

## 2011 Recipes of the Month

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# Greek Stuffed Vegetables

## Ingredients

- 3/4 cups short-grain brown rice, rinsed and drained  
(or 1 1/2 cups long-grain brown rice)
- 6 small green bell peppers
- 6 small tomatoes
- 1 medium onion, finely chopped, about 1 cup
- 1/3 cup snipped fresh dill
- 1/3 cup finely chopped flat-leaf parsley
- 1/4 cup feta cheese, crumbled
- 1 Tbsp. fresh lemon juice
- Salt and freshly ground black pepper, to taste
- 1 cup fat-free, reduced-sodium chicken broth



## Directions:

Cook rice according to package directions. Turn rice into mixing bowl and let sit 15 minutes to cool slightly. Preheat oven to 350 degrees.

Slice tops off peppers and tomatoes and set tops aside. Remove seeds and membranes from peppers. Using a melon baller or small spoon, scoop out tomato flesh and reserve. Discard seeds from tomato flesh and chop the meat into 1/4-inch pieces.

Add tomato, onion, dill, parsley and cheese to rice. Use a fork to mix together, taking care not to mush rice or cheese. Mix lemon juice into rice, and season to taste with salt and pepper.

Stuff peppers and tomato shells loosely with rice mixture, using about 1/2 cup each. Arrange stuffed vegetables in a baking dish just large enough to hold them (9x13-inch or bigger). Replace tops on stuffed tomatoes and peppers. Pour chicken broth into pan. Bake about 1 1/4 hours, until vegetables are soft but still hold their shape.

Serve lukewarm or at room temperature. Vegetables are best when made the day they are served, as rice turns hard when refrigerated.

Makes 6 main-course or 12 side-dish servings.

Per serving: 152 calories, 2 g total fat (1 g saturated fat), 30 g carbohydrate, 5 g protein, 4 g dietary fiber, 178 mg sodium

[www.aicr.org/site/News2?news\\_iv\\_ctrl=1121&abbr=dc\\_rc\\_&page=NewsArticle&id=7259](http://www.aicr.org/site/News2?news_iv_ctrl=1121&abbr=dc_rc_&page=NewsArticle&id=7259)

**WOW Tip:** Other vegetables that could be used for the above stuffing mix include cabbage or kale leaves, zucchini, or eggplant.

See an alternative stuffed vegetable recipe at:

[http://greekfood.about.com/od/vegetablerecipes/r/yemista\\_amyg.htm](http://greekfood.about.com/od/vegetablerecipes/r/yemista_amyg.htm)

## Basil Green Beans

Makes 4 servings

### Ingredients:

- 1 lb. fresh green beans
- 1 Tbsp. minced spring onion
- 1/2 tsp. butter or margarine
- 1 tsp. dried basil leaves
- 1 tsp. garlic powder
- Dash pepper

### Directions:

Trim and snap green beans into thirds. (You can do this ahead of time.) Mince onion.

Put water on to boil to steam beans. As soon as water boils, steam beans for 12 to 17 minutes or until tender.

Melt butter or margarine and sauté onions until tender. Add steamed beans, basil, garlic powder and pepper. Toss beans with basil sauce to coat evenly and serve.

**Per serving:** 46 calories, 1 g total fat (0 g saturated fat), 8 g carbohydrates, 2 g protein, 1 g dietary fiber, 7 mg sodium

American Institute for Cancer Research

[www.aicr.org/site/News2?abbr=dc\\_rc\\_&page=NewsArticle&id=7176&news\\_iv\\_ctrl=1128](http://www.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7176&news_iv_ctrl=1128)

Serving Size: 1/4 lb

Nutritional Facts: (Amount Per Serving)

Calories 46

Total Fat 1.0 g

Saturated Fat 0 g

Sodium 7 mg

Carbohydrates 8 g

Dietary Fiber 1 g

Protein 2.0 g



## Low Fat Cornbread

Makes 16 servings

### Ingredients:

- 1 cup flour
- 1 cup cornmeal
- 1/4 cup sugar (more or less to taste)
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup plain nonfat yogurt
- 2 eggs, beaten (or 1/2 cup egg substitute)
- 1/2 cup whole kernel corn, drained (optional)
- 1/2 cup jalapeno pepper, chopped (optional)

### Directions:

Preheat oven to 400 degrees F. In a medium mixing bowl, combine dry ingredients. Stir in yogurt and eggs. If using stir in corn and jalapeno peppers. Pour into 8 inch square pan sprayed with cooking spray (or use a cast iron skillet). Bake for approximately 20 minutes. (Cut into 16 squares.)

Best served warm.

[www.food.com/recipe/low-fat-cornbread-87115](http://www.food.com/recipe/low-fat-cornbread-87115)

Serving Size: 1 square (48 g)

Nutritional Facts: (Amount Per Serving)

Calories 85.9

Calories from Fat 9

Total Fat 1.0 g

Saturated Fat 0.2 g

Monounsaturated Fat 0.3 g

Polyunsaturated Fat 0.2 g

Trans Fat 0.0 g

Cholesterol 26.7 mg

Sodium 174.7 mg

Potassium 77.7 mg

Magnesium 15.0 mg

Total Carbohydrate 16.1 g

Dietary Fiber 0.7 g

Sugars 4.4 g

Protein 3.0 g



# Chicken Skewers, San Francisco-style with Asian Slaw

Makes 4 servings

## Ingredients:

- ¾ pound boneless, skinless chicken breasts
- 36 fresh snow peas (about 6 ounces)
- 20 cherry tomatoes (about 1¼ pounds)



## Marinade

- ¼ cup hoisin sauce
- ¼ cup rice wine vinegar
- 2 tablespoons canola oil
- ½ teaspoon sesame sauce

## Directions:

In a medium bowl, whisk together the marinade ingredients. Set aside.

Remove and discard any visible fat from the chicken. Rinse and pat dry. Cut into ½-inch cubes. Place in the marinade, cover and refrigerate for at least 30 minutes or up to 2 hours. If using wooden rather than metal skewers, soak them in warm water for 30 minutes to prevent burning.

Light a grill, or preheat the broiler. Blanch the snow peas in boiling water to cover for 1 minute. Drain. Thread the chicken cubes, snow peas and cherry tomatoes onto 4 skewers.

Grill over medium-high heat for 3 to 4 minutes per side. Serve hot over a bed of crunchy Asian slaw.

## Asian Slaw

Makes 4 servings

## Ingredients:

- 1 cup shredded red cabbage
- 1 cup shredded green cabbage
- 1 cup shredded carrots
- 2 cups mung\* bean sprouts
- ½ cup shredded daikon\*\* radish



## Dressing

- 1 tablespoon canola oil
- 1 tablespoon rice wine vinegar
- 1 teaspoon honey
- ¼ teaspoon sesame oil
- ½ teaspoon sesame seeds, toasted

## Directions:

In a large bowl, combine the red and green cabbage, carrots, bean sprouts, and radish. In a small bowl, whisk together the dressing ingredients. Drizzle over the slaw and lightly toss. Serve at once as a bed for the grilled chicken skewers.

