

Breakfast

Whole-Wheat Apple Pancakes

Prep Time: 10 min

Cook Time: 2 min

Serves: 6 servings



Ingredients

- 1 cup low-fat buttermilk
- 3/4 cup nonfat milk
- 2 large eggs
- 1 tablespoon honey
- 6 tablespoons pure maple syrup
- 1 medium apple, diced
- 3/4 cup all-purpose flour
- 3/4 cup whole-wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt

Directions

Preheat the oven to 250. Put the apple in a microwave-safe bowl and tightly cover with plastic wrap; microwave on high until softened, about 2 minutes.

In a large bowl, whisk the flours, baking powder, baking soda and salt. In a small bowl, whisk the buttermilk, nonfat milk, eggs and honey, then slowly add the dry ingredients, stirring until just combined.

Heat a large nonstick griddle or skillet over medium heat. Spoon 1/4 cup batter onto the griddle for each pancake and sprinkle each with apple, then drizzle a little more batter over the apple. Cook until the tops are bubbly and the edges are dry, about 2 minutes. Flip and cook until golden brown, 1 to 2 more minutes. Keep the pancakes warm on a baking sheet in

the oven while making the rest. Place 2 pancakes on each plate. Drizzle with the syrup is optional.

Nutritional Facts

Per serving: Calories 230; Fat 3 g (Saturated 1 g); Cholesterol 75 mg; Sodium 290 mg; Carbohydrate 46 g; Fiber 3 g; Protein 8 g

Nutritional note: Substitute sugar-free syrup and reduce the amount of sugar.

Healthy Breakfast Sandwich

Prep Time: 15 min

Cook Time: 30 min

Serves: 4 servings (1 serving equals 1 sandwich)



Ingredients

- Nonstick cooking spray
- 4 eggs and 4 egg whites
- 1/4 cup minced chives
- 4 whole-wheat English muffins
- 4 1/2-inch round slices Canadian bacon
- 1 large tomato, sliced into 1/2-inch thick slices

Directions

Crack eggs and egg whites into a bowl and whisk. Add chives and stir to incorporate. Spray a large nonstick skillet with cooking spray. Ladle 1/4 egg mixture into skillet and cook, omelet style, until eggs are cooked through, about 1 to 2 minutes per side. Slide omelet onto a plate and repeat with remaining eggs; cover with foil to keep warm. In same skillet, heat Canadian bacon until warm, about 1 to 2 minutes per side. Toast English muffin. Fold omelet in to fit

English muffin, then place omelet on 1 muffin half. Top with a bacon slice, then tomato, and then top with other muffin half.

Nutritional Facts

Calories 330; Total Fat 13 g; (Sat Fat 5 g, Mono Fat 3 g, Poly Fat 1 g) ; Protein 25 g; Carb 31 g; Fiber 5 g; Cholesterol 245 mg; Sodium 920 mg

Excellent source of: Protein, Fiber, Vitamin A, Thiamin, Riboflavin, Niacin, Vitamin C, Vitamin K, Calcium, Manganese, Phosphorus, Selenium

Good source of: Vitamin B6, Folate, Copper, Iodine, Iron, Magnesium, Potassium, Zinc

Nutritional note: You may omit Canadian bacon to reduce sodium content.

Blueberry Almond French Toast Bake

Prep Time: 10 min

Inactive Prep Time: 8 hr 0 min

Cook Time: 50 min

Serves: 8 servings, serving size: 1 (4 by 3-inch) piece



Ingredients

- Cooking spray
- 1 whole-wheat baguette (about 18 inches long, 8 ounces), cut into 1-inch cubes
- 8 large eggs
- 8 large egg whites
- 2 cups 1% milk or skim
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/3 cup pure maple syrup

- 2 cups fresh blueberries
- 1/3 cup sliced almonds
- 2 tablespoons dark brown sugar

Directions

Spray a 9 by 13-inch baking pan with cooking spray. Arrange the bread in a single layer in the baking pan. Whisk together the eggs, egg whites, milk, vanilla, cinnamon and maple syrup. Pour the egg mixture over the bread in the pan, spreading it around so the liquid saturates the bread. Scatter the blueberries evenly on top and sprinkle with the almonds and brown sugar. Cover and refrigerate overnight.

Preheat the oven to 350 degrees F. Uncover the baking pan and bake for 40 to 50 minutes. Serve warm, cold or at room temperature.

Nutritional Facts

Calories 270; Total Fat 8 g; (Sat Fat 2.5 g, Mono Fat 2 g, Poly Fat 0.75 g) ; Protein 16 g; Carb 35 g; Fiber 3 g; Cholesterol 220 mg; Sodium 280 mg

Excellent source of: Protein, Riboflavin, Iodine, Manganese, Selenium

Good source of: Fiber, Vitamin K, Calcium, Iron, Magnesium, Phosphorus, Zinc

Nutritional note: Substitute sugar-free syrup to reduce sugar content.

