

# ***South Beach Diet Recipes & Information & Glycemic index chart***



<b>Nutrition Facts</b>	
The South Beach Diet Online™	
<b>Amount Per Serving</b>	
Start losing weight today	
<b>Good Fats</b>	100%
<b>Good Carbs</b>	100%
<b>Good Food</b>	100%

**THE SOUTH BEACH DIET™**  
ONLINE

**WHAT IT IS** A three-phase plan that has been likened to the low-carbohydrate Atkins program because during the first two weeks, South Beach eliminates most carbs, including bread, pasta, potatoes, fruit and most dairy products. In Phase 2, healthy carbs, including most fruits, whole grains and dairy products are gradually reintroduced, but processed carbs such as bagels, cookies, cornflakes, regular pasta and rice cakes remain on the list of foods to avoid or eat rarely. Ditto for carrots, corn, bananas, raisins, pineapple, fruit juice and watermelon. This phase lasts until the weight goal is reached. In Phase 3, adherents are urged to stick mostly with the same foods as in Phase 2. Agatston notes, however, that lapses are inevitable and dieters may need to "switch back to Phase 1 for a week or two" when they overindulge and regain weight.

**PHILOSOPHY** The program is based largely on reducing or eliminating foods with a high glycemic index -- a measure of the rise in blood sugar after eating a particular food. The South Beach Diet, Agatston writes, "corrects the way your body reacts to the very foods that made you overweight," especially sugar.

*Reality Check:* "The glycemic index is interesting," notes Wadden, but there isn't enough evidence to prove its effectiveness in weight loss. Adds Wing, "For weight loss, the bottom line continues to be calories, not the glycemic index."

**WHAT IT PROMISES** Eight- to 13- pound loss in the first two weeks; about one to two pounds per week after that. Belly fat is said to vanish first, though Agatston doesn't explain why.

*Reality Check:* "I don't know of any diets that expressly make you lose abdominal fat," Wing says. As for those eight to 13 pounds, Wadden says a lot of that will be water, not fat.

**HOW IT STACKS UP** Calories aren't counted, but based on serving sizes and ingredients provided in sample menus and recipes, intake in all phases runs about 1,200 to 1,400 calories daily, provided that you eat reasonable portions. This calorie level should produce weight loss of about a pound per week. Fat -- much of it healthful fat from salmon and olive oil -- provides 40 to 50 percent of calories, higher than the 30 percent or less targeted by low-fat diets and groups such as the American Heart Association. According to the Healthy Eating Index, South Beach Phase 1 could fall short on fruit and grains for women and men, and may have too much saturated fat, but it appears to hit the mark on milk, vegetables, meat, cholesterol and variety. Phase 2 may still skimp on grains and some dairy products and may have too much cholesterol because of eggs. But for women especially, it appears to score well on vegetables, fruit, meat, saturated fat, sodium and variety. Men may need more vegetables.

**PHYSICAL ACTIVITY QUOTIENT** Newspaper ads promise that exercise is not needed for success on the South Beach Diet. The book offers just a half-page on physical activity, which Wadden says is surprising given that Agatston is a cardiologist. "It's true that you don't have to exercise to lose weight," Wadden says, "but it sure helps." And as Wadden notes, increased physical activity is good for improving such other things as energy, sleep, mood and blood pressure.

	<b>GREEN LIGHT (<math>&lt; 50</math>)</b>	<b>YELLOW LIGHT (<math>50 - 75</math>)</b>	<b>RED LIGHT (<math>&gt; 75</math>)</b>
<b>FRUITS</b>	Fresh or dried: Apples, oranges, grapefruit, tangerine, pears, apricots, cherries, strawberries, raspberries, blackberries, blueberries, peaches, prunes, watermelon, cranberries, etc. Apple juice	Fresh bananas, pineapple, mangos, kiwis, grapes, dates, figs  <i>All fruit juices, except apple</i>	Dried bananas, candied fruits
<b>VEGETABLES</b>	All lettuces, spinach, cucumbers, fresh corn, green and yellow string beans, raw carrots, tomatoes, cabbage, rapini, peas, mushrooms, etc.	Boiled or roasted potatoes, beets, cooked carrots, corn (popped and canned)	French fries, fried vegetables, chips, instant mashed potatoes
<b>MILK PRODUCTS</b>	From cows, sheep, or grains (almonds, soy, rice, oats): milk, cheeses 35% fat or less, buttermilk, yogurts	From cows, sheep or grains (almonds, soy, rice, oats): creams and cheeses 35% fat or more, including ice creams and custards	None



## Nutrition Facts

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### Amount Per Serving

**Good Fats** 100%  
**Good Carbs** 100%  
**Good Food** 100%



<b>BREADS AND PASTRIES*</b> (breads, bagels, croissants, cakes, pizza crusts, crackers)	None	All breads and pastries, refined and non refined (non-refined being lower on the Glycemic Index and nutritionally superior)	Waffles, sweet and salty munchies (pretzels, chips, caramel corn, etc.), corn chips, hamburger and hot dog buns made from refined grains
<b>PASTA*</b> (spaghetti, fettucine, macaroni, shells, vermicelli, etc.)	All pasta, whole or multigrain, made from any non-refined grains	All pasta made from any refined grains	None
<b>CEREALS*</b>	None	All cereals, refined and non refined (non-refined being lower on the Glycemic Index and nutritionally superior) made from any of the above-mentioned grains. Also, triticale, Kashi, hemp and muesli cereals	All sweetened cereals made from refined grains
<b>RICE*</b>	Wild rice	White and brown Basmati rice, Jasmine rice, long grain white rice	Minute rice
<b>BEANS</b>	Alfafa, lentils (brown, red and green), beans (red.	Boston-type baked beans	None

	Mung, black, white, Pinto, chick, lima, Aduki, black-eyed, Great Northern, etc.), peas (yellow and green), etc.		
<b>GRAINS &amp; NUTS</b> (whole and in butter)	Peanuts, pecans, walnuts, hazelnuts, almonds, soy, sunflower seeds, etc.	Cashews, macadamia, coconut, sesame (tahini)	None
<b>OTHER</b>	None	Honey, soft drinks, sucrose, white sugar	Soft drinks added with maltodextrin

## ***Herbed Yogurt Cheese***

**Makes 2 cups**

### **Ingredients**

2 cups yogurt cheese made from nonfat yogurt  
2 scallions, trimmed and minced  
2 Tbsp. chopped fresh parsley plus leaves for garnish  
1 Tbsp. chopped fresh basil or 1/2 tsp. dried  
1 clove garlic, minced  
1/2 tsp. salt  
1/4 tsp. freshly ground black pepper

### **Instructions**

In a medium-sized bowl, blend together yogurt cheese, scallions, parsley, basil, garlic, salt and pepper with a wooden spoon. (The cheese may be prepared ahead and stored, covered, in the refrigerator for up to 2 days).

To serve, spread the cheese on crostini and garnish with parsley leaves.

### **Nutritional Information:**

24 calories  
0 g fat mono  
1 mg cholesterol  
3 g carbohydrate  
3 g protein  
66 mg sodium

## ***Marinated Yogurt Cheese***

**Makes 4 small cheeses**

### **Ingredients**

yogurt cheese from 32 oz. low-fat yogurt  
3 Tbsp. olive oil, preferably extra-virgin  
3 Tbsp. minced fresh parsley  
1 Tbsp. minced fresh dill  
2 cloves garlic, finely minced  
1/2 tsp. dried thyme  
1/2 tsp. dried rosemary  
1/2 tsp. dried basil

### **Instructions**

Divide yogurt cheese into 4 rounds, shaping patties with your hands.

Place in a wide, shallow bowl. Combine remaining ingredients and pour over cheese. Let stand at room temperature for 1/2 hour; cover and refrigerate overnight. Remove from refrigerator 1/2 hour before serving. Serve with crusty French bread or crackers.

### **Nutritional Information:**

42 calories  
2 g fat mono  
4 mg cholesterol  
3 g carbohydrate  
3 g protein  
27 mg sodium

## ***Mediterranean Grilled Vegetable Soup***

**Makes about 5 cups, serves 6**

### **Ingredients**

2 red bell peppers, cored, seeded and quartered lengthwise  
1 yellow bell pepper, cored, seeded and quartered lengthwise 2 small  
zucchini (1/2 lb. total), trimmed and quartered lengthwise  
1 red onion, peeled and cut into 1/2-inch-thick slices  
1 tsp. olive oil  
3 large vine-ripened tomatoes (1 1/4 lbs.), cored and chopped  
1 clove garlic, peeled  
1/2 tsp. dried oregano  
1/4 cup shredded basil leaves  
1 Tbsp. red-wine vinegar  
salt & freshly ground black pepper to taste.

### **Instructions**

Prepare a grill or preheat the broiler. Grill or broil bell peppers, skin-side toward the flame, until the skin is blackened, 5 to 10 minutes. Place in a paper bag and set aside for 15 minutes.

Meanwhile, brush zucchini and onion slices with oil and grill or broil until well browned and tender, about 5 minutes. Chop coarsely and set aside.

Peel the peppers. Coarsely chop the yellow pepper and set aside with the reserved zucchini and onions. Place the red peppers in a food processor or blender, along with tomatoes, garlic and oregano; puree until smooth. Transfer to a bowl and stir in 1 cup water, basil, vinegar and the reserved chopped vegetables. Season with salt and pepper. Cover and refrigerate until cool, about 30 minutes. (The soup can be stored, covered, in the refrigerator for up to 2 days.)

### **Nutritional Information:**

56 calories  
1 g fat mono  
0 mg cholesterol  
11 g carbohydrate  
2 g protein  
12 mg sodium

## ***Roasted Tomato Soup***

**Makes about 5 cups, serves 6**

### **Ingredients**

8-10 ripe tomatoes (3 lbs.), cored, halved and seeded  
1 1/2 tsp. olive oil  
2 red onions, chopped  
1 clove garlic, minced  
3 cups defatted reduced-sodium chicken stock  
3 Tbsp. chopped fresh basil  
salt & freshly ground black pepper to taste

### **Instructions**

Preheat broiler. Spray a baking sheet with nonstick cooking spray. Place tomatoes on the baking sheet, cut-side down. Broil until skins are blistered, about 10 minutes. Set aside to cool. Slip off skins and chop coarsely.

Meanwhile, in a medium-sized saucepan, heat oil over medium-low heat. Add onions and sauté for 5 minutes. Add garlic and sauté until the onions are very soft, about 5 minutes longer. Stir in tomatoes and cook, stirring, for 1 minute. Transfer the mixture to a food processor or blender and process until smooth; return to the saucepan. Stir in chicken stock and bring to a boil. Reduce heat to low and simmer for 5 minutes. Remove from heat and stir in basil. Season with salt and pepper. Cover and refrigerate until chilled, at least 1 hour. (The soup can be stored, covered, in the refrigerator for up to 2 days.)

### **Nutritional Information:**

90 calories  
2 g fat mono  
0 mg cholesterol  
16 g carbohydrate  
4 g protein  
216 mg sodium

## ***Baked Halibut with Salsa Verde***

**Makes 4 servings**

### **Ingredients**

1 1/2 pounds halibut steak  
1 teaspoon olive oil, preferably extra-virgin  
Salt & freshly ground black pepper to taste  
Salsa verde  
1 1/2 tablespoons olive oil, preferably extra-virgin  
2 tablespoons very finely chopped fresh parsley, preferably Italian flat-leaf  
1 tablespoon minced shallots  
1 1/2 teaspoons capers, rinsed and chopped  
1 small clove garlic, minced  
1 teaspoon fresh lemon juice  
1/2 teaspoon anchovy paste

### **Instructions**

To bake halibut:

1. Preheat oven to 300°F.
2. Set halibut on a large sheet of aluminum foil, drizzle with oil and season with salt and pepper. Bring together sides and ends of foil and seal into a tent, leaving an air space on top. Transfer tent to a large baking dish or baking sheet. Bake until the interior of the fish is opaque, 15 to 20 minutes.

To make salsa verde:

1. Combine oil, parsley, shallots, capers, garlic, lemon juice and anchovy paste in a small bowl. Season with salt and pepper.
2. Divide baked halibut into 4 medallions. Spoon a little salsa verde on top of each portion and serve.

### **Nutritional Information:**

200 calories  
9 total fat (1 g sat)  
41 mg cholesterol  
1 g carbohydrate  
27 g protein  
0 g fiber  
155 mg sodium

## ***Cumin-Crusted Sea Bass***

**4 servings**

### **Ingredients**

1 Tbsp. cumin seeds  
1/2 tsp. kosher salt  
1/4 tsp. freshly ground black pepper  
1 lb. sea bass fillets, skinned and cut into 4 pieces  
1/2 Tbsp. olive oil  
1-1/2 Tbsp. chopped fresh parsley  
Lemon or lime wedges

### **Instructions**

1. Preheat oven to 375 degrees F.
2. In a dry skillet, toast cumin seeds over medium heat, stirring, until fragrant, 2 to 4 minutes. Transfer to a bowl to cool.
3. With a spice grinder or mortar and pestle, grind cumin seeds, salt and pepper into a fine powder. Rub spice mixture on both sides of bass.
4. In a large ovenproof skillet, heat oil over medium-high heat. Add bass and cook until browned, 2 to 3 minutes per side.
5. Transfer skillet to oven and bake until fish is opaque in the center, 3 to 7 minutes. Sprinkle with parsley and serve immediately, with lemon or lime wedges.

### **Nutritional Information:**

130 calories  
4 total fat (1 g sat)  
47 mg cholesterol  
1 g carbohydrate  
21 g protein  
0 g fiber  
345 mg sodium

## ***Fillet of Sole with Spinach & Tomatoes***

**4 servings**

### **Ingredients**

12 cups spinach (1 1/4 lbs.), trimmed and washed thoroughly  
2 cloves garlic, minced  
salt & freshly ground black pepper to taste  
1 lb. sole fillets  
4 small plum tomatoes, sliced

### **Instructions**

Preheat oven to 400 degrees F. Prepare 4 pieces of parchment paper or aluminum foil for papillotes. Put spinach, with water still clinging to its leaves, into a large pot. Cover; steam the spinach over medium-high heat, stirring occasionally, until just wilted, about 5 minutes. Drain; when cool enough to handle, press out excess liquid.