## Hoisin Sauce Substitute

- 1 c Soy Sauce Substitute
- 1 clove Garlic
- 1 Dried Red Pepper, Crumbled
- 2 T Low Sodium Catsup
- 1 T Water, Boiling
- 1 t Dried Orange Peel
- 1 t Sesame Oil

In a bowl, combine first 4 ingredients. In a second bowl combine remaining ingredients. Let stand 15 minutes. Pour into soy sauce mixture, blending thoroughly. Pour into jars. Cover and refrigerate

Yield: 18 Servings

## Nutrition Facts:

Sodium 5 mg  
Potassium 23 mg  
Carbohydrates 1 gr  
Dietary Fiber 0.2gr  
Vitamin A 10%  
Vitamin C 26%

[www.lowsodiumcooking.com/free/HoisinSauceSubstitute.htm](http://www.lowsodiumcooking.com/free/HoisinSauceSubstitute.htm)

## NUTRITIONAL ANALYSIS

### Chicken Skewers

Per serving:  
240 calories (41% calories from fat)  
11 g total fat (1 g saturated fat)  
23 g protein  
1,114 g carbohydrate  
3 g dietary fiber  
220 mg sodium  
665 mg potassium

## NUTRITIONAL ANALYSIS

### Asian Slaw

Per serving:  
80 calories (50% from fat)  
4.5 g total fat (0 g saturated fat)  
3 g protein  
10 g carbohydrate  
3 g dietary fiber  
10 mg cholesterol  
39 mg sodium  
265 mg potassium

[www.speakingofwomenshealth.com/health\\_library/read/category/recipe\\_box/Chicken\\_Skewers\\_San\\_Francisco-style\\_with\\_Asian\\_Slaw/](http://www.speakingofwomenshealth.com/health_library/read/category/recipe_box/Chicken_Skewers_San_Francisco-style_with_Asian_Slaw/)

\* Mung bean sprouts "are the major bean sprouts in most Asian countries".

[http://en.wikipedia.org/wiki/Mung\\_bean](http://en.wikipedia.org/wiki/Mung_bean)

\*\*Daikon is "a mild-flavored, very large, white East Asian radish"

<http://en.wikipedia.org/wiki/Daikon>



## Minestrone Soup

Dietitian's tip: Minestrone is a thick, hearty soup that usually contains vegetables, pasta and peas or beans. This version uses unsalted chicken broth and fresh tomatoes rather than canned tomatoes to limit the sodium content.

By Mayo Clinic staff

Serves 4

### Ingredients

- 1 tablespoon extra-virgin olive oil
- 1/2 cup chopped onion
- 1/3 cup chopped celery
- 1 carrot, diced
- 1 garlic clove, minced
- 4 cups fat-free, unsalted chicken broth
- 2 large tomatoes, seeded and chopped
- 1/2 cup chopped spinach
- 1 can (16 ounces) canned chickpeas or red kidney beans, drained and rinsed
- 1/2 cup uncooked small shell pasta
- 1 small zucchini, diced
- 2 tablespoons fresh basil, chopped



### Directions

In a large saucepan, heat the olive oil over medium heat. Add the onion, celery and carrots and sauté until softened, about 5 minutes. Add garlic and continue cooking for another minute. Stir in broth, tomatoes, spinach, beans and pasta. Bring to a boil over high heat. Reduce heat and simmer for 10 minutes. Add zucchini. Cover and cook for 5 minutes more.

Remove from heat and stir in the basil. Ladle into individual bowls and serve immediately.

### NUTRITIONAL ANALYSIS (per serving)

Calories 190

Cholesterol 5 mg

Protein 9 g

Sodium 400 mg

Carbohydrate 30 g

Fiber 8 g

Total fat 4 g

Potassium 682 mg

Saturated fat 0.5 g

Calcium 73 mg

Monounsaturated fat 2.5 g

<http://www.mayoclinic.com/health/healthy-recipes/NU00408>

## Crispy Shrimp Sensations

### Ingredients:

- 1 pound medium shrimp, peeled and de-veined (about 24 shrimp)
- 1/4 cup cornstarch
- 1 tablespoon water
- 2 large egg whites
- 1- 1/2 cups finely crushed reduced fat buttery crackers such as Ritz (about 35 crackers)
- 1 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Cooking spray
- 1 12-ounce bottle cocktail sauce
- Lemon wedges



### Directions:

- Preheat broiler.
- Place shrimp and cornstarch in a resealable plastic bag. Close bag and shake to coat.
- In a small bowl, combine water and egg whites; beat until foamy.
- In another small bowl, combine cracker crumbs, paprika, salt, and pepper.
- Dip shrimp in egg white mixture, then coat with crumb mixture. Place on a baking sheet coated with cooking spray. Spray shrimp with a light coat of cooking spray.
- Broil 5 minutes or until the shrimp are done, turning once.
- Serve with cocktail sauce and lemon wedges.

Serves 8.

Approximate per serving: 310 calories; 4.5 grams of fat

From the ACS Cookbook, Celebrate! Healthy Entertaining for Any Occasion

[www.cancer.org/Healthy/EatHealthyGetActive/EatHealthy/FindHealthyRecipes/AppetizersandSideDishes/crispy-shrimp-sensations](http://www.cancer.org/Healthy/EatHealthyGetActive/EatHealthy/FindHealthyRecipes/AppetizersandSideDishes/crispy-shrimp-sensations)

Shrimp is "**low in Saturated Fat**. It is also a good source of Niacin, Iron, Phosphorus and Zinc, and a very good source of Protein, Vitamin B12 and Selenium."

[www.nutritiondata.com/facts/finfish-and-shellfish-products/4174/2](http://www.nutritiondata.com/facts/finfish-and-shellfish-products/4174/2)

According to the World's Healthiest Foods:

"Many people are confused about the fat and cholesterol content of shrimp. Shrimp is very low in total fat, yet it has a high cholesterol content (about 200 milligrams in 3.5 ounces, or 12 large boiled shrimp). Some people have avoided eating shrimp precisely because of its high cholesterol content. However, based on research involving shrimp and blood cholesterol levels, avoidance of shrimp for this reason does not seem justified."

"In a peer-reviewed scientific study, researchers looked at the effect of two diets, one which contained shrimp and the other eggs, on the cholesterol levels of people with normal lipid levels. In this randomized crossover trial, people ate either 300 grams of shrimp per day or two large eggs. (A randomized crossover trial is one in which groups cross over, trying out both possible protocols.) The shrimp diet did raise LDL levels (bad cholesterol) by 7%, but also raised HDL levels (good cholesterol) by 12%. In contrast, the egg diet raised LDL levels by 10% and HDL by 7%. The results then showed that the shrimp diet produced significantly lower ratios of total to HDL ("good") cholesterol and lower ratios of LDL ("bad" cholesterol) to HDL cholesterol than the egg diet. In addition, in people who ate the shrimp diet, levels of triglycerides (a form in which fat is carried in the blood) decreased 13%."

[www.whfoods.org/genpage.php?tname=foodspice&dbid=107](http://www.whfoods.org/genpage.php?tname=foodspice&dbid=107)

See next page for bonus recipe: "Southern Shrimp & Sausage", followed by WOW sodium reduction suggestion and "Creole Seasoning without salt" recipe.