Soups & Salads

Tomato-Tortilla Soup

Prep Time: 25 min

Cook Time: 28 min

Serves: 4 servings, serving size: 2 cups



Ingredients

- 2 (6-inch) corn tortillas
- 1 tablespoon plus 1 teaspoon canola oil
- 1/4 teaspoon salt
- 1 small onion, chopped (about 1 cup)
- 3 cloves garlic, minced (about 1 tablespoon)
- 1 small jalapeno pepper, seeded and finely chopped
- 1 teaspoon ground cumin
- 3/4 teaspoon dried oregano
- 4 cups low-sodium chicken broth
- 2 (14.5-ounce) cans no salt added diced tomatoes with juice
- 1/4 cup fresh lime juice
- 1/4 cup reduced-fat sour cream
- 2 tablespoons chopped fresh cilantro leaves

Directions

Preheat the oven to 375 degrees F.

Brush both sides of each tortilla with oil, using 1 tablespoon of the oil. Cut the tortillas in half, then cut each half into 1/4-inch wide strips. Arrange the strips on a baking sheet, sprinkle with the salt, and bake until crisp and golden, about 12 minutes. Remove from oven and set aside.

Heat the remaining 1 teaspoons of oil in a large heavy skillet over medium heat. Add the onion and cook for 5 minutes, stirring occasionally, until onion is soft and translucent. Add the garlic, jalapeno, cumin, and oregano and cook for 1 minute more. Add the broth and tomatoes, bring to a boil, then reduce the heat to low and simmer for about 10 minutes. Stir in lime juice.

Remove the pan from the heat and puree with an immersion blender or in 2 batches in a regular blender until the soup lightens in color but chunks of tomato remain, about 30 seconds. Serve the soup topped with the tortilla strips, a dollop of sour cream, and a sprinkle of cilantro.

Nutrition Facts

Calories 270; Total Fat 10g (Sat Fat 2g, Mono Fat 3.5g, Poly Fat 2g); Protein 9g; Carb 36g; Fiber 4g; Cholesterol 8mg; Sodium 335mg

Excellent Source of: Vitamin A, Vitamin C

Good Source of: Fiber, Niacin, Phosphorus, Iron, Vitamin K, Protein

Speedy Soup

Prep Time: 5 min

Cook Time: 8 min

Serves: 4 servings



Ingredients

- 1 quart low-sodium chicken broth
- 1 cup whole-wheat pasta (recommended: rotelle or other small shaped pasta recommended)
- 1 cup frozen green peas
- 2 cups baby spinach
- 3/4 cup mushrooms, quartered
- 1/2 teaspoon kosher salt
- Freshly ground black pepper
- 4 tablespoons shredded Parmesan, optional

Directions

Bring chicken broth to a boil in a medium saucepan. Once boiling add pasta and cook for 5 to 6 minutes. Add peas, spinach and mushrooms, season with salt and pepper and continue to cook for an additional 2 to 3 minutes. Serve topped with Parmesan cheese.

Nutrition Facts

Calories: 120, Total fat: 2g, Saturated fat: 1g, Carbohydrate: 18g, Protein: 9g, Sodium: 360mg

Grandma's Chicken Noodle Soup

Prep Time: 20

Cook Time: 25

Ready In: 45

Servings: 12



Ingredients

- 2 1/2 cups wide egg noodles
- 1 teaspoon vegetable oil
- 12 cups chicken broth
- 1 1/2 tablespoons salt
- 1 teaspoon poultry seasoning
- 1 cup chopped celery
- 1 cup chopped onion
- 1/3 cup cornstarch
- 1/4 cup water
- 3 cups diced, cooked chicken meat

Directions

Bring a large pot of lightly salted water to a boil. Add egg noodles and oil, and boil for 8 minutes, or until tender. Drain, and rinse under cool running water.

In a large saucepan or Dutch oven, combine broth, salt, and poultry seasoning. Bring to a boil. Stir in celery and onion. Reduce heat, cover, and simmer 15 minutes.

In a small bowl, mix cornstarch and water together until cornstarch is completely dissolved. Gradually add to soup, stirring constantly. Stir in noodles and chicken, and heat through.

Nutritional Information

Calories: 147, Total Fat: 3.6g, Cholesterol: 33mg

Chicken Chili

For me, autumn is that all-too-short interlude between summer and Christmas. I just can't get enough of the cool fall evenings, breathtaking colors and the bounty of fresh fruits and vegetables that are plentiful and cheap this time of year.

