

Healthier by Choice

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BREAKFAST ITEMS

BREAKFAST ITEM

RECIPE NAME: Egg White Omelette w/ Cheddar Cheese & Mushrooms
PORTIONS: 1 serving
PORTION SIZE: 1 omelette

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
<u>Egg Mixture:</u> Egg Whites Water Salt Pepper	4 2 tbsp. 1/8 tsp. Dash	1. Spray pan with cooking spray and heat over medium heat. 2. Add onions and mushrooms until tender. 3. Add egg mixture until set, then add cheese. 4. Fold and cook until done. 5. Service Italian bread on the side.
Low Fat Cheddar Cheese Onions, sliced and grilled Mushrooms, fresh Italian Bread Cooking Spray	½ oz. 1 oz. 1 ½ oz. 2 slices	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories: ...316

Percentage of Calories From:
 Protein: 33%
 Fat: 11%
 Carbohydrates: 56%

Grams:
 Protein: 25g
 Fat: 3.9g
 Carbohydrates: 42g
 Cholesterol: 10mg
 Sodium: 824mg

BREAKFAST ITEM

RECIPE NAME: Egg Burrito
PORTIONS: 2 servings
PORTION SIZE: 2 burritos

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Egg whites	5	<ol style="list-style-type: none"> 1. Warm tortilla shells in oven. 2. Beat together milk and eggs until blended. 3. Spray pan with cooking spray over medium heat. 4. Pour egg mixture in pan and stir with a fork, then add beans. 5. Stir until eggs are thickened, with no liquid remaining. 6. Fill tortilla shells with egg mixture, shredded cheese, lettuce and tomato.
Nonfat milk	¼ cup	
Soft Tortilla Shells (6")	4	
Low Fat Cheddar Cheese	½ oz.	
Pinto Beans	½ oz.	
Lettuce, shredded	1 oz.	
Tomato, chopped	1 oz..	
Salsa	2 oz..	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories: ...400

Percentage of Calories From:

Protein: 31%
 Fat: 18%
 Carbohydrates: 51%

Grams:

Protein: 30.9g
 Fat: 7.8g
 Carbohydrates: 52g
 Cholesterol: 278mg
 Sodium: 15mg

BREAKFAST ITEM

RECIPE NAME: Vegetable Egg White Omelette
PORTIONS: 4 servings
PORTION SIZE: 1 pita with 4 ½ oz. filling

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Egg Whites	8	1. Spray pan with cooking spray over medium heat. 2. Break eggs and put egg whites in the pan. 3. Add onions, carrots, peppers, broccoli and beans until just cooked. 4. Sprinkle in oregano and pepper. 5. Cook egg mixture until set, then add cheese. 6. When cooked, serve on toasted pita bread.
Carrots, peeled and grated	2 oz.	
Onion, chopped	2 oz.	
Green Pepper, chopped	2 oz.	
Oregano	1 tsp.	
Pepper	¼ tsp.	
Low Fat Mozzarella cheese	1 oz.	
Whole Wheat Pita	4	
Cooking Spray		

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories: ...232

Percentage of Calories From:

Protein: 25%
 Fat: 7%
 Carbohydrates: 65%

Grams:

Protein: 14.6g
 Fat: 2g
 Carbohydrates: 38g
 Cholesterol: 4mg
 Sodium: 471mg

BREAKFAST ITEM

RECIPE NAME: Cinnamon Cake
PORTIONS: 12
PORTION SIZE: 1/12 th

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Low fat yogurt Baking soda Margarine Lightly packed brown sugar Egg Vanilla All purpose flour Baking power	1 cup 1 tsp. ¼ cup 1 cup 1 1 tsp. 1 ½ cup 2 tsp.	1. Grease and flour a 9 inch round baking pan. In a small bowl, combine yogurt and baking soda; mix well and set aside. (Yogurt mixture will increase in volume). 2. In a large mixing bowl, beat margarine with sugar until well mixed. Add egg and vanilla; beat well, about 2 minutes. Sift together flour and baking powder; add to butter mixture alternately with yogurt mixture.
<u>Topping:</u> Light Brown Sugar Cinnamon	½ cup 1 tbsp.	<u>Topping:</u> Combine sugar and cinnamon; mix well. Spread half the topping. Cover with remaining batter and sprinkle with remaining topping. Bake in 350° oven for 45 minutes, or until toothpick inserted in center comes out clean. Let cool for 10-15 minutes in pan, then invert onto wire rack.

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...172

Percentage of Calories From:

Protein: 8%
Fat: 13%
Carbohydrates: 79%

Grams:

Protein:3g
Fat:2.3g
Carbohydrates:31g
Cholesterol:1mg
Sodium:66mg

APPETIZERS

APPETIZER

RECIPE NAME: Gazpacho Salad
PORTIONS: 4-8
PORTION SIZE: 1oz

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Peeled, Seeded & Diced Cucumber	3 large	1. Mix all ingredients together and toss with dressing. 2. Refrigerate at least 2 hours before serving.
Seeded and Diced Green Peppers	1 ½ medium	
Seeded and Diced Red Peppers	1 ½ medium	
Peeled and Diced Tomatoes	2 large	
Peeled and Diced Onions	1 small	
Chopped Cilantro	¼ cup	
Chopped Basil	1 tbsp.	
Cantaloupe Diced	1 small	
<u>Dressing:</u>		
Reduced Sodium Vegetable Stock	1 tbsp.	
Tomato Sauce	1 tbsp.	
Balsamic Vinegar	¼ cup	
Lime Juice	3 tbsp.	
Sugar	1 tsp.	
Tabasco	2 tsp.	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...18 .

Percentage of Calories From:

Protein:..... 13 %
 Fat:..... 0%
 Carbohydrates:..... 87%

Grams:

Protein:6g
 Fat:.....0g
 Carbohydrates:.....4g
 Cholesterol:.....0mg
 Sodium:71 mg

APPETIZER

RECIPE NAME: Linguine with Spicy Citrus Dressing
PORTIONS: 4-6
PORTION SIZE: 1oz

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Cooked Linguini	1 lb.	1. Mix dressing and toss with remaining ingredients. 2. Refrigerate at least 1 hour before serving.
Grilled sliced chicken breast 1” slices	1 lb.	
Celery cut on a bias	1 cup	
Red peppers sliced into thin strips	1 cup	
Scallions slice thin on a bias	1/8 cup	
Julienne carrots	½ cup	
Cucumbers peeled and seeds and sliced on a bias	2	
<u>Dressing:</u>		
Rice wine vinegar	2 tbsp.	
Orange juice	6 tbsp.	
Lite Soy sauce	4 tbsp	
Ground ginger	1 tsp.	
Minced fresh garlic	1 tsp.	
Catsup	1tsp.	
Sesame Oil	3 tbsp.	
Crushed red pepper	To taste	
Lemon Juice	1 tbsp.	
Honey	1 tbsp.	
Salt	To taste	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...56

Percentage of Calories From:

Protein:..... 52 %
 Fat:..... 25%
 Carbohydrates:..... 23%

Grams:

Protein:..... 7.4g
 Fat:..... 1.6g
 Carbohydrates:..... 3.3g
 Cholesterol:..... 21mg
 Sodium: 101mg

SOUPS

SOUP

RECIPE NAME: Black Bean Chili
PORTIONS:
PORTION SIZE: 12 oz.

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Black beans	½ lb.	1. Soak beans in enough water to cover for about 3-5 hours. Drain and rinse with cold water. 2. Combine beans with enough fresh water to cover in a large stockpot. Simmer beans till tender about 1 ½ hours adding more water as needed. When cooked through drain and reserve till later. 3. Heat oil in large stockpot and sauté onions till caramelized, add garlic and celery and sauté 2 minutes. 4. Add peppers, herbs and other spices (except cilantro, cocoa, salt and pepper) and sauté about 4 minutes. 5. Add tomatoes and black beans. 6. Simmer all ingredients about 30- 50 minutes till all flavors combine. 7. Add cilantro, cocoa , salt , and pepper and serve.
Olive oil	½ oz.	
Diced onion	6 oz.	
Minced garlic	1 tbsp.	
Diced celery	3 oz.	
Diced red pepper	3 oz.	
Diced green pepper	3 oz.	
Jalapeno minced	½ of one	
Ground cumin	½ tbsp.	
Ground coriander	½ tbsp.	
Crushed red pepper	½ tbsp.	
Cinnamon	Dash	
Diced tomatoes	1 lb.	
Cocoa	¼ oz.	
Chopped cilantro	½ bunch	
Ground ginger	½ tsp.	
Salt	1 tsp.	
Crushed black peppercorns	1 tsp.	
Chili powder	2 tsp.	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...283

Percentage of Calories From:

Protein:..... 20%
 Fat:..... 15%
 Carbohydrates:..... 69%

Grams:

Protein:..... 14.3g
 Fat:..... 4.7g
 Carbohydrates:..... 47.9g
 Cholesterol:..... 0mg
 Sodium: 615mg

SOUP

RECIPE NAME: Curried Red Lentil Soup
PORTIONS:
PORTION SIZE: 12 oz.