## Eat Right | Recipes

### Southern Shrimp & Sausage

#### Ingredients:

1 tablespoon olive oil  
1 onion, chopped  
1 red bell pepper, seeded and chopped  
1 green bell pepper, seeded and chopped  
1 celery stalk, sliced  
2 fully cooked Andouille or other flavored chicken sausages (half of a 12-ounce package), sliced  
1/4 teaspoon Creole seasoning or pinch of cayenne pepper, or to taste  
1 (14 1/2-ounce) can diced tomatoes with basil, garlic, and oregano  
1 pound medium shrimp, peeled and deveined  
Salt and freshly ground black pepper

#### Directions:

In a large skillet over medium heat, add oil. Sauté the onion, both bell peppers, and celery for 5 to 8 minutes. Add sausages and Creole seasoning and sauté for 2 minutes. Add tomatoes and their juice. Reduce the heat and simmer for 5 to 10 minutes, or until thickened, stirring occasionally. Add shrimp and cook for 3 to 5 minutes, or until cooked through.



Season with salt and pepper.

Serves 6

Prep Time: 15 min. or less

Total Time: 45 min. or less

Reprinted, with permission, from the American Cancer Society.  
*The Great American Eat-Right Cookbook*. Atlanta, GA:  
American Cancer Society; 2007, [www.cancer.org/bookstore](http://www.cancer.org/bookstore).

#### Per Serving

<b>Calories</b>	165
Calories from Fat	65
<b>Total Fat</b>	7.0 g
Saturated Fat	1.8 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	3.8 g
<b>Cholesterol</b>	105 mg
<b>Sodium</b>	645 mg
<b>Total Carbohydrate</b>	9 g
Dietary Fiber	2 g
Sugars	5 g
<b>Protein</b>	16 g



[cancer.org/GreatAmericans](http://cancer.org/GreatAmericans)

**WOW Suggestion:** To lower the sodium content of the “Southern Shrimp & Sausage” recipe, select sausages with reduced sodium content. Read the ingredient label and determine whether salt has been added to the Creole seasoning. If so, additional salt can be eliminated. Below is a recipe for Creole seasoning without salt.

### **Creole Seasoning without salt**

- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 2 tablespoons dried oregano leaves
- 2 tablespoons dried sweet basil
- 1 tablespoon dried thyme leaves
- 1 tablespoon black pepper
- 1 tablespoon white pepper
- 1 tablespoon cayenne pepper
- 1 tablespoon celery seed
- 5 tablespoons sweet paprika

[www.gumbopages.com/food/creole.html](http://www.gumbopages.com/food/creole.html)

Southern Shrimp & Sausage recipe from: [www.cancer.org/downloads/gahc/GAERC\\_Recipe\\_shrimp\\_and\\_sausage.pdf](http://www.cancer.org/downloads/gahc/GAERC_Recipe_shrimp_and_sausage.pdf)

## Roasted Red Pepper Hummus

### Ingredients

- 2 cans (15 oz. each) garbanzo beans (chickpeas), rinsed and drained with 1/3 cup liquid reserved
- 1 jar (12 oz.) roasted red peppers, drained
- 3 garlic cloves
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. olive oil
- 1 tsp. ground cumin
- 1 tsp. salt



### Preparation

1. In a food processor or blender, combine all the ingredients, including the reserved garbanzo bean liquid. Process until the mixture is smooth and no lumps remain, scraping down the sides of the bowl as needed.
2. Serve immediately, or cover and chill until ready to use.

### Nutrition

Servings 14  
Serving Size 1/4 cup  
Starch Exchanges 1

### Amount Per Serving

Calories 83  
Calories From Fat 28  
Total Fat 3 g (Saturated Fat 0.4 g)  
Cholesterol 0 mg  
Sodium 281 mg  
Carbohydrate 11 g (Dietary Fiber 3 g, Sugars 2 g)  
Protein 4 g

Source: <http://forecast.diabetes.org/recipes/roasted-red-pepper-hummus>

*See page 2 for baked tortilla chips recipe*

## Baked Tortilla Chips

### Ingredients

- 4 corn tortillas
- 1 teaspoon canola oil
- Salt, to taste

### Preparation

1. Preheat oven to 400°F.
2. Lightly oil two baking sheets.
3. Lightly brush one side of each tortilla with about 1/4 teaspoon oil and sprinkle with a pinch of salt. Stack the tortillas and cut into 8 wedges; arrange on prepared baking sheets. Bake until crisp, 8 to 10 minutes.



Source: [http://www.eatingwell.com/recipes/tortilla\\_chips.html](http://www.eatingwell.com/recipes/tortilla_chips.html)

SPICES that can be sprinkled on chips: paprika, chili powder, cumin, onion powder, garlic powder (sparingly), cayenne pepper (sparingly)

<http://www.food.com/recipe/healthy-baked-corn-tortilla-chips-homemade-263512>

## Couscous Tabbouleh

### Ingredients:

- 1 cup water
- 3/4 cup uncooked whole-wheat couscous
- 1/2 teaspoon salt
- 2 cups halved grape or cherry tomatoes
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon freshly ground black pepper
- 1 3/4 cups chopped peeled cucumber
- 1 cup chopped red onion
- 1/2 cup chopped fresh flat-leaf parsley
- 1/2 cup chopped fresh mint
- 1/4 cup fresh lemon juice



### Preparation:

Bring 1 cup water to a boil in a medium saucepan, and gradually stir in couscous and salt. Remove from heat; cover and let stand 5 minutes. Transfer to a medium bowl, and fluff with a fork. Stir in tomatoes and remaining ingredients. Serve immediately, or refrigerate, covered, 1 hour to allow the flavors to blend.

### Nutritional Info:

Fat 5g (sat 1g, mono 3g, poly 0.0g)  
Protein 5g  
Carbohydrate 28g  
Fiber 5g  
Cholesterol 0.0mg  
Iron 2mg  
Sodium 102mg  
Calcium 33mg  
Calories 170

### Recipe Source:

<http://recipes.health.com/recipes/1046812-couscous-tabbouleh>

*See page 2 for Grilled Chicken Breast recipe*

## Grilled Chicken Breast

### Ingredients:

- 1/2 cup olive oil
- 1/4 cup lemon juice
- 1 tablespoon kosher salt
- 1 1/2 tablespoons black pepper
- 1 clove garlic, minced
- 1/4 onion, finely chopped
- 1/4 teaspoon thyme
- 1/8 teaspoon cumin
- 1-1 1/2 lbs skinless, boneless chicken breasts

### Preparation:

Combine olive oil, lemon juice and dry ingredients to create marinade.

Up to 24-48 hours prior to cooking, marinate chicken breasts in a covered dish, refrigerated. Be sure each side of the chicken breast is covered in marinade.

Grill chicken for about 8-10 minutes each side, or until thoroughly cooked. Cooking time depends on temperature and the thickness of the chicken breasts.

Source: <http://mideastfood.about.com/od/chicken/r/grilledchicken.htm>



## Roasted Vegetable Sandwich

This Roasted Vegetable sandwich is great to take on a picnic, or to take with you any time you feel like having a healthful snack.

Serves 4

### Ingredients:

- 3 Tbsp. balsamic or red wine vinegar
- 2 tsp. olive oil
- 1/4 cup fresh basil, chopped or 1 Tbsp. dried
- 1 small eggplant, sliced into thin rounds
- 1 zucchini, thinly sliced
- 1 yellow summer squash, thinly sliced
- 1 red bell pepper, seeded and sliced thinly
- 1 small red onion, sliced and separated

### Basil-Yogurt Spread:

1/4 cup nonfat yogurt

- 2 Tbsp. reduced-fat mayonnaise
- 1 Tbsp. additional fresh basil, or 1 tsp. dried
- 1 tsp. lemon juice

### Instructions:

Preheat oven to 450 degrees Fahrenheit. Blend vinegar, oil and basil. Add vegetables, tossing to coat. Place vegetables in roasting pan and cook, stirring occasionally, until tender and lightly browned - about 30 minutes. Cool vegetables and whisk together ingredients for spread (recipe can be prepared ahead and refrigerated at this point). To assemble sandwiches, spread basil yogurt mixture on your favorite bread - pita halves, sliced French baguettes or crusty rolls work well. Top with veggie mixture and serve.

