 350 degrees F (175 degrees C) for about 25 minutes, or until chicken is cooked through and juices run clear.

Nutritional Information per Serving:

Calories 320-360 kcal, Protein 45-50 g, Fat 12-14 g, Carbohydrates 6-8 g, Fiber 2-3 g

Feta Cheese and Bacon Stuffed Breasts



Makes 4 servings

Ingredients

8 tablespoons extra-virgin olive oil
2 teaspoons lemon juice
4 cloves crushed garlic
1 tablespoon dried oregano
salt and pepper to taste
4 skinless, boneless chicken breasts
4 slices ff/low fat feta cheese
4 slices bacon (turkey or Canadian), cooked and drained

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a small bowl combine the oil, lemon juice, garlic, oregano, salt and pepper. Mix together. Place chicken in a 9x13 inch baking dish and pour oil mixture over chicken.
3. Stuff each chicken breast with 1 slice feta cheese and 1 slice bacon. Secure open sides with toothpicks.
4. Bake uncovered at 350 degrees F (175 degrees C) for 30 to 35 minutes.

A cucumber salad makes a great accompaniment.

Nutritional Information per Serving:

Calories 450-500 kcal, Protein 45-50 g, Fat 30-35 g, Carbohydrates 2-4 g, Fiber 0-1 g

Garlic-Stuffed Chicken



Makes 4 servings

Ingredients

2 cups of water
8 cloves of garlic, unpeeled
6 tablespoons chopped fresh parsley, divided
1/4 teaspoon salt
4 boneless skinless chicken breasts
1/4 cup low-sodium chicken broth
2 tablespoons lemon juice

Directions

In a small saucepan, bring water to a boil. Add garlic; cook for 10 minutes. Drain garlic; peel and cut into thin slices. In a small bowl, combine garlic, 1/4 cup of chopped parsley, lemon peel, and salt. Mix well.

Cut chicken breasts in half, but not all the way. You want to create a "pocket" in them. Place about 1 teaspoon of garlic mixture between each chicken breast.

Heat a large skillet over medium-high heat. Add chicken; cook until golden brown, about 4 minutes. Turn chicken; reduce heat to medium.

Cover and cook until no longer pink in the center, about 10 to 12 minutes. Transfer chicken to a plate. Using paper towels, wipe any fat from skillet.

Add remaining chopped parsley, broth, and lemon juice to the pan. Bring to a boil; cook for 1 minute. Spoon mixture over chicken.

Nutritional Information per Serving:

Calories 180-200 kcal, Protein 30-32 g, Fat 3-4 g, Carbohydrates 3-4 g

Greek Chicken



Makes 4 Servings

Ingredients

1 pound boneless chicken
1 c crumbled ff- or lf feta cheese
½ tsp dried oregano (0.5 g)
1 tbsp lemon juice (1.3 grams of carbs)
1 tbsp oil
salt & pepper to taste
1 c chicken broth
½ c tomato diced (5.8 grams of carbs)
1 c fresh spinach (2.4 grams of carbs)

Directions

Flatten chicken. Combine feta, lemon juice and oregano. Spread over chicken. Fold chicken to enclose filling; secure with a toothpick.

Heat oil in a skillet until hot. Add chicken and cook until golden brown. Mix chicken broth, tomato and spinach. Add to skillet, heat to boiling. Reduce heat to low; cover & simmer 8-10 minutes. Serve.

Nutritional Information per Serving:

Calories 280-320 kcal, Protein 35-38 g, Fat 12-14 g, Carbohydrates 5-6 g

Grilled Chicken with a Flare



Ingredients

8 skinless chicken breasts
1/2 cup fresh lime juice
1/2 cup green hot sauce
1/4 cup chopped fresh cilantro
1/4 cup chopped green onions
1 teaspoon sliced jalapeno peppers
1 teaspoon white wine vinegar
1 teaspoon cumin
1 teaspoon salt
1 teaspoon Cajun Spice

Directions

Place the chicken in a large zip-lock bag.

In a bowl, combine the lime juice, pepper sauce, cilantro, onions, peppers, vinegar and cumin. Pour into the bag with the chicken. Seal the bag, place inside a large bowl or baking dish, and refrigerate for at least 4 and up to 8 hours. Turn the bag occasionally to marinate evenly. (Alternately, the chicken and marinade can be placed in a non-reactive baking dish and tightly covered with plastic wrap. Turn the pieces occasionally.)

Preheat a grill.

Remove the chicken from the marinade and pat dry. Season both sides with the salt and Cajun spice. Grill over a medium flame, with the lid closed, until brown on both sides, cooked through and the juices run clear, about 25 minutes, turning frequently.

Nutritional Information per Serving:

Calories 180-200 kcal, Protein 35-40 g, Fat 3-4 g, Carbohydrates 1-2 g, Fiber 0.5 g, Sodium 600-800 mg

Grilled Chicken with Maple-Pecan Glaze



Makes 4 servings

Ingredients

For the maple glaze:

2 tablespoons apple cider vinegar
2 tablespoons Splenda
1/4 cup Sugar-free maple syrup
2 tablespoons diced pecans, toasted
salt to taste
white pepper to taste

For the grilled chicken:

4 skinless, boneless chicken breasts, 3 to 4 oz. each
1 tablespoon extra-virgin olive oil
salt and pepper

Directions

For the maple glaze:

1. In a small saucepan, heat the cider vinegar and sugar over medium heat until the mixture boils and the Splenda dissolves. Add the maple syrup and bring it to a boil. Lower the heat and simmer for 1 to 2 minutes to thicken. Remove from heat and stir in the toasted pecans.
2. Season with salt and pepper to taste.

For the grilled chicken:

3. Preheat the grill to medium-high.
4. Sprinkle the chicken breasts with salt and pepper and drizzle with olive oil.
5. Place the chicken on the grill and cook for about 5 to 6 minutes per side, until the juices run clear.
6. Place the chicken on a serving platter and brush it with the maplepecan glaze.

Nutritional Information per Serving:

Calories 180-220 kcal, Protein 25-28 g, Fat 7-9g, Carbohydrates 3-5 g, Fiber 1g, Sodium 200-300mg

Italian Chicken in Foil



Makes 2 servings

Ingredients

2 chicken breasts
1/4 tsp. salt
1 tbsp. Smart Balance spread
2 med. zucchini
3 lg. pitted ripe olives
2 tbsp. tomato sauce
1/2 tsp. oregano leaves
Assorted peppers (red, green, yellow bell)

Directions

Sprinkle chicken pieces with salt. Cut zucchini into 1/4" slices. Layer zucchini and peppers on 18"x12" piece of double thickness heavy-duty aluminum foil. Top with chicken, olives, tomato sauce and oregano; dot with butter. Wrap securely in foil. Place on grill 5" from medium coals. Cook 25 to 30 minutes on each side or until chicken and vegetables are tender.

Nutritional Information per Serving:

Calories 220-250 kcal, Protein 35-38 g, Fat 8-10 g, Carbohydrates 6-8 g, Fiber 2-3 g,
Sodium: 400-600 mg

Lemon Baked Chicken



Makes 8 servings

Ingredients

1 (4 pound) whole chicken
*chicken breasts are recommended for this diet.
2 tablespoons salt
1 lemon, halved
1 tablespoon paprika
1 cup water

Directions

1. Preheat oven to 300 degrees F (150 degrees C).
2. Rub chicken with salt inside and out. Squeeze lemon juice from lemon halves over outside of chicken, then rub paprika over all. Place squeeze lemon halves inside chicken cavity, then place chicken in a lightly greased 9x13 inch baking dish. Pour a little water over chicken to prevent drying.
3. Bake at 300 degrees F (150 degrees C) for 3 hours, basting with water as needed.

Nutritional Information per Serving:

Calories 280-320 kcal, Protein 40-45 g, Fat 12-15 g, Carbohydrates 0-1 g, Fiber 0 g, Sodium 1500-2000 mg

Lemon Pepper Chicken



Makes 6 servings

Ingredients

6 skinless, boneless chicken breast halves
1 teaspoon lemon pepper
1 pinch garlic powder
1 teaspoon onion powder

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place chicken in a lightly greased 9x13 inch baking dish. Season with lemon pepper, garlic powder and onion powder to taste. Bake in preheated oven for 15 minutes.
3. Turn over chicken pieces and add more seasoning to taste. Bake for an additional 15 minutes, or until chicken is cooked through and juices run clear.

Nutritional Information per Serving:

Calories 180-200 kcal, Protein 35-40 g, Fat 3-4 g, Carbohydrates 0-1 g, Fiber 0 g,
Sodium 300-500 mg

Lemon Thyme Chicken



Makes 4 servings

Ingredients

4 skinless chicken breasts
1/4 cup olive oil
1/2 cup finely chopped fresh thyme
1/2 cup finely chopped lemon zest
Juice of one lemon
Salt and pepper

Directions

Preheat the grill. Preheat the oven to 400 degrees. In a small mixing bowl, combine 2 tablespoons of olive oil, fresh thyme, lemon zest, and lemon juice. Mix thoroughly. Season the chicken with salt and pepper. Rub the chicken breasts with the lemon and thyme rub. Place the chicken on the grill and grill for 10 to 15 minutes on each side.

Nutritional Information per Serving:

Calories 280-320 kcal, Protein 35-40 g, Fat 14-16 g, Carbohydrates 1-2 g, Fiber 0.5 g, Sodium 200-400 mg

Monterey Chicken Roll Ups



Makes 4 servings

Ingredients

4 skinless, boneless chicken breasts
1/2 pound ff or lf Monterey Jack cheese
8 jalapeno peppers
8 slices turkey bacon
salt and ground black pepper to taste
1 pinch garlic powder

Directions

1. Soak skewers in water for 1 hour.
2. Pound breasts between 2 pieces of plastic wrap. It should be about 1/4 inch thick. Cut in half lengthwise. Sprinkle with salt, pepper, and garlic powder on both sides.
3. Cut cheese in to strips to fit lengthwise on pounded breast. Put a slice of jalapeno beside the piece of cheese. Roll the breast from the bottom, and set it down with the overlap down. Wrap with a whole piece of bacon around the ends to keep the cheese in as it cooks. Put on soaked wooden skewer.
4. Grill over medium heat until done.

Nutritional Information per Serving:

Calories 320 kcal, Protein 45 g, Fat 9 g, Carbohydrates 3 g, Fiber 1 g, Sodium: Variable depending on added salt and turkey bacon brand

Mushroom-Cheese Chicken



Makes 4 servings.

Ingredients

4 skinless, boneless chicken breast halves
4 ounces fresh mushrooms, sliced
1 teaspoon coarse ground black pepper
6 ounces shredded low fat or ff Cheddar cheese (other cheeses may be substituted, if desired)

Directions

1. Preheat oven grill to medium heat.
2. Line a grilling pan with aluminum foil. Grill chicken breasts in preheated oven for 25 to 35 minutes or until they are cooked through and the juices run clear.
3. Meanwhile, place mushrooms in a medium skillet, season with salt and pepper to taste, cover skillet and cook over high heat until the juices run. Once that happens, lower heat, remove cover and carry on cooking until liquid has evaporated. Add mushrooms to grilled chicken and sprinkle shredded cheese on top. Grill for about 8 to 10 minutes, until the cheese is golden and bubbly.

Nutritional Information per Serving:

Calories 280 kcal, Protein 43 g, Fat 8 g, Carbohydrates 3 g, Fiber 1 g, Sodium: Variable depending on cheese brand

Mushroom-Swiss Chicken



Makes 4 servings.

Ingredients

4 skinless, boneless chicken breasts
2 cloves crushed garlic
3 tablespoons extra-virgin olive oil
3 tablespoons red wine vinegar
1 tablespoon cajun-style/creole seasoning
1 cup chopped green onion
1 (8 ounce) package sliced fresh mushrooms
4 slices low-fat Swiss cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Combine oil and garlic in a 9x13 inch baking dish. Add chicken breasts and coat well with the oil and garlic.

Sprinkle with the vinegar and Cajun seasoning.

Bake at 350 degrees F (175 degrees C) for 30 minutes.

Remove chicken from oven and cover with green onion and mushrooms; then add a few more sprinkles of oil and vinegar and return dish to oven for 15 to 20 minutes more. Remove from oven and immediately place 1 slice of cheese on top of each chicken breast; allow cheese to melt.

Serve immediately.

Nutritional Information per Serving:

Calories 370 kcal, Protein 45 g, Fat 18 g, Carbohydrates 5 g, Fiber 1 g, Sodium: Variable depending on cheese and seasoning

Pepperoni Chicken Rollups



Makes 4 servings

Ingredients

4 skinless, boneless chicken breasts
20 slices pepperoni sausage
8 ounces sliced pepperoni sausage
4 slices low-fat mozzarella cheese
1 (28 ounce) jar sugar-free spaghetti sauce
1 pinch garlic powder
salt and pepper to taste
1 teaspoon Italian-style seasoning

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Pound chicken breasts flat with a meat mallet. Season to taste with garlic powder, salt, pepper and Italian style seasoning.
3. Place 4 to 5 slices pepperoni on each breast and top each with a slice of cheese. Roll up breasts and fasten with toothpicks.
4. Dice 1/2 stick pepperoni and saute in a medium skillet until it has released most of its oil. Remove pepperoni from skillet and set aside. Brown chicken rolls in pepperoni oil about 5 to 10 minutes each side. Place chicken in a baking dish. Combine spaghetti sauce and sliced pepperoni and pour over chicken. Bake in the preheated oven for 30 to 40 minutes.

Nutritional Information per Serving:

Calories 520 kcal, Protein 55 g, Fat 28 g, Carbohydrates 8 g, Fiber 2 g, Sodium: Variable depending on pepperoni, cheese, and sauce brands

Roasted Chicken-Rotisserie



Makes 8 servings

Ingredients

4 teaspoons salt
2 teaspoons paprika
1 teaspoon onion powder
1 teaspoon dried thyme
1 teaspoon white pepper
1/2 teaspoon cayenne pepper
1/2 teaspoon black pepper
1/2 teaspoon garlic powder
2 onions, quartered
2 (4 pound) whole chickens

Directions

1. In a small bowl, mix together salt, paprika, onion powder, thyme, white pepper, black pepper, cayenne pepper, and garlic powder. Remove and discard giblets from chicken. Rinse chicken cavity, and pat dry with paper towel. Rub each chicken inside and out with spice mixture. Place 1 onion into the cavity of each chicken. Place chickens in a resealable bag or double wrap with plastic wrap. Refrigerate 4 to 6 hours, or overnight.
2. Preheat oven to 250 degrees F (120 degrees C).
3. Place chickens in a roasting pan. Bake uncovered for 5 hours. Let the chickens stand for 10 minutes before carving.

* While SB dieters are encouraged to eat chicken breasts rather than dark meat, I have found that this recipe is exceptional for those with a family to feed. I personally remove the skin of the breast, before eating.

Nutritional Information per Serving:

Calories 550-600 kcal, Protein 60-65 g, Fat 30-35 g, Carbohydrates 5-7 g, Sodium: High, due to 4 teaspoons of salt used in the recipe

Rosemary Chicken



Makes 4 servings

Ingredients

4 skinless, boneless chicken breast halves
2 tablespoons extra-virgin olive oil
1 teaspoon seasoning salt
1 1/2 teaspoons
Cajun seasoning, to taste
1 teaspoon fresh rosemary
1 onion, finely diced

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place chicken breasts in a 9x13 inch glass baking dish with a cover. Add oil, salt, and Cajun seasoning. Mix with your hands until chicken pieces are evenly coated. If using fresh rosemary, chop and sprinkle over chicken. If using dried rosemary, crush with hands and sprinkle over chicken. Using your hands again, mix together coating chicken evenly. Lay diced onions on top of chicken. Cover dish and bake in the preheated oven until onions are soft and the chicken is brown and cooked through (juices run clear).

Nutritional Information per Serving:

Calories 280 kcal, Protein 38 g, Fat 10 g, Carbohydrates 5 g, Sodium 550 mg

Rosemary Chicken with White Beans



Makes 4 servings

Ingredients

2 Tbs oil
4 chicken breast halves
1 cup carrots, sliced
½ cup celery, sliced
1 can Great Northern or other white beans, drained and rinsed
½ tsp salt
½ tsp pepper
1 tsp rosemary
1/3 cup fat free Italian dressing

Directions

Heat oil in skillet. Brown chicken breasts in hot oil. Remove and drain. Place carrots, celery, and beans in stoneware. Add chicken breasts. Combine salt, pepper, rosemary and Italian dressing and pour over ingredients in stoneware. Stir slightly to combine. Cover; cook on Low 8 to 9 hours or on High 4 to 5 hours.

Nutritional Information per Serving:

Calories 350-400 kcal, Protein 40-45 g, Fat 10-12 g, Carbohydrates 15-18 g, Sodium: Moderate, around 500-600 mg

Spinach-Cheese Stuffed Chicken



Makes 4 servings

Serve with tossed salad.

Ingredients

1 (10 ounce) package frozen chopped spinach, thawed
1/2 yellow onion, chopped
1 clove minced garlic
1 cup low-fat/ff cottage cheese
4 skinless, boneless chicken breast halves
2 tablespoons Cajun seasoning
2 tablespoons melted Smart Balance spread

Directions

1. Preheat oven to 325 degrees F (165 degrees C).
2. Squeeze excess water out of thawed spinach; in a large bowl, mix spinach with onion, garlic and cottage cheese and set aside.
3. Season chicken breasts with Cajun-style seasoning, then place 1/4 of cheese/spinach mixture in the center of each breast and fold in half. Secure with toothpicks and place in a lightly greased 9x13 inch baking dish.
4. Drizzle with melted Smart Balance spread and bake at 350 degrees F (175 degrees C) for about 25 minutes, or until chicken is cooked through and juices run clear.

Nutritional Information per Serving:

Calories 320-350 kcal, Protein 45 g, Fat 12-15 g, Carbohydrates 6-8 g, Sodium: Moderate, depending on Cajun seasoning and cottage cheese

Stuffed Chicken Breasts



Makes 4 servings

Ingredients

4 skinless, boneless chicken breasts
1/2 cup mayonnaise (or ff cream cheese)
1/2 cup crumbled fat free feta cheese
2 cloves garlic, chopped
1 (10 ounce) package frozen chopped spinach, thawed and drained
4 slices bacon (can substitute turkey bacon)

Directions

1. In a medium bowl, mix mayonnaise, spinach, feta cheese, and garlic until well blended. Set aside.
2. Carefully butterfly chicken breasts, making sure not to cut all the way through. Spoon spinach mixture into chicken breasts. Wrap each with a piece of bacon, and secure with a toothpick. Place in shallow baking dish. Cover.
3. Bake at 375 degrees F (190 degrees C) for 1 hour, or until chicken is no longer pink.

Nutritional Information per Serving:

Calories 320-350 kcal, Protein 40-45 g, Fat 15-18 g, Carbohydrates 2-4 g, Fiber 1-2 g

Turkey Roll-Ups



Ingredients

4 slices turkey breast (I use deli style)
4 med. Boston lettuce leaves
4 scallions
4 red or green pepper strips
Cilantro Mayonnaise (see below)

Directions

Place 1 slice of turkey on a lettuce leaf spread with Cilantro Mayonnaise or Joe's Mustard Sauce recipe (I prefer this one)Add 1 scallion and 1 pepper strip. Fold into a tight, cigar like roll.

Ham may be substituted for the turkey. Cilantro Mayonnaise can be used as a dip instead of a spread.

Per Serving: 54 calories, 10 g protein, 2 g carbohydrates, 1 g fat, 0 g saturated fats, 604 sodium, 17 mg cholesterol, 1 g fiber

Cilantro Mayonnaise

3/4 cup reduced-fat mayonnaise
3/4 cup loosely packed cilantro leaves
1 tablespoon fresh lime juice
1 teaspoon light soy sauce
1 small clove garlic

Place the mayonnaise, cilantro, lime juice, soy sauce, and garlic in a blender or food processor.

Blend until smooth.

Yield 3/4 cup

Per Tablespoon:

36 calories, 0 g. protein, 3 g carbohydrates, 3 g fat, 1 g saturated fats, 104 mg sodium, 4 mg cholesterol, 0 g fiber

Turkey Marsala {Crockpot Recipe}



Makes 4 servings

Ingredients

2 leeks, washed and julienne
3 lbs. turkey breast, skinless
2 TB Smart Balance spread, melted
12 mushrooms, sliced
1/2 teaspoon salt
1/8 teaspoon ground pepper
2 TB chopped fresh parsley
3/4 cup low-sodium chicken broth or bouillon
1/2 cup Marsala or dry sherry
2 TB cornstarch
2 TB cold water

Directions

Place leeks in slow cooker. Brush turkey breast with melted Smart Balance. Arrange turkey over leeks, top turkey with mushrooms. Sprinkle with salt, pepper, and parsley. Pour broth/bouillon and wine over all. Cover and cook on low for 6 to 7 hours.

Remove turkey and leeks with slotted spoon; cover and keep warm.

Turn pot on high. Dissolve cornstarch into water. Stir juices in pot. Cover and cook for 15 to 20 minutes, until thickened, stirring occasionally.

Nutritional Information per Serving:

Calories 320-350 kcal, Protein 55-60 g, Fat 8-10 g, Carbohydrates 8-10 g, Fiber 2-3 g

Apple Walnut Chicken Salad



Makes 2 servings

Ingredients

5 ounces cooked chicken breast, cut into 1/2" to 3/4" chunks
1/2 cup chopped celery
3/4 cup chopped apple
2 ounces chopped walnuts
1 tablespoon raisins
1/3 cup prepared low-sugar Italian dressing
Bibb Lettuce

Directions

In a medium bowl, gently stir together the chicken, celery, apple, walnuts, and raisins. Pour the dressing over the mixture and toss gently to coat.

Serve on a bed of Bibb lettuce.

Nutritional Information per Serving:

444 calories, 27 g protein, 33 g carbohydrates, 25 g fat, 3 g saturated fat, 391 mg sodium, 63 mg cholesterol, 8 g fiber

Chicken Sauté with Riesling



Makes 4 servings

Ingredients

1 TB Plus 1 tsp. Smart Balance spread
10 oz skinless, boneless chicken breasts, cut into 8 equal pieces
1 cup sliced shallots
1/2 cup low-sodium chicken broth
1/4 cup (2 fl. oz) dry Riesling wine
2 TB minced fresh parsley
1 teas white wine vinegar
1/2 teas dried thyme leaves
1/2 teas dried chervil leaves
1/4 teas salt
1/4 teas black pepper
1/2 teas cornstarch, dissolved in 1 TB cold water

Directions

In large skillet, heat 2 teaspoons of the Smart Balance spread; add chicken. Cook over mediumhigh heat 2 minutes on each side, until golden brown. Remove chicken from skillet; set aside.

In same skillet, heat remaining 2 teaspoons Smart Balance spread; add shallots. Cook, stirring frequently,4-5 minutes, until shallots are golden brown; stir in broth, wine, parsley, vinegar, thyme, chervil, salt and pepper. Reduce heat to low; cook, stirring occasionally, 5 minutes.

Stir in dissolved cornstarch; cook until sauce is slightly thickened. Return chicken to skillet; cook, basting with pan juices, 3 minutes, until chicken is cooked through.

Nutritional Information per Serving:

Calories 130-150 kcal, Protein 22-25 g, Fat 4-5 g, Carbohydrates 4-6 g, Fiber 1 g

Chinese Braised Chicken {Crockpot Recipe}



Makes 5 servings

Ingredients

1 cup chopped onions
1 (3-lb) chicken, whole or cut-up
1 cup water
1/2 cup low-sodium soy sauce
2 TB chopped fresh ginger
2 TB Splenda
1 clove garlic, crushed
Salt and pepper, to taste

Chinese Relish:

1 cup finely chopped green onions
1/3 cup chopped fresh cilantro
1 TB grated fresh ginger
1/2 teaspoon sesame oil
1 TB rice-wine vinegar, or sherry
Salt and pepper, to taste
Toasted sesame seeds, for garnish

Directions

Place onions in slow-cooker; add chicken. (If using whole chicken, place breast side down)

In a small bowl combine water, soy sauce, ginger, Splenda and garlic; pour over chicken. Cover and cook on low for 6 to 7 hours. Season with salt and pepper, to taste.

Chinese relish: Combine all ingredients in a small bowl. Season with salt and pepper.

Serve with chicken, and top with sesame seeds.

Nutritional Information per Serving:

Calories 350-400 kcal, Protein 45-50 g, Fat 10-12 g, Carbohydrates 8-10 g, Sodium: Estimated 600-700 mg (due to soy sauce and seasonings)

Herb-Stuffed Turkey Breast {Crockpot Recipe}



Makes 4 servings

Ingredients

1 (2-1/4 to 2-1/2 lb) half turkey breast, boned, with skin
1 Tb Dijon-style mustard
6 thin slices (about 1/2 lb) Canadian bacon
4 to 5 fresh sage leaves
1 TB chopped fresh parsley
1/4 teaspoon salt
1/8 teaspoon pepper
1 TB cornstarch
1/4 cup dry white wine

Directions

Place turkey breast skin side down. Spread cut surfaces with mustard; top with Canadian bacon, sage and parsley.

