

# African Chicken Stew

1 lb. skinless and boneless chicken breast, cut in 2-inch pieces  
1 Tbsp. minced garlic  
1 Tbsp. grated ginger  
1 tsp. dried oregano  
1 Tbsp. fat-free, reduced-sodium chicken broth, or water  
Canola oil spray  
1 Spanish onion, half sliced, half finely chopped  
1 can (28 oz.) tomatoes, with juices  
1 habanero chile pepper, chopped  
1/4 cup ketchup  
1/3 cup reduced-fat peanut butter  
Salt and freshly ground black pepper

Place the chicken in a 1-quart resealable plastic bag. Combine the garlic, ginger, oregano, and broth in a small bowl. Add the seasoning mixture to the bag and massage it to coat the chicken with the seasonings. Marinate in the refrigerator for 6 hours to overnight.

Coat a large Dutch oven with cooking spray and set it over medium-high heat. Sear the chicken pieces until they are white on all sides, about 5 minutes. Transfer them to a plate and set aside.

Coat the pot again with cooking spray. Sauté the sliced onion until limp, 5 minutes, stirring occasionally. Add the tomatoes with half their liquid, the chile pepper and ketchup. Bring to a boil, reduce the heat and simmer the sauce 10 minutes, breaking up the tomatoes with a wooden spoon. Blend the peanut butter in the remaining tomato juice until smooth. Add it to the pot. Return the chicken to the pot. Simmer until the chicken is white in the center, about 15 minutes. Serve, accompanied by cooked brown rice.

Makes 4 servings. Per serving: 341 calories, 11 g. total fat (2 g. saturated fat), 25 g. carbohydrate, 33 g. protein, 5 g. dietary fiber, 563 mg. sodium.

## Apple Spice Bread

A mixture of white and whole wheat flour adds fiber to this tasty quick bread. This recipe freezes well.

### Ingredients:

Cooking spray  
2 medium Granny Smith apples (about 2 cups)  
3 Tbsp. fresh lemon juice  
1 cup all-purpose flour  
1 cup whole wheat flour  
2 tsp. baking powder  
1 1/2 tsp. ground cinnamon  
1/2 tsp. allspice  
1/4 tsp. salt  
3/4 cup packed light brown sugar  
3 Tbsp. canola oil  
1 egg, lightly beaten  
1 tsp. vanilla extract  
Pinch of nutmeg (optional)

### Instructions:

Preheat oven to 350 degrees. Coat 9-inch loaf pan with cooking spray. Peel and grate apples. Toss with lemon juice to prevent browning.

In large bowl, combine flours, baking powder, cinnamon, allspice and salt. Mix well. Make well in center and set aside.

In medium bowl, combine apples, brown sugar, canola oil, egg and vanilla. Mix well. Add mixture to dry ingredients and mix until just blended. Transfer batter to prepared pan.

Bake 1 hour, until wooden pick inserted near center come out almost clean (to preserve moistness). Cool in pan on wire rack, 10 minutes. Remove from pan and cool completely.

### Nutritional Information:

**Makes 10 servings.**

**Per serving:** 206 calories, 38 g carbohydrates, 2 g dietary fiber, 5 g total fat (<1 g saturated fat), 4 g protein, 170 mg sodium.

## Banana Oatmeal Muffins

- 1 cup old-fashioned oats, not quick-cooking
- 1 cup 1% or fat-free buttermilk
- 1 1/2 cups whole-wheat pastry flour
- 1 tsp. ground cinnamon
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1 large egg
- 1/2 cup applesauce
- 1 cup mashed ripe banana, 2 or 3 bananas
- 1/2 cup lightly packed light brown sugar
- 1/2 cup chopped walnuts

In large mixing bowl, combine oats and buttermilk and set aside for 1 hour.

Preheat oven to 400 degrees F. Drop foil liners into a 12-cavity muffin tin with 3-inch cups. Coat inside of liners generously with cooking spray and set aside. Or, spray muffin tin without using liners; this produces muffins with a chewier crust.

In small bowl, whisk together flour, cinnamon, baking powder, baking soda and salt. Break egg into bowl with soaked oats and beat it lightly with fork, then mix it in. Add applesauce, banana and sugar, and whisk until wet ingredients are well blended. Add dry ingredients, whisking just until they are combined: over mixing makes muffins tough. Spoon batter into prepared muffin tin. Sprinkle walnuts over top of muffins.

Bake 20 minutes, or until bamboo skewer inserted into center of muffin comes out clean. Let sit for 3 minutes, then turn the muffins out onto wire rack and cool for 15 minutes. Serve warm. Note: If not using liners, run a thin knife around between muffins and pan before turning them out.

