



The Recipe Book

Think of these pages as a safe harbor for eating. Each recipe and simple food idea contained here is calorie smart and nutritious.

The single-serve portion sizes may be smaller than you are used to now, but each meal is surprisingly satisfying and healthful. Eating lean proteins, whole grains, and lots of fresh fruit and vegetables will help your body feel its best.

Welcome to a better way to eat.

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BREAKFAST RECIPES

There are over 130 delicious recipes to get you started each day. The recipes have a range of calorie counts, but breakfast items contain an average of 300 calories and provide enough nutrients for a healthy start to your day.

The recipes in the Breakfast section are divided into the following general categories:

- Breads, *see page 2*
- Eggs / Tofu / Quiche, *see page 15*
- Fruit, *see page 41*
- Oatmeal / Granola / Muesli, *see page 44*
- Pancakes / Waffles / French Toast, *see page 73*
- Rice / Beans / Flax / Couscous, *see page 91*
- Sandwiches, *see page 99*
- Smoothies, *see page 111*
- Yogurt / Parfaits / Cottage Cheese, *see page 121*

Breads

Herbed Cheese & Tomato Bagel

Ingredients

- ½ cup low-fat cottage cheese
- 2 teaspoon chopped fresh chives
- 2 teaspoon chopped fresh parsley
- 2 teaspoon chopped fresh basil
- Dash of black pepper
- 1 small whole-grain bagel, toasted
- 2 thick tomato slices

Preparation

Blend cottage cheese with hand blender. Stir in fresh herbs and black pepper. Spread on toasted bagel, and top with tomato.

Calories per serving: 291

Bagel & Cream Cheese with Tomato

Ingredients

- 1 small (3 ounce) whole-grain bagel
- 2 Tablespoons low-fat cream cheese
- 2 large slices tomato
- Salt and pepper to taste

Preparation

Toast bagel halves and spread cream cheese. Top each side with a slice of tomato and season with salt and pepper.

Calories per serving: 300

Toast with Peanut Butter & Honey

Ingredients

- 1 slice whole grain bread (such as Ezekiel™), toasted
- 1 Tablespoon natural peanut butter
- 1 teaspoon honey
- 1 large orange

Preparation

Spread peanut butter and honey on toast. Serve with orange.

Calories per serving: 300

Toast with Walnut-Pear Spread

Ingredients

- ½ cup low-fat cottage cheese
- 1 Tablespoon chopped walnuts
- ½ finely chopped medium pear
- 2 teaspoons honey
- 1 slice whole grain bread, toasted

Preparation

Mix low-fat cottage cheese, chopped walnuts, finely chopped medium pear and 2 teaspoons honey (for smoother texture, puree in a blender or with a hand mixer).

Spread on 1 slice whole grain toast.

Calories per serving: 300

Tomato-Basil & Ricotta Toast

Ingredients

- 2 slices whole-grain bread
- ½ cup low-fat ricotta cheese
- 5 fresh basil leaves
- 4 slices tomato

Preparation

Toast whole-grain bread. Spread with low-fat ricotta cheese and top with fresh basil leaves and tomato slices.

Calories per serving: 300

Ricotta, Raspberry, and Honey Toast

Ingredients

- 1/3 cup part-skim ricotta cheese
- 2 slices sprouted whole grain bread, toasted (such as Ezekiel TM)
- 1 cup raspberries
- 2 teaspoons honey

Preparation

Spread ricotta on toast. Top with raspberries and drizzle with honey.

Calories per serving: 380

Almond Toast with Sliced Pear

Ingredients

- 2 Tablespoons almond butter
- 2 slices sprouted whole grain bread, toasted (such as Ezekiel TM)
- 1 pear, sliced

Preparation

Spread 1 Tablespoon almond butter on each slice of toast. Top with pear slices.

Calories per serving: 410

Toast with Marmalade Walnut Breakfast Spread

Ingredients

- ½ cup 2% low-fat cottage cheese
- 2 teaspoons orange marmalade
- 3 Tablespoons chopped walnut
- Dash of cinnamon
- 2 pieces whole-grain bread, toasted

Preparation

Mix together low-fat cottage cheese, orange marmalade, chopped walnuts, and a dash of cinnamon. Serve on 2 pieces whole-grain toast.

Calories per serving: 400

Cinnamon Raisin Toast with Cashew Butter

Ingredients

- 2 Tablespoons cashew butter
- 2 slices sprouted whole grain cinnamon raisin bread (such as Ezekiel [™]),
toasted
- 1 apple

Preparation

Spread 1 Tablespoon of cashew butter on each slice of toast. Serve with apple.

Calories per serving: 420

Apple & Almond Butter Toast

Ingredients

- 1 slice whole grain bread, toasted
- 1 ½ Tablespoon almond butter
- 1 small apple, sliced

Preparation

Spread almond butter on toast. Top with apple slices.

Calories per serving: 295

Green Apple & Sunflower Seed Butter Toast

Ingredients

- 1 ½ Tablespoon sunflower seed butter
- 1 slice whole grain bread, toasted
- 1 green apple, thinly sliced

Preparation

Spread sunflower seed butter on toast. Top with green apple slices.

Calories per serving: 291

Sliced Pear & Almond-Butter Toast

Ingredients

- 2 Slices whole-grain bread
- 1 Tablespoon almond butter
- 1 medium pear, sliced

Preparation

Toast whole-grain bread. Spread almond butter on toast and top with fresh pear slices.

Calories per serving: 300

Tomato Basil English Muffin Melt

Ingredients

- 1 whole grain English muffin
- 4 basil leaves
- 2 tomato slices, 1/4" thick
- 2 slices part-skim mozzarella cheese
- 1/4 avocado, sliced

Preparation

On each muffin half, place 2 basil leaves, one tomato slice and one slice of cheese. Heat in toaster oven or broiler until cheese melts. Top with avocado slices.

Calories per serving: 400

Eggs / Quiche / Tofu

Egg & Protein Plate

Ingredients

- 1 hardboiled egg
- 1 medium apple sliced
- 1 Wholegrain English muffin
- 1 Tablespoon almond butter

Preparation

Spread almond butter on toasted English muffin and serve with apple slices and hardboiled egg.

Calories per serving: 400

Italian Onion & Potato Omelet

Ingredients

- 1/4 small onion diced
- 1/2 small potato (with skin), grated
- 1/4 cup vegetarian crumbles (sausage style)
- 1 Tablespoon Italian seasoning
- Cooking spray
- 1 whole egg + 2 egg whites, beaten
- 1 small orange

Preparation

In pan sprayed with cooking spray, sauté onion, potato, crumbles and Italian seasoning over medium- high heat for 5 minutes. Add eggs and cook for 3 to 4 minutes; flip and cook additional 2 minutes.

Serve with orange on the side.

Flex swap: ¼ cup vegetarian sausage-style crumbles for 1 ounce cooked, diced low-fat chicken sausage.

Calories per serving: 286

Pesto Tofu Scramble with Toast

Ingredients

- 1 teaspoon olive oil
- 3 ounces (~1/4 package) firm tofu, drained & crumbled
- 1/8 teaspoon turmeric
- 1 Tablespoon prepared pesto
- 2 cups baby spinach
- 1 slice whole grain bread (such as Ezekiel™), toasted
- Sea salt & pepper, to taste

Preparation

Sauté oil, turmeric, and crumbled tofu for 1 minute. Add pesto and spinach for an additional 5 minutes. Serve mixture on toast and sprinkle with salt and pepper.

Calories per serving: 300

Mushroom & Asparagus Quiche

Ingredients

- 3 eggs + 2 egg whites
- ½ cup chopped asparagus
- ½ cup chopped mushrooms
- ¼ cup shredded Swiss cheese
- Cooking spray
- 1 slice toasted whole grain bread
- 1 orange

Preparation

Preheat oven to 350°. Whisk Together 3 eggs plus 2 egg whites; mix in chopped asparagus, chopped mushrooms, and shredded Swiss cheese. Pour mixture into 6 muffin cups coated with nonstick spray.

Bake 20 to 25 minutes, until eggs are set.

Eat 3 mini quiches with 1 slice toasted whole-grain bread and an orange. (Save the rest for another breakfast)

Calories per serving: 300

Egg Bake with Fresh Herbs

Ingredients

- 2 eggs
- 2 Tablespoons low-fat milk
- 1 Tablespoon chopped fresh chives
- 1 Tablespoon chopped fresh basil
- Pinch of salt
- Pinch of black pepper
- Melon
- 1 slice toasted whole-grain bread
- 1 teaspoon butter
- Cooking spray

Preparation

Preheat the oven to 350°. Coat a 6-ounce ramekin with nonstick cooking spray. Crack eggs into prepared ramekin and top with low-fat milk, chopped fresh chives, chopped fresh basil, and a pinch each of salt and black pepper.

Bake about 15 minutes, until eggs are set.

Serve with melon and toast, topped with butter.

Calories per serving: 300

Bacon & Egg Sandwich

Ingredients

- 1 egg
- 1 whole-grain English muffin
- 2 slices precooked turkey bacon
- ½ cup no-sugar added fruit cocktail
- Cooking spray

Preparation

Mist a skillet with cooking spray. Scramble 1 egg, and toast 1 whole-grain English muffin. Place egg and 2 slices warm, precooked turkey bacon between muffin halves.

Serve with ½ cup no-sugar added fruit cocktail on the side.

Calories per serving: 300

Spicy Breakfast Scramble

Ingredients

- 1 egg + 2 egg whites
- ½ cup canned black beans, rinsed and drained
- 2 Tablespoons spicy salsa
- 2 Tablespoons cheddar cheese
- 1 whole grain tortilla

Preparation

In a pan over medium heat, scramble all ingredients together.

Fill tortilla with mixture.

Calories per serving: 300

Florentine Mushroom Scramble

Ingredients

- 1 egg, scrambled + 2 egg whites
- Fresh baby spinach
- Sliced mushrooms
- 1 teaspoon Olive oil
- 1 whole-wheat English muffin

Preparation

Scramble egg and egg whites with fresh baby spinach and sliced mushrooms in olive oil.

Serve on a whole-wheat English muffin.

Calories per serving: 300

Broccoli & Feta Omelet

Ingredients

- 2 eggs
- ½ cup broccoli
- ½ ounce feta cheese
- 1 teaspoon Olive oil
- 1 slice whole-grain toast

Preparation

Combine eggs, chopped broccoli, and feta cheese. Cook in a pan coated with a little olive oil.

Serve with a slice of whole grain toast.

Calories per serving: 300

Pesto, Potato, and Egg Skillet

Ingredients

- Cooking spray
- ¾ cup finely chopped potatoes
- 1 Tablespoon prepared pesto
- 1 whole egg
- ½ medium grapefruit

Preparation

Spray skillet with cooking spray. Add potatoes and cook until golden, about 12 minutes, turning once. Toss potatoes with pesto and put on plate. Spray skillet with cooking spray again, cook egg, and place on top of potatoes.

Serve with grapefruit.

Calories per serving: 300

Spinach & Bacon Omelet

Ingredients

- 1 egg
- 2 egg whites
- 2 slices cooked turkey bacon, crumbled
- 1 cup baby spinach
- Cooking spray
- 1 slice whole grain toast
- 1 teaspoon butter

Preparation

Whisk together eggs, bacon and spinach. Coat a skillet with cooking spray; cook egg mixture and serve with toast and butter.

Calories per serving: 300

Santa Fe Egg Scramble

Ingredients

- 1 egg + 2 egg whites
- 2 Tablespoons canned green chilies, diced
- 2 Tablespoons cheddar cheese
- 1 Whole wheat tortilla, heated
- ½ grapefruit

Preparation

In a pan over medium heat, scramble eggs, chilies, and cheese together. Once cooked, place egg mixture in tortilla and fold. Eat with grapefruit.

Calories per serving: 300

Florentine Egg Scramble on an English Muffin

Ingredients

- 2 eggs
- ½ cup cooked fresh spinach
- 1 whole-grain English muffin, toasted
- 1 cup cut cantaloupe

Preparation

Scramble eggs with spinach. Serve on English muffin with cantaloupe on the side.

Calories per serving: 300

Tex-Mex Tofu Scramble

Ingredients

- 3 ounces extra-firm tofu, pressed to remove excess water
- 1/8 teaspoon turmeric
- 1 teaspoon olive oil
- 1 teaspoon chili powder
- 2 green onions, chopped
- 1/2 cup shredded zucchini
- Sea salt & black pepper, to taste
- 3 Tablespoons pre-prepared guacamole
- 2 Tablespoons chopped fresh cilantro
- 10 whole corn tortilla chips

Preparation

In a bowl, mash tofu and turmeric with a fork until it resembles scrambled-egg texture (tofu will turn an egg-like yellow hue).

In skillet over medium heat, sauté oil, chili powder and onion for 2 minutes. Add tofu mixture and zucchini and cook another 5 minutes. Season with salt & pepper.

Top scramble with guacamole and cilantro. Serve with tortilla chips.

Calories per serving: 390

Easy Egg & Cheddar Breakfast Sandwich

Ingredients

- 1 hard-boiled egg, sliced
- 1 slice cheddar cheese
- 1 whole grain English muffin, toasted
- 1 orange

Preparation

Place egg slices and cheese on warm/toasted English muffin. Serve with orange.

Calories per serving: 390

Morning Egg & Protein Plate

Ingredients

- 1 hard-boiled egg
- 2 cheddar cheese cubes, 1" each
- 2 rye crispbread crackers
- 1 cup grapes

Preparation

Arrange all ingredients on a plate.

Calories per serving: 390

Spicy Tofu Breakfast Tacos

Ingredients

- 3 ounces extra-firm tofu, pressed to remove excess water
- 1/8 teaspoon turmeric
- 1/4 cup canned black beans, rinsed and drained
- 3 Tablespoons salsa
- 3 yellow corn tortillas, warmed
- 3 Tablespoons pre-prepared guacamole

Preparation

In a bowl, mash tofu and turmeric with a fork until it resembles scrambled-egg texture (tofu will turn an egg-like yellow hue). Stir in beans and salsa. Microwave for 1 minute until thoroughly heated.

Serve mixture in corn tortillas topped with guacamole.

Calories per serving: 395

Tofu Skillet Scramble

Ingredients

- 4 ounces (1/3 package) extra-firm tofu (pressed to remove excess water and mashed with fork.)
- 1/8 teaspoon turmeric
- 1 cup chopped zucchini
- 1 Tablespoon prepared pesto
- 1 slice whole grain bread, toasted
- 3/4 cup grapes

Preparation

Sauté tofu, turmeric, zucchini and pesto in a nonstick skillet with oil for 6 minutes. Serve with toast and grapes.

Calories per serving: 400

Black Bean & Egg Breakfast Wrap

Ingredients

- 1/4 cup sliced red bell peppers
- 1/4 cup sliced onion
- 1/2 cup canned black beans, rinsed and drained
- 1/4 teaspoon chili powder
- Salt and pepper, to taste
- 1 teaspoon olive oil
- 1 whole egg + 2 egg whites, beaten
- 2 tablespoons 2% fat shredded cheddar cheese
- 1 whole grain wrap

Preparation

Sauté peppers, onion, beans, chili powder, salt and pepper in oil for 4-5 minutes. Add eggs and cheese and cook for additional 2-3 minutes. Serve in wrap.