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Canola oil	½ tbsp.	<ol style="list-style-type: none"> 1. In a heavy stockpot, heat oil over medium heat. Add onions and sauté until softened 3-5 minutes. Add garlic and dry spices. Cook for approximately 5 minutes more. 2. Stir in lentils and chicken stock and bring to a boil, reduce heat and simmer partially covered for about 4-5 minutes or until the lentils are tender. 3. Discard the bay leaves and swirl in the cilantro, lemon juice, chutney and yogurt.
Onions, large chopped	1	
Garlic minced	¾ tsp.	
Gingerroot, peeled, minced	¾ tbsp.	
Jalapeno Peppers, minced	¼ of a pepper	
Curry Powder	½ tbsp.	
Cinnamon, ground	¼ tsp.	
Salt	¼ tbsp.	
Pepper	¼ tbsp.	
Bay leaves	1 leaf	
Red lentils	1 cup	
Low sodium Chicken Broth	2 cups	
Cilantro, chopped	1 tbsp.	
Lemon Juice	1 tbsp.	
Mango Chutney	2 tbsp.	
Plain Yogurt	¼ cup	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...585

Percentage of Calories From:

Protein:..... 32%
 Fat:..... 11%
 Carbohydrates:..... 59%

Grams:

Protein:..... 19.5g
 Fat:..... 3 g
 Carbohydrates:..... 36.3g
 Cholesterol:..... 1mg
 Sodium: 994mg

SOUP

RECIPE NAME: Ginger Cabbage Soup
PORTIONS:
PORTION SIZE: 12oz.

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Green cabbage, small shredded	¼	<ol style="list-style-type: none"> 1. Place all ingredients except the ginger snap cookies in a large soup pot. Bring to a boil then reduce the heat to low to maintain as a simmer. 2. Cook for approximately 1 hour. Soup should reduce by 1/3. 3. Prior to serving, break up the ginger snap cookies and add them to the soup.
Savory cabbage, small shredded	¼	
Carrots, peeled, shredded	¾	
Onions, large small dice	¼	
Celery root, cored, shredded	2 oz.	
Crushed tomatoes	1 cup	
Red wine vinegar	1 tbsp.	
Brown sugar	1 tbsp.	
Fresh minced ginger root	¼ oz.	
Low Sodium, no fat chicken Stock	3 cups	
Ginger snap cookies	½ oz.	
Salt	¼ tsp.	
Pepper	¼ tsp.	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...122

Percentage of Calories From:

Protein:..... 20%
 Fat:..... 10%
 Carbohydrates:..... 76%

Grams:

Protein:..... 6.2g
 Fat:..... 1.4g
 Carbohydrates:..... 23g
 Cholesterol:..... 0mg
 Sodium: 782mg

SOUP

RECIPE NAME: French Onion Soup
PORTIONS:
PORTION SIZE: 8 oz.

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
<u>Soup:</u> Cooking Spray Low sodium, Chicken Stock Low sodium, Beef Stock Bermuda Onions chopped Spanish Onions chopped Sherry wine Crushed garlic Parsley, chopped fine Basil, chopped fine Thyme, chopped fine Oregano, chopped fine Pepper Salt	3 cups 4 cups ¾ lb. ½ lb. 1 oz. 1 ½ cloves 1/8 bunch 1/8 bunch 1/8 bunch 1/8 bunch To taste 1 tbsp.	1. Spray bottom of stockpot. 2. Add onions and sweat 10 minutes. 3. Add stocks and seasoning and boil 10 minutes. Add wine and simmer 15 minutes. 4. Mix bread cubes with herbs and spray with cooking spray, mix thoroughly. 5. Bake croutons in 250 degree oven until brown and dry 6. Serve soup with croutons on the side.
<u>Crouton Mixture:</u> Cubed assorted bread Crushed garlic Parsley, chopped fine Basil, chopped fine Thyme, chopped fine Oregano, chopped fine	¼ - 3 loaves 1 clove To taste To taste To taste To taste	

APPROXIMATE NUTRIENT ANALYSIS PER 8oz SERVING

Calories:...334

Percentage of Calories From:

Protein:..... 18%
 Fat:..... 14%
 Carbohydrates:..... 64%

Grams:

Protein:.....9g
 Fat:.....3.1g
 Carbohydrates:.....32.2g
 Cholesterol..... 6mg
 Sodium:509mg

SALADS

SALAD

RECIPE NAME: Asian Steak w/Mangos over Romaine Lettuce
PORTIONS: 4
PORTION SIZE: 4oz.

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Vein Steaks	Four 4 oz.	1. Marinate steak covered in the refrigerator for about 1 hour. 2. Mix apples, mango, lime juice and chili sauce and let sit. 3. Broil steak on a rack until charred on each side. 4. Place ½ cup romaine on plate 5. Cut steak on a bias into ¼ thick slices, lay on top of greens. 6. Place fruit mixture on top of steak 7. Garnish with sesame seeds.
<u>Marinade (combine all of the following):</u>		
Chopped Cilantro	1/3 cup	
Soy Lite Sauce	½ cup	
Rice Vinegar	¼ cup	
Chopped Scallion	1/3 cup	
Sugar	2 tbsp.	
Minced Garlic	2 2/3 tbsp.	
Minced Fresh Ginger	2 tbsp.	
Sesame Oil	1 tbsp.	
Chili Sauce	1 tsp.	
Lime Juice	2 tsp.	
Small Red Apples Chopped into ¼" cubes w/ Skins	2	
Seeded Mangos Cut Into ¼" Pieces	1	
Lime Juice	2 2/3 tbsp.	
Chili Sauce	2 tsp.	
Chopped Romaine Lettuce	2 cups	
Toasted Sesame Seeds	2 tsp.	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...126

Percentage of Calories From:

Protein: 5%
 Fat: 17%
 Carbohydrates: 78%

Grams:

Protein: 1.5g
 Fat: 2.4g
 Carbohydrates: 24.6g
 Cholesterol: 0mg
 Sodium: 602mg

SALAD

RECIPE NAME: Sizzling Chicken and Pasta Salad served over mixed greens
PORTIONS: 6
PORTION SIZE: 1 ½ cups

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Grilled chicken breast plain, cut into 1-inch pieces	¾ lb.	<ol style="list-style-type: none"> 1. Heat oil in a large nonstick skillet over medium-high heat. Add oregano and garlic; sauté 30 seconds. 2. Add tomatoes, green onions, 2 tablespoons parsley, and lemon juice; cook 2 minutes or until thoroughly heated. 3. Combine tomato mixture, chicken, pasta, and 1 cup cheese; toss gently. Top with remaining cheese and parsley, add pepper if desired. Garnish is optional with lemon slices and green onions. 4. Serve mixture over 2 cups mixed greens, pre individual.
olive oil	1 tbsp.	
dried oregano	1 ½ tsp.	
garlic clove, minced	1 ½ large	
diced tomato	4 ½ cups	
sliced green onions	¾ cup	
chopped fresh parsley, divided	3/8 cup	
lemon juice	3 tbsp.	
hot cooked bow tie pasta	6 cups	
crumbled feta cheese, divided	1 ½ cups	
freshly ground pepper	To taste	
lemon slices (optional)		
green onions (optional)		
mixed greens	12 cups	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...468.

Percentage of Calories From:

Protein:..... 28%
 Fat:..... 37%
 Carbohydrates:..... 35%

Grams:

Protein:..... 33.3g
 Fat:..... 19g
 Carbohydrates:..... 41g
 Cholesterol:..... 105mg
 Sodium: 764mg

SALAD

RECIPE NAME: Blanco y Blanco
PORTIONS: 6
PORTION SIZE: 5 oz.

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Garbanzo beans Olive Oil Garlic, Minced Fresh Basil, Chopped Plum Tomatoes, Diced Red Wine Vinegar Grated Parmesan Cheese Penne Rigate, Cooked Ground Black Pepper Salt	¼ lb. 1 tbsp. 1 clove 2 tbsp. ½ lb. ½ tbsp. 1 tbsp. 6 oz. To taste To taste	1. In a bowl mix together oil, Garlic, basil, and vinegar 2. Fold in beans, pasta, tomato 3. Add Cheese, season with salt and pepper to taste.

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...7 .

Percentage of Calories From:
 Protein:..... 14%
 Fat:..... 28%
 Carbohydrates:..... 58%

Grams:
 Protein:.....25g
 Fat:..... 2g
 Carbohydrates:..... 1g
 Cholesterol:..... 0mg
 Sodium:2.2mg

SALAD

RECIPE NAME: Fat Free Red Bliss Potato Salad
PORTIONS: 6
PORTION SIZE: 1oz

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Potatoes, red, new Yellow Onion, raw, finely diced Pimento, chopped Celery, diced Parsley Fat Free Mayonnaise White Cider Vinegar Dry Mustard Celery Seed Pepper Dill	½ lb. 1 tsp. 1 tsp. 1/8 cup 1 tsp. 2 tbsp. ¼ oz. Dash Dash To taste Sprinkle	1. Peel and dice potatoes. 2. Cook potatoes in boiling water until done. 3. Drain away excess water. 4. In a separate bowl combine onions, pimento, deiced celery, parsley and the remaining ingredients. 5. Combined the above mixture with cooled potatoes. 6. Sprinkle in Dill.