Fold long sides of breast over stuffing so they overlap slightly. Skewer or tie to hold sides together. Sprinkle with salt and pepper. Place skin-side up on rack in slow cooker. Cover and cook on low for about 6 hours.

Remove turkey and rack from pot; let juices remain. Keep covered and warm. Turn pot on high.

Dissolve cornstarch in wine. Stir into drippings in pot. Cover and cook on high 20 to 30 minutes, until thickened, stirring occasionally.

Remove skewer or tie from turkey. Slice turkey into 1/2 inch slices, and serve with sauce.

Nutritional Information per Serving:

Calories 350-400 kcal, Protein 45-50 g, Fat 15-18 g, Carbohydrates 3-5 g, Sodium: Estimated 900-1100 mg (due to Canadian bacon and mustard)

Italian Roll-Ups {Crockpot Recipe}



Makes 4 servings

Ingredients

1/4 cup pine nuts, coarsely chopped
1 garlic clove, minced
2 TB chopped fresh parsley
2 TB chopped fresh basil
1 TB olive oil
1/4 teaspoon salt
1/8 teaspoon pepper
1-1/2 lb boneless round steak, about 1/2 inch thick
6 slices prosciutto, well trimmed
1 cup beef broth or bouillon
1 oz dried porcini or shitake mushrooms
1/2 cup dry red wine
2 TB cornstarch
1/4 cup cold water
Pine nuts

Directions

In small bowl, combine 1/4 cup chopped pine nuts, garlic, parsley, basil, oil, salt and pepper.

Remove fat from steak. Cut into 6 pieces about 3 inches by 4 inches. Pound to 1/4 inch thickness or 4 by 6 inches.

Place a slice of prosciutto on each side of pounded steak. Spoon about 1 TB herb mixture on each. Roll up like a jelly roll; secure with string. Place on bottom of slow cooker.

Heat broth/bouillon to boiling. Pour over dried mushrooms. Add to cooker. Pour in wine. Cover; cook on low 6 to 7 hours.

Remove meat; cover and keep warm. Turn pot on high. Dissolve cornstarch in water. Stir liquid into pot. Cover; cook on high 15 to 20 minutes. Spoon over roll-ups. Garnish with additional pine nuts.

Nutritional Information per Serving:

Calories 450-500 kcal, Protein 50-55 g, Fat 25-28 g, Carbohydrates 6-8 g, Sodium: Estimated 900-1100 mg (due to prosciutto, broth, and seasonings)

South Beach Rolladens



Makes 4 servings

Ingredients

1-2 pounds sirloin tip steak
1 Package of turkey bacon
1 Onion (whatever kind you like or is on sale)
Olive Oil
Toothpicks

Directions

Cut bacon in ½ inch pieces and chop onion. Fry these together until bacon cooked. With a meat tenderizer (the hammer like thing) pound the steak until thin and even thickness. Cut into 1 ½ inch wide 2 inch long strips (approximate size). Put a ½ to 1 spoonful of the bacon/onion mixture onto each strip. Here's the tricky part…roll each strip into a small burrito shaped roll holding all the mix in the middle. Secure with 1-2 toothpicks each to keep closed. Pan fry in olive oil using the same pan that you cooked the turkey bacon and onion in. Do this on all sides. It will cook through as you brown the sides. Serve. If anyone likes mushrooms you can add ones that you have sautéed in olive oil to the end or in the middle mixture.

Nutritional Information per Serving:

Calories 350-400 kcal, Protein 45-50 g, Fat 15-18 g, Carbohydrates 5-7 g, Sodium: Estimated 700-900 mg (due to turkey bacon and seasoning)

Southwestern Chicken with Pepper and Bean Salsa



Serves 1

Ingredients

4 oz chicken tenderloin, diced
1/2 cup salsa (whatever strength you enjoy)
3/4 cup onion, chopped
1/4 cup kidney beans, rinsed
3 cups spinach
1/4 cup black beans, rinsed
1 1/2 tsp olive oil
1 tbsp garlic, minced
1/8 tsp celery salt
2 tsp chili powder
black pepper to taste

Directions

Heat oil in a medium nonstick sauté pan and add chicken and garlic. Sauté until chicken is cooked through and slightly browned. Add salsa, onion, kidney beans, black beans, chili powder, celery salt and pepper - heat through. Form spinach into a bed on serving plate. Top with chicken mixture and serve.

Nutritional Information per Serving:

Calories 419 kcal, Protein 39 g, Fat 10 g, Carbohydrates 47 g

Almost Chili's Lettuce Wraps



Ingredients

3T olive oil
½ onion – diced
½ red bell pepper – diced
3 stalks asparagus, sliced thin
2 celery stalks, diced
1 boneless, skinless chicken breast with all the fat trimmed off – cut in tiny pieces.
1 can water chestnuts
1/8 to ¼ C lite soy sauce (to taste)
1/2 t ginger
Cayenne pepper to taste
1 packet splenda or stevia plus
Boston lettuce

Directions

Stir fry onion, pepper, asparagus, celery in the olive oil until almost done, then add the chicken.

Continue to stir fry until chicken is cooked. (not long) add water chestnuts and soy sauce, stevia, cayenne. Cook until almost reduced (also not long).

Wrap in Boston lettuce and enjoy.

You could probably cut up slivers of jicama to take the place of the little Styrofoam noodles.

Nutritional Information:

Calories 710 kcal, Protein 38 g, Fat 45.6 g, Carbohydrates 38 g

Fiesta Chicken {Crockpot Recipe}



Makes 6 servings

Ingredients

2 Tbs oil
3 lbs. boneless, skinless chicken breasts, cut into 1" pieces
1 medium onion, chopped
1 large green pepper, chopped
3 cloves garlic, minced
1 small jalapeno pepper, finely chopped
1 14 ½-oz can Mexican style diced tomatoes
¼ tsp cumin
1 tsp oregano

Directions

Heat oil in skillet. Cook chicken pieces until browned. Remove and drain. Place onion, green pepper, garlic and jalapeno pepper in skillet and sauté until slightly cooked. Add all ingredients to stoneware and stir to combine. Cover cook on Low 7 to 9 hours or on High 3 to 4 hours. (It doesn't SAY to keep the chicken on the bottom, but if you do it stays moist!)

Nutritional Information per Serving:

Calories 319 kcal, Protein 47.8 g, Fat 10.2 g, Carbohydrates 7.2 g

Lemon Chicken Salad



Makes 2 servings

Ingredients

2 small boneless, skinless chicken breast halves (6 ounces total)
1/4 cup lemon juice
1 teaspoon lemon-pepper seasoning
1 tablespoon olive oil
2 tablespoons honey
2 tablespoons coarse-grain brown mustard or Dijon-style mustard
2 teaspoons lemon juice
3 cups torn mixed greens
1 cup chopped, seeded cucumber
1 medium tomato, seeded and chopped
Fresh nasturtiums or other edible flowers (optional)

Directions

1. Place chicken in a plastic bag in a deep mixing bowl. Pour lemon juice over chicken in bag. Close bag and turn chicken to coat well. Marinate at room temperature for 30 minutes or in the refrigerator for 1 hour, turning bag occasionally. Drain chicken discarding lemon juice.
2. Sprinkle both sides of chicken breast halves with lemon-pepper seasoning, pressing into surface.
3. In a medium skillet cook chicken in hot olive oil or cooking oil over medium heat for 8 to 10 minutes or until chicken is tender and no pink remains, turning often to brown evenly. Remove from skillet. Cut chicken across the grain into 1/2-inch-wide strips.
4. Meanwhile, for dressing, in a small bowl stir together the honey, brown or Dijon-style mustard, and lemon juice. Set aside.
5. Divide mixed greens, cucumber, and tomato between 2 individual salad bowls or plates. Arrange the hot chicken strips atop the greens and vegetables. If desired, garnish with the nasturtiums or other edible flowers. Serve with the dressing.

Nutritional Information per Serving:

Calories 318 kcal, Protein 29 g, Fat 10 g, Carbohydrates 28 g

Parmesan and Basil Chicken Salad



Ingredients

2 whole skinless, boneless chicken breasts
salt and pepper to taste
1 cup mayonnaise
1 cup chopped fresh basil
2 cloves crushed garlic
3 stalks celery, chopped
2/3 cup grated ff Parmesan cheese

Directions

1. Season chicken with salt and pepper. Roast at 375 degrees F (190 degrees C) for 35 minutes, or until juices run clear. Let cool, and chop into chunks.
2. In a food processor, puree the mayonnaise, basil, garlic, and celery.
3. Combine the chunked chicken, pureed mixture, and Parmesan cheese; toss. Refrigerate, and serve.

Nutritional Information:

Calories 2,124 kcal, Protein 124.5 g, Fat 172 g, Carbohydrates 12 g

Pecan Chicken Salad on Cucumber Slices



Ingredients

1 cup shredded cooked white chicken breast meat
2 teaspoons chopped fresh tarragon
1/4 cup mayonnaise
1/4 cup low fat sour cream
1/4 cup finely diced celery
1/4 cup chopped pecans
Coarse kosher salt and black pepper to taste
2 cucumbers (seedless, if possible)

Directions

Combine all ingredients except the cucumbers in a bowl. Refrigerate until chilled, if desired.

Slice cucumbers lengthwise and spoon chicken salad onto it, as though it was bread.

*As an appetizer, the salad can be spooned over cucumber rounds (slices 1/4 inch thick).

Nutritional Information:

Calories 915 kcal, Protein 51 g, Fat 68 g, Carbohydrates 23 g

Chop-Chop Chicken Salad



On busy summer days, try this easy, Asian-inspired chicken salad. It’s chock-full of protein, vitamins, and flavor, and takes only minutes to prepare — especially if you purchase cooked chicken breasts from the deli counter.

Prep time: 10 minutes Standing time: 15 minutes

Ingredients

Dressing:

1/4 cup low-sodium soy sauce
1/4 cup fresh lemon juice
1 tablespoon toasted sesame oil
1 packet sugar substitute (optional)

Salad:

4 boneless, skinless chicken-breast halves, about 5 to 7 oz. Each, grilled or poached and cut into strips
6 cups chopped Napa cabbage
2 medium heads endive, sliced lengthwise in narrow strips
1 cup cucumber, peeled and cut in 1/4" dice
1 cup zucchini, in 1/4" dice
1 cup green, red or yellow peppers, or a combination, in 1/4" dice
1 cup celery, in 1/4" dice
2 tablespoons fresh cilantro, chopped
1/4 cup chopped macadamia nuts

Directions

For dressing, in a small bowl whisk soy sauce, lemon juice, sesame oil and optional sugar substitute until well combined; set aside.

In a large bowl, mix chicken, vegetables and cilantro. Pour in dressing; mix well. Let the salad sit for 15 minutes for flavors to blend. Divide evenly on 4 plates; sprinkle with macadamia nuts.

Nutritional Information:

Calories 1,763 kcal, Protein 227.5 g, Fat 62 g, Carbohydrates 60 g

Cranberry Chicken Salad



Makes 12 servings

Ingredients

4 cups cubed, cooked chicken meat
1 cup mayonnaise
1 teaspoon paprika
1 1/2 cups dried cranberries
1 cup chopped celery
2 green onions, chopped
1/2 cup minced green bell pepper
1 cup chopped pecans
1 teaspoon seasoning salt
ground black pepper to taste

Directions

In a medium bowl, mix together mayonnaise with paprika and seasoned salt. Blend in dried cranberries, celery, bell pepper, onion, and nuts. Add chopped chicken, and mix well. Season with black pepper, to taste. Chill 1 hour. Serve on lettuce cups.

*Great for the holidays!

Nutritional Information per Serving:

Calories 320-350 kcal, Protein 20-22 g, Fat 22-24 g, Carbohydrates 15-18 g, Fiber 2-3 g, Sugar 10-12 g

Blackened Chicken Salad



Makes 2 servings

Ingredients

1/2 teaspoon paprika
1/8 teaspoon salt
1/4 teaspoon cayenne pepper
1/4 teaspoon ground cumin
1/4 teaspoon dried thyme
1/8 teaspoon ground white pepper
1/8 teaspoon onion powder
2 skinless, boneless chicken breast halves
1 tablespoon olive oil

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Mix together paprika, salt, cayenne, cumin, thyme, white pepper, and onion powder. Rub one side of chicken breasts with spice mixture.
2. Heat oil in a cast iron skillet over high heat for 15 minutes.
3. Place chicken in hot pan, seasoned side down, and cook for 1 minute. Turn, and cook 1 minute on other side. Place breasts on a lightly greased (spray with Pam) cookie sheet.
4. Bake in preheated oven for 5 to 10 minutes, or until no longer pink and juices run clear.
5. Chop the chicken and serve over a fresh salad greens.

Nutritional Information per Serving:

Calories 280-300 kcal, Protein 35-38 g, Fat 14-16 g, Carbohydrates 1 g

Grilled Chicken Salad



Makes 4 servings

Ingredients

5 TB freshly squeezed lemon juice
3 TB low-sodium soy sauce
2 garlic cloves, peeled and chopped
1/8 teaspoon freshly ground black pepper
1 teaspoon dried basil
8 oz boneless, skinless chicken breast
1 large red onion, cut into 1/8 inch rounds
olive oil cooking spray
1 lb mixed salad greens (6 cups)
1 TB crumbled bleu cheese
1 medium tomato, cored and cut into 8 wedges

Dressing:

4 TB lemon juice
4 TB balsamic vinegar
2 garlic cloves, peeled
2 teaspoons dried basil

Directions

Whisk together thoroughly the lemon juice, soy sauce, garlic, black pepper, and basil in large bowl and set aside.

Place chicken on plastic wrap spread on a work surface and cover it w/ a second sheet. Pound gently w/ a mallet. Flip pieces of chicken over, recover with wrap, and pound to 1/4-inch thickness. Transfer chicken to marinade bowl and cover. Marinate refrigerated for at least 30 minutes.

Preheat grill or broiler. Place onion rounds in a single layer on baking sheet and spray lightly with cooking spray, coating both sides. Remove chicken from marinade and place alongside the onion rings. Grill/Broil both for 5 minutes per side. Let chicken cool, slice thinly.

Spread an even amount of mixed greens on 4 salad plates, scatter the onion rounds and then the sliced chicken on top. Sprinkle 3/4 teaspoon bleu cheese over each. Garnish w/ a tomato wedge.

Nutritional Information per Serving:

Calories 220-250 kcal, Protein 30-32 g, Fat 6-7 g, Carbohydrates 10-12 g, Fiber 3-4 g, Sugar 5-6 g

Jamaican Jerk-Kabobs



Makes 4 servings

Ingredients

2 green onions chopped
1 jalapeno Chile seeded and chopped
3 teaspoons extra virgin olive oil
1 tablespoon chopped, peeled Ginger root
2 tablespoons white wine vinegar
1 teaspoon ground allspice
1 teaspoon dried thyme leaves
½ teaspoon salt
1 pound skinless, boneless chicken breasts (cut into 12 equal pieces)
2 red peppers cut into 1 in. pieces

Directions

In a blender at high speed blend the green onions, jalapeno Chile, ginger, vinegar, allspice, thyme, 2 tablespoons of the extra virgin olive oil, and salt until combined. Place chicken chunks into a zip tight plastic bag with marinade, turning to coat. Marinate in refrigerator for 30 minutes.

Meanwhile in a small bowl toss the red pepper pieces with 1 teaspoon of the extra virgin olive oil. Preheat the broiler, on 4 all metal skewers, alternately thread chicken and red pepper, place kabobs on rack in broiling pan, brush Kabobs with any remaining marinade. Place pan in broiler at closest position to heat source, broil the kabobs 10 minutes or until chicken is not longer pink inside, turning once.

Nutritional Information per Serving:

Calories 180-200 kcal, Protein 30 g, Total Fat 7 g, Saturated Fat 1 g, Carbohydrates 6 g, Fiber 1.5 g, Sugars 3 g, Sodium 400 mg

Beef and Pork Dishes

Marinated Flank Steak



Makes 6 servings

Ingredients

1 small red onion, quartered
1⁄3 cup balsamic vinegar
1⁄4 cup capers, drained
2 tablespoons chopped fresh oregano
3 cloves garlic, minced
1 1⁄2 pounds flank steak
1⁄4 teaspoon salt
1⁄4 teaspoon coarsely ground black pepper

Directions

Sliver one-quarter of the onion and set aside. Chop the rest of the onion. Mix it in a bowl with the vinegar, capers, oregano, and garlic. Combine 1⁄4 cup of this mixture with the slivered onions and set aside.

Sprinkle both sides of the steak with the salt and pepper; prick well with a fork. In a large zip-top food-storage bag, combine the steak with the remaining onion mixture. Marinate for 1 hour or overnight.

Heat the grill or the broiler, positioning the oven broiler rack so that the meat on the rack in the pan is 4" from the heat source. Remove the meat from the marinade, and place on the grill over direct heat or on an oven rack set in the broiler pan. Discard the marinade. Grill or broil for 4–5 minutes per side for medium-rare. Let stand for 5 minutes before slicing.

Place the meat on a platter and pour the reserved onion mixture over the steak.

Nutritional Information:

176 calories, 9 total fat (4 g sat), 50 mg cholesterol, 3 g carbohydrate, 19 g protein, 1 g fiber, 230 mg sodium

Broiled Flank Steak



Makes 4 servings

Ingredients

1 flank steak (1 1⁄2 pounds)
1⁄2 cup tomato juice
1⁄4 cup Worcestershire sauce
1 small onion, finely chopped (1⁄4 cup)
1 tablespoon fresh lemon juice
1 clove garlic, minced
1⁄2 teaspoon freshly ground black pepper
1⁄8 teaspoon salt

Directions

Place the steak in a 13" x 9" glass baking dish. Combine the tomato juice, Worcestershire sauce, onion, lemon juice, garlic, pepper, and salt. Pour the mixture over the steak. Cover and refrigerate for 2 hours, turning once.

Place the steak on the broiler rack and brush with the marinade. Broil 3" from the heat for 5 minutes. Turn, brush with the marinade, and broil for 3 minutes or until a thermometer inserted in the center registers 145°F (for medium-rare).

To serve, cut diagonally across the grain into thin slices.

Nutritional Information:

265 calories, 13 total fat (6 g sat), 70 mg cholesterol, 6 g carbohydrate, 29 g protein, 0 g fiber, 440 mg sodium

Marinated London Broil



Makes 8 servings

Ingredients

2 tablespoons extra-virgin olive oil
1⁄2 cup dry red wine
3 cloves garlic, minced
3 tablespoons minced fresh parsley
1 tablespoon chopped fresh oregano
1 bay leaf
1⁄2 teaspoon freshly ground black pepper
1 1⁄2 pounds sirloin, top round, or eye round London broil

Directions

In a small mixing bowl, whisk together the oil, wine, garlic, parsley, oregano, bay leaf, and pepper. Place the steak in a deep bowl and pour on the marinade.

Turn once to coat both sides, cover, and refrigerate for at least 4 hours, preferably overnight.

When ready to serve, preheat the broiler or prepare a charcoal grill. Discard the marinade and bay leaf. Broil the meat for about 5 minutes on each side or until a thermometer inserted in the center registers 145°F (for medium-rare).

Cut the meat into thin, diagonal slices across the grain. Serve warm or cold.

Nutritional Information:

171 calories, 10 total fat (3 g sat), 40 mg cholesterol, 1 g carbohydrate, 17 g protein, 0 g fiber, 50 mg sodium

Grilled Steak with Grilled Tomato Relish



Makes 2 servings

Ingredients

2 sirloin steaks (6 ounces each)
2 medium pear-shaped tomatoes, halved lengthwise
2 tablespoons extra-virgin olive oil
1 medium onion, chopped
1 clove garlic, minced or pressed
1⁄4 cup chopped fresh basil or 2 tablespoons dry basil
Pinch salt
Pinch freshly ground black pepper
Basil sprigs (optional)

Directions

Place the steak on a lightly greased grill 4"–6" above a solid bed of medium-hot coals. Cook, turning as needed, until evenly browned on the outside and a thermometer inserted in the center registers 145°F (for medium-rare). Cut to test for doneness (about 15 minutes).

Meanwhile, place the tomatoes on the grill, cut sides up, and brush them lightly with 1 tablespoon of the oil. When the tomatoes are browned on the bottom (about 3 minutes), turn them over and continue to cook until soft when pressed (about 3 more minutes).

While the tomatoes are grilling, combine the remaining 1 tablespoon of oil, the onion, and garlic in a medium frying pan with a heatproof handle. Set the pan over the coals (or set on the stove over medium-high heat). Cook, stirring often, until the onion is limp and golden (about 10 minutes). Stir in the basil.

When the tomatoes are soft, stir them into the onion mixture, then set the pan aside on a cooler area of the grill (or cover and keep warm on the stove).

When the steak is done, place it on a board with a well (or on a platter). Spoon the tomato relish alongside the steak. Season with the salt and pepper and garnish with basil sprigs, if using.

To serve, cut the meat into thin slices. Combine the accumulated meat juices with the tomato relish, if desired.

Nutritional Information: 366 calories, 22 total fat (5 g sat), 85 mg cholesterol, 11 g carbohydrate, 31 g protein, 3 g fiber, 70 mg sodium

Florentine-Style T-Bone



Makes 4 servings

From the menu of “Tuscan Steak” 431 Washington Avenue, Miami Beach. Tuscany, where the food is simple, usually grilled, and consistently delicious, has found its way to South Beach at Tuscan Steak. Best described as “a sophisticated family-style Florentine Grill featuring Tuscan cuisine with Florida accents,” there is nothing quite like Tuscan Steak.

Ingredients

3 1/2 lbs prime T-bone steak
1/3 cup minced fresh garlic
1 cup chopped parsley
1 cup chopped basil
Salt
Freshly ground black pepper
1 cup extra-virgin olive oil

Directions

Season the steak with the garlic, parsley, and basil. Add salt and pepper to taste. Drizzle the steak with the olive oil and marinate for 24 hours.

When ready to cook, heat the grill and cook the steak for 1 hour over medium heat, turning every 10 minutes. While grilling, preheat the oven to 400’F. When the meat is ready, remove it from the grill and let stand for 20 minutes. Roast the meat in the oven for 10-30 minutes, depending on how you like it. One hour on the grill and 10 minutes in the oven yields a medium-rare meat. A meat thermometer should register 145’F for medium-rare.

Slice the steak and drizzle it with some of the olive oil marinade (now at room temperature).

Nutritional Information:

885 calories, 68 total fat (13 g sat), 105 mg cholesterol, 5 g carbohydrate, 59 g protein, 1 g fiber, 170 mg sodium

Broiled Lamb Chops with Mint Pesto



Makes 4 servings

Ingredients

1 bunch fresh mint leaves, finely chopped
2 tablespoons chopped pine nuts
¼ cup extra virgin olive oil
4 garlic cloves minced fine
4 loin lamb chops 1 ½ inches thick

Directions

Preheat the broiler or grill. Brush 1 side of each lamb chop with a small amount of the pesto, grill under the hot broiler for 4 to 5 minutes. Turn, brush with additional pesto and grill for a further 4 to 5 minutes for medium/rare chops.

Nutritional Information:

Calories 450-500 kcal, Protein 35-40 g, Total Fat 35 g, Saturated Fat 12-15 g, Carbohydrates 2-3 g, Fiber 1 g, Sugars 0.5 g, Sodium 70-100 mg

Pan-Roasted Steak and Onions



Makes 4 servings

Ingredients

1 tablespoon extra-virgin olive oil
2 tablespoons balsamic vinegar
1 tablespoon Worcestershire sauce
1 tablespoon Dijon Mustard
2 cloves garlic, minced
1 pound flank steak
1 tablespoon cracked black pepper
½ teaspoon salt
1 cup fat free chicken broth
1 medium onion, cut into ¼" thick rings

Directions

In a large no aluminum baking dish, combine the oil, vinegar, Worcestershire sauce, mustard, and garlic. Add the steak; turn to coat. Cover; refrigerate for 30 minutes or overnight, turning once.

Coat a nonstick skillet with cooking spray. Place over medium-high heat. Sprinkle the steak with the pepper and salt. Brown for 2 minutes per side (for medium-rare). Remove the steak from the skillet; cover the steak loosely to keep it warm. Reduce the heat to medium.

Add the onion slices to the skillet and cook until golden brown, about 4-5 minutes per side.

Add the remaining broth as needed to prevent the onions from sticking.

Thinly slice the steak across the grain; serve with onions.