Calories per serving: 400

Spinach & Egg Sandwich

Ingredients

- 1 teaspoon olive oil
- 1 cup spinach
- 1 egg, beaten
- Salt and pepper, to taste
- 1 whole grain English muffin, toasted
- 1 slice reduced fat Swiss cheese
- 1 large grapefruit

Preparation

Heat oil in pan and sauté spinach for 1 minute. Add egg, salt and pepper and cook additional 2 minutes. Put spinach & egg on English muffin with slice of Swiss cheese.

Serve with grapefruit.

Calories per serving: 400

Spinach Omelet & Toast

Ingredients

- 2 teaspoon olive oil
- ½ cup baby spinach
- 1 egg + 2 egg whites
- 1 slice 2% cheddar
- Dash of pepper
- 2 slices whole grain toast

Preparation

Warm olive oil in a skillet over medium heat. Sauté spinach until wilted, about 1 minute. Beat egg plus egg whites; pour over spinach until eggs are firm, about 4 minutes.

Top with 1 slice cheddar cheese and season with pepper, cook 1 minute longer, then fold.

Serve with 2 slices whole-grain toast.

Calories per serving: 400

Egg and Cheddar Breakfast Sandwich

Ingredients

- 1 large egg + 2 large egg whites
- 2 teaspoons trans fat-free butter spread
- 1 whole grain English muffin, toasted
- 1 slice low-fat cheddar cheese
- 8 oz. orange juice

Preparation

Scramble egg and whites in nonstick skillet. Smooth butter spread on English muffin and top with egg and cheese.

Serve with juice.

Calories per serving: 490

Florentine-Scramble Breakfast Sandwich

Ingredients

- Cooking spray
- 1 cup baby spinach
- 1 egg, beaten
- Dash of black pepper
- 1 vegetarian sausage patty, heated
- 1 whole-grain English muffin, toasted

Preparation

Spray pan with cooking spray, and sauté spinach for 1 minute until wilted. In same pan, scramble egg with spinach and black pepper.

Put scrambled egg and hot vegetarian sausage patty on English muffin.

Calories per serving: 31 1

Broccoli, Potato & Sausage Skillet

Ingredients

- 1 cup chopped broccoli
- 1/2 cup shredded potato
- 1 turkey or chicken breakfast sausage link, cooked and chopped
- 2 teaspoons olive oil
- Cooking spray
- 2 eggs
- 1/2 grapefruit

Preparation

In skillet over medium heat, sauté broccoli, potato and sausage in oil for 8 minutes or until broccoli is tender. Place mixture on plate. Mist same skillet with cooking spray and cook eggs over-medium.

Place eggs on broccoli mixture and serve with grapefruit.

Calories per serving: 420

Spinach-Potato Scramble with Parmesan

Ingredients

- 2 teaspoons olive oil
- 2 cups baby spinach
- 1 cup shredded potato
- 1 whole egg
- 2 egg whites
- 2 Tablespoons grated parmesan cheese
- Sprinkle of black pepper
- 1/2 cup grapes

Preparation

In a skillet coated with olive oil, sauté baby spinach and shredded potato until golden and tender. Whisk together egg and egg whites; add to skillet. Top scramble with 2 Tablespoons grated parmesan cheese and a sprinkle of black pepper; serve with ½ cup grapes.

Calories per serving: 400

Swiss Cheese Broccoli Frittata with Dill

Ingredients

- 1 whole egg + 3 egg whites
- 1 cup finely chopped broccoli
- 1 slice Swiss cheese, chopped into pieces
- 2 Tablespoon chopped fresh dill
- Cooking spray
- ¾ cup strawberries

Preparation

Beat egg and egg whites, and mix in with broccoli, cheese, and dill. Pour into skillet sprayed with cooking spray, and cook for 3-4 minutes, until firm on bottom but slightly wet on top.

Preheat oven to broil setting and broil for 3 minutes, until eggs are cooked and golden.

Serve with strawberries on the side.

Calories per serving: 300

Fruit

Lemon Raspberry Fruit Salad

Ingredients

- 1/4 cup part-skim ricotta cheese
- 1 teaspoon raspberry jam
- 1 cup fresh raspberries
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- 2 teaspoons honey
- 2 tablespoons toasted sliced almonds

Preparation

Combine part-skim ricotta cheese and raspberry jam. Mix together fresh raspberries, lemon juice, lemon zest, and honey.

Top ricotta mixture with raspberry mixture and sprinkle with toasted sliced almonds.

Calories per serving: 300

Fruit & Nut Plate

Ingredients

- 1/4 cup raw almonds
- 2 Tablespoons raw cashews
- 2 Tablespoons dried cranberries
- 1 apple, sliced

Preparation

Arrange all ingredients on a plate. Enjoy.

Calories per serving: 410

Breakfast Peach Cobbler

Ingredients

- 1 peach
- 1 Tablespoon whole-wheat flour
- ½ teaspoon cinnamon
- 1 crunchy granola bar
- ½ cup low-fat Greek yogurt
- 2 teaspoons honey

Preparation

Chop 1 peach into 3/4-inch pieces; mix with 1 Tablespoon whole-wheat flour and ½ teaspoon cinnamon. Microwave 2 to 3 minutes and stir. Add 1 crunchy granola bar (around 90 calories), broken into pieces, and microwave 1 minute. Top with ½ cup low-fat Greek yogurt and 2 teaspoons honey.

Calories per serving: 300

Oatmeal / Granola / Muesli / Cereal

Sunflower and Banana Oatmeal

Ingredients

- 1/2 cup dry rolled/old fashion oats
- 8 ounces unsweetened vanilla almond milk
- 1 Tablespoon sunflower seeds
- 1 small banana, sliced
- Dash of cinnamon, to taste

Preparation

Make oatmeal with almond milk. Top with seeds, banana, and cinnamon.

Calories per serving: 300

Cinnamon Apple Oatmeal

Ingredients

- 1 packet plain instant oatmeal
- ½ cup skim milk
- 1 small apple, chopped
- 1 teaspoon cinnamon
- 1 teaspoon brown sugar
- 1 Tablespoon walnuts

Preparation

Prepare oatmeal with milk. Microwave apple, cinnamon, and brown sugar for 1 to 2 minutes. Top oatmeal with apples and walnuts.

Calories per serving: 300

Apricot & Almond Oatmeal

Ingredients

- 1 packet of instant oatmeal, cooked with apple juice instead of water
- Dried apricots
- Chopped almonds

Preparation

Cook a packet of instant oats with apple juice instead of water. Top oatmeal with dried apricots and chopped almonds.

Calories per serving: 300

Creamy Vanilla Oats with Cherries & Coconut

Ingredients

- 1/2 cup rolled oats
- 1 cup 2% milk (or favorite type of milk)
- 1 teaspoon vanilla extract
- 1 cup unsweetened frozen cherries, thawed
- 2 Tablespoons shredded coconut

Preparation

Prepare oats with milk according to package directions. Stir in vanilla.
Top with thawed cherries and coconut.

Calories per serving: 400

Apple Cinnamon Oatmeal

Ingredients

- 1 1/4 cup water
- 3/4 cup rolled oats
- 1 small apple, chopped
- 1/2 teaspoon cinnamon
- 2 Tablespoons chopped walnuts
- 1 teaspoon honey

Preparation

Bring water and oats to a boil. Simmer and stir for 5 minutes. Stir in apple, cinnamon, walnuts, and drizzle with honey.

Calories per serving: 400

Peanut Butter Oatmeal with Banana

Ingredients

- 1 1/4 cup water
- 3/4 cup rolled oats
- 1 Tablespoon peanut butter
- 1/2 teaspoon cinnamon
- 1 small banana, sliced

Preparation

Bring water and oats to a boil. Simmer and stir for 5 minutes. Stir in peanut butter, and cinnamon. Top with banana.

Calories per serving: 400

Oatmeal with Raspberries, Coconut, and Almonds

Ingredients

- 1 cup cooked oatmeal
- ½ cup raspberries
- 2 Tablespoon raw almond slivers
- 2 Tablespoon toasted unsweetened shredded coconut
- 2 teaspoon maple syrup

Preparation

Top cooked oatmeal with raspberries, raw almond slivers, toasted unsweetened shredded coconut, and maple syrup.

Calories per serving: 400

Banana Nut Oatmeal

Ingredients

- ½ cup water
- ½ cup skim milk or soy milk
- ½ cup rolled oats
- ½ banana, chopped
- 1 Tablespoon chopped walnuts

Preparation

Bring water, milk, and oats to a boil. Simmer and stir for 5 minutes. Top with banana and nuts or stir it all together.

Calories per serving: 299

Honey & Pear Oatmeal with Almonds

Ingredients

- 1 medium pear, diced
- 2 teaspoons honey
- 1 packet of plain instant oatmeal
- 1 Tablespoon almonds, chopped

Preparation

Microwave pear and honey until warm (about 3 minutes). Prepare oatmeal with hot water and top with pear and honey. Sprinkle with almonds.

Calories per serving: 300

Banana Flax Oatmeal

Ingredients

- 1/2 cup rolled oats
- 1 cup 2% milk (or favorite type of milk)
- 1 banana, chopped
- 1 Tablespoon ground flax seed

Preparation

Prepare oats with milk according to package directions. Mix in banana and flax seed.

Calories per serving: 410

Apple & Brown Sugar Oatmeal

Ingredients

- 2 packets plain instant oatmeal
- 1 cup low-fat milk
- 1 Tablespoon brown sugar
- 1 medium apple, chopped
- 2 Tablespoons almonds, slivered

Preparation

Microwave oatmeal with milk, according to package instructions. Stir in brown sugar and apple pieces. Top with almonds.

Calories per serving: 496

Vanilla-Date Oatmeal

Ingredients

- 1 cup skim or soy milk
- ½ cup rolled oats
- 2 dates, chopped
- ½ teaspoon vanilla extract
- 1 teaspoon honey

Preparation

Bring milk and oats to a boil. Simmer and stir for 5 minutes. Add dates, vanilla, and honey.

Calories per serving: 310

Sunflower-Raisin Oatmeal

Ingredients

- 1 cup water
- ½ cup rolled oats
- 1 Tablespoon sunflower seed butter
- 2 Tablespoon raisins

Preparation

Bring water and oats to a boil. Simmer and stir for 5 minutes. Stir in sunflower seed butter. Top with raisins.

Calories per serving: 310

Pumpkin-Spice Oatmeal with Hazelnuts

Ingredients

- ½ cup skim or soy milk
- ½ cup water
- ½ cup rolled oats
- ¼ cup canned pumpkin
- ½ teaspoon pie spice
- 1 Tablespoon chopped hazelnuts
- 2 teaspoon agave nectar

Preparation

Bring milk, water and oats to a boil. Simmer and stir for 5 minutes. Stir in pumpkin and spice. Top with nuts and agave nectar.

Calories per serving: 301

Dried Cherry & Pistachio Oatmeal

Ingredients

- ½ cup water
- ½ cup skim or soy milk
- 2 Tablespoon dried cherries
- 1 Tablespoon chopped pistachios
- 1 teaspoon maple syrup

Preparation

Bring water, milk and oats to a boil. Simmer for 5 minutes and top with remaining ingredients.

Calories per serving: 300

Blueberry Granola Parfait

Ingredients

- 2 teaspoons honey
- 1 6 oz container plain low-fat yogurt
- 1 cup frozen blueberries, thawed
- ½ cup granola

Preparation

Mix honey into yogurt, layer with blueberries and granola.

Calories per serving: 504

Berry & Granola Kefir Bowl

Ingredients

- 1 cup low-fat plain kefir
- 1.5 cups quartered strawberries
- 1/2 cup granola (about 200 calories)

Preparation

Pour kefir into cereal bowl. Top with strawberries and granola.

Calories per serving: 400

Honey-Pear Granola on Yogurt

Ingredients

- 1 container (5oz) plain fat-free Greek yogurt
- Chopped pear
- Granola
- Honey

Preparation

Top a container of plain fat-free Greek Yogurt with chopped pear, granola, and honey.

Calories per serving: 300

Granola Berry Parfait

Ingredients

- 1 cup unsweetened mixed frozen berries, thawed
- 1 container (6 ounces), low-fat plain yogurt
- 1 whole-grain crunchy granola bar, crumbled

Preparation

Layer berries, yogurt, and crumbled granola bar.

Calories per serving: 299

Cranberry & Walnut Barley with Honey

Ingredients

- ¾ cup water
- ¼ cup uncooked hulled barley
- 1 Tablespoon dried cranberries
- 2 Tablespoon chopped walnuts
- 1 teaspoon honey

Preparation

Bring water to a boil. Add barley and simmer, covered, 45 minutes.

Stir in cranberries, walnuts, and honey.

Calories per serving: 310

Apple-Cranberry Bulgur Breakfast

Ingredients

- ¼ cup water
- ¼ cup 100% apple juice
- ¼ cup uncooked bulgur
- ½ apple, chopped
- 2 Tablespoon dried cranberries
- 1/2 cup plain low-fat yogurt

Preparation

Bring water and apple juice to a boil. Add bulgur and simmer, covered, for 15 minutes. Stir bulgur with apples and cranberries, and top with yogurt

Calories per serving: 304

Three-Cup Quickie Cereal

Ingredients

- 1 cup cold whole-grain cereal
- 1 cup skim or soy milk
- 1 cup blueberries

Preparation

Mix and enjoy.

Calories per serving: 301

Cereal with Fresh Strawberries

Ingredients

- 1 cup low-fat milk
- 2 cups whole-grain cereal
- 1 cup strawberries

Preparation

Pour milk over cereal and top with berries.

Calories per serving: 489

Swiss Apple Muesli

Ingredients

- ½ cup rolled oats
- ½ cup skim or soy milk
- ½ small apple, finely chopped
- 1 Tablespoon sliced almonds
- 1 teaspoon honey

Preparation

Mix raw oats with milk. Stir in apple, almonds and honey.

Let sit 10 minutes, or overnight in fridge.

Calories per serving: 291

Blueberry & Toasted Almond Muesli

Ingredients

- ½ cup rolled oats
- 1/2 cup skim milk or plain soy milk
- ½ cup blueberries
- 2 Tablespoons sliced almonds toasted

Preparation

Mix rolled oats and skim milk or plain soymilk.

Let sit for 15 min, or cover and refrigerate overnight.

Top with ½ cup blueberries and 2 Tablespoons sliced almonds toasted.

Calories per serving: 300

Tart Cherry Muesli with Vanilla Soy Milk

Ingredients

- 1 cup light vanilla soy milk
- ½ cup old-fashioned oatmeal
- ¼ cup dried cherries

Preparation

Pour light vanilla soy milk on raw old-fashioned oats (prepare the night before and keep in the fridge overnight for softer oats).

Mix in dried tart cherries.

Calories per serving: 300

Dried Plum & Flax Muesli

Ingredients

- 3/4 cup rolled oats
- 3/4 cup skim, low-fat, soy or almond milk
- 1/4 cup chopped dried plums (prunes)
- 2 Tablespoons ground flaxseed
- 1 teaspoon honey

Preparation

Mix all ingredients. Let sit 15 minutes or overnight in the fridge.

Calories per serving: 400

Apple Walnut Muesli

Ingredients

- 1/2 cup rolled oats
- 1/2 cup 2% milk (or favorite type of milk)
- 1 apple, diced
- 1/2 teaspoon cinnamon
- 2 Tablespoons chopped walnuts
- 1 teaspoon honey

Preparation

In bowl, combine oats, milk, apple and cinnamon.

