

Mustard-Roasted Fish

Fish/Seafood

Adapted from: Ina Garten on the Today Show (Simple Meals segment)

Servings: 4

Healthy Units: 9

Posted by: zephyr 1

July 27, 2009

Notes: This is divine and worthy of serving to company. I subbed honey Dijon mustard and have stuck with it. I have made it with tilapia and orange roughy, both with great results. I also did not do the parchment thing - just used a stoneware casserole. Do not miss a drop of the sauce.

INGREDIENTS

- 4 (8-ounce) fish fillets such as red snapper
- Kosher salt and freshly ground black pepper
- 8 ounces crème fraiche
- 3 tablespoons Dijon mustard
- 1 tablespoon whole-grain mustard
- 2 tablespoons minced shallots
- 2 teaspoons drained capers

DIRECTIONS

Preheat the oven to 425 degrees.

Line a sheet pan with parchment paper. (You can also use an ovenproof baking dish.) Place the fish fillets skin side down on the sheet pan. Sprinkle generously with salt and pepper.

Combine the crème fraiche, two mustards, shallots, capers, 1 teaspoon salt, and ½ teaspoon pepper in a small bowl. Spoon the sauce evenly over the fish fillets, making sure all the fish is covered. Bake for 10 to 15 minutes, depending on the thickness of the fish, until it's barely done. (The fish will flake easily at the thickest part when it's done.) Be sure not to overcook it! Serve hot or at room temperature with the sauce in the pan spooned over the top.

Per Serving (excluding unknown items): 364 Calories; 19g Fat (47.1% calories from fat); 43g Protein; 4g Carbohydrate; trace Dietary Fiber; 151mg Cholesterol; 352mg Sodium. Exchanges: 0 Grain (Starch); 5 1/2 Lean Meat; 1/2 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.

Fresh Cherry Compote with Orange Scented Mascarpone

Desserts

Adapted from Whole Foods Newsletter, July 2009

Servings: 6

Healthy Units: 6.5

Posted by zephyr1

July 27, 2009

Notes: Cherries and mascarpone make a fresh pair for summer. This is very lovely and not sweet at all, which is why I liked it. DH put his on top of ice cream (minus the mascarpone) and raved about it.

Ingredients:

Cherry Compote

4 cups cherries (about 1 1/4 pounds), pitted and halved

1 cup fruity white or red wine

2 tablespoons sugar

1 tablespoon orange zest

Mascarpone

1 (8-ounce) tub Crave Brothers Farmstead Mascarpone

1 tablespoon honey

1 tablespoon orange juice

2 teaspoons orange zest

Method:

For the compote, put cherries, wine, sugar and zest into a small pot and bring to a boil. Reduce heat to medium low and simmer until thickened and cherries are very tender, 10 to 15 minutes. Remove from heat and set aside. Meanwhile, for the mascarpone, stir together mascarpone, honey, juice and zest just until combined. Serve compote warm or cold, spooned over dollops of mascarpone.

Nutrition:

Per serving (about 6oz/184g-wt.): 270 calories (160 from fat), 18g total fat, 10g saturated fat, 45mg cholesterol, 25mg sodium, 21g total carbohydrate (2g dietary fiber, 15g sugar), 4g protein

Pineapple Coconut Cookies

Cookies/Bars

Recommended by Carrie from David Lebovitz

Servings: 40

Healthy Units: 2

Posted by: CJMartin717 (Cindy)

July 28, 2009

Cindy's Notes: I found the unsweetened dried coconut in the natural foods section at the POG. The recipe yield stated 36 cookies; but, I easily got 40 and calculated the NI on that. These were especially good served with the Mango-Banana Frozen Yogurt I posted the other day.

20 ounces crushed pineapple in juice
4 cups dried coconut -- unsweetened
1 1/4 cups granulated sugar
3 large egg whites
1/2 teaspoon vanilla

In a large non-stick skillet, heat the crushed pineapple and its juice over moderate heat until the liquid has evaporated. Continue to cook, stirring constantly, until the pineapple gets sticky and begins to brown and caramelize. Remove from heat when it's reduced to 2/3 cup.

In a large mixing bowl, stir together the coconut, sugar, egg whites and vanilla extract.

Mix in the pineapple. (Batter can be refrigerated at this point for up to one week.)

To bake the cookies, preheat the oven to 375 F. Cover baking sheet with parchment paper and form the dough into 1 1/2-inch tall pointed mounds, squeezing the dough with your fingertips to form little pyramids. (Note - I found it easier to form the dough with slightly dampened fingers.)

Bake the cookies 14 minutes or until the cookies are browned up the sides, rotating the baking sheet midway through baking time. The tips may burn slightly, which is fine.

Cool the cookies before serving. These are best served the same day they're baked. (Note - I found them to be just as good 2 days later when stored in an airtight tin.)

Per Serving: 81 Calories; 3g Fat (35.5% calories from fat); 1g Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 29mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Spicy Fried Corn with Bacon and Chipotle

Vegetable (V)

Adapted from NY Times Dining & Wine Section

Healthy Units: 6.4

Servings; 4

Posted by Aimster04 (Amy)

8/2/09

Amy's Notes: I have made this recipe with fresh and frozen corn and it was excellent both ways. I only used 3 pieces of bacon, and extra chipotle, we like the heat. The serving size is small (about 1/2 cup). I doubled the recipe and it still went quickly.

4 ears corn, shucked

1/4 pound bacon (5 slices), roughly chopped

1 teaspoon chipotle in adobo sauce, seeded if desired, and finely chopped

1/2 teaspoon kosher salt

3 tablespoons fresh chopped cilantro

Sour cream, for serving (optional).

1. Slice corn kernels off cob. Fry bacon in a large skillet over medium-high heat until crisp, about 5 minutes. If pan looks very greasy, spoon off some bacon fat if desired.

2. Stir corn into skillet and cook for 3 minutes. Stir in chipotle and salt. Add 2 tablespoons water and cook, scraping up browned bits from bottom of pan, and simmering until thickened. Stir in cilantro and serve, topped with a dollop of sour cream if you like.

Per Serving (excluding unknown items): 270 Calories; 20g Fat (65.2% calories from fat); 6g Protein; 18g Carbohydrate; 3g Dietary Fiber; 25mg Cholesterol; 470mg Sodium. Exchanges: 1 Grain (Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.

The above is as written with 1T sour cream per serving

Te Quiero Tequila Shrimp

Fish/Seafood (FS)

Adapted from Hungry Girl Email

Healthy Units: 4

Servings: 2

Posted by Tracy (Tracy1j)

August 7, 2009

HG Comments: This recipe is fast and FANTASTIC. Quite possibly our best shrimp recipe to date.

My comments: This was really tasty. It is good served over rice or couscous to soak up the sauce.

8 oz. raw shrimp, peeled, deveined, tails removed
2 Roma tomatoes, chopped
1 small onion, sliced
3 tbsp. (1 1/2 oz. or 1 shot) tequila
2 tbsp. lime juice
2 tbsp. coarsely chopped fresh cilantro
1 tsp. minced garlic
1/4 tsp. chili powder
1/4 tsp. salt

Bring a large pan sprayed with nonstick spray to medium heat. Add onion and garlic, and cook until onion is slightly translucent, about 3 minutes. Carefully add tequila to the pan and stir. (It's unlikely it will flare up, but be cautious, just in case.) Cover the pan and let simmer for 5 minutes.

Add shrimp and cook for about 3 minutes, until shrimp are nearly opaque. Add tomatoes, lime juice, cilantro, chili powder, and salt, and mix well. Stirring occasionally, cook until tomatoes have softened and shrimp are cooked through, about 2 minutes. Enjoy!

PER SERVING (half of recipe, about 1 1/2 cups): 206 calories, 2.25g fat, 470mg sodium, 9.5g carbs, 1.75g fiber, 4g sugars, 24g protein

Soba and Slaw Salad with Peanut Dressing

Salads (S)

Adapted from Cooking Light, June 2005

Healthy Units: 8.1

Servings: 4 (2 ½ cups salad, 1 tablespoon onions, and 1 ½ teaspoons peanuts)

Posted by Peggymcv (Peggy)

August 8, 2009

CL notes: Total time, 40 minutes. Look for soba noodles, rice vinegar, chile paste, and soy sauce in the specialty-foods aisle of your supermarket or in Asian markets. Use packaged slaw mix in place of the red cabbage and carrot if you're in a hurry. Try this recipe with coarsely chopped rotisserie chicken instead of shrimp.

My notes: Kelly discovered this recipe a few years ago and it has been a favorite in our household (and at her college apartment) ever since. It is so simple to throw together! We always make it with rotisserie chicken and two packages of broccoli slaw (instead of the shredded cabbage and carrots.) It's pretty darn spicy (a good thing in our eyes!), but you can cut-back on the Thai chile paste if you'd prefer the dish less spicy. The recipe says it only serves 4, but we normally get at least 6 HUGE servings. Rather high in Healthy Units for a salad, but it truly is a one-recipe-main dish-meal. Lasts several days in the 'frig and tastes better every day.

6 ounces uncooked soba	
(buckwheat) noodles, broken in half	3 tablespoons rice vinegar
6 cups shredded red cabbage	1 tablespoon canola oil
2 cups grated carrot	2 ½ tablespoons creamy peanut
¾ cup thinly sliced green onions,	butter
divided	2 teaspoons Thai chili paste with
½ pound coarsely chopped cooked	garlic
shrimp	2 tablespoons chopped dry-roasted
3 tablespoons low-sodium soy sauce	peanuts

Cook noodles according to package directions, omitting salt and fat. Drain; rinse with cold water.

Combine noodles, shredded cabbage, carrot, ½ cup green onions, and shrimp in a large bowl.

Combine soy sauce and next 4 ingredients (through chile paste) in a small bowl; stir with a whisk until blended. Add soy sauce mixture to noodle mixture, tossing gently to coat. Sprinkle with remaining ¼ cup green onions and peanuts.

Calories 393 (30% from fat); Fat 12.9 g; Iron 5.5 mg; Cholesterol 111 mg; Calcium 127 mg; Carbohydrate 47.7 g; Sodium 753 mg; Protein 24.6 g; Fiber 4.7 g.

Honey Pistachio Biscotti

Cookies/Bars (CB)

Adapted from Ellie Krieger

Healthy Units: 4

Servings: 15 biscotti

Diane (3BrowCat)

August 9, 2009

My comment: This is a perfect accompaniment to a cup of chai tea!

Ingredients

1 1/4 cups all-purpose flour
1 1/4 cups whole-wheat pastry flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
2 tablespoons honey
2 large eggs
1/4 cup olive oil
1 teaspoon lemon zest
1 tablespoon lemon juice
1 teaspoon vanilla extract
1 cup unsalted, shelled pistachios

Directions

Preheat oven to 350 degrees F.

In a medium bowl, whisk together the all-purpose and whole-wheat flours, the baking powder and salt. In a large bowl beat together the sugar, honey, eggs, oil, zest, lemon juice and vanilla extract until well combined. In batches add the dry ingredients until the mixture forms a dough. Stir in the pistachios.

Transfer the dough to a floured work surface and knead several times. Shape into a log about 10 inches long and 3 inches wide. Transfer to a parchment lined baking sheet and bake for 25 minutes. Transfer to a wire rack and let cool for 15 minutes. With a serrated knife, cut 1/2-inch diagonal slices. Arrange on the baking sheet and bake 10 minutes. Turn the cookies over and bake the biscotti until golden 5 to 10 minutes longer. Transfer to a wire rack to cool.

Per serving: 190 calories, 8 g fat (1 g Saturated), 28 mg cholesterol, 42 mg sodium, 25g carbohydrates, 4.5 protein, 2 g fiber.

Middle Eastern Lamb and Beef Stuffed Zucchini

Meats (M)

Adapted from a blog recipe

Healthy Units: 6.5

Core: No

Servings: 8

Posted by (jillybean03) Jill

Date 08/10/09

8 ounces ground lamb	1/2 cup minced cilantro
8 ounces ground beef, 93% lean	1 teaspoon salt
1/2 cup bulgur	1/2 teaspoon pepper
1 medium onion -- minced	1 teaspoon cumin
3 medium cloves garlic -- minced	1 teaspoon coriander
8 ounces mushrooms -- minced	1/4 teaspoon cardamom
8 medium zucchini	1/4 teaspoon cinnamon
1 cup feta cheese	1/2 cup pine nut

Put bulgur (I used Hodgson Mills Bulgur with Soy) in bowl - cover with 1 cup boiling water and salt to taste.

Put zucchini (whole) in a pot with water. Bring to boil. Simmer approximately 10 minutes. Remove to cool.

Mince onion, garlic and mushrooms in a food processor - I did mine to a paste - if you prefer larger chunks, that is fine too. Spray a large skillet with olive oil spray. Add onion, garlic, mushrooms, and sauté until most of the liquid has evaporated. Add ground meat. Brown and drain excess liquid. Add bulgur. Add seasonings. My amounts are approximate. Season to taste. Set aside.

Meanwhile, cut zucchinis in half. Remove pulp, leaving a "boat". Season the zucchini - (I did not and I wished I had. At least some salt. I think some of the mixture spices would be nice, too). Roughly chop the zucchini. Place in a colander, and press to remove excess moisture. Add to Ground meat mixture. Add pine nuts. (I toasted them first). (These are definitely optional!)

Heat oven to 350. Fill zucchini boats with filling. Top with Feta and chopped cilantro (substitute mint or parsley if you like). Bake approximately 20 minutes or until cheese is slightly brown. I zapped mine under the broiler at the end.

2 halves make a really nice serving. Hubby ate 4.

Per Serving (excluding unknown items): 293 Calories; 18g Fat (56.0% calories from fat); 14g Protein; 17g Carbohydrate; 5g Dietary Fiber; 37mg Cholesterol; 503mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 2 Fat.

With all 93% ground beef, Nutritionals are 256/13/5
With meats as written and omitting Pine nuts, Nutritionals are 245/13/5

Indian Spiced Cauliflower and Sweet Potatoes (Carrie's version)

Vegetarian (VG)

Adapted from Gourmet Magazine and Smitten Kitchen

Healthy Units: 6.7

Serves 4

Posted by Scarehair (Carrie)

August 11, 2009

My notes: I doubled most spices. I left the jalapeno amounts as is as I'm feeding 4 kids. I love the addition of chickpeas to this. Sometimes I will also add spinach. Leftovers make great lunches heated or at room temp.

1 head cauliflower, cut into florets
1 1/2 pounds sweet potato, cut into 1 1/2" cubes
2 Tablespoons vegetable oil
1 teaspoon cumin seed
1 teaspoon salt
1 medium onion, finely chopped
4 cloves garlic, finely chopped
2 Teaspoons jalapeno, minced very fine
1 1/2 Tablespoons ginger, minced
2 teaspoons cumin
1 teaspoon coriander
1/2 teaspoon turmeric
1/4 teaspoon cayenne
1/2 Cup water
14 ounces chickpeas, canned, rinsed and drained

Shake cauliflower, sweet potato, cumin seeds and salt in a gallon size Ziploc. Put on roasting pan lined with foil and roast at 475 for 15-20 minutes, stirring every five minutes, until veggies are crisp-tender.

Meanwhile, sauté onion, garlic, ginger, and jalapeno 1 Tablespoon oil until onion is translucent (about 10 minutes). Add spices, chickpeas and water. Stir and scrape all the good bits off the bottom of the pan.

Add roasted veggies to the sauté pan and cook and stir for 5 minutes until flavors are fully blended.

Serve over basmati rice, a side of fresh melon, and mango lassi.

Ca1: 341, Fat: 9g, Fiber 10g, Protein: 8g

Roasted-Pear Butternut Soup with Crumbled Stilton

Soup (ST)

Adapted from Eating Well

Healthy Units: 4.7

Servings: 6 servings, 1-1/3 cups each

Posted by Tracy (tracy1j)

August 14, 2009

Freezer Friendly

EW Comments: Here pears are roasted to sweet perfection with butternut squash and pureed to create a creamy soup that gets a luxurious garnish of Stilton cheese.

My Comments: I made a few substitutions. I only had 1 lb. of squash, so I added a can of pumpkin at the pureeing stage. Also, I used crumbled bleu in place of the stilton, although I'm sure the stilton would be better. I must say that the cheese really makes the soup. Comments on the EW website say it freezes well.

2 ripe pears, peeled, quartered and cored
2 pounds butternut squash, peeled, seeded and cut into 2-inch chunks
2 medium tomatoes, cored and quartered
1 large leek, pale green and white parts only, halved lengthwise, sliced and washed thoroughly
2 cloves garlic, crushed
2 tablespoons extra-virgin olive oil
1/2 teaspoon salt, divided
Freshly ground pepper to taste
4 cups vegetable broth or reduced-sodium chicken broth, divided
2/3 cup crumbled Stilton or other blue-veined cheese
1 tablespoon thinly sliced fresh chives or scallion greens

1. Preheat oven to 400°F.
2. Combine pears, squash, tomatoes, leek, garlic, oil, 1/4 teaspoon salt and pepper in a large bowl; toss to coat. Spread evenly on a large rimmed baking sheet. Roast, stirring occasionally, until the vegetables are tender, 40 to 55 minutes. Let cool slightly.
3. Place half the vegetables and 2 cups broth in a blender; puree until smooth. Transfer to a large saucepan. Puree the remaining vegetables and 2 cups broth. Add to the pan and stir in the remaining 1/4 teaspoon salt.
4. Cook the soup over medium-low heat, stirring, until hot, about 10 minutes. Divide among 6 bowls and garnish with cheese and chives (or scallion greens).

NUTRITION INFORMATION: Per serving: 235 calories; 10 g fat (5 g sat, 5 g mono); 11 mg cholesterol; 34 g carbohydrate; 6 g protein; 6 g fiber; 721 mg sodium; 700 mg potassium.

Creamy Avocado & White Bean Wrap

Sandwich (SW)

Adapted from Eating Well Website

Healthy Units: 9

Servings: 4

Posted By: Zephyr 1

Date: 8/22/09

2 tablespoons cider vinegar

1 tablespoon canola oil

2 teaspoons finely chopped canned chipotle chile in adobo sauce -I used one whole chipotle

¼ teaspoon salt

2 cups shredded red cabbage- I subbed a slaw mix for this and carrot

1 medium carrot, shredded

¼ cup chopped fresh cilantro

1 15-ounce can white beans, rinsed

1 ripe avocado

½ cup shredded sharp Cheddar cheese

2 tablespoons minced red onion

4 8- to 10-inch whole-wheat wraps or tortillas

1. Whisk vinegar, oil, chipotle chile and salt in a medium bowl. Add cabbage, carrot and cilantro; toss to combine.

2. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.

3. To assemble the wraps, spread about 1/2 cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about 2/3 cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.

Nutrition Information

Per serving: 411 calories; 18 g fat (4 g sat, 7 g mono); 15 mg cholesterol; 50 g carbohydrate; 13 g protein; 13 g fiber; 633 mg sodium; 396 mg potassium.

Nutrition bonus: Vitamin A (60% daily value), Vitamin C (45% dv).

2 Carbohydrate Servings

Exchanges: 2 1/2 starch, vegetable, 1 lean meat, 2 fat

Walnut Blueberry Banana Bread

Breads/Muffins/Rolls (BR)

Adapted from Clean Eating, Sept/Oct 2009

Healthy Units: 3.7

Servings: 10

Posted by: Peggymcv (Peggy)

August 25, 2009

My notes: Yum, yum, yum!! My only regret is that I only had one piece before letting Kelly take the rest back to school.

Olive oil cooking spray

1 ripe banana, mashed

$\frac{3}{4}$ cup ground flaxseed meal

2 egg whites

$\frac{1}{3}$ cup agave nectar

1 cup 1% buttermilk

1 tsp. baking soda

$\frac{1}{2}$ tsp. sea salt

$\frac{3}{4}$ cup whole-wheat flour

$\frac{3}{4}$ cup spelt flour

1 tsp. orange rind, grated

1 cup blueberries

$\frac{1}{2}$ cup unsalted walnuts, chopped

Preheat oven to 375F. Spray a nonstick loaf pan with cooking spray. In a large bowl, stir together banana, flaxseed, egg whites, agave and buttermilk. In a separate bowl, mix baking soda, salt, flours and orange rind. Combine dry ingredients into banana mixture. Gently fold in blueberries and walnuts. Pour mixture into loaf pan and bake for 45 minutes.

NI: Calories: 200, Total Fat: 6 g, Sat. Fat: 0.5 g, Carbs: 33g, Fiber: 6 g, Sugars: 13g, Protein: 8g, Sodium: 260mg, Cholesterol: 0mg.

Sweet Potato Gnocchi with Light Bolognese Sauce

Rice/Pasta/Grains (RP)

Adapted from Clean Eating, Sept/Oct 2009

Healthy Units: 8

Servings: 4, plus 4-cups leftover sauce

Posted by: Peggymcv (Peggy)

August 25, 2009

Clean Eating Notes: Traditionally, gnocchi is made with regular potatoes, while Bolognese sauce can include whole milk or even cream. By using sweet potatoes, lean ground turkey and skim milk, we've not only taken some of the heft out of this dish, but we've also added a bit more nutritional interest.

My notes: As novice gnocchi makers, Kelly and I were pleasantly surprised how easy these were to make. Tasty, too! The sauce is incredible on its own and the leftovers were perfect over penne pasta.

1 large sweet potato
2 medium russet or Idaho potatoes
2 cups plus 2 tbsp. whole-wheat flour, divided, plus additional flour for dusting on hands and cookie sheets
Olive oil cooking spray
1 medium yellow or white onion, diced
1 stalk celery, diced
2 medium carrots, diced
1 lb. lean ground turkey breast
1 cup skim milk
1 28-oz. can no-salt-added crushed tomatoes
1 6-oz. can tomato paste
1 tsp. dried Italian seasoning
2 tbsp. fresh basil, minced
Sea salt and fresh ground black pepper, to taste (optional)

Preheat oven to 450F. Use a fork to poke holes in all potatoes. Bake on a cookie sheet, lined with foil, for 45 minutes. Remove potatoes from oven, let cool, remove skins and slice. Add potato slices to a food processor fitted with a standard blade and puree for 3 minutes or until smooth.

To make gnocchi, put potato puree in a large bowl and mix in 2 cups flour, a ¼ cup at a time (you will get a very sticky consistency). Dust hands with a bit of flour and form puree into teaspoon-sized oval-shaped balls. You will periodically need to dust your hands with more flour while making balls. Once all balls are made (you will have 90 to 100), take a fork and, pressing lightly, make indentations around the circumference of the balls, being careful not to flatten them. Dust 2 plates or a cookie sheet with flour and place gnocchi on them to air-dry so they will not be quite as fragile.

Sweet Potato Gnocchi with Light Bolognese Sauce continued...

While gnocchi are drying, fill a large stockpot with water and bring to a boil over medium-high heat. Once dry, add gnocchi to stockpot in small batches of about 10 to 15. When they float to the surface, after about 3 minutes, remove gnocchi with a slotted spoon.

To make sauce, heat a medium saucepot over medium-high heat. Let heat for 1 minute, then mist with cooking spray. Add onion, celery and carrots and sauté for 3 to 4 minutes. Add turkey and stir, breaking meat up into pieces with a spoon or spatula as it cooks, about 5 minutes.

Once turkey is cooked, add remaining 2 tbsp. flour. Whisk in milk and stir until thickened.

Pour in tomatoes, tomato paste and ½ cup water. Reduce heat to medium-low and stir. Add Italian seasoning and basil. Season with salt and pepper, if desired, and cook for another 5 minutes.

To serve, place 1 cup gnocchi in a bowl and top with 1 cup sauce. Garnish with additional basil, if desired.

NI per serving (1 cup gnocchi and 1 cup sauce): Calories: 430, Total Fat: 2 g, Sat Fat: 0 g, Carbs: 79 g, Fiber: 13 g, Sugars: 10 g, Protein: 27 g, Sodium: 410 mg, Cholesterol: 30 mg.

Summer Spaghetti

Pasta (P)

Adapted from CLBB originally posted by Choban

Healthy Units: 8.1

Serves: 6

Posted by: KateWD (Kate)

August 27, 2009

Love the combo of the warm spaghetti and raw sauce with the tang of capers and olives. The sauce needs to marinate several hours at room temperature and great in season tomatoes are essential. NI is for black olives and does not include the cheese.

1 Pound Ripe Tomatoes
1 Medium Onion
6 Green or Black Pitted Olives (I used Kalamata)
2 Medium Garlic Cloves
1/3 Cup Fresh Parsley
2 Tablespoons Fresh Basil
1 Tablespoon Drained Capers
1/2 Teaspoon Hot Red Pepper Flakes
2 Tablespoon Red Wine Vinegar
1/4 Cup Olive Oil
Salt & Pepper
1/2 Teaspoon Oregano
1 Pound Spaghetti
Optional: Parmesan, Pecorino or feta cheese for serving

Chop tomatoes coarsely. Chop onion and olives. Mince the garlic. Combine tomatoes, onion, olives, garlic, parsley, basil, capers, hot pepper, and oregano. Drizzle vinegar over tomato mixture, then pour over oil. Mix well and let sit at room temperature at least 6 hours. Just before serving, cook the spaghetti until al dente. Drain and mix immediately with the sauce. Serve at once, offering cheese if desired.

Per Serving (excluding unknown items): 391 Calories; 11g Fat (25.2% calories from fat); 11g Protein; 62g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 66mg Sodium. Exchanges: 4 Grain(Starch); 1 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Sautéed Halibut with Lemon-Pesto Butter

Fish/Seafood (FS)

Cooking Light September 2009

Healthy Units: 6.5

Servings: 4

Posted by DebMj1 (Deb)

August 30, 2009

CL Notes: Make extra lemon-herb butter. It's delicious tossed with steamed green beans or hot cooked rice or pasta. Garnish with fresh basil.

3 tablespoons butter, softened
1 tablespoon refrigerated pesto
1 1/2 teaspoons finely chopped fresh basil
1 teaspoon finely chopped shallots
1/2 teaspoon grated lemon rind
4 (6-ounce) skinless halibut fillets
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
Cooking spray

1. Combine first 5 ingredients in a small bowl, stirring until well blended.
2. Heat a large nonstick skillet over medium-high heat. Sprinkle fillets evenly on both sides with salt and pepper. Coat pan with cooking spray. Add fillets to pan; sauté 5 minutes on each side or until fish flakes easily with a fork or until desired degree of doneness. Serve fish with butter mixture.

Yield: 4 servings (serving size: 1 fillet and about 1 tablespoon butter mixture)

Nutritional Information

Calories:274

Fat:14g (sat 6.2g,mono 4.7g,poly 1.7g)

Protein:34.6g

Carbohydrate:0.6g

Fiber:0.2g

Cholesterol:76mg

Iron:1.5mg

Sodium:330mg

Calcium:90mg

Edamame Succotash with Bacon

Vegetables (V)

Source: Deb's creation

Healthy Units: 2

Servings: 4

Posted by DebMj1

August 30, 2009

2 slices bacon, chopped

1 small shallot, finely minced

1 cup frozen shelled edamame, thawed

6 ounces frozen corn, thawed

1 cup quartered cherry tomatoes

1/4 tsp. salt

1/8 tsp. pepper

Sauté bacon in large nonstick skillet over medium-high until crisp. Remove bacon to drain on paper towels, leaving drippings in pan. Add shallots and sauté 3 minutes until shallots start to brown. Add remaining ingredients and sauté 5 to 7 minutes. Stir in bacon and serve.

Nutritional Information per MasterCook: 114 calories, 4g fat and 3g fiber

Tuscan Pork Kebabs

Category: Meat (M)

Adapted from: Cooking Light, August '09

Healthy Units: 4.5

Servings: 4

Posted by: ejwyatt (Emily)

Date: August 30, 2009

CL Notes: Coming in at under 200 calories per serving, this colorful grilled summer dish is perfect for a light picnic on the patio. Sautéed chard makes a simple side.

Em's Notes: This was delicious! Quick, easy and very tasty.

4 teaspoons olive oil
1 tablespoon grated lemon rind
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 garlic cloves, crushed
1 pound pork tenderloin, trimmed and cut into 1-inch cubes
16 (1-inch) pieces red bell pepper
16 (1-inch) pieces yellow bell pepper
Cooking spray

1. Prepare grill to medium-high heat.
2. Combine olive oil, grated lemon rind, salt, pepper, and crushed garlic in a large bowl, stirring well. Add pork; marinate at room temperature 15 minutes, tossing occasionally.
3. Thread pork and bell peppers alternately onto each of 8 (8-inch) skewers. Place skewers on a grill rack coated with cooking spray; grill 10 minutes or until pork is done, turning occasionally.

Sautéed chard: Heat a large skillet over medium-high heat. Add 1 tablespoon olive oil to pan, and swirl to coat. Add 8 cups chopped stemmed Swiss chard, 1 tablespoon minced garlic, and 1/8 teaspoon salt; sauté for 5 minutes or until chard wilts.

Yield: 4 servings (serving size: 2 kebabs)

CALORIES 198 ; FAT 8.8g (sat 2.1g,mono 4.9g,poly 0.9g); CHOLESTEROL 67mg; CALCIUM 15mg; CARBOHYDRATE 4.5g; SODIUM 346mg; PROTEIN 24.7g; FIBER 1.5g; IRON 1.6mg

Fusilli with Italian Sausage & Arugula

Category: Rice / Pasta (RP)

Eating Well Serves Two

Healthy Units: 9

2 Servings, 2 cups each

BMS2003 (Betty)

September 1, 2009

4 oz. whole-wheat pasta, such as shells or fusilli
4 oz hot Italian turkey sausage, removed from casing (about 1 link)
2 cloves garlic, chopped
4 c arugula or baby spinach
 $\frac{1}{2}$ c halved cherry tomatoes
 $\frac{1}{4}$ c finely shredded Pecorino Romano or Parmesan cheese
1 t freshly ground pepper
 $\frac{1}{8}$ t salt
2 t extra-virgin olive oil

My notes: I used cut up, seeded whole tomatoes instead of the cherry. This added some extra liquid, so rather than reducing it, I omitted the oil & cooking liquid, just tossing the cheese, salt & pepper with the sausage mixture.

Bring a large pot of water to a boil. Cook pasta 8 to 10 minutes or according to package directions.

Meanwhile, cook sausage in a large nonstick skillet over medium-high heat, breaking it into small pieces with a wooden spoon, until cooked through, 2 to 4 minutes. Stir in garlic, arugula (or spinach) and tomatoes. Cook, stirring often, until the greens wilt and the tomatoes begin to break down 1 to 2 minutes. Remove from heat; cover and keep warm.

Combine cheese, pepper and salt in a large bowl. Measure out 2 tablespoons of the cooking liquid; drain the pasta. Whisk the cooking liquid and oil into the cheese mixture; add the pasta and toss to combine. Serve the pasta topped with the sausage-arugula mixture.

412 calories; 16 g fat (5 g sat, 4 g mono); 45 mg cholesterol; 48 g carbohydrate; 24 g protein; 9 g fiber; 637 mg sodium; 378 mg potassium

Bacon Wrapped Ginger Soy Scallops

Fish/Seafood (FS)

Adapted from: Fine Cooking July 2009

Servings: 24

Healthy Units: 2.5

Aimster03 (Amy)

9/3/09

Q & E

Amy's Notes: These tasty little morsels are fantastic. Quick and easy to make and relatively inexpensive. The next time I make them I will use half the amount of bacon. I skipped the water chestnuts. I also used a few shrimp for DH.

1/4 cup soy sauce

1 Tbs. dark brown sugar

1-1/2 tsp. minced fresh ginger

6 very large "dry" sea scallops (8 to 10 oz. total), quartered

8 oz. can sliced water chestnuts, drained

12 slices bacon, cut in half crosswise

Set a rack in the upper third of the oven. Line the bottom of a broiler pan with foil, replace the perforated top part of the pan, and put the whole pan on the oven rack. Heat the oven to 450°F.

In a medium bowl, combine the soy sauce, brown sugar, and ginger. If the muscle tabs from the sides of the scallops are still attached, peel them off and discard them. Cut each scallop into quarters. Marinate the scallop pieces in the soy mixture for 15 minutes. Reserve the marinade.

To assemble, stack 2 slices of water chestnut in the center of a piece of the bacon. Put a piece of scallop on top of the water chestnuts. Wrap each end of the bacon over the scallop and secure with a toothpick. Repeat with the remaining bacon, water chestnuts, and scallops (you may not use all of the water chestnuts).

Remove the broiler pan from the oven and quickly arrange the bacon-wrapped scallops on the hot pan so that an exposed side of each scallop faces up. Drizzle the scallops with the reserved marinade. Bake, turning the scallops over once after 10 minutes, until the bacon is browned around the edges and the scallops are cooked through, about 15 minutes total.

Calories: 105, Fat: 6.1, Carbs: 4.4, Protein 7.6,

Moo Shu Pork Crepes

Category: Meat (M)

Source: Cooking Light, April 1999

Healthy Units: 4.5

Servings: 5

Posted by: Waneyvant

Date: September 4, 2009

In this traditional stir-fried dish, crepes replace Chinese pancakes. Serve warm with commercial Chinese mustard or additional hoisin sauce.

1 (0.5-ounce) package dried wood ear mushrooms or shiitake mushrooms	1 tsp sugar
2 cups boiling water	1 tsp vegetable oil
1/2 pound boned pork loin, cut into 2 x 1/4-inch strips (matchstick style)	1 tsp grated peeled fresh ginger
1 T. low-sodium soy sauce	1 1/2 c. thinly sliced green cabbage
1 T. dry sherry	3 T. water
1 tsp cornstarch	1 c. sliced button mushrooms
	1 c. (1-inch) sliced green onions
	5 tsp hoisin sauce
	10 Basic Crepes

Combine dried mushrooms and boiling water in a bowl; cover and let stand for 30 minutes or until tender. Drain the mushrooms. Rinse and slice mushrooms, and set aside.

Combine the pork and the next 4 ingredients (pork through sugar) in a small bowl. Cover and marinate in refrigerator for 30 minutes.

Heat oil in a large nonstick skillet over medium-high heat. Add ginger, and sauté 30 seconds. Add pork mixture, and stir-fry 1 minute. Add cabbage and 3 tablespoons water, and stir-fry 2 minutes. Add wood ear mushrooms, button mushrooms, and green onions; stir-fry 1 minute. Remove from heat.

Spread 1/2 teaspoon hoisin sauce over each crepe. Spoon about 1/3 cup pork mixture on lower third of each crepe. Fold in edges of crepes; roll up.

Yield: 5 servings (serving size: 2 filled crepes)

CALORIES 213 (26% from fat); FAT 6.1g (sat 2g,mono 2.4g,poly 1.1g); IRON 1.9mg; CHOLESTEROL 73mg; CALCIUM 85mg; CARBOHYDRATE 22.1g; SODIUM 409mg; PROTEIN 16.1g; FIBER 1.9g

Basic Crepes #2

Category: Breads (BR)

Source: Cooking Light, April 1999

Healthy Units: 1

Servings: 10 crepes

Posted by: Waneyvant

Date: September 4, 2009

To make Cornmeal Crepes, add 2 tablespoons cornmeal with the flour and salt. A 1/4-cup measure scoops and measures the batter at the same time; just remember to fill it only three-quarters full.

This recipe goes with California Crepe Rolls, Moo Shu Pork Crepes, Mushroom-Crepe Cannelloni, Asian Beef-Crepe Rolls, Stacked Crepe-Spinach Torte, Asian Beef-Crepe Rolls, Stacked Crepe-Spinach Torte

1/2 cup all-purpose flour

1/4 teaspoon salt

3/4 cup 1% low-fat milk

2 large egg whites

1 large egg

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and salt in a bowl. Combine milk, egg whites, and egg in a bowl; stir well with a whisk. Gradually add to flour mixture, stirring with a whisk until smooth. Place an 8-inch crepe pan or nonstick skillet over medium heat until hot. Pour a scant 1/4 cup batter into pan; quickly tilt pan in all directions so batter covers pan with a thin film. Cook about 1 to 2 minutes.

Carefully lift the edge of the crepe with a spatula to test for doneness. The crepe is ready to turn when it can be shaken loose from the pan and the underside is lightly browned. Turn crepe over, and cook for 15 seconds on other side.

Place crepe on a towel; cool. Repeat procedure until all of the batter is used, stirring batter between crepes. Stack crepes between single layers of wax paper or paper towels to prevent sticking.

Yield: 10 servings (serving size: 1 crêpe)

CALORIES 41 (18% from fat); FAT 0.8g (sat 0.3g,mono 0.3g,poly 0.1g); IRON 0.4mg; CHOLESTEROL 23mg; CALCIUM 26mg; CARBOHYDRATE 5.8g; SODIUM 85mg; PROTEIN 2.6g; FIBER 0.2g

Brown Rice Pancakes

Breakfast (BR)

Adapted From King Arthur Flour Whole Grain Baking

Healthy Units: 3.5

Servings: 6

Posted By Carrie (Scarehair)

9/4/09

Notes: This is a filling breakfast that holds me all morning. I like mine topped with fresh fruit.

4 Eggs

¼ Cup buttermilk

1 Tablespoon butter

1 Tablespoon olive oil

1 Tablespoon Vanilla extract

1 teaspoon lemon or orange zest

1 Cup cooked brown rice

½ Cup whole wheat flour

1 Tablespoon honey

½ Teaspoon salt

1 teaspoon pumpkin pie spice

Beat eggs, buttermilk, butter, olive oil, vanilla, zest, and honey. Stir in brown rice. Combine flour, salt, and spice and stir into wet ingredients until just combined. Let the batter sit for 10 minutes.

In a cast iron pan (lightly brushed with vegetable oil if not nonstick) over med heat, spoon ¼ Cup of batter for each pancake. The pancakes set up quickly but do not really bubble as they cook. When they look set, flip over. Serve immediately.

Serving size: 2 pancakes.

176 cal, 8g fat, 7g, protein, 2g, fiber

Fish with Tomatoes, Olives and Capers

Category: Fish (FS)

Source: Ellie Krieger, 2006

Healthy Units: 5

Servings: 4

Posted by: Waneyvant

Date: September 6, 2009

Waney Notes: I used fresh tomatoes (chopped over bowl to retain all juice), and tilapia. I sautéed the onion longer, and seasoned the fish with Cavendar's salt free seasoning and some Jane's crazy mixed up salt

4 tsp olive oil, divided

4 (5-oz) sea bass fillets (or other white fish-suggest tilapia or cod)

1 small onion, diced

1/2 c. white wine

1 c. canned low-sodium diced tomatoes, with juice (I used fresh)

1/2 c. chopped pitted black olives (or kalamata)

2 T. capers (I used more)

1/4 tsp. dried crushed red pepper, optional

2 c. packed fresh baby spinach leaves

Salt and pepper

In a large nonstick skillet heat 2 tsp of oil over a medium-high heat. Add fish and cook until opaque in the center, about 2 1/2 minutes per side. Transfer the fish to a platter and tent with foil to keep the fish warm.

Heat the remaining 2 tsp of oil in the same skillet; add onion and sauté for 2 minutes. Add the wine and cook until reduced by half, about 2 minutes. Add the tomatoes, olives and capers and crushed red pepper, if using, and cook for 3 minutes more. Stir in the spinach and cook until it is wilted, about 3 minutes. Season with salt and pepper. Spoon the sauce over the fish and serve.

NI: per serving: Calories: 250, Total Fat: 9.3; Sat Fat: 1.6; Mono Fat: 5.3; Poly fat: 1.7; Chol: 62 mg; Sodium: 421.5; Pro: 29 g; Carb: 7.5 g; Fiber 2.5 g.

Pork Chops with Dijon Cream Sauce

Category: Meat (M)

CL 5 Ingredient/15 Minute Cookbook

Healthy Units: 5

4 servings

bms2003 (Betty)

September 16, 2009

4 (4-ounce) boneless center-cut pork loin chops (1/2 inch thick)

½ t salt

½ t coarsely ground pepper

Cooking spray

1/3 c fat-free, reduced-sodium chicken broth

1-1/2 T Dijon mustard

1/3 c fat-free half-and-half or fat-free evaporated milk

Trim fat from chops. Sprinkle both sides of chops evenly with salt and pepper. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add chops to skillet, and cook 3 to 4 minutes on each side or until browned. Remove chops from skillet, and keep warm.

Add broth to skillet, stirring to loosen browned bits. Combine mustard and half-and-half; add to skillet. Reduce heat, and simmer 7 minutes or until sauce is thickened slightly. Spoon sauce over chops.

Per Servings: Calories – 201, Fat – 9.0g, Protein 23.5g, Carbohydrate 2.7g, Fiber 0.1g, Cholesterol 68mg, Sodium 567mg

Two-Potato Gratin

Main Dish – Vegetarian

Adapted from Moosewood Simple Suppers

Healthy Units: 8

Servings: 6

Posted by Carrie (Scarehair)

September 22, 2009

My notes: Great dish that got a thumbs up from the kids. This would be easily adaptable to other veggie combinations. The dilled havarti makes this dish, although MWSS suggest that you could sub cheddar cheese and fresh dill. I didn't do much to lighten this further than lessen the oil and butter and just a bit less cheese. Also, Moosewood is notorious for large servings so I changed the 4 servings to 6. I also subbed Yukon potatoes for regular potatoes and regular onion instead of green onion. I served this with a spinach salad. The colors made for a great presentation.

Additional note: I doubled the recipe in a 14" cast iron pan and it cooked up beautifully in the same amount of time. Plenty of leftovers for lunches this week. I shall let you know how it reheats.

1 ½ Cups shredded sweet potatoes
1 ½ Cups shredded Yukon Gold potatoes
½ Cup minced onion
2 eggs, beaten
2 Tablespoons flour
½ Teaspoon salt
½ Teaspoon fresh ground black pepper
1 Cup shredded dilled Havarti cheese.
½ Tablespoon butter
½ Tablespoon Olive oil

Preheat oven to 375 degrees.

Heat 10-12" cast iron pan over med hi heat with the butter and oil.

Mix together the shredded potatoes, onion, eggs, flour, spices, and half of the cheese. Spoon into hot cast iron pan over med-high heat. Pat down. (I added extra pepper to the top here.) Do not stir. Let cook for 10 minutes.

Put pan into the oven for 15 minutes until golden. Top with remaining cheese. Return to oven for 5 minutes until cheese is melted. Serve hot.

Quick Chicken-Corn Chowder

Soups/Stews

Source: Cooking Light December 2001

Healthy Units: 5.5

Serves: 6

Posted by: Kate

September 28, 2009

Very quick and easy. I used 1% milk and divided the chowder- seasoned half using thyme and chicken as written and half subbing Old Bay Seasoning and lobster meat.

You can have this soup on the table in less than 30 minutes.

2 tablespoons butter
1/4 cup chopped onion
1/4 cup chopped celery
1 jalapeño pepper, seeded and minced
2 tablespoons all-purpose flour
3 cups 2% reduced-fat milk
2 cups chopped roasted skinless, boneless chicken breasts (about 2 breast halves)
1 1/2 cups fresh or frozen corn kernels (about 3 ears)
1 teaspoon chopped fresh or 1/4 teaspoon dried thyme
1/4 teaspoon ground red pepper
1/8 teaspoon salt
1 (14 3/4-ounce) can cream-style corn

Melt the butter in a large Dutch oven over medium heat. Add onion, celery, and jalapeño; cook for 3 minutes or until tender, stirring frequently. Add flour; cook 1 minute, stirring constantly. Stir in milk and remaining ingredients. Bring to a boil; cook until thick (about 5 minutes).

Yield: 6 servings (serving size: about 1 cup)

CALORIES 257 (28% from fat); FAT 8.1g (sat 4.4g,mono 2.4g,poly 0.8g); IRON 0.4mg; CHOLESTEROL 52mg; CALCIUM 165mg; CARBOHYDRATE 28.6g; SODIUM 668mg; PROTEIN 19.1g; FIBER 1.9g

La Madeleine's Tomato-Basil Soup Recipe

Soups/Stews (ST)

Adapted from: Recipezaar

Servings: 8

Healthy Units: 2.7

Posted by: Kate

October 5, 2009

Easy and delicious soup. The original recipe called for heavy cream; I subbed non-fat Greek yogurt. I also used fresh tomatoes, all vegetable juice and light butter. NI reflects my subs.

1 tsp olive oil
1 cup chopped onion
2 garlic cloves
4 cups fresh tomatoes, cored, peeled, and chopped (8-10) or canned whole tomatoes, crushed
4 cups tomato juice (or part vegetable or part chicken stock)
12-14 basil leaves, washed fresh
1 cup non-fat Greek yogurt
1/4 lb light butter
salt
1/4 teaspoon cracked black pepper
lemon juice (optional)

Sautee onion and garlic in oil until soft.

Combine tomatoes, juice/and or stock in saucepan. Simmer 30 minutes.

Puree, along with the basil leaves, in small batches, in blender, food processor (or better yet, one of those handy hand-held food blenders, right in the cooking pan.) Return to saucepan and add cream and butter, while stirring, over low heat.

Garnish with basil leaves and serve with your favorite bread.

Per Serving (excluding unknown items): 124 Calories; 7g Fat (47.5% calories from fat); 3g Protein; 14g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 636mg Sodium.

Vegetable Lasagna

Rice/Pasta/Grains (RP)

Source: Cooking Light, January 2001

Servings: 6

Healthy Units: 6.7

Posted by: Kate

October 5, 2009

Notes: Delicious, easy to put together and loved the chunks of veggies. I used a combination of zucchini, summer squash, eggplant, green and red peppers and red onion for the veggies and used a bit more than called for. Also, did not cook the lasagna noodles (never do), and used homemade pesto.

For easy cleanup, assemble in a disposable 8-inch aluminum-foil pan. Make it ahead and deliver uncooked with baking instructions.

1 teaspoon olive oil	2 tablespoons commercial pesto
3/4 cup sliced mushrooms	1 (15-ounce) carton part-skim ricotta cheese
3/4 cup chopped zucchini	Cooking spray
1/2 cup sliced carrot	6 hot cooked lasagna noodles (about 6 ounces uncooked), cut in half
1/2 cup chopped red bell pepper	3/4 cup (3 ounce) shredded part-skim mozzarella cheese
1/2 cup thinly sliced red onion	
1 (26-ounce) bottle fat-free tomato basil pasta sauce	

Preheat oven to 375°.

Heat oil in a medium saucepan over medium heat. Add mushrooms and the next 4 ingredients (mushrooms through onion); cook for 5 minutes, stirring frequently. Add pasta sauce; bring to a boil. Reduce heat, and simmer 10 minutes.

Combine pesto and ricotta in a small bowl. Spread 1/2 cup tomato mixture in the bottom of an 8-inch square baking dish or pan coated with cooking spray. Arrange 4 noodle halves over tomato mixture. Top noodles with half of ricotta mixture and 1 cup tomato mixture. Repeat layers, ending with noodles. Spread remaining tomato mixture over noodles; sprinkle with mozzarella.

Cover and bake at 375° for 30 minutes. Uncover and bake an additional 20 minutes. Let stand 10 minutes.

Note: To make ahead, assemble as directed; stop before baking. Cover and refrigerate overnight. Let stand 30 minutes at room temperature; bake as directed.

CALORIES 328 (30% from fat); FAT 10.9g (sat 5.4g,mono 3.8g,poly 0.9g); IRON 2.9mg; CHOLESTEROL 31mg; CALCIUM 418mg; CARBOHYDRATE 39g; SODIUM 491mg; PROTEIN 18.2g; FIBER 3.7g

Spicy Black Bean and Yam Chili

Soups/Stews (ST)

Adapted from Wegmans.com

Servings: 11 (one cup per serving)

Healthy Units: 2.4

Posted by jhoulihan

October 18, 2009

1 Tbsp olive oil
1 large onion, diced
2 medium stalks celery, diced
2 medium carrots, diced
1 dry chipotle pepper, coarsely chopped
2 cups vegetable stock
3 cans (15.5 oz each) black beans, undrained
1 can (14.5 oz) diced tomatoes with roasted garlic & onion
1 medium yam or sweet potato (about 1/2 lb), peeled, diced 1/2-inch
2 Tbsp red wine vinegar
1 clove garlic, chopped
1 Tbsp hot cocoa mix
2 Tbsp honey
1 1/2 tsp chili powder
1/2 tsp cumin
1/8 tsp ground cinnamon
Salt and pepper to taste

1. Heat oil in medium stockpot on MEDIUM-HIGH. Add onions, carrot, celery and chipotle pepper. Cook, stirring, 3-4 min until soft, but not browned. Add stock, beans and liquid, tomatoes, yam, vinegar, garlic, cocoa powder, honey, chili powder, cumin, and cinnamon.

2. Bring to a boil. Reduce heat and simmer on LOW, uncovered, 25-30 min. (I found it took quite a bit longer than this to cook the yam through). Season to taste with salt and pepper.

Nutrition Info: Each serving (1 cup) contains 190 calories, 35 g carbohydrate, 8 g fiber, 8 g protein, 2 g fat, (0 g saturated fat), 0 mg cholesterol, and 750 mg sodium.

Rosemary-Parmesan Muffins

Breads/Muffins/Rolls (BR)

Source: Light Muffins

Servings: 12

Healthy Units: 3.3

Posted by: Kate

October 20, 2009

These are more like fluffy biscuits than muffins, perfect paired with soup for lunch. The secret is to use cake flour for a tender and light textured muffin with very little fat.

2 ½ cups sifted cake flour
1 T sugar
2 tsp baking powder
¾ tsp baking soda
½ tsp salt
2 tsp fresh or dried rosemary leaves
3 T EVOO
1 ½ cups nonfat plain yogurt
½ cup freshly grated parmesan cheese

Preheat the oven to 400 degrees. Lightly grease 12 regular size muffin cups or coat with nonstick spray.

Sift the flour, sugar, baking powder, baking soda, and salt into a large mixing bowl. Stir in rosemary. Add the olive oil and stir until blended. Gently stir in the yogurt and ¼ cup of the cheese, mixing just until ingredients are moistened, about 20 strokes.

Spoon the batter into the muffin cups, dividing the batter evenly. Sprinkle with the remaining cheese. Bake for 12 to 15 minutes or until a wooden skewer inserted in the center of a muffin comes out clean.

NI per muffin: 154 calories, 4.7 grams fat, 1 gram fiber

Brown-Bread Muffins

Breads/Muffins/Rolls (BR)

Source: Light Muffins

Servings: 12

Healthy Units: 2.9

Posted by: Kate

October 20, 2009

These are great paired with the Baked Bean Soup in the comp. I used all whole-wheat pastry flour and subbed craisins for the raisins.

2 cups whole wheat flour

2/3 cup all-purpose flour

½ cup packed brown sugar

2 tsp baking soda

½ tsp salt

1 tsp pumpkin pie spice

2 cups nonfat buttermilk or 2 cups water mixed with 3 T buttermilk powder

1 cup dark raisins

Preheat the oven to 400 degrees. Lightly grease 12 regular size muffin cups or coat with nonstick spray.

In a large bowl, stir the flours, brown sugar, baking soda, salt, and pumpkin pie spice together. Add the buttermilk to the dry ingredients and stir until almost moistened, about 15 strokes. Stir in the raisins until just blended.

Spoon the batter into the muffin cups, dividing the batter evenly. Bake for 18 to 22 minutes or until a wooden skewer inserted in the center of a muffin comes out clean.

Per muffin: 174 calories, less than 1 gram fat, 3.3 gram fiber

Roasted Salmon With Potatoes and Mushrooms

Fish/Seafood (FS)

Adapted from: Real Simple Website

Servings: 4

Healthy Units: 8

Posted by: ejwyatt (Emily)

October 25, 2009

Em's Notes: This was delicious and super simple. Add a green vegetable side and dinner is done.

Ingredients

1 pound small new potatoes (about 10), halved
8 ounces button mushrooms
3 tablespoons olive oil
Kosher salt and black pepper
1 1 1/4-pound piece skinless salmon fillet
1 tablespoon red wine vinegar
1 tablespoon whole-grain mustard
1 teaspoon honey
2 tablespoons chopped fresh flat-leaf parsley

Directions

1. Heat oven to 400° F. On a rimmed baking sheet, toss the potatoes, mushrooms, 1 tablespoon of the oil, and 1/2 teaspoon each salt and pepper. Roast, tossing once, until the potatoes begin to soften, about 20 minutes.
2. Push the vegetables to the edges and place the salmon in the center. Season with 1/4 teaspoon each salt and pepper. Roast until the salmon is opaque throughout, the mushrooms are tender, and the potatoes are golden brown, 12 to 15 minutes.
3. Meanwhile, in a bowl, whisk the vinegar, mustard, honey, parsley, the remaining 2 tablespoons of oil, and 1/4 teaspoon each salt and pepper. Drizzle over the salmon and vegetables before serving.

RS Tip: In general, opt for U.S. farmed fish over wild.

Per Serving (excluding unknown items): 367 Calories; 15g Fat (37.9% calories from fat); 32g Protein; 25g Carbohydrate; 3g Dietary Fiber; 74mg Cholesterol; 152mg Sodium.

Spiced Pork Chops with Apple Chutney

Meats (M)

Source: Cooking Light, March 2009

Servings: 4 (serving size: 1 chop and about 1/3 cup chutney)

Healthy Units: 7

Posted By: Bawstinn (Maria)

October 26, 2009

Comments: This was quite tasty for a quick meal. I used an assortment of apples that I had. The chipotle powder added a nice little kick.

Chutney:

1 tablespoon butter

5 cups (1/4-inch) cubed peeled apple (about 3 apples)

1/4 cup dried cranberries

3 tablespoons brown sugar

3 tablespoons cider vinegar

2 teaspoons minced peeled fresh ginger

1/4 teaspoon salt

1/4 teaspoon dry mustard

1/8 teaspoon ground allspice

Pork:

3/4 teaspoon ground chipotle chile pepper

1/2 teaspoon salt

1/2 teaspoon garlic powder

1/2 teaspoon ground coriander

1/4 teaspoon black pepper

4 (4-ounce) boneless center-cut pork loin chops, trimmed

Cooking spray

To prepare chutney, melt butter in a nonstick skillet over medium-high heat. Add apple; sauté 4 minutes or until lightly browned. Add cranberries and the next 6 ingredients (through allspice); bring to a boil. Reduce heat, and simmer 8 minutes or until apples are tender; stir occasionally.

To prepare pork, while chutney simmers, heat a grill pan over medium-high heat. Combine chipotle and next 4 ingredients (through black pepper); sprinkle over pork. Coat grill pan with cooking spray. Add pork to pan; cook 4 minutes on each side or until done. Serve with chutney.

CALORIES 321 ; FAT 9.6g (sat 4.2g,mono 3.6g,poly 0.7g); CHOLESTEROL 72mg; CALCIUM 45mg; CARBOHYDRATE 34.6g; SODIUM 520mg; PROTEIN 24.4g; FIBER 2.4g; IRON 1.1mg

Adzuki Butternut Squash Soup Recipe

Soups/Stews (ST)

Adapted from: 101 Cookbooks

Servings: 6

Healthy Units: 5

Posted by: ejwyatt (Emily)

Date: October 26, 2009

Author's Notes: If you like a bit more smoky heat, add more chipotle pepper to taste toward the end. Jae uses 1-2 chopped red bell peppers in place of the tomatoes here. You could certainly use a vegetable stock here in place of the water, but be sure to scale back on the added salt if you go this route - stock can be on the salty side. As with many stews, it's even better the day after, and I've been enjoying it over brown rice as well.

Em's Notes: I did the first step of sautéing the onions and then moved this to the crock-pot, adding all the rest of the ingredients. It worked well. My beans had been soaked but weren't cooked, so started on high for an hour and then simmering all day in the crock-pot worked perfectly.

- 1 teaspoon olive oil
- 1 teaspoon cinnamon
- 1 teaspoon (dried) coriander
- 2 teaspoons finely chopped chipotle pepper (from can, or rehydrated from dried chile)
- 2 teaspoons fine grain sea salt
- 2 medium-large onions
- 6 cloves garlic, minced
- 4 cups butternut squash, peeled and cut into 1/4-inch dice
- 5 - 6 cups water (I used 4 cups and the liquid from the tomatoes)
- 5 whole canned tomatoes, chopped (I used a can of petite diced)
- 4 cups cooked or canned adzuki beans

Heat the oil in a large pot over medium heat. Add the cinnamon, coriander, chipotle and salt and sauté for a minute or two - until aromatic. Add the onions and sauté another 5 minutes or so, until they start to go translucent. Add the garlic and butternut squash, stir well, and then add 5 cups of water. Increase the heat to bring to a boil, and once boiling, reduce heat, cover, and simmer for a few minutes, until the squash begins to soften - 5 - 10 minutes.

Once the squash has softened, use a potato masher and break up the squash pieces a bit. (not necessary in the crock-pot) Add the tomatoes, and cook a couple more minutes before adding the beans.

Per Serving (excluding unknown items): 277 Calories; 1g Fat (3.6% calories from fat); 14g Protein; 56g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 837mg Sodium

Stuffed Acorn Squash Moroccan

Meats/Vegetable (M/V)

Original recipe by Carrie

Servings: 10 (see notes for why)

Healthy Units: 6

Posted by Scarehair (Carrie)

October 27, 2009

My notes: I couldn't find exactly what I wanted online for a recipe so I made up my own. I made a lot of filling which ended up stuffing up to 10 halves. When I tried to change the amounts on MC it came up with weird amounts. I think the filling would keep well in the fridge or freezer. This could easily be made vegetarian with vegetable broth and chickpeas instead of chicken broth and ground beef. Some of my kids loved this. Others didn't.

1 cup couscous	10 teaspoons butter
3/4 pound extra lean ground beef	10 teaspoons brown sugar
1 large onion, minced	1 1/2 tablespoons cumin
1 cup baby carrot, diced	1 teaspoon cinnamon
clove garlic, minced	1/2 teaspoon red pepper flakes
1/4 cup dried cranberries	salt and pepper
8 dried apricot halves, diced	2 cups fat free chicken broth
5 whole acorn squash, halved, seeds and pulp removed	1 tablespoon olive oil

1. Preheat oven to 400 degrees. Trim bottom of each acorn squash half so it will sit flat. Place acorn squash in deep roasting pan. Place 1 teaspoon butter and sprinkle 1 teaspoon brown sugar in each half. Sprinkle each with a pinch of kosher salt and a grind of black pepper. Pour water into the pan to come halfway up the acorn squash. Bake in oven for 45 minutes or until tender.

2. Meanwhile, bring chicken broth to boil. Turn off heat and add couscous, cranberries and apricots. Set aside (couscous takes about 5 minutes to be ready.)

3. Pour olive oil into pan over medium-high heat. Add onions, carrot, and garlic. Cook and stir for 4 minutes. Add ground beef, cumin, and cinnamon. Cook, breaking up beef, until beef is cooked through. Salt and pepper to taste.

4. Stir couscous mix into ground beef mixture. Spoon 2/3 Cup couscous filling into each acorn half. Serve with fresh bread and fruit or a salad.

Cal 312, Fat 12g, Fiber 5g, Chol 34 mg, C

Pork Scaloppine Perugina

Meats (M)

Source: Cooking Light October 2003

Servings: 4

Healthy Units: 9.3

Posted by: Kate

October 29, 2009

The Mario Batali dish was restaurant quality, the sauce is a perfect balance of flavors, and it was quick and easy. My only change was to use Smart Taste spaghetti instead of fresh fettuccine.

The origins of this dish lie in the Italian university town of Perugia, but many of the ingredients and the cooking technique -- cutting the meat into scaloppini and sautéing it in a wine and caper sauce -- are Italian American.

4 (4-ounce) boneless center-cut loin pork chops (about 3/4 inch thick)	1/2 cup fat-free, less-sodium chicken broth
1/4 cup all-purpose flour	1 teaspoon all-purpose flour
1/2 teaspoon freshly ground black pepper	1 1/2 cups dry white wine
4 teaspoons olive oil, divided	1 1/2 tablespoons grated lemon rind
1 tablespoon capers, rinsed and drained	1 teaspoon finely chopped fresh sage
2 ounces very thin slices prosciutto, cut into 1/4 inch strips	4 canned anchovy fillets, drained, rinsed, and chopped
2 garlic cloves, minced	4 cups hot cooked fresh fettuccine (1[9-ounce] package)

Place each piece of pork between 2 sheets of heavy-duty plastic wrap; pound each piece to 1/2-inch thickness using a meat mallet or rolling pin. Combine 1/4 cup flour and pepper in a shallow dish. Dredge pork in flour mixture; set aside.

Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add capers, prosciutto, and garlic; sauté 3 minutes. Combine broth and 1 teaspoon flour, stirring well with a whisk. Add broth mixture, wine, rind, sage, and anchovies to pan, and cook 10 minutes, stirring occasionally. Pour sauce into a bowl; keep warm. Wipe pan clean with a paper towel.

Heat 1 tablespoon oil in pan over medium-high heat. Add pork to pan; cook 2 minutes on each side or until done. Add sauce to pan; cook 30 seconds or until thoroughly heated, stirring constantly. Remove pork from pan. Add pasta to pan; toss well to coat. Place 1 cup pasta on each of 4 plates; top each serving with one chop.

CALORIES 421 (30% from fat); FAT 14.4g (sat 4g,mono 6.8g,poly 1.2g); IRON 2.7mg; CHOLESTEROL 74mg; CALCIUM 54mg; CARBOHYDRATE 26.5g; SODIUM 592mg; PROTEIN 30.6g; FIBER 1.7g

Almond Soba Noodles

Category: Vegetarian (VG)

Adapted from: 101 Cookbooks

Servings: 6

Healthy Units: 6.5

Posted by: ejwyatt (Emily)

Date: November 7, 2009

Author's Notes: You might want to add a touch more curry paste if you like your noodles on the spicy side. On the other hand, if your curry paste is on the spicy side, you might want to go for a bit less - it is to taste really. As I was eating this I couldn't help but think that some blanched broccoli would be a nice addition or substitution for the pea spouts.

Em's Notes: I will use more curry paste the next time. I thought it was pretty mild, I bulked it up by adding both broccoli and pea shoots.

2 teaspoons red curry paste
1/3 cup unsalted almond butter
2 tablespoons fresh lemon juice
very scant 1/2 teaspoon salt
6 - 8 tablespoons hot water
12 ounces dried soba noodles

12 ounces extra-firm nigari tofu
4 ounces pea shoots (or other greens,
or tiny pieces of broccoli)
12 leaves fresh basil, slivered
1/4 cup sliced almonds, toasted (I
omitted, not included in nutritional)

Make the almond sauce by mashing the curry paste into the almond butter. Stir in the lemon juice and salt. And then whisk in the hot water one tablespoon at a time until you have a pourable dressing that is about as thick as a heavy cream. The dressing thickens as it cools, so feel free to thin it out with more water later on if needed. Taste, and add more salt or more curry paste if you like.

Cook the soba in plenty of rapidly boiling salted water just until tender, then drain and rinse under cold running water. Drain and shake off as much water as possible.

While the pasta is cooking, drain the tofu, pat it dry, and cut it into matchsticks or 1/2-inch cubes. Cook the tofu, along with a pinch or two of salt, in a well-seasoned skillet over medium-high heat for a few minutes, until the pieces are browned on one side. Add a tiny splash of oil if needed to prevent sticking. Toss gently once or twice, then continue cooking for another minute or so, until the tofu is firm, golden, and bouncy. About 15 seconds before the tofu has finished cooking, add the pea shoots to the hot pan.

In a large bowl combine the noodles with 2/3 of the almond sauce. Toss well, be sure all the noodles get coated. Arrange the tofu and pea shoots on top of the noodles, drizzle with the remaining sauce, and garnish with the slivered basil and toasted almonds.

Per Serving (excluding unknown items): 293 Calories; 12g Fat (34.5% calories from fat); 14g Protein; 38g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 359mg Sodium.

Pork Tenderloin with Mustard Sauce

Category: Meat (M)

Adapted from: Cooking Light, October '01

Servings: 4

Healthy Units: 5.25

Posted by: ejwyatt (Emily)

Date: November 15, 2009

CL Notes: Serve quick-cooking pork tenderloin in a zesty Dijon mustard sauce over egg noodles for dinner tonight. The noodles soak up the extra sauce so you don't lose any flavor. Pair with steamed asparagus or broccoli.

Em's Notes: I served this with sautéed spinach. YUM!

2 cups uncooked medium egg noodles

1 tablespoon olive oil

1 (1-pound) pork tenderloin, trimmed and cut crosswise into 12 (1-inch-thick) slices

1/2 teaspoon black pepper

1/4 teaspoon salt

1 cup dry white wine

3 tablespoons whole-grain Dijon mustard

2 tablespoons water

2 teaspoons cornstarch

Cook noodles according to package directions, omitting salt and fat; drain.

While the noodles cook, heat oil in a large nonstick skillet over medium-high heat. Sprinkle the pork with pepper and salt. Place pork in pan; cook 5 minutes, turning once.

Combine the wine and mustard; pour into pan. Cover, reduce heat, and simmer 10 minutes. Remove pork from pan; keep warm.

Combine water and cornstarch in a small bowl. Stir cornstarch mixture into pan; bring to a boil, and cook 1 minute or until thick. Serve pork with sauce and noodles.

Yield: 4 servings (serving size: 3 pork slices, about 3 tablespoons sauce, and about 1/2 cup noodles)

CALORIES 242 (30% from fat); FAT 8g (sat 1.9g,mono 4.4g,poly 0.9g); IRON 2mg; CHOLESTEROL 89mg; CALCIUM 22mg; CARBOHYDRATE 14g; SODIUM 298mg; PROTEIN 26.5g; FIBER 1.3g

Honey-and-Soy Glazed Carrots

Category: Vegetables

Adapted from: Food & Wine September 2009

Servings: 8

Healthy Units: 1

Posted by: DebMj1

11/21/09

F&W Notes: Honey and soy make these sautéed carrots pleasingly sweet and salty, with a rich golden brown color around the edges.

2 pounds carrots, peeled and cut into 2-by-1/2-inch sticks
2 tablespoons unsalted butter
2 tablespoons soy sauce
1 1/2 tablespoons honey

Bring a large saucepan of salted water to a boil. Add the carrots and cook until tender, about 8 minutes. Drain.

In a large skillet, melt the butter. Stir in the carrots and soy sauce and cook over high heat until the carrots are browned in spots, 2 minutes. Stir in the honey and cook until the carrots are glazed, 2 minutes longer. Transfer to a platter and serve.

Calories 62; Fat 3g; Cholesterol 8mg; Sodium 275 mg; Carbohydrate 9g; Protein 1g; Potassium 174mg; Fiber 2g

Creamy Mexican Turkey Soup

Category: Soups

Adapted from: CLBB originally posted by Bobmark

Serves: 6

Healthy Units: 4.6

Posted by: Kate

November 30, 2009

This soup is delicious- thick and spicy, perfect comfort food on a cold day. I used a bit more chipotle chili powder since I like it spicy.

- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 cup chopped yellow onion
- 2 cloves garlic, chopped
- 2 tsp oil
- 3 cups chicken or turkey broth
- 1 can diced green chilies, drained
- 2 cups 1 % milk
- 1/4 cup all-purpose flour
- 1 tsp salt
- 1 tsp chipotle chili powder
- 1/4 tsp. cumin
- 2 cups cubed turkey
- 3/4 cup frozen corn kernels
- 3 Tbsp. chopped fresh cilantro or parsley
- 1 cup low fat shredded cheddar cheese

In a large soup pot over high heat, sauté vegetables and garlic in oil; Add broth and bring to a boil. Reduce heat to medium-low and simmer, covered, until vegetables are tender, about 15 minutes. Add chilies.

In a bowl, whisk together milk, flour, salt, chili powder and cumin. Increase heat to high and whisk milk mixture into soup. Stir until thick and bubbly, about five minutes. Reduce heat to low. Add turkey, corn, cilantro and cheese and stir until cheese is melted and soup is hot, 5 - 10 minutes.

Per Serving (excluding unknown items): 228 Calories; 6g Fat (23.6% calories from fat); 28g Protein; 18g Carbohydrate; 2g Dietary Fiber; 43mg Cholesterol; 817mg Sodium.

Pine-Nut Crusted Snapper

Category: Fish/Seafood

Adapted from: Cooking Light November 1997

Servings: 4

Healthy Units: 6

Posted by DebMj1

12/01/09

Deb's Notes: I used cod instead of snapper. We thought it was wonderful.

2 (1-ounce) slices white bread, torn into pieces

1/4 cup pine nuts, toasted

1 egg white

1/4 teaspoon salt

1/8 teaspoon pepper

4 (6-ounce) skinned red snapper or other firm white fish fillets (I used cod)

Cooking spray

2 teaspoons reduced-calorie margarine, melted

Lime wedges

Preheat oven to 400°.

Place bread in a food processor; process until crumbs are fine. Add pine nuts; pulse just until pine nuts are finely chopped. Place breadcrumb mixture in a shallow dish. Place egg white in a shallow bowl; beat with a whisk. Sprinkle salt and pepper over fish. Dip fish in egg white; dredge in breadcrumb mixture.

Place fish fillets on a baking sheet coated with cooking spray, and drizzle margarine over fish. Bake fish at 400° for 15 minutes or until outside is crispy and browned and fish flakes easily when tested with a fork. Serve fish with lime wedges.

Nutritional Information Calories:283 (29% from fat), Fat:9.2g (sat 1.6g,mono 2.9g,poly 3.6g), Protein:39.6g, Carbohydrate:11g, Fiber:0.9g, Cholesterol:63mg, Iron:1.7mg, Sodium:365mg, Calcium:75mg

Spicy Roasted Potatoes and Asparagus

Category: Vegetables

Healthy Units: 4

Adapted from: Cooking Light

Servings: 2

Posted by DebMj1

12/01/09

Deb's Notes: I made this as an accompaniment to the Pine-Nut Crusted Snapper. Rather than turning on the second oven, I reduced the oven temperature to 400 when I added the asparagus and baked the fish and potato/asparagus mixture for the same length of time.

CL Notes: Move the potatoes to one side of the dish before you add the asparagus so the spears can cook in a single, even layer.

2 teaspoons olive oil, divided
1/4 teaspoon sea salt, divided
1/4 teaspoon chopped fresh or 1/8 teaspoon dried thyme
1/8 teaspoon freshly ground black pepper
1/8 teaspoon crushed red pepper
6 small red potatoes (about 3/4 pound), quartered
Cooking spray
2 tablespoons grated fresh Parmesan cheese
1 teaspoon minced garlic, divided
1/2 pound asparagus spears
Preheat oven to 450°.

Combine 1 teaspoon oil, 1/8 teaspoon salt, thyme, peppers, and potatoes in an 11 x 7-inch baking dish coated with cooking spray. Bake at 450° for 20 minutes, stirring occasionally. Stir in cheese and 1/2 teaspoon garlic.

Snap off tough ends of asparagus. Combine 1 teaspoon oil, 1/8 teaspoon salt, 1/2 teaspoon garlic, and asparagus. Add asparagus mixture to dish. Bake for 10 minutes or until asparagus is crisp-tender.

Nutritional Information: Calories: 223 (27% from fat), Fat:6.8g (sat 1.9g,mono 3.9g,poly 0.6g), Protein:9.1g, Carbohydrate:34.2g, Fiber:4.6g, Cholesterol:5mg, Iron:3.6mg, Sodium:419mg, Calcium:136mg

Whole-Grain Gingersnaps

Category: Cookies/Bars

Healthy Units: 1

Adapted from: Good Housekeeping December 2009

Yield: 84 cookies

Posted by: Kate

December 14, 2009

Loved these soft cake-like cookies, nice and spicy and very pretty. The recipe is easy and makes a lot of cookies. Be sure to roll them with greased hands as the dough is very sticky.

Dotted with dainty nonpareils, these molasses-spiked morsels are stealth health sweets — no one will guess they're secretly made with whole wheat flour.

2 cup(s) all-purpose flour
2 cup(s) whole wheat flour
2 tablespoon(s) ground ginger
2 teaspoon(s) baking soda
1 teaspoon(s) ground cinnamon
1 teaspoon(s) salt
1 cup(s) sugar
3/4 cup(s) trans-fat free vegetable oil spread (60% to 70% oil) (I used light butter)
2 large eggs
1 cup(s) dark molasses
Nonpareils or round white sprinkles (optional)

Directions

In medium bowl, whisk both flours, ginger, baking soda, cinnamon, and salt until blended.

In large bowl, with mixer on low speed, beat sugar and oil spread until blended. On high speed, beat until light and creamy, scraping bowl with rubber spatula. Beat in eggs and molasses. On low speed, blend in flour mixture. Cover dough and refrigerate until easier to handle (dough will be sticky), 1 hour.

Preheat oven to 350 degrees F. With greased hands, shape dough into 1-inch balls. Dip tops of balls in nonpareils; place, 2 1/2 inches apart, on ungreased cookie sheets.

Bake cookies until tops are slightly cracked, 9 to 11 minutes. (Cookies will be very soft.) Cool cookies on cookie sheets 1 minute. With metal spatula, transfer cookies to wire rack to cool. Repeat with remaining dough. Store in airtight container at room temperature up to 3 days or in freezer up to 1 month.

Nutritional Information: 55 calories, 2 grams fat, 1 gram fiber

Lemon Pudding Cakes

Category: Dessert

HUs: 3

From: Good Housekeeping 01/10

Servings: 8

Posted by: Chris Needles (cneedles)

Date: 1/1/10

Ingredients

1/3 c. plus 1/4 c. sugar, plus additional
for ramekins

1/4 c. all purpose flour

1/4 tsp. salt

2-3 Meyer or regular lemons (I used
3 regular)

3 lg. eggs, separated

2 Tbsp. butter margarine, melted and
cooled

1 c. whole milk

1 pt. raspberries for garnish
(optional)

Fresh mint sprigs for garnish
(optional)

Preheat oven to 350 F. Grease eight 4-5 ounce ramekins; sprinkle with sugar to coat bottoms and sides. Shake out any excess.

On sheet of waxed paper, with fork, combine flour, 1/3 c. sugar, and salt.

From lemons, grate 1 1/2 Tbsp. peel and squeeze 1/2 c. juice.

In large bowl, with wire whisk, beat egg yolks and lemon peel and juice. Whisk in butter and milk. Gradually whisk in flour mixture.

In another large bowl, with mixer on medium speed, beat egg whites until foamy. Gradually beat in 1/4 c. sugar until soft peaks form when beaters are lifted, about 2-3 minutes.

Add one-third beaten whites to yolk mixture, and, with rubber spatula, stir gently until incorporated. Gently fold in remaining whites until just incorporated.

With ladle, divide batter evenly among prepared ramekins. Arrange ramekins 1 inch apart in large (17" x 13") roasting pan. Fill pan with enough hot water to come halfway up sides of ramekins. Carefully transfer pan to oven and bake 30-35 minutes (or until cakes are golden brown and tops rise 1/2 inch above rims).

Cool cakes in pan on wire rack 5 minutes. With sturdy spatula, carefully remove ramekins from pan with water and transfer to wire rack to cool 15 minutes longer. Run thin knife around edge of 1 ramekin. Place small serving plate on top of ramekin and invert plate and ramekin together; remove ramekin. Repeat with remaining ramekins. If desired, garnish each cake with a couple of raspberries and a mint sprig; serve warm.

Sweet Potato Chicken Curry

Category: Poultry (P)

Adapted from: Cooking Light, Sep.'09

Healthy Units: 3.5

Servings: 7

Posted by: ejwyatt (Emily)

Date: January 2, 2010

Em's Notes: the flavors in this are wonderful. A work colleague pointed this one out to me. Definitely a recipe to repeat soon.

2 teaspoons curry powder	2 garlic cloves, minced
1 teaspoon ground coriander	1 (14-ounce) can fat-free, less-sodium chicken broth
1 teaspoon ground turmeric	1 (14.5-ounce) can diced tomatoes, undrained
1/2 teaspoon salt	2 cups (1/2-inch) cubed peeled sweet potato
1/2 teaspoon black pepper	3/4 cup canned chickpeas, rinsed and drained
1/4 teaspoon ground red pepper	1/2 cup frozen green peas
1 bay leaf	1 tablespoon fresh lemon juice
1 1/2 teaspoons olive oil	
1 1/2 pounds skinless, boneless chicken breast, cut into 1-inch pieces	
1 1/2 cups vertically sliced onion	
1 1/2 teaspoons minced peeled fresh ginger	

1. Combine curry powder, coriander, turmeric, salt, black pepper, red pepper, and bay leaf in a small bowl.

2. Heat oil in a large Dutch oven over medium-high heat. Add chicken to pan; sauté 5 minutes or until browned, stirring occasionally. Remove chicken from pan. Reduce heat to medium. Add onion to pan; cook 10 minutes or until tender, stirring frequently. Increase heat to medium-high; return chicken to pan. Cook 1 minute, stirring occasionally. Stir in ginger and garlic; cook 1 minute, stirring constantly. Add curry powder mixture; cook 2 minutes, stirring constantly. Add broth and tomatoes; bring to a boil. Cover, reduce heat, and simmer 1 hour. Stir in potato and chickpeas. Cook, uncovered, 30 minutes. Add peas; cook 5 minutes or until thoroughly heated. Remove from heat; stir in lemon juice. Discard bay leaf

Yield: 7 servings (serving size: about 1 cup)

CALORIES 196 ; FAT 3.9g (sat 0.9g,mono 1.6g,poly 0.8g); CHOLESTEROL 54mg; CALCIUM 46mg; CARBOHYDRATE 16.9g; SODIUM 467mg; PROTEIN 23g; FIBER 3.5g; IRON 1.9mg

Salmon Rosti

Category: fish/seafood

Adapted from Eating Well Feb 2010

Core: No

HUs: 6

4 servings, 2 patties each

Posted by Poisonqueen

Date: 1/3/10

Quick and Easy

Ingredients:

12 oz. cooked or canned salmon

1/2 cup red onion-finely chopped

2 lg. eggs +1 lg. egg white - sl. beaten

1 tbsp. prepared mustard-whole grain

3 tbsp. fresh dill-chopped, divided(or 2 tsp. dried)

1/2 tsp. freshly ground black pepper

1/2 tsp. salt

4 c. frozen hash browns

2 tbsp. extra virgin olive oil-divided

1/3 cp. light sour cream

1 tbsp. capers-rinsed and chopped(I omitted these)

1 tbsp. lemon juice

Combine salmon, onion, eggs and egg white, mustard, 2 tablespoons of dill, pepper and salt in a large bowl. Add hash browns and stir to combine.

Preheat oven to 200F.

Heat 1 tablespoon oil in large non-stick skillet over medium heat until shimmering. Fill a 1 cup measuring cup 2/3 full with the salmon mixture and pack it down. Unmold into pan and pat to form a patty. Be careful - it falls apart easily until it's cooked! Repeat, with 3 more cakes. Cover, and cook until browned on the bottom, 3-5 minutes(a good 5-7 minutes for me). Gently turn over, cover and cook for an additional 3-5 minutes(again - 5-7 for me!). Transfer the cakes to an oven-proof platter and place in over to keep warm. Wipe out the pan, heat the second tablespoon of olive oil, and repeat.

Combine sour cream, capers, lemon juice, and the remaining dill in a small bowl. Serve over the salmon cakes.

Per Serving: 292 Calories; 11g Fat (33.4% calories from fat); 9g Protein; 41g Carbohydrate; 3g Dietary Fiber; 108mg Cholesterol; 433mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Quinoa with Black Beans and Cilantro

Category: RP (Rice/Pasta)

Adapted from Bon Apétit via Epicurious

HUs: 5.5

Servings: 8

Posted by CrissyBear (Christine)

January 5, 2010

1 tablespoon vegetable oil
2 cups white onions -- chopped
1 cup red bell pepper -- chopped
1 cup quinoa -- rinsed, drained
2 teaspoons chili powder
1/2 teaspoon ground cumin
1/2 teaspoon salt
5 1/2 cups water
1 15 ounce can black beans -- rinsed, drained
1/2 cup chopped fresh cilantro -- divided
Crumbled Cotija cheese or feta cheese (optional)

Heat oil in heavy medium saucepan over medium-high heat. Add onions and red pepper; sauté until beginning to soften, about 5 minutes.

Stir in next 4 ingredients. Add water; bring to boil. Cover, reduce heat to medium-low, and simmer until quinoa is almost tender, about 14 minutes.

Add beans and 1/4 cup cilantro; cook uncovered until heated through and liquid is fully absorbed, about 3 minutes. Transfer to bowl; sprinkle with 1/4 cup cilantro and cheese, if desired.

Per Serving: 299 Calories; 4g Fat (11.5% calories from fat); 15g Protein; 53g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 154mg Sodium.

Cheesy Broccoli-Potato Mash

Category: Veg/Potato

Adapted from Eating Well

HUs: 3

Core:N

Servings 6 (2/3 cup each)

Posted by jillybean03

1/9/10

Ingredients

1 lb Yukon Gold potatoes, scrubbed and cut into wedges

3/4 lb broccoli crowns, chopped (approx 4 cups)

3/4 cup shredded fontina (I used fontiago)

1/2 c. nonfat milk, heated

salt & pepper to taste

Bring 1 inch water to boil in a large saucepan with a steamer basket. Add potatoes, cover & steam for 10 minutes. Place broccoli on top, cover & steam until both are tender - about 6-8 minutes (err on the side of longer.... they need to be mashable)

Transfer to a large bowl & mash to desired consistency with a potato masher. (EW says to do the broccoli first... I found that to be a pain in the toot, so I did mine together) Add milk, cheese, salt & pepper. Continue mashing to desired consistency.

135 cal; 4 g fat (3 sat/1 mono), 16 mg cholesterol; 17g carb; 7 g protein; 2 g fiber; 330 mg sodium

bonus: Vitamin C (100% daily value - woo hoo!); vitamin A (30% dv)

Thai Chicken & Mango Stir-Fry

Category: Poultry (P)

Adapted from: Eating Well, Jan/Feb '10

HUs: 3.5

Servings: 6

Posted by: ejwyatt (Emily)

Date: January 9, 2010

EW Notes: Both ripe and underripe mango work well in this chicken and vegetable stir-fry. If the mangoes you have are less ripe, use 2 teaspoons brown sugar. If they're ripe and sweet, just use 1 teaspoon or omit the brown sugar altogether.

Em's Notes: I served this over brown rice. The cilantro, basil and mint mixture really set this dish off. I probably went a little heavy with the broccoli and the crushed red pepper and it was excellent.

2 tablespoons plus 1 teaspoon fish sauce (see Note)	4 cups bite-size broccoli florets
2 tablespoons lime juice	1/4 cup water
1 1/2 teaspoons cornstarch	2 mangoes, peeled and diced
1-2 teaspoons brown sugar	1 bunch scallions, cut into 1-inch pieces
4 teaspoons canola oil, divided	1/4 cup chopped fresh cilantro
1 pound chicken tenders, cut into 1-inch pieces	1/4 cup chopped fresh basil, preferably Thai
2 cloves garlic, minced	1/4 cup chopped fresh mint
1 teaspoon minced fresh ginger	1 lime, cut into 6 wedges (optional)
1-2 fresh small red or green chile peppers, stemmed and sliced, or 1/2-3/4 teaspoon crushed red pepper	

Combine fish sauce, lime juice, cornstarch and brown sugar to taste in a small bowl.

