



# The Home Depot 2012 Healthy Living Cookbook



Live the **ORANGE** Life!

Special thanks to The Home Depot associates who participated in the healthy recipe contest. Out of the numerous entries, 17 delicious and healthy recipes were selected to be part of this year's recipe vote-off during the Health Challenge. These winning recipes are also featured in this cookbook with the associate's picture and location. Here's to happy and healthy cooking and don't forget to vote for your favorite!

Throughout the cookbook you will also find Health Champion Tips to help you make your favorite meals even healthier. Let's meet The Home Depot's Healthy Living Cookbook Champions:



**Janet Peake, RD**

Janet is a Registered Dietitian and has been a member of The Home Depot team for two and a half years. She has experience in many areas of nutrition support, including clinical, home care and community programs. Working with the HD associates across the U.S. and getting to know them has been especially rewarding. Two of her favorite hobbies are hiking in the north Georgia mountains and gardening.



**Lorez Roussey, Health Coach**

Lorez received her Bachelor of Science degree in Biology from Purdue University. She earned a Masters of Health Education from University of Cincinnati. She lives in Sugar Hill, Georgia with her husband, Andy, and two sons, Evan and Mitchell. Lorez is passionate about health and she loves staying active. She enjoys tennis, running, mountain biking and hiking. She also loves to garden. Lorez has worked at Aetna for two and a half years as a health coach on The Home Depot team.



**Katherine Smith, MS, RD**

Katherine has been a Registered Dietitian for over 20 years and part of The Home Depot team for two years. She grew up in Michigan where she attended Michigan State University for her Bachelor's Degree, then lived in Indianapolis, Indiana for her Dietetic Internship. While serving as a Medical Service Corps Officer in the U.S. Navy, she earned her Masters of Science Degree in Nutrition. She enjoys living in northern Georgia with her husband, son, dog, cats, macaw and chickens.

Enjoy!

The Home Depot 2012 Healthy Living Cookbook was designed to be a fun way to raise awareness about the importance of a healthy diet. The Home Depot and Aetna do not endorse specific recipes. Please use this cookbook at your discretion.

## Breakfast

Karen's Pumpkin Protein Waffles . . . . .	2	Plantain Cereal . . . . .	8
Megan's Mini Whole-Wheat Apple-Cranberry-Pecan Muffins . . . . .	3	Breakfast Burrito . . . . .	9
Chaz's Egg White Chicken Cheese Omelet . . . . .	4	Ham & Cheese Breakfast Casserole . . . . .	10
Dee's No Tell Smoothie . . . . .	5	Muffin Frittatas . . . . .	11
Chobani Parfait . . . . .	6	Perfect Pancakes . . . . .	12
Heart-Healthy Apple Coffee Cake . . . . .	7	Banana Muffins . . . . .	13
		Berry Banana Smoothie . . . . .	14
		Wake Up Breakfast Bars . . . . .	15

## Lunch

Lisa's Deluxe Black Bean Wrap . . . . .	18	Charred Tomato & Chicken Tacos . . . . .	25
Bob's Tuna Wraps . . . . .	19	Spinach Salad with Nectarines and Raspberries . . . . .	26
Carol's Scrumptious Summer Chicken Salad . . . . .	20	Portobello Mushroom Pizza . . . . .	27
Pita Pizza . . . . .	21	Crunchy Vegetable Wrap . . . . .	28
Buffalo Chicken Wrap . . . . .	22	Green Eggs and Ham Sandwich . . . . .	29
Lemon Chicken Stir-Fry . . . . .	23	Caramelized Onion & White Bean Flatbread . . . . .	30
Spicy Vegetable Soup . . . . .	24	Vegan Fiesta Salad . . . . .	32

## Snacks

Pam's Avocado Corn Salsa . . . . .	34	Vegetable Salsa . . . . .	41
Josh's Quinoa Tabouli . . . . .	35	White Bean Dip . . . . .	42
Marcus's Greek Quesadilla . . . . .	36	3-Layer Mexican Dip . . . . .	43
Creamy Tomato Dip . . . . .	37	Cucumber Pineapple Salad . . . . .	44
Strawberry Yogurt Split . . . . .	38	Chickpea Dip with Vegetables . . . . .	45
Chickpea Polenta with Olives . . . . .	39	Two-Bite Chocolate Chip Banana Protein Muffins . . . . .	46
Shrimp Marinated in Lime Juice and Dijon Mustard . . . . .	40		

## Dinner

Dana's Mexican Pizza . . . . .	48	Chicken & Asparagus with Melted Gruyere . . . . .	56
Anthony's Sausage Rotini and Vegetables . . . . .	49	Broiled Grouper with Teriyaki Sauce. . . . .	57
Ajoda's Jerk Tilapia Delight . . . . .	50	Garlic Oven-Fried Chicken . . . . .	58
Balsamic-Ginger Chicken Lettuce Cups . . . . .	51	Stuffed Shells . . . . .	59
Turkey Meatloaf Minis . . . . .	52	Macaroni and Cheese . . . . .	60
Spinach Stuffed Sole . . . . .	53	Whipped Cauliflower "Potatoes" . . . . .	61
Roasted Almond and Herb-Crusted Pork Tenderloin. . .	54	Low Carb Shepherd's Pie. . . . .	62
Puerto Rican Steak and Onions . . . . .	55		

## On the Grill

Michelle's Grilled Hickory Salmon with Grilled Asparagus and Wild Rice . . . . .	64	Mediterranean-Style Grilled Salmon . . . . .	71
Theresa's Grilled Pear Delight . . . . .	65	Beef and Vegetable Kabobs . . . . .	72
Adam's Grilled Ginger-Teriyaki Tuna with Asparagus and 7 Grain Pilaf . . . . .	66	Grilled Chicken Caesar Salad . . . . .	73
Chad's Chicken Pouch . . . . .	67	Chipotle Spiced Shrimp . . . . .	74
Chipotle-&-Orange Grilled Chicken . . . . .	68	Grilled Portobello Mushroom Burgers . . . . .	75
Grilled Eggplant Parmesan Sandwich. . . . .	69	Tuna Steak Sandwiches . . . . .	76
Grilled Fruit with Balsamic Vinegar Syrup. . . . .	70	Turkey Burger with Chobani Horseradish Sauce . . . . .	77





## **Your Health Champions' Ideas for a Healthier Breakfast**

*Starting your day with a healthy breakfast is a great way to avoid high-calorie snacking. Here are a few more ways to reduce calories and fat with smart substitutions in your recipes:*

- *Choose whole-grain bread instead of white bread—check to make sure the first ingredient says “whole” on bread labeled wheat.*
- *Choose 1% or skim milk over whole milk.*
- *Eat reduced-fat cheese instead of regular cheese.*
- *Prepare healthy breakfast options such as homemade granola or low-fat muffins the night before to save time in the morning.*

### **Associate Tips**

*Layering non-fat vanilla yogurt, Kashi® GOLEAN® Crunch cereal and your favorite berries makes a quick, easy and healthy yogurt parfait for breakfast.*

*~Terri, Store 6931*

*For a quick breakfast, toast store-bought whole-grain waffles and top with all natural peanut butter, sliced banana and a drizzle of raw honey. You won't even miss the syrup!*

*~Rachel, Store 3917*



Karen, Store 3024

## Karen's Pumpkin Protein Waffles



Can be taken in lunch bags, gym bags, or backpacks for great snacks.

**Prep time:** 10 minutes

**Total time:** 15 minutes

1 cup whole uncooked oatmeal  
1/2 cup wheat flour  
1/2 cup white flour  
1/4 cup corn meal  
1/2 cup chopped pecans  
2 tablespoons Splenda®  
1/2 teaspoon salt  
4 teaspoons baking powder  
2-1/2 teaspoons pumpkin pie spice  
2 eggs  
1/2 cup pumpkin puree  
1 cup cottage cheese

**Tip:** Be sure to use low-fat cottage cheese (2% or below).

Mix dry ingredients, then add remaining ingredients. Using a small ice cream/cookie scoop place three scoops in the center of a hot waffle iron. Cook for 2-1/2 minutes. Time may vary according to your waffle iron. Serve hot with syrup or warm apple butter. ENJOY!!!!

**Serves:** 7

### NUTRITION INFORMATION PER SERVING

Calories 229  
Carbohydrate 29 g  
Fat 10 g  
Protein 11 g



Megan, Store 3308

## Megan's Mini Whole-Wheat Apple-Cranberry-Pecan Muffins



Perfect for packed school lunches, a no-guilt dessert, or a quick grab-and-go breakfast.

Nonstick cooking spray  
1 cup all-purpose flour  
1/2 cup whole-wheat flour  
1 packet apple cinnamon quick-cooking oats  
2 teaspoons baking powder  
1/2 teaspoon ground cinnamon  
1/4 teaspoon salt  
1 egg, lightly beaten  
3/4 cup 2% milk (or fat-free)  
1/2 cup sugar  
4 tablespoons applesauce  
1/2 cup dried cranberries  
1/2 cup pecans, toasted (or non-toasted) and chopped

Preheat oven to 375°F. Coat 24 mini muffin tin with nonstick spray or line with paper baking cups; set aside. In a large bowl combine all-purpose and whole-wheat flour, oats, baking powder, cinnamon and salt. In a medium bowl combine egg, milk, sugar, and applesauce. Add egg mixture all at once to flour mixture; stir just until combined. Fold in the cranberries and toasted pecans. Spoon into prepared muffin cups.

Bake for 15 minutes or until tops are lightly browned and a toothpick inserted in centers comes out clean. Cool muffins in pans for 5 minutes. Remove muffins from pans. Serve warm.

**Serves:** 12      **Serving size:** 2 muffins

### NUTRITION INFORMATION PER SERVING

Calories 150  
Carbohydrate 25 g  
Fat 4 g  
Protein 4 g



Use low sugar quick oats and unsweetened applesauce to decrease sugar in recipe.



Chaz, Store 2566

## Chaz's Egg White Chicken Cheese Omelet



Less than 300 calories with high protein and low-fat.

**Prep time:** 5 minutes

**Total time:** 15 minutes

1 chicken breast, cooked

6 egg whites and 1 yolk

1/4 cup cheddar cheese

1 teaspoon milk

Salsa

Dice chicken breast. Mix 6 egg whites and one yolk with a splash of milk. Heat pan on high. Use non-stick cooking spray to coat pan. Pour egg mixture in pan and allow eggs to firm up. Then add chicken pieces and a little shredded cheddar. Flip over and allow eggs and chicken to fully cook. Remove and place on plate with salsa.

**Serves:** 2

### NUTRITION INFORMATION PER SERVING

Calories 208

Carbohydrate 2 mg

Fat 7 g

Protein 34 g

#### HEALTH CHAMPION TIP

Be sure to measure out one serving of cheese to control fat and calories.





Dee, Store 8949

## Dee's No Tell Smoothie



A smoothie that tastes good and gives you fruits and greens to get your day off to a running start.

**Prep time:** 5 minutes

1/2 cup orange juice  
1/2 cup almond milk  
1/2 cup Greek yogurt  
1/2 cup blueberries  
1 Bosc pear  
1 apple  
1 banana  
Big handful of kale  
Some parsley  
1 scoop whey protein  
2 prunes  
1 teaspoon cinnamon

Combine all ingredients in blender when your family is not looking (most turn up their noses at the greens), and blend until the contents are smooth. Drink in good health.

**Serves:** 2

### NUTRITION INFORMATION PER SERVING

Calories 381  
Carbohydrate 67 g  
Fat 3 g  
Protein 23 g



## Chobani Parfait

**Prep time:** 5 minutes

1/2 cup Strawberry 0% Chobani® Greek Yogurt  
1/2 cup granola  
1/2 cup mixed berries

For each serving, layer 1/2 Chobani, granola and berries in parfait glass. Repeat.

**Serves:** 1

### NUTRITION INFORMATION PER SERVING

Calories 230  
Fat 3 g  
Saturated fat 1 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 151 mg  
Carbohydrate 62 g  
Fiber 6 g  
Sugar 31 g  
Protein 14 g

Source: [chobanikitchen.com/recipes/detail/chobani-parfait](http://chobanikitchen.com/recipes/detail/chobani-parfait)



## Heart-Healthy Apple Coffee Cake

Nonstick cooking spray  
 2/3 cup all-purpose flour  
 1/2 cup whole-wheat flour  
 1 teaspoon baking soda  
 1 teaspoon ground cinnamon  
 1/4 teaspoon salt  
 1-1/2 cups peeled, cored, and finely chopped apple (2 large), such as Jonathan or Granny Smith  
 1/4 cup frozen or refrigerated egg product, thawed  
 3/4 cup sugar  
 1/4 cup chopped walnuts or pecans  
 1/4 cup applesauce  
 1 tablespoon all-purpose flour  
 1 tablespoon whole-wheat flour  
 1/2 teaspoon ground cinnamon  
 1 tablespoon margarine  
 1/4 cup chopped walnuts or pecans  
 1/4 cup packed brown sugar

Lightly coat a 9-inch round baking pan with cooking spray; set aside. In a medium bowl combine the 2/3 cup all-purpose flour, 1/2 cup whole-wheat flour, baking soda, the 1 teaspoon cinnamon and salt. Set aside.

In a large mixing bowl, toss together the chopped apple and egg product. Stir in the 3/4 cup sugar, the 1/4 cup nuts, and applesauce. Add flour mixture and stir just until combined. Pour batter into prepared pan. For topping, stir together the brown sugar, the remaining all-purpose flour, whole-wheat flour, and cinnamon. Cut in margarine until crumbly. Stir in remaining 1/4 cup chopped nuts. Sprinkle topping over batter in pan.

Bake in 350°F oven for 30 to 35 minutes or until a toothpick inserted near the center comes out clean. Cool in pan for 10 minutes. Remove from pan and serve warm.

**Make-ahead tip:** To make ahead, cool coffee cake completely. Wrap in foil and place in airtight freezer container or plastic freezer bag. Seal, label, and freeze up to 1 month. Thaw at room temperature for 2 hours. Or, reheat by placing frozen, wrapped coffee cake in 300°F for 30 minutes.

**Serves:** 10

### NUTRITION INFORMATION PER SERVING

Calories 203	Total fat 5 g
Saturated fat 1 g	Cholesterol 0 mg
Sodium 207 mg	Carbohydrate 37 g
Fiber 2 g	Protein 4 g

Source: [recipes.com](http://recipes.com)



## Plantain Cereal

Plantains may look like bananas, but they have a wonderful flavor all their own.

2 large, green plantains  
3 cups water  
3/4 teaspoon salt  
2 teaspoon sugar  
Skim milk

Peel plantains and grate very coarsely with hand grater or in a food processor.

In medium saucepan, stir together water, salt and sugar. Bring to a boil. Stir in grated plantain and any juice. Reduce heat and cook at a simmer until it is almost smooth, about 10 minutes, stirring occasionally.

To serve, divide among 4 bowls and pass skim milk separately. Serve with orange juice.

**Serves:** 4      **Serving Size:** 1 cup

### NUTRITION INFORMATION PER SERVING

Calories 131  
Total fat 0 g  
Saturated fat 0 g  
Cholesterol 0 mg  
Sodium 411 mg  
Fiber 2 g  
Carbohydrate 35 g  
Protein 1 g

Source: [intelihealth.com](http://intelihealth.com)

#### HEALTH CHAMPION TIP

Reduce the salt from  $\frac{3}{4}$  teaspoon to  $\frac{1}{2}$  teaspoon to lower the sodium content.