Nutritional Information per Serving:

239 calories, 24 g protein, 7 g carbohydrates, 12 g fat, 4 g saturated fat, 580 mg sodium, 55 mg cholesterol, 1 g fiber

Meat Loaf



Makes 8 servings

Ingredients

1 can (6 oz) no-salt-added tomato paste
½ c dry red wine
½ c water
1 clove garlic, minced
½ tsp dried basil leaves
¼ tsp dried oregano
¼ tsp salt
1 lb ground turkey breast
1 c oatmeal
¼ c liquid egg substitute
½ c shredded zucchini

Directions

1. Preheat the oven to 350°F. Combine the tomato paste, wine, water, garlic, basil, oregano, and salt in a small saucepan. Bring to a boil, and reduce the heat to low. Simmer, uncovered, for 15 minutes. Set aside.
2. Combine the turkey, oatmeal, egg substitute, zucchini, and ½ cup of the tomato mixture in a large bowl. Mix well. Shape into a loaf, and place in an ungreased 8" x 4" loaf pan. Bake for 45 minutes. Discard any drippings. Pour ½ cup of the remaining tomato mixture over the top of the loaf. Bake for 15 minutes longer. Remove to a serving platter. Cool for 10 minutes before slicing. Serve the remaining tomato sauce on the side.

Nutritional Information per Serving:

Calories 188 kcal, Protein 12 g, Carbohydrates 12 g, Fat 10 g, 39 mg Cholesterol, 2 g Fiber, 244 mg Sodium

Roast Beef Wrap



Makes 4 servings

Ingredients

1¼ c reduced-fat cream cheese
4 flour tortillas (9"-10")
½ red onion, sliced
4 spinach leaves
8 oz roast beef, sliced

Directions

For each wrap, spread a small amount of the cream cheese over the surface of a tortilla. Layer the onion, spinach, and roast beef on top. Roll, and fold.

Nutritional Information per Serving:

Calories 300 kcal, 13 g protein, 42 g carbohydrates, 9 g fat, 3 g sat. fat, 21 mg cholesterol, 3 g fiber, 659 mg sodium

Low-Carb Grilled Pork Chops with Chive Cream



Pork chops are pan seared then grilled and served with a chive cream sauce with lemon undertones. This is a free sample recipe of our Quick-Smart™ premium recipe collection. The complete Premium Collection is available by subscription only.

Makes 4 servings

Ingredients

2 tablespoons vegetable oil
1 teaspoon salt
1/2 teaspoon ground white pepper
1 shallots, crushed
3 pounds pork chops (4 large chops)

CHIVE CREAM:

1 cup whipping cream
1/4 teaspoon lemon extract
1/4 teaspoon salt
1/8 teaspoon ground white pepper
1/4 cup minced fresh chives

Directions

1 In a shallow pan, stir together oil, salt, pepper, and shallots. Place pork chops in pan, coat with marinade on both sides, and let rest for 15 to 30 minutes.

2 Chive Cream: In a small saucepan over medium heat, place cream and lemon extract. Simmer until reduced by about one third; keep warm over low heat. Just before serving, season with salt and pepper, then stir chives into warm cream sauce.

3 Prepare a charcoal fire or preheat broiler. Place pork chops on grill or under broiler, about 4 inches from heat, and cook until browned on one side (about 4 minutes). Turn and cook second side until lightly browned and slightly firm. Serve chops immediately, drizzled with Chive Cream.

Nutrition at a glance - Servings Per Recipe: 4 amount per serving

Calories 906 kcal, Protein 71.1 g, Total Fat 65.7 g, Sodium 897 mg, Cholesterol 279 mg, Carbohydrates 4.1 g, Fiber 0.3 g

Harvest Pork Chops



Ingredients

2 TB extra virgin olive oil
1/2 teas. dried sage leaves
1/2 teas. dried marjoram leaves
1/2 teas. garlic-pepper blend
1/2 teaspoon seasoned salt (I use Tony Chachero's salt free blend)
4 (60 to 8oz) bone in pork loin chops (3/4 inch thick)
1 small winter squash (about 2 lb.) peeled, seeded and cut into 1/2 to 1-inch pieces (about 3 cups)
1 medium green bell pepper, cut into 1/2 inch pieces
1 medium red onion, cut into 1/2-inch wedges

Directions

Heat oven to 425F. Spray 15by10 inch baking pan with non-stick cooking spray. In large bowl, combine oil, sage, marjoram, garlic-pepper and seasoned salt; mix well. Brush some of mixture over both sides of pork chops. Place pork chops in corners of sprayed pan.

Add squash, bell pepper and onion to remaining mixture in bowl; toss to coat. Arrange vegetables in pan with pork chops.

Bake at 425F for 35-40 , minutes, or until pork chops are no longer pink in center and squash is tender, turning chops and stirring vegetables once.

Nutritional Information per Serving:

Calories 450-500 kcal, Protein 40-45 g, Total Fat 25-28 g, Saturated Fat 5-6 g, Carbohydrates 15-18 g, Fiber 4-5 g, Sodium: 400-500 mg

Herb-Marinated Beef with Summer Vegetables



Makes 1 serving

Ingredients

4 oz lean beef
2 cups red and green pepper strips
1 cup zucchini, chunks
1 cup yellow squash, chunks
2 cups mushrooms, sliced
1 large tomato, chopped
2 oz dry red wine
1 1/2 tsp olive oil, divided
2 tbsp balsamic vinegar
2 tsp Worcestershire sauce
2 tsp garlic, minced
1 tbsp fresh basil, chopped
1 tbsp fresh mint, chopped
1 tbsp fresh parsley, chopped
Salt and Pepper to taste

Directions

Combine 3/4 tsp oil with wine, vinegar, Worcestershire sauce, garlic, basil, mint, parsley, salt and pepper. Add meat, turn to coat, cover, and refrigerate 4 hours. Heat remaining oil in medium nonstick sauté pan. Sauté beef, pepper, zucchini, squash, mushrooms and tomatoes until beef is cooked through and vegetables are tender.

Nutritional Information per Serving:

Calories 350-380 kcal, Protein 35-38 g, Total Fat 15-17 g, Saturated Fat 4-5 g, Carbohydrates 15-18 g, Fiber 5-6 g, Sodium 500-600 mg (varies with added salt, Worcestershire sauce)

Peppercorn Pork {Crockpot Recipe}



Makes 8 servings

Ingredients

2 TB green peppercorns, drained
3 TB sweet-hot mustard (no sugar added)
1 teaspoon horseradish
1/2 teas. grated lemon peel
1/4 teaspoon salt
3 1/2 to 4 lb boneless, lean pork roast
1 cup apple cider
1/4 cup cold water
3 TB cornstarch
1 apple, cored, cut into thin wedges

Directions

In small bowl, combine peppercorns, mustard, horseradish, lemon peel and salt. Spread on top and sides of pork roast.

Place metal rack in bottom of slow cooker; pour in cider. Place coated pork roast on rack in slow cooker. Cover and cook on low 9-10 hours.

Turn slow cooker on high. Remove pork and rack; cover and keep warm. In small bowl, combine water and cornstarch; stir until smooth. Add drippings in pot. Cook on high 20 to 20 minutes or until thickened, stirring occasionally.

Slice roast; garnish with apple wedges. Serve pork with sauce.

Nutritional Information per Serving:

Calories 320-350 kcal, Protein 40-45 g, Total Fat 10-12 g, Saturated Fat 3-4 g, Carbohydrates 8-10 g, Fiber 1-2 g, Sodium 300-400 mg (varies with mustard and added salt)

Pork Chops with Broccoli Rabe



Makes 4 servings

Ingredients

2 TB olive oil
1 garlic clove, cut in half
4 pork tenderloin chops ½ inch thick
1/3 cup low-sodium chicken broth
1 teaspoon Splenda
¼ teaspoon ground black pepper
Salt
2 bunches broccoli rabe (about 2 lbs.), tough stems removed.

Directions

In 8-quart Dutch oven, heat 6 quarts water to boiling over high heat. Meanwhile, in 12-inch skillet, heat 1 TB oil over medium heat; add garlic and cook until slightly browned. Remove garlic and discard.

Pat pork chops dry w/ paper towel. To oil in skillet, add pork chops and cook over med-high heat until well browned on both sides.

Add broth, Splenda, pepper, and ½ teaspoon salt to chops in skillet. Reduce heat to low; cover and simmer 20 minutes, or until tender, turning once.

Add broccoli and 1 TB salt to boiling water in dutch oven. Return t o boil; boil 2 minutes. Drain thoroughly.

In same Dutch oven, heat remaining 1 TB oil over high heat. Add broccoli rabe and ¼ teaspoon salt and cook, stirring until well coated. Set aside.

When pork chops are done, add broccoli rabe to skillet; cover and cook until heated through.

Nutritional Information per Serving:

Calories 320-350 kcal, Protein 35-40 g, Total Fat 18-20 g, Saturated Fat 3-4 g, Carbohydrates 6-8 g, Fiber 3-4 g, Sodium 300-400 mg (varies with added salt and broth)

Beef Tenderloin with Horseradish and Roasted Garlic Crust



Makes 12 servings.

Ingredients

1 medium head garlic
olive oil-flavored cooking spray
1/3 cup prepared horseradish
1/4 teaspoon salt
1/4 teaspoon dried basil
1/4 teaspoon dried thyme
1/4 teaspoon black pepper
1 (3 pound) beef tenderloin

Directions

1. Preheat oven to 350 degrees.
2. Remove white papery skin from garlic head (do not peel or separate the cloves). Coat with cooking spray; wrap in foil. Bake at 350 degrees for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins. Mash garlic pulp, horseradish, salt, basil, thyme, and pepper with a fork until blended.
3. Preheat oven to 400 degrees.
4. Trim fat from tenderloin; fold under 3 inches of small end. Rub garlic mixture over roast. Place tenderloin on a broiler pan coated with cooking spray. Insert meat thermometer into thickest portion of tenderloin. Bake at 400 degrees for 40 minutes or until thermometer registers 145 degrees (medium-rare) to 160 degrees (medium).
5. Place tenderloin on a platter. Cover and let stand 10 minutes before slicing.

Nutritional Information per Serving:

Calories 220-250 kcal, Protein 30-32 g, Total Fat 10-12 g, Saturated Fat 4-5 g, Carbohydrates 2-3 g, Fiber 1 g, Sodium: Around 200-250 mg (varies with added salt and horseradish)

Filet Mignon with Mushroom-Wine Sauce



Makes 4 servings

Ingredients

1 tablespoon Smart Balance, divided
Olive oil cooking spray
1/3 cup finely chopped shallots
1/2 pound fresh shiitake mushrooms, stems removed
1 1/2 cups dry red wine, divided
1 (10.5 ounce) can low-sodium beef stock, undiluted and divided
Cracked pepper
4 (4 ounce) filet mignon steaks, trimmed of any fat (about 1 inch thick)
1 tablespoon low-sodium soy sauce
1 tablespoon fresh chopped thyme
Fresh thyme sprigs (optional)

Directions

1. Melt 11/2 teaspoons margarine in a nonstick skillet coated with cooking spray over medium heat. Add shallots and mushrooms; saute 4 minutes. Add 1 cup wine and 3/4 cup consomme; cook 5 minutes, stirring often. Remove mushrooms, and place in a bowl. Increase heat to high; cook wine mixture 5 minutes or until reduced to 1/2 cup. Add to mushrooms in bowl; set aside. Wipe skillet with a paper towel.
2. Sprinkle desired amount of cracked pepper over steaks. Melt remaining 11/2 teaspoons Smart Spread in skillet coated with cooking spray over medium heat. Add steaks; cook 3 minutes on each side or until browned. Reduce heat to medium-low, and cook 11/2 minutes on each side or to desired degree of doneness. Place on a serving platter, and keep warm.
3. Add remaining 1/2 cup wine and consomme to skillet; scrape skillet with a wooden spoon to loosen browned bits. Bring to a boil; cook 1 minute. Add mushroom mixture, soy sauce , and chopped thyme; bring to a boil, and cook, stirring constantly, 3 minutes, or until sauce reduces by half. Serve with steaks. Garnish with thyme sprigs, if desired.

Nutritional Information per Serving:

Calories 280-320 kcal, Protein 30-32 g, Total Fat 15-18 g, Saturated Fat 4-5 g, Carbohydrates 6-8 g, Fiber 1-2 g, Sugars 2-3 g, Sodium 350-450 mg

Grilled Rib-Eye Steak with Mustard Sauce



Makes 4 servings

Ingredients

Per serving: 252 calories; 1 g carbs

3 Tbsp. mayonnaise
1 Tbsp. + 1 1/2 tsp. Low-fat sour cream or plain low-fat yogurt
1 scallion, finely chopped
1 tsp. dry mustard
3/4 tsp. low-sodium soy sauce
1/2 tsp. ground black pepper
1/4 tsp. salt
1 boneless beef rib-eye steak (or tenderloin)(1 1/2 lb.), 1" thick, fat trimmed

Directions

1. In a small bowl, combine the mayonnaise, sour cream, scallion, mustard, soy sauce, 1/4 tsp. of the pepper, and 1/8 tsp. of the salt. Cover, and let sit at room temperature.
2. Meanwhile, coat a grill rack with cooking spray. Preheat the grill. Season the beef with the remaining 1/4 tsp pepper and the remaining 1/8 tsp salt. Grill, turning once, until meat thermometer registers 160 degrees F for medium, 11 to 13 minutes. Remove to platter, and let rest for 5 minutes.
3. Slice thinly, and serve topped with the mustard sauce.

Nutritional Information per Serving:

Calories 252 kcal, Carbohydrates 1 g, Protein 30-35 g, Total Fat 16-18 g, Saturated Fat 6-7 g, Sodium 300-400 mg (from soy sauce, salt, and other ingredients), Fiber less than 1 g

Grilled Lamb with Mint and Oregano



Makes 6 servings

Ingredients

1 large bunch fresh mint
1 large bunch fresh oregano
3 TB plus 1/4 cup extra-virgin olive oil
3 TB plus 1/4 cup fresh lemon juice
1 garlic clove, minced
Salt and ground black pepper
3 lbs. butterflied boneless lamb leg

Directions

Chop 1/4 cup mint and 1/4 cup oregano; reserve remaining mint and oregano to make sauce.

In 13 by 9 glass baking dish, mix chopped mint and oregano, 3 TB each olive oil and lemon juice, minced garlic, teaspoon salt, and 1/2 teaspoon pepper; stir until well blended.

Add lamb to dish, turning to coat with marinade and spooning marinade over. Cover with plastic wrap and refrigerate, turning lamb occasionally for at least 8 hours or overnight.

Prepare sauce: Chop 2 TB mint and 2 TB oregano; stir in small bowl w/ remaining 1/4 cup olive oil and 1/4 cup lemon juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper.

Place lamb on grill over med. heat. Throw out leftover marinade from dish. Turn lamb occasionally, grilling for 15-25 minutes, or until desired doneness. Serve with herb sauce.

Nutritional Information per Serving:

Calories 450-500 kcal, Protein 40-45 g, Total Fat 30-35 g (mostly from lamb and olive oil), Carbohydrates 2 g, Fiber minimal, from fresh herbs, Sodium: Variable, depending on added salt

Grilled Pesto Lamb



Makes 10 servings

Ingredients

2 cups loosely packed basil leaves (about 2 bunches)
1/3 cup pine nuts
1/3 low-fat fresh grated parmesan cheese
3 TB olive oil
2 TB fresh lemon juice
3/4 teaspoon salt
2 garlic cloves
3 lbs. boneless butterflied lamb leg

Directions

Prepare pesto:

In food processor (with knife blade attached) or in blender, process basil leaves and next 6 ingredients until blended.

Place lamb in 13 by 9 glass baking dish; spread pesto over both sides of lamb. Place on grill over medium heat; reserve any pesto in dish. Grill, brushing reserved pesto several times and turning occasionally, 15 to 25 minutes for medium-rare, or until desired doneness.

Let stand for 10 minutes for easier carving.

Nutritional Information per Serving:

Calories 350-400 kcal, Protein 30-35 g, Total Fat 22-25 g, Carbohydrates 3-4 g, Fiber 1 g, Sodium: Moderate, depending on added salt and cheese

Marinated Blue Cheese Steak



Makes 4 servings

Ingredients

1/4 cup finely crumbled blue cheese
1 1/2 pounds flank steak
1 clove of garlic
1/3 cup white wine vinegar
1/3 cup lightly salted water
1 1/2 TB low sodium soy sauce
freshly ground pepper to taste

Directions

Begin a day before your plan to serve the steak. To marinate the steak, mix the soy sauce, vinegar, water, garlic, onion and pepper in a shallow dish. Score your steak intermittently with a sharp knife and allow to soak uncovered in the refrigerator overnight.

When broiling the steak, begin by grilling on one side for 7-9 minutes and then turning. Spread the Blue cheese on the broiled side, allow the other side to cook, remove and serve.

Nutritional Information per Serving:

Calories 460 kcal, Fat 30 g, Protein 46 g, Carbohydrates 1-2 g

Meat Balls



Makes 4 servings

Ingredients

3/4 lb. ground beef (preferably sirloin)
1/2 cup of whole wheat bread crumbs
1 egg beaten
1 TB half and half
2 TB Parmesan
2 TB minced garlic (I add more)
1/4 cup minced parsley
1/4 cup minced fresh basil
1/4 tsp. nutmeg
salt and fresh pepper to taste
1/4 cup olive oil

Directions

1. Heat up you tomato sauce.
2. Blend all ingredients except olive oil, in a bowl, shape mixture into 12 or so balls the same size.
3. Heat the oil in a large enough skillet to hold the balls with out crowding. Brown on all sides over medium heat.
4. Once browed put in sauce for at least 15 minutes.

Nutritional Information per Serving:

Calories 394 kcal, Fat 30 g, Protein 26 g, Carbohydrates 7 g

Sirloin Tips and Mushrooms



Makes 6 servings

Ingredients

3 tablespoons olive oil
3 cloves garlic, minced
1 1/2 pounds beef sirloin
1 (16 ounce) can mushrooms, with liquid
1 (8 ounce) can tomato sauce
salt to taste
freshly ground pepper, to taste
3/4 cup red wine

Directions

1. Cut beef into cubes. In a large skillet over medium/high heat, heat the olive oil and brown beef cubes with the garlic.
2. Add mushrooms with liquid, tomato sauce, salt, pepper and red wine. Cook for 30 minutes or until beef cubes are tender. Add a little more wine while cooking if desired.

Nutritional Information per Serving:

Calories 225 kcal, Protein 23 g, Fat 12.5 g, Carbohydrates 3.3 g, Fiber 0.7 g, Sugars 1.3 g

Sirloin Steak Oreganato



Makes 6 servings

Ingredients

1 medium lemon
2 garlic cloves, minced
1 TB olive oil
1 teaspoon salt
1 teaspoon dried oregano
_ teaspoon ground black pepper
1 boneless beef top sirloin steak

Directions

Preheat broiler. Grate peel and squeeze juice form lemon. In 12 by 8 baking dish. Mix lemon peel, lemon juice, garlic, oil, salt, and pepper. Add steak, coating both sides. Marinate, if desired.

Place steak on rack in broiling pan, in the closet position to the heat source. Broil, turning once, 12-15 minutes for med-rare, or desired doneness.

Nutritional Information per Serving:

Calories 190 kcal, Protein 25 g, Fat 8 g, Carbohydrates 1 g, Fiber 0.3 g, Sugars 0.5 g

Stuffed Sirloin Steak



Makes 4 servings

Ingredients

4 sirloin steaks (each 1 1/4 inches thick)

Stuffing:
2 Tbsp. Smart Balance spread
1/2 cup chopped onion
1/2 cup sliced mushrooms
1 garlic clove, finely chopped
Dash of salt
Dash of pepper

Basting sauce:

1/4 cup dry red wine
2 Tbsp. low-sodium soy sauce

Directions

Sauté onion and mushrooms in butter until tender. Add remaining ingredients. Heat thoroughly.

Cut a deep pocket in the side of each steak. Stuff pockets with onion / mushroom mixture and skewer closed.

Barbecue steak over medium hot coals for approximately 20 minutes or until desired doneness, turning once and brushing the stuffed steaks with basting sauce.

Nutritional Information per Serving:

Calories 400 kcal, Protein 45 g, Fat 20 g, Carbohydrates 5 g, Fiber 1 g, Sugars 2 g

Wild Mushroom-Smothered Steaks



Makes 4 servings

Ingredients

4 tenderloin steaks
5 teaspoons Creole/cajun seasoning
¼ cup extra-virgin olive oil
8 cups sliced assorted fresh mushrooms (oysters, shiitakes, chanterelles, etc.)
½ cup chopped onions
½ cup chopped green onions
2 TB minced garlic
1 teaspoon salt
6 turns black pepper
8 TB Smart Balance spread

Directions

1. Sprinkle steaks with Creole seasoning. (1 teaspoon per steak)
2. Heat oil in large skillet over high heat. When oil is hot, add steaks and sauté them on first side about 4 minutes. Turn the steaks and sauté second side for 2 minutes. Add mushrooms, onions, green onions, garlic, salt, pepper, and remaining 1 teaspoon creole seasoning and sauté for 2 minutes.
3. Turn steaks back to first side, dot w/ Smart Balance pats, cover the skillet, and cook for 1 minute. Remove from heat.
4. To serve, place 1 steak on each of the plates and cover with 1 cup mushrooms and their juices.

Nutritional Information per Serving:

Calories 550 kcal, Protein 45 g, Fat 38 g, Carbohydrates 8 g, Fiber 3 g, Sugars 3 g

Beef and Onion Stir-Fry



Makes 4 servings

Ingredients

1 pound lean beef steak (flank, sirloin or top round - cut into 1/4" thick
1 teaspoon salt
1 whole egg white
1 TB cornstarch
Canola oil
3 cups mild onions -- sliced
broccoli florets (optional)
1 TB dry red wine or sherry or wine vinegar
1 TB splenda
4 TB low-sodium soy sauce

Directions

Combine beef, salt, egg white and cornstarch. Mix well with hands; set aside. Heat about 2" of oil to 375º in a wok or deep skillet. Stir-fry beef, small amounts at a time, until lightly browned; drain on paper towels. Lower temperature to 350º; add additional oil if necessary and stir-fry the onions until soft and well browned. Remove. If desired, add broccoli and stir-fry until crisptender. Return beef and onions. Add wine, splenda and soy sauce. Stir-fry at 425º for 2 minutes or until beef is glazed and brown.

Nutritional Information per Serving:

Calories 230 kcal, Protein 30 g, Fat 7 g, Carbohydrates 8 g, Fiber 2 g, Sugars 4 g

German Beef Salad



Makes 2 servings

Ingredients

4 oz cooked lean beef, thinly sliced
1.5 cups onion, thinly sliced
5 cups fresh spinach
1 cup celery, sliced
1 cup sauerkraut, drained
1/2 cup low sugar herb dressing
1.5 tsp olive oil
1/2 tsp Worcestershire sauce

Directions

In small nonstick sauté pan heat oil. Add beef and brown. Stir in dressing and Worcestershire sauce. Remove from heat. On serving plate, layer spinach, sauerkraut, celery and onion. Top with meat mixture and serve.

Nutritional Information per Serving:

Calories 210 kcal, Protein 20 g, Fat 12 g, Carbohydrates 10 g, Fiber 4 g, Sugars 5 g

Steak Salad



Makes 4 servings

Ingredients

1 3/4 pounds beef sirloin steak
1/3 cup olive oil
3 tablespoons red wine vinegar
2 tablespoons lemon juice
2 cloves garlic, minced
1/2 teaspoon salt
1/8 teaspoon ground black pepper
1 teaspoon Worcestershire sauce
3/4 cup crumbled blue cheese
8 cups romaine lettuce - rinsed, dried, and torn into bite-size pieces
2 tomatoes, sliced
1 small green bell pepper, sliced
1/2 cup sliced red onion
1/4 cup sliced pimento-stuffed green olives

Directions

1. Preheat grill for high heat.
2. Lightly oil grate. Place steak on grill and cook for 3 to 5 minutes per side or until desired doneness is reached. Remove from heat and let sit until cool enough to handle. Slice steak into bite size pieces.
3. In a small bowl, whisk together the olive oil, vinegar, lemon juice, garlic, salt, pepper and Worcestershire sauce. Mix in the cheese. Cover and place dressing in refrigerator.
4. Arrange the lettuce, tomato, pepper, onion and olives on salad plates. Top with steak and drizzle with dressing.

Nutritional Information per Serving:

Calories 600 kcal, Protein 55 g, Fat 40 g, Carbohydrates 12 g, Fiber 4 g, Sugars 6 g

Swiss Beef Broil



Makes 4 servings

Ingredients

1 1/2 pound flank steak
Salt to taste
2 cloves garlic
1 tablespoon olive oil
1 small onion, cut into chunks
1 small green bell pepper, cut into chunks
½ teaspoon thyme
1 tablespoon olive oil
1 small can stewed tomatoes
½ teaspoon corn starch

Directions

Preheat oven to broil.

Slice meat diagonally, against the grain. Broil 10-12 minutes, stirring and draining once, until meat is done. Salt lightly.

While the steak is broiling, in a skillet combine the onions, pepper, thyme, garlic, and olive oil.

Sauté until the onions are tender.

Drain the tomatoes, reserving the liquid. Combine tomato juice and corn starch. Add tomatoes and juice to vegetables. Cook until thickened, stirring frequently.