Warm and robust aromas will fill the kitchen as you prepare this healthy dinner from our friendly dietitian, Brenda Ponichtera, R.D., author of the Quick & Healthy cookbooks (QuickandHealthy.net), featuring a delicious blend of autumn flavors that are perfect for the season.

Chili lovers will enjoy this thick chili. Consider doubling the recipe and freezing half for another meal or a grab and go lunch that you can reheat at work.

1/2 pound skinless, boneless chicken breasts
3/4 cup chopped onion
2 teaspoons chopped garlic
2 (15 oz.) cans kidney beans, drained and rinsed
1 (14.5 oz.) can diced tomatoes, not drained*
1 (4 oz.) can diced green chiles
1 cup water
1 tablespoon dried cilantro
2 teaspoons chili powder
1/2 teaspoon ground cumin

Cut chicken into bite-size pieces and brown in a saucepan that has been sprayed with nonstick cooking spray. Add onion, garlic, beans, tomatoes, chiles, water, cilantro, chili powder and cumin. Cover and simmer for 30 minutes or until chicken is tender. Serves: 5.

Note: One serving is an excellent source of fiber.

*Sodium is figured for no added salt.

Serving Size: 1 1/4 cups

Carb Servings: 2**

Exchanges: 1 1/2 starch, 1 vegetable, 2 lean meat**

Nutrient Analysis: calories 236, total fat 2g, saturated fat 0g, cholesterol 28mg, sodium 64mg, total carbohydrate 33g, dietary fiber 10g, sugars 3g, protein 21g

**Half of the grams of fiber have been subtracted from the grams of total carbohydrate when figuring Carb Servings and Exchanges.

Source: [Quick & Healthy Volume II, 2nd Edition](#), © 2009 Brenda J. Ponichtera, R.D. (QuickandHealthy.net). Published by Small Steps Press, publishing health conscious books for the general public, an imprint of the American Diabetes Association, retail \$18.95. For individual orders, call 1-800-232-6733 or visit QuickandHealthy.net. Also available at local and online bookstores.

White Chili

Prep Time: 20 min

Cook Time: 46 min

Serves: 6 servings, serving size: 1 1/2 cups



Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced (about 1 1/2 cups)
- 2 stalks celery, diced (about 1/2 cup)
- 3 medium poblano peppers (about 4 ounces each), seeded and white ribs removed, finely diced (about 1 1/2 cups)
- 1 clove garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon cayenne pepper, more to taste
- 1 pound ground white meat turkey
- 2 (15.5-ounce) cans white beans such as cannellini, preferably low-sodium, drained and rinsed
- 4 cups low-sodium chicken broth
- 3/4 teaspoon dried oregano
- 1 (15.5-ounce) can hominy, drained and rinsed
- Salt
- 1/4 cup nonfat plain Greek-style yogurt
- 2 tablespoons chopped fresh cilantro leaves
- Lime wedges

Directions

Heat the oil in large pot or Dutch oven over moderate heat. Add the onion, celery, poblanos, and cook, stirring occasionally, until the vegetables are soft, about 8 minutes. Add the garlic, cumin, coriander and cayenne and cook, stirring, until fragrant, about 30 seconds.

Add the ground turkey and cook, breaking up the meat with a spoon, until the meat is no longer pink about 2 minutes. Add the white beans, broth and oregano. Cook, partially covered, stirring occasionally, for 25 minutes.

Add the hominy and salt and more cayenne pepper, to taste, and continue cooking, partially covered, 10 minutes longer. Ladle into individual bowls and top each serving with 1 tablespoon of yogurt and 1 1/2 teaspoons of cilantro. Garnish with a lime wedge.

Nutrition Facts

Calories 320; Total Fat 6 g; (Sat Fat 0.5 g, Mono Fat 2 g, Poly Fat 1 g) ; Protein 31 g; Carb 37 g; Fiber 9 g; Cholesterol 30 mg; Sodium 310 mg

Excellent source of: Protein, Fiber, Thiamin, Vitamin C, Iron, Magnesium, Phosphorus

Good source of: Riboflavin, Niacin, Vitamin K, Potassium, Zinc

Strawberry & Mozzarella Salad

Prep Time: 15 min

Serves: 4 servings, serving size: 1 3/4 cup



Ingredients

- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 heart romaine lettuce, torn or cut into bite-sized pieces (3 cups lightly packed)
- 1 8-ounce container of strawberries, hulled and sliced
- 3 ounces part-skim mozzarella cheese, diced (about 3/4 cup)
- 1/4 cup fresh basil leaves, cut into ribbons

Directions

In a small bowl whisk together the oil, vinegar salt and pepper. Place the lettuce in a large bowl and toss with half the dressing. Place the lettuce onto 4 salad plates.

