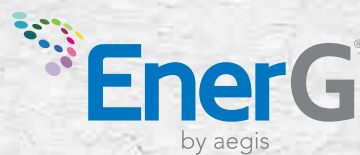


A TASTE OF ENER^G

BY AEGIS THERAPIES[®]





FOOD
MATTERS.

ENJOYMENT
MATTERS.

EXPERIENCE
MATTERS.



At Aegis Therapies®, we believe that making healthy food choices and maintaining positive eating and exercise habits can lead to greater independence and quality of life.

Making informed food choices improves overall health and well-being, and we wanted to put in your hands a tool that can help you achieve and maintain a healthy lifestyle. This cookbook provides nutritious recipes that can help you begin your journey to improved health. Adopting even small changes to your daily meal plan can make a big difference.

We're so excited to be taking this journey with you. It is our hope that Aegis Therapies can empower you to make choices that will help you eat wise and live well.



Martha Schram
President
Aegis Therapies



ENERG® BY AEGIS

Within our balanced EnerG® program, we see wellness as a philosophy of prevention, not treatment. We believe that wellness is achieved when we make the best choices regarding the factors that impact our health on a daily basis — diet and nutrition, exercise, emotional and mental health, stress and spirituality.

Through EnerG® by Aegis, we will empower you to make better choices that will help you move through life.

MEET THE CHEF



Darin Leonardson is a chef who is passionate about using fresh herbs and vegetables to highlight flavor and nutrition. In this book, Darin shares his love of good food by combining exciting flavors with wholesome nutrition.



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BOOSTER BREAKFAST



APPLE BREAKFAST MUESLI



What you need:

- 1 cup old-fashioned rolled oats
- 1 cup of water
- 3 tablespoons fresh lemon juice
- 2 fresh, tart apples, preferably Granny Smith
- 1/4 cup almonds, sliced
- 3 tablespoons maple syrup (can substitute mild honey or agave syrup)
- 4 1/2 tablespoons dried, unsweetened coconut, toasted
- 1 cup Greek yogurt, 2% (optional)

How to make it:

In medium bowl, combine oats with 1 cup water. Let stand while preparing remaining ingredients.

Put lemon juice in another bowl. Peel 2 apples; then cut one apple into very thin slices. Turn slices in lemon juice and lift out; set aside.

Peel and coarsely shred remaining apple. Mix together shredded apples and lemon juice.

Stir shredded apples, nuts, syrup and coconut into oats. Divide among 4 bowls. Serve with yogurt, if desired; garnish with apple slices.

To make ahead: In first step combine oats with water; chill at least 2 hours or as long as overnight. Drain. Oats will be fuller-textured than when short-soaked.

Serves 4

270 calories; 8 g fat; 150 mg sodium; 10 g protein

BAKED HERB AND CIABATTA STRATA

What you need:

- 1 teaspoon extra virgin olive oil
- 1 cup yellow onion, chopped
- 3/4 cup unpeeled Yukon gold potatoes, diced
- 1/2 cup chopped red bell peppers
- 1/2 cup cherry tomatoes, cut in halves
- 1/3 loaf, Ciabatta bread, cut into 1-inch cubes, toasted; can substitute French baguette or sourdough loaf
- 1/2 cup low-fat Swiss cheese
- 3/4 cup egg substitute
- 1 teaspoon herbs de Provence
- 1/2 lemon, finely grated zest
- 1/4 teaspoon black pepper
- 1 1/2 cups milk, 1%
- 2 tablespoons fresh parsley, chopped

How to make it:

Preheat oven to 350°F.

Heat oil in large nonstick skillet over medium heat. Add onion, lemon zest, potato and bell pepper; sauté 4 minutes or until tender. Stir in tomatoes; sauté 2 more minutes. Combine onion mixture and bread.

Place half of bread mixture into 5 x 7 baking dish coated with cooking spray. Sprinkle with half of the low-fat Swiss cheese. Top with remaining bread mixture and remaining Swiss cheese.

Place egg substitute in medium bowl. Add herbs de Provence and pepper. Add milk, stirring with whisk until well blended. Pour egg mixture over bread mixture. Let stand 30 minutes.

Bake at 350°F for 30 minutes or until set. Sprinkle with parsley.

Serves 6

190 calories; 5 g fat; 300 mg sodium; 11 g protein

CINNAMON BRAN RAISIN MUFFIN

What you need:

- 3/4 cup All Bran® cereal
- 2/3 cup water
- 1/2 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1/8 teaspoon salt
- 3 1/4 tablespoons brown sugar
- 1/4 teaspoon ground cinnamon
- 7 teaspoons raisins
- 1/2 cup milk, 1%
- 1 tablespoon egg substitute
- 1 tablespoon vegetable oil
- Cooking spray

How to make it:

Preheat oven to 375°F.

Boil water and combine with bran cereal. Let soak for 15 minutes. In a separate bowl, combine remaining dry ingredients (through raisins). Add milk, egg substitute, vegetable oil, and softened bran to dry ingredients and mix on low until blended.

Spray muffin tins with cooking spray or use cupcake papers. Portion batter into 4 muffin tins. Bake in oven for 20-22 minutes. Allow muffins to cool for at least 10 minutes on a rack before serving

Serves 4

175 calories; 4 g fat; 170 mg sodium; 4 g protein

SUPER FOOD

Cinnamon — Cinnamon is a powerful antioxidant that helps give your immune system a boost and reduces inflammation. It helps lower blood sugar levels, helping to manage Type 2 diabetes. In fact, 1 teaspoon of cinnamon contains as many antioxidants as 1/2 cup of blueberries. Try adding cinnamon on whole-wheat toast or layer it in biscuit dough for a touch of sweetness.

CITRUS WAFFLES WITH MARMALADE COMPOTE

What you need for the waffles:

- 3/4 cup all-purpose flour, sifted
- 3/4 cup whole wheat flour
- 1/2 cup brown sugar
- 1/4 cup wheat germ, toasted
- 1 1/4 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon ground nutmeg
- 1 1/3 cups milk, 1%
- 1/4 cup water
- 1 tablespoon canola oil
- 2 teaspoons orange zest
- 1 egg, lightly beaten

What you need for the compote:

- 1/4 cup orange marmalade, low sugar
- 1 tablespoon orange juice
- 1 teaspoon lemon juice
- 1 teaspoon honey
- 2 cups oranges, segmented

How to make it:

Lightly spoon flours into dry measuring cups and level with a knife to ensure proper measurements.

To prepare waffles, combine both flours and the next 5 ingredients (through nutmeg) in large bowl, stirring with a whisk.

Combine milk, 1/4 cup water, canola oil, orange zest and egg in small bowl. Add milk mixture to flour mixture, stirring just until moist.

Coat waffle iron with cooking spray; preheat. Spoon about 1/3 cup batter per 4-inch waffle onto hot waffle iron, spreading batter to edges. Cook for 5 minutes or until steaming stops. Repeat procedure with remaining batter. Sift powdered sugar over tops of waffles. Serve with orange compote.

To prepare compote, place marmalade, orange juice, lemon juice and honey in small saucepan over medium-low heat; cook 2 minutes or until marmalade melts. Reduce heat and gently stir in the orange sections; keep warm.

Serves 6

320 calories; 8 g fat; 270 mg sodium; 9 g protein

CRANBERRY - ORANGE POWER SMOOTHIE

What you need:

- 2 cups cranberry cocktail juice drink
- 2 large fresh bananas
- 4 fresh oranges, peeled and segmented
- 1 cup fresh strawberries, sliced
- 1/4 cup raspberry sherbet
- 1/4 cup whey protein
- 20 ounces (4 cups) water and ice cubes

How to make it:

Place about one fourth of each ingredient into bowl of blender. Blend on high speed for one minute, until smooth. Repeat this process until all ingredients are used. Pour into glasses. Place a straw in each glass.

Serves 4

280 calories; 2 g fat; 60 mg sodium; 18 g protein

CRUSTLESS SMOKED SALMON QUICHE WITH CREAMY DILL SAUCE

What you need:

- 1 cup evaporated milk, nonfat with added vitamins A and D
- 1/4 cup sour cream, nonfat
- 1 teaspoon Dijon mustard
- 1/2 cup egg substitute
- 1/4 cup Swiss cheese, shredded
- 1/2 cup fresh scallions, tops and bulbs, chopped
- 2 ounces smoked red Alaskan salmon, chopped
- 2 tablespoons fresh dill weed sprouts, chopped
- 1/2 teaspoon black pepper
- 3 sprays cooking spray to coat pan
- Top with creamy dill sauce or serve on the side (see Creamy Dill Sauce recipe on page 36).

How to make it:

Preheat oven to 350°F.

Combine first 4 ingredients (through egg substitute) in large bowl, stirring with a whisk. Stir in cheese, scallions, salmon, dill and pepper. Pour egg mixture into a 9-inch

pie plate coated with cooking spray. Bake at 350°F for 35 minutes. Let stand 15 minutes before serving.

Serves 4

140 calories; 4.5 g fat; 275 mg sodium; 15 g protein

FRITTATA WITH SPINACH, POTATOES, PEPPERS AND FETA



What you need:

- 1 cup fresh baby spinach, thoroughly rinsed (or substitute flat-leaf spinach, chopped)
- 1 teaspoon extra virgin olive oil
- 1 cup fresh red onion, chopped
- 1/2 cup fresh crimini or button mushrooms
- 1 cup large russet potatoes, unpeeled, cut into 1/4-inch cubes
- 3/4 cup fresh red bell peppers, cut into 1/4-inch cubes
- 3/4 cup egg substitute
- 1/2 cup reduced-fat feta cheese crumbles
- 1 teaspoon fresh oregano, chopped
- 1/3 teaspoon black pepper

How to make it:

Heat a large cast-iron or other ovenproof (not nonstick) skillet over low heat. Add spinach with rinse water still clinging to the leaves. (If the spinach is completely dry, add a tablespoon of water to the pan with the spinach). Cover and cook until leaves have barely wilted, about 1 minute. Transfer to a colander and use tongs to squeeze out as much liquid as possible. Wipe the skillet clean.

Add olive oil to the cleaned skillet and heat over medium heat. Add the onion and cook, stirring occasionally, until onion is beginning to soften, about 2 minutes. Add the mushrooms and cook, stirring occasionally, until lightly browned, about 2 minutes. Stir in the potato and bell pepper. Cover and cook, stirring once or twice, until potatoes are tender but still firm; another 5 to 7 minutes.

Meanwhile, in a medium bowl, whisk the egg substitute until lightly beaten. Stir in reserved spinach, feta, oregano and black pepper. When potato mixture is cooked, evenly pour the egg mixture over it. Cook until eggs are set around the edges, about 10 minutes.

Place the skillet under broiler for 1 to 2 minutes, until top of frittata is puffed and lightly browned.

Serves 4

170 calories; 9 g fat; 280 mg sodium; 12 g protein

HOMEMADE TURKEY BREAKFAST SAUSAGE

What you need:

- 1/2 tablespoon extra virgin olive oil
- 1/2 cup chopped yellow onion
- 1/2 cup medium apples, peeled and grated (Fuji or Braeburn)
- 1 garlic clove, minced
- 1 teaspoon fresh thyme leaves
- 1 teaspoon fresh sage, chopped fine
- 1/2 teaspoon black pepper
- 8 ounces ground turkey breast
- Cooking spray (just enough to coat the pan)

How to make it:

Heat olive oil in nonstick skillet over medium-high heat. Add onion and apple; sauté 3 minutes. Add garlic; sauté for 30 seconds. Remove onion mixture from pan. Let cool completely.

Combine onion mixture, thyme, sage, pepper and turkey, stirring well to combine. Divide mixture into 12 equal portions, shaping each into a 1/2-inch-thick patty. You may also stuff this turkey sausage mixture into natural casings if you prefer a link turkey sausage.

Heat large nonstick skillet coated with cooking spray over medium heat. Add half of the patties and cook 3 minutes on each side or until done. Keep warm. Repeat procedure with remaining patties.

One serving equals 3 patties. Mixture freezes well.

Serves 4

200 calories; 13 g fat; 275 mg sodium; 7 g protein

INDIVIDUAL POTATO - BACON FRITTATAS

What you need:

- 1 cup fresh red potatoes, with skins, cut into 1/2-inch cubes
- 1/4 cup fresh yellow onion, chopped
- 1/4 cup fresh red bell pepper, chopped
- 1 fresh garlic clove, minced
- 1/4 cup low-fat Swiss cheese, shredded
- 2 slices cooked turkey bacon, crumbled
- 1 cup egg substitute
- 1/2 teaspoon black pepper

How to make it:

Preheat oven to 375°F.

Place potatoes in small saucepan and cover with water. Bring to boil and cook 25 minutes or until tender. Drain. Allow to cool slightly.

Heat nonstick skillet over medium heat. Coat pan with cooking spray. Add onion, bell pepper and garlic. Sauté for 5 minutes or until tender. Remove from heat. Stir in potato, cheese and turkey bacon.

Combine egg substitute and black pepper. Spoon vegetable mixture evenly into 8 muffin cups (or 6-ounce ramekins, coated with cooking spray). Pour egg mixture evenly over vegetable mixture. Bake at 375°F for 18 minutes or until set. Remove from muffin cups and cool slightly. One serving equals 2 frittatas.

Serves 4

140 calories; 3 g fat; 250 mg sodium; 14 g protein

ITALIAN BREAKFAST MINI PIZZAS

What you need:

- 1 cup egg substitute
- 1/2 cup marinara sauce, low sodium
- 2 whole-wheat English muffins
- 1/2 cup fresh mozzarella cheese
- 1/2 teaspoon Italian herb seasoning

How to make it:

Preheat oven broil.

Coat nonstick skillet with cooking spray; heat on medium-high. Add egg substitute and cook, stirring often, until softly set, 1 to 2 minutes. Spread 1 tablespoon marinara sauce on English muffin halves. Top with a portion of the scrambled egg and 1 tablespoon cheese. Then sprinkle with a little Italian herb seasoning. Broil until the cheese is melted, 1 to 3 minutes.

Serves 4

260 calories; 10 g fat; 290 mg sodium; 15 g protein

PEACH POWER BREAKFAST PARFAIT WITH YOGURT

What you need:

- 3 cups plain Greek yogurt, low-fat
- 3 cups canned peaches (fresh if in season)
- 1/4 cup wheat germ

How to make it:

For one serving, place about 3/4 cup yogurt in serving dish. Top with 3/4 cup peaches and sprinkle with 1 tablespoon wheat germ.

Serves 4

250 calories; 2.5 g fat; 150 mg sodium; 13 g protein

PINEAPPLE UPSIDE-DOWN MUFFINS

What you need:

- 1 tablespoon brown sugar
- 1 tablespoon chopped walnuts or pecans
- 4 pineapple slices, with juice
- 2/3 cup whole-wheat flour
- 2/3 cup all-purpose white, unbleached flour, sifted
- 1 teaspoon double-acting baking powder

- 1/4 teaspoon baking soda
- 1/2 tablespoon ground cinnamon
- 1/4 cup egg substitute
- 1/4 cup brown sugar
- 1 tablespoon canola oil
- 1 tablespoon orange juice
- 1/2 teaspoon vanilla extract
- 1/2 cup crushed pineapple, with juice

How to make it:

Preheat oven to 400°F. Coat 4 muffin cups with cooking spray.

To prepare topping: Sprinkle 1/2 teaspoon brown sugar into each muffin cup. Sprinkle nuts over the sugar.

Stack pineapple slices and cut into wedges. Place 2 wedges in each muffin cup.

To prepare muffins: Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda and cinnamon in large bowl.

Whisk together egg substitute and brown sugar in medium bowl until smooth. Add oil, juice and vanilla. Stir in crushed pineapple. Blend well.

Make a well in the dry ingredients; add wet ingredients and stir the batter into prepared muffin cups. (They will be quite full.)

Bake muffins until tops are golden brown and firm to the touch, 15 to 25 minutes. Immediately loosen edges and turn muffins out onto baking sheet. Restore any stray pineapple pieces and nuts. Allow to cool for at least 10 minutes. Serve upside-down, either warm or at room temperature.

Serves 4

350 calories; 8 g fat; 300 mg sodium; 7 g protein



POACHED EGGS ON SPINACH WITH TURKEY BACON



What you need:

- 2 teaspoons white distilled vinegar
- 4 eggs
- 4 slices turkey bacon, cut into 1/2-inch pieces
- 2 pounds fresh baby spinach
- 1/2 teaspoon black pepper
- 1/2 teaspoon red wine vinegar (for spinach)
- 1 teaspoon orange juice

How to make it:

Line a large plate with paper towels. Fill large shallow pot with 2 inches of water and white vinegar. Bring to boil, then reduce heat so the water is barely simmering. Crack one egg at a time into a teacup or ramekin without breaking the yolk, and gently slide the egg into the water. Poach until the whites are set and yolks are soft to the touch, 2 1/2 to 3 minutes. Use a slotted spoon to transfer eggs to paper towel-lined plate. Keep warm.

In large skillet, cook bacon over medium heat, stirring frequently until lightly browned, about 8 minutes. Use slotted spoon to transfer bacon to a bowl; keep warm. Do not wash the skillet.

Place the spinach, with rinse water still clinging to the leaves, in skillet. Heat until barely wilted, 1 to 2 minutes per batch. Wilt in two or more batches, if necessary. Drain spinach to remove excess liquid. Season with pepper.

Stir bacon into spinach; add orange juice and sherry vinegar. Divide spinach among 4 plates. Place an egg on top of each and grind black pepper over each plate.