## Breakfast Burrito

1 Mission® Carb Balance Whole Wheat Burrito Size Tortilla  
3 egg whites  
2 ounces extra lean ground turkey  
1/4 cup red bell pepper  
1/4 cup onion  
1/4 cup shredded low-fat cheddar cheese  
1-2 tablespoons cilantro  
Hot sauce

Brown the turkey in a skillet coated with some low-fat cooking spray. Add the bell pepper and onion and sauté until softened. Add the 3 egg whites and cook to desired firmness. Add desired hot sauce to skillet and toss to coat. Take the tortilla and heat in microwave for 10 seconds. Place all the skillet ingredients down the center of the burrito. Add the cheese and cilantro and roll up.

**Serves:** 1

### NUTRITION INFORMATION PER SERVING

Calories 385  
Fat 7 g  
Cholesterol 28 mg  
Sodium 775 mg  
Carbohydrate 39 g  
Dietary fiber 22 g  
Protein 38 g

Source: [sparkpeople.com](http://sparkpeople.com)



## Ham & Cheese Breakfast Casserole

This healthy update of a traditionally rich ham-and-cheese breakfast strata is made lighter primarily by losing a few egg yolks and using nonfat milk.

**Prep time:** 30 minutes

**Total time:** 1-3/4 hours

To make ahead: Prepare casserole and refrigerate overnight. Let stand at room temperature while the oven preheats. Bake as directed.

- 4 large eggs
- 4 large egg whites
- 1 cup nonfat milk
- 2 tablespoons Dijon mustard
- 1 teaspoon minced fresh rosemary
- 1/4 teaspoon freshly ground pepper
- 5 cups chopped spinach, wilted (see note)
- 4 cups whole-grain bread, crusts removed if desired, cut into 1-inch cubes (4-6 slices)
- 1 cup diced ham steak
- 1/2 cup chopped jarred roasted red peppers
- 3/4 cup shredded Gruyere or Swiss cheese

Preheat oven to 375°F. Coat a 7 x 11-inch glass baking dish or a 2-quart casserole with cooking spray.

Whisk eggs, egg whites and milk in a medium bowl. Add mustard, rosemary and pepper; whisk to combine. Toss spinach, bread, ham and roasted red peppers in a large bowl. Add the egg mixture and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil.

Bake until the custard has set, 40 to 45 minutes. Uncover, sprinkle with cheese and continue baking until it is puffed and golden on top, 15 to 20 minutes more. Transfer to a wire rack and cool for 15 to 20 minutes before serving.

**Note:** To wilt spinach, rinse thoroughly with cool water. Transfer to a large microwave-safe bowl. Cover with plastic wrap and punch several holes in it. Microwave on high until wilted, 2 to 3 minutes. Squeeze out excess moisture before adding the spinach to the recipe.

**Serves:** 6

### NUTRITION INFORMATION PER SERVING

Calories 286	Fat 10 g (4 g saturated fat, 3 g monounsaturated fat)
Cholesterol 167 mg	Carbohydrate 23 g
Protein 23 g	Fiber 4 g
Sodium 813 mg	Potassium 509 mg
<b>Nutrition Bonus:</b> vitamin A (70% daily value), folate (37% daily value), calcium (30% daily value), vitamin C (20% daily value)	



Try a different recipe if you have hypertension and/or are following a low-sodium diet.



## Muffin Frittatas

**Prep time:** 10 minutes

**Total time:** 32 minutes

6 eggs  
1/2 cup milk  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 cup shredded cheddar cheese  
3/4 cup chopped zucchini  
1/4 cup chopped red bell pepper  
2 tablespoons chopped red onion

Heat oven to 350°F. Beat eggs, milk, salt and pepper in medium bowl until blended. Add cheese, zucchini, bell pepper and onion; mix well. Spoon evenly into 12 greased muffin cups, about 1/4 cup each.

Bake in 350°F oven until just set, 20 to 22 minutes. Cool on rack 5 minutes. Remove from cups; serve warm.

**Serves:** 6      **Serving size:** 2 frittatas

### NUTRITION INFORMATION PER SERVING

Calories 175  
Total fat 12.8 g  
Cholesterol 197 mg  
Sodium 364 mg  
Total carbohydrate 3.5 g  
Dietary fiber 0.4 g  
Protein 11.2 g

Source: [allrecipes.com/recipe/muffin-frittatas](http://allrecipes.com/recipe/muffin-frittatas)



To reduce fat, substitute milk with skim milk and reduce the cheese to 1/2 cup.



## Perfect Pancakes

**Prep time:** 35 minutes

1-1/2 cups all-purpose flour (can substitute 1/2 cup oatmeal)  
1-1/2 teaspoons baking powder  
3/4 teaspoon baking soda  
1/2 teaspoon salt  
1 large egg, slightly beaten  
1-1/2 cups Vanilla 0% Chobani Greek Yogurt  
3/4 cup milk  
Vegetable oil cooking spray  
Maple syrup and mixed berries

Mix all dry ingredients together in large bowl. Whisk egg, Chobani and milk together. Pour wet mixture into dry mixture and whisk until smooth. Heat skillet over medium high heat. Spray pan with cooking spray. For each pancake, scoop 1/4 cup batter onto skillet. Flip when bubbles appear on top and cook until golden brown, about 1 minute. Serve with syrup and berries.

**Serves:** 14      **Serving size:** 1 pancake

### NUTRITION INFORMATION PER SERVING

Calories 75  
Fat 1 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 16 mg  
Sodium 229 mg  
Carbohydrate 13 g  
Fiber 0 g  
Sugar 2 g  
Protein 4 g

Source: [chobanikitchen.com/recipes/detail/perfect-pancakes](http://chobanikitchen.com/recipes/detail/perfect-pancakes)





## Banana Muffins

**Prep time:** 35 minutes

Vegetable oil cooking spray  
1 cup all-purpose flour  
1 cup whole-wheat flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
1/4 teaspoon salt  
1/2 teaspoon ground cinnamon  
4 ripe bananas  
1 cup packed light brown sugar  
1/2 cup canola oil  
1 large egg  
1/2 cup Vanilla 0% Chobani Greek Yogurt

Preheat oven to 350°F. Spray a 12-cup muffin tin with cooking spray.

Whisk together the flours, baking powder, baking soda, salt and cinnamon in medium bowl.

Put bananas in bowl of electric mixer. Using paddle attachment, beat bananas until mashed. Add sugar, oil, and egg; beat until smooth. With mixer on low, gently add the dry ingredients.

Add Chobani and beat just until combined. Divide batter evenly among muffin cups. Bake for 20 to 25 minutes. Turn out onto a wire rack.

For mini muffins, bake 20 minutes.

**Serves:** 12

### NUTRITION INFORMATION PER SERVING

Calories 273  
Fat 10 g  
Saturated fat 1 g  
Trans fat 0 g  
Cholesterol 18 g  
Sodium 215 mg  
Carbohydrate 43 g  
Fiber 3 g  
Sugar 23 g  
Protein 4 g

Source: [chobanikitchen.com/recipes/detail/banana-muffins](http://chobanikitchen.com/recipes/detail/banana-muffins)



## Berry Banana Smoothie

**Prep time:** 5 minutes

1 cup (8 ounces) Strawberry 0% Chobani Greek Yogurt  
1/2 cup fresh or frozen raspberries  
2 ice cubes (optional)  
1 frozen banana

Place all ingredients in blender and blend until smooth. If using frozen fruit, omit ice cubes.

**Serves:** 1

### NUTRITION INFORMATION PER SERVING

Calories 234  
Fat 1 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 90 mg  
Carbohydrate 61 mg  
Fiber 7 g  
Sugar 42 g  
Protein 21 g

Source: [chobanikitchen.com/recipes/detail/berry-banana-smoothie](http://chobanikitchen.com/recipes/detail/berry-banana-smoothie)



## Wake Up Breakfast Bars

- 1/3 cup packed brown sugar
- 1/3 cup honey
- 1-1/2 cups peanut butter
- 1/2 teaspoon cinnamon
- 5 cups bran-flakes cereal
- 1 package (6 ounces) dried cranberries

Line a 9 x 9 x 2-inch baking pan with foil; set aside. In a large saucepan, stir together brown sugar and honey. Bring to a boil, stirring constantly. Remove from heat. Stir in peanut butter and cinnamon until smooth. Stir in cereal and 1/2 cup cranberries until coated.

Pat mixture into prepared pan, pressing firmly. Press remaining cranberries on top. Cover and chill until set or up to 24 hours.

To serve, use foil to lift mixture from pan; cut into squares. Will keep in the refrigerator for 3 days.

**Serves:** 16

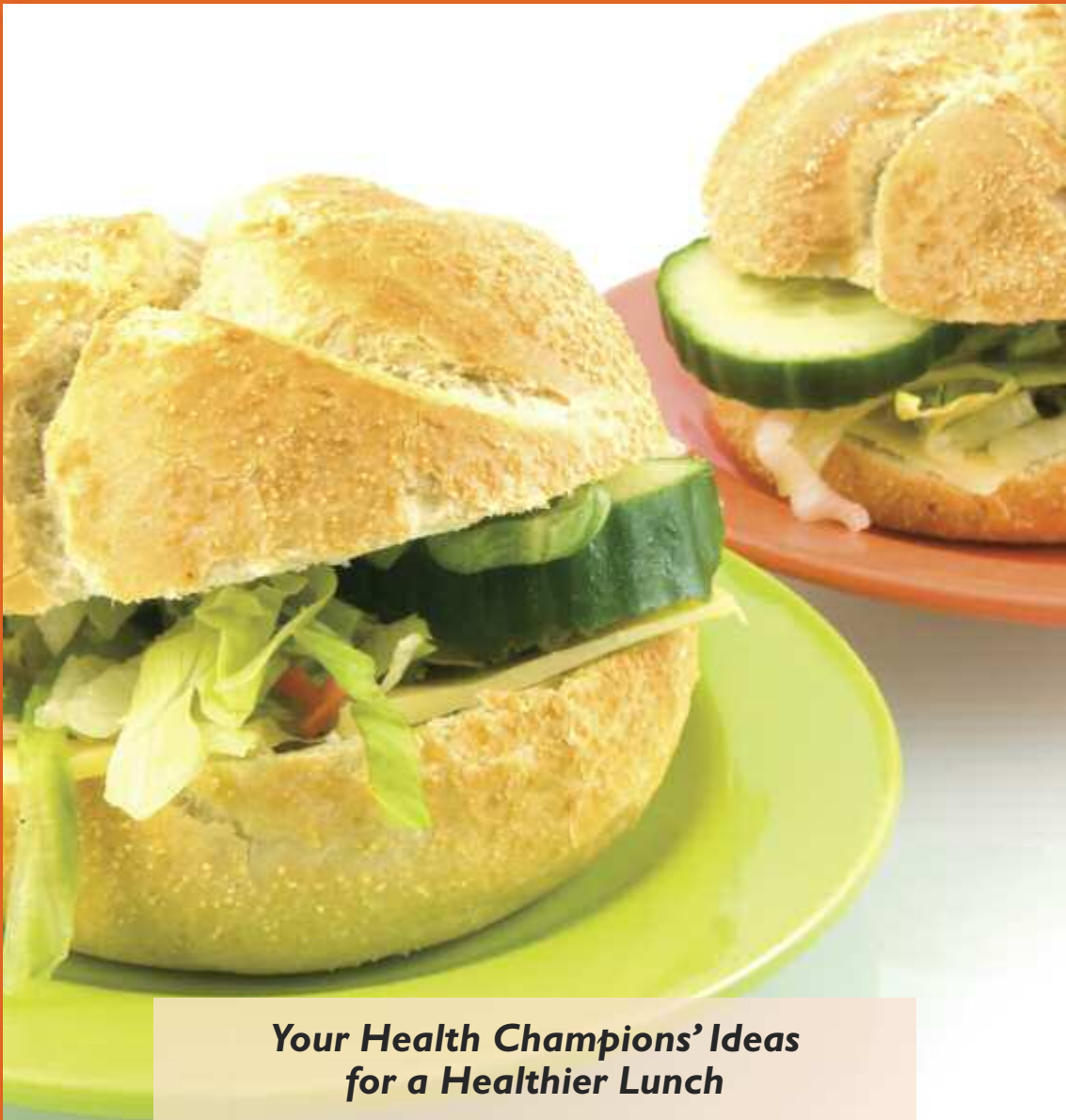
### NUTRITION INFORMATION PER SERVING

Calories 337  
Total fat 17 g  
Carbohydrate 45 g  
Fiber 6 g  
Protein 10 g

Source: [recipes.com](http://recipes.com)







## ***Your Health Champions' Ideas for a Healthier Lunch***

*Try to make a healthy lunch a priority each day. Here are a few tips to consider when looking for healthy options:*

- *Eat leftovers from a healthy dinner.*
- *Create a simple side salad of vegetables or a serving of fruit.*
- *Use reduced-fat mayonnaise instead of regular, or even better, use mustard.*
- *Get an extra serving of vegetables by slipping spinach, shredded cabbage or tomatoes into your sandwich.*
- *Substitute whole-wheat or vegetable pasta instead of regular pasta.*



Lisa, Store 281

## Lisa's Deluxe Black Bean Wrap



Cool, crisp, light and pure refreshing black bean wrap that will satisfy your lunch time hunger. This black bean wrap is easy and quick to make, you can even make ahead and place in the refrigerator.

**Prep time:** 20 minutes

**Total time:** 22 minutes

- 1 can (15-1/4 ounces) black beans, drained and rinsed
- 1 cup chopped tomato
- 1 cup chopped apple
- 1 cup chopped yellow onion
- 2 tablespoons chopped fresh cilantro
- 1 cup chopped cooked chicken breast
- 1 cup whole fresh spinach leaf
- 6 whole-wheat soft taco shells
- 15 lightly crushed Baked Doritos®

Drain and rinse the black beans. In a large bowl add all chopped ingredients together mixing well. Place a whole-wheat taco shell in a non-stick skillet for 1 minute each side. Place taco shell on serving plate. Add 3/4 cup of chopped ingredients in center of shell, place a few spinach leaves on top then add a small amount of the lightly crushed Doritos. Fold sides over about 1 inch. Hold the sides and start rolling from the bottom of soft taco shell creating a roll. Place seam side down, cut in half and serve.

Enjoy this refreshing healthy summer time lunch!

**Serves:** 6

**Serving size:** 1 wrap

### NUTRITION INFORMATION PER SERVING

Calories 290

Carbohydrate 46 g

Fat 5 g

Protein 17 g



**Bob, Store 6830**

## **Bob's Tuna Wraps**



Tuna salad with a twist...of lettuce. These tuna lettuce wraps are a great summer twist on a sandwich. It's a finger food that kids will enjoy.

**Prep time:** 7 minutes

2 cans of light or Albacore Tuna in water  
1/4 head of lettuce  
Light mayonnaise  
Pepper  
Celery salt (optional)  
Cherry or grape tomatoes whole (optional)  
3 sprigs fresh parsley (optional)  
Toothpicks

Drain 2 cans of tuna packed in water. With tuna still in cans rinse and strain with cool tap water 3 times (this removes any excess oils still present). Remove tuna and put in a medium mixing bowl. Stir in 3 tablespoons of light mayonnaise—or to taste. Sprinkle with 2 pinches of ground pepper and celery salt. Mix tuna, mayo and seasonings with a fork until evenly mixed.