Let sit covered for at least 15 minutes or overnight (no cooking required, the soaking tenderizes the oats).

Top with walnuts and honey.

Calories per serving: 410

Honey, Pear & Almond Muesli

Ingredients

- 1/2 cup rolled oats
- 1/2 cup skim or soy milk
- 1/2 small pear, chopped
- 1 Tablespoon sliced almonds, toasted
- 1 teaspoon honey.

Preparation

Mix raw oats with milk. Stir in pear, almonds, and honey.

Let sit 10 minutes or overnight in fridge.

Calories per serving: 299

Pancakes / Waffles / French Toast

Waffles with Blueberry Syrup & Turkey Sausage

Ingredients

- ½ cup frozen unsweetened blueberries
- 1 Tablespoon maple syrup
- 1 Turkey sausage link
- 2 frozen whole-grain waffles

Preparation

In a blender, combine frozen unsweetened blueberries, thawed, and maple syrup; puree until smooth.

Heat turkey sausage link in the microwave.

Toast frozen whole-grain waffles and top with syrup mixture. Serve with sausage.

Calories per serving: 300

Banana Nut Protein Pancakes

Ingredients

- 1 banana
- ¼ cup rolled oats
- 2 Tablespoons low-fat cottage cheese
- 2 egg whites
- ½ teaspoon vanilla extract
- 2 teaspoons chopped walnuts
- 2 teaspoons maple syrup
- Cooking spray

Preparation

In a blender, combine banana, rolled oats, low-fat cottage cheese, egg whites, and vanilla extract; blend until smooth. Stir in chopped walnuts.

Heat a large skillet over medium heat and coat with nonstick cooking spray.

Pour batter into skillet to make two 4-inch pancakes; cook 3 minutes on each side. Drizzle with maple syrup.

Calories per serving: 300

Maple Berry Waffle

Ingredients

- 1 frozen whole-grain waffle
- ½ cup low-fat plain yogurt
- 1 cup fresh berries or frozen mixed berries, thawed
- 1 Tablespoon maple syrup

Preparation

Toast waffle and top with yogurt, berries, and maple syrup

Calories per serving: 300

Vanilla Spice French Toast with Apple

Ingredients

- 1 egg + 2 egg whites
- 1 teaspoon vanilla extract
- Dash cinnamon
- Dash nutmeg
- 2 pieces whole-grain bread
- ½ medium apple, sliced
- Cooking spray

Preparation

Whisk eggs, vanilla, and spices together. Dip bread into egg mixture.

Spray skillet with cooking spray and sauté bread on each side until brown (about 3 minutes.)

Top with apple slices.

Calories per serving: 300

Whole-Grain Waffles with Berry & Walnut Compote

Ingredients

- 2 frozen low-fat whole-grain waffles
- ¼ cup blackberries
- ¼ cup strawberries
- 1 ounce (14 halves) walnuts

Preparation

Toast waffles. Top with mashed fresh berries and walnuts.

Calories per serving: 300

Blueberry Pecan Waffles

Ingredients

- 2 frozen whole grain waffles
- 1/2 cup blueberries (fresh or frozen, unsweetened/thawed)
- 3 Tablespoons pecans
- 2 teaspoons maple syrup

Preparation

Toast waffles and top with blueberries, pecans and maple syrup.

Calories per serving: 400

Protein Pancakes with Fruit Syrup

Ingredients

- 1/2 cup rolled oats
- 1/4 cup low-fat cottage cheese
- 1 egg
- 1 teaspoon vanilla extract
- Cooking spray
- 1 cup frozen unsweetened mixed berries
- 1 Tablespoon maple syrup

Preparation

In blender, combine oats, cottage cheese, egg and vanilla until smooth.

Cook about three 4-inch pancakes on skillet misted with cooking spray.

Heat mixed berries in microwave for 1 minute, stir in maple syrup and serve over pancakes.

Calories per serving: 400

Fast Waffles with Fresh Blueberry Syrup

Ingredients

- ¾ cup fresh blueberries
- 1 Tablespoon maple syrup
- 2 toasted whole-grain freezer waffles
- 3 Tablespoons almond slivers

Preparation

Puree fresh blueberries with maple syrup in blender; pour over waffles, and top with almond slivers.

Calories per serving: 400

Banana Pecan Waffles

Ingredients

- 2 frozen, low-fat whole-grain waffles
- ½ banana, thinly sliced
- 2 Tablespoons pecans, chopped

Preparation

Toast waffles and top with bananas and pecans.

Calories per serving: 300

Waffles with Peanut Butter & Banana

Ingredients

- 2 frozen whole grain waffles, toasted
- 4 teaspoons peanut butter
- 1 banana, sliced

Preparation

Top each waffle with 2 teaspoons peanut butter and half of a sliced banana.

Calories per serving: 410

French Toast with Maple Strawberry Sauce

Ingredients

- 1 egg
- 1/3 cup low-fat milk
- ½ teaspoon cinnamon
- ½ cup strawberries
- 1 Tablespoon 100% maple syrup
- 2 Tablespoons almonds, sliced
- 2 slices whole grain toast

Preparation

Whisk together egg, low-fat milk and cinnamon. Dip 2 slices whole grain bread into mixture.

Mist a skillet with cooking spray; cook bread over medium heat until golden, 2 or 3 minutes per side.

Puree strawberries with maple syrup; drizzle on French Toast. Top with sliced almonds.

Calories per serving: 400

Waffles with Figgie-Pear Sauce

Ingredients

- ½ pear, diced
- 2 dried figs, diced
- 1 teaspoon maple syrup
- Dash of vanilla extract
- 2 frozen whole grain waffles, toasted

Preparation

In a covered pot over medium heat, simmer pear, figs, maple syrup, and vanilla for 5 minutes, until pear is mushy.

Top toasted waffles with figgie-pear sauce.

Calories per serving: 308

Vanilla-Spice French Toast with Berry Syrup

Ingredients

- 1 egg + 2 egg whites
- 1 teaspoon vanilla extract
- 1 teaspoon pie spice
- 2 slices whole-grain bread
- Cooking spray
- 1/3 cup unsweetened frozen mixed berries

Preparation

Mix egg, vanilla, and spice. Lightly dip bread into egg mixture. Cook in pan sprayed with cooking spray for 3 minutes on each side, until golden.

Heat berries in microwave for 30-45 seconds, mash with fork, and serve on French toast.

Calories per serving: 301

Zucchini-Spice-Pecan Pancakes

Ingredients

- 1/3 cup prepared whole-grain pancake mix
- ½ cup grated zucchini
- 2 Tablespoon chopped pecans
- ½ teaspoon pie spice
- Cooking spray
- 1 teaspoon maple syrup

Preparation

Mix batter, zucchini, pecans, and spice.

Cook about three 4-inch pancakes on skillet sprayed with cooking spray. Drizzle lightly with syrup.

Calories per serving: 31 1

Waffles with Maple-Berry Compote

Ingredients

- ½ cup unsweetened frozen mixed berries, thawed
- 1 Tablespoon maple syrup
- 2 frozen whole-grain waffles

Preparation

Mash berries with syrup, heat in microwave for 30 seconds, and put on top of toasted waffles.

Calories per serving: 300

Waffles with Cinnamon-Spice Apple Compote

Ingredients

- 1 apple, diced
- ½ teaspoon pie spice
- 1 teaspoon maple syrup
- 2 frozen whole-grain waffles, toasted

Preparation

In covered pot over medium heat, simmer apple, spice, and maple syrup for 5 minutes until apple is tender. Top toasted waffles with apple compote.

Calories per serving: 289

Double Corn Pancakes with Maple Syrup & Berries

Ingredients

- 1/3 cup prepared whole-grain pancake mix
- ¼ cup canned no-salt-added corn, drained
- Cooking spray
- 2 teaspoon maple syrup
- ½ cup unsweetened mixed berries

Preparation

Mix batter and corn. Cook about three 4-inch pancakes over low-medium heat on skillet sprayed with cooking spray. Top with syrup and berries.

Calories per serving: 289

Banana Nut French Toast

Ingredients

- 1 egg + 2 egg whites
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 2 slices whole grain bread
- Cooking spray
- 1 small banana, sliced
- 5 teaspoons chopped walnuts

Preparation

Mix eggs, cinnamon and vanilla. Lightly dip bread into egg mixture. Cook in pan misted with cooking spray for 3 minutes on each side, until golden.

Top with sliced banana and chopped walnuts.

Calories per serving: 400

Rice / Beans / Flax / Couscous

Apricot-Almond Brown Rice Breakfast

Ingredients

- ¾ cup cooked brown rice
- 3 dried apricots, chopped
- 2 Tablespoon sliced almonds
- 1 teaspoon maple syrup

Preparation

Top warm brown rice with apricots, almonds, and maple syrup.

Calories per serving: 300

Fig & Flax Oatmeal

Ingredients

- ½ cup skim milk or soy milk
- ½ cup water
- ½ cup roller oats
- 2 dried figs, chopped
- 1 Tablespoon ground flax seeds
- 1 teaspoon honey

Preparation

Bring milk, water, and oats to a boil. Simmer and stir for 5 minutes. Add figs, flax seeds, and honey.

Calories per serving: 297

Universal Lemon- Flax Vinaigrette

Ingredients

- 1/4 cup lemon juice (juice from 1 to 2 lemons)
- 1/4 cup flaxseed oil
- 1/4 cup white balsamic vinegar
- 1 Tablespoon Dijon mustard
- 1 clove garlic, minced
- Salt and black pepper to taste

Preparation

Whisk all ingredients together. Keep in fridge about seven days.

(Makes 6 servings: 2 Tablespoons each)

Calories per serving: 88

Apple Walnut Breakfast Brown Rice

Ingredients

- 1/2 cup cooked brown rice (pre-cooked microwavable brands are great)
- 1 small apple, chopped
- 1/4 cup chopped pineapple (fresh or canned in own juice)
- 1 Tablespoon walnuts, chopped
- Dash of cinnamon, to taste
- 1 teaspoon honey

Preparation

Heat brown rice. Add in apple, pineapple, walnuts and cinnamon. Drizzle with honey.

Calories per serving: 300

Mediterranean Breakfast Couscous

Ingredients

- 3 cups 1% low-fat milk
- 1 (2 inch) cinnamon stick
- 1 cup uncooked whole-wheat couscous
- ½ cup chopped dried apricots
- ¼ cup dried currants
- 6 teaspoons dark brown sugar, divided
- ¼ teaspoon salt
- 4 teaspoons butter, melted and divided

Preparation

Combine milk and cinnamon stick in a large saucepan over medium-high heat; heat 3 minutes or until small bubbles form around inner edge of pot (about 180°). Do not boil. Remove from heat; stir in couscous, apricots, currants, 4 teaspoons brown sugar, and salt.

Cover the mixture, and let it stand 15 minutes. Remove and discard cinnamon stick.

Divide couscous among each of 4 bowls, and top each with 1 teaspoon melted butter and ½ teaspoon brown sugar. Serve immediately.

Calories per serving: 300

Black Bean Breakfast Burrito

Ingredients

- 1 egg
- 2 egg whites
- ¼ cup canned black beans, rinsed and drained
- 2 Tablespoons salsa
- 2 Tablespoons shredded low-fat cheddar cheese
- 1 whole-wheat tortilla

Preparation

Scramble eggs, beans, salsa and cheese. Fill tortilla with egg mixture.

Calories per serving: 300

Santa Fe Breakfast Burrito

Ingredients

- 1 teaspoon olive oil
- 4 oz. mashed tofu
- ¼ cup canned black beans
- 2 Tablespoon chopped canned green chilies
- 1/8 teaspoon turmeric
- 4 avocado slices
- 8-inch whole grain tortilla

Preparation

Heat olive oil in a small skillet over medium heat. Add mashed tofu, canned black beans, chopped canned green chilies, and turmeric; sauté 3 minutes, or until hot.

Wrap mixture and 4 avocado slices in 8-inch whole-grain tortilla.

Calories per serving: 400

Cherry Hazlenut Polenta

Ingredients

- ½ cup water
- ½ cup skim or soy milk
- ¼ cup polenta
- ¼ cup frozen unsweetened cherries, thawed and chopped
- 2 Tablespoon chopped hazelnuts
- 2 teaspoon agave nectar

Preparation

Bring water and milk to a boil, and slowly sprinkle in polenta while whisking.

Simmer and stir for about 15 minutes.

Take off from heat, and top with cherries, nuts and agave nectar

Calories per serving: 303

Sandwiches / Wraps

Southwestern Breakfast Wrap

Ingredients

- 1 whole egg + 2 egg whites
- Cooking spray
- 1/3 cup canned low-fat refried black beans
- 1 small (6 inch) whole-grain tortilla
- 2 tablespoons shredded part-skim mozzarella cheese
- Dash of hot sauce

Preparation

Scramble egg and egg whites in pan sprayed with cooking spray. Heat beans separately in microwave for about 30-45 seconds. Spread beans into tortilla, and fill with eggs, cheese, and hot sauce.

Flex swap: 1 whole egg + 2 egg whites with 1/2 cup chopped firm tofu sautéed with 1/8 teaspoon turmeric (for yellow color).

Calories per serving: 287

Quick Breakfast Pizza

Ingredients

- 1 egg
- 2 egg whites
- 1 whole-grain pita (5 inches) toasted
- 2 Tablespoons shredded part-skim mozzarella cheese
- ½ teaspoon dried oregano
- ½ cup grapes
- Cooking spray

Preparation

Spray skillet with cooking spray and scramble eggs. Top toasted pita with egg, cheese and oregano. Broil for 5 minutes, until cheese is bubbling. Serve with grapes.

Calories per serving: 300

Breakfast BLT

Ingredients

- 2 slices sprouted whole grain bread, toasted (such as Ezekiel TM)
- 1 Tablespoon olive-oil mayonnaise or vegetarian mayonnaise
- 3 slices nitrite-free turkey bacon or vegetarian tempeh bacon, cooked
- 4 leaves Romaine lettuce
- 4 slices tomato
- 1/2 grapefruit

Preparation

Make sandwich with toast, mayo, bacon, lettuce and tomato.

Serve with grapefruit.

Calories per serving: 380

Zucchini, Ham & Potato Fritters

Ingredients

- 1/2 cup shredded zucchini
- 1/2 cup shredded potato
- 1/2 ounce nitrite-free deli ham, chopped
- 1 egg, beaten
- Black pepper, to taste
- 1/4 cup whole wheat flour (or favorite type of flour)
- 2 teaspoons olive oil
- 1/2 cup grapes

Preparation

Mix zucchini, potato, ham, egg and black pepper together.

Slowly stir in flour until mixture begins to hold together. Form into 6 small patties.

In skillet over medium heat, brown patties in oil for 3-4 minutes on each side.

Serve with grapes.

Calories per serving: 390

Pear & Swiss Quesadilla

Ingredients

- 2 whole grain tortillas
- 1 pear, thinly sliced
- 2 slices reduced fat Swiss cheese

Preparation

In each tortilla, top pear slices with Swiss cheese and microwave 30 seconds, until cheese melts.

Calories per serving: 400

Apple-Cheddar Melt

Ingredients

- Thin apple slices
- 1 slice 2% low-fat or vegan cheddar cheese
- 2 slices sprouted whole-grain bread

Preparation

Layer thin apple slices and low-fat or vegan cheddar cheese between 2 slices sprouted whole-grain bread.

Broil or toast 6 minutes.