Serves 4

160 calories; 8 g fat; 300 mg sodium; 12 g protein

SMOKED SWISS AND SCALLION MINI QUICHE

What you need for the crust:

- 2 tablespoons butter, unsalted
- 1 tablespoon milk, 1%
- 1 1/2 tablespoons egg substitute
- 2/3 cup all-purpose flour

What you need for the filling:

- 1/2 tablespoon extra virgin olive oil
- 1/4 cup scallions, chopped
- 1/2 cup baby spinach
- 1/2 cup milk, 1%
- 1/2 cup smoked Swiss cheese, shredded
- 1/8 teaspoon ground nutmeg
- 1/2 cup egg substitute

How to make it:

Preheat oven to 350°F.

To prepare crust, place butter in large bowl; beat with mixer on medium speed until light and fluffy. Combine milk and egg substitute in small bowl; stir well with whisk. Add milk mixture to butter, 1 tablespoon at a time, beating well after each addition. Add flour and beat just until combined. Press mixture into 4-inch circle on plastic wrap; cover. Chill for 1 hour.

Unwrap and place chilled dough on lightly floured surface. Portion dough into 4 equal pieces and roll dough pieces into circles. Fit dough into 4 muffin tins that were brushed with a touch of olive oil. Bake at 350°F for 25 minutes or until lightly browned. Cool.

To prepare filling, heat oil in large skillet over medium-high heat. Add scallions; sauté 5 minutes or until tender. Add spinach; sauté 2 minutes.

Combine 1/2 cup milk and remaining ingredients in a bowl; stir well with a whisk. Stir in spinach mixture. Pour

filling into crust. Bake at 350°F for 35 minutes. If a firmer texture is preferred, bake an additional 5 minutes.

Serves 4

200 calories; 13 g fat; 300 mg sodium; 7 g protein

SOUTHWESTERN OMELET WRAP

What you need:

- 2 cups egg substitute
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1/2 lime, finely grated zest
- 1/4 cup fresh scallions, tops and bulbs, chopped
- 1/4 cup fresh cilantro
- 1/2 cup mild black bean dip (like Guiltless Gourmet® brand)
- 4 whole-wheat tortillas, 9-inch size
- 1/2 cup low-fat jack cheese, finely shredded
- 1/2 cup fresh or low-sodium salsa

How to make it:

Set oven rack 6 inches from heat source; preheat broiler. In a large bowl, briskly stir eggs, lime zest, cayenne and black pepper with fork. Stir in scallions and cilantro.

If black bean dip is cold, warm in microwave on high for 10 to 20 seconds. Place each tortilla between paper towels and warm in microwave on high for about 10 seconds. Spread 2 tablespoons bean dip over each tortilla, leaving a 1-inch border all around.

Brush oil over 10-inch nonstick skillet; heat over medium setting. Add about 1/4 cup of the egg mixture for each serving and cook, lifting the edges with a heat-resistant rubber spatula so uncooked egg will flow underneath until the bottom is light golden, 20 to 30 seconds.

Place skillet under broiler and broil just until the top is set, 20 to 30 seconds. Immediately slide omelet onto the wrap. Sprinkle with 2 tablespoons cheese. Fold the edges over the omelet on two sides; roll the wrap up and around the omelet. Serve immediately with 1 tablespoon salsa, if desired. Repeat for 4 servings.

Serves 4

260 calories; 8 g fat; 300 mg sodium; 16 g protein

SPICED PUMPKIN PANCAKES

What you need:

- 1 cup milk, 2%
- 1/2 cup canned pumpkin
- 1/4 cup egg substitute
- 1/2 tablespoon canola oil
- 1/2 tablespoon white vinegar
- 1 1/2 cups all-purpose flour
- 2 tablespoons brown sugar
- 1 1/2 teaspoons baking powder
- 3/4 teaspoon allspice
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger

How to make it:

In bowl, mix together milk, pumpkin, egg, oil and vinegar. In separate bowl, combine flour, brown sugar, baking powder, allspice, cinnamon and ginger. Stir into pumpkin mixture just enough to combine.

Heat lightly oiled griddle or frying pan over medium heat. Pour or scoop batter onto griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Serves 4

250 calories; 7 g fat; 295 mg sodium; 8 g protein



STEEL-CUT OATS WITH APPLES AND PECANS



What you need:

- 1 cup almond milk, unsweetened
- 1 cup water
- 1 cup steel-cut oats
- 2 peeled apples, cored and chopped into 1/2-inch pieces
- 1/2 teaspoon ground cinnamon
- 2 tablespoons maple syrup, divided
- 1/2 cup chopped pecans, toasted

How to make it:

In medium saucepan, combine almond milk, water and oats. Bring to boil over high heat. Reduce heat to low. Cover and simmer until most of liquid is absorbed, about 10 to 12 minutes. Turn off heat and let stand, covered, for 5 minutes.

While oatmeal is cooking, combine apples, cinnamon and 1 teaspoon of maple syrup in small saucepan. Cook over medium heat until apples are softened and liquid has reduced to a syrupy consistency, about 3 to 5 minutes. Stir in pecans and cover to keep warm.

Stir apples and nuts into the cooked and rested oatmeal. Divide among 4 bowls. Evenly drizzle remaining maple syrup over each bowl and serve.

Serves 4

210 calories; 8 g fat; 45 mg sodium; 4 g protein

SUMMER BERRY PARFAIT WITH YOGURT AND GRANOLA

What you need:

- 3 1/2 cups Greek yogurt
- 4 teaspoons honey
- 1 1/2 cups sliced strawberries
- 1 1/2 cups blueberries
- 2 tablespoons wheat germ
- 1 banana
- 3/4 cup granola (like Kellogg's® brand)

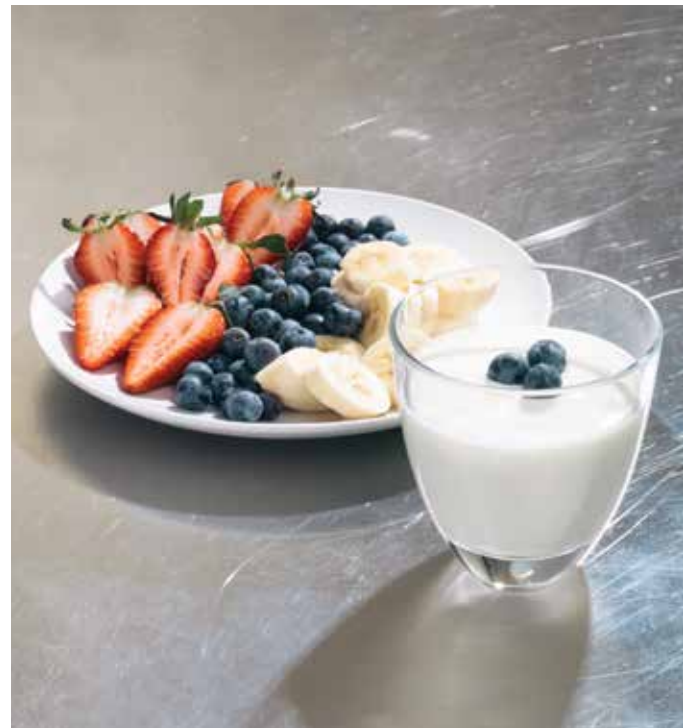
How to make it:

In large bowl, mix yogurt and honey. Set aside.

In 4 parfait glasses, evenly layer strawberries, blueberries, yogurt-honey mixture, wheat germ, a few banana slices and granola. Continue to build the parfait, repeating layers until all ingredients are used completely.

Serves 4

270 calories; 1.5 g fat; 100 mg sodium; 19 g protein



TURKEY SAUSAGE WITH POACHED EGGS AND SWEET POTATO HASH



What you need:

- 2 teaspoons vinegar
- 4 eggs
- 1 pound sweet potatoes, peeled and cut into 1/2-inch cubes
- 2 1/2 teaspoons extra virgin olive oil
- 2/3 cup red onion, thinly sliced
- 3/4 teaspoon black pepper
- 1 green apple, cut into 1/2-inch cubes
- 1/3 teaspoon ground cinnamon
- 3/4 teaspoon maple syrup
- 4 ounces turkey sausage (see recipe for Homemade Turkey Breakfast Sausage on page 10)

How to make it:

Line a large plate with paper towels. Fill a large shallow pot with the vinegar and water to about 2 inches. Bring to boil, then reduce heat to barely a simmer. Crack one egg at a time into a teacup or ramekin without breaking the yolk, and gently slide the egg into the water. Poach until whites are set and yolks are soft to the touch, about 2 1/2 to 3 minutes. Use a slotted spoon to transfer eggs to paper-towel-lined plate. Keep warm.

Place sweet potatoes in microwave-safe bowl. Cover the bowl and microwave on high power until almost tender, about 4 minutes. Drain and set aside.

In large skillet, heat about 2 teaspoons of the olive oil over medium heat. Add the onion and 1/2 of the pepper. Cook until softened, about 4 minutes. Add the apple

and cook until onion and apple are browned, about 4 minutes. Stir in cinnamon and cook for 30 seconds.

Stir in sweet potatoes and spread the mixture in an even layer; press down lightly with a spatula to brown the bottoms. Cook for about 5 minutes. Drizzle with remaining oil, maple syrup and remaining pepper. Flip the potatoes and cook until lightly browned, about 5 more minutes.

While the hash is cooking, place an oven rack 4 inches from the broiler and preheat the broiler to low. Place sausages on a rimmed baking sheet and broil, turning occasionally, until evenly browned, about 8 minutes. Keep sausages warm if they are done before the hash.

Serves 4

280 calories; 12 g fat; 295 mg sodium; 13 g protein

WAFFLES WITH TWO-BERRY SYRUP

What you need for the waffles:

- 2 tablespoons flaxseed meal (or whole flaxseed)
- 3/4 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 1/4 cup wheat germ
- 1 tablespoon granulated sugar
- 1/2 tablespoon baking powder
- 1 1/2 cups milk, nonfat
- 1/2 cup egg substitute
- 1 tablespoon canola oil
- 1 teaspoon vanilla extract
- Cooking spray (just enough to coat pan)

What you need for the syrup:

- 1 1/2 cups frozen blueberries
- 1 1/2 cups frozen raspberries
- 1/2 cup maple syrup
- 1/4 teaspoon ground cinnamon

How to make it:

If using whole flaxseed, place flaxseed in clean coffee grinder or blender; process until ground to measure 2 tablespoons flaxseed meal. Set aside.

To prepare waffles, lightly spoon flours into dry measuring cups; level with knife. Combine flaxseed meal, flours, wheat germ, sugar and baking powder in large bowl. Make a well in center of mixture. Combine

milk, egg substitute, oil and vanilla. Add to flour mixture, stirring just until moist.

Coat waffle iron with cooking spray. Preheat waffle iron. Spoon about 1/4 cup of batter per 4-inch waffle onto hot waffle iron, spreading batter to edges. Cook 5 to 6 minutes or until steaming stops. Repeat procedure with remaining batter.

To prepare syrup, combine berries, maple syrup and ground cinnamon in saucepan. Cook over medium heat until thoroughly heated. Serve warm over waffles. Serving size: 2 waffles and 1 tablespoon maple syrup.

Serves 4

320 calories; 5 g fat; 295 mg sodium; 11 g protein



WHOLE GRAIN TOAST WITH SOFT CHEESE SPREAD AND RASPBERRIES

What you need:

- 2 ounces goat cheese
- 2 tablespoons Greek yogurt
- 1/2 teaspoon black pepper
- 4 whole-grain bread slices
- 2 cups raspberries
- 2 teaspoons clover honey

How to make it:

In small bowl, place goat cheese, yogurt and pepper.

Use fork to mash and mix the cheese and yogurt together until well combined.

Toast bread and let it cool slightly. Spread goat cheese and yogurt mixture on toast. Place raspberries in a single layer on top and mash with a fork. Drizzle with honey.

Serves 4

180 calories; 5 g fat; 230 mg sodium; 9 g protein



WHOLE-WHEAT BLUEBERRY PANCAKES

What you need:

- 1 1/2 cups whole-wheat flour
- 2 teaspoons baking powder
- 1/4 cup egg substitute
- 1 cup milk, 2%
- 2 tablespoons sweetener (like Splenda® brand)
- 1/2 cup blueberries

How to make it:

Sift together flour and baking powder. Set aside. In a bowl, beat together egg substitute, milk and sweetener. Stir in flour until just moistened. Add blueberries and stir to incorporate.

Preheat heavy-bottomed skillet over medium heat. Spray with cooking spray. Pour approximately 1/4 cup of batter onto pan for each pancake. Cook until bubbly, about 90 seconds. Flip to reverse side and continue cooking until golden brown.

Serves 4

170 calories; 2.5 g fat; 300 mg sodium; 8 g protein

Blueberries — Fresh blueberries contain the highest antioxidants of all fresh fruit and aid in fighting disease and aging in the body. They may also help reduce belly fat and promote urinary tract health. Here's a tip: turn this power fruit into a blueberry blizzard. Simply freeze a pint of blueberries, then coat them in Greek yogurt. Serve and enjoy.

WHOLE-WHEAT BUTTERMILK PANCAKES WITH MAPLE SYRUP



What you need:

- 3/4 cup all-purpose flour
- 3/4 cup whole-wheat flour
- 3 tablespoons sugar
- 1/2 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1 1/2 cups cultured buttermilk, 1%
- 1 tablespoon canola oil
- 1/2 cup egg substitute
- Cooking spray (just enough to coat the pan)
- 1/2 cup maple syrup

How to make it:

Lightly spoon flours into dry measuring cups; level with a knife.

Combine flours, sugar, baking powder and baking soda in large bowl, stirring with whisk.

Combine buttermilk, oil, egg substitute, stirring with whisk. Add to flour mixture, stirring just until moist.

Heat nonstick griddle or nonstick skillet, coated with cooking spray, over medium heat. Spoon about 1/4 cup of batter per pancake onto griddle. Turn pancakes over when tops are covered with bubbles and edges look done. Serve with syrup and butter.

One serving equals 2 pancakes and 2 tablespoons syrup.

Serves 4

350 calories; 6 g fat; 300 mg sodium; 7 g protein

ENERGY SALADS



BABY SPINACH WITH AVOCADO, POMEGRANATE AND SUNFLOWER SEEDS



What you need:

- 1/2 teaspoon orange zest
- 2 tablespoons orange juice
- 1/2 teaspoon lime zest
- 1 tablespoon fresh lime juice
- 1 tablespoon chopped shallots
- 2 teaspoons extra virgin olive oil
- 1/8 teaspoon chili powder
- 1/8 teaspoon black pepper
- 1/2 fresh pomegranate, 4 inches
- 4 cups fresh baby spinach
- 1 tablespoon unsalted sunflower seeds, toasted
- 1 avocado

How to make it:

To make the dressing: In blender or mixing bowl, combine orange zest and juice, lime zest and juice, shallot, olive oil, chili powder and pepper. Blend or whisk until smooth. Set aside.

Fill a large bowl with cold water. Cut pomegranate in half (through the stem). Immerse one pomegranate half in bowl of water and remove the seeds with your hands. Drain the seeds well, discarding the membrane.

In large bowl, combine spinach, half of the pomegranate seeds, sunflower seeds, and about half of the dressing. Toss gently to coat. Transfer the salad to a platter or individual plates.

Pit and peel the avocado and slice it thinly. Arrange avocado slices on top of the salad. Sprinkle the reserved pomegranate seeds on top. Drizzle with reserved dressing.

Serves 4

120 calories; 7 g fat; 120 mg sodium; 2 g protein

CHICKEN SALAD WITH GREEN GRAPES AND PECANS



What you need:

- 12 ounces skinless chicken breasts, poached
- 1/2 cup green grapes, halved
- 1/4 cup chopped pecans, toasted
- 1/4 cup Greek yogurt
- 3 tablespoons celery, diced
- 1/2 teaspoon clover honey
- 1/2 teaspoon vinegar
- 1/4 teaspoon black pepper

How to make it:

Use your fingers to shred the chicken into a large bowl. Add grapes and pecans. Toss gently to mix the ingredients.

In a small bowl, stir together yogurt, celery, honey, vinegar and pepper. Pour the dressing over the chicken and toss to coat.

Store the salad in a tightly sealed container in refrigerator for up to 3 days. Let stand at room temperature for about 15 minutes before serving.

Serves 4

160 calories; 6 g fat; 180 mg sodium; 18 g protein

Black pepper — Black pepper contains antibacterial effects and aids in digestion. Loaded with antioxidants, this spice also helps stimulate the breakdown of fat cells. Try it ground fresh over salads or add 1/4 teaspoon in scrambled eggs for a spicy kick.

CHINESE CHICKEN SALAD WITH GINGER-SOY VINAIGRETTE

What you need:

- 1 pound boneless, skinless chicken breasts, with excess fat trimmed away
- 3/4 teaspoon black pepper
- 1/2 cup water
- 1 tablespoon peanut oil
- 1/4 cup rice vinegar
- 1 tablespoon low-sodium soy sauce
- 2 teaspoons fresh ginger root, grated
- 1 carrot, peeled and shredded
- 3 cups cabbage, sliced crosswise, thinly
- 1/2 cup red bell peppers
- 1/2 cup bean sprouts
- 3 or 4 scallions, thinly sliced
- 2 teaspoons cilantro leaves, minced
- 1/2 cup chow mein noodles

How to make it:

Pat chicken dry with paper towels. Season with pepper. Heat half of the oil in a large nonstick skillet over medium-high heat until just smoking. Add the chicken and cook until browned on the first side, about 5 minutes. Flip chicken to other side and add 1/2 cup water. Reduce heat to medium-low. Cover and continue to cook until the thickest part of the breast is no longer pink and registers about 165°F on an instant-read thermometer, about 5 minutes.