### **Makes 12 muffins**

**Per muffin:** 180 calories, 4.5 g total fat (0.5 g saturated fat), 30 g carbohydrate,  
5 g protein, 4 g dietary fiber, 180 mg sodium

# Bean and Vegetable Enchilada Casserole

1 medium bell pepper, chopped  
1 large onion, chopped  
2 cloves garlic, minced  
1 Tbsp. canola oil  
1 can (14 oz.) black beans, drained and rinsed  
1 can (14 oz.) pinto beans, drained and rinsed  
1 package (16 oz.) frozen corn, thawed  
1 can (28 oz.) pureed or crushed tomatoes  
1 Tbsp. chili powder  
1/2 tsp. ground cumin  
Dash of hot sauce, to taste  
Salt and freshly ground pepper, to taste  
12 corn tortillas  
1 cup grated reduced-fat Jack cheese

Preheat oven to 350 degrees. In large saucepan, heat oil over medium heat and saute bell pepper, onion and garlic for five minutes. Add beans, corn, tomatoes and seasonings, including salt and pepper, if desired. Reduce heat to low and simmer for 15 minutes.

Assemble casserole in 9 x 13-inch baking dish. Cover bottom with one-third of bean mixture. Layer six tortillas on top of beans. Repeat once more, ending with bean mixture on top. Sprinkle cheese on top and bake until hot and bubbly, about 30-40 minutes.

Makes 8 servings. Per serving: 320 calories, 7 g total fat (2 g saturated fat), 53 g carbohydrates, 15 g protein, 11 g dietary fiber, 677 mg sodium.

## **Black Bean Soup with Avocado and Watercress**

2010

*By: Carol Wheeler*

### **AICR Test Kitchen**

#### **Black Bean Soup with Avocado and Watercress**

- 1 Tbsp. canola oil
- 1 cup prepared mild chunky salsa
- 1 can (15 oz.) black beans, rinsed and drained
- 1 tsp. ground cumin
- 1/2 tsp. ground coriander
- 2 cups water
- Lime juice, to taste
- Salt and freshly ground black pepper, to taste
- Dash cayenne pepper, to taste (optional)
- 1/4 cup cubed ripe avocado
- 1 cup minced watercress, for garnis

In large soup pot, heat oil over medium heat. Sauté salsa, black beans, cumin and coriander for 3-4 minutes, or until tomatoes in salsa are soft and mixture is aromatic. Add water. Bring to boil, then reduce heat to low and simmer, uncovered, for 10 minutes. In blender, purée soup until smooth. Return to pot and add lime juice to taste. Season to taste with salt, pepper and cayenne, if desired. Serve hot or chilled in individual bowls garnished with avocado and watercress.

**Makes 4 servings.**

**Per serving:** 140 calories, 5 g total fat (0 g saturated fat), 19 g carbohydrate,  
7 g protein, 6 g dietary fiber, 330 mg sodium



## Basic Caribbean Black Beans

- 1 Tbsp. olive oil
- 1 large onion, chopped medium
- 1/2 green bell pepper, diced
- 1/2 red bell pepper, diced
- 2 cloves garlic, minced
- 2 ripe large tomatoes, diced (8 oz. can diced tomatoes may be substituted)
- 2 (16 oz.) cans no added salt black beans, undrained
- 1/2 tsp. cumin
- 1/2 tsp. oregano
- 1/4 tsp. sage
- Cayenne or crushed red pepper, to taste
- 1/4 cup finely chopped fresh cilantro

Heat oil over medium-high heat in saucepan. Sauté onion, bell peppers and garlic until tender, about 5 minutes, stirring frequently. Add tomatoes and continue to sauté for an additional 2 minutes.

Add beans, cumin, oregano and sage and stir in gently. Season to taste with cayenne pepper, if desired. Let simmer over low heat for 10 minutes, stirring gently and frequently.

Sprinkle cilantro over beans and serve.

**Makes 6 servings.**

**Per serving:** 160 calories, 2.5 g total fat (0 g saturated fat), 27 g carbohydrate, 9 g protein, 8 g dietary fiber, 20 mg sodium.

# Chunky Cranberry Dip

Good for spreading on half a whole wheat bagel.

## Ingredients:

- 1 8-oz. package reduced fat cream cheese
- 1-2 Tbsp. lowfat milk
- 1/2 cup chopped dried cranberries
- 1/4 cup chopped blanched almonds
- 1/2 tsp. orange zest, preferably fresh

## Instructions:

In medium bowl, place cheese and allow to soften at room temperature. Mash and work with fork until texture is light enough to combine easily with other ingredients. Gradually add milk until cheese becomes soft and spreadable. Mix in remaining ingredients. Cover and refrigerate up to 2 days ahead or let stand at room temperature 1 hour before serving to allow flavors to blend. Makes about 1 1/2 cups.

## Nutritional Information:

Per serving (1 tablespoon): 29 calories, 2 g total fat (<1 g saturated fat), 3 g carbohydrate, 1 g protein, <1 g dietary fiber, 35 mg sodium.

# Crunchy Veggie Wrap

1/4 cup reduced-fat mayonnaise \*  
1 Tbsp. fresh lime juice  
1 tsp. grated lime peel  
4 8-inch whole-wheat flour tortillas  
2 cups fresh spinach leaves, washed and well-dried with stems removed  
1 small ripe avocado, peeled, pitted and cut into slices  
1 medium red bell pepper, seeded and cut into strips  
1 medium carrot, cut into strips

In a small bowl, combine the mayonnaise, lime juice and lime peel. Heat the tortillas in the microwave for 15-20 seconds on high to make it easier for you to roll them. Spread each tortilla evenly with the mayonnaise mixture. Arrange the spinach leaves on top of each tortilla, then the avocado slices, bell pepper and carrots. Roll the tortillas up tightly. Place the seam sides down on the serving plates.

