

The Starving Student's

Healthy Choices Cookbook



All Recipes 500 Calories or Less!

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Breakfast



Power Smoothie

INGREDIENTS:

- 1 cup orange juice
- 3 Tablespoons oat groats or 2 Tablespoons steel cut oats
- $\frac{3}{4}$ cup fat-free vanilla Greek yogurt
- 1 $\frac{1}{2}$ cups frozen blueberries
- 3 cups baby spinach leaves
- 1 $\frac{1}{2}$ cups crushed ice

DIRECTIONS:

1. Soak oats in orange juice overnight
2. Combine ingredients and blend. You will have to blend twice.
3. Serve immediately.

Peanut Butter & Oatmeal

INGREDIENTS:

- $\frac{1}{2}$ cup quick-cooking oats
- 1 Tablespoon creamy peanut butter
- $\frac{1}{4}$ cup mixed fresh berries (blueberries and sliced strawberries)
- $\frac{1}{8}$ teaspoon cinnamon sugar

DIRECTIONS:

1. Cook oatmeal as directed on package, omitting salt.
2. Spoon into bowl
3. Top with remaining ingredients

Eating Well Waffles

INGREDIENTS:

1 cup whole-wheat flour
1 cup all-purpose flour
1 ½ teaspoons baking powder
½ teaspoon salt
¼ teaspoon baking soda
2 cups nonfat buttermilk
1 large egg, separated
1 tablespoon canola oil
1 tablespoon vanilla extract
2 large egg whites
2 tablespoons sugar

DIRECTIONS:

1. Stir whole-wheat flour, all-purpose flour, baking powder, salt and baking soda in a large bowl. Whisk buttermilk, the egg yolk, oil and vanilla (if using) in a separate bowl. Add the wet ingredients to the dry ingredients and stir with a wooden spoon just until moistened.
2. Beat the 3 egg whites in a grease-free mixing bowl with an electric mixer until soft peaks form. Add sugar and continue beating until stiff and glossy. Whisk one-quarter of the beaten egg whites into the batter. Fold in the remaining beaten egg whites with a rubber spatula.
3. Preheat a waffle iron. Brush the surface lightly with oil. Fill the waffle iron two-thirds full of batter. Cook until the waffles are crisp and golden, 5 to 6 minutes. Repeat with the remaining batter, brushing the surface with oil before cooking each batch.

Citrus Berry Smoothie

INGREDIENTS:

1 ¼ cups fresh berries
¾ cup low-fat plain yogurt
½ cup orange juice
2 tablespoons nonfat dry milk
1 tablespoon toasted wheat germ
1 tablespoon honey
½ teaspoon vanilla extract

DIRECTIONS:

1. Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in a blender and blend until smooth

Brunch Parfaits

INGREDIENTS:

- 1/3 cup apricot preserves
- 3 cups sliced strawberries
- 2 cups low-fat vanilla yogurt
- 1/2 cup low-fat granola without raisins
- 2 Tablespoons slivered almonds, toasted

DIRECTIONS:

1. Place apricot preserves in a medium microwave-safe bowl, and microwave at high for 10 to 15 seconds or until preserves melt.
2. Add strawberries, and toss gently to coat.
3. Spoon 1/4 cup yogurt into each of 4 parfait glasses; top each serving with 1/3 cup strawberry mixture. Repeat the layers with the remaining yogurt and strawberry mixture.
4. Top each serving with 2 tablespoons granola and 1 1/2 teaspoons almonds. Serve immediately.

Raspberry-Cream Cheese Muffins

INGREDIENTS:

- 2/3 cup (5 ounces) 1/3-less-fat cream cheese, softened
- 1/3 cup butter, softened
- 1 1/2 cups sugar
- 1 1/2 teaspoons vanilla extract
- 2 large egg whites
- 1 large egg
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup low-fat buttermilk
- 2 cups fresh or frozen raspberries
- 1/4 cup finely chopped walnuts

DIRECTIONS:

1. Preheat oven to 350°.
2. Combine cream cheese and butter in a large bowl. Beat until well blended. Add sugar; beat until fluffy. Add vanilla, egg whites, and egg; beat well.
3. Combine flour, baking powder, baking soda, and salt. With mixer on low speed, add the flour mixture and buttermilk to cream cheese mixture, beginning and ending with flour mixture. Gently fold in raspberries and walnuts.
4. Place 24 foil cup liners in muffin cups. Spoon batter evenly into liners.
5. Bake at 25 minutes or until a wooden pick inserted in center comes out clean.

Whole Wheat Blueberry Pancakes

INGREDIENTS:

- 1 ¼ cups whole wheat flour
- 2 teaspoons baking powder
- 1 egg
- 1 cup milk, plus more if necessary
- ½ teaspoon salt
- 1 tablespoon artificial sweetener
- ½ cup blueberries

DIRECTIONS:

1. Sift together flour and baking powder, set aside.
2. Beat together the egg, milk, salt and artificial sweetener in a bowl.
3. Stir in flour until just moistened, add blueberries, and stir to incorporate.
4. Preheat a heavy-bottomed skillet over medium heat, and spray with cooking spray.
5. Pour approximately ¼ cup of the batter into the pan for each pancake.
6. Cook until bubbly, about 1 ½ minutes.
7. Turn, and continue cooking until golden brown.

Green Smoothie

INGREDIENTS:

- 1 banana, cut in chunks
- 1 cup grapes
- 1 (6 ounce) tub vanilla yogurt
- ½ apple, cored and chopped
- 1 ½ cups fresh spinach leaves

DIRECTIONS:

1. Place the banana, grapes, yogurt, apple and spinach into a blender. Cover, and blend until smooth, stopping frequently to push down anything stuck to the sides. Pour into glasses and serve.

Power Granola

INGREDIENTS:

2 cups regular oats
1/3 cup ground flaxseed
1/4 cup chopped walnuts
1/4 cup chopped slivered almonds
2 teaspoons ground cinnamon
1/3 cup orange juice
1/3 cup honey
1/4 cup packed brown sugar
2 teaspoons canola oil
1 teaspoon vanilla extract
Cooking spray
1/3 cup dried cranberries

DIRECTIONS:

1. Preheat oven to 300°.
2. Combine first 5 ingredients in a medium bowl.
3. Combine orange juice, honey, and brown sugar in a small saucepan. Cook over medium heat just until sugar dissolves, stirring frequently. Remove from heat; stir in oil and vanilla.
4. Pour honey mixture over oat mixture, stirring to coat. Spread mixture in a thin layer onto a jelly-roll pan coated with cooking spray. Bake at 300° for 10 minutes; stir well. Bake an additional 10 to 15 minutes or until golden brown. Spoon granola into a bowl; stir in dried cranberries. Cool completely.

Note: Store completely cooled granola in an airtight container at room temperature for up to 2 weeks.

Honey Wheat Buttermilk Biscuits

INGREDIENTS:

2 cups whole-wheat flour
2 cups unbleached white flour
1 teaspoon salt
4 teaspoons baking powder
2 tablespoons honey
1/2 cup less-fat margarine or whipped butter
1 1/2 cups + 2 tablespoons low-fat buttermilk

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Line a baking sheet with parchment paper or coat with canola cooking spray
3. In large mixing bowl, combine flours, salt, and baking powder beating on low speed until blended.
4. Add honey and margarine or butter; beat on low until crumbly.
5. Add buttermilk and beat on low just until dough forms.
6. Dust flat surface with a few tablespoons of unbleached white flour.
7. Press biscuit dough out to about an 8- or 9-inch square (about 1 inch thick). Cut dough using a 2 1/2-inch biscuit cutter and place biscuits on prepared baking sheet. Re-roll scraps only once.
8. Bake until golden (about 18 minutes).

Breakfast Cookies

INGREDIENTS:

- 2/3 cup lite pancake syrup
- 1/4 cup dark brown sugar, packed, if you prefer them sweeter (optional)
- 3/4 cup smooth natural-style peanut butter
- 2 teaspoons vanilla extract
- 1 large egg (use higher omega-3 brand if available)
- 1 tablespoon egg substitute or egg white
- 3/4 cup whole-wheat flour
- 6 tablespoons unbleached white flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup rolled oats
- 3/4 cup dried fruit such as raisins, currants, or dried cranberries (optional)
- 2 1/2 cups higher-fiber toasted oat cereal rings

DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Coat two nonstick baking sheets with canola cooking spray or baking spray.
3. In large mixing bowl, combine pancake syrup, brown sugar (if desired) peanut butter, vanilla extract, egg and egg substitute (or white) and beat on medium until smooth.
4. In medium bowl, combine whole-wheat flour, white flour, baking soda, and salt with whisk.
Pour into bowl with peanut butter mixture, beat on low speed just until blended.
5. Stir in the oats and dried fruit (if desired) and toasted oat cereal by hand with spatula or spoon.
6. Drop a slightly heaping 1/4 cup of cookie dough per cookie onto prepared baking sheets (6-7 per baking sheet); flatten the cookie mounds to about 3/4 inches thick with a spatula.
7. Bake for about 10 minutes or until cookies are lightly browned at the edges. Cool on cookie sheet or wire rack.
8. Store in sandwich bags at room temperature up to 2 days or in the freezer up to two months.

Grilled Peanut Butter & Banana Sandwich

INGREDIENTS:

cooking spray
2 tablespoons peanut butter
2 slices whole wheat bread
1 banana, sliced

DIRECTIONS:

1. Heat a skillet or griddle over medium heat, and coat with cooking spray.
2. Spread 1 tablespoon of peanut butter onto one side of each slice of bread.
3. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly.
4. Fry the sandwich until golden brown on each side, about 2 minutes per side.

Breakfast Burritos

INGREDIENTS:

½ cup chopped tomato
2 tablespoons chopped onion
¼ cup canned corn
¼ cup egg substitute
1 flour tortilla, 6 inches in diameter
2 tablespoons salsa

DIRECTIONS:

1. In a small skillet, add the chopped tomato, onion and corn.
2. Cook over medium heat until the vegetables are soft and moisture is evaporated.
3. Add the egg substitute and scramble with the vegetables until cooked through, about 3 minutes.
4. To serve, spread the egg mixture in the center of the tortilla and top with salsa.
5. Fold in both sides of the tortilla up over the filling, then roll to close. Serve immediately.