Transfer chicken to a plate and cover with plastic wrap. Poke a few vent holes in the plastic wrap and refrigerate the chicken while preparing other ingredients. When chicken is cold, shred it into bite-sized pieces.

To make the vinaigrette: Combine vinegar, remaining oil, low-sodium soy sauce, and ginger in a jar. Secure with a tight-fitting lid and shake well. Set aside.

Toss the shredded chicken, carrot, cabbage, red pepper, bean sprouts, scallions and cilantro in a large serving bowl. Shake the dressing again to recombine ingredients and pour over the chicken salad and toss to coat. Sprinkle with chow mein noodles.

Serves 4

250 calories; 9 g fat; 300 mg sodium; 28 g protein

CHOPPED GREEK SALAD WITH CHICKEN

What you need:

- 6 tablespoons red wine vinegar
- 1 tablespoon honey
- 1 tablespoon extra virgin olive oil
- 1 teaspoon fresh oregano, chopped
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 4 cups romaine lettuce
- 1 pound skinless chicken breast, roasted and chopped
- 2 fresh Italian plum tomatoes, chopped
- 1 cucumber, peeled, seeded and chopped
- 1/2 cup red onion, finely chopped
- 1/2 cup black olives, sliced
- 1/4 cup low-sodium feta cheese

How to make it:

In large bowl, whisk together vinegar, honey, oil, oregano, garlic powder and pepper. Add lettuce, chicken, tomatoes, cucumber, onion, olives and feta; toss to coat.

Serves 4

280 calories; 11 g fat; 300 mg sodium; 32 g protein

GRILLED CHICKEN, MANGO AND JICAMA SALAD WITH TEQUILA LIME VINAIGRETTE



What you need:

- 3 tablespoons orange juice
- 3 tablespoons low-sodium soy sauce
- 1 garlic clove, minced
- 1/2 teaspoon chili powder
- 1 pound skinless chicken breast
- 3 tablespoons fresh cilantro leaves
- 3 tablespoons orange juice
- 3 tablespoons lime juice
- 1 1/2 tablespoons 80 proof tequila
- 1 1/2 tablespoons extra virgin olive oil
- 1 teaspoon clover honey
- 1/2 teaspoon black pepper
- 1/8 teaspoon ground cayenne pepper
- 3 corn tortillas
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/8 teaspoon chili powder
- 1/2 cup jicama, sliced into 3 x 1/4-inch strips
- 1/2 cup mango, sliced
- 4 cups red leaf lettuce

How to make it:

To prepare chicken, combine first 5 ingredients in large zip-top plastic bag. Seal and marinate in refrigerator for 2 hours, turning bag occasionally.

To prepare vinaigrette, combine cilantro and next 7 ingredients (through cayenne pepper) in small bowl; stir with a whisk. Chill until ready to use.

Preheat oven to 350°F.

To prepare tortilla strips, place strips of corn tortillas in a large bowl. Coat with cooking spray; toss. Combine cumin, paprika and chili powder. Sprinkle over strips; toss well. Spread strips in a single layer on baking sheet. Bake at 350°F for 8 minutes or until almost crisp. Remove from oven; cool. Tortilla strips will crisp as they cool.

Prepare grill.

Remove chicken from bag, discarding marinade. Place chicken on grill rack, coated with cooking spray. Grill 5 minutes on each side or until done. Cut chicken into 1/2-inch slices. Combine jicama, mango and lettuce in a large bowl. Pour vinaigrette over jicama mixture, and toss to coat. Place 1 1/3 cups jicama mixture on each plate and top each serving with 1 sliced chicken breast half. Top evenly with tortilla strips.

Serves 4

280 calories; 8 g fat; 295 mg sodium; 26 g protein

MEDITERRANEAN SALAD WITH SPICY VINAIGRETTE

What you need:

- 2 slices of whole-wheat bread, shredded
- 1 tablespoon extra virgin olive oil
- 1 garlic clove
- 4 cups fresh baby mixed greens
- 1/2 cup sweet dried cranberries (Craisins®)
- 1 ounce smoked low-fat cheddar cheese, cut into small cubes
- Spicy Mediterranean Vinaigrette Dressing (see recipe on page 23)

How to make the croutons:

Preheat oven to 375°F.

Toss bread and oil in medium bowl until well combined. Spread in single layer on large baking sheet. Bake, stirring once, until golden and crisp, 12 to 15 minutes.

How to prepare the salad:

Season a wooden salad bowl by rubbing it with a garlic clove. Chop garlic and add to bowl, along with mixed baby greens. Pour 1 tablespoon Spicy Mediterranean Vinaigrette over mixed baby greens (see recipe below). Sprinkle salad with cranberries, cheese and croutons. Toss.

Serves 4

160 calories; 9 g fat; 250 mg sodium; 4 g protein

ROASTED BEET SALAD



What you need:

- 4 beets, a mixture of red and golden
- 1/2 cup orange juice
- 1/2 teaspoon sugar
- 1 1/2 teaspoons shallots
- 1 tablespoon white wine vinegar
- 1/2 teaspoon black pepper
- 1 tablespoon extra virgin olive oil
- 2 cups shredded or chopped lettuce, torn as for salad
- 1 cup chopped watercress greens
- 1 cup fresh radicchio or purple cabbage, shredded
- 1 ounce (about 1/4 cup) goat cheese, crumbled

How to make it:

Preheat oven to 400°F.

Leave root and 1-inch stem on beets; scrub with a brush. Place beets on foil-lined jelly roll pan, coated with cooking spray. Bake for 1 hour or until tender. Cool beets

slightly. Trim beet roots and stems; rub off skins. Cut into 1/2-inch wedges.

Bring juice and sugar to boil in a small pan; cook 10 minutes or until reduced by half. Pour into medium bowl; cool. Add shallots, vinegar and pepper while stirring with a whisk. Gradually stream in the oil, stirring constantly with whisk.

Combine lettuce, watercress and radicchio. Sprinkle lettuce mixture with half the dressing to combine. Arrange about 1 cup of lettuce mixture on each plate. Divide beets evenly and place a serving of beets on top of each salad. Drizzle 1 tablespoon of dressing over each salad, topping each with 1 tablespoon of goat cheese.

Serves 4

110 calories; 6 g fat; 300 mg sodium; 4 g protein

SALMON SALAD WITH RED POTATOES AND GREEN BEANS



What you need:

- 1 cup fresh green beans, cut into 2-inch lengths
- 1 fresh lemon, halved and squeezed, plus 1/4 cup lemon juice
- 1 dried bay leaf, crumbled
- 1 teaspoon whole black peppercorns
- 1/2 teaspoon black pepper, divided
- 1 pound salmon fillet, cut into 4-ounce fillets, pin bones removed and skin on
- 1/4 cup stone-ground mustard
- 2 tablespoons chopped shallots
- 1 tablespoon extra virgin olive oil
- 3 tablespoons fresh dill weed, minced
- 2 tablespoons orange juice
- 1 pound red potatoes, unpeeled, halved and sliced to 1/4-inch pieces
- 16 whole butter lettuce leaves, washed and dried

How to make it:

Bring 2 quarts water to boil in large Dutch oven. Nearby, have ready a medium bowl filled with ice water. Add green beans to boiling water and cook until tender, about 5 minutes. Using slotted spoon, transfer green beans to ice water to stop the cooking and chill, about 3 minutes. Do not drain the boiling water from Dutch oven. Drain green beans from the ice water. Set aside.

To the remaining water in the Dutch oven, add squeezed juice of lemon, spent lemon half, bay leaf and peppercorns. Boil the water for 2 minutes over high heat. Pat salmon dry with paper towels and season with half of pepper. Reduce heat to a light simmer and slip the salmon fillets into the water. Cover and cook until fish is still slightly pink in the middle, 4 to 6 minutes. Using slotted spoon, gently transfer salmon fillets to a large plate; let cool to room temperature. Refrigerate until needed, removing the skin before serving.

For the dressing, combine in a jar the mustard, 1/4 cup lemon juice, shallot, oil, dill and orange juice. Secure with a tight-fitting lid and season with remaining pepper to taste. Toss 1/3 of the dressing with green beans; set aside.

Place potatoes in 6 cups cold water; bring to a boil over high heat, then reduce heat to a simmer and cook, uncovered, until the potatoes are tender but still firm, about 5 minutes. Drain the potatoes; arrange them close together in single layer on rimmed baking sheet.

Sprinkle with 1/3 of the dressing; set aside to cool.

To serve, arrange lettuce leaves on plates. Top each with a portion of potatoes and a portion of green beans. Place a salmon fillet on top of each plate of vegetables and drizzle with the remaining dressing.

Serves 4

360 calories; 17 g fat; 295 mg sodium; 27 g protein

SPICY MEDITERRANEAN VINAIGRETTE DRESSING

What you need:

- 1 lemon, juiced
- 1 orange, juiced
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- 1/2 teaspoon chili flakes
- 1 tablespoon fresh basil, chopped
- 3 tablespoons extra virgin olive oil

How to make it:

In a small mixing bowl, combine lemon juice, orange juice, honey, mustard, chili flakes and basil. Whisk together until completely combined. Then drizzle in olive oil while whisking.

Serves 6

85 calories; 8 g fat; 24 mg sodium; 0 g protein



QUICK LOW-CAL SOUPS



GOLDEN SUMMER SQUASH AND CORN SOUP

What you need:

- 1 tablespoon extra virgin olive oil
- 1/4 cup fresh shallots, chopped
- 2 cups summer squash, diced
- 1 tablespoon fresh oregano, chopped, divided
- 2 cups low-sodium chicken broth
- 1 cup fresh, sweet corn
- 1/2 lemon, juice and zest
- 1/4 cup reduced-fat feta cheese

How to make it:

Heat oil in large saucepan over medium heat. Add shallots and cook, stirring for 1 minute. Add squash and about 1/2 of the oregano. Cook, stirring occasionally, until squash starts to soften, about 3 to 5 minutes. Add broth and bring to boil. Reduce heat to simmer and cook until squash is soft and mostly translucent, about 5 minutes more.

Transfer soup to blender and puree until smooth. Use caution when pureeing hot liquids. Return soup to pan and stir in corn. Bring to simmer over medium heat and cook, stirring occasionally, until corn is tender, 3 to 5 minutes. Remove from heat; stir in lemon juice and zest. Serve, garnished with feta and remaining herbs.

Serves 4

110 calories; 5 g fat; 300 mg sodium; 6 g protein

HEIRLOOM TOMATO GAZPACHO

What you need:

- 3 large fresh tomatoes (heirloom, if possible) seeded and diced into 1/4 cubes, reserving leftover juices
- 1/2 red onion, chopped
- 3/4 cup fresh cucumber, peeled and cut into 1/4-inch cubes
- 1 red bell pepper, cored, seeded and cut into 1/4-inch cubes
- 1 yellow bell pepper, cored, seeded and cut into 1/4-inch cubes
- 2 tablespoons fresh cilantro, roughly chopped
- 1 tablespoon red wine vinegar
- 1/2 fresh lemon, juiced

- 1 teaspoon Tabasco® sauce
- 1/2 teaspoon black pepper
- 2 tablespoons extra virgin olive oil
- 1/4 cup balsamic vinegar

How to make it:

In a bowl, combine tomatoes, seeds and juices, along with onion, cucumber and peppers. Add cilantro, red wine vinegar, lemon juice and Tabasco sauce. Add pepper. Using your hands or two forks, squish vegetables into a juicy soup, leaving a few large pieces. Add oil in small increments, tasting as you go. Refrigerate for at least 1 hour before serving. Ladle soup into bowls and drizzle with balsamic vinegar.

Serves 4

130 calories; 7 g fat; 260 mg sodium; 2 g protein



MANHATTAN CLAM CHOWDER

What you need:

- 2 teaspoons extra virgin olive oil
- 1/2 cup chopped yellow onion
- 3/4 teaspoon garlic cloves, minced or pressed
- 12 ounces large russet potatoes, peeled and medium diced
- 1 1/2 cups water

- 3/4 teaspoon dried oregano
- 1/2 teaspoon black pepper
- 3 cups fresh tomatoes, diced
- 2 cups fresh clams, rinsed
- 2 teaspoons fresh parsley, chopped

How to make it:

Heat oil in large saucepan over medium-high heat. Add onion and garlic; sauté 2 minutes. Add potato and next 4 ingredients; bring to boil. Cover and cook 15 minutes or until potatoes are tender. Stir in clams; cook 3 minutes, until clam shells have opened. Ladle into soup bowls; sprinkle with parsley.

Serves 4

120 calories; 2.5 g fat; 285 mg sodium; 3 g protein

MOM'S HEARTY CHICKEN AND RICE SOUP

What you need:

- 4 cups water
- 12 ounces boneless, skinless chicken breasts
- 2 fresh carrots, peeled and halved
- 2 fresh celery stalks, quartered
- 3/4 cup chopped yellow onion
- 2 garlic cloves
- 1 teaspoon crumbled bay leaf
- 1/2 cup long-grain rice
- 2 tablespoons chopped fresh parsley

How to make it:

Combine first 7 ingredients (through bay leaf) in large pot. Bring to boil. Reduce heat. Cover and simmer until chicken is cooked through, about 35 minutes. Using slotted spoon, transfer chicken and carrots to platter; cool slightly. Cut meat into bite-sized pieces; set aside. Thinly slice carrots and reserve. Strain broth; discard solids. Pour all broth into heavy medium saucepan. Bring to boil. Add rice and bring to boil again. Reduce heat to low; cover and cook until rice is tender, about 20 minutes.

Return chicken pieces and sliced carrots to same large pot and bring to simmer. Ladle soup into bowls. Sprinkle with parsley.

Serves 4

200 calories; 2.5 g fat; 300 mg sodium; 20 g protein

QUICK FALL MINESTRONE

What you need:

- 2 teaspoons canola oil
- 1/2 cup chopped yellow onion
- 1 fresh garlic clove
- 1 lemon, juice and zest
- 3 cups low-sodium vegetable broth
- 1 cup fresh butternut squash (3/4-inch cubes)
- 1 cup diced peeled potatoes (3/4-inch cubes)
- 1/2 cup fresh green beans (1-inch cut)
- 1/2 cup chopped carrots
- 1/2 teaspoon dried oregano leaves
- 1/2 teaspoon black pepper
- 2 cups cabbage or kale, chopped
- 1/4 cup dry orzo pasta
- 1/4 cup white beans, canned
- 1/2 ounce low-sodium Parmesan cheese

How to make it:

Heat oil in large Dutch oven over medium-high heat. Add onion and garlic; sauté 3 minutes or until tender. Add broth and next 6 ingredients (through pepper); bring to boil. Reduce heat and simmer 3 minutes. Add cabbage or kale, lemon juice, zest, orzo and beans; cook 5 minutes or until orzo is done and vegetables are tender. Sprinkle with cheese. Serving size is 1 1/2 cups soup and 1 tablespoon cheese.

Serves 4

380 calories; 4.5 g fat; 295 mg sodium; 20 g protein



Butternut squash — Low in fat, butternut squash is loaded with dietary fiber, making it an exceptional heart-friendly choice. It provides a significant amount of potassium, which aids in bone health, and vitamin B6, important for proper functioning of the nervous and immune systems. Squash's tangerine color indicates its abundance of powerhouse nutrients known as carotenoids, which protect against heart disease. Squash has also been proven to reduce risk of inflammation-related disorders such as rheumatoid arthritis and asthma.

ROASTED BUTTERNUT SQUASH AND SHALLOT SOUP

What you need:

- 2 cups butternut squash, peeled and chopped
- 2 teaspoons extra virgin olive oil
- 1/2 cup shallots (peeled and halved)
- 2 teaspoons ginger root (peeled and thinly sliced)
- 2 cups reduced-sodium chicken broth
- 2 tablespoons chives, chopped
- 1 teaspoon black pepper

How to make it:

Preheat oven to 375°F.

Combine first 4 ingredients in roasting pan or jelly roll pan and toss well. Bake at 375°F for 30 minutes or until tender, stirring occasionally. Cool 10 minutes.

Place half of squash mixture and half of broth in blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into large saucepan. Repeat procedure with remaining squash mixture and broth. Cook over medium heat for 5 minutes or until thoroughly heated. Top with chives and pepper.

Serves 4

90 calories; 2.5 g fat; 300 mg sodium; 3 g protein

SEVEN-ONION SOUP

What you need:

- 2 tablespoons extra virgin olive oil
- 1 red onion, coarsely chopped
- 1 white onion, coarsely chopped
- 1 yellow onion, coarsely chopped
- 1 cup white pearl onions
- 1 cup shallots, coarsely chopped
- 1/2 cup chives, minced
- 2 leeks, bulb and lower leaf, washed and cut into 1/2-inch rings
- 1/2 cup sweet dessert wine
- 3 cups reduced-sodium beef broth
- 2 tablespoons dried mushrooms, coarsely chopped
- 2 tablespoons fresh thyme (and about 4 sprigs for garnish)

How to make it:

In large soup pot over medium heat, combine olive oil, all onions and shallots. Sauté until golden brown and soft.

Add leeks and chives and cook until onions turn deep golden brown, about 5 minutes. Add wine and cook, stirring, 2 minutes more, or until mixture begins to bubble.

Add broth, mushrooms and thyme leaves. Then simmer until liquid is reduced by 1/3. Soup will be very deep brown. Ladle into deep soup bowls and garnish with thyme sprigs.