Calories per serving: 400

BLT Egg Sandwich

Ingredients

- 1 whole egg
- 2 slices turkey bacon
- 1 whole grain English muffin
- 2 romaine lettuce leaves
- 2 slices tomato
- 1 orange

Preparation

In a skillet coated with cooking spray, cook 1 whole egg and 2 slices turkey bacon. Place on a whole-grain English muffin with 2 romaine lettuce leaves and 2 slices tomato; serve with an orange.

Calories per serving: 400

Smoked Salmon on Rye with an Apple

Ingredients

- 2 Tablespoons 1/3-less-fat cream cheese
- 2 pieces rye bread
- 1 ounce smoked salmon
- 2 Tablespoons chopped fresh chives
- 1 apple

Preparation

Spread 2 Tablespoons 1/3-less-fat cream cheese on 2 pieces rye bread. Top with 1 ounce smoked salmon and 2 Tablespoons chopped fresh chives; serve with an apple.

Calories per serving: 400

Smoked Salmon, Fresh Chive Spread & Rye Crispbread

Ingredients

- 1/2 cup low-fat cottage cheese
- 1 Tablespoon chopped fresh chives
- 1/8 teaspoon black pepper
- 4 rye crispbread crackers
- 2 ounces smoked salmon
- 1/2 cantaloupe, cubed

Preparation

Using hand blender or food processor, blend cottage cheese until smooth. Stir in chives and black pepper.

Spread cottage cheese mixture onto crackers and top with smoked salmon.

Serve with cantaloupe.

Calories per serving: 410

Breakfast Fajitas

Ingredients

- ½ cup sliced bell peppers of various colors
- ¼ cup sliced onion
- 1 teaspoon olive oil
- ½ teaspoon cumin
- Dash of salt and black pepper
- 1 whole egg + 2 egg whites
- 1 small whole-grain tortilla
- ½ grapefruit

Preparation

Sauté peppers, onion, olive oil, cumin, salt and pepper for 3-5 minutes and set aside.

Scramble eggs and wrap them in tortilla with bell peppers and onion.

Serve grapefruit on the side.

Calories per serving: 298

Spicy Breakfast Burrito

Ingredients

- 1 whole egg+ 2 egg whites
- ¼ cup canned black beans, rinsed and drained
- 2 Tablespoon canned chopped green chilies
- 2 Tablespoon shredded cheddar cheese
- Cooking spray
- 1 small whole-grain tortilla

Preparation

Mix eggs, beans, chilies, and cheese together and then scramble mixture in pan sprayed with cooking spray over medium heat. Wrap in tortilla.

Calories per serving: 304

Vegetarian Hash

Ingredients

- 2 teaspoon olive oil
- 2 cups grated mixed veggies; potato, onion, zucchini, eggplant
- ½ cup vegetarian sausage-style crumbles
- 1 Tablespoon Italian seasoning
- ½ teaspoon smoky paprika

Preparation

Heat oil in a skillet. Toss together shredded veggies, crumbles, seasoning, and paprika. Put veggie mixture in a skillet, and cook over medium heat for 6-8 minutes on first side; then flip to cook the other side 6-8 minutes.

Calories per serving: 294

Smoothies

Green Tea Smoothie with Mango and Pineapple

Ingredients

- 8 ounces brewed green tea, chilled or room temperature
- 8 ounces unsweetened vanilla almond milk
- 1/2 cup frozen mango chunks
- 1/2 cup pineapple chunks (fresh or canned in own juice)
- 1 Tablespoon honey
- 6 walnut halves

Preparation

In blender, puree ingredients (except walnuts) until smooth. Note: Add ice for thicker consistency. Serve walnuts on the side.

Calories per serving: 300

Blue Green Smoothie

Ingredients

- 16 ounces unsweetened vanilla almond milk
- 1 cup frozen blueberries
- 2 cups baby spinach
- 1 Tablespoon honey
- 8 almonds

Preparation

In blender, puree ingredients (except almonds) until smooth. Note: Add ice for thicker consistency. Serve almonds on the side.

Calories per serving: 300

Banana-Honey Smoothie

Ingredients

- 1 ½ cups skim milk
- 1 small banana
- 1 Tablespoon honey

Preparation

Puree 1 ½ cups skim milk, 1 small banana, and 1 Tablespoon honey until smooth. Add ice to thicken as desired.

Calories per serving: 300

Peanut Butter & Banana Smoothie

Ingredients

- 10 ounces skim milk or plain soy milk
- 1 Tablespoon natural peanut butter
- 1 medium banana

Preparation

In a blender, combine all ingredients and mix until smooth. Note: Use 6 ice cubes for a thicker consistency.

Calories per serving: 300

Banana & Honey Smoothie

Ingredients

- 1 cup light vanilla soy milk
- 1 small banana
- 1 Tablespoon honey
- 2 Tablespoons old-fashioned oatmeal
- 1 Tablespoon flaxseeds, ground

Preparation

Blend all ingredients until smooth.

Calories per serving: 300

Green Smoothie

Ingredients

- 1 cup chopped kale
- 1 banana
- 1.5 cups 2% milk (or favorite type of milk)
- 1 Tablespoon ground flax seed
- 2 teaspoons honey

Preparation

Combine all ingredients in a blender and puree until smooth.

Calories per serving: 400

Skinny Colada Smoothie

Ingredients

- 1 cup coconut water
- 1 cup unsweetened frozen pineapple chunks
- 3/4 cup plain 2% Greek yogurt
- 1/4 cup raw cashews

Preparation

Combine coconut water, pineapple and yogurt in a blender. Blend until smooth. Enjoy cashews on the side.

Calories per serving: 400

Green Energy Smoothie

Ingredients

- 1 cup soymilk
- 1 banana
- 2 cups loosely packed chopped kale
- ¼ cup ice cubes
- ¾ cup raw almonds

Preparation

Blend soymilk, banana, loosely packed chopped kale, and ice cubes until smooth. Serve with ¾ cup raw almonds.

Calories per serving: 400

Lean Green Smoothie

Ingredients

- 1 ½ cups 1% low-fat milk
- 1 chopped frozen banana
- 1 cup baby spinach
- 2 Tablespoons old-fashioned rolled oats
- 1 Tablespoon ground flaxseed
- 1 teaspoon honey

Preparation

In a blender, combine 1 ½ cups 1% low-fat milk, 1 chopped frozen banana, 1 cup baby spinach, 2 Tablespoons old-fashioned rolled oats, 1 Tablespoon ground flaxseed, and 1 teaspoon honey. Blend until smooth and enjoy

Calories per serving: 400

Vanilla-Berry Smoothie

Ingredients

- 1 ½ cup plain low-fat kefir
- ¾ cup unsweetened frozen berries, thawed
- 1 Tablespoon honey
- ¼ teaspoon vanilla extract

Preparation

Blend ingredients in blender or with hand blender until smooth

Calories per serving: 291

Yogurt / Parfaits / Cottage Cheese

Lemon, Blueberry, & Granola Parfait

Ingredients

- ¾ cup blueberries
- 6 ounces low-fat lemon yogurt
- 1 1-ounce crunchy granola bar

Preparation

Top blueberries with low-fat yogurt and crushed granola bar.

Calories per serving: 300

Honey Yogurt with Raspberries & Almonds

Ingredients

- 1 container (6 ounces) plain low-fat Greek yogurt
- 1 Tablespoon honey
- 1 cup raspberries
- 2 Tablespoons chopped almonds

Preparation

Mix honey & yogurt. Top with raspberries & almonds.

Calories per serving: 300

Apricot & Honey Greek Yogurt

Ingredients

- 5 ounces fat-free Greek yogurt
- ¼ cup dried apricots, chopped
- 1 cup whole grain cereal
- 1 Tablespoon honey

Preparation

Top yogurt with apricots, cereal, and honey.

Calories per serving: 300

Blackberry & Nectarine Yogurt Parfait

Ingredients

- 6 ounces nonfat plain yogurt
- 2 teaspoons honey
- ½ cup blackberries
- ¼ cup chopped nectarine
- 1 granola bar, crumbled

Preparation

Mix honey into plain yogurt. Layer yogurt, fruit, and granola in bowl.

Calories per serving: 300

Peach & Blueberry Yogurt Parfait

Ingredients

- 1 peach, diced
- 1/2 cup blueberries
- 1/2 cup plain 2% Greek yogurt
- 1/2 cup granola (about 200 calories)

Preparation

In a tall cup or bowl, layer all ingredients.

Calories per serving: 390

Blackberry Granola Parfait

Ingredients

- 1 cup blackberries (fresh or frozen, unsweetened/thawed)
- 1 container (5 ounces) low-fat plain Greek yogurt
- 1/2 cup low-fat granola

Preparation

Layer berries, yogurt and granola.

Calories per serving: 400

Plum Parfait

Ingredients

- $\frac{3}{4}$ cup nonfat Greek Yogurt
- $\frac{1}{2}$ cup chopped plums
- $\frac{1}{4}$ cup chopped pistachios
- 2 Tablespoon low-fat granola

Preparation

Layer yogurt, plums, and chopped pistachios. Top with 2 Tablespoons of low-fat granola.

Calories per serving: 400

Peaches & Candied-Ginger Yogurt

Ingredients

- ¼ cup rolled oats
- 2 teaspoon honey
- 1 container plain low-fat yogurt
- 1 peach, diced
- 2 Tablespoon chopped candied ginger

Preparation

Toast oats in dry pan until golden. Stir honey into yogurt, and top with peaches, toasted oats, and ginger.

Calories per serving: 299

Vanilla Peach Cottage Cheese

Ingredients

- 1 slice whole-grain bread
- 1 teaspoon vanilla extract
- 4 ounces low-fat cottage cheese
- 1 cup sliced peaches

Preparation

Toast bread. Stir vanilla into cottage cheese. Top toast with cottage cheese and peaches.

Calories per serving: 300

Honey Whipped Cottage Cheese with Melon

Ingredients

- 8 ounces low-fat cottage cheese
- 1 Tablespoon honey
- ½ cup chopped honeydew melon
- 2 Tablespoons chopped fresh mint

Preparation

In a blender, combine cottage cheese and honey until smooth. Top with melon and mint.

Calories per serving: 300

Cinnamon Cottage Cheese with Peaches & Pecans

Ingredients

- 1 cup 2% cottage cheese
- 1 teaspoon cinnamon
- 1 peach, diced
- 2 Tablespoons chopped pecans
- 2 teaspoons honey

Preparation

Mix cottage cheese with cinnamon. Top with peaches and pecans. Drizzle with honey.

Calories per serving: 400

Melon & Cottage Cheese

Ingredients

- 1 cup chopped melon
- 3/4 cup low-fat cottage cheese
- 2 Tablespoons chopped fresh mint
- 2 Tablespoons chopped walnuts
- 2 rye crisp crackers

Preparation

Serve chopped melon with low-fat cottage cheese. Top with chopped fresh mint and chopped walnuts. Serve with rye crisp crackers.

Calories per serving: 400

Cottage Cheese with Melon & Fresh Mint

Ingredients

- 1 cup low-fat cottage cheese
- 1 ½ cups chopped cantaloupe & honeydew
- 3 Tablespoon chopped fresh mint
- 2 teaspoon agave nectar

Preparation

Top cottage cheese with melon, mint, and a drizzle of agave nectar

Calories per serving: 292

LUNCH RECIPES

There are over 100 delicious recipes to enjoy for lunch. Each recipe contains varying calories counts, with the average lunch being 400 calories. Each lunch choice provides enough nutrients to keep you moving through the day.

The recipes in the Lunch section are divided into the following general categories:

- Cheese / Hummus / Antipasto, *see page 135*
- Beans / Pasta / Rice, *see page 140*
- Burgers / Veggie Burgers, *see page 147*
- Fish / Sushi, *see page 154*
- Flatbread / Pita, *see page 158*
- Mexican Style, *see page 173*
- Salads, *see page 179*
- Sandwiches / Wraps, *see page 204*
- Soups, *see page 235*

Cheese / Hummus / Antipasto

Antipasto Plate

Ingredients

- 1/4 cup jarred roasted red bell peppers, drained
- 1/4 cup jarred marinated artichokes, drained
- 2 slices part-skim mozzarella cheese, quartered
- 2 dried figs
- 6 whole grain crackers

Preparation

Arrange all ingredients on a plate.

Calories per serving: 380

Cheese Tray

Ingredients

- 2 cheddar cheese cubes, 1" each
- 3/4 ounce brie wedge
- 6 whole grain crackers
- 1 apple, sliced

Preparation

Arrange all ingredients on a plate.

Calories per serving: 400

Hummus Plate

Ingredients

- 6 Tablespoons hummus
- 1 whole grain pita, cut into 6 triangles
- 6 kalamata olives
- 1/2 cup sliced cucumber
- 1/2 cup sliced or baby carrots

Preparation

Arrange all ingredients on a plate.

Calories per serving: 420

Lunch Bruschetta

Ingredients

- 1/2 cup canned white beans, rinsed & drained
- 2 Tablespoons chopped sundried tomatoes
- 2 Tablespoons chopped olives
- 2 Tablespoons chopped fresh basil
- 1 teaspoon lemon juice
- 1 teaspoon olive oil
- Sea salt and black pepper, to taste
- 6 slices whole grain baguette, toasted (about 180 calories)

Preparation

Toss beans, tomatoes, olives, basil, lemon juice, oil, salt and pepper. Serve on toasted baguette.

Calories per serving: 410

Mediterranean Hummus Plate

Ingredients

- 6 Tablespoons Hummus
- 6 kalamata olives
- 1 toasted whole grain pita
- ½ cup cucumber slices
- ½ cup baby carrots

Preparation

Serve hummus, olives, pita (cut in to triangles), cucumber slices, and baby carrots.

Calories per serving: 400

Beans / Pasta / Rice

Edamame Bento Box

Ingredients

- 2 teaspoons sesame oil
- 2 teaspoons seasoned rice vinegar
- 1 teaspoon honey
- 1 teaspoon low-sodium soy sauce
- 1/2 teaspoon sesame seeds
- 3/4 cup frozen (not shelled) edamame, heated
- 1/2 cup cooked brown rice
- 1/2 cup sliced red bell pepper
- 1/2 cup sliced or baby carrots

Preparation

Whisk sesame oil, vinegar, honey, soy sauce and sesame seeds. Arrange edamame, rice, peppers and carrots on plate. Drizzle on sesame oil mixture.

Calories per serving: 400

Asian Peanut Ginger Bowl

Ingredients

- 1 Tablespoon natural peanut butter
- 1 Tablespoon warm water
- 1 Tablespoon grated fresh ginger
- 1 teaspoon honey
- 1/2 cup fresh peapods, halved
- 1 cup pre-shredded broccoli slaw (broccoli, cauliflower, red cabbage, carrots)
- 3 ounces cooked skinless chicken breast, chopped
- 1/2 cup cooked brown rice, warmed

Preparation

In skillet over medium heat, heat peanut butter, water, ginger and honey for 1 minute. Add in peapods, broccoli slaw and chicken and sauté 6 minutes until heated.

Serve on warm brown rice.

Calories per serving: 410

Beans & Rice with Red Chili Sauce

Ingredients

- ¼ onion, chopped
- 1 teaspoon olive oil
- ½ cup no-salt added tomato sauce
- 2 teaspoon chili powder
- ½ cup canned pinto beans, rinsed, drained, and heated
- ¾ cup cooked brown rice
- ½ small green bell pepper, diced

Preparation

In a medium pan, sauté onion in olive oil for 3 minutes until tender. Add in tomato sauce and chili powder, and cook an additional 5 minutes.