Chop and place in a small bowl. Stir in garlic. Season with salt and pepper.

Place one quarter of the spinach mixture in the center of one half of each opened paper heart. Lay a sole fillet over the spinach and arrange tomato slices over the sole. Season with salt and pepper. Seal the packages and place them on a baking sheet. Bake for 10 to 12 minutes, or until the packages are puffed. (You may want to open one package to check that the fish is opaque.) Transfer the packages to individual plates; let each diner open his or her own package.

### **Nutritional Information:**

156 calories  
2 g fat mono  
55 mg cholesterol  
9 g carbohydrate  
27 g protein  
231 mg sodium

## ***Mediterranean Roasted Fish***

**4 servings**

### **Ingredients**

2 tsp. olive oil  
1 large onion, thinly sliced  
3 Tbsp. dry white or red wine  
2 cloves garlic, finely chopped  
1 14-oz. can whole tomatoes, drained and coarsely chopped  
8 imported black olives, such as Kalamata, pitted and coarsely chopped  
1/4 tsp. dried oregano  
1/4 tsp. grated orange zest  
salt & freshly ground black pepper to taste  
1 lb. thick-cut, firm-fleshed fish fillets, such as cod, halibut,  
mahi-mahi or monkfish, trimmed of any membrane, cut into 4 portions

### **Instructions**

Preheat oven to 450 degrees. In a large nonstick skillet, heat oil over medium-high heat. Add onions and sauté until lightly browned, about 5 minutes. Add wine and garlic; simmer for 30 seconds. Stir in tomatoes, olives, oregano and orange zest. Season with salt and pepper.

Arrange fish in a single layer in a shallow baking dish and season with salt and pepper. Spoon the tomato mixture over the fish. Bake for about 15 minutes, or until the fish fillets are opaque in the center.

### **Nutritional Information:**

166 calories  
9 g fat mono  
47 mg cholesterol  
21 g protein  
116 mg sodium

## ***Mustard-Crusted Salmon***

### **4 servings**

Prep time: 20 minutes

### **Ingredients**

1-1/4 pounds center-cut salmon fillets, cut into 4 portions  
Salt & freshly ground black pepper to taste  
1/4 cup reduced-fat sour cream  
2 tablespoons coarse-grained mustard  
2 teaspoons fresh lemon juice  
4 lemon wedges

### **Instructions**

1. Preheat broiler. Line a metal pan with foil, then lightly oil or coat it with nonstick spray.
2. Place salmon pieces, skin-side down, in prepared pan. Season with salt and pepper. In a small bowl, combine sour cream, mustard and lemon juice. Spread evenly over salmon.
3. Broil salmon, 5 inches from heat source, for 10 to 12 minutes, or until opaque in the center. Serve with lemon wedges.

### **Nutritional Information:**

255 calories  
10 total fat (3 g sat)  
83 mg cholesterol  
1 g carbohydrate  
29 g protein  
90 mg sodium

## ***Pan-Grilled Salmon Fillets with Tomato & Tarragon***

**4 servings**

### **Ingredients**

1-1 1/4 pounds salmon fillet, skin on (scaling is not necessary), pin bones removed, cut into 4 pieces  
Salt & freshly ground black pepper to taste  
1/2 cup dry white wine  
1/3 cup very finely chopped fresh chives  
3 sprigs fresh tarragon  
1 teaspoon butter  
2 ripe plum tomatoes, seeded and finely chopped  
Fresh chives for garnish

### **Instructions**

1. Preheat a 12-inch ovenproof skillet (cast iron is fine) for 3 or 4 minutes over medium-high heat. Preheat the broiler, positioning the top rack about 4 inches from the heat.
2. Place salmon fillets in the skillet, skin-side down, leaving the heat on medium-high. Sprinkle with pepper and cook, undisturbed, for about 6 minutes, or until the salmon flesh turns opaque about halfway up the fish.
3. Transfer the skillet to the broiler and leave it there for 2 or 3 minutes, just until the salmon browns on top. The salmon should still be moist in the middle.
4. Meanwhile, in a small saucepan, heat wine over medium heat. Let it simmer for about 1 minute. Add chives, tarragon and butter and stir. When the butter has melted, add tomatoes and cook another 30 seconds. Adjust seasonings with salt and pepper. Remove and discard the tarragon. Spoon the sauce over the salmon. Garnish with chives.

### **Nutritional Information:**

185 calories  
8 total fat (2 g sat)  
65 mg cholesterol  
3 g carbohydrate  
23 g protein  
1 g fiber  
65 mg sodium

## ***Ratatouille of Roasted Vegetables***

**6 servings, 5 cups**

### **Ingredients**

1 large head garlic  
12 ripe plum tomatoes, cored, halved and seeded  
1 eggplant (1-1 1/4 lbs.), cut lengthwise into 1/2-inch-thick slices  
2 small zucchini, cut in half lengthwise  
2 small summer squash, cut in half lengthwise  
1 Spanish onion, cut into 1/2-inch-thick slices  
1 large red bell pepper, cut in half lengthwise and seeded  
1 large yellow bell pepper, cut in half lengthwise and seeded  
1/4 cup chopped fresh basil  
2 Tbsp. olive oil, preferably extra-virgin  
1 Tbsp. chopped fresh thyme  
1 tsp. dried oregano  
2 bay leaves  
1/2 tsp. salt  
1/4 tsp. freshly ground black pepper

### **Instructions**

Set oven racks at the two lowest levels; preheat to 450 degrees F. Peel away as much of the papery skin from the garlic as possible and wrap the head loosely in aluminum foil. Bake for 30 minutes, or until the garlic is very soft. Let cool slightly.

Meanwhile, lightly coat 2 baking sheets with vegetable oil or spray with nonstick cooking spray. Arrange tomatoes, eggplant slices, zucchini, squash, onions, red bell peppers and yellow bell peppers on the prepared baking sheets. Roast for 20 minutes, turning once, until just tender and browned. Let cool slightly. Reduce oven temperature to 350 degrees F.

Separate garlic cloves and squeeze the soft pulp into a large heavy saucepan or Dutch oven. Slip skins from the tomatoes and peppers. Slice all the vegetables into pieces and add to the garlic. Stir in basil, olive oil, thyme, oregano, bay leaves, salt and pepper. Cover and bake, stirring occasionally, for 30 minutes, or until heated through and thickened. Remove bay leaves. Taste and adjust seasonings, and serve hot or at room temperature.

### **Nutritional Information:**

113 calories  
5 g fat mono  
0 mg cholesterol  
16 g carbohydrate  
3 g protein  
208 mg sodium

## ***Scampi with Broccoli***

### **4 servings**

Prep time: 15 minutes

Start to finish: 15minutes

### **Ingredients**

1 Tbsp. olive oil  
1 Tbsp. minced garlic  
1/2 tsp. crushed red pepper  
1 lb. large shrimp, peeled and deveined  
Salt to taste  
4 cups fresh broccoli florets  
2/3 cup water  
2/3 cup bottled clam juice  
1/2 tsp. cornstarch  
2 Tbsp. chopped fresh basil  
Lemon juice to taste  
Freshly ground black pepper to taste  
Lemon wedges

### **Instructions**

1. In a large nonstick skillet, heat 1/2 Tbsp. oil over medium-high heat. Add 1/2 Tbsp. garlic and crushed red pepper; cook, stirring, until fragrant, about 1 minute. Add shrimp and season with salt. Sauté until shrimp are pink, about 3 minutes. Transfer to a bowl; set aside.

2. Add remaining 1/2 Tbsp. oil to skillet. Add broccoli and season with salt. Sauté until bright green, about 1 minute. Add water, cover and cook until broccoli is just tender and water has evaporated, 3 to 5 minutes. Transfer broccoli to bowl with shrimp.

3. In a small bowl, combine clam juice, remaining 1/2 Tbsp. garlic and cornstarch; stir until smooth. Add to skillet and cook, stirring, over medium-high heat, until thickened, 3 to 4 minutes. Stir in basil and season with lemon juice and pepper. Add reserved shrimp and broccoli and heat through. Serve immediately, with lemon wedges.

### **Nutritional Information:**

185 calories  
6 total fat (1 g sat)  
175 mg cholesterol  
7 g carbohydrate  
26 g protein  
3 g fiber  
285 mg sodium

## ***Spicy Halibut with Tomatoes & Olives***

### **4 servings**

Prep time: 15 minutes

Start to finish: 15minutes

### **Ingredients**

1 1/4 lb. halibut or cod fillet, cut into 4 portions

1 tsp. ground cumin

Salt & freshly ground black pepper to taste

1 10-oz. can diced tomatoes with green chiles

1/4 cup sliced green olives with pimientos

2 Tbsp. chopped fresh cilantro

1 tsp. olive oil

### **Instructions**

1. Preheat oven to 450°F. Lightly oil a baking sheet or coat it with nonstick spray. Arrange fish, skin-side down, on baking sheet. Season with 1/2 tsp. cumin, salt and pepper. 2. In a small bowl, combine tomatoes, olives, cilantro, oil and remaining 1/2 tsp. cumin. Spoon over fish. 3. Bake fish for 12 to 15 minutes, or until flaky and opaque in the center. Serve immediately.

Make it a meal

Serve with mashed potatoes and peas or black beans and rice.

### **Nutritional Information:**

185 calories

6 total fat (1 g sat)

45 mg cholesterol

3 g carbohydrate

30 g protein

1 g fiber

540 mg sodium

## ***Swordfish Kebabs***

**4 servings**

### **Ingredients**

2 Tbsp. lemon juice  
1 Tbsp. olive oil  
1 Tbsp. chopped fresh rosemary or 1 tsp. dried  
1/2 tsp. salt  
1/4 tsp. freshly ground black pepper  
1 lb. swordfish steaks, cut into 1 1/4-inch cubes  
1 small zucchini or summer squash, sliced into 1/4-inch-thick ovals

### **Instructions**

Prepare a grill. If using wooden skewers, soak eight 10-inch skewers in water for 20 minutes. In a shallow dish, stir together lemon juice, olive oil, rosemary, salt and pepper. Add swordfish and stir to coat well. Cover with plastic wrap and marinate in the refrigerator for 15 minutes. Thread skewers alternately with pieces of swordfish and zucchini or summer squash. Grill the kebabs on a lightly oiled grill rack until the fish is opaque in the center, about 5 minutes per side.

### **Nutritional Information:**

177 calories  
8 g fat mono  
44 mg cholesterol  
2 g carbohydrate  
23 g protein  
370 mg sodium

## ***Tuna & Artichoke Salad***

**5 servings**

### **Ingredients**

1 12-ounce can (or two 6-ounce cans) solid white tuna in water,  
drained and flaked  
1 16-ounce can artichoke hearts, drained and chopped  
1/4 cup chopped black olives, preferably imported Kalamata  
1/3 cup reduced-fat mayonnaise  
2 teaspoons fresh lemon juice  
1 1/2 teaspoons chopped fresh oregano or 1/2 teaspoon dried

### **Instructions**

Combine tuna, artichoke hearts, olives, mayonnaise, lemon juice and oregano in a bowl.

### **Nutritional Information:**

190 calories  
7 g fat mono  
29 mg cholesterol  
11 g carbohydrate  
21 g protein  
558 mg sodium

## ***Tuna & Tomatoes Provençale***

**6 servings**

### **Ingredients**

2 cloves garlic, crushed and peeled  
1/2 teaspoon salt, preferably kosher  
2 tablespoons olive oil, preferably extra-virgin  
2 tablespoons balsamic or red-wine vinegar  
2 tablespoons lemon juice  
1/2 teaspoon freshly ground black pepper  
2 6-ounce cans solid white tuna in water, drained and flaked  
1/2 cup diced roasted red peppers  
1/4 cup chopped pitted black olives  
1/4 cup chopped fresh basil  
1/4 cup chopped fresh chives or scallion greens  
2 tablespoons drained capers  
4 large vine-ripened tomatoes  
Several fresh basil leaves for garnish

### **Instructions**

1. Mash garlic and salt into a paste; transfer to a large bowl. Add oil, vinegar, lemon juice and black pepper. Whisk until well blended.
2. Add tuna, red peppers, olives, chopped basil, chives or scallions and capers. Toss gently to combine.
3. Slice tomatoes 1/2 inch thick and arrange on a serving platter. Sprinkle tuna mixture evenly over tomatoes. Let stand 20 minutes to let flavors meld. Garnish with whole basil leaves just before serving.

**NUTRITION BONUS:** If you are counting grams of fat, check the tuna label. Albacore tuna can contain anywhere from 1 to 7 grams in 2 ounces, depending on the catch.

### **Nutritional Information:**

120 calories  
2 total fat (1 g sat)  
28 mg cholesterol  
6 g carbohydrate  
19 g protein  
1 g fiber  
620 mg sodium

## ***Warm Salad of Thyme-Crusted Tuna & Arugula***

**4 servings**

### **Ingredients**

2 Tbsp. extra-virgin olive oil  
2 Tbsp. balsamic vinegar  
1 large shallot, finely chopped  
1 clove garlic, minced  
Salt & freshly ground black pepper to taste  
1 tsp. extra-virgin olive oil  
1 lb. tuna steaks, 1 inch thick, cut into 4 portions  
3 Tbsp. fresh thyme leaves  
6 cups arugula, stems removed  
2 ripe plum tomatoes, halved lengthwise, seeded and cut lengthwise into thin strips  
1/2 cup fresh basil leaves, slivered  
1 Tbsp. fresh mint leaves, slivered

### **Instructions**

To make vinaigrette:

In a small bowl, whisk oil, vinegar, shallot and garlic. Season with salt and pepper. Set aside.