Serves 4

300 calories; 8 g fat; 300 mg sodium; 9 g protein



SHRIMP GAZPACHO

What you need:

- 2 garlic cloves, minced
- 1 1/2 tablespoons extra virgin olive oil
- 1 1/2 tablespoons red wine vinegar
- 1 1/2 tablespoons lemon juice
- 5 ounces cooked shrimp
- 4 plum tomatoes, chopped
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1/2 English cucumber, seeded and chopped
- 1/2 cup scallions, chopped
- 3 tablespoons cilantro, chopped
- 1 small jalapeno, minced
- 2 cups low-sodium tomato juice
- Pepper to taste
- 1 lemon for garnish

How to make it:

Combine first 4 ingredients in medium bowl. Add shrimp; cover mixture and refrigerate 1 to 2 hours.

Combine tomatoes, green and red bell peppers, cucumber, scallions, cilantro and jalapeno in large bowl. Add low-sodium tomato juice. Stir in shrimp mixture. Season with pepper to taste. Ladle soup into bowls. Garnish with lemon wedges. (Can be prepared 6 hours ahead. Cover and refrigerate.)

Serves 4

150 calories; 5 g fat; 300 mg sodium; 11 g protein

SPLIT PEA SOUP WITH ROSEMARY

What you need:

- 1 cup dry green split peas
- 1 1/2 teaspoons extra virgin olive oil, divided
- 1/2 cup fresh carrots, peeled and chopped
- 1/2 cup white onion, chopped
- 1 bay leaf
- 2 garlic cloves, minced, divided
- 2 teaspoons fresh rosemary, divided
- 3/4 teaspoon paprika
- 1/2 teaspoon black pepper
- 2 teaspoons low-sodium tomato paste
- 2 teaspoons low-sodium soy sauce
- 2 cups pure distilled water

- 3 cups vegetable broth
- 3 tablespoons chopped parsley
- 3 tablespoons Greek yogurt

How to make it:

Add water to 2 inches above peas, and set aside. Heat half of oil in Dutch oven over medium-high heat. Add onion, carrot and bay leaf; sauté 5 minutes, stirring frequently. Add 1/3 of the garlic, 1/3 of rosemary, paprika and pepper; cook 3 minutes. Add tomato paste and soy sauce; cook until liquid evaporates, scraping pan to loosen browned bits.

Drain peas. Add peas, water and vegetable broth to onion mixture; bring to boil. Cover and reduce heat to medium-low. Simmer 1 hour, stirring often. Discard bay leaf. Place half of soup in blender or food processor; process until smooth. Pour pureed soup into a bowl. Repeat procedure with remaining soup.

Combine remainder of oil, garlic, rosemary and parsley. Stir parsley mixture into soup. Spoon soup into bowls; top each with Greek yogurt.

Serves 4

240 calories; 3 g fat; 390 mg sodium; 14 g protein



TORTILLA SOUP WITH CHICKEN AND LIME

What you need:

- 6 (6-inch) corn tortillas
- 2 teaspoons olive oil
- 4 cups chicken broth
- 2 cups pure distilled water
- 1/2 cup fresh tomatoes, diced
- 1 teaspoon crumbled bay leaf
- 2 garlic cloves, minced or pressed
- 1 teaspoon cumin, ground
- 1/8 teaspoon red pepper flakes
- 12 ounces boneless, skinless chicken breast, diced
- 3 fresh scallions, sliced
- 1/4 cup fresh cilantro
- 3 tablespoons fresh lime juice
- Pepper to taste

How to make it:

Preheat oven to 350°F.

Brush 1 side of tortillas with oil; cut in half. Stack halves and cut crosswise into 1/4-inch-wide strips. Spread strips on nonstick baking sheet. Bake until light golden, about 15 minutes. Cool on baking sheet.

Combine broth, water, tomatoes, bay leaf, garlic, cumin and red pepper flakes in saucepan; bring to boil. Reduce heat; simmer 5 minutes. Add chicken; simmer until just cooked through, about 5 minutes. Stir in scallions, cilantro and lime juice. Season with pepper.

Ladle soup into bowls. Sprinkle with tortilla strips and serve.

Serves 4

190 calories; 5 g fat; 300 mg sodium; 21 g protein



TURKEY CHILI WITH WHITE BEANS



What you need:

- 1 3/4 teaspoons canola oil
- 1 yellow onion, chopped
- 1 teaspoon oregano
- 1 teaspoon cumin
- 12 ounces ground turkey
- 2 tablespoons chili powder
- 1 bay leaf
- 2 teaspoons cocoa powder, unsweetened
- 1/8 teaspoon ground cinnamon
- 1 cup whole red tomatoes, chopped
- 1 3/4 cups low-sodium beef bouillon broth
- 1/2 cup unsalted tomato sauce
- 1 cup canned white kidney beans
- 1/2 cup chopped red onion (approximate measure for garnish)
- 1/4 cup cilantro (approximate measure for garnish)
- 1/4 cup Greek yogurt (approximate measure for garnish; could substitute light sour cream)

How to make it:

Heat oil in large heavy pot over medium heat. Add onions; sauté until light brown and tender, about 10 minutes.

Add oregano and cumin; stir 1 minute. Increase heat to medium-high. Add turkey; stir until no longer pink, breaking up with back of spoon. Stir in chili powder, bay leaf, cocoa powder and cinnamon. Add tomatoes with juices, breaking up with back of spoon. Mix in broth and tomato sauce. Bring to boil. Reduce heat; simmer 45 minutes, stirring occasionally.

Add beans to chili and simmer until flavors blend, about 10 more minutes. Discard bay leaf. Ladle chili into bowls. Garnish with red onion, cilantro and yogurt, as desired or serve separately on the side.

(Recipe can be prepared 1 day ahead. Cover and refrigerate. Re-warm over medium-low heat.)

Serves 4

340 calories; 10 g fat; 300 mg sodium; 29 g protein

VIETNAMESE - STYLE BEEF NOODLE SOUP



What you need:

- 6 ounces long rice noodles
- 1 cup snow peas, raw, cut diagonally into 1/4-inch strips
- 1/2 cup shallots, chopped
- 1 tablespoon fresh ginger root (approximately three 1/8-inch-thick slices, smashed)

- 1 teaspoon chili peppers, chopped
- 1 tablespoon canola oil
- 4 cups low-sodium beef broth/bouillon
- 2 cups distilled water
- 8 ounces low-sodium roast beef lunch meat, torn into pieces
- 1 cup mung bean sprouts
- 8 cilantro sprigs
- 8 basil leaves
- 3 tablespoons lime juice
- 2 medium limes, cut in wedges, for garnish

How to make it:

Cook noodles in 4-quart pot of boiling water (not salted) 4 minutes; then add snow peas and boil 1 minute. Drain in colander and rinse under cold running water to stop cooking. Drain well. Divide noodles and snow peas among 4 large soup bowls.

In same pot over medium heat, cook shallots, ginger, and chili peppers in oil, stirring occasionally, until shallots are browned, 7 to 8 minutes. Add broth and water. Simmer, uncovered, 10 minutes.

While broth is simmering, divide roast beef, bean sprouts, and herbs among soup bowls with noodles.

Discard ginger from broth and stir in lime juice to taste. Ladle broth into bowls and serve immediately.

Serves 4

350 calories; 7 g fat; 300 mg sodium; 19 g protein

WILD MUSHROOM SOUP

What you need:

- 4 cups low-sodium chicken broth
- 2 ounces mushrooms, dried
- 1 tablespoon extra virgin olive oil
- 2 cups yellow onion, chopped
- 2 cups fresh mushrooms, using an assortment of wild mushrooms such as crimini, stemmed shiitake and porcini
- 1 cup button mushroom, sliced
- 4 fresh garlic cloves, minced
- 1 1/2 tablespoons thyme
- 1 1/2 tablespoons all-purpose flour
- 2 cups milk, 1%

How to make it:

Bring broth to boil in medium saucepan. Remove from heat. Add dried mushrooms to saucepan; let soak until mushrooms soften, about 20 minutes. Drain, reserving broth but discarding any sediment in broth. Coarsely chop soaked mushrooms.

Heat olive oil in large heavy pot over medium-high heat. Add chopped onions and sauté until tender, about 7 minutes. Add wild mushrooms and button mushrooms and sauté until brown and tender, about 8 minutes. Add minced garlic, thyme and soaked mushrooms. Sauté for 2 minutes. Sprinkle flour over mixture, stir 1 minute. Gradually whisk in reserved mushroom soaking liquid and low-fat milk. Bring to boil, stirring frequently. Reduce heat to medium and boil gently until soup thickens slightly, about 12 minutes. Transfer 1 cup soup to blender and puree until smooth. Return to pot. Bring soup to simmer. Season with pepper. Ladle soup into bowls.

Serves 4

200 calories; 6 g fat; 300 mg sodium; 14 g protein



WINTER LENTIL SOUP



What you need:

- 3 fresh leeks, white and light-green parts only
- 2 cups chopped cabbage
- 2 teaspoons extra virgin olive oil
- 1 1/2 cups fresh tomatoes, chopped
- 1 quart distilled water
- 1 sweet potato, peeled and diced into 1/2-inch cubes
- 1 teaspoon white wine vinegar
- 6 tablespoons brown lentils
- 2 teaspoons thyme
- 1/2 teaspoon black pepper
- 8 basil leaves, minced
- 1/4 cup low-sodium Parmesan cheese

How to make it:

Slice each leek in half lengthwise; then slice each half into 1/4-inch-thick half-moons. Place in large bowl of cold water and swish to remove any grit. Drain and pat dry.

Remove stems from cabbage. Stack leaves on top of one another and slice crosswise into 1/2-inch-wide strips (equaling about 2 cups).

Heat oil in saucepan over medium heat. Add leeks and cook for 3 minutes. Add tomatoes and water then bring to boil. Stir in cabbage, white wine vinegar sweet potatoes, lentils, thyme, pepper and basil. Simmer until lentils are tender, about 30 minutes. Spoon into individual bowls and sprinkle with basil and low-sodium Parmesan.

Serves 4

210 calories; 4 g fat; 300 mg sodium; 9 g protein

CHEF -
INSPIRED
PLATES



ALMOND - CRUSTED CHICKEN BREASTS

What you need:

- 1/2 cup sliced almonds, toasted
- 1 tablespoon extra virgin olive oil
- 1 teaspoon fresh lemon zest
- 1 tablespoon fresh lemon juice
- 1 teaspoon fresh rosemary, chopped fine
- 1 fresh garlic clove
- 2 (6-ounce) chicken breasts, boneless and skinless

How to make it:

Preheat the oven to 425°F.

In work bowl of food processor, place almonds, olive oil, lemon zest and juice, rosemary and garlic. Process until coarsely chopped; the mixture will be a thick paste.

Arrange chicken breast halves in baking dish. Divide the almond paste and spread on breasts; pat down to cover each breast completely.

Roast in the oven until cooked through, and an instant-read thermometer registers 165° to 170°F, about 10 minutes. Loosely tent with foil and let stand for 5 to 10 minutes before serving.

Serves 4

230 calories; 10 g fat; 280 mg sodium; 27 g protein

ALMOND-ORANGE RAINBOW TROUT WITH CHIPOTLE-YOGURT SAUCE

What you need:

- 1/2 cup sliced almonds
- 1 slice whole-wheat bread, torn into pieces
- 2 garlic cloves, finely chopped
- 1 tablespoon grated orange zest
- 1/8 teaspoon ground cayenne pepper
- 1 pound rainbow trout fillets; rinsed and patted dry
- 1/2 teaspoon black pepper
- 1/2 cup nonfat plain yogurt, plus extra for brushing
- 1 tablespoon fire-roasted chili peppers, seeded and chopped

- 2 tablespoons fresh lemon juice
- 2 tablespoons orange juice
- Cooking spray

How to make it:

Preheat oven to 400°F. Spray baking sheet with olive oil or cooking spray.

In work bowl of food processor, place almonds, bread, one garlic clove, orange zest and cayenne pepper. Pulse several times until roughly chopped. Pour mixture onto a shallow plate.

Prepare yogurt sauce: In work bowl of food processor, combine chili, the remaining garlic clove, lemon juice, and orange juice. Blend to a smooth paste. Transfer to a small bowl. Add low-fat yogurt and stir until combined. Add more lemon juice to taste. Set aside.

Season trout with pepper. Brush the top of each fillet with nonfat yogurt. Press yogurt-coated side of each fillet into the almond mixture. Place fillets, almond side up, on prepared baking sheet.

Bake until fish is firm and not translucent when you slide a thin-bladed knife in to peek at the center, about 10 minutes.

Spoon the sauce onto plates. Place a piece of trout on top of each.

Serves 4

230 calories; 8 g fat; 270 mg sodium; 29 g protein

SUPER FOOD

Cayenne pepper — This powerful red pepper is rich in antioxidants. Capsaicin is the potent compound that gives it its heat. Cayenne pepper has been found to aid in controlling appetite, enhancing metabolism and potentially stimulating fat burning. Try sprinkling cayenne pepper on hummus or guacamole for a dash of heat, or use it in marinades and dressings for a fiery flavor.

BEEF STIR-FRY WITH BROCCOLI AND SHIITAKE MUSHROOMS



What you need:

- 3 cups fresh broccoli florets
- 1 red bell pepper, seeded and sliced thin
- 16 ounces London broil flank steak
- 1/2 cup orange juice
- 1/4 cup fresh lime juice
- 1 teaspoon low-sodium soy sauce
- 1 teaspoon sesame seed oil
- 1 teaspoon olive oil
- 1 cup scallions, chopped
- 3 garlic cloves, minced
- 1/2 teaspoon ginger, ground
- 1/4 teaspoon crushed red pepper flakes
- 1/2 cup sliced and stemmed shiitake mushrooms
- 1/4 cup Brazil nuts, shelled

How to make it:

Prepare a bowl of ice water. Place broccoli in microwave-safe bowl. Cover and microwave on high until bright green and slightly softened, but still crunchy, 2 to 3 minutes. Drain broccoli and immediately transfer to ice water to stop the cooking. Drain well and set aside.

Slice the beef into thin strips, about 3 inches long; this is easier to do if the meat is placed in the freezer for about 20 minutes before slicing.

In a small bowl, combine orange and lime juices, soy sauce and sesame oil. Set aside.

Heat a large skillet or wok (not nonstick) over high heat for 20 seconds. Add olive oil. When oil is melted, add scallions and cook, stirring until softened, about 30 seconds. Then add garlic, ginger and red pepper flakes. Cook, stirring until fragrant and just lightly browned, about 30 seconds. Add the beef and cook until no longer pink, about 2 minutes. Stir in reserved broccoli and red peppers and cook for about 1 minute. Add mushrooms and continue to stir while cooking for 1 to 2 more minutes.

Stir in orange juice mixture and combine. Remove skillet from heat and mix in the Brazil nuts. Divide among plates over steamed brown rice if desired.

Serves 4

280 calories; 15 g fat; 300 mg sodium; 23 g protein

BRAISED CHICKEN WITH BABY VEGETABLES AND PEAS

What you need:

- 2 tablespoons unsalted butter, divided
- 1 pound boneless, skinless chicken thighs (about 4 pieces)
- 1/2 teaspoon black pepper
- 2 cups low-sodium chicken broth
- 2 cups dry white wine
- 1/2 teaspoon fresh thyme, chopped
- 1 cup fresh turnips
- 1 cup baby carrots
- 1/2 cup pearl onions
- 10 sprigs fresh parsley, chopped
- 2 dried bay leaves
- 3 tablespoons all-purpose flour, sifted

How to make it:

Melt 1 tablespoon butter in Dutch oven over medium-high heat. Sprinkle chicken evenly with pepper. Add chicken to pan; sauté 5 minutes on each side or until browned. Remove from pan.

Add broth to pan; cook 1 minute, scraping pan to loosen browned bits. Add wine and next 6 ingredients; stir. Add chicken to pan, nestling into vegetable mixture; bring to boil. Cover, reduce heat, and simmer 20 minutes or until chicken is done. Discard bay leaves and parsley sprigs. Remove chicken and vegetables from pan. Keep warm.

Place zip-top plastic bag inside glass measuring cup. Pour cooking liquid into bag; let stand for 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings back into pan, stopping before fat layer reaches opening; discard fat. Bring liquid to boil; cook until reduced by about half (approximately 5 minutes).

Melt remaining butter in a small skillet. Add flour, stirring until smooth. Add flour mixture to cooking liquid; cook 2 minutes, stirring constantly, or until slightly thick. Return chicken and vegetable mixture to pan; stir in peas. Cook 3 minutes or until thoroughly heated. Sprinkle with chopped parsley.

Serves 4

360 calories; 8 g fat; 300 mg sodium; 28 g protein



BROILED TILAPIA WITH FRESH HERBS, MUSHROOMS AND TOMATOES

What you need:

- 1/2 cup fresh basil leaves
- 1/2 cup fresh parsley, chopped
- 5 fresh garlic cloves
- 1 tablespoon fresh lime juice
- 1/2 teaspoon black pepper
- 10 crimini mushrooms, 2 inches across
- 1 pound tilapia, rinsed and patted dry (cut into 4 pieces)
- 2 cups cherry tomatoes

How to make it:

Spray a rimmed baking sheet with olive oil. Arrange rack 6 inches from broiler. Preheat broiler to high.

In work bowl of food processor, place basil, parsley, garlic, lime juice and pepper. Process until uniformly chopped and well combined.

Remove stems from crimini mushrooms; in one hand, hold the crimini by the cap. With forefinger and thumb of your other hand, twist the stem off so the hollowed cap is left. Repeat with remaining mushrooms. Discard stems (or use for vegetable broth). Fill each mushroom cap with about 1/4 teaspoon of herb mixture. Place mushroom caps on prepared baking sheet.

Arrange tilapia fillets on the baking sheet and spread half of remaining herb mixture over them. Turn fillets over and spread remaining herb mixture over them, making sure they are completely covered. Scatter tomatoes around the fish on baking sheet.