Serve sauce on top of hot beans, cooked rice, and diced green pepper.

Calories per serving: 413

Edamame & Broccoli Rice Bowl

Ingredients

- 1 Tablespoon chunky natural peanut butter
- 2 Tablespoons 100% pineapple juice
- 1 Tablespoon water
- 1 teaspoon low-sodium soy sauce
- 2 cups broccoli florets
- ½ cup shelled edamame
- ½ cup cooked brown rice

Preparation

Whisk together chunky natural peanut butter, pineapple juice, water, and low-sodium soy sauce. Toss with broccoli florets and shelled edamame; sauté 8 minutes.

Serve over cooked brown rice.

Calories per serving: 400

Panzanella White Bean Salad

Ingredients

- 2 slices whole-grain bread
- ½ cup canned white beans
- 1/2 cup halved grape tomatoes
- ½ cup chopped cucumber
- 2 Tablespoons minced basil
- 2 Tablespoons diced red onion
- 1 Tablespoon fresh lemon juice
- 1 Tablespoon olive oil

Preparation

Toast whole-grain bread and cut into 1-inch cubes. Combine with canned white beans, rinsed and drained, halved grape tomatoes, chopped cucumber, minced basil, diced red onion, lemon juice, and olive oil.

Mix all ingredients; add salt and black pepper to taste.

Calories per serving: 400

Mediterranean Pasta Salad with Tuna

Ingredients

- 1 ½ oz. whole-grain angel hair pasta
- 3 oz. water packed tuna
- ½ cup halved grape tomatoes
- ½ cup canned artichokes
- 3 Tablespoons sliced pitted black olives
- 1 Tablespoons fresh lemon juice
- 2 teaspoon olive oil

Preparation

Cook angel hair pasta. Combine tuna, drained, with halved grape tomatoes, canned artichokes, drained and quartered, black olives, lemon juice, and olive oil with pasta. Add salt and black pepper to taste and serve.

Calories per serving: 400

Pesto & White Bean Quinoa

Ingredients

- 1 Tablespoon prepared pesto
- ½ cup canned white beans
- ½ cup halved cherry tomatoes
- ½ cup baby spinach
- 2 Tablespoons almonds, slivers
- ½ cup cooked quinoa

Preparation

Combine pesto, white beans, tomatoes, and spinach. Serve over quinoa and sprinkle with almonds.

Calories per serving: 400

Burgers / Veggie Burgers

All-American Veggie Burger

Ingredients

- 1 frozen vegetarian burger, heated
- 1 whole grain hamburger bun
- 1 slice cheddar cheese
- 1 Tablespoon ketchup
- 1 Tablespoon mustard
- Lettuce and tomato slices
- 1 small apple

Preparation

Put hot burger on bun and top with ingredients. Serve with an apple.

Calories per serving: 404

Veggie Burger with Feta & Spinach

Ingredients

- 1 veggie burger
- ¾ cup baby spinach
- ½ oz feta cheese, crumbled
- 1 whole grain hamburger bun
- 1 cup chopped cucumber
- 1 Tablespoon chopped fresh dill
- 2 Tablespoon Universal Lemon-Flax Vinaigrette or low-fat Italian Dressing

Preparation

Heat burger, top with spinach and feta, and serve on bun. Toss cucumber dill, and dressing to serve on the side.

Calories per serving: 401

BBQ Black Bean-Burger & Slaw

Ingredients

- 1 Black-bean burger
- 1 whole grain hamburger bun
- 1 Tablespoon low-sodium BBQ sauce
- 1 ½ cups shredded cabbage, broccoli, cauliflower and carrot mix
- 1 Tablespoon apple cider vinegar
- 2 teaspoon olive oil

Preparation

Microwave burger according to package directions. Serve on bun with sauce.

Combine vegetable mix with vinegar and oil.

Calories per serving: 400

Bruschetta Burger with Spinach Salad

Ingredients

- 1 veggie burger
- 2 Tablespoons premade bruschetta spread
- 1 whole-grain hamburger bun
- 2 cups baby spinach
- 2 Tablespoons vinaigrette

Preparation

Heat burger in microwave. Place on bun and top with bruschetta. Serve with spinach tossed with vinaigrette.

Calories per serving: 400

BBQ Baja Burger

Ingredients

- 1 vegetarian burger
- 1 whole wheat bun
- 1 Tablespoon BBQ sauce
- ¼ avocado, thinly sliced
- ¼ cup bean sprouts
- 4 ounces pineapple cup, in its own juice

Preparation

Cook burger in microwave according to package directions. Place on bun with BBQ sauce and top with avocado and sprouts. Eat with pineapple.

Calories per serving: 400

Guacamole Veggie Burger

Ingredients

- ½ avocado, mashed
- 2 Tablespoon salsa
- 2 Tablespoon chopped fresh cilantro
- 1 vegetarian black-bean burger, heated
- 1 whole grain hamburger bun

Preparation

Mix avocado with salsa and cilantro. Put hot burger on bun, and top with avocado mix.

Calories per serving: 409

Broccoli Slaw Black Bean Burger

Ingredients

- 1 cup broccoli cole slaw
- 1 Tablespoon Universal Lemon-Flax Vinaigrette or low-fat Italian dressing
- 1 black bean burger, heated
- 1 Tablespoon BBQ sauce
- 1 whole grain hamburger bun
- 1 plum

Preparation

Toss broccoli cole slaw with vinaigrette. Top hot burger with dressed cole slaw and BBQ sauce. Serve on bun with plum on the side.

Calories per serving: 390

Fish / Sushi

Quick Vegetarian Sushi

Ingredients

- 1/2 cup cooked brown rice
- 2 nori sheets
- 1/4 cup frozen shelled edamame, thawed
- 1/4 cup thinly sliced red bell pepper
- 1/4 cup shredded cucumbers
- 1/4 cup shredded carrots
- 1/2 avocado, sliced
- 2 Tablespoons chopped green onion
- 1/2 teaspoon low-sodium soy sauce
- 1/2 cup grapes

Preparation

Spread cooked brown rice on each nori sheet. Toward the center of each sheet, line up (without overlapping ingredients) edamame, bell pepper, cucumber, carrots, avocado and onion.

Sprinkle on soy sauce and roll like a burrito/sandwich wrap. Serve with grapes.

Calories per serving: 400

Marinated Shrimp Over Greens

Ingredients

- 10 large cooked shrimp
- Basil
- Dried oregano
- White balsamic vinegar
- 2 teaspoons olive oil
- Whole grain bread

Preparation

Mix shrimp with basil, oregano, white balsamic vinegar, and olive oil. Marinate 15 minutes. Top salad with shrimp. Serve with whole grain bread.

Calories per serving: 400

Smoked Salmon Sushi

Ingredients

- 3 nori sheets
- 3 Tablespoons cooked brown rice
- 2 Tablespoons shredded cucumber
- 2 Tablespoons shredded carrots
- 1 Tablespoon diced peeled avocado
- ½ oz. smoked salmon
- Lower sodium soy sauce

Preparation

Wrap nori sheets each with rice, cucumber, carrots, avocado, and salmon. Drizzle with soy sauce and serve.

Calories per serving: 400

Wild Salmon Plate

Ingredients

- 4 oz. canned salmon
- 3 Tablespoons chopped celery
- 1 Tablespoons lemon juice
- 1 Tablespoon chopped fresh chives
- 1 teaspoon olive oil
- ¼ teaspoon dried dill
- ¼ teaspoon black pepper
- 10 whole grain crackers
- ½ cup cucumber slices
- ½ cup bell pepper slices

Preparation

Mix salmon with celery, lemon juice, chives, olive oil, dill and black pepper. Serve with crackers, cucumber slices, and bell pepper slices.

Calories per serving: 400

Flatbread / Pita

Tomato, Basil & Ricotta Flatbread

Ingredients

- 1 whole grain flatbread (such as Flatout™ brand; 120 calories)
- 6 Tablespoons part-skim ricotta cheese
- 6 slices tomato
- 6 leaves fresh basil
- 1 cup spring salad greens
- 1 teaspoon fresh lemon juice
- 1 teaspoon olive oil
- Sea salt and black pepper, to taste
- 1 apple

Preparation

Preheat broiler or toaster oven to 350 degrees F. Bake flatbread for 7 minutes. Remove from oven and top with ricotta cheese, tomatoes and basil. Cook an additional 7 minutes, until crust is crisp. Serve with greens tossed with lemon juice, olive oil, salt and pepper. Serve with apple.

Calories per serving: 400

Hummus Pita Pizza with Greek Salad

Ingredients

- 1 whole grain pita
- 1/4 cup hummus
- 2 cups chopped Romaine lettuce
- 1/4 cup chopped cucumber
- 2 Tablespoons chopped red onion
- 2 Tablespoons chopped black olives
- 2 Tablespoons crumbled feta cheese
- 1/2 lemon, juiced
- 1/2 teaspoon olive oil
- 1/8 teaspoon dried dill

Preparation

Preheat broiler or toaster oven to 350 degrees F. Spread hummus on pita and bake for 15 minutes, until crisp. Toss lettuce, cucumber, onion, olives, cheese, lemon juice, oil and dill. Serve salad on hot pita.

Calories per serving: 390

Caprese Pita

Ingredients

- 1 oz fresh mozzarella, chopped
- 1 cup halved cherry tomatoes
- ¼ cup chopped fresh basil
- 1 Tablespoon pine nuts
- 2 Tablespoon Universal Lemon-Flax Vinaigrette or low-fat Italian dressing
- 1 whole-grain pita pocket, cut in half

Preparation

Mix ingredients and stuff into pita.

Calories per serving: 406

Lemon & Parsley Tuna Pita

Ingredients

- 3 ounces canned tuna in water, drained
- 2 stalks celery, finely chopped
- 1/2 lemon, juiced
- 2 teaspoons olive oil
- 3 Tablespoons fresh chopped flat leaf/Italian parsley
- Sea salt & pepper, to taste
- 1 whole grain pita

Preparation

Combine tuna, celery, lemon, olive oil, parsley, salt and pepper. Serve in pita.

Calories per serving: 400

Tuna, Olive & Feta Salad with Pita Croutons

Ingredients

- 1 lemon, juiced
- 2 teaspoons olive oil
- 1 teaspoon oregano
- Salt and pepper, to taste
- 1 pouch (3 ounces) tuna
- 3 cups spinach
- 1 small tomato, chopped
- 1/4 cup chopped black olives
- 2 tablespoons feta cheese
- 1 whole grain pita, cut into 1" pieces

Preparation

Toss all ingredients (except pita). Top salad with pita pieces.

Calories per serving: 400

White Bean & Pesto Pita

Ingredients

- 1 cup canned Great Northern beans, rinsed and drained
- 1/2 small tomato, chopped
- 1 tablespoon prepared pesto
- 2 teaspoons pine nuts
- 1/2 cup spinach
- 1 whole grain pita, split in half

Preparation

Mix beans, tomato, pesto and pine nuts. Stuff in pita halves with spinach.

Calories per serving: 400

Greek Pita Pockets with Tzatziki Sauce

Ingredients

- ½ cup canned chickpeas, rinsed and drained
- ¼ cup chopped cucumber
- ¼ cup chopped red bell pepper
- ¼ cup chopped black olives
- ¼ cup low-fat Greek yogurt
- ¼ cup shredded cucumber
- ¼ teaspoon dill
- Pinch of salt
- Pinch of black pepper
- 1 whole-grain pita

Preparation

Combine Chickpeas, rinsed and drained, cucumber, chopped red bell pepper, and chopped black olives.

Whisk together yogurt, shredded cucumber, dill and a pinch of each salt and black pepper. Cut a whole-grain pita in half and fill both halves with bean mixture; top with yogurt sauce.

Calories per serving: 400

Rosemary and Zucchini Flatbread with Grape Salad

Ingredients

- 1 whole grain flatbread
- ½ cup thinly sliced zucchini
- ¼ cup grated part-skim mozzarella
- 1 teaspoon dried rosemary
- 1 cup halved grapes
- 2 Tablespoons sliced almonds

Preparation

Preheat oven to 350. Warm 1 whole grain flatbread on a baking sheet for 7 minutes. Remove from oven and top with sliced zucchini, grated part-skim mozzarella and dried rosemary. Bake 7 minutes more, until cheese is melted.

Meanwhile, mix halved grapes with sliced almonds. Serve flatbread warm or at room temp with grape salad.

Calories per serving: 400

Balsamic Chicken Salad Pita

Ingredients

- 1 cup pre-cooked and diced chicken
- 2 Tablespoons balsamic vinegar
- ¼ cup chopped scallions
- 1 large celery stalk, chopped
- 1 whole-wheat pita
- 1 cup bagged mixed salad greens

Preparation

Mix together chicken, vinegar, scallions and celery. Fill pita with chicken mixture and salad greens.

Calories per serving: 400

Garbanzo Tzatziki Pita

Ingredients

- ½ cup garbanzo beans
- 2 Tablespoons reduced fat sour cream
- Shredded cucumber
- Chopped dill
- Whole wheat pita
- Shredded carrots

Preparation

Mix garbanzo beans with sour cream, shredded cucumber, and dill. Stuff into pita with carrots.

Calories per serving: 400

White Bean & Olive Pita

Ingredients

- ¼ cup canned white beans
- 2 Tablespoons sliced black olives
- 2 teaspoon pine nuts
- Olive oil
- Whole wheat pita
- Fresh spinach

Preparation

Mix white beans, olives, pine nuts and olive oil. Stuff pita with bean mixture and fresh spinach.

Calories per serving: 400

Marinated Garden Lentil Pita

Ingredients

- ¾ cup canned lentils, rinsed and drained
- ½ cup chopped cucumber
- ½ cup shredded carrots
- ½ red bell pepper, chopped
- 2 Tablespoon Universal Lemon-Flax Vinaigrette or low-fat Italian dressing
- 1 whole grain pita pocket, cut in half

Preparation

Mix lentils, cucumber, carrots, and bell pepper with vinaigrette. Stuff mixture into pita halves.

Calories per serving: 410

Greek Chopped Pita Salad

Ingredients

- 3 cups romaine lettuce, shredded
- ½ oz feta cheese, crumbled
- ½ cup canned garbanzo beans, rinsed and drained
- ½ cucumber, chopped
- 2 Tablespoon chopped fresh dill
- 1 whole grain pita pocket, toasted and cut into bite size pieces
- 2 Tablespoon Universal Lemon-Flax Vinaigrette or low-fat Italian dressing

Preparation

Toss all ingredients.

Calories per serving: 408

Roasted Red Pepper & Hummus Pita

Ingredients

- 1 whole grain pita pocket, split in half
- ½ cup jarred (in water) roasted red peppers, drained
- 4 Tablespoon hummus
- 1 cup low-sodium lentil soup, heated

Preparation

Stuff pita with red peppers and hummus. Serve with hot soup.

Calories per serving: 393

Artichoke & White-Bean Hummus Pita

Ingredients

- ¼ cup chopped onion
- 1 teaspoon Italian seasoning
- 1/8 teaspoon crushed red pepper flakes
- 1 teaspoon olive oil
- ½ cup canned Great Northern beans, drained and rinsed
- ½ cup canned artichoke hearts, drained
- ½ lemon, juiced
- ½ cup cucumber, sliced
- 1 whole grain pita pocket, cut in half

Preparation

Sauté onion, Italian seasoning, and red pepper flakes in olive oil for about 5 minutes.