To make salad:

1. Rub oil all over tuna. Sprinkle tuna generously with salt and pepper. Press about 1 tsp. thyme leaves into each side.
2. Heat a large heavy skillet (not nonstick) over high heat until very hot. Add tuna and sear until browned and crusted on the bottom, about 2 minutes. Turn tuna over and cook until browned-about 2 minutes more for medium-rare, a few minutes longer to cook through.
3. Meanwhile, in a large bowl, combine arugula, tomatoes, basil and mint. Toss with reserved dressing. Taste and adjust seasoning.
4. Slice the tuna into 1/4-inch-thick slices. Divide arugula salad among 4 plates, mounding it to one side. Fan tuna slices around the salad. Serve immediately.

### **Nutritional Information:**

255 calories  
9 total fat (1 g sat)  
51 mg cholesterol  
6 g carbohydrate  
28 g protein  
2 g fiber  
70 mg sodium

## *Asparagus Tips*

### **1 cup**

#### **Instructions**

When buying asparagus, look for firm, bright spears with closed tips. Keep in mind that 1 1/2 pounds of asparagus will feed four people. The delicate asparagus tips cook more quickly than the stalks, which are wrapped in a tough skin. To ensure perfect cooking from end to end, we recommend peeling the stalks: it is time-consuming but worth the trouble. First snap off the woody bottoms. With a paring knife, remove the skin from just below the tip to the base.

**Steam:** Place spears in a large steamer set in a large pot over simmering water, cover and cook just until tender, about 5 minutes. Steaming produces delicately flavored asparagus with tender bite and a beautiful spring-green color.

**Microwave:** Lay spears in a large microwavable dish and add 1/4 cup water. Cover with vented plastic wrap. Microwave on high power for 4 to 6 minutes, or just until tender. Microwaving gives the same benefits as steaming, but is a handy method when the stovetop is otherwise occupied.

**Roast:** On a baking sheet, sprinkle spears with 1 teaspoon olive oil and salt and pepper to taste; toss to evenly coat. Roast at 450°F until lightly browned and tender, 10 to 15 minutes, shaking or tossing once during roasting. Roasted asparagus is not as elegantly pretty as when it is steamed or microwaved, but the high heat caramelizes the vegetable's juices, intensifying the flavor.

#### **Nutritional Information:**

43 calories

1 total fat (0 g sat)

0 mg cholesterol

8 g carbohydrate

5 g protein

3 g fiber

20 mg sodium

## ***Braised Green Beans & Tomatoes***

**6 servings**

### **Ingredients**

1 lb. green beans, trimmed  
2 tsp. olive oil  
4 cloves garlic, thinly sliced  
1 Tbsp. fennel seeds, crushed  
1/4 tsp. crushed red pepper  
8 ripe tomatoes, peeled, seeded and chopped  
Salt & freshly ground black pepper to taste

### **Instructions**

1. In a large saucepan of boiling salted water, cook green beans until just tender, 3 to 4 minutes. Drain and refresh with cold water.

2. In a large nonreactive saucepan or Dutch oven, heat oil over medium-low heat. Add garlic and cook, stirring, until fragrant, about 1 minute. Add fennel seeds and crushed red pepper; cook, stirring, for 30 seconds more. Add tomatoes and green beans. Cover and cook, stirring often, until tomatoes form a sauce and beans are soft, about 30 minutes. Season with salt and pepper. Serve hot or at room temperature.

### **Nutritional Information:**

80 calories  
2 total fat (0 g sat)  
0 mg cholesterol  
14 g carbohydrate  
3 g protein  
2 g fiber  
20 mg sodium

## ***Broccoli with Caramelized Shallots***

**4 servings**

### **Ingredients**

2 Tbsp. walnut pieces  
1 1/2 tsp. olive oil  
1 cup sliced shallots, thinly sliced (4-5 large shallots)  
salt & freshly ground black pepper to taste  
1 bunch broccoli (1 1/2 lbs.), cut into florets (5 cups)

### **Instructions**

Preheat oven to 450 degrees F. Place walnuts in a pie plate and toast in the oven 5 minutes, or until fragrant. Transfer to a small bowl and set aside.

In a large nonstick skillet, heat oil over medium-low heat. Add shallots and cook, stirring often, to a deep golden brown, about 10 minutes. (Add a tablespoon or two of water if the mixture gets too dry.) Season with salt and pepper; set aside in the skillet.

Meanwhile, cook broccoli in boiling salted water until just tender, 3 to 5 minutes. Drain the broccoli and add it to the shallots in the skillet and toss to combine. Taste and adjust seasonings. Transfer to a serving bowl and sprinkle with the toasted walnuts.

### **Nutritional Information:**

113 calories  
4 g fat mono  
0 mg cholesterol  
16 g carbohydrate  
7 g protein  
51 mg sodium

## ***Grilled Red Onions***

**4 servings**

### **Ingredients**

4 red onions

4 tsp. olive oil

salt & freshly ground black pepper to taste

### **Instructions**

Prepare a grill. Peel onions and cut lengthwise into quarters, taking care to cut through the root to keep the quarters intact. In a small bowl, toss the onion quarters with oil to coat. Grill, cut-side down, until well browned, about 5 minutes. Turn over and grill until browned and softened, about 5 minutes more. Transfer to a serving plate and season with salt and pepper.

### **Nutritional Information:**

70 calories

5 g fat mono

0 mg cholesterol

7 g carbohydrate

1 g protein

2 mg sodium

## *Asparagus*

### **3 servings**

#### **Instructions**

Trim the ends from 1 lb. of tender stalks. (Peel stalks if more mature). Toss with 1 tsp. olive oil and roast at 450 degrees F for 10 to 15 minutes, or until tender when pierced with a knife. Season with salt and pepper.

#### **Nutritional Information:**

51 calories

2 g fat mono

0 mg cholesterol

7 g carbohydrate

4 g protein

6 mg sodium

## ***Eggplant***

**4 servings**

### **Instructions**

Trim the stem end from 1 large eggplant. Cut in 1/3-inch-thick slices. Brush slices on both sides with 1 tsp. olive oil and roast at 425 degrees F for 20 minutes, turning midway, or until lightly browned and tender. Season with salt and pepper.

### **Nutritional Information:**

30 calories

1 g fat mono

0 mg cholesterol

5 g carbohydrate

1 g protein

2 mg sodium

## ***Fennel***

**4 servings**

### **Instructions**

Trim, halve and core 1 large fennel bulb. Wrap in aluminum foil and roast at 450 degrees F for 30 to 35 minutes or until tender. Unwrap and slice. Toss with 1 tsp. olive oil and salt and pepper to taste.

### **Nutritional Information:**

18 calories

1 g fat mono

0 mg cholesterol

1 g carbohydrate

1 g protein

52 mg sodium

## *Shallots*

**4 servings**

### **Instructions**

Peel 10 large shallots and cut in half lengthwise. Toss with 1 tsp. oil, 1 sprig fresh rosemary and salt and pepper to taste. Roast at 450 degrees F for 20 to 25 minutes, stirring often, until the shallots are tender and browned around the edges.

### **Nutritional Information:**

28 calories

1 g fat mono

0 mg cholesterol

4 g carbohydrate

1 g protein

3 mg sodium

## ***Sautéed Cherry Tomatoes with Chives***

**4 servings**

### **Ingredients**

2 tsp. olive oil  
2 pts. cherry tomatoes  
2 Tbsp. chopped fresh chives  
salt & freshly ground black pepper to taste

### **Instructions**

In a large skillet, heat oil over medium-high heat. Add tomatoes and sauté until skins begin to split, 3 to 4 minutes. Remove from heat, toss with chives and season with salt and pepper.

### **Nutritional Information:**

52 calories  
3 g fat mono  
0 mg cholesterol  
7 g carbohydrate  
1 g protein  
12 mg sodium

## ***Savoy Cabbage with Peppers***

**4 servings**

### **Ingredients**

2 teaspoons vegetable oil, preferably canola oil  
1/2 teaspoon caraway seeds  
1/2 teaspoon mustard seeds  
4 cups thinly sliced Savoy cabbage  
1 jalapeño pepper, seeded and finely chopped  
1/4 cup defatted reduced-sodium chicken broth  
1/4 cup chopped bottled roasted red peppers  
Salt & freshly ground black pepper to taste

### **Instructions**

In a large nonstick skillet, heat oil over medium heat. Add caraway and mustard seeds and cook, stirring, for 1 minute. Stir in cabbage and jalapeños and cook, stirring, for 1 minute. Stir in chicken broth and cover the pan tightly. Reduce heat to low and simmer until the cabbage is tender, 5 to 6 minutes. Stir in red peppers and season with salt and pepper. (The cabbage can be made up to 8 hours ahead and stored, covered, in the refrigerator. Reheat gently on the stovetop or in the microwave before serving.)

### **Nutritional Information:**

51 calories  
3 g fat mono  
0 mg cholesterol  
6 g carbohydrate  
2 g protein  
48 mg sodium

## ***Sesame Green Beans***

**4 servings**

### **Ingredients**

1 pound green beans, trimmed  
1 teaspoon olive oil  
2 teaspoons sesame seeds  
Salt & freshly ground black pepper to taste

### **Instructions**

Preheat oven to 450 degrees F. On a baking sheet with sides, toss beans with oil, then spread the beans out in a single layer. Roast the beans for about 12 minutes, stirring once, or until wrinkled, brown and tender. In a small dry skillet over medium heat, stir sesame seeds until fragrant and toasted, about 1 minute. Crush the seeds lightly and toss with the beans. Season with salt and pepper.

### **Nutritional Information:**

60 calories  
2 g fat mono  
0 mg cholesterol  
9 g carbohydrate  
2 g protein  
4 mg sodium

## *Sicilian-Style Broccoli*

**4 servings**

### **Ingredients**

1 bunch broccoli (1 1/4 lbs.)  
2 tsp. olive oil  
2 Tbsp. capers, rinsed  
1 clove garlic, finely chopped  
salt & freshly ground black pepper to taste

### **Instructions**

Cut off and separate broccoli florets. Trim the tough ends of the stalks; peel the stalks if desired and cut crosswise into 3/8-inch-thick slices. In a large skillet, heat oil over medium heat. Add capers and garlic and cook, stirring, until the garlic is golden, about 1 minute. Add the broccoli florets and stalks and 1/2 cup water; bring to a simmer. Reduce the heat to medium-low, cover and cook until the broccoli is tender, about 5 minutes. Uncover, increase the heat to high and cook, stirring, until any remaining water evaporates, about 1 minute. Season with salt and pepper.

### **Nutritional Information:**

61 calories  
3 g fat mono  
0 mg cholesterol  
7 g carbohydrate  
4 g protein  
197 mg sodium

## ***Wilted Greens with Garlic***

**4 servings**

### **Ingredients**

1 Tbsp. olive oil

1 clove garlic, finely chopped

1 lb. spinach, washed and stemmed, or 1 lb. Swiss chard, washed, stems sliced, leaves torn  
salt & freshly ground black pepper to taste

### **Instructions**

Heat oil in a large skillet over medium-high heat. Add garlic and stir until golden, about 30 seconds. Add greens in batches, if necessary, and toss until just wilted, 2 to 4 minutes. Season with salt and pepper.

### **Nutritional Information:**

56 calories

4 g fat mono

0 mg cholesterol

4 g carbohydrate

3 g protein

90 mg sodium

## ***Wilted Spinach***

**4 servings**

### **Ingredients**

1 Tbsp. olive oil  
1 1/2 Tbsp. pine nuts, coarsely chopped  
1 lb. spinach, stemmed, washed, torn and drained  
salt & freshly ground black pepper to taste

### **Instructions**

Heat oil in a large skillet over medium-high heat. Add pine nuts and stir until golden, about 1 minute. Add spinach, in batches if necessary, and toss until just wilted, about 2 minutes. Season with salt and pepper to taste.

### **Nutritional Information:**

70 calories  
5 g fat mono  
0 mg cholesterol  
4 g carbohydrate  
4 g protein  
90 mg sodium

## ***Halibut with Herbs & Capers***

### **4 servings**

Prep time: 15 minutes

Start to finish: 25minutes

### **Ingredients**

1/4 cup chopped onion  
1/4 cup fresh flat-leaf parsley  
1 tablespoon fresh cilantro leaves  
2 teaspoons freshly grated lemon zest  
1 tablespoon fresh lemon juice  
1 tablespoon chopped pitted green olives  
2 teaspoons drained capers, rinsed  
1 clove garlic, minced  
1/8 teaspoon freshly ground pepper  
2 tablespoons extra-virgin olive oil  
1 pound halibut fillet, cut into 4 portions

### **Instructions**

1. Place onion, parsley, cilantro, lemon zest, lemon juice, olives, capers, garlic and pepper in a food processor; pulse several times to chop. Add oil and process, scraping down the sides several times, until a pesto-like paste forms. Pat halibut with the herb paste. Cover and refrigerate for 30 minutes.
2. Preheat oven to 450°F. Coat a 7-by-11-inch baking dish with cooking spray. Arrange the halibut in the dish and spoon any extra herb mixture on top. Bake, uncovered, until the fish is opaque in the center, 15 to 20 minutes. Serve immediately.