Broil until fish flakes easily and is firm when pressed, about 10 minutes. Tomatoes will be charred in spots and mushrooms should be bubbling and soft. Place 1 tilapia fillet, 2 mushroom caps, and a few tomatoes on each plate.

Serves 4

140 calories; 2.5 g fat; 130 mg sodium; 25 g protein

CHICKEN THIGHS WITH ROASTED APPLES AND GARLIC

What you need:

- 3 cups Braeburn apples, peeled and chopped
- 1 tablespoon fresh sage, chopped
- 1/4 teaspoon ground cinnamon
- 4 fresh garlic cloves
- 1 pound skinless chicken thighs, with bone (4 chicken thighs, 4 ounces each)
- 1 teaspoon black pepper
- 2 tablespoons fresh parsley, chopped

How to make it:

Preheat oven to 475°F.

Combine first 4 ingredients. Spread apple mixture on jelly roll pan coated with cooking spray.

Sprinkle chicken with pepper and arrange on top of apple mixture. Bake at 475°F for 25 minutes or until chicken is done and apple is tender. Remove chicken from pan; keep warm.

Partially mash apple mixture with potato masher and serve with chicken. Sprinkle with parsley, if desired. Serving size is one thigh and about 2/3 cup apple mixture.

Serves 4

200 calories; 4.5 g fat; 300 mg sodium; 23 g protein

CORNMEAL - CRUSTED SCALLOPS WITH MINT CHIMICHURRI



What you need:

- 2 cups spearmint, loosely packed
- 3/4 cup chopped scallions, some of which can be reserved for garnish
- 2 tablespoons lime juice
- 1 tablespoon honey
- 1 tablespoon Serrano peppers, seeded
- 1/2 teaspoon black pepper
- 1 fresh garlic clove
- 1 pound scallops
- 3 tablespoons cornmeal
- 1 tablespoon extra virgin olive oil

How to make it:

Place first 7 ingredients (through garlic) in food processor; process until finely chopped. Set aside completed chimichurri.

Place cornmeal in shallow dish and dredge scallops in cornmeal. Heat oil in large nonstick skillet over medium-high heat. Add scallops; cook a few minutes on each side or until done. Serve with chimichurri.

Serves 4

200 calories; 5 g fat; 200 mg sodium; 21 g protein

CREAMY DILL SAUCE

What you need:

- 5 tablespoons reduced fat mayonnaise
- 3 tablespoons light sour cream
- 1/2 lemon, juice and zest
- 2 tablespoons fresh dill, chopped
- 2 tablespoons, minced shallots
- 1/4 teaspoon black pepper, ground

How to make it:

Mix all the ingredients together in a small bowl. Cover and refrigerate until flavors blend, about 30 minutes.

The sauce will keep refrigerated for up to 7 days .

Serves 4

50 calories; 3.5 g; 120 mg sodium; 1 g protein

DOVER SOLE WITH ZUCCHINI AND TOMATOES EN PAPILOTE



What you need:

- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, fresh, minced or pressed
- 2 teaspoons fresh oregano
- 1/4 teaspoon red pepper flakes
- 2 cups fresh plum tomatoes, cored, seeded and chopped into 1/2-inch pieces
- 2 cups fresh zucchini, cut into 1/4-inch slices
- 1 pound Dover sole fillet, cut into 1-inch pieces
- 1/2 cup fresh basil leaves, loosely packed

How to make it:

Adjust oven rack to the middle position and heat oven to 450°F. Combine oil, garlic, oregano and half of red pepper flakes in large bowl.

Measure half of oil mixture into a separate medium bowl and toss gently with the tomatoes. Add zucchini to the remaining olive oil mixture and toss to coat.

Cut 4 (12-inch) squares of heavy-duty foil and lay them flat on a work surface. Shingle zucchini in the center of each piece of foil. Season fillets with remaining red pepper flakes and place on top of zucchini. Top fish with tomatoes, then tightly crimp the foil into packets.

Set packets on rimmed baking sheets and bake until fish just flakes apart, about 20 minutes. Carefully open the packets, allowing steam to escape away from you; cool briefly. Smooth the edges of the foil and, using a spatula, gently push the fish, vegetables and accumulated juices onto warmed dinner plates. Sprinkle with basil leaves before serving.

Serves 4

170 calories; 5 g fat; 250 mg sodium; 23 g protein

GINGER-STEAMED HALIBUT

What you need:

- 1 pound fresh Alaskan halibut
- 1 tablespoon ground ginger
- 3 tablespoons fresh ginger root, peeled and cut into 1/4-inch slices
- 3 tablespoons fresh garlic, minced
- 3 tablespoons sesame seeds
- 2 teaspoons toasted sesame oil
- 3 tablespoons low-sodium soy sauce
- 5 fresh scallions, thinly sliced for garnish

How to make it:

To prepare fish: Bring 1 to 2 inches of water to a boil in a pot large enough to hold a two-tier bamboo steamer. (If you don't have a steamer, improvise by setting mugs upside down in a large pot and resting a large heatproof plate on top.) Put a heatproof plate in each of the steamer baskets. Place fish among the plates with a slice of fresh ginger on top of each portion. Stack the baskets; cover and set over boiling water. Steam fish for 7 minutes per inch of thickness.

To prepare sauce, combine minced ginger, garlic and sesame seeds in small bowl. In medium skillet over medium-high heat, add ginger mixture and cook, stirring, until fragrant, about 1 minute. Add sesame oil; allow mixture to get hot. Add soy sauce (be careful, it will splatter a bit) and cook for 1 minute more.

Transfer the fish to plate. Discard ginger slices. Pour sauce over fish and garnish with scallions.

Serves 4

200 calories; 8 g fat; 300 mg sodium; 26 g protein

SUPER FOOD

Ginger — Ginger is a wonderful spice with a citrus flavor. Derived from the ginger root, this spice has as many antioxidants as a cup of spinach. Gingerol, an active ingredient in this spice, has been shown to reduce muscle pain caused by exercise. Enjoy more antioxidant-rich ginger by sprinkling it on peaches, melons, pineapple or pears. For a juice pick-me-up, try stirring in 1/2 teaspoon ground ginger into a quart of lemonade.

GRILLED FLANK STEAK WITH CHIMICHURRI SAUCE



What you need:

- 1/4 cup chopped red onion
- 3 fresh garlic cloves
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup fresh parsley, chopped
- 2 tablespoons fresh oregano
- 2 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1/2 teaspoon black pepper
- 1 pound London broil flank steak
- Olive oil cooking spray for the grill, as needed

How to make it:

In work bowl of food processor, place onion, garlic and red pepper flakes. Pulse until finely chopped. Add parsley and oregano leaves, and pulse until herbs are coarsely chopped. Add olive oil, vinegar and pepper.

Place steak in shallow pan and pour half of the chimichurri sauce over it. Turn to coat well. Cover and refrigerate, preferably for at least 4 hours and up to overnight. Cover and refrigerate remaining sauce.

If using a gas or charcoal grill, spray the grill with cooking spray and prepare a medium-hot grill. If using a grill pan, spray it with cooking spray and heat over medium-high heat.

Grill steak for 4 to 5 minutes per side for medium-rare. Let stand on cutting board for 5 to 10 minutes. Thinly slice the steak and divide among plates. Top each serving with 1 generous teaspoon of chimichurri sauce.

Serves 4

250 calories; 15 g fat; 325 mg sodium; 24 g protein

GRILLED SIRLOIN STEAKS WITH CARAMELIZED ONIONS AND SMOKED PAPRIKA

What you need:

- 1 tablespoon canola oil
- 1 cup chopped yellow onion
- 3/4 teaspoon brown sugar
- 1/2 cup low-sodium beef broth
- 1 tablespoon balsamic vinegar
- 2 tablespoons smoked paprika
- 1/2 teaspoon black pepper
- 1 pound top sirloin steaks (cut into 4 ounce portions)

How to make it:

Heat half of oil in large skillet over medium heat. Add onions, brown sugar and cook, stirring often, until onions are very tender and golden brown, about 15 minutes. Add broth and vinegar. Cook, stirring, until liquid has almost evaporated, 3 to 4 minutes more. Transfer onions to a bowl; cover to keep warm. Clean and dry the pan.

Sprinkle smoked paprika and pepper on both sides of each steak, then heat remaining oil in pan over medium-high heat. Add steaks and cook until browned, 3 to 5 minutes. Turn them over and reduce heat to medium-low; cover until steaks are cooked; 3 to 5 minutes for medium-rare. Serve with caramelized onions.

Serves 4

310 calories; 14 g fat; 300 mg sodium; 28 g protein

HONEY-SOY BROILED SALMON WITH SPINACH SALAD



What you need:

- 1 tablespoon low-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon clover honey
- 2 minced scallions
- 1 teaspoon fresh ginger root, grated
- 1 pound Alaskan king salmon fillet, with skin (cut into 4 portions)
- 1 teaspoon toasted sesame seeds
- Cooking spray

How to make it:

Whisk soy sauce, vinegar, honey, scallion and ginger in a medium bowl until honey is dissolved. Place salmon in sealable plastic bag. Add half of the sauce and refrigerate for 15 minutes. Reserve the remaining sauce.

Preheat broiler. Line a large baking pan with foil and coat with cooking spray.

Transfer salmon to pan, skin side down. Discard the marinade. Broil salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle reserved sauce on fish and garnish with sesame seeds.

Place on top of one portion of baby spinach salad. (see recipe for Baby Spinach Salad with Avocado, Pomegranate, and Sunflower Seeds on page 19)

Serves 4

340 calories; 14 g fat; 300 mg sodium; 26 g protein

INDIAN - SPICED CHICKEN PITAS

What you need:

- 1 pound boneless, skinless chicken breasts (cut into 4 ounce portions)
- 1 3/4 teaspoons curry powder or garam masala
- 1 cup fresh cucumber, peeled, seeded and sliced
- 3/4 cup plain, nonfat yogurt
- 1 tablespoon fresh cilantro leaves
- 1 tablespoon fresh lemon juice
- 4 large pita loaves, warmed
- 1 1/2 cups fresh Romaine lettuce, shredded
- 1 fresh red tomato, sliced
- 1/4 cup thinly sliced red onions
- 1/4 teaspoon black pepper, ground

How to make it:

Preheat grill to medium-high or position rack in upper

third of oven and preheat broiler. If grilling, oil the grill rack. If broiling, coat a broiler pan with cooking spray.

Sprinkle chicken with half of the curry powder. Place chicken on grill rack or prepared pan and cook until no longer pink in center, and instant-read thermometer inserted into thickest part registers 165°F, 4 to 8 minutes per side, depending on the size of the breast. Transfer chicken to clean cutting board and let rest for 5 minutes.

Combine cucumber, yogurt, cilantro, lemon juice and remaining curry and pepper in small bowl. Thinly slice the chicken. Split the warm pitas and fill with chicken, yogurt sauce, lettuce, tomato and onion.

Serves 4

340 calories; 5 g fat; 300 mg sodium; 33 g protein

MEDITERRANEAN TUNA SALAD ROLLS

What you need:

- 2 cans light tuna, packed in water
- 2 hard-boiled eggs, chopped
- 1/3 cup fresh celery, diced
- 2 tablespoons red onion, finely chopped
- 2 tablespoons extra virgin olive oil
- 1/2 cup cherry tomatoes, quartered
- 1/2 lemon, juice and zest
- 1/2 teaspoon black pepper
- 4 whole-wheat tortillas
- 2 cups shredded Romaine lettuce

How to make it:

In medium bowl, place tuna, hard-boiled eggs, celery, onion, olive oil, cherry tomatoes, lemon zest, lemon juice and pepper. Use a fork to gently loosen the tuna and combine it with other ingredients. Taste and add more lemon juice or pepper, if desired.

Heat tortillas in a microwave for 15 seconds. Lay tortillas on the work surface. Divide tuna salad among them, arranging the salad in a straight line down the center of each. Divide evenly and spread lettuce over each tortilla. Roll up each sandwich into a tight cylinder. Slice each in half.

Serves 4

340 calories; 13 g fat; 300 mg sodium; 29 g protein

ORANGE MARMALADE PORK CHOPS

What you need:

- 1 teaspoon olive oil
- 4 (4-ounce) lean boneless pork loin chops, trimmed
- 2 teaspoons lemon-pepper seasoning
- 2 tablespoons cider vinegar
- 1/4 cup low-sugar orange marmalade
- 4 sprigs of fresh rosemary

How to make it:

Preheat grill to medium-high heat.

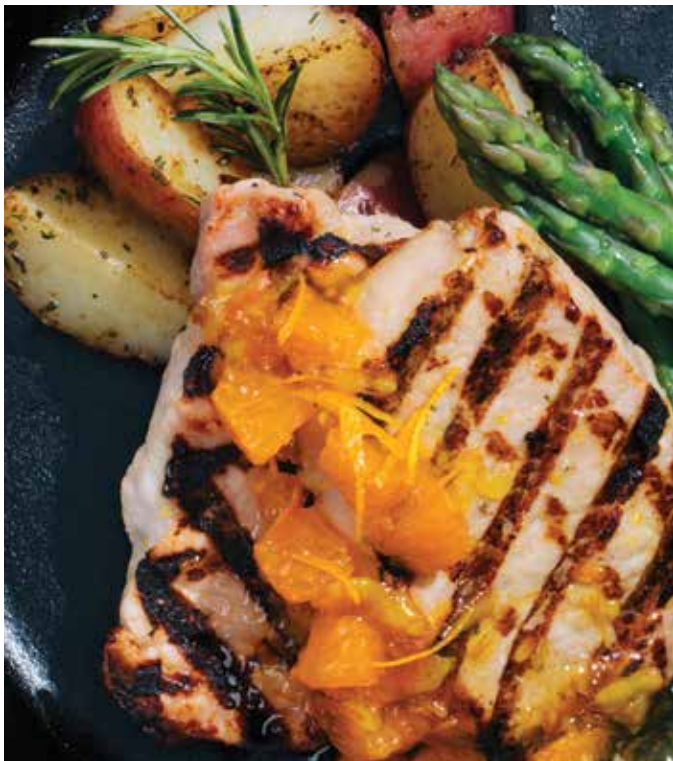
Coat boneless pork chops with oil and lemon pepper seasoning. Grill on each side for 5 minutes and then pull from heat to allow pork to rest for an additional 5 minutes before serving.

Heat vinegar in a small skillet and add marmalade. Stir until combined and marmalade is melted.

Serve warm with grilled pork chops and garnish with rosemary.

Serves 4

220 calories; 9 g fat; 245 mg sodium; 25 g protein



OVEN-BAKED SHRIMP AND ORZO WITH FRESH SPINACH



What you need:

- 16 ounces shrimp, peeled and deveined
- 1/2 large yellow onion, finely chopped
- 1/2 red bell pepper, stemmed, seeded and cut into 1/2-inch pieces
- 1/2 teaspoon extra virgin olive oil
- 3 garlic cloves, minced or pressed
- 1 cup orzo
- 1 pinch saffron, crumbled
- 2 cups low-sodium chicken broth
- 1/2 cup water
- 1 1/2 cups fresh tomatoes, chopped
- 1/2 cup frozen green peas
- 2 teaspoons fresh oregano, minced
- 4 cups fresh spinach, loosely packed
- 2 ounces crumbled low-sodium feta cheese
- 2 sliced scallions
- 1 lemon, cut into wedges for serving

How to make it:

Adjust an oven rack to the middle position and heat the oven to 400°F. Pat shrimp dry with paper towels and season with pepper; set aside.

Combine onion, bell pepper and oil in a large stockpot or Dutch oven. Cover and cook over medium-low heat until vegetables have softened, 8 to 10 minutes. Stir in

garlic and cook until fragrant, about 30 seconds. Stir in orzo and saffron, stirring frequently, until orzo is coated with oil and lightly browned, about 4 minutes.

Stir in broth and 1/2 cup water and continue to cook, stirring occasionally, until grains of orzo are mostly tender yet still slightly firm at the center, about 12 minutes. Stir in tomatoes, peas, oregano, shrimp and spinach.

Pour into large baking dish and sprinkle feta evenly over the top. Bake until shrimp are cooked through and cheese is lightly browned, about 20 minutes. Sprinkle with scallions and serve with lemon wedges.

Serves 4

410 calories; 6 g fat; 300 mg sodium; 31 g protein

POACHED SALMON AND VEGETABLES WITH CREAMY DILL SAUCE

What you need:

- 2 fresh parsley sprigs
- 2 garlic cloves
- 2 teaspoons whole black peppercorns
- 4 cups water
- 1/2 cup white wine
- 4 fresh scallions, cut into matchstick-size pieces
- 3 fresh carrots, peeled and cut into 2-inch-long matchsticks
- 1 fresh lemon, cut in half
- 1 pound Alaskan king salmon fillet (cut into 4 pieces)
- 1 tablespoon fresh dill sprigs, minced

How to make it:

Tie the parsley sprigs, garlic and peppercorns together in loose cheesecloth packet. Combine water, white wine, scallions, carrots and cheesecloth packet in large Dutch oven. Squeeze all juice from lemon into pot. Add spent lemon halves. Bring to a simmer and cook, partially covered, until broth is flavorful, about 20 minutes.

Pat salmon dry with paper towels and season with pepper. Gently slip salmon into broth and return to gentle simmer. Cover and cook until fish just flakes apart, 6 to 10 minutes.

Using slotted spoon, gently transfer fish to individual shallow bowls. Discard cheesecloth packet. Stir minced dill

into broth. Using a slotted spoon, remove vegetables from broth and arrange them around fish. Ladle some of hot broth over fish and vegetables. Top with creamy dill sauce or serve on the side (see creamy dill sauce recipe below).