In a large bowl, using a hand blender, puree cooked onion, beans, artichoke hearts, and lemon juice until smooth.

Stuff mixture and cucumbers into pita halves.

Calories per serving: 387

Mexican Style - Burritos, Tacos, Nachos

Black Bean Collard Burrito

Ingredients

- 2 large collard green leaves
- 1/2 cup canned vegetarian refried beans, warmed
- 1/2 cup cooked brown rice, warmed
- 4 Tablespoons salsa
- 1/2 avocado, sliced

Preparation

Wash collard green leaves well, trim off thick stem (will look like tortilla). With a fork mash the center vein to make it more pliable. Put warm beans, warm rice, salsa and avocado in collard greens and roll like a burrito.

Calories per serving: 410

Micro-Bean Burrito

Ingredients

- ¾ cup canned low-fat or vegetarian refried beans
- 2 small whole grain tortillas
- 1 slice cheddar cheese, cut in half
- ¼ cup salsa
- ¾ cup romaine lettuce

Preparation

Place beans in microwave safe bowl and heat in microwave. Spread beans on tortillas, and top with cheese and lettuce.

Calories per serving: 419

No Cheese Lunch Nachos

Ingredients

- 20 whole grain tortilla chips
- ¾ cup canned low-fat or vegetarian refried beans
- ¼ cup salsa
- 2 Tablespoon low-fat sour cream
- 2 Tablespoon sliced black olives

Preparation

Top chips with all ingredients.

Calories per serving: 400

Pesto Quinoa Burrito

Ingredients

- 1 Tablespoon prepared pesto
- ½ cup canned white beans
- ½ cup halved cherry tomatoes
- ½ cup baby spinach
- 2 Tablespoons almond slivers
- ½ cup cooked quinoa

Preparation

Combine prepared pesto, white beans, halved cherry tomatoes, baby spinach, and almond slivers. Serve with cooked quinoa.

Calories per serving: 400

Spicy Bean & Greens Burrito

Ingredients

- ¾ cup low-fat or vegetarian refried beans
- 3 Tablespoon canned diced green chilies
- 2 small whole grain tortillas
- 1 ½ cups baby spinach
- 1 oz slice cheddar cheese, cut in half

Preparation

In a bowl, stir beans with green chilies, and heat in microwave for 60 to 90 seconds. Spread hot beans on tortillas, and top with spinach and cheese.

Calories per serving: 410

Pinto Bean Lunch Tacos

Ingredients

- ¾ cup canned pinto beans, drained and rinsed
- ¼ cup salsa
- 2 Tablespoon low-fat sour cream
- 1 cup romaine lettuce, shredded
- 2 small whole grain tortillas

Preparation

Toss pinto beans, salsa, and sour cream together. Put bean mixture and lettuce in tortillas and wrap.

Calories per serving: 395

Salads

Chickpea & Feta Quinoa Salad

Ingredients

- 1/4 cup dry quinoa
- 1/2 cup water
- 1 Tablespoon olive oil
- 2 teaspoons red wine vinegar
- 1/2 teaspoon dried oregano
- 1/4 cup canned chickpeas, rinsed & drained
- 1/2 cup cherry tomatoes, halved
- 1/2 cup chopped cucumber
- 2 Tablespoons crumbled feta cheese

Preparation

Make quinoa with water according to package directions. Whisk together oil, vinegar and oregano. Toss vinaigrette with cooked quinoa, chickpeas, tomatoes, cucumber and feta. Serve chilled.

Calories per serving: 400

Thai Shrimp Salad

Ingredients

- 1 lime, juiced
- 2 teaspoons sesame oil
- 1 teaspoon honey
- 1 teaspoon low-sodium soy sauce
- 2 cups chopped romaine
- 1/2 cup chopped red bell pepper
- 1/2 cup shredded carrot
- 2 Tablespoons chopped fresh mint
- 2 Tablespoons chopped fresh cilantro
- 2 ounces (10 large) frozen pre-cooked shelled shrimp, thawed
- 2 Tablespoons chopped peanuts
- 1 orange

Preparation

Whisk lime juice, sesame oil, honey and soy sauce. Toss dressing with romaine, bell pepper, carrot, mint, cilantro and shrimp. Top with chopped peanuts. Serve with orange.

Calories per serving: 420

Apple Pecan Chicken Salad

Ingredients

- 2 Tablespoons 100% orange juice
- 2 teaspoons olive oil
- 1 teaspoon Dijon mustard
- Sea salt & black pepper, to taste
- 3 ounces cooked skinless chicken breast, diced
- 2 cups chopped romaine lettuce
- 1 cup fresh baby spinach
- 1/2 cup chopped apple
- 1/4 cup chopped celery
- 2 Tablespoons chopped raw pecans

Preparation

Whisk orange juice, olive oil, mustard, salt and pepper. Toss dressing with remaining ingredients.

Calories per serving: 395

Gorgonzola, Fig & Spinach Salad with Chicken

Ingredients

- 3 cups baby spinach
- 3 ounces cooked skinless chicken breast, chopped
- 1 ounce crumbled gorgonzola cheese
- 3 dried figs, chopped
- 2 teaspoons olive oil
- 2 teaspoons red wine vinegar
- Sea salt & black pepper, to taste

Preparation

Toss all ingredients and serve.

Calories per serving: 420

Artichoke & Tomato Panzella Salad

Ingredients

- 3 canned artichoke hearts, drained and chopped
- ½ cup halved cherry tomatoes
- ¾ cup canned cannelloni beans, rinsed and drained
- 1 slice whole-grain bread, toasted and cut into bite sized pieces
- 2 Tablespoon Universal Lemon-Flax Vinaigrette or low-fat Italian dressing
- 3 cups spring salad mix

Preparation

Mix all ingredients together and put on top of salad.

Calories per serving: 404

Red Grape, Edamame, and Walnut Salad

Ingredients

- ½ cup red grapes, halved
- ¼ cup chopped walnuts
- 1/3 cup frozen edamame, thawed
- 2 Tablespoon Universal Lemon-Flax Vinaigrette or low-fat Italian dressing
- 3 cups green spring salad mix

Preparation

Mix all ingredients.

Calories per serving: 410

Spinach Salad With Avocado & Sunflower Seeds

Ingredients

- 1/2 lemon, juiced
- 2 teaspoons olive oil
- Sea salt & pepper, to taste
- 4 cups baby spinach
- 1/2 avocado, chopped
- 2 Tablespoons sunflower seeds

Preparation

Wisk lemon juice, olive oil and salt & pepper. Toss with other ingredients.

Calories per serving: 400

Quinoa Tabouli Salad

Ingredients

- 1/2 cup water
- 1/4 cup dry quinoa
- 1 cup chopped fresh flat leaf/Italian parsley
- 1 cup chopped tomato
- 1 cup chopped cucumber
- 2 Tablespoons pine nuts
- 1/2 lemon, juiced
- 1 teaspoon olive oil
- Sea salt & pepper, to taste

Preparation

Bring water to boil, add quinoa and simmer covered for 12 minutes. Toss with other ingredients.

Calories per serving: 400

BLT Salad

Ingredients

- 5 slices turkey bacon
- 3 cups chopped romaine lettuce
- 1 small tomato, chopped
- 1 Tablespoon sliced almonds
- 2 Tablespoon light honey mustard dressing
- 5 whole grain crackers
- 1 orange

Preparation

Microwave bacon, cut into pieces and toss with lettuce, tomato, almonds and dressing. Serve with crackers and an orange.

Calories per serving: 400

BBQ Ranch Chicken Salad

Ingredients

- 2 Tablespoon low-fat ranch dressing
- 1 Tablespoon BBQ sauce
- 3 oz grilled chicken breast, sliced (use precooked or rotisserie to save time)
- 3 cups chopped romaine lettuce
- 1/2 cup chopped tomato
- 1/2 cup frozen corn, thawed
- 1/4 cup canned black beans, rinsed and drained

Preparation

Toss all ingredients and serve.

Calories per serving: 400

Asian Tofu & Broccoli Salad

Ingredients

- 1 tablespoon low sodium soy sauce
- 1 teaspoon honey
- 1" piece fresh ginger, grated
- 3 ounces (1/4 package) extra-firm tofu, pressed to remove excess water and cut into 1" cubes
- 1 cup chopped broccoli florets
- 3/4 cup cooked brown rice (use precooked rice to save time- pouch or frozen)
- 2 tablespoons chopped peanuts

Preparation

Whisk soy sauce, honey and ginger. Toss with remaining ingredients.

Calories per serving: 400

Spinach Salad with Pumpkin Seeds & Avocado

Ingredients

- 4 cups baby spinach
- 2 Tablespoon hulled green pumpkin seeds
- ¼ avocado, diced
- 3 dried apricots, chopped
- 2 Tablespoon Universal Lemon-Flax Vinaigrette or low-fat Italian Dressing

Preparation

Toss all ingredients and serve.

Calories per serving: 387

Greek Lentil Salad

Ingredients

- 1 Cup French green lentils, rinsed and drained
- ¼ small onion
- 2 bay leaves
- 1 large shallot, finely chopped
- 2 Tablespoons lemon juice
- 1 small cucumber, diced
- 2 medium tomatoes, diced
- ¼ cup chopped fresh mint
- 1 whole grain pita, cut in to triangles

Preparation

Combine all ingredients and serve with pita.

Calories per serving: 400

Spinach Salad with Chicken, Strawberries, Walnuts & Goat Cheese

Ingredients

- 3 cups baby spinach
- 2 ounces chopped grilled chicken
- ½ cup sliced strawberries
- ½ ounce crumbled goat cheese
- 2 Tablespoons chopped walnuts
- 2 teaspoons olive oil
- 1 Tablespoon balsamic vinegar

Preparation

Combine baby spinach, chopped grilled chicken, sliced strawberries, crumbled goat cheese, chopped walnuts, olive oil, and balsamic vinegar. Toss all ingredients and add salt and black pepper to taste.

Calories per serving: 400

Tuna, Red Grapes & Walnuts on Greens

Ingredients

- 2 cups spring greens
- 3 oz. chunk light tuna
- 3 Tablespoons chopped walnuts
- ¾ cup red grapes, cut in half
- 2 Tablespoons low-fat vinaigrette dressing

Preparation

Top greens with tuna, walnuts and grapes. Drizzle with vinaigrette.

Calories per serving: 400

Fig & Feta Salad

Ingredients

- 2 cups mixed greens
- Dried figs
- ½ oz. crumbled feta cheese
- Olive oil
- Balsamic vinegar
- ½ cup canned lentils

Preparation

Toss mixed greens, dried figs, and feta with olive oil and balsamic vinegar. Top with lentils

Calories per serving: 400

Greek Salad

Ingredients

- 2 Tablespoons red wine vinegar
- 2 Tablespoons fresh lemon juice
- 5 chopped pitted kalamata olives
- 1 teaspoon capers, drained and chopped
- 1 teaspoon chopped fresh oregano
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt
- 1 teaspoon extra virgin olive oil
- 4 cups torn romaine lettuce
- 1 ¾ cups green bell pepper, cut into ¼ in. strips
- 1 medium cucumber, peeled, halved lengthwise, and thinly sliced
- 1 cup thinly sliced red onion
- 2 plum tomatoes, halved lengthwise and thinly sliced
- 1 can chickpeas, drained and rinsed
- 2 oz. crumbled feta cheese
- 4 hard-cooked eggs, quartered
- 8 slices French bread baguette, toasted

Preparation

Combine first 7 ingredients in a small bowl; add olive oil, whisking until combined. Set dressing aside.

Place lettuce and the next 6 ingredients in a large bowl. Drizzle the salad with dressing and toss.

Top with cheese and 4 egg wedges. Serve with toasted baguette slices.

(Makes 8 servings)

Calories per serving: 400

Grilled Chicken Artichoke Salad

Ingredients

- 3 oz. chicken breast tenders
- 1 Tablespoon Olive oil
- 3 cups salad greens
- Canned artichokes
- Grated Parmesan cheese

Preparation

Brush chicken with olive oil and grill in a grill pan. Top salad greens with chicken, canned artichoke hearts, and grated Parmesan cheese. Drizzle with olive oil.

Calories per serving: 400

Spinach Salad with Strawberries

Ingredients

- 2 cups baby spinach
- 1 cup shredded romaine lettuce
- ½ cup sliced strawberries
- 2 Tablespoons sunflower seeds
- ½ cup broccoli florets
- 1 chopped hard boiled egg
- ¼ cup kidney beans
- 8 croutons
- 2 Tablespoons vinaigrette

Preparation

Combine all salad ingredients and drizzle with dressing.

Calories per serving: 400

Chicken Cobb Salad

Ingredients

- 2 cups salad greens
- ½ cup shredded carrots
- ¼ chopped, peeled avocado
- 1 sliced hard-cooked egg
- 2 oz. baked or skinless rotisserie chicken
- 2 Tablespoons balsamic vinaigrette

Preparation

Combine all ingredients. Toss and serve.

Calories per serving: 400

Sunflower Seed Salad

Ingredients

- 1 Tablespoon sunflower seed butter
- 1 Tablespoon warm water
- 2 Tablespoon white balsamic vinegar
- Dash of crushed red pepper flakes
- ¾ cup canned garbanzo beans, rinsed and drained
- ½ apple, diced
- 3 green onions, diced
- ½ red bell pepper, diced
- 3 cups green spring salad mix

Preparation

Mix sunflower seed butter, water, vinegar, and crushed red pepper. Mix with remaining ingredients.

Calories per serving: 410

Arugula Salad with Fig & Goat Cheese

Ingredients

- 3 cups Arugula
- 3 dried figs, chopped
- 1 oz goat cheese, crumbled
- 2 Tablespoon balsamic vinegar
- ½ cup canned Great Northern beans, rinsed and drained
- 2 Tablespoon chopped walnuts

Preparation

Toss all ingredients and serve.

Calories per serving: 404

Apple, Fennel & Pistachio Salad

Ingredients

- 1 apple, chopped
- ½ fennel bulb, thinly sliced
- ¼ cup chopped pistachios
- 3 cups green spring salad mix
- 2 Tablespoon Universal Lemon-Flax Vinaigrette or low-fat Italian dressing

Preparation

Toss all ingredients and serve.

Calories per serving: 395

Beet & Goat Cheese Salad

Ingredients

- 2 Tablespoon balsamic vinegar
- 2 teaspoon olive oil or walnut oil
- 3 cups green spring salad mix
- $\frac{3}{4}$ cup canned no-salt added sliced beets, drained and quartered
- 1 oz goat cheese, crumbled
- 3 Tablespoon chopped walnuts

Preparation

Toss together vinegar, oil, and greens. Top with beets, goat cheese, and walnuts.

Calories per serving: 396

Vegetarian Chicken Ranch Salad

Ingredients

- 1 teaspoon ranch seasoning
- 2 Tablespoon Universal Lemon-Flax vinaigrette or low-fat Italian dressing
- 1 vegetarian “chicken” patty, chopped
- ½ cup cherry tomatoes, halved
- ¼ cup chopped green bell pepper
- ¼ cup canned no-salt added corn, drained
- 3 cups green spring salad
- 1 nectarine

Preparation

Whisk ranch seasoning into vinaigrette. Toss all ingredients together.