Spoon the veggies and sauce over the meat.

Nutritional Information per Serving:

Calories 350 kcal, Protein 40 g, Fat 18 g, Carbohydrates 8 g, Fiber 2 g, Sugars 5 g

Savory Steak Rub



Ingredients

1 Tbl dried marjoram
1 Tbl dried basil
2 tsp garlic powder
2 tsp dried thyme
1 tsp dried rosemary, crushed
3/4 tsp dried oregano

Directions

Combine all ingredients; store in a container. Rub over steaks before grilling or broiling. Will season four to five steaks.

Vegetable Side Dishes



Ratatouille of Roasted Vegetables

6 servings, 5 cups

Ingredients

1 large head garlic
12 ripe plum tomatoes, cored, halved and seeded
1 eggplant (1-1 1/4 lbs.), cut lengthwise into 1/2-inch-thick slices
2 small zucchini, cut in half lengthwise
2 small summer squash, cut in half lengthwise
1 Spanish onion, cut into 1/2-inch-thick slices
1 large red bell pepper, cut in half lengthwise and seeded
1 large yellow bell pepper, cut in half lengthwise and seeded
1/4 cup chopped fresh basil
2 Tbsp. olive oil, preferably extra-virgin
1 Tbsp. chopped fresh thyme
1 tsp. dried oregano
2 bay leaves
1/2 tsp. salt
1/4 tsp. freshly ground black pepper

Directions

Set oven racks at the two lowest levels; preheat to 450 degrees F.

Peel away as much of the papery skin from the garlic as possible and wrap the head loosely in aluminum foil. Bake for 30 minutes, or until the garlic is very soft. Let cool slightly.

Meanwhile, lightly coat 2 baking sheets with vegetable oil or spray with nonstick cooking spray. Arrange tomatoes, eggplant slices, zucchini, squash, onions, red bell peppers and yellow bell peppers on the prepared baking sheets. Roast for 20 minutes, turning once, until just tender and browned. Let cool slightly. Reduce oven temperature to 350 degrees F.

Separate garlic cloves and squeeze the soft pulp into a large heavy saucepan or Dutch oven. Slip skins from the tomatoes and peppers.

Slice all the vegetables into pieces and add to the garlic. Stir in basil, olive oil, thyme, oregano, bay leaves, salt and pepper. Cover and bake, stirring occasionally, for 30 minutes, or until heated through and thickened. Remove bay leaves. Taste and adjust seasonings, and serve hot or at room temperature.

Nutritional Information:

113 calories, 5 g fat mono, 0 mg cholesterol, 16 g carbohydrate, 3 g protein, 208 mg sodium

Asparagus Tips



1 cup

Directions

When buying asparagus, look for firm, bright spears with closed tips. Keep in mind that 1 ½ pounds of asparagus will feed four people. The delicate asparagus tips cook more quickly than the stalks, which are wrapped in a tough skin. To ensure perfect cooking from end to end, we recommend peeling the stalks: it is time-consuming but worth the trouble. First snap off the woody bottoms. With a paring knife, remove the skin from just below the tip to the base.

Steam: Place spears in a large steamer set in a large pot over simmering water, cover and cook just until tender, about 5 minutes. Steaming produces delicately flavored asparagus with tender bite and a beautiful spring-green color.

Microwave: Lay spears in a large microwavable dish and add 1/4 cup water. Cover with vented plastic wrap. Microwave on high power for 4 to 6 minutes, or just until tender. Microwaving gives the same benefits as steaming, but is a handy method when the stovetop is otherwise occupied.

Roast: On a baking sheet, sprinkle spears with 1 teaspoon olive oil and salt and pepper to taste; toss to evenly coat. Roast at 450°F until lightly browned and tender, 10 to 15 minutes, shaking or tossing once during roasting. Roasted asparagus is not as elegantly pretty as when it is steamed or microwaved, but the high heat caramelizes the vegetable's juices, intensifying the flavor.

Nutritional Information:

43 calories, 1 total fat (0 g sat), 0 mg cholesterol, 8 g carbohydrate, 5 g protein, 3 g fiber, 20 mg sodium

Braised Green Beans & Tomatoes



6 servings

Ingredients

1 lb. green beans, trimmed
2 tsp. olive oil
4 cloves garlic, thinly sliced
1 Tbsp. fennel seeds, crushed
1/4 tsp. crushed red pepper
8 ripe tomatoes, peeled, seeded and chopped
Salt & freshly ground black pepper to taste

Directions

1. In a large saucepan of boiling salted water, cook green beans until just tender, 3 to 4 minutes. Drain and refresh with cold water.
2. In a large nonreactive saucepan or Dutch oven, heat oil over medium-low heat. Add garlic and cook, stirring, until fragrant, about 1 minute. Add fennel seeds and crushed red pepper; cook, stirring, for 30 seconds more. Add tomatoes and green beans. Cover and cook, stirring often, until tomatoes form a sauce and beans are soft, about 30 minutes. Season with salt and pepper.

   Serve hot or at room temperature.

Nutritional Information:

80 calories, 2 total fat (0 g sat), 0 mg cholesterol, 14 g carbohydrate, 3 g protein, 2 g fiber, 20 mg sodium

Broccoli with Caramelized Shallots



4 servings

Ingredients

2 Tbsp. walnut pieces
1 1/2 tsp. olive oil
1 cup sliced shallots, thinly sliced (4-5 large shallots)
salt & freshly ground black pepper to taste
1 bunch broccoli (1 1/2 lbs.), cut into florets (5 cups)

Directions

Preheat oven to 450 degrees F. Place walnuts in a pie plate and toast in the oven 5 minutes, or until fragrant. Transfer to a small bowl and set aside.

In a large nonstick skillet, heat oil over medium-low heat. Add shallots and cook, stirring often, to a deep golden brown, about 10 minutes. (Add a tablespoon or two of water if the mixture gets too dry.) Season with salt and pepper; set aside in the skillet.

Meanwhile, cook broccoli in boiling salted water until just tender, 3 to 5 minutes. Drain the broccoli and add it to the shallots in the skillet and toss to combine. Taste and adjust seasonings.

Transfer to a serving bowl and sprinkle with the toasted walnuts.

Nutritional Information:

113 calories, 4 g fat mono, 0 mg cholesterol, 16 g carbohydrate, 7 g protein, 51 mg sodium

Grilled Red Onions



4 servings

Ingredients

4 red onions
4 tsp. olive oil
salt & freshly ground black pepper to taste

Directions

Prepare a grill. Peel onions and cut lengthwise into quarters, taking care to cut through the root to keep the quarters intact. In a small bowl, toss the onion quarters with oil to coat. Grill, cut-side down, until well browned, about 5 minutes. Turn over and grill until browned and softened, about 5 minutes more. Transfer to a serving plate and season with salt and pepper.

Nutritional Information:

70 calories, 5 g fat mono, 0 mg cholesterol, 7 g carbohydrate, 1 g protein, 2 mg sodium

Asparagus



3 servings

Directions

Trim the ends from 1 lb. of tender stalks. (Peel stalks if more mature). Toss with 1 tsp. olive oil and roast at 450 degrees F for 10 to 15 minutes, or until tender when pierced with a knife. Season with salt and pepper.

Nutritional Information:

51 calories, 2 g fat mono, 0 mg cholesterol, 7 g carbohydrate, 4 g protein, 6 mg sodium

Eggplant



4 servings

Directions

Trim the stem end from 1 large eggplant. Cut in 1/3-inch-thick slices. Brush slices on both sides with 1 tsp. olive oil and roast at 425 degrees F for 20 minutes, turning midway, or until lightly browned and tender. Season with salt and pepper.

Nutritional Information:

30 calories, 1 g fat mono, 0 mg cholesterol, 5 g carbohydrate, 1 g protein, 2 mg sodium

Fennel



4 servings

Directions

Trim, halve and core 1 large fennel bulb. Wrap in aluminum foil and roast at 450 degrees F for 30 to 35 minutes or until tender. Unwrap and slice. Toss with 1 tsp. olive oil and salt and pepper to taste.

Nutritional Information:

18 calories, 1 g fat mono, 0 mg cholesterol, 1 g carbohydrate, 1 g protein, 52 mg sodium

Shallots



4 servings

Directions

Peel 10 large shallots and cut in half lengthwise. Toss with 1 tsp. oil, 1 sprig fresh rosemary and salt and pepper to taste. Roast at 450 degrees F for 20 to 25 minutes, stirring often, until the shallots are tender and browned around the edges.

Nutritional Information:

28 calories, 1 g fat mono, 0 mg cholesterol, 4 g carbohydrate, 1 g protein, 3 mg sodium

Sautéed Cherry Tomatoes with Chives



4 servings

Ingredients

2 tsp. olive oil
2 pts. cherry tomatoes
2 Tbsp. chopped fresh chives
salt & freshly ground black pepper to taste

Directions

In a large skillet, heat oil over medium-high heat. Add tomatoes and sauté until skins begin to split, 3 to 4 minutes. Remove from heat, toss with chives and season with salt and pepper.

Nutritional Information:

52 calories, 3 g fat mono, 0 mg cholesterol, 7 g carbohydrate, 1 g protein, 12 mg sodium

Savoy Cabbage with Peppers



4 servings

Ingredients

2 teaspoons vegetable oil, preferably canola oil
1/2 teaspoon caraway seeds
1/2 teaspoon mustard seeds
4 cups thinly sliced Savoy cabbage
1 jalapeño pepper, seeded and finely chopped
1/4 cup defatted reduced-sodium chicken broth
1/4cup chopped bottled roasted red peppers
Salt & freshly ground black pepper to taste

Directions

In a large nonstick skillet, heat oil over medium heat. Add caraway and mustard seeds and cook, stirring, for 1 minute. Stir in cabbage and jalapeños and cook, stirring, for 1 minute. Stir in chicken broth and cover the pan tightly. Reduce heat to low and simmer until the cabbage is tender, 5 to 6 minutes. Stir in red peppers and season with salt and pepper. (The cabbage can be made up to 8 hours ahead and stored, covered, in the refrigerator. Reheat gently on the stovetop or in the microwave before serving.)

Nutritional Information:

51 calories, 3 g fat mono, 0 mg cholesterol, 6 g carbohydrate, 2 g protein, 48 mg sodium

Sesame Green Beans



4 servings

Ingredients

1 pound green beans, trimmed
1 teaspoon olive oil
2 teaspoons sesame seeds
Salt & freshly ground black pepper to taste

Directions

Preheat oven to 450 degrees F. On a baking sheet with sides, toss beans with oil, then spread the beans out in a single layer. Roast the beans for about 12 minutes, stirring once, or until wrinkled, brown and tender. In a small dry skillet over medium heat, stir sesame seeds until fragrant and toasted, about 1 minute. Crush the seeds lightly and toss with the beans. Season with salt and pepper.

Nutritional Information:

60 calories, 2 g fat mono, 0 mg cholesterol, 9 g carbohydrate, 2 g protein, 4 mg sodium

Sicilian-Style Broccoli



4 servings

Ingredients

1 bunch broccoli (1 1/4 lbs.)
2 tsp. olive oil
2 Tbsp. capers, rinsed
1 clove garlic, finely chopped
Salt & freshly ground black pepper to taste

Directions

Cut off and separate broccoli florets. Trim the tough ends of the stalks; peel the stalks if desired and cut crosswise into 3/8-inch-thick slices. In a large skillet, heat oil over medium heat. Add capers and garlic and cook, stirring, until the garlic is golden, about 1 minute. Add the broccoli florets and stalks and 1/2 cup water; bring to a simmer. Reduce the heat to medium-low, cover and cook until the broccoli is tender, about 5 minutes. Uncover, increase the heat to high and cook, stirring, until any remaining water evaporates, about 1 minute. Season with salt and pepper.

Nutritional Information:

61 calories, 3 g fat mono, 0 mg cholesterol, 7 g carbohydrate, 4 g protein, 197 mg sodium

Wilted Greens with Garlic



4 servings

Ingredients

1 Tbsp. olive oil
1 clove garlic, finely chopped
1 lb. spinach, washed and stemmed, or 1 lb. Swiss chard, washed, stems sliced, leaves torn
Salt & freshly ground black pepper to taste

Directions

Heat oil in a large skillet over medium-high heat. Add garlic and stir until golden, about 30 seconds. Add greens in batches, if necessary, and toss until just wilted, 2 to 4 minutes. Season with salt and pepper.

Nutritional Information:

56 calories, 4 g fat mono, 0 mg cholesterol, 4 g carbohydrate, 3 g protein, 90 mg sodium

Wilted Spinach



4 servings

Ingredients

1 Tbsp. olive oil
1 1/2 Tbsp. pine nuts, coarsely chopped
1 lb. spinach, stemmed, washed, torn and drained
salt & freshly ground black pepper to taste

Directions

Heat oil in a large skillet over medium-high heat.
Add pine nuts and stir until golden, about 1 minute.
Add spinach, in batches if necessary, and toss until just wilted, about 2 minutes. Season with salt and pepper to taste.

Nutritional Information:

70 calories, 5 g fat mono, 0 mg cholesterol, 4 g carbohydrate, 4 g protein, 90 mg sodium

Oven-Roasted Vegetables



Serves 4

Ingredients

1 medium zucchini, cut into bite-size pieces
1 medium summer squash, cut into bite-size pieces
1 medium red bell pepper, cut into bite-size pieces
1 medium yellow bell pepper, cut into bite-size pieces
1 pound fresh asparagus, cut into bite-size pieces
1 red onion
3 tablespoons extra-virgin olive oil
1 teaspoon salt
1⁄2 teaspoon freshly ground black pepper

Directions

Heat the oven to 450°F. Place the zucchini, squash, peppers, asparagus, and onion in a large roasting pan. Toss with the olive oil, salt, and pepper to mix and coat. Spread in a single layer in the pan. Roast for 30 minutes, stirring occasionally, until the vegetables are lightly browned and tender.

Nutritional Information:

170 calories, 11 total fat (2 g sat), 0 mg cholesterol, 15 g carbohydrate, 5 g protein, 5 g fiber, 586 mg sodium

Roasted Eggplant and Peppers



Serves 4

Ingredients

1 eggplant, peeled, halved, and sliced
2 red bell peppers, cut in thick strips
1 green bell pepper, cut in thick strips
1 onion, sliced
1⁄4 cup extra-virgin olive oil
Fresh basil (optional)

Directions

Preheat the oven to 350°F. Place the eggplant, peppers, and onion in a nonstick baking dish.

Drizzle with the oil. Bake in the oven for 20 minutes, basting regularly.

Arrange the vegetables on a serving dish and garnish with fresh basil, if using.

Nutritional Information:

193 calories, 14 total fat (2 g sat), 0 mg cholesterol, 16 g carbohydrate, 2 g protein, 5 g fiber, 5 mg sodium

Surprise South Beach Mashed “Potatoes”



Serves 4

Ingredients

4 cups cauliflower florets
1 ounce I Can’t Believe It’s Not Butter! spray
1 ounce Land O’Lakes Gourmet Fat-Free Half & Half
Pinch salt
Pinch freshly ground black pepper

Directions

Steam or microwave the cauliflower until soft. Puree in a food processor, adding the butter spray and the half-and-half to taste. Season with salt and pepper.

Nutritional Information:

81 calories, 6 total fat (2 g sat), 4 mg cholesterol, 5 g carbohydrate, 2 g protein, 3 g fiber, 82 mg sodium

Stewed Tomatoes and Onions



Serves 6

Ingredients

1⁄2 cup chopped green bell pepper
1⁄4 cup thinly sliced celery
1 small onion, chopped
1 clove garlic, minced
3 cups peeled, chopped tomatoes
1 tablespoon red wine vinegar
1⁄8 teaspoon freshly ground black pepper

Directions

Coat a large nonstick skillet with cooking spray. Place over medium-high heat until hot. Add the bell pepper, celery, onion, and garlic. Sauté for 5 minutes or until the vegetables are tender. Add the tomatoes, vinegar and black pepper.

Bring to a boil. Cover, reduce the heat, and simmer for 15 minutes, stirring occasionally.

Nutritional Information:

29 calories, 0 total fat (0 g sat), 0 mg cholesterol, 7 g carbohydrate, 1 g protein, 1 g fiber, 10 mg sodium

Broiled Tomatoes



Serves 2

Ingredients

2 large ripe red tomatoes, halved horizontally
Pinch salt (optional)
Pinch freshly ground black pepper (optional)

Directions

Place the tomatoes on a broiler pan rack, cut sides facing up. Sprinkle with salt and pepper, if using. Broil for 7–10 minutes, until well-browned.

Nutritional Information:

38 calories, 1 total fat (0 g sat), 0 mg cholesterol, 8 g carbohydrate, 2 g protein, 2 g fiber, 16 mg sodium

Broiled Tomato with Pesto



Serves 6

Ingredients

3 fresh tomatoes
2 cloves garlic
1 cup chopped fresh basil leaves
2 tablespoons extra-virgin olive oil
1⁄4 cup freshly grated Parmesan cheese
2 tablespoons pine nuts

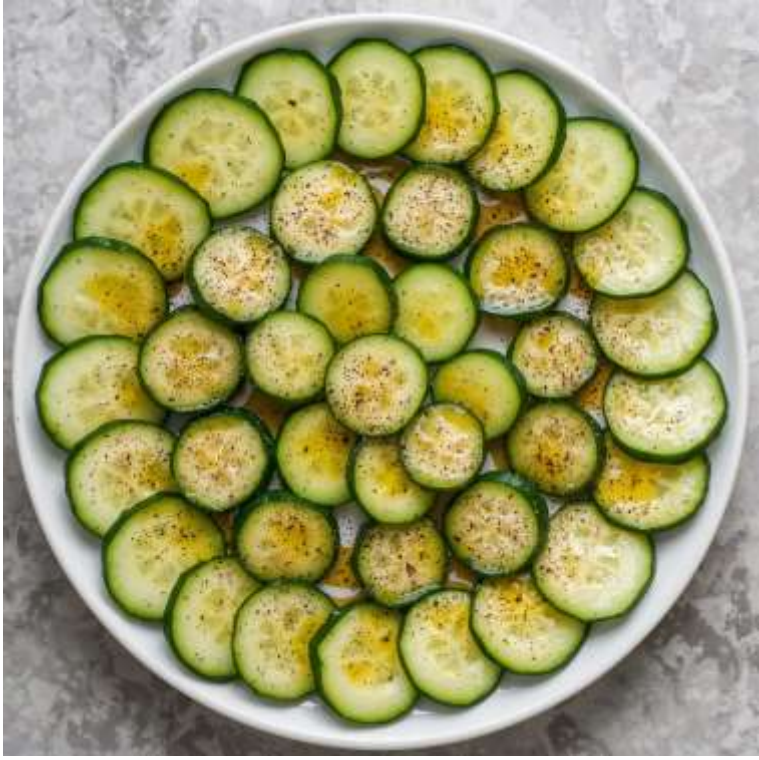
Directions

Cut the tomatoes in half. Combine the garlic, basil, olive oil, Parmesan, and pine nuts in a blender or food processor. Puree until smooth. Spoon the mixture onto the top of each tomato half. Place the tomatoes on a broiler pan and broil about 3" from the heat until lightly browned, about 3–5 minutes.

Nutritional Information:

90 calories, 7 total fat (2 g sat), 3 mg cholesterol, 4 g carbohydrate, 3 g protein, 1 g fiber, 68 mg sodium

Cucumber Salad



Serves 4

Ingredients

2 medium cucumbers, peeled and sliced
2 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
1 teaspoon cracked black pepper

Directions

Arrange the cucumber in a rotating pattern on a large serving plate.

Combine the oil and vinegar and drizzle over the salad. Sprinkle with the pepper.

Nutritional Information:

Calories 340 kcal, Carbohydrates 22 g, Fiber 2.6 g, Protein 3 g, Fat 29 g

Italian Style Spaghetti Squash



Makes 4 servings

Directions

Halve 1 (2 lb.) spaghetti squash lengthwise. Scrape out seeds. Place squash halves, cut sides down, and 1/4 cup water in glass baking dish. Cover with plastic wrap. Microwave on high 8 to 10 minutes until tender; let cool slightly.

Meanwhile, in large skillet, heat 1 tbsp. lemon olive oil; add 1 thinly sliced medium red onion.

Cook over medium heat 3 minutes until onion is translucent.

Add 1 (8 oz.) zucchini, cut into 1/2-inch dice; cook 4 to 5 minutes until zucchini begins to brown.

Add 4 diced medium tomatoes and 1/4 tsp. each salt and pepper.

Reduce heat; simmer gently 10 minutes.

Using fork, scrape squash strands into bowl; toss 1/4 tsp. each salt and pepper and 1 tbsp. lemon olive oil.

Divide squash among 4 pasta bowls; mound in center; spoon vegetable mixture around squash.

Nutritional Information per Serving:

Calories 145 kcal, Carbohydrates 20 g, Fiber 4.75 g, Protein 3 g, Fat 7.25 g

Cheesy Spaghetti Squash



6 servings

Ingredients

3 lb spaghetti squash
2 TB reduced fat grated Parmesan cheese
1/2 cup reduced fat shredded mozzarella cheese
2 chopped plum tomatoes
1/4 cup chopped fresh parsley

Directions

Pierce a large spaghetti squash several times with a fork to allow steam to escape. Microwave on high for 10 minutes, or until just soft, turning over after 5 minutes. Let stand for 5 minutes.

Cut squash in half. Remove and discard seeds. Use a fork to scrape the insides of the squash to form strands; reserve one squash shell. Toss strands with parmesan, mozzarella, tomatoes and fresh parsley.

Spoon squash back into shell and microwave on high for 2 minutes to heat through.

Nutritional Information per Serving:

Calories 82 kcal, Carbohydrates 12.3 g, Fiber 2.6 g, Protein 6.75 g, Fat 1.75 g

Cauliflower Casserole



Ingredients

1 large head cauliflower (or 20 oz. frozen)
3 oz. Low Fat Cream cheese, softened
2 Tbl. Smart Beat Spread (or butter)
1/2 tsp. salt
1/4 tsp. pepper
4 slice bacon, cooked & crumbled
8 oz. cheddar cheese, grated

Directions

Cook cauliflower until very tender. Drain well and mash. Add butter, cream cheese, salt and pepper and bacon. Pour into Pam-ed casserole dish. Cover top with cheese and bake at 375 degrees for 20 minutes.

Nutritional Information:

Calories 1520 kcal, Carbohydrates 36 g, Fiber 12 g, Protein 85 g, Fat 119 g

Roasted Asparagus with Scrambled Eggs



Serves 8

Ingredients

2 pounds fresh asparagus
olive oil
1 1/4 teaspoons kosher salt plus extra for sprinkling
Fresh ground black pepper
1/2 cup freshly grated low-fat Parmesan cheese
16 extra-large eggs
1 1/4 cups fat-free half-and-half
4 tablespoons Smart Balance (1/2 stick)

Directions

Preheat the oven to 400 degrees.

Break off the tough ends of the asparagus and, if they're thick, peel them. Place the asparagus on a baking sheet, drizzle with olive oil, then toss to coat the asparagus completely. Spread the asparagus in a single layer and sprinkle liberally with salt and pepper. Roast the asparagus for 15 to 20 minutes, until tender but still crisp. Sprinkle with the Parmesan cheese and return to the oven for 5 minutes, or until the cheese melts.

While the asparagus is roasting, whisk the eggs in a bowl with the half-and-half, salt, and pepper to taste. Melt 2 tablespoons of Smart Balance in a large skillet. Cook the eggs on the lowest heat, stirring constantly with a wooden spoon, to the desired doneness. Remove from the heat, add 2 more tablespoons of Smart Balance, and stir until it melts. Check for salt and pepper and serve with the roasted asparagus.

Nutritional Information per Serving:

Calories 291 kcal, Carbohydrates 7.5 g, Fiber 2 g, Protein 21 g, Fat 20 g

Roasted Chickpeas

(these are great if you crave potato chips)



Directions

1. rise & drain a can of garbonzo beans/chickpeas
2. pat dry
3. mix with 2T olive oil
4. sprinkle with spices of your choice as needed
5. spread on cookie sheet
6. bake 450 degrees 20-30 min until golden and crispy soft in middle. Do not overcook or they get dry and hard!!)

Enjoy!

Nutritional Information:

Calories 450 kcal, Carbohydrates 35 g, Fiber 9 g, Protein 11 g, Fat 31.5 g

Zucchini Puffs



Ingredients

2 medium zucchini
1/3 cup grated Parmesan cheese
1/3 cup mayonnaise
1/2 tsp garlic powder
1/4 tsp oregano
1/2 tsp lemon pepper

Directions

Slice zucchini into 36 1/4" rounds. In small bowl, combine remaining ingredients. Spread each slice with thin layer of mayonnaise mixture & place it on broiler pan. Cover and refrigerate up to 24 hours.

Broil 5" from the heat about 60 seconds or until tops are golden brown.