Strawberry Summer Muffins

INGREDIENTS:

- 1 ½ cup sliced fresh strawberries (or use frozen)
- ¼ cup low-fat milk
- 1 teaspoon vanilla extract
- ½ teaspoon strawberry or raspberry extract (optional)
- ½ teaspoon red food coloring (optional)
- ¼ cup less-fat margarine with the least amount of saturated/trans fat you can find (with about 8 grams of fat per tablespoon)
- ½ cup granulated sugar (add ¼ cup more sugar or Splenda if you prefer it sweeter)
- 1 large egg, room temperature (use a higher omega-3 brand, if available)
- ¼ cup egg substitute or 2 egg whites
- 1 cup whole-wheat flour
- ½ cup unbleached white flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 tablespoon powdered sugar for dusting the tops (optional)

DIRECTIONS:

1. Preheat oven to 350 degrees. Line a 12-cup muffin tin with cup-cake liners; set aside. Place strawberries in a small food processor or blender until pureed. Make sure you have ⅔ cup of puree.
2. In small bowl, combine ⅔ cup strawberry puree with low-fat milk, vanilla extract, strawberry extract and red food coloring (if desired); set aside.
3. In bowl of an electric mixer fitted with the paddle attachment, cream margarine and sugar on medium-high speed until combined and fluffy.
4. Reduce speed to medium-low and add the egg and egg substitute or egg white, beating just until blended. Scrape the side and bottom of bowl well halfway through.
5. With mixer turned off, in medium bowl, whisk together flours, baking powder, and salt; then add half of the flour mixture to the mixing bowl with margarine mixture, beating just until blended.
6. Pour in the strawberry mixture and beat on low just until blended, scraping sides of bowl with spatula midway.
7. Add in the remaining flour mixture, beating just until blended and scraping down sides of the bowl.
8. Add ¼-cup of muffin batter to each prepared muffin cup.
9. Bake until tops are just dry to the touch (about 22 minutes).
10. Let cool completely in tin before dusting with powdered sugar, if desired.

Southwestern Frittata

INGREDIENTS:

- ½ green or red bell pepper, diced
- 4 fresh mushrooms, sliced (about ½ cup)
- 6 egg whites
- ½ cup salsa, plus 2 tablespoons for garnish
- ½ cup shredded cheddar cheese

DIRECTIONS:

1. Preheat the broiler. Position the rack 4 inches from the heat source.
2. Lightly coat a heavy, oven-proof skillet with cooking spray. Place on the stove over medium heat and add the peppers and mushrooms. Saute until the vegetables are tender, about 5 minutes.
3. In a small bowl, whisk together the egg whites and 1/2 cup of the salsa.
4. Pour the egg white mixture into the skillet with the vegetables and cook until partially set, about 5 minutes. Don't attempt to blend or scramble the mixture. Sprinkle with cheddar cheese.
5. Place the skillet under the broiler and cook until the cheese is melted and eggs are set, about 5 minutes.
6. Divide the frittata in half and spoon onto individual plates.
7. Garnish each serving with 1 tablespoon salsa and serve immediately.

Cinnamon Raisin Toast

INGREDIENTS:

- ½ cup walnut pieces
- ½ cup plain Greek-style nonfat yogurt
- 2 teaspoons honey
- 8 slices cinnamon raisin bread
- 1 peach, apple or pear (pitted or cored)

DIRECTIONS:

1. Toast the walnuts in a dry skillet over medium-high heat, stirring frequently until fragrant, 3 to 5 minutes. Allow them to cool slightly, then chop finely.
2. In a small bowl, add the chopped walnuts to the yogurt and honey and stir until well combined. The spread will keep in the refrigerator in an air-tight container up to 3 days — just stir well before using.
3. Toast the bread and cut the fruit into ¼-inch slices. Spread about 1 tablespoon of the spread on each slice. Top each piece with a few slices of fruit.

Breakfast Bacon Burger

INGREDIENTS:

1 Honey Wheat English Muffin
1/2 teaspoon trans fat-free margarine
1 egg
1 slice low-fat American cheese
1 slice Canadian bacon
Vegetables of choice

DIRECTIONS:

1. Split the muffin, toast it, and add margarine.
2. Break the egg in a microwavable dish, prick the yolk with a toothpick, and cover the dish with plastic wrap.
3. Microwave on high for 30 seconds. Let stand for 30 seconds. Add cheese, egg, and Canadian bacon to the muffin, then nuke for 20 seconds.
4. Add vegetables to taste.

Banana Split Smoothie

INGREDIENTS:

1 banana
1/2 cup low-fat vanilla yogurt
1/8 cup frozen orange juice concentrate
1/2 cup 1% milk
2 teaspoons whey powder
6 ice cubes, crushed

DIRECTIONS:

1. Blend until smooth in blender. Makes 2 8-ounce servings.

Mango Parfait

INGREDIENTS:

- ½ cup diced frozen mango pieces
- ½ cup diced frozen peaches
- ¼ cup sliced banana (optional)
- 6 ounces low-fat light vanilla yogurt (¾ cup)
- ¼ cup soy milk
- ⅓ cup low-fat granola

DIRECTIONS:

1. Add mango, peaches, banana, yogurt, and soy milk to small food processor or blender and pulse until smooth (mixture will be thick).
2. Spoon into serving glass or bowl and top with the granola.

Strawberry Oatmeal Breakfast Smoothie

INGREDIENTS:

- 1 cup soy milk
- ½ cup rolled oats
- 1 banana, broken into chunks
- 14 frozen strawberries
- ½ teaspoon vanilla extract
- 1 ½ teaspoons sugar

DIRECTIONS:

1. In a blender, combine soy milk, oats, banana and strawberries.
2. Add vanilla and sugar if desired.
3. Blend until smooth. Pour into glasses and serve.

Baked Blueberry French Toast

INGREDIENTS:

12-inch French or sourdough baguette
4 egg whites
1 cup fat-free soy milk
¼ teaspoon nutmeg
1 teaspoon vanilla
4 tablespoons brown sugar, divided
¾ cup blueberries, coarsely chopped
1 tablespoon canola oil
¼ cup chopped pecans, toasted (optional)

DIRECTIONS:

1. Spray a 9-inch square baking dish with cooking spray.
2. Cut 10 1-inch-thick slices from baguette. Arrange in baking dish.
3. In a large bowl, whisk egg whites until frothy.
4. Then whisk in milk, nutmeg, vanilla and 2 tablespoons brown sugar.
5. Pour evenly over bread, turning slices to coat evenly. Cover pan.
6. Chill at least 8 hours or overnight, until liquid is absorbed by bread.
7. Preheat oven to 400 F.
8. Drop blueberries evenly over bread.
9. In a small bowl, stir together 2 tablespoons brown sugar and oil, and pecans if you wish.
10. Spoon evenly over bread.
11. Bake, uncovered, about 20 minutes, until liquid from blueberries is bubbling.

Breakfast Pizza

INGREDIENTS:

1 (8-ounce) can reduced-fat refrigerated crescent dinner roll dough
Cooking spray
12 ounces turkey breakfast sausage
1 cup frozen shredded hash brown potatoes, thawed
1 cup (4 ounces) shredded fat-free cheddar cheese
¼ cup fat-free milk
½ teaspoon salt
⅛ teaspoon black pepper
1 (8-ounce) carton egg substitute
2 tablespoons grated fresh Parmesan cheese

DIRECTIONS:

1. Preheat oven to 375°.
2. Separate dough into triangles. Press triangles together to form a single round crust on a 12-inch pizza pan coated with cooking spray. Crimp edges of dough with fingers to form a rim.
3. Cook sausage in a large nonstick skillet over medium heat until browned, stirring to crumble. Drain.
4. Top prepared dough with sausage, potatoes, and cheese. Combine milk, salt, pepper, and egg substitute, stirring with a whisk. Carefully pour milk mixture over sausage mixture.
5. Sprinkle with Parmesan. Bake at 375° for 25 minutes or until crust is browned.

Chocolate Pancakes & Strawberry Sauce

INGREDIENTS:

Strawberry Sauce:

- 1 16-ounce package frozen unsweetened strawberries
- 1 tablespoon pure maple syrup

Pancakes:

- ½ cup whole wheat flour
- ½ cup all-purpose flour
- ¼ cup unsweetened cocoa powder
- ¼ cup sugar
- 2 tablespoons ground flaxseed
- 1 ½ teaspoons kosher salt
- 1 egg
- 1 egg white
- 1 cup skim milk
- 1 tablespoon canola oil
- 1 teaspoon vanilla extract
- ½ cup semisweet chocolate chips

DIRECTIONS:

1. Strawberry sauce: Combine frozen strawberries, maple syrup and 2 tablespoons water in a large saucepan.
2. Bring the mixture to a boil. Then reduce the heat to medium-low and simmer for 10 to 15 minutes, or until the sauce reaches a syrupy consistency and coats the back of a spoon. As the sauce simmers, break up the whole berries with a wooden spoon or fork.
3. While the sauce is simmering, prepare pancake batter. In a large mixing bowl, whisk together the flours, cocoa, sugar, flaxseed, baking powder and salt.
4. In a medium bowl, lightly beat the whole egg and egg white. Then add the milk, oil and vanilla and whisk until combined.
5. Pour the wet ingredients over the dry ingredients and stir until the batter is just blended and no dry streaks remain. Take care not to over mix, as this will cause the pancakes to be chewy. Delicately fold in the chocolate chips. If time allows, let batter rest for 10 minutes.
6. When strawberry sauce has reached syrupy consistency, remove from heat.
7. Liberally coat a large skillet or griddle with oil spray. Preheat it over medium heat. After two minutes, ladle about 1/4 cup batter per pancake onto the surface.
8. Cook the pancakes until small bubbles form around edges, 1 to 2 minutes. Flip the pancakes over and cook about 1 minute longer. Re-coat the skillet with oil spray between batches to prevent the pancakes from sticking.
9. To serve, top 2 pancakes with about 1/3 cup warm strawberry sauce and a sprinkling of chocolate chips on each plate.

Sunny Frittata

INGREDIENTS:

2 cups egg substitute
½ cup fat-free milk
¼ teaspoon salt
¼ teaspoon black pepper
Cooking spray
⅔ cup (4 ounces) diced ham
½ cup diced orange bell pepper
½ cup thinly sliced green onions
¼ cup (1 ounce) reduced-fat shredded cheddar cheese

DIRECTIONS:

1. Preheat oven to 375°.
2. Combine first 4 ingredients in a small bowl, stirring well with a whisk.
3. Heat a medium nonstick skillet over medium-high heat.
4. Coat pan with cooking spray.
5. Add ham, bell pepper, and onions; sauté 2 minutes.
6. Stir in egg mixture.
7. Reduce heat to medium, and cook 5 minutes, stirring occasionally for first 2 minutes.
8. Top mixture with cheese. Wrap handle of pan with foil; bake at 375° for 12 minutes or until center is set.
9. Cut frittata into 4 wedges.