Core, rinse/wash and drain head of lettuce, removing any wilted or browned leaves. Take 6 large outer leaves and tear in half. Take each half leaf and top with a good scoop of tuna mixture. Fold and roll the leaf in over the tuna and close with a toothpick, repeat with each leaf until the tuna mixture is all used.

Arrange the lettuce tuna rolls on a plate. Garnish with tomatoes and fresh parsley sprigs. Could also garnish plate with baby carrots, celery stalks, fresh cauliflower and/or broccoli florets.

**Serves:** 2      **Serving size:** 6 small wraps

### **NUTRITION INFORMATION PER SERVING**

Calories 245  
Carbohydrate 2 g  
Fat 7 g  
Protein 42 g



Carol, Store 8439

## Carol's Scrumptious Summer Chicken Salad



Salad with chicken, bow tie pasta and lots of great extras...makes a delightful light, filling lunch or dinner for those hot summer days. My brother first served us this dish in California and then I adapted it to make it suit my family....now we eat this often.

**Prep time:** 20-30 minutes

3-4 cups uncooked farfalle (bow tie) pasta  
2 heaping cups of shredded or chopped cooked chicken breast (2-3 breasts)  
1-1/2 cups seedless red grapes, halved  
1 cup thinly cut celery  
1/3 cup finely chopped red onion  
1/3 cup coarsely chopped walnuts, toasted  
3 tablespoons fresh chopped chives  
2 tablespoons fresh chopped parsley

### *Dressing*

1/3 cup fresh orange juice  
1/4 cup fresh lemon juice  
2 tablespoons extra virgin olive oil  
1 tablespoon coarse ground mustard  
2 teaspoons sugar  
1/2 teaspoon salt  
1/2 teaspoon fresh ground black pepper  
1-1/2 teaspoons rice vinegar

Cook pasta according to directions (omit salt or fat), drain, spread and cool. Cook and shred chicken. Combine dressing ingredients in a large bowl and whisk to combine. Then add the pasta, chicken, grapes, celery, red onion, walnuts, chives and parsley. Toss gently and until completely coated. Serve with a dinner bun. Enjoy!

**Serves:** 6

### **NUTRITION INFORMATION PER SERVING**

Calories 438  
Carbohydrate 58 g  
Fat 12 g  
Protein: 25 g





## Pita Pizza

- 1 large pita bread (use whole-wheat if available)
- 1/8 cup low-fat ricotta cheese
- 1/8 cup bottled pizza sauce or marinara sauce
- 1/4 cup shredded part-skim mozzarella cheese

Favorite pizza toppings: sliced mushrooms, less-fat pepperoni or light salami, chopped green pepper or green onions, chopped red onion, pineapple chunks and lean ham, etc.

Preheat oven to 450°F. Place pita, rounded side down, on a baking sheet.

Spread ricotta cheese over the pita (leaving a crust-like edge around the pita). Spoon the pizza sauce over the cheese and add desired toppings. Sprinkle mozzarella over the top and bake for 6 to 8 minutes (watch carefully so it doesn't burn).

**Serves:** 1

### **NUTRITION INFORMATION PER SERVING** (using whole-wheat pita and not including extra toppings)

Calories 256  
Protein 16 g  
Carbohydrate 29.5 g  
Fat 8.8 g  
Saturated fat 4.7 g  
Cholesterol 24 mg  
Fiber 4 g  
Sodium 492 mg  
Calories from fat: 30%

Source: WebMD recipe from the WebMD Weight Loss Clinic



## Buffalo Chicken Wrap

This fiery combination of buffalo chicken in a modern wrap is guaranteed to drip. Get out the big napkins and have a ball!

**Prep time:** 35 minutes

2 tablespoons hot pepper sauce, such as Frank's® RedHot®  
3 tablespoons white vinegar, divided  
1/4 teaspoon cayenne pepper  
2 teaspoons extra-virgin olive oil  
1 pound chicken tenders  
2 tablespoons reduced-fat mayonnaise  
2 tablespoons nonfat plain yogurt  
Freshly ground pepper to taste  
1/4 cup crumbled blue cheese  
4 (8-inch) whole-wheat tortillas  
1 cup shredded romaine lettuce  
1 cup sliced celery  
1 large tomato, diced

Whisk hot pepper sauce, 2 tablespoons vinegar and cayenne pepper in a medium bowl. Heat oil in a large nonstick skillet over medium-high heat. Add chicken tenders; cook until cooked through and no longer pink in the middle, 3 to 4 minutes per side. Add to the bowl with the hot sauce; toss to coat well.

Whisk mayonnaise, yogurt, pepper and the remaining 1 tablespoon vinegar in a small bowl. Stir in blue cheese.

To assemble wraps: Lay a tortilla on a work surface or plate. Spread with 1 tablespoon blue cheese sauce and top with one-fourth of the chicken, lettuce, celery and tomato. Drizzle with some of the hot sauce remaining in the bowl and roll into a wrap sandwich. Repeat with the remaining tortillas.

**Serves:** 4

### NUTRITION INFORMATION PER SERVING

Calories 275	Fat 8 g (2 g saturated fat, 2 g monounsaturated fat)
Cholesterol 55 mg	Carbohydrate 29 g
Protein 24 g	Fiber 3 g
Sodium 756 mg	Potassium 266 mg

**Nutrition Bonus:** vitamin A (35% daily value), selenium (28% daily value), vitamin C (20% daily value)

Source: WebMD recipe from eatingwell.com



Try making this recipe with smaller wraps and/or leaving out the mayonnaise.



## Lemon Chicken Stir-Fry



Spiked with lots of zesty lemon, this delectable chicken stir-fry has a colorful mix of snow peas, carrots and scallions. But feel free to substitute other thinly sliced vegetables, such as bell peppers or zucchini. Serve with: Rice noodles or brown rice.

**Prep time:** 40 minutes

- 1 lemon
- 1/2 cup reduced-sodium chicken broth
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons cornstarch
- 1 tablespoon canola oil
- 1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces
- 10 ounces mushrooms, halved or quartered
- 1 cup diagonally sliced carrots (1/4 inch thick)
- 2 cups snow peas, stems and strings removed
- 1 bunch scallions cut into 1-inch pieces, white and green parts divided
- 1 tablespoon chopped garlic

Grate 1 teaspoon lemon zest and set aside. Juice the lemon and whisk 3 tablespoons of the juice with broth, soy sauce and cornstarch in a small bowl.

Heat oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until just cooked through, 4 to 5 minutes. Transfer to a plate with tongs. Add mushrooms and carrots to the pan and cook until the carrots are just tender, about 5 minutes. Add snow peas, scallion whites, garlic and the reserved lemon zest. Cook, stirring until fragrant, 30 seconds. Whisk the broth mixture and add to the pan; cook, stirring, until thickened, 2 to 3 minutes. Add scallion greens and the chicken and any accumulated juices; cook, stirring, until heated through, 1 to 2 minutes.

**Serves:** 4      **Serving size:** about 1-1/2 cups

### NUTRITION INFORMATION PER SERVING

Calories 225	Fat 6 g (1 g saturated fat, 3 g monounsaturated fat)
Cholesterol 63 mg	Carbohydrate 14 g
Protein 27 g	Fiber 3 g
Sodium 448 mg	Potassium 796 mg

**Nutrition Bonus:** vitamin A (110% daily value), vitamin C (60% daily value), potassium (23% daily value), iron (15% daily value)

Source: WebMD recipe from [eatingwell.com](http://eatingwell.com)



## Spicy Vegetable Soup

Fresh basil adds a bright spark to this vinegary, vegetable-stuffed soup, full of the traditional flavors of the Mediterranean. Alternatively, pesto adds a nutty richness to the soup.

**Prep time:** 30 minutes

**Total time:** 40 minutes

To make ahead: Cover and refrigerate for up to 2 days.

- 2 tablespoons extra-virgin olive oil
- 1 large onion, diced
- 1-3 teaspoons hot paprika, or to taste
- 2 (14-ounce) cans vegetable broth
- 4 medium plum tomatoes, diced
- 1 medium yellow summer squash, diced
- 2 cups diced cooked potatoes (see note)
- 1-1/2 cups green beans, cut into 2-inch pieces
- 2 cups frozen spinach
- 2 tablespoons sherry vinegar or red-wine vinegar
- 1/4 cup chopped fresh basil or prepared pesto

Heat oil in a Dutch oven over medium heat. Add onion, cover and cook, stirring occasionally, until beginning to brown, about 6 minutes. Add paprika and cook, stirring, for 30 seconds. Add broth, tomatoes, squash, potatoes and beans; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the vegetables are just tender, about 12 minutes. Stir in spinach and vinegar; continue cooking until heated through, 2 to 4 minutes more. Ladle soup into bowls and top with fresh basil or a dollop of pesto.

**Note:** Convenient cooked and diced potatoes can be found in the refrigerated section of the produce and/or dairy department of the supermarket.

**Serves:** 4      **Serving size:** about 2-1/4 cups

### NUTRITION INFORMATION PER SERVING

Calories 253	Fat 8 g (1 g saturated fat, 5 g monounsaturated fat)
Cholesterol 0 mg	Carbohydrate 40 g
Protein 9 g	Fiber 10 g
Sodium 485 mg	Potassium 1,032 mg

**Nutrition Bonus:** vitamin A (270% daily value), vitamin C (60% daily value), folate (44% daily value), potassium (30% daily value), calcium (20% daily value), iron (20% daily value)



Use low-sodium vegetable broth instead of regular vegetable broth.

Source: WebMD recipe from eatingwell.com





## Charred Tomato & Chicken Tacos

**Prep time:** 35 minutes

- 1 pound ripe plum tomatoes cored (about 4 to 5)
- 2 teaspoons extra-virgin olive oil divided
- 1 pound boneless, skinless chicken breasts trimmed and cut into 1-inch chunks
- Salt and freshly ground pepper
- 1 large white onion finely chopped (about 1-1/2 cups)
- 2 cloves garlic very finely chopped
- 2 jalapeño peppers seeded and very finely chopped
- 2 tablespoons lime juice
- 2 tablespoons chopped fresh cilantro
- 4 scallions chopped
- 12 corn tortillas warmed
- 1/4 cup reduced-fat sour cream for garnish
- 2 limes cut into quarters

Heat a large cast-iron skillet over high heat until very hot. Place tomatoes in the skillet and turn occasionally with tongs until charred on all sides, about 10 minutes. Transfer to a plate to cool slightly. Cut in half crosswise; squeeze to discard seeds. Chop the remaining pulp and skins. Set aside.

Add 1 teaspoon of the oil to the pan and heat over high heat until the oil is very hot. Add chicken and season with salt and pepper. Cook, stirring occasionally, until the chicken is browned on all sides and no longer pink in the center, about 5 minutes. Transfer to a plate and set aside.

Reduce the heat to medium and add the remaining 1 teaspoon oil. Add onions and cook, stirring, until softened, about 5 minutes. Add garlic and jalapeños and cook, stirring, for 1 minute more. Add lime juice and the reserved chicken and tomatoes. Bring to a simmer and stir in cilantro and scallions. Season to taste with salt and pepper. Cover to keep warm.

Spoon filling into warm tortillas, roll up and serve with sour cream and lime wedges.

**Tip:** Wrap tortillas in barely damp paper towels and microwave on high for 30 to 45 seconds.

**Serves:** 6

**Serving size:** 2 tacos

### NUTRITION INFORMATION PER SERVING

Calories 310	Fat 7 g (2 g saturated fat, 3 g monounsaturated fat)
Cholesterol 68 mg	Carbohydrate 35 g
Protein 28 g	Fiber 6 g
Sodium 140 mg	Potassium 613 mg

**Nutrition Bonus:** vitamin C (42% daily value), selenium (35% daily value), magnesium (19% daily value), potassium (18% daily value), vitamin A (17% daily value)



## Spinach Salad with Nectarines and Raspberries

This vitamin-rich salad features two summer favorites, and the orange juice dressing is a delicious, healthful twist.

4 cups fresh spinach, washed, stems removed  
5 nectarines, pitted and sliced  
1/4 red onion, sliced  
1 pint raspberries

### *Orange Juice Dressing*

1 tablespoon olive oil  
1/4 cup raspberry vinegar  
1/2 tablespoon lemon juice  
1/2 cup orange juice  
Salt and black pepper to taste

In small bowl, whisk all ingredients together for the dressing.

Divide spinach among 4 salad plates. Place nectarine slices, red onion slices and raspberries on top. Drizzle dressing over salads and serve.

**Serves:** 4

### **NUTRITION INFORMATION PER SERVING**

Calories 175  
Fiber 9 g  
Fat 5 g  
Cholesterol 0 mg  
Sodium 46 mg

Source: [intelihealth.com](http://intelihealth.com)



## Portobello Mushroom Pizza



The meaty taste of portobello mushrooms makes you forget about the crust. Make as many as you like and top with sausage, bacon, olives, etc. to taste. Add a side salad if desired.

**Prep time:** 5 minutes

**Total time:** 35 minutes

1 portobello mushroom (about 3 ounces), stem removed, wiped clean with a damp paper towel

Garlic oil spray

1 tablespoon low-carb tomato sauce (such as Rao's)

2 tablespoons shredded mozzarella cheese

Heat oven to 425°F. Spray both sides with garlic oil and place on an aluminum foil-lined baking sheet. Bake 30 minutes, or until fork tender, turning once halfway through cooking time. Increase heat to broil.

Top concave side of mushroom with tomato sauce and cheese. Place under broiler for 1 minute or until cheese melts and bubbles.

**Serves:** 1

### NUTRITION INFORMATION PER SERVING

Calories 66

Fat 3 g

Protein 5 g

Carbohydrate 5 g

Fiber 1 g

Net carbs 4 g

Source: [obesitydiscussion.com/forums/atkins-diet-appetizers/atkins-portobello-mushroom-pizza-4260.html](http://obesitydiscussion.com/forums/atkins-diet-appetizers/atkins-portobello-mushroom-pizza-4260.html)



## Crunchy Vegetable Wrap

**Prep time:** 10 minutes

1/4 cup tub-style fat-free cream cheese  
4 (10-inch) fat-free flour tortillas  
4 curly leaf lettuce leaves  
1 cup alfalfa sprouts  
1 cup shredded red cabbage  
1/2 cup chopped tomato  
1/4 cup crumbled blue cheese  
2 tablespoons finely diced red onion

Spread 1 tablespoon cream cheese over each tortilla; top each with a lettuce leaf. Divide sprouts and remaining ingredients evenly among tortillas; roll up. Cut each rolled wrap in half diagonally.

**Serves:** 4

### NUTRITION INFORMATION PER SERVING

Calories 183 (11% from fat)  
Fat 2.3 g (saturated 1.4 g, monounsaturated 0.6 g, polyunsaturated 0.2 g)  
Protein 7 g  
Carbohydrate 34 g  
Fiber 1.1 g  
Cholesterol 8 mg  
Iron 0.4 mg  
Sodium 614 mg  
Calcium 95 mg

Source: [allrecipes.com/recipe/crunchy-vegetable-wrap](http://allrecipes.com/recipe/crunchy-vegetable-wrap)





## Green Eggs and Ham Sandwich

Egg salad with mashed avocado and sliced ham on whole-grain bread makes a protein-rich, nutrient-dense sandwich that is fun and tastes great, too.