Makes 36 ~ approximately 1/2 gram of carbohydrate each

(If you don't like the spices used the feel free to add your own selection of spices instead)

Nutritional Information:

Calories 755 kcal, Carbohydrates 17 g, Fiber 4 g, Protein 15 g, Fat 71 g

Asparagus with Garlic Cream



Ingredients

1 container ff or lf sour cream (8 oz)
2 TB skim milk of half and half
1 TB white wine vinegar
1 TB extra-virgin olive oil
2 garlic cloves, minced
1/4 teaspoon freshly ground pepper
2 lbs fresh asparagus

Directions

Stir together first 7 ingredients in a medium bowl. Cover garlic cream, and chill 8 hours.

Snap off tough ends of asparagus, and cook in boiling water for 3 minutes, until crisp-tender; drain.

Plunge asparagus into ice water to stop the cooking process; drain. Cover and chill 8 hours, if desired.

Serve chilled asparagus with chilled garlic cream. Sprinkle with additional pepper, if desired.

Nutritional Information:

Calories 422 to 462 kcal, Total Fat 21 g, Protein 22.4 g, Carbohydrates 41.6 g, Fiber 8 g, Sugars 10 g

Asparagus with Parmesan Crust



Ingredients

1 pound thin asparagus spears
1 tablespoon extra virgin olive oil
1 ounce shaved low-fat Parmesan cheese
freshly ground black pepper, to taste
1/4 cup balsamic vinegar, or to taste

Directions

1. Preheat oven to 450 degrees F (230 degrees C).
2. Place asparagus on a baking sheet. Drizzle with olive oil, and toss to coat. Arrange asparagus spears in a single layer. Spread Parmesan cheese over asparagus, and season with freshly ground black pepper.
3. Bake 12 to 15 minutes in the preheated oven, until cheese is melted and asparagus is tender but crisp. Serve immediately on warm plates, sprinkling with balsamic vinegar to taste.

Nutritional Information:

Calories 370 kcal, Protein 18 g, Fat 28 g, Carbohydrates 14 g, Fiber 7 g, Sugars 10 g (mainly from balsamic vinegar), Sodium 400-500 mg

Chardonnay Mushrooms



Serves 4-5

Ingredients

1/2 cup Smart Balance spread
1/4 teaspoon granulated or powdered garlic
1/2 teaspoon salt
1/4 teaspoon black pepper
dried parsley flakes
1/4 cup Chardonnay (room temperature)
1 lb. fresh mushrooms

Directions

1. Rinse mushrooms well under cold running water, and drain. Cut mushrooms into quarters.
2. Measure the Smart Balance spread into a saucepan. Cook over low heat until melted. Slowly add the mushrooms and stir in the garlic, salt and pepper.
3. Cook over medium heat, stirring often, approximately four minutes or until the mushrooms are soft. Turn off heat and immediately pour the Chardonnay onto mushrooms. Add parsley and toss together. Serve immediately, with your favorite steak, or on its own.

Nutritional Information per Serving:

Calories 180 kcal, Protein 3 g, Fat 16 g, Carbohydrates 6 g, Fiber 2 g, Sugars 2 g, Sodium 350 mg

Cucumbers in Butter and Cream



4 servings

Ingredients

1 pound firm cucumbers
1 TB salt (if cucumbers are not firm)
2 TB Smart Balance spread
½ cup chopped onion
Freshly ground black pepper to taste
½ cup Land o' Lakes half and half, or low-fat/ fat-free sour cream, or lf/ff plain yogurt.
Fresh dill

Directions

Peel cucumbers if waxed. Cut in half lengthwise and scoop out seeds w/ spoon. Cut into _ inch chunks. If not super-firm, place chunks in colander and sprinkle with salt. Let drain for 20 minutes. Rinse and dry. If firm, proceed with recipe.

Place Smart Balance in a medium skillet over medium heat. When it melts, add onion and cook, stirring occasionally, until onion softens, about 5 minutes. Do not let the onion brown. Ad the cucumbers and cook, stirring, for about 5 minutes, until the cucumbers are just tender. Add pepper, and salt (if not previously added.)

Turn heat to low, stir in cream or yogurt, and a handful of the dill. Stir until well blended.

Garnish with more dill.

Nutritional Information per Serving:

Calories 110 kcal, Protein 2 g, Fat 8 g, Carbohydrates 8 g, Fiber 1 g, Sugars 5 g, Sodium 400 mg

Easy Broccoli with Cream Cheese Sauce



*This is great for a last minute dish.

Ingredients

16 ounce bag of frozen broccoli
1 packet of low-fat cream cheese
1/2 cup of Land O' Lakes half and half
1 tablespoon of Smart Balance spread
1 1/2 tablespoons lemon juice

Directions

Cook broccoli according to directions. Place cream cheese, half and half, lemon juice and Smart Balance spread into dish. Warm in microwave at 50 percent power for 3 minutes. Stir, repeat another 3 minutes until it reaches the consistency of a med white sauce. It will be lumpy whisk until smooth.

Nutritional Information:

Calories 420 kcal, Protein 20 g, Fat 30 g, Carbohydrates 18 g, Fiber 8 g, Sugars 8 g, Sodium 600 mg

Easy Mushroom Sauté



Makes 4 servings

Ingredients

2 tablespoons Smart Balance spread
1/2 tablespoon olive oil
1/2 tablespoon balsamic vinegar
1 clove garlic, minced
1/8 teaspoon dried oregano
1 pound assorted mushrooms, sliced

Directions

Melt Smart Balance spread with oil in a large skillet over medium heat. Stir in balsamic vinegar, garlic, oregano, and mushrooms. Sauté for 20 to 25 minutes, or until tender.

Great as a side dish, or over a chicken breast with melted low-fat swiss cheese.

Nutritional Information per Serving:

Calories 110 kcal, Protein 3 g, Fat 9 g, Carbohydrates 6 g, Fiber 2 g, Sugars 3 g, Sodium 150 mg

Garlic Broccoli



Ingredients

1 tsp olive oil
2 cloves garlic - minced
2 Tbsp apple juice
1 Tbsp red wine vinegar
1 tsp dried parsley
1 1/2 tsp paprika
4 cup broccoli florets
1/4 cup water
salt and black pepper to taste

Directions

Heat the oil in a small saucepan and saute the minced garlic.

When lightly browned, stir in the apple juice, red wine vinegar, parsley, and paprika. Heat through.

Place the broccoli in a microwave safe dish with water. Cook on high for about 5 minutes, until bright green and slightly tender.

Pour the warm dressing over the broccoli and toss to coat.

Season to taste with salt and black pepper.

Nutritional Information:

Calories 150 kcal, Protein 9 g, Fat 5 g, Carbohydrates 20 g, Fiber 8 g, Sugars 8 g, Sodium 300 mg (varies with added salt)

Green Beans with Walnuts



Ingredients

2 1/2 lbs. trimmed green beans
olive oil, as needed
1/4 oz minced shallots
1 teaspoon minced garlic
4 fl oz chicken or vegetable stock, hot
salt and pepper, as needed.
1 oz walnut oil
2 T chopped toasted walnuts
2 teaspoon minced chives

Directions

Heat a little olive oil in a pan. Add shallots and garlic and saute until translucent, about 2 to 3 minutes. Add the green beans in an even layer and add the hot stock and salt and pepper. Return to a simmer.

Cover the pan and steam beans until tender, about 4 to 5 minutes. Drain any excess cooking liquid. Toss the green beans with walnut oil, walnuts and chives.

Nutritional Information:

Calories 900 kcal, Protein 20 g, Fat 80 g, Carbohydrates 40 g, Fiber 20 g, Sugars 10 g, Sodium 600 mg (varies with added salt and stock)

Herbed Broccoli Bake



Ingredients

1 lb. broccoli florets
2 tsp. SmartBalance spread
1/4 cup onions, chopped
1/2 cup celery, chopped
1/4 cup mushrooms, drained and chopped
1/2 cup vegetable stock
1 tsp. Italian herb seasoning
1/2 cup LF or FF parmesan cheese

Directions

Preheat oven to 350°F. Place broccoli in a steamer basket over boiling water. Cover and steam 4-5 minutes or until just tender.

Drain and keep warm. Melt butter/spread in a heavy nonstick skillet over medium heat. Sauté onions, celery and mushrooms 4-5 minutes or until tender. Stir in stock and seasoning. Add salt and pepper to taste. Simmer another 2 minutes. Stir in broccoli. Transfer mixture to a baking dish sprayed with Pam. Top with parmesan cheese and bake 15 minutes.

Nutritional Information:

Calories 320 kcal, Protein 35 g, Fat 12 g, Carbohydrates 20 g, Fiber 8 g, Sugars 6 g, Sodium 900 mg

Italian Eggplant with Garlic



Ingredients

½ cup extra virgin olive oil
3 cloves garlic, sliced
¼ cup minced fresh basil
1 ½ teaspoons salt
½ teaspoon cracked black pepper
4 small eggplants (12 oz each) or 10 baby eggplants (3 oz each)
1 TB grated lemon peel

Directions

1. In 1-quart saucepan, heat olive oil over medium heat; add garlic slices and cook, stirring occasionally until lightly browned. Remove saucepan from heat; stir in minced basil, salt and pepper.
2. Preheat broiler. Cut eggplant lengthwise into _-inch slices. Lightly score both sides of each slice w/ a crisscross pattern.
3. Place half of eggplant slices in single layer on rack in broiling pan. Brush lightly w/ olive oil mixture from saucepan. Broil eggplant 7 to 9 inches from heat source for 10 min. Turn eggplant over, brush w/ remaining mixture, gently pressing garlic slices and minced basil into slits in eggplant.
4. Broil eggplant 10 min. longer, until fork-tender; transfer to platter. Sprinkle eggplant with lemon peel.

Nutritional Information:

Calories 1,350 kcal, Total Fat 140 g, Saturated Fat 20 g, Carbohydrates 50 g, Fiber 25 g, Sugars 15 g, Protein 10 g, Sodium 3,600 mg (mostly from added salt)

Marinated Green Beans Almondine



Serves 4 to 6

Ingredients

1 lb green beans (haricots), trimmed
1/4 cup half-and-half
1 Tbs (15 ml) Dijon-style mustard
1 Tbs (15 ml) lemon juice
1 Tbs (15 ml) extra-virgin olive oil
Salt and freshly ground pepper to taste
1/2 cup (125 ml) sliced almonds, lightly toasted

Directions

Boil or steam the green beans until tender but still firm, 4 to 5 minutes. Rinse under running water to stop the cooking and drain.

Whisk together the cream, mustard, lemon juice, olive oil, salt, and pepper. Pour over the beans and toss to combine. Top with the toasted almonds and serve chilled or at room temperature.

Nutritional Information:

Calories 600 kcal, Total Fat 45 g, Saturated Fat 7 g, Carbohydrates 30 g, Fiber 12 g, Sugars 6 g, Protein 18 g, Sodium 400 mg (varies with added salt)

Mushrooms Florentine



Serves 4

Ingredients

1 10-oz. pkg frozen chopped spinach
Salt, pepper, and garlic powder to taste
1/2 medium yellow onion, chopped small
1/2 lb (225 g) sliced mushrooms

Directions

Enough Smart Balance spread to saute them in enough grated low-fat cheddar cheese to create a sparse layer over the spinach.

Preheat oven to 325F (160C). Thaw the spinach and squeeze all the water out of it. Place it in either a Pyrex casserole, a Corningware dish, or similar, spreading it out evenly. Sprinkle salt, pepper, and garlic powder evenly across the surface of the spinach--to taste, but not too liberally. Sprinkle the onion evenly across the surface too.

Sauté the mushrooms in butter or butter sub till they're a nice color, and then add them with the butter to the top of the spinach, spreading them out evenly. Finally, sprinkle the cheddar on top evenly, sparsely. (The spinach should not be completely covered by the cheese.) Bake uncovered for approximately 20 minutes. (If you are cooking this with another dish, and the other dish isn't ready on time, the Mushrooms Florentine can cook an extra five minutes or so.)

Note: This can be prepared ahead of time up to the point of cooking, refrigerated till you're ready to put it in the oven, and then cooked. Give it an extra five minutes in the oven in that case.

Nutritional Information:

Calories 120 kcal, Total Fat 1.5 g, Saturated Fat 0.3 g, Carbohydrates 20 g, Fiber 8 g, Sugars 6 g, Protein 10 g, Sodium 200 mg (varies with added salt)

Roasted Eggplant Basil Spread



Ingredients

2 medium eggplants
1 1/3 cup basil, fresh, packed
20 medium olives, green, pitted
2 large garlic cloves, coarsely chopped
1 tsp table salt

Directions

Heat oven to 375ºF. Cut eggplant in half lengthwise.
Place eggplant halves, cut-side down, on a baking sheet coated with cooking spray. Roast until eggplant is soft, about 35 to 40 minutes. Cool to room temperature.

With a spoon, scrape flesh from eggplant into a food processor or blender. Add basil, olives, garlic and salt; blend until coarsely puréed. Allow to sit for at least 30 minutes before serving. Use as a dip for fresh raw vegetables.

Nutritional Information:

Calories 400 kcal, Total Fat 25 g, Saturated Fat 3.5 g, Carbohydrates 40 g, Fiber 20 g, Sugars 15 g, Protein 8 g, Sodium 2,200 mg (mostly from olives and added salt)

Roasted Eggplant Purée



Servings: 8

This is the classic Middle-Eastern appetizer, and is almost always part of a mezze platter. For variety (and a few extra carbs) add 1 chopped fresh tomato and 1 tablespoon sesame paste.

Prep time: 15 minutes Bake/Cook time: 30 minutes

Ingredients

1 1-pound eggplant or 2 Italian eggplants
1/4 cup olive oil
2 garlic cloves, pushed through a press
1/2 teaspoon salt
Freshly ground black pepper to taste
Chopped fresh parsley to taste
Atkins bread toast points or low carb crackers for serving

Directions

1. Heat oven to 425° F. Cut eggplant on all sides with deep slashes and place on a baking sheet. Roast until soft, 30 to 40 minutes. Set aside until cool enough to handle, about 15 minutes.
2. Peel eggplant and coarsely chop. Place in a medium bowl. Mix in oil, garlic, salt, pepper and parsley.

Nutrition per Serving (2 tablespoons):

Calories 76 kcal, Carbohydrates 3.7 g, Fiber 1.4 g, Protein 0.6 g, Fat 6.9 g

Roasted Green Beans with Dill Vinaigrette



Ingredients

2 lbs. Green beans, ends trimmed
3 TB olive oil
Salt
2 TB (low-sugar) white wine vinegar
1 ½ teas. Dijon mustard
½ teas. Splenda
½ teas. Ground black pepper
2 TB chopped fresh dill

Directions

1. Preheat oven to 450 F. In 17" by 111/2" roasting pan, combine green beans, 1 TB olive oil, and ½ teaspoon salt; toss until beans are coated w/ oil.
2. Roast green beans, uncovered, 20 t o30 min., until tender and slightly browned, stirring twice during roasting for even cooking. Meanwhile, prepare vinaigrette; In small bowl, with wire whisk or fork, mix vinegar, mustard, Splenda, pepper, and ¼ teaspoon salt.
3. Slowly whisk in remaining 2 TB of olive oil; whisk in dill. When beans are done, in large bowl, toss beans w/ vinaigrette. Serve warm or at room temperature.

Nutritional Information:

Calories 500 kcal, Total Fat 42 g, Saturated Fat 6 g, Carbohydrates 40 g, Fiber 16 g, Sugars 10 g, Protein 10 g, Sodium 800 mg (varies with added salt)

Sauteed Mustard Greens with Garlic



Ingredients

3 large garlic cloves, minced
1/2 teaspoon salt
1/4 cup extra-virgin olive oil
1 1/2 lb mustard greens (2 bunches) stems and center ribs discarded and leaves halves
1/2 cup water

Directions

Mash garlic to a paste w/ salt. Heat oil in a 5-quart pot over moderately high heat until hot, then saute garlic paste until fragrant. Add half of greens and toss with tongs to coat w/ oil, adding remaining half as greens wilt. Add water and cook, covered, stirring occasionally, 5 minutes.

Continue to cook, uncovered, until greens are just tender and most of liquid is evaporated. Season with salt to taste.

Nutritional Information:

Calories 600 kcal, Total Fat 56 g, Saturated Fat 8 g, Carbohydrates 20 g, Fiber 12 g, Sugars 6 g, Protein 12 g, Sodium 1,200 mg (mostly from added salt)

String Beans Sesame



Ingredients

1 lb young string beans, washed
4 teaspoon sesame seeds, toasted
1/3 cup low-sodium soy sauce
1/3 cup dry white wine
1/4 cup water
1 teaspoon balsamic vinegar
1 clove garlic, pressed
1/2 teaspoon Splenda
1/4 teaspoon ground ginger

Directions

Toss beans in a large pot of boiling, salted water. Wait for reboil, and cook beans for 5 minutes. Pour into a colander and rinse under cold water; drain well. Place beans in shallow bowl. Combine remaining ingredients and pour over string beans. Marinate for at least 1 hour, tossing occasionally. Serve at room temperature.

Nutritional Information:

Calories 300 kcal, Total Fat 14 g, Saturated Fat 2 g, Carbohydrates 30 g, Fiber 10 g, Sugars 8 g, Protein 12 g, Sodium 1,200 mg (mostly from soy sauce)

Stuffed Yellow Squash



Ingredients

6 medium-size yellow squash
6 turkey bacon slices
7 green onions, chopped
2 tablespoons diced green bell pepper
3/4 cup fine dry whole grain wheat bread crumbs
1/2 teaspoon pepper
1/4 teaspoon salt
3 tablespoons Smart Balance spread, melted
1/4 cup shredded low-fat Parmesan cheese

Directions

Cook squash in boiling water to cover in a large saucepan 10 minutes or until squash is tender but still firm. Drain and cool slightly.

Cut squash in half lengthwise; scoop out pulp, leaving 1/4-inch-thick shells. Reserve pulp.

Cook bacon in a skillet until crisp; drain on paper towels. Crumble and set aside. Pour drippings from skillet. (Do not wipe with paper towels.)

Sauté green onions and bell pepper in skillet over medium-high heat until tender.

Stir together squash pulp, crumbled bacon, onion mixture, breadcrumbs, and next 3 ingredients; spoon into squash shells. Place shells in a 13- x 9-inch pan. Sprinkle with cheese.

Broil 4 inches from heat (with electric oven door partially open) 3 minutes or until lightly browned. Serve warm or at room temperature.

Nutritional Information:

Calories 850 kcal, Total Fat 45 g, Saturated Fat 12 g, Carbohydrates 60 g, Fiber 15 g, Sugars 15 g, Protein 50 g, Sodium 1,800 mg (varies with added salt and bacon)

Vegetables in Mustard Vinaigrette



Ingredients

1 head of cauliflower, cut into florets
1 head of broccoli, cut into florets
1 pound asparagus, trimmed
1 pound string beans
6 ounces snow peas (optional)
Mustard Vinaigrette
1/3 cup tarragon vinegar or Japanese rice vinegar
1/3 cup Dijon mustard
1 cup olive oil
Coasre Kosher salt to taste
Freshly ground black pepper
1 shallot, finely minced
Chopped fresh tarragon, chervil, dill

Directions

In separate pots of boiling lightly salted water, blanch the vegetables until just tender. Drain, refresh in ice water, and drain again. Dry well.

Mustard Vinaigrette:

Whisk the vinegar and mustard together. Add oil a few drops at the time, whisking vigorously. Season with salt, pepper, shallot, and herbs. Whisk again before spooning over vegetables.

Nutritional Information:

Calories 1,200 kcal, Total Fat 110 g, Saturated Fat 15 g, Carbohydrates 70 g, Fiber 30 g, Sugars 20 g, Protein 30 g, Sodium 1,200 mg (varies with added salt and mustard)

Balsamic Glazed Vegetables



4 to 6 servings

Ingredients

1 1/2 to 2 pounds of your choice of the following, or any combination of: brussel sprouts, yellow squash, broccoli, cauliflower and zucchini
1/2 cup water
1/2 cup balsamic vinegar
1 tablespoon Smart Balance Spread
Salt and freshly ground black pepper
Chopped parsley leaves, for garnish

Directions

Place veggies in a pan with water and vinegar. Bring to a boil and cover. Reduce heat to medium and cook 10 minutes. Remove lid and raise heat back up. Allow the water to boil away and the vinegar to reduce and glaze the veggies, about 5 to 7 minutes. When the vegetables are glazed, to a sweet, rich brown color add butter to the pan. Turn veggies to coat lightly with Smart Balance spread. Season with salt, pepper and serve. Garnish with parsley.

Nutritional Information per Serving:

Calories 70-90 kcal, Carbohydrates 12-15 g, Protein 2-3 g, Fat 3-4 g (mainly from the Smart Balance Spread), Fiber 4-5 g, Sugars 6-8 grams (mainly from the balsamic vinegar and vegetables), Sodium: Variable depending on added salt

Caponata



Ingredients

2 medium egg plants -- diced into 3/4 inch cubes
2 medium onions -- chopped
2 celery stalks -- chopped
2 cups crushed tomatoes
1 TB capers
1 TB pine nuts
1 1/2 TB Splenda
4 TB wine vinegar
1/2 cup olive oil
salt and pepper

Directions

In sauté pan, cook eggplant in olive oil until they just start to brown; remove and place in sauce pan.

In same oil add celery and onion, simmer until tender; add tomatoes, capers and pine nuts, simmer for 10 minutes and add to eggplant.

Stir Splenda into the vinegar, add to eggplant, add salt and pepper and simmer slowly for 30 minutes.

Allow to cool.

Nutritional Information:

Calories 1,200-1,300 kcal, Carbohydrates 50-60 g, Protein 8-10 g, Fat 110-120 grams (mainly from the olive oil and pine nuts), Fiber 15-18 g, Sugars 15-20 g (including natural sugars from vegetables and Splenda), Sodium: Variable depending on added salt and capers

Lemon Balsamic Rosemary Skewered Vegetables



Ingredients

1 medium to large zucchini cut in half lengthwise, then into 1/2-inch slices
1 medium to large yellow squash, cut in half lengthwise, then into 1/2-inch slices
1 pint cherry tomatoes, washed and tops removed
1 lemon, juiced
2 tablespoons balsamic vinegar
3 tablespoons extra-virgin olive oil
Salt and freshly ground black pepper
16 stems fresh rosemary, 6 to 8-inch lengths

Directions

Preheat grill pan over high heat.

Combine zucchini, yellow squash and tomatoes in a bowl. Dress vegetables with lemon, vinegar and oil, salt and pepper. Wet rosemary in a bowl of water for 5 minutes. Thread veggies on rosemary from the bottom of the stems. Fill rosemary stems and place them on the hot grill.

Cook 3 or 4 minutes on each side. Transfer to a serving plate.

Nutritional Information:

Calories 400-450 kcal, Carbohydrates 25-30 g, Protein 5-6 g, Fat 35-40 g (mainly from the extra-virgin olive oil), Fiber 8-10 g, Sugars 15-18 grams (from the vegetables and balsamic vinegar), Sodium: Variable depending on added salt

Salads and Dressings

Sugar Snap Salad



4 servings

Ingredients

8 ounces sugar snap peas (2 cups), trimmed
2 tablespoons white-wine vinegar
2 tablespoons extra-virgin olive oil
1/4 teaspoon salt
1/8 teaspoon freshly ground pepper
1 bunch scallions, trimmed and thinly sliced on the diagonal
1/2 large red bell pepper, cut into 11/2-inch-long slivers

Directions

1. Cook peas in lightly salted boiling water in a medium saucepan until tender-crisp, 2 to 3 minutes. Drain and rinse under cold running water.
2. Whisk vinegar, oil, salt and pepper in a large bowl. Add peas, scallions and bell pepper; toss to coat. Serve within 1 hour.

Nutritional Information:

97 calories, 7 total fat (1 g sat), 0 mg cholesterol, 7 g carbohydrate, 2 g protein, 2 g fiber, 151 mg sodium

Crab Cobb Salad



Serves 2

Ingredients

6 cups romaine lettuce, torn into bite-size pieces
1 can crabmeat (6 ounces), drained
1 cup diced ripe tomatoes or cherry tomatoes, halved
1⁄4 cup crumbled blue cheese
2 tablespoons cholesterol-free bacon bits
1⁄4 cup prepared low-sugar dressing or olive oil vinaigrette

Directions

Chill 2 plates.

Arrange the lettuce on a large serving platter. Arrange the crabmeat, tomatoes, blue cheese, and bacon bits in rows over the lettuce.

Right before serving, drizzle some dressing evenly over the salad and toss well.

Transfer to the 2 chilled plates.

Nutritional Information:

267 calories, 13 total fat (4 g sat), 95 mg cholesterol, 12 g carbohydrate, 27 g protein, 4 g fiber, 1012 mg sodium

Mixed Greens with Crabmeat Salad



Serves 4

Ingredients

2 cups torn curly endive
2 cups loosely packed watercress leaves
2 cups torn fresh spinach
2 cups torn red leaf cabbage
1⁄2 cup sliced water chestnuts
1⁄2 cup julienne-sliced red bell pepper
12 ounces crabmeat, fresh or canned
Joe's Mustard Sauce (see recipe)

Directions

Combine the endive, watercress, spinach, cabbage, water chestnuts, and pepper in a large bowl.