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories: . . .34 Percentage of Calories From:

Protein:..... 1 %
 Fat:..... 6%
 Carbohydrates:..... 83%

Grams:

Protein: 1g
 Fat:..... 23g
 Carbohydrates:.....7g
 Cholesterol:......6mg
 Sodium: 48mg

SALAD

RECIPE NAME: Tropical Spicy Steak Salad
PORTIONS: 6
PORTION SIZE: 5oz. steak, 1 cup lettuce

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Lime juice Grapefruit juice Ground coriander Crushed red pepper Ground black pepper Cream of coconut Trimmed beef flank steak Dijon mustard Olive oil Mesculin or mixed salad greens Red onions, sliced 1/8 in. Red bell pepper, sliced ¼ in. Black beans, drained and rinsed Grapefruit sections	1 fl. oz. ¾ cup ½ tsp. ½ tsp. ½ tsp. 3 fl. oz. 1 lb. ¾ tbsps. 1 fl. oz. 6 cups ¼ cup ¼ cup ¾ cup 1 cup	1. To prepare the marinade and dressing, combine the lime juice, grapefruit juice, coriander, crushed pepper, black pepper and cream of coconut. Divide the liquid in half, pour the first half (the marinade) over the flank steak, cover and marinate for 24 hours. To the second half (the dressing), slowly add the mustard and oil while whisking, cover and refrigerate. 2. Remove the flank steak and discard the marinade. Pat dry and grill the flank steak for 5-6 minutes per side, remove from the grill and keep warm. To prepare each salad, arrange 2 cups of the salad greens, ¼ oz. of onion, ½ oz. of bell pepper, 2 oz. of black beans, 3 oz. of grapefruit sections and 4 oz. of sliced steak (1 ounce slices) on a salad plate, and top with 1 1/2 oz. of dressing.

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...497.

Percentage of Calories From:

Protein:..... 32%
 Fat:..... 47%
 Carbohydrates:..... 21%

Grams:

Protein:..... 39.7g
 Fat:..... 26g
 Carbohydrates:..... 26g
 Cholesterol:..... 61mg
 Sodium: 127mg

SALAD

RECIPE NAME: Apple Salad with Blue Cheese served over Mesculin
PORTIONS: 6
PORTION SIZE: 2 cup

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Mesculin Mix Apples sliced into small pieces and soaked in lemon juice Chopped Peeled Cucumbers Blue Cheese Fat-free Balsamic Salad dressing	¼ lb. 2 1 1 ½ oz. 5 oz.	1. Mix all ingredients except salad dressing, chill. 2. Toss with salad dressing prior to serving.

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories: ...72 Percentage of Calories From:

Protein:..... 10%
 Fat:..... 28%
 Carbohydrates:..... 62%

Grams:

Protein:..... 1.8g
 Fat:..... 2.3g
 Carbohydrates:..... 11g
 Cholesterol:..... 6 mg
 Sodium: 100 mg

SALAD

RECIPE NAME: Roasted Pepper Salad
PORTIONS: 8
PORTION SIZE: 1 oz.

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Red and yellow peppers, halved, seeded and ribs removed	3 ¾ oz.	1. Roast peppers and cut into strips. 2. Cover raisins in warm water and soak until plump (20 minutes), drain. 3. Combine all remaining ingredients. 4. Marinate covered and refrigerated at least 1 hour before serving.
Golden Raisins	½ oz.	
Balsamic vinaigrette	½ oz.	
Diced tomato	1 ¾ oz.	
Chopped red onions	½ oz.	
Sliced black olives	½ oz.	
Pine nuts (toasted)	¼ oz.	
Minced jalapeno	1/8 oz.	
Minced garlic	¼ tsp.	
Olive oil	¼ tsp.	
Ground ginger	½ tbsps.	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...35 .

Percentage of Calories From:

Protein:..... 35%
 Fat:..... 31%
 Carbohydrates:..... 34%

Grams:

Protein:..... 3g
 Fat:..... 1.2g
 Carbohydrates:..... 3g
 Cholesterol:..... 0mg
 Sodium: 86mg

SALAD

RECIPE NAME: Grilled Chicken on a Bed of Greens
PORTIONS: 1
PORTION SIZE: 1 salad platter

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Boneless Chicken Breast	4 oz.	1. Marinate chicken about 1 hour. 2. Grill until cooked. 3. Slice chicken, 1/4 inch thick. 4. Serve chicken over bed of greens with tomato. <u>Suggestion:</u> Serve with flavored vinegars or fat free dressing.
<u>Marinade:</u>		
Chicken Stock	2 tbsp.	
Chopped Medium Shallot	1 tsp.	
Chopped Fresh Thyme	½ tsp.	
Chopped Fresh Oregano	½ tsp.	
Chopped Fresh Parsley	½ tsp.	
Salt	To taste	
Pepper	To taste	
Gravy Master	¼ tsp.	
Mixed Lettuce, chopped (your choice)	2 cups	
Chopped Plum Tomato	½ cup	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING:

Calories:...228.

Percentage of Calories From:

Protein:..... 66%
 Fat:..... 20%
 Carbohydrates:..... 14%

Grams:

Protein:.....37.6g
 Fat:.....5g
 Carbohydrates:.....8g
 Cholesterol:.....96mg
 Sodium:110mg

SALAD

RECIPE NAME: Southwestern Salmon w-Grilled Pineapples over mixed greens
PORTIONS: 6
PORTION SIZE: 4 oz. salmon, 1 ½ oz. mixed greens and ½ oz. dressing

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Salmon Filet, boneless and skinless Pineapple cored and cut in slices 3/8" thick Mesculin greens Plum tomatoes sliced Cucumber sliced thin McCormick southwest seasoning Cracked black pepper <u>Dressing:</u> Balsamic Vinegar Olive Oil Lemon Juice	Six 4 oz. fillets 6 slices (from 1 pineapple) 8 oz. 3 1 ½ tbsp. To taste 1 ¼ oz. 1 oz. ¼ tbsp. 1 ¼ tbsp.	1. Season Salmon with McCormick Southwestern Mix. 2. Sprinkle pineapple slices with cracked pepper. 3. Grill Salmon approximately 4 minutes per side until done. 4. Grill pineapple till caramelized and warmed thoroughly. 5. Toss Mesculin greens, tomatoes and cucumbers with dressing. 6. Top salad with Salmon and pineapple.

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories: ...365 .

Percentage of Calories From:

Protein:..... 40%
 Fat:..... 35%
 Carbohydrates:..... 27%

Grams:

Protein:..... 24.5g
 Fat:..... 9.7g
 Carbohydrates:..... 16.7g
 Cholesterol:..... 60 mg
 Sodium: 87 mg

SANDWICH ENTRÉES

SANDWICH

RECIPE NAME: Cajun Chicken Salad Chili Wrapper
PORTIONS:
PORTION SIZE: 1 Sandwich

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
<u>Chicken Salad:</u> Grilled Chicken, diced Celery diced Red Onion, diced Red Pepper, diced Fat Free Mayonnaise Fat Free Italian Vinaigrette Cajun Seasoning Chili Tortilla, warmed on grill (12")	3 oz. ½ oz. ½ oz. ½ oz. ¼ oz. ¼ oz. 1 tbsp. 1 each	1. Combine all ingredients. 2. Warm 1 chili tortilla on grill. 3. Add chicken salad mixture. 4. Top with diced tomato and alfalfa sprouts.
<u>Topping:</u> Diced Tomato Alfalfa Sprout	1 oz. 1 1/2 oz.	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories: ... 421 Percentage of Calories From:

Protein:..... 25%
 Fat:..... 35%
 Carbohydrates:..... 40%

Grams:

Protein:..... 26g
 Fat:..... 16.6g
 Carbohydrates:..... 42g
 Cholesterol: 50mg
 Sodium: 538mg

SANDWICH

RECIPE NAME: Cajun Turkey Club
PORTIONS: 4
PORTION SIZE: 1 Sandwich

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Perdue Cajun Turkey (sliced) Whole wheat lite bread Turkey Bacon Tomato Leaf Lettuce <u>Cajun Mayonnaise:</u> Cajun Seasoning Fat-Free Mayo	3/4 lb. 3 slices 8 slices 8 slices 8 leaves 1tsp. 5 oz.	1. Toast bread on 1 side. 2. Spread Cajun mayo on every slice of bread. 3. Cook turkey bacon. 4. Layer 3 oz. turkey with 2 slices lettuce on first layer of each sandwich. 5. Put 2 slices bacon and 2 slice of tomato on second layer of each sandwich. 6. Top with third slice of bread, toothpick and serve.

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...223.

Percentage of Calories From:

Protein:..... 52%
 Fat:..... 23%
 Carbohydrates:..... 22%

Grams:

Protein:.....29g
 Fat:.....5.6g
 Carbohydrates:.....12.5g
 Cholesterol:.....67 mg
 Sodium:633 mg

SANDWICH

RECIPE NAME: Tomato-Basil Bruschetta
PORTIONS: 1
PORTION SIZE: 1 Bruschetta

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Ripe Tomato, cored	¾ cup	<ol style="list-style-type: none"> 1. Chop the tomato with skin and seeds into 1/4 inch cubes and place in a small bowl. Add the basil, parsley, onion and shallots. Season with fresh black pepper. Pour in olive oil, chicken stock, oregano and vinegar. Marinate for 3 hours at room temperature. Refrigerate prior to serving. 2. Toast 1-inch thick slice of Italian bread and when hot, rub top sides with cut garlic clove. 3. When ready to serve, spoon a generous amount of the Tomato-Basil mixture over the bread.
Basil Branches, stems removed and leaves finely julienned	1 tbsp.	
Italian Parsley, finely chopped	1 tsp.	
Red Onion, peeled and finely chopped	¼ cup	
Shallot, peeled and finely chopped	1 tbsp.	
Freshly Ground Black Pepper	¼ tsp.	
Olive Oil	2 tsp.	
Chicken Stock (Low Sodium)	4 oz.	
Chopped Fresh Oregano	½ tsp.	
Red Wine Vinegar	1 tsp.	
Garlic Clove, peeled	1	
Italian Bread 1" thick	1 slice	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...391.