*\*Note: As an alternative to the mayonnaise lime mixture, use a prepared hummus, yogurt-cucumber dip, low fat flavored cream cheese, salsa, baba ganoush, or mustard.*

Other Options: Try arugula instead of spinach. Add any type of bean, grated zucchini, tomatoes, shredded cabbage, onions, mushrooms and/or chopped cucumbers.

Makes 4 servings. Per serving: 198 Calories, 10 g Total Fat (2 g Saturated Fat), 31 g Carbohydrates, 5 g Protein, 7 g Dietary Fiber, 323 mg Sodium.

# Fresh Spinach Soup

- 1 Tbsp. extra virgin olive oil
- 1/2 medium onion, chopped
- 1 Tbsp. water
- 1-2 cloves garlic, minced
- 1 medium russet potato, peeled and chopped into 1-inch pieces
- 2 cans (14 oz. each) fat-free, reduced sodium vegetable broth
- 1 bag (5 oz.) baby spinach leaves
- Salt and freshly ground black pepper, to taste
- 1/2 tsp. garlic powder
- 1/2 cup evaporated fat-free milk
- 4 tsp freshly grated Parmesan cheese

In large soup pot, heat olive oil over medium heat. Sauté onion for 3 minutes until translucent. Add water and garlic and sauté 1 minute more. Add potato and stir to coat. Add broth and bring to boil. Reduce heat and simmer until potatoes are tender, about 10 minutes. Add spinach, stir and simmer until spinach is wilted, about 5 minutes. Season soup with salt and pepper to taste. Transfer soup to blender and purée until smooth. Return to pot and place on low heat. Add garlic powder and milk. Stir 1 minute more. Serve in individual bowls and garnish with cheese.

**Makes 4 servings.**

**Per serving:** 140 calories, 4.5 g total fat (1 g saturated fat), 21 g carbohydrate, 5 g protein, 4 g dietary fiber, 260 mg sodium.

# Green Tea Slush with Apricot Nectar

3 cups prepared green tea (use decaffeinated if desired)  
1 cup apricot nectar  
1 cup crushed ice  
1 Tbsp. honey

In blender or food processor, combine all ingredients and puree until smooth.

Makes 4 servings. Per serving: 51 calories, 0 g. total fat (0 g. saturated fat), 13 g. carbohydrates, 0 g. protein, <1 g. dietary fiber, 2 mg sodium.

# Lite Hummus Dip

## Ingredients:

1 can (15 oz.) chick peas, rinsed and drained  
1-2 cloves finely minced garlic (or to taste)  
1 Tbsp. sesame tahini  
6-8 Tbsp. reduced sodium vegetable broth or water  
1-2 Tbsp. fresh lemon juice  
1/2 tsp. extra virgin olive oil  
Salt and freshly ground black pepper, to taste  
Hot pepper sauce (optional)  
Paprika

## Instructions:

In blender or food processor, place peas, garlic, tahini, broth or water, lemon juice and oil. Blend on high speed until mixture is smooth. Add salt, pepper and hot pepper sauce to taste, if desired. Pour mixture into serving bowl. Dust lightly with paprika. Serve with cut-up raw vegetables and pita bread. Makes 1 1/4 cups

## Nutritional Information:

Per 2 tablespoons: 50 calories, 2 g fat (<1 g saturated fat), 7 g carbohydrate, 2 g protein, 2 g dietary fiber, 195 mg sodium.

# Papaya, Chicken and Pecan Salad

This salad will transport you to a tropical island. When choosing a papaya, make sure it yields to light pressure and has a pleasant, fruity aroma. If papaya is not available, substitute mango.

## Ingredients:

- 1 cup water
- 1/2 lb. boneless, skinless chicken breasts
- 4 cups torn romaine lettuce
- 1 medium papaya (about 1 1/2 cups), halved, seeded, peeled and cubed
- 1 cup red pepper strips (about 1 large pepper)
- 2 scallions, sliced (about 1/4 cup)
- 2 Tbsp. red wine vinegar
- 1 Tbsp. fresh lime juice
- 1 tsp. honey
- 1 garlic clove, minced (about 1/2 tsp.)
- 1/2 tsp. Dijon mustard
- 1 1/2 Tbsp. olive oil
- Salt and freshly ground black pepper, to taste
- 1/4 cup pecan halves, toasted

## Instructions:

1. In 10-inch nonstick skillet, bring 1 cup water to boil. Add chicken breasts; return to boil. Cover and reduce heat to low and cook about 15 minutes, until chicken is cooked through.
2. With slotted spoon, transfer chicken to covered container. Cool in refrigerator.
3. In large salad bowl, combine lettuce, papaya, red pepper and scallions. In measuring cup, whisk together vinegar, lime juice, honey, garlic and mustard. Slowly add oil in thin stream. Whisk until well blended.
4. Add salt and pepper, to taste. Cube chicken into bite-sized pieces and combine with dressing. Toss chicken and dressing with salad. Top with pecans.