### Nutritional Information:

Per Serving

Calories: 220

% Calories from fat: 25

Fat (gm): 6

Saturated fat (gm): 1

Cholesterol (mg): 0

Sodium (mg): 303

Protein (gm): 7

Carbohydrate (gm): 36

Fiber (gm): 6

Source: American Institute for Cancer Research ([www.aicr.org](http://www.aicr.org))

[www.healthplus.org](http://www.healthplus.org)



*See pages 2-3 for Strawberry Recipes:*

*Strawberry Pork Chops, Strawberry Balsamic Chicken, Strawberry Salsa, Strawberry Pie*

# Strawberries, Strawberries, Strawberries!!!

## Strawberry Pork Chops

### Ingredients

- 1 tablespoon crushed rosemary
- 1 teaspoon dried tarragon
- 1/2 teaspoon ground black pepper
- 1/8-1/4 teaspoon sea salt
- 3/4 cup raspberry vinaigrette dressing
- 1/8 cup chopped scallion
- 2 tablespoons honey
- 1/2 teaspoon Worcestershire sauce
- 1 1/2 lbs boneless pork chops (about 1-inch thick)
- 1-2 tablespoon olive oil
- 2 cups thinly sliced strawberries

### Directions

1. In a small bowl, mix together rosemary, tarragon, pepper and salt; rub evenly over both sides of pork chops.
2. In another small bowl, mix together vinaigrette, scallions, honey and Worcestershire sauce; set aside.
3. In a large skillet over medium-high heat, cook chops in olive oil for 5-6 minutes on each side until browned. Pour the rasp vinaigrette mixture over meat in skillet and cook about 4 more minutes or until juices run clear.
4. Remove chops to a platter and cover to keep warm. Add sliced strawberries to skillet cooking juices and heat through. Pour over the pork chops and serve.

Calories 222. Calories from Fat 82 (36%)

Amount Per Serving %DV:

Total Fat 9.1g 14%

Saturated Fat 2.6g 13%

Monounsaturated Fat 4.3g

Polyunsaturated Fat 0.7g

Trans Fat 0.1g

Cholesterol 64mg 21%

Sodium 256mg 10%

Potassium 614mg 17%

Total Carbohydrate 10.0g 3%

Dietary Fiber 1.1g 4%

Sugars 8.1g

Protein 24.7g 49%

[www.recipezaar.com/recipe/Strawberry-Pork-Chops-164908](http://www.recipezaar.com/recipe/Strawberry-Pork-Chops-164908)



## Strawberry Balsamic Chicken

### Ingredients

- 4 (8 ounce) containers strawberry yogurt
- 1/2 cup balsamic vinegar
- 1 tablespoon white sugar
- 1 tablespoon ground black pepper
- 1 teaspoon ground cinnamon
- 1 teaspoon kosher salt
- 4 skinless, boneless chicken breast halves
- 2 tablespoons olive oil
- 1 teaspoon lemon juice
- 4 large strawberries
- 2 teaspoons minced fresh parsley
- 1 teaspoon minced fresh mint leaves
- 1 tablespoon balsamic vinegar (optional)

### Directions

In a medium bowl, stir together the yogurt, 1/2 cup balsamic vinegar, sugar, pepper, cinnamon and salt. Place chicken breast halves in a shallow baking dish, and pour the sauce over them. Refrigerate for 1 hour, turning chicken over half way through.

Heat the olive oil in a large skillet over medium-high heat. Scrape the marinade off of the chicken breasts, and place them into the hot oil. Quickly brown the chicken on both sides, then reduce the heat to medium-low, cover, and cook until chicken is no longer pink and juices run clear, about 15 minutes. Remove from heat, and let rest for 3 minutes.

While the chicken is cooking, transfer the marinade to a saucepan. Bring to a low simmer over medium heat. Remove stems from strawberries, and slice thinly so they will fan nicely. Set aside.

Slice chicken breasts on the diagonal into 1/2 inch thick slices. Place on serving plates, and sprinkle with lemon juice. Spoon about 2 tablespoons of the marinade over each chicken breast, and fan one sliced strawberry over the top. Garnish with a sprinkle of fresh mint and parsley. If you really love balsamic vinegar, finish the dish off with an artful drizzle.

<http://allrecipes.com/Recipe/Strawberry-Balsamic-Chicken/Detail.aspx>

## Strawberry Salsa

### Ingredients

- 1 pint fresh strawberries, sliced
- 4 roma (plum) tomatoes, seeded and chopped
- 1 jalapeno peppers, seeded and minced
- 2 cloves garlic, minced
- 1 lime, juiced
- 1 tablespoon olive oil

### Directions

In a large bowl, combine strawberries, tomatoes, chile peppers, garlic, lime juice and oil. Toss all together to mix and coat. Cover dish and refrigerate for 2 hours to chill. Ready to serve!

"A sweet salsa that is great with pork and chicken dishes."

<http://allrecipes.com/Recipe/Strawberry-Salsa/Detail.aspx>



# Double Strawberry Pie

## Ingredients:

### Filling

- 2 1/2 pints fresh strawberries
- 3/4 cup sugar
- 1/3 cup lemon juice
- 1 cup water
- 2 teaspoons unflavored gelatin



### Crust

- 1/2 cup all-purpose flour
- 1/4 cup cornmeal
- 2 tablespoons sugar
- 3/4 teaspoon baking powder
- 1/4 teaspoon salt
- 2 tablespoons cold butter, cut into pieces
- 3 tablespoons low-fat milk

## Preparation:

1. To prepare filling: Choose 2 cups of strawberries as close to the same size as possible; hull and set aside. Hull and dice the remaining berries.
2. Mix the diced berries, 3/4 cup sugar and lemon juice in a bowl. Let stand for 20 minutes. Drain the berries well in a sieve set over a medium saucepan. Return the berries to the bowl and set aside.
3. Add water and gelatin to the strawberry liquid in the saucepan and heat over medium heat, stirring, until the gelatin is completely dissolved. Remove from the heat and stir into the reserved diced berries. Refrigerate, stirring occasionally, until the filling has thickened slightly and mounds when dropped from a spoon, 3 to 4 hours.
4. To prepare crust: Preheat oven to 350°F.
5. Stir together flour, cornmeal, 2 tablespoons sugar, baking powder and salt in a large bowl. Cut butter into dry ingredients using a pastry cutter, 2 forks or your fingers until crumbly. Stir in milk with a fork, 1 tablespoon at a time, just until dough comes together.
6. Turn dough out onto a floured surface and knead 7 to 8 times. Roll out into an 11-inch circle with a floured rolling pin. Drape dough over rolling pin and fit into a 9-inch pie pan. Fold edges under and crimp with the tines of a fork.
7. Prick bottom of crust with a fork and line with foil or parchment paper. Fill with pie weights (or use rice or dried beans). Bake for 10 minutes. Remove foil and weights and bake until lightly browned, 8 to 10 minutes more. Place on a wire rack to cool.
8. To assemble pie: Arrange reserved whole berries, pointed ends up, in crust. Spoon filling over whole berries. Refrigerate until firm, at least 2 hours, before slicing.