Toss the strawberries with the remaining dressing and place 1/4 of the berries on top of each mound of lettuce. Top each with cheese and sprinkle with the basil.

Nutrition Facts

Calories 150; Total Fat 12 g; (Sat Fat 3.5 g, Mono Fat 5 g, Poly Fat 1 g) ; Protein 6 g; Carb 7 g; Fiber 2 g; Cholesterol 15 mg; Sodium 320 mg

Excellent source of: Vitamin A, Vitamin C; Good source of: Protein, Vitamin K, Calcium, Manganese

Classic Salad with Chicken

Prep Time: 15 min

Cook Time: 14 min

Serves: 4 servings



Ingredients

Croutons:

- 1 whole-wheat roll (about 2 ounces) preferably day old, cut into 1/2-inch chunks
- 2 teaspoons olive oil
- 1/4 teaspoon each salt and pepper

Bacon bits:

- Cooking spray
- 3 slices Canadian bacon (3 ounces) finely diced

Dressing:

- 1/3 cup plain nonfat yogurt
- 2 tablespoons mayonnaise
- 2 tablespoons ketchup
- 2 teaspoons white vinegar
- 2 tablespoons chopped sweet gherkin pickles (1/2-ounce)
- Salt
- 1 large head green-leaf lettuce (about 1 pound) shredded
- 2 medium tomatoes, seeded and diced
- 1/2 small red onion, thinly sliced
- 1/2 English cucumber, sliced
- 12 ounces grilled chicken breast, sliced

Directions

Croutons: Preheat oven to 350 degrees F. Toss bread cubes with olive oil, salt and pepper and place on a baking sheet. Bake until croutons are golden and crisp, about 8 minutes.

Remove from oven, and allow to cool completely.

Bacon bits: Spray a nonstick pan with cooking spray and heat over medium-high heat. Add bacon and cook until crisp, stirring frequently, about 4 to 5 minutes. Allow to cool.

Dressing: Combine the yogurt, mayonnaise, ketchup, vinegar and pickles in a bowl and stir to incorporate. Season with salt, to taste. Toss the lettuce, tomato, onion, and cucumber in a large salad bowl with the dressing. Top with croutons, bacon bits, sliced chicken and serve.

Nutrition Facts

Serving size: 1 1/2 cups salad, plus 1/2 cup croutons, and 2T bacon bits, 3 oz. chicken breast

Calories 290; Total Fat 11 g; (Sat Fat 2 g, Mono Fat 4 g, Poly Fat 4 g) ; Protein 29 g; Carb 20 g; Fiber 4 g; Cholesterol 63 mg; Sodium 765 mg

Excellent source of: Protein, Vitamin A, Niacin, Vitamin B6, Vitamin C, Phosphorus, Selenium

Good source of: Fiber, Thiamin, Calcium, Iron, Manganese, Potassium

Entrees

Crispy Fish Fingers

Prep Time: 20 min

Cook Time: 12 min

Serves: 4 servings



Ingredients

- 4 slices whole-wheat bread (1-ounce each)
- Cooking spray
- 1/2 cup whole-wheat flour
- 1 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 pound flounder fillets
- 2 eggs, beaten to mix
- 1/3 cup nonfat plain Greek-style yogurt
- 2 tablespoons mayonnaise
- 1 1/2 tablespoons Dijon mustard
- 1/2 teaspoon Worcestershire sauce
- 1 tablespoon snipped fresh chives
- Pinch cayenne pepper, optional

Directions

Put the bread in the bowl of a food processor and pulse until bread crumbs form. Toast the crumbs in a large, dry nonstick skillet over a medium-high heat, stirring frequently and breaking up the crumbs with a spoon if they begin to stick together, until crisp and golden, about 2 minutes. Remove from heat.

Preheat the oven to 400 degrees F.

Spray a baking sheet with olive oil cooking spray. On a plate, combine the flour, salt and pepper. Cut the fillets into 4 by 1-inch strips. A few pieces at a time, dip the fish into the flour mixture, dusting off the excess. Dip the fish in the egg and then the bread crumbs. Arrange on the baking sheet and continue until all of the fish is breaded. Bake until golden and cooked through.

Meanwhile, in a small bowl, stir together the yogurt, mayonnaise, mustard, Worcestershire sauce, chives and cayenne, if using. Season, to taste, with freshly ground black pepper.