## Nutritional Information:

Makes 4 servings. Per serving: 220 calories, 11 g total fat (1 g saturated fat), 17 g carbohydrates, 16 g protein, 4 g dietary fiber, 62 mg sodium.

# Peanut Butter and Banana Smoothie

4 cups nonfat milk  
4 Tbsp. smooth peanut butter  
4 frozen bananas  
Sugar or honey, to taste (optional)  
1/8 to 1/4 tsp. cinnamon  
1/4 tsp. vanilla

In blender, place milk and peanut butter. Blend 30 seconds. Add bananas, sugar or honey, cinnamon and vanilla. Blend until mixture is completely combined. Serve immediately.

Makes 4 smoothies. Per serving: 290 calories, 9 g. total fat (2 g. saturated fat), 44 g. carbohydrates, 13 g. protein, 5 g. dietary fiber, 201 mg. sodium.

# Pineapple Chicken Stir-Fry

## Sauce:

- 1 1/2 Tbsp. reduced-sodium soy sauce
- 2 Tbsp. unsweetened pineapple juice
- 1 Tbsp. fat-free, reduced-sodium chicken or vegetable broth or water
- 2 cloves garlic, finely minced
- 1 tsp. cornstarch

## Stir-Fry:

- 8 oz. boneless, skinless chicken breast, cut into 1-inch pieces
- 1 tsp. reduced-sodium soy sauce
- 1 tsp. seasoned rice vinegar
- 1/8 tsp. ground ginger
- 1 Tbsp. sesame oil, divided
- 1 small carrot, sliced into 1/4-inch pieces
- 1/2 medium green bell pepper, seeded and cut into 1/2-inch pieces
- 1/2 cup snow peas, cut in half lengthwise
- 1/3 cup chopped green onion, green part only
- 1/2 cup pineapple chunks, fresh or canned in unsweetened juice and drained
- 1 cup cooked brown rice

In small bowl, whisk together sauce ingredients and set aside.

In another small bowl, mix chicken with soy sauce, vinegar and ginger. Set aside to marinate.

In nonstick skillet, heat 1/2 Tbsp. oil over medium-high heat. Add carrot and green pepper, stir-frying for 3 minutes. Add snow peas and stir-fry another 2 minutes. Remove vegetables from pan and set aside.

Add remaining oil to hot pan. Add marinated chicken. Stir-fry constantly until chicken is cooked through, about 3 minutes.

Return vegetables to pan. Add onion and stir-fry for 1 minute. Add pineapple. Stir sauce and pour over mixture. Stir-fry until sauce thickens, 1-2 minutes. Serve over brown rice.

**Makes 2 servings.**

**Per serving:** 396 calories, 9 g total fat (2 g saturated fat), 45 g carbohydrates, 32 g protein, 6 g dietary fiber, 709 mg sodium

# Portabello Burgers

Grilling portobellos with a simple marinade, some garlic and herbs produces a meaty meal that should satisfy a craving for steak.

- 4 large Portabello mushrooms
- 2 cloves garlic, sliced into very thin slivers
- 1 tsp. fresh rosemary or 1/2 tsp. dried, (optional)
- 1 tsp. fresh thyme or 1/2 tsp. dried, (optional )
- 3 Tbsp. extra virgin olive oil
- 3 Tbsp. balsamic or red wine vinegar
- Salt and freshly ground black pepper, to taste

Preheat broiler or grill.

Wipe mushrooms with damp cloth. Remove stems. With paring knife, make slits in tops of caps. Stuff slivers of garlic and herbs (if using) into slits.

In small bowl, whisk together oil and vinegar with salt and pepper to taste. Brush mushrooms with oil mixture. Place mushrooms, cap-side down, on pan and broil or grill until soft and brown, about 3 to 5 minutes per side.

Serve in place of a steak or with lettuce and tomato on toasted whole-grain buns.

**Makes 4 servings.**

**Per serving:** 94 calories, 7 g. total fat (1 g. saturated fat), 6 g. carbohydrate, 2 g. protein, 1 g. dietary fiber, 8 mg. sodium.

# Pumpkin-Orange Muffins

Canola oil spray  
1 egg  
1/2 cup skim milk  
1/2 cup canned pumpkin  
1/4 cup canola oil  
1 tsp. dried grated orange zest  
1 1/2 cups unbleached flour  
1/2 cup sugar  
1 tsp. baking powder  
1 tsp. cinnamon  
3/4 tsp. nutmeg  
1/4 tsp. salt

Preheat oven to 375 degrees. Spray muffin tin lightly with spray oil.

In a medium bowl, beat egg, milk, pumpkin, oil and grated orange zest, mixing well.

In a separate bowl, mix together dry ingredients. Mix into pumpkin mixture.

Spoon batter into greased muffin tin, filling each 1/2 to 2/3 full, and bake until pick inserted in middle of muffin comes out clean, about 20 to 25 minutes.

Remove from oven and set on wire rack to cool, about 5-10 minutes. Remove muffins and allow to cool completely on rack. Serve immediately or store in plastic bag or other sealed container, but do not refrigerate. (If making more than one batch, extras can be frozen.)