Percentage of Calories From:

Protein:..... 12%
 Fat:..... 26%
 Carbohydrates:..... 62%

Grams:

Protein:..... 12g
 Fat:..... 12g
 Carbohydrates:..... 64g
 Cholesterol:..... 0g
 Sodium: 275mg

SANDWICH

RECIPE NAME: Grilled Chicken Burritos
PORTIONS: 6
PORTION SIZE: 1 Burrito

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Boneless, skinless, cleaned chicken breasts sliced into 1 ½” slices	Six 4 oz.	<ol style="list-style-type: none"> 1. Place chicken in pan and marinate refrigerated and covered for 1 hour. 2. Sweat onions and peppers in water until starting to soften and water is evaporated. 3. Add olive oil and sauté until starting to brown. 4. Remove chicken from refrigerator and top with onion mixture. 5. Bake chicken in 375° oven for about 35-40 minutes until chicken is cooked through. 6. Warm tortillas. 7. Spread 2 tbsp. guacamole in a warmed tortilla and fill with chicken mixture. 8. Serve with ¼ cup salsa, shredded lettuce and 2 tbsp. fat-free sour cream.
Spanish onions sliced	1 cup	
Mixed red, yellow and green peppers sliced	1 cup	
Water	1 fl. oz.	
Olive oil	1 fl. oz.	
12” Flour tortillas	6	
Guacamole	¾ cup	
Salsa	1 ½ cups	
Shredded lettuce	2/3 cup	
Fat-free sour cream	¾ cup	
<u>Marinade:</u>		
Lime Juice	½ oz.	
White Wine	¼ cup	
Chopped Cilantro	1 oz.	
Minced Garlic	1 ½ tbsp.	
Minced Shallots	1 tbsp.	
Ground Black Pepper	½ tsp.	
Salt	½ tsp.	
Cumin	½ tsp.	
Southwestern Seasoning	½ tsp.	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...390

Percentage of Calories From:

Protein: 33%
 Fat: 33%
 Carbohydrates: 33%

Grams:

Protein: 31.5g
 Fat: 13.8g
 Carbohydrates: 33g
 Cholesterol: 68mg
 Sodium: 562mg

SANDWICH

RECIPE NAME: Tandori Chicken Breast Stuffed in a Pita
PORTIONS: 6
PORTION SIZE: 1 Sandwich

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Boneless skinless chicken breast	1 lb. 2 oz.	<ol style="list-style-type: none"> 1. Marinate chicken, refrigerate for 30 minutes to 1 hour. 2. Grill chicken till cooked through and slice into ¼” pieces. 3. Heat pita bread till warm (do not overcook). 4. Stuff each pita with 2 ½ oz. cooked chicken, 1 oz. tomato, 1 oz. cucumber, 2 oz. shredded lettuce and 2 oz. Teriyaki sauce.
<u>Marinade:</u>		
Lemon Juice	3 tbsp.	
Water	1 1/3 tbsp.	
Salt	½ tsp.	
Turmeric	¼ tsp.	
Plain non-fat yogurt	½ cup	
Minced garlic	¼ tbsp.	
Minced fresh ginger	¾ tbsp.	
Coriander	¼ tbsp.	
Cumin	¼ tbsp.	
Cayenne Pepper	To taste	
Olive Oil	1 tbsp.	
6” Pita for stuffing	6	
<u>Filling:</u>		
Shredded Lettuce	¾ lb	
Diced Tomato	6 oz.	
Chopped Cucumber	¼ lb	
Teriyaki Sauce	¾ lb	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...237.

Percentage of Calories From:

Protein:..... 16%
 Fat:..... 16%
 Carbohydrates:..... 40.3gm

Grams:

Protein:.....9.5g
 Fat:.....4.3g
 Carbohydrates:.....40.3g
 Cholesterol:.....2.2 mg
 Sodium:463 mg

SANDWICH

RECIPE NAME: Grilled Chicken Caesar Tortilla Wrap
PORTIONS: 5
PORTION SIZE: 1 Wrap

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Tortilla wrap 12"	5	<ol style="list-style-type: none"> 1. Marinate chicken refrigerated 1 hour. 2. Grill chicken till just cooked through. 3. Julienne chicken. 4. When ready to assemble sandwich heat tortilla. 5. Layer 4 oz. chicken with 1 oz. mozzarella, 1 oz. roasted pepper, 2 oz. shredded lettuce roll and slice.
Boneless skinless chicken breast	1 ¼ lb.	
Mozzarella thin sliced	5 oz.	
Shredded lettuce	10 oz.	
Roasted red pepper	5 oz.	
<u>Marinade:</u>		
Kens Fat-free Italian dressing	2 ½ oz.	
Italian blend of mixed herbs	2 tbsp.	
Chopped fresh garlic	1 tsp.	
Balsamic vinegar	1 oz.	
Olive oil blend	1 oz.	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:... 409.

Percentage of Calories From:

Protein:..... 45%
 Fat:..... 30%
 Carbohydrates:..... 25%

Grams:

Protein:..... 46g
 Fat:..... 13.5g
 Carbohydrates:..... 24.2g
 Cholesterol:..... 113 mg
 Sodium: 520 mg

SANDWICH

RECIPE NAME: Grilled Mahi Mahi BLT
PORTIONS: 4
PORTION SIZE: 1 Sandwich

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Mahi Mahi fillets	¾ lb (Four 3 oz.)	1. Combine all the ingredients for the herb mayo thoroughly in a mixing bowl. 2. Whisk together the ingredients for the marinade and pour over the Mahi Mahi and let sit for no more than ½ hour. 3. Grill the fish till done (approx 3 minutes per side) 4. Spread a thin layer of the herb mayo on tortilla, top with lettuce, tomato, bacon and fish; then roll up.
<u>Fish Marinade:</u>	1 1/3 tbsp.	
Garlic chopped	2 tbsp.	
Parsley, chopped	½ tbsp.	
Black Pepper ground	2 2/3 tbsp.	
Lemon juice	1 1/3 tbsp.	
Olive Oil	8 slices	
Bacon cooked	1 1/3 cup	
Tomatoes chopped	1 cup	
Romaine lettuce shredded		
<u>Herb Mayo:</u>	1 tsp.	
Garlic chopped	1cup	
Low fat mayo	1/3 tbsp.	
Dijon mustard	½ tbsp.	
Rosemary fresh chopped	½ tbsp.	
Capers chopped	½ tbsp.	
Black olives chopped	½ tbsp.	
Lemon juice	1/3 tsp.	
Tabasco sauce	4	
Jalapeno wrapper 12”		

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...195.

Percentage of Calories From:

Protein:..... 36%
 Fat:..... 45%
 Carbohydrates:..... 19%

Grams:

Protein:..... 21g
 Fat:..... 12g
 Carbohydrates:..... 11.4g
 Cholesterol:..... 73 mg
 Sodium: 413 mg

GRILL

GRILL

RECIPE NAME: Grilled Vegetables
PORTIONS: 6
PORTION SIZE: 4 oz.

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Zucchini ½ “ bias cut	8 oz.	1. Mix all vegetables together. 2. Mix marinade together, cover vegetables with marinade, refrigerate at least 1 hour. 3. Grill vegetables till just done. <u>Note:</u> Other combinations of vegetables can be used but it must be the same weight to the amount of marinade.
Yellow Squash ½ inch bias cut	8 oz.	
Endives ¼ “ bias cut	1	
Red Peppers ¼ “ bias cut	1	
Vidalia Onions ¼” bias cut	1	
Portabella Mushrooms sliced ½ “	1 ½	
<u>Marinade:</u>		
Balsamic Vinegar	¼ cup	
Rice vinegar	2 tbsp.	
Lemon Juice	1 tsp.	
Minced Garlic	1 tsp.	
Salt	½ tsp.	
Olive oil	1 tbsp.	
Sugar	½ tsp.	
Chopped Tarragon	½ tsp.	
Chopped Basil	½ tsp.	
Chopped Thyme	½ tsp.	
Chopped Cilantro	½ tsp.	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...54

Percentage of Calories From:
 Protein:..... 10%
 Fat:..... 30%
 Carbohydrates:..... 60%

Grams:
 Protein:..... 1.6g
 Fat:..... 1.9g
 Carbohydrates:..... 8g
 Cholesterol:..... 0mg
 Sodium: 3mg

GRILL

RECIPE NAME: Grilled Veggie Soy Burger
PORTIONS: 5
PORTION SIZE: 1 Sandwich

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Garden Burger Flame Grilled Soy Burgers	5	1. Grill veggie burger until cooked. 2. For each sandwich, place veggie burger in high dome bun with 2 slices of tomato and 1 oz. shredded lettuce and 1 oz. fat-free dressing. 3. Half bun for presentation.
High dome buns	5	
Sliced tomatoes (cut into 10 total slices)	1 ½	
Shredded lettuce	5 oz.	
Fat-free ranch dressing	5 oz.	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories: ...376

Percentage of Calories From:

Protein: 27%
 Fat: 18%
 Carbohydrates: 55%

Grams:

Protein: 25.4g
 Fat: 7.6g
 Carbohydrates: 51.3g
 Cholesterol: 0mg
 Sodium: 1019mg

GRILL

RECIPE NAME: Grilled Chicken Sandwich
PORTIONS: 5
PORTION SIZE: 1 Sandwich

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Perdue chicken breasts High dome buns Sliced tomatoes (cut into 10 slices) Shredded lettuce <u>Marinade:</u> Italian blend herbs Chopped garlic Balsamic vinegar Olive oil blend	5 (4oz. ea) 5 1 ½ 5 oz. 2 tbsp. 1 tsp. 1 oz. 1 oz.	1. Marinate chicken breasts and refrigerate for about 30 minutes. 2. Grill chicken until just done. 3. For each sandwich, place grilled chicken breast on high dome bun, with 2 slices of tomato, and 1 oz. shredded lettuce. 4. Half bun for presentation.

