



DIETITIAN FAVORITES COOKBOOK



**WESTERN MARYLAND
HEALTH SYSTEM**

Caring for What Matters Most



**AHEC
West**

Dietetic Caucus

Dietitian Favorites Cookbook Acknowledgements:

Welcome to the Dietitian Favorites Cookbook. It is our hope that these recipes will inspire a healthy lifestyle and adventurous eating.

We would like to thank the registered dietitian nutritionists of the AHEC West Dietetic Caucus for sharing their recipes and the Western Maryland Health System for printing them. This cookbook includes mostly healthy recipes to be enjoyed daily and some favorites that are recommended in moderation. Throughout the book, you will find nutrition tips and healthy substitutes.

People often ask what the qualifications of registered dietitian nutritionists are, so we would like to share information from the Academy of Nutrition and Dietetics, the world's largest organization of food and nutrition professionals.

Registered dietitian nutritionists are food and nutrition experts who have met academic and professional requirements including:

- *Earned a bachelor's degree with course work approved by the Academy of Nutrition and Dietetics' Accreditation Council for Education in Nutrition and Dietetics (ACEND). Coursework typically includes food and nutrition sciences, foodservice systems management, business, economics, computer science, sociology, biochemistry, physiology, microbiology and chemistry.*
- *Completed an accredited, supervised practice program at a health care facility, community agency or foodservice corporation.*
- *Passed a national examination administered by the Commission on Dietetic Registration.*
- *Completes continuing professional educational requirements to maintain registration.*

Approximately 50 percent of RDNs hold advanced degrees. Some RDNs also hold additional certifications in specialized areas of practice, such as pediatric or renal nutrition, nutrition support and diabetes education.

The nutrition advice appearing in this book is intended for use as a reference to help you make informed decisions about your diet and health. It is not a substitute for treatment that may have been prescribed by your doctor. You should consult with your doctor for any medical advice. This cookbook is not a substitute for medical nutrition therapy and we recommend meeting with a Registered Dietitian Nutritionist to determine your individualized nutrition goals. For more information, contact Theresa Stahl, RDN, LDN, FAND, WMHS Outpatient Community Dietitian at tstahl@wmhs.com or 240-964-8416.

The AHEC West Cookbook Committee includes:

Chair: Kay Leigh, RDN, LDN, CSR

Theresa Stahl, RDN, LDN, FAND

Brenda Ridgway, RDN, LDN

Lisa Hoffman, MS, RDN, LDN

Hana Pike, MS, RDN, LDN

And special thanks to Heather Garlitz and WMHS Community Relations for technical support and to Joy Taylor and Katie Salesky, AHEC West Dietetic Caucus Representatives for administrative support.

TABLE OF CONTENTS

Kitchen Reference Guide	Page 5
Substitutions	Page 7
Equivalents	Page 8
Appetizers, Dips, and Beverages	Page 9
Salads, Soups, and Stews	Page 14
Vegetable and Side Dishes	Page 40
Main Dishes	Page 54
Beef and Pork	Page 55
Fish	Page 63
Poultry	Page 67
Vegetarian	Page 78
Breads, Fruits, and Desserts	Page 93

KITCHEN REFERENCE GUIDE: COMMON COOKING TERMS

Al dente: An Italian expression that refers to pasta cooked just until enough resistance is left in it to be felt “by the tooth.” Also applies to vegetables that have been cooked crisp by steaming, boiling, or stir-frying.

Au gratin: Topped with crumbs and / or cheese and browned in oven or under a broiler.

Au jus: Meat served in its own juices.

Baste: To moisten food during cooking with pan drippings, sauce, or other liquid. Basting prevents foods from drying out.

Blanch: Refers to plunging food into boiling water for a few seconds and then quickly rinsing it in cold water to stop the cooking process. Used to heighten color and flavor, to firm flesh, and to loosen skins.

Bread Crumbs (dry): Made with dry bread or toasted day old bread. Pulse in a blender, food processor or place in a bag and crush with a rolling pin.

Bread Crumbs (fresh): Made with fresh bread. Pulse in blender or food processor to make light, soft crumbs.

Cooking Spray: Purchased in a spray can. Prevents sticking and can be substituted for oil to lower fat content of a recipe.

Cream: to beat butter or margarine at room temperature (often while combining it with sugar) until a smooth, soft paste forms.

Cutting in Fat: Combining fat with flour or dry ingredients to make a crumbled mixture. Use two table knives and slice together, or use a pastry blender or even your fingers.

Deglaze: Adding liquid to pan drippings and stirring over heat to loosen and dissolve the crusted remains from roasting or sautéing. This liquid can be used to make sauces and gravies.

Devein: Removing the intestinal vein of a shrimp. First peel the shell from the shrimp, then using a sharp knife, make a shallow slit down the back and rinse the black vein away.

Dice: To cut into equal small cubes, usually 1/4 inch to 1/2 inch size.

Dredge: To coat lightly with flour, cornmeal, or bread crumbs.

Drizzle: To slowly pour a thin stream of liquid sparingly over food.

Fillet: A piece of fish, poultry or meat that has the bone removed.

Fold: To add a delicate ingredient (whipped cream, beaten egg whites, etc.) into another substance without releasing air bubbles. Use a spatula to bring a part of the mixture from the bottom of the bowl to the top while slowly rotating the bowl.

Glaze: To give food a shiny surface by brushing it with sauce or icing. For meat, to coat with a sauce and then brown in an oven.

Mince: To chop food into tiny pieces.

Mix: To combine ingredients by hand or with a mixer with the goal of blending them well and uniformly together.

Parboil: To boil until partially cooked; to blanch.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: Cooking in a liquid that is just below the boiling point. Simmering

Puree: To blend or process foods until entirely smooth and uniform.

Reduce: To cook liquids down so that some of the water they contain evaporates. Used to concentrate flavors in sauces, etc.

Sauté: To brown meat over high heat in a small amount of fat.

Scald: To heat milk just below the boiling point. Or, to immerse a vegetable or fruit in boiling water in order to remove its skin easily.

Simmer: Cooking just below the boiling point.

Stir Fry: Quickly frying until tender crisp, using a small amount of fat, in a hot wok or nonstick frying pan. Stir constantly to cook evenly and to keep from sticking and burning.

Tender Crisp: Cooked until tender but still holds its shape and color. Not soggy. Usually applies to vegetables.

Translucent: (Thickening with cornstarch) Cook stirring until no longer cloudy. Avoid overcooking as cornstarch will lose thickening power.

Vinaigrette: Salad dressing made with oil, vinegar, pepper, garlic, minced onion and herbs of choice.

Whip: To beat a mixture or ingredient (ex. cream or egg whites) rapidly with the goal of introducing air into it.

Zest: (lemon, orange or lime) The outer layer of the rind of citrus fruit that has been shaved off. Can be done with a sharp knife or a tool called a zester. This has to be done without taking any of the bitter white material just under the rind.

SUBSTITUTIONS

LACKING THIS	SUBSTITUTE THIS
1 tsp baking powder	1/4 tsp baking soda plus 1/2 tsp. cream of tartar
1 cup self-rising flour	1 cup all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
1 Tbsp. cornstarch	2 Tbsp. flour
3/4 cup cracker crumbs	1 cup bread crumbs
1/2 cup brown sugar	2 Tbsp. molasses in 1/2 cup granulated sugar
1 oz. baking chocolate	3 Tbsp. cocoa powder plus 1 Tbsp. butter
1 tsp dry mustard	1 Tbsp. prepared mustard
10 mini marshmallows	1 large marshmallow
1 small onion, fresh	1 Tbsp. instant minced onion, rehydrated
1 Tbsp. fresh herbs	1 tsp. dried herbs
1 cup ketchup	1 cup tomato sauce plus 1/2 cup sugar and 2 Tbsp. vinegar
1 cup buttermilk	1 cup milk plus 1 Tbsp. vinegar
2/3 cup honey	1/3 cup water plus 1 cup sugar
1 cup light corn syrup	2/3 cup sugar plus 1/3 cup water
1 cup whole milk	1/2 cup evaporated milk plus 1/2 cup water
1 cup tomato juice	1/2 cup tomato sauce plus 1/2 cup water
1 egg in baking	1 tsp cornstarch plus 1/4 cup water

TABLES OF EQUIVALENTS

OUNCES	POUNDS	GRAMS
1 ounce	1/16 pound	28 grams
4 ounces	1/4 pound	114 grams
8 ounces	1/2 pound	228 grams
12 ounces	3/4 pound	342 grams
16 ounces	1 pound	456 grams

VOLUME	
1 teaspoon	5 milliliters
1 tablespoons	15 milliliters
3 tablespoons	45 milliliters
1/4 cup	60 milliliters
1/3 cup	80 milliliters
1/2 cup	120 milliliters
1 cup	240 milliliters

TEASPOONS	TABLESPOONS	CUPS	FLUID OUNCES
3 teaspoons	1 tablespoon		1/2 fluid ounce
6 teaspoons	2 tablespoons	1/8 cup	1 fluid ounce
12 teaspoons	4 tablespoons	1/4 cup	2 fluid ounces
16 teaspoons	5tbsp.+1tsp.	1/3 cup	
24 teaspoons	8 tablespoons	1/2 cup	4 fluid ounces
32 teaspoons	10 tbsp. + 2 tsp.	2/3 cup	
36 teaspoons	12 tablespoons	3/4 cup	6 fluid ounces
48 teaspoons	16 tablespoons	1 cup	8 fluid ounces

FLUID MEASURES			
	2 cups	1 pint	480 Milliliters
4 cups	2 pints	1 quart	960 Milliliters
16 cups	4 quarts	1 gallon	3.8 liters



Appetizers, Dips, and Beverages

Avocado Corn Salsa – page 10

Avocado Ranch Dip – page 10

Buffalo Chicken Dip – page 11

Fruit Smoothie – page 11

Greek Yogurt Dip – page 12

Party Snack Mix – page 12

Texas Caviar – page 13

Avocado Corn Salsa

Serves 2

Submitted by: Brenda Ridgeway RDN, LDN

Source: WebMD recipe from EatingWell.com

½ avocado, diced

½ cup corn kernels, thawed frozen

1 plum tomato, chopped

2 tsp. fresh cilantro, chopped

Lime juice, to taste

Salt, to taste

Combine avocado, corn, tomato and cilantro in a small bowl. Add lime juice and salt to taste.

Calories 99 kcals

Total Fat 6 g

Saturated Fat 1 g

Sodium 75 mg

Carbohydrates 12 g

Fiber 2 g

Protein 3 g

Avocado Ranch Dip

Serves: 4 servings Serving Size: ¼ cup

Submitted by: Linda Sweitzer RD LDN

1 large Avocado, about ¾ cup

2 tsp. Lemon Juice

½ cup Fat Free Greek Yogurt

1 tsp Hot Sauce

¼ cup Extra Virgin Olive Oil

2 Garlic Cloves, Minced

¾ tsp Salt

1) Combine all ingredients in a food processor

2) Serve as a dip with vegetables, or with salad as a dressing.

Note: For a thinner dressing use regular non-fat yogurt

Calories 91.6 kcals

Total Fat 9.2 g

Saturated Fat 1.3 g

Sodium 244 mg

Carbohydrates 2.4 g

Fiber 1 g

Protein 0.9 g

Buffalo Chicken Dip

Serves: makes about 4 cups

Submitted by: Jennifer Perrin CDE, RDN, LDN

Source:

1 lb. chicken breast, cooked and shredded

16 oz. cream cheese, softened

1 sm. bottle bleu cheese dressing

1 small bottle Red Hot Sauce

- 1) Combine all ingredients in casserole dish and mix well**
- 2) Bake uncovered at 375 for 45 minutes**
- 3) Serve with Tostito's Scoops chips or chips of choice**

Calories 328 kcals

Carbohydrates 19 g

Total Fat 20.6 g

Fiber 1 g

Saturated Fat 3.8 g

Protein 17.4 g

Sodium 429 mg

Fruit Smoothie

Serves 3-4

Submitted by: Theresa Stahl, RDN, LDN, FAND

1 cup skim milk

1 cup plain nonfat yogurt

2 cup frozen fruit (such as strawberries, peaches, blueberries)

2 bananas

- 1) Peel and slice bananas.**
- 2) Put all ingredients into a blender and mix until well blended.**
- 3) Pour into glasses and serve.**

Calories 129 kcals

Carbohydrates 28 g

Total Fat .3 g

Fiber 3.1 g

Saturated Fat .1 g

Protein 6 g

Sodium 75 mg

Greek Yogurt Dip

Serves: 4 - 1/2 cup servings

Submitted by: Linda S. Sweitzer RD LDN

1/2 cup plain Greek yogurt

1/2 cucumber, grated

1 Tbsp. Lemon Juice

1 Tbsp. Dill, chopped

2 tsp. Vidalia onion, Chopped

1) Blend all ingredients together

2) Chill overnight

3) Serve with fresh vegetables

Calories 16 kcals

Total Fat 0 g

Saturated Fat 0 g

Sodium 19 mg

Carbohydrates 3.3 g

Fiber 0 g

Protein 1.2 g

Party Snack Mix

Serves 6

Serving Size: 1 cup

Submitted by: Kay Leigh RDN LDN

Source: Living Well on Dialysis, National Kidney Foundation

1 cup rice cereal square

1/3 cup margarine, melted

1 cup corn cereal squares

1/2 tsp garlic powder

1 cup unsalted tiny pretzels

1/2 tsp. onion powder

3 cups unsalted popcorn

1 Tbsp. parmesan cheese

1) Mix cereals, pretzels and popcorn in a large bowl

2) Combine melted margarine, garlic powder and onion powder. Pour over cereal mixture and toss to coat

3) Add Parmesan cheese

4) Bake in 350 degree oven for 7 to 10 minutes

5) Cool. Store in a sealed container

Calories 180 kcals

Total Fat 11 g

Saturated Fat 0 g

Sodium 386 mg

Carbohydrates 19 g

Fiber 0.9 g

Protein 2.5 g

Texas Caviar

Serves: 20 **Serving Size: 1/4 cup**

Submitted by: Linda S. Sweitzer RD LDN

Marinade or Dressing:

1 cup sugar
3/4 cup vinegar
1/2 cup olive oil
1 tbsp. water
1 tsp salt
1 tsp pepper

Dip Ingredients:

2 cans shoe peg corn
1 can black-eyed peas
1 can pinto beans
1 can garbanzo beans
1 cup green peppers, chopped
1 cup celery, chopped
2 (4 oz.) cans chopped green chili
1 cup onions, chopped

Marinade:

- 1) In a pot, combine sugar, vinegar, oil, water, salt, and pepper**
- 2) Boil for 5 minutes**
- 3) Let cool**
- 4) Mix all other ingredients and mix with the marinade.**
- 5) Refrigerate over night**
- 6) Serve with scoop chips**

Calories 253 kcals
Carbohydrates 42 g

Total Fat 7 g
Fiber 3 g

Saturated Fat 1 g
Protein 6 g

Sodium 331 mg

Salads, Soups, and Stews



- Arugula, Watermelon and Feta Salad – page 15**
- Beets with Walnuts, Goat Cheese and Baby Greens – page 16**
- Cherry, Wild Rice and Quinoa Salad – page 17**
- Dilled Cucumbers – page 18**
- Gazpacho Macaroni Salad – page 19**
- Greek Bowtie and Spinach Salad – page 20**
- Pasta Purse Salad – page 21**
- Pizza Salad – page 22**
- Quinoa and Black Bean Salad – page 22**
- Spinach and Strawberry Salad – page 23**
- Tenderloin, Cranberry and Pear Salad/ Honey Mustard Dressing – page 24**
- Chilled Cucumber Yogurt Soup – page 25**
- Classic Chicken Noodle Soup – page 26**
- Cream of Carrot Soup – page 27**
- Italian Vegetable Soup – page 28**
- Lobster or Shrimp Bisque – page 29**
- Taco Soup – page 30**
- Tiffany’s Kickin’ Black Bean Soup – page 31**
- Two Bean Soup with Kale – page 32**
- Zucchini Soup – page 33**
- Hearty Beef and Potato Stew – page 34**
- Hearty Vegetable Chili – page 35**
- Indian Spiced Chickpea Quinoa Stew – page 36**
- Savory Shrimp and White Bean Stew – page 37**
- Spicy Black Bean Chili – page 38**
- White Chicken Chili – page 39**

Arugula, Watermelon, and Feta Salad

Serving 4

Submitted by: Kristin Wilken MS, RDN, LDN

From: Food Network, Ina Garten, 2009

For the Vinaigrette:

1/4 cup Orange Juice

1/4 cup Lemon Juice (2 lemons)

1/4 cup Shallots, minced

1 tbsp Honey

1/2 cup Olive Oil

1 tsp Kosher Salt

1/2 tsp ground black pepper

For the Salad:

6 cups Baby Arugula, washed and dry

1/8th seedless Watermelon, cut in

1 inch cubes

12 ounces Feta Cheese, 1/2 inch diced

1 cup (4 oz) Fresh Mint Leaves

Preparation:

- 1) Whisk together the orange juice, lemon juice, shallots, honey, salt and pepper. Slowly pour in the olive oil, whisking constantly, to form an emulsion. If not using within an hour, store the vinaigrette covered in the refrigerator.**
- 2) Place the arugula, watermelon, feta, and mint in a large bowl. Drizzle with enough vinaigrette to coat the greens lightly and toss well. Taste for seasonings and serve immediately.**

Calories 511.5 kcals

Carbohydrates 15 g

Total Fat 45.4 g

Fiber 1.1 g

Saturated Fat 16.5 g

Protein 13.5

Sodium 1330 mg

Beets with Walnuts, Goat Cheese and Baby Greens

Serves 8

Submitted by: Brenda Ridgeway RDN, LDN

Pair roasted beets and goat cheese with crisp baby greens and crunchy walnuts for a salad that almost explodes with flavor and color. You can prepare the beets up to two days in advance.