**Makes 9 muffins.**

**Per serving:** 191 calories, 7 g. fat (less than 1 g. saturated fat), 29 g. carbohydrate, 4 g. protein, 1 g. dietary fiber, 134 mg. sodium.

## Rice Salad with Mango and Black Beans

- 2 cups cooked brown rice (see note)
- 1 (15 oz.) can black beans, rinsed and drained
- 3/4 cup diced mango, 1/4-inch cubes
- 1/2 cup chopped and seeded plum tomato
- 1/3 cup chopped green onion, white and green parts
  - **Dressing**
- 1/3 cup orange juice
- 1-2 Tbsp. fresh lime juice
- 1 serrano chile pepper, or 1-2 inch piece jalapeño pepper, coarsely chopped (see note)
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 1 Tbsp. canola oil
- Salt and ground black pepper
- 2-3 Tbsp. chopped fresh cilantro

Combine rice, beans, mango, tomatoes and green onion in mixing bowl. This step may be done up to 2 hours before serving with salad covered and refrigerated.

For dressing, in blender or bowl of mini-food processor, whirl orange and lime juice, chile pepper, cumin and oregano until chile is ground up. Add oil and whirl to blend. Season to taste with salt and pepper. This may be done up to 2 hours before serving, and dressing refrigerated.

Just before serving, pour dressing over salad and toss with fork to combine (if salad has been refrigerated, let sit at room temperature for 20 minutes before dressing). Spoon salad into wide, shallow serving bowl, and sprinkle on cilantro. Serve immediately.

### *Notes:*

- If you like, use frozen brown rice prepared according to package directions. Cool the rice to room temperature before combining with salad ingredients.
- A Serrano chile gives more heat, while seeding and removing ribs reduces heat. For the least heat, use bottom end of a large jalapeño pepper.

**Makes 4 servings; about 1 1/4 cup per serving.**

**Per serving:** 284 calories, 5 g total fat (<1 g saturated fat), 51 g carbohydrate, 10 g protein, 10 g dietary fiber, 201 mg sodium.

# Shrimp and Corn with Basil

2 Tbsp. butter  
1 small red onion, chopped  
3/4 lb. medium shrimp, shelled  
Kernels cuts from 3 ears fresh sweet corn, about 1 1/2 cups  
4 scallions, green and white, chopped  
2 Tbsp. fresh lemon juice  
1 tsp. grated lemon zest  
Salt and freshly ground black pepper, to taste  
6 large basil leaves, cut into thin strips

Melt the butter in a deep medium skillet over medium-high heat. Sauté the onion until translucent, about 4 minutes. Add the shrimp and corn, mixing occasionally until the shrimp turn pink and are cooked through, about 6 minutes. Stir in the scallions, lemon juice and zest. Season to taste with salt and pepper.

Off the heat, mix in the basil. Divide the sauté among 4 plates and serve immediately. (Steamed brown rice makes a good accompaniment.)

Makes 4 servings. Per serving: 209 calories, 8 g. total fat (4 g. saturated fat), 16 g. carbohydrate, 19 g. protein, 3 g. dietary fiber, 141 mg. sodium.

# Spiced Toasted Almonds

## Ingredients:

1 Tbsp. dried thyme leaves  
1 tsp. kosher or sea salt  
1/4 tsp. red (cayenne) pepper, or to taste  
2 tsp. canola oil  
2 cups whole, unblanched almonds  
Canola oil spray

## Instructions:

Preheat oven to 400 degrees.

In large, shallow bowl, combine thyme, salt, pepper and oil. Set aside.

Place nuts in medium bowl. While tossing with fork, lightly spray with canola oil so all surfaces are coated.

Lightly coat baking sheet with canola oil spray. Turn nuts onto sheet and spread evenly across surface. Place baking sheet in center of the oven.

Toast until nuts are lightly browned and fragrant - about 8 minutes. Occasionally, shake pan to shift nuts and prevent scorching. (Be careful not to let nuts get too dark or they'll taste burned.)

Remove from oven and immediately add hot nuts to spice mixture. Stir for a few minutes to coat the nuts thoroughly. Taste and adjust the seasonings.

Serve warm or at room temperature. Nuts can be sealed and stored for up to two weeks. Reheat in a hot oven.

## Nutritional Information:

**Makes 2 cups or 8 servings.**

**Per serving:** 223 calories, 19 g. total fat (1 g. saturated fat), 7 g. carbohydrate, 7 g. protein, 4 g. dietary fiber, 235 mg. sodium.

## Spinach Salad with Grilled Chicken with Three Citrus Dressing

- 1 lb. skinless and boneless chicken breast
- 2 garlic cloves, chopped
- Kosher salt to taste
- 3/4 cup orange juice
- 2 Tbsp. fresh lime juice
- 1 Tbsp. lemon juice
- 1 tsp. ground cumin
- 1 Tbsp. honey mustard
- Ground black pepper
- 2 Tbsp. extra virgin olive oil, divided
- 8 packed cups spinach leaves, stemmed
- 1 (11 oz.) can mandarin orange sections, drained
- 1/4 cup chopped walnuts, optional, for garnish

Cut chicken lengthwise into 1-inch strips and place in resealable plastic bag.