Heat 2 teaspoons oil in a wok or large skillet over high heat. Add chicken; cook, stirring, until just cooked through, 5 to 7 minutes. Transfer to a plate.

Add the remaining 2 teaspoons oil, garlic, ginger and chilies (or crushed red pepper) to the pan. Cook, stirring, until fragrant, about 15 seconds. Add broccoli and water; cook, stirring, until beginning to soften, about 2 minutes. Add mangoes and scallions; cook, stirring, for 1 minute. Add the reserved sauce and chicken; cook, stirring, until the sauce is thickened and the chicken is heated through, about 1 minute. Stir in cilantro, basil and mint. Serve with lime wedges, if desired.

Nutrition Per serving : 195 Calories; 5 g Fat; 1 g Sat; 2 g Mono; 44 mg Cholesterol; 21 g Protein; 4 g Fiber; 531 mg Sodium; 557 mg Potassium

Inside-Out Lasagna

Category: Pasta (RP)

Adapted from: Eating Well, Jan/Feb '10

HUs: 7

Servings: 4

Posted by: ejwyatt (Emily)

Date: January 10, 2010

EW Notes: Here we take basic lasagna ingredients—ricotta cheese, pasta and tomatoes—and skip the layering and long baking time to make a super-quick and satisfying meal for the whole family. To cut down on prep time, look for pre-sliced mushrooms. For meat lovers, brown some crumbled turkey sausage along with the onions and garlic. Serve with: Steamed broccoli and whole-grain baguette.

Em's Notes: I had some uncooked broccoli in the fridge. I added it to the pasta water while the pasta cooked. I used the red pepper flakes and recommend using them.

8 ounces whole-wheat rotini or fusilli
1 tablespoon extra-virgin olive oil
1 onion, chopped
3 cloves garlic, sliced
8 ounces sliced white mushrooms (about 3 1/2 cups)
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
1 14-ounce can diced tomatoes with Italian herbs
8 cups baby spinach
1/2 teaspoon crushed red pepper (optional)
3/4 cup part-skim ricotta cheese

Bring a large pot of water to a boil. Add pasta; cook until just tender, 8 to 10 minutes or according to package directions. Drain and transfer to a large bowl. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, about 3 minutes. Add mushrooms, salt and pepper and cook, stirring, until the mushrooms release their liquid, 4 to 6 minutes.

Add tomatoes, spinach and crushed red pepper (if using). Increase heat to medium-high; cook, stirring once halfway through, until the spinach is wilted, about 4 minutes.

Toss the sauce with the pasta and divide among 4 bowls. Dollop each serving with 3 tablespoons of ricotta.

Per serving : 364 Calories; 9 g Fat; 3 g Sat; 4 g Mono; 14 mg Cholesterol; 16 g Protein; 7 g Fiber; 588 mg Sodium; 786 mg Potassium

Rice and Black Bean Pilaf

Category: RP (Rice/Pasta)

Source: Ellie Krieger

HUs: 6

Serves: 4

Posted by: Kate

January 11, 2010

This makes a great side to Mexican food and is very filling, the serving size is huge.

- 1 cup brown rice, uncooked
- 2 1/4 cups low-sodium chicken broth
- 1 tablespoon olive oil
- 1 small onion, diced (1 cup)
- 2 cloves garlic, minced
- 2 teaspoons fresh chopped oregano or 1 teaspoon dried
- 1 stalk celery, finely diced
- 1 large carrot, finely diced
- 1 teaspoon ground cumin
- 1/2 teaspoon dried chili flakes
- 1 (15.5 ounce) can low-sodium black beans, drained and rinsed
- 2 teaspoons finely chopped parsley leaves

Place rice and chicken broth in a saucepot and bring to a boil. Reduce heat and cook rice, covered, until tender and all the liquid is absorbed, 30 to 35 minutes. Remove from heat, uncover, and fluff with a fork.

Heat the oil in a large sauté pan over medium-high heat. Add onions and cook until onions are soft and translucent, about 5 minutes. Add garlic, oregano, celery, carrot, cumin and chili flakes and cook, stirring occasionally, until carrots are tender but not mushy, about 6 minutes. Stir in black beans and cook until just warmed through, about 1-2 minutes.

Combine onion-black bean mixture and hot rice in a serving bowl and toss to combine. Garnish with parsley.

Per Serving:

(1 serving equals 1 1/2 cups pilaf)

Calories 310; Total Fat 6 g; (Sat Fat 1 g, Mono Fat 3.5 g, Poly Fat 1 g) ; Protein 11 g; Carb 57 g; Fiber 8 g; Cholesterol 0 mg; Sodium 290 mg

Roasted Cauliflower with Blue Cheese Vinaigrette

Category: Vegetable (V)

Source: Eating Well: January/February 2010

HUs: 2

4 servings

Posted By: Aimster03

January 11, 2010

Amy's Notes: We enjoyed this side dish. It is easy enough to make on a week night. I served the vinaigrette on the side.

1 large head cauliflower, leaves trimmed
2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
1/8 teaspoon plus 1/4 teaspoon salt, divided
2 tablespoons crumbled blue cheese
1 tablespoon white-wine vinegar
1 tablespoon water
1 tablespoon minced scallion greens
1/4 teaspoon freshly ground pepper

Position rack in lower third of oven; preheat to 450°F. Coat a large rimmed baking sheet with cooking spray.

Cut cauliflower into quarters. Remove any extra woody core from the ends, but keep the quarters intact. Brush with 2 teaspoons oil and sprinkle with 1/8 teaspoon salt. Place cut-side down on the prepared baking sheet.

Roast the cauliflower for 15 minutes. Turn so the opposite cut sides are down. Continue roasting until tender, 15 to 20 minutes more.

Meanwhile, combine the remaining 1 tablespoon oil, the remaining 1/4 teaspoon salt, blue cheese, vinegar, water, scallion greens and pepper in a small bowl. Serve the roasted cauliflower drizzled with the vinaigrette.

Per serving : 90 Calories; 7 g Fat; 2 g Sat; 5 g Mono; 3 mg Cholesterol; 3 g Protein; 2 g Fiber; 304 mg Sodium; 283 mg Potassium

Brown-rice salad with spinach and tomatoes

Category: Rice/Pasta/Grains

HUs: 4

Adapted from: Everyday Food Jan/Feb 2010

Servings: 4

Posted by: Andiette

Date: 1-13-2010

Andie's notes: I used short grain brown rice and cooked it a bit long so it ended up kinda sticky. It made the dish very creamy. Don't skip the fresh dill. I think it made the dish.

Ingredients

2 TBL extra-virgin olive oil

2 tsp red-wine vinegar

2 TBL chopped fresh dill

2 garlic clove, minced

1/4 tsp sugar

coarse salt and ground pepper

2 C cooked brown rice

2 medium cucumber, peeled, halved lengthwise, seeded and sliced

2 C baby spinach

2 pint cherry tomatoes, halved

In a large bowl, whisk together oil, vinegar, dill, garlic and sugar. Season generously with salt and pepper. Add rice, cucumber, spinach and tomatoes and toss to combine.

Per serving: 203 cal, 8.1 g fat, 4 g protein, 29.9 g carb, 3.6g fiber

Quinoa, Mango & Black Bean Salad

Category – RP (Rice/Pasta)

Adapted from - Eating Well Serves Two

HUs: 8.4

Servings - 2 @ 2 cups each

Posted by - Hartssy

Date 1-14-2010

EW Notes:

The vibrant colors of this salad—orange, red, black and green—signal that it's loaded with phytochemicals, vitamins and minerals. And since it features both quinoa—a “complete” protein with all the essential amino acids—and black beans, it's a vegetarian protein powerhouse. Serve on a bed of Boston lettuce or in a pita pocket.

Nancy's Notes - This was Wonderful! I had a very ripe mango that needed used and was hunting for a main dish salad and BINGO, here it is! I also had an avocado that needed used and added it (as another reviewer did) to the salad. Awesome protein for the serving, which is quite generous.

Ingredients

1/2 cup quinoa, (see Note)

1 cup water

1/4 cup orange juice

1/4 cup chopped fresh cilantro

2 tablespoons rice vinegar

2 teaspoons toasted sesame oil

1 teaspoon minced fresh ginger

1/8 teaspoon salt

Pinch of cayenne pepper

1 small mango, diced

1 small red bell pepper, diced

1 cup canned black beans, rinsed

2 scallions, thinly sliced

Preparation

1. Toast quinoa in a small dry saucepan over medium heat, stirring often, until it crackles and becomes aromatic, 4 to 6 minutes. Transfer to a fine sieve and rinse thoroughly. Return the quinoa to the pot and add water. Bring to a simmer; reduce heat to maintain a simmer. Cover and cook until the quinoa is tender and the liquid has been absorbed, 15 to 20 minutes.

2. Meanwhile, whisk orange juice, cilantro, vinegar, oil, ginger, salt and cayenne in a medium bowl. Add mango, bell pepper, beans and scallions; toss to coat.

3. When the quinoa is finished cooking, add to the mango mixture and toss to combine.

Tips & Notes

Make Ahead Tip: This salad can be made up to 2 days in advance (cover and refrigerate). Serve chilled.

Note: Quinoa, a delicately flavored grain, was a staple in the ancient Incas' diet. Toasting it before cooking enhances its flavor, and rinsing removes any residue of saponin, quinoa's natural, bitter protective covering.

Per serving: 422 calories; 9 g fat (1 g sat, 2 g mono); 0 mg cholesterol; 74 g carbohydrates; 15 g protein; 19 g fiber; 258 mg sodium; 642 mg potassium.

Nutty Honey Power Bars

Breakfast

Adapted from Eating Well 2/2010

HU: 4.9

Servings: 8

Posted by Carrie (Scarehair)

1/15/2010

Carrie's notes: I think any combo of dried fruits would work well in this.

1 Cup old fashioned rolled oats
¼ chopped pecans
¼ Cup sunflower seeds
2 Tablespoons golden flax seeds
1 Cup unsweetened whole grain puffed cereal
2/3 Cups chopped dried apricots
1/3 Cup chopped dried cranberries
¼ cup creamy almond butter
¼ cup turbinado or brown sugar
¼ Cup honey
1 Tablespoon vanilla extract
1/8 teaspoon salt

Preheat oven to 350 degrees. Coat an 8" square pan w/ cooking spray (I just use oil and paper towel). Spread oats, pecans, sunflower seeds, and flax seeds on a large rimmed baking tray. Bake until oats are lightly toasted, about 10 minutes.

Toss oat mix in a bowl with dried fruits and cereal.

Combine almond butter, honey, sugar, vanilla and salt in a small saucepan. Heat over medium low, stirring frequently, until the mixture bubbles lightly, 2 to 5 minutes. Immediately pour over oat-cereal mix and combine with a spoon or spatula until no dry spots remain.

Transfer to prepared pan. Lightly coat your hands with oil and press mixture down firmly into pan.

Refrigerate until firm. Cut into 8 bars. (I individually wrap mine and store in fridge so they are ready to go in the morning.

Cal. 244, Fat 10g, Chol 0mg, carb 38g, protein 5g, fiber 3g, sodium 74 mg,

Whole Grain Waffles with Blackberry Sauce

Breakfast

Adapted from Eating Well Magazine Feb. 2010

HU: 7.2

Servings: 6

Posted by Carrie (Scarehair)

Jan. 16, 2010

Carrie's notes: this was a big breakfast! I could easily be satisfied with half a serving. I served this as a Saturday brunch. EW used cherries in their sauce. Any fruit would certainly work. Very filling with the whole grains.

Blackberry sauce:

2 Cups fresh or frozen blackberries

¼ c water

¼ Cup honey

2 Teaspoons cornstarch

1 teaspoon lemon juice

1 Tablespoon vanilla

Waffles:

2 Cups white whole-wheat flour

½ Cup fine cornmeal

1 ½ teaspoons baking powder

½ teaspoon baking soda

¼ teaspoon salt

2 large eggs

¼ Cup packed light brown sugar

2 Cups low fat buttermilk or sour milk (1 Tablespoon vinegar per 1 Cup milk, let sit for 5 minutes to sour)

1 Tablespoon olive oil or canola oil

1 Tablespoon vanilla

For sauce: Combine all sauce ingredients in a sauce pan over med heat and cook, stirring occasionally until thickened (about 1 minute)

For waffles: Whisk together flour, cornmeal, soda, baking powder, and salt. Beat eggs and brown sugar in separate bowl. Add buttermilk, oil, and vanilla to egg mixture and whisk. Pour egg mixture into flour mixture and stir until just combined. Lightly coat hot waffle iron with cooking spray. Spread 2/3 Cups of batter over waffle iron and cook until golden (4-5 min.). Serve with ¼ Cup of sauce.

Cal 380; 5 g fat; 74 mg chol; 74 g carb; 12 g protein; 6 g fiber

Roasted Chicken with Caramelized Onion Soup

Soup (ST)

Adapted from SwansonBroth.com

HU: 3.5

Serves 6

Posted by bms2003 (Betty)

January 16, 2010

Betty's notes: This was very good as written but I will increase the amount of caramelized onions the next time. I also added extra veggies.

2 cups roasted chicken cut into strips
2 t vegetable oil
2 medium onions, halved & thinly sliced (about 1 cup)
8 cups non-fat chicken broth
1/8 t ground black pepper
2 medium carrots, sliced
2 stalks celery, sliced
3/4 c uncooked pasta (I used penne)

Heat the oil in a 10-inch skillet over medium-high heat. Add the onions and cook until they begin to brown, stirring occasionally. Reduce the heat to medium, Cook until the onions are tender and caramelized, stirring occasionally. Remove the skillet from the heat.

Heat the broth, black pepper, carrots and celery in a 4-quart saucepan over medium-high heat to a boil. Stir in the pasta and chicken in the saucepan. Reduce the heat to medium. Cook for 10 minutes or until the pasta is tender. Stir in the onions and serve immediately.

Per Serving: 189 Calories; 4g Fat (15.1% calories from fat); 31g Protein; 18g Carbohydrate; 3g Dietary Fiber; 40mg Cholesterol; 724mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.

Parmesan Spinach Cakes

Source: EatingWell September/October 2008

HU: 3

Servings: 4 (2 cakes each)

Posted by: Waneyvant

Date: January 17, 2010

EW Notes: If you like spinach-cheese pie, try these simple but elegant-looking little spinach cakes.

Waney Notes: some reviews said they were soggy, so I added 1/2 c. panko and also some onion flakes & Jane's crazy salt. NI does not reflect panko; add 1/2 HU. I baked for 30 minutes.

12 oz fresh spinach

1/2 c. part-skim ricotta cheese, or low-fat cottage cheese

1/2 c. finely shredded Parmesan cheese, plus more for garnish

2 large eggs, beaten

1 clove garlic, minced

1/4 tsp salt

1/4 tsp freshly ground pepper

Preheat oven to 400°F. Pulse spinach in three batches in a food processor until finely chopped. Transfer to a medium bowl. Add ricotta (or cottage cheese), Parmesan, eggs, garlic, salt and pepper; stir to combine.

Coat 8 cups of the muffin pan with cooking spray. Divide the spinach mixture among the 8 cups (they will be very full). Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with more Parmesan, if desired.

Per serving : 141 Calories; 8 g Fat; 4 g Sat; 3 g Mono; 123 mg Cholesterol; 6 g Carbohydrates; 13 g Protein; 2 g Fiber; 456 mg Sodium; 560 mg Potassium

Black-Bean and Brown Rice Cakes

rice/pasta

HUs: 5

Adapted from Everyday Food Jan/Feb 10

Serves 4 as a main course or 8 as appetizer

Posted by Andiette

Jan 18, 2010

Ingredients:

2 cans (15 oz each) black beans, rinsed and drained

2 large scallions, coarsely chopped (I used 4)

1 jalapeno, seeded and chopped (I used half, but I'm a wimp)

1/4 tsp ground cumin

3/4 C cooked brown rice

coarse salt and ground pepper

1 T olive oil

1/2 C plain low-fat yogurt

1 T finely chopped fresh cilantro

1 T fresh lime juice

Instructions:

Preheat oven to 450. Pulse 1/2 beans with scallions, jalapeno, and cumin in a food processor until forms paste. Combine bean puree with rice and remaining beans. Season with salt and pepper. Divide mixture into 8 patties (To freeze, wrap individually in plastic and freeze up to 2 weeks. Thaw before cooking).

Brush a rimmed baking sheet with oil. Place in oven to heat 5 minutes. Carefully place patties on hot sheet. Bake until bottoms are golden brown, 10-12 minutes, rotating sheet halfway through. Let rest on sheet 5 minutes before removing.

Meanwhile, combine yogurt, cilantro and lime juice. Season with salt and pepper. Serve patties with yogurt sauce

Andie's notes: Patties definitely firm up once they've sat for 5 minutes. They are pretty messy to make, but good and a nice pantry meal. I'd consider this quick and easy. Also, I tried using PAM instead of brushing the sheet with OO. It smoked pretty badly on the empty baking sheet. I'd use the oil next time.

2 patties - 276 calories, 6 g fat, 12.5 g fiber

African Pineapple Peanut Stew

Source: Moosewood Restaurant Cooks at Home

Posted by: homeschoolmel

HU: 5.3

Servings: 4

Category: Vegetarian

Date: 1/24/10

Melanie's Comments: The original recipe called for 1/2 cup peanut butter and I cut that in half. Also, they call for a 20-ounce can of crushed pineapple and I only had chunk pineapple. The NI reflects my changes. I LOVED this. My family, however, would not eat it. I paired each serving with 1/2 cup whole wheat couscous. The leftovers reheated nicely and were just as tasty.

1 cup chopped onions
2 garlic cloves, minced or pressed
1 tablespoon vegetable oil
1 bunch kale or Swiss chard (4 cups sliced)
2 cups undrained pineapple (crushed or chunks) - 20-ounce can
1/4 cup peanut butter
1 tablespoon Tabasco or other hot sauce
1/2 cup chopped fresh cilantro
salt to taste (I didn't use and didn't miss this)

In a covered saucepan, sauté the onions and garlic in oil for about 10 minutes, stirring frequently. While the onions sauté, wash the kale or Swiss chard. Remove and discard the large stems and any blemished leaves. Stack the leaves on a cutting surface and slice crosswise into 1-inch thick slices. Add the pineapple and its juice to the onions and bring to a simmer. Stir in kale or chard, cover, and simmer 5 minutes, stirring a couple times, until just tender. Mix in the peanut butter, Tabasco and cilantro and simmer 5 additional minutes. Add salt to taste and serve.

NI: 256 calories; 12.4g fat; 0mg cholesterol, 108mg sodium; 34g carbohydrates; 5.3g fiber; 7.6g protein

Molten Lava Cakes

Source: Clean Eating Magazine Nov/Dec '09

HU: 5.2

Servings: 4

Posted by: homeschoolmel

Category: Desserts

Date: 1/24/10

Comments: These are a "just right" serving size for dessert. I had to bake them a little longer than the recipe calls for, but that could just be my oven. We topped ours with a tablespoon of cool whip. I especially liked how easy they were to make. I prepped them while dinner was in the oven and put them in just as we were sitting down to eat. They were nice and warm when it was time for dessert.

Olive oil cooking spray

1/4 cup plus 1 Tablespoon unsweetened cocoa powder

1/3 cup Sucanat

3 Tablespoons unsweetened applesauce

3 Tablespoons olive oil

1 egg

1 egg white

1/2 cup white whole wheat flour

1 tsp. pure vanilla extract

Orange or pear slices for garnish (optional)

Preheat oven to 400F. Lightly spray 4 4-oz. custard cups or small ramekins with cooking spray.

In a medium bowl, combine cocoa powder and Sucanat; whisk in applesauce and oil.

In a small bowl, lightly whisk egg and egg white and add to cocoa mixture, whisking until smooth.

Stir in flour and vanilla until flour is combined completely - do not over mix. Divide mixture evenly among cups, place on a baking sheet and bake for 9 minutes. Centers should be soft but sides firm. Invert cups onto serving plates; let stand a few minutes before removing cups. Garnish each cake with fruit slices, if desired, and serve warm.

NI: 250 calories; 13g fat (2.5 sat. fat); 32g carbs; 5g fiber; 17g sugar; 6g protein; 40mg sodium; 32mg cholesterol.

Artichoke Hummus

Source: Saad Fayed, About.com:MiddleEastern Food (modified from)

HU: 1

Servings: 12 (1/4 cup each)

Posted by Waneyvant

Date: January 24, 2010

1 can of chickpeas (14 oz), drained with liquid set aside (I used 2 cups I cooked)

1 can of artichoke hearts (14 oz) drained

2 T. tahini

2 T. olive oil*

1 clove of garlic, crushed

2 T. lemon juice

In a food processor, combine chickpeas, artichokes, and tahini. Blend. Slowly add, olive oil, garlic, and lemon juice. Blend to a smooth consistency. If artichoke hummus is too thick, add 1 tablespoon of chickpea liquid at a time until desired consistency.

*Jane's notes: Original recipe called for 3 T. olive oil, 2 is plenty. I dumped everything in together at the same time and did not need to add any liquid. I also used 2 cloves of garlic, but I am afraid of vampires.

Per Serving: 93 Calories; 4g Fat (40.6% calories from fat); 4g Protein; 10g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 88mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Mahnomin Porridge

Adapted from Damn Good Food Cookbook

Breakfast

HUs: 7

Missfit (VickieMN)

Serves 6

1/24/10

Vickie's notes: original recipe calls for heavy cream and I subbed half and half. I'm sure you could sub FF half and half to cut the points; however, I try to avoid HFCS. Skim, soy, or almond milk could also be used if desired.

Ingredients

4 cups cooked wild rice

1/2 cup hazelnuts, dry-roasted -- chopped

1/2 cup dried blueberries

1/4 cup dried cranberries

1/4 cup maple syrup

1 cup half and half

Add cooked wild rice, hazelnuts, blueberries, cranberries, and maple syrup to a heavy nonstick or enameled cast iron saucepan, and cook over medium high heat for about 3 minutes. Add cream or half and half and stirring continually, heat through, about 2 minutes. Ladle into bowls and serve immediately.

Per Serving:

348 Calories; 13g Fat (32.8% calories from fat); 7g Protein; 53g Carbohydrate; 5g Dietary Fiber; 15mg Cholesterol; 21mg Sodium.

Green Curry Chicken

Cooking Light, OCTOBER 2009

HU: 5.9

Yield: 4 servings (serving size: about 3/4 cup rice and 3/4 cup chicken mixture)

Posted by Josephinetoato (Jo)

January 26, 2010

1 cup uncooked basmati rice
1 pound (1-inch) cubed chicken breast tenders
2 to 3 teaspoons green curry paste
1 (14-ounce) can light coconut milk, divided
2 cups tricolor prechopped bell pepper mix

CL Notes: A full tablespoon of curry paste makes this a boldly spicy dish. Use 2 teaspoons if you prefer milder flavor.

Jo's Notes: I used brown rice instead since that is what we prefer. I had multicolored fresh peppers on hand so I also used those and cooked just a little longer so they would be tender. The 2-3 teaspoons of green curry paste was plenty for me but DH added more to his. This came together so easily and quickly, and the portions are generous

Cook rice according to package directions, omitting salt and fat. Stir in 1/4 teaspoon salt. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Sprinkle chicken with 1/4 teaspoon salt. Add chicken to pan; sauté 4 minutes or until chicken is lightly browned. Stir in curry paste; cook 1 minute, stirring frequently. Stir in 1 cup coconut milk; bring to a boil. Reduce heat, and simmer 4 minutes or until chicken is done, stirring occasionally. Stir in bell pepper mix, 1/4 teaspoon salt, and remaining coconut milk; cook 3 minutes or until vegetables are tender. Serve chicken mixture over rice. Sprinkle with fresh cilantro leaves, if desired.

CALORIES 282 ; FAT 6.8g (sat 5.4g,mono 0.4g,poly 0.4g); CHOLESTEROL 66mg; CALCIUM 20mg; CARBOHYDRATE 25.9g; SODIUM 606mg; PROTEIN 29.7g; FIBER 1.5g; IRON 1.7mg

Broccoli & Green Bean Stir Fry

(V) Vegetable

Adapted from WinterSunFarms.com

HU: 1.4

Servings: 8

Posted by Aimster03 (Amy)

Date: 1/28/10

Quick And Easy

Amy's Notes: This recipe originally called for frozen vegetables and 4 Tbsp of oil. I had fresh veggies on hand and cut the oil in half and increased the amount of red pepper flakes. DH loved the recipe, I served it as a side for TJ's Orange chicken, and asked when I would make it again. I thought it was good, but next time I think I will either up the soy sauce or maybe add sherry or vinegar.

2 tablespoons peanut oil
1 tablespoon minced garlic
1 tablespoon minced fresh ginger
1/4 teaspoon crushed red pepper flakes or to taste
1 small red onion, halved and sliced into half moons
12 oz broccoli florets
12 oz green beans, quartered
8 oz diced red peppers
1/3 cup chicken stock
1 tablespoon soy sauce
1 tablespoon cornstarch, dissolved in 1 tablespoon cold water
salt and pepper to taste
1 tablespoon sesame seeds

Heat a large sauté pan or wok over medium high heat. Add 2 tablespoons oil. Sauté the garlic, ginger and red pepper flakes until aromatic, about 30 seconds. Using a slotted spoon, remove and set aside.

Add the remaining 2 tablespoons oil to the pan and heat. Sauté the sliced onion for 2-3 minutes and then add the broccoli florets, green beans, and red peppers. Stir fry for 2 minutes or until hot.

Add the stock and bring to a simmer. Stir in soy sauce, cornstarch and reserved garlic, ginger, and red pepper flakes. Season to taste with salt and pepper. Stir-fry until the vegetables look slightly coated with the sauce, about 3 minutes.

Garnish with sesame seeds.

NI: Calories 88 Total Fat 4.4g7% Saturated Fat 0.7g4% Cholesterol 0mg0% Sodium 165mg7% Total Carbohydrates 11.4g4% Dietary Fiber 3.4g14% Sugars 3.3g Protein 3.1g

One-Pan Whiskey-Flavored Pork Chops

Category: Meat

Adapted from: Cooking Light -JANUARY 2001

HU: 7

Servings: 4 (1 chop & 1/3 cup of sauce)

Posted by: BarbO'D

Date: 2/2/2010

My Comments: I am not a fan of pork but my sister sent me this recipe to try and when I made this DH raved the entire time he was eating and suggested I make it every week. This was super easy but does require an hour in the oven so not necessarily a weeknight dinner. I served this with egg noodles and steamed green beans.

Ingredients

2/3 cup fat-free sour cream

1/2 cup water

2 tablespoons all-purpose flour

1/2 teaspoon salt

1/2 teaspoon dried rubbed sage

1/4-teaspoon black pepper

4 (6-ounce) bone-in center-cut pork chops, trimmed (I used boneless)

1/4 teaspoon salt

1/8-teaspoon black pepper

1 teaspoon olive oil

1/2 cup chopped onion

1 (8-ounce) package presliced mushrooms (I used 12- ounce package)

1/2 cup whiskey

Preparation

Preheat oven to 300°.

Combine the first 6 ingredients in a small bowl.

Sprinkle pork with 1/4 teaspoon salt and 1/8 teaspoon pepper. Heat the oil in a large nonstick skillet over medium-high heat. Add pork; sauté 5 minutes on each side or until golden. Remove pork from pan. Add onion and mushrooms to pan; sauté for 3 minutes. Carefully add whiskey to pan; cook for 1 minute or until liquid almost evaporates. Stir sour cream mixture into pan. Return pork to pan; spoon sauce over pork.

Wrap handle of skillet with foil. Cover and bake at 300° for 1 hour. Serve immediately.

Calories: 310; Fat: 9.6g; Protein: 29.5g; Carbohydrate: 24.3g; Fiber: 1.3g; Cholesterol: 71mg; Iron: 2mg; Sodium: 546mg; Calcium: 16mg.

Brothy Chinese Noodles

Category: Soups (ST)

Adapted from Eating Well

HU: 6

Servings 6

Posted by "jillybean03"

Date 2/2/2010

recipe notes: This dish was inspired by Chinese Dan Dan noodles—ground pork and noodles in a spicy broth. We use ground turkey and omit the traditional Sichuan peppercorns for convenience, but add hot sesame oil. Use toasted sesame oil instead if you want mild noodles.

my notes: I used Lo Mein noodles. Would sub Fettuccine. I did not use the hot sesame oil. Used a hefty pinch of red pepper flake and roasted peanut oil for the first T.... and then finished the soup with toasted sesame oil. Could omit the last T. oil to save cal.

- 2 tablespoons hot sesame oil (see Note), divided
- 1 pound 93%-lean ground turkey
- 1 bunch scallions, sliced, divided
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 4 cups reduced-sodium chicken broth
- 3/4 cup water
- 3 cups thinly sliced bok choy
- 8 ounces dried Chinese noodles (see Note)
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 small cucumber, sliced into matchsticks, for garnish (I omitted)

1.Heat 1 tablespoon oil in a large saucepan over medium heat. Add ground turkey, all but 2 tablespoons of the scallions, garlic and ginger and cook, stirring and breaking up the turkey, until no longer pink, about 5 minutes. Transfer to a plate.

2.Add broth, water, bok choy, noodles, soy sauce, vinegar and the remaining 1 tablespoon oil to the pan. Bring to a boil over medium-high. Cook, stirring occasionally, until the noodles are tender, 3 to 5 minutes. Return the turkey mixture to the pan and stir to combine. Serve garnished with the reserved 2 tablespoons scallions and cucumber (if using).

Nutrition

Per serving : 292 Calories; 10 g Fat; 2 g Sat; 2 g Mono; 43 mg Cholesterol; 22 g Protein; 6 g Fiber; 633 mg Sodium; 509 mg Potassium

•Ingredient notes: Hot sesame oil can be found in the Asian-food section of most supermarkets.

•Dried Chinese noodles, often used in Chinese soups and lo mein, cook up quickly and can be found in the Asian-food section of most supermarkets.

Chipotle-Marinated Pork Tenderloin

Category: Meats (M)

Source: Eating Well

HU: 3

Servings: 2**

Posted by: Waneyvant

Date: February 3, 2010

My Notes: I did this in the crock pot with the marinade for about 4 hours on high. We pulled it, tossed with about 2/3 cup barbecue sauce, and served on buns with slaw. I cooked 2 pounds of tenderloin, and this was enough marinade for the 2 pounds. I also just put the chipotle in the bag first and just mashed it thru the bag, then added the other marinade ingredients. I reserved the marinade as the crockpot liquid, and discarded after cooking.

1 canned chipotle chile in adobo plus	1 teaspoon dried oregano
1 teaspoon adobo sauce	1/2 teaspoon ground cumin
1 clove garlic, minced	1/4 teaspoon salt
1/2 cup orange juice	1/4 teaspoon freshly ground pepper
3 tablespoons lime juice	8 oz. pork tenderloin, trimmed of fat
1 tablespoon red-wine vinegar	(see my note above)

Combine chipotle and sauce, garlic, orange juice, lime juice, vinegar, oregano, cumin, salt and pepper in a blender or mini food processor; blend or process until the chipotle is chopped and the mixture is relatively smooth.

Pour into a sealable plastic bag, add pork and seal, squeezing out any excess air from the bag. Turn to coat with the marinade. Refrigerate at least 1 hour and up to 8 hours.

Preheat grill to high or heat a large indoor grill pan over high heat. Remove the pork from the marinade (discard marinade).

Grill the pork, turning occasionally, until an instant-read thermometer inserted diagonally into the center of the meat registers 145° F, 12 to 15 minutes.

Transfer the pork to a cutting board and let rest for 5 minutes before slicing. (we pulled with 2 forks)

Per serving : 139 Calories; 4 g Fat; 1 g Sat; 2 g Mono; 63 mg Cholesterol; 2 g Carbohydrates; 23 g Protein; 0 g Fiber; 165 mg Sodium; 374 mg Potassium

**2 pounds of tenderloin would be 8 servings, NI would be the same

Smashed Potato Skins

Category: Potatoes

Adapted from Foodnetwork.com (Rachel Ray recipe)

HU: 4

Servings: 6

Posted by DebMj1

2/8/10

FN Notes: These potatoes taste like skins with the works and sour cream but they are boiled, not fried. The bacon is baked on a slotted broiler pan so the fat falls away. The sour cream is replaced with buttermilk, which is tangy but made from skimmed milk. Use whole milk Cheddar which is super sharp so a little goes a long way!

6 slices Hatfield bacon (3 slices has 70 calories)
2 pounds unpeeled small Yukon gold potatoes, halved
1 cup nonfat buttermilk
Salt and freshly ground black pepper
1/4 cup fresh chives, chopped
1/2 cup extra-sharp cheddar cheese, yellow or white

Preheat the oven to 350 degrees F.

Arrange the bacon on a sheet pan and bake for 12 to 15 minutes until crisp. Cool and chop.

Put potatoes in a medium saucepot and cover with cold water. Bring the water to a boil and season with salt. Cook until tender, about 15 minutes. Drain and mash potatoes with buttermilk and season with salt and pepper. Stir in the chives, Cheddar and fold in bacon.

Nutrition information per serving (MC calculated) - 198 calories, 5 gms. fat, and 2 gms. fiber.

Shrimp Scampi with Artichokes

Quick & Easy

Category: Fish/Seafood (FS)

Source: Ellie Krieger - 2007

HU: 6

Servings: 4

Posted by Waneyvant

Date: February 11, 2010

My Notes: This is misnamed, as it is nothing like scampi. However, it is a delish combo of shrimp and artichokes and quick and easy. I had to sub onion for the shallots, and only had 1 # of shrimp. My changes dropped the totals by 1. I would NOT reduce the olive oil amount.

2 tablespoons olive oil

4 large cloves garlic, minced (about 4 teaspoons)

2 medium shallots, thinly sliced (about 1/3 cup)

1 1/4 pounds large shrimp (about 20), peeled and deveined

1 (11-ounce) package frozen artichoke hearts, thawed, or 1 (14-ounce) can artichoke hearts, rinsed, drained, and quartered

1/3 cup dry white wine

2 tablespoons fresh lemon juice (and zest)

2 tablespoons chopped fresh flat-leaf parsley, plus more for garnish

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

Heat the oil in a large skillet over medium heat. Add garlic and shallots and cook, stirring until softened but not browned, 2 to 3 minutes. Add shrimp, artichoke hearts, wine, and lemon juice and cook until the shrimp are cooked through, 3 to 4 minutes. Stir in the parsley, salt and pepper. Divide among 4 plates, garnish with additional parsley, and serve.

Serves: 4, serving size: 2 cups – 285 Calories, 10g fat, 5g fiber

Popovers

Category: Bread

Source: KitchenAid Manual

HU: 2

Servings: 8

Posted by: Sandy Williams

Date: February 15, 2010

2 eggs

1 cup of milk

1 tablespoon butter or margarine, melted

1 cup of all-purpose flour

¼ teaspoon of salt

Place the eggs, milk, butter flour, and salt in a mixer bowl. For a KitchenAid, use the wire beater to beat for 15 seconds.

Scrape Bowl.

Beat for 15 seconds more.

Fill 8 heavily greased and floured custard cups half full with batter. Place cups on a cookie sheet. Place the cookie sheet in a cold oven and set heat at 450 degrees for 15 minutes.

Reduce the heat to 350 and bake 20-25 minutes longer.

Remove from the oven and cut slit into the side of each popover.

Serve immediately.

Per serving:

103 calories

4 g. protein

13 g. carb

3 g fat

59 mg chol

115 mg sodium

(Notes: I think that you can adapt to any mixer, just mixing a tad bit longer each time. I loved the leftover ones, just "as is.")

Grilled Shrimp Remoulade

Source: The EatingWell Healthy in a Hurry Cookbook (2006)

Category: Fish/Seafood (FS)

HU: 2

Servings: 4 (serving size for sauce is 2 generous tablespoons)

Posted by: Waneyvant

Date: February 16, 2010

EW NOTES: An updated and untraditional rémoulade makes a tangy sauce for these spice-rubbed shrimp. While this is a warm-weather favorite on the grill, you can also cook the shrimp under a preheated broiler. Cook shrimp on a lightly sprayed broiler rack, about 4 inches from the heat, for a winter warmer any night of the week.

Remoulade Sauce

1/4 cup reduced-fat mayonnaise

1/4 cup low-fat plain yogurt

1 tablespoon chopped flat-leaf parsley

1 teaspoon Dijon mustard

1/4 teaspoon hot sauce (used Tabasco)

2 teaspoons ground cumin

2 teaspoons paprika

1 teaspoon ground coriander

1/2 teaspoon garlic powder

1/4 teaspoon salt

1/8 teaspoon freshly ground pepper

36 raw shrimp, peeled and deveined (about 1 pound) (i used jumbo 10 to 15 count)

Shrimp

To prepare sauce: Mix mayonnaise, yogurt, parsley, mustard and hot sauce in a small bowl. Cover and refrigerate.

Preheat grill to high.

To prepare shrimp: Combine cumin, paprika, coriander, garlic powder, salt and pepper in a large bowl. Add shrimp and toss to coat with spices. Thread the shrimp onto four 12-inch skewers. Oil the grill rack (see Tip). Grill the shrimp until just cooked through, about 3 minutes per side. (Jumbo, about 4 to 5 minutes per side) Carefully remove the shrimp from the skewers. Serve immediately, with the sauce.

Per serving : 114 Calories; 5 g Fat; 1 g Sat; 1 g Mono; 101 mg Cholesterol; 4 g Carbohydrates; 12 g Protein; 1 g Fiber; 379 mg Sodium; 135 mg Potassium

Make Ahead Tip: Cover the rémoulade sauce and refrigerate for up to 1 day.

Black-Eyed Pea & Artichoke Salad

Source: The EatingWell Healthy in a Hurry Cookbook (2006)

Category: Salad (S)

HU: 3

Servings: 6

Posted by: Waneyvant

Date: February 16, 2010

EW notes: Frozen artichoke hearts are great to have on hand for just this type of easy salad. If you can't find frozen, go for the canned variety but keep in mind that they do have added sodium. You can rinse them under cool water to remove some of the sodium.

My Notes: Don't omit the caraway seeds; make at least 8 hours in advance.

1 9-ounce package frozen artichoke hearts, thawed (used 14 1/2 canned, quartered, rinsed)

2 15-ounce cans black-eyed peas, rinsed

1/2 cup chopped red onion

2 tablespoons balsamic vinegar

1 1/2 tablespoons extra-virgin olive oil

1 teaspoon Worcestershire sauce

1/2 teaspoon caraway seeds

Salt & freshly ground pepper, to taste

Cut each artichoke in half. Combine with black-eyed peas, onion, vinegar, oil, Worcestershire sauce and caraway seeds. Season with salt and pepper.

Per serving : 167 Calories; 5 g Fat; 1 g Sat; 3 g Mono; 0 mg Cholesterol; 25 g Carbohydrates; 8 g Protein; 8 g Fiber; 364 mg Sodium; 379 mg Potassium

Southeast Asian Fried Rice

Source: Cooking Light, JANUARY 2010

HU: 9

Servings: 4 servings (serving size: 1 1/2 cups rice mixture and 1 lime wedge)

Posted by: JosephineTomato (Jo)

February 16, 2010

CL Notes: Save leftover brown rice to prepare this take on a Thai-style stir-fried one-dish meal. A little bacon replaces the ham or pork that can sometimes appear in this preparation.

Jo's Notes: This sounds like a lot of steps but it was worth it. I used all breast meat and we both really enjoyed it. Don't skip the bacon or the lime wedges at the end, they seem to add a lot of flavor.

1 tablespoon brown sugar	1/4 cup vertically sliced shallots
1 tablespoon fish sauce	2 (4-ounce) skinless, boneless chicken thighs, cut into 1/2-inch pieces
1 tablespoon less-sodium soy sauce	1 (6-ounce) skinless, boneless chicken breast, cut into 1/2-inch pieces
1 tablespoon fresh lime juice	2 cups broccoli florets
1 teaspoon sambal oelek (ground fresh chile paste), divided	1 cup julienne-cut red bell pepper
1/4 teaspoon salt, divided	1 1/2 teaspoons minced garlic
2 large eggs, lightly beaten	Cooking spray
1 bunch green onions	2 bacon slices, cooked and crumbled
2 tablespoons peanut oil, divided	4 lime wedges
2 1/2 cups cooked and cooled brown rice	

1. Combine first 4 ingredients, 1/2 teaspoon sambal oelek, and 1/8 teaspoon salt in a small bowl, stirring with a whisk. Combine eggs and remaining 1/2 teaspoon sambal oelek in a bowl. Separate green tops from green onions, and diagonally chop; set aside. Cut green onion bottoms into 1-inch pieces; set aside.

2. Heat a large nonstick skillet over medium-high heat. Add 2 teaspoons oil to pan, swirling pan to coat evenly. Add rice; stir-fry 1 1/2 minutes, stirring constantly. Transfer rice mixture to a large bowl. Heat 2 teaspoons oil in pan. Add shallots to pan; stir-fry 30 seconds or until tender. Add chicken; stir-fry 1 1/2 minutes or until lightly browned. Add brown sugar mixture to pan; bring to a boil. Reduce heat, and simmer 1 minute or until liquid thickens slightly, stirring occasionally. Add chicken mixture to rice mixture.

3. Wipe pan clean with a paper towel; return pan to medium-high heat. Add remaining 2 teaspoons oil to pan, swirling to coat. Add broccoli and bell pepper; stir-fry 3 minutes or until vegetables are tender. Add the remaining 1/8 teaspoon salt, green onion bottoms, and garlic; stir-fry 1 minute or until fragrant. Add chicken mixture to pan, cook 2 minutes or until thoroughly heated; return chicken mixture to large bowl.

4. Return pan to medium-high heat. Coat pan with cooking spray. Add egg mixture to pan, swirling to coat pan; cook 30 seconds or just until egg is set. Transfer egg to a cutting board; chop. Stir egg and bacon into rice mixture. Top with green onion tops; garnish with lime wedges.

CALORIES 438 ; FAT 16.3g (sat 3.7g,mono 6.7g,poly 4.3g); CHOLESTEROL 167mg; CALCIUM 98mg; CARB 41.3g; SODIUM 786mg; PROTEIN 31.6g; FIBER 5.6g; IRON 3.3mg

Pork with Lemon-Caper Sauce

Source: Cooking Light October 2008

Category: Meats (M)

HU: 6

Serves: 4

Posted by: Kate

February 19, 2010

Very good and super easy to make, the lemon-caper sauce is delicious, I doubled the sauce and was glad I did. Served with the Lemon-Parsley Orzo from the comp and green beans.

1/3 cup all-purpose flour

1/8 teaspoon salt

3 tablespoons Italian-seasoned breadcrumbs

3 tablespoons preshredded fresh Parmesan cheese

1/4 teaspoon black pepper

1 large egg white, lightly beaten

4 (4-ounce) boneless center-cut pork chops (about 1/2 inch thick)

Cooking spray

2 teaspoons olive oil

1/2 cup fat-free, less-sodium chicken broth

1 tablespoon dry white wine

1/4 teaspoon grated lemon rind

1 tablespoon fresh lemon juice

2 teaspoons capers, rinsed and drained

1. Combine flour and salt in a shallow dish. Place breadcrumbs, cheese, and pepper in a shallow dish; place egg white in another shallow dish. Dredge pork in flour mixture, dip in egg white, and dredge in breadcrumb mixture. Coat pork with cooking spray.

2. Heat oil in a large nonstick skillet over medium-high heat. Add pork to pan; cook 4 minutes on each side or until done. Remove from pan; keep warm. Add broth and remaining ingredients to pan, scraping pan to loosen browned bits. Cook 2 minutes or until reduced to 1/4 cup (about 2 minutes). Serve with pork.

Yield: 4 servings (serving size: 1 chop and 1 tablespoon sauce)

CALORIES 256 (35% from fat); FAT 10.1g (sat 3.3g,mono 4.9g,poly 0.8g); IRON 1.5mg; CHOLESTEROL 68mg; CALCIUM 82mg; CARBOHYDRATE 11.5g; SODIUM 419mg; PROTEIN 28.2g; FIBER 0.7g

Spinach-Feta Stuffed Shells

Category: RP (rice/pasta)

Source: Cooking Light March 2001

Serves: 4

HU: 5

Posted by: Kate

February 22, 2010

These were simple to put together and very tasty. I used Jane's marinara and sprinkled some shredded mozzarella along with the feta on top. The filling was a tad skimpy, I would add more cottage cheese next time.

1 cup 1% low-fat cottage cheese
1/2 cup (2 ounces) crumbled feta cheese with basil and tomato, divided
1/4 cup chopped fresh parsley, divided
1/4 teaspoon salt
1/8 teaspoon ground nutmeg
1 (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry
1 garlic clove, minced
16 hot cooked large seashell pasta
2 1/2 cups bottled fat-free marinara sauce
2 tablespoons chopped fresh or 2 teaspoons dried basil

Combine cottage cheese, 1/4 cup feta cheese, 3 tablespoons parsley, salt, nutmeg, spinach, and garlic in a large bowl. Spoon 2 tablespoons cheese mixture into each pasta shell.

Combine the sauce and basil in a large nonstick skillet. Arrange stuffed shells in pan, and bring to a boil over medium-high heat. Cover, reduce heat, and simmer for 15 minutes. Remove from heat, and sprinkle with 1/4 cup feta and 1 tablespoon parsley.

Yield: 4 servings (serving size: 4 stuffed shells and 1/2 cup sauce)

CALORIES 293 (14% from fat); FAT 4.5g (sat 2.6g,mono 0.9g,poly 0.4g); IRON 4.1mg; CHOLESTEROL 15mg; CALCIUM 323mg; CARBOHYDRATE 44.5g; SODIUM 966mg; PROTEIN 18.3g; FIBER 5.7g

Red Curry Shrimp

Category: FS (Fish/Shellfish)

Adapted from Thai Kitchen magazine ad

Servings - 4

HU: 5

Posted by tracy1j

3/1/10

Quick & Easy

1 can (14 oz.) Lite Coconut Milk

2 T. red curry paste

1 T. brown sugar

1 lb. large shrimp, peeled and deveined

2-3 cups assorted vegetables, such as snap peas, bamboo shoots and sliced red pepper (I used CostCo frozen stir-fry vegetables)

1/4 cup fresh basil leaves, sliced

2 T. fish sauce

fresh red chiles, thinly sliced (optional)

Bring coconut milk to simmer in large skillet on medium heat. Stir in curry paste and brown sugar until well blended; bring to boil. Reduce heat to low, simmer 5 minutes.

Stir in shrimp and vegetables. Cook 3 to 5 minutes or just until shrimp turn pink and vegetables are tender-crisp. Stir in basil and fish sauce.

Serve with cooked jasmine rice. Garnish with add'l basil and red chile slices, if desired.

Chicken and Pastina Soup

Category: ST (Soup/Stew)

Source: Michael Chiarello by way of Betty Crocker

Healthy Units: 5.5

Yield: 10 servings (1 1/2 cups each)

Posted By: Bawstinn (Maria)

March 3, 2010

Comments: I had a whole chicken to use up so I made stock rather than using the boxed. Came together very quickly but could use more carrots and celery than what is called for.

2 lb boneless skinless chicken
breasts
2 cartons (32 oz each) chicken broth
1 tablespoon olive oil
1/2 cup chopped onion (1 medium)
1/2 cup diced carrot (1 medium)
1/2 cup diced celery (1 medium
stalk)
1 cup crushed tomatoes
1/2 teaspoon gray salt or sea salt

1/4 teaspoon freshly ground black
pepper
1 dried bay leaf
1 cup uncooked acini di pepe pasta
or other small round pasta (8 oz)
2 cups chopped, lightly packed
mustard greens, spinach, Swiss
chard or other greens
1/3 cup shredded Parmesan cheese

Place chicken in 12-inch skillet. Add 1 carton of the broth. Heat to boiling. Reduce heat; cover and simmer 20 minutes or until juice of chicken is clear when center of thickest part is cut (170°F).

Meanwhile, in 5-quart stockpot, heat oil over medium heat. Add onion, carrot and celery; cook 8 to 10 minutes, stirring occasionally, until vegetables are tender.

Drain chicken, reserving broth; set chicken aside. Strain broth; add to vegetables. Stir remaining carton of broth, the tomatoes, salt, pepper and bay leaf into stockpot. Heat to boiling. Stir in pasta. Reduce heat; cover and simmer 15 minutes.

Shred or cut chicken into bite-size pieces; add to soup. Stir in greens just until wilted. Remove bay leaf. Serve with a sprinkle of additional freshly ground pepper and the cheese.

Nutrition Information:

1 Serving: Calories 260 (Calories from Fat 50); Total Fat 6g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 60mg; Sodium 950mg; Total Carbohydrate 23g (Dietary Fiber 2g, Sugars 3g); Protein 28g

Cream Cheese Crockpot Chicken

Category: P (Poultry)

Source: ??

Serves: 6

HU: 5

Posted by: Tracy (tracy1j)

March 10, 2010

Tracy's Notes: Actually, I was thinking some cilantro on top would be really good.

Deb's suggestion: If you double that recipe, you can easily morph the leftovers into chicken and black bean enchiladas. It's been a while but I remember chopping up the leftovers, adding a bit more medium salsa, and then rolling that up in tortillas, top with enchilada sauce and some shredded If cheese. Bake till hot.

1 1/2 pound uncooked boneless, skinless chicken breast

1 15 ounce canned black beans

1 15 ounce canned yellow corn

16 ounces salsa (I used Paul Newman peach salsa)

8 oz Kraft FF cream cheese (I used about 6 oz. of RF cream cheese and it is plenty creamy)

Put chicken breasts in crock pot; cover with can of drained black beans, can of drained corn and salsa. Cook on high 4-5 hours or until chicken is cooked. Place block of cream cheese on top and cook for additional 1/2 hour. Done.

Buttermilk Whole Wheat Bread (for Bread Machine)

BR (Breads)

adapted from: The Complete Bread Machine Bakery Book

Servings: 16

HU: 2.5

Posted by: CJMartin717 (Cindy)

March 14, 2010

Cindy's Comments: I added the mulit-grain cereal. If desired, omit the cereal and increase whole wheat flour to 3 cups. We thought it was fantastic. Next time, I might try using the dough cycle on my bread machine and then forming rolls to bake in the oven.

1 3/4 cups lowfat buttermilk
3 tablespoons canola oil
2 tablespoons molasses
2 1/3 cups whole wheat flour
2/3 cup Hodgson Mill Multi Grain Hot Cereal
3/4 cup unbleached flour
3/4 teaspoon salt
2 teaspoons active dry yeast

Combine all ingredients in your bread machine pan according to manufacturer's directions.

Use the rapid bake setting if your machine has one.

Per Serving: 140 Calories; 4g Fat (22.0% calories from fat); 5g Protein; 23g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 130mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Lemon Ricotta Cookies with Lemon Glaze

Category: CB (cookies/bars)

adapted from: Giada De Laurentiis

Servings: 80

HU: 1.5

Posted by: CJMartin717 (Cindy)

March 14, 2010

Cindy's Notes: I used about 1 tablespoon dough per cookie* and nearly doubled the yield. The original recipe called for a yield of 44 cookies. I used part-skim ricotta rather than whole-milk ricotta.

2 1/2 cups all-purpose flour	3 tablespoons lemon juice
1 teaspoon baking powder	1 tablespoon lemon zest
1 teaspoon salt	GLAZE
1/2 cup unsalted butter -- softened	1 1/2 Cups powdered sugar
2 cups sugar	3 tablespoons lemon juice
2 large eggs	1 tablespoon lemon zest
15 ounces part-skim ricotta cheese	

Preheat the oven to 375 degrees F.

In a medium bowl combine the flour, baking powder, and salt. Set aside.

In the large bowl combine the butter and the sugar. Using an electric mixer beat the butter and sugar until light and fluffy, about 3 minutes. Add the eggs, 1 at a time, beating until incorporated. Add the ricotta cheese, lemon juice, and lemon zest. Beat to combine. Stir in the dry ingredients.

Line 2 baking sheets with parchment paper. Spoon the dough (about 2 tablespoons for each cookie*) onto the baking sheets. Bake for 15 minutes, until slightly golden at the edges. Remove from the oven and let the cookies rest on the baking sheet for 20 minutes.

Glaze:

Combine the powdered sugar, lemon juice, and lemon zest in a small bowl and stir until smooth. Spoon about 1/2-teaspoon onto each cookie and use the back of the spoon to gently spread. Let the glaze harden for about 2 hours. Pack the cookies into a decorative container.

Per Serving: 62 Calories; 2g Fat (24.7% calories from fat); 1g Protein; 11g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 41mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Portobello "Philly Cheese Steak" Sandwich

Category: SW (Sandwiches)

Source: EatingWell December 2005

HU: 5.5

Posted by: Waneyvant

Date: March 14, 2010

Jane's Notes: it took about 10 minutes to get the mushrooms tender; this was excellent. I also divided the mixture into 4 piles in the skillet, then added the cheese. I served this with some roasted rosemary sweet potatoes. I used Sargento reduced fat provolone (50 cal per slice)

- 2 tsp. extra-virgin olive oil
- 1 medium onion, sliced
- 4 large portobello mushrooms, stems and gills removed, sliced
- 1 large red bell pepper, thinly sliced
- 2 T. minced fresh oregano, or 2 tsp dried
- 1/2 tsp freshly ground pepper
- 1 T. all-purpose flour
- 1/4 cup vegetable broth, or reduced-sodium chicken broth
- 1 T. reduced-sodium soy sauce
- 3 oz thinly sliced reduced-fat provolone cheese
- 4 whole-wheat buns, split and toasted

Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until soft and beginning to brown, 2 to 3 minutes. Add mushrooms, bell pepper, oregano and pepper and cook, stirring often, until the vegetables are wilted and soft, about 7 minutes.

Reduce heat to low; sprinkle the vegetables with flour and stir to coat. Stir in broth and soy sauce; bring to a simmer. Remove from the heat, lay cheese slices on top of the vegetables, cover and let stand until melted, 1 to 2 minutes. Divide the mixture into 4 portions with a spatula, leaving the melted cheese layer on top. Scoop a portion onto each toasted bun and serve immediately.

Per serving : 268 Calories; 10 g Fat; 4 g Sat; 4 g Mono; 15 mg Cholesterol; 35 g Carbohydrates; 13 g Protein; 7 g Fiber; 561 mg Sodium; 704 mg Potassium

Pesto Chicken Salad Sandwich

Category: SW (Sandwiches)

Adapted from Fitness Magazine, March 2001

Servings: 3

HU: 6

Posted by DebMj1

March 15, 2010

Fitness Notes: A mere tablespoon of pesto turns our chicken salad into something special. If you don't want the bread, you can serve it over mixed greens or with some chopped veggies. If packing for lunch, pack the chicken salad, bread slices and vegetables in separate containers, and assemble the sandwiches at work. Just be sure to keep everything refrigerated.

Deb's Notes: Nutritionals will depend a lot on the NI for the bread you choose. I used one oversized slice of Wegmans 100% Whole Wheat Bread and ate this open-faced with a knife and fork.

1/3 cup lowfat mayonnaise

1 Tbsp. store-bought pesto sauce

1/4 tsp. salt

1/8 tsp. pepper

2 cups (about 8 ounces) shredded cooked boneless, skinless chicken breasts (I used rotisserie chicken)

2 Tbps. chopped celery

2 Tbps. chopped flat-leaf parsley

6 slices hearty whole grain or rye bread

3/4 cup of arugula, spinach or other dark, leafy greens (I used arugula)

2 small to medium tomatoes, thinly sliced

In a medium bowl, stir together the mayonnaise, pesto, salt and pepper until blended. Add the shredded chicken, chopped celery and parsley and toss together until thoroughly combined. Assemble sandwich on bread with 1/4 cup arugula and sliced tomatoes.

301 calories, 8 gms. fat, 29 gms. carbohydrates, 29 gms. protein, 4 gms. fiber.

Linguini With (Lighter) Clam Sauce

Category: RP (Rice/Pasta)

Source: Duke University Nutrition and Fitness Center

Serves: 4

HU: 7

Posted by: Kate

March 16, 2010

Delicious, creamy clam sauce and takes less than 15 minutes to make. I used white wine instead of all water, extra lemon juice, Smart Taste pasta and would not omit the parmesan cheese.

1 cup canned clams, drained, save juice
1 cup clam juice, drained from clams
 $\frac{3}{4}$ cup water (I used half white wine)
2 teaspoons olive oil
2 teaspoons minced garlic (1 or 2 cloves)
 $\frac{1}{4}$ teaspoon dried basil
Dash each thyme, pepper
1 tablespoon dry vermouth or white wine, or 1 to 2 teaspoons lemon juice (used 1 T lemon juice)
 $\frac{1}{4}$ cup plain dry bread crumbs
2 tablespoons fresh parsley, chopped
4 cups cooked linguini (used Ronzoni Smart Taste spaghetti)
4 tablespoons grated Parmesan cheese, optional

In small saucepan, combine clam juice (if you don't get a full cup, add some water), water, oil, garlic, basil, thyme, pepper and wine. (If using lemon juice, wait to add it.) Simmer gently for 10 minutes.

Meanwhile, cook the pasta.

Once sauce has simmered, add clams, lemon juice if using and bread crumbs; stir. Taste for seasoning. Serve on drained linguini. Top with parsley and grated cheese.

Makes 4 servings (each 1 cup pasta, $\frac{1}{2}$ cup sauce), each 335 calories, 6 grams fat, 350 mg. sodium.

Chocolate Chunk and Walnut Oatmeal Cookies

Category: CB (cookies/bars)

Adapted from Health, January, 2010

Servings: 32

HU: 2

Posted by DebMj1

3/20/10

6 tablespoons unsalted butter
3/4 cup packed light brown sugar
1/3 cup all-purpose flour
1/3 cup whole-wheat flour
3/4 teaspoon baking soda
1 1/2 cups old-fashioned oats
1/2 teaspoon salt
1 large egg, lightly beaten
1 teaspoon vanilla extract
1/2 cup chopped walnuts
3 ounces bittersweet chocolate, coarsely chopped

Preheat oven to 350°. Melt butter in a small saucepan over low heat. Remove from heat, and add brown sugar; stir until smooth. Combine all-purpose flour, whole-wheat flour, baking soda, oats, and salt in a medium bowl. Combine butter mixture with the dry ingredients, and add egg and vanilla extract. Fold in walnuts and bittersweet chocolate. Mix well, and spoon by tablespoonfuls onto lightly greased baking sheets. Bake for 8 minutes or until tops are dry to the touch.

Nutritional Information: Calories:92, Fat:5g, Cholesterol:12mg, Protein:2g, Carbohydrate:11g, Fiber:1g, Iron:1mg, Sodium:54mg, Calcium:11mg

Saffron Pasta Salad

Category: Pasta (RP)

Adapted From: 101 Cookbooks website

Healthy Units: 6

Servings: 8

Posted by: ejwyatt (Emily)

Date: March 22, 2010

Em's Notes: Nutritionals based on the recipe as I made it; (1/4 C olive oil, whole wheat pasta, added mushrooms and pine nuts)

Saffron vinaigrette:	whole wheat pasta
1/4 cup red wine vinegar	1 pound / 16 oz / 453g thin asparagus,
1/2 teaspoon saffron threads	ends trimmed, cut into 1/2-inch
1 medium garlic clove, smashed	segments
1/2 teaspoon salt	8 ounces cremini mushrooms, sliced – I
2 tablespoons lemon juice	added these, not in the original recipe
2 teaspoons Dijon mustard	(sautéed in a non-stick pan coated with
1/4 cup olive oil – original called for 1/2	a little cooking spray)
cup	3 ounces / 85g goat cheese, crumbled
bit of sugar/honey or splash of cream (if	fresh chopped chive and toasted pine
needed) – Em's note: I did not need.	nuts (optional) – I used 1 teaspoon of
12 ounces / 340 g dried pasta – I used	pine nuts per serving

To make the dressing add the vinegar and saffron to a small saucepan. Over gentle heat bring just to a simmer. Remove from heat (immediately) and let cool.

Sprinkle the garlic clove with the salt and mash and chop into a paste. Place this in a mixing bowl along with the cooled vinegar and saffron, lemon juice, and mustard. Whisk together, then gradually whisk in the olive oil. Taste, and if it is too harsh for your liking you can soften some of the acidity with a bit of sweetener or a splash of cream. Set aside.

Bring a large pasta pot of water to a boil, salt well and add the pasta. Cook until al dente. Just 30 seconds before the pasta is finished cooking add the asparagus. You just barely want to cook the asparagus. Drain, rinse with cold water, and shake off as much extra water as possible.

Place the pasta in a large bowl, toss with the saffron vinaigrette, and set aside or refrigerate for at least 30 minutes (or up to a day). Toss again, taste, and add a bit more salt if needed.

You can serve this slightly chilled, at room temperature, or even reheated in a skillet (really good), topped with tiny dollops of goat cheese. A handful of chopped chives and toasted pine nuts makes this extra good.

Per Serving (excluding unknown items): 380 Calories; 17g Fat (37.1% calories from fat); 15g Protein; 48g Carbohydrate; 6g Dietary Fiber; 15mg Cholesterol; 196mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

Red Pepper & Olive Tilapia

FS (Fish/Seafood)

adapted from: BCBS Healthy Rewards web

Servings: 4

HUs: 3.5

Posted by: CJMartin717 (Cindy)

March 22, 2010

Quick & Easy

This easy and tasty heart-healthy fish recipe is sure to please.

Cindy's Comments: We thought this was really good and it made for a beautiful plate with couscous and roasted asparagus on the side. We added 1 tsp. capers to the relish.

4 Tilapia fillets (4 oz. each)
3/4 cup roasted bell peppers, bottled, rinsed and drained, diced
12 canned green olives, chopped
2 Tbsp. green onions, minced
2 Tbsp. parsley, finely chopped
2 tsp. olive oil
1 ½ tsp. dried basil, crumbled (We used 3 Tbsp fresh basil)
2 medium lemons, quartered
1/4 tsp. black pepper
paprika, to taste
vegetable oil cooking spray

1. Preheat the oven to 350° F. Lightly spray a baking sheet with vegetable oil cooking spray.
2. Rinse fish and pat dry with paper towels, and put on baking sheet. Lightly spray with vegetable oil spray and sprinkle with pepper and paprika.
3. Bake for 10 to 12 minutes, or until fish flakes easily. In the mean time, combine remaining ingredients except the lemons.
4. To serve, top each fillet with lemon juice and pepper-olive mixture. Add lemon wedges on the side if desired.

Each serving provides:

Calories: 154; Total Fat: 6 g; Saturated Fat: 1 g; Trans Fat: 0 g; Cholesterol: 57 mg; Total Carbohydrates: 4 g; Protein: 23 g; Dietary Fiber: 1 g; Sodium: 186 mg; Sugars: <1 g

Mediterranean Chopped Salad With Shrimp and Chickpeas

Category: FS (Fish/Seafood)

Adapted from: Real Simple March 2010

Serves 4

HUs: 10

Posted by: Kate

March 23, 2010

A great main dish salad, delicious, HUGE serving size and very quick to put together.

1/2 head Romaine lettuce, cut crosswise into thin strips (8 cups)
1 pound cooked peeled and deveined medium shrimp, cut in half crosswise
1 English cucumber, chopped
1 pint grape tomatoes, halved
1 15.5-ounce can chickpeas, rinsed, or a heaping 1/2 cup dried chickpeas, soaked and cooked
1/2 medium red onion, chopped
1/2 cup crumbled reduced fat Feta
1/2 cup pitted kalamata olives, halved
2 cups pita chips, broken into pieces
1 tablespoon olive oil
3 tablespoons red wine vinegar
kosher salt and black pepper

Directions

1. In a large bowl, add the lettuce, shrimp, cucumber, chickpeas, onion, Feta, olives, and pita chips to the oil and vinegar.
2. Add 1/4 teaspoon each salt and pepper, and toss.

Per Serving (excluding unknown items): 477 Calories; 17g Fat (31.2% calories from fat); 37g Protein; 46g Carbohydrate; 11g Dietary Fiber; 238mg Cholesterol; 1113mg Sodium. Exchanges: 3 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Seared Lamb with Balsamic Sauce

Category: M (Meat)

Source: CL Jan/Feb 2010 issue

HUs: 6

Servings: 4 (serving size: 2 chops and about 2 1/2 tablespoons sauce)

Posted by Josephine Tomato

March 24, 2010

CL Notes: Lamb's assertive flavor is tempered by the sweet-savory sauce.

Jo's Notes: I grilled the lamb and made the sauce separately – it was really easy and so tasty. I buy the lamb rib roast rack at Costco and then cut apart the baby lamb chops – usually 8 in the rack, about \$12.00. I just S&P'd the meat, put it on the grill (after separating lamb chops,) and grilled about 3 min on each side for med rare. Served with brown rice and roasted asparagus. A point friendly meal.

2 teaspoons olive oil
8 (4-ounce) lamb loin chops, trimmed
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 cup finely chopped red onion
2 garlic cloves, chopped
1/4 cup dry red wine
1/3 cup fat-free, less-sodium beef broth
2 tablespoons balsamic vinegar

1. Heat olive oil in a large nonstick skillet over medium-high heat. Sprinkle lamb loin chops with salt and pepper. Add lamb to pan, and cook 3 minutes or until browned. Turn lamb over, and cook 4 minutes or until desired degree of doneness. Remove lamb from pan; keep warm. Add chopped onion and garlic to pan; cook 3 minutes or until onion is tender. Add wine; bring to a boil. Cook 3 minutes or until liquid evaporates. Stir in broth and balsamic vinegar; bring to a boil. Cook 2 minutes or until reduced to about 2/3 cup. Serve sauce with lamb.

CALORIES 253 ; FAT 11.6g (sat 3.7g,mono 5.7g,poly 0.9g); CHOLESTEROL 90mg; CALCIUM 34mg; CARBOHYDRATE 5.9g; SODIUM 357mg; PROTEIN 29.4g; FIBER 0.8g; IRON 2.2mg

Broccoli-Cheese Chowder

Category: Soups/Stews (ST)

Source: EatingWell Diabetes Cookbook (2005)

HUs: 4s

Servings: 6 (1 cup each)

Posted by Waneyvant

Date: March 25, 2010

1 T. extra-virgin olive oil
1 large onion, chopped
1 large carrot, diced
2 stalks celery, diced
1 large potato, peeled and diced
2 cloves garlic, minced
1 T. all-purpose flour
1/2 tsp dry mustard
1/8 tsp cayenne pepper
2 14-oz cans vegetable broth, or reduced-sodium chicken broth
8 oz broccoli crowns, (see Note), cut into 1-inch pieces, stems and florets separated
1 c. shredded reduced-fat Cheddar cheese
1/2 c. reduced-fat sour cream
1/8 tsp salt

Heat oil in a Dutch oven or large saucepan over medium-high heat. Add onion, carrot and celery; cook, stirring often, until the onion and celery soften, 5 to 6 minutes. Add potato and garlic; cook, stirring, for 2 minutes. Stir in flour, dry mustard and cayenne; cook, stirring often, for 2 minutes.

Add broth and broccoli stems; bring to a boil. Cover and reduce heat to medium. Simmer, stirring occasionally, for 10 minutes. Stir in florets; simmer, covered, until the broccoli is tender, about 10 minutes more. Transfer 2 cups of the chowder to a bowl and mash; return to the pan. (I mashed in the pan)

Stir in Cheddar and sour cream; cook over medium heat, stirring, until the cheese is melted and the chowder is heated through, about 2 minutes. Season with salt.

Per serving : 205 Calories; 9 g Fat; 4 g Sat; 3 g Mono; 21 mg Cholesterol; 23 g Carbohydrates; 9 g Protein; 4 g Fiber; 508 mg Sodium; 436 mg Potassium

Make Ahead Tip: Prepare through Step 2. Cover and refrigerate for up to 2 days or freeze for up to 2 months.

Ingredient note: Most supermarkets sell broccoli crowns, which are the tops of the bunches, with the stalks cut off. Although crowns are more expensive than entire bunches, they are convenient and there is considerably less waste.

Roasted Cabbage Wedges

Category: V (Vegetables)

Source: Everyday Food

HU: 2

Servings: 6

Posted by: Josephine Tomato (Jo)

Date: April 1, 2010

Jo's notes: this is such a simple recipe, not sure why I didn't think of it as I roast just about every other vegetable. Instead of brushing the pan, I brushed the cabbage wedges on both sides (only needed 2 T oil) and used a silpat. I did omit the caraway/fennel seeds because I am not fond of them. The cabbage browned on both sides with no turning. The browning brought out the sweetness of the cabbage and with the great price on cabbage this time of year; I will definitely be repeating this often. NI reflects the recipe as written with 3 T oil.

Medium head of cabbage

3 Tablespoons of olive oil (I used only two with my method)

Salt and pepper

1 teaspoon caraway or fennel seeds

Preheat oven to 400*

Brush a rimmed baking sheet with 1 Tablespoon of olive oil. Cut a medium cabbage into 1 inch thick round slices and place in a single layer on sheet. Brush the cabbage with 2 tablespoons of oil. Season with coarse salt and ground pepper and sprinkle with 1 teaspoon of caraway or fennel seeds. Roast until the cabbage is tender and edges are golden, 40-45 minutes.

NI: 102 cal, 7.2 g fat, 2 g protein, 9 g carb, 3.9 g fiber

Antipasto Bowl

Category: S (Salad)

Source: Cooking Light, December 2000

HU: 1

Servings: 20 (serving size: 1/2 cup)

Posted by: CJMartin717 (Cindy)

Date: April 5, 2010

CL: This assortment of vegetables and cheese takes less than 30 minutes to prepare, but if you want to get as much as possible done in advance, make the vinaigrette a few days early. You can store this appetizer in the refrigerator for up to eight hours, but don't go longer than that, or it will affect the texture and flavor of the ingredients.

Cindy's note: I used mild sliced pepperoncini and added some green olives. I subbed roasted bottled red pepper for the fresh. We had the leftovers more than 24 hours later and the salad texture was still fine IMO.

3 cups (2-inch) sliced asparagus (about 3/4 pound)
3 cups quartered mushrooms (about 3/4 pound)
1 cup red bell pepper strips
1/2 cup pitted ripe olives
3 ounces part-skim mozzarella cheese, cubed (about 2/3 cup)
1 (14-ounce) can quartered artichoke hearts, drained
1 (11.5-ounce) jar pickled pepperoncini peppers, drained
1/3 cup cider vinegar
1/4 cup finely chopped fresh parsley
2 tablespoons extra-virgin olive oil
2 teaspoons dried oregano
1 teaspoon sugar
1/4 teaspoon salt
1/4 teaspoon black pepper
3 garlic cloves, minced

Steam asparagus, covered, for 2 minutes. Drain and plunge into ice water; drain well. Combine the asparagus, mushrooms, and the next 5 ingredients (mushrooms through pepperoncini peppers) in a large bowl.

Combine vinegar and remaining ingredients in a small bowl; stir well with a whisk. Pour vinaigrette over the vegetable mixture, tossing gently to coat. Cover and marinate in refrigerator 2 hours; stir occasionally.

Note: Can be served chilled or at room temperature.

CALORIES 49 (50% from fat); FAT 2.7g (sat 0.7g, mono 1.5g, poly 0.3g); IRON 1.2mg; CHOLESTEROL 2mg; CALCIUM 50mg; CARBOHYDRATE 5g; SODIUM 263mg; PROTEIN 2.5g; FIBER 1.2g

Marinated Shrimp

Category: FS (Fish/Seafood)

Source: Cooking Light April 2005

HU: 2

Serves: 12

Posted by: Kate

April 5, 2010

Great appetizer, I grilled the shrimp and served them at room temp, leftovers will be great on a salad.

Ideal for a cocktail buffet, these shrimp are quite flavorful without any sauce.

1/4 cup dry vermouth
2 tablespoons chopped fresh thyme
1 tablespoon chopped fresh marjoram
2 tablespoons fresh lemon juice
1 teaspoon salt
1/2 teaspoon hot pepper sauce (such as Tabasco)
36 large shrimp, peeled and deveined (about 1 3/4 pounds)
4 garlic cloves, minced
1 jalapeño pepper, finely chopped
2 tablespoons olive oil, divided

Combine first 9 ingredients in a large zip-top plastic bag. Marinate in refrigerator 30 minutes, turning bag occasionally.

Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat. Add half of shrimp; cook 1 1/2 minutes on each side or until done. Remove shrimp from pan. Repeat with remaining olive oil and remaining shrimp.

CALORIES 101 (30% from fat); FAT 3.4g (sat 0.5g, mono 1.8g, poly 0.6g); IRON 1.8mg; CHOLESTEROL 101mg; CALCIUM 41mg; CARBOHYDRATE 2g; SODIUM 199mg; PROTEIN 13.6g; FIBER 0.2g

Ravioli Toss

Category: VG (Vegetarian/Meatless)

Source: Ellie Krieger

HU: 7

Serves: 6

Posted by: Kate

April 7, 2010

This was quick and easy to toss together, a nice no-fuss weeknight meal.

2 (9-ounce) packages refrigerated whole-wheat four-cheese ravioli
2 cups (2-inch) cut green beans (about 1/2 pound)
1/2 cup thinly sliced sun-dried tomatoes, packed without oil (about 6)
2 tablespoons olive oil
2 tablespoons red wine vinegar
4 plum tomatoes, chopped (about 1 pound)
1 garlic clove, minced
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1/4 cup (1 ounce) shaved fresh Parmigiano-Reggiano cheese

1. Prepare pasta according to package directions, omitting salt and fat. Add beans to pasta during last 5 minutes of cooking. Drain.

2. Combine sun-dried tomatoes and next 4 ingredients (through garlic) in a large bowl. Add pasta mixture, salt, and pepper; toss gently to combine. Top with cheese.

347 calories; 14.5 grams fat; 6.5 grams fiber

Green Tea Poached Salmon

Category: FS (Fish/Seafood)

Adapted from: Clean Eating May/June 2010

HU: 8

Serves: 4

Posted by: Andiette

April 13, 2010

Andie's notes: I served this with brown rice and steamed french beans. I just had the leftover salmon in a salad with spring greens, cold green beans, salmon, blue cheese crumbles and a garlic vinaigrette! YUM!

Ingredients:

2 limes, halved, divided
4 T raw honey, divided
1 4" piece of fresh ginger, peeled and chopped
4 T loose-leaf green tea, spooned into an infuser ball or piece of cheesecloth or 6 green tea bags
4 6 oz wild-caught salmon fillets, skin and bones removed
1 tsp sea salt
1 tsp whole black peppercorns
fresh ground black pepper to taste

Instructions:

Put 6 C water into a straight-sided skillet or pot with a lid. Add 3 lime halves (squeezing juice into the water before adding), 3 T honey, ginger, salt and peppercorns and bring to a boil over med-high heat. Reduce to a simmer, cover and cook for 10 minutes to infuse water with flavor. Remove 1/2 C poaching liquid and set aside.

Remove skillet or pot from heat and add tea, allowing to steep for 3-5 minutes. Remove tea and place skillet or pot over heat again at the lowest setting before carefully sliding salmon into water. Cover and poach until fish is just cooked through and firm to the touch, 6-7 minutes.

Meanwhile, in a small pot, simmer reserved 1/2 C poaching liquid along with juice and zest of remaining lime half and remaining 1 T honey until liquid reduces by two-thirds and thickens, about 7-10 minutes.

Remove salmon with a slotted spoon and plate. Drizzle a bit of reduced sauce over each fillet. Season with black pepper if desired.

Nutrition per 6-oz serving: 364 cal, 11.5 g fat, 1 g fiber.

Meatballs and Peppers

Category: M (Meat), Quick & Easy

Adapted from: Cooking Light, June 2000

HU: 6

Servings: 4 servings (serving size: 1 cup bell pepper mixture and 9 meatballs)

Posted by: MissVN

Date: April 14, 2010

Notes: I baked my meatballs ahead of time, and just cooked them with the peppers and broth. I did add some of the sauce to the thickener to mix it together before dumping it into the pan, as precaution to lumpiness. I also finished with white balsamic vinegar rather than regular white wine vinegar.

Ingredients:

- 1 cup thinly sliced green bell pepper
- 1 cup thinly sliced red bell pepper
- 1 cup thinly sliced yellow bell pepper
- 1 1/3 cups water
- 1 (10 1/2-ounce) can beef consomme
- 1 bay leaf
- 1 (1-ounce) slice whole-wheat bread
- 1 pound ground round
- 1 tablespoon finely chopped onion
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 large egg white
- 1 garlic clove, crushed
- 2 teaspoons olive oil
- 2 tablespoons all-purpose flour
- 1/4 cup water
- 1/3 cup finely chopped fresh or 1 1/2 teaspoons dried basil
- 2 teaspoons white wine vinegar

Instructions:

Combine the first 6 ingredients in a large saucepan. Bring to a boil; cover, reduce heat, and simmer 20 minutes.

While the peppers are cooking, place bread in a food processor; pulse 10 times or until coarse crumbs form to measure 1/2 cup. Combine breadcrumbs, beef, and next 6 ingredients (beef though garlic) in a bowl, shaping mixture into 36 (1-inch) meatballs. Heat olive oil in a large nonstick skillet over medium-high heat. Add meatballs; cook for 10 minutes, browning on all sides.

Combine flour and 1/4 cup water in a small bowl; stir with a whisk. Add to bell pepper mixture in saucepan. Add meatballs; cook 3 minutes, stirring constantly. Stir in the basil and vinegar. Remove bay leaf.

Nutritional Information

Calories:263 (34% from fat), Fat:9.8g (sat 2.9g,mono 4.7g,poly 0.8g), Protein:30.2g, Carbohydrate:12.4g, Fiber:1.9g,Cholesterol:70mg, Iron:4.3mg, Sodium:788mg, Calcium:34mg

Spicy Pepitas

Category: A (Appetizers/Snacks)

Adapted from: Foodnetwork.com

HU: 0

Servings: 16

Posted By: Aimster

April 17, 2010

These make a tasty addition to creamy soups, salads, or just a handful to munch on.

2 cups Pepitas (raw hulled pumpkin seeds)

1 tsp. freshly ground pepper

1 tsp. cayene pepper

1 tsp ground cumin

1 tsp ground ancho pepper or chili powder

2 tsps lime juice

1 tsp salt

Preheat the oven to 350 degrees.

Toss all ingredients in a bowl

spread on a baking sheet and bake for 3-5 minutes. Gently shaking the pan and bake for an additional 2-3 minutes or until lightly browned.

NI: Calories 2; Fat 0.1; Sodium 2mg; Carbs 0.3 g;

Pork and Bok Choy Stir-fry

Category: M (Meats)

Source: Eating well, Sept/Oct '09

HU: 8

Serves: 4

Posted by: Danikam

Date: 4/17/10

EW's notes: In this zippy pork stir-fry we cut the bok choy into long, thin strips to mimic the long noodles. We like Japanese soba noodles because they are made with buckwheat, which gives them a nutty flavor and a boost of fiber. You can also use mild-flavored rice noodles or whole-wheat spaghetti.

My notes: I was skeptical about cooking a stir-fry in a Dutch oven but it worked just fine. I used vermouth as it was all I had. I would sprinkle chopped peanuts on the top. Also added some carrots, sliced long and thin like the bok choy (loved the long strands of veggies and noodles).

Ingredients

8 ounces soba or rice noodles (I used udon)

3/4-1 pound pork tenderloin, trimmed

1/3 cup water

1/4 cup Shao Hsing rice wine or dry sherry

2 tablespoons reduced-sodium soy sauce

2 teaspoons cornstarch

1 tablespoon peanut oil or canola oil

1 medium onion, thinly sliced

1 pound bok choy (about 1 medium head), trimmed and cut into long, thin strips

1 tablespoon chopped garlic

1 tablespoon chile-garlic sauce

Bring a large saucepan of water to a boil. Add noodles and cook according to package directions. Drain, rinse with cold water and set aside.

Meanwhile, slice pork into thin rounds; cut each round into matchsticks. Whisk water, rice wine (or sherry), soy sauce and cornstarch in a small bowl.

Heat oil in a Dutch oven over medium heat. Add onion and cook, stirring occasionally, until beginning to soften, 2 to 3 minutes. Add bok choy and cook, stirring occasionally, until beginning to soften, about 5 minutes. Add the pork, garlic and chile-garlic sauce; cook, stirring, until the pork is just cooked through, 2 to 3 minutes.

Whisk the cornstarch mixture again, add it to the pan and bring to a boil. Cook, stirring, until the sauce has thickened, 2 to 4 minutes. Serve the pork and vegetables over the noodles.

Per serving: 374 calories; 6 g fat (1 g sat, 2 g mono); 55 mg cholesterol; 51 g carbohydrates; 29 g protein; 2 g fiber; 775 mg sodium; 975 mg potassium.

Skillet Gnocchi with Chard & White Beans

Category: VG (Vegetarian/Meatless)

Source: EatingWell Jan/Feb 2009

HU: 6

Quick and Easy

Servings: 6

Posted by: Waneyvant

Date: April 20, 2010

EW Notes: In this one-skillet supper, we toss dark leafy greens, diced tomatoes and white beans with gnocchi and top it all with gooey mozzarella. Serve with a mixed green salad with vinaigrette. Time: 30 minutes

1 T plus 1 tsp extra-virgin olive oil, divided

1 16 oz pkg shelf-stable gnocchi

1 medium yellow onion, thinly sliced

4 cloves garlic, minced

1/2 c. water

6 c. chopped chard leaves, (about 1 small bunch) or spinach

1 15-oz can diced tomatoes with Italian seasonings (i added 1 tsp to plain diced)

1 15-oz can white beans, rinsed

1/4 tsp freshly ground pepper

1/2 c. shredded part-skim mozzarella cheese

1/4 c. finely shredded Parmesan cheese

Heat 1 T. oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5 to 7 minutes. Transfer to a bowl.

Add the remaining 1 tsp. oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6 minutes. Add chard (or spinach) and cook, stirring, until starting to wilt, 1 to 2 minutes. Stir in tomatoes, beans and pepper and bring to a simmer. Stir in the gnocchi and sprinkle with mozzarella and Parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes.

Per serving : 325 Calories; 7 g Fat; 2 g Sat; 3 g Mono; 8 mg Cholesterol; 55 g Carbohydrates; 14 g Protein; 6 g Fiber; 616 mg Sodium; 360 mg Potassium

Oven-Barbecued Pork Chops

Category: M (Meats)

Source: EatingWell January/February 2007

HU: 6

Serves: 4

Posted by: Kate

April 21, 2010

Need a little summertime flavor? Try this swift recipe and enjoy a “barbecue” indoors. Make it a meal: Serve with coleslaw and cornbread.

Notes: Quick, easy and delicious. I used boneless pork chops

1 1/2-1 3/4 pounds bone-in, 3/4-inch-thick pork rib chops, trimmed of fat
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
3 teaspoons canola oil, divided
1 medium onion, diced
1 clove garlic, minced
1/3 cup orange juice
1/2 cup barbecue sauce

Preheat oven to 400°F. Sprinkle pork chops with salt and pepper. Heat 2 teaspoons oil in a large ovenproof skillet over high heat. Add the pork chops and cook until beginning to brown, 1 to 2 minutes per side. Transfer to a plate.