6 medium beets (red and golden), about 1 ½ lb.

1 cup water

8 cups mixed baby salad greens

1 cup loosely packed fresh flat-leaf parsley leaves

1 tablespoon white balsamic vinegar

¼ tsp. kosher salt

¼ tsp. black pepper

2 tbsp. extra virgin olive oil

½ cup (2 ounces) crumbled goat cheese

¼ cup coarsely chopped walnuts, toasted

1) Preheat oven to 375 degrees

2) Leave root and 1-inch stem on beets; scrub with a brush. Place beets and 1 cup water in a 13x9 inch glass or ceramic baking dish; covered tightly with foil. Bake at 375 degrees for 1 hour and 30 minutes or until tender. Cool beets slightly. Trim off roots; rub off skins. Cut beets into wedges; cool completely.

3) Place greens and parsley in a large bowl; toss. Combine vinegar, salt, and pepper, stirring with a whisk. Gradually drizzle in oil, stirring constantly with a whisk. Drizzle the dressing over greens mixture; toss gently. Arrange 1 cup salad on each of 8 plates; top evenly with beets. Top each serving with one tablespoon cheese and 1 ½ tsp. nuts.

Calories 125 kcals

Total Fat 8.2 g

Saturated Fat 2.4 g

Sodium 178 mg

Carbohydrates 10.1 g

Fiber 3.1 g

Protein 4.1 g

Cherry, Wild Rice, and Quinoa Salad

Serves 8 Serving Size: $\frac{3}{4}$ cup

Submitted by: Kay Leigh RDN LDN

Source: Eating Well May/June 2012 Issue

$\frac{3}{4}$ cup wild rice

$\frac{1}{2}$ cup quinoa, rinsed if necessary, check label to see if pre-rinsed

$\frac{1}{4}$ cup olive oil

$\frac{1}{4}$ cup fruity vinegar (pomegranate)

$\frac{3}{4}$ tsp salt

$\frac{1}{4}$ tsp. freshly ground pepper

2 cups halved pitted fresh sweet cherries (optional canned, drained)

2 stalks celery, diced

$\frac{1}{2}$ cup chopped pecans, toasted

$\frac{3}{4}$ cup diced aged goat cheese (or smoked cheese)

- 1) Bring a large saucepan of water to a boil. Add wild rice and cook for 30 minutes. Add quinoa and cook until the rice and quinoa are tender, about 15 minutes more. Drain and rinse with cold water until cool to the touch, drain well.**
- 2) Meanwhile whisk oil, vinegar, salt, and pepper in a large bowl. Add the rice and quinoa, cherries, celery, cheese and pecans and toss to combine. Serve at room temperature or cold**
- 3) To make ahead: cover and refrigerate for up to 4 hours.**

Calories 280 kcals

Total Fat 16 g

Saturated Fat 4 g

Sodium 254 mg

Carbohydrates 27 g

Fiber 3 g

Protein 8 g

Dilled Cucumber

Serves 6

Submitted by: Kay Leigh RDN, LDN

Source: Cooking for David

3 cups cucumber sliced, peeled

1 cup onions sliced

1 cup distilled white vinegar

½ cup water

2 tbsp. sugar

2 tsp. dill weed

1) Boil vinegar, water and sugar until sugar is dissolved.

2) Add dill weed and pour over cucumbers and onion.

3) Cool and refrigerate several hours.

Calories 31.1 kcals

Total Fat 0.2 g

Saturated Fat 0 g

Sodium 3.3 mg

Carbohydrates 7.3 g

Fiber 0.8 g

Protein 0.6 g

Gazpacho Macaroni Salad

Serves 6

Submitted by: Deb Frank RD

4 ounces uncooked macaroni
2 ½ cup tomatoes, seeded and chopped
1 cup red onions, finely chopped
1 cup cucumbers, finely chopped
½ cup celery, finely chopped
½ cup green peppers, finely chopped
½ cup red bell peppers, finely chopped
2 tbsp. black olives, finely chopped
2 tbsp. fresh parsley, minced (or 1 tsp dried)
1 tbsp. fresh thyme, minced (or ½ tsp dried)
1 garlic clove, minced
3-4 dashes hot sauce
½ tsp. salt
¼ tsp. pepper

1) Cook pasta according to packaging directions. Drain and rinse well under cold water until pasta is cool. Drain well.

2) Combine pasta and remaining ingredients in a medium bowl. Cover and refrigerate at least 4 hours for flavors to blend. Can be served chilled or at room temperature.

3) Can garnish with whole olives, sliced cucumbers, and dill sprigs.

Calories 113 kcals

Total Fat 1.5 g

Saturated Fat 0.1 g

Sodium 256 mg

Carbohydrates 22 g

Fiber 3 g

Protein 4 g

Greek Bowtie and Spinach Salad

Serves: 8

Submitted by: Linda S. Sweitzer RD LDN

12 oz. package Bow Tie Pasta

1 container (8 oz.) Feta Cheese

10 oz. package Baby Spinach, rinsed and torn into bite-size pieces

About 1 cup Greek Style or Italian Dressing (enough to coat salad)

Garlic Powder, Salt and Pepper to Taste

- 1) In a large pot of boiling water, cook pasta until al dente, rinse under cold water, and drain**
- 2) In a large bowl, combine pasta, feta cheese, and Greek dressing**
- 3) Fold in baby spinach**
- 4) Refrigerate to chill prior to serving (additional dressing may need to be added)**

Calories 245 kcals

Total Fat 13 g

Saturated Fat 4 g

Sodium 759 mg

Carbohydrates 26 g

Fiber 2 g

Protein 7.2 g

Pasta Purse Salad

Serves 10

Serving Size: 1 cup

Submitted by: Kristin Wilkins MS, RDN, LDN

Source: Adapted from Acosta Sales and Marketing

4-5 cups cooked cheese Tortellini

1 cup Poppy Seed salad dressing

1 cup dried cranberries

1/2 cup blanched sliced almonds

1/2 cup shredded coconut

1/2 cup finely diced green pepper

1/2 cup finely diced yellow pepper

1/2 cup finely diced Red pepper

- 1) Toast coconut and almonds in oven for 5 minutes at 300 degrees**
- 2) Cook pasta according to package directions and cool**
- 3) Add ingredients together and mix well**

Calories 421 kcals

Total Fat 19 g

Saturated Fat 5.2 g

Sodium 518 mg

Carbohydrates 54 g

Fiber 4.4 g

Protein 10 g

Pizza Salad

Serves 8 Serving Size: 1 ½ cup

Submitted by: Linda S. Sweitzer RD LDN

1 head lettuce, chopped
2-3 tomatoes, chopped
2 cups macaroni, cooked tender
1 small red onion, chopped fine
1/2 cup parmesan cheese, grated
1 package mozzarella part skim cheese
1 tbsp. oregano leaves, chopped
2 tsp. salt
1/4 tbsp. black pepper
1/4 cup vinegar
1/4 cup oil

- 1) In a large bowl add lettuce, tomatoes, macaroni, red onion, parmesan cheese, mozzarella cheese, and toss together.**
- 2) In another bowl mix oregano, salt, pepper, vinegar, and oil**
- 3) Pour over lettuce mixture. Chill, then serve**

Calories 248 kcals	Total Fat 15 g	Saturated Fat 5 g	Sodium 910 mg
Carbohydrates 17 g	Fiber 2.3 g	Protein 13 g	

Quinoa and Black Bean Salad

Serves 4-6

Submitted by: Debra Frank RD

1/3 cup quinoa
1 cup water
1 tsp. olive oil
4 tsp. fresh lime juice
1/4 tsp. cumin
1/4 tsp. coriander
1 Tbsp. minced fresh cilantro
2 Tbsp. minced scallions
1-15 oz. can black beans, rinsed and drained
2 cup diced tomatoes
1 cup diced bell pepper
2 tsp. minced jalapenos
Salt and pepper to taste

- 1) Cook the quinoa in the water as per package directions. Allow to cool slightly.**
- 2) In a large bowl, combine the oil, lime juice, cumin, coriander, cilantro, and scallions.**
- 3) Stir in the beans, tomatoes, bell peppers, and jalapenos**
- 4) Add to the cooled quinoa.**
- 5) Season lightly with salt and pepper.**
- 6) Serve cold**

Calories 126 kcals
Carbohydrates 22 g

Total Fat 1.7 g
Fiber 7 g

Saturated Fat 0.3 g
Protein 7 g

Sodium 286 mg

Spinach and Strawberry Salad

Serves 6

Serving Size: 1 cup

Submitted by: Theresa Stahl RDN, LDN, FAND

1 lb. spinach

1 cup fresh sliced strawberries, sliced

1 cup pecan halves

1 small sweet onion, quartered

1/3 cup cider vinegar

1/3 cup canola oil

1/8-1/4 cup sugar or equivalent sugar substitute, to taste

1 tsp Dijon mustard

Salt and pepper to taste with no more than 1/2 tsp each

1) Combine spinach, strawberries and pecans in large salad bowl

2) In a food processor combine onion, oil, vinegar, sugar, mustard, salt and pepper

3) Process until smooth

4) Use desired amount of dressing on salad or serve on the side

**Theresa's Tip: I only use about half of the dressing per recipe.
This will save on calories and fat.**

Calories 270 kcals

Total Fat 24 g

Saturated Fat 2 g

Sodium 130 mg

Carbohydrates 14 g

Fiber 3 g

Protein 3 g

Tenderloin, Cranberry and Pear Salad with Honey Mustard Dressing

Serves 4

Submitted by: Kristin Wilkins MS, RDN, LDN

Source: The Healthy Beef Cookbook, published by Hough Mifflin Harcourt

4 beef Tenderloin Steaks, cut ¾ inch thick (4 oz. each)

1 tsp. coarse grind black pepper

5 oz. package mixed baby salad greens

1 medium pear cut in 16 wedges

¼ cup dried cranberries

Salt to taste

¼ cup, chopped pecans, toasted

¼ cup crumbled goat cheese

Honey Mustard Dressing:

½ cup prepared honey mustard

2-3 Tbsp. water

1 ½ tablespoon olive oil

1 teaspoon white wine vinegar

¼ tsp coarse grind black pepper

1/8 tsp salt

1) Season beef steaks with 1/2 teaspoon pepper

2) Heat large nonstick skillet over medium heat until hot. Place steaks in the skillet

3) Cook 7-10 minutes for medium rare (145°) to medium (160°) doneness, turning occasionally

4) Whisk Honey Mustard Dressing ingredients in small bowl until well blended and set aside

5) Divide greens evenly among 4 plates. Top evenly with pear wedges and dried cranberries

6) Carve steaks into thin slices and season with salt as desired.

7) Divide greens evenly among 4 plates. Top each salad evenly with dressing, pecans, and goat cheese, if desired.

Calories 321 kcals

Carbohydrates 21 g

Total Fat 14 g

Fiber 3.3 g

Saturated Fat 3 g

Protein 26 g

Sodium 434 mg

Chilled Cucumber Yogurt Soup

Serves 4

Submitted by: Joni Brode RDN, LDN

Source: Moosewood Cookbook

4 cups cucumber, peeled and chopped

2 cup Water

2 cup Nonfat Plain Yogurt

1 clove fresh garlic

2 tbsp Cup Mint, fresh

1 tbsp. Honey

¼ tsp salt

1/4 tsp Dill Weed

3 tbsp. chopped Scallions, Green or Spring Onions, raw

1) Puree everything together in a blender (Save the scallions for the garnish)

2) It needs time to chill. Serve very cold

Calories 68.8 kcals

Total fat 0.3 g

Saturated Fat 0.1 g

Sodium 164.7 mg

Carbohydrates 11.5 g

Fiber 0.7 g

Protein 5.3 g

Classic Chicken Noodle Soup

Serves: 10-12 (1 cup serving)

Submitted by: Hana Pike MS, RDN LDN

2 tbsp. canola oil
1 lb. bone-in chicken breast halves, skinless
½ tsp. black pepper, divided
2 cups chopped onion
1 ½ cup chopped carrot
1 cup (¼ inch thick) sliced celery
1 tbsp. minced fresh garlic
3 fresh parsley sprigs
3 fresh thyme sprigs
1 fresh rosemary sprig
2 bay leaves
5 cups fat free, low sodium chicken stock
1 cup uncooked medium whole wheat noodles
2 tablespoons chopped fresh parsley

1) Heat oil in a Dutch oven over medium-high heat. Sprinkle chicken with ¼ tsp. pepper. Add chicken, flesh side down. Cook about 10 minutes or until chicken is fully cooked (165 degrees); turning after 5 minutes. Cool; shred and remove bones and any fat. Discard bones.
2) Add onion, carrot, and celery to pan; sauté 10 minutes. Add garlic; sauté 1 minute. Place herb sprigs and bay leaves on cheesecloth. Gather edges; tie securely. Add sachet to pan.
3) Add chicken and stock. Cover; reduce heat. Cook 7 minutes.
4) Add noodles; cook 6 minutes or until al dente. Discard sachet. Stir in chopped parsley, ¼ tsp. salt, and remaining ¼ tsp. pepper.

Did you know?

Whole-wheat egg noodles add more fiber to the soup, and reduced-sodium chicken broth makes it heart-healthy. You can also add extra vegetables to the soup.

Calories 241 kcals
Carbohydrates 17 g

Total Fat 8 g
Fiber 3 g

Saturated Fat 1 g
Protein 25 g

Sodium 100 mg

Cream of Carrot Soup

Serves 6-8

Submitted by: Theresa Stahl RDN, LDN, FAND

1 lb. carrots

6 cup chicken broth, low sodium

2 tbsp. butter or margarine (low-fat if preferred)

2 tbsp. flour

½ tsp. salt

1/8 tsp. cayenne pepper

1/8 tsp. black pepper

½ cup whole milk

½ cup evaporated skim milk

Peel and rinse carrots. Cut carrots into 1/2 inch slices.

Put carrots and a 2-quart saucepan and add chicken broth. Cook over medium-high heat. When broth begins to boil, turn heat down to low. Cover saucepan and simmer about 20 minutes or until carrots are fork-tender.

Place colander into a large bowl and pour carrots and broth through to catch carrots. Puree carrots. Reserve broth for later.

In a 4 quart saucepan, melt butter over medium heat. Stir in flour. Cook butter and flour for 1 minute over low heat, stirring constantly.

Add the pureed carrots, salt, and peppers. Stir broth in slowly. Turn up heat to medium-high and let cook for 10 minutes. Add milks. Heat the soup slowly, stirring constantly. Do not let soup boil. Ladle hot soup into bowls.

Tips: Great with crackers or fresh bread and salad.

Or use one whole cup evaporated skim milk and no whole milk to decrease fat content.

Calories 107 kcals

Total fat 4.6 g

Saturated Fat 2.5 g

Sodium 265 mg

Carbohydrates 11.7 g

Fiber 1.6 g

Protein 6.1 g

Italian Vegetable Soup

Serves: 10 (1 cup serving)

Submitted by: Allison Lutz MS, RDN, LDN

2 14 oz. cans beef broth

8 oz. Orzo

1 garlic clove, crushed

14 oz. can Italian-style stewed tomatoes

1 cup sliced carrots

15 oz. can Great Northern beans, drained

1 medium zucchini cut into 1/4" x 2" slices

2 cups fresh chopped spinach

- 1) Bring the broth to a boil in a large saucepan.**
- 2) Add orzo and garlic. Cook for 5 minutes.**
- 3) Add tomatoes and carrots. Reduce heat to low and simmer for 5 minutes.**
- 4) Stir in beans and zucchini and cook until zucchini is tender crisp.**
- 5) Remove from heat and stir in spinach.**

Calories 119 kcals
Carbohydrates 22 g

Total fat 0.7 g
Fiber 4 g

Saturated Fat 0.2 g
Protein 7 g

Sodium 458 mg

Lobster or Shrimp Bisque

Serves 5 – 1 cup servings

Submitted by: Deb Frank RD

2-8 ounce lobster tails or 1 lb. shrimp, shelled and cut into 1/2 inch pieces

1/4 cup chopped green onion

1/4 cup butter or margarine

1/4 cup flour

1/2 cup dry sherry

3 1/2 cup skim milk

3 tbsp. chopped fresh parsley

1/4 tsp salt

1/4 tsp. ground white pepper

1/4 tsp. hot sauce

1 tsp. Old Bay seasoning

1/4 tsp. paprika

1) Sauté green onions in butter (or margarine) until tender

2) Add flour, stirring until smooth. Cook 1 minute, stirring constantly.

3) Gradually add sherry; cook over low heat, stirring constantly, until thickened and bubbly.

4) Gradually add milk; cook stirring constantly with a wire whisk, until thickened.

DO NOT BOIL.

5) Stir in parsley, salt, pepper, hot sauce, and Old Bay.

6) Stir in lobster meat or shrimp, and cook until seafood turns pink.

7) Ladle into individual serving bowls and sprinkle evenly with paprika.