Place garlic on cutting board and sprinkle on salt. Finely chop garlic, then turn blade sideways, press it against garlic and drag down and to the side to smear garlic and salt together. Repeat chopping and smearing until garlic is a chunky paste. Scoop it up with knife blade and transfer mashed garlic to small bowl. Add orange, lime and lemon juices, cumin, stir in honey mustard, and add pepper to taste. Whisk in 1 tablespoon of oil.

Pour 1/2 cup of dressing into bag with chicken and seal, then massage to coat chicken strips. Marinate chicken in refrigerator for 1 to 2 hours. When ready to cook, use paper towels to pat chicken dry. Discard marinade.

Cook chicken in heated grillpan or over outdoor grill on medium-high heat until pieces are white in center at thickest point, about 5 minutes, turning them over every minute to prevent charring. Transfer to plate and let chicken rest for 5 minutes, then cut into 1-inch pieces.

Arrange 2 cups of spinach in each of four wide, shallow salad bowls and top with one-fourth of chicken. Whisk remaining tablespoon of oil into dressing, then drizzle it over salads. Garnish with mandarin orange sections or chopped walnuts, if desired.

**Makes 4 servings**

**Per serving:** 250 calories, 10 g total fat (2 g saturated fat), 15 g carbohydrate, 25 g protein 2 g dietary fiber, 140 mg sodium

## Spring Tuna Salad

- 1 (6 oz.) can water-packed albacore tuna
- 3/4 cup finely chopped Honeycrisp, Gala or Fuji apple
- 1/2 cup finely chopped green bell pepper
- 1/2 cup finely chopped scallions, green and white parts
- 2 Tbsp. fresh lemon juice
- Salt to taste
- Ground black pepper
- 1 Tbsp. canola oil
- 1/3 cup chopped fresh dill
- 2 tsp. grated lemon zest
- 4 butter or Boston lettuce leaves
- 4 slices European cucumber
- 2 lightly packed cups watercress sprigs

In mixing bowl, finely flake tuna with fork. Mix in apple, green pepper and scallions. Add lemon juice, salt and pepper to taste, and toss to combine. Mix in canola oil. The salad may be covered and refrigerated for up to 4 hours.

When ready to serve, mix in the dill and lemon zest. Line 2 salad plates each with 2 lettuce leaves and add 2 cucumber slices. Mound one-half of the tuna salad on each plate. Surround with the watercress sprigs, and serve.

**Makes 2 servings.**

**Per serving:** 220 calories, 10 g total fat (1 g saturated fat), 12 g carbohydrate, 22 g protein 3 g dietary fiber, 55 mg sodium

# Spring Vegetable Soup

- 1 Tbsp. extra virgin olive oil
- 1/4 medium head red cabbage (about 2 cups), finely shredded
- 2 medium ripe tomatoes, seeded and chopped
- 1/2 cup canned artichoke hearts, drained and chopped
- 1 cup frozen or fresh green peas
- 2 1/2 cups low-sodium tomato or vegetable juice
- 1 cup water
- 2 tsp. dried basil
- Salt and freshly ground black pepper, to taste

In large soup pot, heat oil over medium heat. Sauté cabbage, tomatoes, artichoke hearts and peas for 10 minutes. Add tomato juice and water. Bring to boil. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot. Serve in individual serving bowls. Season to taste with salt and pepper.

**Makes 4 servings.**

**Per serving:** 120 calories, 4 g total fat (<1 g saturated fat), 18 g carbohydrate, 5 g protein, 4 g dietary fiber, 200 mg sodium

# Strawberry-Blueberry Muffins

Canola oil spray  
3 Tbsp. canola oil  
1/3 cup unsweetened applesauce  
1/2 cup sugar  
2 eggs  
1 tsp. vanilla  
1 cup fresh blueberries  
1 cup chopped fresh strawberries  
1 cup whole-wheat flour  
1 cup unbleached all-purpose flour  
2 tsp. baking powder  
1/4 tsp. salt  
1/2 cup fat-free milk

Preheat oven to 375 degrees. Spray 12-cup muffin tin with canola oil and set aside. In medium bowl, whisk together oil, applesauce, sugar and eggs. Add vanilla, blueberries and strawberries. In separate bowl, blend together flours, baking powder and salt. Fold in half flour mixture, then half milk. Add remaining flour and milk, folding in just until blended. Scoop batter into prepared tins. Bake 25-30 minutes or until golden brown and inserted toothpick comes out dry. Allow muffins to cool for 20 minutes before removing from pan.

Per serving (1 muffin): 165 calories, 5 g total fat (<1 g saturated fat), 28 g carbohydrates, 4 g protein, 2 g dietary fiber, 133 mg sodium.

# Strawberry-Melon Smoothie

- 1 cup orange juice
- 1 cup cut-up cantaloupe
- 1 carton (8 oz.) nonfat plain yogurt
- 1 bag (10 oz.) frozen, unsweetened strawberries

In blender, puree orange juice with cantaloupe. Add remaining ingredients and blend until smooth. Serve immediately.

Makes 4 servings. Per serving: 93 calories, <1 g fat (0 g saturated fat), 21 g carbohydrate, 4 g protein, 2 g dietary fiber, 40 mg sodium.