Serving size: 6 pieces and 2 tablespoons sauce

Nutrition Facts

Calories 320; Total Fat 10 g; (Sat Fat 2 g, Mono Fat 2 g, Poly Fat 4 g) ; Protein 32 g; Carb 25 g; Fiber 4 g; Cholesterol 165 mg; Sodium 1030 mg

Excellent source of: Protein, Niacin, Vitamin B12, Manganese, Phosphorus, Selenium

Garlic Basil Shrimp

Prep Time: 15 min

Cook Time: 10 min

Serves: 4 servings, serving size: 1 cup



Ingredients

- 2 tablespoons olive oil
- 1 1/4 pounds large shrimp (20 to 25 per pound), peeled and deveined
- 3 garlic cloves, minced
- 1/8 teaspoon dried hot red-pepper flakes, or more to taste
- 3/4 cup dry white wine
- 1/4 cup finely chopped fresh basil leaves
- 1 1/2 cups grape tomatoes, halved
- Salt and freshly ground black pepper

Directions

Heat the oil in a large heavy skillet over moderately high heat until hot but not smoking, then saute shrimp, turning over once, until just cooked through, about 2 minutes. Transfer with a slotted spoon to a large bowl.

Add garlic and red pepper flakes to the oil remaining in skillet and cook until fragrant, 30 seconds. Add wine and cook over high heat, stirring occasionally, for 3 minutes. Stir in basil and tomatoes and season the sauce with salt and freshly ground black pepper, to taste. Return the shrimp to pan and cook just until heated through.

Nutrition Facts

Calories 260; Total Fat 10 g; (Sat Fat 1.5 g, Mono Fat 5 g, Poly Fat 2 g); Protein 30 g; Carb 6 g; Fiber 1 g; Cholesterol 215 mg; Sodium 215 mg

Excellent source of: Protein, Niacin, Vitamin B12, Vitamin D, Copper, Iron, Phosphorus, Selenium

Good source of: Vitamin A, Vitamin B6, Vitamin C, Vitamin K, Magnesium, Manganese, Potassium, Zinc

Lemon Chicken

Prep Time: 10 Min

Cook Time: 15 Min

Servings: 4



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Ingredients

- 1 pound boneless skinless chicken breasts, cut into strips
- 1 medium onion, chopped
- 1 large carrot, thinly sliced
- 1 garlic clove, minced
- 2 tablespoons butter or margarine
- 1 tablespoon cornstarch
- 1 (14.5 ounce) can chicken broth
- 2 tablespoons fresh lemon juice
- 1 teaspoon grated lemon peel
- 1/2 teaspoon salt
- 1 1/2 cups uncooked instant rice
- 1 cup frozen chopped broccoli, thawed
- 1/4 cup minced fresh parsley

Directions

In a skillet, cook chicken, onion, carrot and garlic in butter until chicken is lightly browned, about 5 minutes.

In a bowl, combine the cornstarch and broth; stir in lemon juice, peel, salt and rice.

Add to skillet and bring to a boil. Reduce heat; add broccoli and parsley.

Cover and simmer 5-10 minutes or until rice is tender.

Nutrition Facts

367 calories, 132 mg sodium, 73 mg cholesterol, 39 carbohydrate, 31 gm protein, 9 gm fat.

Better Beef Lasagna

Prep Time: 35 min

Cook Time: 1 hr 15 min

Serves: 6 servings



Ingredients

- 12 ounces whole-wheat lasagna noodles (15 noodles)
- 8 ounces lean ground beef (90 percent lean or higher)
- 2 teaspoons olive oil
- 8 ounces portobello mushrooms, diced (about 3 large mushroom caps)
- 4 cups good quality store-bought marinara sauce
- 1 (15 ounce) container part-skim ricotta cheese
- 1 (10 ounce) package frozen chopped spinach, thawed and well drained
- 1 egg, lightly beaten
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- Pinch ground nutmeg
- 1/4 cup grated Parmesan
- 3 ounces grated part-skim mozzarella cheese (about 2/3 cup)

Directions

Preheat the oven to 375 degrees F.

Cook the noodles al dente according to the directions on the package. Drain them well then lay out on waxed paper to prevent them from sticking to each other.

Heat a large nonstick skillet over a medium-high heat. Add the beef and cook until no longer pink, breaking it up into small pieces as it cooks, about 3 minutes. Transfer the meat to a plate, discarding any fat remaining in the pan.

Add the oil to the same pan and heat over a medium-high heat. Add the mushrooms and cook, stirring occasionally until all the liquid has evaporated and they begin to brown, about 5 minutes. Return the meat to the pan. Stir in 2 cups of the tomato sauce and simmer for 2 minutes.