Calories 340 kcals

Carbohydrates 14 g

Total Fat 19 g

Fiber 0.3 g

Saturated Fat 4 g

Protein 22 g

Sodium 729 mg

Taco Soup

Serves 6-8 Serving Size: 1 ½ cup

Submitted by: Kay Leigh RDN LDN

Source: A Pinch of Salt cookbook

1 lb. ground beef

1-2 tsp. olive oil

1 onion, chopped small

2 tsp. minced garlic

3-4 cups beef broth or stock

2 (14.5 ounce) cans diced tomatoes with juice

2 (15 ounce) cans pinto or kidney beans

2 Tbsp. dried oregano

2 Tbsp. ground cumin

1 Tbsp. ground ancho chili or 1 Tbsp. regular chili powder

Optional Toppings: avocado, diced, grated cheese, corn chips, lettuce, sour cream, fresh cilantro

- 1) Heat 1 tsp olive oil in frying pan, add ground beef and cook until well browned, breaking into small pieces with turner as you cook it.**
- 2) Remove beef to large soup pot**
- 3) In the same frying pan heat second tsp of olive oil, add onions and garlic, and sauté until onions are starting to soften, about 3 minutes. Add veggies to soup pot.**
- 4) Rinse out frying pan with one cup beef broth and add to pot with the rest of the broth, canned tomatoes, canned beans, and spices.**
- 5) Let soup simmer at very low heat for 45-60 minutes, stirring occasionally and adding a bit more water if broth cooks down too much.**
- 6) Serve hot with toppings such as diced avocado, grated cheese, corn chips, lettuce, sour cream, and chopped cilantro**

Tips: Vary the recipes by substituting chicken or pork. You can also add spinach or lettuce when serving for a change of pace.

**Calories 282 kcals
Carbohydrates 25 g**

**Total fat 14 g
Fiber 7.9 g**

**Saturated Fat 5 g
Protein 18 g**

Sodium 721 mg

Tiffany's Kickin' Black Bean Soup

Serves 4-6

Submitted by: Joni R. Brode RDN LDN

Source: Cookin' Clean- Lean and Tasty Recipes for Healthy Slow Cooking

1 large onion, chopped	4 cups vegetable broth
1 stalk celery, chopped	1-2 cans black beans, drained and rinsed
2 carrots, chopped	1 cup frozen corn
8 cloves garlic, chopped	
4 Tbsp. chili powder	
2 Tbsp. ground cumin	
Ground black pepper to taste	

Add all ingredients to the slow cooker, cover, and cook on low for 7 to 8 hours or, on high, 4-5 hours.

Joni's Tip: Use 12 garlic cloves and low sodium vegetable broth. The spices may vary depending on what is on hand. Try Moroccan seasoning blend with chipotle chili pepper and cinnamon. You can also use dried black beans, which need to soak overnight and benefit from precooking, before combining with the other ingredients.

Calories 120 kcals
Carbohydrates 23 g

Total fat 7 g
Fiber 7 g

Saturated Fat 0.5 g
Protein 3 g

Sodium 100 mg

Two Bean Soup with Kale

Serves 6 (serving size: about 1 ¼ cups)

Submitted by: Brenda Ridgeway RDN. LDN

Source: Cooking Light October 2009

3 tbsp. Olive oil

1 cup chopped onion

½ cup chopped carrots

½ cup chopped celery

½ tsp. salt, divided

2 garlic cloves, minced

4 cups vegetable broth, divided

7 cups stemmed, chopped kale

2 (15oz.) cans no-salt-added cannellini beans, rinsed, drained, and divided

1 (15 oz.) can no-salt-added black beans, rinsed and drained

½ tsp. freshly ground black pepper

1 tbsp. red wine vinegar

1 tsp. chopped fresh rosemary

1) Heat a large Dutch oven over medium-high heat. Add olive oil to pan; swirl to coat. Add onion, carrot, and celery, and sauté 6 minutes or until tender. Stir in ¼ tsp. salt and garlic; cook 1 minute. Stir in 3 cups vegetable broth and kale. Bring to a boil; cover, reduce heat, and simmer 3 minutes or until kale is crisp-tender.

2) Place half of cannellini beans and remaining 1 cup vegetable broth in a blender or food processor; process until smooth. Add pureed bean mixture, remaining cannellini beans, black beans, and pepper to soup. Bring to a boil; reduce heat, and simmer 5 minutes. Stir in remaining ¼ tsp. salt, vinegar, and rosemary.

Calories 250 kcals

Total fat 10.4 g

Saturated Fat 1.4 g

Sodium 593 mg

Carbohydrates 30.5 g

Fiber 9.2 g

Protein 11.8 g

Zucchini Soup

Serves: 8

Submitted by: Theresa Stahl RDN, LDN

3 cups chopped zucchini
1 (10-ounce) package frozen lima beans
2 medium onions, chopped
½ (10-ounce) package frozen peas
1 Tablespoons olive oil
Salt and pepper to taste
6 cups chicken broth

- 1) Sauté the zucchini and onions in the olive oil in a large saucepan for about 10 minutes.**
- 2) Stir in the broth. Bring to a boil.**
- 3) Stir in the lima beans and peas.**
- 4) Reduce the heat. Simmer for 25 minutes, stirring occasionally.**
- 5) Process the soup in a blender or food processor in batches until pureed.**
- 6) Return the puree to the saucepan.**
- 7) Season the soup with salt and pepper.**
- 8) Simmer just until heated through, stirring frequently.**
- 9) Ladle into soup bowls.**

Calories 122 kcals
Carbohydrates 16 g

Total Fat 3 g
Fiber 4 g

Saturated Fat 1 g
Protein 8 g

Sodium 622 mg

Hearty Beef and Potato Stew

Serves: 12-15 (1 cup serving)

Submitted by: Hana Pike MS, RDN, LDN

5 garlic cloves, crushed
2 cups chopped onion
3 lbs. boneless chuck roast, trimmed and cut into 2-inch cubes, divided
1 cup beef broth or wine
1 ½ cups chopped carrot
2 tsp. chopped fresh rosemary
1 ¾ tsp. salt
½ tsp. black pepper
2 bay leaves
1 ¼ cups water, divided
1 cup less-sodium beef broth
2 (14.5 ounce) cans diced tomatoes, undrained
2 ½ lbs. baking potatoes, cut into 1-inch pieces
1 tbsp. flour
Chopped fresh parsley, for garnish

1) Preheat oven to 300 degrees. Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add garlic; sauté 1 minute or until garlic just begins to brown. Remove garlic from pan with a slotted spoon; place in a large bowl. Coat pan with cooking spray. Add onion; sauté 3 minutes or until tender. Add onion to garlic. Coat pan with cooking spray. Add half of beef to pan; sauté 5 minutes or until browned on all sides. Add beef and any accumulated juices to onion mixture. Coat pan with cooking spray. Add remaining beef to pan; sauté 5 minutes or until browned on all sides. Add beef and any accumulated juices to onion mixture.

2) Add wine or broth to pan; bring to a boil, scraping pan to loosen browned bits. Add beef mixture. Stir in carrot, rosemary, salt, pepper, and bay leaves. Add 1 cup water, broth, and tomatoes; stir to combine. Bring to a boil; cook 1 minute. Remove from heat; cover and bake at 300 degrees for 1 ½ hours. Remove from oven; uncover and stir in potatoes. Combine remaining ¼ cup water and flour; stir with a whisk until smooth. Stir flour mixture into stew. Cover and bake an additional 1 ½ hours or until beef is tender. Discard bay leaves. Sprinkle with parsley, if desired.

***Note: Use lean cuts of meat to reduce calories and fat.**

Calories 306 kcals
Carbohydrates 25 g

Total Fat 8 g
Fiber 3 g

Saturated Fat 3 g
Protein 33 g

Sodium 253 g

Hearty Vegetable Chili

Serves: 8-10 Serving Size: 1 cup

Submitted by: Hana Pike MS, RDN, LDN

1 Tbsp. canola oil
2 cups chopped onion
½ cup chopped yellow bell peppers
½ cup chopped green bell peppers
2 garlic cloves, minced
1 Tbsp. brown sugar
1 ½ Tbsp. chili powder
1 tsp. ground cumin
1 tsp. dried oregano
½ tsp. salt
½ tsp. black pepper
3 (15 ounce) cans no salt added diced tomatoes, undrained
2 (15 ounce) cans low sodium black beans, rinsed and drained
1 (15 ounce) can low sodium kidney beans, rinsed and drained
1 (15 ounce) can low sodium pinto beans, rinsed and drained

- 1) Heat the oil in a Dutch oven over medium-high heat.**
- 2) Add onion, bell peppers, and garlic; sauté 5 minutes or until tender.**
- 3) Add sugar and remaining ingredients, and bring to a boil.**
- 4) Reduce heat, and simmer 30 minutes.**

For a meat lovers chili simply cook 1 pound lean ground beef, ground turkey, or ground chicken and add to the chili

Calories 184 kcals
Carbohydrates 24 g

Total fat 3 g
Fiber 10 g

Saturated Fat 1 g
Protein 15 g

Sodium 70 mg

Indian Spice Chickpea Quinoa Stew

Serves 4-6

Submitted by: Joni R. Brode RDN LDN

Source: Crockin' Clean - Lean and Tasty Recipes for Healthy Slow Cooking

4 cups water

1 cup sweet potato, chopped

1 can diced tomatoes

½ cup celery, chopped (about 1 stalk)

1 can chickpeas, rinsed

1 Tbsp. vegetable bouillon

½ cup red lentils

1 Tbsp. garlic, minced

½ quinoa, rinsed

1 tsp turmeric

1 cup peeled turnip, chopped

2 tsp. garam masala

1) Place all ingredients in the slow cooker and cook on low 6 hours.

Tip: Use no salt added diced tomatoes and chickpeas. Peel the sweet potato. Add minced garlic to equal 2-3 tablespoons.

Calories 120 kcals

Carbohydrates 23 g

Total fat 7 g

Fiber 7 g

Saturated Fat 0.1 g

Protein 3 g

Sodium 100 mg

Savory Shrimp and White Bean Stew

Serves 4

Submitted by: Brenda Ridgway RDN LDN

Source: wellfedheart.com

2 tablespoon olive oil

1 medium onion, chopped

3 garlic cloves, minced

15 oz. cannellini beans, canned rinsed & drained

14 oz. can diced low-sodium tomatoes, drained

1 tsp, ground oregano

1 tsp, ground basil

1 tsp rosemary

3 cup chicken Broth, low sodium

1 lb. frozen shrimp, thawed and peeled

½ cup parsley, chopped

1) Heat olive oil in a soup pot. Add onion and garlic and cook, stirring frequently, until onion softens, about 3 minutes.

2) Stir in cannellini beans, tomatoes, oregano, basil, and rosemary

3) Add the chicken broth and bring to a boil over high heat. Reduce heat and simmer until the stew is slightly thickened, about 15 minutes

4) Add the shrimp and simmer just until cooked through, about 2 minutes

5) Add parsley and serve

Calories 377 kcals

Carbohydrates 35 g

Total Fat 11 g

Fiber 8 g

Saturated Fat 2 g

Protein 37 g

Sodium 234 mg

Spicy Black Bean Chili

Serves 4

Submitted by: Kay L Leigh RDN LDN

Source: Vegetarian cookbook by Carrie Holcomb

1 cup dry black beans

6 cups water

1 medium onion, chopped (1/2 cup)

1/4 tsp paprika

4 cloves garlic, minced

1/4 tsp salt

1 Tbsp. cooking oil

1/4 tsp ground red pepper

1 Tbsp. chili powder

4 cups vegetable broth

1 tsp ground cumin

1 16 oz. can diced tomatoes

1 tsp dried oregano, crushed

1/4 cup dry sherry or water

Top with:

1/4 cup yogurt or sour cream

1 Tbsp. snipped cilantro

1) Rinse beans. In a large sauce pan, combine beans and water. Bring to a boil; reduce heat. Simmer for 2 minutes. Remove from heat. Cover and let stand for 1 hour (or skip boiling the water and soak beans overnight in a covered pan). Drain and rinse beans.

2) In a large saucepan or Dutch oven cook the onion and garlic in hot oil until tender. Stir in chili powder, cumin, oregano, paprika, salt, and red pepper. Cook and stir for 1 minute. Add the beans, broth, undrained tomatoes, and sherry. Bring to a boil; reduce heat. Cover and simmer for 1 to 1 1/2 hours or until beans are tender.

3) To serve, ladle chili into individual bowls. Garnish with dollop of yogurt and cilantro.

Calories 231 kcals

Total fat 6 g

Saturated Fat 1 g

Sodium 1432 mg

Carbohydrates 38 g

Fiber 5.3 g

Protein 11 g

White Chicken Chili

Serves: 8-12 Serving Size: 1 cup

Submitted by: Alice Corle RDN, LDN

2 medium onions, chopped
1 tbsp. oil
4 clove garlic, minced
2 (4 ounce) cans chopped green chilies
2 tsp cumin, ground
1 tsp, ground oregano
1 tsp cayenne pepper
1/4 tsp ground cloves
2 cans (14-1/2 oz. each) Chicken Broth, low sodium
4 cup cubed cooked chicken
3 cans (15-1/2 oz. each) great northern beans, rinsed and drained
2 cups Monterey Jack cheese
Sour Cream and sliced jalapeno peppers for garnish (opt):

- 1) In a three quart sauce pan, sauté onions in oil until tender**
- 2) Stir in garlic, chilies, cumin, oregano, cayenne and cloves; cook and stir 2-3 minutes more**
- 3) Add broth, chicken and beans; simmer uncovered for 15 minutes**
- 4) Remove from heat; stir in cheese until melted**
- 5) Garnish with sour cream and peppers if desired**

Calories 423 kcals
Carbohydrates 32 g

Total Fat 16 g
Fiber 7 g

Saturated Fat 1.3 g
Protein 36 g

Sodium 142 mg



Vegetable and Side Dishes

Broccoli with Caramelized Onions and Pine Nuts – page 41

Broiled Asparagus with Lemon – page 42

Butternut Coconut Rice – page 43

Carrot Tzimmes – page 44

Healthy Creamy Parmesan Mashed Potato – page 44

I Can't Believe It's Not Sweet Potato Casserole – page 45

Macaroni and Cheese – page 46

Mashed Sweet Potatoes with Orange Essence – page 47

Quinoa Pilaf – page 48

Roasted Chickpeas – page 49

Roasted Root Vegetables – page 49

Roasted Vegetables – page 50

Sautéed Escarole – page 51

Sautéed Sugar Snap Peas with Radishes – page 52

Sweet Potato Fries – page 52

Zucchini and Pasta – page 53

Broccoli with Caramelized Onions & Pine Nuts

Serves 4

Submitted by: Brenda Ridgway RDN LDN

Source: webmd.com

3 Tbsp. pine nuts or chopped slivered almonds

2 tsp. extra virgin olive oil

1 cup chopped onion, (about one medium)

¼ tsp. salt or to taste

4 cups broccoli florets

2 tsp. balsamic vinegar

Freshly ground pepper to taste

1) Toast pine nuts (or almonds) in a medium dry skillet over medium-low heat, stirring constantly, until lightly browned and fragrant, 2-3 minutes. Transfer to a small bowl to cool.

2) Add oil to the pan and heat over medium heat. Add onion and salt; cook, stirring constantly, adjusting heat as necessary, until soft and golden brown, 15-20 minutes.

3) Meanwhile, steam broccoli until just tender, 4-6 minutes. Transfer to a large bowl. Add the nuts, onion, vinegar and pepper; toss to coat. Serve immediately.

Calories 101 kcals

Total Fat 7 g

Saturated Fat 1 g

Sodium 167 mg

Carbohydrates 9 g

Fiber 3 g

Protein 3 g

Broiled Asparagus with Lemon

Serves 4 (serving size: ¼ pound asparagus)

Submitted by: Brenda Ridgway RDN, LDN

Source: Time Inc. Lifestyle Group: Oxmoor House, April 2009

1 lb. asparagus, trimmed

1 garlic clove, minced

½ tsp. grated lemon rind

½ tsp. olive oil

1/8 tsp. salt

1/8 tsp. freshly ground black pepper

Cooking spray

1) Preheat broiler.

2) Combine all ingredients except cooking spray in a large bowl or dish; toss gently to coat.

3) Place asparagus on a foil-lined baking sheet coated with cooking spray. Broil 3 minutes or until desired degree of doneness.

Calories 21 kcals

Total Fat 1 g

Saturated Fat 0.1 g

Sodium 74 mg

Carbohydrates 2.7 g

Fiber 1.3 g

Protein 1.4 g

Butternut Coconut Rice

Serves 6 Serving Size: ¾ cup

Submitted by: Kay Leigh RDN LDN

Source: Appetite for Reduction 125 Fast & Filling Low Fat Vegan Recipes

1 cup brown butter basmati rice	2 cup water with pinch of salt
2 lbs. butternut squash	
2 tsp. sesame oil	1 cup sliced shallot
1 Tbsp. minced fresh ginger	3 cloves garlic, minced
1 tsp. lime zest	¼ tsp red pepper flakes
¼ tsp. salt	¾ cup light coconut milk
¼-½ cup vegetable broth	1 Tbsp. fresh lime juice

1) Preheat oven to 400 degrees (for the squash); and cook rice according to the package directions.

2) Slice squash in half lengthwise. Scoop the seeds out with a spoon. Line a baking sheet with parchment paper and place the squash face down on the sheet. Bake for about 45 minutes. Once it is soft enough to pierce with a fork, remove it from the oven and let it cool.

3) Preheat a large skillet over medium heat. Saute the shallot in the oil, until lightly browned, about 7 minutes. Add the ginger, garlic, lime zest, red pepper flakes, and salt and saute for another 2 minutes. Turn down the heat to low.

4) Scoop the flesh out of the squash and added to the pan, along with the coconut milk. Use a potato masher or fork to mash the butternut into a creamy consistency. Add the rice and stir well. Add ¼ cup of the broth and mix well. Add the rest of the broth to get a creamier consistency. Add the lime juice, taste for salt and serve.