Add the remaining 1 teaspoon oil to the pan. Add onion and cook, stirring, until softened, 3 to 4 minutes. Stir in garlic and cook, stirring, until fragrant, 30 seconds. Add orange juice and cook until most of the liquid has evaporated, 30 seconds to 1 minute. Stir in barbecue sauce. Return the pork chops to the pan, turning several times to coat with the sauce.

Transfer the pan to the oven and bake until the pork chops are barely pink in the middle and an instant-read thermometer registers 145°F, 6 to 10 minutes. Serve the sauce over the pork chops.

Per serving : 250 Calories; 11 g Fat; 3 g Sat; 5 g Mono; 69 mg Cholesterol; 10 g Carbohydrates; 27 g Protein; 1 g Fiber; 452 mg Sodium; 474 mg Potassium

Bacon and Wild Mushroom Risotto with Baby Spinach

Category: RP (Rice/Pasta/Grains)

Source: May 2010 Cooking Light Magazine

HU: 9

Serves: 5 servings (serving size: about 1 1/4 cups risotto and about 1 tablespoon bacon)

Posted: Donna/Carots

Date: April 22, 2010

*Notes-Very, very good. Takes some time to prepare, but well worth it.. especially if you like different types of Mushrooms and Bacon. I drained off most of the bacon drippings.. it just seemed like too much.

4 cups Homemade Chicken Stock
6 bacon slices, chopped
1 cup chopped shallots
1 tablespoon extra-virgin olive oil
1 teaspoon chopped fresh thyme
4 garlic cloves, minced
4 ounces cremini mushrooms, sliced
4 ounces shiitake mushrooms, stemmed and sliced
4 ounces oyster mushrooms, sliced
1 cup uncooked Carnaroli or Arborio rice or other medium-grain rice
1/3 cup Madeira wine or dry sherry
4 cups baby spinach
1/2 cup (2 ounces) grated fresh Asiago cheese
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

1. Bring Homemade Chicken Stock to a simmer in a small saucepan (do not boil); keep warm over low heat.

2. Heat a large Dutch oven over medium heat. Add bacon to pan; cook 8 minutes or until crisp, stirring occasionally. Remove bacon from pan with a slotted spoon. Add shallots, oil, thyme, and garlic to drippings in pan; cook 6 minutes or until shallots are tender, stirring occasionally. Stir in mushrooms; cook 8 minutes, stirring occasionally. Add rice, and cook 1 minute, stirring constantly. Stir in Madeira; cook 1 minute or until the liquid is nearly absorbed, stirring constantly. Stir in 1 cup stock; cook 4 minutes or until the liquid is nearly absorbed, stirring constantly. Add remaining stock, 1/2 cup at a time, stirring constantly until each portion of stock is absorbed before adding the next (about 25 minutes total). Stir in spinach; cook 1 minute. Remove from heat; stir in cheese, salt, and pepper. Sprinkle with bacon.

Red Quinoa Salad Your Way

Category: RP (Rice/Pasta/Grains)

Source: Kitchen Parade, April, 2010

HU: 2 for side serving, 4 for main dish

Servings: Side Servings: 10 (½ cup); Main dish serving: 5 (cup)

Posted by Sandy (Nana Williams)

4/22/10

Quinoa:

2 cups of water

1 teaspoon of kosher salt

1 cup quinoa, red or white, rinsed

Add-ins:

3 green onions, white and green parts, chopped

8 halves sun-dried tomatoes, sliced into thin lengths

8 halves of dried apricots, sliced thin

½ of an English cucumber

8 olives, halved

1 Tablespoon fresh herbs

2 ounces feta cheese, crumbled

Vinaigrette:

2-4 Tablespoons of good vinegar

1 Tablespoon of good mustard

1 Tablespoon of good olive oil

Salt and pepper to taste

Fresh Greens for Serving

Bring the water and salt to a boil in a medium saucepan. Add the quinoa and cook over medium heat until the quinoa fully cooks and the water cooks off, 15-20 minutes. If needed, drain.

Add-ins: Prep the veggies in a large bowl. Set aside.

Vinaigrette: Whisk the ingredients together in a small bowl.

Stir the quinoa into the veggies and add the vinaigrette and gently stir in feta.

Best served immediately but can be refrigerated to serve later. Serve atop greens.

Nutrition:

Calories: 109/218; Fat: 4/8g Total Fat; Protein: 4/8; Cholesterol: 5/10mg;

Carb:15/30 g; Fiber: 2/4 g.

Notes: Other grain suggestions: barley, kashi, couscous, or brown rice. Add-ins can include any veggies you like, but they suggest using some onion with something wet and crunchy, even capers, and something sweet.

I substituted polenta, fresh tomatoes, and added black berries and avocado. It was absolutely delicious!

Tyler's Roasted Brussels Sprouts

Category: V (Vegetables)

Adapted from: InStyle.Com

HU: 2

Servings: 8

Posted by: Aimster04

Date: 4/28/10

Amy's Notes: The amount of pancetta is reduced from the original recipe. I found it to be enough. This was super easy and delicious.

2 lb. Brussels sprouts, trimmed and halved
2 oz. pancetta, diced
2 cloves garlic, minced
2 tbsp olive oil
2 tbsp balsamic vinegar
2 tbsp chicken broth
½ cup panko (Japanese bread crumbs)
½ cup shredded Parmesan cheese
Salt and pepper to taste

Heat oven to 425°F. In large bowl toss Brussels sprouts with pancetta, garlic and olive oil.

Spread vegetables in single layer in 15" x 10" x 2" baking dish. Roast for 25 minutes or until Brussels sprouts are fork-tender.

Stir in balsamic vinegar and chicken broth. Sprinkle with panko. Return to oven for 5 minutes.

Remove from oven and stir in cheese. Season with salt and pepper to taste.

NI: 124 Calories, 6g Fat, 4g Fiber

Apple, Blue Cheese & Hazelnut Salad on Endive Leaves

Category: Appetizer

Quick & Easy

Adapted From: Fine Cooking

Servings: 20

HU: 1.5

Posted by CrissyBear (Christine)

May 13, 2010

1 large (8-oz) tart-sweet red apple, such as Gala or Braeburn, cored & cut into 1/8-inch dice

3/4 cup crumbled bleu cheese (about 3 ounces)

3/4 cup finely chopped celery (about 2 large ribs)

3 tablespoons mayonnaise

1 tablespoon fresh lemon juice

kosher salt -- to taste

5 Belgian endives -- leaves separated (smallest leaves saved for another use)

1/2 cup hazelnuts -- toasted and coarsely chopped

In a medium bowl, combine the apple, blue cheese, celery, mayonnaise, and lemon juice. Stir gently to combine. Season to taste with salt.

To assemble: Mound a small spoonful of the apple mixture onto the core end of each endive leaf. Sprinkle with the hazelnuts and serve.

Make Ahead Tips -- To bring this hors d'oeuvre to a party, pack the apple mixture, the endive, and the hazelnuts separately and quickly assemble them once you arrive (don't make the apple mixture more than an hour ahead). Also, you can toast and chop the hazelnuts for up to one month in advance and freeze them in an airtight container.

Yields: 40 pieces (serving size: 2 pieces)

Per Serving: 84 Calories; 6g Fat (56.2% calories from fat); 3g Protein; 7g Carbohydrate; 5g Dietary Fiber; 5mg Cholesterol; 115mg Sodium.

Grilled Flank Steak with Chimichurri

Category: M (Meats)

Source: Cooking Light September 2001

Serves: 6

HU: 5.25

Posted by: Kate

May 14, 2010

Notes: This was easy to make and I loved the combo of the dry rub and chimichurri. I also used the chimichurri on veggies I grilled with the steak.

Steak with chimichurri is one of Argentina's national dishes. The steak is flavored with a rub modeled on "dry" chimichurri, popular among Argentina's gaucho's.

1 tablespoon olive oil
2 teaspoons dried oregano
1 teaspoon dried basil
1 teaspoon paprika
1 teaspoon crushed red pepper
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 garlic cloves, minced
1 (1 1/2-pound) flank or skirt steak, trimmed
Cooking spray

1 1/2 cups Chimichurri

Prepare grill.

Combine first 8 ingredients in a small bowl; rub steak with spice mixture. Marinate in refrigerator 30 minutes.

Place steak on grill rack coated with cooking spray; grill 6 minutes on each side or until desired degree of doneness. Serve with Chimichurri.

Yield: 6 servings (serving size: 3 ounces steak and 2 tablespoons chimichurri)

CALORIES 218 (50% from fat); FAT 12.1g (sat 4.1g,mono 6g,poly 1g); IRON 2.8mg; CHOLESTEROL 57mg; CALCIUM 26mg; CARBOHYDRATE 3g; SODIUM 314mg; PROTEIN 23.5g; FIBER 0.7g

Chimichurri

Category: SC

Source: Cooking Light September 2001

Serves: 6

HU: .75

Posted by: Kate

May 14, 2010

Considered the barbecue sauce of Argentina, this emerald-colored condiment is built on garlic and parsley, and is a pungent cross between vinaigrette and pesto.

This recipe goes with Grilled Flank Steak with Chimichurri

Yield: 1 1/2 cups (serving size: 2 tablespoons)

2 cups coarsely chopped fresh flat-leaf parsley (about 2 bunches)

1 cup coarsely chopped onion

2/3 cup coarsely chopped carrot

1/4 cup coarsely chopped garlic

1/2 cup vegetable broth

1/3 cup white vinegar

2 tablespoons extra-virgin olive oil

1 teaspoon dried oregano

1/2 teaspoon crushed red pepper

1/4 teaspoon salt

1/4 teaspoon black pepper

Combine first 4 ingredients in a food processor; pulse until mixture is finely chopped.

Combine the broth and remaining ingredients. With processor on, slowly pour broth mixture through food chute; process until well blended.

CALORIES 32 (68% from fat); FAT 2.4g (sat 0.3g,mono 1.7g,poly 0.2g); IRON 0.4mg; CHOLESTEROL 0.0mg; CALCIUM 15mg; CARBOHYDRATE 2.5g; SODIUM 94mg; PROTEIN 0.5g; FIBER 0.5g

Roasted Potato Salad

Category: S (Salads)

Source: Cooking Light October 2006

Serves: 8

HU: 3

Posted by: Kate

May 24, 2010

This was easy to put together and a nice twist on potato salad. Roasting the potatoes gave them a nice, firm texture and the Dijon vinaigrette was very flavorful.

Store the vinaigrette separately and toss with the potato mixture right before serving.

POTATOES:

2 teaspoons olive oil

1/4 teaspoon salt

4 pounds small red potatoes, quartered

Cooking spray

1/2 cup chopped green onions

1/4 cup chopped fresh parsley

4 bacon slices, cooked and crumbled

VINAIGRETTE:

2 1/2 tablespoons balsamic vinegar

1 tablespoon Dijon mustard

2 teaspoons olive oil

1/2 teaspoon black pepper

1/4 teaspoon salt

Preheat oven to 450°.

To prepare potatoes, combine first 3 ingredients. Arrange evenly on a jelly-roll pan coated with cooking spray. Bake at 450° for 30 minutes or until tender. Let cool. Combine potatoes, onions, parsley, and bacon.

To prepare vinaigrette, combine vinegar and remaining ingredients in a jar. Cover tightly; shake vigorously. Add vinaigrette to potato mixture; toss well. Serve immediately.

CALORIES 210 (18% from fat); FAT 4.3g (sat 0.9g,mono 2.5g,poly 0.5g); IRON 2mg; CHOLESTEROL 3mg; CALCIUM 30mg; CARBOHYDRATE 37.7g; SODIUM 260mg; PROTEIN 5.5g; FIBER 4.2g

Pork Sate with Peanut-Mirin Sauce

Category of recipe - Meats

Adapted from Cooking Light, July 2009

Core:N

Servings: 4

HU: 5

Posted by Jillybean03

May 29, 2010

Jilly's notes: this was BLOW YOUR HAIR BACK good

Ingredients

Pork

2 T. grated lime rind

2 T. fresh lime juice

1 T. peanutbutter

2 tsp. sugar

2 tsp. fish sauce

½ tsp curry powder

¼ tsp. salt

¼ tsp. coriander (ground)

1 Lb pork tenderloin cut into 16x4" strips

Sauce:

1 ½ Tbsp. sugar

2 Tbsp. seasoned rice vinegar

2 Tbsp. fresh lime juice

2 Tbsp. mirin

1 Tbsp. chopped fresh cilantro

1 tsp. fish sauce (I used 2)

1 serrano, seeded and finely chopped

1 Tbs. dry roasted peanuts, chopped (I used about 1 Tbs. peanutbutter instead)

1. Prepare grill to med-high heat

2. To prepare pork, combine first 9 ingredients in a medium bowl, stirring until smooth. Add pork; toss well to coat. Let stand at room temp for 15 minutes

3. To prepare sauce, combine 1.5 Tbsp sugar and next 6 ingredients, stirring with a whisk. Stir in peanuts.

4. Thread 2 pieces pork lengthwise onto each of 8 skewers. Place on grill rack coated with cooking spray; grill 3 minutes on each side until done.

Serving size: 2 skewers & about 4 tsp sauce

232 calories; fat 7.7 g; protein: 25g; carb 14g; Fiber 0.9 g;

Grilled Blue Cheese & Bacon Potato Salad

VP - Vegetables-Potatoes

adapted from Southern Living, recommended by Jane

Servings: 10

HU: 5.5

Posted by CJMartin717 (Cindy)

May 30, 2010

Cindy's Comments: We divided the potatoes into 2 packets and roasted them in the oven at 375 F for 30 minutes. I thought the vinegar was a little strong and might cut it back to 2 or 2 1/2 tablespoons next time. We bought regular size red potatoes and cut them in chunks.

You can substitute a regular balsamic vinegar if you don't mind the darker color of the dressing. I think an apple cider vinegar would work well too.

3 pounds baby red potatoes -- halved
2 tablespoons olive oil
1 teaspoon salt
1 teaspoon cracked black pepper
3/4 cup light mayonnaise
1/4 cup fresh parsley -- chopped
3 tablespoons white balsamic vinegar
1 1/2 teaspoons sugar
2 teaspoons Dijon mustard
3/4 cup red onion -- thinly sliced
3 ounces blue cheese -- crumbled
6 slices bacon -- cooked and crumbled

Preheat grill or oven to 350 - 400 degrees F (medium-high). Place potatoes in a single layer in center of a large piece of aluminum foil. Drizzle with olive oil; sprinkle with salt and pepper. Bring up foil sides over potatoes; double fold top and side edges to seal, making 1 large packet.

Grill potatoes in foil packet, covered with grill lid, 15 minutes on each side. Remove packet from grill. Carefully open packet and let potatoes cool 5 minutes.

Whisk together the mayonnaise and next 4 ingredients in a large bowl. Add the potatoes, tossing gently to coat. Stir in onion, blue cheese, and bacon.

Per Serving: 234 Calories; 11g Fat (40.1% calories from fat); 6g Protein; 30g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 504mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Beer-Barbecued Chicken

From EatingWell May/June 2009

Servings: 6

HU: 4

Posted by Waneyvant (Jane)

May 31, 2010

Jane's notes: This was really delicious, Eating Well's spin on Beer Can Chicken. Very simple. Bobby said the grilling time was dead on. 45 minutes on 1st side, 30 minutes on second, 10 minutes resting. The spice rub was wonderful. Loved the smokiness of the paprika combined with the cumin & chipotle pepper.

Barbecuing with skin on helps prevent the meat from drying out. To keep calories & fat in check, remove skin before serving.

- 1 T. smoked paprika
- 2 tsp. dried oregano
- 1 1/2 tsp. salt
- 1 tsp. packed dark brown sugar
- 1 tsp. ground cumin
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/2 tsp. ground chipotle chile
- 1/2 tsp. freshly ground pepper
- 1 4-pound chicken
- 1 12-oz bottle beer, preferably pale ale or American lager, divided

Preheat a gas grill (with all burners lit) to 400°F or build a fire in a charcoal grill and let it burn down to medium heat (about 400°F).

Combine paprika thru pepper in a small bowl. Remove giblets from chicken (if included) and trim any excess skin. Loosen the skin over the breast and thigh meat. Rub the spice mixture under the skin onto the breast meat and leg meat, a little on the skin and inside the cavity. Tuck wings under the body and tie the legs together with kitchen string.

If using a gas grill, turn off one burner (leaving 1 to 2 burners lit, depending on your grill). If using a charcoal grill, move the coals to one side. Wearing an oven mitt, carefully place a drip pan under the grill rack on the unheated side. Place the chicken breast-side down on the rack over the pan. Pour half the beer into the cavity (it's OK if some drips out into the drip pan).

Close the lid and roast undisturbed for 45 minutes.

Turn the chicken breast-side up. Pour the remaining beer into the cavity. Cover and continue roasting until an instant-read thermometer inserted into the thickest part of the thigh without touching bone registers 165°F, 30 to 45 minutes more. Transfer the chicken to a clean cutting board; let rest for 10 minutes before removing the string and carving.

Per serving (without skin) : 173 Calories; 7 g Fat; 2 g Sat; 1 g Mono; 76 mg Cholesterol; 2 g Carbohydrates; 25 g Protein; 1 g Fiber; 656 mg Sodium; 250 mg Potassium

Mozzarella-Stuffed Turkey Burgers

EatingWell May/June 2008

Servings: 4

HU: 7

Posted by: Waneyvant

May 31, 2010

These are reminiscent of a sausage pizza

Sauce

2 tsp extra-virgin olive oil

1 small onion, finely chopped

4 cloves garlic, minced

2 c. chopped plum tomatoes, with juices

6 oil-packed sun-dried tomatoes, drained, finely chopped

1/2 tsp salt

1/2 tsp freshly ground pepper

2 T. chopped fresh basil

Burgers

1 pound 93%-lean ground turkey

1/4 c. finely chopped scallions

2 tsp minced garlic

2 tsp Worcestershire sauce

1 tsp freshly grated lemon zest

1/2 tsp dried oregano

1/2 tsp freshly ground pepper

1/4 tsp salt

1/2 c. shredded part-skim mozzarella cheese, divided

2 T. finely chopped fresh basil

2 tsp extra-virgin olive oil

4 4-in-square slices foccacia bread, (about 2 oz each), toasted

Mozzarella-Stuffed Turkey Burgers (continued):

Heat 2 tsp oil in a medium saucepan over medium heat. Add onion and garlic, cover and cook, stirring frequently, until translucent, 5 to 7 minutes. Stir in fresh tomatoes and any juices, sun-dried tomatoes, 1/2 tsp salt & 1/2 tsp pepper. Bring to a simmer and cook, stirring occasionally, until tomatoes have broken down, 8 to 10 minutes. Stir in basil and remove from the heat. Transfer to a food processor and pulse to form a coarse-textured sauce. Return to the pan and set aside. (I used a potato masher instead)

Place turkey, scallions, garlic, Worcestershire sauce, lemon zest, oregano, 1/2 tsp pepper & 1/4 tsp salt in a large bowl. Gently combine, without overmixing, until evenly incorporated. Form into 8 thin patties about 4-in" wide & 3/8 in" thick.

Combine 1/4 c. cheese & basil & place an equal amount in the center of 4 patties. Cover with the remaining patties and crimp the edges closed.

Heat 2 tsp oil in a large nonstick skillet over medium heat (see Grilling Variation). Add burgers & cook, turning once, until an instant-read thermometer inserted in the center registers 165°F, 8 to 10 minutes total.

Warm the marinara on the stove. To assemble burgers, spread 3 T. of marinara on each toasted focaccia, top with a burger, about 3 more T. of marinara & 1 T. of the remaining cheese. Grilling Variation: To grill, preheat a grill to medium-high. Oil the grill rack (see Tip). Grill the patties, turning once, until an instant-read thermometer inserted in the center registers 165°F, 8 to 10 minutes total.

Per serving : 299 Calories; 15 g Fat; 2 g Fiber

Tip: Cover and refrigerate the marinara sauce for up to 5 days

Lager Marinated Grilled Shrimp

Adapted from Stella Artois test kitchens

Servings 4

HU:

Posted by DebMj1

June 1, 2010

1 12-oz. bottle lager beer (such as Stella Artois)

1 Tablespoon Italian seasoning

1/2 teaspoon red pepper flakes

1 clove garlic

2 teaspoons dijon mustard

salt and pepper

2 Tablespoons olive oil

1 lime, juiced

1 pound jumbo shrimp

wooden skewers

In a medium bowl, combine all marinade ingredients, mix well and set aside for at least 30 minutes. Shell and devein shrimp and put them in the prepared marinade. Marinate 20-30 minutes in refrigerator. Meanwhile, soak wooden skewers in water. Remove shrimp and thread onto wooden skewers, either 2 per 6 inch skewer or 4 to 5 per 12 inch skewer.

To cook, place skewered shrimp on preheated grill, about 4 inches from heat source. (I did them on medium). Cook about 5 minutes per side or until pick and delicately browned.

Each serving, with all marinade included is 225 calories, and 9 gms. of fat. Since most marinade is discarded, I would guesstimate that each serving has about 175 calories and 5 gms. of fat.

Grilled Romaine with Blue Cheese Dressing

Source: Cooking Light June 2008

Serves: 4

HU: 1.1

Posted by: Kate

June 1, 2010

Look for packaged hearts of romaine with the bags of prewashed salad greens in your supermarket's produce section. If available, use multicolored teardrop tomatoes for a beautiful peak-of-summer presentation.

Notes: this was a great side paired with grilled steaks

1 tablespoon finely chopped shallots
3 tablespoons crumbled blue cheese
2 tablespoons reduced-fat mayonnaise
1 1/2 tablespoons fresh lemon juice
1 1/2 teaspoons water
1 garlic clove, minced
2 romaine lettuce hearts, cut in half lengthwise (about 12 ounces)
Cooking spray
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 cup cherry tomatoes, halved

1. Prepare grill to medium-high heat.
2. Combine first 6 ingredients, stirring with a whisk. Cover and chill.
3. Coat lettuce on all sides with cooking spray; sprinkle with salt and pepper. Place lettuce, cut side down, on grill rack; grill 2 minutes. Remove lettuce from grill; let stand 5 minutes.
4. Place 1 lettuce half on each of 4 salad plates. Top each serving with 1/4 cup tomatoes. Drizzle each serving with 1 tablespoon dressing. Serve immediately.

CALORIES 58 (45% from fat); FAT 2.9g (sat 1.2g,mono 0.5g,poly 0.6g); IRON 1.3mg; CHOLESTEROL 5mg; CALCIUM 80mg; CARBOHYDRATE 6.5g; SODIUM 278mg; PROTEIN 2.8g; FIBER 1.5g

Shrimp Veracruzana

Source: EatingWell May/June 2008

Servings: 4

HU's: 3.9

Posted by: Waneyvant

Date: June 3, 2010

EW Notes: Veracruzana is a dish full of onions, jalapeños and tomatoes from the Mexican state of Veracruz. Here we pair the zesty sauce with shrimp, but it can be served with any type of fish or chicken. The heat of fresh jalapeños varies depending on growing conditions. Be sure to taste yours as you're adding them to the dish and adjust the amount according to your taste. For pepper flavor without the heat, use a thinly sliced green bell pepper in place of the jalapeños. Serve with: Rice or potatoes and an avocado salad.

Jane's Notes: i used 3 small jalapenos, and there was no heat. We added a little hot sauce and served over rice. Delish! I would swap and add the tomatoes/olives before the shrimp, took longer to cook down than 2 to 3 minutes.

2 teaspoons canola oil

1 bay leaf

1 medium onion, halved and thinly sliced

2 jalapeño peppers, seeded and very thinly sliced, or to taste

4 cloves garlic, minced

1 pound peeled and deveined raw shrimp, (16-20 per pound)

3 medium tomatoes, diced

1/4 cup thinly sliced pitted green olives

1 lime, cut into 4 wedges

Heat oil in a large nonstick skillet over medium heat. Add bay leaf and cook for 1 minute. Add onion, jalapeños and garlic and cook, stirring, until softened, about 3 minutes. Stir in shrimp, cover and cook until pink and just cooked through, 3 to 4 minutes. Stir in tomatoes and olives. Bring to a simmer, reduce heat to medium-low, replace cover and cook until the tomatoes are almost broken down, 2 to 3 minutes more. Remove the bay leaf. Serve with lime wedges.

Per serving : 192 Calories; 6 g Fat; 1 g Sat; 3 g Mono; 172 mg Cholesterol; 11 g Carbohydrates; 24 g Protein; 2 g Fiber; 324 mg Sodium; 516 mg Potassium

Mediterranean Salad With Chickpea Patties

Source: Real Simple

Servings: 4

HU: 3.6

Posted by: Waneyvant

Date: June 6, 2010

Waney Notes: make sure your patties are thicker, not too flat. Thinner ones fell apart. Next time, will serve this as a spin on sliders, using the salad and yogurt and 1 patty stuffed inside a 1 point mini pita.

1 15.5-ounce can chickpeas, rinsed
1/2 cup fresh flat-leaf parsley
1 clove garlic, chopped
1/4 teaspoon ground cumin
Kosher salt and black pepper
2 tablespoons all-purpose flour
2 tablespoons olive oil
1/2 cup low-fat yogurt (preferably Greek)
3 tablespoons fresh lemon juice
8 cups mixed greens
1 cup grape tomatoes
1/2 small red onion, thinly sliced
Pita Chips (optional for salad)

1. In a food processor, pulse the chickpeas, parsley, garlic, cumin, and 1/4 teaspoon each salt and pepper just until coarsely chopped and the mixture comes together when gently squeezed. Form into eight 1/2-inch-thick patties and coat with the flour, tapping off excess.

2. Heat the oil in a nonstick skillet over medium-high heat. Cook the patties, turning carefully, until golden brown, 2 to 3 minutes per side.

3. In a small bowl, whisk the yogurt, lemon juice, and 1/4 teaspoon each salt and pepper. Divide the greens, tomatoes, onion, and chickpea patties among plates. Drizzle with the dressing and serve with the pita chips, if using.

Calories 190; Calories From Fat 39%; Protein 8g; Carbohydrate 22g; Sugar 6g; Fiber 5g; Fat 8g; Sat Fat 1g; Calcium 91mg; Iron 2mg; Sodium 475mg; Cholesterol 1mg

Grilled Chicken Tenders with Cilantro Pesto

Source: Eating Well May/June 2008

HU's: 3

Servings: 4

Posted by: Waneyvant

June 8, 2010

EW Notes: Serve with: Quinoa and grilled asparagus.

Waney Notes: we did 1/2 boneless breasts instead of tenders, and we paired with grilled veggie skewers and grilled pineapple (drizzled with a little rum before cooking) for dessert. We also served it with quinoa.

1/4 cup lime juice
1/4 cup reduced-sodium soy sauce
1 tablespoon canola oil
1 teaspoon chili powder
1 pound chicken tenders
2 cups loosely packed fresh cilantro leaves, (1-2 bunches)
2 scallions, sliced
2 tablespoons toasted sesame seeds, (see Note)

Whisk lime juice, soy sauce, oil and chili powder in a large bowl. Reserve 2 tablespoons of the marinade in a small bowl. Add chicken to the remaining marinade; toss to coat. Marinate in the refrigerator for 20 minutes or up to 1 hour.

Preheat grill to medium-high.

Meanwhile, place cilantro, scallions, sesame seeds and the reserved marinade in a food processor and process until fairly smooth.

Oil the grill rack (see Tip). Remove the chicken from the marinade (discard marinade) and grill until cooked through and no longer pink in the middle, about 2 minutes per side. Serve the chicken with the cilantro-sesame pesto.

Per serving : 152 Calories; 4 g Fat; 0 g Sat; 2 g Mono; 67 mg Cholesterol; 3 g Carbohydrates; 27 g Protein; 1 g Fiber; 290 mg Sodium; 105 mg Potassium

Note: Sesame seeds can be purchased already toasted. Look for them near other Asian ingredients. Or toast your own in a small dry skillet over low heat, stirring constantly, until golden and fragrant, about 2 minutes.

Tip: To oil the grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like tofu and fish, it is helpful to spray the food with cooking spray.

Green Bean Salad Amandine

Source: Cooking Light March 2008

Serves: 4

HU: 0.7

Posted by: Kate

June 8, 2010

Notes: Nice light summer side, easy to put together. I made it ahead of time and added the almonds just before serving, used regular green beans cooking them a bit longer, and red wine vinegar instead of sherry vinegar.

1 pound haricots verts, trimmed
1 tablespoon sherry vinegar
1 1/2 teaspoons extravirgin olive oil
1 teaspoon Dijon mustard
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tablespoon sliced almonds, toasted

1. Cook beans in boiling water 4 minutes or until crisp-tender. Drain and plunge beans into ice water; drain well. Pat beans dry with paper towels.

2. Combine vinegar, oil, mustard, salt, and pepper in a medium bowl, stirring with a whisk until well blended. Add beans to vinegar mixture; toss well to coat. Sprinkle with almonds.

CALORIES 62 (41% from fat); FAT 2.8g (sat 0.3g,mono 1.8g,poly 0.5g); IRON 1.3mg; CHOLESTEROL 0.0mg; CALCIUM 48mg; CARBOHYDRATE 8.7g; SODIUM 186mg; PROTEIN 2.5g; FIBER 4.1g

Pork Chops with Bourbon-Peach Sauce Category: Meat (M)

Adapted from: Cooking Light, March 2008

Servings: 4

H.U.'s: 5.2

Posted by: ejwyatt (Emily)

Date: June 20, 2010

CL Notes: This Southern-style entrée is a one-pan dish that's sure to impress guests. Serve with steamed asparagus to round out the meal.

Em's Notes: I did serve with steamed asparagus and brown rice to soak up the sauce. The only change that I made was to use dried thyme instead of fresh.

4 (4-ounce) boneless center-cut loin pork chops (about 1/4 inch thick)

3/4 teaspoon salt

1/4 teaspoon black pepper

1/4 teaspoon ground red pepper

Cooking spray

1 tablespoon minced shallots

1 teaspoon minced bottled garlic

1 1/2 cups frozen sliced peaches

1/2 cup fat-free, less-sodium chicken broth

2 teaspoons brown sugar

2 thyme sprigs

2 tablespoons bourbon

2 teaspoons butter

1. Sprinkle pork with salt and peppers. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add pork to pan; cook 2 1/2 minutes on each side or until browned. Remove pork from pan; keep warm.

2. Add shallots and garlic to pan; sauté 30 seconds. Add peaches and broth to pan; sauté 2 minutes. Add sugar and thyme to pan; cook 1 minute. Add bourbon and butter to pan; cook 4 1/2 minutes or until butter melts and sauce is slightly thickened. Discard thyme sprigs. Serve with pork.

CALORIES 233 (32% from fat); FAT 8.4g (sat 3.6g,mono 3.4g,poly 0.5g); IRON 0.8mg; CHOLESTEROL 70mg; CALCIUM 30mg; CARBOHYDRATE 8.6g; SODIUM 560mg; PROTEIN 24.7g; FIBER 0.9g

Jerk Shrimp with Grilled Onion, Avocado, and Mango Salsa

Coastal Living, January 2009

Yield: 6 servings

Posted By: Baawstinn36 (Maria)

June 13, 2010

Comments: This was good with a nice amount of heat. Next time I will completely peel the shrimp as it gets messy. Yummy with the salsa poured on top.

1 mango, peeled and finely chopped
1/2 avocado, finely chopped
1/4 cup finely chopped red bell pepper
2 tablespoons chopped fresh cilantro
1 tablespoon fresh lime juice
1 teaspoon sugar
1/4 teaspoon salt
2 pounds unpeeled large raw shrimp
1 red onion, cut into 1/4-inch-thick slices
1 tablespoons olive oil
3 tablespoons Jamaican Jerk Rub

Combine first 7 ingredients in a medium bowl, and set salsa aside.

Peel shrimp, leaving tails on; devein. Toss shrimp and onion with oil in a large bowl, sprinkle with Jamaican Jerk Rub, and toss to coat. Grill shrimp and onion over medium-high heat (350° to 400°) 6 minutes, or just until shrimp turn pink, turning once. Chop onion and add to salsa mixture, stirring gently. Serve shrimp with salsa.

6 Servings = FIVE

5 servings = SIX

8 servings = FOUR

4 servings = EIGHT

Jamaican Jerk Rub

Coastal Living

Yield: 3/4 cup

Posted By: Bawstinn36 (Maria)

June 13, 2010

This recipe goes with Jerk Shrimp with Grilled Onion, Avocado, and Mango Salsa

Yield: Makes 3/4 cup

- 1/3 cup paprika
- 2 tablespoons ground allspice
- 4 teaspoons sugar
- 1 tablespoon dried thyme
- 1 tablespoon salt
- 2 teaspoons freshly ground black pepper
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- 1 teaspoon cayenne pepper

Combine all ingredients in a bowl; mix well. Store in an airtight container.

Mediterranean Chicken Thighs

Adapted from SparkPeople, June 1, 2010

Serving Size: 4

Posed by Waneyvant

Date: June 20, 2010

Jane's Notes: we did this on the charcoal grill, and adjusted the cooking times & heat accordingly. Very juicy and flavorful. I think the fresh oregano and garlic really punched this up. Serve with fresh green beans, and i think orzo would be a great side.

1 1/2 pounds boneless, skinless chicken thighs, fat removed
1/4 cup fresh lemon juice
3 large garlic cloves, chopped
2 tablespoons fresh oregano, freshly chopped
sea salt, to taste
1/8 teaspoon black pepper, freshly ground

Combine all ingredients except chicken in a large ziplock bag. Add chicken. Marinate in refrigerator for for 1 to 3 hours, turning every 20 minutes. Prepare grill. Spry grill grate with no stick cooking spray. Heat grill to high. Place chicken on grill and close lid for 5 minutes. Turn chicken over, and cook 5 minutes. Reduce heat to medium and cook an additional 10 minutes, turning frequently.

Per Serving: 189 Calories; 9g Fat (42.1% calories from fat); 24g Protein; 2g Carbohydrate; trace Dietary Fiber; 82mg Cholesterol; 82mg Sodium.

Farfalle with Tomatoes, Onions and Feta

Pasta or Vegetarian

Source: Cooking Light July

Core: no

Servings: 4 Hu'S: 8

Posted by LittleChi

Date: 6/22/10

Quick and Easy

Little's Notes: I accidentally used my red onion instead of the yellow, and half cherry tomatoes, half cut and seeded big tomato. DH and I really liked this dish. I served it with flat bread which was thin crust refrig pizza crust, rolled out with olive oil, red pepper flakes and garlic and baked per directions. CI recommended kalamata olives on the flat bread but I omitted.

Ingredients:

1 tablespoon plus 1/4 teaspoon salt
8 ounces uncooked farfalle pasta
2 tablespoons extra-virgin olive oil, divided
1 cup vertically sliced yellow onion
1 teaspoon dried oregano
5 garlic cloves, sliced
2 cups grape tomatoes, halved
1 tablespoon white wine vinegar
3 cups baby spinach
3 tablespoons shaved fresh Parmigiano-Reggiano cheese
1/4 teaspoon freshly ground black pepper
3/4 cup (3 ounces) crumbled feta cheese

Instructions:

1. Bring a large pot of water to a boil with 1 tablespoon salt. Add pasta, and cook according to package directions; drain.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add onion and oregano; sauté 12 minutes or until lightly browned. Add garlic; sauté 2 minutes. Add tomatoes and vinegar; sauté 3 minutes or until tomatoes begin to soften. Add pasta and spinach; cook 1 minute. Remove from heat, and stir in Parmigiano-Reggiano, remaining 1 tablespoon oil, remaining 1/4 teaspoon salt, and pepper. Sprinkle with feta.

CALORIES 374 ; FAT 13.3g (sat 5g,mono 6.2g,poly 0.9g); CHOLESTEROL 22mg; CALCIUM 212mg; CARBOHYDRATE 51.1g; SODIUM 632mg; PROTEIN 13.7g; FIBER 3.8g; IRON 2.6m

Turkey Burgers With Mango Chutney

Eating Well-July/Aug 2010

Posted By: Littlechi

Meat/Sandwiches

Serves 4

HUs: 7

EW Notes: Look for prepared mango chutney—a sweet, tangy and spicy condiment—near other Indian ingredients in the international aisle at most supermarkets.

Ingredients

- * 1 16- to 20-inch-long baguette, preferably whole-grain
- * 1 large red onion, cut into 1/4-inch-thick rounds, divided
- * 1 pound 93%-lean ground turkey
- * 4 tablespoons mango chutney, divided
- * 1/4 teaspoon salt
- * 2 cups shredded romaine lettuce

Preparation

1. Preheat grill to medium-high.
2. Cut baguette into 4 equal lengths. Split each piece horizontally and pull out about half of the soft bread from each side.
3. Finely chop enough onion rounds to equal 1/3 cup. Combine the chopped onion with turkey, 1 tablespoon chutney and salt in a medium bowl; gently mix with your hands until well combined. Form into 4 burgers, about 1/2 inch thick and oval-shaped to match the shape of the bread.
4. Oil the grill rack (see Tips). Grill the remaining onion rounds until softened and blackened in spots, 3 to 4 minutes per side. Grill the burgers until cooked through and an instant-read thermometer inserted into the center registers 165°F, 4 to 5 minutes per side. Grill the bread, cut-side down, until just beginning to char on the edges, about 2 minutes.
5. To assemble sandwiches, spread the remaining mango chutney on the bottom pieces of baguette. Top with a turkey burger, grilled onion and lettuce. Cover with the remaining bread.

Nutrition

Per serving : 345 Calories; 8 g Fat; 2 g Sat; 0 g Mono; 65 mg Cholesterol; 44 g Carbohydrates; 30 g Protein; 6 g Fiber; 735 mg Sodium; 376 mg Potassium

Simply Seared Scallops

Posted By: VVM1950

Yield: 4 servings (serving size: 5 ounces scallops)

HU's: 4.5

COOKING LIGHT RECIPE

Ingredients

- * 3 tablespoons all-purpose flour
- * 1/2 teaspoon salt
- * 1/2 teaspoon dried marjoram
- * 1 1/2 pounds sea scallops
- * 2 teaspoons olive oil
- * 1/2 cup dry white wine
- * 1 tablespoon balsamic vinegar
- * Fresh parsley sprigs (optional)

Preparation

Combine first 3 ingredients in a large zip-top plastic bag; add scallops. Seal bag, and shake to coat.

Heat oil in a large nonstick skillet over medium-high heat. Add scallops; cook 3 minutes on each side or until done. Remove from pan; keep warm.

Add wine and vinegar to pan; cook 3 minutes or until slightly thick, stirring with a whisk. Stir in scallops; remove from heat. Garnish with parsley sprigs, if desired.

Nutritional Information

Calories:

211 (15% from fat)

Fat 3.6g (sat 0.4g,mono 1.7g,poly 0.6g)

Protein: 29.2 g

Carbohydrate: 9.2

Fiber: .2 g

Cholesterol: 56mg

Iron: 1mg

Sodium: 567 mg

Calcium: 46mg

Black Bean, Corn, and Shrimp Salad

Source: Cooking Light July 2005

Serves: 4

HUs: 6.7

Posted by: Kate

June 28, 2010

Notes: Quick, easy and delicious. I used spicy home made salsa, fresh corn and hot chili powder.

1 tablespoon chili powder
1/2 teaspoon garlic salt
1/2 teaspoon ground cumin
1 1/2 pounds medium shrimp, peeled and deveined
Cooking spray
2 tablespoons fresh lime juice, divided
1 1/2 cups frozen whole-kernel corn, thawed
3/4 cup bottled salsa
1/4 cup chopped fresh cilantro
1 (15-ounce) can black beans, rinsed and drained

Heat a large nonstick skillet over medium-high heat.

Combine first 3 ingredients in a large bowl. Add shrimp; toss to coat.

Coat pan with cooking spray. Add shrimp; sauté 3 minutes or until done. Add 1 tablespoon lime juice. Remove shrimp from pan. Add corn to pan; sauté 1 minute. Stir in salsa, cilantro, and beans; cook 30 seconds or until thoroughly heated. Stir in 1 tablespoon lime juice. Serve shrimp over bean mixture.

CALORIES 354 (12% from fat); FAT 4.8g (sat 0.7g,mono 0.7g,poly 2.4g); IRON 7.6mg; CHOLESTEROL 259mg; CALCIUM 148mg; CARBOHYDRATE 34.9g; SODIUM 827mg; PROTEIN 43.3g; FIBER 9.1g

Grilled Steak and Summer Vegetables with Pesto

Source: Cooking Light June 2005

Serves: 4

Posted by: Kate

June 28, 2010

Notes: Used homemade pesto and cooked both the steak and veggies on the grill along with garlic bread as a side.

Grilling the meat and vegetables at the same time gets dinner on the table quickly. For more vegetable options, try grilling asparagus, portobello mushroom caps, and corn on the cob, too.

Yield: 4 servings (serving size: 3 ounces steak and 1 cup vegetable mixture)

1 pound lean boneless sirloin steak,
trimmed
3/4 teaspoon salt, divided
1/2 teaspoon black pepper, divided
1/4 cup red wine vinegar
4 small zucchini, halved lengthwise
4 small yellow squash, halved
lengthwise

2 red bell peppers, quartered
4 green onions
4 garlic cloves, minced
Cooking spray
2 tablespoons commercial pesto
Oregano sprigs (optional)

Prepare grill or broiler.

Sprinkle steak with 1/4 teaspoon salt and 1/4 teaspoon black pepper.

Combine 1/2 teaspoon of salt, 1/4 teaspoon of black pepper, vinegar, and next 5 ingredients (through garlic) in a large zip-top plastic bag. Seal and shake to coat.

Place steak on grill rack or broiler pan coated with cooking spray; cook 4 minutes on each side or until desired degree of doneness. Let stand 5 minutes; cut steak into 1/4-inch slices. Place zucchini and squash on grill rack or broiler pan coated with cooking spray; cook for 4 minutes on each side or until tender. Place bell peppers and onions on grill rack or broiler pan; cook 2 minutes or just until tender.

Coarsely chop vegetables; place in a bowl. Add pesto; stir gently. Garnish with oregano, if desired.

CALORIES 380 (30% from fat); FAT 12.8g (sat 4.5g,mono 6.1g,poly 0.7g); IRON 6mg;
CHOLESTEROL 103mg; CALCIUM 159mg; CARBOHYDRATE 24.1g; SODIUM 583mg;
PROTEIN 40.7g; FIBER 9.4g

Dry-Rubbed Flank Steak (M)

(Source) Everyday With Rachel Ray June 2010

Servings: 8

HU's: 5.6

Posted by: Aimster04 (Amy)

6/28/10

Amy's Notes: We loved the combination of spices for this simple recipe. The original recipe called for a Basil Butter to be served with the steak but we enjoyed it without.

1/4 cup brown sugar
2 tablespoons smoked paprika
2 tablespoons garlic powder
2 tablespoons extra-virgin olive oil
1 tablespoon chili powder
1 tablespoon dried basil
1 tablespoon dried thyme
2 teaspoons dry mustard
1 1/2 pounds flank steak, cut against the grain into 16 slices
16 cherry tomatoes

Directions

Preheat a grill to medium-high. In a large bowl, combine 1/4 cup brown sugar, 2 tablespoons each sweet smoked paprika, garlic powder and extra-virgin olive oil, 1 tablespoon each chili powder, dried basil and dried thyme and 2 teaspoons dry mustard.

Add 1 1/2 pounds flank steak, cut against the grain into 16 slices, and 16 cherry tomatoes; season with salt and pepper and toss to coat. Thread 2 pieces of steak, ribbon-style, and 2 tomatoes onto each of eight 12-inch skewers.

Cover and grill, turning once, until the steak is just cooked through, about 7 minutes.

276 Calories; 11.6 g Fat; 4.4g Fiber; 26.8g Protein

Gamberi Oreganati (Shrimp Baked with Flavored Bread Crumbs)

Source The Southern Italian Table (Schwartz)

Serves 3 or 4

HUs: 5.7

Posted by Waneyvant

Date: June 28, 2010

Note: I butterflied the shrimp, left tail on.

1/3 cup fine dry bread crumbs

1/2 tsp salt

1 large garlic clove, very finely chopped (about 1 tsp)

1 tsp dried oregano

1/8 tsp hot paprika

1 Tbsp extra-virgin olive oil

1 lb cleaned large or jumbo shrimp (20 to 24 to the lb)

Lemon wedges

Place a rack on the top rung of the oven. Preheat the oven to 400° F.

Combine the bread crumbs, salt, garlic, oregano, paprika and olive oil in a large mixing bowl. Stir well.

Add the shrimp to the bowl and toss until all the shrimp are coated with crumbs.

Arrange the shrimp in a single layer in a 10-inch baking pan or on a baking sheet. Sprinkle with the remaining crumbs.

Bake for 12 to 14 minutes, until the shrimp are cooked through.

Serve immediately with lemon wedges.

Notes from Arthur Schwartz: This is such an easy and delicious recipe that you will, as I do, make it for everyday meals all the time. It can also be an antipasto for a party. Be aware that not all the bread crumbs will stick to the shrimp. But an excess of delicious bread crumbs, to eat along with the shrimp on each forkful, isn't a bad thing.

Per 4 Servings: 189 Calories; 6g Fat (28.8% calories from fat); 24g Protein; 8g Carbohydrate; trace Dietary Fiber; 173mg Cholesterol; 514mg Sodium.

Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1 Fat.

Per 3 Servings: 252 Calories; 8g Fat (28.8% calories from fat); 32g Protein; 11g Carbohydrate; trace Dietary Fiber; 230mg Cholesterol; 685mg Sodium.

Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1 Fat.

Greek-Style Pork Chops

Source: Cooking Light July 2010

Serves: 4

HUs: 5.2

Posted by: Kate

June 30, 2010

Quick, easy, very tasty, perfect light meal for a warm summer night. I marinated the pork about 4 hours in the fridge and cooked it on the grill. Served with mini whole wheat pitas. Leftovers on a bed of lettuce tossed with the yogurt sauce would make a great salad.

2 tablespoons red wine vinegar, divided
1 teaspoon dried oregano
2 teaspoons olive oil, divided
2 garlic cloves, minced
4 (4-ounce) boneless center-cut loin pork chops
3/4 cup plain fat-free Greek-style yogurt
1 tablespoon chopped fresh dill
1/2 teaspoon salt, divided
1 1/2 cups diced plum tomatoes (about 2 medium)
1 cup diced seeded cucumber
1/2 cup diced red onion
Cooking spray

1. Combine 1 tablespoon red wine vinegar, oregano, 1 teaspoon olive oil, and garlic in a zip-top plastic bag. Add pork to bag, and seal. Marinate for 20 minutes at room temperature, turning after 10 minutes.

Combine remaining 1 tablespoon vinegar, remaining 1 teaspoon oil, yogurt, 1 tablespoon dill, and 1/8 teaspoon salt, stirring well with a whisk. Cover and chill. Combine tomatoes, cucumber, and onion. Sprinkle tomato mixture with 1/8 teaspoon salt; toss to combine.

2. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Remove pork from bag, and discard marinade. Sprinkle both sides of pork evenly with remaining 1/4 teaspoon salt. Add pork to pan, and cook for 4 minutes on each side or until desired degree of doneness. Remove pork from pan, and let stand for 2 minutes.

Place 3/4 cup tomato mixture on each of 4 plates, and top each serving with 1 pork chop and about 3 tablespoons yogurt mixture.

CALORIES 233 ; FAT 9.3g (sat 2.8g,mono 4.8g,poly 0.8g); CHOLESTEROL 70mg; CALCIUM 74mg; CARBOHYDRATE 5.7g; SODIUM 361mg; PROTEIN 30.1g; FIBER 1g; IRON 1.2mg

Tex-Mex Bean Salad with Creamy Salsa Dressing

(S)

Adapted from WW Recipe Swap

Servings: 4

HuS: 8 (as written)

Posted By: Aimster04 (Amy)

June 30, 2010

WW Notes: Think of this ingredient-packed salad as bean nachos with the works. Serve the chips on the side or crumble them on top for crunch. You can also serve the bean mixture on its own as a dip.

Amy's Notes: I am not a fan of beans so I used 1 can of beans and increased the amount of corn. I also skipped the greens, mixed the cheese in and ate it as is.

- 1/3 cup(s) salsa, medium or spicy
- 3 Tbsp reduced-fat sour cream
- 1 Tbsp apple cider vinegar
- 3 cup(s) canned black beans, drained and rinsed (about two 15.5 oz cans)
- 1 cup(s) grape tomatoes, halved
- 3/4 cup(s) canned yellow corn, or fresh, cooked kernels
- 1/2 cup(s) avocado, diced
- 1/2 cup(s) scallion(s), sliced
- 1/2 cup(s) cilantro, fresh, chopped, or less to taste
- 6 cup(s) romaine lettuce, shredded
- 2 oz Cabot Pepper Jack, or other brand, cubed or shredded
- 24 item(s) baked low-fat tortilla chips

Instructions

- In a large bowl, stir together salsa, sour cream and vinegar until blended. Add beans, tomatoes, corn, avocado, scallions and cilantro; toss to mix and coat.
- Place 1 1/2 cups of lettuce on each of 4 serving plates; top each with 1 1/2 cups of bean mixture. Sprinkle each serving with 2 tablespoons of cheese; arrange 6 chips around edge of each plate. Yields 1 salad per serving.

Cranberry & Herb Turkey Burgers

Category: Sandwiches

Adapted from Eating Well, June/July 2005

Healthy Units: 5

Serves: 6

Posted by Waneyvant (Jane)

Date: July 4, 2010

We served with pole beans and baked sweet potatoes.

1/4 c. plus 2 T. whole-wheat couscous
1/2 c. boiling water
2 T. extra-virgin olive oil
1 small onion, finely chopped
1 stalk celery, minced
1 T. chopped fresh thyme
1 1/2 tsp. chopped fresh sage
1/2 tsp. salt
1/2 tsp. freshly ground pepper
1/4 c. dried cranberries, finely chopped
1 pound 93%-lean ground turkey

Place couscous in a large bowl. Pour in boiling water, stir and set aside until the water is absorbed, about 5 minutes. If grilling the burgers, preheat grill to medium-high.

Meanwhile, heat oil in a large skillet over medium heat. Add onion and cook, stirring, for 1 minute. Add celery; cook, stirring, until softened, about 3 minutes. Add thyme, sage, salt and pepper; cook until fragrant, about 20 seconds more. Transfer the mixture to the bowl with the couscous, add cranberries and stir to combine. Let cool for 5 minutes. Add turkey and stir until combined; do not overmix. Form the mixture into 6 patties.

To cook on the stovetop: Coat a large nonstick skillet, preferably cast-iron, with cooking spray and set over medium-high heat for 2 minutes. Add the patties, reduce heat to medium, and cook for 4 minutes. Turn and cook on the other side for 2 minutes. Cover and continue to cook until lightly browned but still juicy (the juices should run clear, not pink), about 4 minutes more. (An instant-read thermometer inserted in the center should read 165° F.)

To grill: Oil the grill rack (see Tip) and grill the burgers for 5 to 6 minutes per side, flipping gently to avoid breaking them. Serve immediately.

Per serving : 217 Calories; 10 g Fat; 2 g Sat; 4 g Mono; 43 mg Cholesterol; 17 g Carbohydrates; 17 g Protein; 2 g Fiber; 256 mg Sodium; 49 mg Potassium

Completely Foolproof 100% Delicious Grilled Chicken

Category: Poultry

Adapted from Kalyn's Kitchen website

Healthy Units: 8

Servings: 8

Posted by Marinaj (Marina)

July 5, 2010

My notes: Spike Seasoning was recalled not too long ago and it's kind of difficult to find. I use Tony Chachere's seasoning instead.

8 (6 ounce) boneless-skinless chicken breasts

Marinade:

1 16 oz. bottle Newman's Own Olive Oil and Vinegar Dressing (You can probably use any type of Italian dressing made with olive oil as long as it's not low fat)

1 pkg. Zesty Italian dressing mix (powdered mix)

1 T Spike Seasoning (or less, this is optional but good. You can use other all purpose seasoning mixes if you have one you like)

Coarse ground black pepper to taste (I use about 1/2 tsp.)

Trim all visible fat and membranes from chicken breasts, then cut small crosswise slits about 1/2 inch apart down the length of each chicken breast. (This helps the marinade penetrate and makes chicken cook more quickly and evenly. It also gives a nice look to the cooked chicken breasts.)

Combine marinade ingredients and mix together. (You can pour out a bit of the dressing and combine ingredients in the bottle, then shake well.) Put chicken in single layer in a ziplock bag. Pour marinade over chicken. (If you're not using all the marinade, just label it and store in refrigerator for next time.) Marinate chicken in the refrigerator 6 hours or longer. (This is great to put in the refrigerator in the morning when you go to work and cook after work that night.)

To cook, remove chicken from the refrigerator and let it come to room temperature. Spray grill with non-stick spray or olive oil, then preheat to medium high. (You can only hold your hand there for 2-3 seconds at that heat.) Have a spray bottle ready to spray flames which may shoot up when chicken is first put on the grill. Drain chicken, then put it on the grill with slit side down, rotating after a few minutes for best grill marks. Grill 10-20 minutes, turning every few minutes, until chicken is well browned and firm but not hard to the touch. (Don't baste chicken with reserved marinade which contains bacteria from the raw chicken.) Actual cooking time will depend on how hot your grill is, temperature of the chicken, and even air temperature if you're cooking outside, but I cooked the chicken in the photo about 13 minutes.

NI per serving: 326 Calories; 16g Fat; 0 Fiber

Marinated Flank Steak with Blue Cheese Sauce

Category: Meats

Source: Ellie Krieger

Healthy Units: 8

Serves: 4

Posted by: KateWD (Kate)

July 6, 2010

Notes: Easy and delicious. I marinated the steak overnight and served it with grilled potato packets and fresh sliced tomatoes.

1 1/4 pounds beef flank steak
1 tablespoons olive oil
1 tablespoon balsamic vinegar
1 1/2 teaspoons brown sugar
2 cloves garlic, minced
2 tablespoons crumbled blue cheese
2 tablespoons low-fat buttermilk
Dash Worcestershire sauce
1 medium red onion
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
12 radicchio leaves
2 tablespoons fresh chopped parsley leaves

Place the steak pieces between 2 pieces of plastic wrap or parchment and pound to 1/4-inch thickness. Cut into 4 equal pieces, diagonally, against the grain.

In a small bowl, whisk together 1 tablespoon of the olive oil, balsamic vinegar, sugar and garlic. Put the steak into a sealable plastic bag with the marinade and let sit for 30 minutes at room temperature, or 1 hour in the refrigerator.

In the meantime, in a small bowl combine the blue cheese and buttermilk with a fork, mashing until creamy. Stir in the Worcestershire and set aside.

Spray a large grill pan with cooking spray and preheat over medium-high heat. Cut the onion into 1/4-inch rounds brush both sides with the remaining tablespoon of oil and grill 6 minutes per side. Separate into rings and set aside.

Remove the meat from the marinade and season both sides with salt and pepper. Discard the marinade. Cook the meat in the grill pan over medium-high heat for about 3 minutes per side for medium rare.

Arrange 3 radicchio leaves and a pile of onions on each serving plate. Top with a piece of steak. Drizzle with blue cheese sauce and top with a sprinkling of parsley.

320 calories; 18g fat; 1g fiber

Fingerling Potatoes Braised with Smoked Paprika

Category: Vegetables/Potatoes

Adapted from fat free vegan kitchen

Healthy Units: 1.7

Servings: 6

Posted by jillybean03

7/11 /2010

Her comments: I buy fingerlings in bags that are made up of several different varieties and sizes, some two or three times larger than the smallest ones. To make sure they cook in the same length of time, I cut the largest ones in half width-wise.

My comments: ROLL YOUR EYES BACK GOOD. Do not skip the step of thickening the sauce. I liked the potatoes that I cut a little bit better, I think they absorbed more of the liquid. I might cut them all in ½ next time. I used 1 lb fingerlings and 2 cups (1 can) chicken broth, and substituted fresh thyme for the oregano (skipped the saffron- did not have any)

olive oil spray

1 small red onion, minced (about 1/2 cup)

3 cloves garlic, minced

1 tablespoon tomato paste (I used double-strength, but regular will do)

1 teaspoon smoked paprika

1 pinch saffron (optional)

1 pinch cayenne pepper

1 1/2 pounds fingerling potatoes (or small red potatoes)

3 cups vegetable broth (Imagine No-Chicken preferred)

1/2 teaspoon salt (or to taste)

1 tablespoon fresh oregano leaves (optional)

Wash the potatoes and cut in half any that are significantly larger than the others.

Spray a Dutch oven lightly with olive oil. Over medium-high heat, sauté the red onion for about 3 minutes. Add the garlic and cook for another minute. Add the tomato paste, spices, and potatoes and toss to coat. Stir in the vegetable broth, add salt to taste, and cover. Cook on low for about 25 - 30 minutes, until potatoes are tender.

Remove the cover and increase the heat. Cook, stirring regularly, until the broth has cooked down to a thick sauce. Add the oregano and toss the potatoes to coat with sauce. Enjoy!

Per serving: 107 Calories (kcal); 1g Total Fat; (2% calories from fat); 3g Protein; 24g Carbohydrate; 2.7 g Fiber.

Laotian Eggplant with Tomatoes, Onion, and Mint

Category: Vegetarian (VG)

Adapted From: Vegetarian Times, July '09

Healthy Units: 1.7

Servings: 6

Posted by: ejwyatt (Emily)

Date: July 11, 2010

VT Notes: Fresh mint adds a cool, light touch to this hearty eggplant stir-fry.

Em's Notes: I didn't have bamboo shoots, so I subbed water chestnuts. I added sriracha sauce to the dish when I served it.

Ingredient List

- 1 Tbs. vegetable oil
- 1 lb. Japanese eggplant, trimmed and diced (3 cups)
- 1 medium red onion, thinly sliced (1½ cups)
- 4 medium tomatoes, chopped (2 cups)
- 3 Tbs. dark brown sugar
- 2 Tbs. low-sodium soy sauce
- 2 tsp. lime juice
- 1 1/2 tsp. chile-garlic sauce, such as Huy Fong
- 3 cups bean sprouts
- 1 8-oz. can sliced bamboo shoots, rinsed and drained
- 1/2 cup chopped fresh mint

Directions

Heat oil in wok or large skillet over high heat. Add eggplant and onion; stir-fry 10 minutes. Stir in tomatoes, brown sugar, soy sauce, lime juice, and chile-garlic sauce. Cook 3 minutes more. Add bean sprouts and bamboo shoots; stir-fry 2 minutes. Garnish with mint.

Nutritional Information

Per : Calories: 109, Protein: 4g, Total fat: 3g, Saturated fat: 1g, Carbs: 20g, Cholesterol: mg, Sodium: 211mg, Fiber: 5g, Sugars: 14g

Tomato & Provolone Sandwiches

Category: Sandwiches

Source: Eating Well: July/August 2010

Healthy Units: 8.7

Serves: 4

Posted by: KateWD (Kate)

July 19, 2010

Notes: This was a simple, delicious summer sandwich, perfect for in-season local tomatoes. I subbed fresh basil for the tarragon, and also used the mayonnaise on a sold sliced steak, tomato and lettuce sandwich.

There's something magical about a simple bread-and-tomato sandwich, but this one is even better topped with melted provolone cheese and tarragon-garlic mayo.

1 small clove garlic, finely chopped
1/4 cup low-fat mayonnaise
2 tablespoons chopped fresh tarragon or basil or 1 teaspoon dried
1 tablespoon lemon juice
1/4 teaspoon freshly ground pepper
Pinch of salt
8 slices whole-grain country bread
4 slices provolone cheese (about 4 ounces)
2 large or 3 medium tomatoes (about 1 1/2 pounds), sliced 1/2 inch thick

Position rack in upper third of oven; preheat broiler.

Mash garlic on a cutting board with the side of a chef's knife or a spoon until a paste forms. Transfer to a small bowl and combine with mayonnaise, tarragon (or basil), lemon juice, pepper and salt.

Place bread on a large baking sheet and broil until lightly toasted, 1 to 2 minutes. Turn the bread over and divide cheese among 4 of the pieces. Continue broiling until the cheese is melted, 1 to 2 minutes.

Assemble sandwiches with tomato and the garlic-herb mayonnaise. Top with the melted cheese bread.

Per serving : 389 Calories; 20 g Fat; 7 g Sat; 9 g Mono; 23 mg Cholesterol; 36 g Carbohydrates; 17 g Protein; 6 g Fiber; 656 mg Sodium; 428 mg Potassium

Tex-Mex Pasta Salad

Category: Rice, Pasta, Grains

Adapted from CL Sept. 2005

Healthy Units: 7

Servings: 12 (about 1-1/3 cups each)

Posted by Tracy1J

7/26/10

CL Comments: This kid-friendly recipe is a takeoff on macaroni and cheese; it makes a large batch that holds well for two or three days. Serve with pickled jalapeno slices for grownups who like spicy food.

My comments: This makes a huge portion. I brought it to a potluck, and it was a big hit.

1 pound uncooked radiatore pasta
2 t. olive oil
3 garlic cloves, minced
1 1/2 lb. ground turkey
2/3 cup water
1 (1.25-ounce) package 40%-less-sodium taco seasoning (such as Old El Paso)
2 cups (8 ounces) preshredded reduced-fat Mexican blend cheese
2 cups chopped seeded tomato
1 cup chopped bell pepper
1/2 cup chopped fresh cilantro
1/2 cup chopped green onions
1/2 cup sliced ripe olives
1 (15.5-ounce) can black beans, rinsed and drained
2 tablespoons fresh lime juice
1/2 teaspoon salt
1/4 teaspoon ground cumin
1 (8-ounce) container reduced-fat sour cream
Salsa (optional)

Cook pasta according to package directions, omitting salt and fat. Drain and rinse with cold water. Drain; set aside. Heat oil in a large nonstick skillet over medium-high heat. Add garlic; saut 1 minute. Add turkey; cook until browned, stirring to crumble. Stir in water and taco seasoning; bring to a boil. Reduce heat, and simmer 4 minutes or until liquid almost evaporates and the turkey is done, stirring frequently. Remove from heat; cool slightly.

Combine pasta, turkey mixture, reduced-fat cheese, and next 6 ingredients (through beans) in a large bowl.

Combine lime juice, salt, cumin, and sour cream, stirring until well blended. Pour over pasta mixture; toss gently to coat. Serve with salsa, if desired.

CALORIES 344 (30% from fat); FAT 11.4g (sat 5.3g,mono 4.1g,poly 1.4g); PROTEIN 23.4g; CHOLESTEROL 51mg; CALCIUM 193mg; SODIUM 632mg; FIBER 3.6g; IRON 2.9mg; CARBOHYDRATE 38.5g

Clams Casino

Source: EatingWell: June/July 2006

HU: 4

Serves: 4

Posted by: Kate

August 2, 2010

These were very tasty, baked some for a snack and froze the rest uncooked as suggested.

18 littleneck clams, scrubbed
2 bay leaves
1/2 cup water
1 tablespoon extra-virgin olive oil
2 medium shallots, minced
1 small green bell pepper, minced
2 ounces Canadian bacon, finely chopped (about 1/2 cup)
2 teaspoons white-wine vinegar
3/4 cup fresh breadcrumbs, preferably whole-wheat (see Tip)
1/2 cup grated Parmesan cheese
2 tablespoons chopped fresh chives
2 teaspoons minced fresh oregano, or 1 teaspoon dried
1/2 teaspoon smoked or regular paprika,
1/2 teaspoon freshly ground pepper

Preheat oven to 450°F.

Place clams, bay leaves and water in a large pot; cover and bring to a boil. Reduce heat to medium and cook the clams until they open, 6 to 8 minutes. Drain in a colander. (Discard any clams that do not open.) Discard the bay leaves.

Meanwhile, heat oil in a large skillet over medium heat. Add shallots and bell pepper; cook, stirring often, until soft, 2 to 3 minutes. Add Canadian bacon; cook, stirring frequently, until heated and fragrant, about 1 minute. Stir in vinegar; transfer the mixture to a large bowl. Stir in breadcrumbs, Parmesan, chives, oregano, paprika and pepper.

Remove clam meat from shells (reserving the shells), chop and stir into the breadcrumb mixture. Pull clamshells apart and spoon the breadcrumb mixture into the half shells, packing lightly and mounding slightly (you may have a few shells left over).

Place the stuffed clamshells on a large baking sheet. Bake until well browned, about 20 minutes.

Per serving : 176 Calories; 8 g Fat; 3 g Sat; 4 g Mono; 36 mg Cholesterol; 9 g Carbohydrates; 16 g Protein; 1 g Fiber; 370 mg Sodium; 342 mg Potassium

Make Ahead Tip: Prepare the stuffed clams through Step 4; wrap and freeze for up to 1 month. Remove from the freezer and bake at 450°F until well browned, 20 to 25 minutes.

Black Bean-Taco Salad with Lime Vinaigrette

Source: Cooking Light July 2000

HU: 8.2

Serves: 4

Posted by: Kate

August 2, 2010

With chicken, cheddar cheese, and black beans, this Southwestern-influenced salad needs nothing on the side except some iced tea.

Notes: Delicious, filling salad. Per several reviews, I added corn to the bean mix and topped the salad with some diced avocado. I made this ahead of time, kept the vinaigrette separate and added it just before serving. Steak could be subbed for the chicken, or the meat could be omitted altogether for a vegetarian version.

VINAIGRETTE:

1/4 cup chopped seeded tomato

1/4 cup chopped fresh cilantro

2 tablespoons olive oil

1 tablespoon cider vinegar

1 teaspoon grated lime rind

1 tablespoon fresh lime juice

1/4 teaspoon salt

1/4 teaspoon ground cumin

1/4 teaspoon chili powder

1/4 teaspoon black pepper

1 garlic clove, peeled

SALAD:

8 cups thinly sliced iceberg lettuce

1 1/2 cups chopped ready-to-eat roasted skinned, boned chicken breast (about 2 breasts)

1 cup chopped tomato

1 cup chopped green bell pepper

1 cup finely diced red onion

1/2 cup (2 ounces) shredded reduced-fat sharp cheddar cheese

1 (15-ounce) can black beans, rinsed and drained

4 cups fat-free baked tortilla chips (about 4 ounces)

To prepare vinaigrette, combine first 11 ingredients in a blender or food processor; process until smooth.

To prepare salad, combine lettuce and remaining ingredients except chips in a large bowl. Add vinaigrette; toss well to coat. Serve with chips.

CALORIES 402 (28% from fat); FAT 12.6g (sat 3.2g,mono 6.5g,poly 1.9g); IRON 3.6mg; CHOLESTEROL 35mg; CALCIUM 236mg; CARBOHYDRATE 51.6g; SODIUM 861mg; PROTEIN 24.5g; FIBER 8g

Quick Cucumber Kimchi

Source: Eating Well: July/August 2010

HU: 0.6

Serves: 6

Posted by: Kate

August 3, 2010

While slowly fermented cabbage and pungent garlic are the ingredients most people associate with kimchi, there are dozens and dozens of other versions of Korea's national dish, featuring all manner of vegetables, such as these quickly pickled cucumbers with just a trace of garlic.

Notes: This was a different and delicious way to serve cucumbers, spicy and crunchy. I used regular chili powder and served this with the Asian Barbecue Chicken Thighs.

2 pickling cucumbers or other small cucumbers (about 8 ounces)
1 teaspoon kosher salt
2 cloves garlic, finely chopped
2 scallions, white and light green parts only, finely chopped
1 1/4-inch piece fresh ginger, peeled and finely chopped
2 tablespoons rice vinegar
1 tablespoon Korean chile powder
2 teaspoons sugar
1/2 teaspoon fish sauce

1. Cut cucumbers in half lengthwise and then crosswise into 1/8-inch-thick half moons. Place in a medium bowl and mix thoroughly with salt. Let stand at room temperature for about 30 minutes.

2. Meanwhile, combine garlic, scallions, ginger, vinegar, chile powder, sugar and fish sauce in a medium nonreactive bowl.

3. Drain the cucumbers (discard the liquid). Stir the cucumbers into the vinegar mixture. Cover and refrigerate for 12 to 24 hours before serving.

Per 1/4-cup serving : 28 Calories; 0 g Fat; 0 g Sat; 0 g Mono; 0 mg Cholesterol; 7 g Carbohydrates; 10 g Protein; 0 g Fiber; 281 mg Sodium; 74 mg Potassium

Make Ahead Tip: Cover and refrigerate for up to 1 week.

Braised Paprika Chicken

Source: Eating Well Jan/Feb 2009

HU: 6.9

Servings: 6

Posted by: Waneyvant

Date: August 7, 2010

This is a good "pantry dish" since you should have the basics on hand and only need to purchase the chicken. You may vary the recipe by using cubed veal shoulder instead of chicken and mushrooms instead of peppers. Serve with whole-wheat orzo flavored with minced parsley or dill.

3-3 1/2 pounds bone-in chicken pieces, (thighs, drumsticks and/or breasts), skin removed, trimmed (see Tip)

3/4 tsp. coarse salt, divided

1/2 tsp. freshly ground pepper

2 T. canola oil

1 T. butter

4 c. finely diced onions

Pinch of sugar

1 c. diced red bell pepper (i used more)

1/2 c. diced green bell pepper

2 T. tomato paste

2 T. sweet paprika

1 tsp crushed red pepper

1 tsp dried marjoram (i used 1 T. fresh)

1 c. reduced-sodium chicken broth

1/2 c. reduced-fat sour cream

1 T. all-purpose flour

2 T. finely minced fresh parsley, dill and/or chives

Pat chicken pieces dry with paper towels and season with 1/2 teaspoon salt and pepper. Heat oil and butter in a large heavy casserole or Dutch oven over medium heat. Add onions and sprinkle with sugar. Cook, stirring frequently, until the onions are very soft and light brown, 10 to 15 minutes.

Stir in bell peppers, tomato paste, paprika and crushed red pepper. Add the chicken and stir it gently into the onion mixture. Sprinkle with marjoram and add broth. Cover the pot with a tight-fitting lid and simmer over medium-low heat until the chicken is very tender, about 50 minutes.

Whisk sour cream, flour and the remaining 1/4 teaspoon salt in a small bowl until smooth. Remove chicken to a plate. Stir the sour cream mixture into the sauce; return to a simmer and cook, stirring, until the sauce coats the spoon. Reduce heat to low, return the chicken to the sauce and reheat, about 1 minute. Serve garnished with parsley, dill and/or chives, if desired.

NI: 331 Calories; 14 g Fat; 4 g Fiber

Make Ahead Tip: Prepare through Step 3, cool to room temperature and refrigerate for up to 1 day. Finish with Steps 4-5 before serving.

Tip: If you are using a combination of thighs, drumsticks and breasts, cut each breast in half crosswise to make pieces about the size of a thigh.

Grilled Salmon with Tomatoes & Basil

EatingWell July/August 2010

HU: 5.6

Yield: 4 servings

Posted By: Bawstinn (Maria)

August 7, 2010

Comments: I know there are quite a few salmon recipes in the comp, but this one was so simple and so flavorful - especially using tomatoes and basil from the garden. I also grilled on a cedar plank. I realized as we sat down to eat that I totally forgot about the oil.

This recipe is so beautiful and yet so simple to prepare—it's perfect for entertaining. You just spread a side of salmon with minced garlic, sprinkle with fresh basil, then layer sliced tomatoes on top. Put it on the grill for 10 minutes and you're done!

2 cloves garlic, minced
1 teaspoon kosher salt, divided
1 tablespoon extra-virgin olive oil
1 whole wild salmon fillet (also called a "side of salmon," about 1 1/2 pounds)
1/3 cup plus 1/4 cup thinly sliced fresh basil, divided
2 medium tomatoes, thinly sliced
1/4 teaspoon freshly ground pepper

Preheat grill to medium.

Mash minced garlic and 3/4 teaspoon salt on a cutting board with the side of a chef's knife or a spoon until a paste forms. Transfer to a small bowl and stir in oil.

Check the salmon for pin bones and remove if necessary (see Tips). Measure out a piece of heavy-duty foil (or use a double layer of regular foil) large enough for the salmon fillet. Coat the foil with cooking spray. Place the salmon skin-side down on the foil and spread the garlic mixture all over it. Sprinkle with 1/3 cup basil. Overlap tomato slices on top and sprinkle with the remaining 1/4 teaspoon salt and pepper.

Transfer the salmon on the foil to the grill. Grill until the fish flakes easily, 10 to 12 minutes. Use two large spatulas to slide the salmon from the foil to a serving platter. Serve the salmon sprinkled with the remaining 1/4 cup basil.

Nutrition per serving : 248 Calories; 10 g Fat; 2 g Sat; 5 g Mono; 80 mg Cholesterol; 3 g Carbohydrates; 35 g Protein; 1 g Fiber; 367 mg Sodium; 799 mg Potassium

Perfect Flat Iron Steak

Source: AllRecipes

HU: 5 (see note below)

Servings: 6 (4 ounce)

Posted by: Waneyvant

Date: August 12, 2010

2 pounds flat iron steak
2 1/2 T. olive oil*
2 cloves garlic, minced
1 tsp. chopped fresh parsley
1/4 tsp. chopped fresh rosemary
1/2 tsp. chopped fresh chives
1/4 cup Cabernet Sauvignon (sub pinot noir)
1/2 tsp. salt
3/4 tsp. ground black pepper
1/4 tsp. dry mustard powder

Place the steak inside a large resealable bag. In a small bowl, stir together the remaining ingredients. Pour over the steak. Press out as much air as you can and seal the bag. Marinate in the refrigerator for 2 to 3 hours. (We did longer).

Heat a nonstick skillet over a medium high heat. Discard the marinade. Fry the steak in the hot skillet for 3 to 4 minutes on each side, or to your desired degree of doneness. These steaks taste best at medium rare. Allow to rest for about 5 minutes before serving.

Our Method: we grilled over direct heat for about 16 minutes total; our steak was pretty thick, and came out perfectly medium rare. He initially did 5 minutes a side, but it was still rare.

NI: (includes marinade): 289/22.6/.1 *

NI for meat: 200/13/0

*I measured the marinade and we had pretty much what we started with, so I computed this at the meat alone.

Roasted Zucchini and Tomato Ricotta Pie

Vegetables

Adapted from The Washington Post (August 4, 2010)

HU: 2.8

Servings: 8

Posted by Peggymcv

August 12, 2010

Washington Post Notes: Making a crustless pie is a little tricky. The filling needs to be firm, yet soft enough that you don't lose the pie idea and end up with an eggy custard. This recipe works well, and it uses only 1 egg. It's a combination of roasted zucchini strips, roasted tomatoes and a light ricotta filling. It bakes together in only 20 minutes, but it needs extra time to rest: Thirty minutes or so allows the pie to firm up enough to be cut into pieces. A pie server will help transfer the slices to the serving plates. This is a lovely accompaniment for grilled, marinated chicken breast or shrimp kebabs.

MAKE AHEAD: The zucchini and tomatoes can be roasted hours in advance. The pie needs to sit for 30 minutes before serving.

Peggy's Notes: Very easy and so great with fresh-from-the-garden (or farm market) tomatoes and zucchini! I served it with grilled chicken, then had the leftovers for breakfast.

1 1/4 to 1 1/2 pounds zucchini, trimmed and cut lengthwise into 1/4-inch slices
1 1/4 to 1 1/2 pounds tomatoes, each placed on its side and cut into 1/4-inch slices
2 tablespoons olive oil
Salt and Freshly ground black pepper
1 1/2 cups part-skim ricotta cheese
1 large egg, lightly beaten
4 tablespoons freshly grated Parmesan cheese
2 tablespoons finely chopped basil (from about 10 leaves)
1 medium clove garlic, finely chopped

Position oven racks in the upper and middle thirds of the oven; preheat to 375 degrees. Line 2 rimmed baking sheets with aluminum foil, then spray the foil with nonstick cooking oil spray.

Arrange the zucchini slices in a single layer on one of the baking sheets and the tomato slices on the other baking sheet.

Drizzle the oil over the zucchini and tomato slices; sprinkle with salt and pepper to taste.

Bake the tomatoes on the upper rack for about 15 minutes, until they start to sizzle around the edges. Bake the zucchini on the middle rack for about 20 minutes, turning the slices over once, until they are soft, pliable and just starting to brown around the edges. Let the tomatoes and zucchini cool for 10 minutes. Leave the oven set at 375 degrees.

While they are cooling, combine the ricotta, egg, 3 tablespoons of the Parmesan, the chopped basil and pepper to taste in a mixing bowl; blend thoroughly.

Spray the inside of a 9-inch pie plate with nonstick cooking oil spray.

Line the bottom of the pie plate with a single layer of the zucchini slices. Spread one-third of the ricotta mixture in an even layer over the zucchini. Cover with a layer of tomato slices, then spread another third of the ricotta mixture evenly over the tomatoes. Create a second layer of the zucchini, then spread the remaining third of the ricotta mixture evenly over the zucchini. Top with a final layer of tomato slices. Sprinkle the remaining tablespoon of Parmesan cheese and the garlic over the tomato slices.

Bake for about 20 minutes, until the ricotta layers are just set and the edges of the pie are slightly bubbling. Transfer to a wire rack and let the pie rest for 30 minutes before serving.

When ready to serve, use a small, sharp knife to slice and a pie server to remove the slices. The pie can be served warm or at room temperature.

NI: Calories 130; Total Fat 7g; Cholesterol 45mg; Sodium 160mg; Total Carbohydrates 8g; Dietary Fiber 2g; Sugar 3g; Protein 9g.

Crab Quesadillas

Quick and Easy

Source: EatingWell, December 2006

HU: 6.3

Servings: 4

Posted by Waneyvant

Date: August 16, 2010

EW: These have an irresistibly creamy filling. They also make great appetizers. Serve with your favorite salsa on top and a cup of black bean soup topped with chopped avocado.

Jane's notes: see my subs and additions.

1 c. shredded reduced-fat Cheddar cheese
2 oz reduced-fat cream cheese, softened
4 scallions, chopped
1/2 medium red bell pepper, finely chopped
1/3 c. chopped fresh cilantro* (i omitted)
2 T. chopped pickled jalapenos**
1 tsp freshly grated orange zest* (omit)
1 T. orange juice** (i subbed lemon)
8 oz pasteurized crabmeat, drained if necessary
4 8-inch whole-wheat tortillas
2 tsp canola oil, divided** (omit)

***I added garlic powder, a dash of both worcestershire and some hot sauce and a little Old Bay.

Combine cheddar, cream cheese, scallions, bell pepper, cilantro, jalapenos, orange zest and juice in a medium bowl. Gently stir in crab. Lay tortillas out on a work surface. Spread one-fourth of the filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.

Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Place 2 quesadillas in the pan and cook, turning once, until golden on both sides, 3 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Cut each quesadilla into 4 wedges.

NI: 303 Calories; 11 g Fat; 3 g Sat; 3 g Mono; 83 mg Cholesterol; 26 g Carbs; 24 g Protein; 3 g Fiber; 625 mg Sodium; 117 mg Potassium

* After reading the reviews, I omitted the cilantro and orange zest.

**I used fresh jalapeno and omitted the oil. I just smeared the tortilla with a little light whipped butter and sprayed the skillet with butter spray.

Summer Pasta Salad with Shrimp

Source: Everyday Food July/August 2010

HU: 8.5

Serves: 4

Posted by: Kate

August 17, 2010

Easy, light summer meal, the leftovers were good as a cold salad. I used Ronzoni Smart Taste corkscrew pastas and instead of sautéing the shrimp I roasted them with olive oil and minced garlic.

½ pounds short pasta such as fusilli
1 medium yellow squash thinly sliced crosswise
1/3 cup roughly chopped, pitted Kalamata or Nicoise olives
4 lightly packed cups baby spinach (3 ¼ oz)
1 tsp grated lemon zest plus 2 T lemon juice
2 T EVOO
1 pound large shrimp peeled and deveined

In a large pot of boiling salted water cook pasta according to package instructions. Drain, transfer to a large bowl and toss with squash, olives, spinach, lemon zest and juice, and 1 T plus 1 tsp oil. Season with salt and pepper.

In a large skillet, heat 2 tsp oil over med-high, add shrimp and cook, stirring occasionally until opaque throughout, about 3 minutes. Season with salt and pepper, top pasta with shrimp.

Per serving: 415 calories, 12 g fat; 3.8 g fiber.

TAMALE PIE

Source: Adapted from COOKS.COM

HU: 9.1

Servings: 6

Posted by: Waneyvant

Date: August 27, 2010

1 lb. extra lean ground beef, browned
1/2 med. onion, chopped
3 cloves garlic, minced
1/4 tsp. oregano
1 can Rotel tomatoes
1 can chili beans (14 1/2 oz)
1 tbsp. chili powder (or more, to taste)*
hot sauce (to pass)
2 jalapeno peppers, minced

Brown meat and onions, drain, add tomato sauce, beans, chili powder, garlic, oregano, salt, and 1/2 of the minced pepper to taste. Add enough water so mixture is covered. Simmer 15-20 minutes. Pour into a 2 quart baking dish and top with cornbread batter. Bake in 425° oven 25 minutes.

Corn Bread Batter:

1/2 c. cornmeal
1/2 c. flour
2 tbsp. sugar
2 tsp. baking powder
1/2 tsp. salt
1/2 c. milk
2 tbsp. oil
1 egg
remaining jalapeno peppers
1/3 c. shredded 2% cheddar cheese
2 T. canola or blended oil

Combine all ingredients for Corn Bread Batter.

For a variation, rings of jalapeno peppers may be used to top the casserole.

NI: 413 calories, 20 g. fat, 5 g. fiber

Caesar Salad with Spicy Shrimp

Category: S

Adapted from: Everyday Food

HU: 5.8

Servings: 4

Posted by: MissVN (Victoria)

8/31/2010

Notes: I also added some garlic to the dressing. If you want to use frozen, cooked shrimp, I'd add the teaspoon of chili powder directly to the dressing.

Ingredients

4 corn tortillas (5-inch)
2 teaspoons canola oil
1 1/2 teaspoons chili powder
Coarse salt and ground pepper
3/4 pound medium shrimp, peeled and deveined
1/3 cup reduced-fat mayonnaise
2 tablespoons fresh lime juice
2 tablespoons grated Parmesan cheese, plus more for garnish
4 anchovy fillets, rinsed and minced
1 large head romaine lettuce (1 1/2 pounds), cut into 1-inch pieces

Instructions

1. Preheat oven to 375° . Place tortillas on a baking sheet. Brush both sides with 1 teaspoon oil; sprinkle with 1/2 teaspoon chili powder, and season with salt and pepper. Bake until golden brown and crisp, turning once, 8 to 10 minutes. Let cool, then break into pieces.
2. Heat broiler. In a large bowl, toss shrimp with remaining teaspoon each oil and chili powder. Season with salt and pepper. Lay shrimp flat on a broiler pan, and cook until browned and opaque throughout, turning once, 3 to 4 minutes.
3. In a small bowl, whisk together mayonnaise, lime juice, parmesan, anchovies, and up to 2 tablespoons water. Season with salt and pepper.
4. To serve, toss lettuce with dressing. Divide among plates, and top each with shrimp and broken tortillas. Garnish with more Parmesan.