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...325

Percentage of Calories From:

Protein: 39%
 Fat: 31%
 Carbohydrates: 30%

Grams:

Protein:31g
 Fat: 11.1g
 Carbohydrates:23.5g
 Cholesterol: 74mg
 Sodium:309mg

SIDE DISHES

SIDE

RECIPE NAME: Wild Rice Pilaf with Cranberries
PORTIONS: 5.5
PORTION SIZE: 3 oz.

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Wild Rice Dry	4 oz.	1. In a sauté pan sauté onion in butter for 2 minutes, add sherry. 2. Add stock and rice and bring to a boil. 3. Add cranberries and white pepper. 4. Cover tightly and cook in a 325° oven until the wild rice is tender and has absorbed all the liquid 50-55 minutes.
Dried Cranberries	4 oz.	
Medium Dry Sherry	2 oz.	
Butter	½ tbsp.	
Diced Onion	½ small	
Low Sodium Chicken Stock	4 cup	
White Pepper	½ tsp.	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:... 200.

Percentage of Calories From:

Protein:..... 20%
 Fat:..... 18%
 Carbohydrates:..... 62%

Grams:

Protein:..... 10g
 Fat:..... 4g
 Carbohydrates:..... 31g
 Cholesterol:..... 6.2mg
 Sodium: 82mg

SIDE

RECIPE NAME: Oven Roasted Rosemary Potatoes
PORTIONS: 5
PORTION SIZE: 4 oz.

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Red Bliss potatoes sliced into wedges	1 ¼ lb.	1. Preheat roasting pan in a 350° oven. 2. Toss potatoes with all ingredients. 3. Spread potatoes in the pan until browned on one side about 20 minutes. Flip the potatoes and continue roasting until they are golden brown on the second side and tender, an additional 25 minutes.
Olive oil	¾ tbsp.	
Rosemary	¼ tbsp.	
Minced garlic	¾ tbsp.	
Black Peppercorns	¼ tbsp.	
Salt	To taste	
Dried tarragon	½ tbsp.	
Dried thyme	1 tsp.	
Pepper	To taste	
Lemon juice	¼ tbsp.	
Sweet paprika	Dash	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...102.

Percentage of Calories From:

Protein:..... 10%
 Fat:..... 19%
 Carbohydrates:..... 74%

Grams:

Protein:.....3g
 Fat:.....2g
 Carbohydrates:.....19g
 Cholesterol:.....0mg
 Sodium:241mg

SIDE

RECIPE NAME: Baked Onion Rings
PORTIONS: 6
PORTION SIZE: 12 rings

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Large Vidalia Onions, precut plain uncoated, refrigerated	3	1. Preheat oven to 475°. 2. Heat baking sheet sprayed with cooking spray. 3. Mix cornflakes with onion powder, garlic and salt. 4. Dip onion rings into flour, then egg whites and corn flake mix 5. Place onion rings on hot baking sheet and spray with cooking spray. 6. Bake until golden brown.
Egg Whites	¼ cup	
Flour	¼ cup	
Ground Corn Flakes <u>or</u> Japanese Bread	½ cup	
Crumbs		
Garlic Power	¼ tsp.	
Onion Powder	¼ tbsp.	
Salt	To taste	
Cooking Spray		

APPROXIMATE NUTRIENT ANALYSIS PER SERVING :

Calories:...117

Percentage of Calories From:
 Protein: 13%
 Fat: 19%
 Carbohydrates: 68%

Grams:
 Protein:4g
 Fat:2.6g
 Carbohydrates:21g
 Cholesterol:0mg
 Sodium:162mg

SIDE

RECIPE NAME: Gingered Shiitake Mushrooms
PORTIONS: 1
PORTION SIZE: 6 Mushrooms

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Fresh Shiitake Mushrooms	6 large	1. Marinate mushrooms several hours. 2. Grill until just done. 3. Plate mushrooms. Top with marinade, parsley and scallions. Garnish with chopped tomato.
<u>Marinade :</u>		
Fresh Grated Ginger	¾ tsp.	
Balsamic Vinegar	1-1/2 tsp.	
Olive Oil	1/8 tsp.	
Salt	To taste	
Pepper	To taste	
Chopped Garlic	½ tsp.	
Fresh Thyme, chopped	1/8 tsp .	
Chicken Stock, low sodium	2 tbsp.	
<u>To Serve :</u>		
Tomato, chopped	1 tbsp.	
Scallions, chopped	1/2 tsp.	
Parsley	1/2 tsp.	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...31

Percentage of Calories From:

Protein:26%
 Fat:35%
 Carbohydrates:39%

Grams:

Protein:2g
 Fat:1.2g
 Carbohydrates:3g
 Cholesterol:0mg
 Sodium:243mg

SIDE

RECIPE NAME: Broccoli with Red Pepper Sauce
PORTIONS: 4
PORTION SIZE: 4 oz.

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Broccoli, stalks cut off 2 inches below the florets and discarded	1 lb.	<ol style="list-style-type: none"> 1. Pour enough water into a saucepan to fill 1-inch deep. Set a vegetable steamer in the pan and bring the water to a boil. Put the broccoli in the steamer, cover the pan tightly, and steam the broccoli until it is tender but still crisp--about seven minutes. 2. While the broccoli is steaming, make the red-pepper sauce by heating the oil in a heavy-bottomed skillet over medium heat. Cook the garlic for one minute, then add the peppers and cook until they are soft--about two minutes. 3. Pour in the stock and vinegar, and then stir in the tarragon, horseradish, salt, and pepper. As soon as the mixture reaches a simmer, remove it from the heat. Mix corn starch slowly in water and add to mixture (continually stirring). 4. Puree the mixture in a food processor or blender for about two minutes. Transfer the broccoli to a serving dish and strain the sauce over it. Serve immediately.
Virgin olive oil	2/3 tbsp.	
Garlic clove, crushed with the flat of a knife	1 clove	
Red peppers, seeded, deribbed and coarsely chopped	1	
Unsalted vegetable stock	1/2 cup	
White wine vinegar	1 1/3 tsp.	
Chopped fresh tarragon, <i>or</i> (4 tsp. dried tarragon)	2/3 tbsp..	
Prepared horseradish	2/3 tsp.	
Salt	1/4 tsp.	
White pepper	1/8 tsp.	
Corn starch	1/2 tsp.	
Water	1 tsp.	
<u>Note:</u> Can be served as a vegetarian entrée.		

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...71

Percentage of Calories From:

Protein:..... 23%
 Fat:..... 33%
 Carbohydrates:..... 44%

Grams:

Protein:.....4g
 Fat:.....2.6g
 Carbohydrates:.....7.8g
 Cholesterol:.....0mg
 Sodium:336mg

SIDE

RECIPE NAME: Moo Shu Vegetables
PORTIONS: 4
PORTION SIZE: 1 cup servings + 3/4 cup rice

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Mushrooms, sliced	1 cup	<ol style="list-style-type: none"> In a small bowl, combine the water and dried mushrooms. Let stand for 5 minutes. Drain and set aside. Meanwhile, in a medium bowl, whisk together the Eggbeaters and 1 tsp of sesame oil. Coat a large no-stick frying pan or wok with cooking spray, warm over medium-high heat. Add egg mixture. Cook for 2-3 minutes or until egg is set. Remove from pan, shred finely and set aside. In same pan over medium-high heat, heat oil, add the carrots, peppers, vinegar, soy sauce, ginger and garlic. Stir fry for 2 minutes. Add the snow peas, mushrooms, sprouts, lettuce, mushrooms and chicken stock. Stir fry for 3-4 minutes longer or until vegetables are tender. (Do not over cook) Serve 1 cup Moo Shu Vegetables with 3/4 cup cooked rice.
Eggbeaters	1 cup	
Sesame Oil	2 tsp.	
Low Sodium Vegetable Stock	1/4 cup	
Carrots, thinly sliced	1 cup	
Sweet Red Peppers, thinly sliced	3/4 cup	
Rice Vinegar	2 tbsp.	
Low Sodium Soy Sauce	1 tbsp.	
Fresh Ginger, chopped	1 tbsp.	
Garlic Cloves, minced	1 tbsp.	
Snow Peas, julienned	1 cup	
Mushrooms, sliced	1 cup	
Bean Sprouts	1 cup	
Boston Lettuce, shredded	1/2 cup	
Cooking Spray	2 sprays	
Cooked White Rice	3 cups	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...388.

Percentage of Calories From:

Protein:..... 15%
 Fat:..... 24%
 Carbohydrates:..... 61%

Grams:

Protein:..... 14.8g
 Fat:..... 10.3g
 Carbohydrates:..... 58.9g
 Cholesterol:..... 1.2mg
 Sodium:305mg

BEEF ENTRÉES

BEEF ENTRÉE

RECIPE NAME: Grilled Flank Steak with Balsamic Glaze
PORTIONS: 6
PORTION SIZE: 4 oz.