Calories 240 kcals

Total Fat 4.5 g

Saturated Fat 2 g

Sodium 140 mg

Carbohydrates 47 g

Fiber 4 g

Protein 5 g

Carrot Tzimmes

Serves 6

Submitted by: Brenda Ridgeway RDN, LDN

3 cups or 1 lb carrots, peeled and sliced

1 tsp. lemon peel

1/4 tsp salt

1/2 cup honey

2 tbsp vegetable oil

1/4 cup ground ginger

- 1) Cook carrots in salt water, in a large skillet for 10 minutes. Drain carrots; add sugar, honey, and vegetable oil.**
- 2) Cook uncovered, over low heat until carrots are tender and richly glazed.**
- 3) Stir in lemon rind, ginger, and salt.**

Calories 152 kcals

Total Fat 4.6 g

Saturated Fat 0.4 g

Sodium 157 mg

Carbohydrates 30 g

Fiber 2.3 g

Protein 0.6 g

Healthy Creamy Parmesan Mashed Potatoes

Serves 6

Submitted by: Deb Frank RD

2 lbs. red potatoes, washed and cut into 1/2 inch chunks

1 cup low sodium chicken broth

1/2 cup light cream cheese spread

1/2 cup nonfat sour cream

3 tbsp. parmesan cheese, grated

- 1) Place potatoes in a large saucepan. Add broth; cover. Bring to a boil on high heat and simmer on medium for 15 minutes (stirring after 8 minutes).**
- 2) Uncover, stir potatoes and simmer for 5 minutes or until most of the broth is absorbed.**
- 3) Add cream cheese. Reduce heat to low. Mash potatoes slightly until cream cheese is melted.**
- 4) Add sour cream and parmesan. Mash potatoes until smooth and heat through.**

Calories 168 kcals

Total Fat 4.4 g

Saturated Fat 1.2 g

Sodium 127 mg

Carbohydrates 28 g

Fiber 3 g

Protein 5.4 g

I Can't Believe It's Not Sweet Potato Casserole

Serves 8

Submitted by: Elizabeth Kauruter RDN LDN

8 cups peeled and cubed butternut squash

2/3 cup light vanilla soymilk

2/3 cup sugar free pancake syrup

1/2 cup Splenda No Calorie Sweetener (granulated) (*If using sugar, same amount, but will have 182 calories per serving and 23 gm of sugar.)

1/2 tsp salt

1 cup fat-free liquid egg substitute (like Egg Beaters Original)

1 tsp vanilla extract

2 tsp. cinnamon

2 cups miniature marshmallows

- 1) Preheat oven to 350 degrees. Spray an 8x10 baking pan with nonstick spray and set aside.**
- 2) Fill a large microwave safe dish with 1/4 inch of water. Add squash and cover. Microwave for about 8 minutes, squash should be tender enough to mash, but not over cooked. Drain well.**
- 3) Mash squash thoroughly with a potato masher, food processor, or fork, but do not puree (squash should be pulpy). Add soymilk, syrup, sweetener, salt, egg substitute, vanilla extract, and cinnamon. (Adding the ingredients in this order gives the squash enough time to cool before adding the egg substitute, which could begin to cook if added too early). Mix thoroughly, but do not over stir**
- 4) Transfer mixture to the baking pan. Bake in oven until mostly firm 45 to 50 minutes.**
- 5) Top with mini marshmallows. Return to the oven and bake until marshmallows begin to brown, about 5 minutes. Allow to cool before serving.**

**Calories 142 kcals
Carbohydrates 33 g**

**Total Fat 0.5 g
Fiber 3 g**

**Saturated Fat 0 g
Protein 5 g**

Sodium 263 mg

Macaroni and Cheese

Serves: 6-8

Serving Size: 1 cup

Submitted by: Hana Pike MS, RDN, LDN

3 cups whole wheat elbow macaroni

1 cup fat free cottage cheese

1 ½ cups reduced fat sharp cheddar cheese, shredded

½ cup part-skim mozzarella cheese

2 Tbsp. whole wheat flour

½ tsp. black pepper

½ cup pumpkin puree

1 ½ cup skim milk

1) Cook pasta according to package directions.

2) Combine remaining ingredients and add drained, cooked pasta.

3) Pour into greased casserole dish.

4) Bake at 375 degrees for about 60 minutes, stirring occasionally.

Tip: This recipe for mac and cheese has a secret ingredient pumpkin. The pumpkin is hidden by the flavor of the cheese blend and adds important nutrients like vitamin A.

Calories 215 kcals

Carbohydrates 22 g

Total Fat 7 g

Fiber 2 g

Saturated Fat 4 g

Protein 16 g

Sodium 405 mg

Mashed Sweet Potatoes with Orange Essence

Serves 4 (serving size $\frac{3}{4}$ cup)

Submitted by: Theresa Stahl RDN, LDN, FAND

Source: Ellie Krieger 2007

4 Medium sweet potatoes (about 8oz. Each), peeled and cut into a large dice

$\frac{1}{4}$ cup reduced fat buttermilk

$\frac{1}{4}$ cup canned un-sweetened orange juice

2 teaspoons orange zest

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon ground nutmeg

1 tablespoon unsalted butter

- 1) Steam the potatoes in a large covered pan fitted with a steamer basket until they are tender, about 8 min.**
- 2) In a large bowl mash the potatoes with the buttermilk and orange juice. Stir in the zest, salt, and nutmeg. Serve the potatoes topped with the butter.**

Calories 238 kcals

Total Fat 3.4 g

Saturated Fat 2.1 g

Sodium 284.3 mg

Carbohydrates 48.5 g

Fiber 7 g

Protein 4.4 g

Quinoa Pilaf

Serves 4

Submitted by: Deb Frank RD

2 cup water

1 cup quinoa, rinsed well

1 tbsp. olive oil

1 red onion, diced

2 cloves garlic, thinly sliced

½ cup fresh or frozen corn kernels

¼ cup chopped fresh basil or cilantro

1 celery stalk, diced

½ cup edamame (fresh or frozen shelled soybeans)

¼ cup chopped pecans

1) Place water and quinoa in a saucepan and bring to a boil. Add a pinch of salt, cover, and reduce heat to low. Cook until quinoa has absorbed all the water and opened (about 30 minutes).

2) While the quinoa cooks, place olive oil in skillet. Add onion and garlic and place over medium heat. When onion begins to sizzle, add a pinch of salt and sauté for 2 minutes.

3) When quinoa is cooked, stir in the sautéed vegetables along with the celery, edamame, and pecans. Serve warm or chilled.

Calories 341 kcals

Total fat 13 g

Saturated Fat 1.3 g

Sodium 106 mg

Carbohydrates 48 g

Fiber 6.6 g

Protein 11 g

Roasted Chickpeas

Serves 8

Submitted by: Deb Frank RD

2-15 oz. cans chickpeas, drained and rinsed well

Cooking Spray

1 Tbsp. Cajun seasoning

1 tsp. garlic powder

1 tsp. onion powder

Dash of cayenne

- 1) Spray rimmed cookie with cooking spray. Pour chickpeas on and spread them into a single layer. Take a few sheets of paper towel and gently press over the top of the beans to remove any excess liquid.**
- 2) Spray top of beans with cooking spray and sprinkle seasonings over. Shake pan to help distribute the seasoning.**
- 3) Place pan in an oven at 350 degrees (no need to preheat) and cook until the beans are browned and crispy. Shake the pan every 15 minutes so that nothing burns.**
- 4) Remove from oven and let cool. Store in a covered bowl to maintain freshness.**

**Calories 132 kcals
Carbohydrates 25 g**

**Total Fat 1.4 g
Fiber 4.8 g**

**Saturated Fat .1 g
Protein 5.4 g**

Sodium 521 mg

Roasted Root Vegetables

Serves 6-8

Submitted by: Deb Frank RD

5 carrots, cut into large bite-sized pieces

2 bulbs fennel, sliced into large slices

1 pint Brussel sprouts, halved

2 red onions, peeled and cut into large pieces

3 potatoes cut into large chunks

1 rutabaga, peeled and cut into large dice

2 turnips, peeled and cut into large dice

Preheat oven to 400 degrees. Toss all of the above vegetables with 4 tbsp. olive oil. Add salt and pepper to taste. Spread into a single layer on one or two sheet pans. Roast, uncovered, for approximately 45 minutes or until browned. Stir the vegetables every 15 minutes during

**Calories 247 kcals
Carbohydrates 38 g**

**Total Fat 9 g
Fiber 12 g**

**Saturated Fat 1.5 g
Protein 6 g**

Sodium 382 mg

Roasted Vegetables

Serves 12 **Serving Size: ½ cup**

Submitted by: Kay Leigh RDN LDN

Source: allrecipes.com

1 small butternut squash, cubed
2 red bell peppers, seeded and diced
1 sweet potato, peeled and cubed
3 Yukon golden potatoes, cubed
1 red onion, quartered
1 Tbsp. fresh thyme, chopped
¼ cup olive oil
2 Tbsp. fresh rosemary, chopped
2 Tbsp. balsamic vinegar
Salt and freshly ground black pepper to taste

- 1) Preheat oven to 475 degrees.**
- 2) In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.**
- 3) In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.**
- 4) Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.**

Calories 123 kcals
Carbohydrates 20 g

Total Fat 4.7 g
Fiber 3.1 g

Saturated Fat 0 g
Protein 2 g

Sodium 45 mg

Sautéed Escarole

Serves 4 **Serving Size: ½ cup**

Submitted by: Kay L Leigh RDN LDN

Source: Appetite for Reduction - 125 Fast and Filling Low Fat Vegan Recipes

1 tsp olive oil

6 cloves garlic, sliced thinly

1 lb. escarole, cored and chopped coarsely

1 tsp. dried thyme

¼ tsp. red pepper flakes

Freshly ground black pepper to taste

Optional:

1/3 cup capers with some brine

Lemon wedges, for serving

1) Preheat a large skillet over medium heat.

2) Sauté the garlic in the olive oil for about 3 minutes, until just starting to brown, add the escarole along with the thyme, red pepper flakes, black pepper, & a pinch of salt, using tongs to toss until it begins to wilt and release moisture.

3) Add the capers and cook until heated through, about 3 more minutes.

4) Taste for salt and serve with the lemon wedges.

Calories 40 kcals

Total Fat 1.5 g

Saturated Fat 0 g

Sodium 360 mg

Carbohydrates 6 g

Fiber 4 g

Protein 2 g

Sautéed Sugar Snap Peas with Radishes

Serves 6

Submitted by: Deb Frank RD

1 tbsp. each of butter and olive oil
½ cup thinly sliced shallots
12 oz. sugar snap peas (fresh or frozen, thawed)
2 cup thinly sliced radishes
¼ cup orange juice
1 tbsp. chopped fresh dill

- 1) Melt butter with oil in nonstick pan over medium heat.**
- 2) Add shallots and sauté until golden (about 5 minutes)**
- 3) Add sugar snap peas and radishes; sauté until crisp tender (about 5 minutes)**
- 4) Add orange juice and dill; stir for about 1 minute and serve.**

Calories 90 kcals	Total Fat 4 g	Saturated Fat 1.5 g	Sodium 35 mg
Carbohydrates 11 g	Fiber 3 g	Protein 2 g	

Sweet Potato Fries

Serves: 4-6

Submitted by: Allison Lutz MS, RDN, LDN

4 large sweet potatoes, peeled and cut into ¼ slices
½ cup extra virgin olive oil
2 tbsp. chopped fresh thyme
1 tbsp. chopped fresh rosemary

- 1) Place sweet potatoes, rosemary, thyme, and olive oil in a gallon size, resealable bag.**
- 2) Seal bag and shake vigorously. (Can be done the night before and stored in fridge).**
- 3) Preheat oven to 400 degrees.**
- 4) Place sweet potatoes on baking sheet and bake 30 minutes or until desired degree of doneness reached.**

***Tip: Try other favorite spice combinations (such as 1 tsp salt and ¼ tsp cayenne pepper). To reduce fat and calories reduce olive oil to 3 Tbsp.**

Calories 234.8 kcals	Total Fat 18.1 g	Saturated Fat 2.5 g	Sodium 48 mg
Carbohydrates 17.7 g	Fiber 2.8 g	Protein 1.4 g	

Zucchini and Pasta

Serves 8

Submitted by: Alice Corle RDN, LDN

1/2-1 lb. angel hair pasta
2-3 cloves garlic, minced
1/2 cup olive oil, divided into 1/4 cups
1/2 tsp crushed red pepper
3 Tbsp., chopped fresh basil
2 Tbsp. chopped fresh parsley
1/2 cup parmesan cheese
3/4 lb. zucchini, julienned

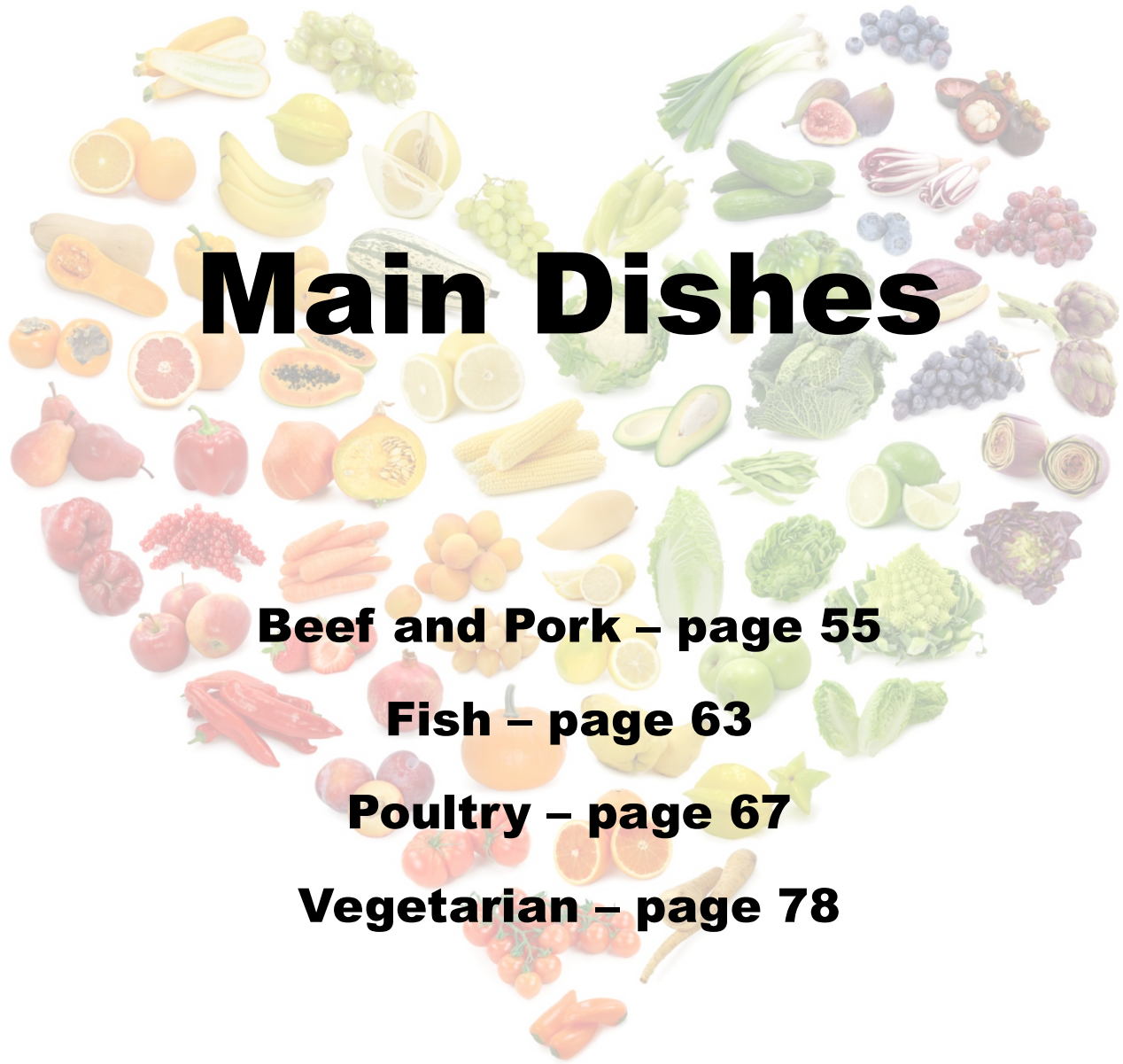
- 1) Cook pasta according to package directions. Reserve 1/2 cup pasta water**
- 2) Heat 1/4 cup olive oil in frying pan. Sauté zucchini until tender crisp along with garlic. Add red pepper and remove from heat.**
- 3) Add basil and parsley**
- 4) Add hot pasta to the pan**
- 5) Add parmesan cheese and 1/4 cup olive oil and mix**
- 6) Add pasta water to thin as needed**

Calories 313 kcals
Carbohydrates 32 g

Total Fat 17 g
Fiber 2 g

Saturated Fat 4 g
Protein 10 g

Sodium 103 mg



Main Dishes

Beef and Pork – page 55

Fish – page 63

Poultry – page 67

Vegetarian – page 78



Beef and Pork

Ravioli and Zucchini – page 56

Rigatoni with Beef and Eggplant Ragu – page 57

Six Course Dinner – page 58

Mexican Style Pork – page 59

**Pork Medallions with Fig and
Port Wine Sauce – page 60**

**Pork Tenderloin with
Balsamic Fig Relish – page 61**

Tex Mex Sausage – page 62

Ravioli and Zucchini

Serves 4

Submitted by: Kay Leigh RDN, LDN

Source: www.davita.com

9 oz. frozen beef ravioli

2 cups zucchini

3 green onions

1 medium red bell pepper

½ tsp. garlic powder

½ tsp. dried basil leaves

1/8 tsp. black pepper

¼ cup reduced-sodium chicken broth

- 1) Julienne cut zucchini and slice the green onions. Coarsely chop bell pepper.**
- 2) Cook ravioli as directed on the package.**
- 3) Spray a large, nonstick skillet with cooking spray, and heat over medium-high heat.**
- 4) Add zucchini, green onions, bell peppers, garlic powder, basil and black pepper. Cook for 3 to 5 minutes until veggies are crisp and tender.**
- 5) Drain ravioli, add broth, and stir into the vegetable mixture.**
- 6) Cover skillet and cook over medium-low heat for another 5 minutes, or until thoroughly heated. Stir occasionally, being careful not to break the ravioli.**

Appropriate for renal and renal diabetic diets

Calories 258 kcals

Total Fat 9 g

Saturated Fat 5 g

Sodium 258 mg

Carbohydrates 27 g

Fiber 2.4 g

Protein 12 g

Rigatoni with Beef and Eggplant Ragu

Serves 4

Submitted by: Brenda Ridgeway RDN, LDN

Source: WebMD Eating Well

8 oz. whole-wheat rigatoni, rotini, or penne

8 oz. 92%-lean ground beef

4 cloves garlic, chopped

½ tsp. fennel seed

3 cups diced eggplant (about ½ medium)

2 tsp. extra-virgin olive oil

2 8-oz. cans no-salt-added tomato sauce

1 cup red wine

1 tbsp. chopped fresh oregano, or 1 tsp. dried

½ tsp. salt

½ tsp freshly ground pepper

2 tsp. pine nuts, toasted

1) Bring a large pot of water to a boil. Cook pasta until tender, 8-10 minutes or according to package directions.