CookingLight.com

Black Forest Crepes

INGREDIENTS:

1 package (8 ounces) reduced-fat cream cheese, softened
½ cup reduced-fat sour cream
½ teaspoon vanilla extract
⅔ cup confectioners' sugar
8 prepared crepes (9 inches)
1 can (20 ounces) reduced-sugar cherry pie filling, warmed
¼ cup chocolate syrup

DIRECTIONS:

1. In a small bowl, beat the cream cheese, sour cream and vanilla until smooth.
2. Gradually beat in confectioners' sugar. Spread about 3 tablespoons over each crepe to within ½ inches of edges and roll up.
3. Arrange in an ungreased 13-in. x 9-in. baking dish.
4. Bake, uncovered, at 350° for 5-7 minutes or until warm.
5. To serve, top each crepe with ¼ cup pie filling and drizzle with 1 ½ teaspoons chocolate syrup

TasteOfHome.com

Rise & Dine Cups

INGREDIENTS:

- 1 can (6 oz.) refrigerated biscuits (5 biscuits)
- 1-¼ cups cholesterol-free egg product
- ¼ cup chopped roasted red peppers
- 3 green onions, sliced
- ½ cup 2% Milk Shredded Sharp Cheddar Cheese, divided

DIRECTIONS:

1. Heat oven to 375°F.
2. Separate biscuits; cut each crosswise in half. Press each into 4-inch round. Place 1 dough round in each of 10 muffin cups sprayed with cooking spray.
3. Combine egg product, peppers, onions and 1/4 cup cheese; spoon into cups.
4. Bake 15 min. or until centers are set. Sprinkle with remaining cheese; bake 5 min. or until melted.

Honey Wheat Pancakes

INGREDIENTS:

- 1-½ cups reduced-fat biscuit/baking mix
- ½ cup whole wheat flour
- ¼ cup wheat germ
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 2 eggs, lightly beaten
- 1-½ cups buttermilk
- 1 medium ripe banana, mashed
- 2 tablespoons honey
- Assorted fresh fruit and/or maple syrup, optional

DIRECTIONS:

1. In a small bowl, combine the first five ingredients.
2. Combine the eggs, buttermilk, banana and honey; add to dry ingredients just until moistened.
3. Pour batter by ¼ cupfuls onto a hot griddle coated with cooking spray; turn when bubbles form on top.
4. Cook until the second side is golden brown. Serve with fruit and/or syrup if desired.

Open Faced Banana Cinnamon Toast

INGREDIENTS:

- 2 tablespoons honey
- 1 tablespoon orange juice
- ¼ teaspoon freshly grated orange zest
- 1 teaspoon vanilla extract
- 1 cup cream cheese, room temperature
- 8 slices cinnamon raisin bread
- 2 large bananas
- 3 tablespoons chopped peanuts or other nuts, optional
- ½ teaspoon ground chocolate, optional

DIRECTIONS:

1. Stir the honey, orange juice and zest, and vanilla into the cream cheese until smooth.
2. Toast the bread slices. Peel and slice or dice the bananas.
3. Spread a heaping tablespoon of the cream cheese mixture on each toast, lay the banana slices on top, and sprinkle with some nuts and chocolate, if desired.

Mixed Berry Salad

INGREDIENTS:

- 2 tablespoons low-fat yogurt (try key-lime or lemon)
- Juice of ½ lime (about 1 tablespoon)
- 1 tablespoon fresh mint leaves, torn
- 1 cup cubed cantaloupe
- 4 medium strawberries, stemmed and quartered
- ¼ cup raspberries
- ¼ cup blueberries

DIRECTIONS:

1. Whisk the yogurt, lime juice, and mint together in a medium bowl.
2. Add the fruit and toss to combine.

Apple Pecan Oatmeal

INGREDIENTS:

2 tablespoons pecans
Kosher salt
1 ¼ cups old-fashioned rolled oats
1 red apple, cut into ¾-in. pieces
2 teaspoons brown sugar
Pinch ground cinnamon

DIRECTIONS:

1. Heat oven to 400°F. Place the pecans on a rimmed baking sheet and roast until fragrant, 6 to 8 minutes; chop.
2. Bring 2 1/2 cups of water to a boil in a medium saucepan.
3. Add a pinch of salt and stir in the oats. Reduce heat and simmer, stirring occasionally, until the oats begin to thicken, 3 to 4 minutes.
4. Add the apple and cook, stirring occasionally, until the apple is just tender and the oatmeal has thickened, 1 to 2 minutes more.
5. Sprinkle with the pecans, brown sugar and cinnamon before serving.

Maple-Cinnamon Baked French Toast

INGREDIENTS:

1 package (8 oz.) Cream Cheese, softened
3 eggs
1 cup milk
¼ cup maple-flavored or pancake syrup
1 teaspoon vanilla
½ teaspoon ground cinnamon
1 loaf Italian bread (16 oz.), cut into 16 slices
1 Tablespoon powdered sugar

DIRECTIONS:

1. Beat cream cheese in medium bowl with mixer until creamy. Add next 5 ingredients; mix well.
2. Dip bread in cream cheese mixture, turning to evenly moisten each slice; place in large shallow casserole or bowl. Top with remaining cream cheese mixture. Refrigerate at least 1 hour or up to 24 hours.
3. Heat oven to 425°F. Place bread in single layer on baking sheet sprayed with cooking spray.
4. Bake 15 to 20 min. or until golden brown, turning after 8 min. Sprinkle with sugar.

Lunch



Veggie Pita Pizza

INGREDIENTS:

- 1 whole wheat pita bread
- ¼ cup thin cucumber slices
- 3 thin tomato slices
- 2 Tablespoons Philadelphia Garden Vegetable Cream Cheese Spread
- ¼ cup shredded cheddar cheese

DIRECTIONS:

1. Place pita bread in re-sealable sandwich-size plastic bag. Place cucumber in 1 side of another re-sealable sandwich-size plastic bag; loosely tie pipe cleaner or twist-tie around middle of bag. Place tomato in other end of bag; seal bag. Twist pipe cleaner tightly to separate the cucumber from the tomato. Curl ends of pipe cleaner to resemble a butterfly.
2. Spoon cream cheese spread into small sealable plastic container and place shredded cheese in another re-sealable sandwich-size plastic bag; place in insulated lunch box or bag. Add pita bread and vegetables along with a small plastic knife or wooden pop stick for spreading. Refrigerate until ready to serve.
3. Spread pita bread with cream cheese spread; top with vegetables and shredded cheese.

kraftrecipes.com

Roast Beef & Horseradish Wrap

INGREDIENTS:

- 2 teaspoons light mayonnaise
- ½ teaspoon prepared horseradish
- 1 whole-wheat tortilla
- 1 large romaine lettuce leaf
- 3 slices lean roast beef
- ¼ cup chopped tomato

DIRECTIONS:

1. Mix the mayonnaise and horseradish in a small bowl. Spread the mixture on one side of the tortilla.
2. Place the lettuce leaf in the center of the tortilla, followed by the roast beef and tomato. Fold the outer edges in, then roll.

Chicken Panini

INGREDIENTS:

- 6 oz. sliced low-fat swiss
- 4 oz. sliced reduced- sodium Black Forest deli ham
- 4 oz. sliced reduced-sodium deli chicken breast
- 4 whole wheat rolls, sliced & gutted
- ½ cup marinara sauce, heated.

DIRECTIONS:

1. Heat lightly oiled grill pan.
2. Divide cheese, ham and chicken evenly among rolls, starting and ending with cheese.
3. Close sandwiches and grill, flipping and pressing them with spatula until golden brown on both sides and cheese is melted, about 5 minutes total.
4. Halve sandwiches and serve with marinara sauce for dipping

Mozzarella & Tomato Salad

INGREDIENTS:

- 1 Medium tomato, cubed
- 1 oz. fresh part-skim mozzarella cheese, cubed
- 1 cup spinach leaves
- 1 clove garlic
- 1 ½ teaspoon olive oil
- 2 Tablespoons balsamic vinegar
- 2 teaspoons sunflower seeds
- ¼ teaspoon black pepper

DIRECTIONS:

1. Combine all ingredients.

Grilled Chicken & Pineapple Sandwich

INGREDIENTS:

- 4 boneless, skinless chicken breasts (4 to 6 oz. each)
- 4 pineapple slices (½ inch thick)
- ¼ cup pickled jalapeno slices, or 1 fresh jalapeno, thinly sliced
- Teriyaki sauce
- 4 slices swiss cheese
- 4 whole-wheat rolls
- ½ medium red onion, thinly sliced

DIRECTIONS:

1. Combine chicken and teriyaki sauce in a resealable plastic bag. Marinate in the refrigerator at least 30 minutes or up to 12 hours.
2. Heat grill. Remove chicken from marinade and place on the grill; discard any remaining marinade.
3. Cook 4 to 5 minutes, flip, and immediately add cheese to each breast.
4. Continue cooking until cheese is melted and chicken is lightly charred and firm to the touch. Remove from grill.
5. Add pineapple and rolls to grill. Cook rolls until they are lightly toasted, and pineapple slices until they're soft and caramelized, (about 2 minutes per side) Top each roll with chicken, pineapple, red onion and jalapeno slices.
6. If you like, drizzle chicken with a bit more teriyaki sauce.

Turkey & Cucumber Sandwich

INGREDIENTS:

- ½ cup nonfat mayonnaise
- 1 Tablespoon garlic powder
- ½ teaspoon ground black pepper
- 2 cups finely chopped cooked turkey breast
- ¼ cup finely chopped green onions
- 8 slices rye bread
- 1 seedless cucumber, very thinly slices

DIRECTIONS:

1. In a medium bowl, toss together the mayonnaise, horseradish, garlic powder and pepper. Mix in turkey and green onions.
2. Divide the mixture among 4 slices of the bread, spreading it to the edges. Overlap the cucumber slices in an even layer over the turkey. Top with the remaining 4 slices of bread.

Roast Beef & Shaved Parmesan

INGREDIENTS:

- 2.75 oz. French Bread
- 2 oz. lean roast beef
- 1/2 cup baby arugula
- .25 oz. shaved Parmesan
- Fresh cracked pepper

DIRECTIONS:

1. Slice bread in half and layer with roast beef, arugula, shaved Parmesan and fresh cracked pepper.

BLT Lettuce Wraps

INGREDIENTS:

- 4 slices lean bacon cooked and chopped
- 1 medium tomato, diced
- 1 Tablespoon light mayonnaise
- 3 large iceberg lettuce leaves
- Fresh cracked pepper

DIRECTIONS:

1. Carefully remove 2 large outer leaves of a head of lettuce. Shred the 3rd leaf and set aside.
2. Dice tomato and set aside in a bowl
3. Combine dices tomato with mayonnaise and fresh black pepper.
4. Place lettuce cups on a plate, top with shredded lettuce.
5. Add tomato & bacon and roll it like a wrap.