Serves 4

360 calories; 13 g fat; 300 mg sodium; 25 g protein

POACHED SALMON WITH GREEN GODDESS YOGURT

What you need:

- 1 pound Alaskan king salmon fillet, with skin (cut into 4 pieces)
- 1/2 cup nonfat Greek yogurt
- 1 fresh garlic clove
- 1 tablespoon scallions, chopped
- 1 tablespoon fresh parsley, chopped
- 2 teaspoons fresh tarragon, chopped
- 1 teaspoon white wine vinegar
- 1/8 teaspoon black pepper
- 1 teaspoon fresh lemon juice
- 4 fresh dill sprigs for garnish
- 1 lemon, cut in wedges for serving

How to make it:

To make the green goddess dressing, start with a food processor. Add the garlic clove, scallions, parsley, tarragon, white vinegar and black pepper to 1/2 cup nonfat Greek yogurt. Blend together into a smooth creamy paste.

Place 4 portions of salmon with lemon juice in a braising pan with 5 cups of water.

Heat on high heat until boiling and then turn off heat.

Allow to slightly cool in the water for an additional 2 minutes.

Serve hot with the Green Goddess yogurt and garnish with a dill sprig and lemon wedge.

Serves 4

230 calories; 13 g fat; 150 mg sodium; 25 g protein

PUMPKIN RAVIOLI WITH FETA CHEESE SAUCE

What you need:

- 1 cup canned pumpkin
- 2 tablespoons bread crumbs, plain
- 1 tablespoon low-fat cream cheese
- 1 teaspoon fresh sage, minced
- 1/2 teaspoon black pepper
- 1/4 teaspoon nutmeg
- 24 round wonton wrappers
- 1 tablespoon cornstarch
- 1 cup milk, nonfat
- 1 tablespoon sifted white flour
- 1 tablespoon unsalted butter
- 4 teaspoons reduced-fat feta cheese
- 3 tablespoons toasted hazelnuts, chopped

How to make it:

Spoon pumpkin onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes. Scrape into medium bowl using rubber spatula. Stir in bread crumbs, reduced-fat cream cheese, sage, pepper and nutmeg.

Working with one wonton wrapper at a time (cover remaining wrappers with damp towel to prevent drying), spoon 2 teaspoons pumpkin mixture into center of wrapper. Brush edges of wrapper with water and fold in half, pressing edges firmly with fingers to form half-moon. Place on large baking sheet sprinkled with cornstarch. Repeat procedure with remaining wonton wrappers and pumpkin mixture.

Fill large Dutch oven with water; bring to simmer. Add half of ravioli to pan (cover remaining ravioli with damp towel to prevent drying). Cook 4 minutes or until done (do not boil), stirring gently. Remove ravioli with slotted spoon; lightly coat with cooking spray; keep warm. Repeat with remaining ravioli.

Combine milk and flour in saucepan, stirring with whisk. Bring to boil; cook 1 minute or until thick, stirring constantly. Remove from heat. Add butter; stir until butter melts. Gently stir in reduced-fat feta cheese.

Place 6 ravioli in each bowl and drizzle each serving with 1/4 cup sauce. Sprinkle each serving with evenly with hazelnuts. Garnish with sage sprigs, if desired.

Serves 4

340 calories; 12 g fat; 300 mg sodium; 16 g protein

QUINOA-STUFFED PEPPERS



What you need:

- 3/4 cup quinoa
- 2 red bell peppers
- 2 yellow bell peppers
- 1 tablespoon extra virgin olive oil
- 1 lemon, finely grated zest
- 1 red onion, chopped fine
- 1 cup crimini mushrooms, sliced
- 2 garlic cloves, chopped
- 1/4 teaspoon red pepper flakes, crushed
- 1 tablespoon reduced-sodium tomato paste
- 1 fresh zucchini, halved lengthwise and thinly sliced crosswise
- 1 cup cherry tomatoes, quartered
- 1 tablespoon fresh oregano
- 1/2 teaspoon black pepper
- 2 cups low-sodium marinara sauce

How to make it:

In small saucepan, bring 2 cups of water to boil. Place quinoa in strainer and rinse until cold running water runs clear. Stir quinoa into boiling water; cover and simmer until quinoa is tender and water is absorbed,

about 15 minutes. Let stand, covered, for 5 minutes. Fluff with fork and set aside.

Use a sharp paring knife to cut out the core from peppers. Pull out any seeds and rinse peppers inside and out. Place them cut side down on microwave-safe plate. Microwave on high until slightly softened, 3 to 4 minutes. Set aside to cool.

In large skillet, heat olive oil over medium heat. Add onion, mushrooms, garlic and red pepper flakes. Continue to cook, stirring occasionally, until mushrooms are golden brown, about 8 minutes.

Stir in tomato paste and cook for 1 minute. Stir in zucchini, tomatoes, oregano and pepper. Cook for about 2 minutes. Stir in quinoa and remove pan from heat.

Place the peppers cut side up in large roasting pan. Spoon the filling into peppers. Fill pan with water to depth of 1/2 inch. Bake until peppers are tender and top of filling is lightly browned and crunchy, about 30 minutes.

In small saucepan, heat marinara over low heat. When peppers are cooked, place on each plate. Spoon sauce alongside or on top of each portion.

Serves 4

280 calories; 7 g fat; 300 mg sodium; 10 g protein

SUPER FOOD

Quinoa — Besides being good for building bone strength, quinoa contains all seven amino acids and is considered a good source of protein! Quinoa is also a great source of riboflavin. Riboflavin has been shown to help reduce the frequency of attacks in migraine sufferers by improving the energy metabolism within the brain and muscle cells. Gluten-free and low in calories, quinoa is a smart carbohydrate that won't spike your blood sugar levels.

RACK OF LAMB WITH WARM APPLE AND LENTIL SALAD

What you will need:

- 2 tablespoons plain (preferably whole-wheat) bread crumbs
- 1 teaspoon extra virgin olive oil, divided
- 1 teaspoon fresh rosemary, divided
- 1/4 teaspoon black pepper, divided
- 1 1/2 pounds rack of lamb, frenched and trimmed, enough for 4 portions
- 3 teaspoons Dijon mustard, divided
- 4 tablespoons fresh shallots, finely chopped
- 1 1/2 cups lentils
- 1 large Granny Smith apple, finely chopped
- 2 medium celery stalks with leaves, finely chopped
- 3/4 cup reduced-sodium chicken broth
- 2 teaspoons cider vinegar
- 2 cups fresh baby spinach

How to make it:

Preheat oven to 450°F.

Mix bread crumbs with half of the oil, half of the rosemary and half the pepper in small bowl. Heat the remaining oil in large ovenproof skillet over medium-high heat. Add lamb, meat-side down, and sear until browned, about 1 1/2 minutes.

Turn lamb over and spread 2 teaspoons mustard over the meat. Sprinkle bread crumb mixture over the mustard. Transfer the pan to oven and roast until an instant-read thermometer inserted into the center registers 140°F for medium-rare, about 15 to 20 minutes. Transfer lamb to plate and tent with foil to keep warm.

Return pan to medium-high heat. (Be careful: the handle will still be hot.) Add shallots, remaining rosemary and pepper; cook, stirring constantly, until starting to soften, about 1 minute. Stir in lentils, apples, celery, broth, vinegar and remaining mustard. Cook at a lively simmer, stirring occasionally, until celery and apple begin to soften, about 4 minutes. If lentils are not cooked through then add a little more water and continue to cook until tender. Cut the lamb into chops and serve over lentils and fresh spinach leaves.

Serves 4

400 calories; 20 g fat; 300 mg sodium; 36 g protein

ROASTED TURKEY BREAST WITH CRANBERRY-ORANGE SAUCE



What you will need:

- 1 pound boneless, skinless turkey breast
- 1 teaspoon chopped parsley
- 1 teaspoon chopped sage
- 1 teaspoon rosemary, plus sprigs for garnish
- 1/2 teaspoon thyme, chopped
- 1/4 teaspoon black pepper
- 2 teaspoons extra virgin olive oil
- 1/4 cup low-sodium chicken broth
- 1/4 cup orange juice
- 1/2 cup fresh or frozen cranberries
- 1 teaspoon honey

How to make it:

Position rack in center of oven. Preheat oven to 350°F.

Place turkey breast on work surface. Holding sharp knife parallel to work surface, start at middle of breast and cut a deep incision into the thickest part of meat, cutting toward the outer edge of breast; be very careful not to cut

all the way through. Open this flap like a book. Repeat on the other side. Open this flap out to the other side. Cover turkey with sheet of wax paper. Using the flat side of meat mallet, pound the breast gently to flatten it evenly.

In small bowl, combine parsley, rosemary, sage and thyme. Sprinkle herbs over cut surface of roast. Starting at a short end, roll breast into a thick cylinder. Tie crosswise in three or four places with kitchen string. Season the outside of roast with pepper.

In Dutch oven or flameproof casserole slightly larger than the turkey breast, heat olive oil over medium-high heat. Add the breast and cook, turning occasionally, until browned on all sides, about 10 minutes. Cover tightly and bake until instant-read thermometer inserted into center of breast reads 160° to 165°F, about 20 minutes. Transfer turkey breast to carving board and loosely tent with aluminum foil to keep warm.

Pour the cooking juices out of pot into a glass measuring cup. Let stand for a few minutes; then skim off the fat that rises to the surface, using spoon or paper towels. Add enough chicken broth to cooking juices to make 1/2 cup. Return the liquid to the pot. Add orange juice, cranberries and honey. Bring to boil over high heat. Boil until cranberries have popped and sauce is slightly thickened and has reduced to about 1/2 cup, about 5 minutes. Stir in any juices from the turkey.

Thinly slice turkey and divide among 4 plates. Pour sauce over each plate.

Serves 4

160 calories; 2.5 g fat; 210 mg sodium; 28 g protein

SEARED CHICKEN AND MOROCCAN COUSCOUS WITH APRICOT SAUCE

What you will need:

- 1 pound chicken breast, with skin (4 individual servings, trimmed, tenders removed)
- 1/2 teaspoon black pepper
- 1/4 cup white, unbleached, all-purpose flour
- 1 tablespoon canola oil
- 3/4 cup white wine
- 2 tablespoons chopped shallots
- 4 fresh apricots, pitted and chopped

- 2 tablespoons apricot preserves
- 2 teaspoons fresh tarragon, chopped
- 4 servings of Moroccan Couscous with Saffron, Raisins and Toasted Almonds (see recipe on page 53)

How to make it:

Between sheets of plastic wrap, flatten one piece of chicken at a time with rolling pin, meat mallet or heavy skillet to an even 1/2-inch thickness. Sprinkle with pepper. Place flour in shallow dish. Dredge chicken in flour, shaking off excess. Discard any leftover flour.

Heat oil in large skillet over medium heat. Add chicken and cook until browned and no longer pink in the center, 3 to 5 minutes per side. If necessary, cook chicken in batches. Transfer to a plate; cover and keep warm.

With the heat off, add wine and shallots to the pan. Return to medium heat and cook, scraping up any browned bits, about 3 minutes. Add apricots and cook until fruit begins to break down, 2 to 3 minutes. Stir in preserves and tarragon. Return chicken to the pan and cook until heated through, 1 to 2 minutes. Serve chicken with sauce over a portion of couscous.

Serves 4

420 calories; 9 g fat; 300 mg sodium; 34 g protein



SPICY MAHI-MAHI AND MANGO TACOS

What you will need:

- 3 tablespoons lime juice, divided
- 3 tablespoons orange juice, divided
- 1 garlic clove, minced or pressed
- 2 teaspoons chili powder
- 1/2 teaspoon black pepper
- 1/8 teaspoon ground cayenne pepper
- 1 pound mahi-mahi, rinsed and patted dry; cut into bite-size chunks
- 2 cups mango (about 1 mango peeled, pitted, and coarsely chopped)
- 1 tablespoon red onion, chopped
- 1/4 cup fresh cilantro, chopped
- 1/2 teaspoon chopped chili peppers
- 2 teaspoons olive oil
- 4 (8-inch) whole-wheat tortillas
- 1 avocado, pitted, peeled, and coarsely chopped
- 1 lime, cut in wedges for serving

How to make it:

In medium bowl, whisk together half of lime juice, half of orange juice, garlic, chili powder, black pepper and cayenne. Add the fish and gently stir to coat. Let stand for at least 10 minutes or cover and place in refrigerator for up to 4 hours.

In medium bowl, combine mango, onion, cilantro, chili peppers and remaining lime and orange juices. Stir gently until well combined. Set aside in refrigerator if you are marinating the fish longer than a few minutes.

In a large skillet, heat oil over medium-high heat. Add the fish and its marinade and cook for 3 to 4 minutes, turning frequently, until fish is opaque.

While the fish cooks, wrap tortillas in damp paper towels and microwave on high for 30 seconds. Gently fold avocado into mango mixture.

Divide the fish evenly among the tortillas. Divide mango mixture among the tacos, spooning it on top of the fish. Serve with lime wedges.

Serves 4

400 calories; 14 g fat; 300 mg sodium; 27 g protein

SPICY TILAPIA WITH PINEAPPLE - PEPPER RELISH



What you will need:

- 2 teaspoons canola oil
- 1 teaspoon Cajun seasoning
- 1/4 teaspoon chili pepper or cayenne
- 1 pound tilapia (4-ounce fillets)
- 1 1/2 cups pineapple chunks
- 3/4 cup yellow onion
- 1/2 cup fresh Italian plum tomatoes, chopped
- 2 tablespoons rice vinegar
- 1 tablespoon cilantro
- 1 tablespoon jalapeno chili peppers, seeded and chopped
- 1 fresh lime, cut in wedges for garnish

How to make it:

Heat oil in large nonstick skillet over medium-high heat. Combine Cajun seasoning and chili pepper in a small bowl. Sprinkle fish evenly with spice mixture. Add fish to pan and cook for 2 minutes on each side or until fish flakes easily when tested with a fork.

Combine pineapple and next 5 ingredients in large bowl, stirring gently. Serve pineapple mixture with fish. Garnish with lime wedges.

Serves 4

180 calories; 4.5 g fat; 300 mg sodium; 24 g protein

STIR-FRIED BEEF AND BROCCOLI IN GARLIC SAUCE



What you will need:

- 1 pound beef flank steak (London broil) sliced thin against the grain
- 2 teaspoons low-sodium soy sauce
- 2 teaspoons dessert wine or dry sherry
- 3 fresh garlic cloves, minced or pressed
- 1 tablespoon ginger root, grated
- 1/4 cup scallions, white parts only, minced
- 1 tablespoon peanut oil, divided
- 1/2 pound shiitake mushrooms, wiped clean, stems removed, and sliced to 1/2-inch thickness
- 3 cups broccoli florets, cut into 1-inch pieces
- 3/4 cup water

How to make it:

Toss beef with soy sauce and sherry in medium bowl.

In small bowl, combine garlic, ginger, scallions and half of the peanut oil.

Heat remaining peanut oil in 12-inch nonstick skillet over high heat until just smoking. Add the beef and shiitakes, then cook, stirring occasionally and breaking up clumps

until lightly browned, 2 to 3 minutes. Transfer beef and shiitakes to two clean bowls, separated.

Add broccoli and water to the pan. Cover and cook until broccoli begins to turn bright green, 1 to 2 minutes. Uncover and cook, stirring frequently, until liquid evaporates and broccoli is crisp-tender, about 2 to 4 minutes longer. Return shiitakes to the pan.

Clear the center of pan and add garlic mixture. Cook, mashing garlic mixture into the broccoli. Add beef and toss to combine. Whisk the sauce to recombine, then add it to the pan and bring to simmer. Off the heat, toss until beef and vegetables are sizzling hot and coated with sauce.

Serves 4

320 calories; 12 g fat; 300 mg sodium; 26 g protein

STIR-FRIED SHRIMP AND ASPARAGUS

What you will need:

- 1 pound large, raw shrimp, peeled and deveined
- 2 teaspoons low-sodium soy sauce
- 2 teaspoons dry sherry or dessert wine (Madeira)
- 2 garlic cloves, minced or pressed
- 1 tablespoon fresh ginger root, grated
- 5 scallions, white parts minced and green parts cut into 1/4-inch segments
- 2 tablespoons peanut oil, divided
- 2 cups fresh asparagus spears, tough ends removed, sliced on the bias into 2-inch lengths
- 2 fresh carrots, peeled and cut into 2-inch matchsticks
- 2 cups Sticky Brown Rice, cooked (see recipe on page 57)

How to make it:

Toss the shrimp with soy sauce and sherry in medium bowl.

In small bowl, combine garlic, ginger, scallion whites and half of the peanut oil.

Heat remaining peanut oil in large nonstick skillet over high heat until just smoking. Add the shrimp and cook, stirring occasionally, until curled and bright pink, about 1 1/2 minutes. Transfer shrimp to a clean bowl.

Add asparagus to the pan and cook, stirring occasionally, until crisp-tender, 2 to 3 minutes. Transfer asparagus to

a clean bowl. Add carrots to the pan and cook, stirring occasionally, until crisp-tender, about 2 minutes. Return asparagus to the pan.