2) Meanwhile, cook beef, garlic and fennel seeds in a large nonstick skillet over medium heat until the beef is browned, about 3 minutes. Add eggplant and oil; cook, stirring occasionally, until the eggplant browns, about 5 minutes. Add the tomato sauce and wine; cook, stirring occasionally, until the sauce thickens, about 10 minutes. Stir in oregano, salt and pepper.

3) Drain the pasta, serve topped with the sauce and sprinkled with pine nuts and feta, if using.

Calories 399 kcals

Total Fat 7 g

Saturated Fat 1 g

Sodium 345 mg

Carbohydrates 57 g

Fiber 11 g

Protein 22 g

Six Course Dinner

Serves: 4-6

Submitted by: Tonya Sherrill-Kuhn MS RDN LDN

2 cups thinly sliced potatoes

1/2 cup uncooked rice

1 cup, sliced onions

1 medium green bell peppers, chopped

1 lb. ground beef

1 can (10.7 oz) tomato soup, condensed

2 tsp. salt

1/2 tsp black pepper

1) Place potatoes in a greased 2 quart casserole dish

2) Place the rice on top of the potatoes, then the onion, and then the green pepper

3) Sprinkle with pepper and 1 tsp of salt

4) Crumble hamburger loosely over ingredients in casserole

5) Pour tomato soup over the casserole and one can of water

6) Sprinkle with pepper and 1 tsp of salt

7) Bake casserole covered, at 400 degrees, for one and a half hours.

8) Remove foil and bake for 15 minutes

Calories 251 kcals

Total Fat 10 g

Saturated Fat 4 g

Sodium 782 mg

Carbohydrates 23 g

Fiber 2 g

Protein 16 g

Mexican Style Pork

Serves 4

Submitted by: Brenda Ridgeway RDN, LDN

Source: Frugal Gourmet: Jeff Smith

2 deboned pork steaks (about 1 lb. of meat)

½ yellow onion, peeled

1 green pepper, cleaned

2 tbsp. peanut oil

2 cloves garlic, sliced thin

¼ tsp. ground cumin

¼ tsp. oregano

Salt to taste

2 tbsp. dry sherry

1) Cut pork steaks into thin slices. Slice up the yellow onion and green pepper.

2) Sauté the pork quickly in oil and the garlic.

3) Add the onion and the pepper, and continue to stir-fry.

4) Add the cumin and the oregano. Add salt. At the last minute add the sherry.

Calories 315.2 kcals

Total Fat 16.1 g

Saturated 3.5 g

Sodium 64 mg

Carbohydrates 4.8 g

Fiber 0.8 g

Protein 33.9 g

Pork Medallions with Fig and Port Wine Sauce

4 Servings

Submitted by: Brenda Ridgway RDN, LDN

From: <http://www.eatingwell.com>

Ingredients

16 small dried Mission Figs, stemmed

1 cup tawny port

2 tsp extra-virgin olive oil, plus 1 tbsp, divided

1 cup onion, thinly sliced

1 cup reduced-sodium chicken broth

1 tsp fresh thyme, chopped

1 bay leaf

1 tsp balsamic vinegar, or more to taste

½ tsp kosher salt, divided

Pepper to taste

1 pork tenderloin, (1-1 ¼ lbs.) trimmed and sliced into 1 inch thick medallions

¼ cup all-purpose flour

- 1) Place figs in a small microwavable bowl and cover with port. Cover the bowl and microwave on high for 3 minutes.**
- 2) Heat 2 tsp oil in a small saucepan over medium heat. Add onion and cook, stirring, until soft and translucent, 4 to 6 minutes. Add broth, thyme, bay leaf and the fig-port mixture. Bring to a boil and cook until reduced by half, 10-12 minutes. Season with vinegar, ¼ tsp salt and pepper. Set aside.**
- 3) Sprinkle both sides of pork medallions with the remaining ¼ tsp salt and pepper and dredge lightly with flour, shaking off the excess.**
- 4) Heat the remaining 1 tbsp. oil in a large nonstick skillet over medium-high heat.**
- 5) Add the medallions and cook until browned, 2 to 3 minutes per side.**
- 6) Add the reserved fig-port sauce; bring to a simmer and cook until the pork is cooked, but still a little pink in the center, about 2 minutes. The sauce should be syrupy. If not, remove the medallions with a slotted spoon to a platter and tent with foil to keep warm.**
- 7) Boil the sauce until it's reduced and syrupy. Discard the bay leaf.**
- 8) Serve the sauce over the medallions.**

Calories	394	Total Fat	10 g	Saturated Fat	2 g	Sodium	618 mg
Carbohydrates	34 g	Fiber	4 g	Protein	26 g		

Pork Tenderloin with Balsamic Fig Relish

Serves 4

Submitted by: Brenda Ridgeway RDN, LDN

Source: Oxmoor House April 2009

1 (1 pound) pork tenderloin, trimmed

¼ tsp. salt

¼ tsp. black pepper

Cooking Spray

8 Dried Mission Figs

2 tbsp. balsamic vinegar

2 tbsp. water

1 tbsp. low-sodium soy sauce

1 (8-ounce) container refrigerated pre-chopped onion

1) Preheat oven to 425 degrees

2) Sprinkle pork evenly with salt and pepper; coat with cooking spray. Heat a medium-sized cast-iron skillet or other ovenproof skillet over medium-high heat. Coat pan with cooking spray. Add pork; cook 4 minutes or until browned on all sides, turning occasionally.

3) While pork browns, coarsely chop figs. Combine vinegar, 2 tbsp. water, and soy sauce in a small bowl. When pork is browned, remove pan from heat. Add figs, onions, and vinegar mixture to pan, stirring to loosen browned bits.

4) Bake, uncovered, at 425 degrees for 15 minutes or until a thermometer registers 160 degrees (slightly pink). Stir onion mixture; cover pan loosely with foil. Let stand 5 minutes before slicing.

Calories 256 kcals

Total fat 4 g

Saturated Fat 1.4 g

Sodium 349 mg

Carbohydrates 30.6 g

Fiber 3.6 g

Protein 24.6 g

Tex-Mex Sausage

Serves 8 Serving Size: 1 patty

Submitted by: Kay Leigh RDN LDN

Source: Davita Inc. Website

1 egg, slightly beaten

¼ cup onion, finely chopped

1 large clove garlic, minced

2 Tbsp. canned diced green chili peppers

1 Tbsp. snipped fresh cilantro

1 Tbsp. vinegar

1 ½ tsp chili powder

1/8 tsp. salt

1/8 tsp. ground red pepper

½ lb. lean ground pork or beef

1) In a medium mixing bowl, combine the egg, onion, garlic, green chili peppers, cilantro, vinegar, chili powder, salt, and ground red pepper.

2) Add the ground pork or beef and mix well

3) Shape the mixture into 8 equal sized patties.

4) Put a small amount of oil in skillet and preheat over medium-high heat. Place the patties in the skillet and cook about 12 minutes or until meat is no longer pink and juices run clear. Turn once when patties are about half cooked.

5) These can be made ahead and stored in the freezer before cooking until needed.

Calories 73 kcals

Total Fat 5 g

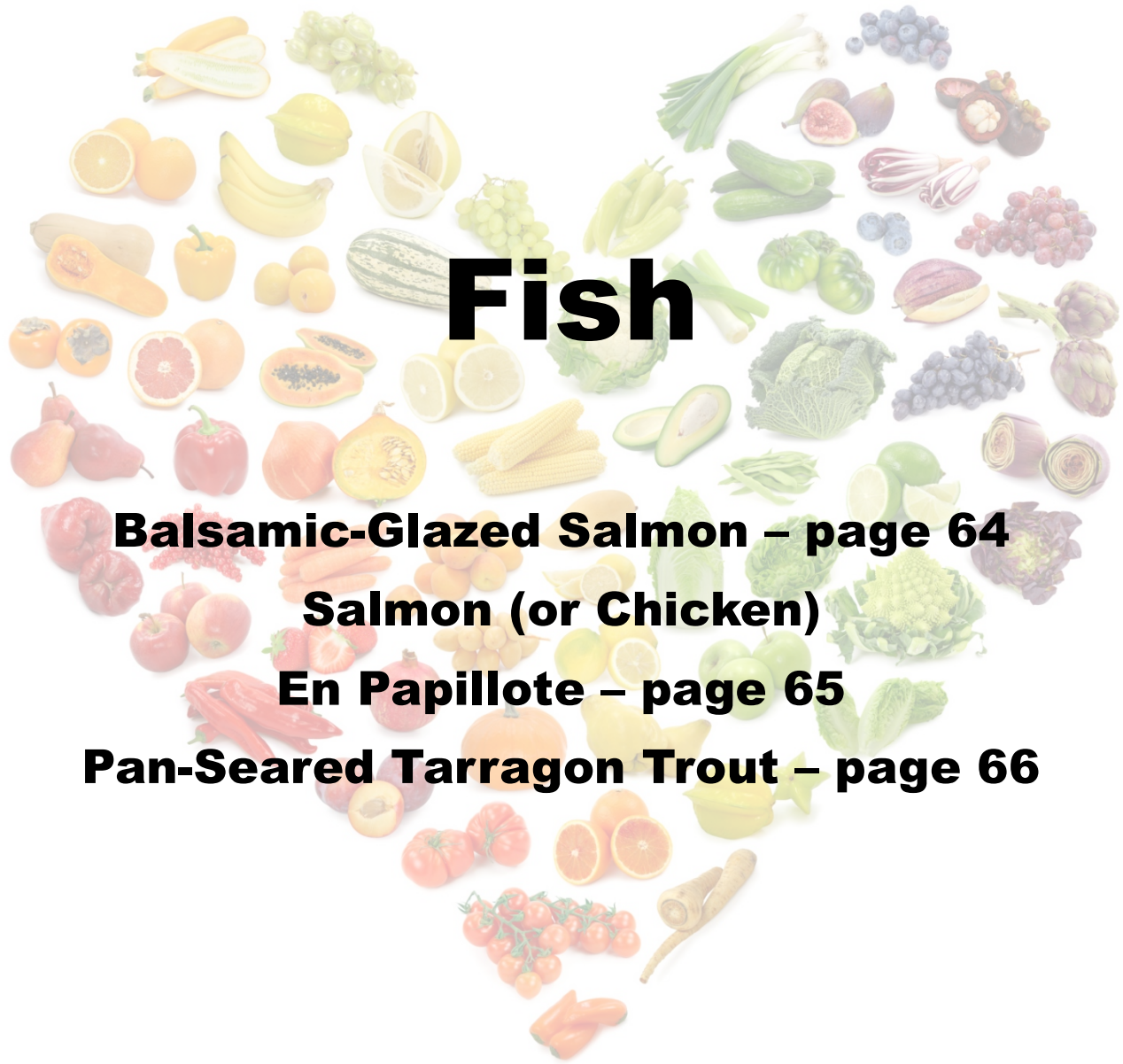
Saturated Fat 5 g

Sodium 65 mg

Carbohydrates 1 g

Fiber 0.4 g

Protein 6 g



Fish

Balsamic-Glazed Salmon – page 64

Salmon (or Chicken)

En Papillote – page 65

Pan-Seared Tarragon Trout – page 66

Balsamic- Glazed Salmon

Serves 4

Submitted by: Brenda Ridgway RDN, LDN

Source: Food Network Giada De Laurentiis

Glaze

3/4 cup balsamic vinegar
2 tbsp. maple syrup
1 tbsp. Dijon mustard
1 clove garlic, peeled and smashed or chopped

Salmon

4 6oz center-cut salmon fillets, skinned
2 tbsp. olive oil
Kosher salt and freshly ground pepper

Vegetables

2 tbsp. olive oil
1 large or two small shallots, thinly sliced
Kosher salt and freshly ground pepper
2 cloves garlic, peeled and smashed or chopped
2 1/2 cups frozen shelled edamame (12 ounces), thawed
2 cups sugar snap peas (6 ounces), halved

- 1) For the glaze: In a small saucepan, bring the vinegar, maple syrup, mustard and garlic to a boil over medium heat. Reduce the heat to a simmer and cook until thick, about 12 minutes. Set aside to cool for 5 minutes.**
- 2) For the salmon: Position a rack in the center of the oven and preheat the oven to 400 degrees. Line a small baking sheet with parchment paper. Arrange the salmon on the baking sheet. Drizzle both sides of the salmon with the olive oil and season with 1 tsp salt and 1/2 tsp. pepper. Roast until the salmon is cooked through and flakes easily with a fork, 8 to 10 minutes. Set aside to cool for 10 minutes.**
- 3) For the vegetables: in a medium skillet, heat the olive oil over medium-high heat.**
- 4) Add the shallots, 1 tsp. salt and 1/4 tsp. pepper, and cook until the shallots are softened, about 3 minutes.**
- 5) Add the garlic and cook until aromatic, about 30 seconds.**
- 6) Add the edamame and snap peas and cook until warmed through, about 3 minutes.**
- 7) Season with salt and pepper**
- 8) Divide the vegetable mixture among 4 serving plates. Top with a piece of salmon and drizzle the glaze.**

Calories 553 kcals
Carbohydrates 29 g

Total Fat 27.8 g
Fiber 6 g

Saturated Fat 3.6 g
Protein 44 g

Sodium 923 mg

Salmon (or Chicken) En Papillote

Serves 4

Submitted by: Deb Frank RD

4-4 oz. portions of salmon fillet or boneless, skinless chicken breast

Salt

Freshly ground black pepper

½ lb. small new potatoes, sliced ¼ inch thick

1 cup julienne onions

8 slices of tomato, about ½ inch thick

½ cup Kalamata olives, pitted and halved

4 tbsp. finely chopped fresh herbs (parsley, basil, tarragon)

1) Preheat oven to 400 degrees. Fold 4 sheets of parchment paper (16" x 24") in half, and cut a half heart shape away from the fold. Open the parchment paper to reveal a heart shape and brush each with 1 tbsp. olive oil. Season the salmon or chicken with salt and pepper. Place each salmon or chicken on half of the parchment sheet.

2) Place a layer of potatoes over each portion. Season lightly with salt and pepper. Place a layer of onions over the potatoes followed by a layer of tomatoes and olives. Sprinkle the top of each portion with 1 tbsp. herbs.

3) To close each bag, fold the second side of the paper over the salmon or chicken, fold the bottom edge over the top and work your way edge over edge, folding and twisting until the bag is sealed. Place each bag on a baking sheet and bake until the paper is puffed up and golden brown (about 20 minutes), To serve, place a bag on each plate, slit the bag open, and fold back the paper.

Calories 247 kcals

Total Fat 9 g

Saturated Fat 1.5 g

Sodium 382 mg

Carbohydrates 38 g

Fiber 12 g

Protein 6 g

Pan-Seared Tarragon Trout

Serves 2 (serving size: 1 fillet and about 1 tbsp. sauce)

Submitted by: Brenda Ridgeway RDN, LDN

Source: Cooking Light Fresh Food Fast, Oxmoor house 2009

1 lemon

2 tbsp. all-purpose flour

2 (6 ounce) trout fillets

¼ tsp. salt

¼ tsp. freshly ground black pepper

1 tbsp. butter

1 garlic clove, minced

¼ cup dry white wine

1 tsp. dried tarragon

1) Zest and juice lemon, reserving ¼ tsp. zest and 1 tsp. juice.

2) Place flour in a shallow dish. Sprinkle fish evenly with salt and pepper; dredge fish in flour.

3) Melt butter in a large nonstick skillet over medium-high heat. Add fish; cook 2-3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.

Remove fish from pan; keep warm.

4) Add garlic to pan; sauté 1 minute or until browned. Add wine; cook until liquid almost evaporates, scraping pan to loosen browned bits. Stir in tarragon and reserved lemon zest and juice. Pour garlic sauce over fish.