# Tomato-Cucumber Salad with Parsley and Mint

## Ingredients:

- 4 medium ripe tomatoes, seeded and chopped
- 1/2 medium cucumber, peeled, seeded and chopped
- 1/3 cup diced red onion
- 2 Tbsp. fresh parsley, chopped
- 2 Tbsp. fresh mint, chopped
- 1 Tbsp. red wine vinegar
- 2 tsp. olive oil
- 1 tsp. Dijon mustard
- Salt and freshly ground black pepper to taste

## Instructions:

In large bowl, combine tomatoes, cucumber, red onion, parsley and mint. In small bowl, whisk together vinegar, oil and mustard. Add to tomato mixture and toss to coat. Season to taste with salt and black pepper.

Serve chilled or at room temperature.

Makes 4 servings, each 1/2 cup.

## Nutritional Information:

Per serving: 59 calories, 3 g total fat (1 g saturated fat), 8 g carbohydrates, 2 g protein, 2 g fiber, 45 mg sodium.



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Put those extra holiday leftovers to work and give new life to an old favorite with our healthy, hearty lasagna. Lean turkey and low-fat cheese cut the fat and calories usually found in the traditional dish while onion, oregano, and marinara keep it fun and flavorful. Whole-wheat noodles add another layer of cancer protection with their unique antioxidants, phenols and lignans.

### **Turkey Lasagna**

6 whole-wheat lasagna noodles (or use no boil noodles)  
Canola oil cooking spray  
1 medium onion, diced or chopped into medium pieces  
1 1/2 lb. diced cooked turkey breast  
1 tsp. dried oregano  
15 ounces low-fat ricotta cheese  
1 large egg, beaten  
1 10-ounce package frozen spinach, cooked per package directions, well drained  
3 cups low-sodium marinara sauce  
1 cup part-skim milk mozzarella cheese, shredded

Preheat oven to 375 degrees.

Cook lasagna noodles according to package directions. Set aside on cloth towel. Spray large skillet with cooking oil, and over medium heat, cook onion until soft. Add turkey and cook until heated through. Stir in oregano.

In medium bowl, mix together ricotta, egg and spinach.

Place 1 cup sauce in the bottom of 13 x 9-inch baking dish and spread to cover the bottom. Layer with 3 lasagna noodles, half the ricotta cheese mixture and half the turkey mixture. Repeat layering starting with sauce, then cheese then turkey mixture. Top with mozzarella.

Cover with aluminum foil and bake for 40 minutes. Remove foil and bake for additional 10-15 minutes or until bubbling and top is golden brown. Let stand for 10 minutes before serving.

### **Makes 8 servings**

**Per serving:** 290 calories, 8 g total fat (3.5 g saturated fat), 22 g carbohydrate, 34 g protein, 3 g dietary fiber, 280 mg sodium.

# Turkey, Spinach and Apple Wrap

- 1 Tbsp. reduced-fat mayonnaise
- 2 tsp. honey mustard
- 2 whole-wheat lavash wraps or flour tortillas
- 2 cups (washed and dried) baby spinach leaves, loosely packed, or two large leaves of a soft leafy green lettuce
- 4 thin slices turkey breast (4 ounces)
- 1/4 Granny Smith apple, sliced paper-thin

Combine mayonnaise and mustard. Lay out both wraps. Spread the edges of each with the mayonnaise mixture. Leaving a margin free on the side closest to you, arrange a layer of greens on top of wraps. Top each layer with half the turkey. Evenly divide apple slices and lay lengthwise across turkey. Fold over the end of the wrap closest to you, then the two sides. Roll the wrap as tightly as possible toward the opposite side. Cover each wrap tightly in plastic wrap and refrigerate, seam side down, up to 4 hours before serving. When ready to serve, remove plastic wrap and cut each wrap in half, at an angle.

**Makes two wraps, or 2 servings.**

**Per serving:** 234 calories, 7 g. total fat (1 g. saturated fat), 27 g. carbohydrate, 20 g. protein, 3 g. dietary fiber, 294 mg. sodium.

## Tuscan Chickpea Soup

- 2 cans (15 oz.) chickpeas, rinsed and drained
- 2 large whole garlic cloves, peeled
- 1 can (14 1/4 oz.) reduced-sodium vegetable broth
- 2 tsp. extra-virgin olive oil
- 2 cups water
- 1 medium onion, chopped
- 2 Tbsp. tomato paste
- 1 tsp. chopped fresh rosemary
- Salt and freshly ground black pepper
- 2 tsp. extra-virgin olive oil, for garnish (optional)
- 1 tsp. lemon juice (optional)
- 2 1/2 Tbsp. minced flat-leaf parsley, for garnish (optional)

Place chickpeas and garlic in large saucepan. Pour broth and 2 cups cold water into pot. Add liquid to pot and over medium-high heat, bring to a boil. Reduce heat and simmer, covered, until beans are very soft, 20 minutes. Let the soup sit 10 minutes to cool slightly.

Meanwhile, heat oil in small skillet over medium-high heat. Add onion and cook, stirring often, until onion is soft, about 5 minutes. Transfer mixture to blender.