In a medium bowl combine the ricotta cheese, spinach, egg, the salt, the pepper and nutmeg. Spread 1 cup of tomato sauce on the bottom of a 9 by 13 inch baking dish. Place a layer of lasagna noodles on top, touching but not overlapping. Spread half of the ricotta mixture on top of the noodles. Add another layer of noodles. Top with half the beef-mushroom mixture. Repeat with another layer of noodles, then remaining cheese mixture, more noodles, then remaining beef mixture and finally 1 more layer of noodles. Top the final layer of noodles with the remaining sauce, then sprinkle with the grated cheeses. Cover loosely with foil and bake for 45 minutes. Uncover and bake for 15 minutes more.

Nutrition Facts

Calories 530; Total Fat 16 g; (Sat Fat 7 g, Mono Fat 5 g, Poly Fat 0.75 g) ; Protein 35 g; Carb 62 g; Fiber 9 g; Cholesterol 90 mg; Sodium 1150 mg

Excellent source of: Protein, Fiber, Vitamin A, Thiamin, Riboflavin, Niacin, Vitamin B12, Vitamin C, Calcium, Iron, Phosphorus, Potassium, Selenium, Zinc

Good source of: Folate, Copper, Magnesium

Sides

Baked Potatoes with Creamy Herb Topping

Prep Time: 10 min

Inactive Prep Time: 20 min

Cook Time: 50 min

Serves: 4 servings, serving size, 2 tablespoons



Ingredients

- 4 small russet potatoes (about 1 1/4 pound total)
- 1/2 cup nonfat Greek-style yogurt or 2/3 cup regular, plain nonfat yogurt
- 1 tablespoon olive oil
- 1 tablespoon finely chopped parsley leaves
- 1 tablespoon finely chopped chives

Directions

Preheat the oven to 450 degrees F.

Poke each potato with a fork a few times. Place on a baking sheet lined with foil and bake for 45 to 50 minutes, until they are easily pierced with a knife. Wrap them loosely in the foil for 5 minutes or until ready to serve.

If using regular yogurt, place it in a strainer lined with paper towel and set the strainer over a bowl. Let the yogurt drain and thicken for 20 minutes.

Combine the Greek-style yogurt or regular thickened yogurt, the oil, parsley and chives of the in a small bowl.

Slice the potatoes in half lengthwise and dollop a tablespoon of the creamy herb topping on each half.

Nutrition Facts

Calories 180; Total Fat 3.5 g; (Sat Fat 0.5 g, Mono Fat 2.5 g, Poly Fat 0.5 g) ; Protein 6 g; Carb 33 g; Fiber 3 g; Cholesterol 0 mg; Sodium 50 mg

Excellent source of: Vitamin B6, Vitamin C, Vitamin K, Potassium

Good source of: Protein, Fiber, Calcium, Magnesium, Manganese

Creamed Spinach

Prep Time: 10 min

Cook Time: 10 min

Serves: 4 servings, serving size: 3/4 cup



Ingredients

- 2 (10-ounce) packages frozen spinach, thawed
- 2 teaspoons olive oil
- 2 small shallots, finely chopped (about 1/2 cup)
- 4 teaspoons all-purpose flour
- 1 1/2 cups 1 percent milk
- 1/2 cup low-sodium chicken broth
- 2 tablespoons fat free evaporated milk
- Pinch ground nutmeg
- Salt and freshly ground black pepper

Directions

Squeeze all of the water from the spinach. In a large pan, heat the oil over a medium heat. Add the shallots and cook, stirring, until softened, about 2 minutes. Add the flour and cook, stirring, for 30 seconds. Add the milk and broth and cook, scraping up any bits from the bottom of the pan. Bring to a simmer and cook for 2 minutes. Add the spinach and simmer until tender, about 5 minutes. Stir in the evaporated milk and nutmeg and season to taste with salt and pepper.

Nutrition Facts

Calories 130; Total Fat 4 g; (Sat Fat 1 g, Mono Fat 2 g, Poly Fat 0.5 g) ; Protein 10g Carb 17g; Fiber 4g; Cholesterol 5 mg; Sodium 170 mg

Excellent source of: Protein, Vitamin A, Riboflavin, Folate, Calcium, Magnesium, Manganese, Potassium

Good source of: Fiber, Thiamin, Vitamin B6, Vitamin C, Vitamin D, Copper, Iodine, Iron, Phosphorus, Selenium

Rice and Black Bean Pilaf

Prep Time: 15 min

Cook Time: 45 min

Serves: 4 servings



Ingredients

- 1 cup brown rice, uncooked
- 2 1/4 cups low-sodium chicken broth
- 1 tablespoon olive oil
- 1 small onion, diced (1 cup)
- 2 cloves garlic, minced
- 2 teaspoons fresh chopped oregano or 1 teaspoon dried
- 1 stalk celery, finely diced
- 1 large carrot, finely diced
- 1 teaspoon ground cumin
- 1/2 teaspoon dried chili flakes
- 1 (15.5 ounce) can low-sodium black beans, drained and rinsed
- 2 teaspoons finely chopped parsley leaves

Directions

Place rice and chicken broth in a saucepot and bring to a boil. Reduce heat and cook rice, covered, until tender and all the liquid is absorbed, 30 to 35 minutes. Remove from heat, uncover, and fluff with a fork.