Calories 293 kcals

Total Fat 12 g

Saturated Fat 4.8 g

Sodium 385 mg

Carbohydrates 6.2 g

Fiber 0.4 g

Protein 36 g



Poultry

**Chicken and Asparagus with
Melted Gruyere – page 68**

**Chicken with Brussel Sprouts and
Mustard Sauce – page 69**

**Chicken Puttanesca with
Angel Hair Pasta – page 70**

Chicken Supreme – page 71

Ginger and Lemon Chicken – page 72

Rustic Chicken and Beans – page 73

Saucy Parmesan Chicken – page 74

Stuffing Topped Chicken – page 75

Stuffed Peppers (with Turkey) – page 76

Turkey Vegetable Meatloaf – page 77

Chicken and Asparagus with Melted Gruyere

Serves 4

Submitted by: Kay Leigh RDN, LDN

Source: www.eatingwell.com/recipes/chicken

8 oz. asparagus, trimmed and cut into 1-inch pieces
2/3 cup reduced-sodium chicken broth
2 tsp. plus 1/4 cup all-purpose flour, divided
4 boneless, skinless chicken breast, (1 1/4 to 1 1/2 lbs.), trimmed and tenders removed
1/4 tsp. salt
1/2 tsp. freshly ground pepper
1 tbsp. canola oil
1 shallot, thinly sliced
1/2 cup white wine
1/3 cup reduced-fat sour cream
1 tbsp. chopped fresh tarragon, or 1 tsp. dried
2 tsp. lemon juice
2/3 cup shredded Gruyere cheese

- 1) Place a steamer basket in a large saucepan, add 1 inch of water and bring to a boil. Add asparagus, cover and steam for 3 minutes. Uncover, remove from heat and set aside.**
- 2) Whisk broth and 2 tsp. flour in a small bowl until smooth. Set aside.**
- 3) Place the remaining 1/4 cup flour in a shallow dish. Sprinkle chicken with salt and pepper and dredge both sides in the flour, shaking off any excess.**
- 4) Heat oil in a large skillet over medium heat.**
- 5) Add the chicken and cook until golden brown, 3 to 4 minutes per side, adjusting heat as needed to prevent scorching. Transfer to a plate and cover to keep warm.**
- 6) Add shallot, wine and a reserved broth mixture to the pan, cook over medium heat, stirring, until thickened, about 2 minutes.**
- 7) Reduce heat to medium-low; stir in sour cream, tarragon, lemon juice and the reserved asparagus until combined.**
- 8) Return chicken to the pan and turn to coat with the sauce.**
- 9) Sprinkle cheese on top of each piece of chicken, cover and continue cooking until the cheese is melted, about 2 minutes**

***Note: If you have large chicken breasts, remove the thin strip of meat from the underside of a 5-6 ounce chicken breast –the chicken tender- to make a 4 ounce portion. Wrap and freeze the tenders for use later in a stir-fry or other use.**

Calories 306 kcals
Carbohydrates 7 g

Total Fat 15 g
Fiber 1 g

Saturated Fat 6 g
Protein 31 g

Sodium 298 mg

Chicken with Brussel Sprouts and Mustard Sauce

Serves 4 (serving size: 1 chicken breast half, 2/3 cup Brussels sprouts, and 2 tbsp. sauce)

Submitted by: Brenda Ridgway RDN, LDN

Source: Time Inc. Lifestyle Group: Cooking Light December 2011

2 tbsp. olive oil, divided

4 (6 ounce) skinless, boneless chicken breast halves

3/8 tsp. salt, divided

1/4 tsp. freshly ground black pepper

3/4 cup fat-free, lower-sodium chicken broth, divided

1/4 cup unfiltered apple cider

2 tbsp. whole-grain Dijon mustard

2 tbsp. butter, divided

1 tbsp. chopped fresh flat-leaf parsley

12 ounces Brussels sprouts, trimmed and halved

1) Preheat oven to 450 degrees.

2) Heat a large ovenproof skillet over high heat. Add 1 tbsp. olive oil.

3) Sprinkle chicken with 1/4 tsp. salt and pepper; add to pan.

4) Cook 3 minutes or until browned. Turn chicken; place pan in oven.

5) Bake Chicken at 450 degrees for 9 minutes or until done. Remove chicken from pan; keep warm.

6) Heat pan over medium-high heat. Add 1/2 cup broth and cider; bring to a boil, scraping pan to loosen browned bits.

7) Reduce heat to medium-low; simmer 4 minutes or until thickened. Whisk in mustard, 1 tbsp. butter, and parsley.

8) Heat remaining 1 tbsp. oil and 1 tbsp. butter in a large nonstick skillet over medium-high heat.

9) Add Brussels sprouts; sauté 2 minutes or until lightly browned.

10) Add remaining 1/8 tsp. salt and 1/4 cup broth to pan; cover and cook 4 minutes or until tender-crisp. Serve sprouts with chicken and sauce.

Calories 355 kcals

Total Fat 14.9 g

Saturated Fat 5.2 g

Sodium 647 mg

Carbohydrates 11.6 g

Fiber 3.5 g

Protein 42.8 g

Chicken Puttanesca with Angel Hair Pasta

Serves 4

Submitted by: Allison Lutz MS, RDN, LDN

Source: Time Inc. lifestyle Group

8 ounces uncooked angel hair pasta

2 tsp. olive oil

4 (6-ounce) skinless, boneless chicken breast halves

½ tsp. salt

2 cups tomato-basil pasta sauce

¼ cup pitted and coarsely chopped Kalamata olives

1 tbsp. capers

¼ tsp. crushed red pepper

¼ cup (1 ounce) pre-shredded Parmesan cheese

Chopped fresh basil or basil sprigs (optional)

- 1) Cook pasta according to package directions, omitting salt and fat. Drain and keep warm.**
- 2) Heat oil in a large nonstick skillet over medium-high heat.**
- 3) Cut chicken into 1-inch pieces. Add chicken to pan; sprinkle evenly with salt.**
- 4) Cook chicken 5 minutes or until lightly browned, stirring occasionally.**
- 5) Stir in pasta sauce, olives, capers, and pepper; bring to a simmer. Cook 5 minutes or until chicken is done, stirring frequently.**
- 6) Arrange 1 cup pasta on each of 4 plates; top with 1 ½ cups chicken mixture.**
- 7) Sprinkle each serving with 1 tbsp. cheese. Garnish with chopped basil or basil sprigs, if desired.**

***Tip: To reduce portion size and calories by a third, use 6 (4 oz.) chicken breasts instead.**

Calories 530 kcals

Total Fat 12.4 g

Saturated Fat 2.8 g

Sodium 971 mg

Carbohydrates 55 g

Fiber 2.1 g

Protein 51.8 g

Chicken Supreme

Serves 6

Submitted by: Tonya Sherrill-Kuhn MS, RDN, LDN

6-8 Chicken breast, skinned and boned

½ lb. Swiss cheese sliced thin

2 cans cream of chicken or mushroom soup

½-1 can water

15 ounce package seasoned stuffing mix

Cooking spray

- 1) Preheat oven at 350 degrees. Spray a 13x9x2 inch baking dish with cooking spray.**
- 2) Cut chicken into serving pieces, place chicken in bottom of baking dish. Layer cheese over chicken.**
- 3) In a mixing bowl, combine soup and water, mix until creamy. Pour half of soup mixture over chicken and cheese in baking dish.**
- 4) Stir in seasoning from stuffing mix to remaining soup mixture. Add bread from the stuffing mix. Spoon this mixture over the entire pan.**
- 5) Bake in preheated oven at 350 degrees for 35 to 45 minutes until chicken is tender and topping is browned.**

Note: To lower sodium and fat content, use a low sodium soup and low sodium low fat swiss cheese.

Calories 568 kcals

Total Fat 18.4 g

Saturated Fat 8.3 g

Sodium 1724 mg

Carbohydrates 59 g

Fiber 2.2 g

Protein 42 g

Ginger and Lemon Chicken

Serves 6

Submitted by: Deb Frank RD

1 cup plain yogurt

1 tbsp. cumin powder

1 tsp. chili powder

2 tbsp. fresh ginger, minced

Salt to taste

Juice of 2 lemons

8 cloves garlic, finely chopped

2 lbs. boneless, skinless chicken breast

1) In a large bowl, mix the yogurt, cumin, chili powder, ginger, salt, lemon juice and garlic. Add the chicken and toss until coated with marinade. Cover and refrigerate for 2-3 hours.

2) Preheat grill pan or indoor electric grill to high. Place chicken on hot grill and cook for 5-6 minutes on each side, until charred at edges and firm in the middle.

Calories 177 kcals

Total Fat 3 g

Saturated Fat 1.3 g

Sodium 298 mg

Carbohydrates 6 g

Fiber .5 g

Protein 31 g

Rustic Chicken and Beans

Serves 6

Submitted by: Kay L Leigh RDN LDN

Source: Crandall Corporation website, A La Carte Menu

2 lbs. chicken thighs boneless

3/4 tsp black pepper

3 Tbsp. olive oil

8 ounces mushroom, fresh, sliced

2 1/2 tsp. rosemary

1/2 cup white wine, dry

2 (15 ounce) cans navy beans, rinsed and drained

1 cup parmesan cheese, grated

3/4 cup bread crumb, fresh

1 (14.5 ounce) can chicken broth, low sodium

1) Preheat oven to 350 degrees.

2) Sprinkle chicken with 1/2 teaspoon pepper. Heat oil in a large skillet over medium high heat. Brown chicken on both sides. Remove chicken; chop and set aside. Add mushrooms and rosemary to skillet and sauté for 3 minutes. Stir in wine and cook for 5 minutes. Remove from heat and add 1 can of navy beans.

3) Coat a 9 X 13 baking pan with nonstick spray. Spread the bean mixture in the pan. Top evenly with chicken. Sprinkle evenly with 1/2 cup Parmesan cheese, 1/2 cup breadcrumbs and sprinkle with remaining 1/4 teaspoon pepper. Top evenly with remaining navy beans. Drizzle with chicken broth. Sprinkle with remaining cheese and breadcrumbs. Cover loosely with foil. Bake 40 minutes. Remove foil. Bake 20 minutes longer or until golden brown.

**Tip: Leftover rotisserie chicken can be used in place of the thighs.
It not only utilizes leftovers but saves some time and changes the flavor.**

**Calories 425 kcals
Carbohydrates 34 g**

**Total Fat 15 g
Fiber 7 g**

**Saturated Fat 107 mg
Protein 38 g**

Sodium 694 mg

Saucy Parmesan Chicken

Serves 4

Submitted by: Linda S. Sweitzer RD LDN

4 small boneless, skinless, chicken breasts

1/4 cup reduced fat zesty Italian dressing

1/4 cup Parmesan Cheese, grated

- 1) Place all ingredients in a large resealable bag. Turn the bag over to evenly coat the chicken.**
- 2) Lay the bag flat so the chicken doesn't overlap and refrigerate chicken for 30 minutes**
- 3) Remove the chicken from marinade and place on a foil covered baking sheet.**
- 4) Bake at 425 degrees, for 20 minutes, or until the chicken is cooked through**

Calories 188 kcals

Total Fat 8.5 g

Saturated Fat 1 g

Sodium 649 mg

Carbohydrate 3 g

Fiber 0 g

Protein 25 g

Stuffing Topped Chicken

Serves: 4

From Eating Well: September/October 2008

2 Tbsp Olive Oil, divided

$\frac{3}{4}$ cup Celery, Chopped

1 Tbsp Shallot, Chopped

5 slices whole-wheat bread, cut in $\frac{1}{4}$ inch cubes

$\frac{1}{2}$ tsp Poultry Seasoning, salt free

1 $\frac{1}{2}$ cups low sodium Chicken Broth, divided

1 $\frac{1}{2}$ lb boneless, skinless Chicken Thighs, cut in 1 inch pieces

4 Tbsp all-purpose Flour, divided

$\frac{1}{2}$ tsp ground Pepper

$\frac{1}{4}$ tsp Salt

2 $\frac{1}{2}$ cups Mushrooms, quartered (6 ounces)

$\frac{1}{3}$ cup dry white wine or dry sherry

Preparation:

1) Position rack in upper third of oven; preheat broiler

2) Heat 1 tbsp oil in large ovenproof skillet over medium heat.

3) Add celery and shallot; cook, stirring, until the shallot begins to brown, about 2 minutes.

4) Add bread and poultry seasoning; cook, stirring, until the celery has softened and the bread begins to crisp, 2-3 minutes.

5) Transfer the stuffing to a medium bowl and toss with $\frac{1}{4}$ cup broth; set aside. Wipe out the pan.

6) Toss chicken with 2 tbsp flour, pepper and salt in a large bowl. Whisk the remaining 1 $\frac{1}{4}$ cups broth with the remaining 2 tbsp flour in a small bowl and set aside.

7) Add the remaining 1 tbsp oil to the pan and heat over medium heat.

8) Add the chicken (shaking off any excess flour) and mushrooms; cook, stirring, until the chicken is cooked through, about 8 minutes.

9) Increase heat to medium-high; add wine and cook, scraping up any browned bits with a wooden spoon, until almost evaporated, about 2 minutes.

10) Stir in the reserved broth-flour mixture and cook, stirring, until thickened, about 2 minutes more. Spoon the reserved stuffing over the chicken mixture.

11) Transfer the pan to the oven and broil until the stuffing begins to crisp, about 4 minutes.

**Calories 401 kcals
Carbohydrates 27 g**

**Total Fat 17 g
Fiber 4 g**

**Saturated Fat 4 g
Protein 30 g**

Total Fat 481 mg

Stuffed Peppers (with Turkey)

Serves 4

Submitted by: Hana Pike MS, RDN, LDN

4 green bell peppers, tops removed, seeded
1 lb. ground turkey
2 tbsp. olive oil
½ onion, chopped
1 cup sliced mushrooms
1 zucchini, chopped
½ red bell pepper, chopped
½ yellow bell pepper, chopped
1 cup fresh spinach
1 (14.5 ounce) can diced tomatoes, drained
1 tbsp. tomato paste
Italian seasoning to taste
Garlic powder to taste
Salt and pepper to taste

- 1) Preheat oven to 350 degrees**
- 2) Wrap the green bell peppers in aluminum foil, and place in a baking dish. Bake for 15 minutes in the oven. Remove from heat.**
- 3) In a skillet over medium heat, cook the turkey until evenly brown. Set aside.**
- 4) Heat oil in the skillet, and cook onion, mushrooms, zucchini, red bell pepper, yellow bell pepper, and spinach until tender.**
- 5) Return turkey to skillet.**
- 6) Mix in the tomatoes and tomato paste and season with Italian seasoning, garlic powder, salt, and pepper.**
- 7) Stuff the green peppers with the skillet mixture.**
- 8) Return the stuffed peppers to the oven, and continue cooking for 15 minutes.**

Calories 286 kcals
Carbohydrates 13 g

Total Fat 17 g
Fiber 4 g

Saturated Fat 4 g
Protein 23 g

Sodium 142 mg

Turkey Vegetable Meatloaf

Serves 6

Submitted by: Hana Pike RDN LDN

1/4 lb. ground turkey
1 medium yellow onion, diced
1 large zucchini, shredded
1 large celery stock, finely chopped
3 medium carrots, shredded
1 red bell pepper, finely chopped
1/2 lb. mushrooms, chopped
4 garlic cloves, minced
3/4 cup old fashioned rolled oats
1/2 cup unsweetened applesauce
2 tbsp. tomato paste
1/4 cup fresh parsley, finely chopped
1/4 cup liquid egg substitute
1/2 tsp. paprika
1 tsp. salt
1 tsp. black pepper

- 1) Preheat the oven to 350 degrees. Line a loaf sized baking pan with foil.**
- 2) Spray a nonstick skillet with nonfat cooking spray. Sauté the onion until softened(about 3-5 minutes). Add in the carrots, celery, and bell pepper, and cook for another 3-5 minutes to soften the veggies. Add in the zucchini, mushrooms and garlic and sauté about 3 more minutes.**
- 3) In a large bowl, combine the ground turkey, oats, parsley, egg substitute, applesauce, tomato paste, paprika, salt and pepper. Fold in the veggies.**
- 4) Empty the mixture into your baking pan, and shape mixture into a loaf form with your hands.**
- 5) Bake until browned and meat inside is thoroughly cooked-about 1 hour.**
- 6) Remove from oven and let stand about 10-15 minutes. Cut into 6 equally sized slices.**

To reduce the amount of fat, choose lean ground beef, ground turkey, or ground chicken.
To increase the nutrients, pack your meatloaf with your favorite vegetables.

Calories 141 kcals
Carbohydrates 16 g

Total Fat 4 g
Fiber 3 g

Saturated Fat 1 g
Protein 11 g

Sodium 514 mg



Vegetarian

Bean and Veggie Rice Bowl – page 79

Cheese Tortellini with Cannellini Bean Sauce – page 80

Crispy Eggplant with

Spicy Tomato Feta Cheese Sauce – page 81

Double Corn Tortilla Casserole – page 82

Herbal Pasta Primavera – page 83

Homemade Black Bean Veggie Burgers – page 84

Skinny Lasagna Rolls – page 85

Southwestern Quinoa – page 86

Spicy Black Beans and Rice – page 87

Spicy Rice, Bean, and Lentil Casserole – page 88

Spinach Rice Casserole – page 89

Two Bean Tamale Pie – page 90

Vegetable Lasagna (Theresa Stahl) – page 91

Vegetable Lasagna (Kay Leigh) – page 92

Bean and Veggie Rice Bowl

Serves 8

Submitted by: Brenda Ridgway RDN LDN

Source: From www.foodily.com with permission

1/2 cup brown rice

2/3 cup black beans

8 ounces sliced baby bella mushrooms

5 ounces baby spinach

2 zucchini squash, sliced in half lengthwise and then in half-moons

1 yellow squash, sliced in half lengthwise and then in half-moons

1 red pepper, chopped

1 green pepper, chopped

2 tomatoes

1 avocado

Optional toppings: lime juice, salsa, hot sauce

1) Prepare rice as directed

2) Heat large pan over medium heat. Add peppers and zucchini and cook for 2-3 minutes.

3) Add mushrooms and cook an additional 2 minutes.

4) Remove from heat and add spinach to the pan, tossing to wilt the spinach.

5) Toss beans and rice together with vegetables or layer in bowls/ to-go containers.