- 1 hard-boiled egg
- 1/2 peeled and pitted avocado
- 2 teaspoons lemon juice
- 2 slices whole-grain bread, such as Stonemill 11 Grain Bread
- 1 slice extra lean baked ham

In bowl, mash together egg with avocado until well blended to desired consistency. Stir in lemon juice. On one of the slices of bread, arrange slice of ham. Top with “green egg” mixture. Cover with remaining slice of bread. With serrated knife, slice into quarters and serve.

**Serves:** 1

### NUTRITION INFORMATION PER SERVING

Calories 356  
Protein 18 g  
Total fat 19 g  
Saturated fat 3.3 g  
Carbohydrate 30 g  
Fiber 7 g  
Cholesterol 220 mg  
Sodium 520 mg

Source: [besthealthmag.ca/recipe/green-eggs-and-ham-sandwich](http://besthealthmag.ca/recipe/green-eggs-and-ham-sandwich)



## Caramelized Onion & White Bean Flatbread

Here we top pizza with herbed mashed beans, sliced plum tomatoes, sweet caramelized onions and some shredded Gouda for a tasty flatbread that will have you rethinking pizza toppings.

**Prep time:** 30 minutes

**Total time:** 45 minutes

- 3 tablespoons extra-virgin olive oil
- 1 large onion, thinly sliced lengthwise
- 1/4 teaspoon salt
- 20 ounces prepared whole-wheat pizza dough (see note), thawed if frozen
- 2 tablespoons minced fresh oregano or 2 teaspoons dried
- 1/2 teaspoon freshly ground pepper
- 1 (15-ounce) can white beans, rinsed (see note)
- 3 tablespoons water
- 2 teaspoons white-wine vinegar
- 2 plum tomatoes, thinly sliced
- 1 cup finely shredded smoked Gouda or cheddar cheese
- 2 tablespoons pepitas (see note), optional

Place oven rack in the lowest position; preheat to 450°F. Coat a large non-insulated baking sheet with cooking spray.

Combine oil, onion and salt in a medium saucepan. Cover and cook over medium-high heat, stirring often, until the onion is softened, 5 to 7 minutes. Reduce heat to medium-low, uncover and cook, stirring occasionally, until very soft and golden, 5 to 8 minutes more.

Meanwhile, roll out dough on a lightly floured surface to the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.

*(continued on next page)*



Stir oregano and pepper into the onion. Transfer half the onion to a small bowl. Add beans to the remaining onion; cook over medium heat, stirring often, until heated through, 2 to 3 minutes. Transfer the bean mixture to a food processor, add water and vinegar and pulse until a coarse paste forms.

Spread the bean paste over the pizza crust. Top with the reserved onion, tomatoes, cheese and pepitas, if using. Bake on the bottom rack until the crust is crispy and golden and the cheese is melted, 11 to 13 minutes. Slice and serve.

**Notes:**

- Look for whole-wheat pizza-dough balls at your supermarket. Check the ingredient list to make sure the dough doesn't contain any hydrogenated oils. Or visit [eatingwell.com](http://eatingwell.com) for an easy pizza-dough recipe.
- While we love the convenience of canned beans, they tend to be high in sodium. Give them a good rinse before adding to a recipe to rid them of some of their sodium (up to 35%) or opt for low-sodium or no-salt-added varieties. (Our recipes are analyzed with rinsed, regular canned beans.) Or, if you have the time, cook your own beans from scratch. You'll find our Bean Cooking Guide at [eatingwell.com/guides](http://eatingwell.com/guides).
- Hulled pumpkin seeds, also known as pepitas, are dusky green and have a delicate nutty flavor. They can be found in the natural-food or bulk sections of many supermarkets.

**Serves:** 6

**NUTRITION INFORMATION PER SERVING**

Calories 365

Total fat 11 g

Carbohydrate 51 g

Fiber 6 g

Protein 13 g

Source: [eatingwell.com](http://eatingwell.com)

**HEALTH  
CHAMPION TIP**

Omit the  $\frac{1}{4}$  teaspoon of salt to decrease sodium by 575 mg.



## Vegan Fiesta Salad

- 1 large can chickpeas
- 1 can black beans
- 1 red pepper
- 1 large avocado
- 1 lime
- 2 tablespoons agave (optional)
- 1 cucumber
- 2 cups spinach
- 1 box quinoa (or 4 cups)
- 2 tomatoes
- 1 teaspoon cayenne pepper (optional depending on how hot you like your salad)

Rinse chickpeas and black beans well until no more bubbles appear.

Finely chop red pepper, avocado, cucumber and tomatoes and place in a large bowl with the chickpeas and black beans.

Add juice and pulp of your lime. Drizzle agave (if using) and add cayenne pepper. Add quinoa and spinach and gently combine mixture until fully mixed.

**Serves:** 4

### NUTRITION INFORMATION PER SERVING

Calories 550

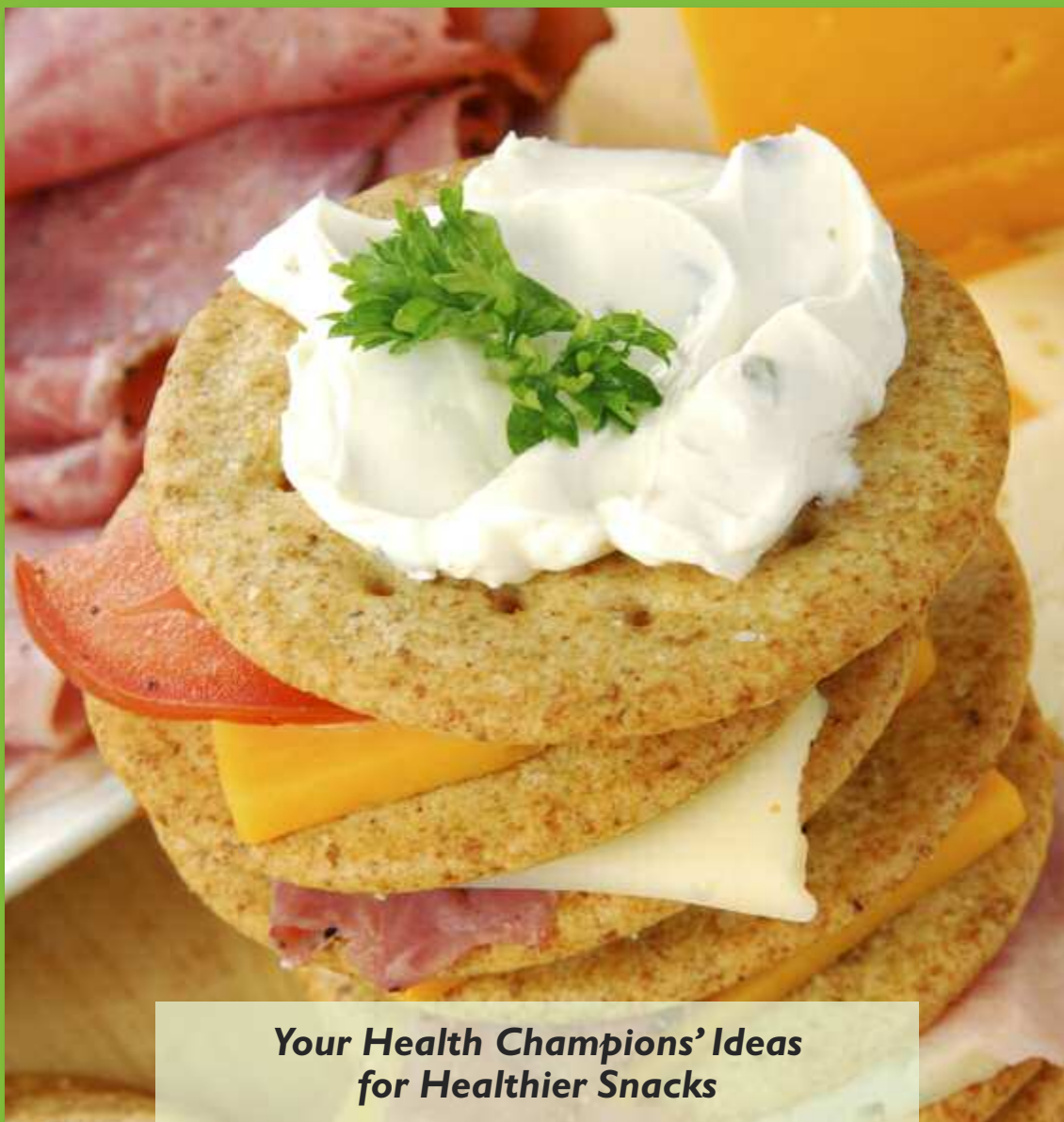
Carbohydrate 100 g

Fat 11 g

Protein 23 g

Source: [damyhealth.com/2011/06/high-protein-vegan-fiesta-salad](http://damyhealth.com/2011/06/high-protein-vegan-fiesta-salad)





## **Your Health Champions' Ideas for Healthier Snacks**

*It's the middle of the day and your stomach is grumbling! Eating a healthy snack is a good way to boost your energy before returning to the task at hand. Some good snack tips include:*

- *Plan ahead—have snacks ready to take with you.*
- *Portion control—use small plastic sandwich bags for individual servings.*
- *Satisfy hunger by including protein and fiber in your snacks.*
- *Be wary of pre-packaged snacks—vending machine snacks tend to be high in calories and preservatives and low in nutrients, so take your own snacks whenever possible.*

### **Associate Tip**

*Did you know you can make quick, tasty, healthy kale chips? Spread kale leaves on a cookie sheet, top with oil and vinegar or olive oil cooking spray and sprinkle lightly with salt or your favorite seasoning. Bake at 350°F for 10 minutes until crispy. Enjoy!*

*~Rebecca, Store 4741 and April, Store 6368*



Pam, Store 2708

## Pam's Avocado Corn Salsa



Can be eaten with tortilla chips, on chicken, fish tacos or even on its own! You can adjust the amount of ingredients easily to make more if desired.

**Prep time:** 15 minutes

**Total time:** 1 hour and 15 minutes

- 1 avocado
- 2 teaspoons fresh lime juice
- 1 ear fresh corn raw
- 1 Roma tomato
- 1/4 cup green onion (diced)
- 2 teaspoons fresh cilantro
- 1 small jalapeño diced
- Salt and pepper to taste

In medium size bowl, shell out avocado and cut into 1/4 inch pieces. Immediately add lime juice to prevent avocado from turning. Cut corn kernels off the cob and add to bowl. Cut tomato into 1/4 pieces and add. Put in sliced onion, cilantro, and jalapeño. If you want extra heat leave the ribs and seeds in the jalapeño. Add salt and pepper to taste but it should be highly seasoned. Refrigerate 1 hour before serving to let flavors blend.

**Serves:** 2

### NUTRITION INFORMATION PER SERVING

Calories 170

Carbohydrate 14

Fat 9

Protein 4



Josh, Store 2103

## Josh's Quinoa Tabouli



This is a great low calorie snack for the summertime. I usually keep a full bowl in the fridge for spontaneous snacking. Let all ingredients set overnight for best results.

**Prep time:** 10 minutes

**Total time:** 30 minutes

3 cups cooked quinoa (chilled)  
1/2 cup diced cucumber  
1/2 cup diced red tomato  
1/4 cup chopped Apple Mint (or regular fresh mint)  
1/4 cup chopped parsley  
1/4 cup chopped fresh basil  
3 tablespoons olive oil  
3 tablespoons lemon juice  
Salt to flavor for your liking, usually 1/2-1 tablespoon

Mix all ingredients in large bowl and let set overnight. Best served with hummus and tortilla chips (scoop chips work well).

**Serves:** 6

### NUTRITION INFORMATION PER SERVING

Calories 108  
Carbohydrate 13 g  
Fat 5 g  
Protein 3 g



**Marcus, MET**  
Mid-Atlantic Region

## Marcus's Greek Quesadilla



An easy-to-prepare, healthy snack made with spinach, lemon, hummus, and feta cheese, served in a tortilla wrap. Best served with a dash of Greek seasoning.

- 1 large whole-grain tortilla wrap
- 1 teaspoon olive oil
- 2-1/2 cups cooked spinach
- 2 lemon wedges
- 1/2-3/4 cup of hummus (original or roasted garlic)
- 1/2 cup of low-fat feta cheese (original or garlic & herb)
- 1 teaspoon Greek seasoning

Using a microwavable bowl, add frozen spinach (or freshly cooked spinach). Squeeze the lemon wedges and drizzle olive oil into the bowl and stir until coated. Heat mixture for 2 minutes or until thoroughly heated. Put spinach into a strainer and let the remaining fluid drain. Lay out 1 large tortilla wrap. Spread hummus over one half of the side facing up until covered. Add spinach with lemon to the other half. Sprinkle Greek Seasoning onto the spinach. Sprinkle 1/2 cup of feta cheese over seasoned spinach. Fold tortilla in half, preferably with spinach side facing up to prevent excess fluid soaking through the wrap. Wedge into 4 slices and serve.

**Serves:** 2      **Serving size:** 2 wedges

### NUTRITION INFORMATION PER SERVING

Calories 348  
Carbohydrate 39 g  
Fat 16 g  
Protein 20 g





## Creamy Tomato Dip

Create a centipede out of zucchini or a spider from cherry tomatoes to inspire your family to eat more fruits and vegetables.

- 1 cup low-fat cottage cheese
- 1/2 cup prepared salsa
- 2 tablespoons chopped fresh cilantro, plus more for garnish
- 2 tablespoons grated Parmesan cheese
- 1/2 cup finely chopped red, yellow, green bell pepper (any combination)
- 1 red bell pepper

### *Vegetable Suggestions*

- 2 small zucchini, sliced into sticks
- 1 cup cherry tomatoes
- 3 carrots, peeled and sliced into sticks
- 1 cup broccoli flowerets (may be lightly steamed and chilled to serve)

Place cottage cheese in food processor or blender. Blend until smooth. Add salsa and pulse until combined. Remove mixture to bowl and stir in cilantro, cheese and peppers. Refrigerate for 1 hour.

To serve, lay red pepper on its side and cut off top third. Remove seeds and fill pepper with dip. Sprinkle with chopped cilantro. Place in center of platter and surround with vegetables.

**Serves:** 8

### **NUTRITION INFORMATION PER SERVING**

Calories 72  
Fiber 4 g  
Fat 1 g  
Cholesterol 2 mg  
Sodium 197 mg

Source: [mayoclinic.com](http://mayoclinic.com)



## Strawberry Yogurt Split

A delicious and easy snack.

- 1 banana
- 4 ounces (1/2 cup) fresh strawberries
- 4 ounces (1/2 cup) vanilla yogurt
- 1 tablespoon chopped, toasted almonds

Peel and split banana. Place banana halves in serving bowl. Top with strawberries, yogurt and almonds.

**Serves:** 1

### NUTRITION INFORMATION PER SERVING

Calories 312  
Fat 7 g  
Cholesterol 5 mg  
Fiber 5 g  
Sodium 75 mg  
Protein 14 g  
Carbohydrate 62 g  
Calories from fat 19%

Source: [intelihealth.com](http://intelihealth.com)

#### HEALTH CHAMPION TIP

To reduce carbohydrates and fat, use non-fat Greek yogurt and 1/2 banana.