Toss well. Add the crabmeat.

Divide onto 4 serving plates. Drizzle Joe's Mustard Sauce on top.

Nutritional Information:

123 calories, 1 total fat (0 g sat), 76 mg cholesterol, 9 g carbohydrate, 20 g protein, 4 g fiber, 338 mg sodium

South Beach Chopped Salad with Tuna



Serves 1

Ingredients

1 can (6 ounces) water-packed tuna
1⁄3 cup chopped cucumber
1⁄3 cup chopped tomato
1⁄3 cup chopped avocado
1⁄3 cup chopped celery
1⁄3 cup chopped radishes
1 cup chopped romaine lettuce
Dressing
4 teaspoons extra-virgin olive oil
2 tablespoons fresh lime juice
2 cloves garlic, finely chopped
1⁄2 teaspoon black pepper

Directions

To make the salad: Layer the tuna, cucumber, tomato, avocado, celery, radishes, and lettuce in a decorative glass bowl.

To make the dressing: Mix the olive oil, lime juice, garlic, and pepper. Drizzle over the salad.

Nutritional Information:

506 calories, 28 total fat (4 g sat), 50 mg cholesterol, 18 g carbohydrate, 48 g protein, 6 g fiber, 640 mg sodium

Greek Salad



Makes 6 servings

Ingredients

1 pkg. (10 oz.) salad greens
1/2 cup ripe olives
3 plum tomatoes cut into chunks
1/2 cup thinly sliced red onion
1/2 medium cucumber, peeled, cut into chunks
2/3 cup Greek dressing
1 pkg. (4 oz.) crumbled feta cheese

Directions

Toss greens, olives, tomatoes, onion, and cucumber into large bowl. Drizzle with dressing.

Sprinkle with cheese.

Greek Dressing:

1/2 cup virgin olive oil
1/4 cup fresh lemon juice (1 lemon squeezed)
1 glove garlic, minced
1 tsp. dried oregano leaves
1/4 tsp. pepper
1/2 tsp. salt to taste

Mix oil, juice, garlic and seasonings

Nutritional Information per Serving:

Calories 220 kcal, Total Fat 18 g, Saturated Fat 5 g, Cholesterol 15 mg, Sodium 550 mg, Carbohydrates 6 g, Fiber 2 g, Sugars 3 g, Protein 5 g

Layer Salad



Ingredients

1 Head Lettuce
2 Sticks Celery
3 Medium Onions
1 Green Pepper
1 small bag Frozen Green Peas

Directions

Layer all ingredients, ending with lettuce on top. Spread mayonnaise over top. Sprinkle with grated Parmesan Cheese. Cover and refrigerate. Sprinkle with bacon bits.

Nutritional Information:

Calories 280 kcal, Total Fat 1.5 g, Saturated Fat 0.2 g, Cholesterol 0 mg, Sodium 150 mg, Carbohydrates 65 g, Fiber 20 g, Sugars 20 g, Protein 15 g

Broccoli Salad



Ingredients

5 Cups Broccoli flowerets
10 strips Bacon, crumbled
1/4 cup Raisins
1/2 cup Sunflower seeds
1/4 cup chopped Onion
1 cup Mayonnaise
2 T. . Sucralose
1 T. Vinegar

Directions

Combine broccoli, bacon, raisins, nuts and onion in large bowl.

In small bowl, combine mayonnaise, sucralose, and vinegar.

Toss into broccoli mixture. Refrigerate, covered for 2-3 hours before serving.

Nutritional Information:

Calories 2,200 kcal, Total Fat 210 g, Saturated Fat 40 g, Cholesterol 150 mg, Sodium 1,500 mg, Carbohydrates 40 g, Fiber 12 g, Sugars 20 g, Protein 50 g

Oriental Cabbage Salad



Serves 4

Ingredients

1/2 small head green cabbage
3 scallions, chopped
2 tablespoons dark sesame oil
2 tablespoons rice wine vinegar
2 tablespoons sesame seeds, toasted

Directions

Combine the cabbage, scallions, oil, and vinegar. Toss well and chill until ready to serve.

Add the sesame seeds and toss again before serving.

Nutritional Information per Serving:

103 calories, 2 g protein, 5 g carbs, 9 g fat, 1 g saturated fats, 15 mg sodium,
0 mg cholesterol, 2 g fiber

Edamame Salad



Serves 4

Ingredients

1 bag (16 oz.) frozen shelled edamame (green soybeans)
1/4 cup seasoned rice vinegar
1 tablespoon vegetable oil
1/4 teaspoon salt
1/8 teaspoon fresh ground pepper
1 bunch radishes (8 ozs.) cut in half and thinly sliced
1 cup loosely packed chopped fresh cilantro leaves

Directions

Toss the edamame, vinegar, oil, salt, pepper, radishes, and cilantro together in a large bowl.

Serve chilled or room temperature.

If edamame is not readily available, you may substitute chick peas.

Nutritional Information per Serving:

224 calories, 15 g protein, 18 g carbs, 12 g fat, 1 g saturated fats, 479 mg sodium,
0 mg cholesterol, 6 g fiber

Spinach Salad with Strawberry Poppyseed Dressing



Serves 4

Ingredients

1 cup sliced fresh strawberries
1/4 cup red wine vinegar
1 tablespoon + 1 teaspoon Splenda
1 teaspoon poppyseeds
½ teaspoon dry mustard
½ cup canola oil

Directions

Blend all ingredients with a hand blender, blender or food processor. Refrigerate. Makes 1 cup dressing.

2 tablespoons: 15 g fat; 4 g carbs, 38 calories

Salad Ingredients

5 cups torn fresh spinach, washed and dried
1 ½ cups sliced fresh strawberries
1 cup sliced celery (about 2 ribs)
(I sometimes add 1 or 2 Kiwi fruit sliced)

Toss the salad ingredients together, then add about half the dressing just before serving.

Refrigerate remaining dressing.

Nutritional Information per Serving (without dressing):

2 g protein, 6 g carbohydrates, 3 g fiber, trace fat, 32 calories

Sweet Cranberry Spinach Salad



Ingredients

Dressing:
1/4 teaspoon paprika
4 teaspoons splenda
1 tablespoon white wine vinegar
1 tablespoon apple cider vinegar
1/4 cup olive oil or canola oil
Dash of salt
1 tablespoon toasted sesame seeds
2 teaspoons minced fresh onion
Salad:
8 ounces baby spinach and baby lettuces (or use all spinach)
3 tablespoons toasted slivered almonds
6 tablespoons dried cranberries
3 tablespoons crumbled blue cheese or Gorgonzola
1 (1 ounce) can mandarin orange segments, drained
9-12 ounces skinless, boneless chicken breasts, grilled and sliced on the diagonal
Garnish: snipped chives

Nutritional Information: Calories 1,200 - 1,400 kcal, Total Fat 100 g, Cholesterol 150 - 200 mg, Sodium: 800 - 1,000 mg Carbohydrates 60 - 70 g, Fiber 10 - 12 g, Sugars 30 - 35 g, Protein 90 - 110 g

Make the dressing: In a deep bowl, combine paprika, sugar, vinegars, oil and salt. Whirl with an immersion blender until well combined and sugar is dissolved. If you don't have an immersion blender, use a regular blender, simply put the ingredients in a jar and shake well, or whisk together until sugar is dissolved. Stir in sesame seeds and minced onion.

Assemble the salad: In a large salad bowl, place lettuce and spinach. Pour dressing over and toss until the leaves are coated evenly. Divide salad among 3 large dinner plates. Sprinkle each salad with 1 tablespoon almonds, 2 tablespoons cranberries, 1 tablespoon blue cheese, 1/3 of mandarin oranges and 1/3 of grilled chicken. Garnish with snipped chives.

Makes 3 main dish servings. (If you want to serve it as a side dish, omit the chicken and divide among 6 salad plates.)

Substitution ideas: Substitute toasted pine nuts or toasted sunflower seeds for the almonds. Substitute dried cherries for the dried cranberries and toasted pecans for the almonds. If youdon't have cider vinegar, use all white wine vinegar.

Note: Do not dress the salad ahead of time or it will wilt; dress it right before serving. And do

not combine nuts and cranberries in the salad bowl; they fall to the bottom and do not get evenly distributed on the plates then.

Cottage Cheese Salad with Feta and Nuts



4 servings

Ingredients

4 cups torn salad greens (1 cup per plate)
1 cup 1% Cottage Cheese (1/4 cup per plate)
4 TB reduced fat crumbled feta cheese (1 TB per plate)
8 TB chopped red pepper (2 TB per plate)
4 TB toasted Walnut pieces (1 TB per plate)
4 TB Balsamic Vinaigrette (1 TB per plate)

Directions

Arrange salad leaves on plates. Add 1/4 cup cottage cheese, 1 TB crumbled feta cheese and 2 TB red pepper on each plate. Top each plate with 1 TB toasted walnut pieces, and 1 TB Balsamic Vinaigrette.

Nutritional Information per Serving:

Calories 180 kcal, Total Fat 12 g, Saturated Fat 2 g, Cholesterol 10 mg, Sodium 250 mg, Carbohydrates 8 g, Fiber 2 g, Sugars 4 g, Protein 10 g

Tomato, Onion & Cucumber Salad



Ingredients

3 cucumbers peeled and sliced (quartered if necessary)
10-20 grape tomatoes cut in half
1 medium onion (yellow or red-- both are good)
~1/4 red wine vinegar
couple of good splashes of balsamic vinegar
couple of good splashes of olive oil
fresh or freeze-dried basil, oregano, mint or any combination of the three
OPTIONAL INGREDIENTS - feta cheese, low fat mozz

Directions

Mix all together-- taste test and balance dressing to your preferred ratio of oil and balsamic vinegar. Let marinate--15 min - 3 days. The longer it sits the more the flavors meld-- it is crispy and fresh if you eat it right away and gets a great flavor after sitting for a day or two.

This is particularly good with grilled meats or on its own.

Spinach Almond



Ingredients

1 pkg. (10 oz) frozen spinach
1 can (8 oz) mushrooms
1 pkg. (2 1/2 oz) slivered almonds
3 TB. Smart Balance spread
salt and pepper to taste

Directions

Cook spinach according to directions. Drain mushrooms and sauté in Smart Balance spread.

Combine w/ spinach. Sprinkle with almonds. Serve hot.

*This is a great last-minute dish. Fresh ingredients can also be used, for an enhanced flavor.

Nutritional Information:

Calories 785 kcal, Fat 70-75 g, Carbohydrates 20-25 g, Protein 20-25 g, Sodium 870 mg

Avocado and Tomato Salad



Ingredients

2 ripe avocados
4 ripe plum tomatoes
2 hard-cooked eggs, peeled and quartered
1 small red onion, peeled and cut into thin slices
1/4 cup coarsely chopped fresh coriander
2 teaspoons garlic, chopped (about 2 cloves)
6 TB olive oil
2 TB red wine vinegar
1/2 teaspoon ground cumin
salt and pepper to taste

Directions

Peel the avocados and cut them in half. Discard the pit and cut each half into 4 lengthwise slices.

Cut the slices into large cubes.

Core the tomatoes and cut them into 1-inch cubes.

Toss the cubes of avocado and tomato with all remaining ingredients in a salad bowl and serve.

Nutritional Information:

Calories 720 kcal, Fat 70 g, Carbohydrates 20 g, Protein 12 g, Sodium 300-400 mg (varies with added salt)

Broccoli-Cauliflower Salad



6 servings

Ingredients

1 cucumber, peeled
1 cup mayonnaise
2 TB white wine vinegar
1 garlic clove, pressed
1 TB Splenda
1 teaspoon salt
1 lb cauliflower, coarsely chopped
1 lb broccoli, coarsely chopped
4 green onions, sliced

Directions

Cut cucumber in half lengthwise, and thinly slice.

Whisk together mayonnaise and next 4 ingredients in bowl.

Add cucumber, cauliflower, broccoli, and green onions, tossing well. cover and chill for at least 4 hours.

Nutritional Information per Serving:

Calories 230 kcal, Fat 22 g, Carbohydrates 8 g, Protein 3 g, Sodium 400-450 mg (varies with salt and mayonnaise brand)

Broccoli Salad with Olives



4 servings

This is a perfect make-ahead salad because it maintains its texture and flavors develop on standing. Just be sure not to overcook the broccoli.

Ingredients

1 small head broccoli, separated into florets
1 large garlic clove
2 tablespoons white wine vinegar or more to taste
1 tablespoon capers, drained, rinsed
1/2 teaspoon salt
1/4 teaspoon pepper
1/3 cup olive oil
3 celery stalks, thinly sliced
2 green onions, thinly sliced
6 pimiento-stuffed Spanish olives, sliced

Directions

1. Cook broccoli in lightly salted boiling water 5 minutes, until crisp-tender. Drain and rinse under cold water.
2. In a blender or food processor, puree garlic, vinegar, capers, salt, and pepper. With motor running, add oil in a thin, steady stream; blend until smooth. Pour dressing into a large salad bowl.
3. Thinly slice broccoli florets, and add to dressing. Mix in celery, green onions, and olives. Toss gently to coat evenly with dressing.

Nutritional Information per Serving:

Calories 220 kcal, Carbohydrates 9.7 g, Fiber 3.2 g, Protein 2.7 g, Fat 18.8 g

Cauliflower "Potato" Salad



6 servings

This salad is also great made with bright green broccoflor, a hybrid of cauliflower and broccoli. For variety, add sliced hardboiled eggs.

Prep time: 10 minutes Cook time: 10 minutes Chill time: 30 hour

Ingredients

1 medium head cauliflower, broken into small florets
1/4 cup mayonnaise
2 tablespoons lemon juice
2 packets sugar substitute
1/2 teaspoon dried mustard
3 green onions, chopped
1 very finely chopped jalapeno pepper or 2 tablespoons chopped green bell pepper
Salt and pepper

Directions

Cook cauliflower in a large pot of boiling salted water 10 minutes, until tender. Drain and rinse under cold water; pat dry.

In a large mixing bowl, mix mayonnaise, lemon juice, sugar substitute, and mustard. Add cauliflower, green onion and pepper, if using. Mix well until vegetables are evenly coated with dressing. Add salt and pepper to taste. Chill 30 minutes for flavors to blend.

Nutritional Information per Serving:

Calories 129 kcal, Carbohydrates 5.9 g, Fiber 3.4 g, Protein 2.5 g, Fat 11.5 g

Confetti Salad with Ranch Dressing



Servings: 8 (1 cup each)

Colorful and delicious, chopped salads are a change of pace from leafy greens.

Ingredients

1 medium cucumber, seeded and chopped
1 bunch radishes (about 8), chopped
1 cup chopped celery
1 red pepper, chopped
1 small yellow squash, chopped
4 green onions, white and 1" green, chopped
1 carrot, chopped
1/2 recipe Garlic Ranch Dressing

Directions

Combine salad ingredients in a large bowl. Just before serving, toss with dressing (do not toss in advance or salad will become soggy).

Nutritional Information per Serving:

Calories 94 kcal, Carbohydrates 4.6 g, Fiber 1.3 g, Protein 1.0 g, Fat 8.6 g

Creamy Classic Coleslaw



Servings: 8

Quick and delicious. Unlike store-bought slaws, ours contains no sugar.

Prep time: 15 minutes Chill time: 1/2 hours

Ingredients

1 medium cabbage (about 1 1/2 pounds), halved and cored
2 carrots
3/4 cup mayonnaise
1/2 cup sour cream
2 tablespoons cider vinegar
2 packets sugar substitute
1 teaspoon celery seed
1 teaspoon salt

Directions

Cut cabbage halves in half and thinly slice. Transfer to a large bowl. Coarsely grate carrots into cabbage and mix well.

In a small bowl, whisk together mayonnaise, sour cream, cider vinegar, sugar substitute, celery and salt. Pour dressing over vegetables. Mix until thoroughly combined.

Refrigerate at least 30 minutes before serving for flavors to blend.

Nutritional Information per Serving:

Calories 143 kcal, Carbohydrates 8.2 g, Fiber 2.5 g, Protein 2.1 g, Fat 19.8 g

Dijon Pasta Salad



4 servings

Ingredients

1 lb whole wheat spiral pasta, cooked
3 boneless, skinless chicken breasts, cooked and cut into cubes
1/2 red pepper, chopped
1/4 cup black olives, minced
2 TB fresh parsley, chopped
2 fresh tomatoes, peeled, deseeded and chopped

Dressing:

2 TB red wine vinegar
1 TB olive oil
1 TB water
2 TB fresh basil, finely chopped
2 teaspoon Dijon mustard

Directions

In a large salad bowl, mix pasta, pepper, chicken, olives, parsley and tomatoes; put aside.

In a bowl, mix all dressing ingredients.

Pour dressing over pasta, mix well and leave in fridge for at least 2 hours.

Nutritional Information per Serving:

Calories 450 kcal, Fat 12 g, Carbohydrates 45 g, Protein 35 g, Sodium 600-700 mg (varies with olives, mustard, and added salt)

Lemon Chicken Salad



2 servings

Ingredients

2 small boneless, skinless chicken breast halves (6 ounces total)
1/4 cup lemon juice
1 teaspoon lemon-pepper seasoning
1 tablespoon olive oil
2 tablespoons honey
2 tablespoons coarse-grain brown mustard or Dijon-style mustard
2 teaspoons lemon juice
3 cups torn mixed greens
1 cup chopped, seeded cucumber
1 medium tomato, seeded and chopped
Fresh nasturtiums or other edible flowers (optional)

Directions

1. Place chicken in a plastic bag in a deep mixing bowl. Pour lemon juice over chicken in bag. Close bag and turn chicken to coat well. Marinate at room temperature for 30 minutes or in the refrigerator for 1 hour, turning bag occasionally. Drain chicken discarding lemon juice.
2. Sprinkle both sides of chicken breast halves with lemon-pepper seasoning, pressing into surface.
3. In a medium skillet cook chicken in hot olive oil or cooking oil over medium heat for 8 to 10 minutes or until chicken is tender and no pink remains, turning often to brown evenly. Remove from skillet. Cut chicken across the grain into 1/2-inch-wide strips.
4. Meanwhile, for dressing, in a small bowl stir together the honey, brown or Dijon-style mustard, and lemon juice. Set aside.
5. Divide mixed greens, cucumber, and tomato between 2 individual salad bowls or plates. Arrange the hot chicken strips atop the greens and vegetables. If desired, garnish with the nasturtiums or other edible flowers. Serve with the dressing.

Nutritional Information per Serving:

Calories 350 kcal, Fat 14 g, Carbohydrates 20 g, Protein 30 g, Sodium 400-500 mg (varies with mustard and seasoning)

Pear, Cucumber, and Walnut Salad



Serves 4 to 6

Ingredients

2 ripe pears (variety of your choice)
2 cucumbers
1/2 cup walnuts, chopped in large pieces
Small bunch Italian flat-leaf parsley
1/4 cup basic vinaigrette dressing (see below)

Directions

Remove core and stem from pears and cut into bite size pieces. Peel cucumbers and slice in half lengthwise. Scoop seeds out with a spoon and discard. Slice cucumber into 1/4 in. (1/2 cm) slices. In a bowl combine the pears, cucumbers, walnuts, leaves of Italian parsley, and the vinaigrette, gently tossing to mix ingredients.

Nutritional Information per Serving:

Calories 220 kcal, Fat 6 g, Carbohydrates 18 g, Protein 4 g, Sodium 150-200 mg (varies with vinaigrette)

Red Bell Pepper, Spinach, and Goat Cheese Salad with Oregano Dressing



Ingredients

2 TB extra-virgin olive oil
2 TB fresh lemon juice
1 TB chopped fresh oregano
4 cups (packed) baby spinach leaves, coarsely chopped
1 1/2 large red bell peppers, diced
1 1/2 cups diced celery (about 3 stalks)
3/4 cup crumbled fresh goat cheese
1/3 cup chopped red onion

Directions

Whisk oil, lemon juice, and oregano in large bowl to blend. Season to taste with salt and pepper.

Add spinach, bell peppers, celery, goat cheese, and red onion to dressing; toss to coat.

Nutritional Information:

Calories 570 kcal, Total Fat 44 g, Saturated Fat 12 g, Carbohydrates 22 g, Fiber 8 g, Sugars 10 g, Protein 15 g

Simple Greek Salad



Toss 4 to 6 cups torn mixed greens w/ ¼ cup cleaned and chopped radish; ¼ cup minced mint leaves mixed with parsley; ¼ cup chopped feta cheese, or more to taste; and ¼ cup pitted and chopped black olives. Drizzle w/ olive oil and freshly squeezed lemon juice to taste.

Nutritional Information:

Calories 280 kcal, Total Fat 24 g, Saturated Fat 6 g, Carbohydrates 8 g, Fiber 4 g, Sugars 3 g, Protein 6 g

Simple Salad Nicoise



2 servings

Contemporary versions of this southern French classic often use fresh grilled tuna. But for the most flavor -and authenticity- canned tuna, packed in olive oil, is the way to go.

Ingredients

3 tablespoons olive oil
1 1/2 tablespoons red wine vinegar
1 teaspoon Dijon mustard
2 cans (6 ounces each) tuna in olive oil, lightly drained and flaked
2 hard-cooked eggs
1 medium tomato, quartered lengthwise
6 ounces green beans, cooked until tender crisp
1/4 small red onion, thinly sliced
6 oil-cured black olives, cut into slivers
4 anchovies (optional)
Salt and pepper

Directions

In a large bowl, whisk together olive oil, vinegar, and mustard. Arrange tuna, eggs, tomato, green beans, and onion on 2 plates. Drizzle with dressing; top with olives and anchovies. Add salt and pepper to taste.

Nutritional Information per Serving:

Calories 685 kcal, Carbohydrates 13 g, Fiber 4 g, Protein 58 g, Fat 43 g

Spinach Salad with Fresh Orange Dressing and Pine Nuts



Ingredients

6 navel oranges
4 cups spinach, trimmed
1 1/2 cups trimmed watercress
1 TB pine nuts
1/3 cup minced shallots (2-3 large shallots)
2 garlic cloves, minced
5 TB white balsamic vinegar
2 teaspoons sherry vinegar
ground pepper to taste

Directions

Peel oranges and remove the white pith. Over a bowl positioned to catch the juice, separate the segments of each orange from the membrane w/ a sharp knife, discarding the seed, and set them aside. Squeeze remaining juice from membranes into bowl and reserve.

Combine spinach and watercress in a mixing bowl. Put the pine nuts in a small saute pan and cook over medium heat for about 6 minutes, shaking the pan occasionally until nuts are golden brown. Transfer the pine nuts to a small bowl.

Puts the shallots, garlic, vinegars, and reserved orange juice in sauté pan. Bring to a boil over low heat. Stir in the pepper, then pour the dressing over the spinach and watercress. Toss to coat.

Arrange the mixture on salad mixture on salad plates, spoon orange segments on each, and garnish with pine nuts.

Nutritional Information:

Calories 460 kcal, Total Fat 10 g, Saturated Fat 1 g, Carbohydrates 95 g, Fiber 18 g, Sugars 70 g, Protein 8 g

Strawberry Spinach Salad



Ingredients

1 tablespoon I Can't Believe It’s Not Butter or Smart Balance spread
3/4 cup almonds, blanched and slivered
1 pound spinach, rinsed and torn into bite-size pieces
1 cup strawberries
2 tablespoons toasted sesame seeds
Balsamic Vinaigrette Salad Dressing
(Newman's Own Balsamic Vinaigrette can be substituted)

Directions

1. In a medium saucepan, melt butter over medium heat. Cook and stir almonds in butter until lightly toasted. Remove from heat, and let cool.
2. In a large bowl, combine the spinach with the toasted almonds and strawberries.
3. Add salad dressing and toss.

Nutritional Information:

Calories 1,100 kcal, Total Fat 90 g, Saturated Fat 10 g, Carbohydrates 40 g, Fiber 20 g, Sugars 15 g, Protein 30 g

Tomato, Mozzarella, and Basil Salad



4 servings

Ingredients

4 medium ripe tomatoes
Salt to taste
8 (1/4 inch thick) slices fresh low-fat mozzarella
8 basil leaves, washed and dried
fresh ground pepper to taste
Extra virgin olive oil for drizzling

Directions

1. Core and cut the tomatoes into ¼ inch slices. Lightly salt, if desired.
2. Layer tomatoes, cheese, and basil on a platter and sprinkle with salt and pepper; drizzle with olive oil, and serve.

Nutritional Information per Serving:

Calories 130 kcal, Total Fat 9 g, Saturated Fat 3.5 g, Carbohydrates 5 g, Fiber 1.5 g, Sugars 3.5 g, Protein 8 g

Tri-Color Salad



If you are doing Induction and don't want to use balsamic vinegar, substitute red wine vinegar mixed with a dash of sugar substitute.