Heat the oil in a large saute pan over medium-high heat. Add onions and cook until onions are soft and translucent, about 5 minutes. Add garlic, oregano, celery, carrot, cumin and chili flakes and cook, stirring occasionally, until carrots are tender but not mushy, about 6 minutes. Stir in black beans and cook until just warmed through, about 1-2 minutes.

Combine onion-black bean mixture and hot rice in a serving bowl and toss to combine. Garnish with parsley.

Nutrition Facts

(1 serving equals 1 1/2 cups pilaf)

Calories 310; Total Fat 6 g; (Sat Fat 1 g, Mono Fat 3.5 g, Poly Fat 1 g) ; Protein 11 g; Carb 57 g; Fiber 8 g; Cholesterol 0 mg; Sodium 290 mg

Excellent source of: Protein, Fiber, Vitamin A, Niacin, Vitamin K, Manganese, Phosphorus

Good source of: Thiamin, Vitamin B6, Vitamin C, Copper, Iron, Magnesium, Potassium, Selenium

Snacks

Oatmeal Peanut Butter Energy Bars

Prep Time: 10 min

Inactive Prep Time: 1 hr 0 min

Cook Time: 5 min

Serves: 14 bars



Ingredients

- Cooking spray
- 1/2 cup honey
- 1/2 cup natural creamy peanut butter
- 2 tablespoons maple syrup
- 1 tablespoon canola oil
- 1/4 cup light brown sugar
- 1/4 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 2 cups rolled oats
- 2 cups crisp brown rice cereal
- 1/4 cup toasted wheat germ
- 1/2 cup chopped roasted peanuts
- 1/2 cup chopped dried apricots
- 1/2 cup chopped dried figs
- 1/2 teaspoon kosher salt

Directions

Spray a 9 by 13-inch baking dish with cooking spray and set aside.

In a small saucepan over medium heat, combine honey, peanut butter, maple syrup, canola oil, brown sugar, cinnamon. Stir and cook until mixture just begins to bubble, about 3 to 5 minutes. Remove from heat and stir in vanilla extract.

In a large bowl, combine oats, rice cereal, wheat germ, peanuts, apricots, figs and salt.

Pour peanut butter mixture over oatmeal mixture and stir gently with a spatula until well combined. Transfer to baking dish, cover with parchment paper and press firmly into dish. Allow to cool completely (will cool faster in the refrigerator). Cut into squares or bars.

Nutrition Facts

Calories: 240, Total fat: 10g, Saturated fat: 1.5g, Carbohydrate: 30g, Protein: 6g, Sodium: 70mg

Nutrition Note:

Substitute sugar-free syrup for regular maple syrup and use 2 tablespoons applesauce instead of canola oil to reduce sugar content.

Eggcetera

Paprika adds zing to hard-boiled eggs.

Active Time: 20 minutes

Total Time: 20 minutes

Makes 4 Servings



Ingredients

- 4 hard-boiled eggs, sliced (see Tip)
- 1 teaspoon extra-virgin olive oil
- 1/2 teaspoon kosher salt

- 1/2 teaspoon paprika

Preparation

1. Dip egg slices in oil and sprinkle with salt and paprika.

Tip: To make hard-cooked eggs: Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low, cover and cook at the barest simmer for 10 minutes. Pour off hot water and run cold water over the eggs until completely cooled. To peel, crack the shell, then roll egg between your palms to loosen shell. Peel, starting at the large end. Rinse under cold water or dip in water to remove bits of shell.

Nutrition Facts

88 calories; 6 g fat (2 g sat, 3 g mono); 216 mg cholesterol; 1 g carbohydrates; 6 g protein; 0 g fiber; 297 mg sodium; 63 mg potassium.

Turkey Rollups

Satisfy your salty, crunchy and savory cravings in one punch with this quick snack.

2 servings, 2 rollups each

Active Time: 5 minutes

Total Time: 5 minutes



Ingredients

- 4 slices deli turkey breast, (about 2 ounces total)

- 8 teaspoons honey mustard, or mango chutney
- Freshly ground pepper, to taste
- 8 sesame breadsticks

Preparation

Spread each slice of turkey with 2 teaspoons mustard (or mango chutney) and season with pepper. Wrap each prepared turkey slice around 2 breadsticks.