Serve with nectarine on the side

Calories per serving: 396

Sandwiches / Wraps

Turkey Sandwich with Herbed Mayo

Ingredients

- 1 Tablespoon olive-oil mayonnaise or vegetarian mayonnaise
- 1 Tablespoon finely chopped fresh chives
- 1 Tablespoon finely chopped fresh basil
- Black pepper, to taste
- 2 slices sprouted whole grain bread, toasted (such as Ezekiel [™])
- 3 ounces nitrite-free, low-sodium turkey deli meat or sliced turkey breast meat
- 1/4 cup fresh baby spinach
- 1 pear

Preparation

Mix mayonnaise, chives, basil and pepper. Make sandwich with toast, mayo mixture, turkey and spinach. Serve with pear.

Calories per serving: 400

Pear & Brie Sandwich with Apricot Jam

Ingredients

- 1 Tablespoon 100% fruit apricot jam
- 2 slices sprouted whole grain bread (such as Ezekiel [™])
- 1 pear, sliced
- 1 ounce brie, sliced
- 1/4 cup arugula

Preparation

Spread jam on bread and make sandwich with half of the pear slices, brie and arugula.
Serve other half of the pear slices on the side.

Calories per serving: 400

BBQ Chicken Sandwich with Garden Salad

Ingredients

- 3 ounce cooked skinless chicken breast
- 2 Tablespoons BBQ sauce (choose brand with tomatoes as first ingredient and without high fructose corn syrup)
- 1 whole grain hamburger bun, toasted
- 2 cups spring salad greens
- 2 teaspoons olive oil
- 2 teaspoons balsamic vinegar
- Sea salt & black pepper, to taste

Preparation

Brush cooked chicken with BBQ sauce and warm in microwave for 2 minutes.

Toss greens with oil, vinegar, salt and pepper.

Place chicken on toasted bun and serve with salad.

Calories per serving: 405

Avocado & Tomato Sandwich

Ingredients

- 1/2 avocado
- 1/4 cup canned white beans, rinsed and drained
- 1/2 lemon, juiced
- Sea salt & pepper, to taste
- 2 slices whole grain bread (such as Ezekiel™)
- 4 slices tomato
- 1/2 cup arugula

Preparation

Mash avocado, white beans, lemon and salt and pepper. Spread on bread and make sandwich with tomato and arugula.

Calories per serving: 400

California Hummus Sandwich

Ingredients

- 2 slices whole grain bread, toasted
- 2 tablespoons hummus
- 1/2 avocado, sliced
- 6 cucumber slices
- 1/4 cup spinach
- Small apple, sliced

Preparation

Make a sandwich with hummus, avocado, cucumber and spinach. Serve with apple slices.

Calories per serving: 400

Fresh Herb & Lemon Tuna Sandwich

Ingredients

- 1 pouch (3 ounces) tuna
- 1/2 lemon, juiced
- 2 teaspoons light mayonnaise
- 2 tablespoons fresh chopped basil
- Salt and pepper, to taste
- 2 slices whole grain bread, toasted
- Spinach leaves
- 1 cup carrots
- 3 tablespoons hummus

Preparation

Mix tuna, lemon, mayo, basil, salt and pepper. Make sandwich with tuna mixture and spinach. Serve with carrots dipped in hummus.

Calories per serving: 400

Turkey Club Sandwich

Ingredients

- 2 slices turkey bacon
- 2 teaspoons mustard
- 2 teaspoons light mayonnaise
- 2 slices whole grain bread, toasted
- 2 ounces sliced turkey deli meat
- 4 Romaine lettuce leaves
- 1 cup sliced cucumber
- 2 tablespoons hummus

Preparation

Microwave bacon. Spread mustard and mayonnaise on toast. Make sandwich with bacon, turkey and lettuce. Serve with cucumber slices dipped in hummus.

Calories per serving: 400

Rosemary Grilled Cheese & Tomato Sandwich with Black Bean Soup

Ingredients

- 2 slices whole-grain bread
- 1 slice part skim mozzarella
- 2 thick slices tomato
- ½ teaspoon dried rosemary
- Cooking spray
- 1 cup low-sodium black bean soup

Preparation

Make sandwich with bread, cheese, tomato, and sprinkle of rosemary. Spray outside of sandwich with cooking spray, then grill. Serve with warmed soup.

Calories per serving: 400

Thai Shrimp Po' Boy

Ingredients

- 2 oz cooked shrimp
- 2 teaspoon prepared Thai chili garlic sauce
- Whole grain hero roll
- 3 Tablespoons (sliced or chopped) Avocado
- ¼ cup sliced cucumber
- ¼ cup shredded carrots
- 2 Tablespoons chopped cilantro
- 1 Tablespoon fresh lime juice

Preparation

Coat shrimp, tails removed and sliced lengthwise, with Thai chili-garlic sauce.

Slice a whole-grain hero role lengthwise and fill with shrimp, sliced or chopped avocado, cucumber and shredded carrots. Top with chopped cilantro and fresh lime juice

Calories per serving: 400

Turkey, Pear & Swiss Cheese Sandwich

Ingredients

- 1 teaspoon Dijon mustard
- 2 slices whole grain bread
- 5 thin slices turkey
- 1 medium pear, sliced
- 1 slice low-fat Swiss cheese

Preparation

Spread mustard on bread. Top with turkey, fresh pear slices and cheese.

Calories per serving: 400

Grilled Cheese with Turkey & Tomato

Ingredients

- 2 slices whole-grain bread
- 1 slice cheddar cheese
- 2 oz. sliced turkey
- 1 slice tomato
- Cooking spray
- ½ cup pea pods
- 2 Tablespoons low-fat ranch dressing

Preparation

Make sandwich with bread, cheese, turkey, and tomato. Coat a skillet with cooking spray and toast sandwich for about 3 minutes on each side, until bread is golden brown and cheese is melted. Serve with pea pods and ranch dressing.

Calories per serving: 400

Meatball Sandwich

Ingredients

- 4 meatballs
- 1 whole grain hot dog bun
- 2 Tablespoons spaghetti sauce
- ½ cup sliced green pepper
- 2 Tablespoons grated parmesan cheese
- 1 medium orange

Preparation

Warm meatballs in microwave. Place on bun with sauce and peppers and sprinkle with cheese. Warm sandwich in microwave for 20 to 30 seconds.

Serve with orange on the side.

Calories per serving: 400

Balsamic Tuna Salad Sandwich

Ingredients

- 3 oz drained water-packed tuna
- 2 Tablespoons balsamic vinaigrette
- ¼ cup celery, chopped
- 2 slice whole grain bread
- 2 leaves romaine lettuce
- 1 small orange

Preparation

Mix tuna, balsamic vinaigrette, and celery. Spread tuna mixture on whole grain bread and top with romaine leaves and other slice of bread.

Serve with 1 small orange.

Calories per serving: 400

Hummus Veggie Sandwich with Grapes

Ingredients

- 4 Tablespoons hummus
- 2 slices whole grain bread, toasted
- ¼ avocado, mashed
- 2 pieces romaine lettuce
- 2 thick slices of tomato
- 1 Tablespoon balsamic vinaigrette
- ½ cup grapes

Preparation

Spread hummus on one slice of toast and avocado on the other. Top sandwich with remaining ingredients and serve with grapes

Calories per serving: 410

Pear & Swiss Cheese Sandwich

Ingredients

- 2 slices whole grain bread, toasted
- 1 small pear, thinly sliced
- 1 slice Swiss cheese
- 2 teaspoon mustard
- 1 cup green spring salad mix
- 2 Tablespoon Universal Lemon-Flax Vinaigrette or low-fat Italian dressing

Preparation

Make a sandwich of toasted bread, pear, cheese, and mustard. Serve with salad tossed in vinaigrette.

Calories per serving: 395

Bay Avocado Sandwich

Ingredients

- 1 teaspoon Old Bay seasoning
- 1 lime, juiced
- 1 teaspoon olive oil
- ¼ avocado, diced
- ½ cup canned garbanzo beans, rinsed, drained, and chopped
- ¼ cup finely chopped red bell pepper
- 1 celery stalk, finely chopped
- 1 green onion, finely chopped
- 1 small whole grain roll, removing center of bread to leave more room for filling

Preparation

Whisk Old Bay seasoning with lime juice and oil. Toss together with remaining ingredients, and spoon into roll.

Calories per serving: 415

Egg Salad Sandwich

Ingredients

- 1 Whole hard-boiled egg + 2 hard boiled egg whites, chopped
- 1 Tablespoon light canola mayonnaise
- 2 teaspoon prepared mustard
- 1 stalk celery, chopped fine
- ¼ cup finely chopped cucumber
- Dash of black pepper
- 2 slices whole grain bread
- 1 apple

Preparation

Mix first six ingredients together, and serve on bread with apple on the side.

Calories per serving: 382

Chicken, Grape & Walnut Wrap

Ingredients

- 3 ounces cooked skinless chicken breast, diced
- 1/4 cup plain 2% Greek yogurt
- 1/4 cup grapes, halved
- 2 Tablespoons chopped walnuts
- Sea salt & black pepper, to taste
- 1 whole grain tortilla (about 140 calories)
- 1/2 cup fresh baby spinach

Preparation

Combine chicken, yogurt, grapes, walnuts, salt and pepper. Wrap chicken mixture in tortilla with spinach.

Calories per serving: 400

Cobb Salad Wrap

Ingredients

- 3 cups chopped Romaine lettuce
- 2 ounces cooked skinless chicken breast, chopped
- 1 hard-boiled egg, chopped
- 1 Tablespoon crumbled blue cheese
- 1 piece nitrite-free turkey bacon, cooked & crumbled
- 1 whole grain tortilla (about 140 calories)

Preparation

Toss lettuce, chicken, egg, cheese and bacon until well combined. Wrap in tortilla.

Calories per serving: 400

Avocado & Black Bean Wraps

Ingredients

- ¾ cup canned black beans, rinsed, drained, and smashed with a fork
- ¼ avocado, chopped
- ¼ cup salsa
- ½ teaspoon cumin
- 1 lime, juiced
- 2 small whole grain tortillas

Preparation

Mix all ingredients and wrap in tortilla

Calories per serving: 409

Indian Lentil Wraps

Ingredients

- ¾ cup canned lentils, rinsed and drained
- ½ teaspoon curry powder
- 2 Tablespoon raisins
- ¾ cup shredded carrots
- 2 small whole grain tortillas

Preparation

Mix ingredients and heat for 60 seconds in microwave. Wrap mixture in tortillas and heat for an additional 10-15 seconds.

Calories per serving: 403

Chicken Caesar Wrap

Ingredients

- 1 tablespoon light Caesar dressing
- 1 cup chopped romaine lettuce
- 1/2 cup shredded carrots
- 3 oz grilled chicken breast, sliced (use precooked or rotisserie to save time)
- 2 whole grain tortillas
- 1/2 cup grapes

Preparation

Toss dressing, lettuce, carrots and chicken. Fill tortillas with chicken mixture. Serve with grapes.

Calories per serving: 400

Turkey & Cheddar Wraps

Ingredients

- 2 teaspoons mustard
- 2 whole grain tortillas
- 4 oz sliced turkey deli meat
- 1/4 cup 2% fat shredded cheddar cheese
- 1 cup spinach

Preparation

Spread mustard on tortillas and fill with turkey, cheese and spinach.

Calories per serving: 400

Cucumber-Hummus Wrap

Ingredients

- 2 small whole-grain tortillas
- 4 Tablespoon hummus
- 1 cup sliced cucumber
- ½ oz feta cheese, crumbled
- ½ teaspoon smoky paprika
- 1 small pear

Preparation

Fill tortillas with ingredients and serve with pear on the side.

Calories per serving: 381

Dressed- Up Turkey Wrap

Ingredients

- 2 oz. roasted turkey
- ½ oz. brie
- ½ apple, thinly sliced
- ½ cup arugula
- 8 inch whole-grain tortilla
- 1 teaspoon peanut butter

Preparation

Put turkey, brie, and arugula on an 8-inch whole grain tortilla. Roll up. Serve with apple, sliced and topped with peanut butter.

Calories per serving: 400

Garden Tuna Wrap

Ingredients

- 4 oz. Light tuna packed in water, drained
- 2 Tablespoons low-fat Italian dressing
- 1 cup shredded carrots
- 1 cup sliced cucumber
- 2 whole-grain tortillas

Preparation

Mix dressing with tuna. Wrap veggies in tortilla.

Calories per serving: 400

Caesar Turkey Wrap

Ingredients

- 1 large (10 inch) whole grain tortilla
- 2.5 oz. sliced turkey breast
- ½ cup shredded romaine lettuce
- 1 Tablespoon Caesar salad dressing
- 1 small apple

Preparation

Fill tortilla with turkey, lettuce and dressing. Serve with apple

Calories per serving: 400

Tuscan Tuna Wrap

Ingredients

- 3 oz light tuna, drained
- 2 Tablespoons fresh parsley, chopped
- ½ lemon, juiced
- 1 Tablespoon olive oil
- ½ cup diced tomatoes
- Dash of salt and pepper
- 2 whole grain tortillas
- ½ cup baby spinach

Preparation

Combine tuna with parsley, lemon, oil, tomatoes, salt and pepper. Wrap in tortillas and top with spinach.

Calories per serving: 400

Turkey, Mozzarella & Basil Wrap

Ingredients

- 3 oz sliced fat-free turkey
- 1 oz slice part-skim mozzarella cheese
- ¼ cup chopped fresh basil
- 2 6 inch whole grain tortillas
- 1 medium peach

Preparation

Divide turkey, mozzarella and basil between 2 tortillas. Roll up each tortilla and serve with medium peach.

Calories per serving: 400

Three-Bean Wrap with Maple Chili Sauce

Ingredients

- 2 Tablespoon ketchup
- 1 teaspoon maple syrup
- 1 teaspoon chili powder
- 1 clove garlic, minced
- ¾ cup canned beans, rinsed and drained
- 1 small green bell pepper, finely chopped
- 2 small whole grain tortillas

Preparation

Mix first 6 ingredients together and heat in microwave for about 60 seconds. Wrap in tortillas. Heat in microwave for an additional 10-15 seconds.

Calories per serving: 387

Spicy Peanut & Edamame Wrap

Ingredients

- 1 Tablespoon peanut butter
- 1 teaspoon sesame oil
- 2 Tablespoon rice vinegar
- Dash of crushed red pepper flakes
- ½ cup shelled frozen edamame, thawed
- ½ cup shredded carrots
- 2 small whole grain tortillas

Preparation

Whisk together peanut butter, oil, vinegar, and red pepper. Toss with edamame and carrots, and wrap mixture in tortillas. Heat in microwave for 30-45 seconds.

Calories per serving: 402

Soups

Spring Pea Soup with Pesto

Ingredients

- 2 teaspoons olive oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 cups (10 ounce bag) frozen peas
- 1 ½ cups water
- Sea salt & pepper, to taste
- 1 Tablespoon prepared pesto

Preparation

Sauté oil, onion, garlic and peas for 5 minutes. Add water, salt and pepper, bring to a boil and simmer for 10 minutes.

In blender, puree mixture and top with pesto.

Calories per serving: 400

Fast Asian-Style Noodle Soup

Ingredients

- 3 cups low-sodium vegetable broth
- 2 oz dry whole-grain Fettuccine
- 1 cup broccoli slaw
- 2 oz cubed extra-firm tofu
- 1 teaspoon low-sodium soy sauce
- 2 Tablespoons chopped green onion
- 2 Tablespoons chopped cilantro
- 2 Tablespoons dark sesame oil

Preparation

Bring vegetable broth and dry whole-grain fettuccine to a boil; boil 6 minutes.