## Nutrition

Per serving: 185 calories; 3 g fat (2 g sat, 0 g mono); 8 mg cholesterol; 38 g carbohydrates; 2 g protein; 2 g fiber; 116 mg sodium; 159 mg potassium.

**Nutrition Bonus:** Vitamin C (96% daily value)

[http://www.eatingwell.com/recipes/double\\_strawberry\\_pie.html](http://www.eatingwell.com/recipes/double_strawberry_pie.html)

**WOW Tip:** Consider using less sugar or a sugar substitute such as Splenda or Pure Stevia Extract, a butter substitute such as Smart Balance, and half all-purpose, half whole wheat flour.

## Low Fat Fettuccine Alfredo Recipes

### Low Fat Fettuccine Alfredo

from [lowfatcooking.about.com](http://lowfatcooking.about.com)

#### Ingredients:

- 1 tbsp reduced fat butter
- 2 garlic cloves, crushed
- 1 tbsp all-purpose flour
- 1 cup fat-free milk
- 1/4 cup fat-free cream cheese
- 1/4 cup Parmesan cheese
- 1 cup broccoli florets
- 1 small red bell pepper, seeded and cut into strips
- 1 small carrot, thinly sliced
- 10 ounces fettuccine



#### Preparation:

Boil pasta according to instructions. Meanwhile, steam vegetables in a steamer basket over a pot of shallow boiling water until slightly tender, about 3 minutes.

Melt the butter in a nonstick saucepan. Add garlic and saute gently for 1 minute. Whisk in flour to form a paste, then add the milk gradually, stirring constantly until thickened. Stir in cream cheese and Parmesan. Keep stirring until smooth.

Combine hot pasta and vegetables in a large bowl. Add sauce and toss well to coat. Garnish with some parsley or chives. Makes 4 servings.

#### Nutritional Information

Per Serving:  
Calories 353  
Calories from Fat 38  
Carbohydrate 62.5g  
Cholesterol 10mg  
Total Fat 4.3g  
Sat Fat 2.2g  
Fiber 3.7g  
Protein 16.2g  
Sodium 238mg

[lowfatcooking.about.com/od/pastaandrice/r/pastalfredo1104.htm](http://lowfatcooking.about.com/od/pastaandrice/r/pastalfredo1104.htm)

### Low Fat Fettuccine Alfredo

from [RealSimple.com](http://RealSimple.com)

#### Ingredients:

- 12 ounces fettuccine
- 1 head broccoli, cut into florets, stalk peeled and sliced
- 1 1/2 cups skim milk
- 1 tablespoon unsalted butter
- 1 tablespoon flour
- 3/4 cup freshly grated Parmesan, plus extra for sprinkling
- kosher salt



#### Directions:

Cook the pasta according to the package directions; drain.

Meanwhile, bring a pot of salted water to a boil and cook the broccoli until tender, 3 minutes; drain.

Heat the milk and butter in a large saucepan over low heat and slowly whisk the flour. Simmer until slightly thickened, whisking constantly, 1 to 2 minutes.

Remove from heat and stir in the Parmesan and 1/2 teaspoon salt. Add the pasta and broccoli and cook, stirring, over low heat until heated through.

Top each serving with extra Parmesan.

#### Nutritional Information

Per Serving:  
Calories 445  
Calcium 312mg  
Carbohydrate 72g  
Cholesterol 23mg  
Fat 9g  
Sat Fat 5g  
Fiber 4g  
Iron 3mg  
Protein 22mg  
Sodium 568mg

[www.realsimple.com/food-recipes/browse-all-recipes/low-fat-fettuccine-alfredo-10000000663085/index.html](http://www.realsimple.com/food-recipes/browse-all-recipes/low-fat-fettuccine-alfredo-10000000663085/index.html)

**WOW TIP:** Eliminate kosher salt to reduce sodium content

## Low Fat Fettuccine Alfredo

from [recipe4living.com](http://recipe4living.com)

### Ingredients

- 1 C. low-fat cottage cheese
- 1 C. low-fat (1%) milk
- 1 egg yolk
- 1/2 tsp. fresh ground pepper
- 2 Tbs. butter
- 1/2 C. grated Parmesan cheese, divided
- 8 oz. fettuccine noodles

### Directions

In blender, combine cottage cheese, milk, egg yolk and pepper. Puree until smooth. In small saucepan, melt butter over low heat. Add puree and bring to a simmer, stirring occasionally. Stir in all but 4 tsp. Parmesan cheese. Meanwhile, cook fettuccine according to package directions; drain. Toss with sauce. Sprinkle with remaining Parmesan cheese. Contains 355 calories each.

[www.recipe4living.com/recipe/low\\_fat\\_fettuccine\\_alfredo.htm](http://www.recipe4living.com/recipe/low_fat_fettuccine_alfredo.htm)



## Grilled Rosemary-Salmon Skewers

**Active Time:** 30 minutes

**Total Time:** 30 minutes

**4 servings, 2 skewers each**

### Ingredients

- 2 teaspoons minced fresh rosemary
- 2 teaspoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1 teaspoon freshly grated lemon zest
- 1 teaspoon lemon juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 1 pound center-cut salmon fillet, skinned (see Tip) and cut into 1-inch cubes
- 1 pint cherry tomatoes

### Preparation

Preheat grill to medium-high.

Combine rosemary, oil, garlic, lemon zest, lemon juice, salt and pepper in a medium bowl. Add salmon; toss to coat. Alternating the salmon and tomatoes, divide among eight 12-inch skewers.

Oil the grill rack (see Tip). Grill the skewers, carefully turning once, until the salmon is cooked through, 4 to 6 minutes total. Serve immediately.

**Nutrition Per serving:** 246 calories; 15 g fat ( 3 g sat , 6 g mono ); 67 mg cholesterol; 4 g carbohydrates; 0 g added sugars; 23 g protein; 1 g fiber; 211 mg sodium; 598 mg potassium.

**Nutrition Bonus:** Selenium (60% daily value), Vitamin C (25% dv), Potassium (17% dv), Vitamin A (15% dv), excellent source of omega-3s.

**Exchanges:** 3 1/2 lean meat

*See website for preparation tips and notes*

[http://www.eatingwell.com/recipes/grilled\\_rosemary\\_salmon\\_skewers.html](http://www.eatingwell.com/recipes/grilled_rosemary_salmon_skewers.html)



# Broiled Orange Roughy Parmesan

*A Parmesan and sour cream topping—ready in minutes—adds richness to mild orange roughy.*

Serves 4 (3 ounces fish per serving)

Start to Finish: 15 minutes

## Ingredients

- Cooking spray
- 1/3 cup low-fat sour cream
- 2 tablespoons shredded or grated Parmesan cheese
- 1 1/2 teaspoons fresh lemon juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried basil, crumbled
- 1/4 teaspoon onion powder
- 1/8 teaspoon pepper
- 1/8 teaspoon salt
- 4 orange roughy or other mild white fish fillets (about 4 ounces each), rinsed and patted dry



## Directions

1. Preheat the broiler. Lightly spray a baking sheet with cooking spray.
2. Meanwhile, in a small bowl, stir together the ingredients except the fish. Set aside.
3. Place the fish on the baking sheet. Broil 2 to 3 inches from the heat for 3 minutes on each side.
4. Remove from the oven.
5. Spread the sour cream mixture over the top and sides of each fillet.
6. Broil for 30 seconds to 1 minute, or until the topping is browned and the fish flakes easily when tested with a fork.