Curried Chicken Salad

INGREDIENTS:

- ¼ cup low-fat mayonnaise
- 1 teaspoon curry powder
- 2 teaspoons water
- 1 cup chopped skinless, boneless Grilled Lemon-Herb Chicken (about 4 oz)
- ¾ cup chopped Braeburn apple (about 1 small)
- ½ cup diced celery
- 3 tablespoons raisins
- ½ teaspoon salt

DIRECTIONS:

1. Combine mayonnaise, curry powder, and water in a medium bowl, stirring with a whisk until well blended. Add the Grilled Lemon-Herb Chicken, chopped apple, celery, raisins, and salt; stir mixture well to combine. Cover and chill.

Southwestern Chicken Pasta Salad

INGREDIENTS:

- ½ pound uncooked penne rigate
- 2 cups shredded skinless, boneless Grilled Chicken (about 8 ounces)
- 1 cup fresh corn kernels
- ¾ cup (3 ounces) shredded sharp cheddar cheese
- ½ cup sliced green onions
- ½ cup diced red bell pepper
- ½ cup chopped plum tomato (about 2 tomatoes)
- ¼ cup fresh orange juice
- 2 tablespoons fresh lime juice
- 1 tablespoon extra virgin olive oil
- 1 tablespoon chopped canned chipotle chiles in adobo sauce
- ½ teaspoon salt

DIRECTIONS:

1. Cook pasta according to package directions, omitting salt and fat. Drain and place in a large bowl. Add Grilled Chicken and next 5 ingredients (through tomato); toss well to combine.
2. Combine orange juice and remaining ingredients, stirring with a whisk. Drizzle over pasta mixture; toss gently to coat. Cover and chill.

Roasted Red Pepper Sandwiches

INGREDIENTS:

- ½ cup finely chopped seeded cucumber
- 1 (7 oz.) bottle roasted red bell peppers, drained and finely chopped
- ¾ cup (6 oz.) ⅓ less fat cream cheese, softened
- ⅓ cup (about 3 oz.) block-style fat-free cream cheese, softened
- 3 tablespoons minced red onion
- ¼ teaspoon salt
- 1 garlic clove, minced
- 8 slices whole-grain bread
- 8 romaine lettuce leaves

DIRECTIONS:

1. Spread cucumber and bell peppers onto several layers of heavy-duty paper towels; let stand 5 minutes to drain excess moisture.
2. Scrape into a medium bowl using a rubber spatula.
3. Add the cheeses, onion, salt, and garlic; stir with a fork until well blended.
4. Spread about ½ cup cheese mixture over 4 bread slices; top each serving with 2 lettuce leaves and 1 bread slice.

Garden Style TBLT

INGREDIENTS:

- 2 thin multi-grain sandwich buns
- 2 Tablespoons Philadelphia Garden Vegetable $\frac{1}{3}$ less fat cream cheese
- 1 tomato, cut into 4 slices
- 8 cucumber slices
- 4 slices lower sodium Turkey Bacon, cooked, halved
- 2 lettuce leaves

DIRECTIONS:

1. Spread cut sides of buns with reduced-fat cream cheese.
2. Fill with remaining ingredients to make 2 sandwiches.

Little Italy Chicken Pita

INGREDIENTS:

- 2 tablespoons balsamic vinegar
- 1 $\frac{1}{2}$ tablespoons sun-dried tomato oil
- 1 tablespoon chopped drained oil-packed sun-dried tomatoes
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 1 garlic clove, minced
- 4 cups shredded cooked chicken breast (about $\frac{3}{4}$ pound)
- 1 cup chopped tomato (about 1 medium)
- $\frac{1}{2}$ cup (2 ounces) grated Asiago cheese
- $\frac{1}{4}$ cup thinly sliced fresh basil
- 6 (6-inch) pitas, cut in half
- 3 cups mixed baby greens

DIRECTIONS:

1. Combine first 5 ingredients in a large bowl.
2. Stir in chicken, tomato, cheese, and basil.
3. Line each pita half with $\frac{1}{4}$ cup greens.
4. Divide chicken mixture evenly among pita halves.

Chipotle Pork & Avocado Wrap

INGREDIENTS:

- ½ cup mashed peeled avocado
- 1 ½ tablespoons low-fat mayonnaise
- 1 teaspoon fresh lime juice
- 2 teaspoons chopped canned chipotle chiles in adobo sauce
- ¼ teaspoon salt
- ¼ teaspoon ground cumin
- ¼ teaspoon dried oregano
- 4 (8-inch) fat-free flour tortillas
- 1 ½ cups (¼-inch-thick) slices cut Simply Roasted Pork (about 8 oz.)
- 1 cup shredded iceberg lettuce
- ¼ cup bottled salsa

DIRECTIONS:

1. Combine the first 7 ingredients, stirring well.
2. Warm tortillas according to package directions.
3. Spread about 2 tablespoons avocado mixture over each tortilla, leaving a 1-inch border.
4. Arrange Simply Roasted Pork slices down center of tortillas.
5. Top each tortilla with ¼ cup shredded lettuce and 1 tablespoon salsa, and roll up.

Fresh Tomato Soup

INGREDIENTS:

- 2 cups fat-free, less-sodium chicken broth
- 1 cup chopped onion
- ¾ cup chopped celery
- 1 tablespoon thinly sliced fresh basil
- 1 tablespoon tomato paste
- 2 pounds plum tomatoes, cut into wedges
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 6 tablespoons plain low-fat yogurt
- 3 tablespoons thinly sliced fresh basil

DIRECTIONS:

1. Combine first 6 ingredients in a large saucepan; bring to a boil.
2. Reduce heat, and simmer 30 minutes.
3. Place half of tomato mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
4. Pour mixture into a large bowl. Repeat procedure with remaining tomato mixture.
5. Stir in salt and pepper. Ladle ¾ cup soup into each of 6 bowls.
6. Top each serving with 1 tablespoon yogurt and 1 ½ teaspoons basil.

Summer Salad

INGREDIENTS:

2 romaine hearts, torn
2 Tablespoons olive oil
 $\frac{3}{4}$ cup chopped fresh cilantro
3 green onions, thinly sliced
 $\frac{1}{2}$ cup plain Greek yogurt
1 teaspoon lemon juice
 $\frac{3}{4}$ teaspoons salt
 $\frac{1}{2}$ teaspoons ground nutmeg
 $\frac{1}{4}$ teaspoon pepper
1 cup canned garbanzo beans
3 Tablespoons pistachios
3 lemon wedges

DIRECTIONS:

1. Place romaine in a large bowl; drizzle with oil and toss to coat. Add herbs and onions; toss to combine. Whisk the yogurt, lemon juice, salt, nutmeg and pepper; add to romaine mixture and toss to coat.
2. Transfer to a serving platter. Top with garbanzo beans and pistachios. Squeeze lemon wedges over the top. Serve immediately.

Bistro Apple Panini

INGREDIENTS:

12 thick-sliced bacon strips, cut in half
1 medium apple, thinly sliced
1 Tablespoon ginger ale
1 teaspoon lemon juice
 $\frac{1}{4}$ cup apple jelly
12 slices sourdough bread
6 slices swiss cheese
2 Tablespoons dijon mustard
3 Tablespoons butter, softened

DIRECTIONS:

1. In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels to drain. In a small bowl, toss apples with ginger ale and lemon juice; set aside.
2. Place jelly in a small microwave - safe bowl; microwave on high for 20 - 30 seconds or until softened.
3. Spread jelly mixture over six bread slices. Top with cheese, apples and bacon. Spread mustard over remaining bread; place over bacon. Spread the outsides of sandwiches with butter.
4. Cook on a panini maker, indoor grill, or broil in the oven for 3-4 minutes or until bread is browned and cheese is melted.

Tomato - Melon Chicken Salad

INGREDIENTS:

4 medium tomatoes, cut into wedges
2 cups cubed seedless watermelon
1 cup fresh raspberries
¼ cup minced fresh basil
¼ cup olive oil
2 Tablespoons balsamic vinegar
¼ teaspoon salt
¼ teaspoon pepper
9 cups torn mixed salad greens
4 grilled chicken breasts, sliced

DIRECTIONS:

1. In a large bowl, combine the tomatoes, watermelon and raspberries.
2. In a small bowl, whisk the basil, oil, vinegar, salt and pepper. Drizzle over tomato mixture; toss to coat.
3. Divide salad greens among 6 serving plates; top with tomato mixture and chicken.

Asian Green Bean Salad

INGREDIENTS:

Salad:

3 ounces uncooked linguine
1 pound green beans, trimmed
2 cups diagonally sliced celery
1 cup thinly sliced red bell pepper
½ cup chopped green onions
⅓ cup chopped fresh cilantro

Dressing:

¼ cup rice wine vinegar
¼ cup low-sodium soy sauce
2 tablespoons dark sesame oil
2 teaspoons grated peeled fresh ginger
½ teaspoon sugar
¼ teaspoon freshly ground black pepper
3 garlic cloves, minced
1 red jalapeño pepper, seeded and finely chopped (about 1 tablespoon)

DIRECTIONS:

1. To prepare salad, break linguine in half. Cook pasta according to package directions, omitting salt and fat; add beans during last 3 minutes of cooking. Drain and rinse with cold water; drain. Place mixture in a large bowl. Stir in celery, bell pepper, onions, and cilantro.
2. To prepare dressing, combine vinegar and remaining ingredients in a small bowl; stir with a whisk until blended. Add to salad; toss well. Cover and chill.

Southwestern Club Wrap

INGREDIENTS:

4 to 6 large flour tortillas
¾ cup ranch dressing
⅓ cup barbecue sauce
¼ head iceberg lettuce, very thinly sliced
½ pound pepper Jack or Monterey Jack cheese, grated
1 ripe avocado, thinly sliced
1 cup pitted black olives, chopped
1 cup red bell peppers, chopped
½ pound smoked or buffalo-style turkey, thinly sliced
Handful of cherry tomatoes, quartered

DIRECTIONS:

1. Heat the oven to 250° F. Wrap the tortillas in aluminum foil and warm them in the oven for about 10 minutes to soften. This will make them easier to roll. Alternately, heat each tortilla in the microwave for 10 seconds.
2. Make the sauce by combining the ranch dressing and barbecue sauce in a small bowl and stir until blended.
3. Working with one wrapper at a time, layer each ingredient on half of the tortilla. Start with a bit of sauce (there will be plenty left to serve on the side as well), then add the lettuce, tomatoes, cheese, avocado, olives, and peppers, using as much of each as you like. End with a piece of the turkey. Fold in each side of the tortilla and begin rolling the wrap from the end with the filling. Tuck in the filling as you roll.
4. Slice each sandwich in the center, on the bias, with a sharp serrated knife and serve (with the extra sauce in a bowl). Makes 4 to 6 wraps.