Per serving: 282 calories; 12.6 grams fat; 23.6 grams protein; 18.6 grams carbohydrates; 4.3 grams fiber

Summer Seafood Chowder

Category: Soups/Stews (ST)

Adapted from Kitchen Parade

Servings: 4

HU: 6

Posted by: NanaTexas (in Arkansas)

September 4, 2010

I found the above recipe (Kitchen Parade) to take longer than the 30 minutes of prep time that the recipe suggested. Cutting okra, corn off the cob, chopping onion, preparing the garlic, etc. took me awhile. I also used frozen shrimp and scallops, as fresh are not available here. It was really tasty.

MILK BASE

- 1 tablespoon bacon grease or another fat
- 1 onion, chopped in large pieces
- 1 green pepper, chopped in large pieces
- 2 cloves garlic, chopped
- 2 cups 1% milk
- 1 teaspoon sugar
- 1/2 teaspoon Old Bay seasoning (see TIPS)
- Salt & pepper to taste

SEAFOOD & VEGETABLES

- 1/2 pound fresh scallops
- 1/2 pound fresh shrimp, shells and tails removed, deveined
- 4 ears fresh corn, kernels sliced off the cob and the cobs 'milked'
- 1/2 pound fresh okra, trimmed and sliced into small rounds
- 1 large tomato, chopped
- Slivers of butter, optional

MILK BASE In a large pot or Dutch oven, heat the bacon grease til shimmery on medium high. Add the onion, green pepper and garlic as they're prepped, stirring to coat with fat. Cook, stirring occasionally, until the onion is golden and the pepper cooked but still crisp. Add the milk, sugar, Old Bay and salt and pepper and bring just to a boil, but don't allow boiling.

SEAFOOD & VEGETABLES Have the scallops, shrimp and vegetables ready before adding any of these. If the scallops are large, add them to the hot milk and cook for 1 to 2 minutes, otherwise add the scallops, shrimp, corn, okra and tomatoes all at once and let cook until cooked through, about 2 – 3 minutes.

Taste and adjust the seasoning. If 1% milk is too 'skinny' for your taste, or for a touch of added richness, on the table add a sliver of butter to each bowl. Serve and savor!

NI per serving: 306 Calories; 6g Tot Fat; 2g Sat Fat; 138mg Cholesterol; 297mg Sodium; 35g Carb; 6g Fiber; 14g Sugar; 30g Protein

Dill Fingerling Potatoes

Category: Vegetables/Potatoes (VP)

Source: Ina Garten

Servings: 3

HU: 4

Posted by: CJMartin717 (Cindy)

September 6, 2010

2 tablespoons unsalted butter

1 1/4 pounds potato -- fingerling or baby

1 teaspoon kosher salt

1/4 teaspoon fresh ground black pepper

1 1/2 tablespoons fresh dill -- chopped

Wash the potatoes; but, do not peel them. Melt the butter in a Dutch oven or large heavy-bottomed pot. Add the whole potatoes, salt and pepper, and toss well. Cover the pot tightly and cook over low heat for 20-30 minutes, until the potatoes are just tender when tested. From time to time, shake the pot without removing the lid to prevent the bottom potatoes from burning.

Turn off the heat and allow the potatoes to steam for another 5 minutes.

Toss with the dill and serve hot.

Per Serving: 218 Calories; 8g Fat (31.7% calories from fat); 4g Protein; 34g Carbohydrate; 3g Dietary Fiber; 21mg Cholesterol; 639mg Sodium. Exchanges: 2 1/2 Grain (Starch); 0 Vegetable; 1 1/2 Fat.

Salmon with Fresh Sorrel Sauce

Category: Fish/Seafood (FS)

Adapted from Cooking Light, March 2005

Serves: 8

HU: 7

Posted by: CJMartin717 (Cindy)

September 6, 2010

Cooking Light notes: Sorrel is a tart, slightly sour spring herb. You can substitute watercress or arugula, if you'd like. The bread helps thicken the sorrel sauce for a consistency that is similar to pesto.

Cindy's notes: I cut the recipe in half and had more than 2 Tbsps sauce per serving. I would recommend adding half the water to the sauce, puree, check the consistency and then add more water if needed.

Sauce:

- 1 cup coarsely chopped fresh parsley
- 1 cup chopped sorrel
- 2/3 cup water
- 1/2 cup chopped fresh chives
- 1/4 cup coarsely chopped walnuts, toasted
- 1 tablespoon capers
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 garlic cloves, chopped
- 1 (1-ounce) slice white bread

Fish:

- 8 (6-ounce) salmon fillets (about 1 inch thick)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Cooking spray

To prepare sauce, combine first 10 ingredients in a food processor; process until smooth.

Preheat broiler.

To prepare fish, sprinkle fish with 1/2 teaspoon salt and 1/4 teaspoon pepper. Place fish on a broiler pan coated with cooking spray; broil 10 minutes or until fish flakes easily when tested with a fork. Serve fish with sorrel sauce.

Serving size: 1 fillet and 2 tablespoons sorrel sauce.

CALORIES 315 (45% from fat); FAT 15.8g (sat 3.4g,mono 6.1g,poly 5g); IRON 1.8mg; CHOLESTEROL 87mg; CALCIUM 53mg; CARBOHYDRATE 3.8g; SODIUM 437mg; PROTEIN 37.8g; FIBER 1.2g

Turkish Chicken Thighs

Category: Poultry (P)

Adapted from Eating Well: April/May 2005

Servings: 4

HU: 3

Posted by: Waneyvant

September 15, 2010

Eating Well notes: If you can't find hot paprika, substitute 2 teaspoons sweet paprika and 1/4 teaspoon cayenne.

Chicken thighs are higher in fat than other cuts, but have the benefit of full-flavored, juicy meat. To minimize the fat, be sure to remove the skin and trim thighs thoroughly. For quick cooking, choose boneless, skinless thighs. When slow-cooking, such as braising, bone-in thighs work best because they will retain their moisture better. Two 2- to 3-ounce boneless thighs yield a 3-ounce cooked portion.

My notes: I used boneless thighs, approximately 1 ½ pounds

8 bone-in chicken thighs, (about 3 1/2 pounds total), skin removed, trimmed
1 tablespoon lemon juice
1 cup low-fat plain yogurt
2 cloves garlic, minced
1 tablespoon minced fresh ginger
2 teaspoons hot paprika
1 1/2 teaspoons dried mint (I subbed fresh 4 T)
1/2 teaspoon salt

Place chicken in a large bowl. Add lemon juice and toss to coat. Whisk yogurt, garlic, ginger, paprika, mint and salt in a separate bowl. Pour the yogurt mixture over the chicken and stir to coat. Cover with plastic wrap and refrigerate for at least 1 hour or up to 24 hours.

Position rack in upper third of oven; preheat broiler. Remove the chicken from the marinade (discard marinade). Place the chicken on a broiler rack and broil until browned on top, about 15 minutes. Reduce oven temperature to 400°F and bake until the chicken is juicy and just cooked through, about 15 minutes longer. (Thigh meat will appear dark pink, even when cooked through.) Serve immediately.

NI: 138 Calories; 4 g Fat; 1 g Sat; 1 g Mono; 82 mg Cholesterol; 3 g Carbohydrates; 21 g Protein; 0 g Fiber; 251 mg Sodium; 312 mg Potassium

Feta Chicken with Zucchini

Category: Poultry (P)

Adapted from Real Simple

Core

Servings: 4

HU: 5.5

Posted by: CNeedles

September 27, 2010

My comments: I made the above chicken dish for dinner tonight - we all really liked it! I did not add the feta to my dish as DD#2 does not care for it. The lemon flavor was so strong and good! I also did not mix the zucchini with the parsley and lemon in the bowl. I just put the zucchini over the chicken, sprinkled the parsley in, added more lemon slices, and tossed the zest in on top before roasting. I'm sure the feta adds to the sodium count also.

2 Tbsp. olive oil
1 lemon
4 boneless, skinless chicken breasts
¼ tsp. kosher salt
2 medium zucchini
¼ c. fresh flat-leaf parsley, chopped
1/8 tsp. black pepper
1/3 c. feta, crumbled

Heat oven to 400F. Drizzle ½ Tbsp. of olive oil in a roasting pan.

Remove the zest from the lemon in thin strips; set aside.

Thinly slice the lemon; place half the slices in the pan.

Place the chicken on top of the lemon slices and season with 1/8 tsp of salt.

Slice each zucchini in half lengthwise, and then slice each half into ¼ inch thick half moons. In a bowl, combine the zucchini, parsley, pepper, and the remaining oil, lemon slices and salt; toss.

Spread the zucchini mixture around the chicken and sprinkle the Feta over the top.

Roast until the chicken is cooked through, 15 to 10 minutes. Transfer it to a cutting board and cut each piece into thirds. Divide the chicken, zucchini mixture and lemons among individual plates and sprinkle with the zest.

NI: Calories: 270; Fat: 8g; Sat Fat: 3 g; Cholesterol: 110 mg; Sodium 378 mg;
Carbohydrate: 5g; Fiber: 2g; Sugar: 3g; Protein: 42g

Mushroom and Provolone Patty Melts

Category: Sandwiches/Pizza (SW)

Adapted from CL October 2010

Servings: 4

HU: 9

Posted by: MissVN

September 28, 2010

Note: CL also suggested subbing out the porter with some beef stock for a more kid-friendly version of the recipe. 1 teaspoon rice flour and 1/2 teaspoon cornstarch can be used in place of the wheat flour.

1 pound ground sirloin
Cooking spray
1 tablespoon olive oil
1/4 cup thinly sliced yellow onion
1/8 teaspoon salt
1/8 teaspoon black pepper
1 (8-ounce) package sliced cremini mushrooms
1 1/2 teaspoons all-purpose flour
1/4 cup dark beer (such as porter)
8 (1.1-ounce) slices rye bread
4 (3/4-ounce) slices reduced-fat provolone cheese

1. Heat a large nonstick skillet over medium-high heat. Shape beef into 4 (4-inch) patties. Coat pan with cooking spray. Add patties; cook 4 minutes on each side or until done.

2. Heat oil in a medium skillet over medium-high heat. Add onion, salt, pepper, and mushrooms; sauté 3 minutes. Sprinkle flour over mushroom mixture; cook 1 minute, stirring constantly. Stir in beer; cook 30 seconds or until thick. Remove from heat; keep warm.

3. When patties are done, remove from large skillet. Wipe pan clean; heat over medium-high heat. Coat 1 side of each bread slice with cooking spray. Place 4 bread slices, coated sides down, in pan. Top each with 1 patty, 1 cheese slice, and one-fourth of mushroom mixture. Top with remaining bread slices; coat with cooking spray. Cook 2 minutes on each side or until browned.

NI: CALORIES 416 ; FAT 17.1g (sat 6.2g,mono 7.7g,poly 1.4g); CHOLESTEROL 42mg; CALCIUM 232mg; CARBOHYDRATE 34.3g; SODIUM 708mg; PROTEIN 30g; FIBER 4.1g; IRON 3.9mg

Chicken Artichoke Soup

Category: Soups/Stews (ST)

Adapted from Eating Well After Weight loss Surgery

Core

Servings 4 1-cup servings (WLS patients: 1/4 to 1/2 early out)

HU: 3

Posted by: Zephyr1

September 28, 2010

1 14 oz can artichoke hearts, drained from the brine
2 oz tofu soft or silken
3 TBS grated parmesan
1 1/2 TBS fresh lemon juice
1/2 tsp dried tarragon- (I subbed Herbs de Provence with good results)
2 tsp grated fresh or dried lemon peel
2 cloves of fresh garlic (I used 4 of course)
1/4 tsp nutmeg, grated
1/4 tsp chili powder
2 cups fat-free chicken stock
1/2 pound cooked skinless boneless chicken breast

Puree artichoke hearts in the processor and process till chunky. Add remaining ingredients and process till smooth. Serve heated or cold -- I like it both ways.

NI: Calories 162; fat 3.5 fiber 1.68; protein 21.85

Risotto Primavera

Category: Rice/Pasta/Grains (RP)

Adapted from Cooking Light June 2010

Servings: 4 (about 1 3/4 cup each)

HU: 8

Posted by DebMj1

September 30, 2010

Deb's Notes: This makes very generous servings. I think you could easily turn this into 5 servings with no problem. It's another meatless meal to add to my repertoire and reheats beautifully. It's also a great way to use up some of my seemingly endless supply of cherry tomatoes.

CL Notes: This risotto is studded with the color and vibrant flavor of fresh veggies. Although inexpensive, this dish is attractive and tasty enough to serve guests.

1 Tablespoon olive oil, divided
1/2 teaspoon salt, divided
1 pint cherry tomatoes
2 cups water
2 1/2 cups nonfat chicken broth
1/2 cup dry white wine
1 1/2 cups chopped onion
1 1/2 cups Arborio rice
1/2 cup frozen green peas
12 ounces asparagus, trimmed and cut in 1" pieces
2 ounces Romano cheese
1 Tablespoon lemon juice
1/4 teaspoon black pepper

Preheat oven to 400F. Toss 1 1/2 tsp. olive oil, 1/8 tsp salt and tomatoes on a parchment-lined jelly roll pan. Bake at 400 F for 15 minutes or until tomatoes burst.

Heat 2 cups water, broth and wine in a saucepan over medium heat (do not boil).

Heat remaining 1 1/2 tsps oil in a large Dutch oven over medium high heat. Add onion to pan; cook 5 minutes, stirring frequently. Add rice; cook 1 minute. Add broth mixture, 1/2 cup at a time, stirring constantly until each portion is absorbed before adding the next (about 20 minutes total). Add peas and asparagus to pan with last 1/2 cup of broth mixture. Remove from heat; grate 1 ounce cheese. Stir in grated cheese, remaining 3/8 tsp salt and lemon juice. Spoon about 1 3/4 cups risotto into each of 4 bowls; top evenly with tomatoes. Shave remaining cheese evenly over each serving; sprinkle with pepper.

NI per Mastercook: 429 calories, 8 gms. fat and 4 gms. fiber.

Grilled Thai Beef Salad

Category: Salads (S)

Adapted from Ellie Krieger's The Food You Crave

Servings: 4 (2 ½ cups each)

HU: 8

Posted by: peggymcv

September 30, 2010

If you like full-frontal flavor, you are going to love this dish. The steak is marinated in a mixture that covers every angle – spicy, sweet, tangy, and salty – then it is grilled to caramelized perfection, sliced thin, and tossed with tender lettuce and fresh herbs. The robust marinade flavors are used in the dressing to give the salad a one-two punch. The result is so powerfully mouthwatering, it is sure to knock you out.

My notes: What Ellie said! This entrée salad ROCKS!

1 pound top-round London broil or flank steak, 1 to 1 ½ inches thick
3 tablespoons fresh lime juice
3 tablespoons low-sodium soy sauce
3 tablespoons canola oil
2 tablespoons firmly packed dark brown sugar
1 clove garlic, minced (about 1 teaspoon)
1 ½ teaspoons peeled and minced fresh ginger
1 ¼ teaspoons red curry paste or chili-garlic sauce
Cooking spray
½ head red-leaf lettuce, torn (about 5 cups lightly packed)
3 shallots, thinly sliced (about ½ cup)
½ cup coarsely chopped fresh cilantro leaves
1 cup fresh basil leaves, sliced into ribbons

Rinse the meat and pat dry and place in a sealable plastic bag or small glass dish. In a medium bowl, combine 1 tablespoon of the lime juice, the soy sauce, oil, brown sugar, garlic, ginger, and red curry paste. Pour half the mixture into the bag with the meat. Add the remaining 2 tablespoons lime juice to the bag. Seal tightly and marinate the meat in the refrigerator for at least 4 hours or overnight, turning occasionally. Reserve the rest of the mixture to dress the salad.

Coat a grate or a grill pan with cooking spray and preheat over medium-high heat until hot. Grill the steak until medium-rare, about 5 minutes per side, or to your desired degree of doneness. Let it rest for 5 minutes until room temperature, then slice thinly against the grain.

Combine the lettuce, shallots (reserving a few slices for garnish), cilantro, basil, and beef in a large salad bowl. Add the reserved dressing and toss to coat. Divide the salad among 4 plates and garnish with the sliced shallots.

NI: Calories 345; Total Fat 18.5g; Protein 33g; Carb 33g; Fiber 1g; Chol 1mg; Sodium 440 mg.

Turkey Tetrazzini

Category: Poultry (P)

Adapted from Eating Well Comfort Foods Made Healthy

Servings: 4

HU: 7

Posted by: BarbO'D

September 30, 2010

EW Comments- For our healthy take on turkey Tetrazzini, we use low-fat milk and skip the five tablespoons of butter that's often in the sherry-Parmesan sauce. As a result, we slash calories and fat in half, and reduce saturated fat by a whopping 80 percent. Even better, we transformed the dish into a fuss-free sauté that's quick enough to prepare even after a busy day.

Barb's Comments- this was tasty but reminded me more of chicken ala king. I served this with rice. This was easy for a weeknight meal.

2 tablespoons extra-virgin olive oil, divided –(I only used 1Tbsp)
1 pound turkey breast cutlets, 1/4 inch thick – (I used turkey tenderloin)
2 1/2 cups sliced mushrooms, (about 8 ounces)
3 tablespoons all-purpose flour
1 cup reduced-sodium chicken broth
1/4 cup dry sherry, (see Tip)
1 cup low-fat milk (I used skim)
2/3 cup frozen peas, thawed
1/2 cup chopped jarred roasted red peppers
1/4 cup shredded Parmesan cheese
Freshly ground pepper, to taste

Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add turkey and cook until lightly golden, 2 to 3 minutes per side. Transfer to a plate and cover to keep warm.

Heat the remaining 1 tablespoon oil in the pan. Add mushrooms and cook, stirring often, until browned, 4 to 6 minutes. Sprinkle with flour; stir to coat. Stir in broth and sherry; bring to a simmer. Continue simmering, stirring constantly, until the mixture is slightly reduced, 1 to 2 minutes. Add milk, peas and peppers; return to a simmer, stirring often. Cook until thick and slightly reduced, about 2 minutes. Stir in Parmesan and pepper. Return the turkey and any accumulated juices to the pan, turn to coat with sauce and cook until heated through, 1 to 2 minutes.

Tip: Don't use the "cooking sherry" sold in many supermarkets—it can be surprisingly high in sodium. Instead, purchase dry sherry that's sold with other fortified wines in your wine or liquor store.

N/I Per serving (as written) : 330 calories; 10 g fat (2 g sat, 6 g mono); 54 mg cholesterol; 18 g carbohydrates; 38 g protein; 2 g fiber; 452 mg sodium; 234 mg potassium.

Spiced Pork Tenderloin with Sautéed Apples

Category: Meats (M)

Adapted from Cooking Light October 2010

Servings: 4 (3 pork medallions and about 1/2 cup apple mixture)

HU: 5

Posted by: BarbO'D

September 30, 2010

Cooking Light Comments- Sweet spices coat lean pork tenderloin, while apples get a savory treatment with shallots and thyme. Serve with a spinach salad

Barb's Comments- I'm not a huge pork fan but I did find this a nice change to the menu rotation.

1/2 teaspoon salt
1/4 teaspoon ground coriander
1/4 teaspoon freshly ground black pepper
1/8 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1 pound pork tenderloin, trimmed and cut crosswise into 12 pieces
Cooking spray
2 tablespoons butter
2 cups thinly sliced unpeeled Braeburn or Gala apple
1/3 cup thinly sliced shallots
1/8 teaspoon salt
1/4 cup apple cider
1 teaspoon fresh thyme leaves

1. Heat a large cast-iron skillet over medium-high heat. Combine first 5 ingredients; sprinkle spice mixture evenly over pork. Coat pan with cooking spray. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Remove pork from pan; keep warm.

2. Melt butter in pan; swirl to coat. Add apple slices, 1/3 cup shallots, and 1/8 teaspoon salt; sauté 4 minutes or until apple starts to brown. Add apple cider to pan, and cook for 2 minutes or until apple is crisp-tender. Stir in thyme leaves.

Serve apple mixture with the pork.

N/I Calories:234 Fat: 9.7g (sat 5g,mono 3.2g,poly 0.7g) Protein: 24.4g
Carbohydrate: 12.3g Fiber: 1.5g Cholesterol: 89mg Iron: 1.7mg Sodium: 468mg
Calcium: 18mg

Cider-Glazed Chicken with Browned Butter-Pecan Rice

Category: Poultry (P)

Adapted from Cooking Light October 2010

Servings: 4 (serving size: 1 cutlet and about 1/2 cup rice)

HU: 7

Posted by: BarbO'D

September 30, 2010

Barb's Comments- I thought the rice made the dish, but DH was not impressed with the pecans in the rice.

1 (3.5-ounce) bag boil-in-bag brown rice (such as Uncle Ben's)
2 tablespoons butter, divided (I only used 1 Tbsp, I just used my misto to cook the chicken)
1 pound chicken breast cutlets (about 4 cutlets)
3/4 teaspoon salt, divided
1/4 teaspoon freshly ground black pepper
1/2 cup refrigerated apple cider
1 teaspoon Dijon mustard
1/4 cup chopped pecans
2 tablespoons chopped fresh flat-leaf parsley – (I used dried)

1. Cook rice according to package directions in a small saucepan, omitting salt and fat; drain.

2. While rice cooks, melt 1 teaspoon butter in a large heavy skillet over medium-high heat. Sprinkle chicken with 1/4 teaspoon salt and pepper. Add chicken to pan; cook 3 minutes on each side or until done. Remove from pan. Add cider and mustard to pan, scraping pan to loosen browned bits; cook 2 to 3 minutes or until syrupy. Add chicken to pan, turning to coat. Remove from heat; set aside.

3. Melt remaining 5 teaspoons butter in saucepan over medium-high heat; cook for 2 minutes or until browned and fragrant. Lower heat to medium; add pecans, and cook for 1 minute or until toasted, stirring frequently. Add rice and the remaining 1/2 teaspoon salt; toss well to coat. Serve rice with chicken. Sprinkle with parsley.

N/I Calories: 333 Fat: 13g (sat 4.4g,mono 4.9g,poly 2.2g) Protein: 29.1g
Carbohydrate: 24.2g Fiber: 1.9g Cholesterol :81mg Iron:1.5mg Sodium: 601mg
Calcium: 23mg

Pan-Seared Shrimp Po' Boys

Source: Cooking Light July 2009

Serves: 4

H.U.: 8.4

Posted by: Kate (KateWD)

October 4, 2010

Notes: Quick and easy to put together and the tartar sauce is fantastic. I subbed red onions for the shallots.

Serve a New Orleans classic featuring a homemade five-ingredient tartar sauce made with pantry staples. Using salt-free Cajun seasoning reduces the sodium in this dish without sacrificing any of the flavor. Carrot and cabbage slaw makes for a crunchy side dish.

1/3 cup reduced-fat mayonnaise
2 tablespoons sweet pickle relish
1 tablespoon chopped shallots
1 teaspoon capers, chopped
1/4 teaspoon hot pepper sauce (such as Tabasco)
1 pound peeled and deveined large shrimp
1 1/2 teaspoons salt-free Cajun seasoning
2 teaspoons olive oil
4 (2 1/2-ounce) hoagie rolls
1/2 cup shredded romaine lettuce
8 thin tomato slices
4 thin red onion slices

1. Combine first 5 ingredients in a small bowl. Heat a large nonstick skillet over medium-high heat. Combine shrimp and Cajun seasoning in a bowl; toss well. Add olive oil to pan, and swirl to coat. Add shrimp to pan; cook 2 minutes on each side or until done.

2. Cut each roll in half horizontally. Top bottom half of each roll with 2 tablespoons lettuce, 2 tomato slices, 1 onion slice, and one quarter of shrimp. Spread top half of each roll with about 2 tablespoons mayonnaise mixture; place on top of sandwich.

Carrot and cabbage slaw: Combine 4 cups shredded green cabbage and 1 cup shredded carrot in a large bowl. Combine 3 tablespoons reduced-fat mayonnaise, 1 tablespoon cider vinegar, and 1/4 teaspoon celery seeds in a small bowl. Add mayonnaise mixture to cabbage mixture; stir well.

CALORIES 401 ; FAT 12.1g (sat 2.8g,mono 4.6g,poly 3.2g); CHOLESTEROL 172mg; CALCIUM 152mg; CARBOHYDRATE 44.2g; SODIUM 944mg; PROTEIN 30.7g; FIBER 2.7g; IRON 4.4mg

Tuscan Baked Chicken and Beans

Source: Cooking Light October 2010

Serves: 4

H.U.: 5.7

Posted by: Kate (KateWD)

October 5, 2010

Notes: Delicious and easy too put together just add crusty bread for a great meal. I subbed pancetta for the bacon, used a whole bag of spinach (2 cups would have cooked down to nothing), added a couple of cloves of garlic with the onion, and added more fresh rosemary. Also used cannellini beans I cooked rather than from a can.

- 1 (3 1/2-pound) roasting chicken
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 3 slices center-cut bacon
- 1 cup chopped onion
- 1/8 teaspoon kosher salt
- 2 cups packed torn spinach
- 1/2 teaspoon chopped fresh rosemary
- 2 (16-ounce) cans cannellini or other white beans, rinsed and drained
- 1 (14.5-ounce) can diced tomatoes, undrained

1. Preheat oven to 350°.
2. Remove and discard giblets and neck from chicken. Trim excess fat. Cut chicken into 2 breast halves, 2 drumsticks, and 2 thighs. Season with 1/4 teaspoon salt and pepper. Cook bacon in a 12-inch ovenproof skillet over medium-high heat until crisp. Remove bacon from pan; chop and set aside, reserving drippings in pan. Add chicken pieces to reserved drippings in pan; cook for 2 minutes on each side or until browned. Remove chicken from pan; set aside.
3. Add onion and 1/8 teaspoon salt to pan; reduce heat to medium, and cook 5 minutes or until onion begins to brown. Stir in bacon, spinach, rosemary, beans, and tomatoes; remove from heat. Arrange chicken pieces on top; bake, uncovered, at 350° for 40 minutes. Discard skin before serving.

CALORIES 307 ; FAT 4.9g (sat 1.2g,mono 1.5g,poly 1.4g); CHOLESTEROL 91mg; CALCIUM 238mg; CARBOHYDRATE 30g; SODIUM 759mg; PROTEIN 36g; FIBER 9.5g; IRON 5mg

Spicy Swiss Chard with Lemon

Source: Cooking Light December 2002

Serves: 6

H.U.: .5

Posted by: Kate (Kate WD)

October 19, 2010

Notes: Easy and delicious

Although 16 cups seems like a large amount of chard, it will cook down. Three simple ingredients--crushed red pepper, garlic, and fresh lemon juice--round out the flavor.

2 teaspoons olive oil
16 cups trimmed Swiss chard (about 2 pounds)
1/4 to 1/2 teaspoon crushed red pepper
3 garlic cloves, minced
1 tablespoon fresh lemon juice
1/8 teaspoon salt

Heat oil in a large Dutch oven over medium-high heat. Add chard; saute 1 minute or until slightly wilted. Stir in pepper and garlic. Cover and cook 4 minutes or until tender, stirring occasionally. Uncover and cook 3 minutes or until liquid evaporates. Stir in juice and salt.

CALORIES 43 (38% from fat); FAT 1.8g (sat 0.3g, mono 1.2g, poly 0.2g); IRON 2.6mg; CHOLESTEROL 0.0mg; CALCIUM 74mg; CARBOHYDRATE 6g; SODIUM 345mg; PROTEIN 2.6g; FIBER 2.3g

Bistro Braised Chicken

Source: Cooking Light November 2009

Serves: 4

H.U.: 9.8

Posted by: Kate

October 26, 2010

Notes: Easy and delicious comfort food. I used four chicken leg quarters (skinned) instead of 8 thighs and added rosemary. Next time I will add more dried plums, could also substitute raisins or other dried fruit. Served with egg noodles, paired well with the tasty sauce, would also be good with mashed potatoes.

Made this ahead of time and it reheated beautifully.

1 tablespoon butter, divided
8 (4-ounce) bone-in chicken thighs, skinned
1 cup thinly sliced carrot
3/4 cup chopped onion
1/2 cup thinly sliced celery
8 pitted dried plums, chopped
1/2 teaspoon dried thyme
1/4 teaspoon dried sage
2 teaspoons Dijon mustard
1 (14-ounce) can fat-free, less-sodium chicken broth
3/4 cup water
1/2 teaspoon salt
1/2 teaspoon black pepper
4 cups hot cooked egg noodles

1. Melt 1 teaspoon butter in a large skillet over medium heat. Add chicken to pan; cook 6 minutes, browning on both sides. Remove chicken from pan; keep warm.

2. Add remaining 2 teaspoons butter to pan; swirl until butter melts. Add carrot, onion, celery, and dried plums; cook 4 minutes or until vegetables begin to soften, stirring frequently. Stir in thyme and sage; cook 30 seconds. Stir in mustard. Add broth and 3/4 cup water, scraping pan to loosen browned bits; bring to a simmer.

3. Return chicken to pan. Cover, reduce heat, and simmer for 35 minutes. Uncover, increase heat to medium-high, and simmer until sauce is reduced by half.

Calories: 483; Fat: 11.5g (sat 4.3g, mono 3.9g, poly 1.8g); Protein: 36.9g;
Carbohydrate: 57.3g; Fiber: 5g; Cholesterol: 189mg; Iron: 3.7mg; Sodium:
765mg; Calcium: 76mg

Chicken, Artichoke, and Cannellini Bean Spezzatino

Source: Soups/Stews (ST)

Adapted from Giada De Laurentiis

Servings: 4 to 6

HU: 6 to 7 w/6 servings; 10-11 w/4 servings ** (see NI below for details)

Posted by tracee55

November 10, 2010

I really wanted to share this. It was a huge hit for the whole family and the leftovers heated up well. I couldn't find good looking fresh basil so I substituted about 1 TBS dried basil.

Ingredients

2 TBS olive oil

1 (4-oz) piece pancetta, diced into ¼ inch pieces

2 medium carrots, peeled and cut into ½ inch pieces

2 celery stalks, thinly sliced

1 onion, diced

3 cloves garlic, halved

1 tsp kosher salt, plus more for seasoning

1 tsp freshly ground black pepper, plus more for seasoning

2 (14-oz) cans low-sodium chicken stock

½ cup packed fresh basil leaves, chopped

2 TBS tomato paste

2 tsp dried thyme

1 bay leaf

2 skinless chicken breasts with rib meat (with bones), about 1 ½ to 2 pounds total

12 oz frozen artichoke hearts, thawed and chopped into 1-inch pieces

1 (15 oz) can cannellini beans, rinsed and drained

Directions

In a heavy 5 or 6 quart saucepan, heat the oil over medium-high heat. Add the pancetta and cook, stirring frequently, until brown and crispy, about 6 to 8 minutes. Using a slotted spoon, remove the pancetta and drain on paper towels. Set aside.

Add the carrots, celery, onion, garlic, 1 teaspoon salt and 1 teaspoon pepper and cook until the onion is translucent, about 5 minutes.

Stir in the chicken stock, basil, tomato paste, thyme, and bay leaf. Add the chicken and press down to submerge. Bring the liquid to a simmer. Reduce the heat to medium-low and simmer, uncovered, turning the chicken over and stirring occasionally, for 20 minutes.

Add the artichokes and the cannellini beans and simmer until the chicken is cooked through and the liquid has reduced slightly, about 10 to 15 minutes.

Remove the chicken and let cool for 5 minutes. Discard the bones and cut the meat into bite-size pieces. Return the meat to the saucepan and simmer for 5 minutes until warmed through. Remove the bay leaf and discard. Season with salt and pepper, to taste.

Ladle the spezzatino into bowls and garnish with the cooked pancetta. Serve the spezzatino with Bruschetta with Fontina and Greens (recipe follows)

**Nutritional Info based on 4 servings

(2 pounds) is 11 Healthy Units

Per Serving (excluding unknown items): 512 Calories; 15g Fat (25.1% calories from fat); 57g Protein; 45g Carbohydrate; 17g Dietary Fiber; 92mg Cholesterol; 1488mg Sodium. Exchanges: 2 Grain (Starch); 6 1/2 Lean Meat; 3 Vegetable; 1 1/2 Fat.

(1.5 pounds) is 10 Healthy Units

Per Serving (excluding unknown items): 476 Calories; 15g Fat (25.4% calories from fat); 50g Protein; 45g Carbohydrate; 17g Dietary Fiber; 74mg Cholesterol; 1472mg Sodium. Exchanges: 2 Grain (Starch); 5 1/2 Lean Meat; 3 Vegetable; 1 1/2 Fat.

Nutritional Info based on 6 servings

(2 pounds chicken) is 7 Healthy Units

Per Serving (excluding unknown items): 341 Calories; 10g Fat (25.1% calories from fat); 38g Protein; 30g Carbohydrate; 11g Dietary Fiber; 62mg Cholesterol; 992mg Sodium. Exchanges: 1 Grain (Starch); 4 1/2 Lean Meat; 2 Vegetable; 1 Fat.

(1.5 pounds chicken) is 6 Healthy Units

Per Serving (excluding unknown items): 318 Calories; 10g Fat (25.4% calories from fat); 34g Protein; 30g Carbohydrate; 11g Dietary Fiber; 50mg

Cholesterol; 981mg Sodium. Exchanges: 1 Grain (Starch); 3 1/2 Lean Meat; 2 Vegetable; 1 Fat.

Bruschetta with Fontina and Greens

Category: Appetizers/Snacks/Dips (A)

Adapted from Giada De Laurentis

Servings: 4 to 6

HU: 8 w/6 servings; 12 w/4 servings

Posted by tracee55

November 10, 2010

I really wanted to share this. It was a huge hit for the whole family and the leftovers heated up well.

Ingredients

Toasts

1 (1-pound) loaf ciabatta bread, trimmed and cut into 14 (1/2-inch thick) slices

Extra-virgin olive oil, for drizzling

1 garlic clove, halved

Topping

3 tablespoons extra-virgin olive oil

3 cloves garlic, minced

¼ teaspoon crushed red pepper flakes

12 ounces (12 cups) fresh uncooked baby spinach

Kosher salt

2 cups (4 ounces) shredded fontina cheese

Directions

For the toasts: Put an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper. Arrange the bread slices in a single layer on the baking sheet and drizzle with olive oil. Bake until light golden, about 10 minutes. Cool for 2 minutes. Rub the warm toasts with the cut side of the garlic. Set aside.

For the topping: In a large skillet, heat the oil over medium-high heat. Add the garlic and red pepper flakes and cook until the garlic is fragrant, about 30 seconds. Add 1/2 of the spinach and stir until it begins to wilt, about 2 to 3 minutes. Add the remaining spinach and cook until wilted, about 2 minutes. Season with salt, to taste. Using tongs, arrange the spinach on top of the toasts. Sprinkle with cheese and bake for 5 to 8 minutes until the cheese is melted and bubbly. Season with salt and cool for 2 minutes.

Nutritional Info based on 4 servings (I used 1 tsp. olive oil as the amount for drizzling) is 12 HUs

Per Serving (excluding unknown items): 531 Calories; 24g Fat (41.2% calories from fat); 18g Protein; 60g Carbohydrate; 4g Dietary Fiber; 34mg Cholesterol; 1121mg Sodium. Exchanges: 3 1/2 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 4 Fat.

Nutritional Info based on 6 servings (I used 1 tsp. olive oil as the amount for drizzling) is 8 HUs

Per Serving (excluding unknown items): 354 Calories; 16g Fat (41.2% calories from fat); 12g Protein; 40g Carbohydrate; 3g Dietary Fiber; 23mg Cholesterol; 748mg Sodium. Exchanges: 2 1/2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 3 Fat.

Asian Turkey Meatballs with Carrot Rice

Category: Meats (M)

Source: Everyday Food Nov 2010

Servings: 4

HU: 12

Posted by Andie

November 10, 2010

These were really great! I was able to lighten them up by using white meat turkey and 1 tsp oil. They could also be made with brown rice. Yum!

Ingredients

Coarse salt

1 cup long-grain white rice (I used unrinsed sushi rice - it was great super sticky)

1 carrot, shredded

3/4 cup fresh breadcrumbs

1.5 lbs ground dark-meat turkey or ground pork (I used the extra lean ground turkey)

3 scallions, white and green parts separated and thinly sliced.

1/3 cup chopped fresh cilantro leaves

4 tsp fish sauce

4 tsp Sriracha (I used one because I'm a wimp!)

4 tsp sugar

1 large garlic clove, minced (I used 3)

2 tsp vegetable oil

lime wedges for serving (I omitted)

Preheat oven to 450. In a medium saucepan, bring 1.5 C salted water to a boil. Add rice, stir and return to a boil. Cover, reduce to a simmer and cook until rice is tender, about 15 minutes. Remove from heat and top with carrot. Let stand, covered 5 minutes, then stir in carrot and fluff rice with a fork.

Meanwhile, in a medium bowl, combine breadcrumbs and 3 T water (I had to add a little more). Let stand 5 minutes. Add turkey, scallion whites, cilantro, fish sauce, Sriracha, sugar, garlic and 1.4 tsp salt. Gently mix to combine and form into 12 meatballs.

In a large nonstick skillet, heat 1 tsp oil over med-high. In batches, brown meatballs on all sides (10 minutes total). Add up to 1 tsp oil as needed (I didn't need to). Transfer to a rimmed baking sheet and bake until cooked through, about 10 minutes. Serve meatballs with rice, scallion greens and lime wedges.

As written: 547 calories, 17.9 g fat, 36.5 g protein, 57.7 g carb, 2.4 g fiber

Pappardelle with Butternut Squash and Blue Cheese

Category: Rice/Pasta/Grains (RP)

Adapted from Better Homes & Gardens

Serves: 6

HU: 9

Posted by CJMartin717 (Cindy)

November 27, 2010

Cindy's Comments: I couldn't find pappardelle and substituted wide egg noodles. I used poultry seasoning (about 1/4 teaspoon) instead of the fresh sage.

Ingredients

1 large butternut squash, 2-3/4- 3-1/4 lbs., or 1-3/4 lbs. ready-cubed (6 cups)
1 large onion, finely chopped
2 Tbsp. olive oil
3/4 tsp. smoked paprika
1 Tbsp. unsalted butter
3 Tbsp. Marsala
1/2 cup water
2/3 cup pine nuts
1 lb. pappardelle or other robust pasta
6 fresh sage leaves
5 oz. soft blue cheese, such as Saint Agur

Directions

1. Peel, halve, and seed the butternut squash; cut into roughly 1-inch cubes.
2. Cook onion in olive oil in a large, heavy saucepan that can accommodate the pasta later. When the onion starts to become golden, add the paprika.
3. Stir butter and squash into onion mixture in pan. Add Marsala and water. Bring to a simmer. Cover and reduce heat. Simmer about 10 minutes or until squash is tender but still holds its shape.
4. Meanwhile, bring a large saucepan of water to boiling; add hefty pinch of salt. Cook pasta according to package directions. Toast pine nuts in a hot, dry frying pan on the stove top until dark gold. Pour them into a bowl or onto a plate to cool.
5. Lightly season squash mixture to taste with salt (the blue cheese will add additional saltiness). Remove from heat.
6. Finely chop sage; sprinkle over the squash, reserving some for serving.
7. Remove about 1/2 cup of the pasta cooking water with a ladle or mug; drain pasta. Add drained pasta to the squash mixture. Gently stir to combine. If sauce is too dry or mixture won't come together, add some of the reserved cooking water; the starch in it encourages the sauce to emulsify and cling to the pasta. Stir in most of the pine nuts and blue cheese. Transfer to a large serving bowl. Sprinkle with remaining sage, pine nuts, and cheese. Makes 6 (1-1/2 cup) servings plus leftovers.

Nutrition Facts

Calories 409, Total Fat (g)17, Saturated Fat (g)5, Monounsaturated Fat (g)6, Polyunsaturated Fat (g)4, Cholesterol (mg)15, Sodium (mg)325, Carbohydrate (g)55, Total Sugar (g)5, Fiber (g)5, Protein (g)13, Vitamin C (DV%)44, Calcium (DV%)16, Iron (DV%)18, Percent Daily Values are based on a 2,000 calorie diet

As of mid-December, Weight Watchers introduced the new Points Plus program which changed the way that Points (or Healthy Units) are calculated. As of this time, recipes will be posted with only nutritional information. Nutritional information should always be verified using the specific ingredients used, and points calculations can then be made based on the particular Weight Watchers plan being employed.

Loaded Potato Soup

Category: Soups/Stews

Source: Cooking Light, Oct 2010

Yield: 4 servings (serving size: about 1 1/4 cups)

CAROTS (Donna)

Date: December 21, 2010

*Notes-DH loved this soup! I used Cabot Extra Sharp White Cheddar Cheese, and I did add an extra slice of bacon. It was quick to prepare and was very filling.

Ingredients

4 (6-ounce) red potatoes
2 teaspoons olive oil
1/2 cup prechopped onion
1 1/4 cups fat-free, lower-sodium chicken broth
3 tablespoons all-purpose flour
2 cups 1% low-fat milk, divided
1/4 cup reduced-fat sour cream
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
3 bacon slices, halved
1/3 cup shredded cheddar cheese
4 teaspoons thinly sliced green onions

1. Pierce potatoes with a fork. Microwave on HIGH 13 minutes or until tender. Cut in half; cool slightly.
2. While potatoes cook, heat oil in a saucepan over medium-high heat. Add onion; sauté 3 minutes. Add broth. Combine flour and 1/2 cup milk; add to pan with 1 1/2 cups milk. Bring to a boil; stir often. Cook 1 minute. Remove from heat; stir in sour cream, salt, and pepper.
3. Arrange bacon on a paper towel on a microwave-safe plate. Cover with a paper towel; microwave on HIGH for 4 minutes. Crumble bacon.
4. Discard potato skins. Coarsely mash potatoes into soup. Top with cheese, green onions, and bacon.

Nutritional Information

Calories:325

Fat:11.1g (sat 5.2g,mono 4.5g,poly 0.8g)

Protein:13.2g

Carbohydrate:43.8g

Fiber:3g

Cholesterol:27mg

Iron:1.3mg

Spinach and Artichoke Dip

Category: Appetizer/Snacks/Dips

Source: AOL Health, Dec 2010

Servings: 8 (serving size is ¼ cup)

Posted by: Waneyvant (Jane)

Date: December 25, 2010

A typical serving of spinach and artichoke dip contains up to 1,100 calories and 100 grams of fat, which is almost a day's worth of calories! Substitute high-fat cheese for fat-free Greek yogurt to keep the creamy texture while slashing more than half the calories and artery-clogging saturated fat.

3/4 cup grated Parmesan cheese

6-ounce container nonfat Greek yogurt (such as Fage or Chobani)

1/3 cup reduced-fat mayonnaise

1 clove garlic, minced

1 (14-ounce) can artichoke hearts, drained and chopped

1 package (10 ounces) frozen chopped spinach, thawed, well drained

1/2 cup part-skim mozzarella, shredded

1. Heat oven to 350 F.

2. Mix ingredients; spoon into 9-inch quiche dish or pie plate.

3. Bake 20 minutes or until heated through.

(i had to bake it 35 minutes)

*Serve this dip with the roasted vegetable chips or whole-wheat pita chips

Nutritional Information per Serving: 126 calories, 8 g carb, 2 g fiber, 10 g protein, 6g fat, 03 g sat fat, 264 mg sodium

Roast Peppered Cornish Hens

Category: Poultry

Source: Cooking Light, Dec 2008

Servings: 6 (serving size: 1/2 hen)

Posted by: Waneyvant (Jane)

Date: December 26, 2010

For a small holiday gathering, hens offer a smart-sized option in lieu of a large turkey. Mustard, jelly, and black pepper combine for a simple glaze.

Jane's Note: I subbed apple jelly for the currant. Served with roasted brussel sprouts tossed in olive oil, salt & pepper, (same temp and time)

3 (1 1/4-pound) Cornish hens, trimmed and skinned

Cooking spray

1/4 cup spicy brown mustard

1/4 cup currant jelly

1 1/2 teaspoons fresh coarsely ground black pepper

1/2 teaspoon salt

1. Preheat oven to 400°.
2. Remove and discard giblets and necks from hens. Split hens in half lengthwise. Place hen halves, breast sides up, in a roasting pan coated with cooking spray.
3. Combine mustard and jelly. Brush mustard mixture over hens; sprinkle evenly with pepper and salt. Bake at 400° for 30 minutes or until a thermometer inserted in the meaty part of thighs registers 165°. Let stand 10 minutes. Note: It actually took the hens 40 minutes, and the sprouts 40 minutes

CALORIES 209 (21% from fat); FAT 4.9g (sat 1.1g,mono 1.4g,poly 1.1g); IRON 1.1mg; CHOLESTEROL 122mg; CALCIUM 29mg; CARBOHYDRATE 11.3g; SODIUM 428mg; PROTEIN 27.5g; FIBER 1.4g

Mustard-Herb Beef Stew

Category: Meats

Source: Coworker

Servings: 6

Posted by Tracy1j

Date: 12/26/10

My Notes: The NI given with this recipe are higher than I think they should be. I trimmed the chuck roast very well, removing all visible fat, so the fat and calories should be much lower. This has the best flavor, and was even better the second day.

1/3 cup flour

1 T. snipped fresh Italian parsley

1 tsp. snipped fresh thyme or 1/2 tsp. dried thyme, crushed

1 tsp. black pepper

1/2 tsp. salt

1-1/2 lb. boneless beef chuck, cut into 1" to 1-1/2" pieces

2 T. olive oil

1 8-to-10 oz. pkg. cipolini onions, peeled, or 1 medium onion, peeled and cut into wedges

4 carrots, peeled and cut into 1" pieces

1 8-oz. pkg. cremini mushrooms, halved if large

8 tiny new Yukon gold potatoes, halved

3 T. tomato paste

2 T. spicy brown mustard

1 14-oz. can beef broth

1 12-oz. bottle dark porter beer or nonalcoholic beer

1 bay leaf

1. In large ziploc bag, combine first 5 ingredients (flour thru salt). Add beef, a few pieces at a time, and shake to coat evenly. Remove beef pieces; reserve leftover flour mixture.

2. In 6-quart Dutch oven, heat oil over medium-high heat. Cook beef in hot oil until brown. Stir in onions, carrots, mushrooms and potatoes. Cook and stir 3 minutes. Stir in tomato paste, mustard, and leftover flour mixture. Add broth, beer, and 1 bay leaf. Bring to boil, reduce heat.

3. Simmer, covered, 1 to 1-1/4 hours or until beef is tender. Remove and discard bay leaf.

Each Serving: 426 calories, 11 g. fat, 50 mg. chol, 880 mg. sodium, 43 g. carbs, 5 g. fiber, 33 g. protein

Pork Tenderloin Diane

Category: Meats

Source: TheOtherWhiteMeat.com

Servings: 4

Posted by: Waneyvant (Jane)

Date: January 1, 2011

Recipe Notes: Nothing could be easier or more elegant than this French preparation for sauteed steak, borrowed here for pork tenderloin. Quickly sauteed filet medallions are finished with a Worcestershire sauce and mustard pan sauce. If it is a special occasion, pair with truffled mashed potatoes and steamed asparagus. If it is Wednesday night, mashed potatoes and green peas will fit the bill. Add a green salad with vinaigrette and warm dinner rolls.

Jane's Notes: it took longer to cook the tenderloin, but be careful not to overcook. I accidentally used 1 tablespoon of mustard, instead of 1 teaspoon. I think I will keep the mistake.

- 1 pork tenderloin, cut into 8 crosswise pieces
- 2 teaspoons lemon pepper
- 1 tablespoon butter
- 1 tablespoon lemon juice
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Dijon style mustard
- 1 tablespoon parsley, minced

Place each piece of tenderloin between 2 pieces of plastic wrap. Flatten slightly with heel of hand. Sprinkle surfaces of pork with lemon pepper. Heat butter in heavy nonstick skillet; brown pork evenly, about 3-4 minutes on each side. Remove to serving platter, keep warm. Add lemon juice, Worcestershire sauce and mustard to skillet. Cook, stirring with pan juices, until heated through. Pour sauce over medallions, sprinkle with parsley and serve.

Calories: 191 calories

Protein: 25 grams

Fat: 8 grams

Sodium: 380 milligrams

Cholesterol: 85 milligrams

Saturated Fat: 4 grams

Carbohydrates: 6 grams

Fiber: 0

Cassoulet with Lots of Vegetables

Adapted from: MarkBittman.com

Serves: 6

Posted by: Emily (EJWyatt)

Date: 01/02/11

Author's Notes: Cassoulet is one of the best of the myriad of traditional European dishes that combine beans and meat to produce wonderful rich, robust stews. This recipe maintains that spirit, but is much faster, easier, less expensive, and more contemporary, emphasizing the beans and vegetables over meat. (That probably makes it more, not less, traditional, since meat was always hard to come by before the mid-twentieth century.)

Emily's Notes: I used turkey Italian sausage, did the dry bean version with navy beans and used a mixture of red wine and chicken broth for the liquid.

Ingredients:

2 tablespoons olive oil
1 pound Italian sausages, bone-in pork chops, confit duck legs, or duck breasts, or a combination
1 tablespoon chopped garlic
2 leeks or onions, trimmed, washed, and sliced (I used leeks)
2 carrots, peeled and cut into 1-inch lengths
3 celery stalks, cut into 1/2-inch pieces
2 medium zucchinis or 1 small head green cabbage, cut into 1/2-inch pieces (I used zucchini)
Salt and freshly ground black pepper
4 cups chopped tomatoes, with their juice (canned are fine)
1/4 cup fresh chopped parsley leaves
1 tablespoon fresh chopped thyme leaves
2 bay leaves
4 cups cooked white beans (canned are OK), drained and liquid reserved in any case
2 cups stock, dry red wine, bean cooking liquid, or water, plus more as needed
1/8 teaspoon cayenne pepper, or to taste

Directions:

1. Heat the olive oil in a large saucepan over medium-high heat, add the meat, and cook, turning as needed, until the meat is deeply browned on all sides, about 10 minutes. Remove from the pan and drain off all but 2 tablespoons of the fat.
2. Turn the heat to medium and add the garlic, leeks or onions, carrots, celery, and zucchini or cabbage; and sprinkle with salt and pepper and cook until softened, about 5 minutes. Add the tomatoes, their liquid, the reserved meat, and the herbs and bring to a boil. Add the beans; bring to a boil again, stirring occasionally, then reduce the heat so the mixture bubbles gently but continuously. Cook for about 20 minutes, adding the liquid when the mixture gets thick and the vegetables are melting away.
3. Fish out the meat and remove the bones and skin as needed. Chop into chunks and return to the pot along with the cayenne. Cook another minute or two to warm through, then taste and adjust seasoning if necessary and serve.

Slow-Cooked Cassoulet. Start with dried beans. After browning the meat in Step 1, leave it in the pan and add 1/2 pound dry white beans (they'll cook faster if you soak them first) and enough water or stock to just cover. Bring to a boil, then reduce the heat and cook, stirring occasionally, for about an hour. Meanwhile, in a separate pan with another 2 tablespoons of olive oil, cook the vegetables as directed in Step 2. Add them to the pot of beans along with the tomatoes and herbs. Bring to a boil, then reduce the heat to a gentle bubble and cook, stirring occasionally, until the beans are tender, adding more liquid as necessary to keep them moist. This will take anywhere from another 30 to 60 minutes, depending on the age of your dried beans.

Per Serving: 397 Calories; 12g Fat (27.1% calories from fat); 28g Protein; 47g Carbohydrate; 11g Dietary Fiber; 51mg Cholesterol; 520mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 3 Vegetable; 1 Fat.

Braised Beef & Mushrooms

From EatingWell: Jan/Feb 2009

Serves: 12 (3/4 cup each)

Posted by Waneyvant

Date: January 2, 2011

EW Notes: Serve with whole-wheat egg noodles or spaetzle and a mixed green salad.

Jane's Note: I made a 1/2 recipe, and really love this dish; I served it on No Yolk egg noodles

2 T. canola oil
1 T. butter
4 c. finely diced onions
2 large cloves garlic, crushed and peeled
2 T. tomato paste
2 T. sweet paprika
2 tsp chopped fresh marjoram, (1 tsp dried)
4 pounds beef chuck, trimmed and cut into 1 1/2-inch pieces
1 tsp salt, divided
Freshly ground pepper, to taste
2 pounds cremini mushrooms, cut into 1/2-inch pieces
1 c. reduced-sodium beef broth
8 large shiitake mushroom caps, cut into 1/2-inch pieces
2-3 tsp finely minced fresh tarragon, or dill for garnish

Preheat oven to 350°F. Heat oil and butter in a large heavy casserole or Dutch oven over medium heat. Add onions and garlic and cook, stirring, until the onions are soft and beginning to brown, 8 to 10 minutes. Stir in tomato paste, paprika and marjoram.

Season beef with 1/2 teaspoon salt and plenty of pepper. Add the beef and cremini mushrooms to the pot; gently stir to combine. Add broth and cover the pot with a tight-fitting lid.

Transfer the pot to the oven and bake until the beef is very tender, 1 3/4 to 2 1/2 hours. Stir in shiitake mushrooms and continue baking, covered, for 15 minutes more. Remove from the oven, uncover and let stand, undisturbed, for about 15 minutes.

Skim or blot any visible fat from the stew. Transfer the beef and mushrooms to a bowl with a slotted spoon. Return the pot to the stove and bring to a gentle simmer. Cook until the sauce just coats a spoon. Stir the beef, mushrooms and the remaining 1/2 teaspoon salt into the sauce and heat through, about 1 minute.

Serve garnished with tarragon (or dill), if desired.

Per serving: 224 Calories; 8 g Fat; 3 g Sat; 4 g Mono; 49 mg Cholesterol; 10 g Carbohydrates; 26 g Protein; 2 g Fiber; 246 mg Sodium; 652 mg Potassium

Cheesy Meat Loaf Minis

Cooking Light, JANUARY 2011

Yield: 6 servings (serving size: 1 meat loaf)

Posted By: Bawstinn (Maria)

January 3, 2011

Maria's Comments: These were pretty tasty and will go in the regular rotation of meat loaf recipes. I used a rounded tablespoon of horseradish and the Babybell cheddar cheese rounds (4 = 3 oz). I looked the loaves over to make sure there was no cheese showing so I wouldn't lose as much when they baked. Served alongside the Spinach with Garlic Vinaigrette.

1/2 cup fresh breadcrumbs (about 1 ounce)

Cooking spray

1 cup chopped onion

2 garlic cloves, chopped

1/2 cup ketchup, divided

3 ounces white cheddar cheese, diced

1/4 cup chopped fresh parsley

2 tablespoons grated Parmesan cheese

1 tablespoon prepared horseradish

1 tablespoon Dijon mustard

3/4 teaspoon dried oregano

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

1 1/2 pounds ground sirloin

1 large egg, lightly beaten

1. Preheat oven to 425°.

2. Heat a skillet over medium-high heat. Add breadcrumbs; cook 3 minutes or until toasted, stirring frequently.

3. While breadcrumbs cook, heat a large skillet over medium-high heat. Coat pan with cooking spray. Add onion and garlic; sauté 3 minutes. Combine onion mixture, breadcrumbs, 1/4 cup ketchup, and remaining ingredients. Shape into 6 (4 x 2-inch) loaves on a broiler pan coated with cooking spray; spread 2 teaspoons ketchup over each. Bake at 425° for 25 minutes or until done.

CALORIES 256 ; FAT 11.6g (sat 5.7g,mono 3.9g,poly 0.9g); CHOLESTEROL 112mg; CALCIUM 159mg; CARBOHYDRATE 11.2g; SODIUM 620mg; PROTEIN 28.5g; FIBER 0.9g; IRON 2.6mg

Spinach with Garlic Vinaigrette

Cooking Light, JANUARY 2011

Yield: 4 servings (serving size: 1 3/4 cups)

Posted By: Bawstinn (Maria)

January 3, 2011

Maria's Comments: Like garlic? This was quick and easy to put together while the meat loaf was cooking. I did add a splash or two more of vinegar as I like the tang.

1 1/2 tablespoons extra-virgin olive oil
1 tablespoon white wine vinegar
1/2 teaspoon Dijon mustard
1/4 teaspoon freshly ground black pepper
1/8 teaspoon salt
2 garlic cloves, minced
6 cups baby spinach leaves (about 6 ounces)
1/4 cup vertically sliced red onion

1. Combine the first 6 ingredients in a large bowl, stirring well with a whisk. Add 6 cups spinach and red onion; toss to coat.

CALORIES 66 ; FAT 5.1g (sat 0.7g,mono 3.7g,poly 0.5g); CHOLESTEROL 0.0mg; CALCIUM 31mg; CARBOHYDRATE 5.2g; SODIUM 147mg; PROTEIN 1.1g; FIBER 1.9g; IRON 1.3mg

Maple-Glazed Chicken with Apple-Brussels Sprout Slaw

Source: Cooking Light November 2010

Serves: 4

Posted by: Kate

January 4, 2011

Quick, easy and tasty dish, loved the slaw. I subbed craisins for the dried currants and rounded out the meal with a baked sweet potato.

8 (2-ounce) chicken cutlets
1/2 teaspoon kosher salt, divided
1/2 teaspoon freshly ground black pepper, divided
2 tablespoons olive oil, divided
3 tablespoons red wine vinegar, divided
2 tablespoons maple syrup
8 ounces Brussels sprouts
1/4 cup dried currants
1 medium Fuji or Gala apple, cut into 1/8-inch-thick slices

1. Heat a large skillet over medium-high heat. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add 1 tablespoon oil to pan; swirl to coat. Add chicken to pan; cook 3 minutes on each side or until done. Remove from pan; keep warm. Add 2 tablespoons vinegar and syrup to pan; bring to a boil. Cook 1 minute or until reduced to 3 tablespoons. Return chicken to pan; turn to coat with glaze.

2. Cut Brussels sprouts in half lengthwise; thinly slice crosswise. Place remaining 1 tablespoon oil, 1 tablespoon vinegar, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl; stir well with a whisk. Add Brussels sprouts, currants, and apple; toss to combine. Serve slaw with chicken.

CALORIES 282 ; FAT 8.7g (sat 1.4g,mono 5.4g,poly 1.5g); CHOLESTEROL 66mg; CALCIUM 54mg; CARBOHYDRATE 23.4g; SODIUM 331mg; PROTEIN 28.6g; FIBER 3.7g; IRON 2.1mg

Shrimp Arrabbiata

Source: Cooking Light, March 2006

Servings: 4

Posted by: Waneyvant

Date: January 4, 2011

This dish's name--arrabbiata--comes from the Italian word for "angry" because of the spicy tomato and red pepper sauce. If you want, double the tomato sauce and freeze half for a jump start on a future meal.

Serving size: about 1 cup shrimp mixture and 1 cup pasta

6 ounces fresh linguine
2 tablespoons olive oil, divided
1 pound large shrimp, peeled and deveined
1/4 teaspoon salt
1/2 cup pre chopped onion
2 teaspoons bottled minced garlic
1/2 teaspoon dried basil
1/2 teaspoon crushed red pepper
2 tablespoons tomato paste
1 (14.5-ounce) can diced tomatoes, undrained
2 tablespoons chopped fresh parsley

Cook pasta according to the package directions, omitting salt and fat. Drain and keep warm.

Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Sprinkle shrimp with salt; add shrimp to pan. Cook 2 minutes on each side or until shrimp are done. Transfer shrimp to a bowl. Heat remaining 1 tablespoon oil in pan. Add onion, minced garlic, basil, and crushed red pepper to pan; sauté 1 minute. Add tomato paste and tomatoes; bring to a boil. Cook 3 minutes or just until sauce begins to thicken.

Return shrimp to pan; cook 1 minute or until thoroughly heated. Add parsley to the pan, stirring well to combine. Serve over pasta.

CALORIES 343 (26% from fat); FAT 10g (sat 1.4g,mono 6g,poly 1.7g); IRON 4.6mg; CHOLESTEROL 172mg; CALCIUM 91mg; CARBOHYDRATE 33.1g; SODIUM 594mg; PROTEIN 29.4g; FIBER 3.7g

Note: I used dried pasta cuz that is what I had, cook 8 oz instead of 6 to get the correct yield.

Soba Noodle-Vegetable Salad

Source: Ellie Krieger The Food You Crave

Serves: 6

Posted by: Kate

January 5, 2011

Loved the dressing on this salad, I used aprox. 1 T of chili flakes to make it nice and spicy. I used whole wheat spaghetti, the fish sauce, omitted the mint, and added more veggies. Made the dressing and noodles/veggies separately, refrigerated them and tossed with the fresh herbs just before serving.

4 ounces soba noodles, or whole-wheat spaghetti
1 large shallot, very thinly sliced
1 1/2 cups shredded carrot
1 red pepper, julienne
1/3 cup shredded fresh basil leaves
1/3 cup shredded fresh mint leaves
1 tablespoon chopped fresh cilantro leaves

Dressing:

1/4 cup rice vinegar
1 teaspoon sugar
1 tablespoon walnut oil (or canola oil)
1/2 teaspoon sesame oil
1 teaspoon finely minced garlic
1/2 teaspoon chili flakes
1/2 teaspoon lime zest
1 teaspoon lime juice
1/2 teaspoon fish sauce, or 1 teaspoon low-sodium soy sauce
Salt
6 large Bibb lettuce leaves

Boil noodles according to package directions. Drain and cool. In a medium to large bowl, combine noodles, shallot, carrot, pepper, basil, mint, and cilantro. Combine all dressing ingredients, season with salt to taste, add to noodle mixture, and toss lightly.

Snap off Bibb lettuce leaves and wash and dry. To serve, scoop spoonfuls of noodle salad into the lettuce leaves

Per serving: Calories: 124; Total Fat 3 g; Protein 4.5g; carb: 22 g; fiber 2 g; Chol: 0; sodium: 212 g

Whole Grain Buttermilk Biscuits

A family favorite recipe

Servings: 16

Posted by 365DAYSGURL (Heather)

1-8-2011

Freezer Friendly

Ingredients:

2 1/2 cup whole wheat flour

1/2 cup unsalted butter, cut into sixteen 1/2-inch pieces, at cool room temperature (about 65 degrees)

1 cup buttermilk, lowfat is ok

1 teaspoon baking soda

1 teaspoon salt

1 teaspoon sugar

Directions:

1. Sift the whole grain flour with the sugar and salt before combining it with cold butter in the basin of a mixer.
2. Mix the fat and flour together until it resembles the texture of cornmeal, then add the baking soda.
3. Stir in the freshly cultured buttermilk and combine together until the flour, fat and buttermilk form a thick dough.
4. Allow this dough to sit, covered, in a warm spot in your kitchen for at least two hours (if using freshly ground or sprouted grain flour) or overnight if using store-bought flour.
5. Preheat the oven to 450 degrees Fahrenheit.
6. Flour your hands and gently form the biscuits by dividing them into sixteen equal parts and dropping them onto a baking sheet or preheated baking stone.
7. Bake the biscuits at 450 degrees Fahrenheit for about ten to fifteen minutes, or until they puff up and become a golden brown color.

Notes: These biscuits can be frozen before baking, then baked at 450° for 17 minutes.

Fat: 6

Carbs: 15

Protein: 3.2

Fiber: 2

Comments: A bit pointy, but OH! so delicious. Makes the Fresh Veggie soup a special meal. My BF calls these "Butter Kisses".

Pat Monahan's Turkey Chili

Modified from Rachael Ray, Feb 2011

Yield: 10 1-cup servings

Posted by BAWSTINN36 (Maria)

1-8-2011

This was yummy. I modified the recipe a bit - cut back the oil, switched the amounts of oregano and chili powder and used whole turkey breast tenderloins that I cut into chunks. Haven't been able to stomach ground turkey since I was pregnant with Miss M! The turkey chunks fell apart during the last 1/2 hour of cooking.

1 tablespoon extra-virgin olive oil
3 pounds turkey breasts, boneless and skinless
2 whole red bell peppers -- chopped
1 whole green bell pepper -- chopped
1 large onion -- chopped
8 cloves garlic -- finely chopped
2 tablespoons dried oregano
3 tablespoons chili powder
4 teaspoons ground cumin
3 14.5 oz cans diced tomatoes
2 15.5 oz cans black beans -- rinsed
1/4 cup dry red wine
4 bay leaves

In a large Dutch oven, heat 1/2 tablespoon olive oil over high heat. Working in batches, add the turkey and cook, breaking up the meat, until browned; transfer to a bowl.

Lower the heat to medium-high and add the remaining 1/2 tablespoon olive oil to the pot. Add the bell peppers, onion and garlic and cook, stirring occasionally, until crisp-tender, about 5 minutes. Stir in the oregano, chili powder, cumin and 2 teaspoons salt and cook until the vegetables are softened, about 3 minutes. Add the tomatoes, black beans, wine and bay leaves. Stir in the turkey and 1 cup water, lower the heat to medium and simmer until thickened, about 1 hour and 45 minutes.

Per Serving (excluding unknown items): 303 Calories; 4g Fat (11.2% calories from fat); 41g Protein; 24g Carbohydrate; 9g Dietary Fiber; 84mg Cholesterol; 788mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Sweet and Sour Chicken

Type: Poultry

Source: CL Jan 2011

Servings: 4

Posted by LittleChi92

1/8/2011

Quick and Easy

Notes: I doubled the sauce and thought it had a nice heat from the Chili paste. Omitted the cilantro since I didn't have any in the house. Served with egg noodles. We thought the leftovers had more heat than at dinner the previous night.

Ingredients:

4 (6-ounce) skinless, boneless chicken breast halves

1/2 teaspoon salt

1/4 teaspoon black pepper

1 tablespoon olive oil

1/4 cup fat-free, lower-sodium chicken broth

3 tablespoons apricot preserves

1 1/2 tablespoons lower-sodium soy sauce

2 tablespoons fresh lime juice

2 teaspoons Thai chile paste

Garnish: fresh cilantro leaves

Instructions

Place chicken breast halves between 2 sheets of plastic wrap; pound to 1/2-inch thickness. Sprinkle chicken with salt and black pepper. Heat a large skillet over medium-high heat. Add olive oil to pan. Add chicken; sauté 3 minutes on each side or until done. Transfer chicken to a serving platter. Add chicken broth, apricot preserves, and soy sauce to pan; bring to a boil. Stir. Cook 1 minute. Remove from heat; stir in fresh lime juice and Thai chile paste. Spoon over chicken; garnish with fresh cilantro leaves, if desired.

Nutrition:

CALORIES 264 ; FAT 5.5g (sat 1g,mono 0.0g,poly 0.0g); CHOLESTEROL 0.0mg; CALCIUM 0.0mg; CARBOHYDRATE 0.0g; SODIUM 576mg; PROTEIN 0.0g; FIBER 0.0g; IRON 0.0mg

Chicken Thighs with Roasted Apples and Garlic

Cooking Light, OCTOBER 2002

Serves 4 (serving size: 2 thighs and about 2/3 cup apple mixture)

Posted by LISAKRN3

1-8-2011

Baking then mashing the apples creates a flavorful, chunky sauce for the chicken—and lets you sneak more fruit into your diet, too. Skin the thighs to keep this dish healthy, and feel free to leave bits of peel on the apples to make this rustic dish even more colorful and rich in fiber.

Been a few years since I've been here and some will remember my "old" name "aerobicmama". I wanted to share a meal I tried this week, was super yummy.

Ingredients

- * 5 cups chopped peeled Braeburn apple (about 1 1/2 pounds)
- * 1 teaspoon chopped fresh sage
- * 1/4 teaspoon ground cinnamon
- * 1/8 teaspoon ground nutmeg
- * 4 garlic cloves, chopped
- * 1/2 teaspoon salt, divided
- * Cooking spray
- * 8 chicken thighs (about 2 pounds), skinned
- * 1/4 teaspoon black pepper
- * Chopped parsley (optional)

Preheat oven to 475°.

Combine first 5 ingredients. Add 1/4 teaspoon salt; toss well to coat. Spread apple mixture on a jelly roll pan coated with cooking spray.

Sprinkle chicken with 1/4 teaspoon salt and pepper, and arrange on top of the apple mixture. Bake at 475° for 25 minutes or until chicken is done and apple is tender. Remove chicken from pan; keep warm.

Partially mash apple mixture with a potato masher, and serve with chicken. Sprinkle with parsley, if desired.

Nutritional Information

Calories: 257 (20% from fat); Fat: 5.7g (sat 1.4g,mono 1.6g,poly 1.4g); Protein: 25.9g; Carbohydrate: 26.6g; Fiber: 3.5g; Cholesterol: 107mg; Iron: 1.7mg; Sodium: 405mg; Calcium: 30mg

Pared with these wonderful brussel sprouts:

Browned Brussels sprouts Heat 1 tablespoon olive oil in a large nonstick skillet over medium heat. Add 1 1/2 pounds Brussels sprouts (trimmed and halved) 1/4 teaspoon salt, and 3 thinly sliced garlic cloves; cook 15 minutes or until lightly browned, stirring occasionally. Stir in 2 teaspoons balsamic vinegar, cook one minute.

Spinach Stracciatella Soup with Orzo

Soups

Adapted from: SkinnyTaste.com

Serving Size: 6

Posted by Heather or 365DaysGurl

January 9.2011

Quick & Easy

Comments: The soup is low-points, yummy, filling, and comes together in about 10 minutes. I substituted campanile for the orzo, since it's pretty! *smiles*

Ingredients:

6 cups fat free chicken broth
2 large eggs
1/2 cup freshly grated Parmesan
1/4 cup chopped flat-leaf parsley
9 ounces baby spinach
4 ounces uncooked orzo
Salt and freshly ground black pepper

Directions:

Bring 5 cups chicken broth to a boil. In a medium bowl, combine remaining cup of cold chicken broth with eggs, cheese and parsley and whisk well. Whisk into boiling pot and cook 3-4 minutes on low. Add orzo and cook according to package directions. When pasta is done, add the baby spinach and mix until it wilts. Remove from heat, add salt (if needed) and pepper to taste. Ladle into bowls and top with additional grated cheese.

Nutritional Information:

Calories: 113.4 • Fat: 4.4 g • Carb: 9.4 g • Fiber: 0.5 g • Protein: 7.9 g

Espresso Black Bean Chili

Adapted from: MarkBittman.com

Soups/Stews (ST)

Serves: 7

Posted by: Emily (EJWyatt)

Date: 01/09/11

Author's Notes: This deep, richly flavored chili has enough caffeine to keep you awake—literally. (Bear this in mind when you're serving it; use decaffeinated espresso if you or your guests are caffeine sensitive or reserve it for lunch or early dinner.) Serve this with rice, a stack of warm tortillas, or tortilla chips, some crumbled queso fresco or sour cream, and parsley or cilantro.

Em's Notes: I served with a tablespoon of sour cream on top and cilantro. I used molasses in the recipe and that was the ingredient used when calculating nutritionals. I really like the depth of flavors from the espresso and molasses.

Ingredients:

1 tablespoons olive oil (original recipe called for 3 Tbsp of grapeseed or corn oil)
2 onions, chopped
2 tablespoons minced garlic
3 cups chopped ripe tomato (about 1 1/2 pounds whole; canned is fine; don't bother to drain)
1/2 to 1 cup freshly brewed espresso, 1 to 2 cups brewed coffee, or 2 tablespoons espresso powder (I used espresso powder)
2 tablespoons chili powder
1/4 cup dark brown sugar or 3 tablespoons molasses(I used molasses)
One 3-inch cinnamon stick
1 pound dried black beans, washed, picked over, and soaked if you like
Salt and freshly ground black pepper

Directions:

1. Put the oil in a large pot with a tight-fitting lid over medium-high heat. When hot, add the onions and cook, stirring occasionally, until soft, about 5 minutes. Add the garlic and cook for another minute.
2. Stir in the tomato, espresso, brown sugar, cinnamon, and beans and add water to cover. Bring to a boil, then lower the heat so the liquid bubbles steadily but not violently. Cover and cook, stirring occasionally, until the beans are beginning to soften, 30 to 40 minutes. Add a good pinch of salt and pepper.
3. Continue cooking until the beans are tender, anywhere from another 45 minutes to 1 1/2 hours. Taste and adjust the seasoning, adding more sugar, salt, or pepper. Serve or store, covered, in the refrigerator for up to 3 days.

Per Serving (excluding unknown items): 337 Calories; 5g Fat (11.5% calories from fat); 17g Protein; 62g Carbohydrate; 15g Dietary Fiber; 3mg Cholesterol; 60mg Sodium.
Exchanges: 3 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.

Steak Tips with Peppered Mushroom Gravy

Adapted from: Cooking Light, Jan/Feb 2010

Meats (M)

Serves: 4 (serving size: about 3/4 cup beef mixture and 2/3 cup noodles)

Posted by: Emily (EJWyatt)

Date: 01/09/11

Quick and Easy

Em's Notes: this was quick and easy and made a nice rich thick gravy. I used whole wheat noodles, because I like them, but didn't recalculate nutritional info.

2 cups uncooked egg noodles

Cooking spray

1 pound top sirloin steak, cut into 3/4-inch pieces

1 tablespoon butter

2 tablespoons finely chopped shallots

1 (8-ounce) package pre-sliced baby bella mushrooms

1 teaspoon minced garlic

1 tablespoon low-sodium soy sauce

3 tablespoons all-purpose flour

1 1/2 cups fat-free, less-sodium beef broth

1/2 teaspoon black pepper

1/4 teaspoon salt

3 fresh thyme sprigs

1 teaspoon fresh thyme leaves (optional)

1. Cook noodles according to package directions, omitting salt and fat; drain.

2. While noodles cook, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add steak; sauté 5 minutes, browning on all sides. Remove from pan; cover.

3. Melt butter in pan over medium-high heat. Add shallots and mushrooms; sauté 4 minutes. Add garlic; sauté 30 seconds. Stir in soy sauce. Sprinkle flour over mushroom mixture; cook 1 minute, stirring constantly. Gradually add broth, stirring constantly. Add pepper, salt, and thyme sprigs. Bring to a boil; cook 2 minutes or until thickened. Return beef to pan; cook 1 minute or until thoroughly heated. Discard thyme sprigs. Garnish with thyme leaves, if desired.

CALORIES 344 ; FAT 12.5g (sat 5.3g,mono 4.2g,poly 1.2g); CHOLESTEROL 95mg; CALCIUM 28mg; CARBOHYDRATE 28.7g; SODIUM 538mg; PROTEIN 27.3g; FIBER 1.7g; IRON 4.3mg

Slow Cooker Carne Guisada

Soups/Stews

Everyday Food, Nov 2010

Servings 8-10

Posted by Josephine Tomato (Jo)

1.10.11

EF Notes: Beef simmered with garlic and peppers in a thick tomato sauce makes for a warm and satisfying dinner. A slow cooker turns a less expensive cut of meat into a flavorful stew. Serve it in flour tortillas or spoon over rice.

Jo's notes: I cooked this on low for about 10 hours. Really tasty. I expected it would be like taco filling given the last line ('serve in tortillas') but it is really more of a stew that I served over brown rice. Bob loved it. I used ½ a jalapeno with the seeds and it had little heat to it (maybe I had a mild jalapeno). Next time, I will use the entire jalapeno and will not remove seeds. I also used a 1 ¾# roast and a whole can of chicken broth. Made it in my 3 qt slow cooker. I think it made about 6 servings with that size of roast. I did not alter any of the other measurements.

Ingredients

Serves 8

- 2 1/2 pounds beef chuck roast or bottom round, cut into 1-inch pieces
- coarse salt and ground pepper
- 2 tablespoons vegetable oil
- 1 medium white onion, diced medium
- 1 medium green bell pepper, seeded and diced medium
- 1 large jalapeno, seeded and diced small
- 5 garlic cloves, roughly chopped
- 1 1/2 teaspoons ground cumin
- 3/4 teaspoon chili powder
- 3/4 teaspoon dried oregano
- 6 tablespoons all-purpose flour
- 1 3/4 cups low-sodium chicken broth
- 1 can (14 ounces) diced tomatoes
- 2 bay leaves
- Flour tortillas, warmed, grated cheddar, and cilantro, for serving

Directions

1. Season beef with salt and pepper. In a large skillet, heat 2 teaspoons oil over high. In two batches, cook beef until browned on all sides, 5 minutes per batch (add 2 teaspoons more oil for second batch). Transfer to a 5- to 6-quart slow cooker.
2. In same skillet, cook 2 teaspoons oil, onion, bell pepper, jalapeno, and garlic over medium, stirring and scraping up browned bits with a wooden spoon, until vegetables are tender, 5 minutes. Add cumin, chili powder, oregano, and flour and cook 1 minute. Slowly pour broth into skillet, stirring until liquid is smooth. Simmer 2 minutes, then transfer mixture to slow cooker, along with tomatoes and bay leaves. Season to taste with salt and pepper and stir to combine. Cover and cook on high 6 hours. Serve in tortillas with cheese and cilantro. (Refrigerate cooled mixture in an airtight container, up to 3 days, or freeze, up to 2 months.)

Per Serving: 351 cal, 20.2 g fat, (6.9 g sat fat), 31.6 g protein, 9.7 g carbs, 1 g fiber
NI does not include rice or tortillas.

Double Mushroom Soup with Soba Noodles

Soups/Stews

Denver Post food editor, Joe Yonan

Servings 4

Posted by Josephine Tomato (Jo)

1.10.11

Quick and Easy

DP notes: Porcini or other mushroom powder (available from online sources such as www.jrmushroomsandspecialties.com) adds rich earthiness to this vegetarian soup. If you have dried mushrooms instead, you can use a dedicated spice grinder or a mini-food processor to grind them into powder. You can also substitute water that you've used for soaking and rehydrating dried mushrooms; just make sure to put it through a fine strainer before use.

Jo's notes: I used baby bellas for the fresh mushrooms and dried shitake for the powder (used my coffee grinder/spice grinder to pulverize). I had the soba noodles on hand but I think thin spaghetti noodles would work too (not sure how that would affect NI) Came together very quickly. Complete in 20 min.

Ingredients:

6 cups water

4 ounces dried buckwheat soba noodles

1 tablespoon toasted sesame oil

8 ounces cremini mushrooms, stemmed and cut into ½ inch pieces

4 whole scallions, trimmed and cut into ¼ inch diagonal slices

Salt

1 Tablespoon porcini powder (see Denver Post note above)

Directions:

Bring water to a boil in a large saucepan over high heat. Add the soba noodles; reduce heat to medium to maintain a low boil. Cook for about 5 minutes until the noodles are just starting to become tender but still have a slight bite, stirring occasionally to prevent them from clumping.

Meanwhile, heat the oil in a large skillet over medium heat until the oil shimmers. Add the mushrooms and half of the scallions, cook until the mushrooms have exuded their juices and have started to become tender, about 4 minutes. Add salt to taste, remove from the heat.

When the soba noodles are tender, whisk in the mushroom powder and add the mushroom mixture, including any liquid in the skillet. Cook with the liquid gently bubbling for 2-3 minutes to make sure the porcini powder has dissolved and the mushrooms are heated through.

Remove from the heat; add salt to taste and ladle into bowls. Sprinkle the remaining scallions on top.

The remaining portions can be refrigerated in an airtight container for up to a week. Freezing is not recommended as the soba noodles will become mushy.

Nutritional Ingredients (based on 4 servings): 150 cal, 5 g protein, 25 g carb, 4 g fat, (1 g sat fat), 0 mg cholesterol, 80 mg sodium, 2 g fiber, 2 g sugar

Avonana Smoothie

Smoothies/Beverages

Adapted from Heather's Head

Servings: 2

Posted by "Heather"

1/11/2011

Quick & Easy + Kid Friendly.

Ingredients:

1/2 avocado

1 banana

1 tsp vanilla

3/4 cup 1% milk

1/2 cup ice cubes

1 teaspoon Olive oil

2 packets truvia

Directions:

Put all ingredients into a blender in the order listed and blend until smooth.

NI for Avonana: Calories 171, Fat: 8.3, Carbs 21.9, Protein 4.3, Fiber 4.1

Chicken and White Bean Stuffed Peppers

Poultry, Main Dish

Adapted from SkinnyTaste.com (changed the seasoning)

Servings: 5

Posted by Heather

1/13/11

Ingredients

2 teaspoons olive oil

1 medium onion, chopped

4 cloves garlic, minced or pressed through garlic press (about 4 teaspoons)

1/2 red bell pepper

1/4 cup parsley (or cilantro)

5 green bell peppers

14 ounces shredded cooked chicken breast

2 packets Sazon Goya con Culantro y Achiote (substituted for Cumin and Adobo)

15.5 oz. white beans

1/2 cup shredded cheddar

1. In a medium pan, heat oil on medium heat. Add chopped onions, garlic, parsley and red pepper. Saute until soft, about a minute. Add chicken and season with Sazon Goya and salt, if desired. Add beans and 1 to 1-1/2 cups of water and simmer for about 5-10 minutes, until it thickens and the liquid reduces. Adjust spices to taste.

2. Preheat oven to 350°. Cut peppers in half removing seeds and stem. Place peppers in an oven-proof dish. Fill each pepper with 1/3 cup of chicken and bean mixture. Pour about 1/3 cup water or chicken broth on the bottom of the dish. Cover tight with foil. Bake 30 minutes at 350°. Remove foil, top with cheese and bake uncovered another 5 minutes.

Calories: 303.7 • Fat: 5.9 g • Protein: 29.9 g • Carb: 34.9 g • Fiber: 6.5 g

Quick & Easy, And the filling is freezer-friendly. Can be made in advance, then thawed and stuffed into peppers another day.

Oatmeal-Raisin Bites

Source: Weight Watchers

Serves: 40

HU: 2 per cookie

Posted by: Donna/Carots

Date: January 13, 2011

*Notes-very good..DH and DD loved them. Good for your cookie fix. Next time, I will try to sub in lighter ingredients like light butter and light brown sugar. You need to chop the raisins because the cookies bite-size.

Ingredients

1 1/2 cup(s) rolled oats
3/4 cup(s) whole-grain wheat flour
1/2 tsp baking powder
1/4 tsp table salt
1/2 tsp ground cinnamon
1/2 cup(s) regular butter, softened
1/2 cup(s) packed brown sugar
1/4 cup(s) sugar
1 large egg(s)
1 tsp vanilla extract
1 cup(s) raisins, chopped

Instructions

Preheat oven to 350°F

In a medium bowl, combine oats, flour, baking powder, salt and cinnamon; set aside. Using an electric mixer, cream butter and both sugars until incorporated. Add egg and vanilla; mix thoroughly. Add oat mixture and mix until just combined; fold in raisins.

Drop rounded teaspoons of batter onto 2 ungreased cookie sheets, about 1-inch apart each. Bake for 9 to 10 minutes for chewy cookies or 11 to 12 minutes for crispy cookies. Remove from oven and let cookies rest on cookie sheets for about 2 minutes; remove cookies to a wire rack to cool completely.

Buffalo Chicken Panini

Source: Cooking Light Oct 2010

Servings:4

Posted by: Donna/Carots

Date: January 13, 2011

*Notes-this was quick and easy..I did sub the blue cheese for gorgonzola cheese just because that is what DH likes, and I used light mayo.