### **Nutritional Information:**

199 calories  
10 total fat (1 g sat)  
36 mg cholesterol  
2 g carbohydrate  
24 g protein  
1 g fiber  
125 mg sodium

## ***Chicken Braised with Lemon, Fennel & Black Olives***

**4 servings** - Prep time: 30 minutes - Start to finish: 80minutes

### **Ingredients**

2 teaspoons freshly grated lemon zest, divided  
3 tablespoons fresh lemon juice, divided  
2 tablespoons extra-virgin olive oil, divided  
2 cloves garlic, minced  
1 teaspoon dried oregano  
1/2 teaspoon sugar  
1/4 teaspoon salt  
Freshly ground pepper to taste  
1 1/4 pounds boneless, skinless chicken thighs, trimmed and cut into 3 pieces each  
1 large fennel bulb  
1 large onion  
1/2 cup dry white wine  
1/2 cup reduced-sodium chicken broth  
1/2 cup oil-cured black olives, pitted

### **Instructions**

1. Whisk 1 teaspoon lemon zest, 2 tablespoons lemon juice, 1 tablespoon oil, garlic, oregano, sugar, salt and pepper in a 7 1/2-by-11-inch (2-quart) glass or ceramic baking dish. Add chicken and toss to coat. Cover and marinate in the refrigerator for at least 30 minutes or for up to 8 hours.
2. Meanwhile, trim stalks from fennel, reserving the lacy greens for garnish. Slice the fennel bulb lengthwise into 1/4-inch-thick slices. Lay slices flat and cut into 1/4-inch-thick slivers. Peel onion, cut in half lengthwise and slice.
3. Preheat oven to 350°F. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium heat. Add fennel and onion; cook, stirring often, until softened and lightly browned, 8 to 10 minutes. (You may need to add a little water to prevent scorching.) Add wine, broth and the remaining 1 tablespoon lemon juice; bring to a simmer, stirring. Cook for 5 minutes, then stir in olives. Spoon this mixture over the chicken. Cover with foil and bake until the chicken is cooked through and the fennel is very tender, 35 to 40 minutes.
4. Finely chop enough of the fennel fronds to make 2 tablespoons. Combine with the remaining 1 teaspoon lemon zest; sprinkle over the chicken before serving.

Ingredient note:

Oil-cured olives are cured with salt rather than a brine, then rubbed with olive oil. They can be identified by their wrinkled skins.

### **Nutritional Information:**

291 calories  
15 total fat (2 g sat)  
106 mg cholesterol  
11 g carbohydrate  
27 g protein  
3 g fiber  
412 mg sodium

## ***Chicken Cutlets with Herbes de Provence & Apple Compote***

**6 servings**

### **Ingredients**

2 apples, preferably Braeburn, peeled and thinly sliced  
1 tablespoon freshly squeezed lemon juice  
1/4 teaspoon ground cinnamon  
3 teaspoons olive oil, divided  
3 teaspoons unsalted butter, divided  
1-1/8 teaspoons herbes de Provence (see "Provençal Herbs," below), divided  
1/2 teaspoon salt, or to taste  
1/4 teaspoon freshly ground pepper  
1-1/2 pounds boneless, skinless chicken breasts, trimmed  
1 cup reduced-sodium chicken broth  
1 teaspoon freshly grated lemon zest

### **Instructions**

1. Toss apple slices with lemon juice and cinnamon in a small bowl. Heat 1 teaspoon oil and 1 teaspoon butter in a medium nonstick skillet over medium-high heat. Add the apples and cook, stirring occasionally, until tender, about 5 minutes. Keep warm.
2. Mix 1 teaspoon herbes de Provence, salt and pepper. Place chicken between sheets of plastic wrap and pound with a meat mallet or the bottom of a small saucepan to a 1/2-inch thickness. Sprinkle the chicken on both sides with the seasoning mixture.
3. Heat 1 teaspoon oil and 1 teaspoon butter in a large skillet over high heat. Add half the chicken and cook until no longer pink in the center, 2 to 3 minutes per side. Remove to a platter and keep warm. Add the remaining 1 teaspoon oil and 1 teaspoon butter to the skillet; heat over high heat. Cook the remaining chicken in the same manner.
4. Add broth, lemon zest, remaining 1/8 teaspoon herbes de Provence and any accumulated juices from the chicken to the skillet. Cook, stirring to scrape up any browned bits from the bottom of the skillet, until slightly reduced, about 3 minutes. Spoon sauce over chicken and serve with the sautéed apples.

### **Provençal Herbs**

Herbes de Provence is a mixture of dried herbs commonly used in the south of France. You can find commercial mixtures in specialty stores, but it is easy to make your own. Mix 1 tablespoon each (or equal proportions) dried thyme, dried rosemary, dried oregano, dried marjoram and dried savory in a small jar. If desired, add a pinch of dried lavender and crushed aniseed.

### **Nutritional Information:**

193 calories  
6 total fat (2 g sat)  
72 mg cholesterol  
7 g carbohydrate  
27 g protein  
1 g fiber  
286 mg sodium

## ***Jerk Chicken Breasts***

### **4 servings**

Prep time: 15 minutes

Start to finish: 25minutes

### **Ingredients**

6 scallions, trimmed and coarsely chopped  
2 tablespoons dried jerk seasoning  
3 tablespoons lime juice  
1 tablespoon dark brown sugar (optional)  
2 teaspoons reduced-sodium soy sauce  
2 teaspoons canola oil  
4 boneless, skinless chicken breast halves, trimmed

### **Instructions**

1. Combine scallions, jerk seasoning, lime juice, sugar (if using), soy sauce and oil in a blender or food processor; pulse to a coarse paste. Wearing gloves to protect your hands, spread paste all over chicken. Cover and marinate in the refrigerator for at least 10 minutes or for up to 2 hours.
2. Lightly oil broiler rack and set it 5 inches from the heat source; preheat broiler.
3. Scrape most of the paste from the chicken and discard. Broil chicken, turning once, until juices run clear, 10 to 15 minutes. Let stand for 5 minutes before slicing.

### **Nutritional Information:**

192 calories  
6 total fat (1 g sat)  
73 mg cholesterol  
7 g carbohydrate  
28 g protein  
1 g fiber  
450 mg sodium

## ***Zucchini Frittata***

### **2 servings**

Prep time: 20 minutes

Start to finish: 15minutes

### **Ingredients**

4 teaspoons extra-virgin olive oil, divided

1 cup diced zucchini (1 small)

1/2 cup chopped onion

1/2 cup grape tomatoes or cherry tomatoes, halved

1/4 cup slivered fresh mint leaves

1/4 cup slivered fresh basil leaves

1/2 teaspoon salt, divided

Freshly ground pepper to taste

4 large eggs

1/3 cup crumbled goat cheese (2 ounces)

### **Instructions**

1. Heat 2 teaspoons oil in a 10-inch nonstick skillet over medium heat. Add zucchini and onion; cook, stirring often, for 1 minute. Cover and reduce heat to medium-low; cook, stirring occasionally, until the zucchini is tender, but not mushy, 3 to 5 minutes. Add tomatoes, mint, basil, 1/4 teaspoon salt and a grinding of pepper; increase heat to medium-high and cook, stirring, until moisture has evaporated, 30 to 60 seconds.

2. Whisk eggs, the remaining 1/4 teaspoon salt and a grinding of pepper in a large bowl until blended. Add the zucchini mixture and cheese; stir to combine. Wipe out the skillet.

3. Preheat broiler.

4. Brush the skillet with the remaining 2 teaspoons oil; heat over medium-low heat. Pour in the frittata mixture and cook, without stirring, until the bottom is light golden, 2 to 4 minutes. As it cooks, lift the edges and tilt the pan so raw egg will flow to the edges.

5. Place the skillet under the broiler and broil until the frittata is set and the top is golden, 1 1/2 to 2 1/2 minutes. Loosen the edges and slide onto a platter. Cut into wedges and serve.

### **Nutritional Information:**

375 calories

28 total fat (10 g sat)

447 mg cholesterol

10 g carbohydrate

21 g protein

3 g fiber

863 mg sodium

## ***Sesame-Soy Dressing***

**2/3 cup**

Prep time: 5 minutes

### **Ingredients**

3 tablespoons reduced-sodium soy sauce  
3 tablespoons strong brewed green tea or black tea  
2 tablespoons rice vinegar (see Ingredient Note)  
1 tablespoon canola oil  
1 tablespoon toasted sesame oil

### **Instructions**

Whisk all ingredients in a small bowl.

Ingredient note:

Rice vinegar is a mild vinegar made from glutinous rice; bottlings range from clear to aged (extremely dark). Clear rice vinegar works best in this recipe. Substitute cider vinegar in a pinch.

### **Nutritional Information:**

25 calories  
3 total fat (0 g sat)  
0 mg cholesterol  
0 g carbohydrate  
0 g protein  
0 g fiber  
146 mg sodium

## ***Sugar Snap Salad***

**4 servings**

### **Ingredients**

8 ounces sugar snap peas (2 cups), trimmed  
2 tablespoons white-wine vinegar  
2 tablespoons extra-virgin olive oil  
1/4 teaspoon salt  
1/8 teaspoon freshly ground pepper  
1 bunch scallions, trimmed and thinly sliced on the diagonal  
1/2 large red bell pepper, cut into 1 1/2-inch-long slivers

### **Instructions**

1. Cook peas in lightly salted boiling water in a medium saucepan until tender-crisp, 2 to 3 minutes. Drain and rinse under cold running water.
2. Whisk vinegar, oil, salt and pepper in a large bowl. Add peas, scallions and bell pepper; toss to coat. Serve within 1 hour.

### **Nutritional Information:**

97 calories  
7 total fat (1 g sat)  
0 mg cholesterol  
7 g carbohydrate  
2 g protein  
2 g fiber  
151 mg sodium

## ***Cheesy Frittata***

**Serves 2**

### **Ingredients**

2 teaspoons Smart Balance spread  
1/2 cup sliced onion  
1/2 cup sliced red bell pepper  
1/2 cup sliced zucchini  
2 small plum tomatoes, diced  
1 tablespoon chopped fresh basil  
Pinch freshly ground black pepper  
1/2 cup liquid egg substitute  
1/2 cup 1% cottage cheese  
1/4 cup fat-free evaporated milk  
3/4 ounce shredded reduced-fat Monterey Jack cheese

### **Instructions**

Coat an ovenproof 10" skillet with cooking spray and place over medium-low heat until hot. Melt the spread in the skillet. Add the onion, bell pepper, and zucchini and sauté over medium-low heat until the vegetables are lightly browned, 2–3 minutes. Add the tomatoes, basil, and black pepper to the skillet and stir to combine. Cook until the flavors are blended, 2–3 minutes, and remove from the heat.

Preheat the broiler. In a blender, combine the egg substitute, cottage cheese, and milk and process until smooth. Pour the egg mixture over the vegetables. Cover and cook on medium-low heat until the bottom is set and the top is still slightly wet. Transfer the skillet to the broiler and broil until the top is set, 2–3 minutes. Sprinkle with the cheese and broil until the cheese melts.

### **Nutritional Information:**

231 calories  
10 total fat (3 g sat)  
15 mg cholesterol  
16 g carbohydrate  
21 g protein  
2 g fiber  
480 mg sodium

## ***Light Spinach Frittata with Tomato Salsa***

**Serves 2**

### **Ingredients**

Frittata

1 tablespoon extra-virgin olive oil  
1 small onion, sliced  
2 cloves garlic, minced  
1 package (10 ounces) frozen spinach, thawed and well-drained  
2 large eggs  
3 egg whites  
1/3 cup fat-free evaporated milk  
1/2 cup shredded reduced-fat mozzarella cheese

Salsa

4 plum tomatoes, seeded and chopped  
2 scallions, minced  
1 clove garlic, minced  
2 tablespoons minced fresh cilantro  
1 tablespoon fresh lime juice  
1/4 teaspoon salt  
1/8 teaspoon freshly ground black pepper

### **Instructions**

To make the frittata: Preheat the oven to 350°F. Heat the oil in a 10" nonstick skillet over medium heat. Add the onion and garlic and cook, stirring, for 3 minutes or until tender. Stir in the spinach. Reduce the heat to low. In a large bowl, beat the eggs and egg whites with the milk until light yellow and frothy. Pour the egg mixture over the spinach in the skillet. Cook for 5–7 minutes, until the egg mixture is cooked on the bottom and almost set on top. Sprinkle with the cheese. Bake in the oven until the eggs are set and the cheese has melted, 5–10 minutes.

To make the salsa: In a large bowl, stir together the tomatoes, scallions, garlic, cilantro, lime juice, salt, and pepper. Serve fresh, at room temperature, over the frittata.

You can also serve the frittata with commercial jarred salsa.

### **Nutritional Information:**

369 calories  
17 total fat (6 g sat)  
230 mg cholesterol  
28 g carbohydrate  
27 g protein  
8 g fiber  
740 mg sodium

## ***Easy Asparagus and Mushroom Omelet***

**Serves 1**

### **Ingredients**

2 eggs  
2 tablespoons water  
3 stalks fresh asparagus  
1/4 cup sliced white mushrooms  
1/4 cup shredded reduced-fat mozzarella cheese

### **Instructions**

Boil 1" of water in a large skillet. Add the asparagus and cook, uncovered, just until tender-crisp.

Meanwhile, in a medium bowl, whisk together the eggs and water until the whites and the yolks are completely blended.

Coat a 10" nonstick skillet with cooking spray. Heat the skillet over medium-high heat until just hot enough to sizzle when a drop of water is added. Pour in the egg mixture. It should set immediately.

With an inverted pancake turner, lift the edges as the mixture begins to set to allow the uncooked portion to flow underneath.

When the top is set, fill one half of the omelet with the asparagus, mushrooms, and cheese.

With the pancake turner, fold the omelet in half over the filling. Slide onto a serving plate. Serve immediately.

### **Nutritional Information:**

238 calories  
15 total fat (6 g sat)  
440 mg cholesterol  
5 g carbohydrate  
21 g protein  
1 g fiber  
260 mg sodium

## ***Western Egg White Omelet***

**Serves 1**

### **Ingredients**

1 tablespoon chopped green bell pepper  
1 tablespoon chopped scallion  
1 tablespoon chopped red bell pepper  
1/2 cup liquid egg substitute  
3 tablespoons shredded reduced-fat cheese

### **Instructions**

Lightly coat a medium skillet with cooking spray. Sauté the peppers and the scallions until they are tender-crisp. Pour the egg substitute over the vegetables. When partially set, spread the cheese over half of the egg substitute and fold the omelet in half over the filling. Continue cooking until cooked through. Serve immediately.