## Chickpea Polenta with Olives

- 1-3/4 cups chickpea (garbanzo) flour
- 2 cups plain soy milk
- 1 cup chicken stock, vegetable stock or broth
- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, chopped
- 1 tablespoon chopped fresh thyme, oregano or basil, or 1 teaspoon dried
- 1 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 3 egg whites

### *Topping*

- 1 tablespoon extra-virgin olive oil
- 1/2 yellow onion, minced
- 1/4 cup coarsely chopped pitted Nicoise olives
- 1/4 cup dry-packed sun-dried tomatoes, soaked in water to rehydrate, drained and chopped
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons finely chopped fresh flat-leaf (Italian) parsley

In a blender or food processor, combine the flour, soy milk, stock, olive oil, garlic, thyme, mustard, salt and pepper. Process until smooth. Pour the batter into a large bowl. Let stand for 1 hour.

Preheat the oven to 425°F. Lightly coat a 9 x 13-inch baking pan with cooking spray.

In a large, clean bowl, using an electric mixer on high speed, beat the egg whites until stiff peaks form. Gently fold the egg whites into the batter.

Pour the batter into the prepared pan. Bake until puffed and lightly browned around the edges, about 15 minutes. Let cool for 15 minutes.

Preheat the broiler. Position the rack 4 inches from the heat source.

While the polenta is cooling, make the topping. In a small sauté or frying pan, heat the olive oil over medium-high heat. Add the onion and cook until soft and lightly golden, about 6 minutes. Add the olives and tomatoes and cook for 1 minute. Remove from the heat.

Carefully spoon the onion mixture evenly over the baked polenta and sprinkle with the cheese. Broil until the top is lightly browned. Watch carefully; this takes only about 1 minute. Sprinkle with the parsley. Transfer to a wire rack and let cool for 10 minutes. Cut into 8 squares and then cut the squares on the diagonal into 16 wedges. Serve immediately.

**Serves:** 8

**Serving size:** 2 wedges

### **NUTRITION INFORMATION PER SERVING**

Calories 152	Monounsaturated fat 3 g
Protein 9 g	Cholesterol 1 mg
Carbohydrate 18 g	Sodium 275 mg
Total fat 5 g	Fiber 3 g
Saturated fat 1 g	

Source: [mayoclinic.com](http://mayoclinic.com)



## Shrimp Marinated in Lime Juice and Dijon Mustard



- 1 medium red onion, chopped
- 1/2 cup fresh lime juice, plus lime zest as garnish
- 2 tablespoons capers
- 2 tablespoons Dijon mustard
- 1/2 teaspoon hot sauce
- 1 cup water
- 1/2 cup rice vinegar
- 3 whole cloves
- 1 bay leaf
- 1 pound uncooked shrimp, peeled and deveined

In a shallow baking dish, combine the onion, lime juice, capers, mustard and hot sauce. Set aside.

In a large saucepan, add the water, vinegar, cloves and bay leaf. Bring to a boil and add the shrimp. Cook for 1 minute, stirring constantly. Drain and transfer the shrimp to the shallow dish containing the onion mixture, making sure to discard the cloves and bay leaf. Stir to combine. Cover and refrigerate until well chilled, about 1 hour.

To serve, divide the shrimp mixture among individual small bowls and garnish each with lime zest. Serve cold.

**Serves:** 8      **Serving size:** about 8 shrimp

### NUTRITION INFORMATION PER SERVING

Calories 69  
Cholesterol 86 mg  
Protein 12 g  
Sodium 200 mg  
Carbohydrate 3 g  
Fiber 0 g  
Total fat 1 g  
Potassium 156 mg  
Saturated fat trace  
Calcium 37 mg  
Monounsaturated fat trace

Source: [mayoclinic.com](http://mayoclinic.com)





## Vegetable Salsa

- 1 cup diced zucchini
- 1 cup chopped red onion
- 2 red bell peppers, seeded and diced (about 2 cups)
- 2 green bell peppers, seeded and diced (about 2 cups)
- 4 tomatoes, diced (about 2 cups)
- 2 garlic cloves, minced
- 1/2 cup chopped fresh cilantro
- 1 teaspoon ground black pepper
- 2 teaspoons sugar
- 1/4 cup lime juice
- 1/2 teaspoon salt

Wash vegetables and prepare as directed. In a large bowl, combine all the ingredients. Toss gently to mix. Cover and refrigerate for at least 30 minutes to allow the flavors to blend.

**Serves:** 16      **Serving size:** 1/2 cup

### NUTRITION INFORMATION PER SERVING

Calories 24  
Cholesterol 0 mg  
Protein 1 g  
Sodium 77 mg  
Carbohydrate 5 g  
Fiber 1 g  
Total fat 0 g  
Potassium 160 mg  
Saturated fat 0 g  
Calcium 11 mg  
Monounsaturated fat 0 g

Source: [mayoclinic.com](http://mayoclinic.com)



Reduce sugar from 2 teaspoons to just 1 or eliminate entirely.



## White Bean Dip

1 can (15 ounces) white (cannellini) beans, rinsed and drained  
8 garlic cloves, roasted  
2 tablespoons olive oil  
2 tablespoons lemon juice

In a blender or food processor, add the beans, roasted garlic, olive oil and lemon juice. Blend until smooth. Serve on top of thin slices of toasted French bread or pita triangles. This is also excellent placed on top of red (sweet) bell peppers cut into squares.

**Serves:** 8      **Serving size:** 2 tablespoons

### NUTRITION INFORMATION PER SERVING

Calories 109  
Cholesterol 0 mg  
Protein 5 g  
Sodium 105 mg  
Carbohydrate 15 g  
Fiber 3 g  
Total fat 4 g  
Potassium 314 mg  
Saturated fat trace  
Calcium 53 mg  
Monounsaturated fat 3 g

Source: [mayoclinic.com](http://mayoclinic.com)



### 3-Layer Mexican Dip

**Prep time:** 15 minutes

- 1 15.5-ounce can black beans, rinsed and drained
- 1/4 teaspoon salt
- 2 cloves garlic, minced
- 3 teaspoons lime juice
- 1 tablespoon plus 1 cup Chobani Plain 0% Greek Yogurt
- 2 medium avocados, halved, seeded and peeled
- 1/2 teaspoon ground cumin
- 2 teaspoons chopped cilantro
- 1 teaspoon finely chopped jalapeño
- Salt to taste
- 1 to 1-1/2 cups homemade or store-bought salsa

Put beans in a bowl and mash with fork until chunky-smooth. Stir in the salt, 1 tablespoon garlic, 2 teaspoons lime juice, and 1 tablespoon Chobani. Evenly spread mixture into base of serving bowl. Set aside.

Put avocado in bowl and coarsely mash with fork to desired chunky or smooth consistency. Stir in 1 cup Chobani, remaining lime juice, cumin, cilantro, jalapeño, and remaining garlic. Add salt to taste.

Evenly spread guacamole on top of black beans and then top with salsa. Serve immediately or refrigerate for 2 hours, but bring to room temperature before serving.

Great served with vegetables or tortilla chips.

**Serves:** 8

#### NUTRITION INFORMATION PER SERVING

Calories 152  
Fat 6 g  
Saturated fat 1 g  
Trans Fat 0 g  
Cholesterol 0 mg  
Sodium 361 mg  
Carbohydrate 14 g  
Fiber 5 g  
Sugar 2 g  
Protein 6 g

Source: [chobanikitchen.com/recipes/detail/3-layer-mexican-dip](http://chobanikitchen.com/recipes/detail/3-layer-mexican-dip)



## Cucumber Pineapple Salad

- 1/4 cup sugar
- 2/3 cup rice wine vinegar
- 2 tablespoons water
- 1 cup fresh pineapple, peeled, cored and cut into 1/4-inch pieces
- 1 cucumber, peeled and thinly sliced
- 1 carrot, peeled and julienne
- 1/3 cup thinly sliced red onion
- 4 cups torn salad greens
- 1 tablespoon sesame seeds, toasted

In a heavy saucepan, bring the sugar, vinegar and water to a boil. Stir constantly until reduced to about 1/2 cup, about 5 minutes. Transfer to a large bowl and place in the refrigerator until cool. Add the pineapple. Cover and return to the refrigerator for 1 hour.

Add the cucumbers, carrots and red onions to the pineapple mixture. Toss well.

To serve, divide the salad greens among the plates. Top with the pineapple mixture and sprinkle with toasted sesame seeds. Serve immediately.

**Serves:** 4

### NUTRITION INFORMATION PER SERVING

Calories 125  
Cholesterol 0 mg  
Protein 2 g  
Sodium 31 mg  
Carbohydrate 25 g  
Fiber 3 g  
Total fat 1 g  
Potassium 341 mg  
Saturated fat trace  
Calcium 67 mg  
Monounsaturated fat trace

Source: [mayoclinic.com](http://mayoclinic.com)





**157**  
CALORIES  
per serving

## Chickpea Dip with Vegetables

This hummus-like dip, with colorful vegetable salad on top, partners well with pita bread and is great for picnics and parties.

- 1 (12.5-ounce) can chickpeas, drained and rinsed well
- 1 cup plain low-fat yogurt
- 2 tablespoons fresh lemon juice
- 1/2 tablespoon olive oil
- 3 drops hot pepper sauce
- 1 carrot, grated
- 2 cucumbers, peeled, seeded and diced
- 2 Roma tomatoes, finely chopped
- 1/4 red onion, diced

Blend chickpeas, yogurt, lemon juice, olive oil and hot sauce in a blender until smooth. Transfer dip to a shallow serving bowl, and pile colorful vegetables on top, leaving an outer rim of dip visible.

Serve with pita bread or toasted wheat bread triangles.

**Serves:** 6

### NUTRITION INFORMATION PER SERVING

Calories 157  
Fiber 5 g  
Fat 4 g  
Cholesterol 2 mg  
Sodium 42 mg

Source: [intelihealth.com](http://intelihealth.com)



## Two-Bite Chocolate Chip Banana Protein Muffins

This recipe is gluten free and has added protein. Makes 12 regular muffins or 24 two-bite muffins (mini).

- 1 cup uncontaminated oat flour (or quinoa flour, or 1/2 cup of each)
- 2 scoops plain or vanilla whey protein powder
- 6 packets Stevia™ (or 3/4 cup sugar)
- 2 teaspoons cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 4 egg whites
- 1/4 cup water
- 2 ripe bananas (If you want to do the banana sliced toppings you will need another 1/2 banana)
- 1/3 cup non-fat plain Greek yogurt
- 1 teaspoon vanilla extract
- 1/3 cup natural dark chocolate chips

Pre-heat your oven to 350°F. Spray your muffin tin with a healthy, non-stick cooking spray.

Place all ingredients (except the chocolate chips) in the food processor and blend until smooth. Hand mix in the chocolate chips evenly.

Evenly distribute batter into your muffin tin. Add one thin slice of banana to the top of each uncooked muffin.

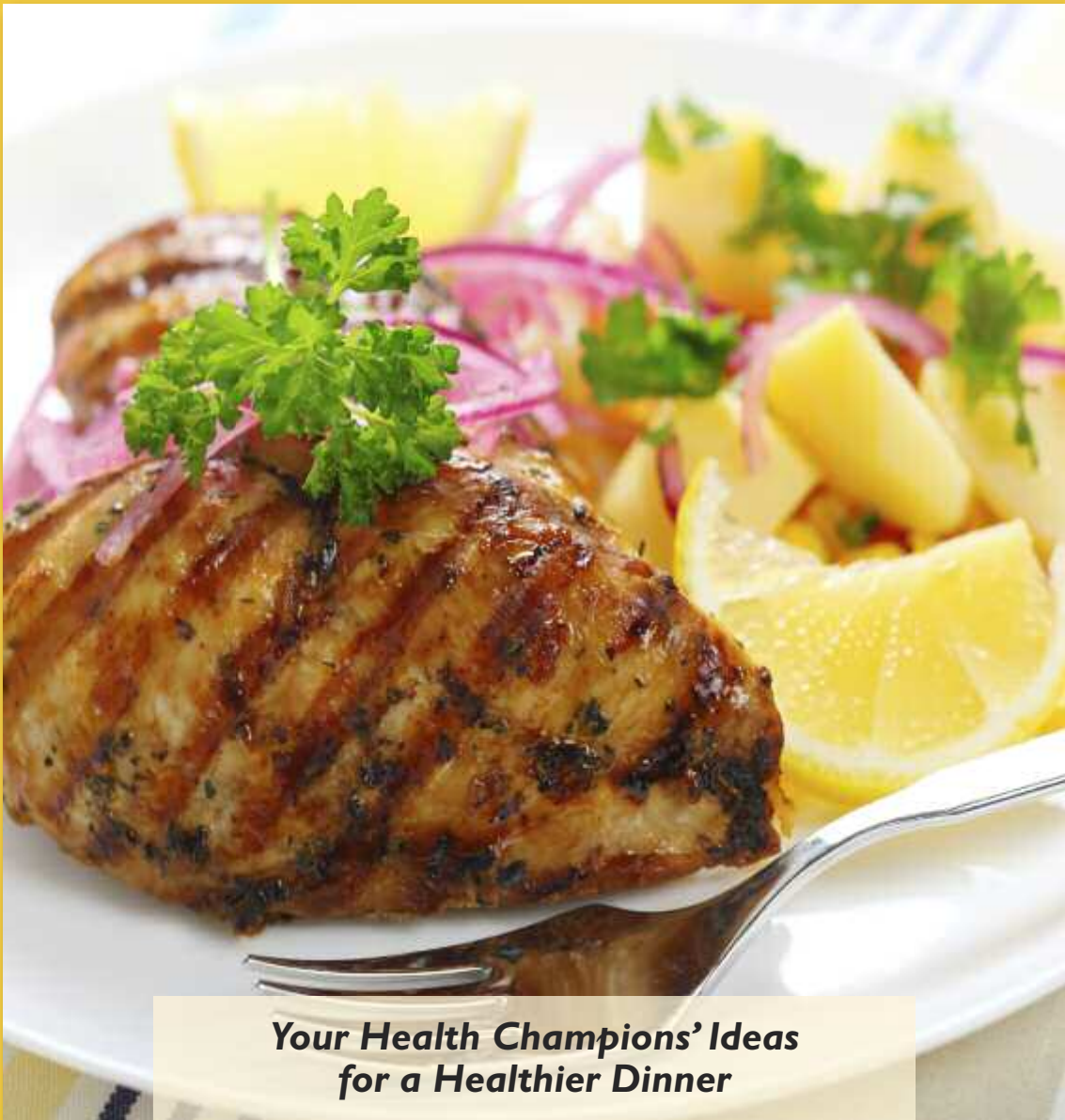
Place in the oven and bake 25 to 30 minutes. Remove from oven. Gently remove muffins from muffin tin, place on a cooling rack for a few minutes. Enjoy!

**Serves:** 12      **Serving size:** 1 regular sized muffin or 2 two-bite mini muffins

### NUTRITION INFORMATION PER SERVING

Calories 95  
Carbohydrate 16 g  
Fat 3 g  
Protein 5 g

Source: [damyhealth.com/2012/03/two-bite-chocolate-chip-banana-protein-muffins](http://damyhealth.com/2012/03/two-bite-chocolate-chip-banana-protein-muffins)



## ***Your Health Champions' Ideas for a Healthier Dinner***

*Enjoying a healthy dinner helps to refuel your body for the next day. Consider a few substitutions to make your healthy recipes even healthier:*

- *Lean ground turkey, beef or pork*
- *Skinless chicken*
- *Low-fat salad dressing*
- *Reduced-sodium teriyaki sauce*
- *Mrs. Dash® rather than salt*
- *Salsa rather than sour cream or butter as a topping for potatoes and certain veggies*



Dana, Store 2765

## Dana's Mexican Pizza



TASTY individual Mexican pizzas with high protein, low-fat toppings!