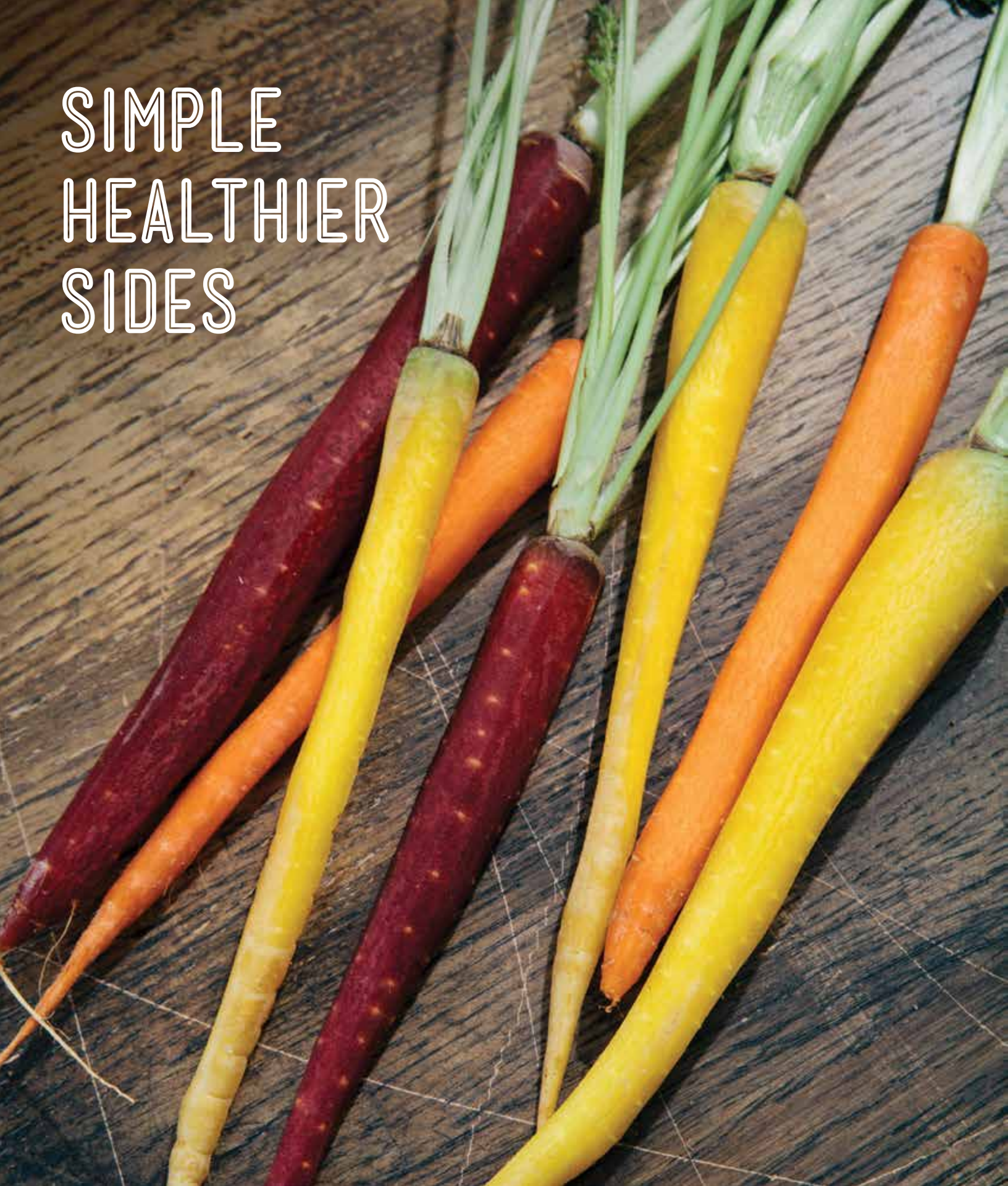
Clear the center of the pan and add garlic mixture. Cook, mashing the garlic mixture into pan with back of spatula, until fragrant, about 45 seconds. Stir garlic mixture into vegetables. Add scallion greens and shrimp. Toss to combine. Whisk the sauce to recombine, then add it to the pan and bring to a simmer. Remove pan from heat and toss all ingredients until coated with sauce and sizzling hot. Season with pepper to taste and serve immediately over Sticky Brown Rice.

Serves 4

270 calories; 8 g fat; 280 mg sodium; 27 g protein



SIMPLE
HEALTHIER
SIDES



BAKED GARLIC PITA CHIPS

What you need:

- 2 1/2 whole-wheat pitas
- 1 tablespoon plus 1 3/4 teaspoons extra virgin olive oil
- 1 garlic clove

How to make it:

Preheat oven to 350°F.

Cut pita bread into bite-sized triangle pieces. Press garlic clove through a garlic press. Using a mixing bowl, toss together the pita triangle pieces with the olive oil and garlic. Place in a single layer on a sheet pan lined with foil. Serve with your favorite salsa or hummus.

Serves 4

70 calories; 3 g fat; 115 mg sodium; 2 g protein

BAKED SWEET POTATO HALF

What you need:

- 4-ounce sweet potato (about 1/2 medium potato), baked in skin

How to make it:

Preheat oven to 325°F.

Cut sweet potato in half lengthwise.

Wrap each half of potato in foil and bake directly on the oven rack for 60 minutes. Allow to cool and serve only 1/2 for each portion.

Serve as a starch option with your favorite lunch or dinner protein.

Serves 1

80 calories; 0 g fat; 30 mg sodium; 2 g protein

BRUSSELS SPROUTS CARNIVAL

What you need:

- 1 cup water
- 3 cups Brussels sprouts, cut into quarters (fresh or frozen)
- 1/4 cup red onions, sliced thin
- 1/4 cup red bell pepper, small diced
- 1/8 teaspoon, granulated garlic

How to make it:

Bring a braising pot with 1 cup of water to boil on medium-high heat.

Add Brussels sprouts, cover and continue to boil for 4 minutes. Drain water and stir in red onions, red peppers and granulated garlic.

Cover and steam for an additional 2 minutes on medium-high heat. Drain and serve.

Serves 4

85 calories; 1 g fat; 30 mg sodium; 7 g protein



BUTTERNUT AND BARLEY PILAF



What you need:

- 1 1/4 tablespoons extra virgin olive oil
- 1 medium red onion, chopped
- 1 1/2 cups water
- 12 ounces reduced-sodium chicken broth or vegetable broth
- 1 cup butternut squash, cut into 1/2-inch cubes
- 3/4 cup barley
- 1/4 cup fresh parsley, chopped
- 3/4 teaspoon fresh lemon zest
- 2 teaspoons fresh lemon juice
- 1 garlic clove, minced
- 1/2 teaspoon black pepper

How to make it:

Heat oil in large saucepan over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add broth, water, squash and barley. Reduce heat to medium-low, cover and simmer until squash and barley are tender and most of the liquid has been absorbed, about 30 minutes. Add parsley, lemon zest, lemon juice, garlic and pepper; mix gently. One serving is 2/3 cup.

Serves 4

190 calories; 5 g fat; 250 mg sodium; 5 g protein

CALICO COUSCOUS

What you need:

- 1 1/2 cups water
- 1/2 cup fresh or frozen corn kernels
- 1 1/2 tablespoons lime juice
- 1 teaspoon minced garlic (about 2 cloves)
- 1/4 teaspoon black ground pepper
- 1 pinch saffron
- 1 cup couscous
- 3/4 cup seeded, chopped tomato
- 2 tablespoons chopped fresh cilantro

How to make it:

Combine first 6 ingredients in a medium saucepan; place over medium-high heat, and bring to a boil.

Stir in couscous and cover; remove from heat and let stand 5 minutes.

Fluff couscous mixture with a fork. Add tomato and cilantro, tossing well.

Serves 4

144 calories; .5 fat; 125 mg sodium; 5.3 g protein

CALICO SLAW



What you need:

- 2 cups purple cabbage, sliced or shaved thin
- 2 cups savoy cabbage, sliced or shaved thin
- 2 teaspoons white wine vinegar
- 1 1/2 teaspoons granulated sugar
- 1 tablespoon light mayonnaise

How to make it:

Heat skillet pan to medium-high heat.

Add vinegar and sugar and stir. Add purple cabbage and cook for 1 minute, making sure that you incorporate the vinegar and sugar mixture throughout the cabbage. (This will turn it brighter in color.)

Pull from heat and allow to cool. Mix together with the savoy cabbage and light mayonnaise.

Serves 4

115 calories; 4 g fat, 75 mg sodium; 2 g protein

CARROT AND ORANGE COUSCOUS SALAD

**What you need:**

- 2 teaspoons extra virgin olive oil
- 6 tablespoons red onion, chopped
- 1 carrot, peeled and sliced
- 1/2 cup parsnips, peeled and sliced
- 1/2 teaspoon ground cumin

- 1/4 teaspoon paprika
- 1/3 cup orange juice
- 3/4 teaspoon fresh orange zest
- 1/2 cup whole-wheat couscous, dry
- 1/8 teaspoon black pepper
- 2 tablespoons sliced almonds, toasted

How to make it:

In small saucepan, heat olive oil over medium heat. Add onion, carrot and parsnip. Cook, stirring occasionally, until softened, about 8 minutes. Stir in cumin and paprika, and cook for 1 minute.

Pour orange juice into measuring cup. Add enough water to make about 2 cups. Pour the juice and water into the saucepan with other ingredients. Bring to boil. Reduce heat and simmer, partially covered, for 2 minutes. Stir in orange zest, couscous and pepper. Cover and simmer for 2 minutes. Stir, cover, and remove pan from heat. Let stand for 5 minutes. Fluff with a fork. Sprinkle with almonds.

Serves 4

180 calories; 3.5 g fat; 100 mg sodium; 6 g protein

CINNAMON BAKED APPLES

**What you need:**

- 4 cups apples, cut into 8 wedges each (Granny Smith and Honey Crisp)
- 1 teaspoon brown sugar
- 1/3 teaspoon ground allspice
- 1/4 teaspoon ground nutmeg
- 2 teaspoons margarine

How to make it:

Preheat oven to 250°F.

Toss apples together with the brown sugar, cinnamon, allspice and nutmeg.

Heat margarine in a skillet to medium-high heat. Add apples fresh side down and continue to sauté for 3 minutes. Remove from heat and bake at 250°F uncovered for 15 minutes.

Serve about 1 cup per portion.

Serves 4

185 calories; 4 g fat; 50 mg sodium; 0 g protein

FRESH FRUIT CUP



What you need:

- 1 banana, sliced
- 1 cup fresh strawberries, tops removed and cut in half
- 1 cup green seedless grapes
- 1 red apple, cut into wedges
- 1 lemon wedge

How to make it:

Toss all ingredients with the juice from one lemon wedge to prevent discoloration then serve.

Serves 4

100 calories; 2 g fat; 50 mg sodium; 0 g protein

LEMON-DILL GREEN BEANS

What you need:

- 1 pound green beans
- 1 1/2 tablespoons dill sprigs, minced
- 1 tablespoon fresh shallots, chopped
- 1 tablespoon extra virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon mustard, stone-ground
- 1/4 teaspoon black pepper

How to make it:

Bring an inch of water to boil in large saucepan, fitted with steamer basket. Add green beans. Cover and steam until tender-crisp, 5 to 7 minutes.

Whisk together in a large bowl: dill, shallot, oil, lemon juice, mustard and pepper. Add green beans and toss to coat. Let stand for about 10 minutes to blend flavors.

Serves 4

70 calories; 4 g fat; 170 mg sodium; 2 g protein

LEMON ICE



What you need:

- 2 cups water
- 1 lemon, juice and zest
- 4 tablespoons granulated sugar

How to make it:

Mix all ingredients and place into a shallow glass baking dish. Place into the freezer. Use a fork every 10 minutes to fluff the mixture until it is completely frozen.

Serve in a frozen clear martini glass or cup

Serves 4

60 calories; 0 g fat; 5 mg sodium; 0 g protein

LEMON TARRAGON SAUCE

What you need:

- 2 tablespoons flour
- 1/2 cup water
- 1/2 lemon, juice and zest
- 1 teaspoon fresh tarragon, finely chopped
- 1/4 cup cooking sherry wine
- 1/4 teaspoon black ground pepper

How to make it:

Heat skillet to medium-high heat. Add all ingredients and bring to a boil while whisking.

Pour through a strainer and serve warm with your favorite entrée.

Serves 4

20 calories; 1 g fat; 75 mg sodium; 0 g protein

MASHED POTATOES

What you need:

- 3 cups large russet potatoes, peeled and cut into pieces
- 3/4 cup nonfat yogurt
- 2 teaspoons salted butter
- 3 tablespoons fresh chives, minced

How to make it:

Place potatoes in boiling water and cook until tender (about 20 minutes); drain. In a bowl, combine potatoes, yogurt and butter. Beat with electric mixer until fluffy. Mix in chives; season with pepper to taste. Serve hot.

Serves 4

150 calories; 2 g fat; 100 mg sodium; 5 g protein

MOROCCAN COUSCOUS WITH SAFFRON, RAISINS AND TOASTED ALMONDS

**What you need:**

- 1 cup whole-wheat couscous
- 1 yellow onion, chopped
- 1/2 teaspoon olive oil, divided
- 1/8 teaspoon saffron threads, crumbled
- 1/8 teaspoon cinnamon
- 1/8 teaspoon ground cayenne pepper
- 1 cup water
- 1/2 cup low-sodium chicken broth
- 1/2 cup seedless raisins, unpacked
- 1 teaspoon lemon juice
- 3 tablespoons sliced almonds, toasted
- 1/2 teaspoon black pepper

How to make it:

Toast the couscous in a large saucepan over medium-high heat, stirring frequently, until some grains are just beginning to brown, about 3 minutes. Transfer the grains to a large bowl; set aside.

Combine onion, 1/4 teaspoon olive oil in the saucepan. Cover and cook over medium-low heat, stirring occasionally, until onion is softened, 8 to 10 minutes. Stir in saffron, cinnamon and cayenne. Cook until fragrant, about 30 seconds. Stir in water, broth and raisins. Bring to boil.

Stir the boiling liquid into couscous. Cover the bowl tightly with plastic wrap and let stand until grains

are tender, about 12 minutes. Uncover bowl and fluff grains with a fork. Stir in remaining oil, lemon juice and almonds. Season to taste with pepper.

Serves 4

260 calories; 2.5 g fat; 100 mg sodium; 9 g protein

O'BRIEN POTATOES

What you need:

- 2 cups russet potatoes, small diced
- 1 cup water
- 1/4 cup green bell peppers, small diced
- 1/4 cup red bell peppers, small diced
- 1/4 cup yellow onion, diced fine
- 1/4 teaspoon ground black pepper
- Cooking spray

How to make it:

Preheat oven to 425°F.

Heat a skillet coated with cooking spray to medium-high heat. Add all ingredients and sauté for 4 minutes.

Finish in the oven until potatoes are browned and completely cooked through, about 10 minutes.

Serves 4

60 calories; 0 g fat; 30 mg sodium; 2 g protein

PEACH CRISP

What you need:

- 2 fresh peaches, sliced
- 2 tablespoons granulated sugar
- 1/2 lemon, juice and zest
- 2 tablespoons margarine
- 1/4 cup all-purpose flour
- 1/4 cup brown sugar
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- Cooking spray

How to make it:

Preheat oven to 350°F.

Toss together peach slices with sugar, lemon juice and zest. Cream margarine in a mixing bowl with a whisk.

Then mix remaining ingredients into the margarine.

Spray small baking dish with cooking spray. Add peach mixture and top evenly with the flour mixture.

Bake for 30 minutes and serve warm or cold.

Serves 4:

308 calories; 8 g fat; 80 mg sodium, 5 g protein

ROASTED GARLIC SAUCE



What you need:

- 1 full garlic head
- 1/4 teaspoon olive oil
- 1 teaspoon margarine
- 1/4 cup yellow onion, minced
- 1 teaspoon all purpose flour
- 1/8 teaspoon ground black pepper
- 1/2 cup hot water
- 1/2 cup chicken stock, low sodium
- 4 teaspoons parsley, chopped fine

How to make it:

Preheat oven to 325°F.

Cut garlic head in half crosswise. Place in a small roasting pan and drizzle with oil. Then seal it with foil and bake at 325°F for 45 minutes. Allow to cool.

Squeeze garlic cloves from the husk and mash with a

fork. Melt butter in small sauce pan and add minced onion over medium heat. Add mashed roasted garlic, flour and black pepper. Whisk hot water, chicken stock and parsley. Bring to boil and serve hot over your favorite entrée.

Serves 4

10 calories; 1 g fat; 55 mg sodium; 0 g protein

ROASTED OR GRILLED VEGETABLES WITH ROMESCO SAUCE

What you need:

- Olive oil cooking spray, as needed to coat pan (about 5 quick sprays)
- 4 Italian plum tomatoes, cored and halved (reserve 1 for the sauce)
- 2 medium squashes or zucchinis, sliced in half lengthwise
- 2 red bell peppers, cored, seeded and cut into 4 wedges (reserve 2 wedges for sauce)
- 1 yellow bell pepper, cored, seeded and cut into 4 wedges
- 1 cup whole unpeeled eggplant, cut lengthwise into 3 slices
- 2 cups button mushrooms, stemmed
- 2 teaspoons extra virgin olive oil
- 1 1/2 teaspoons black pepper
- 3 tablespoons sliced almonds, toasted
- 4 fresh garlic cloves, peeled
- 1 1/2 tablespoons red wine vinegar

How to make it:

If roasting the vegetables, preheat oven to 450°F.

Prepare three or four large, rimmed baking sheets or shallow roasting pans. For the mushrooms, prepare one pan or small cast-iron skillet.

If grilling, spray a grill grate with olive oil and prepare a medium-hot grill.

Place all the vegetables in a large bowl and add 1/2 teaspoon olive oil and all the black pepper. Use your hands to gently toss vegetables to evenly coat with oil.

If roasting, arrange vegetables on baking sheets, placing mushrooms in their own small pan. Do not overcrowd vegetables, or they will steam instead of roast. Roast until lightly browned and tender when

pierced with tip of a sharp knife, 20 to 40 minutes. Some vegetables may be done before others, so start checking after 20 minutes of roasting, and remove any vegetables that are ready. Return remaining vegetables to oven until they are fully roasted.