### **Nutritional Information:**

169 calories  
8 total fat (3 g sat)  
15 mg cholesterol  
4 g carbohydrate  
20 g protein  
1 g fiber  
320 mg sodium

## ***Vegetable Quiche Cups To Go***

**Serves 6**

### **Ingredients**

1 package (10 ounces) frozen chopped spinach  
3/4 cup liquid egg substitute  
3/4 cup shredded reduced-fat cheese  
1/4 cup diced green bell peppers  
1/4 cup diced onions  
3 drops hot-pepper sauce (optional)

### **Instructions**

Microwave the spinach for 2 1/2 minutes on high. Drain the excess liquid.  
Line a 12-cup muffin pan with foil baking cups. Spray the cups with cooking spray.

Combine the egg substitute, cheese, peppers, onions, and spinach in a bowl. Mix well. Divide evenly among the muffin cups. Bake at 350°F for 20 minutes, until a knife inserted in the center comes out clean.

Quiche cups can be frozen and reheated in the microwave. Any combination of appropriate vegetables and reduced-fat cheeses may be used.

### **Nutritional Information:**

77 calories  
3 total fat (2 g sat)  
10 mg cholesterol  
3 g carbohydrate  
9 g protein  
2 g fiber  
160 mg sodium

## ***Chicken-Pistachio Salad***

**Serves 4**

### **Ingredients**

#### **Salad**

1/2 cup shelled pistachio nuts, finely ground  
1/2 + 1/4 teaspoon salt  
1/2 teaspoon + 1 pinch freshly ground black pepper  
4 boneless, skinless chicken breast halves  
2 tablespoons extra-virgin olive oil  
1/2 cup diced sweet white onion  
1 head romaine lettuce

#### **Dressing**

1 teaspoon grated sweet white onion  
1 large ripe avocado, pitted and peeled  
3 tablespoons extra-virgin olive oil  
3 tablespoons fresh lime juice  
1 tablespoon water

### **Instructions**

To make the salad: Preheat the oven to 375°F. Mix the nuts in a pie plate with 1/2 teaspoon salt and 1/2 teaspoon pepper. Press the chicken into the nuts. Heat 1 tablespoon of the oil in a skillet and cook the coated breasts, 2 minutes per side. Place the breasts in a baking dish and bake for 15 minutes or until a thermometer inserted in the thickest portion registers 160°F and the juices run clear.

Heat the remaining tablespoon of oil in a nonstick skillet over high heat. Add the diced onion, 1/4 teaspoon salt, and a pinch of pepper. Cook until the onion is browned.

Line 4 serving plates with lettuce. Slice the chicken breasts and arrange 1 breast on top of the lettuce on each plate. Serve with the dressing.

To make the dressing: Puree the onion, avocado, oil, lime juice, and water in a blender.

### **Nutritional Information:**

481 calories  
34 total fat (5 g sat)  
70 mg cholesterol  
13 g carbohydrate  
33 g protein  
5 g fiber  
520 mg sodium

## ***Crab Cobb Salad***

**Serves 2**

### **Ingredients**

6 cups romaine lettuce, torn into bite-size pieces  
1 can crabmeat (6 ounces), drained  
1 cup diced ripe tomatoes or cherry tomatoes, halved  
1/4 cup crumbled blue cheese  
2 tablespoons cholesterol-free bacon bits  
1/4 cup prepared low-sugar dressing or olive oil vinaigrette

### **Instructions**

Chill 2 plates.

Arrange the lettuce on a large serving platter. Arrange the crabmeat, tomatoes, blue cheese, and bacon bits in rows over the lettuce.

Right before serving, drizzle some dressing evenly over the salad and toss well.

Transfer to the 2 chilled plates.

### **Nutritional Information:**

267 calories  
13 total fat (4 g sat)  
95 mg cholesterol  
12 g carbohydrate  
27 g protein  
4 g fiber  
1012 mg sodium

## ***Mixed Greens with Crabmeat Salad***

**Serves 4.**

### **Ingredients**

2 cups torn curly endive  
2 cups loosely packed watercress leaves  
2 cups torn fresh spinach  
2 cups torn red leaf cabbage  
1/2 cup sliced water chestnuts  
1/2 cup julienne-sliced red bell pepper  
12 ounces crabmeat, fresh or canned  
Joe's Mustard Sauce (see recipe)

### **Instructions**

Combine the endive, watercress, spinach, cabbage, water chestnuts, and pepper in a large bowl. Toss well. Add the crabmeat.

Divide onto 4 serving plates. Drizzle Joe's Mustard Sauce on top.

### **Nutritional Information:**

123 calories  
1 total fat (0 g sat)  
76 mg cholesterol  
9 g carbohydrate  
20 g protein  
4 g fiber  
338 mg sodium

## ***Gazpacho***

**Serves 5**

### **Ingredients**

2 1/2 cups tomato or vegetable juice  
1 cup peeled, seeded, finely chopped fresh tomatoes  
1/2 cup finely chopped celery  
1/2 cup finely chopped cucumber  
1/2 cup finely chopped green bell pepper  
1/2 cup finely chopped green onion  
3 tablespoons white wine vinegar  
2 tablespoons extra-virgin olive oil  
1 large clove garlic, minced  
2 teaspoons finely chopped fresh flat-leaf parsley  
1/2 teaspoon salt  
1/2 teaspoon Worcestershire sauce  
1/2 teaspoon freshly ground black pepper

### **Instructions**

Combine the juice, tomatoes, celery, cucumber, bell pepper, onion, vinegar, oil, garlic, parsley, salt, Worcestershire sauce, and black pepper in a large glass or stainless steel bowl. Cover and refrigerate overnight.

Serve Cold.

### **Nutritional Information:**

117 calories  
6 total fat (1 g sat)  
0 mg cholesterol  
13 g carbohydrate  
2 g protein  
4 g fiber  
690 mg sodium

## ***Balsamic Chicken***

**Serves 6**

### **Ingredients**

6 boneless, skinless chicken breast halves  
1 1/2 teaspoons fresh rosemary leaves, minced, or 1/2 teaspoon dried  
2 cloves garlic, minced  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon salt  
2 tablespoons extra-virgin olive oil  
4–6 tablespoons white wine (optional)  
1/4 cup balsamic vinegar

### **Instructions**

Rinse the chicken and pat dry. Combine the rosemary, garlic, pepper, and salt in a small bowl and mix well. Place the chicken in a large bowl. Drizzle with the oil, and rub with the spice mixture. Cover and refrigerate overnight.

Preheat the oven to 450°F. Spray a heavy roasting pan or iron skillet with cooking spray. Place the chicken in the pan and bake for 10 minutes. Turn the chicken over. If the drippings begin to stick to the pan, stir in 3–4 tablespoons water or white wine (if using).

Bake about 10 minutes or until a thermometer inserted in the thickest portion registers 160°F and the juices run clear. If the pan is dry, stir in another 1–2 tablespoons of water or white wine to loosen the drippings. Drizzle the vinegar over the chicken in the pan.

Transfer the chicken to plates. Stir the liquid in the pan and drizzle over the chicken.

### **Nutritional Information:**

183 calories  
6 total fat (1 g sat)  
65 mg cholesterol  
4 g carbohydrate  
26 g protein  
0 g fiber  
270 mg sodium

## ***Gingered Chicken Breast***

**Serves 4**

### **Ingredients**

1 tablespoon fresh lemon juice  
1 1/2 teaspoons grated fresh ginger  
1/2 teaspoon freshly ground black pepper  
2 cloves garlic  
4 boneless, skinless chicken breast halves

### **Instructions**

Combine the lemon juice, ginger, pepper, and garlic in a small bowl.

Place the chicken breasts in a deep bowl. Pour the ginger mixture over the breasts, turning once to coat both sides. Cover, and refrigerate for 30 minutes to 2 hours.

Spray a large nonstick skillet with cooking spray. Heat the skillet on medium-high until hot. Add the chicken. Cook, turning once, until tender, about 8 minutes.

### **Nutritional Information:**

129 calories  
1 total fat (0 g sat)  
65 mg cholesterol  
1 g carbohydrate  
26 g protein  
0 g fiber  
75 mg sodium

## ***Marinated Flank Steak***

**Serves 6**

### **Ingredients**

1 small red onion, quartered  
1/3 cup balsamic vinegar  
1/4 cup capers, drained  
2 tablespoons chopped fresh oregano  
3 cloves garlic, minced  
1 1/2 pounds flank steak  
1/4 teaspoon salt  
1/4 teaspoon coarsely ground black pepper

### **Instructions**

Sliver one-quarter of the onion and set aside. Chop the rest of the onion. Mix it in a bowl with the vinegar, capers, oregano, and garlic. Combine 1/4 cup of this mixture with the slivered onions and set aside.

Sprinkle both sides of the steak with the salt and pepper; prick well with a fork. In a large zip-top food-storage bag, combine the steak with the remaining onion mixture. Marinate for 1 hour or overnight.

Heat the grill or the broiler, positioning the oven broiler rack so that the meat on the rack in the pan is 4" from the heat source. Remove the meat from the marinade, and place on the grill over direct heat or on an oven rack set in the broiler pan. Discard the marinade. Grill or broil for 4–5 minutes per side for medium-rare. Let stand for 5 minutes before slicing.

Place the meat on a platter and pour the reserved onion mixture over the steak.

### **Nutritional Information:**

176 calories  
9 total fat (4 g sat)  
50 mg cholesterol  
3 g carbohydrate  
19 g protein  
1 g fiber  
230 mg sodium

## ***Broiled Flank Steak***

**Serves 4**

### **Ingredients**

1 flank steak (1 1/2 pounds)  
1/2 cup tomato juice  
1/4 cup Worcestershire sauce  
1 small onion, finely chopped (1/4 cup)  
1 tablespoon fresh lemon juice  
1 clove garlic, minced  
1/2 teaspoon freshly ground black pepper  
1/8 teaspoon salt

### **Instructions**

Place the steak in a 13" x 9" glass baking dish. Combine the tomato juice, Worcestershire sauce, onion, lemon juice, garlic, pepper, and salt. Pour the mixture over the steak. Cover and refrigerate for 2 hours, turning once.

Place the steak on the broiler rack and brush with the marinade. Broil 3" from the heat for 5 minutes. Turn, brush with the marinade, and broil for 3 minutes or until a thermometer inserted in the center registers 145°F (for medium-rare).

To serve, cut diagonally across the grain into thin slices.

### **Nutritional Information:**

265 calories  
13 total fat (6 g sat)  
70 mg cholesterol  
6 g carbohydrate  
29 g protein  
0 g fiber  
440 mg sodium

## ***Marinated London Broil***

**Serves 8**

### **Ingredients**

2 tablespoons extra-virgin olive oil  
1/2 cup dry red wine  
3 cloves garlic, minced  
3 tablespoons minced fresh parsley  
1 tablespoon chopped fresh oregano  
1 bay leaf  
1/2 teaspoon freshly ground black pepper  
1 1/2 pounds sirloin, top round, or eye round London broil

### **Instructions**

In a small mixing bowl, whisk together the oil, wine, garlic, parsley, oregano, bay leaf, and pepper. Place the steak in a deep bowl and pour on the marinade. Turn once to coat both sides, cover, and refrigerate for at least 4 hours, preferably overnight.

When ready to serve, preheat the broiler or prepare a charcoal grill. Discard the marinade and bay leaf. Broil the meat for about 5 minutes on each side or until a thermometer inserted in the center registers 145°F (for medium-rare).

Cut the meat into thin, diagonal slices across the grain. Serve warm or cold.

### **Nutritional Information:**

171 calories  
10 total fat (3 g sat)  
40 mg cholesterol  
1 g carbohydrate  
17 g protein  
0 g fiber  
50 mg sodium

## ***Grilled Steak with Grilled Tomato Relish***

**Serves 2**

### **Ingredients**

2 sirloin steaks (6 ounces each)  
2 medium pear-shaped tomatoes, halved lengthwise  
2 tablespoons extra-virgin olive oil  
1 medium onion, chopped  
1 clove garlic, minced or pressed  
1/4 cup chopped fresh basil or 2 tablespoons dry basil  
Pinch salt  
Pinch freshly ground black pepper  
Basil sprigs (optional)

### **Instructions**

Place the steak on a lightly greased grill 4"–6" above a solid bed of medium-hot coals. Cook, turning as needed, until evenly browned on the outside and a thermometer inserted in the center registers 145°F (for medium-rare). Cut to test for doneness (about 15 minutes).

Meanwhile, place the tomatoes on the grill, cut sides up, and brush them lightly with 1 tablespoon of the oil. When the tomatoes are browned on the bottom (about 3 minutes), turn them over and continue to cook until soft when pressed (about 3 more minutes).

While the tomatoes are grilling, combine the remaining 1 tablespoon of oil, the onion, and garlic in a medium frying pan with a heatproof handle. Set the pan over the coals (or set on the stove over medium-high heat). Cook, stirring often, until the onion is limp and golden (about 10 minutes). Stir in the basil.

When the tomatoes are soft, stir them into the onion mixture, then set the pan aside on a cooler area of the grill (or cover and keep warm on the stove).

When the steak is done, place it on a board with a well (or on a platter). Spoon the tomato relish alongside the steak. Season with the salt and pepper and garnish with basil sprigs, if using.

To serve, cut the meat into thin slices. Combine the accumulated meat juices with the tomato relish, if desired.

### **Nutritional Information:**

366 calories  
22 total fat (5 g sat)  
85 mg cholesterol  
11 g carbohydrate  
31 g protein  
3 g fiber  
70 mg sodium

## ***Grilled Salmon with Rosemary***

**Serves 4**

### **Ingredients**

1 pound salmon  
2 teaspoons extra-virgin olive oil  
2 teaspoons fresh lemon juice  
1/4 teaspoon salt  
Pinch freshly ground black pepper  
2 cloves garlic, minced  
2 teaspoons fresh rosemary leaves, chopped, or 1 teaspoon dried, crushed  
Fresh rosemary sprigs (optional)  
Capers (optional)

### **Instructions**

Cut the fish into 4 equal-size portions. Combine the olive oil, lemon juice, salt, pepper, garlic, and rosemary in a bowl. Brush the mixture onto the fish.