**Prep time:** 30 minutes

**Total time:** 40 minutes

2 (4 inches in diameter) whole-wheat pita bread

1 ground/browned turkey burger

1 can fat-free refried beans

Taco sauce

Sprinkle of low-fat mozzarella cheese (shredded)

1/2 cup green peppers, diced

1/4 cup sweet yellow onion, diced

Black olives, sliced

Brush bottom of pita bread with olive oil and sprinkle with a little garlic powder. Place oil side down on pizza pan. Spread face up with refried beans—approximately half on each pita. Spread taco sauce on top of beans. Spread ground turkey burger on top of taco sauce. Burger can be seasoned with taco seasoning packets if desired. Top with green peppers, onions and black olives. Cover with mozzarella cheese.

Bake in oven 450°F for 10 minutes or until melty and hot.

**Serves:** 2

### NUTRITION INFORMATION PER SERVING

Calories 411

Carbohydrate 55 g

Fat 8 g

Protein 29 g





Anthony, Store 1844

## Anthony's Sausage Rotini and Vegetables



**Prep time:** 20 minutes

**Total time:** 1 hour and 20 minutes

- 1 pound package turkey Italian sausage
- 2 leeks
- 2 zucchini
- 2 yellow summer squash
- 1 large can diced tomatoes with juice
- 2 cloves garlic crushed
- 1 tablespoon oregano
- 1 tablespoon basil dried
- Salt and pepper to taste
- 4 cups whole-wheat Rotini pasta

Remove skin from sausage. Brown sausage and remove from pan. Dice up vegetables and place in pan with herbs and seasonings. Place meat back in pan and add tomatoes.

Cook for 1 hour and serve over whole-grain Rotini pasta.

**Serves:** 4

### NUTRITION INFORMATION PER SERVING

Calories 458

Carbohydrate 63 g

Fat 10 g

Protein 32 g





Ajoda, Store 6845

## Ajoda's Jerk Tilapia Delight



**Prep time:** 15 minutes

**Total time:** 2 hours and 30 minutes

4 boneless tilapia fillets  
3 tablespoons Jamaican Choice jerk seasoning  
1 teaspoon cumin  
1 teaspoon paprika  
1 teaspoon cayenne pepper  
1 lemon cut in half  
Asparagus (optional)

Wash tilapia under cool running water.

Mix jerk seasoning, cumin paprika and cayenne pepper together in a zip lock bag. Mix fish with seasoning and shake until well coated. Allow fish to marinate in seasoning for about 2 hours in the refrigerator.

Preheat oven to 350°F. Lightly spray a baking pan and place seasoned fish on it. Take half of the lemon and squeeze the lemon juice over each piece of fish. Bake for approximately 12 minutes or until fish looks flaky. Set the oven to broil for approximately 4 minutes or until golden brown. Remove fish from oven and let cool. Drizzle with the other half of the lemon.

**Tip:** This meal works well paired with baked asparagus. Trim and wash asparagus spears. Lightly drizzle with olive oil and season with salt, black pepper and grated garlic. Bake for approximately 8 minutes at 350°F or until tender to touch by fork.

**Serves:** 4

**Serving size:** 1 fillet

### NUTRITION INFORMATION PER SERVING

Calories 123

Carbohydrate 8 g

Fat 2 g

Protein 23 g



## Balsamic-Ginger Chicken Lettuce Cups

**Prep time:** 15 minutes

**Total time:** 7 hours and 15 minutes

- 1/4 cup brown sugar
- 1/4 cup balsamic vinegar
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon grated fresh ginger
- 2 cloves garlic, chopped
- 1/4 teaspoon crushed red pepper
- 1-1/2 pounds boneless, skinless chicken thighs, trimmed
- 3/4 cup long-grain white rice
- 1 orange
- 2 scallions, thinly sliced
- 1 small head Boston lettuce, leaves separated

In a 5- to 6-qt slow cooker, combine the sugar, vinegar, soy sauce, ginger, garlic and red pepper (if you prefer more spice, use 1/2 teaspoon here). Add the chicken and turn to coat. Cook, covered, until the chicken is cooked through and very tender, 6 to 7 hours on low or 3 to 4 hours on high.

Twenty-five minutes before serving, cook the rice according to package directions.

Meanwhile, cut away the peel and white pith of the orange. Cut the orange into thin half-moons and place in a medium bowl. Fold in the scallions.

Using two forks, gently shred the chicken into medium pieces and stir into the cooking liquid. Fill the lettuce leaves with the rice and top with the chicken and the orange mixture.

**Tip:** The balsamic-ginger sauce is just as tasty with beef or pork. Use flank steak (cut crosswise into 2-inch-thick pieces; shred after cooking) or pork shoulder (trimmed and cut into 2-inch pieces; add 1 hour to the cooking time).

**Serves:** 4

### NUTRITION INFORMATION PER SERVING

Calories 438	Total fat 7 g
Saturated fat 2 g	Cholesterol 141 mg
Sodium 292 mg	Total carbohydrate 53 g
Dietary fiber 2 g	Protein 38 g



Use brown rice instead of white rice.

Source: [womansday.com/recipefinder/balsamic-ginger-chicken-lettuce-cups-recipe](http://womansday.com/recipefinder/balsamic-ginger-chicken-lettuce-cups-recipe)



## Turkey Meatloaf Minis

**Prep time:** 15 minutes

**Total time:** 55 minutes

- 1 small onion
- 1-1/4 pounds raw lean ground turkey
- 3 cups bagged dry broccoli cole slaw, roughly chopped
- 1/2 cup quick-cooking oats
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 1/2 cup fat-free liquid egg substitute
- 1/4 cup, plus 3 tablespoons ketchup

Preheat oven to 350°F.

Using a box grater, grate the onion into a large bowl. Add turkey, broccoli cole slaw, oats, garlic powder, salt, egg substitute, and 1/4 cup ketchup. Stir until thoroughly mixed.

Line 9 cups of a 12-cup muffin pan with baking cups and/or spray with nonstick spray. Evenly distribute turkey-veggie mixture among the muffin cups, and top each with 1 teaspoon ketchup.

Bake in the oven until firm with lightly browned edges, 30 to 35 minutes. Let stand for 5 minutes before serving. Enjoy!

**Serves:** 9      **Serving size:** 1 mini meatloaf

### NUTRITION INFORMATION PER SERVING

Calories 142  
Fat 5.25 g  
Sodium 494 mg  
Carbohydrate 9 g  
Fiber 1.5 g  
Sugar 4 g  
Protein 14 g

Source: [foodnetwork.com/recipes/turkey-and-veggie-meatloaf-minis-recipe](http://foodnetwork.com/recipes/turkey-and-veggie-meatloaf-minis-recipe)



## Spinach Stuffed Sole

A scant amount of oil and part-skim mozzarella cheese give this lower fat dish a Mediterranean flavor.

Nonstick cooking spray, as needed  
1 teaspoon olive oil  
1/2 pound fresh mushrooms, sliced  
1/2 pound fresh spinach, chopped  
1 clove garlic, minced  
1/4 teaspoon oregano leaves, crushed  
1-1/2 pounds sole fillets or other white fish  
2 tablespoons sherry  
4 ounces (1/2 cup) part-skim mozzarella cheese, grated

Preheat oven to 400°F. Spray 10 x 6-inch baking dish with nonstick cooking spray.

Heat oil in skillet; sauté mushrooms about 3 minutes or until tender. Add spinach and continue cooking about 1 minute or until spinach is barely wilted. Remove from heat; drain liquid into prepared baking dish. Add oregano and garlic to drained, sautéed vegetables; stir to mix ingredients.

Divide vegetable mixture evenly among fillets, placing filling in center of each fillet. Roll fillet around mixture and place seam-side down in prepared baking dish. Sprinkle with sherry, then grated mozzarella cheese.

Bake 15 to 20 minutes or until fish flakes easily. Lift out with a slotted spoon.

**Serves:** 4      **Serving size:** 1 fillet roll

### NUTRITION INFORMATION PER SERVING

Calories 262  
Total fat 8 g  
Saturated fat 4 g  
Cholesterol 95 mg  
Sodium 312 mg

Source: [intelihealth.com](http://intelihealth.com)



## Roasted Almond and Herb-Crusted Pork Tenderloin

**Prep time:** 20 minutes

**Total time:** 30 minutes

- 1/4 cup roasted almonds
- 4 cloves garlic
- 1 slice country bread, crust removed and bread torn into 1-inch pieces
- 1/4 cup fresh flat-leaf parsley, roughly chopped
- 1-1/4 pounds pork tenderloin
- Kosher salt and pepper
- 1 tablespoon Dijon mustard
- 2 tablespoons olive oil
- 1 bunch spinach, thick stems discarded

Heat oven to 400°F. Line a rimmed baking sheet with parchment paper or foil. In a food processor, roughly chop the almonds and 2 cloves garlic. Add the bread and parsley and pulse until small crumbs form.

Season the pork with 1/4 teaspoon each salt and pepper and then spread with the mustard. Coat with the bread-crumble mixture, pressing gently to help it adhere. Transfer the pork to the prepared baking sheet and roast until the internal temperature reaches 145°F, 18 to 22 minutes. Let rest at least 5 minutes before slicing.

Meanwhile, thinly slice the remaining 2 cloves garlic. Heat the oil in a large skillet over medium heat. Add the garlic and cook, stirring, until golden brown, about 2 minutes. Add the spinach and 1/4 teaspoon each salt and pepper and cook, tossing, until beginning to wilt, about 2 minutes. Serve with the pork.

**Tip:** For a delicious next-day lunch, layer the sliced pork and spinach on a toasted whole-grain bread topped with lettuce and tomato.

**Serves:** 4

### NUTRITION INFORMATION PER SERVING

Calories 316  
Total fat 16 g  
Saturated fat 3 g  
Cholesterol 83 mg  
Sodium 492 mg  
Total carbohydrate 0 g  
Dietary fiber 3 g  
Protein 34 g



Reduce olive oil from 2 tablespoons to 1 tablespoon.

Source: [womansday.com/recipefinder/roasted-almond-and-herb-crust-pork-tenderloin](http://womansday.com/recipefinder/roasted-almond-and-herb-crust-pork-tenderloin)





## Puerto Rican Steak and Onions

- 2 pounds beef top round, cut into thin slices
- 1/3 cup white vinegar
- 3 cloves garlic, peeled and chopped
- 1/2 tablespoon salt
- 1 cup olive oil
- 1 cup green bell pepper strips
- Black pepper to taste
- 1/2 cup Spanish olives, sliced
- 2 cups Spanish yellow onions, sliced

Pound the meat to tenderize it. Season with salt and pepper. Combine the vinegar and 3/4 cup of the olive oil. Add the olives and garlic; set aside. In a nonstick skillet, heat the remaining 1/4 cup of oil and sauté the pepper and onion lightly.

Remove the pepper and onion with a slotted spoon and set aside. Reheat the oil remaining in the skillet until very hot and sear the beef on all sides. Return the pepper and onion to the skillet with the meat. Pour the oil and vinegar mixture over the meat. Cook over medium to low heat, partially covered, for 20 minutes, or until the meat is tender.

**Serves:** 12

### NUTRITION INFORMATION PER SERVING

Calories 270  
Cholesterol 35 mg  
Protein 16 g  
Sodium 490 mg  
Carbohydrate 4 g  
Fiber 1 g  
Sugar 2 g  
Total fat 22 g  
Saturated fat 3.5 g  
Monounsaturated fat 0 g

Source: [communityvitality.com](http://communityvitality.com) (Aetna)



Use 1/2 cup of olive oil instead of 1 cup.



## Chicken & Asparagus with Melted Gruyere

For this elegant dish, boneless chicken breast and asparagus are smothered in a luxurious white wine sauce with just the right amount of melted Gruyere cheese. Tarragon and lemon add a delicious light flavor that is perfect with asparagus.

**Prep time:** 35 minutes

8 ounces asparagus, trimmed and cut into 1-inch pieces  
2/3 cup reduced-sodium chicken broth  
2 teaspoons plus 1/4 cup all-purpose flour, divided  
4 boneless, skinless chicken breasts (1 to 1 1/4 pounds), trimmed  
1/4 teaspoon salt  
1/2 teaspoon freshly ground pepper  
1 tablespoon canola oil  
1 shallot, thinly sliced  
1/2 cup white wine  
1/3 cup reduced-fat sour cream  
1 tablespoon chopped fresh tarragon or 1 teaspoon dried  
2 teaspoons lemon juice  
2/3 cup shredded Gruyere cheese

Place a steamer basket in a large saucepan, add 1 inch of water and bring to a boil. Add asparagus; cover and steam for 3 minutes. Uncover, remove from the heat and set aside.

Whisk broth and 2 teaspoons flour in a small bowl until smooth. Set aside.

Place the remaining 1/4 cup flour in a shallow dish. Sprinkle chicken with salt and pepper and dredge both sides in the flour, shaking off any excess.

Heat oil in a large skillet over medium heat. Add the chicken and cook until golden brown, 3 to 4 minutes per side, adjusting heat as needed to prevent scorching. Transfer to a plate and cover to keep warm.

Add shallot, wine and the reserved broth mixture to the pan; cook over medium heat, stirring, until thickened, about 2 minutes. Reduce heat to medium-low; stir in sour cream, tarragon, lemon juice and the reserved asparagus until combined. Return the chicken to the pan and turn to coat with the sauce. Sprinkle cheese on top of each piece of chicken, cover and continue cooking until the cheese is melted, about 2 minutes.

**Serves:** 4

### NUTRITION INFORMATION PER SERVING

Calories 306	Fat 15 g (6 g saturated fat, 6 g monounsaturated fat)
Cholesterol 91 mg	Carbohydrate 7 g
Protein 31 g	Fiber 1 g
Sodium 298 mg	Potassium 343 mg
Nutrition Bonus: selenium (36% daily value), calcium (25% daily value)	



To reduce fat, try using 1/2 cup of cheese instead of 2/3 cup.

Source: WebMD recipe from [eatingwell.com](http://eatingwell.com)



## Broiled Grouper with Teriyaki Sauce

Serve the grouper over herb-flavored couscous with a side of steamed green beans. For another variation, serve the fish with fresh pineapple slices that have been slightly browned on the stove or grill.

1 tablespoon reduced-sodium teriyaki sauce  
1/2 teaspoon minced garlic  
2 grouper fillets, each 4 ounces  
2 lemon wedges  
1/4 teaspoon Italian seasoning

In a small bowl, whisk together the teriyaki sauce and garlic.

Lightly spray a baking pan with cooking spray. Place the grouper fillets in the pan. Brush the teriyaki marinade on both sides of the fillets. Cover and refrigerate for at least 15 minutes to marinate the fish.

Preheat the broiler (grill). Position the rack 4 inches from the heat source.

Broil (grill) until the fish is opaque throughout when tested with a tip of a knife, about 5 to 10 minutes. Remove from the broiler. Squeeze 1 lemon wedge over each fillet and then sprinkle with Italian seasoning. Serve immediately.

