

Spinach and Artichoke Dip With Chips

Dip Ingredients:

- 1 cup spinach, finely chopped
- 1 tsp. garlic
- 1 Tbsp. olive oil, canola oil or grape seed oil
- 1 cup nonfat plain Greek yogurt
- ¼ cup canned artichokes
- dash of salt & pepper

Homemade tortilla chips ingredients:

- 2 whole-wheat, low-carb tortillas (La Tortilla Factory makes a good one)
- or other whole-grain tortilla with approximately 50 calories per serving
- cooking spray

Directions:

Slice each tortilla into 8 pieces. Spray a baking sheet with non-fat cooking spray and place each tortilla slice individually on the pan so that they are not overlapping or touching each other. Bake tortilla chips at 350°F for about 3 minutes on each side.

In a medium saucepan, sauté spinach and garlic in the oil. Remove pan from heat and let it cool. Once mixture has cooled for a few minutes, stir in non-fat plain Greek yogurt and a dash of salt and pepper. Pour mixture into a serving bowl and enjoy with homemade tortilla chips.

Nutrition Facts*:

Serves: 2

Serving Size: ½ of dip and 8 chips (1 tortilla)

Calories per Serving: 179; Total Fat: 6g; Protein: 21g; Carbohydrate: 19g; Fiber: 9g; Sugar: 0g; Sodium: 290mg

*This was analyzed using whole-grain tortillas containing 3.5 grams of fiber each.

www.acefitness.org

Stuffed Eggplant I

Ingredients

- 3 medium eggplants
- 1 cup cooked brown rice
- 1 teaspoon olive oil
- ½ teaspoon salt
- 1 large scallion, sliced
- 1 onion, chopped
- 8-ounce can sliced mushrooms, drained
- Fresh ground black pepper, to taste
- 1 tablespoon basil
- 2 tablespoons bread crumbs

Preparation

1. Heat oven to 350°.
2. Puncture the eggplant skin and bake for 45 minutes. Remove from oven and let cool.
3. Cut eggplants in half lengthwise, leaving the stem. Scoop out and reserve the insides, leaving ½ inch all around.
4. Warm the oil in a medium frying pan. Sauté scallion until softened. Add onion and sauté until golden brown.
5. Add mushrooms, salt, pepper, and basil.
6. Add scooped-out eggplant and cooked rice and cook over low heat for 5 minutes.
7. Fill eggplant shells with the sautéed mixture and place on baking sheet.

- Sprinkle with bread crumbs. Bake at 350° for 15 minutes.

Makes 6 servings. Approximately 150 calories and 2 grams of fat per serving.

Source: American Cancer Society [Article](#)
From *The American Cancer Society's Healthy Eating Cookbook*

Stuffed Eggplant II

Ingredients

- 2 small-to-medium Italian eggplants (6-8 inches long, 10-12 ounces each)
- 3 tablespoons plus 2 teaspoons extra-virgin olive oil, divided
- 1 teaspoon salt, divided
- 1 large onion
- 2 cloves garlic
- 1 large green bell pepper, cut lengthwise into quarters
- 3 plum tomatoes
- 1/2 cup plus 3 tablespoons chopped flat-leaf parsley, divided
- 1 teaspoon sugar
- 2 bay leaves
- Lemon wedges for serving

Preparation

1. Preheat oven to 400°F. Coat a large roasting pan with cooking spray.
2. Remove leaves from eggplants, but leave the stems on. Cut the eggplants in half lengthwise, through the stem. Using a small sharp knife, make a deep slit lengthwise down the flesh side of each eggplant half: start about 1 inch below the stem and stop about 1 inch from the bottom. Do not cut completely through the skin.
3. Brush the eggplant all over with 2 tablespoons oil. Sprinkle the eggplant flesh with 1/4 teaspoon salt. Place cut-side down in the prepared roasting pan. Bake for 15 minutes.
4. Meanwhile, quarter and thinly slice onion. Finely chop garlic. Thinly slice 1 bell pepper quarter and set aside; dice the remaining pepper. Cut 1 tomato into 4 wedges and set aside; dice the remaining 2 tomatoes.
5. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add onion and garlic; cook, stirring, for 1 minute. Add the diced bell pepper, the diced tomatoes, 1/2 cup parsley, sugar, bay leaves and the remaining 3/4 teaspoon salt. Cook, stirring, for 3 minutes. Remove from heat; discard bay leaves.
6. After the eggplant has baked for 15 minutes, remove from the oven. Carefully turn each eggplant half over and use 2 spoons to open and widen the slits. Stuff the slits with the vegetable mixture, pressing it down gently. Place a wedge of tomato in the middle of each half; evenly divide the reserved sliced pepper among the halves.
7. Add 1/4 inch hot water to the roasting pan. Drizzle the eggplant with the remaining 2 teaspoons oil. Bake 30 minutes more.
8. Let cool for at least 15 minutes. Serve warm or cool completely, refrigerate and serve cold. Garnish with the remaining 3 tablespoons parsley and lemon wedges

Nutrition

Per serving: 192 calories; 13 g fat (2 g sat , 10 g mono); 0 mg cholesterol; 18 g carbohydrates; 1 g added sugars; 3 g protein; 7 g fiber; 595 mg sodium; 632 mg potassium.

www.eatingwell.com/recipes/stuffed_eggplant.html

WOW Tip: Reduce the sodium content by using only ½ to ¾ teaspoon salt total.