To grill, arrange the fish on a grill rack or use a grill basket sprayed with olive oil cooking spray. Grill over medium-hot coals until the fish flakes easily (allow 4–6 minutes per 1/2" of thickness). If the fish is more than 1" thick, gently turn it halfway through grilling.

To broil, spray the rack of a broiler pan with olive oil cooking spray and arrange the fish on it. Broil 4" from the heat for 4–6 minutes per 1/2" of thickness. If the fish is more than 1" thick, gently turn it halfway through broiling.

To serve, top the fish with capers, if using, and garnish with rosemary sprigs, if desired.

### **Nutritional Information:**

231 calories  
15 total fat (3 g sat)  
67 mg cholesterol  
1 g carbohydrate  
23 g protein  
0 g fiber  
213 mg sodium

## ***Orange Roughy in Scallion and Ginger Sauce***

**Serves 2**

### **Ingredients**

1/3 cup dry sherry or vermouth  
3 tablespoons low-sodium soy sauce  
2 teaspoons sesame oil  
1/4 cup finely chopped green onion  
1 teaspoon freshly grated ginger  
1 teaspoon finely chopped garlic  
2 orange roughy fillets (1 pound)

### **Instructions**

Preheat the oven to 400°F. Mix the sherry or vermouth, soy sauce, sesame oil, onion, ginger, and garlic in a small bowl.

Place the fish fillets in an ovenproof casserole dish. Drizzle the marinade over the fish and bake for 12 minutes or until the fish flakes easily.

Cod, sole, or flounder may be substituted for the orange roughy.

### **Nutritional Information:**

242 calories  
6 total fat (1 g sat)  
45 mg cholesterol  
3 g carbohydrate  
35 g protein  
1 g fiber  
1154 mg sodium

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242 calories  
6 total fat (1 g sat)  
45 mg cholesterol  
3 g carbohydrate  
35 g protein  
1 g fiber  
1154 mg sodium

## ***Fish Kabobs***

**Serves 4**

### **Ingredients**

2 tablespoons extra-virgin olive oil  
2 tablespoons fresh lime juice  
1 tablespoon Dijon mustard  
1 pound fresh halibut, scrod, swordfish, salmon, or tuna steak, cut 1" thick  
1/2 large red onion, cut lengthwise into quarters  
1/2 green bell pepper, cored, seeded, and cut into 4 wedges  
1/2 red bell pepper, cored, seeded, and cut into 4 wedges  
4 cherry tomatoes, stemmed

### **Instructions**

Combine the oil, juice, and mustard in an 8" x 8" glass baking dish. Stir to blend. Cut the fish into sixteen 1" cubes. Add in one layer to the marinade. Cover and marinate in the refrigerator for 5–10 minutes. Turn the fish cubes to coat evenly and chill 5 minutes longer.

Preheat the broiler. Drain the fish cubes, reserving the marinade. Separate the onion layers slightly. Thread the fish and vegetables onto four skewers, alternating fish cubes with onions, peppers, and tomatoes. Brush the kabobs lightly with the reserved marinade.

Place the skewers on a broiler pan and broil 4" from the heat source, about 3 minutes. Turn the kabobs and brush again with the marinade. Broil for 3–4 minutes longer or until the fish is no longer translucent and the vegetables are tender-crisp.

Serve immediately.

### **Nutritional Information:**

216 calories  
10 total fat (1 g sat)  
36 mg cholesterol  
6 g carbohydrate  
25 g protein  
1 g fiber  
158 mg sodium

## ***Grilled Mahi Mahi***

**Serves 4**

### **Ingredients**

1 pound mahi mahi, fresh or frozen  
2 teaspoons olive oil  
2 teaspoons lemon juice  
1/4 teaspoon salt  
Fresh ground pepper to taste  
2 cloves garlic, minced  
Capers (optional)

### **Instructions**

Cut the mahi mahi into 4 serving-size portions. Brush both sides of the fish with the olive oil and lemon juice. Sprinkle with salt and pepper, then rub the garlic on the fish.

To grill, arrange the fish on a grill rack or use a grill basket that has been sprayed with an olive oil cooking spray. Grill over medium-hot coals for 4–6 minutes per 1/2" of thickness, or until the fish flakes easily when tested with a fork. If the fish is more than 1" thick, gently turn it halfway through grilling.

To broil, arrange the fish on the rack of a broiler pan that has been sprayed with an olive oil cooking spray. Broil 4" from the heat for 4–6 minutes per 1/2" of thickness, or until the fish flakes easily when tested with a fork. If the fish is more than 1" thick, gently turn it halfway through broiling.

To serve, top the fish with capers, if using.

### **Nutritional Information:**

120 calories  
3 total fat (1 g sat)  
83 mg cholesterol  
1 g carbohydrate  
21 g protein  
0 g fiber  
245 mg sodium

## ***Oven-Roasted Vegetables***

**Serves 4**

### **Ingredients**

1 medium zucchini, cut into bite-size pieces  
1 medium summer squash, cut into bite-size pieces  
1 medium red bell pepper, cut into bite-size pieces  
1 medium yellow bell pepper, cut into bite-size pieces  
1 pound fresh asparagus, cut into bite-size pieces  
1 red onion  
3 tablespoons extra-virgin olive oil  
1 teaspoon salt  
1/2 teaspoon freshly ground black pepper

### **Instructions**

Heat the oven to 450°F. Place the zucchini, squash, peppers, asparagus, and onion in a large roasting pan. Toss with the olive oil, salt, and pepper to mix and coat. Spread in a single layer in the pan. Roast for 30 minutes, stirring occasionally, until the vegetables are lightly browned and tender.

### **Nutritional Information:**

170 calories  
11 total fat (2 g sat)  
0 mg cholesterol  
15 g carbohydrate  
5 g protein  
5 g fiber  
586 mg sodium

## ***Roasted Eggplant and Peppers***

**Serves 4**

### **Ingredients**

1 eggplant, peeled, halved, and sliced  
2 red bell peppers, cut in thick strips  
1 green bell pepper, cut in thick strips  
1 onion, sliced  
1/4 cup extra-virgin olive oil  
Fresh basil (optional)

### **Instructions**

Preheat the oven to 350°F. Place the eggplant, peppers, and onion in a nonstick baking dish. Drizzle with the oil. Bake in the oven for 20 minutes, basting regularly.

Arrange the vegetables on a serving dish and garnish with fresh basil, if using.

### **Nutritional Information:**

193 calories  
14 total fat (2 g sat)  
0 mg cholesterol  
16 g carbohydrate  
2 g protein  
5 g fiber  
5 mg sodium

## ***Spinach-Stuffed Mushrooms***

**Serves 8**

### **Ingredients**

1 package (10 ounces) frozen chopped spinach  
1/8 teaspoon salt  
8 large mushrooms  
1 tablespoon extra-virgin olive oil

### **Instructions**

In a medium saucepan, bring 1/2 cup water to a boil. Add the spinach and salt. Cover, and cook according to package directions. Wash the mushrooms. Remove the stems, trim off the ends, then chop the stems.

Heat the olive oil in a large skillet. Add the chopped mushroom stems. Sauté until golden, about 3 minutes. Remove from the pan. Add the mushroom caps to the skillet and sauté for 4–5 minutes. Remove the mushroom caps to a heatproof serving platter.

Drain the spinach. Stir in the sautéed chopped mushrooms.

Spoon the spinach mixture into the caps and serve immediately or place in the oven on low heat to keep warm.

### **Nutritional Information:**

33 calories  
2 total fat (0 g sat)  
0 mg cholesterol  
3 g carbohydrate  
2 g protein  
2 g fiber  
74 mg sodium

## ***Surprise South Beach Mashed “Potatoes”***

**Serves 4**

### **Ingredients**

4 cups cauliflower florets  
1 ounce I Can’t Believe It’s Not Butter! spray  
1 ounce Land O’Lakes Gourmet Fat-Free Half & Half  
Pinch salt  
Pinch freshly ground black pepper

### **Instructions**

Steam or microwave the cauliflower until soft. Puree in a food processor, adding the butter spray and the half-and-half to taste. Season with salt and pepper.

### **Nutritional Information:**

81 calories  
6 total fat (2 g sat)  
4 mg cholesterol  
5 g carbohydrate  
2 g protein  
3 g fiber  
82 mg sodium

## ***Stewed Tomatoes and Onions***

**Serves 6**

### **Ingredients**

1/2 cup chopped green bell pepper  
1/4 cup thinly sliced celery  
1 small onion, chopped  
1 clove garlic, minced  
3 cups peeled, chopped tomatoes  
1 tablespoon red wine vinegar  
1/8 teaspoon freshly ground black pepper

### **Instructions**

Coat a large nonstick skillet with cooking spray. Place over medium-high heat until hot. Add the bell pepper, celery, onion, and garlic. Sauté for 5 minutes or until the vegetables are tender. Add the tomatoes, vinegar and black pepper.

Bring to a boil. Cover, reduce the heat, and simmer for 15 minutes, stirring occasionally.

### **Nutritional Information:**

29 calories  
0 total fat (0 g sat)  
0 mg cholesterol  
7 g carbohydrate  
1 g protein  
1 g fiber  
10 mg sodium

## ***Broiled Tomatoes***

**Serves 2**

### **Ingredients**

2 large ripe red tomatoes, halved horizontally

Pinch salt (optional)

Pinch freshly ground black pepper (optional)

### **Instructions**

Place the tomatoes on a broiler pan rack, cut sides facing up. Sprinkle with salt and pepper, if using. Broil for 7–10 minutes, until well-browned.

### **Nutritional Information:**

38 calories

1 total fat (0 g sat)

0 mg cholesterol

8 g carbohydrate

2 g protein

2 g fiber

16 mg sodium

## ***Broiled Tomato with Pesto***

**Serves 6**

### **Ingredients**

3 fresh tomatoes  
2 cloves garlic  
1 cup chopped fresh basil leaves  
2 tablespoons extra-virgin olive oil  
1/4 cup freshly grated Parmesan cheese  
2 tablespoons pine nuts

### **Instructions**

Cut the tomatoes in half. Combine the garlic, basil, olive oil, Parmesan, and pine nuts in a blender or food processor. Puree until smooth. Spoon the mixture onto the top of each tomato half. Place the tomatoes on a broiler pan and broil about 3" from the heat until lightly browned, about 3–5 minutes.

### **Nutritional Information:**

90 calories  
7 total fat (2 g sat)  
3 mg cholesterol  
4 g carbohydrate  
3 g protein  
1 g fiber  
68 mg sodium

## ***Oriental Cabbage Salad***

**Servees 4**

### **Ingredients**

1/2 small head green cabbage  
3 scallions, chopped  
2 tablespoons dark sesame oil  
2 tablespoons rice wine vinegar  
2 tablespoons sesame seeds, toasted

### **Instructions**

Combine the cabbage, scallions, oil, and vinegar. Toss well and chill until ready to serve.  
Add the sesame seeds and toss again before serving.

### **Nutritional Information:**

103 calories  
9 total fat (1 g sat)  
0 mg cholesterol  
5 g carbohydrate  
2 g protein  
2 g fiber  
15 mg sodium

## ***Turkey Roll-Ups***

**Serves 2**

### **Ingredients**

4 slices turkey breast  
4 medium Boston lettuce leaves  
Cilantro Mayonnaise (see below)  
4 scallions  
4 red bell pepper strips

### **Instructions**

Place 1 slice of turkey on a lettuce leaf spread with Cilantro Mayonnaise (see below). Add 1 scallion and 1 pepper strip. Fold into a tight, cigarlike roll.

Ham may be substituted for the turkey. Cilantro Mayonnaise can be used as a dip instead of a spread.

### **Nutritional Information:**

54 calories  
1 total fat (0 g sat)  
17 mg cholesterol  
2 g carbohydrate  
10 g protein  
1 g fiber  
604 mg sodium

## *Cilantro Mayonnaise*

**3/4 cup**

### **Ingredients**

3/4 cup reduced-fat mayonnaise  
3/4 cup loosely packed cilantro leaves  
1 tablespoon fresh lime juice  
1 teaspoon light soy sauce  
1 small clove garlic

### **Instructions**

Place the mayonnaise, cilantro, lime juice, soy sauce, and garlic in a blender or food processor. Blend until smooth.

### **Nutritional Information:**

36 calories  
3 total fat (1 g sat)  
4 mg cholesterol  
3 g carbohydrate  
0 g protein  
0 g fiber  
104 mg sodium

## ***Lemon Zest Ricotta Crème***

**Serves 1**

### **Ingredients**

1/2 cup part-skim ricotta cheese  
1/4 teaspoon grated lemon zest  
1/4 teaspoon vanilla extract  
1 package sugar substitute

### **Instructions**

Mix together the ricotta, lemon zest, vanilla extract, and sugar substitute in a dessert bowl. Serve chilled.

### **Nutritional Information:**

178 calories  
10 total fat (6 g sat)  
38 mg cholesterol  
7 g carbohydrate  
14 g protein  
0 g fiber  
155 mg sodium

## *Almond Ricotta Crème*

**Serves 1**

### **Ingredients**

1/2 cup part-skim ricotta cheese  
1/4 teaspoon almond extract  
1 package sugar substitute  
1 teaspoon slivered toasted almonds

### **Instructions**

Mix together the ricotta, almond extract, and sugar substitute in a dessert bowl. Serve chilled and sprinkled with toasted almonds.

### **Nutritional Information:**

192 calories  
11 total fat (6 g sat)  
38 mg cholesterol  
8 g carbohydrate  
15 g protein  
0 g fiber  
155 mg sodium

## *Vanilla Ricotta Crème*

**Serves 1**

### **Ingredients**

1/2 cup part-skim ricotta cheese

1/4 teaspoon vanilla extract

1 package sugar substitute

### **Instructions**

Mix together the ricotta, vanilla extract, and sugar substitute in a dessert bowl. Serve chilled.