1/4 cup hot pepper sauce, divided
1 pound chicken breast tenders
1/2 cup (2 ounces) crumbled blue cheese
6 tablespoons canola mayonnaise
8 (1-ounce) slices white or sourdough bread

Preheat broiler; coat broiler pan with cooking spray. Combine 2 tablespoons sauce and chicken in a medium bowl, tossing to coat. Arrange chicken in a single layer on broiler pan; broil 4 minutes on each side or until done. Place chicken in a bowl; toss with remaining 2 tablespoons sauce. Combine cheese and mayonnaise. Spread 3 tablespoons cheese mixture on each of 4 bread slices; top each with one-fourth of cooked chicken and 1 bread slice. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Arrange 2 sandwiches in pan. Place a cast-iron or heavy skillet on top of sandwiches; press gently. Cook for 3 minutes on each side or until bread is toasted (leave skillet on sandwiches while they cook). Repeat procedure with remaining 2 sandwiches.

CALORIES 402 ; FAT 16.2g (sat 4.9g,mono 6g,poly 3.5g); CHOLESTEROL 75mg; CALCIUM 100mg; CARBOHYDRATE 29.1g; SODIUM 724mg; PROTEIN 32.4g; FIBER 3g; IRON 0.8mg

Crispy Buttermilk Chicken

Source: Cooking Light Jan/Feb 2011

Kid Friendly

Yield: 4 servings

Posted by: Donna/Carots

Date: January 13, 2011

*Notes-DH liked this more than his usual fried chicken cutlets. The chicken was thicker, so it took about 18 minutes in the oven vs. the 10 minutes. I also marinated the chicken overnight in the buttermilk. Turned out very moist.

4 (6-ounce) skinless, boneless chicken breast halves
1 3/4 cups whole buttermilk
1 large egg
3/4 teaspoon onion powder, divided
3/4 teaspoon ground red pepper, divided
1/2 teaspoon kosher salt
1 cup all-purpose flour
2 teaspoons black pepper
1 teaspoon celery salt
2 tablespoons canola oil

1. Place chicken in a zip-top plastic bag. Combine buttermilk, egg, 1/4 teaspoon onion powder, and 1/4 teaspoon red pepper; add to bag. Seal. Marinate in refrigerator 4 hours.

2. Preheat oven to 425°.

3. Remove chicken from bag; discard marinade. Sprinkle kosher salt over chicken. Combine 1/2 teaspoon onion powder, 1/2 teaspoon red pepper, flour, black pepper, and celery salt in a shallow dish. Dredge chicken in flour. Place chicken on a wire rack.

4. Heat a large ovenproof skillet over medium-high heat. Add oil. Add chicken; sauté 4 minutes. Turn chicken over. Bake chicken at 425° for 10 minutes.

CALORIES 425 ; FAT 12.5g (sat 2.7g,mono 5.5g,poly 2.7g); CHOLESTEROL 152mg; CALCIUM 36mg; CARBOHYDRATE 28.4g; SODIUM 629mg; PROTEIN 46.3g; FIBER 1.2g; IRON 3mg

Wild Rice and Mushroom Soup with Chicken

Source: Cooking Light, Oct, 2010

Yield: 4 servings (serving size: 1 1/2 cups)

Posted by: Donna/Carots

Date: January 14, 2011

*Notes-this was quick and easy..I used fresh thyme instead of dried, and I think this made a big difference in taste. I also added portabella mushrooms to mix.

4 cups fat-free, less-sodium chicken broth, divided
1 (2.75-ounce) package quick-cooking wild rice (such as Gourmet House)
1 tablespoon olive oil
1/2 cup prechopped onion
1/2 cup chopped red bell pepper
1/3 cup matchstick-cut carrots
1 teaspoon bottled minced garlic
1/2 teaspoon dried thyme
1 teaspoon butter
2 (4-ounce) packages presliced exotic mushroom blend (such as shiitake, cremini, and oyster)
2 cups shredded cooked chicken breast
1/8 teaspoon salt
1/8 teaspoon black pepper

1. Bring 1 1/3 cups broth to a boil in a medium saucepan; add rice to pan. Cover, reduce heat, and simmer 5 minutes or until liquid is absorbed. Set aside.

2. Heat oil in a Dutch oven over medium-high heat. Add onion and next 4 ingredients (through thyme) to pan; sauté 3 minutes, stirring occasionally. Stir in butter and mushrooms; sauté 3 minutes or until lightly browned. Add remaining 2 2/3 cups broth, rice, chicken, salt, and pepper to pan; cook 3 minutes or until thoroughly heated, stirring occasionally.

CALORIES 281 (24% from fat); FAT 7.5g (sat 1.9g, mono 3.8g, poly 1.3g); IRON 2.8mg; CHOLESTEROL 62mg; CALCIUM 42mg; CARBOHYDRATE 23g; SODIUM 541mg; PROTEIN 28.9g; FIBER 4g

Sloppy Veggie Sandwiches (Slow-Cooker)

SW

Source: BHG-Biggest Book of Slow Cooker Recipes

Servings: 8

Posted by: CJMartin717 (Cindy)

1-16-11

Cindy's Comments: I thought this could use a little more heat - perhaps a diced jalapeno or some Sriracha sauce. I calculated NI without the rolls since they can vary widely. My calculation and the original cookbook info (with rolls) appear below.

1 cup chopped carrots
1 cup chopped celery
2/3 cup red lentils (cookbook called for dry brown lentils)
2/3 cup brown and wild rice (cookbook called for regular brown rice - all I had was the blend)
1/2 cup chopped onion
1 clove garlic -- minced
2 tablespoons brown sugar
2 tablespoons mustard
1/2 teaspoon salt
1/4 teaspoon ground red pepper
28 ounces low sodium vegetable broth (I used low-sodium chicken broth)
15 ounces tomato sauce
2 tablespoons apple cider vinegar

Combine carrots through broth in a 3 1/2 to 4 quart slow cooker. Cover and cook on high heat for 3 to 3 1/2 hours or until rice and lentils are done. Stir in tomato sauce and vinegar; cover and cook another 30 minutes.

To serve, spoon over toasted buns or rolls.

Per Serving (according to Master Cook): 133 Calories; 1g Fat (4.9% calories from fat); 8g Protein; 23g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 818mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Per Serving According to Cookbook - including 8 whole wheat rolls: 261 calories; 4 g total fat; 0 mg cholesterol; 1,036 mg sodium; 50 g carbs; 8 g fiber; 11 g protein.

Additional notes: If you stopped before adding in the tomato sauce and vinegar, you'd have a nice rice-lentil pilaf. A few days later, I added some broth and spicy V-8 juice to the leftovers along with cooked chicken and transformed it into a nice hearty soup.

Creamy Porcini Barley Soup

Adapted from Eating Well, January/February 2007

Category: Soup

Servings: 4 (about 1 3/4 cups each)

Posted by DebMj1

January 18, 2011

EW Notes: This sophisticated take on creamy mushroom soup is rich with earthy porcini mushrooms and has the added goodness of whole-grain barley. We stir in just a bit of reduced fat sour cream at the end - hold the heavy cream.

Deb's Notes: Incredibly rich, filling soup. As DH said, it's meatless, but it tastes meaty. Definitely let it sit in the refrigerator overnight. The difference in flavor from one day to the next is pronounced and much improved.

1/2 cup pearl barley
4 1/2 cups reduced-sodium chicken broth or mushroom broth, divided (I used chicken broth)
1 ounce dried porcini mushrooms
2 cups boiling water
2 teaspoons butter
1 tablespoon extra-virgin olive oil
1 cup minced shallots (about 4 medium)
8 cups sliced white mushrooms (about 20 ounces)
2 stalks celery, finely chopped
1 tablespoon minced fresh sage or 1 teaspoon dried
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
2 tablespoons all-purpose flour
1 cup dry sherry (I used 1/2 cup dry sherry and 1/2 cup dry white wine)
1/2 cup reduced-fat sour cream
1/4 cup minced fresh chives (I omitted)

Bring barley and 1 1/2 cups broth to a boil in a small saucepan over high heat. Cover, reduce heat to low and simmer until tender, 30 to 35 minutes.

Meanwhile, combine porcinis and boiling water in a medium bowl and soak until softened, about 20 minutes. Line a sieve with paper towels, set it over a bowl and pour in mushrooms and soaking liquid. Reserve the soaking liquid. Transfer the mushrooms to a cutting board and finely chop.

Heat butter and oil in a Dutch oven over medium-high heat. Add shallots and cook, stirring often, until softened, about 2 minutes. Add white mushrooms and cook, stirring often, until they start to brown, 8 to 10 minutes. Add the porcinis, celery, sage, salt and pepper and cook, stirring often, until beginning to soften, about 3 minutes. Sprinkle flour over the vegetables and cook, stirring, until the flour is incorporated, about 1 minute. Add sherry and cook, stirring, until most of the sherry has evaporated, about 1 minute.

Add the soaking liquid and the remaining 3 cups broth; increase heat to high and bring to a boil. Reduce heat and simmer, stirring occasionally, until the soup has thickened, 18 to 22 minutes.

Add the cooked barley and continue cooking, stirring occasionally, until heated through, about 5 minutes more. Stir in sour cream until incorporated. Garnish with chives.

NI: 288 calories, 10 gms. fat (5 gms. saturated and 4 gms. mono), 22 mg. cholesterol, 28 g. carb, 12 g. protein, 3 gms. fiber, 498 mg. sodium and 894 mg. potassium.

Creamy Hungarian Mushroom Soup

Soups

Adapted From EatingWell: January/February 2011

Servings – 6 @ 1.5 cups each

Posted by jillybean03

January 18, 2011

Their comments: Mushroom-soup lovers, this soup is for you! Russet potatoes make it hearty, and dill and paprika add plenty of flavor. We skip the generous amount of full-fat sour cream and butter typically used in creamy mushroom soups. Serve with a green salad and warm pumpernickel bread.

My comments: I used half sweet paprika, half sharp paprika and only half the dill (not a big dill fan). This was delicious and very hearty. It makes an absolute ton. DH and I had 1 cup as sort of a "starter" - it was a really nice serving. The recipe makes 9 cups - intended to be 6 1.5 cups. I might make it again and sub thyme for the paprika/dill for a more "traditional" mushroom soup.... but the flavors really are good. I used mostly white mushrooms, but added 1 portobello (cheaper than cremini) and a few beech mushrooms - not sure they added anything, but whatev.

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 1/2 pounds mushrooms, thinly sliced
- 1 medium onion, diced
- 3 tablespoons all-purpose flour
- 2 tablespoons paprika, preferably Hungarian (see Note)
- 2 tablespoons dried dill
- 4 cups mushroom broth or reduced-sodium beef broth
- 2 cups low-fat milk
- 1 1/2 pounds russet potatoes, peeled and cut into 1/2-inch pieces
- 1/2 cup reduced-fat sour cream
- 3/4 teaspoon salt

Preparation

1. Heat oil in a Dutch oven over medium-high heat. Add mushrooms and onion and cook, stirring occasionally, until most of the liquid evaporates, 10 to 15 minutes.
2. Reduce heat to medium and cook, stirring frequently, until the mushrooms are very soft, about 3 minutes more. Add flour, paprika and dill and cook, stirring, for 15 seconds. Add broth, milk and potatoes; cover and bring to a simmer. Reduce heat to maintain a lively simmer and cook, uncovered, until the potatoes are tender, about 5 minutes. Remove from the heat and stir in sour cream and salt.

Nutrition

Per serving : 232 Calories; 6 g Fat; 2 g Sat; 3 g Mono; 37 mg Cholesterol; 37 g Carbohydrates; 10 g Protein; 4 g Fiber; 703 mg Sodium; 971 mg Potassium

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 2 days; reheat over low.
- **Note:** Paprika labeled "Hungarian" is worth seeking out for this soup because it delivers a fuller, richer flavor than regular paprika. Find it at well-stocked supermarkets, specialty-foods stores or online at penzeys.com.

Potato-Horseradish-Crusted Mahi-Mahi

Adapted from Eating Well

Servings 4

Posted by jillybean03

01 23 2011

Their comments: Simple yet special enough to serve for company - even when you're in a hurry. Make it a Meal: Serve with steamed carrots tossed with dill and green beans.

My comments: This is delicious and elegant. I didn't have any pre-shredded potatoes. I nuked a couple of smallish russets 'til done and then chilled them, peeled them and shredded them – worked perfectly. I had about ½ potato leftover which the dogs appreciated. I served this with a simple mixed greens salad/vinaigrette and steamed beans/baby carrots.

Ingredients

- 1 cup precooked shredded potatoes, (see Note)
- 1 shallot, finely chopped
- 1 tablespoon prepared horseradish
- 1 teaspoon Dijon mustard
- 1/2 teaspoon garlic salt
- 1/4 teaspoon freshly ground pepper
- 1 1/4 pounds mahi-mahi, skin removed, cut into 4 portions
- 4 teaspoons reduced-fat mayonnaise
- 1 tablespoon canola oil
- 1 lemon, quartered

Preparation

1. Combine potatoes, shallot, horseradish, mustard, garlic salt and pepper in a medium bowl. Spread each portion of fish with 1 teaspoon mayonnaise, then top with one-fourth of the potato mixture, pressing the mixture onto the fish.
2. Heat oil in a large nonstick skillet over medium-high heat. Carefully place the fish in the pan potato-side down and cook until crispy and browned, 4 to 5 minutes. Gently turn the fish over, reduce the heat to medium and continue cooking until the fish flakes easily with a fork, 4 to 5 minutes more. Serve with lemon wedges.

Nutrition

Per serving : 205 Calories; 6 g Fat; 1 g Sat; 3 g Mono; 105 mg Cholesterol; 9 g Carbohydrates; 27 g Protein; 1 g Fiber; 311 mg Sodium; 623 mg Potassium

Cornmeal, Jalapeno and Fresh Corn Scones

Adapted from Cooking Light 2008 Annual

12 servings, one scone per serving

Posted by DebMj1

1/24/2011

CL Notes: Once baked, jalapeño peppers add relatively mild heat. If you want to tame it even further, reduce the amount of pepper or omit it. Or substitute serrano chiles for a spicier version.

Deb's Notes: I like sweet cornbread and DH does not, so in order to make both of us happy, I added 1 Tbsp. of sugar to this mix. It added just a hint of sweetness - enough to make me happy and not enough to be too noticeable to DH. I made these as rounded drop scones and baked them for about 17 minutes.

1 3/4 cups all-purpose flour (about 7 3/4 ounces) - I used white whole wheat flour

3/4 cup cornmeal

1 tablespoon baking powder

1 teaspoon kosher salt (I'd use a bit less)

4 1/2 tablespoons chilled butter, cut into small pieces

1/2 cup fresh corn kernels (about 1 ear) - I used frozen thawed corn and coarsely chopped it

2 tablespoons finely chopped seeded jalapeño pepper

1 cup nonfat buttermilk

Cooking spray

Preheat oven to 400°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, cornmeal, baking powder, and salt in a medium bowl, stirring with a whisk. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in corn and pepper. Add buttermilk, stirring just until moist (dough will be slightly sticky).

Turn dough out onto a lightly floured surface, and knead lightly 2 or 3 times with lightly floured hands. Pat the dough into a 9-inch circle on a baking sheet coated with cooking spray. Cut dough into 12 wedges, cutting to, but not through, dough. Bake at 400° for 25 minutes or until lightly browned. Cool on a wire rack.

Nutritional Information

Calories:150 (29% from fat)

Fat:4.8g (sat 2.8g,mono 1.2g,poly 0.3g)

Protein:3.6g

Carbohydrate:23.5g

Fiber:2.1g

Cholesterol:12mg

Iron:1.3mg

Sodium:304mg

Calcium:99mg

Adding 1 Tbsp. of sugar adds about 3 calories per scone.

Squash Apple Soup with Pumpernickel Croutons

Soups

Adapted from WW cookbook

4 Servings

Posted by jillybean03

1/24/2011

My notes: This is a nice, basic squash soup. I don't really care for those that have sweet spices, so this fit the bill nicely. I got closer to 5 servings.

1 tsp olive oil
1 onion, chopped
1 garlic clove (minced)
1 (2.5 lb) butternut squash, peeled, seeded and cut into 1" chunks (I used 2 lbs pre-peeled/chopped from the POG)
1 large granny smith apple, peeled, cored and chopped (I used 2 small gala and 1-2 TBS lime juice - it's what I had)
2 cans reduced sodium chicken broth
1/2 tsp. salt
1/4 tsp pepper
1 slice pumpernickel bread, toasted

Cook onion in olive oil over medium heat until softened - about 5 minutes. Add garlic, and stir til fragrant, about 30 seconds.

Add squash, apple, broth, salt and pepper (and lemon or lime juice if using). Bring to boil/reduce to simmer covered about 25 minutes. Let cool 5 minutes.

Puree - I used my immersion blender. If you use the blender, do it in batches. Return to heat for about 4-5 minutes.

Top with pumpernickel - toasted and cut into cubes

per 1 1/3 cup soup & 1/4 cup croutons: 171 cal; 2 g fat; 0 g. sat fat; 386 mg sod, 38 g. carb; 10 g sugar; 9 g fiber; 5 g protein; 122 mg calc.

Maple-Roasted Sweet Potatoes

Source: EatingWell Nov/Dec 2007

Servings: 12 (1/2 cup)

Posted by: Waneyvant

Date January 25, 2011

EW Notes: Roasting sweet potatoes is even easier than boiling and mashing them. Maple syrup glaze transforms this ultra-simple dish into something sublime.

My Notes: i halved the recipe, the sauce thickens into a lovely light glaze

2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)

1/3 cup pure maple syrup

2 tablespoons butter, melted

1 tablespoon lemon juice

1/2 teaspoon salt

Freshly ground pepper, to taste

Preheat oven to 400°F. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.

Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

Per serving : 96 Calories; 2 g Fat; 1 g Sat; 0 g Mono; 5 mg Cholesterol; 19 g Carbohydrates; 1 g Protein; 2 g Fiber; 118 mg Sodium; 189 mg Potassium

Make Ahead Tip: Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.

Pork Chops with Dijon Herb Sauce

Source: Skinnytaste.com

Serves: 4

Posted by: Kate

January 26, 2011

These were quick, easy, juicy and full of flavor. I used parsley, rosemary and sage for the herbs.

1 tsp butter

4 pork chops (22 oz with bone, fat removed), 1 inch thick, trim all visible fat

1/2 tsp salt

fresh ground pepper

3 tbsp chopped onion

3/4 cup fat free chicken stock

1 tbsp dijon mustard

2 tbsp chopped, fresh herbs like parsley, chives, tarragon

In a large frying pan heat the butter over moderately low heat. Season pork with salt and pepper. Raise heat to medium and add the chops to the pan and sauté for 7 minutes. Turn and cook until chops are browned and done to medium, about 7-8 minutes longer. Remove the chops and put in a warm spot.

Add the onion to the pan and cook, stirring, until soft, about 3 minutes.

Add the stock and boil until it reduces to 1/2 cup, about 3 minutes. Stir in the mustard, herbs, and 1/8 tsp pepper.

Put the chops on a platter and pour the sauce over the meat.

Calories: 166.5 • Fat: 9.2 g • Carb: 2.6 g • Fiber: 0.2 g • Protein: 16.4 g

Spinach-Apple Salad with Maple-Bacon Vinaigrette

Source: Cooking Light September 2007

Serves: 6

Posted by: Kate

January 26, 2011

A delicious salad. I sprinkled the bacon on top rather than adding it to the dressing.

- 1 tablespoon maple syrup
- 1 teaspoon red wine vinegar
- 1/4 teaspoon Dijon mustard
- 1 tablespoon extravirgin olive oil
- 1 tablespoon chopped fresh chives
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 slices center-cut bacon, cooked and crumbled
- 2 1/2 cups julienne-cut Granny Smith apple (about 1 apple)
- 1/4 cup thinly vertically sliced red onion
- 1 (6-ounce) package fresh baby spinach

Combine first 3 ingredients in a small bowl, stirring well with a whisk. Gradually add oil, stirring with a whisk until well blended. Add chives, salt, pepper, and bacon; stir with a whisk until well blended.

Combine apple, onion, and spinach in a large bowl. Drizzle with vinaigrette; toss to coat. Serve immediately.

CALORIES 63 (43% from fat); FAT 3g (sat 0.6g,mono 2g,poly 0.3g); IRON 1.1mg; CHOLESTEROL 2mg; CALCIUM 26mg; CARBOHYDRATE 8.7g; SODIUM 192mg; PROTEIN 1.5g; FIBER 1.9g

Sweet & Sour Beef-Cabbage Soup

Category: Soups/Stews

From Eating Well Sept/Oct 2009

Posted by Laurie(Poisonqueen)

Date: 2-1-11

Servings: 6, about 1 3/4 C each

EW notes: This wholesome sweet-and-sour soup combines beef, caraway seeds, sweet paprika and cabbage—ingredients that star in a number of German dishes. It is particularly nice served with crusty rye bread. For an even heartier soup, add diced cooked potatoes along with the cabbage.

My notes: Dana and I loved this. I used a large Braeburn apple because I don't care for the texture of Golden Delicious. I agree with EW that potatoes would be a nice addition for a hearty supper. I made this in the crockpot after browning the meat and P&O on top of the stove. I forgot the oil and it was fine without it.

Ingredients:

1 tablespoon canola oil	6 cups reduced-sodium beef broth
1 pound lean (90% or leaner) ground beef (I used 93%)	1 15-ounce can crushed or diced tomatoes
1 1/2 teaspoons caraway seeds	1 1/2 tablespoons honey
1 teaspoon dried thyme	1 tablespoon paprika, preferably Hungarian sweet
2 1/2 cups frozen bell pepper and onion mix, thawed, chopped (I used a fresh green pepper and sweet onion)	3 cups coarsely chopped Savoy, or green cabbage(I used 1/2 head Savoy cabbage)
1 medium Golden Delicious or other sweet-tart cooking apple, unpeeled, diced	1-2 tablespoons cider vinegar
	1/4 teaspoon salt
	Freshly ground pepper to taste

Instructions:

Heat oil in a Dutch oven over medium heat. Add beef, caraway seeds and thyme and cook, stirring and breaking up the beef with a spoon, until it is mostly browned, about 4 minutes. Stir in pepper-onion mix and apple; cook, stirring, for 2 to 3 minutes more.

Stir in broth, tomatoes, honey and paprika and adjust the heat so the mixture boils gently. Cook for 8 to 10 minutes to blend the flavors. Stir in cabbage and cook just until barely tender, 3 to 4 minutes more. Season with vinegar to taste, salt and pepper.

Nutrition: Per serving : 250 Calories; 10 g Fat; 3 g Sat; 5 g Mono; 54 mg Cholesterol; 20 g Carbohydrates; 20 g Protein; 4 g Fiber; 705 mg Sodium; 717 mg Potassium

Italian Rice Cakes

Category of recipe - Rice/Potato/Side

Adapted from WW PP cookbook

Servings 4

Posted by Jillybean03

02/02/2011

Ingredients

1/2 c. instant brown rice, cooked according to package direction w/o butter or oil

1/2 c. cannellini beans, rinsed & drained

1/4 c. fat free marinara

1/4 c. shredded partskim mozz

4 Tbs. grated parmesan

1 chopped scallion

1/4 tsp ground black pepper

2 Tbs. plain dried breadcrumbs

1 tsp. canola oil

Mash beans in medium bowl with fork until smooth. Stir in marinara, mozzarella, half of the parm, scallion and pepper. stir in the rice.

Shape into 16 cakes - heaping tablespoon size.

combine breadcrumbs and remaining parm on a sheet of wax paper. Coat each cake with mixture.

Cook in 2 batches in a nonstick skillet over medium heat with oil... about 4 minutes per side.

serve with lemon wedges

per 4 cakes: 142 cal, 4g fat, 18 g carb, 3 g fiber, 8 g protien

My comments: These were very good. My friend made them for girls lunch as a side with soup. I would not have guessed they had beans in them (AMY AND LEANLEEN). I can not wait to make these myself. I'll probably use regular brown rice, as I don't typically have instant.

Tex-Mex Chipotle Sloppy Joes

Source: Cooking Light December 2005

Serves: 4

Posted by: Kate

February 7, 2011

Make a quick black bean and corn salad to serve with the sandwiches. The turkey can also be served over rice or as a taco or enchilada filling.

Notes: Quick, easy, spicy and lots of flavor- nice twist on the traditional sloppy joe recipe. Used more jalapeno and chipotle to make them really spicy and fresh onion and garlic.

1 teaspoon olive oil
1/2 cup prechopped onion
1 tablespoon bottled minced garlic
2 teaspoons minced seeded jalapeño pepper
1 teaspoon sugar
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 teaspoon ground coriander
1/4 teaspoon ground chipotle chile powder
1 pound ground turkey breast
1 1/2 cups bottled mild salsa
1 tablespoon chopped fresh cilantro
4 (2 1/2-ounce) Kaiser rolls, cut in half horizontally

Heat oil in a large nonstick skillet over medium-high heat. Add onion, garlic, and jalapeño; sauté 2 minutes or until soft. Add sugar and next 5 ingredients (through turkey); cook 5 minutes or until turkey is browned, stirring to crumble. Stir in salsa; cook 4 minutes or until slightly thick. Stir in cilantro. Spread about 3/4 cup turkey mixture on bottom half of each roll; cover with top half of each roll.

CALORIES 397 (12% from fat); FAT 5.4g (sat 0.9g,mono 1.9g,poly 1.6g); IRON 4.1mg; CHOLESTEROL 70mg; CALCIUM 92mg; CARBOHYDRATE 44.8g; SODIUM 870mg; PROTEIN 35.4g; FIBER 2.5g

Asian Glazed Drumsticks

Source: Skinnytaste.com

Serves: 4 •

Posted by: Kate

February 7, 2011

A great combo of spicy, sweet and salty, delicious. I used a heavy hand with the Sriracha to make them very spicy.

medium chicken drumsticks, skin removed

Pam spray oil

1 cup water

1 tbs Sriracha hot sauce (more or less to taste)

1/2 cup balsamic vinegar

1/2 cup soy sauce

4 tsp agave nectar (or sugar)

3 cloves garlic

1 tsp ginger, grated

2 tbs chives or scallions, chopped

1 tsp sesame seeds

In a heavy large saucepan, brown chicken on high for 3-4 minutes with a little spray oil. Add water, balsamic, soy sauce, agave, garlic, ginger, hot sauce and cook on high until liquid comes to a boil. Reduce heat to low and simmer, covered for about 20 minutes. Remove cover and bring heat to high, allowing sauce to reduce down, about 8-10 minutes, until it becomes a thick glaze, turning chicken occasionally. (Keep an eye on glaze, you don't want it to burn when it start becoming thick) Transfer chicken to a platter and pour glaze on top. Top with chives and sesame seeds and serve.

Calories: 213 • Fat: 4.7 g Protein: 27.5 g Carb: 12.7 g Fiber: 0.4 g

Chicken Chili with Hominy

EatingWell: Jan/Feb 1999

Servings: 6 (1 1/2 c.)

Posted by: Waneyvant

February 9, 2011

Toasted the tortillas on my pizza stone at 350 for a few minutes.

4 corn tortillas	1 T. chili powder
12 oz boneless, skinless chicken breasts, cut into 3/4-inch chunks	1 tsp ground cumin
Salt & ground pepper	1 tsp dried oregano
1 T. extra-virgin olive oil	1 14-oz can reduced-sodium chicken broth
2 small red bell peppers, seeded & diced	2 c. low-fat milk (used fat free)
1 large onion, chopped	2 15-oz cans white hominy, rinsed
1 4-oz can chopped green chiles	1/2 c. chopped fresh cilantro
3 cloves garlic, minced	6 lime wedges

Place a tortilla directly on a stovetop burner set at medium-low and toast, turning frequently with tongs, until light golden and fragrant, 30 to 60 seconds. Repeat with remaining tortillas. Cut tortillas into 1-inch-wide strips and set aside.

Season chicken with salt and pepper. Heat 1/2 T. oil in a Dutch oven over medium-high heat. Add chicken and cook, stirring often, until lightly browned, 2 to 3 minutes. Transfer to a plate.

Add remaining 1/2 T oil to pan. Add bell peppers and onion; season with salt and pepper and cook, stirring often, until softened, about 3 minutes. Add chiles, garlic, chili powder, cumin and oregano; cook, stirring, until fragrant, about 1 minute. Add chicken broth and milk and bring to a simmer, stirring. Stir in reserved tortilla strips, chicken and hominy.

Reduce heat to low. Cover and simmer, stirring occasionally, until chicken is cooked through and chili has thickened, about 20 minutes. Stir in 1/4 c. cilantro. Adjust seasoning with salt and pepper. Serve with remaining cilantro and lime wedges.

Per serving : 251 Calories; 6 g Fat; 2 g Sat; 3 g Mono; 37 mg Cholesterol; 30 g Carbohydrates; 18 g Protein; 5 g Fiber; 313 mg Sodium; 265 mg Potassium

Make Ahead Tip: Cover and refrigerate for up to 2 days.

Baked Potato Soup (2)

Adapted from Ginas Skinny Recipes

Servings: 4-1 cup servings

Posted by Tracy1j

2/20/11

My comments: Very good. I love the idea of adding cauliflower to potato soup to reduce the calories, etc. Because I wanted to use up what I had, I used 3 large baking potatoes, a large head of cauliflower, and 2 cups each of the broth and milk.

2 russet potatoes, washed and dried
1 small head of cauliflower, cut into florets
1-1/2 cups of chicken broth
1-1/2 cups of 1% milk
salt and freshly cracked black pepper
1/2 cup light sour cream
1/2 cup reduced fat shredded sharp cheddar cheese, divided
6 T. chopped chives, divided
3 slices bacon, cooked and crumbled (I used pre-cooked bacon)

Pierce potatoes with a fork, microwave or bake until tender. Cool. Peel potatoes.

Meanwhile, steam cauliflower with water in a large covered pot until tender. Drain and return to pot. On medium heat, add broth, milk, potatoes and bring to boil. Use an immersion blender to puree until smooth. Add sour cream, half the chives, salt and pepper (to taste) and cook on low another 5-10 minutes, stirring occasionally.

Remove from heat. Ladle 1 cup soup into each bowl. Top each serving with 2 T. cheese, remaining chives and bacon.

NI: Calories: 277; Fat: 11.1 g.; Carb: 34.7 g.; Fiber: 2.8 g; Protein: 9.6 g.

Black Bean-Salsa Chili

Soups/Stews

Adapted from Cooking Light, October 2009

Servings 6 (serving size: 1 cup chili and about 4 teaspoons sour cream mixture)

Posted by jhoulihan

February 21, 2011

2 (15-ounce) cans black beans, rinsed, drained, and divided	1 1/2 tablespoons chili powder
2/3 cup water	1 tablespoon ground cumin
1 tablespoon dark brown sugar	1 teaspoon dried oregano
Cooking spray	1/8 teaspoon crushed red pepper
1/2 pound ground turkey	1 1/2 cups mild salsa
1 cup chopped sweet onion	3 tablespoons tomato paste
1/2 cup chopped green bell pepper	1 (14-ounce) can fat-free, less- sodium beef broth
1/2 cup chopped red bell pepper	1/2 cup reduced-fat sour cream
3 sweet hickory-smoked bacon slices, chopped	1/4 cup chopped fresh cilantro
	1 teaspoon fresh lime juice

1. Combine 1 1/2 cups beans, 2/3 cup water, and sugar in a food processor; process until smooth. Combine bean puree and remaining beans in a bowl.

2. Heat a large saucepan over medium-high heat. Coat pan with cooking spray. Add turkey; cook 3 minutes or until browned, stirring to crumble. Remove turkey from pan.

3. Add onion, bell peppers, and bacon to pan; cook 5 minutes or until bacon and onion are lightly browned. Return turkey to pan. Add chili powder, cumin, oregano, and crushed red pepper to pan; stir well to coat. Stir in bean mixture, salsa, tomato paste, and broth; bring to a boil. Reduce heat, and simmer for 30 minutes, stirring occasionally.

4. Combine sour cream, cilantro, and juice in a small bowl. Serve chili with sour cream mixture.

CALORIES 199 ; FAT 6.2g (sat 2.6g,mono 1.9g,poly 1.2g); CHOLESTEROL 34mg; CALCIUM 88mg; CARBOHYDRATE 22g; SODIUM 740mg; PROTEIN 14.8g; FIBER 5.9g; IRON 2.6mg

Sautéed Chicken with Sage Browned Butter

Poultry

Adapted from Cooking Light, Jan 2011

Servings 4 servings (serving size: 1 breast half and 1 tablespoon sauce)

Posted by jhoulihan

February 21, 2011

4 (6-ounce) skinless, boneless chicken breast halves

1/4 teaspoon salt

1/4 teaspoon black pepper

Cooking spray

1/2 cup all-purpose flour

3 tablespoons butter

2 sage sprigs

1 tablespoon minced shallots

1 teaspoon chopped fresh thyme

2 tablespoons lemon juice

Fresh sage leaves (optional)

1. Place each breast half between 2 sheets of plastic wrap; pound to 1/4-inch thickness. Sprinkle with salt and pepper. Heat a large skillet over medium-high heat; coat with cooking spray. Place flour in a shallow dish; dredge chicken in flour. Add chicken to pan; sauté for 4 minutes on each side or until done. Remove chicken from pan.

2. Add butter and sage sprigs to pan; cook over medium heat until butter browns. Discard sage. Add shallots and thyme; cook for 30 seconds. Add lemon juice; cook for 30 seconds. Serve with chicken. Garnish with sage leaves, if desired.

CALORIES 326 ; FAT 11.1g (sat 6.1g,mono 2.8g,poly 0.9g); CHOLESTEROL 122mg; CALCIUM 26mg; CARBOHYDRATE 13.1g; SODIUM 320mg; PROTEIN 41.1g; FIBER 0.5g; IRON 2mg

Healthified Chicken Tortilla Casserole

P (Poultry)

Source: BettyCrocker E-letter, Feb 2011

Servings: 8

Posted by Waneyvant

Date: February 22, 2011

I subbed a drained can of diced tomatoes and green chiles for the tomato, subbed reduced fat Mexican blend cheese, and had precooked the chicken with a can of green chiles; served with a green salad topped with guacamole; NI is original recipe

1 can (10 3/4 oz) 98% fat free 45% less sodium condensed cream of chicken soup

1 can (4.5 oz) chopped green chiles

1 container (8 oz) fat-free sour cream

1/2 cup fat-free (skim) milk

2 1/2 cups shredded cooked chicken breast

8 yellow corn tortillas (6 or 7 inch), torn into bite-size pieces

1 medium green bell pepper, chopped (1 cup)

1 large tomato, chopped (1 cup)

1 1/2 cups shredded sharp Cheddar cheese or Mexican cheese blend (6 oz)

Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, mix soup, chiles, sour cream and milk until blended. Stir in chicken, tortillas and bell pepper. Stir in tomato and 1 cup of the cheese. Spoon and spread mixture in baking dish.

Cover with foil. Bake 40 minutes. Uncover; sprinkle with remaining 1/2 cup cheese. Bake uncovered 5 to 10 minutes longer or until cheese is melted and mixture is bubbly. Let stand 5 minutes.

Calories 270: Fat 11g, (Sat Fat 5g, Trans Fat 0g), Cholesterol 60mg; Sodium 610mg; Total Carbohydrate 22g; (Dietary Fiber 2g, Sugars 4g, Protein 22g

Toasted Quinoa Salad with Scallops & Snow Peas

FS (Fish/Seafood)

Source: Eating Well

Servings: 6 (about 1-cup each)

Posted by: CJMartin717 (Cindy)

March 14, 2011

Cindy's Notes: We had this warm salad for dinner Friday night. I had the leftovers as a cold salad for lunch and it was just as good.

EW Note: This scallop-studded quinoa salad gets an exciting texture from crunchy snow peas, red bell pepper and scallions. Feel free to substitute shrimp or thin slices of chicken for the scallops.

Ingredients

- 12 ounces dry sea scallops, cut into 1/2-inch pieces, or dry bay scallops
- 4 teaspoons reduced-sodium tamari, or soy sauce, divided
- 4 tablespoons plus 2 teaspoons canola oil, divided
- 1 1/2 cups quinoa, rinsed well
- 2 teaspoons grated or minced garlic
- 3 cups water
- 1 teaspoon salt
- 1 cup trimmed and diagonally sliced snow peas, (1/2 inch thick)
- 1/3 cup rice vinegar
- 1 teaspoon toasted sesame oil
- 1 cup thinly sliced scallions
- 1/3 cup finely diced red bell pepper
- 1/4 cup finely chopped fresh cilantro, for garnish

Preparation

1. Toss scallops with 2 teaspoons tamari (or soy sauce) in a medium bowl. Set aside.
2. Place a large, high-sided skillet with a tight-fitting lid over medium heat. Add 1 tablespoon canola oil and quinoa. Cook, stirring constantly, until the quinoa begins to color, 6 to 8 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute more. Add water and salt and bring to a boil. Stir once, cover and cook over medium heat until the water is absorbed, about 15 minutes. (Do not stir.) Remove from the heat and let stand, covered, for 5 minutes. Stir in snow peas, cover and let stand for 5 minutes more.
3. Meanwhile, whisk 3 tablespoons canola oil, the remaining 2 teaspoons tamari (or soy sauce), vinegar and sesame oil in a large bowl. Add the quinoa and snow peas, scallions and bell pepper; toss to combine.
4. Remove the scallops from the marinade and pat dry. Heat a large skillet over medium-high until hot enough to evaporate a drop of water upon contact. Add the remaining 2 teaspoons canola oil and cook the scallops, turning once, until golden and just firm, about 2 minutes total. Gently stir the scallops into the quinoa salad. Serve garnished with cilantro, if desired.

Nutrition

Per serving : 326 Calories; 15 g Fat; 1 g Sat; 8 g Mono; 19 mg Cholesterol; 32 g Carbohydrates; 16 g Protein; 4 g Fiber; 713 mg Sodium; 511 mg Potassium

Baked Oatmeal with Blueberries and Peaches

BR (Breads/Breakfast)

Adapted from WWRRB (based on adaptation from Taste of Home)

Servings: 9

Posted by: CJMartin717 (Cindy)

March 14, 2011

Cindy's Notes: I really like the texture of baked oatmeal when I sub multi-grain cereal mix for part of the oats; but, you can use all oatmeal if you want. The recipe called for 1/4 cup canola oil; but, I used 1/4 cup applesauce as recommended by another poster.

2 cups old-fashioned rolled oats
1 cup Hodgson Mill Multi Grain Hot Cereal
1/2 cup packed brown sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup Egg beaters® 99% egg substitute -- or 2 large eggs
1 1/4 cups skim milk
1/4 cup unsweetened applesauce
1 teaspoon vanilla extract
15 ounces canned peaches -- drained and chopped
1 cup blueberries -- fresh or frozen
1/3 cup chopped pecans

Preheat the oven to 350 F.

Combine oats, multi-grain cereal, brown sugar, baking powder, and salt in a large bowl.

In a separate bowl, whisk together the eggs, applesauce, milk, and vanilla. Add to dry ingredients and stir until blended together. Let mixture stand for 5 minutes and then add the blueberries and peaches.

Spray an 11x7" or 9x9" pan with cooking spray. Pour the oatmeal mixture into the dish, spreading it evenly. Sprinkle the pecans on top. Bake at 350 F for 35-40 minutes.

Per Serving: 264 Calories; 5g Fat (17.5% calories from fat); 8g Protein; 48g Carbohydrate; 5g Dietary Fiber; 1mg Cholesterol; 273mg Sodium. Exchanges: 1 Grain (Starch); 0 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

Rubbed Flank Steak with Horseradish Cream

M (Meats)

Adapted from Cooking Light 2000 Annual

Servings: 6 (3 ounces steak and 1 Tbsp. horseradish cream)

Posted by Deb Mj1

March 16, 2011

Deb's Notes: I may cut the sugar back in the rub next time, although when paired with the horseradish cream, the tart and sweet combination is awesome. See ingredients for the substitutions I made. I think leftovers will make a great sandwich - ciabatta bread, topped with the horseradish cream, sliced steak and baby spinach.

Steak:

1 (1 1/2-pound) flank steak (I used a flat-iron steak, cut in thirds)

1/4 cup rye or bourbon whiskey

2 tablespoons low-sodium soy sauce

Horseradish cream:

1/3 cup plain fat-free yogurt (I used Chobani Greek yogurt)

2 tablespoons prepared horseradish

1 teaspoon Dijon mustard

1 large garlic clove, minced

Rub:

1 tablespoon sugar

1 tablespoon paprika

1 tablespoon chili powder

1 1/2 teaspoons black pepper

1 teaspoon garlic powder

1/8 teaspoon salt

Cooking spray

To prepare steak, trim fat from steak. Place whiskey and soy sauce in a large zip-top plastic bag. Add steak; seal and marinate in refrigerator 24 hours, turning bag occasionally.

To prepare horseradish cream, combine yogurt, horseradish, mustard, and garlic in a small bowl. Cover and chill.

To prepare rub, combine sugar and next 5 ingredients (sugar through salt). Remove steak from bag; discard marinade. Rub sugar mixture over steak; chill 30 minutes.

Prepare grill or broiler.

Place steak on a grill rack or broiler pan coated with cooking spray, and cook 7 to 8 minutes on each side or until desired degree of doneness. Cut steak diagonally across grain into thin slices. Serve with the horseradish cream.

Nutritional Information: Calories:232 (43% from fat); Fat:11.2g (sat 4.7g,mono 4.4g,poly 0.6g); Protein:24g; Carbohydrate:6.5g; Fiber:1g; Cholesterol:57mg; Iron:3mg; Sodium:276mg; Calcium:43mg

Lemon Pepper Shrimp Scampi

FS (Fish/Seafood)

Adapted from Cooking Light March 2009

Servings 4 (1/2 cup orzo mixture ~10 shrimp)

Posted by BarbO'D

March 18, 2011

Quick & Easy

BarbO'D Comments – this was a great week night dinner, ready in less than 30 minutes. I added ¼ t crushed red pepper to give a little heat.

Ingredients:

1 cup uncooked orzo
2 tablespoons chopped fresh parsley
1/2 teaspoon salt, divided
7 teaspoons unsalted butter, divided
1 1/2 pounds peeled and deveined jumbo shrimp (I used 1 pound large)
2 teaspoons bottled minced garlic (I used 3 fresh cloves – could have used 1 or 2 more)
2 tablespoons fresh lemon juice
1/4 teaspoon black pepper

Instructions:

1. Cook orzo according to package directions, omitting salt and fat. Drain. Place orzo in a medium bowl. Stir in parsley and 1/4 teaspoon salt; cover and keep warm.
2. While orzo cooks, melt 1-tablespoon butter in a large nonstick skillet over medium-high heat. Sprinkle shrimp with remaining 1/4 teaspoon salt. Add half of shrimp to pan; sauté 2 minutes or until almost done. Transfer shrimp to a plate. Melt 1 teaspoon butter in pan. Add remaining shrimp to pan; sauté 2 minutes or until almost done. Transfer to plate.
3. Melt remaining 1 tablespoon butter in pan. Add garlic to pan; cook 30 seconds, stirring constantly. Stir in shrimp, juice, and pepper; cook 1 minute or until shrimp are done.

CALORIES 403 ; FAT 10.4g (sat 4.8g,mono 2.2g,poly 1.4g); CHOLESTEROL 276mg; CALCIUM 97mg; CARBOHYDRATE 34.7g; SODIUM 549mg; PROTEIN 40.1g; FIBER 1.7g; IRON 4.3mg

Asparagus with Curry Butter

V (Vegetable)

Source: Eating Well, March/April 2009

Servings: 4 (about 1/2 cup each)

Posted by: Waneyvant

March 27, 2011

Quick & Easy

EW Notes: A touch of curry-infused butter dresses sautéed asparagus. This quick and delicious side dish would be just as welcome with a grilled cheese sandwich as it would with broiled salmon.

Tip: Check the ingredient label on your brand of curry powder: if it has added salt (as some do), you may omit the salt in the recipe or salt to taste.

Jane's Note: I would use the best curry powder for this, one without salt.

2 teaspoons butter, melted

1 teaspoon curry powder, (see Tip)

1/2 teaspoon lemon juice

1/4 teaspoon salt, or to taste

2 teaspoons extra-virgin olive oil

1 shallot, finely diced

1 bunch asparagus, (about 1 pound), trimmed and cut into 1-inch pieces

Combine butter, curry powder, lemon juice and salt in a small bowl. Heat oil in a large nonstick skillet over medium heat. Add shallot and cook, stirring, until softened, about 2 minutes. Add asparagus and cook, stirring, until just tender, 3 to 5 minutes. Stir the curry butter into the asparagus; toss to coat.

Per serving : 67 Calories; 5 g Fat; 2 g Sat; 2 g Mono; 5 mg Cholesterol; 6 g Carbohydrates; 3 g Protein; 2 g Fiber; 161 mg Sodium; 262 mg Potassium

Taco Soup

Source: SparkPeople Chef Meg

Servings: 6

Posted by: Waneyvant

Date: April 7, 2011

Quick and Easy

16 oz lean ground beef
1/2 C yellow onion, chopped
1 recipe taco seasoning (follows)
14 oz tomato sauce
14 oz diced tomatoes with green chilies
14 oz kidney beans, dark, drained
1 C water (i used FF beef broth)
1 C corn, frozen
4 oz green chilies, chopped
1/2 C garbanzo beans, smashed (i subbed 1/2 cup refried beans)

Brown ground beef and chopped onion over medium heat in a saucepan, stirring occasionally. Drain mixture and blot away excess grease. Add spices cook for 1 minute. Add tomato sauce and cook additional minute while stirring. Add diced tomatoes, kidney beans, and water. Simmer for 10 minutes. Add corn, green chilies, and mashed garbanzo beans, simmer an additional 5 minutes.

Garnish with chopped cilantro, chips, cheese, or sour cream. (Calories not included.)

Calories: 342.1; Protein: 20.4g; Fat: 16.8g; Carb: 29.5g;

Chef Meg's Taco Seasoning

3 t chili powder
1 t ground cumin
1 t red pepper flakes

Combine all. Store in closed container.

Number of Servings: 1

Salisbury Steak with Mushroom Gravy

Adapted from CL/WW Boards

Servings: 4

Posted by Tracy1j

April 11, 2011

CL Comments: Feel good about serving this comforting dish to your family at less than 200 calories per serving. If you're cooking for kids, you can omit the wine and use all broth instead.

My Comments: Very tasty! I needed 3 slightly rounded T. of flour to get the gravy to the consistency I wanted. Also needs a little more salt, IMO. I served it with mashed potatoes.

1/3 cup grated onion, divided
1/2 teaspoon black pepper
1/4 teaspoon salt
2 garlic cloves, minced
1 pound ground sirloin
Cooking spray
1 tablespoon butter
8 ounces cremini mushrooms, quartered
1/3 cup dry red wine
1 1/4 cups fat-free, lower-sodium beef broth
1 tablespoon all-purpose flour
1 teaspoon red wine vinegar

1. Combine 1/4 cup onion, pepper, salt, garlic, and beef. Shape into 4 (1/2-inch-thick) patties. Heat a skillet over medium-high heat. Coat with cooking spray. Add patties; cook 3 minutes on each side or until browned.

2. Melt butter in pan. Add mushrooms; sauté 4 minutes. Stir in wine and remaining onion; cook 2 minutes. Combine broth and flour; add to pan, and bring to a boil. Cook 5 minutes or until thick. Add patties and vinegar to pan; cook 2 minutes.

NI per serving: Calories: 192: Fat: 7.9g:
Saturated fat: 3.8g; Monounsaturated fat: 2.7g; Polyunsaturated fat: 0.7g;
Protein: 24.9g; Carbohydrate: 6g; Fiber: 0.7g; Cholesterol: 68mg; Iron: 2.3mg;
Sodium: 380mg; Calcium: 20mg

Greek Spring Pasta

Source: Deb's Creation

Servings: 2

Posted by DebMj1

4/13/2011

Quick and Easy

Deb's Notes: I cut the tomatoes and asparagus a little smaller than is usually done in a recipe so that every bite has a bit of each.

1 cup fresh asparagus, cut in bias to 1/2"
1/2 teaspoon olive oil
2 cloves garlic, finely minced
1 cup cherry or grape tomatoes, quartered or in eighths, depending on size
1/4 c. dry white wine
1/8 teaspoon ground black pepper
1/8 teaspoon kosher salt
4 ounces vermicelli
1 tablespoon fresh basil, finely shredded
1 1/2 ounces crumbled feta cheese
1 tablespoon pine nuts, toasted

Cook pasta according to package directions while preparing sauce.

Trim asparagus and rinse in cold water. In a medium skillet heat oil over medium heat. Add the garlic; cook 1 minute, stirring constantly. Add tomatoes and cook about 2 minutes, stirring often.

Add asparagus, wine, salt and pepper to mixture. Cook, uncovered, for 2 to 3 minutes, or until asparagus is crisp-tender.

Drain pasta. Toss with asparagus mixture, feta and basil. Top with toasted pine nuts.

NI per serving: 348 calories, 8 gms. fat (4 gms. saturated), 19 mg. cholesterol, 365 mg. sodium, 2 gms. fiber.

Red Quinoa and Chickpea Pilaf

Category: Grains, sides

Based on a recipe called Spiced Quinoa from Allrecipes

Servings: 6, a rounded half-cup each

Posted by: Laurie (Poisonqueen)

Date: 4/14/2011

Ingredients:

2 tsp. olive oil

1/2 C. onion, chopped

3 cloves garlic, minced

3/4 cup red quinoa

2 1/2 tsp. curry powder

1 1/2 tsp. cumin

1/2 tsp cinnamon

1 1/2 cups vegetable stock

1 (14 ounce) can garbanzo beans, drained and rinsed

3 Tbsp. toasted slivered almonds

1/4 cup golden raisins, soaked in hot water and drained

Directions:

Saute the olive oil, onion, and garlic in a saucepan over medium heat until the onion has softened and turned translucent, about 5 minutes. Stir in the quinoa, curry powder, cumin, cinnamon, and stock. Bring to a boil, then reduce heat to medium-low, cover, and simmer 20 minutes until the quinoa is tender. (Mine took 25-30 min)

Once the quinoa has finished cooking, stir in the drained garbanzo beans, toasted almonds, and raisins. Add salt and pepper to taste.

Nutrition Facts: Each serving contains: 226 cal, 3.8 g fat(0.3 g sat fat),cholesterol 0, sodium 478 mg, potassium 326 mg,carbohydrate 41.2 g, fiber 6.7 g, sugars 1.6 g, protein 7.8 g,

Shrimp Paulista

Source: EatingWell, February/March 2006

Servings: 6*

Posted by Waneyvant

Date: April 24, 2011

EW Notes: Residents of Sao Paulo call themselves Paulistas and this simple shrimp dish is a regional favorite. Traditionally, the shrimp are cooked in their shells; however, we've removed them to make for easier eating.

2 pounds large shrimp, peeled and deveined
2 tablespoons lime juice
1/2 cup chopped fresh cilantro, divided
8 cloves garlic, minced, divided
1/2 teaspoon kosher salt, divided
1/2 teaspoon crushed red pepper, divided
2 tablespoons extra-virgin olive oil

Place shrimp in a medium nonreactive bowl and toss with lime juice, 1/4 cup cilantro, half the garlic, 1/4 teaspoon salt and 1/4 teaspoon crushed red pepper. Cover and let marinate in the refrigerator for 20 minutes.

Heat oil in a large skillet over medium-high heat. Add the shrimp, marinade and remaining garlic; cook until the shrimp are just cooked through, about 5 minutes. Remove from heat; add the remaining 1/4 cup cilantro, 1/4 teaspoon salt and 1/4 teaspoon red pepper. Toss to combine.

Per serving : 164 Calories; 6 g Fat; 1 g Sat; 4 g Mono; 224 mg Cholesterol; 2 g Carbohydrates; 24 g Protein; 0 g Fiber; 456 mg Sodium; 241 mg Potassium

* I halved the recipe

Pimiento Cheese Chicken

Poultry (P)

Adapted from January 2011 Cooking Light

Servings - 4

Posted by Tracy1j

Date: May 2, 2011

My comments: The cheese filling in this was really flavorful. I chose to substitute crumbled bacon from a jar, and sauteed the chicken in olive oil rather than the bacon drippings.

1 slice applewood-smoked bacon
3/4 cup shredded cheddar cheese
2 tablespoons minced green onions
1 1/2 tablespoons diced pimientos
1 tablespoon canola mayonnaise
2 teaspoons fresh lemon juice
1/2 teaspoon hot sauce
1/2 teaspoon salt, divided
4 (6-ounce) skinless, boneless chicken breast halves
1/2 teaspoon black pepper
1 tablespoon canola oil

1. Preheat oven to 350°.
2. Cook bacon in a large ovenproof skillet until crisp. Remove bacon, reserving drippings in pan; crumble bacon. Combine bacon, next 6 ingredients, and 1/4 teaspoon salt. Cut a 1-inch-wide slit into the thick end of each breast half; carefully cut down to the center of chicken to form a deep pocket. Divide cheese mixture evenly among pockets. Secure with wooden picks. Sprinkle chicken with 1/4 teaspoon salt and pepper.
3. Heat pan over medium-high heat. Add oil to drippings. Add chicken to pan; saute 4 minutes. Turn chicken over. Bake at 350° for 12 minutes; let stand for 5 minutes.

Per serving: Calories: 299; Fat: 16g; Saturated fat: 5.8g; Monounsaturated fat: 6.1g; Polyunsaturated fat: 2.3g; Protein: 36.8g; Carbohydrate: 1.3g; Fiber: 0.2g; Cholesterol: 100mg; Iron: 1.2mg; Sodium: 606mg; Calcium: 171mg

Chicken with Balsamic Vinegar, Sweet Onions and Thyme

Poultry (P)

Source: WW

Servings: 4

Posted by CAROTS (Donna)

Date: May 3, 2011

*Notes: This was a quick and easy to put together. I used thicker chicken breasts so they took longer to cook. Use fresh thyme if possible. Dish was a hit and definitely company worthy.

3 Tbsp all-purpose flour
3/4 tsp table salt, divided
1/2 tsp black pepper, freshly ground, divided
1 pound(s) uncooked boneless, skinless chicken breast, four 4 oz pieces
2 tsp olive oil
1 small vidalia onion(s), cut in half lengthwise, thinly sliced (about 2 cups)
1 cup(s) reduced-sodium chicken broth
2 Tbsp balsamic vinegar
1 Tbsp thyme, fresh, chopped, or less to taste
2 tsp butter

Instructions

On a plate, combine flour, 1/2 teaspoon salt and 1/4 teaspoon pepper. Dredge chicken in flour mixture and turn to coat; shake off any excess.

Heat oil in a large nonstick skillet over medium-high heat. Add chicken and cook, flipping once, until golden and cooked through, about 7 minutes; remove to a serving plate and cover to keep warm.

Add onion to skillet; sauté over medium-high heat until lightly browned, about 4 minutes. Add broth, vinegar, thyme and remaining 1/4 teaspoon each salt and pepper. Bring to a boil; cook, stirring often, until onions are tender, about 5 minutes.

Remove skillet from heat and stir in butter until melted; spoon sauce over chicken. Yields 1 chicken breast and about 1/4 cup onion sauce per serving.

Louisiana Red Beans and Rice

Source: EatingWell, April/May 2005, EatingWell for a Healthy Heart Cookbook (2008)

Servings: 6 (1 1/3 cup each)

Posted by: Waneyvant

Date: May 4, 2011

EW Notes: This quick version of red beans and rice gets its smoky goodness from super-lean Canadian bacon and a hit of ground chipotle pepper. It's delicious as a leftover but will thicken as it stands. To keep it properly syrupy, just thin with a little water and reheat.

My notes: I used a red bell pepper and the chipotle powder, plus subbed 1/2 link of smoked turkey sausage, because that is what I had. (I browned it first to remove excess oil)

4 1/3 cups water, divided
1 1/2 cups brown basmati rice
1/2 teaspoon salt
1 tablespoon extra-virgin olive oil
1 cup diced onion
2 teaspoons minced garlic
2 15-ounce cans red kidney beans, or pink beans, rinsed
6 ounces sliced Canadian bacon, chopped
1/2 cup chopped celery, plus 1 tablespoon finely chopped celery leaves
1/2 cup diced green bell pepper
1/4-1/2 teaspoon ground chipotle pepper or cayenne pepper

Combine 3 1/3 cups water, rice and salt in a large saucepan. Bring to a simmer; reduce heat to low, cover and cook until all the water has been absorbed, about 45 minutes.

About 10 minutes before the rice is ready, heat oil in a large skillet over medium-high heat. Add onion and garlic and cook, stirring, until the onion is lightly colored and tender, about 3 minutes.

Place 1 cup beans in a small bowl and mash with a fork. Add the mashed and whole beans, the remaining 1 cup water, Canadian bacon, celery, celery leaves, bell pepper and ground chipotle (or cayenne) to taste to the pan. Simmer, stirring occasionally, until the liquid has thickened into a gravy and the vegetables are crisp-tender, about 6 minutes. Serve in shallow bowls, spooned over the rice.

Per serving : 342 Calories; 5 g Fat; 57 g Carbohydrates; 17 g Protein; 8 g Fiber

Barbecue Meat Loaf

Meats (M)

Adapted from: Cooking Light, April 2006

Yield: 6 servings (serving size: 2 slices)

Posted By: Bawstinn (Maria)

May 5, 2011

This easy meat loaf recipe gets its great flavor from barbecue sauce. Try experimenting with different homemade or bottled sauces to find your family's favorite. *I did use our homemade barbecue sauce. Added a nice little kick.

1 1/2 pounds ground beef, extra lean (raw)
1/2 cup dry breadcrumbs
1/2 cup chopped onion
1/3 cup barbecue sauce, divided
1 tablespoon prepared mustard
1 1/2 teaspoons chili powder
1 teaspoon garlic powder
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 large egg whites (I just used 1 whole egg)

Preheat oven to 350°.

Combine the beef, breadcrumbs, and onion, 1 tablespoon barbecue sauce, and remaining ingredients except cooking spray in a large bowl.

Shape meat mixture into a 9 x 5-inch loaf on a broiler pan coated with cooking spray. Spread remaining barbecue sauce over top of meat loaf. Bake at 350° for 1 hour or until a thermometer registers 160°. Let stand 10 minutes. Cut loaf into 12 slices.

Calories: 203

Calories from fat: 24%

Fat: 5.4g

Saturated fat: 2.2g

Monounsaturated fat: 2.2g

Polyunsaturated fat: 0.5g

Protein: 27.3g

Carbohydrate: 10.5g

Fiber: 1.1g

Oatmeal-Rhubarb Porridge

Breakfast (BR)

Adapted from Eating Well May/June 2011

Servings: 2 (1 generous cup each)

Posted by Tracy1j

May 9, 2011

EW Comments: Perk up your morning oatmeal with the addition of tangy rhubarb. Using milk for this oatmeal gives it a calcium boost, but the recipe also works with water, and you'll save about 60 calories.

My Comments: I used frozen rhubarb, and the chunks were larger than 1/2 inch. The next time I make this, I'll cut the larger pieces in half. I really liked the orange taste in this. I was afraid the OJ and milk would curdle, but they didn't.

1-1/2 cups nonfat milk or nondairy milk, such as soymilk or almond milk.

1/2 cup orange juice

1 cup old-fashioned rolled oats

1 cup 1/2-inch pieces rhubarb, fresh or frozen

1/2 teaspoon ground cinnamon

pinch of salt

2-3 T. brown sugar, pure maple syrup or agave syrup

2 T. chopped pecans or other nuts, toasted if desired (I used almonds)

Combine milk, juice, oats, rhubarb, cinnamon and salt in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat, cover and cook at a very gentle bubble, stirring frequently, until the oats and rhubarb are tender, about 5 minutes. Remove from heat and let stand, covered, for 5 minutes. Stir in sweetener to taste, top with nuts.

Per serving: 336 calories, 8 g. fat, 56 g. carbohydrates, 13 g. protein, 6 g. fiber, 153 mg. sodium

Creamy Chicken Salad

Salads (S)

Cooking Light, May 2011

YIELD: 6 servings (serving size: about 1 cup chicken salad and 1 cup salad greens)

Posted by: Bawstinn (Maria)

May 9, 2011

Poaching the chicken keeps it moist and succulent, so you'll need less dressing to bind the salad.

My comments: Honestly I was afraid to poach the chicken in plastic wrap so I used rotisserie chicken.

2 pounds skinless, boneless chicken breast halves
1/2 cup light mayonnaise
1/2 cup plain fat-free Greek yogurt
1 tablespoon fresh lemon juice
1 tablespoon white wine vinegar
1 tablespoon Dijon mustard
1 teaspoon honey
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/3 cup chopped celery
1/3 cup sweetened dried cranberries
7 tablespoons (about 2 ounces) coarsely chopped smoked almonds
6 cups mixed salad greens

Fill a Dutch oven two-thirds full of water; bring to a boil.

Wrap each chicken breast half completely and tightly in heavy-duty plastic wrap. Add the chicken to boiling water. Cover and simmer for 20 minutes or until a thermometer registers 165°. Remove from pan, and let stand for 5 minutes. Unwrap chicken and shred; refrigerate for 30 minutes or until cold.

Combine mayonnaise and the next 7 ingredients (through black pepper) in a large bowl, stirring with a whisk until combined. Add chicken, 1/3 cup celery, cranberries, and almonds; toss well to coat. Cover and refrigerate for 1 hour. Serve over salad greens.

Amount per serving

Calories: 339; Fat: 13.6g; Saturated fat: 1.9g; Monounsaturated fat: 5.1g; Polyunsaturated fat: 5.1g; Protein: 39.5g; Carbohydrate: 14.6g; Fiber: 2.8g

Cheesy Potatoes

Vegetables – Potatoes (VP)

Adapted from WW Magazine Recipe

Servings - 8 generous servings

Posted by Tracy1j

May 16, 2011

My comments - I've made this lightened cheesy potato recipe several times, and it just occurred to me that I should post it to the comp. I made a few modifications to the WW magazine recipe (added salt, panko, and onion). It's a really yummy casserole right out of the oven, but it also freezes and reheats well.

16 oz Sour Cream Lite

11 oz Cream Of Chicken Soup 98% Fat Free

1/4 cup Light Butter, melted

8 oz Shredded Cheddar Cheese

1/4 pepper

1 t. salt

1/3 cup minced onion

32 oz Southern Style Cubed Frozen Hash Browns

1/3 cup panko

Preheat oven to 400 degrees. Spray 9 x 13 baking dish with nonstick spray.

Mix all ingredients except panko, spread in pan. Top with panko. Bake until hot and bubbling, 60 - 65 minutes.

Per serving: 352 calories, 20.4 g. fat, 28.2 g. carbs, 1.7 g. fiber, 11 g. protein

Tequila-Glazed Grilled Chicken Thighs

Poultry (P)

Source: Cooking Light June 2011

Serves: 6

Posted by: Kate

May 16, 2011

Notes: The glaze is nice combo of spicy/sweet, I added more of both chili powders for extra kick.

If you would rather not use tequila, you can substitute 1/3 cup pineapple juice. Start the grilling over direct heat to get good grill marks and charred bits, and then move to indirect heat to gently finish the cooking.

1 1/2 teaspoons ground cumin
1 teaspoon chili powder
3/4 teaspoon kosher salt
1/4 teaspoon chipotle chile powder
6 bone-in chicken thighs (about 2 pounds), skinned
3/4 cup pineapple juice
1/3 cup tequila
1/4 cup honey
2 teaspoons cornstarch
2 teaspoons water
2 teaspoons grated lime rind
3 tablespoons fresh lime juice
1/4 teaspoon crushed red pepper
Cooking spray

1. Preheat grill to medium-high heat using both burners. After preheating, turn the left burner off (leave the right burner on).
2. Combine the first 4 ingredients in a small bowl; rub evenly over chicken.
3. Bring the pineapple juice, tequila, and honey to a boil in a small saucepan; cook until reduced to 3/4 cup (about 10 minutes). Combine cornstarch and 2 teaspoons water in a small bowl, and stir well. Add cornstarch mixture to juice mixture, stirring constantly with a whisk. Bring to a boil, and cook for 1 minute, stirring constantly. Remove from heat, and stir in lime rind, 3 tablespoons lime juice, and red pepper.
4. Place chicken on grill rack coated with cooking spray over right burner (direct heat). Cover and grill for 5 minutes on each side, basting occasionally with juice mixture. Move the chicken to grill rack over left burner (indirect heat). Cover and grill an additional 5 minutes on each side or until done, basting occasionally.

Calories: 241; Fat: 7.6g; Saturated fat: 2.1g; Monounsaturated fat: 2.8g;
Polyunsaturated fat: 1.7g; Protein: 18g; Carbohydrate: 17.2g; Fiber: 0.4g;
Cholesterol: 64mg; Iron: 1.2mg; Sodium: 374mg; Calcium: 19mg

Roasted Chile-Garlic Broccoli

Vegetable (V)

Source: Cooking Light May 2011

Serves: 4

Posted by: Kate

May 16, 2011

Notes: Loved this spicy broccoli, I could have eaten the whole pan. I made it again using asparagus and it was just as good.

The bold flavors of chile paste and dark sesame oil call for pairing with a robust entrée like grilled salmon, tuna, or beef.

6 cups broccoli florets

2 tablespoons dark sesame oil

2 teaspoons sambal oelek (ground fresh chile paste)

3/8 teaspoon salt

1/8 teaspoon sugar

6 large garlic cloves, coarsely chopped

1. Place a small roasting pan in oven. Preheat oven to 450°.
2. Place broccoli in a large bowl; drizzle with oil. Toss to coat. Add sambal, salt, and sugar to broccoli mixture; toss. Add broccoli mixture to hot roasting pan; toss. Bake at 450° for 5 minutes; remove from oven. Add garlic to pan; stir. Bake an additional 5 minutes or until broccoli is lightly browned.

Calories: 99

Fat: 7.2g

Saturated fat: 1g

Monounsaturated fat: 2.7g

Polyunsaturated fat: 3g

Protein: 3.5g

Carbohydrate: 7.7g

Fiber: 3.2g

Cholesterol: 0.0mg

Iron: 1mg

Sodium: 325mg

Calcium: 59mg

Chicken and Fruit Plates with Honey-Jalapeno Dressing

Salads (S)

Servings: 4

Posted by: Marinaj

Date: May 26, 2011

My notes: You could adapt this to whatever fruit you have on hand. The original recipe called for canned pineapple and full fat mayonnaise. I have posted it exactly how my friend served it. I thought it was perfect! To lighten it further, you could skip the avocado...you could but I CAN'T!

Salad ingredients:

4 skinless, boneless medium chicken breast halves (12 oz. total)

½ teaspoon lemon-pepper seasoning

1 tablespoon cooking oil

6 cups torn mixed greens

3 cups strawberries, halved

1 cup cantaloupe, cut into bite-sized pieces

1 cup cherry tomatoes

1 small mango, sliced

1 cup raspberries

1 avocado

Dressing ingredients:

½ cup mayonnaise (full fat, ½ fat or fat free-whichever you prefer)

2 Tablespoons honey

1 Tablespoon lime juice

1 Tablespoon coarse-grain brown mustard

Jalapeno pepper, cut up(not seeded). Start with a couple slices; add more to taste.

¼ teaspoon paprika

1 teaspoon dry mustard

Instructions:

Sprinkle both sides of chicken breasts with lemon-pepper seasoning. In a large skillet cook chicken in hot oil over medium-hot heat for 5-6 minutes per side or until golden brown and no longer pink. Remove chicken from skillet. Cut diagonally into ½ inch wide strips.

To make dressing, combine all ingredients in a blender or food processor and blend until dressing is smooth. Makes about 2/3 cup.

Divide greens among four salad plates. Reassemble chicken atop greens. Arrange fruit and avocado on each plate. Pour dressing over salads.

I don't have the nutritional information but I ran it through the WW recipe builder and the numbers are: With full fat mayo (16), ½ fat mayo (13), fat-free (10)

Buffalo Chicken Dip

Appetizer (A)

Adapted from: Skinnytaste dot com

Servings: 9

Serving Size: 1/2 cup

Posted by: lxn1996

Date: May 27, 2011

My notes: This was fantastic and super easy to make. I baked it in the oven at 350 for 20 minutes.

4 oz neufchatel cheese, softened

1 cup(s) Nonfat, plain Greek yogurt (called for sour cream, but I subbed greek yogurt)

1/2 cup(s) hot pepper sauce, Franks hot sauce

1 tsp white wine vinegar

1/2 cup(s) blue cheese

2 cup(s) Chicken breast without skin, shredded (called for roasted chicken, but I just boiled some chicken and then shredded it)

Mix the first 5 ingredients together until smooth. Add the chicken and put this in the crock pot on low for 3-4 hours. Serve warm. Makes 5 1/2 cups.

These nutritionals are from her website, but my pp in Recipe Builder came out one pp higher then these nutritionals say they should.

Calories: 107.9 Fat: 4.9 g Carbs: 5.4 g Fiber: 0 g Protein: 10.3 g

Thai Chicken Saute

Poultry (P)

Adapted from: Cooking Light Website

Servings: 4

Serving Size: 1 1/2 cups

Posted by: lxn1996

Date: May 27, 2011

My notes: I was surprised at how much flavor the chicken absorbed. I think it was because I sliced the chicken so thin. The original recipe called for bottled garlic and ginger, but I used fresh and more than called for. It included rice, too, but I didn't include that in the ingredients here. We did eat it over rice, but it would be good over rice noodles, too. I used more than 2 tsp of sriracha, but it wasn't spicy at all. I'll add more next time. We used a little over a pound of chicken and it was plenty.

1 Tbsp cornstarch (I didn't have, so I didn't use)
1 Tbsp fish sauce (used slightly more because I love fish sauce)
4 tsp olive oil, divided
1 cup(s) raw onion, sliced (chopped)
2 clove(s) garlic clove(s), minced
1 Tbsp ginger root, minced
1/2 cup(s) light coconut milk
2 tsp Sriracha Chili Sauce
1 Tbsp sugar
1 Tbsp fresh lime juice
2 Tbsp cilantro, chopped
1 medium lime(s), 4 lime wedges
1 1/2 pound(s) Chicken, breast, raw, without skin & bone
(Original recipe called for tenders. I froze the breasts slightly and sliced thin.)

Toss chicken with cornstarch and fish sauce. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add chicken to pan; sauté 5 minutes. Remove chicken from pan. Heat remaining 1 teaspoon oil in pan. Add onion, garlic, and ginger to pan; sauté 1 minute. Return chicken to pan; cook 1 minute or until done. Stir in coconut milk, Sriracha, sugar, and juice; cook 45 seconds or until thoroughly heated. Sprinkle each serving with 1 1/2 teaspoons cilantro (I just added this into the pan). Serving Suggestion: Serve chicken mixture over rice with lime wedges.

CL Note: Use less hot sauce for milder flavor.

Kalamata-Balsamic Chicken with Feta

Poultry (P)

Adapted from: WW 5 Ingredient 15 Minute Recipes

Servings: 4

Serving Size: 1 chicken breast half, 1/4 cup tomato mixture

Posted by: Bawstinn (Maria)

Date: June 11, 2011

My notes: This was quick and easy to throw together. Instead of cooking in a pan, I pounded the breasts evenly and grilled them and cooked the tomato mixture on the side burner. I served this with the Mediterranean Orzo with Feta Vinaigrette that is in the comp and some steamed broccoli.

1 1/2 pounds boneless skinless chicken breast halves

1/2 teaspoon black pepper

1 cup grape tomatoes -- halved

16 whole kalamata olives

3 tablespoons light balsamic vinaigrette

3 tablespoons crumbled feta cheese

2 tablespoons basil leaves

Sprinkle chicken even with pepper.

Combine tomatoes, olives and dressing in a medium bowl.

Heat a large non-stick skillet over medium-high heat. Coat pan with cooking spray. Cook chicken 6-7 minutes on each side or until done. Transfer chicken to a serving platter and cover to keep warm.

Add tomato mixture to pan and cook 1 to 2 minutes or until tomato softens.

Spoon over chicken and top evenly with cheese and basil.

Calories 273; Fat 9g; Protein 40.9g; Carbohydrates 4.1g

Korean Cucumber Salad

Salads (S)

Source: Cooking Light June 2007

Serves: 8

Posted by: Kate

June 14, 2011

Use a mandoline or food processor to slice the cucumber uniformly thin. Salting the cucumber causes it to wilt and draws out excess moisture. It also gives the dish a pickled quality similar to kimchi, Korea's spicy and pungent fermented cabbage condiment.

Nice, refreshing, crunchy salad, I used a liberal amount of crushed red pepper.

3 1/2 cups (1/16-inch-thick) slices English cucumber (about 1 large)

2 teaspoons kosher salt

2 tablespoons minced green onions

1 tablespoon rice vinegar

1 teaspoon sugar

1/2 teaspoon crushed red pepper

1/2 teaspoon dark sesame oil

Combine cucumber and salt, tossing well. Let stand at room temperature 20 minutes. Drain and squeeze dry.

Combine cucumber, onions, rice vinegar, sugar, crushed red pepper, and sesame oil. Serve chilled or at room temperature.

Calories: 12

Fat: 0.4g

Protein: 0.3g

Carbohydrate: 2g

Fiber: 0.5g

Southeast Asian Grilled Flank Steak

Meats (M)

Source: Cooking Light July 2008

Serves: 4

Posted by: Kate

June 14, 2011

Open-grained flank steak absorbs lots of flavor from this spicy marinade. Serve with a salad of rice stick noodles, radishes, carrots, and snow peas.

I was heavy handed with the Sriracha making this nice and spicy.

1 tablespoon sugar
3 tablespoons fresh lime juice
1 tablespoon fish sauce
2 teaspoons Sriracha (hot chile sauce, such as Huy Fong)
1/2 teaspoon ground coriander
2 garlic cloves, minced
1 pound flank steak, trimmed
Cooking spray
1/4 teaspoon salt

Combine first 6 ingredients in a large zip-top plastic bag. Add steak; seal and marinate in refrigerator 24 hours, turning occasionally.

Prepare grill to medium-high heat.

Remove steak from marinade; discard marinade.

Place steak on grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness. Remove steak from grill; sprinkle with salt. Let stand 5 minutes. Cut across grain into thin slices.

Calories: 180

Calories from fat: 40%

Fat: 7.9g

Protein: 23.5g

Carbohydrate: 2.5g

Fiber: 0.0g

Savory Orange-Roasted Tofu & Asparagus

Vegetarian/Meatless

Adapted from Eatingwell.com

Servings - 4 1-cup servings

Posted by Tracy1j

June 21, 2011

EW Comments: If you've never had roasted tofu before, here's a great way to start. Toss tofu and asparagus in a tangy orange- and basil-scented sauce, made rich and savory with miso. Serve with brown rice or couscous and an orange-and-fennel salad.

My comments: This was really, really good. I had a hard time finding red miso paste (EW says it will be by tofu in the produce section), but did find it at an oriental grocery. You could sub a combination of soy sauce and citrus, but I'm not sure it would be the same.

- 1 14-ounce package extra-firm water-packed tofu, rinsed
- 2 tablespoons red miso, divided
- 2 tablespoons balsamic vinegar, divided
- 4 teaspoons EVOO, divided
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- 3 tablespoons chopped fresh basil
- 1 teaspoon freshly grated orange zest
- 1/4 cup orange juice
- 1/4 teaspoon salt (I skipped)

- 1.Preheat oven to 450°F. Coat a large baking sheet with cooking spray.
- 2.Pat tofu dry and cut into 1/2-inch cubes. Whisk 1 tablespoon miso, 1 tablespoon vinegar and 2 teaspoons oil in a large bowl until smooth. Add the tofu; gently toss to coat. Spread the tofu in an even layer on the prepared baking sheet. Roast for 15 minutes. Gently toss asparagus with the tofu. Return to the oven and roast until the tofu is golden brown and the asparagus is tender, 8 to 10 minutes more.
- 3.Meanwhile, whisk the remaining 1 tablespoon miso, 1 tablespoon vinegar, 2 teaspoons oil, basil, orange zest and juice, and salt in the large bowl until smooth. Toss the roasted tofu and asparagus with the sauce and serve.

Per serving : 152 Calories; 9 g Fat; 2 g Sat; 5 g Mono; 0 mg Cholesterol; 10 g Carbohydrates; 10 g Protein; 4 g Fiber; 482 mg Sodium; 319 mg Potassium

Chicken Carne Asada Tacos with Pickled Onions

Poultry (P)

Source: Cooking Light April 2010

Serves: 4

Posted by: Kate

June 21, 2011

Great combination of flavors, loved the pickled onions as a topping (these need to be made ahead of time). I subbed feta for the Cotija cheese and added a squeeze of lime to the tacos.

1/2 cup fresh orange juice (about 1 orange)
1/3 cup fresh lime juice (about 2 limes)
1 teaspoon sugar
1 teaspoon cumin seeds
1 medium red onion, thinly vertically sliced
1 1/2 pounds skinless, boneless chicken thighs, trimmed and cut into thin strips
1 teaspoon dried oregano
1 teaspoon ground cumin
3/4 teaspoon salt
3/4 teaspoon freshly ground black pepper
Cooking spray
8 (6-inch) corn tortillas
1 cup diced peeled avocado (about 1 avocado)
1/2 cup (2 ounces) crumbled Cotija cheese
Lime wedges (optional)

Combine first 4 ingredients in a medium bowl, stirring until sugar dissolves. Place onion in a small saucepan; cover with water. Bring to a boil; drain and plunge onion in ice water. Drain onion; add to juice mixture. Chill until ready to serve.

Combine first 4 ingredients in a medium bowl, stirring until sugar dissolves. Place onion in a small saucepan; cover with water. Bring to a boil; drain and plunge onion in ice water. Drain onion; add to juice mixture. Chill until ready to serve.

Heat a large cast-iron skillet over high heat. Sprinkle chicken with oregano, cumin, salt, and pepper; toss to coat. Coat pan with cooking spray. Add chicken to pan; cook 4 minutes or until browned and done, stirring occasionally.

Heat tortillas according to package directions. Divide chicken evenly among tortillas. Drain onion; divide evenly among tortillas. Top each tortilla with 2 tablespoons avocado and 1 tablespoon cheese; fold over. Serve with lime wedges, if desired.

Calories: 413 ; Fat: 17.1g ; Protein: 33.4g ; Carbohydrate: 33.6g; Fiber: 4.9g

Mango-Coconut Sherbet

Desserts/Cakes/ Pies/Custards/Ice Cream (D)

Adapted from Cooking Light, June 2011

Serves 6

Posted by: CJMartin717 (Cindy)

June 26, 2011

Cindy's Comments: I've made this 3 times in the last week (I think I'm addicted). I didn't use the toasted coconut topping. On Father's Day, we served a small scoop along side angel food cake with sliced strawberries. 2/3 cup is a generous serving - we served more than 6 people each time I made this. I used regular coconut milk the first time which was a little creamier than using the light; but, the light does make a very good dessert. I reduced the sugar on my second try and found it still sweet enough.

Serving size: about 2/3 cup sherbet and 2 teaspoons coconut)

Ingredients

2 cups cubed peeled ripe mango

3/4 cup granulated sugar

1 tablespoon fresh lime juice

1 (13.5-ounce) can light coconut milk

1/4 cup unsweetened flaked coconut, toasted

Preparation

1. Combine cubed mango, sugar, 1 tablespoon lime juice, and coconut milk in a blender; process until mixture is smooth, scraping sides as necessary. Pour mixture into the freezer can of an ice-cream freezer, and freeze according to manufacturer's instructions to soft-serve consistency. Spoon sherbet into a freezer-safe container; cover and freeze 2 hours or until firm. Sprinkle each serving with coconut.

Calories: 171; Fat: 4.1g; Saturated fat: 3.8g; Monounsaturated fat: 0.1g;

polyunsaturated fat: 0.0g; Protein: 1.1g

Carbohydrate: 35.4g; Fiber: 1g

Cholesterol: 0.0mg; Iron: 0.4mg; Sodium: 26mg; Calcium: 4mg

MC NI (using regular coconut milk, omitting the flaked coconut, and reducing sugar to 2/3 cup) Per Serving: 186 Calories; 10g Fat (46.8% calories from fat); 1g Protein; 25g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1/2 Fruit; 2 Fat; 1 Other Carbohydrates.

Blackened Shrimp with Tropical Pico de Gallo Salad

Fish/Seafood (FS)

Adapted from Cooking Light March 2008

Servings 4 (6 shrimp & 1C salad)

Posted by BarbO'D

Date: 6/28/11

Cooking Light Comments : Sweet-tart pico de gallo complements the shrimp. We seed the serrano chile so its heat doesn't overpower the relish.

Barb's Comments: DH told me this is a keeper. I thought this could have used a touch more heat and may sub habanero for the serrano next time.

Ingredients

Pico de gallo:

- 1 1/2 cups diced pineapple
- 1 1/2 cups diced peeled ripe mango
- 1/2 cup finely chopped red onion
- 1/2 cup chopped red bell pepper
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 teaspoon finely chopped seeded serrano chile
- 1/4 teaspoon salt

Shrimp:

- 1 tablespoon paprika
- 1 teaspoon sugar
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 3/4 teaspoon garlic powder
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground chipotle chile powder
- 24 jumbo shrimp, peeled and deveined (about 1 1/2 pounds)
- 4 teaspoons canola oil, divided

Preparation

1. To prepare pico de gallo, combine first 8 ingredients; toss well.
2. To prepare shrimp, combine paprika and next 7 ingredients (through chipotle chile powder) in a shallow dish. Dredge shrimp in paprika mixture. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add half of shrimp to pan; cook 2 minutes on each side or until shrimp are done. Repeat procedure with remaining 2 teaspoons oil and shrimp. Serve shrimp over pico de gallo.

NI per serving: Cal 319, Fat 8.3g, Protein 36.1g, Carbs 26g, Fiber: 3.8g

Slow Cooked Pork Carnitas (Mexican Pulled Pork)

Meats

Source: skinnytaste.com

Servings: 8

Posted by: Kate

June 29, 2011

Source notes: Browning the pork first is essential so don't skip this step. Serve this with tortillas, use in burritos, or simply have this with cilantro lime rice. You can make your own Chipotles burrito bowl with lettuce, sour cream, corn salsa, guacamole, or whatever else you want.

Kate's notes: I used a 2.5 lb pork sirloin roast, the results were very moist and flavorful. I served it as a burrito bowl with brown rice, black bean and corn salad, avocado, scallions and cilantro.

Ingredients

2.5 lb pork shoulder blade roast, lean, all fat removed

6 cloves garlic, cut into sliver

cumin

dry adobo seasoning (I used Goya)

garlic powder

3/4 cup 99% fat free chicken broth

2-3 chipotle peppers in adobo sauce (to taste)

2 bay leaves

Directions:

Season pork with salt and pepper. In a medium sauté pan on medium-high heat, brown pork on all sides for about 10 minutes. Remove from heat and allow to cool.

Using a sharp knife, insert blade into pork, cutting small holes and insert garlic slivers. Season pork generously with cumin, adobo and garlic powder all over.

Pour chicken broth in the crockpot, add bay leaves and chipotle peppers. Place pork in crock pot and cover. Cook low for 8 hours. After 8 hours, shred pork using two forks and combine well with the juices that accumulated at the bottom. Remove bay leaves and adjust salt and cumin (you will probably need to add more). Let it cook another 15-30 minutes.