Add chickpeas, garlic, liquid, tomato paste and rosemary. Purée until smooth. This may need to be done in 2 batches. Make soup smooth or leave some texture, as you prefer. Season to taste with salt and pepper.

To serve, ladle soup into bowls. Garnish each either by drizzling 1/2-teaspoon of olive oil over the soup, or by mixing in 1 teaspoon lemon juice. Sprinkle with parsley.

**Makes 6 servings or 6 cups.**

**Per serving:** 142 calories, 3 g. total fat (less than 1 g. saturated fat), 21 g. carbohydrate, 8 g. protein, 5 g. dietary fiber, 372 mg. sodium.

# Two-Potato Salad

- 1 lb. 3/4-inch diced boiling potatoes, preferably yellow-fleshed (peeled)
- 1 lb. 3/4-inch diced sweet potatoes (peeled)
- 1/4 cup Dijon mustard
- 3 Tbsp. white wine vinegar
- 1/4 cup extra virgin olive oil
- 2/3 cup minced shallots
- 1 Tbsp. minced fresh rosemary leaves
- 1 Tbsp. minced fresh thyme leaves
- 4 cups loosely-packed washed spinach leaves torn into bite-size pieces\*
- Salt and freshly ground black pepper to taste

Place boiling potatoes and sweet potatoes in separate pots with enough cold water to cover. Cover with tight-fitting lids and bring to boil. Reduce heat to simmer and cook until just barely tender. (Potatoes will continue cooking after removed from pot.)

Meanwhile, make dressing by mixing mustard and vinegar in bowl, and gradually whisking in oil until smooth and well combined. Mix in shallots and herbs. Season to taste with salt and pepper, as desired.

When potatoes are not quite completely tender when pierced with a fork, drain and transfer to large bowl. Mix in half the dressing (about 1/4 cup) and set aside to allow potatoes to absorb flavors while cooling.

When they reach room temperature, lightly mix in spinach and remaining dressing. Adjust seasoning with additional salt and pepper, as desired.

\*Baby spinach leaves can be used as is.

Makes 12 1/2-cup servings. Per serving: 116 calories, 5 g. total fat (less than 1 g. saturated fat), 16 g. carbohydrate, 2 g. protein, 3 g. dietary fiber, 151 mg. sodium.

## White Bean Soup with Spinach, Leeks and Couscous

- 2 tsp. olive oil
- 4 leeks, bulb only, chopped (rinsed very well)
- 2 cloves garlic, chopped
- 2 cups chopped carrots
- 1/2 tsp. dried mint leaves
- 2-3 tsp. ground cumin
- 4 (16 oz.) cans fat-free, reduced-sodium chicken broth
- 2 (16 oz.) cans cannellini beans, drained and rinsed
- 2 bay leaves
- 1/4 cup whole-wheat couscous
- 2 cups packed fresh spinach leaves
- 1 Tbsp. fresh lemon juice
- Salt and pepper to taste
- 1/4 cup chopped parsley

In large soup pot heat oil over medium heat. Add leeks, garlic and carrots and sauté until tender, about 5 minutes. Add dried mint and cumin. Stir until fragrant about 2 more minutes.

Stir in chicken broth, beans and bay leaves. Bring to boil; reduce heat to low.

Stir in couscous. Cover and simmer for 5 minutes. Stir in spinach; add lemon juice and season with salt and pepper.

Remove bay leaf. Garnish with parsley and serve immediately.

### **Makes 8 servings**

**Per serving:** 170 calories, 2.5 g total fat (0 g saturated fat), 30 g carbohydrate,  
8 g protein, 7 g dietary fiber, 520 mg sodium.

# Whole-Grain Pancakes

3/4 cup all-purpose flour  
3/4 cup whole-wheat flour  
1/2 cup toasted wheat germ  
1 Tbsp. fresh orange zest  
2 tsp. sugar  
1 tsp. baking soda  
1/4 tsp. salt  
1 1/2 cups non-fat or low-fat buttermilk  
1/2 cup orange juice  
2 large egg whites  
1 tsp. vanilla extract  
Canola oil spray  
Puréed fruit or jam, preferably sweetened with juice, as an accompaniment (optional)

In a large bowl, lightly mix together dry ingredients until well combined. In a blender, place buttermilk, orange juice, egg whites and vanilla. Blend on low speed until well combined. Gradually add dry mixture to blender in 2 to 3 batches, blending on low speed until just mixed.

Spray griddle or pan with oil spray and heat over medium heat until hot. Slowly pour batter from blender, a little at a time, to make individual pancakes. Turn pancakes when tops are covered with tiny bubbles and undersides look cooked. Cook 1 to 2 minutes more or until golden. As each pancake is cooked, transfer to warm platter until all are cooked.

Serve with puréed fruit or jam if desired.

Makes 4 servings, 3 pancakes per serving.

To freeze pancakes, first cool completely on wire rack. Stack between wax paper, then place in heavy-duty zip-top plastic bag. Reheat in microwave on high 45 seconds, or in toaster or toaster oven at medium-high heat until hot.

Per serving: 282 calories, 3 g. total fat (less than 1 g. saturated fat), 51 g. carbohydrate, 15 g. protein, 6 g. dietary fiber, 587 mg. sodium.