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Port Dry white wine Flank Steaks Olive Oil Garlic chopped Balsamic vinegar Salt Pepper	1 pint 1 pint 1 lb. 14 oz. (six, 5 oz.) 3 tbsp. 6 cloves ¼ cup To taste To taste	<ol style="list-style-type: none"> 1. Grill steak till just cooked. 2. Add port wine, white wine, balsamic vinegar, olive oil and garlic in a sauce pan and cook until reduced by half. 3. Season steak with salt and pepper. 4. Serve steak with sauce over top. <p style="margin-top: 20px;"><u>Serving Suggestions:</u> Serve with steamed veggies and brown rice.</p> <p><u>Note:</u> Nutritional information does not include sides.</p>

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...348

Percentage of Calories From:

Protein:..... 46%
 Fat:..... 42%
 Carbohydrates:..... 12%

Grams:

Protein:.....31.4g
 Fat:..... 12.8g
 Carbohydrates:.....8.3g
 Cholesterol:.....58mg
 Sodium:384mg

BEEF ENTRÉE

RECIPE NAME: Cilantro Marinated Steak with Cherry Tomato Relish
PORTIONS: 6
PORTION SIZE: 4 oz. with ¼ cup relish

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
<u>Marinade:</u>		
Lime juice	3 tbsp.	1. Whisk together marinade, marinate the meat and refrigerate for 1 hour. 2. Grill meat to medium/rare. 3. Combine ingredients for relish. 4. Slice meat thin and serve with cherry tomato relish.
Chopped fresh Cilantro	½ cup	
Olive Oil	¼ cup	
Soy Sauce	¼ cup	
Garlic minced	6 cloves	
Grated Lime Peel	½ tbsp.	
Ground Cumin	½ tbsp.	
Dried Oregano	½ tbsp.	
Beef tri tip roasts trimmed	1 ½ lb.	
<u>Cherry Tomato Relish:</u>		
Cherry tomatoes cut into quarters	¾ cup	
Chopped cilantro	3 tbsp.	
Chopped garlic	4 cloves	
Chopped red onion	¼ cup	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:... 232.

Percentage of Calories From:

Protein:..... 56%
 Fat:..... 40%
 Carbohydrates:..... 4%

Grams:

Protein:..... 32.6g
 Fat:..... 10.2g
 Carbohydrates:..... 2.2 g
 Cholesterol:..... 92mg
 Sodium: 375mg

FISH ENTRÉES

FISH ENTRÉE

RECIPE NAME: Blackened Catfish
PORTIONS: 4
PORTION SIZE: 4 oz. cooked fish with 2 tbsp. salsa

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Catfish fillets	1¼ lb. (four 5 oz. fillets)	<ol style="list-style-type: none"> 1. Dredge catfish in Cajun spice. 2. Coat Teflon pan with olive oil and heat till very hot. 3. Sauté Catfish fillets till blackened and cooked through. 4. Make salsa by sautéing onion, green pepper, celery, and garlic in olive oil till vegetables start to brown and soften. 5. Add remaining ingredients for salsa and cook for additional 3-5 minutes. 6. Stir in plum tomatoes and chopped scallions and serve over catfish.
Cajun Seasoning mix	2 tsp.	
Olive Oil	1 ½ tsp.	
<u>Salsa Mix:</u>		
Onion chopped	1 1/3 cup	
Green Pepper chopped	2/3 cup	
Celery chopped	2/3 cup	
Olive oil	2 ½ tsp.	
Minced garlic	1 tsp.	
Crushed Tomato	½ cup	
Low Sodium Chicken Stock	1 cup	
Fresh chopped thyme	1/3 tsp.	
Lemon Juice	2 tsp.	
Sea Salt	To taste	
Plum tomatoes chopped	1 cup	
Scallions chopped	2	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...205

Percentage of Calories From:

Protein:..... 54%
 Fat:..... 31%
 Carbohydrates:..... 16%

Grams:

Protein:.....28 g
 Fat:.....7.2 g
 Carbohydrates:.....8.2 g
 Cholesterol:..... 131 mg
 Sodium:333 mg

FISH ENTRÉE

RECIPE NAME: Grilled Dana Dal Tuna with Vindaloo Raita
PORTIONS: 4
PORTION SIZE: 4 oz.

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Tuna steaks	1 lb. (Four 4 oz.)	1. Combine Dana Dal, fennel and crushed red pepper. 2. Rub Tuna steaks with oil and sprinkle with spice mixture. 3. Combine all the ingredients for the Raita and let sit for 15 minutes 4. Grill the tuna steaks for 3 minutes per side till medium rare. 5. Top tuna with cucumber raita and serve immediately.
Olive oil	1 tsp.	
Dana Dal (similar to coriander International Spice)	¼ cup	
Fennel Cracked	¼ cup	
Red Pepper crushed	2 tsp.	
<u>Raita:</u>		
Cucumber Julienne	1 ½ cups	
Red Pepper Julienne	1 cup	
Yogurt (fat-free plain)	2/3 cup	
Cilantro chopped	2 tbsp.	
Mint chopped	2 tsp.	
Lime Juice	1 tbsp.	
Vindaloo Curry Paste (International Spice)	½ tsp.	
Salt	To taste	
Olive Oil	2 tsp.	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories: ...209

Percentage of Calories From:

Protein:..... 52%
 Fat:..... 39%
 Carbohydrates:..... 6%

Grams:

Protein:..... 27.4g
 Fat:..... 9g
 Carbohydrates:..... 3.2g
 Cholesterol:..... 43mg
 Sodium: 245mg

FISH ENTRÉE

RECIPE NAME: Seared Swordfish with Tropical Mango Salsa
PORTIONS: 6
PORTION SIZE: 4 oz.

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Swordfish	1 ½ lb. (six 4 oz.)	<ol style="list-style-type: none"> 1. Combine all ingredients for salsa in a mixing bowl and let stand for at least 1 hour. 2. Season fish with McCormick spice blend. 3. Pan sear the swordfish with the lemon juice and white wine, then bake at 350° until just cooked. 4. Top with Fruit salsa and serve.
McCormick Chili, Cumin blend	1 tbsp.	
Lemon Juice	1 tbsp.	
White Wine	1 tbsp.	
<u>Salsa:</u>	½ cup	
Mandarin Oranges cut into ¼” pieces	1 cup	
Mango (small diced)	1 cup	
Papaya (small diced)	¼ cup	
Kiwi (small diced)	½ cup	
Tomatoes Concasse (small dice)	½ cup	
Red Onions (small dice)	2 tsp.	
Mint (chop fine)	1 tbsp.	
Rice Vinegar	1 tbsp.	
Blended Oil	¼ cup	
Orange Juice	1 tbsp.	
Basil chopped	1 tbsp.	
Cilantro chopped	1 tbsp.	
Minced garlic		

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...230

Percentage of Calories From:

Protein:..... 40%
 Fat:..... 37%
 Carbohydrates:..... 23%

Grams:

Protein:..... 23g
 Fat:..... 9.5g
 Carbohydrates:..... 13g
 Cholesterol:..... 44mg
 Sodium: 107mg

FISH ENTRÉE

RECIPE NAME: Grilled Tuna with Lime Salsa
PORTIONS 4
PORTION SIZE 6 oz.

INGREDIENTS	QUANTITY	COST	METHOD OF PREPARATION
Tuna Steaks Olive Oil Ground Black Pepper <u>Lime Salsa:</u> Plum Tomatoes Diced Cilantro Chopped Lime Juice Black Pepper Shallots Minced	Four 6 oz. 2 tbsp. To taste ½ cup 1 tbsp. 1 lime To taste 1 tbsp.		1. Sprinkle tuna with pepper and put tuna in oil. 2. Combine together all ingredients for salsa and let sit for 5 minutes. 3. Grill tuna over medium heat 4-5 minutes on each side. 4. Serve with 1 oz. lime salsa.

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...293.

Percentage of Calories From:

Protein:.....55%
 Fat:.....40%
 Carbohydrates:.....5%

Grams:

Protein:.....40g
 Fat:.....13g
 Carbohydrates:.....4g
 Cholesterol:.....65mg
 Sodium:69mg

FISH ENTRÉE

RECIPE NAME: Baked Tilapia with Roasted Vegetables
PORTIONS: 4
PORTION SIZE: 4 oz. Fish with Vegetable Topping

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Tilapia fillets	1 lb. (four 4 oz.)	1. Preheat oven to 350°. 2. Spray baking sheets with cooking spray. 3. Place fish on baking sheets and pour wine over fish and season with dry spices. 4. Combine vegetables, salsa and all remaining ingredients. 5. Top fish with vegetable salsa. 6. Bake fish for about 10minutes or longer until vegetables are soft and fish is cooked through.
Cooking Spray	1/3 cup	
White Wine	1 tsp.	
Garlic Powder	½ tsp.	
Onion Powder	To taste	
Salt	To taste	
Pepper	½ tsp.	
Thyme		
<u>Vegetable Mix:</u>	1 cup	
Thinly Sliced Onions	½ cup	
Cilantro Chopped	¼ cup	
Carrots Sliced thin	1 cup	
Tomatoes quartered	¼ cup	
Red pepper chopped	¼ cup	
Green Peppers Chopped	2 tsp.	
Lemon juice	1 cup	
Salsa	1 tbsp.	
Honey	1 tbsp.	
Olive Oil		

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calorie:...227

Percentage of Calories From:

Protein:..... 52%
 Fat:..... 23%
 Carbohydrates:..... 25%

Grams:

Protein:..... 29g
 Fat:..... 5.7g
 Carbohydrates:..... 14g
 Cholesterol:..... 58 mg
 Sodium: 187 mg

POULTRY ENTRÉE

POULTRY ENTRÉE

RECIPE NAME: Chicken Marsala
PORTIONS: 4
PORTION SIZE: 5oz

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Chicken Breasts, boned, skinless Margarine Salt Black Pepper Onions, chopped fine Marsala Wine Chicken Stock Fresh Tomatoes, peeled, seeded, chopped 1/2"	Four 5 oz. 1 tbsp. To taste To taste ¼ cup ½ cup ½ cup 1 pint	<ol style="list-style-type: none"> 1. In a heavy bottomed skillet, melt margarine. Place chicken breasts in skillet and brown on both sides. Sprinkle with salt and pepper, then remove chicken from skillet and set aside. 2. To the skillet, add onions, wine, stock and fresh tomatoes. Stir to toss? Stir to toss?. Reduce heat and cook for about 10 minutes until the sauce is partially reduced. 3. Return browned chicken breasts to skillet. Spoon sauce over the chicken. Cover and cook for 15-20 minutes until Chicken is done. 4. Garnish w/chopped parsley.
<u>Garnish:</u> Fresh Parsley, chopped	2 tbsp.	<u>Advance Preparation:</u> <ol style="list-style-type: none"> 1. If chicken breasts are frozen, defrost overnight in refrigerator. Remove skin. Flatten chicken by placing on a clean cutting board, cover with parchment paper and "smack" with a flat, heavy spatula. Remove parchment paper. 2. Place flattened chicken breasts on clean, parchment-lined kitchen tray. Cover and refrigerate until ready to begin.

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...189

Percentage of Calories From:

Protein: 75%
 Fat: 15%
 Carbohydrates: 12%

Grams:

Protein:34.3g
 Fat:3.2g
 Carbohydrates:5.7g
 Cholesterol:82mg
 Sodium:212mg

POULTRY ENTRÉE

RECIPE NAME: Chicken Piccata
PORTIONS: 6
PORTION SIZE: 4.5oz

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Chicken Breast, boned and skinned Cooking Spray Garlic Cloves Chopped Mushrooms, fresh, white White Wine Lemon Juice, fresh Parsley Diced Seedless Tomatoes Chicken Stock Corn Starch	2 lb. (six 5 oz.) 1 ½ 1 ½ cups ½ cup 1 ½ tbsp. 1 tbsp. ½ cup ½ cup 1 tsp.	1. Heat non-stick pan and spray with cooking spray. 2. Brown chicken breast on both sides. Remove from pan and keep warm. 3. Re-spray pan and cook garlic and mushrooms until tender. 4. Return chicken to pan, add stock, wine, corn starch and lemon juice. Simmer for 7-10 minutes or until cooked, stirring occasionally. 5. Sprinkle with parsley and serve.

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...169

Percentage of Calories From:

Protein: 81%
 Fat: 14%
 Carbohydrates: 5%

Grams:

Protein:34.4g
 Fat:2.6g
 Carbohydrates:2g
 Cholesterol:84mg
 Sodium:106mg

POULTRY ENTRÉE

RECIPE NAME: Gingered-Barbecued Chicken
PORTIONS: 5
PORTION SIZE: 1 breast

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Boneless chicken breasts	Five 5 oz.	<ol style="list-style-type: none"> 1. Preheat oven to 425 degrees. Arrange chicken pieces in a single layer in a baking pan. 2. In a medium bowl, combine pineapple juice, pineapple, tomato paste, catsup, brown sugar, ginger, kitchen bouquet, green onions, vinegar, Worcestershire sauce, garlic powder, and pepper. 3. Pour sauce over chicken and bake 15-20 minutes or until chicken in the center is not red when pierced (165 F). 4. Sprinkle with sesame seeds (if desired) and turn oven up to 500 degrees. 5. Bake 5 minutes more or until seeds are golden and sauce starts to darken. Pour balance of sauce over chicken just before serving.
Unsweetened pineapple juice	¼ cup	
Catsup, low-sodium	¼ cup	
Brown sugar	1 tbsp. Packed	
Grated fresh ginger root (or 1 tsp. powdered ginger)	1 tbsp. (½ oz. peeled)	
Green onions, thinly sliced	¼ cup	
Vinegar	1 tsp.	
Worcestershire sauce	¼ tsp.	
Garlic powder	¼ tsp.	
Pepper	To taste	
Sesame seeds (optional)	1 tbsp.	
Diced pineapple	1 oz.	
Tomato Paste	1 oz.	
Kitchen Bouquet	Dash	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:... 260

Percentage of Calories From:

Protein: 62%
 Fat: 10%
 Carbohydrates: 28%

Grams:

Protein: 40g
 Fat: 3g
 Carbohydrates: 18g
 Cholesterol: 99mg
 Sodium: 312mg

POULTRY ENTRÉE

RECIPE NAME: West Bay Chicken with Mango Salsa
PORTIONS: 6
PORTION SIZE: 4 oz. breast

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Boneless Skinless Chicken Breasts Plain Non-Fat Yogurt Curry Lawry's Season Salt <u>Mango Salsa:</u> Fresh Diced Mangos Canned Roasted Red Pepper, diced Boxed Raisins <u>Garnish:</u> Toasted Coconut	Six 4 oz. ¼ cup 1 tbsp. ½ tsp. 2 8 oz. 2 oz. ¼ cup	1. Mix yogurt, curry, and season salt. 2. Use the mixture to marinate the chicken. 3. Cook chicken on grill and top with Mango salsa. <u>Mango Salsa:</u> Prepare Mango Salsa by combining all necessary ingredients in advance of meal preparation. <u>Note:</u> Garnish with toasted coconut.

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:... 474.

Percentage of Calories From:

Protein:..... 30%
 Fat:..... 31%
 Carbohydrates:..... 39%

Grams:

Protein:..... 34.6g
 Fat:..... 16.4g
 Carbohydrates:..... 47 g
 Cholesterol:..... 73 mg
 Sodium: 108 mg

POULTRY ENTRÉE

RECIPE NAME: Chicken Breast with Apples and Walnuts in Zinfandel Sauce
PORTIONS: 6
PORTION SIZE: 4oz Chicken with ½ cup sauce

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Boneless skinless chicken breasts trimmed and cleaned	Six -4oz.	1. Combine apple juice, vinegar, shallots and garlic in a pan. Add chicken and marinate for 1 hour, refrigerated and covered. 2. Preheat oven to 375°. Cook chicken in marinate for approximately 40 minutes until cooked through. 3. Combine stock, apples, walnuts and wine in a small saucepan and simmer for about 10 minutes. 4. Slice chicken on a bias and serve covered with warm sauce mixture.
Apple juice or apple cider	½ cup	
Apple cider vinegar	2 tbsp.	
Diced shallots	1 ½ tsp.	
Minced garlic	1 ½ tsp.	
Chicken stock	1 cup	
Chopped (2" dice) red delicious apples with skins	1 cup	
Chopped walnuts	1/8 cup	
Red Zinfandel wine	¼ cup	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories: ...124.

Percentage of Calories From:

Protein:..... 36%
 Fat:..... 50%
 Carbohydrates:..... 14%

Grams:

Protein:..... 1g
 Fat:..... 6.9g
 Carbohydrates:..... 4g
 Cholesterol:..... 47 mg
 Sodium: 102mg

PORK ENTRÉES

PORK ENTRÉE

RECIPE NAME: Gingered Orange Glazed Loin Of Pork
PORTIONS: 5
PORTION SIZE: 5 oz. Pork, 1 ½ oz. Sauce

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Pork loin trimmed of fat	1 lb. 14 oz.	1. Mix ingredients for marinade; add pork and let sit for 1 hour, refrigerated. 2. Heat Dutch oven until hot; brown pork loin on all sides; place in oven 325° for 1-1½ hours, until 165° in center; let rest 20 minutes until slicing.
<u>Marinade:</u>		
Salad Oil	1/3 tsp.	<u>Sauce:</u> 1. Melt sugar in heavy bottom sauce pan until light brown 2. Add vinegar, orange juice, orange zest and water. Simmer until sugar has mixed well with liquid. 3. Add the rest of the ingredients; simmer 15 minutes. 4. Mix cornstarch with some water and add to sauce until sauce coats back of spoon. 5. Slice pork into 1 oz. slices and top with sauce
Low Salt Soy Sauce	1 1/3 tsp.	
Ground Black Pepper	To taste	
Granulated Garlic, Onion	1/3 tsp.	
Ginger Root, Grated	1 pinch	
Dried Thyme, Rosemary	1 pinch of each	
<u>Ginger Orange Sauce:</u>		
Zest from one Orange		
Orange Juice	6 tbsp.	
Sugar	1 1/3 tbsp.	
Red Vinegar	1 tbsp.	
Ginger Root, diced fine	1 pinch	
Black Pepper, ground	To taste	
Water	2/3 cup	
Low Sodium Chicken base	Dash	
Low Sodium Beef base	Dash	
Currant or Grape Jelly	1 tsp.	
Corn Starch	As needed	
Tabasco Sauce	To taste	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...246.

Percentage of Calories:

Protein:..... 59%
 Fat:..... 33%
 Carbohydrates:..... 8%

Grams:

Protein:..... 36g
 Fat:..... 8.9g
 Carbohydrates:..... 5.4g
 Cholesterol:..... 96mg
 Sodium: 165 mg

PORK ENTRÉE

RECIPE NAME: Pan Seared Pork Medallions with Mango Chutney
PORTIONS: 6
PORTION SIZE: 4oz.