### **Nutritional Information:**

178 calories

10 total fat (6 g sat)

38 mg cholesterol

7 g carbohydrate

14 g protein

0 g fiber

155 mg sodium

## *Vanilla Ricotta Crème*

**Serves 1**

### **Ingredients**

1/2 cup part-skim ricotta cheese

1/4 teaspoon vanilla extract

1 package sugar substitute

### **Instructions**

Mix together the ricotta, vanilla extract, and sugar substitute in a dessert bowl. Serve chilled.

### **Nutritional Information:**

178 calories

10 total fat (6 g sat)

38 mg cholesterol

7 g carbohydrate

14 g protein

0 g fiber

155 mg sodium

## ***Mocha Ricotta Crème***

**Serves 1**

### **Ingredients**

1/2 cup part-skim ricotta cheese  
1/2 teaspoon unsweetened cocoa powder  
1/4 teaspoon vanilla extract  
1 package sugar substitute  
Dash espresso powder  
5 mini chocolate chips

### **Instructions**

Mix together the ricotta, cocoa powder, vanilla extract, and sugar substitute in a dessert bowl. Serve chilled with a dusting of espresso powder and sprinkled with the mini chocolate chips.

### **Nutritional Information:**

261 calories  
14 total fat (9 g sat)  
42 mg cholesterol  
17 g carbohydrate  
15 g protein  
0 g fiber  
177 mg sodium

## ***Florentine-Style T-Bone***

**Serves 4**

### **Description**

From the menu of “Tuscan Steak” 431 Washington Avenue, Miami Beach. Tuscany, where the food is simple, usually grilled, and consistently delicious, has found its way to South Beach at Tuscan Steak. Best described as “a sophisticated family-style Florentine Grill featuring Tuscan cuisine with Florida accents,” there is nothing quite like Tucan Steak.

### **Ingredients**

3 1/2 lbs prime T-bone steak  
1/3 cup minced fresh garlic  
1 cup chopped parsley  
1 cup chopped basil  
Salt  
Freshly ground black pepper  
1 cup extra-virgin olive oil

### **Instructions**

Season the steak with the garlic, parsley, and basil. Add salt and pepper to taste. Drizzle the steak with the olive oil and marinate for 24 hours.

When ready to cook, heat the grill and cook the steak for 1 hour over medium heat, turning every 10 minutes. While grilling, preheat the oven to 400°F. When the meat is ready, remove it from the grill and let stand for 20 minutes. Roast the meat in the oven for 10-30 minutes, depending on how you like it. One hour on the grill and 10 minutes in the oven yields a medium-rare meat. A meat thermometer should register 145°F for medium-rare.

Slice the steak and drizzle it with some of the olive oil marinade (now at room temperature).

### **Nutritional Information:**

885 calories  
68 total fat (13 g sat)  
105 mg cholesterol  
5 g carbohydrate  
59 g protein  
1 g fiber  
170 mg sodium

## ***Poached Salmon Spinach Salad***

**Serves 4**

### **Ingredients**

2 tablespoons extra-virgin olive oil  
1/2 pound cleaned fresh spinach  
1/4 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
1/2 cup chopped yellow onion  
3 fresh tomatoes (about 1 1/4 pounds), peeled, seeded and cut into 1/2" pieces  
Poached salmon left over from Poached Salmon with Cucumber-Dill Sauce  
1 tablespoon coarsely chopped flat-leaf parsley (optional)

### **Instructions**

In a skillet, heat 1 tablespoon of the oil over medium heat. When hot, sauté the spinach for 1 1/2 minutes. Mix in the salt and pepper and divide the spinach among 4 plates.

Heat the remaining tablespoon of oil in the skillet. Sauté the onion and tomatoes over medium heat until the onion is tender, about 5–6 minutes.

Arrange the salmon on the spinach and top with the tomatoes and onion. Garnish with parsley, if using.

### **Nutritional Information:**

98 calories  
7 total fat (1 g sat)  
0 mg cholesterol  
9 g carbohydrate  
2 g protein  
2 g fiber  
162 mg sodium

## ***Jamaican Jerk-Kabobs***

**Serves 4.**

### **Ingredients**

2 green onions chopped  
1 jalapeno Chile seeded and chopped  
3 teaspoons extra virgin olive oil  
1 tablespoon chopped, peeled Ginger root  
2 tablespoons white wine vinegar  
1 teaspoon ground allspice  
1 teaspoon dried thyme leaves  
½ teaspoon salt  
1 pound skinless, boneless chicken breasts (cut into 12 equal pieces)  
2 red peppers cut into 1 in. pieces

### **Instructions**

In a blender at high speed blend the green onions, jalapeno Chile, ginger, vinegar, allspice, thyme, 2 tablespoons of the extra virgin olive oil, and salt until combined. Place chicken chunks into a zip tight plastic bag with marinade, turning to coat. Marinate in refrigerator for 30 minutes.

Meanwhile in a small bowl toss the red pepper pieces with 1 teaspoon of the extra virgin olive oil. Preheat the broiler, on 4 all metal skewers, alternately thread chicken and red pepper, place kabobs on rack in broiling pan, brush Kabobs with any remaining marinade. Place pan in broiler at closest position to heat source, broil the kabobs 10 minutes or until chicken is not longer pink inside, turning once.

## ***Tuscan Fish Stew***

**4 servings**

### **Ingredients**

1/2 pound large shrimp, peeled, deveined  
9 littleneck clams, soaked in cold water and well scrubbed  
3/4 pound cleaned mussels, well scrubbed  
1 large Dungeness crab, cleaned and cracked  
1/2 pound cubed whitefish (cod, grouper, basslet, trout, or halibut)  
2 tablespoons extra virgin olive oil  
2 clove garlic, sliced  
2 tablespoons dried basil  
1 medium onion, chopped  
finely grated peel of 1 lemon  
2 teaspoons dried oregano  
2 tablespoons fresh parsley, finely chopped  
1/4 cup dry white wine

### **Instructions**

In an 8-quart pot, heat the olive oil and sauté the garlic and onions in the olive oil until translucent. Add the white wine, clams, basil and oregano. Cook covered until clams open (about 8 minutes). Remove opened clams and set aside. Discard any unopened clams. Add the crab and shrimp bring to a boil slowly and cook until shrimp are opaque. Add the mussels and whitefish allow simmering for an additional 10 minutes. Remove from heat; allow sitting for 10 minutes. Discard any unopened mussels. Add parsley and lemon peel, return to heat, simmering until shrimp turn pink. Serve in 4 shallow bowls.

## ***Walnut Chicken Breast Stir Fry***

**serves 4**

### **Ingredients**

4 chicken breasts, skinless, boneless  
5 tablespoons walnut oil  
6 teaspoons low-sodium soy sauce  
1/2 teaspoon ground ginger  
1 red bell pepper  
1/2 cup chopped walnuts  
1/2 teaspoon garlic, minced  
1 medium onion  
1/2 cup reduced sodium chicken broth  
1 8 ounce package broccoli flowerettes  
1 green bell pepper  
4 cups assorted greens

### **Instructions**

In a large bowl, combine 2 tablespoon walnut oil and 3 teaspoons low-sodium soy sauce. Set aside. Cut the peppers and onion into 1 inch pieces. Cut the chicken breasts into 1 inch pieces. Add the chicken to the large bowl, stir to coat. Cover, then place in the refrigerator for 30 minutes.

While waiting; in a small bowl combine the ginger with the reduced sodium chicken broth, and the remaining low-sodium soy sauce. Set aside.

In a large skillet (or Wok), heat the remaining walnut oil over medium high-heat, when hot, but not smoking, add the chicken (discard all remaining marinade), cook until chicken is no longer pink. Remove chicken, set aside. Now stir fry the onion and peppers until onion is tender, add the broccoli, cook until tender, add chicken and broth mixture, cook stirring constantly until chicken is brought up to desired serving temperature. Turn off heat, add walnuts, and stir thoroughly. On 4 serving plates, divide the mixed greens evenly, and then pour walnut chicken mixture onto center of greens.

## ***Cucumber Salad***

**serves 4**

### **Ingredients**

2 medium cucumbers, peeled and sliced  
2 tablespoons extra-virgin olive oil  
2 tablespoons balsamic vinegar  
1 teaspoon cracked black pepper

### **Instructions**

Arrange the cucumber in a rotating pattern on a large serving plate.

Combine the oil and vinegar and drizzle over the salad. Sprinkle with the pepper.

## ***Broiled Lamb Chops with Mint Pesto***

**Serves 4**

### **Ingredients**

1 bunch fresh mint leaves, finely chopped  
2 tablespoons chopped pine nuts  
¼ cup extra virgin olive oil  
4 garlic cloves minced fine  
4 loin lamb chops 1 ½ inches thick

### **Instructions**

Preheat the broiler or grill. Brush 1 side of each lamb chop with a small amount of the pesto, grill under the hot broiler for 4 to 5 minutes. Turn, brush with additional pesto and grill for a further 4 to 5 minutes for medium/rare chops.

## ***Tuna Steak with Tomatoes and Olives***

**Serves 4**

### **Ingredients**

4 Tuna steaks (1in thick)  
salt and fresh ground pepper  
3 tablespoons extra virgin olive oil  
1 tablespoon minced garlic  
coarsely chopped pitted green olives  
1 tablespoon red wine vinegar  
4 sprigs fresh thyme  
¼ cup chopped fresh parsley  
1 can (14 oz.) tomatoes drained/chopped or 2 cups chopped fresh tomatoes

### **Instructions**

Sprinkle Tuna with salt and pepper. Heat 1 tablespoon of the extra virgin olive oil in a large non-stick skillet over medium heat. Add tuna cook 3 minutes per side. (center should remain slightly pink). Transfer to a warm serving dish and set aside.

Add remaining 2 tablespoons extra virgin olive to skillet with garlic and cook until just tender.

Stir in the tomatoes, olives, vinegar, and thyme bring to a boil. Cook, stirring, 2 minutes. Season with salt and pepper. Stir in parsley, spoon over tuna.

## ***Lime Zest Ricotta Crème***

**Serves 1**

### **Ingredients**

1/2 cup part-skim ricotta cheese  
1/4 teaspoon grated lime zest  
1/4 teaspoon vanilla extract  
1 package sugar substitute

### **Instructions**

Mix together the ricotta, lime zest, vanilla extract, and sugar substitute in a dessert bowl. Serve chilled.

### **Nutritional Information:**

178 calories  
10 total fat (6 g sat)  
38 mg cholesterol  
7 g carbohydrate  
14 g protein  
0 g fiber  
155 mg sodium

## ***South Beach Chopped Salad with Tuna***

**Serves 1**

### **Ingredients**

1 can (6 ounces) water-packed tuna  
1/3 cup chopped cucumber  
1/3 cup chopped tomato  
1/3 cup chopped avocado  
1/3 cup chopped celery  
1/3 cup chopped radishes  
1 cup chopped romaine lettuce

### **Dressing**

4 teaspoons extra-virgin olive oil  
2 tablespoons fresh lime juice  
2 cloves garlic, finely chopped  
1/2 teaspoon black pepper

### **Instructions**

To make the salad: Layer the tuna, cucumber, tomato, avocado, celery, radishes, and lettuce in a decorative glass bowl.

To make the dressing: Mix the olive oil, lime juice, garlic, and pepper. Drizzle over the salad.

### **Nutritional Information:**

506 calories  
28 total fat (4 g sat)  
50 mg cholesterol  
18 g carbohydrate  
48 g protein  
6 g fiber  
640 mg sodium

## ***Raspberry Chicken Breast with Fresh Herbs***

**Serves 4**

### **Ingredients**

4 boneless, skinless chicken breasts  
4 tablespoons raspberry vinegar  
1 tablespoon extra virgin olive oil  
1 teaspoon salt  
½ teaspoon fresh ground pepper  
1 tablespoon chopped fresh parsley  
1 tablespoon chopped fresh chives  
1 teaspoon chopped fresh thyme  
1 teaspoon chopped fresh tarragon  
4 large garlic cloves peeled and halved

### **Instructions**

Combine the raspberry vinegar, salt, pepper, olive oil, parsley, chives, thyme, tarragon and garlic in a small bowl. Then drizzle this mixture evenly over the 4 chicken breasts. Place the chicken on an unheated rack in a broiler pan, broil 4 to 5 inches from the heat for about 20 minutes or until lightly browned. Turn the chicken and brown for an additional 5 to 15 minutes until the chicken is tender and no longer pink.

## ***Meat Loaf***

1 can (6 oz) no-salt-added tomato paste  
½ c dry red wine  
½ c water  
1 clove garlic, minced  
½ tsp dried basil leaves  
¼ tsp dried oregano  
¼ tsp salt  
1 lb ground turkey breast  
1 c oatmeal  
¼ c liquid egg substitute  
½ c shredded zucchini

1. Preheat the oven to 350°F. Combine the tomato paste, wine, water, garlic, basil, oregano, and salt in a small saucepan. Bring to a boil, and reduce the heat to low. Simmer, uncovered, for 15 minutes. Set aside.

2. Combine the turkey, oatmeal, egg substitute, zucchini, and ½ cup of the tomato mixture in a large bowl. Mix well. Shape into a loaf, and place in an ungreased 8" x 4" loaf pan. Bake for 45 minutes. Discard any drippings. Pour ½ cup of the remaining tomato mixture over the top of the loaf. Bake for 15 minutes longer. Remove to a serving platter. Cool for 10 minutes before slicing. Serve the remaining tomato sauce on the side.

Makes 8 servings

Per Serving: 188 cal, 12 g pro, 12 g carb, 10 g fat, 3 g sat. fat, 39 mg chol, 2 g fiber, 244 mg sodium

### ***Lemon Couscous Chicken***

1¼ c water  
1 Tbsp extra virgin olive oil  
2 c broccoli florets  
1 pkg Near East Roasted Garlic & Olive Oil Couscous mix  
1½ c chopped cooked chicken  
Juice of 1 lemon (about 3 Tbsp)  
¼ tsp lemon peel

1. In a large skillet, bring the water, oil, broccoli, and contents of the spice sack from the couscous mix to a boil. Stir in the couscous, chicken, lemon juice, and lemon peel.
2. Remove from the heat. Cover, and let stand for 5 minutes. Fluff lightly with a fork. Chill well, and serve cold.