## NUTRITION ANALYSIS (per serving)

Calories	123
Total Fat	3.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	1.0 g
Cholesterol	73 mg
Sodium	214 mg
Carbohydrates	3 g
Fiber	0 g
Sugars	2 g
Protein	20 g

This recipe is brought to you by the American Heart Association's Patient Education program  
[www.goredforwomen.org/BetterU/recipes1.aspx](http://www.goredforwomen.org/BetterU/recipes1.aspx)

See page 2 for bonus recipe: *Brown Rice Pilaf with Asparagus and Mushrooms*

# Brown Rice Pilaf with Asparagus and Mushrooms

## Ingredients

- 1 tablespoon olive oil
- 1 cup brown rice
- 3 cups water
- 1 teaspoon low-sodium chicken-flavored bouillon granules
- 1 small onion, chopped
- 1/2 pound fresh mushrooms, thinly sliced
- 1/8 teaspoon ground nutmeg
- 1/2 pound asparagus tips
- 2 tablespoons finely grated Swiss cheese
- 1/2 cup fresh parsley, chopped



## Directions

In a large saucepan, heat the olive oil over medium heat. Add the rice and sauté until it begins to "toast." Grains will begin to turn golden brown. Slowly, add the water, bouillon granules, onion, mushrooms and nutmeg. Bring mixture to a boil, reduce heat, cover and simmer for 30 minutes. Add water as needed to keep the mixture from drying out.

Cut asparagus into 1-inch pieces, discarding the woody stems. Stir asparagus into the rice mixture, cover and cook another 5 minutes. Stir in the grated cheese and garnish generously with parsley. Serve immediately.

## Nutritional Analysis (per serving)

Calories 230  
Cholesterol 9 mg  
Protein 8 g  
Sodium 38 mg  
Carbohydrate 30 g  
Fiber 3 g  
Total fat 7 g  
Potassium 344 mg  
Saturated fat 2 g  
Calcium 108 mg  
Monounsaturated fat 3 g

[www.mayoclinic.com/health/healthy-recipes/NU00375](http://www.mayoclinic.com/health/healthy-recipes/NU00375)

# Individual Three-Cheese and Vegetable Quiches

*These veggie-studded crustless quiches are easy to make and reheat well. They are equally good for breakfast on the run or a leisurely brunch.*

Serves 6

1 quiche per serving

## Ingredients

- Cooking spray
- 1 teaspoon olive oil
- 1 cup chopped broccoli florets
- 1/2 cup shredded carrot
- 1/2 cup shredded zucchini
- 2 medium green onions, thinly sliced
- 1 1/2 cups egg substitute
- 1/2 cup fat-free half-and-half
- 1/4 cup shredded part-skim mozzarella cheese
- 1/4 cup shredded low-fat Cheddar cheese
- 2 tablespoons shredded or grated Parmesan cheese
- 1/2 teaspoon dried oregano, crumbled
- 1/8 teaspoon pepper



## Directions

Preheat the oven to 350°F. Lightly spray a 6-cup muffin pan with cooking spray.

Heat a medium skillet over medium-high heat. Pour in the oil, swirling to coat the bottom. Cook the broccoli, carrot, zucchini, and green onions for 2 to 3 minutes, or until tender-crisp, stirring occasionally. Spoon into the muffin cups.

In a medium bowl, whisk together the remaining ingredients. Ladle into the muffin cups.

Bake for 25 to 28 minutes, or until a cake tester or wooden toothpick inserted in the center comes out clean.

Transfer the muffin pan to a cooling rack. Let the quiches cool for 10 minutes. Using a thin spatula or flat knife, loosen the sides of the quiches.

Serve warm. Refrigerate leftovers in an airtight container for up to five days. To reheat, put 2 quiches on a microwaveable plate and microwave, uncovered, on 100 percent power (high) for 1 to 1 1/2 minutes, or until warmed through.

## NUTRITION ANALYSIS (per serving)

Calories	91
Total Fat	2.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	1.0 g
Cholesterol	5 mg
Sodium	245 mg
Carbohydrates	7 g
Fiber	1 g
Sugars	4 g
Protein	11 g

## Dietary Exchanges:

1/2 carbohydrate, 1 1/2 lean meat

This recipe is brought to you by the American Heart Association's Patient Education program

[www.heart.org/HEARTORG/Conditions/Diabetes/DiabetesToolsResources/Individual-Three-Cheese-and-Vegetable-Quiches\\_UCM\\_316438\\_Recipe.jsp](http://www.heart.org/HEARTORG/Conditions/Diabetes/DiabetesToolsResources/Individual-Three-Cheese-and-Vegetable-Quiches_UCM_316438_Recipe.jsp)

See page 2 for Apple, Pear, Cranberry Salad and Apple, Grapefruit, Beet Salsa bonus recipes

## Fall Fruit Salad with Apples, Pears, and Cranberries

Apples, pears, and cranberries make a wonderful combination. Both tart and sweet, this salad make a great salad to start a meal or can be used as a side dish to accompany chicken or pork.

Prep Time: 15 minutes

Total Time: 15 minutes

### Ingredients:

- 1 Large Apple, peeled, cored, and cut into 1/2 inch cubes
- 1 Ripe Pear, peeled, cored, and cut into 1/2 inch cubes
- 1/4 Cup Dried Cranberries
- 1/4 Cup Walnuts
- 4 Ounces Firm Blue Cheese, crumbled
- 1/2 Red Onion, sliced thin
- 2 Tablespoon Balsamic Vinegar
- Salt and Freshly Ground Pepper, to taste



### Preparation:

Place the walnuts on a cookie sheet and toast in a preheated oven at 350 degrees for 3 to 5 minutes. Remove, let cool, and roughly chop.

In a large bowl, toss together all the ingredients. Serve plain or on a bed of romaine lettuce or mixed greens.

<http://gourmetfood.about.com/od/gourmetsalads/r/fallfruitsalad.htm>

## Apple, Grapefruit, Beet Salsa

### Ingredients:

- 2 apples chopped
- 2 TBS lime juice
- 1 jalapeno pepper finely chopped
- 1/2 c chopped grapefruit segments
- 1/4 c chopped red onion
- 1/2 c chopped cooked beets
- 1/4 tsp cumin
- 1/4 tsp cinnamon
- raisins as desired



### Preparation:

Mix well, chill for 2 hrs. Serve with wheat crackers, low fat chips, grilled chicken or fish.

-Mostly from Bay News December 2009

# Apple-Shallot Roasted Turkey

Roasting the herb-rubbed turkey with apples and shallots is the secret to flavorful meat. Extra shallots in the roasting pan give the gravy a rich, caramelized shallot flavor.