Super Sub

INGREDIENTS:

1 medium hero roll
4 to 6 slices of thinly cut cheese and luncheon meats
4 thin tomato slices
½ cup shredded lettuce
2 teaspoons vegetable oil
2 teaspoons red wine vinegar
Salt and pepper

DIRECTIONS:

1. Slice the hero roll in half lengthwise and scoop out some of the soft bread inside.
2. Line both sides of the roll with cheese and luncheon meat.
3. Top with the tomato slices and shredded lettuce.
4. Sprinkle the surface evenly with the oil and vinegar and season with salt and pepper.
5. Close up the sandwich, then cut it in half and wrap it in plastic wrap or aluminum foil. Makes 1 or 2 servings.

Ravioli & Vegetable Soup

INGREDIENTS:

- 1 Tablespoon extra-virgin olive oil
- 2 cups frozen bell pepper and onion mix, thawed and diced
- 2 cloves garlic, minced
- ¼ 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 ½ 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

DIRECTIONS:

1. Heat oil in a large saucepan over medium heat.
2. Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute.
3. Add tomatoes, broth, water and basil (or marjoram); bring to a rolling boil over high heat.
4. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil.
5. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

Curried Tofu Salad

INGREDIENTS:

- 3 Tablespoons low-fat plain yogurt
- 2 Tablespoons reduced-fat mayonnaise
- 2 Tablespoons prepared mango chutney
- 2 teaspoons hot curry powder, preferably Madras
- ¼ teaspoon salt
- Freshly ground pepper, to taste
- 1 14-ounce package extra-firm water-packed tofu, drained, rinsed and finely crumbled
- 2 stalks celery, diced
- 1 cup red grapes, sliced in half
- ½ cup sliced scallions
- ¼ cup chopped walnuts

DIRECTIONS:

1. Whisk yogurt, mayonnaise, chutney, curry powder, salt and pepper in a large bowl. Stir in tofu, celery, grapes, scallions and walnuts.

Barley & Black Bean Salad

INGREDIENTS:

- 1 cup uncooked quick-cooking pearl barley
- 1 15-ounce can black beans, rinsed and drained
- 1 pint grape or cherry tomatoes, halved
- ½ cup finely chopped green bell pepper
- ½ cup Monterey Jack cheese with jalapeno peppers, cut into ¼-inch cubes
- ⅓ cup lemon juice
- 2 tablespoons olive oil
- 1 teaspoon salt
- ¾ cup fresh cilantro leaves (optional)
- ⅛ teaspoon ground red pepper (optional)

DIRECTIONS:

1. Cook barley according to package directions, omitting salt. Drain barley in a colander, and rinse with cold water until completely cooled.
2. Combine black beans, next 6 ingredients, and, if desired, cilantro and red pepper in a medium bowl. Add barley to black bean mixture; toss gently.

Autumn Salad

INGREDIENTS:

For the dressing:

- 2 tablespoon red wine vinegar
- ½ teaspoon Dijon mustard
- 1 teaspoon honey
- ¼ teaspoon salt
- Fresh ground pepper
- 3 Tablespoon olive oil

For the salad:

- 2 small ripe pears, peeled and diced
- ¼ cup (2 oz) reduced-fat gorgonzola cheese, crumbled
- 8 oz mixed baby greens (baby spinach, arugula, radicchio, etc.)
- 1 oz (about 20 halves) pecans

DIRECTIONS:

1. For the dressing: In a large bowl, mix vinegar, mustard, honey, salt and pepper. Whisk in olive oil and blend.
2. In a salad bowl combine baby greens, pears, gorgonzola cheese and pecans. When you are ready to serve, add the vinaigrette and toss well.

Cobb Salad

INGREDIENTS:

2 cups shredded romaine lettuce
½ head of Boston lettuce (or Iceberg), coarsely chopped
2 hard-boiled large eggs, separated, whites and yolks finely chopped
5 slices of bacon, cooked and crumbled
1 ripe avocado, cut into ½-inch pieces
6 oz chicken breast, cooked and diced
2 tomatoes, finely chopped
½ cup crumbled blue cheese

DIRECTIONS:

1. Arrange chopped lettuce on the bottom of a large platter.
2. Layer the chicken, bacon, tomato, egg and avocado in neat rows over the greens. Top with your favorite dressing.

Red Wine Tomato Vinaigrette

INGREDIENTS:

1 medium ripe tomato
1 clove crushed garlic
1 Tablespoon red wine vinegar
3 Tablespoon extra virgin olive oil
1 teaspoon dijon mustard
1 Tablespoon lemon juice
2 Tablespoon water
½ teaspoon oregano
salt and fresh pepper to taste
1 Tablespoon minced shallot

DIRECTIONS:

1. Chop tomato in food processor.
2. Add crushed garlic, vinegar, lemon juice, water, dijon mustard, oregano, salt and pepper. Pulse a few times until smooth.
3. Add chopped shallot and mix to blend.
4. Set aside to allow the flavors to blend well.

Teriyaki Chicken Salad Sandwiches

INGREDIENTS:

2 chicken breasts
Kikkoman Teriyaki Baste and Glaze
2 stalks celery, finely chopped
1/3 cup sliced green onions, chopped
1/4 cup sliced almonds, toasted
1 mango, cut into small cubes (or 1 small can of Mandarin oranges, drained)
1 small can pineapple tidbits OR roughly-chopped chunks
1/3-1/2 cup light mayonnaise
Salt and pepper to taste
Croissants or pitas
Lettuce leaves

DIRECTIONS:

1. Marinate chicken for at least 4 hours; then grill.
2. Combine celery and green onions in mixing bowl.
3. Cut chicken into bite-sized pieces.
4. Toss with celery and onions, then add mayonnaise and mix thoroughly.
5. Add 2-3 (or more) tablespoons of Teriyaki sauce to taste.
6. Refrigerate for several hours.
7. Before serving add mango, pineapple, and nuts. Season with salt and pepper to taste.
8. Serve on a lettuce leaf in a croissant or a pita.

Veggie Packed Pita Pocket

INGREDIENTS:

1 Tablespoon Mayonnaise
2 teaspoons Grated Parmesan Cheese
1 submarine roll, split
3 slices Oven Roasted Turkey Breast
3 slices Slow Roasted Roast Beef
1 Big Slice Pepper Jack Cheese
2 slices tomato
1/4 cup shredded lettuce

DIRECTIONS:

1. Combine carrots, olives and dressing.
2. Spread insides of pitas with Neufchatel.
3. Fill with lettuce, peppers and carrot mixture.

Favorite BLT

INGREDIENTS:

- 4 6 inch baguette rolls, split and toasted
- ¼ cup Light Mayonnaise
- 4 leaf lettuce leaves
- 8 slices tomato
- 12 slices Bacon, cooked

DIRECTIONS:

1. Spread rolls with mayo.
2. Fill with remaining ingredients.

Double Stacked Oven Grinder

INGREDIENTS:

- 2 carrots, shredded
- 2 Tablespoons sliced black olives
- 2 Tablespoons Tuscan House Italian Dressing and Marinade
- 2 whole wheat pita breads, cut in half
- 2 Tablespoons Neufchatel Cheese, softened
- 2 lettuce leaves, torn in half
- 1 red pepper, cut into 8 rings

DIRECTIONS:

1. Heat broiler.
2. Mix mayo and Parmesan; spread onto cut sides of roll. Place, cut-sides up, in shallow pan. Broil 2 min. or until golden brown.
3. Stack meats on microwaveable plate; top with cheese. Microwave on high 30 seconds or until cheese is melted. Place on bottom half of roll.
4. Cover with tomatoes, lettuce and top of roll.

Dinner



Jalapeño Macaroni & Ham Bake

INGREDIENTS:

- 2 packages (7-1/4 oz. each) Kraft Macaroni & Cheese Dinner
- 1 Tablespoon oil
- 15 slices Oscar Mayer Deli Fresh Honey Ham, chopped
- 1 small red onion, finely chopped
- 2 jalapeño peppers, seeded, chopped
- 2 clove garlic, minced
- 4 eggs, beaten
- 4 Slices Pepper Jack Cheese Slice, coarsely chopped
- 18 Ritz Crackers, crushed (about 3/4 cup)
- 1/2 cup fresh parsley, chopped

DIRECTIONS:

1. Heat oven to 350°F.
2. Prepare macaroni in large saucepan as directed on package. Meanwhile, heat oil in medium skillet on medium heat. Add ham, onions, peppers and garlic; cook 5 min., stirring frequently.
3. Add ham mixture to macaroni with eggs and chopped cheese; mix lightly. Mix cracker crumbs and parsley; stir half into Dinner mixture. Spoon into 2-quart. casserole sprayed with cooking spray; top with remaining crumb mixture.
4. Bake 35 min. or until center is set and casserole is heated through.

Healthy Baked Chicken Nuggets

INGREDIENTS:

2 large skinless, boneless chicken breasts, cut into even, bite sized pieces
Salt and Pepper to taste
2 teaspoons olive oil
6 tablespoons whole wheat Italian seasoned breadcrumbs
2 tablespoons panko breadcrumbs
Olive oil spray

DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Spray a baking sheet with olive oil spray.
3. Put the olive oil in one bowl and the breadcrumbs, panko, and Parmesan cheese in another
4. Season chicken with salt and pepper, then mix with the olive oil and mix well so the olive oil evenly coats all of the chicken.
5. Lightly spray the top with olive oil spray, then bake 8 - 10 minutes.
6. Turn over then cook another 4-5 minutes, or until cooked through.

Baked Seasoned Fries

INGREDIENTS:

2 medium potatoes, washed and dried
2 teaspoons olive oil
1 tablespoon herbs de province
¼ teaspoon oregano
1 teaspoon smoked paprika
¼ teaspoon onion powder
¼ teaspoon cracked pepper
Fresh lime zest

DIRECTIONS:

1. Preheat the oven to 400 degrees. Line baking sheet with foil for easy clean up.
2. Cut each potato lengthwise into ¼ inch slices; cut each slice into ¼ inch fries
3. In a large bowl, combine cut potatoes and oil; toss well. Add herbs de province, toss to coat.
4. Place in a single layer baking sheet. Bake uncovered for about 25 minutes or until crisp. Turning once half way through.

Hawaiian Turkey Burgers

INGREDIENTS:

1 pound lean ground turkey
½ cup (plus more if you need it) dry bread crumbs
½ cup red or green bell pepper, minced (about ½ medium bell pepper)
½ cup thinly sliced green onion
1 teaspoon finely chopped fresh ginger root
1 small can pineapple slices; reserve juice
½ teaspoon Kosher salt
Thick Teriyaki sauce
Light mayonnaise
4 hamburger buns

DIRECTIONS:

1. Combine turkey, bread crumbs, bell pepper, green onion, ginger, ¼ cup reserved juice from pineapple, and salt.
2. Form into 4 large patties.
3. Grill patties.
4. Grill pineapple in last 5 minutes of cooking.
5. Baste burgers with Teriyaki sauce during last two minutes of grilling.
6. Spread buns with light mayonnaise and a little more Teriyaki sauce.