If grilling, grill vegetables 5 to 6 minutes per side.

When vegetables are cooked, set aside 4 tomato halves and bell pepper wedges. Arrange remaining vegetables on large platter; set aside while you prepare the sauce.

In work bowl of food processor, place almonds and garlic. Process until almonds are ground. Add the reserved tomatoes and bell peppers along with remaining olive oil, pepper and vinegar. Process until mixture is well combined; it will not be completely smooth. Transfer to small bowl and serve with vegetables.

Serves 4

160 calories; 5 g fat; 250 mg sodium; 8 g protein

ROASTED RUSSET FRIES

What you need:

- 2 large russet potatoes
- 1 tablespoon extra virgin olive oil
- 1 tablespoon paprika
- 1 teaspoon onion powder
- 1/2 teaspoon black pepper

How to make it:

Preheat oven to 400°F.

Cut russet potatoes in half lengthwise. Then cut into 6 lengthwise wedges.

Using a mixing bowl, toss together the potatoes wedges with paprika, onion powder, black pepper and olive oil.

Place in a single layer on a sheet pan, lined with foil. Bake for 20 minutes on each side. Use a spatula to flip the potatoes.

Serves 4

130 calories; 3.5 g fat; 95 mg sodium; 3 g protein

ROSEMARY ROASTED BABY RED POTATOES

What you need:

- 2 garlic cloves
- 2 teaspoons rosemary
- 1/2 lemon, finely grated zest
- 12 ounces whole red potatoes
- 1/2 teaspoon black pepper
- 2 teaspoons extra virgin olive oil

How to make it:

Preheat oven to 350°F. Mince fresh garlic and rosemary together. Using a mixing bowl, toss together the potatoes, lemon zest, pepper, olive oil with garlic and rosemary mixture. Bake for 45 minutes (or until tender) on sheet pan lined with parchment paper or foil.

Serves 4

80 calories; 2.5 g fat; 90 mg sodium; 2 g protein

SUPER FOOD

Thyme — This versatile spice contains beneficial compounds called flavonoids that increase its antioxidant capacity. Just one teaspoon of thyme contains as many antioxidants as one carrot. Try sprinkling thyme on mashed potatoes or steamed vegetables. Add pizzazz to tuna salad or seafood with a few thyme leaves.

SKILLET GREEN BEAN CASSEROLE

What you need:

- 3/4 teaspoon extra virgin olive oil
- 3/4 cup white mushrooms, wiped clean and sliced to 1/4-inch
- 3/4 cup yellow onion, chopped
- 2 garlic cloves, minced or pressed through a garlic press
- 3/4 teaspoon fresh thyme, minced
- 1/8 teaspoon cayenne pepper
- 3/4 cup chicken broth
- 1 teaspoon dried porcini mushrooms, chopped fine
- 2 cups green beans, with ends trimmed

- 3/4 teaspoon cornstarch
- 3/4 tablespoon distilled water
- 1 ounce cream cheese
- 2 tablespoons low-fat Parmesan cheese

How to make it:

Reconstitute porcini mushrooms in 1/4 cup water for 30 minutes.

Combine oil, white mushrooms and onion in large nonstick skillet. Cover and cook over medium-low heat, stirring occasionally, until mushrooms release liquid, 5 to 10 minutes. Uncover; increase heat to medium-high and continue to cook, stirring often, until the liquid released by mushrooms has evaporated and mushrooms are browned, 2 to 5 minutes.

Stir in garlic, thyme and cayenne. Cook until fragrant, about 30 seconds. Stir in the broth, porcini mushrooms and strained mushroom liquid. Add green beans. Increase heat to medium-high. Cover and cook until beans are tender with a light crunch in the center, 6 to 9 minutes.

Push green beans to one side of skillet.

Whisk cornstarch and water together, then pour into empty side of skillet and bring to simmer, about 30 seconds. Whisk cream cheese into sauce until smooth. Toss sauce with green beans and continue to cook, uncovered, until green beans are tender and sauce has thickened, 1 to 3 minutes. Season to taste with pepper. Sprinkle with Parmesan before serving.

Serves 4

100 calories; 3.5 g fat; 240 mg sodium; 5 g protein

SMASHED SWEET POTATOES WITH COCONUT MILK

What you need:

- 3 cups sweet potatoes, cut into 3/4-inch cubes
- 1/2 cup coconut milk, low-fat
- 1 teaspoon unsalted butter
- 1/8 teaspoon nutmeg

How to make it:

Place sweet potatoes in glass microwave-safe bowl. Cover and microwave on high until very tender, 4 to 5 minutes.

Transfer hot, cooked potatoes to mixing bowl. Add coconut milk and nutmeg. Use potato masher to mash potatoes. Combine with other ingredients.

Serves 4

200 calories; 6 g fat; 240 mg sodium; 3 g protein



SQUASH MEDLEY

What you need:

- 1 yellow zucchini squash, cut in half lengthwise
- 1 green zucchini squash, cut in half lengthwise
- 1/8 teaspoon granulated garlic
- 1/2 teaspoon dried oregano

How to make it:

Preheat oven to 375°F.

Toss zucchini with oregano and garlic. Place on a bake sheet, cut side up, and bake for 20 minutes. Allow to rest for 5 minutes, then slice zucchini into half moons. Serve while still warm.

Serves 4

40 calories; 1 g fat; 10 mg sodium; 2 g protein

STICKY BROWN RICE

What you need:

- 1 cup long-grain brown rice
- 1/4 cup sweet rice wine vinegar
- 2 1/2 cups distilled water

How to make it:

Bring water, vinegar and rice to boil over medium-high

heat in large saucepan. Cook, uncovered, until water level drops below top surface of the rice, about 15 minutes. (Small holes will appear in the surface of the rice.)

Reduce heat to very low. Cover and cook until rice is tender, 15 to 20 minutes more.

Serves 4

190 calories; 1.5 g fat; 150 mg sodium; 4 g protein

WILD RICE WITH SHIITAKES AND TOASTED ALMONDS

What you need:

- 2 ounces shiitake mushrooms
- 1 1/2 cups scallions, chopped
- 3/4 teaspoon salted butter
- 1/4 cup sliced almonds
- 3/4 cup wild rice, dry and uncooked
- 1 3/4 cups low-sodium chicken broth
- 1/2 teaspoon black pepper

How to make it:

Preheat oven to 325°F. Remove stems from the shiitake mushrooms and slice thin. Remove roots from green onions (scallions) and slice thin in one big bunch. Heat a medium braising pan to medium-high heat. Add butter to melt. Then add almond slivers and cook for 1 minute. Next add green onions and mushrooms and sauté together for 3 minutes until reduced by half in volume. Add wild rice, chicken stock and pepper. Bring to boil then cover and transfer to the oven for 60 minutes.

Serves 4

160 calories; 4 g fat; 40 mg sodium; 7 g protein



CLASSICS WITH A HEART HEALTHY TWIST



Remember, you don't have to give up all your favorite foods just because you're on a low-sodium diet. We've provided you with three delicious classic dishes made healthier and lower-sodium.

CALIFORNIA GRILLED CHICKEN COBB

What you need:

- 4 slices turkey bacon, cooked crispy and diced fine
- 4 cups finely shredded romaine lettuce
- 3 cups finely shredded spinach leaves
- 8 ounces sliced, grilled chicken breast
- 1 1/2 cups fresh tomatoes, diced
- 2 large hard-boiled egg whites, finely chopped
- 1/4 cup reduced-fat blue cheese crumbles
- 1/4 cup finely chopped red onion
- 1/4 cup low-fat red wine vinaigrette dressing

How to make it:

Mix together romaine lettuce and spinach leaves. Equally divide among 4 bowls.

Divide all toppings separately on top of the lettuce, making a line of each topping so that you can see all the colors.

Drizzle each salad with 1 tablespoon low-fat red wine vinaigrette dressing.

Serves 4:

98 calories; 5 g fat; 197 mg sodium; 10 g protein

What you saved:

152 calories; 16 g fat; 251 mg sodium; 6 g protein

Typical serving:

250 calories; 21 g fat; 449 mg sodium; 16 g protein



ITALIAN-STYLE EGGPLANT PARMESAN

What you need:

- Olive oil cooking spray
- 2 large egg whites
- 1 teaspoon milk, nonfat
- 2/3 cup dried bread crumbs
- 1/4 teaspoon garlic powder
- 1 teaspoon fresh parsley, finely chopped
- 1 pound eggplant, cut crosswise into 1/4-inch-thick circles
- 1 1/2 cups low-sodium marinara sauce
- 1 1/4 cups low-fat mozzarella, shredded
- 1 tablespoon low-fat Parmesan, grated

How to make it:

Preheat oven to 400°F.

Mist a large nonstick baking sheet with olive oil spray. Beat egg whites and milk with a fork in a small mixing bowl.

Combine the bread crumbs, garlic powder and parsley in a second bowl. Dip one of the eggplant slices into the egg mixture. Next, dip the eggplant into the bread crumb mixture and lay it on a prepared baking sheet. Continue breading remaining eggplant slices, laying them side by side, not touching, on the baking sheets. Transfer the sheets to the oven rack and bake for 10-12 minutes, until the eggplant is lightly browned.

Remove from the oven and reduce the oven temperature to 350°F. Then, spread 1/2 cup marinara sauce evenly over the bottom of a 11 X 7 baking dish. Layer half of the eggplant slices on top of the marinara sauce. Spoon another 1/2 cup marinara sauce evenly over the eggplant, followed by half of the mozzarella. Layer the remaining eggplant slices over the mozzarella, followed by another 1/2 cup of marinara sauce and then remaining mozzarella. Sprinkle the tops evenly with the Parmesan.

Bake, uncovered, for 30 minutes, or until cheese is bubbly and beginning to brown slightly. Serve immediately.

Serves 4:

102 calories; 2 g fat; 250 mg sodium; 7 g protein

What you saved:

352 calories; 12 g fat; 343 mg sodium; 12 g protein

Typical serving:

454 calories; 14 g fat; 593 mg sodium; 19 g protein

THE CLASSIC BURGER (TURKEY-STYLE)

What you need:

- 1/4 cup egg substitute
- 1/4 cup bread crumbs
- 1/4 cup dried cranberries, finely chopped
- 1 tablespoon, Italian herb seasoning
- 3 tablespoons low-sodium feta cheese, crumbled
- 1 pound lean ground turkey
- 4 whole wheat hamburger buns, split
- 4 leaves green leaf lettuce
- 4 slices of jumbo tomato

How to make it:

In a large bowl, combine the egg substitute, bread crumbs, cranberries, Italian herb blend and low-sodium feta cheese. Crumble turkey over mixture and mix well. Shape into four patties.

Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Grill, covered, over medium heat or broil 4 inches from heat for 5-7 minutes on each side or until meat thermometer reads 165°F and juices run clear. Serve on buns with a piece of lettuce and tomato.

Serves 4:

354 calories; 13 g fat; 350 mg sodium; 27 g protein

What you saved:

130 calories; 19 g fat; 362 mg sodium; 2 g protein

Typical beef burger serving:

484 calories; 32 g fat; 712 mg sodium; 29 g protein



FRESH HERB TIPS



Many people are hesitant to cook with fresh herbs because they're not sure how cooking with them compares to cooking with dried herbs. Use these simple tips to make cooking with fresh herbs easy and delicious.

PURCHASE A SMALL AMOUNT

Fresh herbs do not last long, so it's best to purchase only what you'll use within a few days. Farmers markets and local grocery stores are great sources. Consider growing an herb garden to have fresh herbs at your disposal.

WASH THOROUGHLY

Just like vegetables, herbs need to be washed before use. Pat the herbs dry or use a salad spinner to remove moisture after washing.

STORE THE HERBS PROPERLY

Refrigerate the herbs in an open or perforated bag for up to seven days. You may also refrigerate in standing water if you change the water every two days.

FREEZE WHAT YOU DON'T USE

Fresh herbs freeze well. Wash, drain and dry the herbs before wrapping tightly in plastic wrap and freezing for up to six months. Herbs will lose their color but will maintain their flavor.

CONVERT DRY HERBS TO FRESH IN RECIPES

One teaspoon of dried herbs equals three teaspoons of fresh.

ADD FRESH HERBS AT THE END OF COOKING

This will give you the best color and flavor.

PLANTING AN HERB GARDEN

Planting your own herb garden is a great way to have fresh herbs on-hand. Plus, you'll be avoiding the chemicals and pesticides that may be used on conventional herbs.

CHOOSE A LOCATION

Any spot that gets about six hours of sun a day is a good choice. You may plant outside in a bed or even in small pots. For an indoor garden, a sunny spot in front of a kitchen window might be nice.

PREPARE THE AREA

Start after the last day of frost, and plant early in the morning or in the late afternoon. You may use either transplants or seeds.

If you're planting outside, loosen the soil. If the soil is compacted or contains heavy clay, add some compost, peat moss or coarse sand.

PLANT YOUR HERBS

If you're using bedding plants, make sure you create large enough planting holes. Place plants or seeds about 18 inches apart to give them room to spread out and grow. When you're done planting, don't forget to label the herbs.

Give the new plants or seeds plenty of water. Once established, make sure your herbs get an inch of water each week.

Don't use any herbicides. You may plant marigolds around your herbs to naturally deter pests.

HARVESTING

Once the herbs are mature, you can begin harvesting. Take only a little bit each time so that the plant can recover easily. The best time to pick herbs is in the morning before the sun gets too hot.

Always remember to wash your herbs thoroughly before use.





HEALTHY CHOICE QUICK REFERENCE GUIDE

DAILY NUTRITION GUIDELINES

- Sodium: 2,000 mg or less per day (unless otherwise instructed by your physician)
- Total fat: 50 g or less per day
- Cholesterol: 300 mg or less per day
- Fiber: 25 g or more per day

5 HEALTHY COOKING TIPS

1. Keep your veggies crisp and full of nutrients! When vegetables are overcooked, they can lose some of their nutrients as well as their vibrant color. Preserve all they have to offer by steaming or stir-frying them quickly.
2. Explore salt-free seasoning options. While prepared seasonings and salad dressings can often be high in sodium, herbs, vinegar, citrus zest, onions, garlic and chilies can all add delicious flavor without the added salt.
3. Set your self up for success by keeping some healthy home-cooked meals in your freezer. When you prepare a recipe, make enough for several other meals. You can freeze it and have heart-healthy food on hand for when you're too busy to cook.
4. If you're not buying fresh produce, opt for frozen instead of canned. Canned, processed and preserved vegetables usually have very high sodium content. If you prefer canned for things such as tomato sauce, look for the "low-sodium" or "no salt added" varieties.
5. Decrease the amount of fat and calories in your recipes by using nonfat milk instead of whole and reduced-fat cheese instead of full-fat cheese. You can also substitute nonfat Greek yogurt for sour cream on baked potatoes and tacos.

INTERPRETING FOOD CLAIMS

You're probably accustomed to seeing all the food claims on packages these days. Everywhere you turn, you'll see claims of "low fat," "high fiber" or "a good source" of something. Did you know that there are actual guidelines that foods have to meet to use these labels?

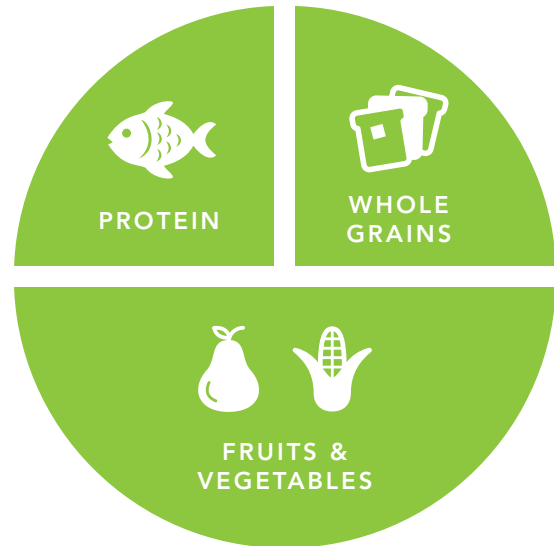
Remember – the healthiest foods often do not have labels at all. Vegetables, lean meats, fruits and raw nuts are always a safe bet, but use the chart below to understand the claims made on packaged foods.

Food Claim	What it Means
Sugar free	Less than 0.5 grams of sugar per serving
Low in sugar	Less than 4 grams of sugar per ounce
Fat free	Less than 0.5 grams of fat per serving
Low fat	3 grams of fat or less per serving
Reduced fat	At least 25 percent less fat per serving than the regular product
Low cholesterol	20 or fewer milligrams of cholesterol and 2 grams or less of saturated fat
Sodium free or no sodium	Less than 5 milligrams of sodium and no sodium chloride in ingredients
Low sodium	140 milligrams or less of sodium per serving
High fiber	5 grams or more of fiber per serving
Good source of fiber	2.5 to 4.9 grams of fiber per serving

PORTION CONTROL

If you're trying to manage your weight or just want some easy-to-follow guidelines for portion control, the visuals below should help you easily control your portions.

- Fill 1/2 your plate with vegetables and fruits
- Fill 1/4 of your plate with lean protein, such as beef, chicken or fish
- Fill 1/4 of your plate with whole grains



Below are some illustrations that will help you understand what servings sizes of common foods look like.



1 cup of vegetables, fruits or whole grains = 1 fist



3 ounces of chicken, beef or fish = the palm of your hand



1 teaspoon of butter or margarine = finger tip



1 ounce of nuts = 1 handful



1 ounce of cheese = your thumb

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