6) Top with chopped tomato and avocado

Calories 140 kcals

Total Fat 4.9 g

Saturated Fat 0.9 g

Sodium 48 mg

Carbohydrates 23.3 g

Fiber 6.5 g

Protein 5 g

Cheese Tortellini with Cannellini Bean Sauce

Serves 4 Serving Size: 3/4 cup

Submitted by: Kay Leigh RDN LDN

Source: Vegetarian Cookbook by Carrie Holcomb

1 (9 ounce) package refrigerated cheese stuffed tortellini

1 (15 ounce) can cannellini beans, rinsed and drained

1/2 cup milk

1/4 cup Parmesan Cheese

1/3 cup thin slivers of red and/or yellow sweet peppers

1/3 cup thin sliver of green pepper

1 Tbsp. chopped fresh oregano or 1 tsp. dried oregano crushed

1/4 tsp. salt

1/8 tsp. ground pepper

1/4 tsp ground nutmeg

Optional: Fresh oregano sprigs and Parmesan Cheese, Shredded

1) Cook tortellini according to package directions. Drain. Meanwhile, place the beans and milk in a food processor bowl or blender container. Cover and process or blend until smooth.

2) Transfer to a large skillet. Stir in grated parmesan cheese, red, yellow and green pepper, oregano, salt, nutmeg, and pepper. Cook and stir until heated thoroughly.

3) Serve sauce over drained tortellini. If desired, sprinkle with shredded Parmesan cheese and garnish with fresh oregano.

Calories 304 kcals

Total Fat 6 g

Saturated Fat 2 g

Sodium 730 mg

Carbohydrates 48 g

Fiber 6 g

Protein 21 g

Crispy Eggplant with Spicy Tomato Feta Cheese Sauce

Serves 4

Submitted by: Kay Leigh RDN LDN

Source: Vegetarian cookbook by Carrie Holcomb

1 medium eggplant (about 1 lb.), peeled and thinly sliced

Salt

2 eggs

½ cup grated parmesan cheese

1 tsp. dried basil, crushed

2 Tbsp. milk

½ cup toasted wheat germ

¼ tsp. pepper

1) Place eggplant slices on a baking sheet. Lightly salt the eggplant. Let stand for 10 minutes. Pat them dry with paper towels.

2) In a shallow bowl combine the eggs and milk. In another shallow bowl stir together the Parmesan cheese, wheat germ, basil, and pepper. Dip the eggplant slices in egg mixture, then into wheat germ mixture, turning to coat both sides. Place the coated slices in a single layer on a greased baking sheet. Bake uncovered, in a 400 degree oven for 15 to 20 minutes or until the eggplant is crisp on the outside and tender on the inside.

3) Meanwhile, for sauce, in a medium saucepan combine the spaghetti sauce and ground red pepper. Cook over medium heat until heated through.

4) To serve, place several slices of eggplant on plate. Spoon some tomato sauce over eggplant. Sprinkle with feta or bleu cheese and, if desired, fresh basil or parsley.

Calories 388 kcals

Total Fat 20 g

Saturated Fat 9 g

Sodium 1471 mg

Carbohydrates 38 g

Fiber 4.5 g

Protein 20 g

Double Corn Tortilla Casserole

Serves 3

Submitted by: Kay L Leigh RDN LDN

Source: Vegetarian Cookbook by Carrie Holcomb

8 Corn Tortillas

1 ½ cups shredded Monterey Jack Cheese

1 cup frozen whole kernel corn

4 green onions, sliced (1/2 cup)

2 eggs

1 cup buttermilk

1 four ounce can diced green chili peppers

1) Grease a 2-quart square baking dish. Tear tortillas into bite size pieces. Arrange half of the tortillas in the baking dish. Top tortillas with half of the cheese, half of the corn, and half of the green onions. Repeat layering with remaining tortillas, cheese, corn, and onions.

2) Stir together eggs, buttermilk, and chili peppers. Gently pour over tortilla mixture. Bake, uncovered, in a 325° oven about 30 minutes or until a knife inserted near the center comes out clean. Serve warm.

Kay's note: Depending on the size of the baking dish, use less tortillas and 1/2 c. more buttermilk.

Calories 388 kcals

Carbohydrates 37 g

Total Fat 18 g

Fiber 2.8 g

Saturated Fat 9 g

Protein 21 g

Sodium 564 mg

Herbal Pasta Primavera

Serves 4 Serving Size: 1 cup

Submitted by: Kay Leigh RDN LDN

Source: Vegetarian cookbook by Carrie Holcomb

6 oz. linguine, spaghetti, or fettuccini	
1 cup water	1 tbsp. cornstarch
2 tsp bouillon granules, low sodium	
1 tbsp. olive oil	2 cloves garlic, minced
8 oz. asparagus, cut in 1 inch pieces	
2 medium carrots, thinly bias-sliced (1 cup)	
1 medium onion, chopped	1 (6 oz.) frozen pea pods, thawed
2/3 cup, sliced almonds	1/4 cup snipped parsley
1 tbsp. snipped basil	1/4 tsp. pepper
1/3 cup shredded parmesan cheese	

1) Cook pasta according to package directions, drain. Meanwhile, for sauce, in a small bowl stir together water, cornstarch and bouillon granules. Set aside.

2) Pour olive oil into wok or large skillet. Preheat over medium-high heat. Stir-fry garlic in hot oil for 15 seconds. Add asparagus, carrots, and onion; stir fry for 2 minutes. Add pea pods, almonds or cashews, parsley, basil and pepper. Stir fry about 1 minute more or until vegetables are crisp and tender. Remove vegetable mixture from wok.

3) Stir sauce. Add sauce to wok. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. Return vegetable mixture to wok; toss to coat. Heat through.

4) To serve, spoon vegetable mixture over hot cooked pasta. Sprinkle with Parmesan cheese.

Calories 432 kcals
Carbohydrates 52 g

Total Fat 19 g
Fiber 9.5 g

Saturated Fat 3 g
Protein 17 g

Sodium 642 mg

Homemade Black Bean Veggie Burgers

Serves 4

Submitted by: Brenda Ridgway RDN LDN

Source: Allrecipes.com

1 (16 ounce) can black beans, drained and rinsed

1/2 green bell pepper, cut into 2 inch pieces

1/2 onion, cut into wedges

3 cloves garlic, peeled

1 egg

1 tbsp. chili powder

1 tbsp. cumin

1 tsp. Thai chili sauce or hot sauce

1/2 cup bread crumbs

1) If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees and lightly oil a baking sheet.

2) In a medium bowl, mash black beans with a fork until thick and pasty.

3) In a food processor, finely chop bell peppers, onions, and garlic. Then stir into mashed beans.

4) In a small bowl, stir together egg, chili powder, cumin, and chili sauce

5) Stir the egg mixture into the mashed beans. Mix in breadcrumbs until the mixture is sticky and holds together. Divide mixture into 4 patties.

6) If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet and bake about 10 minutes on each side.

Calories 191 kcals

Total Fat 2.7 g

Saturated Fat 1 g

Sodium 605 mg

Carbohydrates 32 g

Fiber 9 g

Protein 11 g

Skinny Lasagna Rolls

Serves:6 Serving Size: 2 rolls

Submitted by: Linda S. Sweitzer RD LDN

10-12 pieces lasagna noodle cooked to al dente and drained

24 oz. marinara sauce, no sugar added

1 tablespoon olive oil

2 clove garlic, minced

1 tsp, ground oregano

6 cup baby spinach, finely chopped

1 cup ricotta cheese, light or low fat

1 ½ cup mozzarella cheese

1 ½ cup low fat cottage cheese

1 large egg white

1/2 tsp kosher sea salt,

1/2 tsp black pepper

1/4 cup parmesan cheese, grated

1) Cook lasagna noodles in boiling water, about 8 minutes, until noodles are al dente.

2) Preheat oven 425°

3) Add 1 1/4 cups marinara sauce to line the bottom of a 9x13" casserole dish.

4) In a large skillet, add oil and heat to medium low heat. Add garlic and sauté minced garlic for 1 minute

5) Add chopped spinach to the skillet and saute until wilted. Remove from heat.

6) In a large mixing bowl combine: sautéed garlic and spinach, ricotta cheese, 1 cup mozzarella cheese, cottage cheese, egg white, oregano, salt and pepper

Fold the ingredients together

7) Arrange cooked lasagna, flat on clean counter or cutting board.

8) Add 1/4 cup of the spinach, cheese mixture to each noodle. Spread it evenly to cover the noodle.

9) Roll the noodles, long ways, and place seam side down in the casserole dish.

10) Evenly spread 1 cup of marinara sauce over the lasagna rolls.

11) Sprinkle the remaining mozzarella & parmesan cheeses

12) Cover with foil and bake 20 minutes, or until the cheese is hot and bubbly. Can be served with additional marinara sauce.

Calories 406 kcals

Carbohydrates 60 g

Total Fat 11 g

Fiber 7 g

Saturated Fat 4 g

Protein 18 g

Sodium 823 mg

Southwestern Quinoa

Serves 6-8

Submitted by: Joni R. Brode, RDN, LDN

Source: Quinoa 365-The Everyday Superfood

2 cups water	1 cup diced tomato
1 cup quinoa	1 cup black beans, cooked
3/4 cup salsa	1/2 cup corn
1/4 tsp chili powder	1/2 cup plain yogurt
1/4 tsp ground coriander	1 tsp. fresh lime juice
1/4 tsp. cumin, ground	1 cup shredded cheddar cheese
1 tbsp. cilantro, finely chopped	1 avocado, sliced

- 1) In a medium saucepan bring water and quinoa to a boil. Cover, reduce to a simmer, and let cook for 10 minutes.**
- 2) Turn off the heat off and leave the covered saucepan on the burner for another 6 minutes. Use a fork to fluff**
- 3) Add salsa, chili powder, coriander, cumin, and mix well**
- 4) Mix in cilantro, tomato, beans, and corn. Keep stirring until all ingredients are evenly blended**
- 5) In a small bowl, whisk together yogurt and lime juice.**
- 6) Spoon the quinoa mixture into individual serving dishes and top with shredded cheese**
- 7) Add a generous spoonful of lime yogurt and garnish with avocado slices.**

Joni's Tips: You can purchase non-fat or low fat yogurt. To further reduce the fat content, look for a low fat cheddar cheese. Or eliminate the cheese (the quinoa and yogurt are satisfying enough.

Calories 262 kcals
Carbohydrates 34 g

Total Fat 10 g
Fiber 7 g

Saturated Fat 4 g
Protein 11 g

Sodium 265 mg

Spicy Black Bean and Rice

Serves 4 **Serving Size: 1 cup**

Submitted by: Kay Leigh RDN LDN

Source: Vegetarian cookbook by Carrie Holcomb

1 medium onion, chopped (1/2 cup)
4 cloves garlic, minced
2 Tbsp. olive oil
1 (15 ounce) can black beans, rinsed and drained
1 (14.5 ounce) can Mexican-style stewed tomatoes
1/8 to 1/4 tsp. ground red pepper
3 cups hot cooked brown or long grain rice
1/4 chopped onion (optional)

1) In a medium saucepan, cook 1/2 cup onion and garlic in hot oil until tender, but not brown. Carefully stir in the drained beans, undrained tomatoes, and ground red pepper. Bring to a boil; reduce heat. Simmer, uncovered, for 15 minutes.

2) To serve, mound rice on individual plates; make a well in the centers. Spoon black bean mixture into the centers. If desired, sprinkle with chopped onion.

Calories 279 kcals
Carbohydrates 47 g

Total Fat 8 g
Fiber 15 g

Saturated Fat 1 g
Protein 11 g

Sodium 631 mg

Spicy Rice, Bean, and Lentil Casserole

Serves 4 (1 1/2 cup serving)

Submitted by: Deb Frank RD

2 tsp. olive oil

3 garlic cloves, smashed

1 cup chopped onion

3/4 cup chopped green pepper

3 3/4 cup vegetable stock

3/4 cup brown rice

1/2 cup green or red lentils

1 tsp. dried basil

1 tsp. chili powder

1-19 oz. can red kidney beans, rinsed and drained

1 cup frozen corn kernels

1 cup mild or hot salsa

1) In a nonstick pan, heat the oil over medium high heat.

2) Add garlic, onions, and green peppers. Cook and stir for 3 minutes.

3) Stir in stock, brown rice, lentils, basil, and chili powder. Bring to boil.

4) Reduce heat to medium low and cook, covered, stirring occasionally, for 30-40 minutes or until rice and lentils are tender and liquid is absorbed.

5) Stir in beans, corn, and salsa. Cover and cook for 5 minutes or until heated through.

Calories 456 kcals

Total Fat 5.1 g

Saturated Fat .9 g

Sodium 1031 mg

Carbohydrates 84 g

Fiber 19 g

Protein 21 g

Spinach Rice Casserole

Serves 4 **Serving Size: 1-1 ½ cup**

Submitted by: Kay Leigh RDN LDN

Source: Vegetarian cookbook by Carrie Holcomb

1/3 cup, chopped onions	1 clove garlic, minced
1 tbsp. cooking oil	1 (14.5) oz. can Italian-style tomatoes, cut up
1 tsp, ground oregano or basil	
8 oz. tofu (fresh bean curd), drained	1 (10 oz.) package frozen chopped spinach, thaw, drain
2 cup cooked brown rice	¼ tsp. pepper
1/2 cup, shredded Swiss cheese	
1/2 tsp salt	
1 tbsp. Sesame Seeds, whole, roasted and toasted	

- 1) In a large saucepan cook the onions and garlic, in hot oil, until onion is tender but not brown.**
- 2) Add the undrained tomatoes and oregano or basil. Bring to a boil; reduce heat. Simmer uncovered, about 3 minutes.**
- 3) Meanwhile, place tofu in a food processor bowl or blender container. Cover and process until smooth.**
- 4) Add to the tomato mixture.**
- 5) Stir in cooked rice, spinach, half of the Swiss cheese, salt, and pepper.**
- 6) Grease 4 individual casseroles, or one 2 quart baking dish. Spoon mixture into the baking dishes.**
- 7) Baked, uncovered, in a 350° oven, for 30-40 minutes or until heated through.**
- 8) Sprinkle with remaining cheese and sesame seeds.**

Calories 301 kcals	Total Fat 12 g	Saturated Fat 4 g	Sodium 701 mg
Carbohydrates 36 g	Fiber 6.8	Protein 15 g	

Two Bean Tamale Pie

Serves 6 (serving size $\frac{3}{4}$ -1 cup)

Submitted by: Kay Leigh RDN, LDN

Source: Vegetarian cookbook by Carrie Holcomb

$\frac{3}{4}$ cup green pepper, chopped

$\frac{1}{3}$ cup onion, chopped

2 cloves garlic, minced

1 tbsp. cooking oil

1 15-ounce can kidney beans, rinsed, drained, and slightly mashed

1 15-ounce can pinto beans, rinsed, drained, and lightly mashed

1 6-ounce can ($\frac{3}{4}$ cup) vegetable juice cocktail

$\frac{1}{4}$ cup snipped cilantro or parsley

1 tsp. chili powder

1 tsp. ground cumin

$\frac{1}{2}$ cup yellow cornmeal

$\frac{1}{2}$ cup whole wheat flour

1 tsp. baking soda

1 egg

$\frac{1}{2}$ cup buttermilk

1 4-ounce can chopped green chili peppers

2 tbsp. cooking oil

$\frac{1}{2}$ cup shredded cheddar cheese

1) Grease a 2-quart square baking dish; set aside. In a medium skillet cook green pepper, onion, and garlic in 1 tbsp. hot oil until tender but not brown. Stir in the kidney beans, pinto beans, vegetable juice cocktail, cilantro or parsley, chili powder, and cumin. Heat through. Spoon the bean mixture into prepared baking dish.

2) In a medium bowl, stir together the cornmeal, flour, baking soda. Combine egg, buttermilk, green chili peppers, and 2 tbsp. oil. Add to cornmeal mixture, stirring just till combined. Fold in cheese. Spread cornmeal mixture evenly over the top of the bean mixture. Bake tamale pie, uncovered, in a 400 degree oven about 20 minutes or till golden brown.

**Calories 330 kcals
Carbohydrates 45 g**

**Total Fat 12 g
Fiber 8 g**

**Saturated Fat 3 g
Protein 16 g**

Sodium 756 mg

Vegetable Lasagna

Serves: 8

Submitted by: Theresa Stahl RDN, LDN

1 c. chopped onion

6-9 lasagna noodles, cooked

2/3 c. chopped green peppers

1 1/2 c. part-skim Ricotta cheese

2-3 garlic, minced

1 c. shredded, part-skim mozzarella

2 c. chopped zucchini

cheese, divided

1 1/2 c sliced fresh mushrooms

1 tbsp. grated Parmesan or Romano cheese

1/2 c. shredded carrot

1 (26 oz.) jar pasta sauce (or 3 1/2 c homemade pasta sauce)

1) Coat a large Dutch oven with cooking spray.

2) Add vegetables and sauté until tender.

3) Add sauce, Combine Ricotta cheese and 1/2 cup Mozzarella cheese.

4) Coat an 11 x 7 x 1 1/2 inch baking dish with cooking spray.

5) Spoon about 2 cups vegetable and sauce mixture into bottom of dish.

6) Next layer 1/3 each of lasagna noodles, cheese mixture, and vegetable mixture into dish.

7) Repeat the layers twice.

8) Cover and bake at 350 degrees for 25 minutes.

9) Uncover and sprinkle with remaining cheese. Bake 10 more minutes.

10) Let stand for 10 minutes before serving.