[www.eatingwell.com/recipes/apple\\_shallot\\_roasted\\_turkey.html](http://www.eatingwell.com/recipes/apple_shallot_roasted_turkey.html)

**12 servings, 3 ounces each, plus plenty of leftovers**

**Active Time:** 45 minutes

**Total Time:** 3 1/2 hours

## Ingredients

- 1 10- to 12-pound turkey
- 2 tablespoons canola oil
- 2 tablespoons chopped fresh parsley, plus 3 sprigs
- 1 tablespoon chopped fresh sage, plus 3 sprigs
- 1 tablespoon chopped fresh thyme, plus 3 sprigs
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground pepper
- 1 1/2 pounds shallots, peeled and halved lengthwise, divided
- 1 tart green apple, quartered
- 3 cups water, plus more as needed

## Preparation

1. Position rack in lower third of oven; preheat to 475°F.
2. Remove giblets and neck from turkey cavities and reserve for making Turkey Giblet Stock. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels.
3. Combine oil, chopped parsley, sage, thyme, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place herb sprigs, 6 shallot halves and apple in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water to the pan.
4. Roast the turkey until the skin is golden brown, 45 minutes. Remove the turkey from the oven. If using a remote digital thermometer, insert it into the deepest part of the thigh, close to the joint. Cover just the breast with a double layer of foil, cutting as necessary to fit. Scatter the remaining shallots in the pan around the turkey. Reduce oven temperature to 350° and continue roasting until the thermometer (or an instant-read thermometer inserted into the thickest part of the thigh without touching bone) registers 165°F, 1 to 1 3/4 hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water.
5. Transfer the turkey to a serving platter (reserve pan juices and shallots) and tent with foil. Make Cider Gravy (recipe follows). Let the turkey rest for 20 minutes. Remove the string and carve.

**This recipe calls for:**

\*Cider Gravy

\*Turkey Giblet Stock

## Nutrition

**Per serving:** 155 calories; 5 g fat ( 1 g sat , 2 g mono ); 63 mg cholesterol; 25 g protein; 0 g fiber; 115 mg sodium; 258 mg potassium.

**Nutrition Bonus:** Selenium (42% daily value), Zinc (16% daily value)

**Exchanges:** 3 1/2 very lean meat

*\*See page 2 for Cider Gravy and Turkey Giblet Stock recipes*

*See page 3 for Mashed Roots with Buttermilk & Chives recipe*



## Cider Gravy

Make this low-fat gravy in the roasting pan while the turkey rests. Apple cider adds rich fall flavor.

[www.eatingwell.com/recipes/cider\\_gravy.html](http://www.eatingwell.com/recipes/cider_gravy.html)

About 2 1/4 cups

Active Time: 20 minutes

Total Time: 20 minutes

### Ingredients

- 4 cups Turkey Giblet Stock, (recipe follows) or reduced-sodium chicken broth, divided
- 3 tablespoons all-purpose flour
- 1 1/4 cups apple cider
- 2 tablespoons cider vinegar
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

### Preparation

1. When you remove the turkey from the roasting pan, leave the roasted shallots behind. Skim off any visible fat from the pan juices.
2. Whisk 1/2 cup Turkey Giblet Stock (or chicken broth) and flour in a small bowl until smooth; set aside.
3. Set the roasting pan over two burners on medium-high heat. Add cider and vinegar; bring to a boil and cook, scraping up the browned bits from the pan, until the liquid is reduced by about half, 6 to 8 minutes. Add the remaining 3 1/2 cups stock (or broth). Increase heat to high; return to a boil, whisking often. Boil until the liquid is reduced by about half, 8 to 12 minutes.
4. Whisk the reserved flour mixture into the pan. Boil, whisking constantly, until the gravy is thickened, 1 to 3 minutes. Remove from the heat and pour the gravy through a fine sieve into a large measuring cup. (Discard the solids.) Season with salt and pepper.



### Nutrition

**Per 3-tablespoon serving:** 28 calories; 0 g fat ( 0 g sat , 0 g mono ); 7 mg cholesterol; 5 g carbohydrates; 1 g protein; 0 g fiber; 56 mg sodium; 28 mg potassium.

## Turkey Giblet Stock

About 4 cups

Active Time: 10 minutes

Total Time: 1 1/4 hours

### Ingredients

- Neck and giblets from a 10- to 12-pound turkey
- 6 cups water
- 1 medium onion, peeled and quartered
- 1 medium carrot, chopped
- 1 stalk celery, chopped
- 1 bay leaf
- 1 sprig fresh thyme
- 1 teaspoon whole black peppercorns

### Preparation

Combine neck and giblets (except liver), water, onion, carrot and celery in a large saucepan; bring to a boil. Add bay leaf, thyme and peppercorns. Reduce heat and simmer, skimming and discarding any foam, for 1 hour. Strain stock through a fine-mesh sieve into a medium bowl and let cool. Discard solids.

### Nutrition

0 g fat (0 g sat , 0 g mono); 0 mg cholesterol; 0 g protein; 0 g fiber; 0 mg sodium; 0 mg potassium. **Note:** After straining, the stock has few calories (about 25) and negligible nutrients except sodium (about 23 mg) per cup.

[www.eatingwell.com/recipes/turkey\\_giblet\\_stock.html](http://www.eatingwell.com/recipes/turkey_giblet_stock.html)

## Mashed Roots with Buttermilk & Chives

Plain mashed potatoes may seem a bit tame after you've tried this flavorful version, full of celery root, rutabaga and Yukon Gold potatoes and mashed with sweet garlic and tangy buttermilk. Finish the dish with a handful of snipped fresh chives.

[www.eatingwell.com/recipes/mashed\\_roots\\_with\\_buttermilk\\_chives.html](http://www.eatingwell.com/recipes/mashed_roots_with_buttermilk_chives.html)

**8 servings, 3/4 cup each**

**Active Time:** 20 minutes

**Total Time:** 1 hour

### Ingredients

- 2 pounds celery root, (celeriac), peeled (see Tip) and cut into 1-inch pieces
- 1 pound rutabaga, peeled (see Tip) and cut into 1-inch pieces
- 1 pound Yukon Gold potatoes, peeled and cut into 1-inch pieces
- 5 cloves garlic, peeled
- 4 tablespoons unsalted butter, divided
- 3/4 cup nonfat buttermilk, (see Tip)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 teaspoon ground nutmeg
- 1/3 cup snipped fresh chives



### Preparation

Bring 1 inch of water to a simmer in a large pan or Dutch oven. Place celery root, rutabaga and potatoes in a large steamer basket over the water, cover and steam over medium-low heat for 20 minutes. Add garlic and continue steaming checking the water level and replenishing as necessary until the vegetables are fall-apart tender, 20 minutes more.

Remove the vegetables, drain the cooking liquid and return the vegetables to the pan. Add 2 tablespoons butter and mash until chunky-smooth. Gradually stir in buttermilk, salt, pepper and nutmeg.

Just before serving, stir in the remaining 2 tablespoons butter and chives.

### Tips:

To peel celery root and rutabaga, cut off one end to create a flat surface to keep it steady. Cut off the skin with your knife, following the contour of the root; or use a vegetable peeler and peel around the root at least three times to ensure all the fibrous skin has been removed.

**No buttermilk?** You can use buttermilk powder prepared according to package directions. Or make "sour milk": mix 1 tablespoon lemon juice or vinegar to 1 cup milk.

### Nutrition

**Per serving:** 173 calories; 6 g fat (4 g sat , 0 g mono); 15 mg cholesterol; 26 g carbohydrates; 4 g protein; 4 g fiber; 289 mg sodium; 826 mg potassium.

**Nutrition Bonus:** Vitamin C (35% daily value), Potassium (22% daily value),

**Carbohydrate Servings:** 1.5

**Exchanges:** 1 starch, 1 vegetable, 1 fat

**WOW Tip:** In place of butter, use a mostly-oil blend of margarine with no hydrogenated fat to lower the saturated fat content and raise the mono-saturated and/or poly-unsaturated fat in this recipe.