Calories: 176 • Fat: 7.7g • Protein: 25.8 g • Carb: 1.3 g • Fiber: 0.1 g

Butter Pecan Ice Cream

Dessert

adapted from Paula Deen

Number of Servings: 10

Posted by: CJMartin717 (Cindy)

July 8, 2011

Ingredients

1 Tbsp unsalted butter

2/3 cup chopped pecans

13 ounces fat-free evaporated milk

1 (4-serving size) pkg sugar-free instant vanilla pudding

2/3 cup brown sugar

1/3 cup sugar

1 tsp vanilla extract

3 cups 2% milk

Directions

Saute pecans in butter over low heat for 3 mins. Set aside to cool.

Combine all other ingredients, whisking to dissolve sugar and pudding mix.

Pour into an ice cream maker and process according to manufacturers instructions. Add pecans 10 minutes into processing time. Transfer to a freezer-safe container and allow to ripen in the freezer 2 or more hours.

Serving Size: 10 1/2-cup servings

Cindy's Note: My Cuisinart ice cream maker was VERY full. I needed to process this for about 30 minutes and the consistency was still a little soupy. It set up nicely in the freezer and tasted fantastic. Paula's recipe called for regular evaporated milk, regular pudding mix, all white sugar, and whole milk.

Nutrition Info

Calories: 197.6

Fat: 5.4g

Carbohydrates: 37.5g

Protein: 5.4g

Asiago-Crusted Pork Chops

Source: CLBB posted by LakeMartinGal

Serves: 4

Posted by: Kate

July 20, 2011

Moist, delicious, quick and easy.

(4-ounce) boneless center-cut loin pork chops

1 egg white, lightly beaten

1/2 cup panko (Japanese breadcrumbs)

1/4 cup (1 ounce) grated Asiago cheese

1/4 teaspoon salt

1/4 teaspoon black pepper

1 tablespoon extra-virgin olive oil

4 lemon wedges

2 teaspoons chopped fresh thyme

1. Place pork between 2 sheets of plastic wrap; pound to an even thickness (about 1/4 inch) using a meat mallet or a small heavy skillet.
2. Place egg white in a shallow dish. Combine panko, cheese, salt, and pepper in a shallow dish. Dip pork in egg white; dredge in panko mixture, pressing gently with fingers to coat.
3. Heat oil in a large nonstick skillet over medium heat. Add pork; cook 3 to 4 minutes on each side or until lightly browned. Squeeze 1 lemon wedge over each pork chop; sprinkle each evenly with thyme.

Yield: 4 servings (serving size: 1 pork chop)

CALORIES 253 (44% from fat); FAT 12g (sat 4.1g,mono 5.4g,poly 1g); IRON 0.7mg; CHOLESTEROL 71mg; CALCIUM 83mg; CARBOHYDRATE 6.2g; SODIUM 297mg; PROTEIN 27.4g; FIBER 0.6g

Chicken Fajitas

Cooking Light, January 2011

Yield: 4 servings

Posted by: Bawstinn

August 1, 2011

Comments: I really enjoyed the marinade for this one. I am not a fan of the fajita marinades that are heavy with lime flavor. I used Dos Equius.

3/4 cup dark Mexican beer
2 tablespoons lower-sodium soy sauce
2 tablespoons fresh lime juice
1 tablespoon canola oil
1 tablespoon Worcestershire sauce
3 garlic cloves, crushed
1 pound skinless, boneless chicken breast halves, cut across grain into 1/2-inch-thick strips
1 cup sliced onion
1 orange bell pepper, seeded and sliced
1 yellow bell pepper, seeded and sliced
Cooking spray
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
8 (6-inch) flour tortillas
1 jalapeño pepper, thinly sliced
Salsa (optional)
Reduced-fat sour cream (optional)
Fresh cilantro leaves (optional)

Combine first 6 ingredients, stirring well. Place chicken in a zip-top plastic bag. Add 3/4 cup beer mixture to bag; seal. Reserve remaining beer mixture. Marinate in refrigerator for 1 hour, turning occasionally. Combine onion, bell peppers, and remaining beer mixture in a zip-top plastic bag, and seal. Marinate for 1 hour at room temperature.

Heat a grill pan over medium-high heat. Coat pan with cooking spray. Remove chicken from bag; discard marinade. Sprinkle chicken evenly with salt and black pepper. Add chicken to pan; cook for 2 minutes on each side or until done. Remove chicken from pan; keep warm. Remove onion and bell peppers from bag, and discard marinade. Add onion mixture to pan; cook for 6 minutes or until tender, turning after 3 minutes. Toast tortillas in pan, if desired. Place 2 tortillas on each of 4 plates, and divide chicken mixture evenly among tortillas. Divide onion mixture evenly among servings. Garnish with jalapeño slices. Serve with salsa, sour cream, and cilantro, if desired.

Amount per serving Calories: 377; Fat: 9.4g; Saturated fat: 1.5g; Monounsaturated fat: 4.7g; Polyunsaturated fat: 2.3g; Protein: 31.6g; Carbohydrate: 39.8g; Fiber: 4.3g

Bourbon-Glazed Pork Chops and Peaches

Source: Cooking Light June 2003

Serves: 4

Posted by: Kate

August 2, 2011

Easy and very tasty. I used fresh grated ginger, marinated the pork chops overnight and added the peaches for the last 15 minute or so. Cooked them on the grill and brushed with the reserved marinade while grilling rather than heating it up as a sauce.

1/3 cup bourbon

1/4 cup honey

3 tablespoons low-sodium soy sauce

1 tablespoon vegetable oil

1/2 teaspoon ground ginger

1/4 teaspoon crushed red pepper

1/4 teaspoon ground black pepper

4 (4-ounce) boneless center-cut loin pork chops (about 3/4 inch thick), trimmed

2 peaches, halved and pitted

Cooking spray

Combine first 7 ingredients in a large bowl. Add pork chops and peaches; toss well to coat.

Heat a nonstick grill pan coated with cooking spray over medium-high heat. Remove pork and peaches from bowl, reserving the marinade. Place pork and peaches on grill pan; cook 4 minutes on each side or until pork is done.

While the pork chops cook, place marinade in a microwave-safe bowl; microwave marinade at HIGH 2 minutes. Spoon over pork and peaches.

Calories: 285; Calories from fat: 29%; Fat: 9.3g; Saturated fat: 3.1g; Monounsaturated fat: 4.3g; Polyunsaturated fat: 1.1g; Protein: 26.4g; Carbohydrate: 24.3g; Fiber: 1.2g; Cholesterol: 73mg; Iron: 1.4mg; Sodium: 489mg;

Calcium: 27mg

Grilled Stuffed Jalapenos

Appetizers/Snacks/Dips

Adapted from Cooking Light, July 2011

Servings: 14 (2 stuffed pepper halves)

Posted by DebMj1

8/3/2011

Freezer Friendly

CL Notes: The rich and creamy combination of bacon, cream cheese, and cheddar is a nice foil for the muted spice of grilled jalapeño peppers. This recipe is a healthy, fresh alternative to the popular breaded and fried version. If making these poppers for a party, you can stuff the peppers, cover, and chill. Then grill just before your guests arrive.

Deb's Notes: I used all neufchatel 1/3 less fat cream cheese rather than the two different cream cheeses. I noticed that many of the reviewers on the CL website suggested using the cheese dip itself for crackers and crudite - definitely a good idea as it is really tasty. You can do these in the oven (350 for 20 to 25 minutes), on the grill (medium for about 8 minutes), and they're freezer friendly - just IQF them and defrost what's needed before proceeding with either cooking method. I skipped the cilantro and tomato topping.

2 slices center-cut bacon

1/2 cup (4 ounces) cream cheese, softened

1/2 cup (4 ounces) fat-free cream cheese, softened

1/4 cup (1 ounce) shredded extra-sharp cheddar cheese

1/4 cup minced green onions (I used chives)

1 teaspoon fresh lime juice

1/4 teaspoon kosher salt

1 small garlic clove, minced

14 jalapeño peppers, halved lengthwise and seeded

Cooking spray

2 tablespoons chopped fresh cilantro

2 tablespoons chopped seeded tomato

Preheat grill to medium-high heat.

Cook the bacon in a skillet over medium heat until crisp. Remove bacon from pan, and drain on paper towels. Crumble bacon. Combine crumbled bacon, cheeses, and next 4 ingredients (through garlic) in a bowl, stirring to combine. Divide cheese evenly and fill the pepper halves. Place peppers, cheese side up, on grill rack or grill grate coated with cooking spray. Cover and grill peppers 8 minutes or until bottoms of peppers are charred and cheese mixture is lightly browned. Place the peppers on a serving platter. Sprinkle with cilantro and tomato.

Nutritional Information provided by CL

Calories: 56; Fat: 4.1g; Saturated fat: 2.2g; Monounsaturated fat: 1.1g; Polyunsaturated fat: 0.2g; Protein: 2.9g; Carbohydrate: 2.1g; Fiber: 0.5g Cholesterol: 13mg; Iron: 0.2mg; Sodium: 157mg; Calcium: 55mg

Grilled Onion, Beef, and Sweet Potato Salad

Salads

Adapted from CL (2003)

Servings: 4

Posted by peanutandrio (jillybean03/jilly)

September 21, 2011

CL comments: This warm main-course salad is best served with bread to mop up the delicious dressing. Grill the onion slices on skewers or in a grill basket so they won't fall apart when turned. If the sweet potatoes are not tender by the time they've browned on the grill, microwave them on high for 2-second intervals until done. You can also broil them in the oven on a broiler pan coating with cooking spray.

My comments: I nuked the sweet taters for about 4 minutes BEFORE grilling. The potatoes and onions took longer than the directions said – I just kept going until I got some nice brownish spots on them. I used skirt steak for this – the seasoning on the steak, while extremely simple was DELISH.

Salad:

- 1 teaspoon coriander seeds, crushed
- 1 1/8 teaspoons freshly ground black pepper, divided
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt, divided
- 1 (1-pound) flank steak, trimmed
- 2 large white onions, cut into (1/2-inch-thick) slices
- Cooking spray
- 2 large sweet potatoes, peeled and cut horizontally into (1/2-inch-thick) slices (about 1 pound)

Dressing:

- 1/3 cup fresh orange juice
- 1/4 cup finely chopped shallots
- 1 tablespoon chopped fresh parsley
- 1 tablespoon extra virgin olive oil
- 2 teaspoons low-sodium soy sauce
- 1 teaspoon stone-ground mustard
- 1/4 teaspoon salt

Remaining ingredient:

- 4 cups trimmed arugula or baby spinach

Preparation

To prepare salad, combine coriander, 1 teaspoon pepper, thyme, and 1/8 teaspoon salt; rub over both sides of steak.

Prepare grill.

Sprinkle onion slices with 1/8 teaspoon pepper and 1/8 teaspoon salt; spray with cooking spray. Thread onion slices onto skewers or arrange in grilling basket. Place the skewers or grilling basket on a grill rack coated with cooking spray; grill onions 5 minutes on each side or until tender. Remove from skewers or basket; place in a large bowl.

Lightly coat sweet potato with cooking spray. Place on grill rack coated with cooking spray; grill 5 minutes on each side or until lightly browned. Cool slightly; slice potatoes into 1/4-inch strips. Add to onion; toss to combine.

To prepare dressing, combine the orange juice and next 6 ingredients (orange juice through 1/4 teaspoon salt), stirring with a whisk.

Place steak on grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness. Place steak on a cutting board; let rest 5 minutes. Cut steak diagonally across grain into thin slices.

Place arugula in a large bowl; drizzle with 1/4 cup dressing, tossing gently to coat. Place 1 cup arugula mixture on each of 4 plates; top each serving with 1 cup onion mixture. Arrange 3 ounces steak over each serving; drizzle each serving with 1 tablespoon dressing. Serve immediately

Calories: 390; Calories from fat: 30% ; Fat: 13.1g ; Saturated fat: 4.4g ; Monounsaturated fat: 6.1g ; Polyunsaturated fat: 0.9g ; Protein: 28.3g ; Carbohydrate: 40.4g ; Fiber: 6.6g ; Cholesterol: 59mg ; Iron: 3.9mg ; Sodium: 498mg ; Calcium: 107mg

Garlic Roast Chicken with Rosemary and Lemon

Poultry

Adapted from: Rachael Ray's Cooking Round The Clock

Servings: 8 (3 oz. chicken per serving)

Posted by: Zephyr1 (Michelle) and Bawstinn32 (Maria)

September 22, 2011

Michelle's notes: Easy peasy and unbelievable flavor. This one is serve-to-company good. The chicken comes out so tender and moist and soooo full of flavor. I would recommend serving it with something to sop up the liquids like rice or even roast taters. I can't eat that much but I will admit to spooning up the sauce.

Maria's notes: I think the oil can easily be cut back. My only other comment is to make sure the chicken is cut into big enough chunks so they don't dry out. It is very good and a quick meal that the kids really liked too.

2 pounds boneless skinless chicken breast, cut into large chunks

4 – 6 cloves garlic, crushed (I used the tube garlic 4 T because it is what I had and I was in hurry)

4 stems of fresh rosemary leaves, stripped - about 2-3 T of leaves

3 T olive oil (I used less)

1 lemon - grate the zest and juice the rest

1 T grill seasoning, like Montreal seasoning (I used the Whole Foods one)

Coarse salt and pepper

1/2 cup dry white wine* (I used red because that is what I had -- either would be great)

*Maria's recipe version uses 1/2 cup chicken broth instead of wine

Preheat oven to 450 degrees F.

Arrange chicken in a baking dish, 9 by 13-inch. Add garlic, rosemary, extra-virgin olive oil, lemon zest and grill seasoning or salt and pepper to the dish. Toss and coat the chicken with all ingredients, then place in oven. Roast 20 minutes. Add wine and lemon juice to the dish and combine with pan juices. Return to oven and turn oven off. Let stand 5 minutes longer then remove chicken from the oven. Place baking dish on trivet and serve, spooning pan juices over the chicken pieces.

Per Serving (excluding unknown items): 178 Calories; 7g Fat (34.3% calories from fat); 27g Protein; 2g Carbohydrate; trace Dietary Fiber

Black Bean Soup (Slow cooker)

Soups/Stews

Adapted from Slow Cooker Revolution

Servings: 11 1-cup servings

Posted by: Bawstinn (Maria)

October 5, 2011

Comments: This was really easy to throw together. I know I added more carrots and celery than was called for. I checked mine at the 9 hour mark and my beans were cooked through. Cookbook recommends serving with chopped red onion and sour cream.

3 whole onions -- minced
6 whole garlic cloves -- minced
2 tablespoons vegetable oil
2 tablespoons chili powder
3 cups chicken broth
3 cups water
1 pound dried black beans
3 stalks celery -- minced
2 whole carrots -- minced
2 whole bay leaves
1 whole ham bones
2 tablespoons fresh cilantro

Microwave onions, garlic, oil and chili powder in a bowl, stirring occasionally, until onions are softened, about 5 minutes. Transfer to slow cooker.

Stir water, broth, beans, celery, carrots and bay leaves into slow cooker. Nestle ham bone in. Cover and cook until beans are tender, 9 to 11 hours on low for 5 to 7 hours on high.

Transfer ham bone to cutting board, let cool slightly and shred meat into bite-sized pieces, discarding bone. Let soup settle for 5 minutes and then remove fat from the surface using a slotted spoon. Discard bay leaves.

Transfer 1 cup of beans to a bowl and mash with a potato masher. Stir shredded ham and mashed beans back into soup and let sit until heated through, about 5 minutes. Stir in cilantro and season with salt and pepper to taste.

Per Serving (excluding unknown items): 223 Calories; 5g Fat; 13g Protein; 32g Carbohydrate; 8g Dietary Fiber

Italian Meatball Soup (Slow cooker)

Soups/Stews

Adapted from Slow Cooker Revolution

Servings: 10 1-cup servings

Posted by: Bawstinn (Maria)

October 5, 2011

Comments: Original recipe called for meatloaf mix and kale. I used ground beef to keep it more point-friendly and the spinach to keep it kid-friendly. If you use kale, add it at the same time you add the orzo as it takes longer to cook.

2 slices white bread
1/2 cup milk
1 pound ground beef, 93% lean
1/2 cup Parmesan cheese -- grated
3 tablespoons minced parsley
1 whole egg yolk
6 cloves garlic -- minced
1/2 teaspoon dried oregano
1 whole onion -- minced
1 tablespoon olive oil
1/4 teaspoon red pepper flakes
8 cups chicken broth
5 ounces spinach leaf, whole -- chopped
6 ounces orzo

Mash bread and milk into paste in a large bowl using a fork. Mix in ground beef, Parmesan, parsley, egg yolk, 3 garlic cloves, oregano, 3/4 teaspoon salt and 1/2 teaspoon pepper using hands. Pinch off and roll into tablespoon sized meatballs (about 30 - 35 total).

Microwave meatballs on plate until fat renders and meatballs are firm, 3 to 5 minutes. Pour off fat and transfer meatballs to slow cooker.

Microwave onions, remaining garlic cloves, oil and red pepper flakes in bowl, stirring occasionally, until softened, about 5 minutes. Transfer to slow cooker.

Add broth, cover and cook until meatballs are tender, about 4-6 hours on low.

Let soup settle for 5 minutes and then remove fat from surface using a large spoon, Stir in orzo, cover and cook on high until tender, 20 - 30 minutes. Add spinach to wilt. Season with salt and pepper to taste and serve with additional Parmesan.

Per Serving (excluding unknown items): 229 Calories; 8g Fat (33.3% calories from fat); 19g Protein; 19g Carbohydrate; 1g Dietary Fiber

Shredded Barbecue Chicken (Slow Cooker)

Poultry

Adapted from Slow Cooker Revolution

Servings: 6 cups (12 servings)

Posted By: Bawstinn (Maria)

October 15, 2011

Comments: I threw this in the crockpot one night when I came home from work and let it cook about 5 hours. I kept the liquid in a separate container in the refrigerator. The next night I was able to easily take all the fat off the top and just reheated all of it on the stove.

1 1/2 pounds boneless skinless chicken breast halves

1 1/2 pounds boneless skinless chicken thighs

1 1/2 cups barbecue sauce

2 teaspoons chili powder

1 teaspoon paprika

1/4 teaspoon cayenne pepper

Mix chili powder, paprika, cayenne pepper, 1/2 teaspoon salt and 1/4 teaspoon pepper together. Rub over chicken. Place in slow cooker. Pour 1/2 cup of barbecue sauce over chicken and toss to coat. Cover and cook until chicken is tender, 4 to 6 hours.

Transfer chicken to bowl, let cool slightly and shred into bite-sized pieces. Cover to keep warm. Let braising liquid settle for 5 minutes, and then remove fat from surface using a large spoon.

Warm remaining barbecue sauce. Toss shredded chicken with hot barbecue sauce and 1 cup braising liquid. Add more liquid as needed to keep meat moist.

Per Serving (excluding unknown items): 144 Calories; 3g Fat (21.3% calories from fat); 24g Protein; 4g Carbohydrate; 1g Dietary Fiber;

Swedish Meatballs

Meats

Adapted from: Skimnnytaste.com

Servings: 4 (5 meatballs per serving)

Posted by: KateWD(Kate)

October 17, 2011

These were delicious, I like this recipe better than the CL one I posted to the comp. I did use extra broth/cream cheese to make more gravy and I didn't bother straining the broth.

1 tsp. olive oil
1 small onion, minced
1 clove garlic, minced
1 celery stalk, minced
1/4 cup minced parsley
1 lb. 93% lean beef
1 egg
1/4 cup breadcrumbs
salt and pepper to taste
1/2 tsp. allspice
2 cups reduced sodium beef stock
2 oz. light cream cheese

In a large deep sauté pan, heat oil on medium heat, add onions and garlic; sauté until onions are translucent, about 4-5 minutes. Add celery and parsley and cook until soft, about 3-4 more minutes. Let cool a few minutes.

In a large bowl combine beef, egg, onion mixture, breadcrumbs, salt, pepper and allspice. Mix well and form meatballs with your hands 1/8 cup each (fill 1/4 cup then divide the meat in half).

Add beef stock to the pan and bring to a boil. Reduce heat to medium-low and slowly drop meatballs into the broth. Cover and cook about 20 minutes. Remove the meatballs with a slotted spoon and set aside in a serving dish. Strain the stock, add to blender with cream cheese and pulse until smooth. Return to pan and simmer a few minutes to thicken, then pour over meatballs. Garnish with parsley and serve over noodles or with toothpicks if you want to set these out as an appetizer.

This makes 22 meatballs; nutritional info is based on 5 meatballs with gravy.

Calories: 213.5 • Fat: 10 g • Protein: 25.1 g • Carb: 8.5 g • Fiber: 1 g • Sugar: 2 g
Sodium without adding salt: 346 mg

Pork Medallions with an Apple Cider Reduction Sauce

Meats

Adapted from: Cuisine Tonight Quick and Easy

Servings: 4

Posted by: Carots/Donna

October 17, 2011

*Notes: Nice Fall dish. This was very tasty. DH loved it..He actually used a half of a loaf of bread to "mop" up all the sauce. Only change I made was I used extra virgin olive oil instead of the vegetable oil. Quick and easy.

1 Tbsp. Vegetable Oil

1 1/2 Pork Tenderloin, trimmed, cut into eight 2 inch thick medallions, seasoned with salt

1 Cup Apple Cider

1/2 Cup White Wine

1 Tbsp. Cider Vinegar

Freshly ground black pepper

Heat oil in a large sauté pan over medium-high. Sear pork until brown, 5 minutes on each side.

Add cider, wine and vinegar; bring to a boil, cover and cook 5 minutes. Remove lid, reduce heat to medium, and simmer 5 minutes more, turning pork occasionally.

Transfer pork to a plate, season with pepper and tent with foil.

Simmer liquids remaining in the pan until reduced to 1/2 cup, approximately 8-10 minutes, then spoon over medallions

Per serving: 287 cal; 9g total fat (3g sat)111 mg chol; 85mg sodium; 9g car, 0 fiber 36 protein

Roasted Sweet Potato Salad with Cranberry-Chipotle Dressing

Salads

Adapted from: CL October 2011

Servings: 8

Posted by: KateWD(Kate)

October 18, 2011

Great combo of sweet and spicy, loved this dish.

1/2 pound sweet potatoes, peeled and cut into 2-inch pieces

3 tablespoons olive oil, divided

3/4 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

3/4 cup fresh or frozen cranberries

1/4 cup water

2 teaspoons honey

1 (7-ounce) can chipotle chiles in adobo sauce

1/2 cup pepitas (pumpkinseeds)

3/4 cup chopped green onions

1/4 cup fresh cilantro leaves

1. Preheat oven to 450°.

2. Place sweet potatoes on a large jelly-roll pan. Drizzle with 2 tablespoons oil, and sprinkle with salt and pepper; toss to coat. Bake at 450° for 30 minutes or until tender, turning after 15 minutes.

3. Place remaining 1 tablespoon oil, cranberries, water, and honey in a saucepan. Remove 1 or 2 chiles from can; finely chop to equal 1 tablespoon. Add chopped chipotle and 1 teaspoon adobo sauce to pan (reserve remaining chiles and sauce for another use). Place pan over medium-low heat; bring to a boil. Cover, reduce heat, and cook 10 minutes or until cranberries pop, stirring occasionally. Remove from heat. Mash with a potato masher or fork until chunky.

4. Place pepitas in a medium skillet; cook over medium heat 4 minutes or until lightly browned, shaking pan frequently.

5. Combine potatoes, pepitas, onions, and cilantro in a bowl. Add cranberry mixture to bowl; toss gently to coat.

Calories: 189 ; Fat: 8.4g ; Saturated fat: 1.3g ; Monounsaturated fat: 5.5g ; Polyunsaturated fat: 0.9g ; Protein: 3.7g ; Carbohydrate: 25.5g ; Fiber: 4.5g ; Cholesterol: 0.0mg ; Iron: 1.3mg ; Sodium: 335mg ; Calcium: 40mg

Snickerdoodle Hummus

Appetizers

Adapted from: WWRRB

Servings: 6-12

Posted by: CJMartin717 (Cindy)

October 24, 2011

NOTES: Reviewed by DKLIBERT and PLANOPROUD on WWRRB. Original recipe called for almond butter. PLANOPROUD also added 1/4 cup Greek Yogurt.

Serve with apple slices, baby carrots or graham crackers. I had some mini Vanilla wafers and think it would be great with small gingersnap cookies too.

15 ounces garbanzo beans, canned -- drained, reserve liquid
2 tablespoons honey roasted peanut butter
2 tablespoons maple syrup
1 Tablespoon brown sugar
1/2 teaspoon cinnamon
1/8 teaspoon nutmeg

Combine all ingredients in a food processor and process until well blended. Add reserved bean liquid as needed to reach desired consistency. I used about 4 tablespoons. Refrigerate until serving.

Yield: 1 1/2 cups"

This was too good to stop at 2 tablespoons; so, I also calculated NI for six servings.

NI based on twelve 2-TBSP servings: Per Serving: 70 Calories; 2g Fat (23.0% calories from fat); 2g Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 117mg Sodium. Exchanges: 1/2 Grain (Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

NI based on six 1/4-cup servings: Per Serving: 140 Calories; 4g Fat (23.0% calories from fat); 5g Protein; 23g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 234mg Sodium. Exchanges: 1 Grain (Starch); 0 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates

Pork Loin with Cranberries and Orange (Slow Cooker)

Meats

Adapted from: Slow Cooker Revolution

Servings: 16 servings (3 oz. cooked pork and 2 tablespoons sauce)

Posted by: Bawstinn (Maria)

October 27, 2011

Comments: I subbed homemade cranberry sauce for the canned and used orange flavored dried cranberries and skipped the zest.

4 pounds pork loin, lean, boneless
1 tablespoon vegetable oil
14 ounces whole cranberry sauce
1/2 cup dried cranberries
1/2 cup orange juice
3 strips orange zest -- trimmed of white pith
1/8 teaspoon ground cinnamon

Dry pork with paper towels and season with salt and pepper. Heat oil in a large skillet over medium-high heat. Brown pork on all sides, 7 to 10 minutes.

Stir cranberry sauce, dried cranberries, orange juice, orange zest and cinnamon into slow cooker. Nestle browned pork into slow cooker. Cover and cook until pork is tender and registers 140-145 degrees on thermometer, about 4 hours on low.

Transfer pork to cutting board, tent loosely with aluminum foil and let rest for 10 minutes. Let braising liquid settle for 5 minutes then remove fat from surface using a large spoon. Discard orange zest. Transfer braising liquid to saucepan and simmer until reduced to 2 cups, about 12 minutes. Season with salt and pepper to taste.

Slice pork into 1/2-inch thick slices and arrange on serving platter. Spoon 1 cup sauce over meat and serve with remaining sauce.

Per Serving (excluding unknown items): 181 Calories; 6g Fat (29.6% calories from fat); 20g Protein; 11g Carbohydrate; trace Dietary Fiber

Easy Pork Chop Saute with Cranberries

Category: Meat

Source: Eating Well

Serves: 4

Posted by: KateWD (Kate)

November 2, 2011

This was quick and easy as well as delicious.

1/4 teaspoon dried thyme leaves

1/4 teaspoon salt, divided

1/4 teaspoon freshly ground pepper, divided

4 boneless pork loin chops, (1-1 1/4 pounds), trimmed of fat

2/3 cup cranberry juice cocktail, or orange juice

2 1/2-3 tablespoons clover or other mild honey

2 teaspoons canola oil

1/4 cup chopped onion

1 cup cranberries, fresh or frozen, thawed, coarsely chopped (see Tip)

Mix thyme and 1/8 teaspoon each salt and pepper in a small bowl. Sprinkle both sides of pork chops with the thyme mixture. Stir cranberry juice and 2 1/2 tablespoons honey in a 1-cup glass measure until well blended.

Heat oil in a large nonstick skillet over medium-high heat until hot but not smoking. Add the chops and cook until browned on both sides, 2 to 3 minutes per side. Push the chops to one side of the pan, add onion to the empty half and cook, stirring, until the onion is soft and beginning to brown, 1 to 2 minutes. Pour half the juice mixture into the pan. Add cranberries. Reduce heat to medium and cook, turning the chops occasionally, until cooked through, 2 to 4 minutes. Transfer the chops to a serving plate and tent with foil to keep warm. Add the remaining juice mixture to the pan. Increase heat to high and cook until the mixtures reduces to form a syrupy sauce, about 2 minutes. Season with the remaining 1/8 teaspoon salt and pepper and up to an additional 1/2 tablespoon honey to taste. Spoon the sauce over the chops.

Per serving : 301 Calories; 10 g Fat; 3 g Sat; 5 g Mono; 81 mg Cholesterol; 21 g Carbohydrates; 30 g Protein; 1 g Fiber; 207 mg Sodium; 421 mg Potassium

Tip: To make quick work of chopping cranberries, place whole berries in a food processor and pulse a few times until the berries are coarsely chopped

Baby Bok Choy with Sweet Chili Sauce & Garlic

Category: Vegetable

Source: Whole Foods Website

Posted by: Waneyvant

Serves: 6 (see note)

November 14, 2011

Here's an uncomplicated preparation for a delicious Asian green vegetable. Sweet chili sauce, garlic and ginger provide simple adornments for the tender bok choy leaves and stems. Serve with steamed rice for soaking up the sauce.

3 tablespoons vegetable oil
2 garlic cloves, finely chopped
1 1/2-inch piece ginger, peeled and finely chopped
5 heads baby bok choy, bottoms trimmed, outer leaves discarded, separated into leaves and thoroughly washed
6 tablespoons sweet chili sauce
Salt and pepper

Heat a large sauté pan over medium-high heat. Add vegetable oil, garlic and ginger. Cook until fragrant but not brown, about 2 minutes, stirring frequently. Add bok choy leaves and cook until leaves are wilted but stems are still crunchy, stirring occasionally, about 5 minutes. Add sweet chili sauce, stir and let cook for another 2 to 3 minutes, tossing to coat all leaves. Taste and adjust seasoning with salt and pepper. Serve immediately and spoon leftover sauce in pan over bok choy.

Per serving: 110 calories (60 from fat), 7g total fat, 1g saturated fat, 3g protein, 11g total carbohydrate (3g dietary fiber, 7g sugar), 0mg cholesterol, 620mg sodium

My bok choy were small, no way this would have served 6, so make sure you use large ones or double the bok choy..

Fennel, Sausage, and Caramelized Apple Stuffing

Serves-12

Source: Nov 2011 Cooking Light

Posted by: Carots/Donna

Date: November 28, 2011

*Notes-Very good, guests loved this recipe. This will now be my "go to" stuffing. Only change I made was to saute more apples.

12 ounces sourdough bread, cut into 1/2-inch cubes

Cooking spray

9 ounces Italian sausage

5 teaspoons extra-virgin olive oil, divided

4 cups chopped onion

1 1/4 cups sliced fennel bulb

1 1/4 cups chopped carrot

2 tablespoons chopped fresh sage

1/2 teaspoon fennel seeds, crushed

5 garlic cloves, minced

1/2 teaspoon freshly ground black pepper, divided

3 cups chopped Golden Delicious apple

2 teaspoons sugar

1 1/2 cups fat-free, lower-sodium chicken broth

2 large eggs

Preparation

1. Preheat oven to 400°.
2. Arrange bread cubes in a single layer on a baking sheet coated with cooking spray. Bake at 400° for 16 minutes or until golden, stirring after 8 minutes. Place in a large bowl.
3. Heat a large skillet over medium-high heat. Remove casings from sausage. Coat pan with cooking spray. Add sausage to pan; cook 8 minutes or until browned, stirring to crumble. Add sausage to bread.
4. Return pan to medium-high heat. Add 3 teaspoons oil to pan; swirl to coat. Add onion and next 5 ingredients (through garlic). Add 1/4 teaspoon pepper; sauté 8 minutes or until vegetables are tender, stirring occasionally. Add vegetables to sausage mixture.
5. Return pan to medium-high heat. Add remaining 2 teaspoons oil to pan; swirl to coat. Add apple and sugar; sauté 5 minutes or until apple caramelizes, stirring occasionally. Add to the sausage mixture.
6. Combine broth and eggs in a small bowl, stirring with a whisk. Add broth mixture and remaining 1/4 teaspoon pepper to sausage mixture; toss well to combine.
7. Spoon sausage mixture into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Cover with foil. Bake at 400° for 20 minutes. Uncover dish; bake at 400° for 20 minutes or until browned and crisp.

Calories: 180; Fat: 5.4g; Saturated fat: 1.3g; Monounsaturated fat: 2.5g; Polyunsaturated fat: 0.7g

Protein: 8.4g; Carbohydrate: 26.3g; Fiber: 3g; Cholesterol: 42mg; Iron: 1.9mg; Sodium: 359mg
Calcium: 66mg

Outback Steakhouse Marinated Steak

Main dishes Meat

Adapted from Most Wanted Recipes

Servings: 6 for us, 4 for others

Posted by: Zephyr1 (Michelle)

12/28/2011

Notes this was even better the next day so in the future I will stick with the longer marinating times.

4 Beef sirloin Steaks (Michelle used 3 small strip steaks)

1 cup beer

1 Tbsp brown sugar

1 tsp season salt

1/3 tsp pepper

1/2 tsp onion powder

1/2 tsp garlic powder

Marinate steaks at least one hour in fridge in the beer and brown sugar. Mix next four ingredients together and apply dry rub on both sides. Allow to rest in fridge for at least 30 minutes but preferably overnight.

Grill on medium high.

Using 16 ounces of steak (4 servings of 4 ounces each), here is the NI from MasterCook:

Per Serving: 288 Calories; 16g Fat (53.5% calories from fat); 26g Protein; 5g Carbohydrate; trace Dietary Fiber; 83mg Cholesterol; 409mg Sodium.

Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Fat; 0 Other Carbohydrates.

Spinach and Artichoke Dip

Source: AOL Health

Serves: 8 (1/4 cup each)

Quick and Easy

Posted by: Waneyvant

Date: December 31, 2011

Waneyvant's notes: This is different from the other comp recipes as it has the non fat yogurt. The recipe notes said that a typical serving of spinach and artichoke dip contains up to 1,100 calories and 100 grams of fat, which is almost a days worth of calories. Substituting the fat free yogurt for the high fat cheese keeps the texture creamy while slashing the calories and saturated fat.

3/4 cup grated parmesan cheese

6 oz non-fat Greek yogurt

1/3 cup reduced-fat mayonnaise

1 clove garlic, minced

1 (14 oz) can artichoke hearts, drained & chopped

1 (10 oz) pkg frozen chopped spinach, thawed & well-drained

1/2 c. part skim shredded mozzarella

Heat oven to 350. Mix ingredients, spoon into a 9 inch quiche or pie plate. Bake 20 minutes or until heated through (mine took 35 minutes). Serve with roasted vegetable chips or whole wheat pita chips.

NI per serving: 126 calories, 8 g carb, 2 g fiber, 10 g protein, 6 g fat, 3 g sat, 264 mg sodium

Sweet Potato, Leek and Ham Soup

Category: soups

Adapted from: My recipes website

Servings: 6-8 good size servings about 1 cup each

Posted by: Zephyr1

Date: 1/4/2012

Notes: I used all chicken stock as i like more flavor i would advise this as the flavor is very mild.

Olive oil-flavored cooking spray

1 cup diced cooked ham (such as Cumberland Gap)

1 1/2 cups sliced leek (about 1 large)

2 tablespoons water (optional)

3 cups refrigerated cubed peeled sweet potato (such as Glory)

1 cup fat-free, less-sodium chicken broth

2 cups water

1 (5-ounce) can evaporated fat-free milk

1/4 teaspoon freshly ground black pepper

Thinly sliced leek (optional)

Thinly sliced green onions (optional)

1. Heat a large Dutch oven over medium heat. Coat pan with cooking spray. Add ham; cook 3 to 4 minutes or until browned, stirring frequently. Remove ham from pan; set aside.

2. Add leek to pan; coat with cooking spray. Cook leek, covered, 5 minutes or until very tender, stirring occasionally. Add 2 tablespoons water to pan, if needed, to prevent burning.

3. Add sweet potato and next 4 ingredients, scraping pan to loosen browned bits; bring mixture to a boil. Cover, reduce heat, and simmer 15 minutes or until sweet potato is very tender. Place half of potato mixture in a blender or food processor. 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). Process until smooth. Pour puree into a large bowl. Repeat procedure with remaining mixture. Return pureed mixture to pan. Stir in 3/4 cup reserved ham. Ladle soup into bowls; top servings evenly with 1/4 cup reserved ham. Garnish with sliced leek and onions, if desired.

Nutritional Information

Amount per serving: Calories: 193, Calories from fat: 7%, Fat: 1g, Saturated fat: 0.2g, Monounsaturated fat: 0.0g, Polyunsaturated fat: 0.1g, Protein: 15.5g, Carbohydrate: 29.2g, Fiber: 3.6g, Cholesterol: 26mg, Iron: 2mg, Sodium: 625mg, Calcium: 153mg

Mom's Sausage and Pepper Casserole

Category: Entree or Casserole

Adapted from: my mom

Servings: 6

posted by; Zephyr1

Date: 1/5/2012

Notes: my mom made this growing up while it is not gourmet it is great comfort food and fairly simple to throw together.

Ingredients:

1 pound sausage- I like the jimmy dean in a tube
1/2 to 1 cup diced red, green pepper
1/3 cup onion
1 1/4 cup diced celery
1 package or envelope dry lipton noodle soup mix
2 1/4 cup boiling water
1/2 cup rice

Instructions:

1. saute sausage and drain and remove from pan.
2. In same pan saute pepper, onion and celery until soft. Add boiling water and soup then stir in rice, cover and cook 20 minutes or until rice is tender. Add sausage and mix then pour into a 1 1/4 caserole.
3. Bake at 350 for 30 minutes

Per Serving (excluding unknown items): 425 Calories; 32g Fat (67.5% calories from fat); 13g Protein; 22g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 1571mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 5 1/2 Fat.

Black-Eyed Peas With Bacon and Escarole

Adapted from: RealSimple.com

Serves 2 as main dish; serves 4 as side dish

Posted by: Emily (EJWyatt)

Date: 01/07/12

Quick and Easy

Notes: Any white bean (cannellini, great northern or navy) would also work well in this recipe. I thought that the recipe was just a little salty. The next time I make it, I am going to hold off on the salt. I think that the bacon may be salty enough for the dish.

Ingredients

- ← 4 slices bacon
- ← 4 cloves garlic, sliced
- ← 1 bunch escarole, torn into 3-inch pieces (about 10 cups)
- ← kosher salt and black pepper
- ← 1 15.5-ounce can black-eyed peas, rinsed, or a heaping 1/2 cup dried black-eyed peas, soaked and cooked

Directions

1. In a large skillet, cook the bacon over medium heat until crisp, 6 to 8 minutes; transfer to a paper towel-lined plate. Crumble.
2. Add the garlic to the bacon drippings and cook, stirring, until golden brown, 1 to 2 minutes. Add the escarole, season with ½ teaspoon salt and ¼ teaspoon pepper, and cook, tossing occasionally, until beginning to wilt, 2 to 3 minutes.
3. Add the black-eyed peas and ¼ cup water and cook, tossing occasionally, until heated through, 2 to 3 minutes. Sprinkle with the bacon before serving.

Nutritional Information (as side dish)

Calories 111; Fat 3g; Sat Fat 1g; Cholesterol 7mg; Sodium 429mg; Protein 7g; Carbohydrate 15g; Sugar 0g; Fiber 6g; Iron 2mg; Calcium 83mg

Accidental Chicken

Chicago Tribune

Servings: 4

Posted by DebMj1

January 8, 2012

Notes: I cut the olive oil in half. I liked the level of sweetness as is, but next time I'll try it with half the honey which will make everyone else in the family happier. I used super large chicken breasts, pounded out to even thickness, and the 8 minutes per side was perfect, so adjust cooking time according to the size of your chicken. After removing the chicken, I let the sauce continue to cook on medium for another 7 minutes or so to reduce; it developed the consistency of a hoisin sauce. Super tasty.

4 Tablespoons olive oil

2 Tablespoons balsamic vinegar

2 Tablespoons tamari or soy sauce (I used tamari)

4 Tablespoons honey

8 boneless, skinless chicken thighs or 4 boneless, skinless chicken breast halves.

Mix oil, vinegar, tamari and honey in a bowl. Add chicken; allow to marinate, at least 5 minutes (up to 8 hours).

Heat a skillet over medium heat; add the chicken and all the marinade at once. Cover; simmer 8 minutes per side.

Serve with steamed rice and some of the cooked marinade as a sauce.

Nutritional information provided by Tribune as written. Per serving: 315 calories, 18 g fat, 4 g saturated fat, 98 mg cholesterol, 10 g carbohydrates, 27 g protein, 344 mg sodium, 0 g fiber.

Asian Turkey Meatballs with Lime Sesame Dipping Sauce

Source: skinnytaste.com

Serves: 4

Posted by: Kate

January 9, 2012

Made these half the size for 24 appetizer meatballs, a great football snack, loved the combo of flavors.

1/4 cup panko crumbs
1-1/4 lbs 93% lean ground turkey
1 egg
1 tbsp ginger, minced
1 clove garlic, minced
1/2 tsp salt
1/4 cup chopped fresh cilantro
3 scallions, chopped
1 tbsp low sodium soy sauce
2 tsp sesame oil

Dipping Sauce

4 tbsp low sodium soy sauce
2 tsp sesame oil
2 tbsp fresh lime juice
2 tbsp water
1 chopped fresh scallion

Preheat oven to 500°F.

Mix ground turkey, panko, egg, salt, scallions, ginger, cilantro, 1 tbsp soy sauce, and 2 tsp oil and mix with your hands until combined well. Shape 1/4 cup meat mixture into a ball and transfer to a baking dish. Repeat with remaining mixture. Bake until cooked through, about 15 minutes.

For the dipping sauce mix together lime juice, water, soy sauce, and remaining 2 teaspoons of oil in a bowl. Add scallions.

Transfer meatballs to a serving dish. Stir sauce, then drizzle meatballs with 1 tablespoon sauce.

Serve meatballs with remaining sauce

Calories: 229.1 • Fat: 11.1 g • Carbs: 8.5 g • Protein: 24.3 g

Bangin Good Shrimp

Source: skinnytaste.com

Serves: 4

Posted by: Kate

January 9, 2012

This is a copycat recipe of Bonefish's Bang Bang Shrimp, quick and easy to put together with a nice creamy, sweet and spicy sauce. I used extra Sriracha.

5 tbsp light mayonnaise
3 tbsp Thai Sweet Chili Sauce
1 tsp Sriracha (to taste)

Shrimp:

1 lb large shrimp, shelled and deveined (weight after peeled)
2 tsp cornstarch
1 tsp canola oil
3 cups shredded iceberg lettuce
1 cup shredded purple cabbage
4 tbsp scallions, chopped

In a medium bowl, combine mayonnaise, Thai sweet chili sauce and Sriracha. Set aside.

Combine lettuce and cabbage and divide between four plates. Set aside

Coat shrimp with cornstarch, mixing well with your hands

Heat a large skillet or wok on high heat, when hot add oil. When oil is hot add the shrimp to hot pan and cook tossing a few times until cooked through, about 3 minutes. Remove from pan and combine with the sauce coating well

Place shrimp on lettuce and top with scallions

Calories: 215.7 • Fat: 7.6 g • Protein: 23.8 g • Carb: 11.9 g • Fiber: 1.0 g • Sugar: 6.3 g
Sodium 443.9 mg

Easy Taco Chili

Slow Cooker Revolution

Yield: 8 servings

Posted by: Bawstinn

January 11, 2012

2 cups onions -- chopped
1 package taco seasoning mix
2 tablespoons tomato paste
2 tablespoons canola oil
6 whole garlic cloves -- minced
15 ounces canned black beans
16 ounces canned kidney beans
15 ounces tomato sauce
14 1/2 ounces diced tomatoes
1 tablespoon brown sugar
1 slice white bread
2 tablespoons 2% milk
1 pound ground beef, 93%
1 1/2 cups frozen corn

Microwave onions, taco seasoning, tomato paste, oil and garlic in bowl, stirring occasionally until onions are softened, about 5 minutes. Transfer to slow cooker.

Stir beans, tomato sauce, diced tomatoes (with juice) and sugar into slow cooker.

Mash bread and milk into a paste with a fork. Mix in ground beef and 1/4 teaspoon black pepper using hands. Stir beef mixture into slow cooker, breaking up any large pieces. Cover and cook until beef is tender, 6-8 hours on low.

Let chili settle for 5 minutes and then skim the fat off the top with a large spoon. Stir in corn and let it set until heated through, about 5 minutes. Season with salt and pepper.

Per Serving (excluding unknown items): 311 Calories; 9g Fat (24.9% calories from fat); 21g Protein; 39g Carbohydrate; 10g Dietary Fiber; 31mg Cholesterol; 1058mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Chicken Rollatini with Spinach alla Parmigiana

Source: skinnytaste.com

Serves: 8

Posted by: Kate

January 12, 2012

Delicious- I used 3 large chicken breasts cut in half and pounded for six 4 oz cutlets. Used the whole 10oz package of frozen chopped spinach, fat free ricotta, shredded part-skim mozzarella and Jane's Marinara. Froze the leftovers individually for a quick heat and eat meal.

8 thin chicken cutlets, 3 oz each
1/2 cup whole wheat Italian seasoned breadcrumbs
1/4 cup grated parmesan cheese, divided
6 tablespoons egg whites or egg beaters
5 oz frozen spinach, squeezed dry of any liquid
6 tbsp part skim ricotta cheese
6 oz part skim mozzarella (I used Polly-O)
olive oil non-stick spray (I use my Misto)
1 cup pomodoro sauce or your favorite marinara sauce
salt and pepper to taste

Wash and dry cutlets, season with salt and pepper. Preheat oven to 450°. Lightly spray a baking dish with non-stick spray.

Combine breadcrumbs and 2 tbsp grated cheese in one bowl and 1/4 cup egg beaters or egg whites in another

Shred or finely chop 1.5 oz of mozzarella cheese and combine with remaining grated cheese, spinach (make sure you squeeze it dry), 2 tbsp egg beaters, and ricotta cheese.

Lay chicken cutlets down on a working surface and spread 2 tbsp of spinach-cheese mixture on each cutlet. Loosely roll each one and keep seam side down.

Dip chicken in egg mixture, then in breadcrumbs and place seam side down in a baking dish (no toothpicks needed). Repeat with the remaining chicken. When finished, lightly spray with olive oil

Bake 25 minutes. Remove from oven, top with sauce then cheese

Bake until cheese is melted and bubbling, about 3 more minutes. Serve with additional sauce on the side and grated cheese

Serving Size: 1 stuffed breast

Calories: 194.7 • Fat: 7 g • Protein: 24.2 g • Carb: 7.2 g • Fiber: 1.5 g

Turkey, Kale and Brown Rice Soup

Category: ST

Source: Giada De Laurintiis

Servings: 6

Posted by: Dogmama13

Date: 1/14/12

Quick and Easy

NOTES : I used ground breast meat. I used one medium red onion. I used red, yellow and orange peppers. I used marjoram instead of the Herbs de Provence. I cooked the turkey with a 1/2 T each of onion powder and garlic powder. I subbed spinach for kale. The nutritionals include the olive oil.

1 tablespoon extra-virgin olive oil	more as needed
5 large shallots -- chopped (5 to 6)	15 ounces canned diced tomatoes
3 medium carrots -- cut into 1/2-inch pieces (about 1 1/3 cups)	1 cup cooked brown rice
1 large red bell pepper -- cut into 1/2-inch pieces (about 1 1/2 cups)	1 small bunch kale -- coarsely chopped (about 4 packed cups)
8 ounces turkey ground, R-T-C -- broken into small chunks	1 teaspoon kosher salt
1 tablespoon herbes de Provence -- ground	1/2 teaspoon freshly ground black pepper -- chopped fresh
4 cups low-sodium chicken broth -- plus	1/4 cup parsley -- chopped fresh flat leaf
	1/4 cup Parmesan cheese -- optional

Heat the oil in a large pot over medium-high heat. Add the ground turkey and stir until the meat turns white and begins to color very slightly around the edges, 5 to 7 minutes.

Add the shallots, carrots and bell pepper and saute, stirring frequently, until the vegetables begin to brown and soften slightly, 8 to 10 minutes.

Add the herbes de Provence and stir, 1 minute. Add 4 cups broth, tomatoes and rice. Bring to a boil.

Stir in the kale and season with 3/4 teaspoon salt and the freshly ground black pepper. Season with the remaining 1/4 teaspoon salt.

Reduce the heat to medium-low. Cover and simmer until the vegetables are tender, about 15 minutes.

Season with the remaining 1/4 teaspoon salt.

Ladle the soup into bowls. Sprinkle each serving with parsley and Parmesan, if using, and serve.

Per Serving (excluding unknown items): 190 Calories; 8g Fat (33.2% calories from fat); 17g Protein; 20g Carbohydrate; 4g Dietary Fiber; 17mg Cholesterol; 682mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.

Keema Beef Curry

Quick and Easy

Source: Adapted from Food and Wine

Servings: 8 (1 c.)

Posted by Waneyvant

Date: January 15, 2012

F/W notes: This can be refrigerated for up to 3 days. (NI excludes rice & naan)

1 tsp. canola oil
1 large onion, finely chopped
2 large garlic cloves, minced
Salt and freshly ground pepper
1 1/2 c. low-sodium chicken broth
1 14-oz can unsweetened light coconut milk
1 1/2 c. frozen baby peas
1 1/2 T. Madras curry powder
1 large Yukon Gold potato, peeled, 1/2" dice
1 1/2 pounds lean ground sirloin
1 14-oz can diced tomatoes with their juices
2 T. minced fresh ginger
Chopped cilantro, rice & naan (for serving)

In a large, deep skillet, heat the oil. Add meat & cook over high heat, stirring to break up lumps, until no longer pink, about 5 minutes. Add onion, ginger, garlic & curry powder; season with salt and pepper. Cook over high heat, stirring frequently, until onion is softened, about 3 minutes. Add potato, broth, coconut milk & tomatoes; bring to a boil. Cook over moderate heat, stirring occasionally, until potato is tender, about 15 minutes.

Using the back of a spoon, lightly crush some of the potato. Add peas; cook just until heated through. Serve with cilantro, naan & rice.

6 servings (1 tsp oil) 396 Calories; 25g Fat (54.1% calories from fat); 28g Protein; 19g Carbohydrate; 3g Dietary Fiber; 78mg Cholesterol; 290mg Sodium.

8 servings (1 tsp oil) 297 Calories; 19g Fat (54.1% calories from fat); 21g Protein; 14g Carbohydrate; 2g Dietary Fiber; 59mg Cholesterol; 218mg Sodium.

w/95% lean ground beef

6 servings (increase 1 T. oil) 429 Calories; 9g Fat (36.6% calories from fat); 18g Protein; 19g Carbohydrate; 3g Dietary Fiber; 31mg Cholesterol; 248mg Sodium.

8 servings (increase 1 T. oil) 322 Calories; 7g Fat (36.6% calories from fat); 13g Protein; 14g Carbohydrate; 2g Dietary Fiber; 23mg Cholesterol; 186mg Sodium.

Cheese Enchiladas with Red Chile Sauce

Adapted from EatingWell, 09/10 2010

Servings: 6/8

Posted by Waneyvant

January 16, 2012

Refrigerate sauce for up to 3 days

Red Chile Sauce

2 tsp canola oil

1/2 c. minced white onion

1 minced clove garlic

1/2 c. New Mexican chile powder

2 c. vegetable broth or reduced-sodium chicken broth

1 c. water

1/2 tsp dried Mexican oregano

1/2 tsp salt

Enchiladas

1 15-oz can pinto beans, rinsed & mashed, or 1 15 oz can fat free refried beans

2 T. fat-free plain yogurt

12 6-inch corn tortillas

2 c. shredded reduced fat sharp Cheddar cheese, divided

1/4 c. minced white onion, plus more for garnish

Sauce: Heat oil in a medium saucepan over medium heat. Add 1/2 c. onion; stir until it begins to soften, about 1 minute. Stir in garlic; continue cooking until the onion is translucent, about 2 minutes more. Stir in chile powder. Add broth, water, oregano & salt. Bring to a boil. Reduce heat to simmer; cook until thickened & reduced by about one-third, about 20 minutes. (Should be thick enough to coat a spoon lightly.)

Enchiladas: Preheat oven to 400°F. Coat 8-by-12-inch (or 2-quart) baking dish with cooking spray. Combine beans & yogurt. Spread 1/4 c. of the sauce in the dish. Arrange 4 tortillas in dish, overlapping to cover the bottom. Top with half bean mixture, using the back of a spoon to spread thin. Scatter 2/3 c. cheese & 2 T. onion on top of beans. Top with one-third of remaining sauce, 4 tortillas, remaining bean mixture, 2/3 c. cheese & remaining onion. Spread half of remaining sauce on top & cover with remaining 4 tortillas. Top with remaining sauce & remaining 2/3 c. cheese.

Bake until hot and bubbling, 15 to 20 minutes. Let stand for 5 minutes before serving. Top additional minced onion & shredded lettuce, if desired.

Per 8 Serving: 200 Calories; 5g Fat; 13g Protein; 27g Carb; 4g Fiber

Per 6 Serving: 266 Calories; 6g Fat; 17g Protein; 37g Carb; 6g Fiber

Cheese and Leek soup

Category; Soups

Adapted from: The Big Book of Soups and Stews

Servings: 8

Posted by: Zephyr1

Date:1/17/2012

Ingredients:

1/4 cup light margarine

2 leeks white and green sliced

1 cup diced onion

2 cups diced celery

2 cloves fresh garlic minced

3 cups fat free chicken broth

8 oz light cream cheese

8 oz nonfat plain Greek yogurt

1/4 tsp salt

1/8 tsp white pepper

Instructions;

Over medium heat, melt margarine and sauté leeks, onion, celery and garlic until tender about 10 minutes. Add chicken broth and simmer about 10 minutes. Use immersion blender or food processor and blend well. Return to pan and add cream cheese and yogurt along with salt and pepper heat gently till blended.

Nutrition Facts Serving Size 1 serving (191.5 g)

Amount Per Serving: Calories 201; (Calories from Fat 145 % Daily Value*); Total Fat 16.1g; (25% Saturated Fat 7.3g, 36% Trans Fat 0.0g); Cholesterol 31mg 10%; Sodium 603mg 25%; Total Carbohydrates 7.1g 2%; Dietary Fiber 0.8g 3%; Sugars 2.8g; Protein 7.3g; Vitamin A 13%; Vitamin C 7%; Calcium 9%; Iron 6%;

* Based on a 2000 calorie diet

Chicken with Pepperoni-Marinara Sauce

Cooking Light, January 2012

Yield: Serves 4 (serving size: 5 ounces chicken and about 1/3 cup sauce)

Posted By: Bawstinn (Maria)

January 18, 2012

Comments: I used homemade marinara instead of bottled. Instead of sauteeing the pepperoni, I microwaved it for a few seconds to get some of the fat out. Added it to the sauce and let it simmer a little longer. Kid Friendly. Served with some tortellini with some extra sauce on top. My chicken certainly wasn't cooked in 5 minutes so I threw the whole pan in the oven on 350 for 15 minutes before broiling.

Cooking spray

1/2 teaspoon minced fresh garlic

16 slices pepperoni, coarsely chopped

1/4 teaspoon dried oregano

1 1/2 cups lower-sodium marinara sauce

2 tablespoons chopped fresh basil

2 teaspoons olive oil

1 1/2 pounds chicken cutlets

1/4 teaspoon freshly ground black pepper

1 cup shredded part-skim mozzarella cheese

Preheat broiler to high.

Heat a saucepan over medium-high heat. Coat pan with cooking spray. Add garlic and pepperoni; cook 2 minutes or until garlic begins to brown, stirring frequently. Add oregano; cook 30 seconds. Add marinara sauce; bring to a boil. Reduce heat, and simmer 5 minutes. Remove from heat; stir in basil.

Heat a large ovenproof skillet over medium-high heat. Add oil; swirl to coat. Sprinkle chicken with pepper. Add chicken to skillet; cook 5 minutes or until lightly browned, turning after 3 minutes. Spoon sauce over chicken; sprinkle evenly with cheese. Broil 2 minutes or until cheese melts.

Amount per serving Calories: 380

Fat: 14.7g

Protein: 48.5g

Carbohydrate: 28.7g

Fiber: 0.1g

Food and Wine Meatloaf

Category; Meat

Source; Adapted from November 2011 Food and wine

Servings: 24 slices or 12 slices per loaf

Posted by; zephyr1

Date: 1/17/2012

Notes: I tried to make this a little healthier as it called for 4 pounds of meat and oil both of which were not needed. I subbed and indicated those subs using what I had on hand.

Ingredients:

1 tablespoon canola oil - I omitted this

1 large onion, finely chopped

2 large carrots, finely chopped

1 celery rib, finely chopped

2 garlic cloves, minced

1 1/2 cups panko bread crumbs

4 large eggs

2 tablespoons Dijon mustard

2 tablespoons ketchup

2 tablespoons Worcestershire sauce

1 teaspoon Tabasco - I used sirachi chili garlic paste

Kosher salt and freshly ground black pepper -I omitted the salt

3 pounds ground beef chuck - I used

2.5 pounds of veal, beef and pork ground

1 pound ground pork -see above

1/2 pound Monterey Jack cheese, cut into 1/2-inch cubes - I used 4 oz of asiago blended shredded parm and provolone

Directions;

Preheat the oven to 400°. In a medium skillet, heat the oil. Add the onion, carrots, celery and garlic and cook over moderate heat, stirring occasionally, until softened, about 8 minutes. Scrape the mixture into a very large bowl and let cool. Add the panko, eggs, mustard, ketchup, Worcestershire sauce, Tabasco, 1 1/2 tablespoons of salt and 1 teaspoon of pepper and stir to form a paste. Using your hands, work in the ground meats and cheese until combined.

Line a large roasting pan with parchment paper. Firmly pat the meat mixture into 2 loaves, about 10 inches long. Arrange the loaves 3 inches apart on the parchment and roast in the lower third of the oven for about 1 hour, until lightly browned and an instant-read thermometer inserted in the center of the loaves registers 150°. Let the meat loaves rest for 15 minutes, then cut into thick slices and serve with the Creamy Onion Gravy.

Nutrition Facts

Serving Size 1 serving (162.1 g) Amount Per Serving Calories 289; Calories from Fat 93% Daily Value* Total Fat 10.3g 16% (Saturated Fat 4.0g 20%; Trans Fat 0.0g) Cholesterol 151mg 50%; Sodium 275mg 11%; Total Carbohydrates 13.6g 5%; Dietary Fiber 1.4g 6%; Sugars 2.7g; Protein 33.7g; Vitamin A 37%; • Vitamin C 4%; Calcium 13%; • Iron 19

Sweet and Fiery Pork Tenderloin with Mango Salsa

Source: Skinnytaste.com

Serves: 4

Posted by: Kate

January 18, 2012

Nice sweet and spicy glaze, complimented by the mango salsa. I grilled the pork rather than cooking it in the oven and used more srirachi to make it nice and spicy.

1 tsp garlic salt
1/2 tsp ground ginger
1 lb pork tenderloin
1/4 cup Sweet Red Chili Sauce
1 tbsp honey
1/2 tsp Sriracha sauce (or more to taste)

For the salsa:

1 large ripe mango, peeled, seeded and coarsely chopped
1-2 tbsp chopped fresh cilantro
1 small clove garlic, minced
1 tbsp minced jalepeño, seeds removed and diced
2 tbsp fresh lime juice

For the salsa:

Combine all the ingredients in a bowl, season to taste with salt and pepper. Refrigerate until ready to use.

Preheat oven to 375°. Mix garlic salt and ginger in small bowl. Rub evenly over pork. Place pork on rack in foil-lined roasting pan.

Roast pork in preheated oven 40 to 45 minutes or until desired pork is cooked to your liking. (New pork guidelines allow pork to cook to 145°, if you prefer it cooked well, cook it until the internal temp reads is 160° with a meat thermometer)

Mix chili sauce, honey and sriracha in small bowl. Brush over pork during last 10 minutes of cooking.

Slice pork and serve with pan juices and mango salsa on side

Calories: 247 • Fat: 7.1g • Protein: 25.3g
Carb: 19.2 g • Fiber: 2.8 g
Sugar: 16.7g Sodium: 640 mg

Chicken Rollatini with Prosciutto and Cheese

Source: Skinnytaste.com

Serves: 8

Posted by: Kate

January 27, 2012

Nice combination similar to Chicken Saltimbocca. I used sharp provolone and regular Italian seasoned breadcrumbs. The recipe says to serve right away; we found the leftovers reheated well.

8 thin chicken cutlets, 3 oz each
4 (2.8 oz) slices thin lean prosciutto, sliced in half
4 slices Sargento reduced fat provolone or mozzarella, sliced in half
1/2 cup whole wheat Italian seasoned breadcrumbs
1/4 cup Romano cheese (or parmesan)
1 lemon, juice of
1 tbsp olive oil
fresh pepper
1/4 red onion, sliced
olive oil non-stick spray

Preheat oven to 450°. Lightly spray a baking dish with non-stick spray.

Wash and dry cutlets well with paper towels. Combine breadcrumbs and grated cheese in one bowl and olive oil, lemon juice, and pepper in another bowl

Dip the chicken in the lemon-oil mixture, then in the breadcrumbs to coat well. Place each cutlet on a work surface such as a cutting board and lay 1/2 slice prosciutto, 1/2 slice cheese and a few chunks red onion on one side of the chicken cutlet.

Roll and place seam side down in a baking dish (no toothpicks needed). Repeat with the remaining chicken. When finished, top with remaining crumbs and spray lightly with oil.

Bake 25 - 30 minutes. Serve immediately! Serving size is listed as one, but if you are having this as a low carb meal with a salad, I suggest you have two

Calories: 168.6 • Fat: 6.4 g • Protein: 22.1 g • Carb: 4.6 g • Fiber: 0.7 g

Roasted Chicken Tenders w. Peppers & Onions

From EatingWell: August/September 2005

Quick and Easy

Servings: 4

Posted by Waneyvant

January 28, 2012

Call this one an update of that favorite combo, sausage and peppers. Our healthy version can be served over rice or on a roll with a little shredded cheese for a new take on a Philly cheese steak sandwich.

Waney Note: i added 1/8 cup shredded low fat mozzarella to my sandwich.

Plenty! I used 1/3 red, yellow and orange bell pepper. Very colorful and delish.

1/2 teaspoon freshly grated lemon zest

3 tablespoons lemon juice

2 tablespoons finely chopped garlic

2 tablespoons finely chopped fresh oregano, or 1 teaspoon dried

2 tablespoons finely chopped pickled jalapeno peppers

2 tablespoons extra-virgin olive oil

1/2 teaspoon salt

1 pound chicken tenders

1 red, yellow or orange bell pepper, seeded and thinly sliced

1/2 medium onion, thinly sliced

Preheat oven to 425°F. Whisk lemon zest, lemon juice, garlic, oregano, jalapenos, oil and salt in a 9-by-13-inch glass baking dish. Add tenders, bell pepper and onion; toss to coat. Spread the mixture out evenly; cover with foil. Bake until the chicken is cooked through and no longer pink in the middle, 25 to 30 minutes.

Per serving : 172 Calories; 7 g Fat; 1 g Sat; 5 g Mono; 49 mg Cholesterol; 6 g Carbohydrates; 19 g Protein; 1 g Fiber; 518 mg Sodium; 122 mg Potassium

Creamed Spinach

Vegetable

Adapted from: America's Test Kitchen Cookbook

Servings: 6 (original recipe 4)

Posted By: Almster04

1/29/12

Amy's Notes: I have made creamed spinach before but never this simple or good. I did omit the nutmeg and add a pinch of red pepper flakes instead.

1 tablespoon olive oil
20 ounces spinach
2 tablespoons butter, unsalted
2 tablespoons shallots, minced
2 garlic cloves, minced
1 pinch nutmeg
2 tablespoons flour
1/2 cup heavy cream
1/4 cup parmesan cheese, grated

1. Heat oil in dutch oven over high heat. Add spinach and toss to wilt slightly. Transfer to a colander. Squeeze to remove any excess water.

2. Wipe the dutch oven dry. Add the butter and melt over medium heat. Add the shallots and a dash of salt. cook until softened. Stir in garlic and nutmeg. Stir in the flour to coat vegetables. Whisk in the cream and simmer for 3 minutes. Remove from heat and add spinach. Stir to coat. Add salt and pepper to taste. Sprinkle with parmesan before serving.

Calories per serving: 142, Fat: 11.4 grams, Protein 5 grams; Fiber 2.2 g; Carbs 6.8

Collard Green & Black-Eyed Pea Soup

Source: EatingWell Jan/Feb 2008

Servings: 6 (1 1/3 c.)

Posted by: Waneyvant

Date: January 29, 2012

My Notes: i used kale; saute the garlic longer, too raw at 15 seconds; i used 1/2 tsp dried thyme; didn't use the cheese or make the toast; used Hormel reduced fat bacon bits' NI is original recipe

- 1 T. extra-virgin olive oil
- 1 large onion, diced
- 1 large carrot, sliced
- 1 stalk celery, sliced
- 5 cloves garlic, (4 sliced and 1 whole), divided
- 1 sprig fresh thyme
- 1/4 tsp crushed red pepper, to taste
- 4 c. reduced-sodium chicken broth
- 1 15-oz can diced tomatoes
- 5 c. chopped collard greens, or kale leaves (about 1 bunch), tough stems removed
- 1 15-oz can black-eyed peas, rinsed
- 6 1/2-in-thick slices baguette, preferably whole-grain, cut on diagonal
- 6 T. shredded Gruyère or Swiss cheese
- 2 slices cooked bacon, finely chopped

Heat oil in a Dutch oven over medium heat. Add onion, carrot and celery and cook, stirring, until just tender, 5 to 7 minutes. Add sliced garlic, thyme and crushed red pepper and cook, stirring, until fragrant, about 15 seconds. Increase heat to high and add broth, tomatoes and their juice. Bring to a boil, scraping up any browned bits. Stir in collard greens (or kale), reduce heat to maintain a simmer and cook, stirring occasionally, until the greens are tender, 5 to 10 minutes. Discard the thyme sprig. Stir in black-eyed peas; remove from the heat and cover.

Position rack in upper third of oven; preheat broiler.

Place baguette slices on a baking sheet and broil until lightly toasted, 2 to 4 minutes. Rub each bread slice with the remaining garlic clove. (Discard garlic.) Turn the slices over and top with cheese. Broil until the cheese is melted, 1 to 3 minutes. Serve the soup topped with the cheese toasts and bacon.

Per serving : 192 Calories; 6 g Fat; 2 g Sat; 3 g Mono; 13 mg Cholesterol; 23 g Carbohydrates; 12 g Protein; 5 g Fiber; 518 mg Sodium; 253 mg Potassium

Sesame-Ginger Dressing

Category: Sauces/Spreads

Adapted from several internet recipes

Servings: approximately 24 (1 tablespoon each)

Posted by: Sheila

February 1, 2012

1 Med carrot cooked in 1C water - reserve 1/2 cup of the liquid

2 tbsp. peeled ginger - chopped

1 tsp. brown sugar

4 tblsp. Rice vinegar

1 tsp. lemon juice

2 tsp. soy sauce

2 tsp. sesame oil

Salt to taste

In a food processor, with the blades running, drop in the ginger and let it get chopped quite fine. Add the carrot and process; add the remaining ingredients.

NI: Per Tablespoon

Per Serving (excluding unknown items): 6 Calories; trace Fat (52.9% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Roasted Potato Salad with Mustard Dressing

Category: Salads

Adapted from Cooking Light, July 2006

Servings: 8 (serving size: 1 cup)

Posted By: Bawstinn

February 5, 2012

This tangy side dish with sweet onions and honey pairs beautifully with burgers or steak. This salad is best chilled but can stay at room temperature for up to two hours. You can also use sweet-hot mustard in place of the Dijon and honey for a zesty flavor.

3 pounds small red potatoes, cut into 1-inch pieces
1 tablespoon olive oil
2 teaspoons freshly ground black pepper
1/2 teaspoon kosher salt
2 bacon slices (uncooked), chopped
2 cups diced Vidalia or other sweet onion (about 2 medium)
2 garlic cloves, minced
3 tablespoons Dijon mustard
2 tablespoons reduced-fat mayonnaise
1 1/2 tablespoons honey
1 1/2 tablespoons sherry vinegar
1/4 cup chopped fresh parsley

Preheat oven to 400°.

Combine first 4 ingredients in a large bowl; toss to coat. Arrange potatoes in a single layer on a jelly-roll pan. Bake at 400° for 40 minutes or until potatoes are tender, stirring once. Transfer potatoes to a large bowl.

Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 1 tablespoon drippings in pan; set bacon aside. Add onion to drippings in pan; cook 15 minutes or until golden brown and caramelized, stirring frequently. Add garlic to pan; cook 30 seconds. Add onion mixture and bacon to potatoes; toss gently. Let stand 15 minutes.

Combine mustard, mayonnaise, honey, and vinegar in a small bowl; stir with a whisk. Add mustard mixture and parsley to potato mixture; toss gently.

Amount per serving Calories: 224

Calories from fat: 27%

Fat: 6.7g

Saturated fat: 1.8g

Monounsaturated fat: 3.4g

Polyunsaturated fat: 1.1g

Protein: 6g

Carbohydrate: 36.3g

Fiber: 3.7g

BBQ Chicken Tenders

Category: Poultry

Adapted from Eating Well magazine

Servings: 24 tenders

Posted by: Bawstinn (Maria)

February 8, 2012

Comments: I contacted Eating Well magazine and they confirmed the nutritional information was correct. The values are per 1 ounce tender though; Mastercook gave me a value of 4 fat grams for a 3 ounce serving.

1 cup barbecue sauce
2 tablespoons Dijon mustard
2 tablespoons honey
1 1/2 pounds chicken tenders
1/2 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
2 large eggs
1 3/4 cups coarse dry breadcrumbs, preferably whole-wheat
Olive oil or canola oil cooking spray

Combine barbecue sauce, mustard and honey in a large bowl. Set aside 1/2 cup of the sauce in a small bowl. Cut any large chicken tenders in half lengthwise, then add all the tenders to the large bowl with the remaining sauce; stir to coat. Marinate in the refrigerator for 30 minutes to 1 hour (mine marinated for 3). Preheat oven to 450°F. Coat a large rimmed baking sheet with cooking spray.

Combine flour, salt and pepper in a shallow dish. Lightly beat eggs in another shallow dish. Place breadcrumbs in a third shallow dish. Coat each tender in flour, shaking off any excess. Dip in egg and let any excess drip off. Then roll in the breadcrumbs, shaking off any excess. Place the tenders on the prepared baking sheet. Generously coat both sides of each tender with cooking spray.

Bake for 10 minutes. Turn each tender over and continue baking until the outside is crisp and the tenders are cooked through, about 10 minutes more. Serve with the reserved sauce for dipping.

Per tender : 67 Calories; 0 g Fat; 0 g Sat; 0 g Mono; 28 mg Cholesterol; 8 g Carbohydrates; 8 g Protein; 1 g Fiber; 141 mg Sodium; 7 mg Potassium

Shrimp-Stuffed Shells

Category: Fish/Seafood

Adapted from Cooking Light, December 2011

Servings: 5 (The recipe states five - that is what the nutritional are done on - but to me that portion is way too hearty. I think it's more like 6-8 servings)

Posted by: Zephyr1

Date: February 8, 2012

My comments: I did not use tater starch - just subbed corn starch. Recipe states 5 servings of 4 shells each, but even Tim commented that that would be way too much food. This recipe you could easily sub crab in and it would be delish. I also used frozen cooked shrimp that I had.

20 uncooked jumbo pasta shells (about 8 ounces)

1 1/2 tablespoons olive oil

1/2 cup chopped shallots

2 tablespoons minced garlic (about 6 cloves)

1/2 cup (4 ounces) 1/3-less-fat cream cheese

1/4 cup 2% reduced-fat milk

1/4 teaspoon ground red pepper

1/3 cup chopped fresh basil

1 pound medium shrimp, peeled, deveined, and coarsely chopped

1 tablespoon potato starch

Cooking spray

3 cups lower-sodium marinara sauce (such as McCutcheon's), divided

1/3 cup (1 1/2 ounces) grated fresh Parmigiano-Reggiano cheese

1. Preheat oven to 400°.

2. Cook pasta 7 minutes or until almost al dente, omitting salt and fat. Drain well.

3. Heat a medium skillet over medium heat. Add oil to pan; swirl to coat. Add shallots; cook 4 minutes, stirring occasionally. Add garlic; cook 1 minute, stirring constantly. Add cream cheese, milk, and pepper; cook until cheese melts, stirring until smooth. Remove from heat. Stir in basil. Place shrimp in a bowl. Sprinkle with potato starch; toss well to coat. Add cream cheese mixture to shrimp; toss well.

4. Divide shrimp mixture evenly among pasta shells. Coat a 13 x 9-inch glass or ceramic baking dish with cooking spray; spread 1 cup marinara over bottom of dish. Arrange shells in prepared dish; top with remaining 2 cups marinara. Sprinkle shells evenly with Parmigiano-Reggiano cheese. Bake at 400° for 30 minutes or until shrimp is done.

Nutritional Information (per serving): Calories: 496; Fat: 16g; Saturated fat: 6.2g; Monounsaturated fat: 5.3g; Polyunsaturated fat: 1.4g; Protein: 31.1g; Carbohydrate: 85.6g; Fiber: 1.6g; Cholesterol: 163mg; Iron: 4.1mg; Sodium: 575mg; Calcium: 208mg

Hoppin' John Salad with Spicy Sriracha Vinaigrette

Category: Salads

Adapted from Whole Foods

Servings: 6

Posted by: Waneyvant

February 9, 2012

Let this salad sit for at least 10 minutes and up to 1 day before serving: it will be even tastier if the veggies have a chance to absorb the bold, spicy vinaigrette.

My Notes: I used 2 cans of black eyed peas, rinsed, and subbed diced onion for the carrots

2 1/2 tablespoons white wine vinegar

2 tablespoons extra-virgin olive oil

1 1/2 tablespoons Sriracha sauce

1/2 teaspoon sea salt

1 (16-ounce) bag frozen Black-Eyed Peas, prepared according to package instructions(about 3 cups)

3 celery ribs, finely chopped

2 carrots, grated

1 diced red or green bell pepper

1 cup finely diced lean ham (optional)

1/3 cup chopped parsley

In a large bowl, whisk together vinegar, olive oil, Sriracha sauce and salt. Add peas, celery, carrots, bell pepper, ham and parsley and toss to combine. Taste just before serving and add more Sriracha, salt or vinegar if desired.

Per serving (with ham): 210 calories (60 from fat), 7g total fat, 1.5g saturated fat, 20mg cholesterol, 390mg sodium, 23g total carbohydrate (6g dietary fiber, 5g sugar), 14g protein

Western Omelet Potato Skins

Category: Breakfasts

Adapted from Skinnytaste.com

Servings: 2

Posted by: Kate

February 13, 2012

Tasty, filling breakfast, very hearty portion size.

2 medium russet potatoes
olive oil spray
2 large eggs
3 egg whites
2 tbsp fat free milk
2 thin slices lean ham, chopped
2 tbsp. chopped onion
1/2 cup bell pepper, chopped
salt and fresh pepper
4 tbsp. reduced fat cheddar cheese

Pierce potato with a fork a few times all around. Place in microwave and cook about 5 minutes per potato. When finished, allow to cool enough to handle. Cut potatoes in half horizontally. Scoop out potatoes leaving about 1/4 inch thick wall.

In a large bowl, whisk eggs, milk, salt and pepper. Add onion, pepper and ham and mix well. Spray a medium nonstick skillet with olive oil spray and cook the eggs, mixing often.

Heat oven to 450°. Lightly spray potato skins on both sides with oil. Season both sides with salt and pepper. Fill with eggs and top each one with 1 tbsp. cheese. Place on a baking sheet and bake 5-10 minutes or until cheese is melted

Calories: 305.1 • Fat: 7.6 g Protein: 23.8g Carb: 35.1 g Fiber: 2.7 g

Burgers with Blue Cheese Mayo and Sherry Vidalia Onions

Category: Meats

Adapted from Cooking Light, June 2011

Servings: 4

Posted by: Kate

February 20, 2012

These burgers were delicious, nice combination of flavors. I added a slice of tomato to mine. I didn't have sherry vinegar, so I used red wine vinegar and sherry.

1/2 cup (2 ounces) crumbled blue cheese
1/4 cup canola mayonnaise
2 teaspoons chopped fresh thyme, divided
1/4 teaspoon hot pepper sauce (such as Tabasco)
1 pound lean ground sirloin
1 teaspoon black pepper, divided
1/8 teaspoon kosher salt
1/2 teaspoon extra-virgin olive oil
4 (1/4-inch-thick) slices Vidalia or other sweet onion
Cooking spray
2 teaspoons sherry vinegar
4 (1 1/2-ounce) whole-wheat hamburger buns, toasted
2 cups loosely packed arugula

Preheat grill to medium-high heat.

Combine 1/2 cup blue cheese, mayonnaise, 1 teaspoon thyme, and hot pepper sauce in a small bowl; stir well.

Divide beef into 4 equal portions, shaping each portion into a 1/2-inch-thick patty. Sprinkle beef evenly with 1/2 teaspoon black pepper and salt.

Brush oil evenly over both sides of onion slices; sprinkle with remaining 1/2 teaspoon pepper. Place the patties and onions on grill rack coated with cooking spray; cover and grill for 3 minutes on each side. Set patties aside; keep warm. Place onion slices in a zip-top plastic bag; seal. Let stand 5 minutes; toss with remaining 1 teaspoon thyme and vinegar.

Spread cut sides of buns evenly with mayonnaise mixture. Arrange 1/2 cup arugula on bottom half of each bun; top with 1 patty, 1 onion slice, and bun top.

Calories: 420; Fat 21.8 g; Fiber 4.2 g; Protein 31.5 g; Carbohydrate 26.7 g

Braised Herb Chicken Thighs with Potatoes

Category: Poultry

Adapted from Cooking Light, January 2005

Servings: 4

Quick & Easy

Posted by: bms2003

February 22, 2012

CL Comments – Choose red skin potatoes that are similar in size so they'll be done at the same time.

My Comments – We thought it needed extra salt & pepper to fully bring out the flavors. Will add more carrots next time. Could easily put in crockpot after browning.

2 tablespoons flour
2 teaspoons paprika
1 teaspoon salt
1 teaspoon dried thyme
1 teaspoon dried oregano
1/2 teaspoon black pepper
8 chicken thighs (about 2 pounds), skinned
1 teaspoon olive oil
1 1/2 cups (2-inch-thick) slices carrot
1 large onion, cut into 8 wedges
1 1/2 cups fat-free, less-sodium chicken broth
1/2 cup dry white wine
1 1/2 pounds small red potatoes, quartered

Combine first 6 ingredients in a large zip-top plastic bag. Add chicken; seal bag, shaking to coat.

Heat oil in a Dutch oven over medium heat. Add chicken and remaining flour mixture to pan; cook 3 minutes on each side or until lightly brown. Add carrot and onion; cook 3 minutes, stirring frequently. Add broth, wine, and potatoes; bring to a boil. Reduce heat, and simmer 35 minutes or until chicken is done and vegetables are tender.

Serving size: 2 thighs and about 1-1/3 cups vegetable mixture

Calories: 467, Calories from fat: 29%, Fat: 14.9g, Saturated fat: 3.9g, Monounsaturated fat: 5.9g, Polyunsaturated fat: 3.4g, Protein: 37.2g, Carbohydrate: 40g, Fiber: 5.7g, Cholesterol: 115mg, Iron: 4.4mg, Sodium: 887mg, Calcium: 71mg

Italian-Style Beef-and-Pepperoni Soup

Category: Soups/Stews

Adapted from Southern Living, December 2000

Servings: 10

Posted by Waneyvant

February 27, 2012

1 pound extra-lean ground beef
1 cup sliced turkey pepperoni (3 ounces)
Vegetable cooking spray
1 cup sliced fresh mushrooms
1 green bell pepper, seeded and chopped
1 bunch green onions, chopped
2 garlic cloves, minced
1 teaspoon olive oil
2 tablespoons tomato paste
1 (28-ounce) can crushed tomatoes
4 cups low-sodium fat-free chicken broth
1 tablespoon chopped fresh or 1 teaspoon dried basil
1 tablespoon chopped fresh or 1 teaspoon dried oregano
1 teaspoon freshly ground pepper

Garnishes: sliced fresh basil, shredded Parmesan cheese
Parmesan Toast Points (optional)

Cook ground beef and pepperoni in a Dutch oven coated with cooking spray over medium-high heat 8 minutes or until beef crumbles and is no longer pink. Rinse and drain beef mixture.

Sauté mushrooms and next 3 ingredients in hot oil in Dutch oven 5 minutes. Stir in beef mixture, tomato paste, and next 5 ingredients. Bring to a boil; reduce heat, and simmer 30 minutes. If desired, garnish and serve with Parmesan Toast Points.

Yield: 10 cups (serving size: 1 cup) (make it 1 1/2 cup serving for 1 point more)

Parmesan Toast Points (not included in NI)

1 small sourdough loaf
Parmesan cheese

Cut 1 small sourdough loaf into thin wedges. Arrange wedges on a baking sheet. Sprinkle evenly with shredded Parmesan cheese. Bake at 400° for 5 minutes.

CALORIES 147 (43% from fat); FAT 7g (sat 2.7g,mono 2.7g,poly 0.3g); IRON 1.7mg;
CHOLESTEROL 40mg; CALCIUM 35mg; CARBOHYDRATE 6.1g; SODIUM 289mg;
PROTEIN 13g; FIBER 0.7g

Yogurt Pound Cake

Category: Desserts/Cakes/Pies

Adapted from Allrecipes

Servings: 16

Posted by CJMartin717 (Cindy)

February 28, 2012

Cindy's Notes: We replaced 1 cup "margarine or butter" with 1/2 cup canola oil and 1/2 cup of plain yogurt. I didn't have lemon extract and used vanilla. I would suggest increasing the amount of vanilla or adding lemon zest depending on whether or not you want a vanilla cake or a lemon-flavored cake. We thought this was delicious with fresh sliced strawberries.

1/2 cup canola oil
1/2 cup nonfat plain yogurt
2 cups sugar
3 large eggs
1 teaspoon vanilla extract -- or lemon extract
2 1/4 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
8 ounces nonfat lemon yogurt

Preheat oven to 325 F. Spray a 10-inch Bundt pan with nonstick cooking oil.

Sift together flour, baking soda, and salt. Set aside.

In a large bowl, cream together the oil, plain yogurt, and sugar until light and fluffy. Beat in eggs, one at a time. Stir in the extract. Add flour mixture in stages, alternating with lemon yogurt.

Pour batter into prepared Bundt pan. Bake 60 minutes. Allow to cool in pan for 10 minutes before turning out onto a wire rack to cool completely.

Per Serving: 251 Calories; 8g Fat (27.9% calories from fat); 4g Protein; 42g Carbohydrate; trace Dietary Fiber; 35mg Cholesterol; 132mg Sodium.
Exchanges: 1 Grain (Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 2 Other Carbohydrates.