BBQ Chicken & Black Bean Burrito

INGREDIENTS:

1 tablespoon olive oil
¾ pound skinless, boneless organic chicken breast, cut into bite-size pieces
½ cup onion, chopped
3 garlic cloves, minced
⅓ cup low-sodium barbeque sauce
15 ounces of low-sodium black beans, rinsed and drained
½ cup (2 ounces) organic reduced-fat sharp cheddar cheese, shredded
4 Ezekiel 4:9 sprouted grain tortillas
¼ cup organic nonfat plain Greek yogurt

DIRECTIONS:

1. Heat oil in a large skillet over medium heat.
2. Add chicken, onion, and garlic; cook 8 minutes or until chicken is done, stirring constantly.
3. Stir in barbeque sauce and beans.
4. Sprinkle with cheese; cook 5 minutes or until thoroughly heated.
5. Warm tortillas in skillet until lightly brown.
6. Spoon about ½ cup chicken mixture down the center of each tortilla.
7. Top each with 1 tablespoon Greek yogurt, and roll up.

Broccoli Cheese & Potato Soup

INGREDIENTS:

- 1 small onion, chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 2 cloves garlic, minced
- 1 tablespoon butter
- 2 tablespoons flour
- 2 ½ cups fat free chicken broth
- 1 cup fat free milk
- 2 medium potatoes, peeled and diced
- Salt and pepper
- 4 cups broccoli, chopped into small pieces
- 1 ½ cups 2% shredded sharp cheddar cheese
- 2 slices 2% American cheese
- 1 tablespoon parmesan cheese

DIRECTIONS:

1. Chop onion, carrot celery, garlic.
2. In a large soup pot, melt butter. Add chopped veggies, and saute on low heat until soft, about 5 minutes.
3. Add flour salt and pepper to the pot and stir until smooth.
4. Add broth, milk and potatoes and set to high until it comes to a boil, then cover and cook on low until potatoes are soft, about 10 - 15 minutes.
5. Add broccoli, Parmesan cheese, and stir well. Add salt and pepper.
6. Cook uncovered until broccoli is cooked, about 5 minutes.
7. Add cheese, stir well and removed from heat.

SkinnyTaste.com

Creamy Chicken Florentine

INGREDIENTS:

- 1 pound boneless skinless chicken breasts, cut into bite-size pieces
- ½ cup halved red pepper strips
- 1 tub (10 oz.) Philadelphia Savory Garlic Cooking Creme
- 1 package (6 oz.) baby spinach leaves
- 2 cups hot cooked penne pasta
- 2 Tablespoons slivered almonds

DIRECTIONS:

1. Cook chicken and peppers in large nonstick skillet on medium heat 5 to 6 min. or until chicken is done.
2. Add cooking creme; cook and stir 3 min.
3. Stir in spinach and pasta; top with nuts.

KraftRecipes.com

Mediterranean Pizza

INGREDIENTS:

2 tablespoon organic cornmeal for the baking sheet
4 cups spinach, shredded (about 5 ounces)
Whole-wheat flour, for work surface
1 pound whole wheat, pizza dough
4 plum tomatoes, thinly sliced
1 tablespoon fresh marjoram, coarsely chopped (or oregano or basil)
½ small red onion, thinly sliced
⅓ cup vegan feta cheese (or reduced-fat feta), crumbled
¼ cup Kalamata olives, pitted, coarsely chopped
½ teaspoon black pepper, ground

DIRECTIONS:

1. Preheat the oven to 450°F.
2. Spread the cornmeal on a large baking sheet; alternatively, rub the baking sheet with oil.
3. Place the spinach with the rinse water still clinging to the leaves in a microwave-safe bowl with a lid. If the leaves are completely dry, add a teaspoon of water. Cover and microwave on high until the spinach is bright green and wilted, about 1 minute. Transfer to a strainer and rinse with cold water.
4. When cool enough to handle, wrap the leaves in a clean kitchen towel and squeeze out all of the excess liquid.
5. Remove the spinach from the towel, using your fingers to loosen and separate the leaves. Set aside.
6. On a lightly floured work surface, use a rolling pin and your hands to roll and stretch the dough to a roughly 10 by 14-inch rectangle; if the dough becomes so elastic that after it is rolled it just snaps back, contracting to its original size, let it rest a few minutes before continuing to roll. Transfer the dough to the prepared baking sheet.
7. Brush the dough with 1 teaspoon of the olive oil.
8. Arrange the tomatoes on the dough.
9. Sprinkle the marjoram over the tomatoes.
10. Spread the spinach on top, followed by the red onion, feta, olives, and black pepper.
11. Drizzle the remaining 1 teaspoon olive oil over the pie.
12. Bake until the crust is golden, 15 to 20 minutes.

Layered Mexican Bake

INGREDIENTS:

- ¾ pound extra-lean ground beef
- 1 onion, chopped
- 1 green pepper, chopped
- 2 teaspoons chili powder
- 1¼ cups Salsa
- 1 package (10 oz.) frozen corn
- 3 high-fiber whole wheat tortillas (8 inch)
- ½ cup Reduced Fat or Light Sour Cream
- ¾ cup 2% Milk Shredded Sharp Cheddar Cheese, divided

DIRECTIONS:

1. Heat oven to 375°F.
2. Brown meat with onions and peppers in large skillet on medium-high heat. Stir in chili powder; cook 1 min. Add salsa and corn; mix well. Simmer 5 min.
3. Spread 1 cup meat sauce onto bottom of 8- or 9-inch square baking dish; top with layers of 1 tortilla, ½ cup meat sauce, sour cream and ¼ cup cheese. Cover with 1 tortilla, 1 cup of remaining meat sauce and ¼ cup of remaining cheese; top with remaining tortilla and meat sauce. Cover with foil.
4. Bake 25 min. or until casserole is heated through. Top with remaining cheese; bake, uncovered, 5 min. or until cheese is melted.

Refried Bean Poblanos

INGREDIENTS:

- 4 medium poblano chiles, halved and seeded
- 1 (16-ounce) can fat-free refried beans
- 1 (8.8-ounce) pouch microwaveable cooked long-grain rice
- ½ cup picante sauce
- 1 cup pre-shredded reduced-fat 4-cheese Mexican blend cheese
- Chopped fresh cilantro

DIRECTIONS:

1. Place chile halves, cut sides up, on a round microwave-safe plate. Cover with wax paper; microwave at High 3 minutes.
2. While chiles cook, combine beans, rice, and picante sauce in a medium bowl, stirring well. Spoon bean mixture evenly into chile halves. Cover with wax paper; microwave at High 2 minutes.
3. Uncover chiles, sprinkle each half with 2 tablespoons cheese, and microwave at High 1 to 2 minutes or until cheese melts.
4. Sprinkle evenly with cilantro, if desired.

Turkey Kebabs

INGREDIENTS:

½ cup nonfat organic plain yogurt
2 teaspoons fresh lime juice
1 teaspoon fresh ginger, chopped
1 clove garlic, chopped
½ teaspoon cumin
½ teaspoon turmeric
¼ teaspoon ground black pepper
⅛ teaspoon salt
1 pound boneless, skinless organic turkey, cut into 1 ½-inch pieces
Olive oil spray, for the grill

DIRECTIONS:

1. Cilantro-Lime Sauce

In a blender, combine 2 packed cups cilantro leaves; 2 tablespoons fresh lime juice; 1 tablespoon olive oil; 1 teaspoon organic raw honey; add 1 garlic clove, chopped; ½ teaspoon chopped fresh ginger; ½ teaspoon garam masala; ¼ teaspoon salt and 3 tablespoons of water. Puree until smooth.

Turkey

1. In a medium bowl, combine the yogurt, the lime juice, the ginger, the garlic, the cumin, the turmeric, the pepper, and the salt.
2. Add the turkey and marinate for at least 10 minutes and up to overnight. Place 8 wooden skewers in water and let soak for at least 20 minutes.
3. Spray the grill with olive oil and preheat a medium-hot.
4. Thread the turkey on the skewers.
5. Grill, turning occasionally, until cooked through, 10 to 12 minutes.

Black Bean Chili Burgers

INGREDIENTS:

1 teaspoon olive oil
½ cup minced red onions
½ cup chopped and seeded organic Roma tomatoes
1 - 3 teaspoon minced jalapeno peppers (more if you like it hot)
1 clove garlic, minced
1 teaspoon ground chili powder
1 - 15 ounce can low sodium black beans, rinsed and drained*
½ cup dry whole wheat breadcrumbs
2 tablespoons low sodium barbecue sauce
1 tablespoon plain agar powder (available from health food stores)
1 tablespoon water

DIRECTIONS:

1. Heat oil in nonstick skillet over medium heat. Add to the pan the onion, tomato, jalapeno, garlic and chili powder and sauté 5 minutes.
2. Cool slightly. Using fork, coarsely mash beans in bowl. Combine with onion mixture, breadcrumbs, 2 tablespoons of the barbecue sauce and agar powder and water.
3. Shape mixture into four 1/2-inch-thick patties.
4. Cover and chill.
5. If grilling, oil the rack or spray grill rack with nonstick spray, then heat up coals to medium heat. If cooking on stove top, heat a 1 teaspoon olive oil over medium heat. Place patties on grill or in skillet and cook until golden brown and heated through, about three minutes per side.

both pages: Jillian Michaels Ripped in 30

Panini Florentine

INGREDIENTS:

- 4 small boneless skinless chicken breast halves (1 lb.)
- ½ cup Balsamic Vinaigrette Dressing
- 8 slices whole grain bread
- ¼ cup Kraft Mayo with Olive Oil Reduced Fat Mayonnaise
- ½ cup fresh spinach leaves
- 2 roasted red peppers, cut in half
- 4 Low-Moisture Part-Skim Mozzarella Cheese Slices

DIRECTIONS:

1. Marinate chicken in dressing in shallow dish in refrigerator 30 min discard marinade.
2. Cook chicken in skillet on medium heat 5 min. on each side or until done (165°F).
3. Spread bread with mayo; fill with remaining ingredients to make 4 sandwiches.
4. Heat skillet on medium heat.
5. Cook sandwich 3 min. on each side or until cheese is melted and sandwich is golden brown on both sides, gently pressing down top of sandwich with spatula to flatten slightly as it cooks.

Baked Salmon

INGREDIENTS:

- 4 salmon fillets, with skins (1 lb.)
- 2 cups chopped fresh spinach leaves
- 1 cup sliced fresh mushrooms
- 1 tomato, chopped
- ½ cup Sun Dried Tomato Vinaigrette Dressing

DIRECTIONS:

1. Heat oven to 375°F.
2. Place fish fillets, skin-sides down, in 13x9-inch baking dish sprayed with cooking spray.
3. Combine remaining ingredients; spoon over fish.
4. Bake 20 to 25 min. or until fish flakes easily with fork.