Makes 4 servings

Per Serving: 311 cal, 24 g pro, 39 g carb, 7 g fat, 1 g sat. fat, 45 mg chol, 3 g fiber, 476 mg sodium

### ***Roast Beef Wrap***

1¼ c reduced-fat cream cheese  
4 flour tortillas (9"-10")  
½ red onion, sliced  
4 spinach leaves  
8 oz roast beef, sliced

For each wrap, spread a small amount of the cream cheese over the surface of a tortilla. Layer the onion, spinach, and roast beef on top. Roll, and fold.

Makes 4 servings

Per Serving: 300 cal, 13 g pro, 42 g carb, 9 g fat, 3 g sat. fat, 21 mg chol, 3 g fiber, 659 mg sodium

### *Chocolate dipped apricots*

2 oz bittersweet chocolate

24 dried apricots

1 Tbsp chopped pistachios

Microwave the chocolate on high for 2 minutes, stirring halfway through until completely melted. Dip the apricots halfway into the chocolate. Let the excess drip off. Place the apricots onto wax paper. Sprinkle the pistachios over the chocolate-covered portions, and place them in the refrigerator until the chocolate is set.

Makes 8 servings

Per Serving: 99 cal, 1 g pro, 17 g carb, 3 g fat, 2 g sat. fat, 0 mg chol, 2 g fiber, 1 mg sodium

### ***Spinach-Stuffed Salmon Fillets***

4 salmon fillets (about 5 ounces each)  
Pinch salt  
Pinch freshly ground black pepper  
1 package (10 ounces) baby spinach, coarsely chopped  
2 tablespoons prepared pesto  
1 tablespoon chopped dry-packed sun-dried tomatoes  
1 tablespoon pine nuts

Heat the oven to 400 F. Make a slit two-thirds of the way through the center of each fillet making sure not to cut all the way through. Season each fillet with the salt and pepper. In a bowl, combine the spinach, pesto, tomatoes, and pine nuts. Spoon 1/3 cup cup of the mixture into each slit.

Arrange the fillets on a broiler pan coated with cooking spray. Roast for 8-10 minutes or until the spinach mixture is heated through.

Serves 4

Nutrition at Glance:

Per serving: 329 calories, 32 g protein, 4 g carbohydrates, 20 g fat, 4 g saturated fat, 213 mg sodium, 86 mg cholesterol, 3 g fiber

### ***Pan-Roasted Steak and Onions***

1 tablespoon extra-virgin olive oil  
2 tablespoons balsamic vinegar  
1 tablespoon Worcestershire sauce  
1 tablespoon Dijon Mustard  
2 cloves garlic, minced  
1 pound flank steak  
1 tablespoon cracked black pepper  
½ teaspoon salt  
1 cup fat free chicken broth  
1 medium onion, cut into ¼" thick rings

In a large nonaluminum baking dish, combine the oil, vinegar, Worcestershire sauce, mustard, and garlic. Add the steak; turn to coat. Cover; refrigerate for 30 minutes or overnight, turning once.

Coat a nonstick skillet with cooking spray. Place over medium-high heat. Sprinkle the steak with the pepper and salt. Brown for 2 minutes per side (for medium-rare). Remove the steak from the skillet; cover the steak loosely to keep it warm. Reduce the heat to medium.

Add the onion slices to the skillet and cook until golden brown, about 4-5 minutes per side.

Add the remaining broth as needed to prevent the onions from sticking.

Thinly slice the steak across the grain; serve with onions.

Serves 4

Nutrition at a glance:

Per serving: 239 calories, 24 g protein, 7 g carbohydrates, 12 g fat, 4 g saturated fat, 580 mg sodium, 55 mg cholesterol, 1 g fiber

### ***Chopped-Dipped Strawberries***

2 squares (1 ounce each) semisweet or bittersweet chocolate, chopped  
½ tablespoon whipping cream  
Dash almond extract  
8 strawberries

Combine the chocolate and the whipping cream in a glass measuring cup or bowl.

Microwave at medium power for 1 minute or until the chocolate melts, stirring after 30 seconds. Stir in the almond extract and cool slightly.

Dip each strawberry into the melted chocolate, allowing the excess to drip off. Place on waxed paper-lined baking sheet.

Refrigerate or freeze for approximately 15 minutes until the chocolate is set.

Serves 2

Nutrition at a Glance:

Per serving: 175 calories, 3 g protein, 24 g carbohydrates, 9 g fat, 6 g saturated fat, 1 mg sodium, 5 mg cholesterol , 4 g fiber.

## ***Grilled Yellowfin Tuna With White Bean And Oregano Salad***

6 ounces sushi-grade yellowfin tuna

Salt

Cracked black pepper

1/4 teaspoon crushed garlic

1/2 lemon, juice of

2 ounces olive oil

1/4 cup water

1 teaspoon fresh basil, chopped

1/2 tablespoon dried oregano

12 ounces cooked white beans

1 teaspoon parsley, chopped

Season the tuna with the salt and pepper and grill each side for 30-45 seconds. Set aside to cool.

Mix the garlic, lemon juice, olive oil, water, basil, oregano, and beans in a cold mixing bowl and let marinate for 3 hours in the refrigerator.

To serve, bring the salad to room temperature and place it in the middle of a shallow bowl. Slice the tuna thinly, and lay it on top of the bean mixture. Garnish the plate with the chopped parsley.

Serves 4

Nutrition at a Glance:

Per serving: 299 calories, 18 g protein, 23 g carbohydrates, 15 g fat, 2 g saturated fat, 19 mg sodium, 19 mg cholesterol, 10 g fiber.



## ***Cottage Cheese Puffs***

2 cups low-fat cottage cheese  
4 egg yolks  
6 tablespoons all purpose flour  
1/2 teaspoon vanilla  
pinch of salt  
8 egg whites

Recipe makes 6 servings (about 5 pancakes each).

Drain the cottage cheese in a sieve to remove excess moisture. Stir together cottage cheese, egg yolks, flour, and vanilla in a large bowl until well blended.

Add salt to egg whites in large bowl. Beat at medium speed until soft peaks form. Gently fold egg whites into cottage cheese mixture in 2 or 3 additions until no streaks of white remain.

Spray large non-stick skillet with non-stick vegetable cooking spray. Heat skillet over medium heat for each pancake drop 2 or 3 heaping tablespoons of batter into skillet, 1 inch apart: pancakes should not be larger than 2 1/2 inches in diameter. Cook for about 2 minutes or until set on bottom and lightly golden. Flip pancakes over; cook for 1 more minute or until golden. (Pancakes will be very light.) Remove to baking sheet and keep warm in low oven. Repeat with remaining pancake batter, spraying skillet as needed.

## ***Low-Fat Cottage Cheese Omelet***

2 eggs, separated

1/4 cup low-fat cottage cheese

dash of pepper

1/2 tbsp. dried parsley

Non-stick spray oil

Spray skillet with cooking spray. Beat the egg whites until stiff, but not dry. Beat the yolks separately until lemon colored and thick. Add the cottage cheese and pepper and beat until smooth. Fold in the egg whites and parsley.

Place the mixture in the skillet and cook over medium heat until lightly browned on the bottom and fluffy (about 3 to 4 minutes.) Heat in the oven for 15 minutes. Make a crease down the center of the omelet with a knife and fold over. Serve at once. Makes 1 omelet.

## ***Greek Salad***

- 1 pkg. (10 oz.) salad greens
- 1/2 cup ripe olives
- 3 plum tomatoes cut into chunks
- 1/2 cup thinly sliced red onion
- 1/2 medium cucumber, peeled, cut into chunks
- 2/3 cup Greek dressing
- 1 pkg. (4 oz.) crumbled feta cheese

Toss greens, olives, tomatoes, onion, and cucumber into large bowl. Drizzle with dressing. Sprinkle with cheese. Makes 6 servings.

Greek Dressing:

- 1/2 cup virgin olive oil
- 1/4 cup fresh lemon juice (1 lemon squeezed)
- 1 glove garlic, minced
- 1 tsp. dried oregano leaves
- 1/4 tsp. pepper
- 1/2 tsp. salt to taste

Mix oil, juice, garlic and seasonings

## ***Italian Style Spaghetti Squash***

Halve 1 (2 lb.) spaghetti squash lengthwise. Scrape out seeds. Place squash halves, cut sides down, and 1/4 cup water in glass baking dish. Cover with plastic wrap. Microwave on high 8 to 10 minutes until tender; let cool slightly.

Meanwhile, in large skillet, heat 1 tbsp. lemon olive oil; add 1 thinly sliced medium red onion. Cook over medium heat 3 minutes until onion is translucent.

Add 1 (8 oz.) zucchini, cut into 1/2-inch dice; cook 4 to 5 minutes until zucchini begins to brown.

Add 4 diced medium tomatoes and 1/4 tsp. each salt and pepper.

Reduce heat; simmer gently 10 minutes.

Using fork, scrape squash strands into bowl; toss 1/4 tsp. each salt and pepper and 1 tbsp. lemon olive oil.

Divide squash among 4 pasta bowls; mound in center; spoon vegetable mixture around squash.

Makes 4 servings.

## ***Oriental Pineapple Chicken***

Marinade:

1/2 cup pineapple juice  
2 tbsp. rice-wine vinegar  
1/2 tsp. reduced-sodium soy sauce  
1/4 cup sliced green onion  
1 clove garlic, minced  
1/8 teaspoon freshly ground black pepper

1 lb. boneless, skinless chicken breasts, halved  
8 cups assorted salad greens, such as spinach, radicchio, endive, sprouts  
8 slices fresh peeled pineapple, cut 1/2 inch thick  
1/2 tsp. sesame seeds, toasted

Note: To toast sesame seeds, sprinkle them into a heavy skillet. Shaking the pan and stirring seeds often, being careful not to burn them, cook over low heat until seeds make popping sound.

Prepare marinade:

Combine juice, vinegar, soy sauce, onion, garlic and pepper in glass pie plate. Add chicken and turn to coat. Marinate 30 minutes, turning once.

Arrange salad greens on four salad plates. Set aside. Remove chicken from marinade and place on broiler pan; reserve marinade.

Broil chicken 4 inches from heat approximately 3 minutes on each side or until browned and cooked through. Remove from broiler, cover and set aside. Place pineapple slices on broiler pan. Broil 1 to 2 minutes or until fruit is cooked and browned. Remove from broiler pan.

To make dressing, bring reserved marinade to boiling in small saucepan over medium-high heat. Reduce heat to medium and boil 3 minutes. Set dressing aside to cool slightly. Slice chicken breasts crosswise and arrange on lettuce. Spoon boiled dressing over chicken and greens. Sprinkle with sesame seeds; add pineapple slices. Serve immediately.

Makes 4 servings.

## ***Chicken Honey Nut Stir Fry***

A simple yet elegant chicken dish, stir fried with carrots, celery and an orange honey sauce. This recipe is from The WEBB Cooks, articles and recipes by Robyn Webb, courtesy of the American Diabetes Association. Preparation time: 20 minutes Prep Time: approx. 10 Minutes. Cook Time: approx. 10 Minutes. Ready in: approx. 20 Minutes. Makes 6 servings.

2 teaspoons peanut oil  
2 stalks celery, chopped  
2 carrots, peeled and diagonally sliced  
1 1/2 pounds skinless, boneless chicken breast halves - cut into strips  
1 tablespoon cornstarch  
3/4 cup orange juice  
3 tablespoons light soy sauce  
1 tablespoon honey  
1 teaspoon minced fresh ginger root  
1/4 cup cashews  
1/4 cup minced green onions

### **Directions**

- 1 Heat 1 teaspoon of the oil in a wok over high heat. Add the carrots and celery and stir fry for 3 minutes. Add remaining 1 teaspoon oil, then add the chicken and stir fry for 5 more minutes.
- 2 In a small bowl, dissolve the cornstarch into the orange juice. Mix in the soy sauce, honey and ginger. Add this sauce to the wok and cook over medium heat until thickened. Top with the cashews and green onions.

### **Nutrition at a glance**

Servings Per Recipe: 6 amount  
per serving

Calories 235  
Protein 27.3g  
Total Fat 7.9g  
Sodium 536mg  
Cholesterol 69mg  
Carbohydrates 13g  
Fiber 1.2g

## ***Low-Carb Grilled Pork Chops with Chive Cream***

Pork chops are pan seared then grilled and served with a chive cream sauce with lemon undertones. This is a free sample recipe of our Quick-Smart™ premium recipe collection. The complete Premium Collection is available by subscription only. Makes 4 servings.

2 tablespoons vegetable oil  
1 teaspoon salt  
1/2 teaspoon ground white pepper  
1 shallots, crushed  
3 pounds pork chops (4 large chops)

### **CHIVE CREAM:**

1 cup whipping cream  
1/4 teaspoon lemon extract  
1/4 teaspoon salt  
1/8 teaspoon ground white pepper  
1/4 cup minced fresh chives

### **Directions**

- 1 In a shallow pan, stir together oil, salt, pepper, and shallots. Place pork chops in pan, coat with marinade on both sides, and let rest for 15 to 30 minutes.
- 2 Chive Cream: In a small saucepan over medium heat, place cream and lemon extract. Simmer until reduced by about one third; keep warm over low heat. Just before serving, season with salt and pepper, then stir chives into warm cream sauce.
- 3 Prepare a charcoal fire or preheat broiler. Place pork chops on grill or under broiler, about 4 inches from heat, and cook until browned on one side (about 4 minutes). Turn and cook second side until lightly browned and slightly firm. Serve chops immediately, drizzled with Chive Cream.

### **Nutrition at a glance**

Servings Per Recipe: 4 amount  
per serving

Calories 906  
Protein 71.1g  
Total Fat 65.7g  
Sodium 897mg  
Cholesterol 279mg  
Carbohydrates 4.1g  
Fiber 0.3g