Chocolate Chocolate Chip Banana Muffins with Glaze

Category: Breads/Muffins/Breakfast

Adapted from Skinnytaste.com

Servings: 12

Quick & Easy, Freezer and Kid Friendly

Posted by: lindaxn

February 29, 2012

My Notes: These were extremely easy to throw together. I had just enough batter for 12 muffins. They are moist and not too sweet. I didn't have any powdered sugar, so I skipped the glaze, but it doesn't affect points. You could also make these muffins without the cocoa powder per her instructions on the website.

Can a muffin recipe be quick and easy? If yes, this is. It's also freezer and kid friendly.

3 ½ ripe medium bananas
¼ cup unsweetened applesauce
1 ¼ cups unbleached all-purpose flour
¼ cup unsweetened cocoa powder
¾ tsp. baking soda
¼ tsp. salt
2 tbsp. butter, softened
1/3 cup sugar
2 large egg whites
½ tsp. vanilla extract
½ cup chocolate chips
2 tbsp. confectioner's sugar (optional)

Preheat oven to 325. Line a muffin tin with 12 liners.

In a large mixing bowl, cream butter and sugar with an electric mixer. Add egg whites, bananas, apple sauce, vanilla, and beat at medium speed until thick. Scrape down sides of the bowl.

In a medium bowl, combine flour, cocoa powder, baking soda and salt with a wire whisk.

Add flour mixture to bananas. Then blend at low speed until combined; do not over mix. Fold in chocolate chips and pour batter into muffin tins.

Bake at center rack for 30 minutes, or until a toothpick inserted in the center comes out clean.

If making the glaze, combine confectioner's sugar and 1/4 to 1/2 tsp. water to make a glaze. Drizzle over each muffin.

Calories: 170.5 Fat: 5.3g Protein 2.6g Carb: 31.8 Fiber: 2.1g Sugar: 16.1 g

Clementine and Five Spice Chicken

Category: Poultry

Adapted from Eating Well, Jan/Feb 2012

4 servings

Posted by: Danikam

Date: March 14, 2012

EW notes: This chicken recipe gets intense, complex flavor from tangy clementines, five-spice powder and pungent Sichuan peppercorns. This dish is a marvel for entertaining: it takes just 35 minutes of prep and a handful of ingredients, but it looks and tastes super-special. Feel free to use mandarins, honey tangerines or oranges here instead of the clementines.

My notes: I used navel oranges for the citrus. Do NOT skip the 5 spice powder- it is essential for the flavor. Not quick and easy, but well worth the effort. Also, my thighs took much longer to cook than the recipe stated. I will increase the peppercorns next time.

INGREDIENTS

8-10 clementines, divided (I used 6 oranges)

Generous 1/4 teaspoon Chinese five-spice powder

1/4 teaspoon Szechuan peppercorns, crushed (optional)

2 teaspoons canola oil, divided

4 large bone-in chicken thighs (about 2 pounds), skin removed, trimmed

1 teaspoon kosher salt

1/4 cup small fresh cilantro leaves

1 tablespoon thinly sliced scallion greens

1/4 teaspoon toasted sesame oil

PREPARATION

Finely grate 1 teaspoon zest and squeeze 1 cup juice from 6 to 8 clementines. Combine the zest, juice, five-spice powder and peppercorns (if using) in a small bowl.

Heat oil in a large nonstick skillet over medium-high heat. Season chicken with salt.

Cook the chicken, turning frequently, until brown on both sides, about 5 minutes. Pour in the juice mixture; bring to a simmer. Reduce the heat to maintain a simmer, cover and cook until the chicken is just cooked through, 16 to 18 minutes.

Meanwhile, peel 2 of the remaining clementines and slice into 1/4-inch-thick rounds.

When the chicken is done, transfer to a plate and tent with foil to keep warm. Increase the heat to high and cook the sauce, stirring often, until thickened and reduced to 1/2 to 2/3 cup, 2 to 4 minutes. Stir in the clementine slices, cilantro, scallion greens and sesame oil. Serve the chicken with the sauce.

NUTRITION

Per serving: 270 calories; 13 g fat (3 g sat , 5 g mono); 92 mg cholesterol; 11 g carbohydrates; 0 g added sugars; 26 g protein; 1 g fiber; 359 mg sodium; 387 mg potassium.

Chicken Kebabs with Creamy Pesto

Category: Poultry

Source: Cooking Light September 2010

Serves: 4

Posted by: Kate

Date: March 14, 2012

Quick, easy, tasty meal. I marinated the chicken in the lemon mixture for about 4 hours, used fresh garlic, homemade pesto and grilled the kebabs.

2 teaspoons grated lemon rind
4 teaspoons fresh lemon juice, divided
2 teaspoons bottled minced garlic
2 teaspoons olive oil
1/2 teaspoon salt
1/4 teaspoon black pepper
8 (1-inch) pieces yellow bell pepper
8 cherry tomatoes
1 pound skinless, boneless chicken breasts, cut into 1-inch pieces
1 small red onion, cut into 8 wedges
Cooking spray
2 tablespoons plain low-fat yogurt
2 tablespoons reduced-fat sour cream
1 tablespoon commercial pesto

1. Preheat broiler.

2. Combine rind, 1 tablespoon juice, garlic, oil, salt, and pepper. Toss with bell pepper, tomatoes, chicken, and onion. Thread vegetables and chicken onto 4 (12-inch) skewers. Place skewers on a broiler pan coated with cooking spray. Broil 12 minutes or until chicken is done, turning occasionally.

3. Combine 1 teaspoon juice, yogurt, sour cream, and pesto. Serve sauce with kebabs.

Calories: 211 Fat: 7.3g Saturated fat: 2.1g Protein: 27.9g
Carbohydrate: 7g Fiber: 1.2g Cholesterol: 70mg Iron: 1.4mg Sodium: 441mg
Calcium: 48mg

Cilantro Lime Chicken

Category: Poultry

Source: My Kitchen

6 servings

Posted by Lindsay Lou

Date: 3/19/2012

1 lb whole chicken breast
16 oz all natural salsa
one packet taco seasoning
2 tbsp lime juice
chopped cilantro

Mix salsa, cilantro, seasoning and lime juice together in a slow cooker.

Add chicken breasts and cover breasts with sauce.

Cook on high for about 3 hours, open and shred chicken with two forks, mix well and continue to cook on low for about 30-45 more minutes.

If you work you can cook on low all day, Super easy, quick prep. Great to eat alone or to add to a tortilla, however you like.

3 points per serving if eaten alone

Roasted Cauliflower

Category: Vegetable

Source: Salt to Taste (Marco Canora)

Serves 4

Posted by: Waneyvant

Date: March 26, 2012

It doesn't get simpler — or healthier — than this. Even people who don't like cauliflower love it when it's lightly caramelized in a hot oven. You want the florets all about the same size, but it's okay if there is some variation — you'll wind up with some pieces a little more brown than others.

Jane's notes: it took 30 minutes to get the right brownness. Will probably do 425 next time. I skipped the "put in bowl" and just lined a roasting pan with foil. Tossed it in the pan.

1 medium head of cauliflower, broken into florets
3 Tbsp extra-virgin olive oil (used 2 T)
2 fresh rosemary sprigs
Kosher salt and freshly ground black pepper
garlic slices (i used about 6 cloves)

Preheat oven to 400°F. Put cauliflower and oil in a bowl. Pull leaves from rosemary sprigs and add them to cauliflower. Add salt and pepper and mix well.

Arrange cauliflower on a baking sheet. Roast cauliflower until it is tender and golden, about 15 minutes. Serve warm.

NI for 3 T. oil: 106 calories, 10 g. fat, 1 g. protein, 3 g. carb; 1 g. fiber.

NI for 2 T. oil: same except 76 calories, 7 g. fat

Butter-Roasted Carrots

Category: Vegetable

Adapted from Cooking Light, April 2012

Servings: 4

Posted by DebMj1

Date: 3/27/2012

Deb's Notes: Ridiculously simple, but so nice to throw in the oven if you have it turned on to 425 for something else. These were a big hit.

2 cups (2-inch) diagonally cut carrot

1 tablespoon butter, melted

1 teaspoon olive oil

1/4 teaspoon kosher salt

1/4 teaspoon black pepper

Cooking spray

1. Preheat oven to 425°.

2. Combine first 5 ingredients on a baking sheet coated with cooking spray. Bake at 425° for 15 minutes.

Nutritional Information per serving

Calories: 61

Fat: 4.2g

Saturated fat: 2g

Monounsaturated fat: 1.6g

Polyunsaturated fat: 0.3g

Protein: 0.6g

Carbohydrate: 5.9g

Fiber: 1.7g

Cholesterol: 8mg

Iron: 0.2mg

Sodium: 183mg

Calcium: 22mg

Creamed Spinach and Mushrooms

Category: Vegetables

Adapted from: Cooking Light, April 2012

YIELD: Serves 6 (serving size: 1/2 cup)

Posted By: Bawstinn (Maria)

Date: March 31, 2012

Comments: tasty with grilled steaks. No need to dirty 2 pans. Be sure to drain the mushrooms so you don't have excess water thinning out the sauce.

4 teaspoons canola oil, divided
8 ounces sliced cremini mushrooms
1 (10-ounce) package baby spinach
1/3 cup finely chopped shallots
2 teaspoons minced fresh garlic
3/4 cup fat-free milk
1 tablespoon all-purpose flour
3/8 teaspoon salt
1/4 teaspoon black pepper
Dash of nutmeg
2 1/2 ounces 1/3-less-fat cream cheese

Heat a large skillet over medium-high heat. Add 1 1/2 teaspoons oil; swirl to coat. Add mushrooms; cook 6 minutes or until liquid evaporates. Remove mushrooms from pan. Add 1 1/2 teaspoons oil to pan; swirl to coat. Add spinach; cook 1 minute or until spinach wilts. Remove from heat.

Heat a Dutch oven over medium heat. Add remaining 1 teaspoon oil; swirl to coat. Add shallots and garlic; cook 1 minute, stirring constantly. Combine milk and flour, stirring with a whisk. Add milk mixture, salt, pepper, and nutmeg to pan; bring to a boil, stirring constantly. Cook 3 minutes or until thickened, stirring constantly. Add cheese; stir until cheese melts and the mixture is smooth. Add mushrooms and spinach to milk mixture, and toss gently to coat.

Amount per serving Calories: 102

Fat: 6.1g

Protein: 4.8g

Carbohydrate: 8.1g

Fiber: 1.4g

Chicken Enchilada Bake with Salsa Cream Sauce

Category: Poultry

Source Unknown

Yield: 8 Servings

Posted by: Bawstinn (Maria)

Date: March 31, 2012

Comments: This was pretty quick and easy to put together. For the chicken, I roasted 2 bone-in chicken breasts sprinkled with Penzey's Arizona Dreaming seasoning. I added 2 teaspoons of the seasoning to the sauce as I was afraid it might be bland since I just use Pace salsa.

1 1/2 tablespoons butter
2 tablespoons all-purpose flour
1 1/2 cups chicken broth
1/4 teaspoon salt
1 cup light sour cream
1/2 cup salsa
10 whole corn tortillas -- cut into inch strips
2 cups cooked chicken -- cubed
15 ounces canned black beans -- rinsed and drained
6 whole green onions -- including some tender green tops
1 cup black olives -- sliced
6 ounces Monterey jack cheese -- grated

In a medium saucepan over medium heat, melt butter. Add flour and blend. Whisk in stock, salt, and pepper and stir until mixture boils and is thickened, about 2 minutes. Remove from heat. Stir in sour cream and salsa and mix well.

Cover the bottom of a 9-by-13-inch baking dish with one third of the sauce. Scatter half of the tortilla strips on top. Next scatter the chicken, onions, olives, and half the cheese, and pour one third of the sauce over all. Top with remaining tortillas, sauce, and cheese.

Preheat oven to 375 degrees F. Bake, covered, 30 minutes. Remove cover and bake until bubbly, about 15 minutes longer. Let stand 10 minutes before serving.

Per Serving: 325 Calories; 14g Fat (38.6% calories from fat); 23g Protein; 27g Carbohydrate; 6g Dietary Fiber

Lemon Oregano Pork Tenderloin with Lemon Jus

Meats (M)

Adapted from The Washington Post

Servings: 8

Posted by: PeggyMcV

April 2, 2012

My notes: This recipe is both easy and melt-in-your-mouth delicious! The jus provides moisture and tang that enhance the lemon-herb flavor. I grilled the tenderloins (instead of browning, then cooking in the oven) to a temperature of 145 and they were fantastic!

INGREDIENTS

For the pork

2 teaspoons dried oregano

Zest of 1 large lemon (a loosely packed 1 tablespoon)

½ teaspoon freshly ground black pepper

¼ teaspoon salt

2 pork tenderloins, trimmed of fat and silver skin, each about 1 pound

2 tablespoons olive oil

For the jus

1 cup no-salt-added or homemade chicken broth

Juice from 1 large lemon (2 tablespoons)

2 tablespoons chopped fresh oregano leaves

¼ teaspoon sugar, or more to taste

Salt

Freshly ground black pepper

For the pork: Rub together the oregano, lemon zest, pepper and salt in a small bowl. Lay the tenderloins out on a platter or large sheet of aluminum foil. Sprinkle the rub and 1 tablespoon of the oil over the tenderloins; rub the seasonings and oil over the pork to coat it evenly. Wrap or cover the tenderloins. Refrigerate for at least 2 hours and up to 12 hours.

Preheat the oven to 375 degrees. Heat the remaining tablespoon of oil in a roasting pan set over medium-high heat. When the oil is hot, add the pork tenderloins; cook for 5 to 6 minutes, turning them every 1 to 2 minutes to evenly brown the tenderloins on all sides. Transfer the pan to the oven.

Roast for 14 to 18 minutes, until the internal temperature of the pork registers 145 degrees on an instant-read thermometer. Remove the pan from the oven; transfer the pork to a platter to rest and cover loosely with aluminum foil.

For the jus: While the pork rests, combine the chicken broth, lemon juice, oregano, sugar, and salt and pepper to taste in a medium saucepan over medium-high heat. Bring the liquid to a boil; boil for about 8 minutes, until the liquid is reduced by half. Taste, and adjust the seasoning as needed.

Slice the pork on the diagonal; serve with the jus poured over it or passed at the table.

Nutritional Information: 170 calories, 24 g protein, 0 g carbohydrates, 7 g fat, 2 g saturated fat, 75 mg cholesterol, 180 mg sodium, 0 g dietary fiber, 0 g sugar

Sesame Pork Lo Mein

Cooking Light, August 2005

Servings: 6

Quick & Easy

Posted by: BMS2003 (Betty)

April 6, 2012

I subbed Chinese chile oil for part of the sesame oil. Used fresh instead of bottled garlic & ginger and added extra veggies.

8 ounces uncooked lo mein noodles or vermicelli
6 tablespoons dry sherry
1/4 cup low-sodium soy sauce
1 tablespoon bottled minced garlic
1 tablespoon bottled minced fresh ginger
1 tablespoon rice vinegar
2 teaspoons sugar
1/2 teaspoon crushed red pepper
4 teaspoons dark sesame oil, divided
12 ounces pork tenderloin, trimmed and sliced into thin strips
1 cup fat-free, less-sodium chicken broth
2 teaspoons cornstarch
Cooking spray
3/4 cup snow peas, halved crosswise
1/2 cup thinly sliced carrot
1 (8-ounce) package presliced mushrooms
1 teaspoon sesame seeds, toasted
1 cup diagonally cut green onions

Prepare the noodles according to package directions; drain.

Combine sherry and the next 6 ingredients (through red pepper) in a medium bowl. Add 1 teaspoon of sesame oil and pork; toss to coat.

Combine broth and cornstarch, stirring with a whisk.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add pork mixture to pan, and cook 3 minutes, stirring frequently. Remove pork using a slotted spoon. Add peas, carrot, and mushrooms to pan; cook 2 minutes. Stir in broth mixture; cook 2 minutes or until thick, stirring constantly.

Stir in noodles, 1 tablespoon of sesame oil, pork, and sesame seeds. Sprinkle with green onions. Serve immediately.

Nutritional Information Per Serving (approx 1-1/3 c each): Calories: 300, Calories from fat: 17%, Fat: 5.5g, Saturated fat: 1.2g, Monounsaturated fat: 2.2g, Polyunsaturated fat: 1.7g, Protein: 18.2g, Carbohydrate: 39.9g, Fiber: 2.6g, Cholesterol: 37mg, Iron: 3.5mg, Sodium: 469mg, Calcium: 18mg.

Grilled Asparagus with Caper Vinaigrette

Source: Cooking Light August 2010

Serves: 6

Posted by: Kate

April 9, 2012

Loved this quick and easy recipe and the leftovers were very good the next day. My only change was to add some dried basil to the vinaigrette since I didn't have fresh.

1 1/2 pounds asparagus spears, trimmed
3 tablespoons extra-virgin olive oil, divided
1/2 teaspoon kosher salt, divided
Cooking spray
1 tablespoon red wine vinegar
1/2 teaspoon Dijon mustard
1/4 teaspoon freshly ground black pepper
1 garlic clove, minced
2 teaspoons capers, coarsely chopped
1/4 cup small basil leaves

Preheat grill to medium-high heat.

Place asparagus in a shallow dish. Add 1 tablespoon oil and 1/4 teaspoon salt, tossing well to coat. Place asparagus on grill rack coated with cooking spray; grill 4 minutes or until crisp-tender, turning after 2 minutes.

Combine remaining 1/4 teaspoon salt, vinegar, and next 3 ingredients (through garlic); stir with a whisk. Slowly pour remaining 2 tablespoons oil into vinegar mixture, stirring constantly with a whisk. Stir in capers.

Arrange asparagus on a serving platter; drizzle with vinaigrette, and sprinkle with basil.

Calories: 91 Fat: 7.2g Saturated fat: 1.1g Monounsaturated fat: 5g
Polyunsaturated fat: 1.1g
Protein: 2.6g
Carbohydrate: 4.8g
Fiber: 2.5g

Sea Scallops

Source: Cat Cora, Food Network

Serves: 4

Posted by Waneyvant (Jane)

4/15/2012

Quick & Easy

This was simple and elegant. Fresh thyme is the key. One reviewer says she likes it with fresh basil.

16 medium diver scallops, cleaned *

1/8 cup extra-virgin olive oil, plus more for searing (i just used the marinade)

2 teaspoons minced garlic

1 tablespoon finely chopped thyme

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

2 cups field greens

In a medium bowl, marinate the scallops with olive oil, garlic, thyme, salt, and pepper. Let them marinate for 20 minutes.

Heat enough olive oil to lightly coat the bottom of a medium saute pan over medium-high heat. (I just used the marinade) Add the scallops. Cook quickly in each side until golden brown, about 1 to 2 minutes per side. Remove from the heat and place 4 scallops around a mound of greens. Repeat.

*I used the large scallops, and cooked about 3 to 4 minutes per side.

Calories: 108, Fat 7, Carb 4, Fiber 1, Protein 8

Curry Roasted Potatoes

Source: EatingWell: January/February 1999

Posted by: Waneyvant

Date: April 18, 2012

Jane's notes: I used Yukon gold, unpeeled. Very fluffy in the center. Will increase the curry powder next time, as we love the flavor. Cooking time was 35 minutes, stirring every 10 minutes.

2 pounds russet potatoes, peeled and cut into 3/4-inch chunks

1 tablespoon extra-virgin olive oil

1 teaspoon curry powder

1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

Preheat oven to 450 and place a rack in the upper third of the oven.

Toss potatoes in a large roasting pan with oil, curry powder, salt and pepper.

Roast potatoes, turning occasionally with a metal spatula, until golden brown and tender, 30 to 35 minutes.

Per serving : 142 Calories; 3 g Fat; 0 g Sat; 2 g Mono; 0 mg Cholesterol; 28 g Carbohydrates; 3 g Protein; 2 g Fiber; 202 mg Sodium; 636 mg Potassium

Grilled Chicken Thighs Tandoori

Source: adapted from AllRecipes

Servings: 8

Posted by: Waneyvant

Date: April 18, 2012

Jane's notes: used chicken drumsticks and fat free yogurt. We did not sear over direct fire, just grilled indirect for 1 hour. Remove the skin before eating and save 3.

2 (6 ounce) containers plain yogurt
2 teaspoons kosher salt
1 teaspoon black pepper
1/2 teaspoon ground cloves
2 tablespoons freshly grated ginger
3 cloves garlic, minced 4 teaspoons paprika
2 teaspoons ground cumin
2 teaspoons ground cinnamon
2 teaspoons ground coriander
16 chicken thighs
olive oil spray

In a medium bowl, stir together yogurt, salt, pepper, cloves, and ginger. Mix in garlic, paprika, cumin, cinnamon, and coriander. Set aside.

Rinse chicken under cold water, and pat dry with paper towels. Place chicken in a large resealable plastic bag. Pour yogurt mixture over chicken, press air out of bag, and seal. Turn the bag over several times to distribute marinade. Place bag in a bowl, and refrigerate 8 hours, or overnight, turning bag occasionally.

Preheat an outdoor grill for direct medium heat.

Remove chicken from bag, and discard marinade. With paper towels, wipe off excess marinade. (we left marinade on) Spray chicken pieces with olive oil spray.
(did not spray)

Place chicken on the grill, and cook about 2 minutes. Turn, and cook 2 minutes more. Then arrange the chicken to receive indirect heat, and cook approximately 35 to 40 minutes, to an internal temperature of 180 degrees F.

Per Serving: Calories: 349; Fat: 20.6g;
Cholesterol: 120mg; Sodium: 618mg; Carbs: 5.4g; Dietary Fiber: 1.1g; Protein: 34.2g

Cornish Hens in Vermouth

Source: Adapted from Cooks.Com

Servings 4 (see note at NI)

Posted by: Waneyvant

Date: April 21, 2012

The paprika made these brown beautifully.

See note re: calculation of NI

2 Cornish hens

1/4 c. chopped green onions

Vegetable cooking spray

1/4 c. dry vermouth

2 tbsp. lemon juice

1 tbsp. reduced sodium soy sauce

Paprika

Freshly ground pepper

Herbes de provence, to taste

fresh garlic, to taste

Rinse hens with cold water and pat dry. Split hens lengthwise. Sprinkle green onions and garlic in 13" baking dish coated with cooking spray; place split hens over onions and garlic.

Combine vermouth, lemon juice and soy sauce; pour over hens. Sprinkle lightly with paprika, herbes de provence and pepper.

Bake at 450 degrees for 15 minutes. Reduce heat to 350 degrees and bake an additional 25 minutes or until done. (mine took 40) Remove skin.

NI: (misleading, as Mastercook did not have an entry for skinned, cooked hens. Recipe Builder comes out at 1/3 of this) Cal 360 (wth skin); Fat 24, Carb 2, Prot 29, Fib .1

Creamy Farfalle with Salmon and Peas

Adapted from: Self, Apr '11

Rice / Pasta (RP)

Serves 4

Posted by: Emily (EJWyatt)

Date: 04/21/12

Notes: This dish only looks indulgent: A serving has a mere 7 grams of saturated fat, and the pasta and peas help deliver 40 percent of your daily intake of folate, a nutrient that aids the body in forming red blood cells.

Vegetable oil cooking spray
1 pound salmon fillet, skin removed
3/4 teaspoon salt, divided
1/4 teaspoon black pepper, divided
6 ounces farfalle pasta
1 1/2 cups frozen peas
1 1/2 cups 1 percent milk, divided
3 tablespoons all-purpose flour
3 ounces Neufchaâtel
2 tablespoons chopped fresh dill, divided
1 tablespoon fresh lemon juice
1 teaspoon grated lemon zest

Heat broiler to low. Coat a baking sheet with cooking spray. Season salmon with 1/2 teaspoon salt and 1/8 teaspoon pepper. Broil until cooked through, 5 minutes per side. Let cool; cut salmon into bite-size pieces. Cook pasta as directed on package; add peas 3 minutes before end of cooking time; drain. Whisk 1/4 cup milk and flour in a small saucepan until smooth; whisk in remaining 1 1/4 cups milk, remaining 1/4 teaspoon salt and remaining 1/8 teaspoon pepper. Cook over medium heat, whisking, until as thick as heavy cream, 10 minutes. Remove from heat; add Neufchaâtel and 1 tbsp dill; whisk until cheese melts. Toss pasta and peas with sauce and salmon; drizzle with juice. Garnish with zest and remaining 1 tablespoon dill.

Per Serving (excluding unknown items): 451 Calories; 11g Fat (21.9% calories from fat); 37g Protein; 50g Carbohydrate; 4g Dietary Fiber; 79mg Cholesterol; 674mg Sodium.

Moroccan Roasted Veggies with Halloumi Cheese

Source: Tesco Real Food

Servings: 8

Posted by: Waneyvant

Date: April 23, 2012

Jane's notes: my time was about doubled for the roasting to get the brownness I wanted; I also added a lot more garlic.

½ tsp cayenne pepper
2 tsp ground cumin
2 Tbsp Tomato Paste
2 medium fresh limes
2 Tbsp olive oil
2 bell peppers, chopped large
2 small zucchini, chopped
1 small eggplant, chopped
1 cup uncooked red onion, cut into wedges
2 cloves garlic, sliced
7 oz Halloumi cheese, chopped*
2 oz olives, quartered**

Preheat the oven to 400. Mix together the cayenne, cumin, tomato paste, juice of 1 lime and oil. (I used a fork) Place the peppers, zucchini, eggplant, onion and garlic in a large roasting pan and drizzle with the tomato mix. Put the squeezed lime halves into the tin. Roast for 20-25 minutes until the veg is golden and tender. Add the halloumi and olives and cook for a further 10 minutes until the halloumi is golden. Squeeze over the juice from the other lime just before serving.

165 Calories; 11g Fat; 7g Protein; 12g Carbohydrate; 3g Fiber

*Halloumi is a middle eastern cheese, does not melt but browns (Known as the grilling cheese); substitute queso para freir or ricotta salata

**I used kalamata olives

Pork and Pineapple Kebabs with Sweet and Sour Sauce

Source: Epicurious.com

Serves: 5

Posted by: Kate

May 4, 2012

These were a huge hit in my house, a great version of sweet and sour pork. I added orange peppers and Vidalia onions to the skewers. The NI was calculated using half the marinade, as approximately half it was discarded after the pork was marinated.

2 tablespoons red-wine vinegar
1 garlic clove, minced and mashed to a paste with 1/2 teaspoon salt
1 tablespoon dried hot red pepper flakes
1/4 cup vegetable oil
1 1/2 pounds boneless trimmed pork shoulder or pork loin, cut into forty 1-inch pieces
1/4 cup ketchup
2 tablespoons distilled vinegar
2 tablespoons sugar
2 teaspoons soy sauce
1/2 teaspoon salt
1/4 teaspoon Oriental sesame oil
a 4-pound pineapple, peeled, cored, and cut into thirty 3/4-inch-thick wedges
ten 10-inch wooden skewers, soaked in water for 30 minutes

In a large bowl whisk together the red-wine vinegar, the garlic paste, and the red pepper flakes, add the vegetable oil in a stream, whisking, and whisk the marinade until it is emulsified. Add the pork, stirring to coat it with the marinade, and let it marinate, covered and chilled, for at least 6 hours or overnight.

In a bowl whisk together the ketchup, the distilled vinegar, the sugar, the soy sauce, the salt, and the sesame oil until the sugar is dissolved and reserve the sauce.

Drain the pork, reserving the marinade, and thread it and the pineapple, alternating them, onto the skewers, using 4 pieces of pork and 3 pieces of pineapple on each skewer.

Brush the kebabs with some of the reserved marinade and grill them on a rack set 5 to 6 inches over glowing coals, basting them for the first 10 minutes with the reserved marinade and turning them, for 20 to 25 minutes, or until the pork is just cooked through but still juicy. Brush the kebabs with the reserved sweet-and sour sauce and grill them, turning them, for 2 minutes more. (Discard any remaining marinade; do not serve it as an accompaniment.)

Per Serving (excluding unknown items): 316 Calories; 14g Fat (38.2% calories from fat); 18g Protein; 33g Carbohydrate; 2g Dietary Fiber; 37mg Cholesterol; 582mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates

Thai Chicken Pasta Salad

S (salad)

Adapted from Healthy Cooking

Serves 8

Posted by CJMartin717 (Cindy)

May 17, 2012

This healthier twist on traditional Pad Thai has only 1/3 the sodium of similar name-brand products—and it's ready to serve in just 30 minutes!

Cindy's Notes: I halved the recipe for four servings, omitted the cilantro, used bag coleslaw and added snow peas. I blanched the snow peas with the carrots in the same pot as the pasta. The sauce was a bit thick. I think I'll thin it out with some reserved pasta water next time. Leftovers were just as good; but, I needed to add some bottled low-fat Sesame-Ginger dressing to moisten the salad.

Ingredients

- 3/4 cup reduced-fat creamy peanut butter
- 3 tablespoons water
- 3 tablespoons lime juice
- 3 tablespoons molasses
- 4-1/2 teaspoons reduced-sodium soy sauce
- 3 garlic cloves, minced
- 1-1/2 teaspoons rice vinegar
- 1-1/2 teaspoons sesame oil
- 1/4 teaspoon crushed red pepper flakes
- SALAD:
- 12 ounces uncooked whole wheat spaghetti
- 2 large carrots, julienned
- 8 cups finely shredded Chinese or napa cabbage
- 2 cups shredded cooked chicken breast
- 2/3 cup minced fresh cilantro
- 3 tablespoons unsalted dry roasted peanuts, chopped

Directions

- For dressing, in a small bowl, whisk the first nine ingredients until smooth; set aside.
- In a large saucepan, cook spaghetti according to package directions, adding the carrots during the last 2 minutes of cooking; drain. Transfer to a large bowl; stir in cabbage and chicken.
- Whisk dressing and pour over spaghetti mixture; toss to coat. Sprinkle with cilantro and peanuts. Serve immediately or chill before serving.

Nutrition Facts: 1-1/2 cups equals 400 calories, 12 g fat (2 g saturated fat), 27 mg cholesterol, 298 mg sodium, 51 g carbohydrate, 9 g fiber, 25 g protein.

Asian Salmon with Lime-Maple Glaze

FS (Fish/Seafood)

adapted from Epicurious/SELF 6/2012

Servings: 2

Posted by CJMartin717 (Cindy)

5/29/2012

Quick and Easy

I halved the recipe for 2 servings instead of 4 but used the same amount of garlic, red pepper, cornstarch and water. The ingredients reflect my changes.

1 teaspoon unsalted butter
1 clove garlic -- minced
1/4 teaspoon crushed red pepper
1 1/2 tablespoons maple syrup
1 1/2 tablespoons low-sodium soy sauce
1 1/2 teaspoons fresh lime juice
3/4 teaspoon cornstarch
3/4 teaspoon water
8 ounces salmon fillets
1/2 teaspoon black sesame seeds

Heat oven to 400 F.

Line a baking pan with foil and spray with nonstick cooking spray.

Combine maple syrup, soy sauce, and lime juice together. Whisk to blend and set aside.

In a small saucepan, melt butter over medium heat. Saute garlic and crushed red pepper for 1 minute. Stir in maple-soy-lime blend. Cook until bubbling, about 3 minutes.

Combine cornstarch and water. Stir into sauce and cook until slightly thick - about 1 minute.

Put fillets on baking sheet and brush with glaze. Roast for about 12 minutes. Sprinkle with sesame seeds and serve.

Per Serving: 206 Calories; 6g Fat (27.7% calories from fat); 24g Protein; 13g Carbohydrate; trace Dietary Fiber; 64mg Cholesterol; 528mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

NOTES: We served this with steamed broccoli and watermelon salad.

Greek Shrimp and Asparagus Risotto

Adapted from: Cooking Light, May '09

Rice / Pasta (RP)

Serves 4

Posted by: Emily (EJWyatt)

Date: 05/29/12

CL Notes: Sweet onion, rich feta cheese, and fresh dill provide dynamic flavor in this easy weeknight meal. The hardest part about making risotto is the constant stirring, so grab a magazine or plan to call out homework while you let this dish simmer, about 30 minutes. Balance the plate with a lively fennel salad.

Em's Notes: We got about 6 servings from this recipe. It was very tasty.

3 cups fat-free, less-sodium chicken broth
1 cup water
2 teaspoons olive oil
2 3/4 cups chopped Vidalia or other sweet onion (about 2 medium)
1 cup Arborio rice
2 garlic cloves, minced
1 3/4 cups (1/2-inch) slices asparagus (about 8 ounces)
1 pound peeled and deveined medium shrimp, cut into 1-inch pieces
1/2 cup (2 ounces) crumbled feta cheese
1 tablespoon chopped fresh dill
2 tablespoons fresh lemon juice
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper

1. Bring broth and 1 cup water to a simmer in a medium saucepan (do not boil). Keep warm over low heat.

2. Heat oil in a large saucepan over medium-high heat. Add onion to pan; sauté 5 minutes or until tender. Stir in rice and garlic; sauté 1 minute. Add broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total).

3. Stir in asparagus and shrimp; cook 5 minutes or until shrimp are done, stirring constantly. Remove from heat; stir in cheese and remaining ingredients.

Amount per serving: Calories: 426; Fat: 8.9g; (Saturated fat: 3.6g; Monounsaturated fat: 2.8g; Polyunsaturated fat: 1.2g); Protein: 33g; Carbohydrate: 53.5g; Fiber: 5.1g; Cholesterol: 189mg; Iron: 4.5mg; Sodium: 868mg; Calcium: 194mg

Creamy Gorgonzola Polenta with Summer Squash Sauté

Vegetables (VG)

Adapted from Eating Well, June/July 2006

Servings: 4

Posted by: CJMartin717 (Cindy)

June 12, 2012

Quick and Easy

EW Notes: Creamy Gorgonzola polenta (Italian cornmeal "porridge") is topped with a tender squash sauté for a complete vegetarian meal. Once you know how easy polenta is to make, you may want to experiment with other Italian-style sauces and toppings. Make it a meal: Serve with crusty garlic bread and a garden salad.

Cindy's comment: I added a dash of crushed red pepper flakes. The flavors were mild and I might add a bit more basil next time. We think this would be good with chicken sausage if you want to add some meat to the meal. I used instant polenta rather than cornmeal and the dish was done very quickly.

Ingredients

- 2 14-ounce cans vegetable broth, or reduced-sodium chicken broth, divided
- 1 cup water
- 3/4 cup cornmeal
- 1/2 teaspoon freshly ground pepper
- 2/3 cup crumbled Gorgonzola cheese
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons minced garlic
- 2 small zucchini, halved lengthwise and sliced
- 2 small yellow summer squash, halved lengthwise and sliced
- 2 tablespoons flour
- 1/4 cup chopped fresh basil

Preparation

1. Combine 2 1/2 cups broth and 1 cup water in a small saucepan. Bring to a boil. Slowly whisk in cornmeal and pepper until smooth. Reduce heat to low, cover and cook, stirring occasionally, until very thick and no longer grainy, 10 to 15 minutes. Stir in Gorgonzola; remove the polenta from the heat.

2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add garlic and cook, stirring constantly, until fragrant, 30 seconds to 1 minute. Stir in zucchini and squash and cook, stirring occasionally, until starting to soften and brown in places, about 5 minutes. Sprinkle flour over the vegetables; stir to coat. Stir in the remaining 1 cup broth and bring to a boil, stirring often. Reduce heat to medium-low and simmer, stirring occasionally, until thickened and the vegetables are tender, 1 to 3 minutes. Stir in basil; serve the sauté over the polenta.

Nutrition

Per serving : 264 Calories; 14 g Fat; 5 g Sat; 5 g Mono; 20 mg Cholesterol; 27 g Carbohydrates; 11 g Protein; 5 g Fiber; 356 mg Sodium; 351 mg Potassium

3/4 cup polenta & 1 cup vegetables per serving

1 1/2 Carbohydrate Serving

Exchanges: 1 1/2 starch, 1 vegetable, 1 high-fat meat, 1 1/2 fat

Beef & Bean Chile Verde

Soups/Stews (ST)

Adapted from Eating Well: January/February 2008

Servings: 4 (about 1 1/2 cups each)

Posted by: Waneyvant

June 15, 2012

Quick and Easy

EW Notes: Chile Verde, slow-cooked stew of pork, jalapeños & tomatillos, becomes an easy weeknight meal with quick-cooking ground beef & store-bought green salsa. Serve with fresh cilantro, red onion & Monterey Jack. Add your favorite hot sauce.

My Notes: I used Herdez salsa verde, pinto beans, & chopped a seeded jalapeno. Next time I will also add about 1/2 cup of a green taco sauce. Also will double recipe.

- 1 pound 93%-lean ground beef
- 1 large red bell pepper, chopped
- 1 large onion, chopped
- 6 cloves garlic, chopped
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/4 teaspoon cayenne pepper, or to taste
- 1 16-ounce jar green salsa, green enchilada sauce or taco sauce
- 1/4 cup water
- 1 15-ounce can pinto or kidney beans, rinsed

Cook beef, bell pepper & onion in a large saucepan over medium heat, crumbling the meat with a wooden spoon, until the meat is browned, 8 to 10 minutes. Add garlic, chili powder, cumin and cayenne; cook until fragrant, about 15 seconds. Stir in salsa (or sauce) and water; bring to a simmer. Reduce heat to medium-low, cover and cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes. Stir in beans and cook until heated through, about 1 minute.

Per serving : 307 Calories; 8 g Fat; 3 g Sat; 3 g Mono; 64 mg Cholesterol; 29 g Carbohydrates; 27 g Protein; 6 g Fiber; 516 mg Sodium; 641 mg Potassium

Make Ahead Tip: Cover and refrigerate for up to 3 days. Reheat just before serving

Marinated Chicken Breasts

Poultry (P)

Adapted from Food Network Kitchens

Servings: 4

Posted by Waneyvant

June 17, 2012

Jane's Notes: I used balsamic, Italian Herb blend, Dijon, and garlic powder. I think this is a great recipe for whatever flavor blend you want.

1 to 2 tablespoons vinegar, like cider, balsamic, or red wine

2 to 3 teaspoons dried herbs, like thyme, oregano, rosemary, or crumbled bay leaf

1 to 2 tablespoons mustard, whole grain or Dijon

1 to 2 teaspoon garlic or onion powder, optional

1/4 cup extra-virgin olive oil

Kosher salt and freshly ground black pepper

4 boneless, skinless chicken breast, each about 6 ounces

Put the vinegar, herbs, mustard, powders (if using) and oil in a large re-sealable plastic bag. Close the bag and shake to combine all the ingredients. Open the bag; drop the chicken breast in the bag. Close and shake the bag to coat evenly. Freeze for up to 2 weeks. (I marinated 4 hours)

Thaw in the refrigerator overnight, under cold, running water, or in the microwave at 30 percent power for 1 minute at a time.
(did not apply to me)

Heat a grill or grill pan. When the grill is hot, place the chicken on the grill and cook for about 4 minutes per side, or until cooked through. You can also bake the thawed chicken in a 375 degree F oven for 15 minutes, or until cooked through.
(We used the grill, took a bit longer than recipe)

SERVES: 4; Calories: 327; Total Fat: 16 grams; Saturated Fat: 2.5 grams;
Protein: 40 grams; Total carbohydrates: 3 grams; Sugar: 0 grams Fiber: 0 grams;
Cholesterol: 99 milligrams; Sodium: 291 milligrams

Lemony Grilled Potato Salad

Salad (S)

Source: Cooking Light JUNE 2012

Serves: 6

Posted by: Kate

July 25, 2012

Nice change from a traditional mayo based potato salad. I used baby red potatoes and more lemon juice and capers.

2 pounds small Yukon gold potatoes
3 tablespoons extra-virgin olive oil, divided
1 small red onion, cut into 1/2-inch-thick slices
1 red bell pepper, cut in half and seeded
Cooking spray
3 tablespoons chopped fresh basil
2 tablespoons chopped fresh chives
3 tablespoons fresh lemon juice
1 teaspoon capers
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

1. Preheat grill to medium-high heat.
2. Place potatoes in a large saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain. Cool slightly. Cut potatoes in half. Combine potatoes and 2 teaspoons oil in a large bowl, and toss well to coat.
3. Brush onion and bell pepper evenly with 1 teaspoon oil. Place potatoes, onion, and bell pepper on a grill rack coated with cooking spray; grill 5 minutes on each side or until tender. Remove vegetables from grill; cool slightly. Cut bell pepper into thin strips. Cut onion slices into quarters.
4. Combine remaining 2 tablespoons olive oil, basil, and remaining ingredients in a large bowl, stirring with a whisk. Add vegetables to bowl; toss to coat.

Calories: 202 ; Fat: 6.9g ; Saturated fat: 1g ; Monounsaturated fat: 4.9g ; Polyunsaturated fat: 0.7g; Protein: 4.1g ; Carbohydrate: 30.4g ; Fiber: 2.6g

Pistachio Crusted Salmon

Fish/Seafood (FS)

Source: Colorado Classique

Servings: 4-6

Posted by: Betty (bms2003)

July 27, 2012

My notes: Leftovers were incredible on a salad! Salmon can be prepped a few hours before cooking & kept in fridge. Let it come back to near room temp before baking.

4 – 6 5-oz salmon fillets, skin on, uniform in thickness

Salt and pepper

2 T Dijon mustard

2 T butter, melted

4 t honey

$\frac{1}{4}$ c bread crumbs

$\frac{1}{4}$ c finely chopped pistachios

2 t chopped fresh cilantro (or parsley)

Preheat oven to 450 degrees. Lightly season salmon with salt and pepper and place on a lightly greased foil-lined pan, skin-side down. Mix mustard, butter, and honey together and brush on top of salmon. Combine bread crumbs, pistachios, and cilantro in a small food processor until thoroughly blended. Sprinkle crumb mixture on top of fillets. Bake for 12 to 15 minutes or until salmon is opaque in the center and begins to flake; do not overbake. Serve immediately.

NI – 333 calories, 16 g fat, 5 g saturated fat, 96 mg cholesterol, 348 mg sodium, 14 g carbohydrate, 7 g sugars, 1 g fiber, 34 g protein

Almond-Cranberry Quinoa Cookies

Adapted from Bon Appetit

24 Servings

Posted by "3BrowCat" (Diane)

August 19, 2012

Freezer Friendly: Store cooled cookies airtight at room temperature for 1 day, or freeze for up to 1 month.

The recipe suggested a substitution of dried cherries instead of cranberries (which is how I made them). I cut down the amount of sugar with sugar substitute and could probably have used light butter. The nutritional information is based on the original recipe.

Ingredients

1 1/2 cups white whole wheat flour
1 teaspoon kosher salt
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 cup (1 stick) unsalted butter, room temperature
1/4 cup sugar
1/4 cup (packed) light brown sugar
1/4 cup honey
2 large eggs
1 teaspoon vanilla extract
1/2 teaspoon almond extract
1 cup cooked quinoa, cooled
1 cup old-fashioned oats
1 cup dried cranberries
1/2 cup slivered unsalted almonds

Instructions

Preheat oven to 375°. Line 2 baking sheets with parchment paper. (I used a Silpat.) Whisk flour, salt, baking powder, and baking soda in a medium bowl. Using an electric mixer, beat butter, both sugars, and honey in a large bowl until light and fluffy, about 3 minutes. Add eggs and extracts; beat until pale and fluffy, about 2 minutes. Beat in flour mixture, 1/2 cup at a time. Stir in quinoa, oats, cranberries, and almonds. Spoon dough in 2-tablespoon portions onto prepared sheets, spacing 1" apart.

Bake cookies until golden, 12–15 minutes. Transfer cookies to a wire rack and let cool.

1 cookie contains:

Calories - 148

Fat (g) 6.3

Carbohydrates (g) 21.3

Dietary Fiber (g) 2.0

Protein (g) 2.9 Sodium (mg) 119.0

Zucchini Banana Bread

Breads/Muffins/Rolls

Adapted from Taste of Home

Servings: 12-18

Posted by CJMartin717 (Cindy)

September 8, 2012

Cindy's Notes - Delicious! I made a couple changes - in part because I'm trying to use up some soy flour. You can certainly use more all-purpose rather than purchase something you don't already have. I reduced the amount of oil by subbing some unsweetened applesauce and omitted banana extract.

1 cup all-purpose flour
1/4 cup soy flour
1/4 cup flax seed -- ground
1 cup sugar
1 teaspoon ground cinnamon
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 large egg
1 cup mashed bananas
1/4 cup canola oil
3 ounces unsweetened applesauce
1 teaspoon vanilla extract
1 cup shredded zucchini
1/2 cup chopped walnuts

Preheat oven to 325 F.

In a large bowl, combine the dry ingredients (flours, flax meal, sugar, cinnamon, baking powder, baking soda, and salt).

In a small bowl, beat the egg, bananas, oil, applesauce, and vanilla. Stir into dry ingredients until just moistened. Fold in zucchini and walnuts.

Transfer to 3 small loaf pans (5 3/4x3x2-inch) coated with nonstick cooking spray. Bake 40-45 minutes (mine took about 50 minutes) or until a toothpick inserted near the center comes out clean. Cool for 10 minutes on a wire rack before removing from pans. Continue to cool before slicing.

Per Serving (based on 12 servings, 4 slices per loaf): 227 Calories; 10g Fat (36.6% calories from fat); 4g Protein; 33g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 169mg Sodium. Exchanges: 1/2 Grain (Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.

Per Serving (based on 18 servings, 6 slices per loaf): 151 Calories; 6g Fat (36.6% calories from fat); 3g Protein; 22g Carbohydrate; 2g Dietary Fiber; 10mg Cholesterol; 112mg Sodium. Exchanges: 1/2 Grain (Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Caramelized Banana Bread with Browned Butter Glaze

Breads/Muffins/Rolls

Adapted from Cooking Light, October 2012

Servings: 16

Posted by: Kate

September 19, 2012

A moist and delicious bread, I used spiced rum and whole wheat flour.

A few smart techniques take banana bread to the next level: Cooking ripe banana slices in butter deepens the sweet banana flavor, while browned butter gives the glaze nutty richness.

4 tablespoons butter, softened and divided
3/4 cup packed dark brown sugar
3 medium ripe bananas, sliced
1/2 cup fat-free buttermilk
3 tablespoons canola oil
2 tablespoons amber or gold rum
2 large eggs
9 ounces all-purpose flour (about 2 cups)
3/4 teaspoon baking soda
1/2 teaspoon salt
Baking spray with flour (such as Baker's Joy)
1/3 cup powdered sugar
2 teaspoons half-and-half

1. Preheat oven to 350°.

2. Melt 3 tablespoons butter in a large skillet over medium-high heat. Add brown sugar and bananas; sauté 4 minutes, stirring occasionally. Remove from heat; cool 10 minutes. Place banana mixture in a large bowl. Beat with a mixer at medium speed until smooth.

3. Combine buttermilk and next 3 ingredients (through eggs). Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking soda, and salt. Add flour mixture and buttermilk mixture alternately to banana mixture, beginning and ending with flour mixture; beat at low speed just until combined. Scrape batter into a 9 x 5-inch metal loaf pan coated with baking spray. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool for 10 minutes in pan on a wire rack. Remove bread from pan, and cool on wire rack.

4. Melt remaining 1 tablespoon of butter in a small, heavy saucepan over medium-high heat. Cook 3 minutes or until butter begins to brown; remove from heat. Add powdered sugar and half-and-half, stirring with a whisk until smooth. Drizzle glaze over bread. Let stand until glaze sets.

Calories: 190 Fat: 6.3g Saturated fat: 2.3g Monounsaturated fat: 2.7g Polyunsaturated fat: 1g Protein: 3g Carbohydrate: 30.5g Fiber: 1g Cholesterol: 30mg Iron: 1mg Sodium: 173mg Calcium: 26mg

Cheesy Zucchini Rice

Rice/Pasta/Grains

Adapted from Bunsinmyoven blog via Pinterest

Servings: 6

Posted by: CJMartin717 (Cindy)

September 26, 2012

Cindy's Note: Delicious! We served this as a side to a lean ham steak. I reduced the butter from 2 tablespoons to one and omitted the garlic powder (we didn't have any). I used white rice and regular cheddar; but, I've provided NI for brown rice and low-fat cheddar for those looking to cut PP value.

1 tablespoon olive oil
1 cup long-grain white rice
2 cups nonfat chicken broth
1 tablespoon butter
1 cup shredded zucchini
1 cup shredded cheddar cheese -- shredded
1/2 teaspoon garlic powder
1/2 teaspoon black pepper
2 tablespoons skim milk

Heat the olive oil in a medium saucepan over medium heat.

Add the rice and stir to coat. Toast the rice, stirring often, just until it starts to turn golden.

Pour in the chicken broth; bring to a boil; turn heat to low and cover.

Cook, covered, for 15-20 minutes or until most of the liquid is absorbed.

Remove from heat and add the butter, zucchini, cheddar, garlic powder, black pepper and skim milk. Stir until well incorporated. Cover and let set for 5 minutes.

Add a little more milk if you prefer a creamier texture.

Per Serving (using long-grain white rice and regular cheddar cheese): 237 Calories; 11g Fat (39.0% calories from fat); 11g Protein; 27g Carbohydrate; 1g Dietary Fiber; 25mg Cholesterol; 308mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Per Serving (using long grain brown rice and reduced fat cheddar cheese): 195 Calories; 6g Fat (28.1% calories from fat); 11g Protein; 26g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 307mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat.

Cheesy Quinoa Cups

Rice/Pasta/Grains

Adapted from Iowa Girl Eats blog via Pinterest

Servings: 18 (See note)

Posted by: CJMartin717 (Cindy)

September 26, 2012

Cindy's Comments: DH and I both liked these. They reheat nicely in the microwave. The recipe source called for making these in mini-muffin tins as an appetizer; but, I used a regular muffin tin and got 18 cups. I've been eating 2 per meal - tasty for breakfast or lunch.

I used 1 link of a mild maple sausage instead of the ham. I browned and sliced the sausage and added with the rest of the ingredients.

3/4 cup quinoa
1 1/2 cups water
2 large eggs
2 large egg whites
1 cup shredded zucchini
1 cup shredded cheddar cheese
1/2 cup lean ham -- diced
1/4 cup chopped parsley
2 tablespoons grated Parmesan cheese
1/8 cup minced onion
1/4 teaspoon salt
1/4 teaspoon ground black pepper

Preheat oven to 350 F. Spray muffin tins with nonstick cooking spray.

Cook the quinoa in the water according to package directions. (Mine called for bringing to a boil and simmering, covered, for 15-20 minutes.)

Combine all ingredients in a large bowl. Spoon into each muffin cup. Bake 28-30 minutes.

Let cool in pan for 5-10 minutes. Carefully remove (several of mine stuck to the pan.)

Enjoy.

Per Serving: 70 Calories; 3g Fat (42.9% calories from fat); 5g Protein; 5g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 148mg Sodium. Exchanges: 1/2 Grain (Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

NOTES: Recipe called for making 28 miniature muffins (bake 15-20 minutes.) Since I got 18 full-size muffin cups; I think you might yield more than 28 miniature cups.

Southwestern Layered Bean Dip

From EatingWell: January/February 2007

12 servings, about 1/2 cup each |

Posted by: Waneyvant

October 14, 2012

1 16-ounce can nonfat refried beans, preferably “spicy”

1 15-ounce can black beans, rinsed

4 scallions, sliced

1/2 cup prepared salsa

1/2 teaspoon ground cumin

1/2 teaspoon chili powder

1/4 cup pickled jalapeño slices, chopped

1 cup shredded Monterey Jack, or Cheddar cheese

1/2 cup reduced-fat sour cream

1 1/2 cups chopped romaine lettuce

1 medium tomato, chopped

1 medium avocado, chopped

1/4 cup canned sliced black olives, (optional)

1. Combine refried beans, black beans, scallions, salsa, cumin, chili powder and jalapeños in a medium bowl. Transfer to a shallow 2-quart microwave-safe dish; sprinkle with cheese.

2. Microwave on High until the cheese is melted and the beans are hot, 3 to 5 minutes.

3. Spread sour cream evenly over the hot bean mixture, then scatter with lettuce, tomato, avocado and olives (if using).

Per serving : 146 Calories; 7 g Fat; 3 g Sat; 3 g Mono; 12 mg Cholesterol; 15 g Carbohydrates; 7 g Protein; 5 g Fiber; 288 mg Sodium; 164 mg Potassium

Tips & Notes • Make Ahead Tip: Prepare through Step 1, cover and refrigerate for up to 1 day. To serve, continue with Steps 2 & 3.

Slow Cooker White Chili

Category: ST

Adapted from: Whole Foods

Servings: 10 to 12

Posted by: MissVN

Date: Oct. 14, 2012

My notes: I did roast and peel my poblano peppers, and used 3 cans of beans (and reduced stock to just 1 qt) rather than the dried beans, since I did this on the stove top. But the recipe is still a winner!

In a modern twist on a game-day classic, cauliflower turns into the surprisingly creamy base for this white bean and chicken chili with mild poblano peppers. Serve sprinkled with sliced green onions and shredded mild cheddar or monterey jack.

Ingredients

- 6 boneless, skinless chicken thighs
- 1 bag dried Cannellini Beans, picked through
- 1 bag frozen White Corn
- 2 poblano peppers (or 2 green bell peppers), chopped
- 1 head cauliflower, trimmed and cut into small florets
- 1 yellow onion, chopped
- 2 quarts low-sodium chicken broth
- 1 1/2 tablespoon ground cumin
- 1 tablespoon chili powder
- 1/2 cup lowfat sour cream
- 2 teaspoons fine sea salt

Instructions

Arrange chicken in the bottom of a 6-quart slow cooker. Top with beans, corn, poblanos, cauliflower, onion, broth, cumin and chili powder. Cover and cook on low until beans are very tender and cauliflower has fallen apart, about 10 hours. Stir in sour cream and salt, ladle into bowls and serve.

PER SERVING:

- 300 calories (50 from fat)
- 6g total fat
- 1.5g saturated fat
- 35mg cholesterol
- 600mg sodium
- 42g carbohydrate (9g dietary fiber, 8g sugar)
- 22g protein

Ravioli & Vegetable Soup

Quick and Easy

Source: EatingWell, Sept/Oct 2009

Serves: 4 (about 2 cups each)

Posted by Waneyvant

Date: October 15, 2012

EW: Tortellini can be used instead of ravioli as well.

Waney: i used fresh onion & bell pepper, omitted the zucchini as we don't like in soups. Will vary next time by adding turkey Italian sausage, sub spinach ravioli.

1 tablespoon extra-virgin olive oil
2 cups frozen bell pepper and onion mix, thawed and diced
2 cloves garlic, minced
1/4 teaspoon crushed red pepper, or to taste (optional)
1 28-ounce can crushed tomatoes, preferably fire-roasted
1 15-ounce can vegetable broth or reduced-sodium chicken broth
1 1/2 cups hot water
1 teaspoon dried basil or marjoram
1 6- to 9-ounce package fresh or frozen cheese (or meat) ravioli, preferably whole-wheat
2 cups diced zucchini, (about 2 medium)
Freshly ground pepper to taste

Heat oil in a large saucepan or Dutch oven over medium heat. Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute. Add tomatoes, broth, water and basil (or marjoram); bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

Per serving :264 Calories; 9 g Fat; 3 g Sat; 3 g Mono; 28 mg Cholesterol; 38 g Carbohydrates; 11 g Protein; 8 g Fiber; 763 mg Sodium; 762 mg Potassium

Make Ahead Tip: Cover and refrigerate for up to 3 days. Thin with broth before reheating, if desired

Sauerkraut & Sausage Casserole

From EatingWell: September/October 2012

Serves: 6 (about 1 1/2 cups)

Posted by: Waneyvant

Date: October 15, 2012

EW: One bite of this hearty sausage casserole recipe and you'll be transported to a tiny pub in the Alsace region of northern France. Serve with extra mustard if you like.

Waney: i only used 1/2 tsp caraway seeds. Did serve with extra mustard.

- 4 teaspoons extra-virgin olive oil, divided
- 1 large onion, sliced
- 1 1/2 teaspoons caraway or fennel seeds
- 1 large sweet-tart apple, such as Braeburn, chopped
- 1 cup dry white wine
- 10 ounces turkey kielbasa, cut into 1/2-inch slices
- 2 1/2 cups drained sauerkraut, rinsed
- 3 tablespoons cider vinegar
- 1 tablespoon spicy brown mustard
- 1/4 teaspoon freshly ground pepper
- 2 large Yukon Gold potatoes (about 1 1/2 pounds), thinly sliced
- 1 tablespoon butter, melted
- 1/4 teaspoon salt

Preheat oven to 400°F. Heat 2 teaspoons oil in a large skillet over medium heat. Add onion and cook, stirring, until beginning to brown, about 5 minutes. Stir in caraway (or fennel) seeds and cook until fragrant, about 30 seconds. Add apple and wine; increase heat to medium-high and cook, stirring, until most of the wine has evaporated, about 5 minutes. Stir in sausage, sauerkraut, vinegar, mustard and pepper. Transfer to a 9-by-13-inch (or similar 3-quart) baking dish.

Toss potato slices with the remaining 2 teaspoons oil, butter and salt in a bowl until coated. Cover the sauerkraut mixture with tightly overlapping potato slices. Bake the casserole until the potato edges start to get crispy, 50 minutes to 1 hour. Cool for 10 minutes before serving.

Per serving :273 Calories; 7 g Fat; 3 g Sat; 3 g Mono; 26 mg Cholesterol; 36 g Carbohydrates; 9 g Protein; 5 g Fiber; 675 mg Sodium; 694 mg Potassium

Make Ahead Tip: Prepare Step 2 and let cool; cover and refrigerate for up to 2 days. Let stand at room temperature; continue with Step 3 and preheat oven.

Penne Rigate with Spicy Sausage and Zucchini in Tomato Cream Sauce

Source: Cooking Light OCTOBER 2012

Serves 4 (serving size: about 1 1/2 cups)

Posted by: Kate

October 19, 2012

Easy to put together and delicious, the leftovers were also very good. I used a 28 oz can of crushed tomatoes instead of the whole

8 ounces uncooked penne rigate pasta
6 ounces hot turkey Italian sausage, casings removed
12 ounces zucchini, quartered lengthwise and cut into 1/2-inch slices
1 1/2 teaspoons dried oregano
1 teaspoon dried thyme
1/4 teaspoon crushed red pepper
3 garlic cloves, minced
Dash of sugar
2 tablespoons red wine vinegar
1 (28-ounce) can no-salt-added whole tomatoes
2 tablespoons heavy whipping cream
Cooking spray
3 ounces part-skim mozzarella cheese, shredded and divided (about 3/4 cup)
1 ounce Parmigiano-Reggiano cheese, grated and divided (about 1/4 cup)

1. Preheat oven to 375°.

2. Cook pasta according to package directions, omitting salt and fat. Drain; set aside.

3. Heat a large nonstick skillet over medium-high heat. Add sausage to pan, and sauté for 5 minutes or until browned, stirring to crumble. Using a slotted spoon, remove sausage from pan. Wipe drippings from pan with a paper towel. Add zucchini to pan; sauté 3 minutes or until crisp-tender, stirring frequently. Add oregano and next 4 ingredients (through sugar); sauté 1 minute, stirring constantly. Add vinegar; cook for 30 seconds or until the liquid evaporates. Drain tomatoes in a sieve over a bowl, reserving 1 cup tomato liquid. Crush tomatoes with hands, and add to zucchini mixture. Add reserved 1 cup tomato liquid; bring to a boil. Reduce heat, and simmer 5 minutes, stirring occasionally. Remove pan from heat; stir in cream. Add pasta and sausage to tomato mixture; stir to combine.

4. Spoon half of pasta mixture into an 11 x 7-inch glass or ceramic baking dish, or divide half evenly among 4 individual dishes coated with cooking spray. Sprinkle 1 ounce mozzarella and 2 tablespoons Parmigiano-Reggiano over pasta. Top with remaining pasta mixture; sprinkle evenly with remaining 2 ounces mozzarella and remaining 2 tablespoons Parmigiano-Reggiano. Bake at 375° for 20 minutes or until browned and bubbly.

Calories: 450 Fat: 14.1g Saturated fat: 6.8g Monounsaturated fat: 3.8g Polyunsaturated fat: 1.5g
Protein: 26.9g Carbohydrate: 55.6g Fiber: 5g Cholesterol: 60mg Iron: 5.2mg Sodium: 508mg
Calcium: 347mg

Southwest Turkey Meatballs with Creamy Cilantro Dipping Sauce

Source: Skinnytaste.com

Serves: 12

Posted by: Kate

October 19, 2012

1-1/4 lbs 99% lean ground turkey
1 jalapeño, seeds removed (leave some in for spicier meatballs)
2 cloves garlic
1/4 cup chopped fresh cilantro
3 scallions
1/4 cup seasoned bread crumbs
1 egg
1 tsp cumin
pinch oregano
salt and fresh pepper
cooking spray
Creamy Cilantro Tomatillo Dipping Sauce

Lightly spray baking pan with oil. Preheat oven to 400°.

Place jalapeño, garlic, cilantro, and scallions into a small food processor or chopper and pulse a few times until finely minced.

In a large bowl combine turkey, chopped herbs, bread crumbs, egg, cumin, salt and pepper. Using your hands, mix well and measure 1/4 cup meat, then divide in two so you end up with each meatball 1/8 cup in size. Roll and place on a baking pan.

Bake meatballs at 400° 15 minutes.

Makes 24 meatballs

Calories: 67.1 • Fat: 1.8 g • Carbs: 2.3 g • Fiber: 0.4 g • Protein: 10.5 g

Creamy Cilantro Tomatillo Dressing

Source: skinnytaste.com

Serves: 7

Posted by: Kate

October 19, 2012

1/2 cup lowfat buttermilk
1/4 cup light mayonnaise
1/4 cup fat free Greek yogurt
1 small jalapeno, seeds removed, leave them in if you want it spicy
1/4 cup of fresh cilantro
1 tomatillo, husks removed, chopped
1 clove garlic
1 scallion
juice of 1/2 lime
1/2 tsp dried parsley flakes
1/8 tsp cumin
1/4 tsp fresh ground pepper
1/4 tsp salt

Combine all ingredients in a blender.

Makes 1-3/4 cu, serving size 1/4 cup.

Calories: 43.3 •Fat: 2.4 g Protein: 2.1 g Carb: 3.7 g Fiber: 0.3 g

Simple Red Bean-and-Rice Soup

Source: Everyday Food

Serves: 6

Posted by: Kate

October 19, 2012

Delicious, hearty soup. I used two 20 oz cans of kidney beans which was plenty and decreased the oil to 1 tablespoon.

2 tablespoons olive oil

1 medium white onion, diced small

1/2 medium green bell pepper, diced small

2 cloves garlic, minced

4 teaspoons Cajun seasoning, plus more for serving

5 cups chicken broth

3 cans (15.5 ounces each) kidney beans, rinsed and drained

Salt

1/3 cup converted rice

2 scallions, thinly sliced

1. In a large pot, heat oil over medium-high. Add onion and bell pepper and saute until softened, 5 minutes. Add garlic and Cajun seasoning and cook until fragrant, 30 seconds. Add broth and beans and bring to a boil. Reduce heat to medium and season with salt. Simmer until broth is slightly thickened, about 20 minutes, skimming any foam that rises to top.

2. Stir in rice and cook, stirring occasionally, 15 minutes. Add scallions and cook 5 minutes. Remove from heat and season with additional Cajun seasoning, if desired

264 calories; 6 g fat (1 g sat fat); 17 g protein; 43 g carb; 10 g fiber

Skinless Chicken Thighs with Shallots in Red Wine Vinegar (Poulet Au Vinaigre)

Source: Gina's Weight Watcher Recipes

Servings: 4

Serving Size: 2 thighs with shallot sauce '

Posted by: Waneyvant

Date: October 21, 2012

Jane's Notes: i served over bowtie pasta (farfalle). This was delicious and quick & easy; MacB wants it again next week

8 lean boneless, skinless chicken thighs
salt and fresh pepper
1/2 cup red wine vinegar
1 cup fat free chicken broth, divided
1 tbsp honey
1 tbsp tomato paste
1 tsp butter
1 large shallot, thinly sliced (3/4 cup)
2 cloves garlic, thinly sliced
1/2 cup dry white wine
2 tbsp light sour cream
2 tbsp fresh chopped parsley

Season chicken with salt and pepper.

In a medium saucepan, combine vinegar, honey, 3/4 cup chicken broth and tomato paste. Boil about 5 minutes, until it reduces down to about 3/4 cup. Remove from heat.

In a large skillet, melt butter over medium-low heat and add chicken. Cook on both sides, until brown, about 6-8 minutes. Remove chicken and set aside. Add the shallots and garlic to the skillet and cook on low until soft, about 5 minutes. Put chicken back in skillet; pour the sauce over the chicken, add the wine, remaining broth salt and pepper. Cover and simmer about 20 minutes until tender.

Remove the chicken, add sour cream and stir into the sauce (if sauce dries up, add more broth). Boil a few minutes then return chicken to skillet. Top with fresh parsley.

Calories: 242.5 • Fat: 7.0 g • Carb: 11.0 g • Fiber: 0.3 g • Protein: 28.6 g

Roasted Chicken Thighs with Mustard-Thyme Sauce

Cooking Light OCTOBER 2012

Serves 4 (serving size: 2 thighs and 3 tablespoons sauce)

Posted by: Waneyvant (Jane)

Date: December 16, 2012

I used boneless thighs and dried thyme (about 2/3 tsp); and I subbed Wondra for flour

1 tablespoon olive oil

8 bone-in chicken thighs, skinned (about 2 1/2 pounds)

1/2 teaspoon salt, divided

1/2 teaspoon freshly ground black pepper, divided

1 tablespoon butter

1/2 cup chopped onion

2 teaspoons chopped fresh thyme

1 cup no-salt-added chicken stock (such as Swanson), divided

4 teaspoons flour

1 teaspoon Dijon mustard

1. Preheat oven to 425°.

2. Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add chicken to pan; cook 4 minutes on each side or until lightly browned. Remove chicken from pan; place in an 11 x 7-inch glass or ceramic baking dish. Bake at 425° for 16 minutes or until a thermometer registers 165°. Remove chicken from dish; reserve drippings.

3. Return skillet to medium-high heat. Add butter; swirl to coat. Add onion and thyme; sauté 5 minutes or until tender. Combine 3 tablespoons stock and flour in a small bowl, stirring with a whisk until smooth. Add flour mixture, remaining stock, and reserved drippings to pan, scraping pan to loosen browned bits. Bring to a boil, and cook for 2 minutes or until slightly thickened. Remove from heat, and add mustard, remaining 1/4 teaspoon salt, and 1/4 teaspoon pepper, stirring with a whisk. Serve sauce with chicken.

Calories: 246; Fat: 11.7g ; Sat fat: 3.7g; Mono fat: 4.9g; Poly fat: 1.8g;
Protein: 28.9g; Carbohydrate: 4.6g; Fiber: 0.5g; Cholesterol: 122mg;
Iron: 1.8mg; Sodium: 498mg; Calcium: 27mg

Parmesan-Sage Mashed Sweet Potatoes

Source: Cooking Light SEPTEMBER 2012

Serves 4 (serving size: 1/2 cup)

Posted by Kate

January 9, 2013

4 sweet potatoes (about 2 pounds)

1 tablespoon softened butter

2 tablespoons fat-free milk

1/2 teaspoon chopped fresh sage

1 ounce freshly grated Parmesan cheese (about 1/4 cup)

1/8 teaspoon salt

1. Pierce each potato with a fork 3 to 4 times on each side. Wrap each potato in a damp paper towel. Microwave at HIGH 8 minutes, turning after 4 minutes. Cool slightly. Cut potatoes in half; scoop pulp into a bowl. Mash pulp.

2. Stir butter, milk, sage, Parmesan cheese, and salt into potato pulp.

Calories: 233 Fat: 4.9g Saturated fat: 3.1g Monounsaturated fat: 0.0g
Polyunsaturated fat: 0.0g Protein: 0.0g Carbohydrate: 0.0g Fiber: 0.0g
Cholesterol: 0.0mg Iron: 0.0mg Sodium: 328mg Calcium: 0.0mg

Quinoa w/Dried Cranberries & Almonds

Category: RP

Adapted From: WholeFoods website

Servings: 6

Posted: BarbO'D

1/27/13

Ingredients

1 TBSP olive oil (I used 1/2 TBSP)

1 small red onion, chopped

1 cup uncooked quinoa, rinsed and drained

2 cups fat free chicken or vegetable broth

1/2 teaspoon salt

2/3 cup dried cranberries (I only had 1/2C Reduced sugar Craisins)

2/3 cup sliced almonds, toasted (I used Almond Accents black pepper)

Instructions

Heat oil in a medium pot over medium high heat. Add onions and cook, stirring often, until just softened, 2 to 3 minutes. Add quinoa and toast, stirring constantly, for 1 minute. Stir in broth and salt and bring to a boil then reduce heat to medium low, cover and simmer for 10 minutes. Stir in cranberries, cover again and continue to cook until liquid is completely absorbed and quinoa is tender, 8 to 10 minutes more. Toss with almonds and serve.

NI Per Serving: 220 calories (80 from fat), 9g total fat, 1g saturated fat, 0mg cholesterol, 240mg sodium, 32g carbohydrate (4g dietary fiber, 9g sugar), 6g protein

Shrimp & Snow Pea Stir-Fry

Fish/Seafood (FS)

Adapted from: The Eating Well Healthy in a Hurry Cookbook (2006)

Servings: 4 servings, (1 ½ cups each)

Posted by: Waneyvant

February 11, 2013

Serve this stir-fry over brown rice—or for a more traditional take, over wilted mustard greens splashed with a little rice vinegar.

2 tablespoons canola oil, divided
1 pound raw shrimp, (21-25 per pound), peeled and deveined
3 cups snow peas, trimmed
8 ounces shiitake mushrooms, stemmed, sliced
2 tablespoons minced fresh ginger
1/4 cup dry sherry, (see notes below)
2 tablespoons hoisin sauce, (see notes below)
2 tablespoons reduced-sodium soy sauce
2 teaspoons cornstarch
1/2 teaspoon freshly ground pepper
3 cups mung bean sprouts

Heat 1 tablespoon oil in a wok or large nonstick skillet over high heat. Add shrimp and cook, stirring, until pink and beginning to curl, about 1 minute. Transfer the shrimp to a plate (it will finish cooking later).

Heat the remaining 1 tablespoon oil in the pan over high heat. Add snow peas, shiitakes and ginger and cook, stirring occasionally, until the vegetables are softened, 5 to 7 minutes.

Meanwhile, whisk sherry, hoisin, soy sauce, cornstarch and pepper in a small bowl.

Stir bean sprouts, the cooked shrimp and the sherry mixture into the snow pea mixture and cook, stirring constantly, until the sauce is slightly thickened and the shrimp are cooked through, 1 to 2 minutes.

Per serving: 305 Calories; 10 g Fat; 1 g Sat; 5 g Mono; 173 mg Cholesterol; 21 g Carbohydrates; 28 g Protein; 4 g Fiber; 573 mg Sodium; 509 mg Potassium

Tips & Notes:

Don't use the "cooking sherry" sold in many supermarkets—it can be surprisingly high in sodium. Instead, purchase dry sherry that's sold with other fortified wines in your wine or liquor store.

Chicken Cacciatore Sicilian-Style

Poultry (P)

Adapted from: Cooking Light, October 1999

Servings: 8

Posted by: Kate

February 26, 2013

For this classic Italian chicken dish, simmer chicken pieces in a hearty mixture of onion, tomato, and celery flavored with capers, olives and fresh herbs and serve over pasta.

Very good, pure comfort food. I added sliced red pepper and mushrooms and substituted kalamata olives for the green olives

2 tablespoons olive oil, divided
4 (6-ounce) skinned chicken breast halves
4 chicken thighs (about 1 pound), skinned
4 chicken drumsticks (about 1 pound), skinned
2 cups chopped onion
4 garlic cloves, minced
1 cup chopped celery
1/2 cup chopped fresh basil
1/2 cup chopped fresh flat-leaf parsley
1/2 cup red wine vinegar
1/4 cup sliced green olives
1/4 cup capers
1 tablespoon sugar
Dash of ground red pepper
1 (28-ounce) can Italian-style tomatoes, undrained and chopped
2 bay leaves
8 cups hot cooked macaroni or cavatappi (about 12 ounces uncooked spiral-shaped pasta)
Parsley sprigs (optional)

Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat until hot. Add chicken breasts to pan, and sauté for 1 to 2 minutes on each side or until the chicken is lightly browned. Remove chicken breasts from pan. Add 1 1/2 teaspoons oil and remaining chicken, and sauté for 1 to 2 minutes on each side or until chicken is lightly browned. Remove chicken from pan.

Heat 1 tablespoon oil in pan. Add onion and garlic, and sauté for 5 minutes. Add celery and sauté 5 minutes. Add basil and next 8 ingredients (basil through bay leaves). Return chicken to pan, and bring to a boil. Cover, reduce heat, and simmer 20 minutes. Uncover and simmer 25 minutes or until chicken is tender. Discard bay leaves. Serve with pasta, and garnish with parsley sprigs, if desired.

8 servings (serving size: 1 chicken breast half or 1 thigh and 1 drumstick, 1/2 cup sauce, and 1 cup pasta)

Cal: 406 Fat 8.3 Protein 37.9 g Carb 43.6 g Fiber 3 g

Spicy Tortilla Soup with Shrimp and Avocado

Soups/Stews (ST)

Adapted from: Cooking Light, March 2011

Servings: 4

Posted by: BarbO'D

February 26, 2013

This was a nice quick and easy Lenten dinner. I didn't top mine with the chips, but served with a nice crusty freshly baked loaf of French bread.

- 1 tablespoon olive oil
- 1 cup pre-chopped onion
- 1/3 cup pre-chopped celery
- 1/3 cup chopped carrot
- 1 tablespoon minced chipotle chile, canned in adobo sauce
- 1 teaspoon ground cumin
- 1 teaspoon chili powder (I used 1/2 tsp. chili powder & 1/2 tsp. chipotle chili powder)

- 2 teaspoons minced garlic
- 4 cups fat-free, lower-sodium chicken broth (I used vegetable broth)
- 1 (15-ounce) can white hominy, rinsed and drained
- 1 (15-ounce) can no-salt-added fire-roasted diced tomatoes, undrained
- 12 ounces peeled and deveined medium shrimp
- 1 tablespoon fresh lime juice
- 1/8 teaspoon salt
- 1/2 cup lightly crushed baked tortilla chips (about 1 ounce)
- 1 cup diced avocado (about 1/2 pound)
- 2 tablespoons fresh cilantro leaves (optional)

Heat a Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add onion and next 6 ingredients (through garlic); cook 6 minutes or until carrot is crisp-tender, stirring occasionally. Add broth, hominy, and tomatoes; bring to a boil. Cover and cook 6 minutes, stirring occasionally. Add shrimp; cook 2 minutes or until shrimp are done.

Remove from heat; stir in juice and salt. Divide shrimp mixture evenly among 4 bowls; top evenly with chips and avocado. Garnish with cilantro, if desired.

NI- Calories: 357, Fat: 13.9g, Protein: 25.9g, Carbohydrate: 32.7g, Fiber: 7g, Sodium: 570mg, Calcium: 97mg

Spicy Orange Beef and Vegetables

Meats (M)

Adapted from: Weight Watchers Take Out Tonight

Servings: 6

Posted by: Kate

March 4, 2013

I doubled the veggies and sauce and sauteed a minced clove of garlic and chopped scallion with the ginger

3/4 pound beef top round, sliced into strips

2 T. cornstarch

2 tsp. orange rind

1/2 cup low sodium beef broth

1/4 cup orange juice

2 T. reduced sodium soy sauce

1 T. sugar

1 1/2 tsp. chili garlic sauce or 1/4 tsp. crushed red pepper

4 tsp. canola oil

1 T. minced peeled fresh ginger

1/4 pound green beans, halved lengthwise (like french cut)

1 red bell pepper, seeded and cut into thin strips

1 carrot, cut into matchstick thin strips

1. Combine the beef, 1 T. of the cornstarch and the orange rind in a medium bowl; toss well to coat and set aside. Combine the remaining 1 T. cornstarch, the broth, orange juice, soy sauce, sugar and chili-garlic sauce or crushed red pepper in a small bowl; set aside.

2. Heat a nonstick wok or a large, deep skillet over medium-high heat until a drop of water sizzles. Swirl in 2 tsp of the oil, then add the beef. Stir fry until cooked through, 2 - 3 minutes; transfer to a plate. Swirl the remaining 2 tsp. oil, then add the ginger. Stir fry until fragrant, about 10 seconds. Add the green beans, bell pepper, and carrot. Stir fry until crisp-tender, about 2 - 3 minutes. Add the broth mixture and cook, stirring constantly, until the mixture thickens and boils, about 1 minute. Add the beef and cook until hot, about 1 minute.

227 cal, 8 g fat, 2 g sat fat, 53 mg chol, 441 mg sodium, 16 g carb, 2 g fiber, 22 g protein, 29 mg calc.

Pork-and-Pear Sauté with Lemon-Vodka Sauce

Meats (M)

Source: Cooking Light January 2000

Serves: 2

Posted by: Kate

March 6, 2013

Delicious, loved the fresh, bright lemon sauce, quick and easy to put together; I used vodka.

2 teaspoons olive oil, divided
2 (4-ounce) boned center-cut loin pork chops (about 3/4 inch thick)
1/2 teaspoon salt, divided
1/2 teaspoon cracked black pepper, divided
2 peeled Anjou pears, cored and halved (about 1 pound)
1/4 cup vodka or dry white wine
2 teaspoons grated lemon rind
1 tablespoon fresh lemon juice
1 tablespoon chopped fresh chives

Heat 1 teaspoon olive oil in a 10-inch skillet over medium heat. Sprinkle the pork chops with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add pork chops to skillet; sauté 3 minutes on each side or until pork is done. Remove pork from pan, and keep warm.

Heat 1 teaspoon oil in pan over medium heat. Place pear in pan, cut sides down. Sauté 2 minutes on each side or until golden. Remove pear from pan, and keep warm. Stir in the vodka, scraping pan to loosen browned bits. Stir in 1/4 teaspoon salt, 1/4 teaspoon pepper, rind, juice, and chives, and cook for 1 minute.

Calories: 338 Calories from fat: 36% Fat: 13.3g Saturated fat: 3.2g
Monounsaturated fat: 5.5g Polyunsaturated fat: 1.2g Protein: 25.9g
Carbohydrate: 30.5g Fiber: 4.9g Iron: 1.6mg Sodium: 661mg Calcium: 34mg

Cilantro Lime Tilapia Tacos

Fish/Seafood (F/S)

Adapted from: Skinnytaste.com

Servings: 4 Serving Size: 2 tacos

Posted by: Linda

March 7, 2013

This was very quick and easy. My jalapenos weren't hot at all, so I'll probably leave some seeds in next time. I served this over rice rather than had it as tacos. I used drained, canned tomatoes, but skinnytaste used fresh.

1 lb tilapia fillets, rinsed and pat dried
1 tsp olive oil
1 small onion, chopped
4 garlic cloves, finely minced
2 jalapeño peppers, chopped (seeds removed for less heat)
2 cups diced tomatoes
1/4 cup fresh cilantro, chopped
3 tbsp lime juice
salt and pepper to taste
8 5-inch white corn tortillas (I used La Tortilla Factory Fiber & Flax)
1 medium haas avocado, sliced
lime wedges and cilantro for garnish

Heat olive oil in a skillet. Sauté onion until translucent, then add garlic. Mix well.

Place tilapia on the skillet and cook until the flesh starts to flake. Add jalapeño peppers, tomatoes, cilantro and lime juice. Sauté over medium-high heat for about 5 minutes, breaking up the fish with the spoon to get everything mixed well; season to taste with salt and pepper.

Meanwhile, heat tortillas on a skillet a few minutes on each side to warm (no oil needed). Serve a little over 1/4 cup of fish on each warmed tortillas with a slice or 2 of avocado and enjoy!

Garlic Shrimp in Coconut Milk, Tomatoes and Cilantro

Fish/Seafood (F/S)

Adapted from: Skinnytaste.com

Servings 4

Posted by: Barb O'D

March 8, 2013

This was really good for a quick Lenten dinner. I served with jasmine rice and garlic bread.

1 1/4 lbs jumbo shrimp, peeled and deveined (weight after peeled)
1 tsp extra virgin olive oil
1 red bell pepper, sliced thin
4 scallions, thinly sliced, white and green parts separated
1/2 cup cilantro
4 cloves garlic, minced
1/2t kosher salt
1/2 tsp crushed red pepper flakes (to taste) - I used 1t + additional at the table
14.5 oz can diced tomatoes
14 oz can light coconut milk
1/2 lime, squeezed

In a medium pot, heat oil on low. Add red peppers and sauté until soft (about 4 minutes). Add scallion whites, 1/4 cup cilantro, red pepper flakes and garlic. Cook 1 minute.

Add tomatoes, coconut milk and salt to taste, cover and simmer on low about 10 minutes to let the flavors blend together and to thicken the sauce.

Add shrimp and cook 5 minutes. Add lime juice.

To serve, divide equally among 4 bowls and top with scallions and cilantro.

Calories: 272.5 • Fat: 10 • Carbs: 14 • Fiber: 3 • Sugar: 4 • Protein: 31

Farrotto with butternut, gruyere, and hazelnuts

Rice/Pasta/Grains (RPG)

Source: Cooking Light calendar page (or cookinglight.com)

Servings: 4 (1 1/3Cup)

Posted by: Barb O'D

March 8, 2013

This was a little pointy for the full serving size but I found 1/2 a serving was very satisfying. I did find my squash was done sooner than the 30 minutes.

Ingredients

- 1 tablespoon olive oil
- 1 1/2 cups thinly sliced leek (about 1 large)
- 1 cup uncooked farro
- 1 garlic clove, minced
- 1/2 cup white wine
- 4 cups water, divided
- 4 cups (1/2-inch) cubed peeled butternut squash
- 1 tablespoon chopped fresh sage
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 ounces Gruyere cheese, grated (about 1/2 cup packed)
- 1/2 cup chopped hazelnuts, toasted

Preparation

1. 1. Heat a Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add leek; sauté 5 minutes or until tender, stirring frequently. Add farro and garlic; cook for 1 minute, stirring constantly. Stir in wine; cook 1 minute or until wine evaporates. Add 1 cup water; cook 8 minutes or until liquid is nearly absorbed, stirring frequently. Add 2 more cups water, 1 cup at a time, stirring until each portion is absorbed before adding the next (about 30 minutes total). Stir in remaining 1 cup water, squash, sage, salt, and pepper. Cover, reduce heat, and simmer 30 minutes or until squash is just tender, stirring occasionally. Stir in cheese; sprinkle with nuts. Serve immediately.