Asiago Tortellini

INGREDIENTS:

- 1 (9-ounce) package fresh three-cheese tortellini
- 1 (14-ounce) can fat-free, less-sodium chicken broth
- 2 plum tomatoes, chopped
- ¼ cup chopped fresh basil
- ½ cup (2 ounces) shaved fresh Asiago cheese
- Freshly ground black pepper (optional)

DIRECTIONS:

1. Cook pasta according to package directions, omitting salt and fat; drain.
2. While pasta cooks, combine broth and tomato in a medium saucepan; bring to a boil. Remove from heat; stir in basil.
3. Cover and let broth mixture stand until pasta is done.
4. Add drained pasta to broth mixture. Ladle soup into shallow bowls; sprinkle each serving with cheese. Garnish with pepper, if desired.

Asian Chicken Slaw

INGREDIENTS:

- 1 (16-ounce) bag coleslaw mix
- 1 pound cooked chicken, shredded
- 2 cups broccoli florets, blanched
- 1 cup sugar snap peas
- 1 red bell pepper, thinly sliced
- 1 cup sliced scallions
- ½ cup chopped cashews (optional)

Dressing:

- ¼ cup soy sauce
- 2 tablespoons white vinegar
- 2 tablespoons smooth peanut butter
- 1 tablespoon sugar
- 2 cloves garlic, minced
- 1 teaspoon freshly grated ginger
- ½ cup canola oil
- 1 tablespoon sesame oil

DIRECTIONS:

1. In a large bowl, toss together the coleslaw mix, chicken, broccoli, snap peas, red pepper, and scallions.
2. In a medium bowl, stir the soy sauce, vinegar, peanut butter, sugar, minced garlic, and grated ginger until well blended. Whisk in the canola oil and sesame oil. Season the mixture with salt and pepper to taste.
3. Toss the salad with the dressing. Offer chopped cashews on the side as a crunchy topping, if you like. Makes 10 servings.

Creamy Butternut Squash Risotto

INGREDIENTS:

- 1 ¼ cups uncooked Arborio rice or other medium-grain rice
- 2 teaspoons olive oil
- 2 ½ cups fat-free, less-sodium chicken broth
- 1 cup water
- 1 (12-ounce) package frozen pureed butternut squash
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 6 tablespoons grated fresh Parmesan cheese
- Grated fresh Parmesan cheese (optional)

DIRECTIONS:

1. Combine rice and oil in a 1 ½-quart microwave-safe dish, stirring to coat. Microwave, uncovered, at High 3 minutes.
2. Add broth and 1 cup water to rice mixture; microwave, uncovered, at High 9 minutes. Stir well; microwave, uncovered, at High 6 minutes. Remove from microwave; let stand 5 minutes or until all liquid is absorbed.
3. While risotto stands, heat squash in microwave at HIGH 2 minutes or until warm. Add squash, salt, pepper, and cheese to risotto. Stir well to combine. Garnish with additional cheese, if desired.

Spinach Manicotti

INGREDIENTS:

- 16 oz part skim ricotta cheese
- 2 cups 2% milk reduced fat mozzarella cheese, shredded (reserve ½ cup)
- 1 large egg
- 10 oz package frozen spinach, thawed and drained
- ¼ cup Parmesan Reggiano
- salt and pepper
- 16 crespelles
- 32 oz marinara sauce or Filetto di Pomodoro

DIRECTIONS:

1. Preheat oven to 375°.
2. In a large bowl, combine ricotta, 1-½ cups mozzarella, egg, spinach, parmesan cheese, salt and pepper.
3. Fill each crespelle with ¼ cup spinach filling and roll. In a large baking dish, (or two smaller dishes) pour a little sauce on the bottom of the dish.
4. Place rolled manicotti seam side down onto baking dish.
5. Top with a little more sauce and remaining mozzarella cheese.
6. Cover with foil and bake about 20-25 minutes.

Easiest Pasta and Broccoli Recipe

INGREDIENTS:

12 oz uncooked pasta
6 ½ cups fresh broccoli florets, no stems
5 cloves garlic, smashed and chopped
¼ cup grated Parmesan or Romano
2 Tablespoon olive oil, divided
Salt and fresh cracked pepper

DIRECTIONS:

1. Bring a large pot of salted water to a boil. When water boils, add pasta and broccoli at the same time and cook according to pasta instructions for al dente. When pasta is almost done cooking, reserve about 1 cup of the pasta water and set aside. Drain pasta and broccoli.
2. Return the pot to the stove and set heat to high; add 1 Tablespoon olive oil, when hot, add garlic. Cook until golden, reduce flame to low and add pasta back to the pot.
3. Mix well, add remaining olive oil, grated cheese, salt and pepper to taste mixing well and smashing any large pieces of broccoli to break up.
4. Add ½ cup of reserved pasta water and mix well adding more if needed.
5. Serve in pasta bowls with additional grated cheese on the side.

Tuna Melt

INGREDIENTS:

1 can tuna (in water) drained
¼ cup carrots, shredded
¼ cup diced celery
1 tablespoon red onion, minced
1 tablespoon light mayonnaise
1 teaspoon red wine vinegar
Salt and pepper
2 slices whole grain bread
2 slices cheese singles
2 slices tomato
Butter Spray

DIRECTIONS:

1. Combine tuna, celery, carrots, onion, mayonnaise, vinegar, salt & pepper.
2. Heat a large skillet over low heat.
3. Spray butter spray on skillet (about 10 sprays) and place two slices of bread on top.
4. Top break with cheese, then tuna salad and tomato.
5. Cook on low heat until cheese melts and bread gets toasty.
6. Serve immediately.

Easy Veggie Stir - Fry

INGREDIENTS:

¼ cup beef broth
3 tablespoons soy sauce
¼ - ½ teaspoon Sriracha sauce
1-2 teaspoons sesame oil, divided
1 tablespoon honey
2 tablespoons canola oil
1 teaspoon minced ginger
2 teaspoons minced garlic
1/2 small red onion, sliced
1 12 ounce package fresh or frozen vegetables
Kosher salt to taste
Sesame seeds

DIRECTIONS:

1. Whisk together the beef broth, soy sauce, Sriracha, 1 teaspoon sesame oil and honey. Set aside.
2. Heat 2 tablespoons canola oil in a large non-stick skillet or wok over medium-high heat.
3. When very hot, add the onions, ginger and garlic in that order and stir-fry for about 20 seconds.
4. Add the veggies and stir-fry for 2-3 minutes.
5. Add the sauce and stir fry for another 2-3 minutes.
6. Transfer to a serving dish and drizzle with another 1/2 - 1 teaspoon sesame oil and sprinkle with kosher salt to taste and sesame seeds.

Chicken Curry

INGREDIENTS:

1 Tablespoon. vegetable oil
1 medium onion, thinly sliced
¼ teaspoon salt
2 teaspoons curry powder
1 can (12-14 ounces) unsweetened coconut milk
1 cup canned diced tomatoes
2 tablespoons tomato paste
1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
3 cups packed fresh baby spinach

DIRECTIONS:

1. In a large skillet, heat the vegetable oil over medium heat. Add the onion and the salt. Cook until softened, about 7 minutes, stirring often. Add the curry powder and cook, stirring constantly for 1 minute.
2. Stir in the coconut milk, tomatoes, and tomato paste. Cook for 5 minutes or until slightly thickened, stirring occasionally.
3. Add the chicken, stir well, and cook 5 to 6 minutes or until chicken is cooked through. Stir in the spinach and cook for 3 minutes or until wilted, stirring occasionally. Season to taste with salt. Serve over rice. Makes 4 servings.

Crock Pot "Baked" Potatoes

INGREDIENTS:

4 medium russet potatoes

Aluminum foil

Toppings:

Light sour cream

Fresh chives

Bacon bits

Broccoli

Cheese

etc.

DIRECTIONS:

1. Wash and scrub potatoes until clean. Dry thoroughly.
2. When dry, prick potatoes with a fork and wrap in aluminum foil.
3. Cook on low for 8 hours or on high for 4.

Rustic Spinach Salad

INGREDIENTS:

8 cups baby spinach leaves

2 small apples, thinly sliced, cut in half

2 cups chopped cooked chicken breasts

½ cup 2% Milk Shredded Mozzarella Cheese

¼ cup Planters Lightly Salted NUT•rition™ Heart Healthy Mix

½ cup Light Italian Dressing

DIRECTIONS:

1. Toss all ingredients in large bowl just before serving.

Southwest Stuffed Bell Peppers

INGREDIENTS:

4 very large or 6 medium sweet peppers (red, yellow, or orange)
1 tablespoon salt
½ cup white rice
2 tablespoons olive oil
3 garlic cloves, minced
½ - 1 jalapeno, minced
1 14 ounce can black beans, drained and rinsed
1 cup frozen corn kernels
2 green onions, sliced
½ - 1 teaspoon chipotle chili powder
1 teaspoon kosher salt
¼ teaspoon black pepper, plus more to taste
1 14.5 ounce can diced tomatoes, preferably fire roasted
1 ¼ cup pepperjack cheese, divided
3-4 tablespoons chopped fresh cilantro
Tortilla chips

DIRECTIONS:

1. Preheat oven to 350. Prepare peppers by washing, slicing tops off, and removing insides.
2. Bring 4 quarts of water to a boil and add 1 tablespoon salt.
3. Boil whole peppers for about 3-4 minutes, until they begin to soften. Remove from water with tongs and place on paper towels to drain.
4. Add rice to boiling water and cook until tender, about 13 minutes. Drain thoroughly.
5. Heat oil in a 12 inch skillet over medium-high heat.
6. Add onions, garlic, and jalapeno and cook until softened, about 5 minutes.
7. Add corn, beans, green onions, chipotle chili powder, kosher salt, and pepper.
8. Stir until corn and beans are heated through, about 5 minutes.
9. Place peppers in a baking dish.
10. Remove skillet from heat and add rice, tomatoes, 1 cup cheese, and cilantro.
11. Stir to combine well and give it a taste. Add additional salt, pepper, and chipotle powder to your liking.
12. Divide mixture between peppers.
13. Top peppers with remaining ¼ cup cheese and crushed tortilla chips.
14. Bake at 350 degrees for about 30 minutes.