Nutrition Facts

82 calories; 4 g fat (1 g sat, 1 g mono); 10 mg cholesterol; 10 g carbohydrates; 3 g protein; 0 g fiber; 238 mg sodium; 47 mg potassium.

Cottage Cheese Veggie Dip

Stir lemon pepper into cottage cheese for a quick and healthy vegetable dip. We like carrots and snow peas, but any crunchy vegetables you have on hand will do.

1 serving

Active Time: 5 minutes

Total Time: 5 minutes



Ingredients

- 1/2 cup low-fat cottage cheese
- 1/4 teaspoon lemon pepper
- 1/2 cup each baby carrots and snow (or snap) peas
-

Preparation

Combine cottage cheese and lemon pepper. Serve with carrots and peas.

Nutrition Facts

Per serving: 120 calories; 2 g fat (1 g sat, 0 g mono); 10 mg cholesterol; 14 g carbohydrates; 14 g protein; 2 g fiber; 561 mg sodium; 202 mg potassium.

Nutrition Bonus: Vitamin A (170% daily value), Vitamin C (30% dv), Calcium (25% dv).

Desserts

Balsamic Strawberries with Ricotta Cream

Prep Time: 15 min

Inactive Prep Time: 2 hr 0 min

Cook Time: 2 min

Serves: 4 servings



Ingredients

- 1 cup part-skim ricotta cheese
- 2 tablespoons honey
- 1/2 teaspoon vanilla extract
- 3 tablespoons balsamic vinegar
- 2 tablespoons sugar
- 1 (16-ounce) container strawberries, hulled and quartered
- 2 tablespoons fresh basil leaves, cut into ribbons

Directions

Put the ricotta cheese, honey and vanilla extract into the small bowl of a food processor and process until smooth, about 1 minute. Transfer to a small bowl and refrigerate for at least 2 hours.

In a small saucepan combine the vinegar and sugar and bring to a boil. Simmer over medium heat for 2 minutes, stirring occasionally. Allow to cool completely.

In a medium bowl, toss the berries with the basil and the balsamic syrup.

Divide the cream among 4 cocktail glasses, top with the berry mixture and serve.

Nutrition Facts

(serving size: about 1/3 cup cream and 1/2 cup berries)

Calories 180; Total Fat 5 g; (Sat Fat 3 g, Mono Fat 1.5 g, Poly Fat 0 g) ; Protein 8 g; Carb 27 g; Fiber 2 g; Cholesterol 20 mg; Sodium 80 mg

Excellent source of: Vitamin C, Manganese

Good source of: Protein, Vitamin K, Calcium, Phosphorus, Selenium

Nutrition Note:

You may omit sugar entirely to reduce sugar content; the strawberries may be sweet enough on their own.

Whole Grain Banana Bread

Don't let the healthy name fool you, this banana bread is moist and full of flavor. Whole grains, high fiber and low fat and sugar content are just the added benefits.

Prep Time: 15 min.

Cook Time: 1 hour

Ready in 1 hour 15 minutes

Makes 10 Servings

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Ingredients

- 3/4 cup SLENDA® Sugar Blend
- 3/4 cup flax seed meal
- 5 ripe bananas, mashed
- 1/4 cup skim milk
- 1/4 cup low-fat sour cream
- 2 teaspoons egg whites
- 2 cups whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt

Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease and a 9x5 inch loaf pan.
2. In a medium bowl, mix together the sugar blend, flax meal, bananas, milk, sour cream and egg whites until well blended. Combine the flour, baking soda and salt; stir into the banana mixture until moistened. Spoon into prepared loaf pan.
3. Bake for 1 hour and 10 minutes in the preheated oven, or until a toothpick inserted into the crown of the loaf comes out clean.

Nutritional Information

Calories: 217, Total Fat: 1.4g, Cholesterol: 2mg

“Cocoa-Nut” Banana

Cocoa- and coconut-crusting bananas are a treat for the whole family.

4 servings

Active Time: 10 minutes

Total Time: 10 minutes



Ingredients

- 4 teaspoons cocoa powder
- 4 teaspoons toasted unsweetened coconut
- 2 small bananas, sliced on the bias

Preparation

Place cocoa and coconut on separate plates. Roll each banana slice in the cocoa, shake off the excess; then dip in the coconut.

Nutrition

80 calories; 1 g fat (1 g sat, 0 g mono); 0 mg cholesterol; 19 g carbohydrates; 1 g protein; 2 g fiber; 5 mg sodium; 274 mg potassium.