Calories 269.4 kcals

Total Fat 6.7 g

Saturated Fat 3.8 g

Sodium 421 mg

Carbohydrates 38.7 g

Fiber 5.7 g

Protein 15.5

Vegetable Lasagna

Serves 8 Submitted by: Kay Leigh RDN, LDN
Source: Vegetarian Cookbook by Carrie Holcomb

8 ounces lasagna noodles (9 noodles)
1/2 cup (1/2 ounce) dried porcini or shiitake mushrooms
1 cup boiling water
1 large onion, chopped (1 cup)
1 large green pepper, chopped (1 cup)
2 medium carrots, chopped (1 cup)
4 cloves garlic, minced
2 tbsp. margarine or butter
4 cups chopped broccoli (flowerets and stems)
1 15-ounce container ricotta cheese
1 cup shredded mozzarella cheese (4 ounces)
1/2 cup grated Parmesan or Romano cheese
2 eggs
1 30 1/2 ounce jar meatless spaghetti sauce
1/4 cup grated Parmesan or Romano cheese

1/4 cup snipped parsley
1/2 tsp. dried thyme, crushed
1/2 tsp. dried marjoram, crushed
1/4 tsp. pepper

1) Cook lasagna noodles according to package directions; drain. Meanwhile, in a medium bowl combine dried mushrooms and boiling water. Let stand for 20 minutes. Drain and squeeze mushrooms, reserving liquid. Remove and discard mushroom stems. Coarsely chop mushrooms. Set aside.

2) In a large skillet cook onion, green pepper, carrots, and garlic in hot margarine or butter till tender but not browned. Add broccoli and 1/2 cup reserved mushroom liquid. Bring to a boil; reduce heat. Cover and simmer about 5 minutes or till broccoli is just crisp-tender. Stir in mushrooms.

3) In a medium bowl stir together ricotta cheese, mozzarella cheese, 1/2 cup Parmesan or Romano cheese, eggs, parsley, thyme, marjoram, and pepper.

4) In a 3-quart rectangular baking dish evenly spread 1/2 cup of the spaghetti sauce. Arrange 3 lasagna noodles over sauce. Next layer with half of the cheese mixture, half of the vegetable mixture, and 1 cup of remaining spaghetti sauce. Repeat layers, ending with noodles. Spoon the remaining spaghetti sauce over the top. Sprinkle with 1/4 cup Parmesan or Romano cheese.

5) Cover and bake in a 375 degree oven for 20 minutes. Uncover and bake about 10 minutes more or until heated through.

Calories 485 kcals
Carbohydrates 54 g

Total Fat 20 g
Fiber 7 g

Saturated Fat 8 g
Protein 30 g

Sodium 979 mg



Breads, Fruits, and Desserts

Bananas in Brown Sugar Rum Sauce – page 94

Caramel Baked Pears – page 95

Chocolate Chip Cookies – page 96

Chocolate Muffins – page 97

Chocolate Zucchini Brownies – page 98

Cinnamon and Walnut Coffeecake – page 99

Graham Cracker Cake – page 100

Grilled Nectarines with

Mascarpone Cream – page 101

No Bake Cheesecake – page 102

Pita Apple Surprise – page 103

Pumpkin Apricot Bread Pudding – page 104

Raspberry Lemon Parfaits – page 105

Russian Cake – page 106

Bananas in Brown Sugar Rum Sauce

Serves 2

Submitted by: Brenda Ridgeway RDN, LDN

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

2 tbsp. brown sugar

1 tsp. butter

½ tsp. canola oil

2 tbsp. dark rum

1 tsp. lime juice

1/8 tsp. ground cinnamon

2 small bananas, quartered

¼ cup low-fat vanilla yogurt

Stir brown sugar, butter, and oil in a medium skillet, over medium heat, until bubbling. Add rum, lime juice, and cinnamon and cook until slightly thickened. Add bananas and cook, stirring, until tender. Divide between 2 bowls and top with a dollop of low-fat vanilla yogurt.

Calories 208 kcals

Total Fat 4 g

Saturated Fat 2 g

Sodium 11 mg

Carbohydrates 38 g

Fiber 3 g

Protein 2 g

Caramel Baked Pears

Serves 8

Submitted by: Deb Frank RD

8 medium firm, ripe pears

1 1/3 cup sugar

1 cup water

2 tbsp. + 2 tsp butter

1/2 cup vanilla low-fat frozen yogurt

3 tbsp. sliced almonds, toasted

1) Preheat oven to 350 degrees

2) Peel and core pears and cut in half lengthwise. Arrange pear halves cut side up in an 8 inch round or square baking dish. Cover and bake 25 minutes.

3) While the pears are baking, combine sugar, water, and butter in a small saucepan and bring to a boil. Cook 3 minutes or until slightly thickened. Remove caramel mixture from heat and set aside.

4) After pears are done, uncover and drizzle caramel sauce on top and bake for an additional 25 minutes.

5) Place two pear halves on a dessert plate, spoon some of the caramel sauce evenly over, and top 1 tbsp. yogurt and 1 tsp. almonds.

Calories 242 kcals

Total Fat 1.7 g

Saturated Fat .4 g

Sodium 9 mg

Carbohydrates 59 g

Fiber 5 g

Protein 1.4 g

Chocolate Chip Cookies

Serves 12 (2 cookies per serving)

Submitted by: Hana Pike MS, RDN, LDN

1/2 cup granulated sugar

1/2 cup brown sugar

2 tbsp. butter, melted

1 egg white

2 tbsp. applesauce

1 tsp. vanilla extract

1/2 cup whole wheat pastry flour

1/2 cup all-purpose flour

1/4 tsp. baking soda

1/8 tsp. salt

1/2 cup mini chocolate chips

Preheat oven to 350 degrees. Lightly spray cookie sheets with cooking spray. In a large bowl, combine the flour, baking soda, and salt. In another bowl, whisk the sugars, butter, egg white, applesauce and vanilla together until light and fluffy. Whisk the dry ingredients into the wet ingredients in two additions until the batter is well blended. Fold in chocolate chips. Drop by level spoonful about 1 inch apart onto baking sheets. Bake 8-10 minutes. Remove from the oven, and let then stand 5 minutes before removing the cookies from the pans to cool on wire racks. Makes 2 dozen cookies.

Calories 170 kcals

Carbohydrates 32 g

Total Fat 4 g

Fiber 1 g

Saturated Fat 2 g

Protein 2 g

Sodium 160 mg

Chocolate Muffins

Serves: 18 regular size muffins or 12 large

Submitted by: Linda S. Sweitzer RD LDN

1 ½ cup Whole Wheat Flour

½ tsp Salt

1 tsp Baking Powder

6 Tbsp. Unsweetened Cocoa Powder

1 tsp Baking Soda

¾ cup Skim Milk

¾ cup Applesauce

3 large Egg Whites

½ cup Sugar

1 tsp Vanilla extract

½ cup Semi-Sweet Chocolate Chips

1) Preheat oven to 325°

2) Prepare muffin tins with liners and coat liners with nonstick cooking spray.

3) In a bowl whisk together flour, salt, baking powder, baking soda, and cocoa powder.

4) In a separate medium bowl whisk together the milk, applesauce, sugar, egg whites, and vanilla

5) Add the wet ingredients to the dry ingredients, just until combined. (Do not over mix)

6) Fold in the chocolate chips

7) Bake 20-25 minutes or until toothpick inserted in the center comes out clean

Calories 152.3 kcals

Total fat 3.5 g

Saturated Fat 2 g

Sodium 251.4 mg

Carbohydrates 29.4 g

Fiber 3.4 g

Protein 4.5 g

Chocolate Zucchini Brownies

Serves 24

Submitted by: Hana Pike RDN LDN

2 cups chopped raw zucchini

¼ cup canola oil

½ cup fat free Greek yogurt

1 ¼ cups sugar

1 Tbsp. vanilla extract

2 cups whole wheat pastry flour

½ cup unsweetened dark cocoa powder

1 ½ tsp. baking powder

½ tsp. salt

1) Preheat oven to 350 degrees and grease a 9x13 pan. In a blender or food processor, puree zucchini, oil, yogurt, sugar, and vanilla. Set aside.

2) In large bowl, whisk together flour, cocoa, baking powder and salt.

3) Add pureed wet ingredients to dry ingredients and stir until moist throughout.

4) Pour into greased pan, spread evenly, and bake for 20 to 25 minutes until toothpick comes out clean or with a moist crumb. Overlooking will result in dry brownies. Remove from oven and place on cooling rack.

Did you know?

Shredded or pureed zucchini can be substituted in recipes for oil, or added for extra moisture. Swap shredded zucchini for carrots and recipes to diversify flavors. Zucchini is naturally very low in calories and can be used to make great low calorie desserts.

Calories 106 kcals

Carbohydrates 18 g

Total Fat 3 g

Fiber 1 g

Saturated Fat 0 g

Protein 2 g

Sodium 87 mg

Cinnamon and Walnut Coffeecake

Serves 8

Submitted by: Linda S. Sweitzer RD LDN

Topping:

2/3 cup All-Purpose Flour

1/3 cup Sugar Substitute

1 tsp Cinnamon

1/2 tsp Nutmeg

1/4 cup Margarine

Cake:

3/4 cup All-Purpose Flour

3/4 cup Whole Wheat Flour

1 1/4 cup Sugar Substitute

1 1/2 tsp Baking Powder

1 tsp Baking Soda

1/4 tsp Salt

1 c Non Fat Sour Cream

2 Eggs

1/4 cup Canola Oil

2 tsp Vanilla

1 tsp Maple Extract

1/2 c Chopped Walnuts

1) Preheat oven to 350°

2) Grease 9" spring form pan and line the bottom with parchment paper or coat with non-stick spray.

For Topping:

1) Stir together 2/3 cups all-purpose flour, 1/3 cup sugar substitute, 1 tsp cinnamon, and 1/2 tsp nutmeg

2) Quickly cut in margarine by using a pastry cutter or fingers until coarse crumbs form.

3) Cover and refrigerate

For Cake:

1) Sift together both flours, sugar substitute, baking powder, baking soda and salt.

2) In a large bowl whisk together the sour cream, eggs, oil, vanilla, and maple extract until well blended.

3) Add the flour mixture and mix with mixer on medium speed until smooth and creamy about 1-2 minutes.

4) Spoon half of the batter into the prepared pan and spread evenly. Sprinkle evenly with half of the topping.

5) Cover with rest of batter and then sprinkle the nuts evenly over and pressing them into the batter. Top with the remaining topping.

6) Bake until the topping is golden brown and a toothpick inserted to the center comes out clean about 40-45 minutes.

7) Cool 20 minutes on wire rack. Remove the sides of the springform pan. Serve warm or at room temperature.

Calories 480.6 kcals

Carbohydrates 72.7 g

Total Fat 19.3 g

Fiber 2.4 g

Saturated Fat 3.4 g

Protein 7.5 g

Sodium 361.6

Graham Cracker Cake

Serves 10

Submitted by: Kay Leigh RDN, LDN

Source: Cooking for David

12 graham crackers (2 1/2 X 5 inch piece)

2 cups liquid non-dairy creamer

1 (3 1/2 oz) low calorie pudding mix

2 cups Kraft cool whip sugar free whipped topping

- 1) Line the bottom of an oblong 8x12 pan with 6 whole grain crackers.**
- 2) Combine nondairy creamer with pudding mix and cook over heat until thickened.**
- 3) Spread half the pudding mixture over the crackers. Add another layer of graham crackers and spread with remaining pudding on top.**
- 4) Cover with nondairy whipped topping.**
- 5) Cover the pan with plastic wrap and refrigerate for 24 hrs.**
- 6) Cut into 10 pieces and serve.**

Calories 109.9 kcals

Carbohydrates 21.8 g

Total Fat 1.9 g

Fiber 0.7 g

Saturated Fat 0.3 g

Protein 1.3 g

Sodium 285.8 mg

Grilled Nectarines with Mascarpone Cream

Serves 8

Submitted by: Kay Leigh RDN LDN

Source: Eating Well May/June 2012 Issue

1/3 cup mascarpone cheese

2 tsp sugar

1 tsp chopped fresh tarragon, plus more for garnish

4 ripe but firm nectarines

8 tsp. balsamic glaze or honey

1 Tbsp. canola oil

2 Tbsp. sliced almonds, toasted

1) Preheat grill to medium-high.

2) Combine mascarpone, yogurt, sugar and 1 teaspoon tarragon in a medium bowl. Refrigerate while you prepare the nectarines.

3) Cut nectarines in half and scoop out the pits. Brush the cut sides with oil. Oil the grill rack. Grill the nectarines, cut side down, until slightly softened and beginning to brown, about 2 minutes.

4) Divide the nectarines among 8 plates. Fill each half with about 1 tablespoon of the mascarpone mixture and drizzle with 1 teaspoon balsamic glaze or honey. Top with toasted almonds and more chopped tarragon if desired.

Calories 149 kcals

Carbohydrates 10 g

Total Fat 11 g

Fiber 1 g

Saturated Fat 5 g

Protein 3 g

Sodium 14 mg

No Bake Cheesecake

Serves 8

Submitted by: Hana Pike RDN LDN

1 1/3 cup graham cracker crumbs

3 Tbsp. margarine, melted

6 Tbsp. no calorie sweetener, granulated, divided

1 package (8 ounce) reduced fat or fat free cream cheese, softened

1 1/2 cups sugar free whipped topping

Optional:

Fresh fruit, for garnish

1) Heat oven to 375 degrees.

2) Mix cracker crumbs, 2 tablespoons sweetener and margarine until well blended, press on to bottom and up the side of 9-inch pie pan. Bake 8 to 10 minutes or until lightly browned, cool completely.

3) Beat cream cheese and remaining sweetener in medium bowl with mixer until well blended. Gently stir in whipped topping, spoon into crust. Refrigerate 3 hours.

4) Top cheesecake with fruit before serving.

Did you know?

There are several different fat contents of cream cheese, so you can reduce the fat and calories in any recipe by simply using a lower fat variety.

**Calories 142 kcals
Carbohydrates 20 g**

**Total Fat 5 g
Fiber 0 g**

**Saturated Fat 2 g
Protein 4 g**

Sodium 215 mg

Pita Apple Surprise

Serves 2-4 Serving Size: 1/4-1/2 pita pocket

Submitted by: Linda S. Sweitzer RD LDN

1-2 tsp. margarine

1-2 apples, cored and cut up

1/8 tsp. cinnamon

2 tbsp. raisins, seedless

1/2 cup low fat cottage cheese

1 large Whole-Wheat Pita Bread, halved

1) Melt the margarine in a skillet and quickly cook the apples in the margarine.

2) Stir in cinnamon, raisins, and cottage cheese. Heat through.

3) Spoon the mixture into the pita halves.

Calories 129 kcals

Total Fat 1.6 g

Saturated Fat 0.7 g

Sodium 212 mg

Carbohydrates 26 g

Fiber 4 g

Protein 5 g

Pumpkin Apricot Bread Pudding

Serves 8

Submitted by: Deb Frank RD

Cooking Spray

4 slices whole wheat bread, cut into 1/2 inch cubes

1/3 cup snipped dried apricots

3/4 cup egg whites or egg substitute

2 cup nonfat milk

1 cup canned pumpkin

2 tbsp. Splenda sugar substitute

1/2 tsp. pumpkin pie spice

Frozen fat-free whipped topping, thawed

- 1) Preheat oven to 350 degrees**
- 2) Coat a 2-quart baking dish with cooking spray**
- 3) In the baking dish, combine bread cubes and dried apricots. Set aside.**
- 4) In a large bowl, combine milk, pumpkin, egg, sugar, and pie spice.**
- 5) Slowly pour pumpkin mixture over bread mixture in baking dish.**
- 6) Gently press bread mixture down into liquid to moisten.**
- 7) Let stand for 15 minutes.**
- 8) Bake, uncovered, for 40-45 minutes or until knife inserted in center comes out clean.**
- 9) Cool slightly and serve warm, topped with whipped topping.**

Calories 134 kcals

Carbohydrates 23 g

Total Fat 2 g

Fiber 2.8 g

Saturated Fat .5 g

Protein 7 g

Sodium 223 mg

Raspberry Lemon Parfaits

Serves 4

Submitted by: Brenda Ridgeway

Source: Cooking Light Fresh Food Fast, Oxmoor House 2009

2 (6-ounce) packages fresh raspberries (about 2 ³/₄ cups)

2 tbsp. sugar

2 (6 ounce) cartons lemon meringue light yogurt

1 ¹/₂ cups (4 ounces) frozen fat-free whipped topping, thawed

3 cups (1-inch) cubed angel food cake

Raspberries (Optional)

- 1) Combine raspberries and sugar in a medium bowl. Let stand 5 minutes, stirring occasionally.**
- 2) Place yogurt in another bowl; gently fold in whipped topping until combined.**
- 3) Layer about 1/3 cup each angel food cake, raspberry mixture, and yogurt mixture in each of 4 stemmed glasses. Repeat procedure once. Garnish with additional raspberries, if desired. Serve immediately, or chill until ready to serve.**

Calories 257 kcals

Total Fat 1 g

Saturated Fat 0.1 g

Sodium 327

Carbohydrates 56 g

Fiber 6 g

Protein 5.6 g

Russian Cake

Serves: 20-24

Submitted by: Linda S. Sweitzer RD LDN

CAKE:

2 cups flour
2 cups granulated sugar
2 large eggs
2 tsp baking soda
1/2 cup chopped Walnuts
1 tsp vanilla extract
2 1/2 cup canned, crushed pineapple with juice

ICING:

8 oz. cream cheese softened
1 1/2 cup powdered sugar
1/2 cup margarine, softened
1 tsp vanilla

Cake:

- 1) Mix all ingredients together**
- 2) Bake in a 9x13 pan, at 350 degrees, for 35-45 minutes**
- 3) While cake is still warm spread with the cream cheese icing.**

Icing:

- 1) Mix all ingredients until well blended**
- 2) While cake is still warm, spread on the icing**

Calories 221 kcals

Carbohydrates 34 g

Total Fat 9 g

Fiber 0.6 g

Saturated Fat 3 g

Protein 3 g

Sodium 139 mg