4 servings

Ingredients

Dressing:

3 tablespoons olive oil
1 tablespoon balsamic vinegar (or red wine vinegar mixed with 1/2 packet sugar substitute)
1/2 teaspoon lemon juice
1/2 teaspoon salt
1/4 teaspoon pepper

Salad:

1 head endive, thinly sliced on the diagonal
1/2 small head radicchio, cut into bite-sized pieces
1/2 small head Bibb lettuce, cut into bite-sized pieces

Directions

In a salad bowl, whisk together olive oil, balsamic vinegar, lemon juice, salt and pepper.

Add endive, radicchio, and lettuce. Toss to coat with dressing.

Nutritional Information per Serving:

Calories 106 kcal, Carbohydrates 2.5 g, Fiber 1 g, Protein 1 g, Fat 10.5 g

Warm Greens with Herb Vinaigrette



Ingredients

1 TB olive oil
5 cups assorted greens (spinach, arugula, salad greens, etc.)
2/3 cup water
½ teaspoon salt
½ teaspoon white pepper
1 cup Herb Vinaigrette (below)

1. Heat oil in large skillet over medium-high heat. Add the greens, water, salt, and pepper, and heat, stirring gently until greens wilt. (about 2 min) Remove from heat. Toss with vinaigrette just before serving.

Herb Vinaigrette

¼ cup tarragon, basil, or assorted herb vinegar
2 TB minced shallots
1 TB minced garlic
¼ cup chopped fresh herbs (combine basil, tarragon, cilantro, parsley, oregano, etc_)
1 teaspoon salt
15 turns freshly ground black pepper
¼ cup extra-virgin olive oil

2. Combine vinegar, shallots, garlic, herbs, salt, pepper in a bowl. Slowly whisk in the oil and continue whisking until thoroughly emulsified. Can be refrigerated for up to 3 days.

Nutritional Information:

Calories 590 kcal, Fat 54 g, Carbohydrates 14 g, Protein 6.4 g, Sodium 2900 mg

Asparagus Salad



Ingredients

28 asparagus spears, trimmed (2 bundles)
1/2 cup plain non-fat yogurt
1 TB crumbled bleu cheese
1/4 cup freshly squeezed lemon juice
1 TB snipped fresh chives
1 garlic clove, peeled and minced
2 beefsteak tomatoes, cored and cut into wedges
Salt and ground black pepper to taste

Garnish:

1/2 cup chopped fennel leaves (the feathery ends)

Directions

Bring water to a boil in the bottom of a steamer. Steam asparagus over medium-high heat for 6 minutes, until bright green and tender. Remove from steamer and allow to cool.

Combine the yogurt and bleu cheese in small saucepan. Warm over low heat for 1 to 2 minutes, whisking constantly, just until the bleu cheese has melted. Remove pan from heat and whisk in lemon juice, chives and garlic.

Arrange the asparagus in the center of plate, and ring with tomato wedges. Drizzle the yogurt dressing over the asparagus. Sprinkle with salt and pepper and garnish with the fennel leaves.

Nutritional Information:

Calories 251 kcal, Fat 2.5 g, Carbohydrates 37 g, Protein 23.3 g, Sodium depends on salt added

Avocado Dressing



Ingredients

1 large avocado, peeled and pitted
1 cup low-fat sour cream
1 tsp. grated lemon peel
1 TB fresh lemon juice
2 tsp. prepared horseradish
1/2 tsp. salt

Directions

In a small bowl, mash avocado. Stir in remaining ingredients, mixing well. Cover and refrigerate for at least 30 minutes, to allow flavors to meld.

Arrange lettuce leaves on 4 salad plates. Top with a scoop of cottage cheese; surround with shrimp. Garnish with a lemon twist. Serve with Avocado Dressing.

Nutritional Information:

Calories 574 kcal, Total Fat 45 g, Carbohydrates 32 g, Fiber 13 g, Protein 6 g, Sodium from 1/2 tsp salt (about 1,150 mg)

Basic Vinaigrette Dressing



Ingredients

1 Tbs (15 ml) finely chopped shallot or onion
1 tsp (5 ml) Dijon-style mustard
1/4 cup (60 ml) red wine vinegar
Salt and freshly ground pepper to taste
3/4 cup (180 ml) extra virgin olive oil

Directions

Combine the shallot, mustard, vinegar, salt, and pepper in a small mixing bowl and whisk until thoroughly combined. Add the oil in a thin stream, whisking constantly. If the sauce separates before being used it me be recombined by whisking vigorously for a few seconds.

Makes 1 cup (250 ml).

Nutritional Information:

Calories 1,461 kcal, Fat 162 g, Carbohydrates 1.7 g, Protein 0.3 g, Sodium depends on added salt, typically minimal from mustard and vinegar

Herb Vinaigrette



Ingredients

¼ cup tarragon, basil, or assorted herb vinegar
2 TB minced shallots
1 TB minced garlic
¼ cup chopped fresh herbs (combine basil, tarragon, cilantro, parsley, oregano, etc.)
1 teaspoon salt
15 turns freshly ground black pepper
1 cup extra-virgin olive oil

Directions

Combine vinegar, shallots, garlic, herbs, salt, pepper in a bowl. Slowly whisk in the oil and continue whisking until thoroughly emulsified. Can be refrigerated for up to 3 days.

Nutritional Information:

Calories 1,960 kcal, Fat 216 g, Carbohydrates 6.4 g, Protein 1.3 g, Sodium from 1 tsp salt (about 2,300 mg)

Lemon Pepper Vinaigrette



Makes 1 cup

Ingredients

1 large egg
2 TB lemon juice
2 TB chopped fresh parsley
1 TB peppercorns
1 TB Dijon mustard
½ teaspoon salt
1 cup extra-virgin olive oil

Directions

Combine egg, lemon juice, parsley, peppercorns, mustard, and salt in food processor and turn on.

Slowly stream in the oil and mix until it becomes a smooth emulsion.

Nutritional Information:

Calories 1,200 kcal, Total Fat 135 g, Saturated Fat 19 g, Cholesterol 185 mg, Sodium 1,200 mg, Carbohydrates 3 g, Fiber 1 g, Sugars 1 g, Protein 6 g

Mustard Vinaigrette



Ingredients

1/3 cup tarragon vinegar or Japanese rice vinegar
1/3 cup Dijon mustard
1 cup olive oil
Coasre Kosher salt to taste
Freshly ground black pepper
1 shallot, finely minced
Chopped fresh tarragon, chervil, dill

Directions

Whisk the vinegar and mustard together. Add oil a few drops at the time, whisking vigorously.

Season with salt, pepper, shallot, and herbs. Whisk again before spooning over vegetables.

Nutritional Information:

Calories 1,900 kcal, Total Fat 210 g, Saturated Fat 30 g, Cholesterol: 0 mg, Sodium variable (depends on amount of kosher salt added), Carbohydrates 10 g, Fiber 2 g, Sugars 3 g, Protein 2 g

Sesame-Soy Dressing



Makes 2/3 cup

Ingredients

3 tablespoons reduced-sodium soy sauce
3 tablespoons strong brewed green tea or black tea
2 tablespoons rice vinegar (see Ingredient Note)
1 tablespoon canola oil
1 tablespoon toasted sesame oil

Directions

Whisk all ingredients in a small bowl.

Ingredient note:

Rice vinegar is a mild vinegar made from glutinous rice; bottlings range from clear to aged (extremely dark). Clear rice vinegar works best in this recipe. Substitute cider vinegar in a pinch.

Nutritional Information:

25 calories, 3 total fat (0 g sat), 0 mg cholesterol, 0 g carbohydrate, 0 g protein, 0 g fiber, 146 mg sodium

Vodka Vinaigrette



Ingredients

2 TB minced shallots
1 teaspoon minced garlic
½ teaspoon salt
3 turns freshly ground pepper
¼ cup balsamic vinegar
3 TB vodka
2/3 cup olive oil

Directions

Combine all ingredients in a small bowl and whisk until blended. Serve immediately, or store for up to 2 days in the refrigerator.

Nutritional Information:

Calories 1,200 kcal, Total Fat 90 g, Saturated Fat 13 g, Cholesterol 0 mg, Sodium 580 mg (mainly from salt), Carbohydrates 6 g, Fiber 1 g, Sugars 3 g, Protein 1 g, Alcohol content from vodka is minimal in calories for this quantity.

Dill Dip



Ingredients

1 (12 oz) carton low-fat cottage cheese
2 1/2 teaspoons dill
1/4 teaspoon seasoned salt
2 TB lemon juice

Directions

Combine all in blender, and blend at low speed. Refrigerate to allow flavors to meld. Sprinkle with additional dill and serve with fresh vegetables.

Nutritional Information:

Calories 240 kcal, Total Fat 5 g, Saturated Fat 2.5 g, Cholesterol 20 mg, Sodium 700 mg (mainly from seasoned salt and cottage cheese), Carbohydrates 8 g, Fiber 0 g, Sugars 6 g (natural lactose in cottage cheese), Protein 36 g

Lemon Parsley Sauce



Ingredients

1/2 cup parsley sprigs
1 medium onion, quartered
1 lemon, peeled, seeded and quartered
1/2 teaspoon salt

Directions

Process all ingredients together in blender until smooth. Brush on fish while baking, broiling or barbecuing.

Nutritional Information:

Calories 72 kcal, Protein 2.6 g, Carbohydrates 17.4 g, Fat 0.2 g, Sodium 1,150 mg (from the salt)

Rémoulade Sauce



Ingredients

1/4 C Creole Mustard
1 tsp Paprika
1 tsp Cayenne
1 Tbsp Kosher Salt
1/2 C Tarragon Vinegar

Directions

Mix all ingredients well in a mixing bowl and slowly whisk in 1 1/3 cups olive oil.

Blend this mixture into the olive oil mix and chill for 3 to 4 hours before using.

Nutritional Information:

Calories 120 kcal, Protein 5 g, Carbohydrates 10 g, Fat 7 g, Sodium 2,300 mg (mainly from the kosher salt and mustard)

Asparagus and Seared Shrimp with Lemon Pepper Vinaigrette



Serves 4

Ingredients

1 cup Lemon Pepper Vinaigrette
16 large shrimp, peeled except for the tails
2 teaspoons Creole seasoning
4 cups assorted greens (Bibb, frisee, arugula, watercress, radicchio, etc_)
16 large fresh asparagus spears, peeled and blanched

Directions

1. Prepare dressing and set aside.
2. Toss shrimp in bowl w/ Creole seasoning. Heat a heavy skillet over high heat. Add shrimp and sear them for 3 minutes on each side.
3. To serve, mound 1 cup of the greens on each plate and fan 4 asparagus spears from the center. Spoon ¼ cup of the dressing in 1 TB pools between the asparagus. Using 4 shrimp per plate, pace 1 on each pool between the asparagus spokes.

Nutritional Information per Serving:

Calories 180 kcal, Protein 23 g, Carbohydrates 6 g, Fat 6 g, Sodium 700 mg

Artichokes with Basil Mayonnaise



6 servings

Ingredients

1 cup mayonnaise
1/4 cup chopped fresh basil
1 TB fresh lemon juice
1 garlic clove, minced
6 10-oz artichokes, tips of leaves trimmed

Directions

Mix first 4 ingredients in medium bowl. Season with salt and pepper.

Cook artichokes, covered in a large pot of boiling water until tender when pierced w/ knife, about 45 minutes. Drain well.

Serve artichokes with basil mayonnaise.

Nutritional Information per Serving:

Calories 210 kcal, Protein 2 g, Carbohydrates 6 g, Fat 20 g, Sodium 250 mg

Asparagus Roll-Up



Serves 4

Ingredients

4 slices of ham
4 slices of low-fat Swiss cheese
2 cans asparagus spears (12 fresh, steamed or boiled)
1 cup low-fat sour cream

Directions

Place a slice of cheese on top of each ham slice. Put 3 asparagus spears on top of each. Roll up and secure with a toothpick. Place in casserole dish, seam side down, and spoon sour cream over each roll. Bake 15 minutes at 350 F.

Great for a quick snack!

Nutritional Information per Serving:

Calories 230 kcal, Protein 22 g, Carbohydrates 6 g, Fat 12 g, Sodium 900 mg

Artichokes with Yogurt Mustard



Ingredients

1/2 lemon
6 cups water
4 sprigs fresh parsley
1 bay leaf
5 whole black peppercorns
1 teaspoon dried thyme
2 large artichokes

Yogurt Mustard:

1/2 cup plain nonfat yogurt
1 teaspoon Dijon-style mustard
1/8 teaspoon lemon pepper
1 teaspoon red wine vinegar
2 TB minced shallot (1 small shallot)

Directions

Put the lemon, water, parsley, bay leaf, peppercorns, and thyme in a large pot; bring to boil over high heat.

While the water is boiling, prepare the artichokes. Slice 1/4 inch off top of each. Cut the stems off each artichoke, flush with the base, and clip the sharp point at the tip of each leaf with scissors.

Put the artichokes into the boiling water, cover and cook until leaves can be pulled from the stem easily, 40-50 minutes.

Combine all yogurt-mustard ingredients in a blender and mix at high speed until smooth.

Transfer dressing to small serving bowl and place in center of large platter.

When artichokes are done, slice in half vertically and remove the fuzzy inner chokes. Arrange the artichoke halves cut side down around the yogurt mustard on the platter.

Nutritional Information:

Calories 195 kcal, Protein 9 g, Carbohydrates 26 g, Fat 1 g, Sodium 95 mg

Blackberry Spinach Salad



Makes 8 servings

Ingredients

3 cups baby spinach, rinsed and dried
1 pint fresh blackberries (or substitute strawberries, etc.)
6 ounces crumbled low-fat or ff feta cheese
1 pint cherry tomatoes, halved
1 green onion, sliced
1/4 cup finely chopped walnuts (optional)

Directions

1 In a large bowl, toss together baby spinach, blackberries, feta cheese, cherry tomatoes, green onion, and walnuts. Serve with balsamic vinaigrette dressing.

Nutritional Information per Serving:

Calories 110 kcal, Protein 5-6 g, Fat 6-8 g (mostly from walnuts and feta), Carbohydrates 6-8 g, Fiber 2-3 g, Sugars 3-4 g

Cilantro Cream Sauce



Ingredients

1 (8 ounce) package low-fat cream cheese, softened
1 1/2 tablespoons fat-free sour cream
1 (7 ounce) can tomatillo salsa
1 teaspoon freshly ground black pepper
1 teaspoon celery salt
1/2 teaspoon ground cumin
2 teaspoons garlic powder
1 bunch fresh cilantro, chopped
1 tablespoon fresh lime juice

Directions

Combine cream cheese, sour cream, salsa, pepper, celery salt, cumin, garlic powder, cilantro and lime juice in a blender or food processor. Blend until smooth and creamy. Place in a serving bowl.

Can be used as a dip or a sauce for seafood or chicken.

Nutritional Information:

Calories 650 kcal, Protein 15-18 g, Fat 50-55 g (mostly from cream cheese), Carbohydrates 15-20 g, Fiber 3-4 g, Sugars 8-10 g

Lemon Peel Ricotta Cream



Makes 1 serving

Ingredients

½ c part-skim ricotta cheese
¼ tsp grated lemon peel
¼ tsp vanilla extract
1 pkg sugar substitute

Directions

Mix together the ricotta, lemon peel, vanilla extract, and sugar substitute. Serve chilled.

Nutritional Information:

Calories 170 kcal, Protein: 14 g, Fat: 10 g, Carbohydrates 3-4 g (mostly from ricotta), Fiber 0 g, Sugars 1-2 g (natural from ricotta)

Egg Dishes and Frittatas

Zucchini Frittata



2 servings

Ingredients

4 teaspoons extra-virgin olive oil, divided
1 cup diced zucchini (1 small)
1/2 cup chopped onion
1/2 cup grape tomatoes or cherry tomatoes, halved
1/4 cup slivered fresh mint leaves
1/4 cup slivered fresh basil leaves
1/2 teaspoon salt, divided
Freshly ground pepper to taste
4 large eggs
1/3 cup crumbled goat cheese (2 ounces)

Directions

1. Heat 2 teaspoons oil in a 10-inch nonstick skillet over medium heat. Add zucchini and onion; cook, stirring often, for 1 minute. Cover and reduce heat to medium-low; cook, stirring occasionally, until the zucchini is tender, but not mushy, 3 to 5 minutes. Add tomatoes, mint, basil, 1/4 teaspoon salt and a grinding of pepper; increase heat to medium-high and cook, stirring, until moisture has evaporated, 30 to 60 seconds.
2. Whisk eggs, the remaining 1/4 teaspoon salt and a grinding of pepper in a large bowl until blended. Add the zucchini mixture and cheese; stir to combine. Wipe out the skillet.
3. Preheat broiler.
4. Brush the skillet with the remaining 2 teaspoons oil; heat over medium-low heat. Pour in the frittata mixture and cook, without stirring, until the bottom is light golden, 2 to 4 minutes. As it cooks, lift the edges and tilt the pan so raw egg will flow to the edges.
5. Place the skillet under the broiler and broil until the frittata is set and the top is golden, 11/2 to 21/2 minutes. Loosen the edges and slide onto a platter. Cut into wedges and serve.

Nutritional Information:

375 calories, 28 total fat (10 g sat), 447 mg cholesterol, 10 g carbohydrate, 21 g protein, 3 g fiber, 863 mg sodium

Cheesy Frittata



Serves 2

Ingredients

2 teaspoons Smart Balance spread
1⁄2 cup sliced onion
1⁄2 cup sliced red bell pepper
1⁄2 cup sliced zucchini
2 small plum tomatoes, diced
1 tablespoon chopped fresh basil
Pinch freshly ground black pepper
1⁄2 cup liquid egg substitute
1⁄2 cup 1% cottage cheese
1⁄4 cup fat-free evaporated milk
3⁄4 ounce shredded reduced-fat Monterey Jack cheese

Directions

Coat an ovenproof 10" skillet with cooking spray and place over medium-low heat until hot.

Melt the spread in the skillet. Add the onion, bell pepper, and zucchini and sauté over mediumlow heat until the vegetables are lightly browned, 2–3 minutes. Add the tomatoes, basil, and black pepper to the skillet and stir to combine. Cook until the flavors are blended, 2–3 minutes, and remove from the heat.

Preheat the broiler. In a blender, combine the egg substitute, cottage cheese, and milk and process until smooth. Pour the egg mixture over the vegetables. Cover and cook on medium-low heat until the bottom is set and the top is still slightly wet. Transfer the skillet to the broiler and broil until the top is set, 2–3 minutes. Sprinkle with the cheese and broil until the cheese melts.

Nutritional Information:

231 calories, 10 total fat (3 g sat), 15 mg cholesterol, 16 g carbohydrate, 21 g protein, 2 g fiber, 480 mg sodium

Light Spinach Frittata with Tomato Salsa



Serves 2

Ingredients

Frittata:

1 tablespoon extra-virgin olive oil
1 small onion, sliced
2 cloves garlic, minced
1 package (10 ounces) frozen spinach, thawed and well-drained
2 large eggs
3 egg whites
1⁄3 cup fat-free evaporated milk
1⁄2 cup shredded reduced-fat mozzarella cheese

Salsa:

4 plum tomatoes, seeded and chopped
2 scallions , minced
1 clove garlic, minced
2 tablespoons minced fresh cilantro
1 tablespoon fresh lime juice
1⁄4 teaspoon salt
1⁄8 teaspoon freshly ground black pepper

Nutritional Information:

369 calories, 17 total fat (6 g sat), 230 mg cholesterol, 28 g carbohydrate, 27 g protein, 8 g fiber, 740 mg sodium

Directions

To make the frittata: Preheat the oven to 350°F. Heat the oil in a 10" nonstick skillet over medium heat. Add the onion and garlic and cook, stirring, for 3 minutes or until tender. Stir in the spinach. Reduce the heat to low. In a large bowl, beat the eggs and egg whites with the milk until light yellow and frothy. Pour the egg mixture over the spinach in the skillet. Cook for 5–7 minutes, until the egg mixture is cooked on the bottom and almost set on top. Sprinkle with the cheese. Bake in the oven until the eggs are set and the cheese has melted, 5–10 minutes.

To make the salsa: In a large bowl, stir together the tomatoes, scallions, garlic, cilantro, lime juice, salt, and pepper. Serve fresh, at room temperature, over the frittata.

You can also serve the frittata with commercial jarred salsa.

Easy Asparagus and Mushroom Omelet



Serves 1

Ingredients

2 eggs
2 tablespoons water
3 stalks fresh asparagus
1⁄4 cup sliced white mushrooms
1⁄4 cup shredded reduced-fat mozzarella cheese

Directions

Boil 1" of water in a large skillet. Add the asparagus and cook, uncovered, just until tender-crisp. Meanwhile, in a medium bowl, whisk together the eggs and water until the whites and the yolks are completely blended. Coat a 10" nonstick skillet with cooking spray. Heat the skillet over medium-high heat until just hot enough to sizzle when a drop of water is added. Pour in the egg mixture. It should set immediately.

With an inverted pancake turner, lift the edges as the mixture begins to set to allow the uncooked portion to flow underneath.

When the top is set, fill one half of the omelet with the asparagus, mushrooms, and cheese.

With the pancake turner, fold the omelet in half over the filling. Slide onto a serving plate. Serve immediately.

Nutritional Information:

238 calories, 15 total fat (6 g sat), 440 mg cholesterol, 5 g carbohydrate, 21 g protein, 1 g fiber, 260 mg sodium

Western Egg White Omelet



Serves 1

Ingredients

1 tablespoon chopped green bell pepper
1 tablespoon chopped scallion
1 tablespoon chopped red bell pepper
1⁄2 cup liquid egg substitute
3 tablespoons shredded reduced-fat cheese

Directions

Lightly coat a medium skillet with cooking spray. Sauté the peppers and the scallions until they are tender-crisp. Pour the egg substitute over the vegetables. When partially set, spread the cheese over half of the egg substitute and fold the omelet in half over the filling. Continue cooking until cooked through. Serve immediately.

Nutritional Information:

169 calories, 8 total fat (3 g sat), 15 mg cholesterol, 4 g carbohydrate, 20 g protein, 1 g fiber, 320 mg sodium

Vegetable Quiche Cups To Go



Serves 6

Ingredients

1 package (10 ounces) frozen chopped spinach
3⁄4 cup liquid egg substitute
3⁄4 cup shredded reduced-fat cheese
1⁄4 cup diced green bell peppers
1⁄4 cup diced onions
3 drops hot-pepper sauce (optional)

Directions

Microwave the spinach for 21⁄2 minutes on high. Drain the excess liquid.

Line a 12-cup muffin pan with foil baking cups. Spray the cups with cooking spray.

Combine the egg substitute, cheese, peppers, onions, and spinach in a bowl. Mix well. Divide evenly among the muffin cups. Bake at 350°F for 20 minutes, until a knife inserted in the center comes out clean.

Quiche cups can be frozen and reheated in the microwave. Any combination of appropriate vegetables and reduced-fat cheeses may be used.

Nutritional Information:

77 calories, 3 total fat (2 g sat), 10 mg cholesterol, 3 g carbohydrate, 9 g protein, 2 g fiber, 160 mg sodium

Low-Fat Cottage Cheese Omelet



Ingredients

2 eggs, separated
1/4 cup low-fat cottage cheese
dash of pepper
1/2 tbsp. dried parsley
Non-stick spray oil

Directions

Spray skillet with cooking spray. Beat the egg whites until stiff, but not dry. Beat the yolks separately until lemon colored and thick. Add the cottage cheese and pepper and beat until smooth. Fold in the egg whites and parsley.

Place the mixture in the skillet and cook over medium heat until lightly browned on the bottom and fluffy (about 3 to 4 minutes.) Heat in the oven for 15 minutes. Make a crease down the center of the omelet with a knife and fold over. Serve at once. Makes 1 omelet.

Nutritional Information:

Calories 180-200 kcal, Protein 22-24 g, Fat 9-11 g, Carbohydrates 2-3 g, Fiber 0-1 g, Sugars 2-3 g (from cottage cheese and eggs)

Egg White Omelet With Herbs And Mushrooms



Ingredients

4 eggs whites
1 tablespoon chopped fresh herbs (a combination of any or all of the following fresh herbs may be used: basil, tarragon, thyme, parsley and chives) or 1 1/2 teaspoon dried herbs
sliced mushrooms
1 tablespoon low-fat parmesan cheese

Directions

Place egg whites in mixing bowl.

Whisk eggs slightly.

Add 1 tablespoon of herbs to egg mixture and mix well.

Coat a small skillet with non-stick cooking spray and set it over low heat. Pour egg in mixture and slices mushrooms.

When eggs begin to set, left edges with spatula and tilt skillet to let uncooked egg run to the bottom; sprinkle parmesan cheese over omelet.

Continue cooking omelet over low heat; when cooked to an even consistency, fold the omelet over into a half circle and cook until fluffy.