Fiesta Chicken Enchiladas

INGREDIENTS:

- 1 pound boneless skinless chicken breasts, cut into bite-sized pieces
- 1 large green pepper, chopped
- 1 large red pepper, chopped
- 1 tablespoon chili pepper
- ¾ cup salsa
- 2 ounces Neufchatel cheese, cubed
- ¾ cup Mexican style 2% Milk finely shredded four cheese, divided
- 8 whole wheat tortillas (6 inch)

DIRECTIONS:

1. Heat oven to 375 degrees
2. Heat a large skillet sprayed with cooking spray on medium heat.
3. Add chicken, peppers, and chili powder; cook 8 minutes, or until chicken is done
4. Stir in ¼ cup salsa and Neufchatel. Cook and stir 3 to 5 minutes or until cheese is melted and mixture is well blended. Stir in ¼ cup shredded cheese.
5. Spoon heaping 1/3 cup mixture down center of each tortilla; roll up.
6. Place seam-sides down, in 13x19 inch baking dish sprayed with cooking spray; top with remaining salsa and shredded cheese. Cover.
7. Bake 20 minutes or until heated through.

Chicken Tortilla Pie

INGREDIENTS:

- 2 cups shredded cooked chicken breast
- ¼ cup Fresh Salsa
- 1 cup spicy black bean dip (such as Guiltless Gourmet)
- 4 (8-inch) multigrain flour tortillas (such as Tumaros)
- ½ cup (2 ounces) reduced-fat shredded Monterey Jack cheese
- Cooking spray

DIRECTIONS:

1. Preheat oven to 450°.
2. Combine chicken and salsa in a medium bowl.
3. Spread ¼ cup black bean dip over each tortilla.
4. Top each evenly with chicken mixture and 2 tablespoons cheese.
5. Stack tortillas in bottom of a 9-inch springform pan coated with cooking spray.
6. Bake at 450° for 10 minutes or until thoroughly heated and cheese melts. Remove sides of pan.
7. Cut pie into 4 wedges. Serve immediately.

Creamy Beef Stroganoff

INGREDIENTS:

- 1 pound beef sirloin steak, cut into strips
- ½ cup chopped onions
- 1 tablespoon butter
- ½ pound sliced fresh mushrooms
- ¼ teaspoon pepper
- 1 tub Philadelphia original cooking creme
- ⅓ cup fat-free reduced-sodium beef broth
- 2 cups hot cooked noodles
- 1 tablespoon chopped fresh parsley

DIRECTIONS:

1. Cook meat and onion in a large nonstick skillet on medium heat for 5 to 6 minutes, or until meat is done.
2. Remove from skillet; drain. Cover to keep warm.
3. Add butter skillet; cook until melted. Add mushrooms and pepper cook 5 to 6 minutes or until mushrooms are tender.
4. Add cooking creme; cook and stir 2 minutes.
5. Return meat mixture to skillet; stir in broth.
6. Cook 5 minutes.
7. Remove from heat and let stand for 5 minutes.
8. Serve over noodles; sprinkle with parsley.

Barbecue Stuffed Potatoes

INGREDIENTS:

- 4 (6-ounce) baking potatoes
- ½ cup reduced-fat sour cream
- 2 green onions, finely chopped and divided
- 1 ⅓ cups shredded barbecue chicken (such as Lloyd's)
- ½ cup (2 ounces) reduced-fat shredded extra-sharp cheddar cheese

DIRECTIONS:

1. Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven. Microwave at High 10 minutes or until done, rearranging potatoes after 5 minutes.
2. While potatoes cook, combine sour cream and 2 tablespoons onions; set aside.
3. Place chicken in a microwave-safe bowl; cover with plastic wrap (do not allow plastic wrap to touch food). Remove potatoes from microwave; place chicken in microwave. Microwave at High 2 minutes or until thoroughly heated.
4. Slice potatoes lengthwise, cutting to, but not through, other side; fluff with fork. Top each potato evenly with chicken, sour cream mixture, cheese, and remaining onions.

Cheesy Zucchini Enchiladas

INGREDIENTS:

Cooking spray

1 teaspoon olive oil

2 cloves garlic, crushed

2 medium scallions, chopped

¼ cup cilantro, chopped

2 medium zucchinis, grated

Kosher salt and fresh ground pepper

1 ½ cups grated reduced fat Mexican blend cheese

4 Large La Tortilla Factory Low Carb tortillas

Chopped scallions (optional)

Chopped cilantro (optional)

Enchilada sauce:

1 garlic cloves, minced

1 tablespoon chipotle chillies in adobo sauce (optional for more heat)

1 cups tomato sauce

¼ teaspoon chipotle chili powder (to taste)

¼ teaspoon ground cumin

½ cup fat free vegetable broth

Kosher salt and fresh pepper to taste

DIRECTIONS:

1. *For the enchilada sauce:* in a medium saucepan, spray oil and sauté garlic. Add chipotle chile, chili powder, cumin, broth, tomato sauce, salt and pepper. Bring to a boil. Reduce the heat to low and simmer for 5-10 minutes. Set aside until ready to use.
2. Spray a baking dish with nonstick spray. Preheat oven to 400 degrees.
3. In a medium nonstick skillet, sauté garlic and scallions in olive oil over medium heat for about 3 minutes; add zucchini, salt and pepper to taste and cook about 4-5 minutes.
4. Remove from heat and add ½ cup cheese; mix well.
5. Divide zucchini between in each tortilla, roll and place seam side down in baking dish.
6. Top with enchilada sauce (you might not use all) and remaining cheese and bake until hot and the cheese is melted, about 20 minutes.
7. Serve with chopped cilantro, scallions, and reduced fat sour cream if you wish.

Honey Ginger Glazed Tilapia

INGREDIENTS:

- 3 tablespoons honey
- 3 tablespoons soy sauce
- 3 tablespoons balsamic vinegar
- 1 teaspoon grated ginger root
- 2 teaspoons minced or pressed garlic
- 2 teaspoons olive oil
- 4-6 4-ounce tilapia fillets (or other favorite fish)

Creamy Dipping Sauce:

- 6 ounces fat-free plain Greek yogurt
- 1 small clove garlic, minced or pressed
- ½ teaspoon grated ginger root
- 1 ½ teaspoons soy sauce
- 2 tablespoons chopped green onions
- Juice of 1 small, lime (about 2 tablespoons)
- 1 teaspoon lime zest
- Sriracha sauce to taste (⅛-¼ teaspoon will suit most tastes)
- ½ teaspoon kosher salt
- 1-2 teaspoons finely minced cilantro (optional)

DIRECTIONS:

1. Whisk together the honey, soy sauce, vinegar, ginger, garlic, and olive oil. Marinate the fish in the mixture for 20 minutes-1 hour.
- 2.
3. While the fish is marinating, whisk together the creamy sauce ingredients. Refrigerate until ready to serve.
- 4.
5. Heat a grill pan over medium heat and brush with vegetable oil or spray with non-stick cooking spray. Cook the fish for 4-6 minutes per side or until it flakes easily with a fork. Serve immediately with the dipping sauce alongside steamed veggies and brown rice.

Healthy Snacks

Cashew-Strawberry Crunch - 176 calories

Spread 1 tablespoon of cashew butter on a slice of Ryvita Fruit Crunch. (Or substitute peanut butter and Triscuits.) Drizzle with ½ tablespoon honey and top with sliced strawberries.

One-Minute Antipasto Plate - 140 calories

Roll a thin slice of prosciutto or ham around a part-skim mozzarella string cheese. Eat with a few olives and grapes, or add roasted bell peppers (from a jar) drizzled with balsamic vinegar.

Pineapple and Pistachios - 240 calories

Combine about ¼ cup dried pineapple pieces with about 25 pistachio nuts. (For a treat, use chile-lime pistachio nuts, available at specialty stores.) Other winning dried-fruit-and-nut combos: raisins and peanuts, apricots and almonds, cherries and hazelnuts.

Cottage Cheese and Apples - 181 calories

Slice an apple, such as Fuji or Granny Smith, and top with ½ cup of low-fat cottage cheese. Or replace the fresh apple with two drained cinnamon-spiced apple rings, such as Musselman's (which can be found with the canned-fruit).

Cheese Melt - 160 calories

Spread ½ teaspoon of spicy mustard on a cocktail-size slice of thin whole-grain rye bread. Add a thin square of sharp Cheddar (about the same size as the bread) and broil until the cheese melts, then top with a slice of tomato and a sprinkling of caraway seeds.

Parmesan Pita Crisps - 150 calories

Sprinkle 2 tablespoons of grated Parmesan evenly over a 4-inch whole-wheat pita. Dust pita with ¼ teaspoon dried oregano and broil until the cheese browns. Cut into quarters.

Lemon-Parm Popcorn - 99 calories per serving (makes 2 servings)

2 teaspoons extra-virgin olive oil, ½ teaspoon lemon pepper, Pinch of salt, 3 cups air-popped popcorn, 1 tablespoon freshly grated Parmesan cheese. Whisk oil, lemon pepper and salt in a small bowl. Drizzle over popcorn and toss to coat. Sprinkle with Parmesan and serve immediately.

Edamame - 150 calories

Grab a handful of frozen shelled soybeans and run them under steaming-hot water for a quick thaw. For a tangy twist, add a spritz of lemon.

Sesame Carrots - 33 calories per serving (makes 3 servings)

2 cups baby carrots, 1 tablespoon toasted sesame seeds, Pinch of dried thyme, Pinch of kosher salt. Toss carrots with sesame seeds, thyme and kosher salt in a small bowl.

"Cocoa-Nut" Bananas - 80 calories per serving (makes 4 servings)

4 teaspoons cocoa powder, 4 teaspoons toasted unsweetened coconut, 2 smalls banana sliced on the bias. Place cocoa and coconut on separate plates. Roll each banana slice in the cocoa, shake off the excess, then dip in the coconut.

Strawberry & Cream-Cheese Sandwich - 128 calories

1 tablespoon reduced-fat cream cheese, (Neufchâtel), ¼ teaspoon honey, ⅛ teaspoon freshly grated orange zest, 2 slices very thin whole-wheat sandwich bread, 2 medium strawberries, sliced. Combine cream cheese, honey and orange zest in a bowl. Spread bread with the cheese mixture. Place sliced strawberries on 1 piece of bread, top with the other.

Gorp - 102 calories per serving (makes 2 servings)

½ ounce whole shelled (unpeeled) almonds, ¼ ounce unsalted dry-roasted peanuts, ¼ ounce dried cranberries, 1 tablespoon chopped pitted dates, 1 ½ teaspoons chocolate chips. Combine ingredients in a small bowl.

Apricot Canapes - 64 calories per piece

16 dried apricots, 8 teaspoons crumbled blue cheese, 2 ounces chopped shelled pistachios, ½ teaspoon honey, Freshly ground pepper. Top each apricot with ½ teaspoon cheese. Sprinkle with pistachios and drizzle with honey; sprinkle with pepper.

Frogs on a Log - 62 calories

1 stalk celery, 1 tablespoon reduced-fat cream cheese, 5 pimiento-stuffed green olives, sliced. Spread celery with cream cheese. Top with olives.

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