# Five-Spice Roasted Duck Breasts

Make these roasted duck breasts, seasoned with five-spice powder and redolent with aromatic oranges, the centerpiece of a chic dinner. You may be surprised to know that without the skin, duck is a great healthy choice, with no saturated fat in a 3-ounce serving. Starting duck breasts in a cool skillet, then heating, renders off most of the fat with less mess.

[www.eatingwell.com/recipes/five\\_spice\\_roasted\\_duck\\_breasts.html](http://www.eatingwell.com/recipes/five_spice_roasted_duck_breasts.html)

4 servings

Active Time: 30 minutes

Total Time: 45 minutes

## Ingredients

- 2 pounds boneless duck breast, (see Note)
- 1 teaspoon five-spice powder, (see Note)
- 1/2 teaspoon kosher salt
- Zest & juice of 2 oranges
- 2 teaspoons honey
- 1 tablespoon reduced-sodium soy sauce
- 1/4 teaspoon cornstarch, dissolved in 1 teaspoon water

## Preparation

1. Preheat oven to 375°F.
2. Place duck skin-side down on a cutting board. Trim off all excess skin that hangs over the sides. Turn over and make three parallel, diagonal cuts in the skin of each breast, cutting through the fat but not into the meat. Sprinkle both sides with five-spice powder and salt.
3. Place the duck skin-side down in an ovenproof skillet over medium-low heat. Cook until the fat is melted and the skin is golden brown, about 10 minutes. Transfer the duck to a plate; pour off all the fat from the pan. Return the duck to the pan skin-side up and transfer to the oven.
4. Roast the duck for 10 to 15 minutes for medium, depending on the size of the breast, until a thermometer inserted into the thickest part registers 150°F. Transfer to a cutting board; let rest for 5 minutes.
5. Pour off any fat remaining in the pan (take care, the handle will still be hot); place the pan over medium-high heat and add orange juice and honey. Bring to a simmer, stirring to scrape up any browned bits. Add orange zest and soy sauce and continue to cook until the sauce is slightly reduced, about 1 minute. Stir cornstarch mixture then whisk into the sauce; cook, stirring, until slightly thickened, 1 minute. Remove the duck skin and thinly slice the breast meat. Drizzle with the orange sauce.



## Tips & Notes

Boneless duck breast halves range widely in weight, from about 1/2 to 1 pound, depending on the breed of duck.

Often a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns, five-spice powder was originally considered a cure-all miracle blend encompassing the five elements (sour, bitter, sweet, pungent, salty). Look for it in the supermarket spice section.

## Nutrition

**Per 3-oz. serving:** 152 calories; 2 g fat ( 0 g sat , 1 g mono ); 122 mg cholesterol; 8 g carbohydrates; 2 g added sugars; 24 g protein; 0 g fiber; 309 mg sodium; 86 mg potassium.

**Nutrition Bonus:** Vitamin C (45% daily value), Selenium (36% daily value), Iron (25% daily value).  
Carbohydrate Servings: 1

**Exchanges:** 1 fruit, 3 very lean meat

*See page 2 for Barley & Wild Rice Pilaf with Pomegranate Seeds recipe.*

*See page 3 for Simple Sautéed Spinach recipe.*

## Barley & Wild Rice Pilaf with Pomegranate Seeds

This pilaf melds the chewy texture of barley and wild rice with the richness of toasted pine nuts and the sweet-sour crunch of pomegranate seeds.

[www.eatingwell.com/recipes/barley\\_wild\\_rice\\_pilaf\\_with\\_pomegranate\\_seeds.html](http://www.eatingwell.com/recipes/barley_wild_rice_pilaf_with_pomegranate_seeds.html)

6 servings, 3/4 cup each

Active Time: 20 minutes

Total Time: 1 hour

### Ingredients

- 2 teaspoons extra-virgin olive oil
- 1 medium onion, finely chopped
- 1/2 cup wild rice, rinsed
- 1/2 cup pearl barley
- 3 cups reduced-sodium chicken broth, or vegetable broth
- 1/3 cup pine nuts
- 1 cup pomegranate seeds, (1 large fruit; see Tip)
- 2 teaspoons freshly grated lemon zest
- 2 tablespoons chopped flat-leaf parsley

### Preparation

Heat oil in a large saucepan over medium heat.

Add onion and cook, stirring often, until softened. Add wild rice and barley; stir for a few seconds. Add broth and bring to a simmer. Reduce heat to low, cover and simmer until the wild rice and barley are tender and most of the liquid has been absorbed, 45 to 50 minutes.

Meanwhile, toast pine nuts in a small, dry skillet over medium-low heat, stirring constantly, until light golden and fragrant, 2 to 3 minutes. Transfer to a small bowl to cool.

Add pomegranate seeds, lemon zest, parsley and the toasted pine nuts to the pilaf; fluff with a fork. Serve hot.

**Tip:** To seed a pomegranate and avoid the enduring stains of pomegranate juice, work under water. Fill a large bowl with water. Hold the pomegranate in the water and slice off the crown. Lightly score the fruit into quarters, from crown to stem end. Keeping the fruit under water, break it apart, gently separating the plump seeds from the outer skin and white pith. The seeds will drop to the bottom of the bowl and the pith will float to the surface. Discard the pith. Pour the seeds into a colander. Rinse and pat dry.

### Nutrition

**Per serving:** 209 calories; 7 g fat ( 1 g sat , 3 g mono ); 3 mg cholesterol; 31 g carbohydrates; 0 g added sugars; 7 g protein; 4 g fiber; 75 mg sodium; 250 mg potassium.

**Nutrition Bonus:** Magnesium (15% daily value)



# Simple Sautéed Spinach

6 servings, about 1/2 cup each

Active Time: 20 minutes

Total Time: 20 minutes

## Ingredients

- 2 tablespoons extra-virgin olive oil
- 4 cloves garlic, thinly sliced
- 20 ounces fresh spinach, (see Note)
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red pepper

## Preparation

Heat oil in a Dutch oven over medium heat. Add garlic and cook until beginning to brown, 1 to 2 minutes. Add spinach and toss to coat. Cover and cook until wilted, 3 to 5 minutes. Remove from the heat and add lemon juice, salt and crushed red pepper. Toss to coat and serve immediately.

## Nutrition

**Per serving:** 68 calories; 5 g fat ( 1 g sat , 4 g mono ); 0 mg cholesterol; 4 g carbohydrates; 0 g added sugars; 3 g protein; 2 g fiber; 172 mg sodium; 540 mg potassium

**Nutrition Bonus:** Vitamin A (180% daily value), Folate (46% dv), Vitamin C (45% dv), Iron & Potassium (15% dv)

**Exchanges:** 1 vegetable, 1 fat

**Note:** Baby spinach is immature or young spinach—it's harvested earlier than large-leaved mature spinach. We like the sturdy texture of mature spinach in cooked dishes and serve tender, mild-flavored baby spinach raw or lightly wilted. Baby and mature spinach can be used interchangeably in these recipes (yields may vary slightly); be sure to remove the tough stems from mature spinach before using.

[www.eatingwell.com/recipes/simple\\_saut\\_ed\\_spinach.html](http://www.eatingwell.com/recipes/simple_saut_ed_spinach.html)