Nutritional Information:

Calories 90-110 kcal, Protein 18-20 g, Fat 2-3 g, Carbohydrates 3-4 g, Fiber 1-2 g, Sugars 1-2 g

Frittata



Serves 2

Ingredients

1 tablespoon extra-virgin olive oil
1 small onion, sliced
2 cloves garlic, minced
1 package (10 ounces) frozen spinach, thawed and well-drained
2 large eggs
3 egg whites
1/3 cup fat-free evaporated milk
1/2 cup shredded reduced-fat mozzarella cheese

SALSA:

4 plum tomatoes, seeded and chopped
2 scallions, minced
1 clove garlic, minced
2 tablespoons minced fresh cilantro
1 tablespoon fresh lime juice
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper

Directions

To make the frittata: Preheat oven to 350. Heat the oil in a 10" nonstick skillet over med. heat. Add the onion and garlic and cook, stirring, for 3 minutes or until tender. Stir in the spinach. Reduce the heat to low. In a lg. bowl, beat the eggs and egg whites with the milk until light yellow and frothy. Pour the egg moisture over the spinach in the skillet. Cook for 5-7 minutes, until the egg mixture is cooked on the bottom and almost set on top. Sprinkle with the cheese. Bake in the oven until the eggs are set and the cheese has melted, 5-10 minutes.

To make the salsa: In a large bowl, stir together the tomatoes, scallions, garlic, cilantro, lime juice, salt, and pepper. Serve fresh, at room temperature, over the frittata.

You can also serve the frittata with commercial jarred salsa.

Nutritional Information per Serving:

389 calories, 27 g protein, 28 g carbs, 17 g fat, 6 g saturated fats, 740 mg sodium, 230 mg cholesterol, 8 g fiber

Fast Frittata



Serves 2

Ingredients

3/4 cup egg substitute
1 onion, halved lengthwise and slivered
1 red pepper slivered into strips
1 tbsp. chopped flat-leaf parsley
2-3 slices Canadian bacon, cut into strips (optional)
Broccoli florets

Directions

Spray non-stick skillet slightly. Add the onion to skillet and cook on low-heat for 5 minutes.

Remove from heat. Pre-heat.

Beat the egg substitute, ham and parsley in a bowl. Pour over the onion in the skillet. Cook the mixture on the stove over medium heat until the bottom is set and the top is still slightly wet.

Add broccoli florets and red pepper.

Place the skillet under the broiler, 4-6 inches from the heat source, until the top of the frittata is puffed and set, 2-3 minutes.

Slice into wedges.

Nutritional Information per Serving:

Calories 180-200 kcal, Protein 20-22 g, Fat 6-8 g, Carbohydrates 10-12 g, Fiber 3-4 g

Herbed Cream Cheese Omelet



Makes 4 servings

Ingredients

4 ounces ff cream cheese, softened
1/2 cup fresh cilantro leaves
Salt and pepper to taste
3 tablespoons butter (I Can't Believe it's Not Butter or Smart Balance spread)
8 eggs (or Egg Beaters)

Directions

1. Mix the cream cheese with the cilantro in a bowl, adding salt and pepper to taste.
2. Heat one-quarter of the butter in a well-seasoned omelet pan or 8 inch non-stick frying pan over medium-high heat. When the butter is hot and bubbling, swirl it around in the pan.
3. Just before the butter begins to brown, beat 2 of the eggs and pour into pan. Lower the heat.
4. After 10 seconds or so, the omelet will coagulate. Push the omelet to one side of the pan with a spoon or spatula, and let the raw egg run over the cleared skillet. Repeat this one more time, then take the skillet off the heat.
5. Dab one quarter of the herbed cream cheese along the middle of the omelet from one side to the other. Season the omelet with additional salt and pepper to taste. If it has not completely set, place the pan over medium heat for a half minute longer. When the omelet is set, slide it from the pan onto a plate so that the omelet rolls up and the herbed cream cheese runs along the length of the roll. Serve it right away. Make three more omelets the same way, making sure the pan and butter get good and hot before adding the beaten eggs. Serve each one as soon as it is cooked.

Nutritional Information per Serving:

Calories 210-230 kcal, Protein 14-16 g, Fat 16-18 g, Carbohydrates: Roughly 2-3 g, Fiber 1 g

Tomato Basil Frittata



Ingredients

1 cup thinly sliced onion
broth or water for sautéing
1 medium tomato, diced
salt and pepper
1/4 cup fresh basil, chopped (1 tsp dried)
4 tbs parmesan
4 eggs (or egg substitute)
1 tbs water

Directions

In a small nonstick skillet (I use 8"), over medium heat, saute onions with enough broth/water so they don't burn, until translucent. Add tomatoes, salt and pepper and cook, stirring occasionally for 5 min. Add basil and cook 2 more min. Place in a bowl and let cool slightly. Clean out pan and spry with nonstick spray. Beat egg (or egg substitute) with water and 3 tbs parmesan until a little foamy and pour into nonstick skillet. Pour veggie mixture into the eggs and mix up a bit.

Cook over low heat, without stirring,10-15 min. until eggs are set - it will still be a bit runny ontop. While eggs cook, heat up your broiler and after eggs have set, sprinkle remaining parmesan over top and broil until bubbly and lightly brown.

Nutritional Information:

Calories: 520-550 kcal, Protein 40-44 g, Fat 36-38 g, Carbohydrates 12-14 g, Fiber 3-4 g

Crockpot Recipes

Black Bean Vinaigrette {Crockpot Recipe}



6 to 8 servings

Ingredients

1 lb dried black beans
7 cups water
2 ham hocks or 1 cup chopped ham
1 garlic clove, crushed
2 fresh jalapeno peppers, seeded and chopped
3/4 cup olive oil
1/3 cup red-wine vinegar
1/2 cup chopped red or yellow bell pepper
2 TB chopped fresh parsley
1/4 cup chopped green onion
1/2 teaspoon salt
2 TB capers
Lettuce leaves
2 hard-cooked eggs, chopped (optional)

Directions

The day before serving, combine dried beans, water, ham, garlic and jalapeno peppers in slow cooker. Cover and cook on low 8 to 9 hours or until beans are tender. Cool to room temperature, or refrigerate overnight.

Drain thoroughly; discard liquid. If using ham hocks, chop lean meat; discard bones, skin, and fat.

In small bowl, combine oil, vinegar, bell pepper, parsley, green onion, salt and capers. Pour over beans; toss. Spoon into lettuce lined bowl. Sprinkle with chopped eggs on top, if desired.

Nutritional Information per Serving:

Calories 480-520 kcal, Protein 30-35 g, Total Fat 30-33 g, Saturated Fat 5-6 g, Carbohydrates 30-35 g, Fiber 12-15 g, Sugars 3-5 g, Sodium variable depending on ham and added salt, roughly 600-800 mg

Crockpot Beef Stew



Ingredients

3 cups cubed stew meat
1/2 cup flour
1/4 cup butter
1 onion, sliced
2 cups chopped or sliced carrots
2 cups sliced celery
Salt to taste
1 cup tomato juice

Directions

Dust the meat with flour. Brown the meat in the butter in a skillet. Remove the meat to the crockpot. Add the onions and cook until soft. Add to crockpot.

Cover and cook on low for 2 hours. Add the vegetables and juice and season with salt.

Cook for 6-8 hours.

Nutritional Information:

Calories 2,200 to 2,400 kcal, Protein 180 to 200 g, Total Fat 140 to 150 g, Saturated Fat 70 to 75 g, Carbohydrates 80 to 90 g, Fiber 15 to 18 g, Sugars 20 to 25 g, Sodium variable depending on added salt, roughly 800 to 1,000 mg

Garbanzo Crockpot Dinner {Crockpot Recipe}



8 servings

Ingredients

1 lb dried Garbanzo beans, rinsed
3 cups low-sodium chicken broth or bouillon
3 cups water
4 large tomatoes, peeled, seeded, chopped
3/4 lb lean pork, cut into 1/2 inch cubes
3 oz prosciutto, chopped
1 onion, chopped
1 garlic clove, crushed
1 yellow or green bell pepper, seeded and chopped
2 teaspoons chopped fresh basil
1/2 teaspoon salt
1/8 teaspoon pepper
1 cup torn fresh spinach

Directions

In 3-1/2 quart slow cooker, combine all ingredients. Cover and cook on low 10 to 11 hours, until beans are tender.

Nutritional Information per Serving:

Calories 350-400 kcal, Protein 30-35 g, Total Fat 12-15 g, Saturated Fat 4-5 g, Carbohydrates 30-35 g, Fiber 8-10 g, Sugars 6-8 g, Sodium variable depending on broth and added salt, roughly 500-700 mg

Desserts and Sweet Treats

Chocolate Dipped Apricots



Makes 8 servings

Ingredients

2 oz bittersweet chocolate
24 dried apricots
1 Tbsp chopped pistachios

Directions

Microwave the chocolate on high for 2 minutes, stirring halfway through until completely melted. Dip the apricots halfway into the chocolate. Let the excess drip off. Place the apricots onto wax paper. Sprinkle the pistachios over the chocolate-covered portions, and place them in the refrigerator until the chocolate is set.

Nutritional Information per Serving:

99 calories, 1 g protein, 17 g carbohydrates, 3 g fat, 2 g sat. fat, 0 mg cholesterol, 2 g fiber, 1 mg sodium

Chopped-Dipped Strawberries



Serves 2

Ingredients

2 squares (1 ounce each) semisweet or bittersweet chocolate, chopped
½ tablespoon whipping cream
Dash almond extract
8 strawberries

Directions

Combine the chocolate and the whipping cream in a glass measuring cup or bowl.

Microwave at medium power for 1 minute or until the chocolate melts, stirring after 30 seconds.

Stir in the almond extract and cool slightly.

Dip each strawberry into the melted chocolate, allowing the excess to drip off. Place on waxed paper-lined baking sheet.

Refrigerate or freeze for approximately 15 minutes until the chocolate is set.

Nutrition at a Glance:

Nutritional Information per Serving:

175 calories, 3 g protein, 24 g carbohydrates, 9 g fat, 6 g saturated fat, 1 mg sodium, 5 mg cholesterol, 4 g fiber

Cheesecake



Ingredients

2- 8 oz low-fat cream cheese
3 eggs
1 Cup sugar substitute
1 tsp. vanilla

Directions

Beat until smooth. Pour into a 9" greased square pan. Bake at 350 for

35 minutes.

Remove from oven for 15 minutes. Leave oven on.

Meanwhile mix topping:

1 Pint low-fat sour cream
1/4 cup sugar substitute
1 tsp vanilla

Mix well. After the 15 minutes, pour this on the cheesecake and bake

10 more minutes.

Chill.

Nutritional Information:

Calories 940 kcal, Protein 50 g, Fat 60 g, Carbohydrates 8 g (mostly from cream cheese and sour cream, sugar substitute is negligible)

Cheesecake Squares



Yield: 8 servings

Ingredients

1 envelope unflavored gelatin
1 cup whipping cream
16 oz softened reduced-fat cream cheese
1/2 cup Splenda
1 tsp vanilla extract 1 TBSP unsweetened cocoa
1 cup unsweetened flaked coconut
1/4 cup softened Smart Balance spread
1/4 cup ground almonds

Crust:

Combine coconut, Smart Balance and almond and press into 8 inch baking pan and chill.

Heat 1/2 of the cream until it is about to boil.

Sprinkle gelatin on remaining cream [cold] and let stand 3 minutes.

Add hot cream and blend at low speed until gelatin is dissolved, about 2 minutes.

Add cream cheese, Splenda and vanilla and blend at high speed.

Pour all but 1/2 cup over coconut crust in baking pan.

Add cocoa to last 1/2 cup and blend then spoon over cheesecake. Chill until set firm.

Nutritional Information per Serving:

Calories 240 kcal, Protein 5 g, Fat 20 g, Carbohydrates 2.5 g

Chocolate Tofu Cheesecake



Ingredients

Light Cooking Spray
8 oz firm tofu
1/4 cup part skim ricotta cheese
4 oz light cream cheese
1/4 cup sugar-free maple syrup
3 TB unsweetened cocoa powder
2 large egg whites
1 TB ground cinnamon
3 TB DaVinci's sugar-free Irish Cream syrup
1 TB DaVinci's sugar-free coffee-flavored syrup
Topping:
1/2 cup nonfat sour cream or plain nonfat yogurt
1 teaspoon pure vanilla extract
1 TB honey

Directions

Preheat oven to 350F. Coat a 10 inch glass pie plate w/ 3 sprays of cooking spray.

In bowl of food processor, combine tofu, ricotta, cream cheese, maple syrup, cocoa powder, egg whites, and cinnamon, and the syrups. Puree until smooth and our into prepared pie plate.

Place pie plate on center rack. On bottom rack, place a baking pan filed halfway with water.

Bake for 1 hour.

While baking cake: combine all topping ingredients in small bowl and whisk thoroughly. When the cake has cooled for half an hour, remove it from oven, spread the topping on evenly, and decorate, if desired. Return to oven for 10 minutes more, until topping sets. Refrigerate 2 hours before serving.

Nutritional Information:

Calories 450 kcal, Protein 45 g, Fat 15 g, Carbohydrates 25 g (includes honey; sugar-free syrups and sugar-free maple syrup contribute negligible carbs)

Decadent Fudge Brownies



Ingredients

1/2 cup unsweetened cocoa powder
1/2 cup ground pecans
2 sticks butter (I Can't Believe It's Not Butter or SmartSpread)
20 - 25 packets Splenda
4 eggs, lightly beaten

Directions

Preheat oven to 375.

Melt butter.

Mix in cocoa, nuts, Splenda, & eggs.

Pour into buttered 8" or 9" square pan.

Bake for 25 - 30 minutes.

Allow to cool for 10 minutes or so.

Serve with fat-free whipped cream, if desired.

Nutritional Information:

Calories 2,200 kcal, Protein 28 g, Fat 220 g, Carbohydrates 20 g (mostly from pecans and cocoa powder; Splenda contributes negligible carbs)

French Silk Pie



4 Servings

Ingredients

1/2 c butter, softened
2/3 c Splenda
2 oz unsweetened baking chocolate
1 tsp vanilla 1/2 c refrigerated or frozen egg product, thawed

Directions

Cream butter and Splenda together. Melt chocolate and blend into butter mixture when cooled. Stir in vanilla. Add egg product. Beat well with mixer until smooth. Chill 1-2 hours minimum. Top with Cool Whip Free whipped cream, if desired.

Nutritional Information per Serving:

Calories 328 kcal, Total Fat 36 g, Saturated Fat 22 g, Cholesterol 70 mg, Sodium 90 mg, Carbohydrates 4 g, Fiber 2 g, Sugars less than 1 g (due to Splenda being a sugar substitute), Protein 3 g

Jello Chiffon



Ingredients

1 pkg. sugarfree Jello mix
1 cup lowfat Ricotta
1 cup boiling water

Directions

Substitute half of the water for an equal amount of Ricotta cheese. For example, if the package calls for two cups of boiling water, you'd use one cup of boiling water and one cup of ricotta. Mix the Jello and the water in a blender. Add ricotta cheese. Add 1 teaspoon of lemon peel, if desired.

NOTE This is best with the citrus Jellos! Lime tastes a little like Key Lime Pie. Lemon tastes like lemon chiffon. And orange tastes a bit like an Orange Julius.

Nutritional Information:

Calories 320 kcal, Total Fat 10 g, Saturated Fat 6 g, Cholesterol 40 mg, Sodium 300 mg, Carbohydrates 8 g, Fiber negligible, Sugars less than 1 g (due to sugar-free Jello), Protein 35 g

Lemonade Cheesecake



Ingredients

1 8 oz. package fat-free cream cheese, softened
1 tsp. Crystal Light Lemonade
1/4 cup cold fat-free milk
1 tub (8 pz) Cool Whip Free
Crushed nuts of your choice, for the crust (optional)

Directions

Beat cream cheese and Crystal Light in a large bowl, with an electric mixer on medium speed until well-blended and smooth. Gradually add milk, mixing until well blended. Gently stir in whipped topping. Spoon into crust, if desired; or directly into a pie plate, or cupcake liners.

Refrigerate 4 hours, or until firm.

*Experiment with different Crystal Light flavors for variety.

Nutritional Information:

Calories 227 kcal, Fat 4 g, Protein 10 g, Carbohydrates 26 g

Sugar Free Cherry Cheese Pie



8 servings

Ingredients

2 - 8 oz. packages fat-free cream cheese
2 Tbsp. fat-free ricotta cheese
2 Tbsp. Da Vinci Gourmet Vanilla Sugar Free Syrup
2 Tbsp. Da Vinci Gourmet Cherry Sugar Free Syrup
1/2 cup Splenda granulated sweetener
1 packet unflavored gelatin
1 cup boiling water

Directions

In a large bowl, soften cream cheese and add the ricotta. Beat until smooth with a mixer and set aside. In a smaller bowl add syrup, Splenda, and gelatin. Add 1 cup of boiling water and stir until gelatin dissolves - about 5 minutes. Add gelatin mixture to the cheeses and beat with mixer until smooth. Pour into custard cups or muffin tins and refrigerate until firm - about two hours. Cover in fridge overnight.

Variations: Key Lime & Vanilla, Cherry & Almond, and Kahula Caffe. There are tons of flavors available to mix and match. Just make sure you use 4 Tbsp. of Da Vinci Syrup.

Nutritional Information per Serving:

Calories 51 kcal, Fat 1 g, Protein 4 g, Carbohydrates 4 g

Sugar Free Peanut Butter Caramel Crème



Ingredients

1 TB natural SF peanut butter
1 TB Da Vinci Gourmet Caramel Sugar Free Syrup
1 TB Land O Lakes half & half
1 packet Splenda
1 cup ff or lf Ricotta

Directions

Blend ingredients well in a small bowl or cup until mixture is smooth and thick.

Nutritional Information:

Calories 420 kcal, Fat 22 g, Protein 31 g, Carbohydrates 9 g

Dessert Crepes



Makes 6 servings

Ingredients

Crepes:
6 eggs
6 Tablespoons 1% Cottage Cheese
1 T Vanilla (or to taste)
1T Almond Extract (or to taste)
1T Splenda

Directions

Mix all ingredients in a blender until smooth.

Spray a non-stick medium crepe or fry pan liberally with Pam. Pour enough crepe batter into the pan to cover the bottom. Swirl the pan around to evenly distribute the batter. Continually shake and swirl the pan so the crepe does not burn.

When the top of the crepe is dry looking then you need to flip it.

This can be tricky.

Make sure the top of the crepe is dry...lift one edge with a wide spatula and flip completely over.

Cook on the other side for a few seconds and slide off onto a plate.

You should get about 6 crepes from the batter.

Stack your crepes up with wax paper in between to prevent sticking.

When cool, fill with Almond Ricotta Creme and fold over.

Place a dollop of almond creme on top and sprinkle with chopped toasted almonds.

Chocolate Version: Fill each crepe with Chocolate Ricotta Creme, fold over and top with a dollop of chocolate ricotta creme and a squeeze of SF chocolate syrup.

You can also combine cocoa powder and Splenda and sprinkle that on top and around the sides of the plate for a scrumptious presentation.

The crepes make take a few tries to get them right but the time and effort is well worth it!

Nutritional Information per Serving:

Calories 70 kcal, Protein 7 g, Fat 4 g, Carbohydrates 1 g, Sugars 0 g (Splenda is a non-caloric sweetener)

Fake French Toast



Ingredients

2 eggs
1 TBS water
1 pkt Splenda
Dash of cinnamon

Directions

Beat the eggs (by hand is fine) in a small bowl. Add the rest and beat some more. Spray a small fry pan with your favorite spray. Heat on medium high until a drop of water would sizzle. Pour eggs into pan and cover. Cook until set. (Covering the pan makes this light and fluffy.)

Serve immediately with a little no sugar syrup ... on phase 2 this would be great with fruit.

Nutritional Information:

Calories 140 kcal, Protein 12 g, Fat 10 g, Carbohydrates 1 g, Sugars 0 g (Splenda is a non-caloric sweetener)

Awesome Almond Cookies



Ingredients

4 tbsp butter (or spread of your choice)
1/2 c splenda
2 eggs
1c ground almonds
1tsp extract -or-sugar free syrup of your choice (opt...I have used both and they were both great)

Directions

Mix together butter and splenda, once well mixed add eggs and again mix well.

Add ground almonds (either previously ground or ones you have ground yourself-they do not have to be super fine, small chunks is fine).

Once combined place by tsp onto sprayed cookie sheet and bake at 350* F for approx 10 mins or until they are lightly browned.

Enjoy!

Makes approx 24 cookies depending on how big you make them :)

Optional Variation:

Make half of the above recipe (2 tbsp butter, 1/4 c splenda, 1 egg, 1/4 c almonds, 1/2 tsp extract or syrup). Cut 6 peaches in half and scoop out centers a bit to make the hole bigger. Spoon mixture into each half and bake at 350*F for 30 mins or until almond mixture is puffed and lightly browned.

Nutritional Information:

Calories 1,400 kcal, Protein 28 g, Fat 130 g, Carbohydrates 12 g, Sugars 0 g (Splenda and sugar-free syrup are non-caloric sweeteners)

Chocolate Flax Seed Muffins



Ingredients

1 c flax seed meal
1/2 c whey protein powder chocolate flavor
4 tbsp oil
1/4 cup splenda
2 large eggs, lightly beaten
2 tsp baking powder
2 tsp artificial maple extract
1/2 tsp salt
2 oz chopped almonds (optional)
1 c water

Directions

Pre-heat oven 350 F.

Mix all of the ingredients in a bowl, let stand for 3 minutes.

Spray a 12 muffin pan with non-stick spray. Spoon batter evenly into muffin tins. Bake 25-30 minutes.

(To make these more chocolaty I add 1 T. of cocoa powder and 1/4 t. of stevia.)

Nutritional Information:

Calories 1,700 kcal, Protein 70 g, Fat 120 g, Carbohydrates 25 g, Sugars close to 0 g (Splenda and artificial extract are non-caloric)

Blackberry Cheesecakes



6 servings

Ingredients

6 TB sugar-free blackberry preserves
4 oz. low-fat cream cheese, softened
1/2 cup low-fat cottage cheese, sieved
1/3 cup low-fat sour cream
Finely grated peel and juice of 1/2 lemon
1 egg
3 TB Splenda

Directions

Preheat oven to 350F. Spread TB of blackberry preserves in each bottom of 6 ramekin dished.

Place dishes in roasting pan. Set aside.

Beat cream cheese, cottage cheese, sour cream, lemon peel and juice, egg and Splenda in a medium sized bowl until smooth. Pour mixture into ramekin dishes. Add enough boiling water to roasting pan to reach halfway up the side of dishes.

Bake for 35 minutes, or until just set. Remove from roasting pan and cool completely. To serve, run a knife around the edge of cheesecakes and turn out in individual serving dishes. Garnish with a sprig of mint, if desired.

Nutritional Information per Serving:

Calories 90 kcal, Protein 6 g, Fat 5 g, Carbohydrates 3 g, Sugars 1 g

Quickie Dessert



Ingredients

1 large package cottage cheese (1/2 cup--4 grams carbohydrate)
1 small package sugar-free Jello undissolved
1 tub Cool Whip whipped topping
Pineapples optional

Directions

Mix all together and eat.

Nutritional Information:

Calories 600 kcal, Protein 40 g, Fat 30 g, Carbohydrates 15 g, Sugars 10 g (mostly from pineapple and dairy)

Decadent Brownie Bites



Ingredients

1 cup ground almonds -- sift 3 times
1/2 teaspoon baking powder
1/2 teaspoon salt
1 3/4 cups Splenda
1 cup unsalted butter
4 ounces unsweetened baking chocolate -- cut into pieces
2 teaspoons vanilla
4 extra large eggs – beaten
1 cup chopped pecans
Topping
5 ounces cream cheese – softened
2 tablespoons Splenda
1 tablespoon cream
1 cup whipped cream -- see note**
Chocolate Topping -- optional
Fresh raspberries – optional

Nutritional Information:

Calories 140 kcal, Protein 3 g, Fat 13 g, Carbohydrates 2 g, Sugars close to 0 g (due to Splenda and unsweetened chocolate)

Directions

Preheat oven to 350*F Grease or spray a 9"x13" cake pan. Mix together the dry ingredients; set aside.

In a microwave bowl, on high, melt the butter and the chocolate. Add the Splenda, the beaten eggs and vanilla; beat until well blended. Stir in the dry mixture, mix well, then stir in the pecans. Pour into the prepared pan, spread evenly. Bake at 350* for about 20 minutes or until a pick inserted comes out clean. Check at 15 minutes. DO NOT OVERBAKE!

Cool on wire rack.

While brownies are cooling make the topping: Cream together the cream cheese and Splenda. Stir in the cream until well mixed. Fold in the whipped cream {**The recipe calls for 1 cup of all ready whipped cream} until well blended. Chill until serving time. When ready to serve put the cream cheese mixture into a piping bag fitted with a large star tip. Cut the brownies into 48 squares. Pipe rosettes on top of each square {or just spoon a dollop of the cream mixture on top of each} If you can afford the carbs, drizzles a small amount of chocolate sauce on top of the rosette and scatter a few fresh raspberries on the plate.