**Serves:** 2      **Serving size:** 1 fillet

### NUTRITION INFORMATION PER SERVING

Calories 114  
Cholesterol 42 mg  
Protein 22 g  
Sodium 220 mg  
Carbohydrate 2 g  
Fiber 0 g  
Total fat 1 g  
Potassium 562 mg  
Saturated fat <1 g  
Calcium 37 mg  
Monounsaturated fat <1 g

Source: [mayoclinic.com](http://mayoclinic.com)



## Garlic Oven-Fried Chicken

2 tablespoons butter  
2 tablespoons olive oil  
3 cloves garlic, finely minced  
4 to 6 boneless chicken breast halves, cut in strips  
2/3 cup fine dry breadcrumbs (part panko if possible)  
1/3 cup fresh shredded Parmesan cheese  
1 teaspoon dried parsley flakes  
1/2 teaspoon dried leaf basil  
1/2 teaspoon salt  
Dash pepper

Heat oven to 400°F. Line pan with foil and lightly grease or spray with nonstick cooking spray. In a small skillet over medium-low heat, melt butter with olive oil; add garlic and continue cooking for 1 minute.

Wash chicken pieces and pat dry. In a plate or shallow bowl, combine the breadcrumbs, Parmesan cheese, parsley, basil, salt and pepper. Coat chicken pieces with the garlic/oil mixture and then dip in the breadcrumb mixture, turning to coat thoroughly.

Arrange chicken on the foil and bake for about 30 to 40 minutes, depending on thickness of pieces, until chicken is cooked through.

**Serves:** 4-6

### NUTRITION INFORMATION PER SERVING

Calories 130  
Cholesterol 35 mg  
Protein 15 g  
Sodium 110 mg  
Carbohydrate 5 g  
Fiber 0 g  
Total fat 6 g  
Saturated fat 1 g  
Monounsaturated fat 0 g

Source: [communityvitality.com](http://communityvitality.com) (Aetna)



## Stuffed Shells

**Prep time:** 30 minutes

- 1 teaspoon salt
- 12 jumbo pasta shells
- 1 cup part-skim ricotta cheese
- 1 cup Plain 0% Chobani Greek Yogurt
- 2 cups shredded mozzarella
- 1/2 cup grated Parmigiano-Reggiano
- 1/2 cup chopped flat-leaf parsley
- 3 cups tomato sauce
- 6 fresh basil leaves, torn or shredded

Preheat broiler to 450°F. Arrange oven rack about 8 inches from broiler.

Bring large pot of water to a boil. Add salt and pasta. Add shells and cook for 12 to 15 minutes; they should be undercooked at center. Drain pasta and cool.

Combine ricotta, Chobani, 1 cup mozzarella, 1/4 cup Parmesan and parsley in a bowl. Set aside.

Pour 1 cup sauce into bottom of shallow baking dish large enough to hold shells in single layer. Spoon cheese mixture into shells and arrange seam side down in baking dish. Top shells with remaining sauce, mozzarella and Parmesan. Place shells in oven for 6 to 8 minutes, until cheese melts and sauce bubbles.

**Serves:** 6

### NUTRITION INFORMATION PER SERVING

- Calories 443
- Fat 18 g
- Saturated fat 9 g
- Trans fat 0 g
- Cholesterol 39 g
- Sodium 1183 mg
- Carbohydrate 46 g
- Fiber 3 g
- Sugar 10 g
- Protein 30 g

Source: [chobanikitchen.com/recipes/detail/stuffed-shells](http://chobanikitchen.com/recipes/detail/stuffed-shells)



Use low-fat/skim mozzarella cheese and eliminate the teaspoon of salt.





## Macaroni and Cheese

Next time you're in the mood for mac and cheese, don't open a box filled with high calories and processed cheese—try the real thing. You can have creamy, cheesy mac and cheese for fewer calories and much better taste.

3/4 cup skim milk  
3/4 cup nonfat sour cream  
3 tablespoons trans-fat-free margarine, melted  
1 teaspoon Dijon mustard  
2 cups shredded reduced-fat sharp cheddar cheese  
1/2 cup shredded part-skim mozzarella cheese  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
4 cups cooked multigrain elbow macaroni (about 2 cups uncooked)  
1/4 cup dry bread crumbs  
1/4 teaspoon paprika

Preheat oven to 350°F. Lightly coat a 2-quart casserole dish or 6 (7 ounce) ramekins with nonstick cooking spray.

In a saucepan, combine milk, sour cream, margarine, mustard, cheddar cheese, mozzarella, salt and pepper and cook over medium-high heat, stirring, until cheese is melted and a sauce forms.

In a large bowl, combine cooked macaroni and cheese sauce. Stir gently to combine. Pour macaroni into prepared casserole or ramekins.

In a small bowl, combine bread crumbs and paprika. Sprinkle mixture over macaroni mixture.

Cover and bake for 30 minutes in casserole or 5 minutes in ramekins. Uncover; bake 5 minutes longer, or until bread crumbs are golden.

**Serving size:** 1 cup

### NUTRITION INFORMATION PER SERVING

Calories 281  
Fat 9 g  
Saturated fat 4 g  
Cholesterol 17 mg  
Sodium 540 mg  
Carbohydrate 35 g  
Fiber 3 g  
Protein 19 g

Source: Aetna



## Whipped Cauliflower “Potatoes”

Aside from all the wonderful health benefits of cauliflower, this recipe is delicious! You will be addicted!

- 1 large head cauliflower
- 3 garlic cloves
- 1/4 cup fresh herbs (chives work particularly well)
- Sea salt
- Fresh ground pepper
- 1/2 cup onion
- 2 tablespoons olive oil

Chop cauliflower into smaller chunks—about bite-size pieces works well. Peel garlic cloves and cut in half, lengthwise. Chop onion into slices.

Steam cauliflower, garlic and onion for 15 minutes, or until cauliflower and garlic are tender enough for a fork to easily pass through.

Combine steamed cauliflower, garlic, onion, olive oil, fresh herbs, pepper, and sea salt in a food processor and blend until everything comes together into a mashed potato-like consistency.

Top with a little pepper for looks and enjoy your guilt-free whipped “potatoes.”

**Tip:** If you love sour cream and chives on your whipped potatoes, top your whipped cauliflower with a dollop of fat-free Greek yogurt and some fresh chopped chives!

**Serves:** 4

### NUTRITION INFORMATION PER SERVING

Calories 129  
Carbohydrate 15 g  
Fat 7 g  
Protein 5 g

Source: [damyhealth.com/2011/03/the-secret-life-of-cauliflower](http://damyhealth.com/2011/03/the-secret-life-of-cauliflower)



## Low Carb Shepherd's Pie

This recipe is extremely flexible and you are welcome to make it as big or as small as you want.

1 package Yves Original Veggie Ground Beef or ground turkey sausage  
1 cup diced carrots  
1 cup corn  
1/2 cup green peas  
Whipped cauliflower (see previous page)  
Salt and pepper

Preheat oven to 425°F.

Make your whipped cauliflower. Cook your carrots until they are firm but cooked. Dice carrots into corn-sized pieces.

Grease baking dish or ramekins. Spread layer of veggie ground beef on the bottom of your dish. Layer carrots, corn and peas. Top with a layer (as thick as you want) of whipped cauliflower. Sprinkle salt and pepper to taste.

Place in the oven for 20 to 25 minutes or until cauliflower starts to brown. Remove from oven and let set for a few moments before serving.

**Serves:** 4

### NUTRITION INFORMATION PER SERVING

Calories 249  
Carbohydrate 33 g  
Fat 8 g  
Protein 17 g

Source: [damyhealth.com/2011/10/low-carb-shepherds-pie](http://damyhealth.com/2011/10/low-carb-shepherds-pie)



## ***Your Health Champions' Ideas for Healthier Grilling***

*Dinner hot off the grill can be a special treat. In addition to selecting lean meats or vegetable substitutes, try the following options:*

- *Balsamic vinegar to caramelize vegetable kabobs*
- *Fresh herbs to bring out the flavor in marinades*
- *Veggie, turkey or buffalo burgers rather than beef burgers*
- *Grilled fruits and veggies for a tasty, nutritious side item or dessert*





Michelle,  
Store Support Center

## Michelle's Grilled Hickory Salmon with Grilled Asparagus and Wild Rice



**Prep time:** 10 minutes

**Total time:** 32 minutes

4 (6 ounce) salmon center cut pieces  
2 hickory planks (from local grocery store)  
Low-sodium Old Bay® Seasoning  
1 bunch of asparagus  
1/2 cup low-fat Italian dressing  
Low-sodium store brand wild rice  
Drizzle of low calorie REAL maple syrup

Soak hickory plank in water for 30 minutes.

Fire up grill (preference charcoal—but propane works). Sprinkle salmon with Old Bay Seasoning—let stand aside. Pour 1/2 cup Italian dressing over washed asparagus (in plastic zip-lock freezer bag) let stand 15 minutes.

Start rice per package instructions. Place hickory planks on grill (3 minutes each side). On hot plank add salmon. Grill each side approximately 6 minutes. Place asparagus on grill after flipping salmon on second side. Grill for 5 to 6 minutes. Drizzle (lightly) maple syrup over salmon for light sweet taste. Grill another 2 minutes.

Serve over wild rice with asparagus on the side.

**Serves:** 4

**Serving size:** 1 piece

### NUTRITION INFORMATION PER SERVING

Calories 594

Carbohydrate 59 g

Fat 22 g

Protein 41 g





Theresa, Store 248

## Theresa's Grilled Pear Delight



**Prep time:** 5 minutes

**Total time:** 15 minutes

2 pears washed and cored, halved or sliced

1 container non-fat Greek vanilla yogurt

Walnut pieces

Honey

Fresh herbs (such as mint, optional)

Turn on grill. Wash, core and either halve or slice your pears. Lightly spray grill with nonstick cooking spray.

Place pears on grill and grill until caramelized 5 to 10 minutes. Remove from grill. Top pears with yogurt, crushed walnuts and garnish with fresh herbs.

**Serves:** 4

**Serving size:** half a pear

### NUTRITION INFORMATION PER SERVING

Calories 205

Carbohydrate 36 g

Fat 5 g

Protein 7 g



Adam, Store 4132

## Adam's Grilled Ginger-Teriyaki Tuna with Asparagus and 7 Grain Pilaf



Fresh, Asian-inspired meal for the grill.

**Prep time:** 25 minutes

**Total time:** 50 minutes

4 (6 ounce) pieces of fresh tuna

2 bunches of asparagus (approximately 5 spears per serving)

### ***Marinade***

5 cloves garlic peeled

1-inch piece fresh ginger peeled

2 tablespoons extra virgin olive oil

1 tablespoon sesame oil

2 tablespoons rice vinegar

2 teaspoons honey

2 dashes hot pepper sauce (such as Tabasco®)

2 tablespoons low-salt soy sauce

### ***Pilaf***

1 cup (1 pouch) Kashi 7 Whole Grain Pilaf

1/4 cup diced onion

2 cups low-fat chicken broth

2 tablespoons chopped fresh parsley

1 small tomato diced for garnish (optional)

### ***Marinade***

Place garlic and ginger into food processor. Pulse until finely chopped. Add the rest of the marinade ingredients and blend until emulsified.

Split the marinade between two shallow dishes. Place the tuna in one dish and turn to coat on all sides. Let rest at room temperature for 20 minutes. Add asparagus to the other reserved marinade and toss to coat all pieces. Set aside. Preheat grill to medium.

### ***Pilaf***

Add chicken broth and onion to a 2-quart saucepan. Bring to a boil and add the Kashi, return to a boil, cover and reduce to low heat. Simmer for 25 minutes.

While Kashi is cooking remove asparagus from marinade (save the marinade) and place in a single layer on grill. Grill 3 to 4 minutes, or until light grill marks appear then turn spears and grill an additional 3 to 4 minutes. Remove to a plate and wrap tightly with foil. Set aside.

Place tuna on the grill for 4 to 6 minutes per side depending on thickness and desired finished temperature. Remove from grill.

After cooking 25 minutes, add the reserved asparagus marinade and chopped parsley to the Kashi pilaf. Stir to incorporate.

Place 1/4 of the Kashi on the center of the plate, top with 5 asparagus spears, and the grilled tuna. Garnish with diced tomato.

**Serves:** 4

### **NUTRITION INFORMATION PER SERVING**

Calories 402

Carbohydrate 55 g

Fat 41 g

Protein 15 g



Chad, Store 2018

## Chad's Chicken Pouch



Grilling season is my favorite time of year. I took a recipe that my mother made every summer and made it a little healthier since my wife and I have been living a healthier lifestyle.

**Prep time:** 10 minutes

**Total time:** 25 minutes

- 1 pound ground chicken
- 1 large sweet onion (chopped)
- 1 green bell pepper (chopped)
- 16 ounces of sweet corn (fresh or frozen)
- 4 carrots (sliced)
- 4 teaspoons minced garlic
- 1 cup of frozen peas (thawed)
- 4 tablespoons of Mrs. Dash seasoning (original flavor)
- 4 tablespoons of A1® steak sauce

Turn your grill on to medium heat. Tear off 4, 15-inch squares of aluminum foil. Spray each piece of aluminum foil with nonstick cooking spray. Divide the 1 pound of ground chicken into 4 equal sections. Place 1/4 of the chicken onto the center of each foil loosely. Scatter your green pepper, 1/4 cup of corn, 1 carrot, 1/4 cup of peas, 1 teaspoon garlic, 1 tablespoon Mrs. Dash seasoning, 1 tablespoons of A1 steak sauce per pouch. Fold the aluminum foil around the meat and vegetables making a pouch. Place the 4 pouches onto the grill over medium heat. Cook approximately 15 minutes or until chicken is thoroughly cooked.

**Serves:** 4

**Serving size:** 1 pouch

### NUTRITION INFORMATION PER SERVING

Calories 351

Carbohydrate 38 g

Fat 10 g

Protein 28 g



## Chipotle-&-Orange Grilled Chicken

**Prep time:** 10 minutes

**Total time:** 25 minutes

2 tablespoons orange-juice concentrate, thawed  
1 tablespoon finely chopped chipotle peppers in adobo sauce  
1 tablespoon balsamic vinegar  
2 teaspoons unsulfured molasses  
1 teaspoon Dijon mustard  
1 pound boneless, skinless chicken breasts, trimmed  
Salt to taste

Preheat grill or broiler.

Whisk together orange-juice concentrate, chipotle pepper, vinegar, molasses and mustard in a small bowl.

Lightly oil the grill or broiler rack (see Tips). Season chicken with salt and grill or broil for 2 minutes. Turn, brush with the glaze and cook for 4 minutes, brushing occasionally with glaze. Turn again, brush with the glaze, and cook until the center is no longer pink, 1 to 2 minutes longer.

### Tips:

- Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep up to 2 weeks in the refrigerator or 6 months in the freezer.
- To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like tofu and fish, it is helpful to spray the food with cooking spray.

**Serves:** 4

### NUTRITION INFORMATION PER SERVING

Calories 150

Fat 3 g (1 g sat, 1 g mono)

Cholesterol 63 mg

Carbohydrate 7 g

Added sugar 2 g

Protein 23 g

Fiber 0 g

Sodium 227 mg

Potassium 302 mg

**Nutrition Bonus:** selenium (30% daily value), vitamin C (20% daily value)

Source: [eatingwell.com](http://eatingwell.com)





## Grilled Eggplant Parmesan Sandwich

Our healthier eggplant Parmesan sandwich uses tender, smoky grilled eggplant instead of fried, so it has a fraction of the fat and calories. To make these sandwiches a cinch to prepare, make sure to have all your ingredients ready before you head out to the grill.