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Pork Medallions (Pork Loin)	2 ¼ lb. (six 4 oz.)	1. Marinate pork and refrigerate for one hour. 2. Pan sear pork medallions and finish in 350 oven for 20-25 minutes. 3. Mix chutney ingredients and sauté for about 15 minutes. 4. Top pork tenderloin with chutney and serve, garnished with chopped scallions.
<u>Marinade:</u>	2 tbsp.	
Soy sauce	½ tsp.	
Ginger chopped	½ tsp.	
Chopped garlic	½ tsp.	<u>Garnish:</u> One large scallion chopped.
Sugar		
<u>Chutney:</u>	1 pinch	
Coriander	½ tsp.	
Chopped garlic	To taste	
Black pepper	1 tbsp.	
Lite soy sauce	½ tbsp.	
Minced fresh ginger	1/6 cup	
Minced green onions	1/6 cup	
Chopped red peppers	1 tbsp.	
Brown sugar	1 tbsp.	
Balsamic vinegar	1 tbsp.	
Water	1/6 cup	
Chopped red peppers	1 tbsp.	
¼ cup raisins	½ of 1 Mango	
Mangos (minced small pieces)	½ of large Apple	
Green apples (minced small pieces)		

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...264

Percentage of Calories From:

Protein:..... 35%
 Fat:..... 49%
 Carbohydrates:..... 14%

Grams:

Protein:.....23g
 Fat:..... 14.4g
 Carbohydrates:.....9.5g
 Cholesterol:..... 72mg
 Sodium:.....492 mg

DESSERTS

DESSERT

RECIPE NAME: Angel Food Cake with Chocolate Glaze
PORTIONS: 12
PORTION SIZE: 1 Slice (1/12 th of cake) with 1 tbsp. glaze

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Pillsbury Angel Food Cake	1 (1 lb. Box)	1. Prepare 1 box of cake, according to directions and bake in ½ sheet pan. 2. Cut cake into 12 pieces.
<u>Chocolate Glaze:</u>		
White Sugar	¼ cup	
Water	¼ cup	
Semi-Sweet Chocolate Chips	¾ cup	<u>Prepare Glaze:</u> Bring sugar and water to full boil and stir until sugar dissolves. Remove from heat, add chocolate and stir until melted and mixture is smooth.
		<u>Serve:</u> 1 piece cake topped with 1 tbsp. glaze.

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...183

Percentage of Calories From:

Protein: 8%
 Fat: 14%
 Carbohydrates: 78%

Grams:

Protein:3.5g
 Fat:3.1g
 Carbohydrates:37g
 Cholesterol:0mg
 Sodium:309mg

DESSERT

RECIPE NAME: Apple Crisp
PORTIONS: 5
PORTION SIZE: 6 oz.

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Apples, unpeeled and sliced* Apple Juice concentrate, thawed Lemon Juice Flour Cinnamon Allspice Cloves Margarine Rolled Oats, preferably quick-cooking Brown Sugar Margarine *Preferably Golden Delicious Apples	1 lb. 2 tbsp. 1 tsp. 3 oz. 1 tsp. ½ tsp. ½ tsp. 2 oz. 1/3 oz. 2 oz. 2/3 tbsp.	1. Preheat oven to 350 degrees. Put sliced apples into a large bowl and toss with apple juice concentrate and lemon juice. Spread apples in two 12 x 20-inch pans and cover with foil. Bake at 350 degrees for 40 minutes. 2. Mix flour and spices together. Cut in 2 oz. margarine until crumbs form. Add 1 ½ oz. brown sugar, add oats and mix well. Remove foil, sprinkle with crumbs, and continue to bake uncovered for an additional 30-35 minutes until apples tender. 3. Melt 2/3 tbsp. margarine, add remaining brown sugar to top and bake for 10 minutes.

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories: ...206

Percentage of Calories From:

Protein:

Fat:

Carbohydrates:

Grams:

Protein:1.7g

Fat:5.8g

Carbohydrates:39g

Cholesterol:0mg

Sodium:72mg

DESSERT

RECIPE NAME: Chocolate Kahlua Soufflé
PORTIONS: 6
PORTION SIZE 1 small soufflé dish

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Sugar	¼ cup	<ol style="list-style-type: none"> 1. Combine granulated sugar, cocoa and corn starch in the top of a double boiler. 2. Stir in Kahlua and evaporated skim milk very slowly, so the mixture thickens. 3. Lightly beat 3 egg yolks. Stir in a little of the hot mixture into the yolks, then transfer the entire mixture to the double boiler and cook for 10 minutes (or until thick). 4. Preheat oven to 350°. 5. Beat all egg white (4) and the cream of tartar until stiff peaks form. 6. Add confectioners' sugar. Fold egg whites into cooled chocolate mixture and put entire mixture into small soufflé dishes. 7. Bake for 40-50 minutes. Serve immediately.
Cocoa	¼ cup	
Corn starch	1 tbsp.	
Evaporated skim milk	¾ cup	
Kahlua	2 tbsp.	
Eggs, separated	3	
Egg white, (in addition)	1	
Cream of tartar	¼ tsp.	
Confectioners' sugar	2 tbsp.	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...97

Percentage of Calories From:
 Protein:..... 22%
 Fat:..... 8%
 Carbohydrates:..... 70%

Grams:
 Protein:..... 5.3g
 Fat:..... 0.8g
 Carbohydrates:..... 17g
 Cholesterol:..... 1mg
 Sodium: 80mg

DESSERT

RECIPE NAME: Strawberry Angel Food Cake
PORTIONS: 12
PORTION SIZE: 1 slice with 2 tbsp. glaze

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Pillsbury Angel food Cake	1 (1 lb. box)	1. Prepare cake according to directions. Cook in ½ sheet pan and cut into 12 servings.
<u>Strawberry Glaze:</u>		2. Prepare glaze:
Strawberries	1 cup	Combine ½ the berries with sugar and water, bring to a boil. Then simmer 2 minutes. Pour mixture through strainer.
Water	2 ½ tbsp.	3. Mix 1 tbsp. sauce with corn starch until smooth and add back into sauce.
Sugar	2 tbsp.	4. Pour sauce back in pan. Heat and stir to prevent lumps. Cook 1-3 minutes until thick.
Corn Starch	½ tsp.	5. Serve cake with 1 tbsp. sauce.

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...129

Percentage of Calories From:

Protein: 10%

Fat: 1%

Carbohydrates: 89%

Grams:

Protein:3.1g

Fat:0.1g

Carbohydrates:30g

Cholesterol:0mg

Sodium:297mg

DESSERT

RECIPE NAME: Fruit Meringue
PORTIONS: 6
PORTION SIZE: 1

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Sliced Bananas	2	<ol style="list-style-type: none"> 1. Hollow out an orange by cutting off the top and scoop out the pulp of the orange and make a small slice on the bottom to square off so the orange will stand up. 2. Preheat the oven to 450°. 3. Mix fruit, with brown sugar, cinnamon, apple, vanilla and lemon juice. 4. Beat egg whites at a low speed for 1 minute. Gradually add granulated sugar then beat at a medium speed until soft peaks form. 5. Pour fruit mixture into orange ½'s. 6. Top with meringue and bake in oven until it turns golden brown.
Sliced Strawberries	1 cup	
Brown Sugar	1 tbsp.	
Cinnamon	1 ½ tsp.	
Apple Juice	¼ cup	
Vanilla extract	½ tbsp.	
Lemon Juice	1 tbsp.	
Egg Whites	3	
Granulated Sugar	1 tbsp.	
Oranges hollowed out	6	

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...160

Percentage of Calories From:

Protein:..... 91%
 Fat:..... 22%
 Carbohydrates:..... 69%

Grams:

Protein:..... 3.5g
 Fat:..... 4 g
 Carbohydrates:..... 27.6 g
 Cholesterol:..... 0 mg
 Sodium: 28 mg

DESSERT

RECIPE NAME: Chocolate Brownie Pudding
PORTIONS: 9
PORTION SIZE: 3 oz. Pudding and 1 tbsp. Whip Cream

INGREDIENTS	QUANTITY	METHOD OF PREPARATION
Apple sauce	¾ cup	<ol style="list-style-type: none"> 1. Preheat oven to 325°. 2. Mix together applesauce, butter, egg whites and vanilla. 3. Mix together dry ingredients and slowly mix into wet ingredients until well blended. 4. Pour into pan or 4 oz. soufflé cups ¾ full. 5. Bake 30 minutes or until center slightly sticky and edges dry. 6. If cutting, let cool completely. 7. Serve each 3 oz. portion with 1 tbsp. strawberries and 1 tbsp. fat-free topping.
Melted butter	3 tbsp.	
Egg whites	¼ cup	
Vanilla	½ tbsp.	
Cocoa	½ cup	
Salt	1/8 tsp.	
Packed brown sugar	1 cup	
Chopped walnuts	2 tbsp.	
Cooking spray	2/3 cup	
Strawberries sliced	2/3 cup	
Fat – free whipped topping		

APPROXIMATE NUTRIENT ANALYSIS PER SERVING

Calories:...172

Percentage of Calories From:

Protein:.....2%
 Fat:.....26%
 Carbohydrates:.....72%

Grams:

Protein:.....1.5 g
 Fat:.....5.1 g
 Carbohydrates:.....32 g
 Cholesterol:.....11 mg
 Sodium:95 mg