NI: Calories: 449, Fat: 17.7g, Protein: 15g, Carbohydrate: 58.1g, Fiber: 9.6G, Sodium: 417Mg, Calcium: 261mg

Crispy Cajun Chickpea Patties

Vegetarian/Meatless (VG)

From: VeganDadBlog

Makes: 10-12 cakes

Posted by CNeedles

March 9, 2013

INGREDIENTS

Makes 12

- 1 tbsp oil
- 1/4 cup diced onion
- 1/4 cup diced green pepper
- 1 celery stalk, diced
- 1 28 oz can chickpeas, rinsed and drained
- 1 tsp thyme
- 1 tsp paprika
- pinch of cayenne pepper
- 1 tsp hot sauce
- 2 tbsp chopped fresh parsley
- 2 tbsp flour
- 1 tbsp cornstarch
- salt and pepper to taste
- oil for frying

METHOD

1. Heat oil in a frying pan over medium heat. Saute onion, green pepper, and celery for 5-7 mins, until softened. Remove from heat.
 2. Place chickpeas in a food processor along with the onion mixture. Pulse until chickpeas are no longer whole, but dont process them too much. Place chickpeas in a bowl and add spices, hot sauce, and parsley. Mix well. Add flour and cornstarch and mix well. Place in the fridge for 30 mins.
 3. Heat oil in a frying pan over med/med-hi heat (around 350 degrees). Shape chickpea mixture into 12 patties and fry in batches, about 2-3 mins per side, or until crispy and browned. Flip a few times if they are browning too quickly. If you have trouble forming the patties, add some more cornstarch to hold it all together.
- Per Serving: 110 Calories; 3g Fat (24.9% calories from fat); 4g Protein; 17g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 219mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.

Shaved Honeycrisp Apple & Kale Salad

Salad (S)

Source: Oak @ Fourteenth, Boulder, CO ; Sunset Magazine

Servings: 4

Posted by: Barb O'D

March 12, 2013

Servings: 4

For such a simple, fast recipe, this salad--from chef-partner Steven Redzikowski of Oak at Fourteenth, in Boulder, CO--packs a surprising amount of complexity and flavor. Ichimi togarashi, a Japanese ground red pepper, really makes it pop. I decided to use this recipe to try kale for the first time and quartered the recipe. I didn't have the Ichimi togarashi so I subbed a little sriracha in the dressing and sprinkled some crushed red pepper with the apples.

Ingredients

2 tablespoons extra-virgin olive oil

Zest and juice of 1 medium lemon

2 cups thinly sliced kale

1/4 cup finely shredded parmesan cheese

1/4 cup roughly chopped candied almonds (I subbed Almond Accents Original sliced)

1 Honeycrisp apple

About 1/4 tsp. kosher salt

About 1/4 tsp. pepper

Ichimi togarashi*

Preparation

1. Whisk together oil, zest, and juice in a medium bowl. Add kale, cheese, and almonds, then toss to coat.

2. Cut sides off apple into 4 pieces, leaving the core. Slice the apple pieces thinly with a mandolin or a knife. Add to salad and toss to coat. Season with salt, pepper, and ichimi togarashi.

*Find at Asian markets or online.

NI: Calories 179; Fat 13g; Carbohydrates: 13g; Fiber: 3.4g; Protein: 5.1g; Sodium 229mg

Chicken Cordon Bleu

Category: P (Poultry,), Quick & Easy, Kid Friendly

Adapted from: Skinnytaste.com

Servings: 6 Serving Size: 2 pieces

Posted by: MissVN

March 13, 2013

Comments: I also added a tablespoon of dijon to the egg wash for a little extra flavor. I just used a package of pre-sliced chciekn cutlets - note there were only 6 cutlets in my package, for a full recipe, you may need 2 packages of cutlets.

Ingredients:

cooking spray

12 thin sliced (36 oz total) skinless boneless chicken breasts, 3 oz each

salt and fresh cracked pepper

1 large egg

2 large egg whites

1 tbsp water

1/2 cup seasoned breadcrumbs

1/4 cup grated parmesan cheese

5 oz (6 slices) thinly sliced lean deli ham, sliced in half

6 slices (4.4 oz) Sargento reduced fat Swiss cheese, cut in half

Instructions:

Preheat oven to 450°. Spray a large non-stick baking sheet with cooking spray.

Wash and dry the chicken cutlets; lightly pound the chicken to make thinner and lightly season with salt and black pepper.

Lay the chicken on a working surface and place a slice of ham on top of the chicken, then the cheese and roll, setting them aside seam side down.

In a medium bowl, whisk eggs and egg whites along with water to make an egg wash.

In another medium bowl, combine breadcrumbs and parmesan cheese.

Dip the chicken into the egg wash, then into the breadcrumbs.

Place chicken onto the baking sheet seam side down. Spray the top of the chicken with more cooking spray and bake about 25 minutes, or until cooked.

Calories: 378; Fat: 10 g; Protein: 55 g; Carbs: 8 g; Fiber: 0.5 g; Sugar: 1 g; Sodium: 813 mg (without salt)

Spicy Sausage Pasta

Rice/Pasta/Grains (RPG)

Source: EmilyBites.com

Servings: 6 (1 1/4C)

Posted: BarbO'D

March 21, 2013

I made this last weekend for dinner and found it a very hearty 'comfort food' meal. DS found it too spicy so if you are sensitive to spice maybe consider subbing Ro-tel mild for the original. This reheats nicely! The comments listed in the recipe are from emilybites.com, I actually used Butterball Turkey Sausage and Sargento Reduced Fat Pepper Jack cheese. NI are based on the original.

Ingredients:

1 t extra virgin olive oil
1 cup chopped onion
13 oz Smoked Turkey Sausage, sliced (I used Hillshire Farms)
2 cloves garlic, minced
2 ¼ cups low sodium fat free chicken broth
10 oz can Ro-Tel tomatoes & green chiles, original
½ cup fat free half and half
½ t salt
½ t black pepper
10 oz uncooked wheat pasta (I used farfalle/bowties)
4 oz reduced fat Pepper jack cheese, shredded (I used Cabot 50%)
2 medium scallions, diced

Directions:

1. In a large skillet or sauté pan (oven-safe if you have it – I don't!), add the olive oil and bring over medium heat. Add the onions and sausage to the pan and cook for 5-6 minutes until sausage is browned and onions are tender. Add the garlic and stir. Continue to cook for another 30 seconds until fragrant.
2. Add the broth, Ro-Tel, half and half, salt and pepper and mix together. Add the uncooked pasta and stir together until the liquid covers the pasta. Cover the skillet and bring the mixture to a boil. Reduce the heat to medium-low and keep covered. Simmer for 15 minutes or until the pasta is cooked.
3. Set your oven to broil and make sure one of your oven racks is in the top 1/3 of the oven. Remove the pan from the heat and mix in half of the shredded cheese. If your skillet is oven-safe, you may continue to use it in the following steps. If it isn't (mine isn't) or you aren't sure, transfer the pasta into a baking dish. I used a 7x11 dish but you can certainly use a 9x13.
4. Sprinkle the remaining shredded cheese over the top of the pasta and follow it with the sliced scallions. Place the dish in the top 1/3 of the oven and broil for a few minutes until the cheese is melted and beginning to brown (keep checking because broiling can happen really fast!).

Yields 6 (1 ¼ cup) servings. NI per serving 366 calories, 42 g carbs, 11 g fat, 25 g protein, 4 g fiber

Pan-Grilled Pork Tenderloin w/Pomegranate Molasses

Meats (M)

Cooking Light Calendar page

Servings:4 (3oz pork, 1T sauce)

Posted:BarbO'D

March 21, 2013

One of the flavors often found in pinot noir is pomegranate, which inspired me to create this easy dish. The sauce is based on pomegranate molasses, a thick, savory syrup used in Middle Eastern cooking that acts as a fascinating bridge to the pinot noir. Look for pomegranate molasses in Middle Eastern markets. Serve with a simple side dish of steamed asparagus and roasted onion wedges. To prepare the onions with the pork tenderloin, remove pork from pan after browning on all sides. Cook the onion wedges in the pan for one minute, then return the pork to the pan and bake as directed.

This was a nice change for a pork roast and really liked that it was doable on a week night. The sauce was flavorful but took considerably longer than 30 minutes to reduce.

Ingredients

Sauce

1 cup less-sodium beef broth

1/2 cup pinot noir or other spicy dry red wine

2 tablespoons pomegranate molasses

1 tablespoon finely chopped shallots

1 tablespoon honey

1 tablespoon butter

Pork:

1/2 teaspoon salt

1/4 teaspoon five-spice powder

1/4 teaspoon freshly ground black pepper

1 (1-pound) pork tenderloin, trimmed

Cooking spray

Preparation

1.To prepare sauce, combine broth and the next 4 ingredients (through honey) in a small saucepan; cook over medium heat 30 minutes or until reduced to 1/3 cup. Remove from heat; strain over a bowl. Discard solids. Add butter to the molasses mixture, stirring with a whisk until the butter melts.

2.To prepare pork tenderloin, preheat oven to 500°.

3.Heat a cast-iron skillet over medium-high heat. Combine salt, five-spice powder, and pepper; rub evenly over pork. Coat pan with cooking spray. Add pork to pan, and cook 1 minute, browning on all sides. Place pan in oven; bake at 500° for 12 minutes or until a thermometer registers 155° (slightly pink). Let stand 10 minutes. Thinly slice pork, and serve with sauce.

Perfect wines: Sanford Pinot Noir 2001 "Santa Rita Hills" (Santa Barbara County, CA), \$26. This wine's beautiful flavors of earth, pomegranate, grenadine, mocha, and cherry preserves come into focus when you serve it with the pork tenderloin and pomegranate sauce. The sauce also mirrors the wine's wonderful silky, plush texture. As a less expensive alternative, consider the Echelon 2002 Pinot Noir from the Central Coast of California, about \$12.

NI: Calories: 220;Fat: 7.1g;Carbohydrate: 13.1g;Fiber: 0.1g;Protein: 25.2g

Easy Crust-less Spinach and Feta Pie

Eggs (E)

Adapted from www.skinnytaste.com

Servings 6

Posted:BarbO'D

March 21, 2013

A simple Greek inspired pie combining savory flavors such as spinach, feta, Asiago cheese, dill and scallions.

Perfect to take to a potluck! Served with a salad, you can turn this into a main dish, or cut it into smaller wedges to serve as an appetizer. If you use full fat feta cheese, the fat only increases by 1 gram, and the points increase by one per serving. Enjoy this warm or at room temperature.

This has been breakfast or lunch several times this week. I made this on Sunday for breakfasts during the week but it works well for a lunch option too! I reheated in the microwave for breakfast but LOVED how it reheated in the toaster oven at work. I had read the comments on the website for this and several people suggested using HeartSmart Bisquick, which I did.

Ingredients:

- 10 oz frozen spinach, thawed and liquid squeezed out
- 1/2 cup scallions, chopped
- 2 tbsp chopped fresh dill
- 2 tbsp chopped fresh parsley
- 1/2 cup (2.5 oz) reduced fat crumbled feta
- 2 tbsp grated Asiago cheese (or Parmesan, Romano)
- 1/2 cup white whole wheat flour (Bob's Red Mill)
- 1 tsp baking powder
- 2/3 cup fat free milk
- 1 tsp olive oil
- 2 large eggs, beaten
- 1/2 tsp kosher salt
- fresh cracked pepper to taste
- cooking spray (I used my misto)

Directions:

Preheat oven to 400°. Lightly spray a pie dish with cooking spray or your misto.

Mix spinach, scallions, dill, parsley, feta cheese, and in the pie dish.

Sift flour and baking powder in a medium bowl. Add remaining ingredients to the bowl and blend well. Pour into pie dish.

Bake 28 to 33 minutes or until knife comes out clean from the center. Let it stand at least 5 minutes before serving.

NI: Cal:126; Fat:5g; Protein:8.8g; Carb:12g; Fiber:2.5g

Chocolate Chip Cannoli Cups

Desserts / Cakes / Pies / Custards / Ice Cream (D)

Adapted from: www.emilybites.com

Servings 15

Posted by lindaxn

3/26/2013

Quick & Easy

My Notes: These were super quick to put together. Less than 10 minutes and my kids loved them.

Ingredients:

15 Frozen Mini Phyllo Shells

2 oz Marscapone cheese

2/3 cup fat free Ricotta cheese (I used lowfat)

3 T powdered sugar

¼ t vanilla

A pinch of cinnamon (a little goes a long way!)

1/3 cup mini chocolate chips, divided

Directions:

1. Place phyllo shells* on the counter to thaw for at least 10-15 minutes.
2. In a medium sized mixing bowl, combine the marscapone, ricotta, powdered sugar, vanilla and cinnamon and stir together until thoroughly mixed. Reserve a small pile of the chocolate chips for topping and stir the remainder into the cheese mixture.
3. Spoon the filling evenly between all the phyllo shells. Sprinkle reserved chocolate chips over the tops and serve.

*I recommend you only defrost/fill as many as you plan to eat at once so that the shells stay crispy.

Nutrition Information per cup from myfitnesspal.com: 63 calories, 7 g carbs, 3 g fat, 2 g protein, 0 g fiber

Quick Coq au Vin

Poultry (P)

Posted by: Waneyvant

Source: Cooking Light, March 2002

Servings: Yield: 6 servings (serving size: 1 1/4 cups)

Date: March 29, 2013

CL Notes: Cooking uncovered over high heat, the liquid reduces and concentrates its flavors in a fraction of the time required for the traditional long-simmered dish. Serve with crusty bread

Jane's Notes: amazing flavor, served with Italian cut green beans & a rustic bread; prep the veggies in advance & this will go together quickly.

1/4 cup all-purpose flour
1 teaspoon dried thyme
1/2 teaspoon salt
6 (4-ounce) skinless, boneless chicken thighs
1 tablespoon olive oil
6 cups quartered cremini mushrooms
2 cups (1/4-inch-thick) slices carrot
1/3 cup (1/4-inch-thick) slices Canadian bacon
1 cup dry red wine
1 cup fat-free, less-sodium chicken broth
1 tablespoon tomato paste

Combine flour, thyme, and salt in a zip-top plastic bag; add chicken. Seal and shake to coat. Remove chicken from bag, shaking off excess flour.

Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 8 minutes or until browned, turning frequently. Remove chicken from pan. Add mushrooms, carrot, and bacon to pan; sauté 2 minutes. Stir in wine, broth, and tomato paste; cook 9 minutes. Return chicken to pan; cook 8 minutes or until chicken is done.

Calories: 230 Calories from fat: 30%
Fat: 7.8g; Sat fat: 1.7g; Mono fat: 3.4g
Poly fat: 1.5g; Protein: 27.3g; Carb: 12.5g
Fiber: 2.4g; Cholesterol: 99mg; Iron: 3.1mg
Sodium: 527mg; Calcium: 35mg

Spicy Maple Turkey Breast w/Quick Pan Sauce

Source: Cooking Light Nov 2012

Serves: 8 (2 turkey slices & 2 T sauce)

Posted by: Waneyvant

Date: April 7, 2013

CL Notes: A bold spice rub gives the meat big flavor and gorgeous color.

Jane's Notes: did not make sauce, none of the reviewers liked it, too bland.

Loved the turkey.

Turkey:

3 T maple syrup

1 T olive oil

2 tsp ground cumin

1 tsp kosher salt

1 tsp dried oregano

1 tsp smoked paprika

1/2 tsp ground coriander

1/2 tsp freshly ground black pepper

2 (1 1/2-pound) skinless, boneless

turkey breast halves

Cooking spray

Sauce:

2 tsp olive oil

2/3 c chopped onion

1 tsp minced garlic

1 1/4 c no-salt-added chicken stock

1 T flour

1/4 tsp kosher salt

1/4 tsp freshly ground black pepper

Preheat oven to 450°. Combine first 8 ingredients in a large bowl; add turkey, turning to coat. Marinate at room temperature 20 minutes. Remove turkey from marinade; discard marinade. Place a rack inside a roasting pan; coat rack lightly with cooking spray. Arrange turkey breasts on rack. Bake at 450° for 25 minutes or until a thermometer inserted in thickest part registers 155°. Remove from oven. Let stand 10 minutes; cut turkey diagonally across the grain into 16 slices.

To prepare sauce, heat a medium nonstick skillet over medium-high heat. Add 2 tsp oil; swirl to coat. Add onion & garlic to pan; sauté 4 minutes, stirring occasionally. Combine stock & flour in a bowl, stirring with a whisk. Add stock mixture to onion mixture, stirring with a whisk. Bring to a boil; cook 2 minutes or until slightly thick, stirring constantly. Remove from heat; stir in 1/4 tsp salt & 1/4 tsp pepper. Serve sauce with turkey.

Calories: 205; Fat: 3.9g Sat fat: 0.7g; Mono fat: 2.2g; Poly fat: 0.6g;

Protein: 36.6g; Carbohydrate: 7.9g

Fiber: 0.7g; Cholesterol: 79mg; Iron: 2.1mg

Sodium: 385mg; Calcium: 33mg

Quick Tomato Soup

Source: The Simple Art of EatingWell

Servings: 6

Posted by: Waneyvant

Date: April 8, 2013

EW Notes: This is a great “pantry soup”—that is, it comes together in minutes from ingredients that you can keep on hand all the time.

Jane's Notes: On the table in less than 30 minutes. I used herbes de provence.

- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, minced
- 1 teaspoon dried herbs, such as thyme, oregano, rosemary or basil
- 1/4 teaspoon crushed red pepper (optional)
- 2 28-ounce cans crushed tomatoes
- 1 cup water
- 2 teaspoons sugar
- 2 cups nonfat or low-fat milk

Heat oil in a large saucepan over medium heat. Add garlic, herbs and crushed red pepper (if using); cook, stirring, until fragrant, about 30 seconds. Add tomatoes, water and sugar. Bring to a boil; reduce heat and simmer for 10 minutes. Stir in milk and heat through, about 1 minute.

Per serving :142 Calories; 3 g Fat; 1 g Sat; 2 g Mono; 2 mg Cholesterol; 25 g Carbohydrates; 7 g Protein; 5 g Fiber; 393 mg Sodium; 920 mg Potassium

Make Ahead Tip: Cover and refrigerate for up to 3 days.

Crock Pot Italian Sloppy Joes

Source: Skinnytaste.com

Servings: 6

Posted by: Kate

April 20, 2013

Easy and very tasty. I used 20 oz of hot Italian sausage, 2 cups of crushed tomatoes and sharp provolone.

1 lb Italian turkey sausage, removed from casing
1/2 cup chopped onions
3 cloves garlic, minced
1 red bell pepper, chopped in 1/2-inch pieces
1 green bell pepper, chopped in 1/2-inch pieces
1 1/3 cups crushed tomatoes (Tutorosso)
1/2 tsp dried rosemary
salt and fresh cracked pepper, to taste

For serving:

6 whole wheat 100 calorie potato rolls
6 slices reduced fat provolone (Sargento)
1 cup baby spinach

In a medium non-stick skillet, cook the sausage over medium-high heat, breaking up as it cooks into small bits until cooked through, about 5-6 minutes. Add onions and garlic, and cook another 2 minutes. Transfer to the slow cooker and add the bell peppers, crushed tomatoes, rosemary and fresh cracked pepper.

Cover and cook on low 4 hours. Makes 3 1/2 cups.

To serve, place heaping 1/2 cup of meat on a roll and if desired, top with cheese and baby spinach.

Calories: 316 • Fat:11.4 g • Protein: 27 g • Carb:27.4 g • Fiber:14 g • Sugar: 7.6 g
Sodium:461.5 mg (without the salt)

Italian Antipasto Salad

Source: Skinnytaste.com

Servves: 1

Posted by: Kate

April 20, 2013

Loved this salad, next time I will make it with homemade giardiniera. I left out the turkey pepperoni and used sliced provolone instead of the mozzarella

- 1 cup romaine lettuce, chopped
- 1/4 cup chopped cherry tomatoes
- 1 thin slice red onion
- 4 green pitted olives (or black)
- 1 pepperoncini, sliced
- 1/4 cup roasted red pepper, sliced (homemade, or buy packed in water)
- 1/4 cup Giardiniera (I used Victoria brand)
- 1/3 cup cucumbers, peeled and sliced
- 1/4 cup Polly-o part skim shredded mozzarella
- 1/2 oz (4) turkey pepperoni, sliced thin
- 2 slices Prosciutto, Di Parma, sliced

For the vinaigrette:

- 1 tsp olive oil
- 1 tsp red wine vinegar or vinegar brine from pepperoncini
- fresh black pepper

Place the lettuce on a large dish and top with meats, vegetables and cheese. In a small bowl add vinegar or brine from pepperoncini, add black pepper and whisk in oil. Drizzle over salad and enjoy!

Calories: 254; Fat 16g; Carb 19.5g; Fiber 7.5g; protein 16 g

Parmesan-Crusted Chicken Tenders

EatingWell: Sept/Oct 2010

Serves 4 (see note)

Posted by Waneyvant

April 26, 2013

Waney Notes: don't go by the NI, I had flour, egg and a lot of parm/panko mix left over. Think you could do at least 1 1/2 but probably 2 # of tenders with this.

Canola/olive oil cooking spray

1/4 c all-purpose flour

2 large eggs

1/2 c finely shredded Parmesan cheese

1 c coarse dry breadcrumbs, preferably whole-wheat (Panko)

1 pound chicken tenders

1 T Italian seasoning

1 tsp garlic powder

1/4 tsp salt

1 c marinara sauce, heated

Preheat oven to 450°F. Place a large wire rack on a baking sheet and coat with cooking spray.

Place flour in a shallow dish. Lightly beat eggs in another shallow dish. Combine Parmesan and breadcrumbs in a third shallow dish. Toss tenders with Italian seasoning, garlic powder and salt in a medium bowl. Coat each tender in flour, shaking off any excess. Dip in egg and let any excess drip off. Then roll in the breadcrumb mixture. Place the tenders on the prepared rack. Generously coat the top of each tender with cooking spray.

Bake for 10 minutes. Turn each tender over and coat with cooking spray. Continue baking until the outside is crisp and the tenders are cooked through, about 10 minutes more. Serve the tenders with marinara sauce for dipping.

Per serving :293 Calories; 8 g Fat; 3 g Sat; 2 g Mono; 140 mg Cholesterol; 22 g Carbohydrates; 31 g Protein; 3 g Fiber; 603 mg Sodium; 465 mg Potassium

Note: We like Ian's brand of coarse dry whole-wheat "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets. To make your own breadcrumbs, trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. (To make fine dry breadcrumbs, process until very fine.) Spread on a baking sheet and bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about 1/3 cup dry breadcrumbs.

Steak (Or Chicken) Fajitas

Category: Meats

Adapted from: Rhonda *J* 6/5/2003 Food.com

Serves: 8 Yield: 8 fajitas

Posted by Waneyvant

Date: May 6, 2013

My tips (per reviewers) Double the marinade; let set in marinade longer; i added quartered mushrooms and a chopped seeded jalapeno, made steak fajita quesadillas. I also doubled the meat. NI is per original recipe.

3/4 lb top sirloin steak
2 T. olive oil
1 T. lime juice
1 garlic clove, finely minced
1/2 tsp. chili powder
1/2 tsp. cumin
1/2 tsp. hot pepper flakes
1/2 tsp. black pepper
1/2 tsp. salt
8 flour tortillas (8 inch/20 cm)
1 -2 onion (mix with the peppers)
2 small bell peppers

Toppings (not included in NI)

salsa sour cream
shredded cheese chopped tomato
guacamole

Slice steak into thin strips.

In zip lock bag, mix together 1 T. olive oil, lime juice, garlic, chili powder, cumin, hot pepper flakes, black pepper & salt. Add beef strips and stir to coat, set aside. I suggest at least an hour.

Wrap tortillas in foil and place in 350° oven for 5-10 minutes or until heated through.

Cut onions in half lengthwise and slice into strips, cut your peppers into strips. In large non stick skillet over medium high heat, heat remaining tablespoons of olive oil.

Add onions & peppers stirring for 3-4 minutes, until softened; transfer to a bowl and set aside. (took me 25 minutes to get the veggies browned) Add beef to skillet, cook, stirring for 3-4 minutes or until they lose their red color. Return onions and peppers to skillet; stir for about one minute.

To serve, spoon a portion of the beef mixture down the centre of each tortilla, top with your desired toppings , fold bottom of tortilla up over filling, fold the sides in, overlapping.

Amount Per Serving Calories 137.1, Calories from Fat 52; Total Fat 5.8g; Sodium 340.6mg; Carb 18.3g; Dietary Fiber 1.6g; Protein 2.9g

Pan-Fried Catfish with Cajun Tartar Sauce

Category: Fish/Seafood

Source: Cooking Light, Sept. 2004

Servings: 4

Posted by: Betty

Date: May 11, 2013

This fish is "fried" without the calories or trouble of deep-fat frying. For a spicier sauce, add more hot pepper sauce.

4 (6-ounce) farm-raised catfish fillets
2 t Cajun seasoning
1/4 t salt
1/2 c fat-free mayonnaise
1 T sweet pickle relish (I used dill)
1 T minced fresh onion
1 T capers, drained
1 t hot pepper sauce
1/4 t dried oregano

Heat a large nonstick skillet over medium-high heat. Sprinkle fish evenly with Cajun seasoning and salt. Coat pan with cooking spray. Add 2 fillets to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork. Remove fish from pan; keep warm. Wipe pan clean with paper towels; re-coat with cooking spray. Repeat procedure with remaining 2 fillets.

While fish cooks, combine mayonnaise and remaining ingredients. Serve mayonnaise mixture with fish.

Yield: 4 servings (serving size: 1 fillet and about 3 tablespoons mayonnaise mixture)

Nutritional Information

Amount per serving -Calories: 262, Fat: 13.9g, Saturated fat: 3.2g, Monounsaturated fat: 6.1g, Polyunsaturated fat: 2.7g, Protein: 26.7g, Carbohydrate: 6.3g, Fiber: 1g, Cholesterol: 83mg, Iron: 1mg, Sodium: 815mg, Calcium: 20mg

Chocolate Chip-Coffee Muffins

Category: Breads/Muffins/Rolls (BR)

Source: Cooking Light January 2012

Serves: 12

Posted by: Kate

Date: May 12, 2013

Coffee and chocolate, a decadent way to start the day. I used skim milk because that is what I keep on hand, whole wheat pastry flour, dark chocolate chips, and Starbucks VIA for the instant coffee, mine were done in 15 minutes

2/3 cup whole milk
5 tablespoons butter, melted
3 tablespoons instant coffee granules
1 1/2 teaspoons vanilla extract
1 large egg, lightly beaten
9 ounces all-purpose flour (about 2 cups)
2/3 cup sugar
1/2 cup semisweet chocolate chips
2 teaspoons baking powder
1/4 teaspoon salt
Cooking spray

1. Preheat oven to 400°.
2. Combine first 5 ingredients.
3. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next four ingredients (through salt) in a large bowl; stir well with a whisk. Make a well in center of flour mixture. Add milk mixture to flour mixture; stir just until moist.
4. Spoon batter into 12 muffin cups coated with cooking spray. Bake at 400° for 18 minutes or until done. Remove muffins from pan immediately; place on a wire rack.

Calories: 214; Fat: 7.9g ; Saturated fat: 4.8g ; Monounsaturated fat: 2.2g ; Polyunsaturated fat: 0.4g; Protein: 3.6g ; Carbohydrate: 32.9g ; Fiber: 1g ; Cholesterol: 29mg ; Iron: 1.3mg ; Sodium: 163mg; Calcium: 66mg

Persian Turkey Kofta Kebabs

Category: Poultry

Gina's Weight Watcher Recipes

Servings: 4

Serving Size: 3 kebabs

Posted by Waneyvant

Date: May 12, 2013

These were amazing and easy. 1/4 cup of the mixture, not heaping, got me 12. I just did 1/4 cups on a cutting board, then rolled. Will make with soulvaki next time.

Cooking time for us was 15 minutes, then flipped, 10 minutes more.

20 oz 93% lean ground turkey
1 small onion, minced
2 cloves garlic, minced
1/4 cup fresh parsley, chopped
2 tbsp bread crumbs
1/4 tsp allspice
1/4 tsp coriander
1/4 tsp paprika
1/4 tsp chili powder
salt and fresh pepper (to taste)

In a large bowl combine the ground turkey, onion, garlic, parsley, breadcrumbs, spices, salt and pepper until evenly blended. Divide into a heaping 1/4 cup portions so you get 12; roll into log shaped ovals. Place on a cookie sheet and refrigerate at least 30 minutes. If using wooden skewers, soak in water at least 30 minutes before grilling.

When ready to eat, preheat grill to high heat. Carefully insert the skewer through the formed meat

Grill for 10 to 15 minutes on indirect heat turning occasionally, until meat is no longer pink.

Calories: 185.4 • Fat: 8.3 g • Protein: 22.9 g • Carb: 5.1 g • Fiber: 0.8 g • Sugar: 0.3 g, Sodium: 114.5 mg (without the salt)

Spiced Chicken Thighs

Category: Poultry

Source: Adapted from Cooking Light Sept 2003

Servings: 4

Posted by Waneyvant

Date: May 26, 2013

3/4 teaspoon olive oil

Cooking spray

1 cup vertically sliced onion

2 teaspoons garam masala

1/2 teaspoon salt

1/4 teaspoon curry powder

8 chicken thighs (about 2 1/4 pounds), skinned (used 1 1/2 # boneless skinless thighs)

1/4 cup dry red wine

2 tablespoons red wine vinegar

1 cup fat-free, less-sodium chicken broth

3 tablespoons chopped fresh parsley

Heat oil in a 12-inch nonstick skillet coated with cooking spray over medium-high heat. Add onion; sauté 3 minutes. Remove from pan.

Combine garam masala, salt, and curry powder; sprinkle evenly over chicken. (I sprinkled 1/2 the mixture over one side of the thighs, put that seasoned side down in the skillet, then sprinkled the remaining spices on the thighs)

Add chicken to pan; cook over medium-high heat 4 minutes on each side or until browned. Add wine and vinegar; cook 30 seconds, scraping pan to loosen browned bits. Add onion and broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until chicken is done; stir in parsley.

Per the reviews, sauce was very thin, so I removed the chicken and thighs to a serving dish, and thickened the sauce with 1 T. Wondra mixed into 2 T. of water.

Yield: 4 servings (serving size: 2 thighs and about 1/3 cup sauce)

CALORIES 203 (30% from fat); FAT 6.7g (sat 1.6g,mono 2.4g,poly 1.5g);
PROTEIN 29.9g; CHOLESTEROL 121mg; CALCIUM 35mg; SODIUM 536mg;
FIBER 1.1g; IRON 2.1mg; CARBOHYDRATE 3.9g

Summer Pasta Salad with Baby Greens

Source: Skinnytaste.com

Servings: 4

Posted by: Kate

June 6, 2013

A great tasting summer salad, I used Ronzoni Smart Taste pasta and subbed grape tomatoes for the sun dried tomatoes

3 oz (about 4 cups) baby arugula and baby spinach mix

5 oz high fiber or whole wheat pasta

1/3 cup sun dried tomatoes, sliced thin

2 tbsp capers, drained

2 tbsp balsamic vinegar

1 1/2 tbsp extra virgin olive oil

salt and fresh pepper to taste

2 tbsp freshly shaved Parmigiano Reggiano

Boil pasta in salted water according to package directions. When done, drain and rinse under cold water.

In a large bowl, combine the pasta, baby greens, sun dried tomatoes, capers, olive oil, vinegar, salt and pepper. Toss well then just before serving top with fresh shaved Parmigiano Reggiano

Calories: 169 • Fat: 5 g • Carb: 29.5 g • Fiber: 4 g • Protein: 6 g • Sugar: 4 g

Sodium: 271 mg (without the salt) • Cholest: 2 mg

Breakfast Fig and Nut "Cookies"

adapted from Cooking Light

Serves 10

Posted by CJMartin717 (Cindy)

6-9-13

CL: These oversized cookies are more like muffin tops, but calling them cookies makes them seem a bit more indulgent. They're chock-full of exercise-friendly ingredients like dried fruit and nuts. They're ideal with a glass of skim milk for breakfast after a morning workout.

Cindy's comment: I used dates instead of figs and doubled the amount of cinnamon. I think the recipe could be very versatile with different fruit/nut combinations. I needed to bake mine for about 15 minutes.

Ingredients

3/4 cup packed brown sugar

1/4 cup butter, melted

2 large eggs

1/4 cup finely chopped dried figs

1/4 cup sweetened dried cranberries

1 teaspoon vanilla extract

1 cup all-purpose flour (about 4 1/2 ounces)

1/2 cup whole wheat flour (about 2 1/3 ounces)

1/2 cup unprocessed bran (about 1 ounce)

1/2 teaspoon baking soda

1/4 teaspoon ground cinnamon

1/4 teaspoon ground allspice

1/4 cup sliced almonds

2 teaspoons granulated sugar

Preheat oven to 350°.

Combine first 3 ingredients in a large bowl. Stir in chopped figs, cranberries, and vanilla.

Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, bran, baking soda, cinnamon, and allspice, stirring with a whisk. Add flour mixture to egg mixture, stirring just until moist. Gently fold in almonds.

Drop by level 1/4 cup measures 4 inches apart on 2 baking sheets lined with parchment paper. Sprinkle evenly with granulated sugar. Bake at 350° for 12 minutes or until almost set. Cool 2 minutes on pans. Remove from pans; cool completely on wire racks.

Nutritional Information

Amount per serving Calories: 211 Calories from fat: 31%; Fat: 7.1g; Saturated fat: 3.3g; Monounsaturated fat: 2.4g; Polyunsaturated fat: 0.8g; Protein: 4.5g; Carbohydrate: 33.2g; Fiber: 3.4g; Cholesterol: 54mg; Iron: 1.8mg; Sodium: 115mg; Calcium: 37mg

Asparagus Soup

Source: Dash Magazine, March 31, 2013

Servings: 4

Posted by: Waneyvant

June 9, 2013

2 pounds asparagus
3 Tbsp olive oil
1 chopped onion
2 chopped stalks celery
1 chopped carrot
1 1/2 tsp minced garlic
1/4 tsp salt
1/4 tsp black pepper
5 cups reduced-sodium chicken broth
1/2 cup evaporated 2% milk
1 tsp lemon juice
Sprinkle of Parmesan (optional)

1. Trim woody ends from asparagus; reserve tips of 8 spears. Cut remaining asparagus into 1/2-inch pieces.
2. In a large saucepan, warm olive oil over low heat. Add onion, celery, and carrot; cook 3 minutes. Add garlic; cook 1 minute. Add asparagus, salt, and black pepper; cook 5 minutes. Add chicken broth. Simmer, covered, 20 minutes.
3. Blanch tips in boiling water 3 minutes. Drain.
4. Puree soup in batches in a blender. Return to saucepan over medium; add evaporated milk and lemon juice. Warm through (don't let simmer). Top with tips. Add a sprinkle of Parmesan (optional).

Per serving: 170 calories, 13g carbs, 7g protein, 11g fat, 5mg cholesterol, 790mg sodium, 3g fiber

Swedish Meatballs

Source: Laura's Lean Beef

Servings: 4

Posted by Waneyvant

Date: June 10, 2013

Laura's Notes: Serve with egg noodles to soak up all the sauce, serve on a roll for a Swedish meatball sandwich or just serve hot with toothpicks for a popular party nibble.

Jane's Notes: sauce was too thin, i used Wondra and will use 3 or 4 T. next time

1 pound 92% Lean Ground Beef (i used 97/3)
2 tablespoons fine, plain bread crumbs
1 1/4 teaspoons dried dill or 1 tablespoon fresh dill, chopped
1/2 cup finely chopped onion
1 egg
1/4 teaspoon allspice
1 tablespoon butter
1 tablespoon flour
1 cup beef stock
1 cup skim milk
1 tablespoon sour cream
1/4 teaspoon black pepper

Heat oven to 350F. In bowl, combine beef, bread crumbs, 1 teaspoon dill, onion, egg and allspice. Mix well. Form mixture into 1 tablespoon meatballs. (You should have about 32 meatballs). Place meatballs on broiling rack and bake about 10 minutes, until no pink is left in meatballs.

2. While meatballs are baking, heat butter in saucepan over medium high heat. Whisk in flour and cook about 4 minutes, stirring constantly. Slowly whisk in beef stock, and whisk over heat until no lumps are left. Continue whisking and slowly add skim milk, again whisking until no lumps are left. Reduce heat to medium low and cook about 5 minutes, stirring often. Remove from heat. Stir in remaining dill, sour cream and black pepper.

3. When meatballs are done, add to sauce in pan, heat all through and serve immediately.

Calories: 170; Calories from Fat 70; Percentage of calories from fat 41%; Total Fat 8g; Cholesterol 78mg; Sodium 141mg; Carbohydrate 14g; Fiber 1g; Protein 12g; Vitamin A 10%; Vitamin C 4%; Calcium 17%; Iron 12%

Greek-Style Picnic Salad

Source: Cooking Light June 2005

Serves: 10

Posted by: Kate

June 17, 2013

Great tasting summer salad, I used sun-dried tomatoes packed in oil eliminated the 1T oil drizzled on top, added diced red pepper, cucumbers and a squeeze of lemon juice and left out the pine nuts.

2 cups uncooked white rice
1 cup boiling water
3/4 cup sun-dried tomatoes, packed without oil
1 1/2 tablespoons olive oil, divided
8 cups bagged prewashed spinach (about 8 ounces)
2 garlic cloves, minced
2 cups (8 ounces) reduced-fat feta cheese, crumbled
1/4 cup chopped pitted kalamata olives
1 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 (15 1/2-ounce) can chickpeas (garbanzo beans), rinsed and drained
3 tablespoons pine nuts, toasted
10 lemon wedges (optional)

Cook rice according to package directions, omitting salt and fat. Cool to room temperature; set aside.

Combine boiling water and sun-dried tomatoes in a bowl; let stand 30 minutes or until soft. Drain and cut into 1-inch pieces.

Heat 1 1/2 teaspoons oil in a large skillet over medium-high heat. Add spinach and garlic; sauté 3 minutes or until spinach wilts. Combine rice, tomatoes, spinach mixture, cheese, and next 5 ingredients (through chickpeas). Drizzle with remaining 1 tablespoon oil; toss gently to coat. Sprinkle with nuts; serve with lemon wedges, if desired.

Calories: 288 ;Calories from fat: 30% ;Fat: 9.5g ;Saturated fat: 2.6g
;Monounsaturated fat: 3.6g Polyunsaturated fat: 1.7g ; Protein: 10.3g ;
Carbohydrate: 41.8g ; Fiber: 4g; Cholesterol: 8mg; Iron: 3.4mg; Sodium: 713mg;
Calcium: 110mg

Sweet-and Tangy Three Bean Salad

Source: Comfort Food Fix By Ellie Krieger

Serves: 8

Posted by: Kate

June 21, 2013

Great tasting summer salad, best when it sits in the fridge several hours or overnight, I cut the EVOO down to 2 tablespoons

½ small red onion, thinly sliced into half-moons

¾ pound green beans, trimmed

¾ pound wax beans, trimmed

¼ cup honey

½ cup cider vinegar

3 tablespoons extra-virgin olive oil

½ teaspoon salt

¼ teaspoon freshly ground black pepper

1 15-ounce can no-salt-added kidney beans, rinsed and drained

1 medium red bell pepper, trimmed and sliced into matchsticks

To mellow the bite of the onion, place it in a bowl of ice water and allow it to soak for 30 minutes. Drain.

Place the green and wax beans in a steam basket fitted over a pot of boiling water. Cover and steam until crisp-tender, about 4 minutes. Remove from the heat and allow to cool. Cut into 2-inch lengths.

In a large bowl, whisk together the honey, vinegar, oil, salt, and black pepper. Add the onion, green and wax beans, kidney beans, and bell pepper and toss to combine. Cover and refrigerate for at least 1 hour before serving.

Serving Size - 1 cup

Calories: 160

Total Fat: 5 g (Sat Fat 1 g)

Protein: 5 g

Carbohydrates: 23 g

Fiber: 7 g

Cholesterol: 0 mg

Sodium: 160 mg

Baked Couscous with Summer Squash and Herbs

(VG) Vegetarian

Source: Cooking Light July 2005

Serves: 6

Posted by: Polarissue

June 28, 2013

Ingredients

1 (14-ounce) can fat-free, less-sodium chicken broth, divided

3/4 cup uncooked couscous

Cooking spray

2 cups sliced yellow squash (about 2 small)

1/2 cup sliced green onions

2 tablespoons chopped fresh basil

1 tablespoon chopped fresh oregano

1 garlic clove, minced

1/4 cup (1 ounce) shredded Fontina cheese

1/4 cup (1 ounce) grated Parmigiano-Reggiano cheese

1/4 cup egg substitute

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

Preparation

Preheat oven to 400°.

Bring 1 cup chicken broth to a boil in a medium saucepan; gradually stir in uncooked couscous. Remove from heat; cover and let stand 5 minutes. Fluff couscous with a fork.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add squash, onions, basil, oregano, and garlic; sauté 3 minutes or until squash is tender. Set aside.

Combine Fontina and Parmigiano-Reggiano; set aside. Combine couscous, squash mixture, and half of cheese mixture in a large bowl; stir in remaining chicken broth, egg substitute, salt, and pepper. Spoon mixture into an 8 x 8-inch baking dish lightly coated with cooking spray. Top with remaining cheese mixture. Bake at 400° for 35 minutes or until golden. Serve warm.

Nutritional Information

Amount per serving

Calories: 161 Calories from fat: 31% Fat: 5.6g Saturated fat: 1.9g

Monounsaturated fat: 1.6g Polyunsaturated fat: 1.3g Protein: 8.1g Carbohydrate: 19.9g Fiber: 2.2g Cholesterol: 9mg Iron: 0.8mg Sodium: 351mg Calcium: 112mg

Slow Cooker Brown Sugar & Garlic Chicken

(P) - Poultry

via Pinterest

Servings: 12

Posted by CJMartin717 (Cindy)

June 26, 2013

Cindy's Comments: DH and I both liked this. We agreed that we would like it with a bit more heat and intend to use more red pepper flakes next time. I served mine as a sandwich on a small potato roll. DH tried it served over rice. I thought the leftovers were just as good served cold.

2 pounds boneless skinless chicken breast
3/4 cup light brown sugar -- packed
2/3 cup apple cider vinegar
1/4 cup lemon-lime soda -- I used Diet Sprite
2 tablespoons minced garlic
2 Tablespoons light soy sauce
1 teaspoon fresh ground pepper
1 tablespoon Sriracha sauce
2 tablespoons cornstarch
2 tablespoons water
1 teaspoon crushed red pepper

Spray slow cooker with non-stick cooking spray. Place chicken (frozen, thawed or fresh) inside slow cooker. Mix together brown sugar, vinegar, soda, garlic, soy sauce, and pepper together. I added the Sriracha sauce in this step. Pour over chicken. Cook on low for 6-8 hours or high for 4 hours.

Take chicken pieces out of slow cooker and pour remaining sauce into saucepan. Place saucepan over high heat. Mix together corn starch and water, pour into saucepan, and mix well. Let sauce come to a boil and boil for 2-3 minutes, or until it starts to thicken and turns into a glaze. Remove from heat and let sit for a minute or two (it will continue to thicken as it cools down). Shred the chicken using two fork and stir the chicken back into the sauce.

Sprinkle red pepper flakes on top if desired.

Per Serving: 131 Calories; 1g Fat (6.7% calories from fat); 18g Protein; 12g Carbohydrate; trace Dietary Fiber; 44mg Cholesterol; 155mg Sodium.
Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Cornmeal-Crusted Catfish

Cooking Light June 2006

Serves 4

Posted by Betty - bms2003

July 11, 2013

Quick & easy!

My notes - It's not fried catfish, but it helps satisfy that craving. If you don't have or want to use the bacon, just substitute canola oil. It's not very spicy so I use more Cajun seasoning.

CL Notes - The bacon drippings used to cook the catfish lend this southern family favorite authentic flavor.

3 slices bacon

1/3 cup yellow cornmeal

2 tsp. salt-free Cajun seasoning (mine is not salt-free so I don't add the extra salt)

1/2 tsp. salt

4 (6-oz) catfish fillets

Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserve 2 teaspoons drippings in pan. Reserve bacon for another use.

Combine cornmeal, seasoning, and salt in a shallow dish. Dredge fillets in cornmeal mixture, shaking off excess.

Heat reserved drippings in pan over medium-high heat. Add fillets, cook 5 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Yield: 4 servings (serving size: 1 fillet).

NI - Calories 277; Fat 13.7g; Protein 27.5g; Carb 8.9g; Fiber .9g; Chol 93mg; Iron 1.6mg; Sodium 412mg; Calc 13mg

Cauliflower Pizza Crust

Posted on WW RRB

Servings: 4

Posted by CJMartin717 (Cindy)

October 12, 2013

Cindy's Notes: The original poster did not specify the amount or type of seasoning. I sprinkled in the types listed without measuring.

We added some turkey pepperoni and another cup of shredded Italian Cheese blend for our toppings. (Not included in NI.)

2 1/2 cups cauliflower floweret
1 large egg -- lightly beaten
1 cup shredded reduced-fat mozzarella cheese
2 tablespoons parmesan cheese -- grated
1/4 teaspoon garlic powder
1/4 teaspoon Italian seasoning
1/4 teaspoon black pepper
1/4 teaspoon salt
1/4 teaspoon crushed red pepper

Heat oven to 425 degrees. Line a rimmed baking sheet with parchment paper.

Grate the cauliflower using a box grater until you have 2 cups of cauliflower crumbles or use food processor (much easier & less messy). Place in a large bowl and microwave for 7-8 minutes, or until softened.

Remove and let cool. Mix in the egg, mozzarella, Parmesan cheese, and salt and pepper. Once combined, pat into a 10-inch round on the prepared pizza pan. (I used a 10-inch stoneware pan.) Spray lightly with non-stick spray and bake for 10-15 minutes, or until golden.

Add whatever toppings you like & bake for another 8-10 minutes.

Per Serving: 123 Calories; 7g Fat (48.9% calories from fat); 11g Protein; 5g Carbohydrate; 2g Dietary Fiber; 64mg Cholesterol; 361mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat. from fat); 11g Protein; 5g Carbohydrate; 2g Dietary Fiber; 64mg Cholesterol; 361mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Balsamic-Braised Short Ribs with Horseradish Mashed Potatoes

Source: CL website

Serves: 7

Posted by : Kate

October 20, 2013

Short ribs are the meaty ends of the rib bones. Choose cuts from the chuck, which are the most flavorful, or from the rib, which are a bit leaner. Packages labeled "short ribs" in the supermarket are likely to come from the chuck. Start this recipe a day ahead. It will taste much better, and chilling the ribs in the cooking liquid will make the solidified fat easy to remove.

Yield: 7 servings (serving size: 3 ounces beef, about 3/4 cup mashed potatoes, and 1/3 cooking liquid)

1/3 cup packed brown sugar
2 cups chopped plum tomato
4 pounds beef short ribs, trimmed
2 1/2 pounds baking potatoes, peeled and cut into quarters
1 teaspoon kosher salt, divided
1 teaspoon freshly ground black pepper, divided
3/4 cup warm 1% low-fat milk
2 cups finely chopped red onion
2 tablespoons fat-free sour cream
1/4 cup minced garlic (about 12 cloves)
1 1/2 tablespoons prepared horseradish
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper

To prepare ribs, heat a large Dutch oven coated with cooking spray over medium-high heat. Sprinkle ribs with 1/2 teaspoon salt and 1/2 teaspoon pepper. Add half of ribs to pan; cook 8 minutes or until browned, turning occasionally. Remove from pan. Repeat procedure with remaining ribs; remove from pan. Add onion to pan; sauté 8 minutes or until lightly browned. Add garlic; sauté 1 minute. Return ribs to pan. Add broth, wine, vinegar, sugar, and tomato; bring to a simmer.

Cover and bake at 300° for 1 1/2 hours or until tender. Cool slightly. Refrigerate 8 hours or overnight.

Skim fat from surface of broth mixture; discard fat. Cook over medium heat 30 minutes or until thoroughly heated. Stir in 1/2 teaspoon salt and 1/2 teaspoon pepper.

Balsamic-Braised Short Ribs with Horseradish Mashed Potatoes (continued)

To prepare mashed potatoes, place potatoes in a large saucepan; cover with water. Bring to a boil; cook 20 minutes or until very tender. Drain. Combine potatoes, milk, and remaining ingredients in a large bowl. Mash potato mixture with a potato masher. Serve with ribs and cooking liquid.

Nutritional Information (Amount per serving): Calories: 463, Fat: 13.4g, Protein: 27.2g, Carbohydrate: 53.5g, Fiber: 4.2g, Cholesterol: 64mg, Iron: 4mg, Sodium: 649mg, Calcium: 100mg

Pork Chops and Applesauce

Source: Skinnytaste.com

Servings: 4 (1 chop, 2 T applesauce)

Posted by: Waneyvant

Date: November 11, 2013

Gina's notes: Can use boneless or bone-in pork chops; center cut pork loin chops are good because they are pretty lean. Just do not over-cook them so they don't dry out. Cooking pork to 145° F, then let it rest for three minutes will give you juicy chops that are safe to eat

4 thin (14 oz) boneless pork loin chops, center cut

1/4 tsp paprika

1/2 tsp garlic powder

1/2 tsp dried sage

1/2 tsp dried thyme

salt and fresh cracked pepper to taste

1 tsp butter

2 tbsp flour (leave out for gluten free)

1/2 cup apple sauce for serving on the side

Season pork chops with paprika, garlic powder, sage, thyme, salt and fresh pepper to taste.

Place flour on a small flat plate and lightly pat the chops with flour, shaking off any excess flour so they are lightly coated.

Heat a large skillet over medium heat and add butter when the pan is hot. When the butter melts, place chops in the skillet and cook 3 1/2 to 4 minutes. Turn over and cook an additional 3 - 4 minutes. Remove from the pan and set on a platter to rest for three minutes.

Calories: 180, Fat: 8.2 g, Protein: 20.3 g, Carb: 4.8 g, Fiber: 0.3 g, Sugar: 1.5, Sodium: 29.3 mg

Pumpkin Pie with Rum

Source: Eating Well Comfort Foods Made Healthy (2009)

Serves: 8

Posted: Waneyvant

Date: 11/11/13

Crust

3/4 c. all-purpose flour
1/4 c. whole-wheat flour
1 T granulated sugar
1/8 tsp salt
1 T butter
3 T canola oil
1-2 T ice water

Filling

2 large eggs
1 15- or 16-oz can plain pumpkin puree
1 12-oz can nonfat evaporated milk
1/4 c. dark molasses
3 T rum, or 1 T vanilla extract
1/2 c. packed dark brown sugar
1 T cornstarch
1 tsp ground cinnamon
1 tsp ground ginger
1/4 tsp ground nutmeg
1/4 tsp salt

Crust: Stir all-purpose flour, whole-wheat flour, sugar & salt in a medium bowl. Melt butter in a small saucepan over low heat. Cook, swirling the pan, until butter turns a nutty brown, 30 seconds to 4 minutes. Pour into a small bowl and let cool. Stir in oil. Slowly stir butter-oil mixture into flour mixture with a fork until the mixture is crumbly. Gradually stir in enough ice water so the dough holds together. Press the dough into a flattened disk.

Place 2 overlapping lengths of plastic wrap on a work surface. Set dough in the center and cover with 2 more sheets of plastic wrap. Roll dough into a 13" circle. Remove top sheets & invert the dough into 9-inch deep-dish pie pan. Remove remaining wrap. Fold edges under at the rim & crimp. Cover loosely with plastic wrap, refrigerate.

Filling: Position rack in lower third of oven; preheat to 350°F. Lightly whisk eggs in medium bowl. Add pumpkin, evaporated milk, molasses and rum (or vanilla). Combine brown sugar, cornstarch, cinnamon, ginger, nutmeg and salt in a small bowl. Rub through a sieve into the pumpkin mixture, whisk until incorporated.

Pour filling into the prepared crust. Bake the pie until filling has set & a skewer inserted in the center comes out clean, 40 to 50 minutes; cover edges with foil if they are browning too quickly. Cool on a wire rack.

Per serving: 278 Cal; 8 g Fat; 58 mg Chol; 43 g Carb; 7 g Pro; 3 g Fiber

Lemon-Butter Brussels Sprouts

From Mar 2014 Taste of Home

Posted by: Ms.Rubinesque

Jan 22, 2014

Notes: I did not add the butter at the end- just used the oil for cooking and I used 2 Tbsp lemon juice- it was delish!

Ingredients

- 1 pound fresh or frozen Brussels sprouts, thawed
- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 1/4 cup white wine
- 1/2 cup chicken broth
- 4 teaspoons lemon juice
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons butter
- 1 teaspoon grated lemon peel
- Minced fresh parsley, optional

Directions

- Cut brussels sprouts in half. In a large skillet, heat oil over medium heat. Add Brussels sprouts and garlic; cook and stir 5 minutes or until sprouts begin to brown.
- Add wine, stirring to loosen browned bits from pan. Stir in broth, lemon juice, thyme, salt and pepper. Bring to a boil. Reduce heat; simmer, covered, 8-10 minutes or until sprouts are tender.
- Stir in butter and lemon peel until butter is melted. If desired, sprinkle with parsley.

Yield: 4 servings.

Nutritional Facts: 1/2 cup equals 208 calories, 16 g fat (5 g saturated fat), 16 mg cholesterol, 342 mg sodium, 12 g carbohydrate, 5 g fiber, 4 g protein.

Broccoli-Cauliflower Casserole

Source: Better Homes & Gardens

Serves: 12

Posted by: KateWD

Date: 02/09/14

I used steamed fresh veggies, a garlic, onion, oregano, parsley mix for the spice mix, light chive cream cheese, skim milk and panko for the topping

- 1 16-oz package frozen broccoli cuts
- 1 16-oz package frozen cauliflower florets
- 1 cup chopped onion (1 large)
- 2 TBSP butter or margarine
- 2 TBSP all-purpose flour
- 1 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp dried basil, crushed
- 1/4 tsp black pepper
- 1-1/4 cups milk
- 2 3-oz packages cream cheese with chives, cut up
- 3/4 cup soft bread crumbs (about 1 slice)
- 3 TBSP grated Parmesan cheese
- 2 TBSP butter or margarine, melted

Preheat oven to 400. Cook broccoli and cauliflower according to package directions. Drain well. Place in a large saucepan; set aside.

Meanwhile, in a medium saucepan, cook onion in 2 TBSP butter until tender but not brown. Stir in flour, salt, garlic powder, basil, and pepper. Add milk. Cook and stir until thickened and bubbly. Add cream cheese; stir until cream cheese melts. Stir into vegetable mixture. Transfer mixture to an ungreased 2-qt. casserole.

In a small bowl, toss together bread crumbs, Parm, and 2 TBSP melted butter. Sprinkle over vegetable mixture.

Bake, uncovered, in preheated oven for 25 to 30 minutes or until heated through. Makes 12 servings.

Per serving: 136 calories, 10 g fat, 336 g sodium, 2 g fiber, 5 g protein

Pistachio-Chai Muffins

Adapted from Cooking Light May 2011

Servings: 12

Category: BR

Freezer friendly

Posted by 3BrowCat (Diane)

2/11/2014

CL Comments: These healthy muffins get their unique flavor from chai tea blend and roasted chopped pistachios.

My Comments: Skip the powdered sugar coating and enjoy with a light cream cheese spread instead.

Ingredients:

7.9 ounces all-purpose flour (about 1 3/4 cups)

1/2 cup packed brown sugar

1 teaspoon baking powder

1 teaspoon baking soda

1/4 teaspoon salt

2 chai blend tea bags, opened

1 cup low-fat buttermilk

1/4 cup butter, melted

1 1/2 teaspoons vanilla extract, divided

1 large egg, lightly beaten

Cooking spray

1/3 cup shelled dry-roasted pistachios, chopped

1/2 cup powdered sugar

1 tablespoon water

Directions:

1. Preheat oven to 375°.

2. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 4 ingredients (through salt) in a large bowl, stirring with a whisk. Cut open tea bags; add tea to flour mixture, stirring well. Make a well in center of mixture. Combine buttermilk, butter, 1 teaspoon vanilla, and egg in a bowl, stirring well with a whisk. Add buttermilk mixture to flour mixture, stirring just until moist.

3. Place 12 muffin-cup liners in muffin cups; coat liners with cooking spray. Divide batter evenly among prepared muffin cups. Sprinkle nuts evenly over batter. Bake at 375° for 15 minutes or until a wooden pick inserted in center comes out clean. Cool for 5 minutes in pan on a wire rack.

4. (I omitted this step) Combine remaining 1/2 teaspoon vanilla, powdered sugar, and 1 tablespoon water, stirring until smooth. Drizzle evenly over muffins.

Calories: 192, Fat: 6.2g Protein: 3.9g Carbohydrate: 30.5g Fiber: 0.9g Cholesterol: 26mg Sodium: 259mg

Impossible Ham and Cheese Quiche

Category of recipe: Eggs

Adapted from: America's Test Kitchen

Servings: 8

Posted by: MissVN

Date 2/16/2014

Notes: Next time I may just mix the filling with the eggs, at least with gluten-free flour the egg mixture was on the thick side and never really mixed with the filling while it baked.

Ingredients

3 TBS finely grated Parmesan Cheese
8 oz Gruyere cheese, shredded (2 cups)
4 oz thickly sliced deli ham, chopped
4 green onions, minced
1/2 cup flour
3/4 tsp baking powder
1/2 tsp pepper
1/4 tsp salt
1 cup 2% milk
2 TBS melted unsalted butter
4 large eggs, lightly beaten
2 tsp Dijon mustard
1/8 tsp ground nutmeg

Instructions

Adjust oven rack to lowest position and heat oven to 350 degrees. Grease a 9-inch pie plate with softened butter and coat evenly with Parmesan cheese.

Combine cheese, ham, and onions in a bowl. Spread ham and cheese mixture evenly in bottom of greased pie pan. Combine flour, baking powder, pepper and salt in the now-empty bowl. Whisk in half-and-half, eggs, melted butter, mustard and nutmeg until smooth. Slowly pour batter over ham and cheese mixture in the pan.

Bake until quiche is light golden brown and filling is set, 30-35 minutes. Cool on wire rack for 15 minutes. Slice into wedges. Serve warm.

Nutritional info:

Per Serving: 270 Calories; 18g Fat (61.8% calories from fat); 17g Protein; 9g Carbohydrate; trace Dietary Fiber; 148mg Cholesterol; 533mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

Spicy Honey-Glazed Parsnips

Veg

Adapted from Bon Appetit

4 servings

Aimster04

2/23/14

Amy's Notes: I halved this recipe. It was delicious. I used red pepper flakes and melted the butter mixture in the microwave instead of a pan. This had great flavors.

2 lb parsnips, peeled, cut into 3" lengths, halved

1/4 cup olive oil

Kosher Salt, freshly ground pepper

2 chiles de arbol, crushed or 3/4 tsp crushed red pepper flakes

2 Tbsp. unsalted butter

1Tbsp apple cider vinegar

1Tbsp honey

Preheat oven to 450 degrees. Toss parsnips and oil on a rimmed baking sheet; season with salt and pepper. Roast parsnips until tender and golden brown in spots, 35-40 minutes.

Meanwhile, heat chiles butter, vinegar, and honey in a small saucepan over medium heat, stirring occasionally, until butter is melted.

Drizzle chile-honey butter over parsnips and toss to coat

Calories: 380, Fat 23G, Fiber 11G

Whole-Grain Penne w/Chicken Mushrooms & Spinach

Adapted from Ellie Krieger's Weeknight Wonders

Serves 4 (serving size: 2C)

Posted By: BarbO'D

3/1/14

This came together quickly and made a nice comfort meal. DH doesn't care for whole-wheat pasta so I decided to try brown rice pasta. IMO if you are following SFT the only points are for the cheese and oil.

12 oz whole-grain penne (I used brown rice pasta)

2 Tablespoons olive oil

3/4 lb skinless boneless chicken breast

1/2 tsp salt

1/2 tsp freshly ground pepper

1 medium onion

1/2 lb. sliced assorted fresh mushrooms (cremini, oyster, and/or portabella)

3 cloves garlic

1 Tablespoon fresh thyme leaves (used dried)

1 1/2 cup low-sodium chicken broth

1/4 crushed red pepper flakes

1/4 cup sun-dried tomatoes (about 6)

3 cups lightly packed baby spinach (3 oz)

1 1/2 oz Parmesan cheese (1/2 cup grated)

Bring large pot of water to boil for pasta. Add pasta, cook according to directions on box.

Meanwhile heat 1 TBSP oil in very large skillet over med-high heat. Slice chicken into thin 1/4 in strips. Season with 1/4 tsp each salt/pepper; cook until browned and just cooked through, stirring once or twice. Transfer chicken to a plate. While chicken is cooking, slice onion thinly into half-moons.

Add remaining 1 TBSP oil to skillet. Add mushrooms, onions, and cook, stirring occasionally, until mushrooms release water and begin to brown, about 8 minutes. Meanwhile mince the garlic and chop the thyme leaves. Add them to skillet and cook, stirring, for 1 more minute.

Add broth, red pepper flakes, remaining salt, and pepper. Bring to boil over high heat, the cook uncovered, until liquid has reduced by half, about 5 minutes. While sauce is reducing thinly, slice sun-dried tomatoes, coarsely chop spinach and grate the cheese. Once sauce is reduced, stir in tomatoes and spinach and cook until spinach is wilted, 20 seconds.

Drain pasta and return it to pasta pot. Add the mushroom-spinach mixture, the chicken with any accumulated juices and 1/4 cup of cheese and toss to combine. Serve garnished with remaining 1/4 cup cheese

NI (as written)

Calories 580, Fat 15g, Protein 38g, Carbs 75g, Fiber 10g, Sodium 640mg

Southwest Quinoa Cakes

Adapted from EatingWell.com

Makes: 6 servings (2cakes & 1/4c salsa)

Posted by: BarbO'D

3/2/14

Ingredients

- 2 cups water
- 1 cup quinoa, preferably red quinoa
- 4 large eggs, lightly beaten
- 1 cup canned black beans, rinsed
- 3/4 cup reduced-fat cottage cheese
- 1/4 cup sliced scallions
- 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt, plus a pinch, divided
- 1 cup shredded pepper Jack cheese
- 1 14-ounce can fire-roasted diced tomatoes
- 1 clove garlic
- 1 small chipotle pepper in adobo sauce (see Tip)
- 1/4 cup chopped fresh cilantro
- 1 avocado, chopped

Preparation

1. Preheat oven to 375°F. Coat a 12-cup nonstick muffin tin with cooking spray.
2. Bring water to a boil in a medium saucepan. Stir in quinoa. Reduce to a simmer, cover and cook until the grains are tender and reveal their spiraled germ, about 15 minutes. Transfer to a large bowl and let cool for about 10 minutes.
3. Add eggs, beans, cottage cheese, scallions, flour, baking powder and 1/4 teaspoon salt to the quinoa and stir until well combined. Divide the mixture among the muffin cups (about 1/4 cup each). Top each quinoa cake with about 1 tablespoon cheese.
4. Bake the cakes until puffed and a little brown on top, about 20 minutes. Let cool in the pan for 5 minutes. Gently loosen and remove with a paring knife.
5. Meanwhile, place tomatoes, garlic, chipotle pepper and a pinch of salt in a blender and puree until smooth. Transfer to a small bowl and stir in cilantro.
6. Serve the cakes with the salsa and avocado.

Tips & Notes

- Make Ahead Tip: Cover and refrigerate the salsa (Step 5) for up to 3 days; bring to room temperature before serving.
- Chipotle chile peppers in adobo sauce are smoked jalapeños packed in a flavorful, spicy sauce. Look for the small cans with Mexican foods at large supermarkets. Once opened, they'll keep for up to 2 weeks in the refrigerator or 6 months in the freezer.

Nutrition

Per serving: 365 calories; 17 g fat (6 g sat); 140 mg cholesterol; 35 g carbohydrates; 0 g added sugars; 6 g total sugars; 19 g protein; 7 g fiber; 662 mg sodium; 515 mg potassium.

Nutrition Bonus: Folate (32% daily value), Calcium (28% dv), Vitamin C (27% dv), Iron (20% dv), Magnesium (19% dv), Vitamin A (17% dv)

High Temperature Eye-of-Round Roast

Source: Adapted from AllRecipes 2014

Servings: 6

Posted by Waneyvant

Date: March 18, 2014

Eye of round roast is roasted at 500 degrees F. This recipe takes a very tough piece of meat and makes it so tender and delicious.

1 (3 pound) beef eye of round roast
salt and pepper to taste (I used Lawry's)
granulated garlic to taste

Preheat the oven to 500 degrees F (260 degrees C). Season the roast with salt and pepper and place in a roasting pan or baking dish. Do not cover or add water.

Place the roast in the preheated oven. Reduce the temperature to 475 degrees F (245 degrees C). Roast for 21 minutes (seven minutes per pound) then turn off the oven and let the roast sit in the hot oven for 2 1/2 hours. Do not open the door at all during this time!

Remove the roast from the oven, the internal temperature should have reached at least 145 degrees F. Slice as thin as possible.

Maple-Mustard Chicken Thighs

Source: Cooking Light

Servings: 4

Posted by: bms2003 (betty)

4-10-14

1/3 c spicy brown mustard
2 T brown sugar
3 T maple syrup
2 T yellow mustard
1 T grated onion
1 T cider vinegar
2 t lower-sodium soy sauce
1/2 t freshly ground black pepper
1 garlic clove, minced
8 bone-in chicken thighs, skinned
1/4 t kosher salt
Cooking spray

Combine first 9 ingredients. Place half the mixture in a zip-top plastic bag; reserve remaining mixture. Add chicken to bag; seal. Marinate in refrigerator 2 hours.

Preheat grill to medium-high heat.

Remove chicken from bag; discard marinade. Sprinkle chicken with salt. Place chicken on grill rack coated with cooking spray; grill 8 minutes on each side until done. Serve with reserved mustard mixture. Yield: 4 servings (serving size: 2 thighs and 2 tablespoons sauce)

Herbed Sirloin Tip Roast

Source: About.Com.SouthernFood

Servings: 8

Posted by Waneyvant

Date: April 28, 2014

This oven roast is made with a little red wine and an herb rub. An easy sirloin tip roast recipe.

- 1 sirloin tip roast, about 3 pounds
- 1/2 c. dry red wine
- 1 1/2 tsp salt
- 1 tsp Cajun seasoning (subbed Creole)
- 1/2 tsp paprika
- 1/2 tsp coarsely ground black pepper
- 1/2 tsp dried leaf thyme
- 1/4 tsp oregano leaves
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp dried parsley flakes
- 1 T olive oil

About 2 hours before roasting, combine roast and wine in a food storage bag; refrigerate. Remove from refrigerator and let the roast sit on counter, still in marinade, for about an hour prior to roasting.

Combine remaining ingredients in a small bowl about 10 minutes before roasting time. Place roast on a rack in baking pan and rub all over with the herb and seasoning mixture. (I sprinkled some Creole seasoning on the bottom of the roast, and just put the rub in a thick paste on top)

Roast at 350° for about 1 to 1 1/2 hours, or until roast is about 145° on a meat thermometer for medium-rare. (mine took 1 hr)

1 serving (4 ounces) equals 156 calories, 5 g fat (2 g saturated fat), 60 mg cholesterol, 324 mg sodium, 4 g carbohydrate, trace fiber, 22 g protein.

Rum Glazed Pork Skewers with Coconut Rice

From: Fine Cooking

Servings: 4

Posted By: Aimster04

April 30, 2014

Amy's Notes: I made this recipe as posted and DH and I both loved it. It is my first time using coconut milk and I was surprised at how subtle the flavor is.

Ingredients:

3 Tbs. unsalted butter
1 Tbs. minced fresh ginger
1 cup jasmine rice
3/4 cup well-shaken unsweetened coconut milk
Kosher salt
1/3 cup dark rum
3 Tbs. packed dark brown sugar
2 medium limes, finely grated to yield 1 tsp. zest and squeezed to yield 1/4 cup juice
2 Tbs. vegetable oil; more as needed
1 tsp. ground allspice
1/8 tsp. ground cayenne
Freshly ground black pepper
1 1- to 1-1/4-lb. pork tenderloin, cut into 1-inch cubes
1 medium red bell pepper, cut into 1-inch squares
1 red onion, cut into 1-inch pieces
Lime wedges for serving (optional)

Melt 1 Tbs. of the butter in a 2-quart saucepan over medium heat. Add the ginger and cook, stirring, until fragrant, about 1 minute. Add the rice and stir until well coated. Add the coconut milk, 1-1/2 cups water, and 3/4 tsp. salt; bring to a simmer. Reduce the heat to low, cover, and cook until the liquid is absorbed, about 15 minutes.

Fluff with a fork, cover, and set aside. Meanwhile, combine the rum, brown sugar, 2 Tbs. of the lime juice, and the remaining 2 Tbs. butter in a 1-quart saucepan. Bring to a simmer over medium heat and cook until syrupy, about 5 minutes. Stir in 1/8 tsp. salt and remove from the heat.

In a medium bowl, combine the remaining 2 Tbs. lime juice with the oil, allspice, cayenne, 1-1/2 tsp. salt, and 1/2 tsp. black pepper. Add the pork and toss to coat. Thread the pork, bell pepper, and onions onto four 12-inch metal skewers, alternating the meat and vegetables.

Prepare a medium-high (400°F) gas or charcoal grill fire or heat a large grill pan over medium-high heat. Oil the grate or pan.

Rum Glazed Pork Skewers with Coconut Rice (continued)

Grill the skewers until seared on all sides, about 4 minutes total. Brush the skewers with the glaze and grill, turning occasionally, until the pork is browned on the outside but still slightly pink in the center, 2 to 4 minutes more.

Add the zest to the rice and fluff. Brush the skewers with any additional glaze and serve with the rice and lime wedges, if you like.

NI from the website: Calories (kcal): 550; Fat (g): 22; Fat Calories (kcal): 190; Saturated Fat (g): 8; Protein (g): 25; Monounsaturated Fat (g): 7; Carbohydrates (g): 53; Polyunsaturated Fat (g): 5; Sodium (mg): 720; Cholesterol (mg): 80; Fiber (g): 3

Sweet and Sour Chicken

Source. Cooking Light. MAY 2014

Serves 4 (serving size: 1/2 cup rice, about 1 cup chicken mixture, 1 tablespoon cilantro, and 1 1/2 teaspoons sesame seeds)

Posted by. Shel_ k.

May 17, 2014

Shel's notes: Powdered peanut butter (which you'll find on the nut butters aisle) adds richness here; if you'd rather not use it, sub more flour. Find plum sauce in the Asian foods section.

Ingredients:

1/4 cup mirin (sweet rice wine) or 1/4 cup dry sherry mixed with 2 teaspoons sugar

1 large egg, lightly beaten

1 pound skinless, boneless chicken breast tenders, cut into (2-inch) pieces

1/4 cup powdered peanut butter

3 tablespoons quick-mixing flour (such as Wondra)

3 tablespoons cornstarch

1 tablespoon sugar

3 tablespoons canola oil

3/4 cup sliced green onions

1 red bell pepper, chopped

5 tablespoons water

3 tablespoons ketchup

2 tablespoons Sriracha

1 tablespoon plum sauce

1 teaspoon Worcestershire sauce

1 (8.8-ounce) package precooked white rice

1/4 cup cilantro leaves

2 tablespoons toasted sesame seeds

Preparation:

1. Combine mirin and egg in a medium bowl, stirring with a whisk. Add chicken; toss to coat. Let stand 5 minutes; drain well.

2. Combine powdered peanut butter and next 3 ingredients (through sugar) in a bowl, stirring with a whisk. Add chicken; toss well to coat. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add chicken; cook 3 minutes on each side or until done. Remove chicken from pan; keep warm.

3. Heat pan over high heat. Add onions and bell pepper; stir-fry 1 minute.

Combine 5 tablespoons water and next 4 ingredients (through Worcestershire) in a bowl, stirring with a whisk. Add chicken and ketchup mixture to pan; cook 1 minute, tossing to coat.

4. Divide rice among 4 plates; top with chicken mixture. Sprinkle evenly with cilantro leaves and sesame seeds.

Fresh Corn, Tomato and Zucchini Salad

Source: Receipegirl.com

Yield: 8 servings

Posted by: Kate

July 8, 2014

This salad is quick and easy to put together, the light vinaigrette accents the fresh raw veggies perfectly, great side for a hot summer day

6 medium to large corn on the cob (shucked and rinsed)

3 small to medium zucchini, rinsed

1 pint pear or cherry tomatoes, halved

1/4 cup slivered fresh basil leaves

4 tablespoons white wine vinegar

2 tablespoons extra-virgin olive oil

1 tablespoon honey

1 tablespoon freshly squeezed lime juice

salt and freshly ground black pepper, to taste

1. Cut corn off the cob by placing it upright in a deep bowl and cut down the sides of the cob with a sharp knife.

2. Dice zucchini into 1/2-inch pieces (leave skin on) and add to the bowl. Add tomatoes and basil.

3. In a separate small bowl, whisk together the vinegar, olive oil, honey and lime juice. Pour the vinaigrette over the salad and toss to combine. Cover the salad with plastic wrap and refrigerate for at least one hour and up to 4 hours until ready to serve. Toss again before serving to re-distribute the dressing. Add salt and freshly ground black pepper just before serving.

Tips:

*If the salad sits in the refrigerator overnight, it may gather additional liquid from the fresh vegetables. Just drain any additional liquid and enjoy the leftovers.

Nutritional Information per serving:

Serving size: 8

Calories per serving: 118

Fat per serving: 4.3g

Saturated Fat per serving: .6g

Sugar per serving: 6.6g

Sodium per serving: 157g

Fiber per serving: 2.5g

Protein per serving: 2.5g

Cholesterol per serving: 0mg

Carbohydrates per serving: 20g

Salmon Croquettes

Source: Cooking Light January 2010

Servings: 4

Posted by: Waneyvant (Jane)

Date: August 24, 2014

Jane's Notes: Once I mixed up the salmon, I realized this would make great burgers. I just panfried four burgers for about 8 or 9 minutes, flipping about every 3 minutes. The lemon/caper sauce is really good. Topped with romaine and fresh tomato. I used Hellman's light mayo instead of an organic, and Vidalia instead of green onion, and a green bell from our garden.

1/4 cup organic canola mayonnaise (such as Spectrum), divided
4 teaspoons fresh lemon juice, divided
2 1/2 teaspoons Dijon mustard, divided
1/4 cup finely chopped green onions
2 tablespoons minced red bell pepper
1/2 teaspoon garlic powder
1/4 teaspoon salt
1/8 teaspoon ground red pepper
2 (6-ounce) packages skinless, boneless pink salmon (i used a 14.5 can, removed skin)
1 large egg, lightly beaten
1 cup panko (Japanese breadcrumbs)
1 tablespoon canola oil
1 tablespoon chopped fresh parsley
1 teaspoon finely chopped capers
1/2 teaspoon minced garlic
1/8 teaspoon salt

Combine 2 tablespoons mayonnaise, 1 tablespoon juice, 1 1/2 teaspoons mustard, and next 7 ingredients (through egg), stirring well. Add panko; toss. Shape mixture into 8 (3-inch) patties

Heat oil in a large skillet over medium heat. Add patties; cook 5 minutes on each side or until browned.

Combine remaining mayonnaise, juice, and mustard with parsley, capers, garlic, and salt, stirring well.

Calories: 305; Fat: 19.3g; Sat fat: 2.6g;
Mono fat: 6g; Poly fat: 9.7g; Pro: 18.8g
Carb: 12.6g; Fiber: 1g; Chol: 88mg; Iron: 1mg Sodium: 801mg; Calcium: 16mg

Mama Smallwood's Green Tomato Pickles

Source: Jane's Grandma

Posted by: Waneyvant (Jane)

Date: September 2, 2014

20 to 36 small, green tomatoes
6 pieces celery (5 to 6 inches long)
6 small onions
1 sweet red bell pepper, cut into strips
1 sweet green bell pepper, cut into strips
5 c. vinegar
10 c. water
1 c. salt
dill seeds to taste

Use small, firm tomatoes. Wash & pack tomatoes into sterilized quart jars. Add to each jar 1 small onion, 1 piece each celery, and 1 green and 1 red bell pepper strip.

Make a brine of water, vinegar and salt. Boil this with the dill for five minutes. Pour hot brine over the tomatoes and seal immediately.

Ready to use in 4 to 6 weeks.

Canned Green Tomatoes (for frying later)

Posted by: Waneyvant (Jane)

Date: September 2, 2014

Jane's notes: These keep about a year. Sure taste good when there is snow on the ground!

Sliced green tomatoes

1 tsp salt per jar

1 T white vinegar per jar

Boiling water, as needed

Slice the green tomatoes as thick as you like them. Boil in a large saucepan filled with water for a few seconds, just until they turn light in color. Remove slices with slotted spoon and layer tomato slices in sterilized wide mouth pint jars.

To each jar, add salt and vinegar mixture. Fill the rest of the jar with boiling water to cover and seal.

When ready to fry, drain the tomatoes. Roll in seasoned cornmeal, then fry as usual.

Jane's Catfish Relish

Posted by: Waneyvant (Jane)

Date: September 6, 2014

Jane's notes: This relish is spicy. You may want to cut down on jalapeno; we love it hot.

6 quarts green tomatoes, quartered
2 quarts onions, quartered
1 cup green or red bell peppers, chopped in large pieces
1/2 cup salt
5 cups sugar
5 cups vinegar
1 T. mustard seed
1 T. celery seed
1/2 cup jalapeno peppers (or to taste)

Place tomatoes, onions, bell peppers in large container. Sprinkle with salt. Let sit overnight. Next morning, drain and rinse with cold water. Set aside.

Combine sugar, vinegar, mustard and celery seeds and jalapeno in large Dutch oven or stockpot. Bring to boil. Put reserved vegetables in boiling solution and boil just until tomatoes change color. Put into hot sterilized canning jars and process in boiling water bath for 10 minutes.

Roasted Broccoli and Asiago

Adapted from Epicurious.com

Servings: 4

Posted: Aimster04

10/16/14

Amy's Notes: A simple recipe with great taste. I cut the broccoli crowns into smaller pieces and chopped the stalks as well.

1 1/2 pounds (about 1 large bunch) broccoli, stalks trimmed to 2 inches below crowns

3 tablespoons olive oil

1 cup grated Asiago cheese

Preheat oven to 450°F. Cut each crown of broccoli lengthwise into 4 spears.

Place broccoli in large bowl; toss with olive oil and sprinkle with salt and pepper. Transfer broccoli to large rimmed baking sheet.

Add grated Asiago cheese to same bowl.

Roast broccoli until crisp-tender and stalks begin to brown, about 25 minutes.

Return broccoli to bowl with cheese. Using tongs, toss to coat.

Calories: 270

Fat: 22 g

Protein: 13 g

Carbs: 9 g

Soft Pretzel Bites

Adapted from Twopeasandtheirpod food blog

Posted: BMS2003

11/30/14

Yield: Around 5-6 dozen

Soft Pretzels:

1 1/2 cups warm water
2 tablespoons light brown sugar
1 package active dry yeast (2 1/4 teaspoons)
3 ounces unsalted butter, melted
2 1/2 teaspoons kosher salt
4 1/2 to 5 cups all-purpose flour
Vegetable oil
3 quarts water
1/2 cup baking soda
1 whole egg, beaten with 1 tablespoon cold water
Coarse sea salt

For the cheese sauce:

1/2 Tablespoon unsalted butter
1/2 Tablespoon all-purpose flour
1/2 cup milk
8 ounces Cheddar cheese, grated

For the Pretzels: Combine the 1 1/2 cups water, sugar, yeast, and butter in the bowl of a stand mixer and mix with the dough hook until combined. Let sit for 5 minutes.

Add the salt and flour and mix on low speed until combined. Increase the speed to medium and continue kneading until the dough is smooth and begins to pull away from the side of the bowl, about 3 to 4 minutes. If the dough appears too wet, add additional flour, 1 tablespoon at a time. Remove the dough from the bowl, place on a flat surface and knead into a ball with your hands.

Oil a bowl with vegetable oil, add the dough and turn to coat with the oil. Cover with a clean towel or plastic wrap and place in a warm spot until the dough doubles in size, about 1 hour.

Preheat the oven to 425 degrees F.

Bring the 3 quarts of water to a boil in a small roasting pan over high heat and add the baking soda.

Remove the dough from the bowl and place on a flat surface. Divide the dough into 8 equal pieces, about 4 1/4 to 4 1/2 ounces each. Roll each piece into a long rope measuring 22 inches and shape. Cut the dough into one inch pieces to make the pretzel bites. Boil the pretzel bites in the water solution in batches. We did about 15 bites at a time. Boil for about 30 seconds. Remove with a large slotted spoon. Place pretzel bites on a baking sheet that has been sprayed with cooking spray. Make sure they are not touching. Brush the tops with the egg wash and season liberally with the salt. Place into the oven and bake for 15 to 18 minutes until golden brown.

Remove to a baking rack and let rest 5 minutes before eating. Serve with cheese sauce.

To make the cheese sauce:

Melt the butter in a medium saucepan over medium heat. Add the flour and cook 1 minute. Whisk in the milk and cook until slightly thickened. Remove from heat and stir in the Cheddar cheese until smooth and all of the cheese is melted. Season with salt and pepper, to taste.

*If you want to make cinnamon and sugar pretzel bites-instead of adding salt, sprinkle the bites with cinnamon and sugar. For the frosting mix-soft cream cheese-about 3 T, powdered sugar, a teaspoon of vanilla extract, and a little bit of milk. Whisk together. Add more milk if it is too thick, if it is too thin, add more powdered sugar.

Pork Chop Suey

Source: Allrecipes.com

Servings: 4

Posted by Betty (bms2003)

Date: 1/7/15

Comments: We enjoyed this quick & easy stir-fry dinner last night. I think servings should have been closer to 6.

1 (1-pound) pork tenderloin
1/4 cup all-purpose flour
2 tablespoons vegetable oil, divided
2 cups thinly sliced bok choy
1 cup sliced celery
1 cup red bell pepper strips
1 cup sliced mushrooms
1 (8-ounce) can sliced water chestnuts, drained
2 garlic cloves, minced
1/4 cup fat-free, less-sodium chicken broth
1/4 cup low-sodium soy sauce
1 tablespoon cornstarch
1 tablespoon dry sherry
1/2 teaspoon ground ginger
2 cups hot cooked long-grain rice
1/4 cup sliced green onions

Trim fat from pork; cut into 1-inch pieces. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and pork in a zip-top plastic bag; seal and shake well.

Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add pork; cook 3 minutes or until browned. Remove from pan; keep warm.

Add 1 tablespoon oil to pan. Add bok choy and next 5 ingredients (bok choy through garlic); stir-fry 3 minutes. Combine broth, soy sauce, cornstarch, sherry, and ginger; stir well with a whisk. Add pork and broth mixture to pan; cook 1 minute or until thick.

Serve over rice; sprinkle with green onions.

Yield: 4 servings (serving size: 1 1/2 cups chop suey, 1/2 cup rice, and 1 tablespoon onions)

CALORIES 406 (23% from fat); FAT 10.2g (sat 2.3g,mono 3.4g,poly 3.8g); IRON 4.1mg; CHOLESTEROL 74mg; CALCIUM 83mg; CARBOHYDRATE 46.4g; SODIUM 532mg; PROTEIN 28.9g; FIBER 2.7g