**Prep time:** 45 minutes

1 large eggplant (1-1/4 to 1-1/2 pounds), cut into (12) 1/4-inch-thick rounds

Canola or olive oil cooking spray

1/4 teaspoon salt

3 tablespoons finely shredded Parmesan, or Asiago cheese

1/2 cup shredded part-skim mozzarella cheese

4 small pieces focaccia bread or rustic Italian bread

2 teaspoons extra-virgin olive oil

5 ounces baby spinach

1 cup crushed tomatoes, preferably fire-roasted

3 tablespoons chopped fresh basil, divided

Preheat grill to medium-high.

Place eggplant rounds on a baking sheet and sprinkle with salt. Coat both sides lightly with cooking spray. Combine Parmesan (or Asiago) and mozzarella in a small bowl. Brush both sides of focaccia (or rustic bread) with oil.

Place spinach in a large microwave-safe bowl. Cover with plastic wrap and punch several holes in the wrap. Microwave on high until wilted, 2 to 3 minutes. Combine tomatoes and 2 tablespoons basil in a small microwave-safe bowl. Cover and microwave until bubbling, about 2 minutes.

Place all your ingredients on the baking sheet with the eggplant and take it to the grill. Grill the eggplant slices until brown and soft on both sides, 2 to 3 minutes per side. Grill the bread until toasted, about 1 minute per side. Return the eggplant and bread to the baking sheet. Reduce grill heat to medium.

Place 1 eggplant round on top of each slice of bread. Layer 1 tablespoon tomatoes, 1 tablespoon wilted spinach and 1 tablespoon cheese on each slice of eggplant. Repeat with the remaining eggplant, tomatoes, spinach and cheese. Sprinkle each stack with some of the remaining basil. Place the baking sheet on the grill, close the lid and grill until the eggplant stack is hot and the cheese is melted, 5 to 7 minutes.

**Serves:** 12-16

### NUTRITION INFORMATION PER SERVING

Calories 291                      Fat 8 g (2 g sat, 3 g mono)

Cholesterol 12 mg              Carbohydrate 48 g

Protein 12 g                      Fiber 9 g

Sodium 756 mg                  Potassium 526 mg

**Nutrition Bonus:** vitamin A (38% daily value), vitamin C (23% daily value), calcium (22% daily value), potassium (15% daily value)



756 mg of sodium is 1/3 the USDA's recommended daily allowance of 2,300 mg. Try using low-sodium crushed tomatoes to reduce salt.

Source: [eatingwell.com](http://eatingwell.com)





## Grilled Fruit with Balsamic Vinegar Syrup

Grilling caramelizes the natural sugar found in fruit, which turns the sugar brown, makes it sticky and intensifies its sweetness. Balsamic vinegar with its sweet-yet-tart flavor is a wonderful complement to grilled fruit.

1 small pineapple, peeled, cored and cut into wedges  
2 large mangoes, cored and cut in half  
2 large peaches, cored and cut in half  
Nonstick, butter-flavored cooking spray  
2 tablespoons brown sugar  
1/2 cup balsamic vinegar  
Mint or basil leaves for garnish

In a large bowl, combine the pineapple, mangoes and peaches. Spray generously with cooking spray. Toss and spray again to ensure the fruit is well coated. Sprinkle with brown sugar. Toss to coat evenly. Set aside.

In a small saucepan, heat the balsamic vinegar over low heat. Simmer until the liquid is reduced in half, stirring occasionally. Remove from the heat.

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Place the fruit on the grill racks or broiler pan. Grill or broil over medium heat until the sugar caramelizes, about 3 to 5 minutes.

Remove the fruit from the grill and arrange onto individual serving plates. Drizzle with balsamic syrup and garnish with mint or basil. Serve immediately.

**Serves:** 6

### NUTRITION INFORMATION PER SERVING

Calories 120  
Monounsaturated fat 0 g  
Protein 1 g  
Cholesterol 0 mg  
Carbohydrate 29 g  
Sodium 5 mg  
Total fat 0 g  
Fiber 3 g  
Saturated fat 0 g

Source: [mayoclinic.com](http://mayoclinic.com)



## Mediterranean-Style Grilled Salmon

Instead of the usual breaded and fried fish, this fish is grilled, Mediterranean style. You may substitute swordfish, halibut, sea bass or any other whitefish, and the calorie values are similar.

4 tablespoons chopped fresh basil  
1 tablespoon chopped fresh parsley  
1 tablespoon minced garlic  
2 tablespoons lemon juice  
4 (5-ounce) salmon fillets  
Cracked black pepper to taste  
4 green olives, chopped  
4 thin slices lemon

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

In a small bowl, combine the basil, parsley, minced garlic and lemon juice.

Spray the fish with cooking spray. Sprinkle with black pepper. Top each fillet with equal amounts of the basil-garlic mixture. Place the fish herb-side down on the grill.

Grill over high heat. When the edges turn white, after about 3 to 4 minutes, turn the fish over and place on aluminum foil. Move the fish to a cooler part of the grill or reduce the heat. Grill until the fish is opaque throughout when tested with the tip of a knife and an instant-read thermometer inserted into the thickest part of the fish reads 145°F (about 4 minutes longer).

Remove the salmon and place on warmed plates. Garnish with green olives and lemon slices.

**Serves:** 4      **Serving size:** 1 fillet

### NUTRITION INFORMATION PER SERVING

Calories 183	Cholesterol 78 mg
Protein 28 g	Sodium 105 mg
Carbohydrate 2 g	Fiber trace
Total fat 9 g	Potassium 736 mg
Saturated fat 1.5 g	Calcium 31 mg
Monounsaturated fat 3 g	

Source: [mayoclinic.com](http://mayoclinic.com)



## Beef and Vegetable Kabobs

Marinating meat before grilling not only adds flavor but also reduces the chance that cancer-causing substances will form on the meat during grilling. Marinating also helps keep meat from burning and charring.

- 1/2 cup brown rice
- 2 cups water
- 4 ounces top sirloin (choice)
- 3 tablespoons fat-free Italian dressing
- 1 green pepper, seeded and cut into 4 pieces
- 4 cherry tomatoes
- 1 small onion, cut into 4 wedges
- 2 wooden skewers, soaked in water for 30 minutes, or metal skewers

In a saucepan over high heat, combine the rice and water. Bring to a boil. Reduce the heat to low, cover and simmer until the water is absorbed and the rice is tender, about 30 to 45 minutes. Add more water if necessary to keep the rice from drying out. Transfer to a small bowl to keep warm.

Cut the meat into 4 equal portions. Put the meat in a small bowl and pour Italian dressing over the top. Put in the refrigerator for at least 20 minutes to marinate, turning as needed.

Prepare a hot fire in a charcoal grill or heat a gas grill or a broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Thread 2 cubes of meat, 2 green pepper slices, 2 cherry tomatoes and 2 onion wedges onto each skewer. Place the kebabs on the grill rack or broiler pan. Grill or broil the kebabs for about 5 to 10 minutes, turning as needed.

Divide the rice onto individual plates. Top with 1 kebab and serve immediately.

**Serves:** 2

### NUTRITION INFORMATION PER SERVING

Calories 330	Cholesterol 50 mg
Protein 22 g	Sodium 370 mg
Carbohydrate 48 g	Fiber 4 g
Total fat 5 g	Potassium 620 mg
Saturated fat 2 g	Calcium 37 mg
Monounsaturated fat 2 g	

Source: [mayoclinic.com](http://mayoclinic.com)



## Grilled Chicken Caesar Salad

Romaine lettuce is flavorful and has more vitamin A, vitamin C, folate and calcium than iceberg lettuce.

2 (3 ounce) boneless, skinless chicken breasts  
3 tablespoons fat-free Italian dressing

### *Dressing\**

1-1/2 tablespoons fat-free mayonnaise  
1/4 teaspoon extra-virgin olive oil  
1/2 teaspoon red wine vinegar  
1/4 teaspoon Worcestershire sauce  
1 teaspoon fresh lemon juice  
1/2 clove garlic, minced  
1 1/2 teaspoons water  
Freshly ground black pepper, to taste  
4 cups romaine lettuce  
1/2 ounce (about 3 tablespoons) Parmigiano-Reggiano cheese, freshly grated  
1/2 cup whole-wheat croutons

In a sealable plastic bag, add the chicken and Italian dressing. Put in the refrigerator for 30 minutes, turning the chicken over after 15 minutes.

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Grill or broil the chicken breasts until browned and cooked through, about 5 minutes on each side (internal temperature should be 165°F for 15 seconds). Transfer the chicken to a cutting board and let rest 5 minutes before slicing into strips.

To make the Caesar dressing, add mayonnaise, olive oil, red wine vinegar, Worcestershire sauce, lemon juice, garlic and water. Whip together until smooth. Season to taste with freshly ground black pepper.

In a large bowl, combine the lettuce, croutons and the Caesar dressing. Toss thoroughly until the lettuce is coated with the dressing. Transfer the salad to individual plates. Top each salad with the grilled chicken and Parmigiano-Reggiano cheese. Serve immediately.

**Serves:** 2

### **NUTRITION INFORMATION PER SERVING**

Calories 201	Cholesterol 57 mg
Protein 25 g	Sodium 565 mg
Carbohydrate 13 g	Fiber 4 g
Total fat 5 g	Potassium 551 mg
Saturated fat 2 g	Calcium 145 mg
Monounsaturated fat 1.5 g	

Source: [mayoclinic.com](http://mayoclinic.com)





## Chipotle Spiced Shrimp



1/2 pound uncooked shrimp, peeled and deveined (about 32 shrimp)  
2 tablespoons tomato paste  
1-1/2 teaspoons water  
1/2 teaspoon extra-virgin olive oil  
1/2 teaspoon minced garlic  
1/2 teaspoon chipotle chili powder  
1/2 teaspoon fresh oregano, chopped

Rinse shrimp in cold water. Pat dry with a paper towel and set aside on a plate.

To make the marinade, whisk together the tomato paste, water and oil in a small bowl. Add garlic, chili powder and oregano. Mix well.

Using a brush, spread the marinade (it will be thick) on both sides of the shrimp. Place in the refrigerator.

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler (grill). Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Put the shrimp in a grill basket or on skewers and place on the grill. Turn the shrimp after 3 to 4 minutes. The cooking time varies depending on the heat of the fire, so watch carefully.

Transfer to a plate and serve immediately.

**Serves:** 4      **Serving size:** 8 shrimp

### NUTRITION INFORMATION PER SERVING

Calories 73  
Cholesterol 85 mg  
Protein 12 g  
Sodium 151 mg  
Carbohydrate 3 g  
Fiber 1 g  
Total fat 2 g  
Potassium 199 mg  
Saturated fat trace  
Calcium 37 mg  
Monounsaturated fat 1 g

Source: [mayoclinic.com](http://mayoclinic.com)





## Grilled Portobello Mushroom Burgers

The meaty-textured portobello mushroom is the perfect stand-in for a hamburger. One portobello mushroom has about 30 calories and no fat or cholesterol. By comparison, a 3-ounce hamburger patty has 235 calories, 16 grams of fat and 76 milligrams of cholesterol.

- 4 large portobello mushroom caps, 5 inches in diameter
- 1/3 cup balsamic vinegar
- 1/2 cup water
- 1 tablespoon sugar
- 1 garlic clove, minced
- 1/4 teaspoon cayenne pepper, optional
- 2 tablespoons olive oil
- 4 whole-wheat buns, toasted
- 4 slices tomato
- 4 slices red onion
- 2 bibb lettuce leaves, halved

Clean mushrooms with a damp cloth and remove their stems. Place in a glass dish, stem (gill) side up. To prepare the marinade, in a small bowl whisk together the vinegar, water, sugar, garlic, cayenne pepper and olive oil. Drizzle the marinade over the mushrooms. Cover and marinate in the refrigerator for about 1 hour, turning mushrooms once.

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Grill or broil the mushrooms on medium heat, turning often, until tender, about 5 minutes on each side. Baste with marinade to keep from drying out. Using tongs, transfer the mushrooms to a plate.

Place each mushroom on a bun and top with 1 tomato slice, 1 onion slice and 1/2 lettuce leaf. Serve immediately.

**Serves:** 4      **Serving size:** 1 burger

### NUTRITION INFORMATION PER SERVING

Calories 283	Cholesterol 0 mg
Protein 8 g	Sodium 140 mg
Carbohydrate 46 g	Fiber 9 g
Total fat 9 g	Potassium 134 mg
Saturated fat 1 g	Calcium 203 mg
Monounsaturated fat 5 g	

Source: [mayoclinic.com](http://mayoclinic.com)



## Tuna Steak Sandwiches

2 tuna fillets, each 4 ounces  
1/8 teaspoon freshly ground black pepper  
1/4 cup reduced-fat Caesar dressing  
2 whole-grain onion buns  
2 lettuce leaves  
2 slices tomato

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Sprinkle the tuna fillets with pepper. Place the fillets on the grill rack or broiler pan. Brush the tuna with 2 tablespoons of the Caesar dressing while cooking. Grill or broil until the fish is opaque throughout when tested with the tip of a knife, about 8 minutes. Just before taking the tuna off the grill, place buns on grill or broiler pan to toast.

Place the tuna steaks on the buns. Top with lettuce and tomato. Drizzle with the remaining 2 tablespoons of Caesar dressing. Serve immediately.

**Serves:** 2

### NUTRITION INFORMATION PER SERVING

Calories 281  
Cholesterol 51 mg  
Protein 31 g  
Sodium 554 mg  
Carbohydrate 33 g  
Fiber 6 g  
Total fat 3 g  
Potassium 656 mg  
Saturated fat trace  
Calcium 177 mg  
Monounsaturated fat 1 g

Source: [mayoclinic.com](http://mayoclinic.com)



## Turkey Burger with Chobani Horseradish Sauce

**Prep time:** 27 minutes

1 pound extra lean ground turkey breast (99% lean)  
1 garlic clove, minced  
1/2 cup (4 ounces) Plain 0% Chobani Greek Yogurt  
1/2 teaspoon salt  
1/4 teaspoon fresh black pepper  
1 tablespoon dry mustard  
1 tablespoon Worcestershire sauce  
1/2 cup red bell pepper, diced  
1/2 cup fresh parsley, chopped  
4 whole-wheat buns  
Lettuce, tomato, onion  
Vegetable oil cooking spray  
Chobani-Horseradish Sauce

Mix all ingredients except lettuce, tomato, onion, and spray together in bowl. Shape into 4 patties. Spray grill pan and heat over medium-high heat. Grill burgers on each side for about 6 minutes or when top feels firm to press. Serve on buns with lettuce, tomato, onion and sauce.

**Serves:** 4

### NUTRITION INFORMATION PER SERVING

Calories 272  
Fat 4 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 45 mg  
Sodium 625 mg  
Carbohydrate 26 g  
Fiber 4 g  
Sugar 6 g  
Protein 36 g

Source: [chobanikitchen.com/recipes/detail/turkey-burger-with-chobani-horseradish-sauce](http://chobanikitchen.com/recipes/detail/turkey-burger-with-chobani-horseradish-sauce)



625 mg of sodium is fairly high. Consider leaving out the 1/2 teaspoon of salt in the recipe.