Add broccoli slaw and cubed extra-firm tofu; simmer 5 minutes.

Top with soy sauce, chopped green onion, chopped cilantro, and dark sesame oil.

Calories per serving: 400

White-Bean Gazpacho with Whole-Grain Roll

Ingredients

- ½ cup canned white beans, rinsed and drained
- 1 medium tomato, finely chopped
- 1 cup finely chopped cucumber
- 1 garlic clove, minced
- 2 Tablespoons red-wine vinegar
- 1 cup low-sodium tomato juice
- Dash of salt and pepper
- 1 medium whole-grain roll

Preparation

Mix beans, tomato, cucumber, garlic, vinegar, tomato juice, and salt and pepper. Serve with roll.

Calories per serving: 400

Chili and Chips

Ingredients

- 1 can turkey or vegetarian chili
- 1 ½ cup frozen broccoli
- 3 Tablespoons shredded cheddar cheese
- ½ cup crushed corn chips

Preparation

Mix together chili and broccoli and microwave about 5 minutes, until broccoli is tender. Top chili mixture with shredded cheese and crushed chips.

Calories per serving: 400

Harvest Soup & Whole-Grain Roll

Ingredients

- 1½ cups canned reduced sodium butternut squash or lentil soup.
- 1 Tablespoon Balsamic vinegar
- 1 teaspoon olive oil
- 1 whole grain roll

Preparation

Heat butternut squash or lentil soup. Combine balsamic vinegar and olive oil. Dip whole grain roll in vinaigrette; serve with soup

Calories per serving: 400

DINNER RECIPES

There are over 115 delicious recipes to enjoy for dinner. Each recipe contains an average of 400-500 calories and provides a balance of nutrients.

The recipes in the Dinner section are divided into the following general categories:

- Beef, *see page 241*
- Chicken / Pork, *see page 246*
- Fish, *see page 261*
- Mexican Style, *see page 279*
- Pasta / Rice / Beans / Tofu, *see page 289*
- Pizza, *see page 329*
- Salads, *see page 335*
- Sandwiches / Wraps, *see page 343*
- Soups, *see page 235*
- Veggies, *see page 355*

Beef

Sirloin Burger with Sesame Green Beans

Ingredients

- 3 ounces ground sirloin
- 1 teaspoon olive oil
- Salt and pepper, to taste
- 2 cups green beans, fresh or frozen
- 1/2 teaspoon dark sesame oil
- 1 teaspoon sesame seeds
- 1 whole grain bun, toasted
- Lettuce, tomato and onion slices

Preparation

Form sirloin into patty, drizzle with olive oil, salt and pepper. Grill or broil on baking sheet about 6 minutes per side (until 160 degrees F).

Sauté green beans in sesame oil and sesame seeds for 8 minutes.

Serve burger on bun with lettuce, tomato, onion and green beans on the side.

Calories per serving: 400

Adobo Steak with Cilantro Rice & Grilled Zucchini

Ingredients

- 3 ounce uncooked lean steak
- Cooking spray
- 2 teaspoons dried adobo seasoning
- 1 zucchini, cut on bias into slices
- Sea salt and black pepper, to taste
- 3/4 cup cooked brown rice
- 4 Tablespoons chopped fresh cilantro
- 1 Tablespoon fresh lime juice

Preparation

Heat outdoor grill or use grill pan on stovetop. Mist steak with cooking spray, press adobo seasoning into each side and cook until internal temperature of 145 degrees F.

Mist zucchini with cooking spray and grill slices for 2-3 minutes on each side, until crisp-tender. Season with salt and pepper.

Toss rice with cilantro and lime juice.

Calories per serving: 380

Swiss Cheese Sirloin Burger with Fifteen- Minute Pickles

Ingredients

- 2 cups thinly sliced cucumber
- 6 Tablespoons seasoned rice vinegar
- 1/8 teaspoon dried dill
- 3 ounces ground sirloin
- 1/8 teaspoon sea salt
- 1/8 teaspoon black pepper
- 1 whole grain hamburger bun, toasted
- 1 slice Swiss cheese

Preparation

Preheat grill or use grill pan on stovetop. Toss cucumber slices with seasoned vinegar and dill. Let sit covered in fridge for at least 15 minutes, tossing occasionally.

Form sirloin into a patty, season with salt and pepper and grill about 4 minutes on each side, until internal temperature of 160 degrees F.

Place burger on bun with cheese and serve with drained cucumbers.

Calories per serving: 410

Blue Burger with Zucchini Parmesan Wedges

Ingredients

- 4 oz. lean ground beef
- 2 tbs. blue cheese
- 1 toasted whole grain sandwich thin
- 2 romaine lettuce leaves
- 1 zucchini, cut into 4 wedges
- 4 Tablespoons parmesan cheese

Preparation

Mix ground beef and blue cheese together. Form into a patty. Cook on a grill or grill pan 4 minutes on each side, or until internal temp reaches 160 degrees F. Serve on sandwich thin with romaine lettuce.

Preheat broiler. Cut zucchini into wedges. Sprinkle Parmesan on wedges and broil on baking sheet 8 minutes, until cheese is melted and zucchini is tender-crisp.

Calories per serving: 500

Caribbean Steak and Vegetables with Coconut Rice

Ingredients

- 3 tbs. pineapple juice
- 2 tbs. fresh lime juice
- 1 garlic clove, minced
- 1 teaspoon. grated fresh ginger
- 2 teaspoon. honey
- ¼ teaspoon. crushed red pepper flakes
- Pinch of salt
- 3 ½ oz. sirloin steak, cut in to strips
- 2 cups sliced bell peppers (any color)
- ½ cup light coconut milk
- ¼ cup quick-cooking brown rice

Preparation

Whisk together pineapple juice, lime juice, garlic, ginger, honey, red pepper flakes, and salt. Pour mixture into a 12-inch skillet over medium heat. Add sirloin steak and sauté 5 minutes. Add bell peppers and sauté 8 minutes or until internal temp of steak reaches 145 degrees F.

Meanwhile, bring coconut milk to a boil, add brown rice, cover and turn heat to low. Simmer 8 minutes. Fluff rice with a fork and serve topped with steak and vegetables.

Calories per serving: 500

Chicken / Pork

Chipotle BBQ Chicken, Garlic, Kale, Sweet Potato

Ingredients

- 2 Tablespoons BBQ sauce (choose brand with tomatoes as first ingredient and without high fructose corn syrup)
- 1/4 teaspoon chipotle powder
- 3 ounce uncooked skinless chicken breast
- 1 teaspoon olive oil
- 2 cloves garlic, minced
- 2 cups finely chopped kale
- Sea salt and black pepper, to taste
- 1 sweet potato, baked or microwaved
- 1 teaspoon honey
- 1/4 teaspoon cinnamon

Preparation

Heat outdoor grill or use grill pan on stovetop. Grill chicken breast until internal temperature of 165 degrees F. Mix BBQ sauce with chipotle powder and brush on grilled chicken.

In skillet over medium heat, sauté oil, garlic and kale for 4 minutes until kale is crisp-tender and season with salt and pepper. Top sweet potato with honey and cinnamon.

Calories per serving: 400

Thai Chicken Noodle Bowl

Ingredients

- 2 ounces uncooked whole grain fettuccini
- 1 teaspoon olive oil
- 1 lime, juiced
- 1 clove garlic, minced
- Salt, to taste
- 3 ounces chicken breast, cubed
- 1 1/2 cups broccoli coleslaw (Mann's brand)
- 1 Tablespoon chopped peanuts
- 1 green onion, chopped

Preparation

Cook pasta per package directions. Sauté oil, lime juice, garlic, salt and chicken for 5 minutes. Add coleslaw and cook for another 3-5 minutes.

Toss chicken veggie mixture with cooked pasta and top with peanuts and green onions.

Calories per serving: 400

Baked Chicken, Sweet Potato Fries & Garden Salad

Ingredients

- Cooking spray
- 6 ounce skinless boneless chicken breast
- 1 medium sweet potato, cut into fry-shaped strips
- Salt and pepper, to taste
- 1 1/2 cups spinach
- 1/4 cup chopped tomato
- 1/4 cup chopped cucumber
- 1 Tablespoon part-skim shredded mozzarella cheese
- 2 Tablespoons light honey mustard dressing

Preparation

Preheat oven to 350°F. Mist 2 baking sheets with cooking spray. Place chicken and fries on separate baking sheets, mist with cooking spray and season with salt and pepper. Cook for 40 minutes, turning once (chicken at 165 degrees F).

Serve with a salad of spinach, tomatoes, cucumber, cheese and dressing.

Calories per serving: 400

Santa Fe Chicken with Rice & Beans

Ingredients

- 3 ounces skinless boneless chicken breast
- 1 clove garlic, minced
- 1/4 cup chopped onions
- 1/2 cup chopped green bell peppers
- 1/4 cup salsa
- 1 teaspoon olive oil
- 1/2 cup cooked brown rice (use precooked rice to save time – pouch or frozen)
- 1/2 cup canned black beans, rinsed and drained
- 1/4 teaspoon chili powder
- 1/2 lime, juiced

Preparation

Sauté chicken, garlic, onions, bell peppers and salsa in oil for 15 minutes or until chicken is 165 degrees F.

Mix rice, beans, chili powder and lime juice and microwave for 1-2 minutes.
Serve chicken with rice and beans.

Calories per serving: 400

Chicken with Sautéed Kale & Potato

Ingredients

- 3 ounce chicken breast
- 1 small white potato (with skin)
- 1 teaspoon olive oil
- 2 cloves garlic, minced
- Dash of cayenne, to taste
- 1/2 bunch kale, chopped
- 2 Tablespoons plain low-fat Greek yogurt
- 2 Tablespoons fresh chopped flat leaf/Italian parsley
- Sea salt & pepper, to taste

Preparation

Preheat broiler. Broil chicken about 8 minutes on each side, until internal temperature of 165 degrees F. Sauté oil, garlic, cayenne and kale for 8 minutes.

Microwave potato. Top potato with yogurt and parsley. Add salt and pepper.

Calories per serving: 400

Cashew Chicken Stir Fry

Ingredients

- 1/4 cup 100% pineapple juice
- 1 Tablespoon low-sodium soy sauce
- 3 ounces uncooked skinless chicken breast, cut into cubes
- 1/2 cup sliced red bell pepper
- 1/2 cup shredded carrot
- 1/2 cup fresh peapods
- 1/2 cup broccoli florets
- 1/2 cup cooked brown rice, warmed
- 2 Tablespoons chopped cashews

Preparation

In large skillet, sauté pineapple juice, soy sauce and chicken for about 6 minutes, until internal temperature of 165 degrees F. Add bell pepper, carrots, peapods and broccoli and sauté an additional 6 minutes, until vegetables are crisp-tender.

Serve mixture on warm brown rice and top with cashews.

Calories per serving: 410

Grilled Chicken Salad with Feta Dill Dressing

Ingredients

- 3 ounce uncooked skinless chicken breast
- Cooking spray
- 1/4 cup plain 2% Greek yogurt
- 3 Tablespoons feta cheese
- 1/8 teaspoon dried dill
- Sea salt and black pepper, to taste
- 3 cups chopped Romaine lettuce
- 1/2 cup grape tomatoes, halved
- 1 whole grain pita, toasted and cut into triangles

Preparation

Preheat grill or use grill pan on stovetop. Mist chicken with cooking spray and grill 4 minutes on each side until internal temperature of 165 degrees F. Slice cooked chicken into strips.

Mix yogurt, feta, dill, salt and pepper. Toss yogurt mixture with lettuce and tomatoes.

Top salad with grilled chicken and serve with pita on the side.

Calories per serving: 420

Chili-Spiced Pork with Black Bean & Mango Salsa

Ingredients

- 3 ounce uncooked boneless pork chop
- Cooking spray
- 2 teaspoons chili powder
- 1/4 cup prepared salsa or pico de gallo
- 2 Tablespoons canned black beans, rinsed & drained
- 1/2 mango, finely diced
- 1/4 cup dry quinoa
- 1/2 cup water

Preparation

Mist pork chop with cooking spray and pat chili powder on each side. Cook for 4 minutes per side, until internal temperature of 145 degrees F. Toss salsa, black beans and mango together.

Cook quinoa in water according to package directions.

Serve pork chop on quinoa topped with salsa mixture.

Calories per serving: 420

Pork Chop with Cheddar Potatoes & Broccoli

Ingredients

- 1 small potato, cut into 1 inch cubes
- 1 teaspoon olive oil
- 3 oz. boneless pork chop
- 2 cups broccoli florets
- Dash of salt
- Dash of black pepper
- 1 Tablespoon BBQ sauce
- 3 Tablespoons grated low-fat cheddar cheese

Preparation

Preheat oven to 350 degrees F. Cut potato and coat with olive oil. Mist a baking sheet with nonstick cooking spray and top with pork chop, broccoli, and potato. Add salt and pepper and bake 30 min. or until internal temp of pork reaches 160 degrees F.

Spread BBQ sauce on pork chop, and top potatoes and broccoli with grated cheddar. Return to oven and heat 3 to 5 minutes, until cheese is melted.

Calories per serving: 500

Double Sesame Chicken Stir Fry

Ingredients

- 3 oz. skinless chicken breast
- 2 teaspoon olive oil
- 2 teaspoon reduced-sodium soy sauce
- 2 teaspoon honey
- 1 garlic clove, minced
- 1 teaspoon grated fresh ginger
- 2 cups fresh vegetable stir fry mix
- ½ cup cooked brown rice
- 1 Tablespoon toasted sesame seeds
- 1 teaspoon dark sesame oil

Preparation

Cut chicken into strips. Heat olive oil in a large skillet over medium heat. Add chicken, soy sauce, honey, garlic, and ginger and sauté 6 minutes. Add vegetable stir fry mix and brown rice, sauté 10 minutes.

Top with toasted sesame seeds and dark sesame oil.

Calories per serving: 500

Chicken with Greek Potatoes

Ingredients

- 1 3 oz. chicken breast
- 1 small potato
- 2 cups broccoli spears
- 2 teaspoon olive oil
- Salt and pepper
- 2 Tablespoons crumbled feta cheese
- 1 Tablespoon red wine vinegar

Preparation

Preheat oven to 400 degrees F. Coat a baking sheet and chicken breast with cooking spray. Bake 30 minutes or until done. Chop potato into 1 inch cubes; toss with broccoli, olive oil, and salt & pepper to taste. Roast 30 minutes.

Mix vegetables with feta cheese and red wine vinegar; serve with chicken.

Calories per serving: 400

Grilled Chicken Sausage with Italian Tomato & Cucumber Salad

Ingredients

- 1 Italian-style chicken sausage link
- 1 whole-grain hot dog bun
- 2 tablespoons jarred spaghetti sauce
- $\frac{3}{4}$ cup chopped tomato
- $\frac{3}{4}$ cup chopped cucumber
- 2 Tablespoons light Italian salad dressing
- 2 Tablespoons pine nuts
- 2 Tablespoons chopped fresh basil

Preparation

Grill sausage and put in a bun with spaghetti sauce. Combine tomato, cucumber, dressing, pine nuts and basil.

Calories per serving: 500

Chicken Sausage with Vegetables Pasta

Ingredients

- 2 oz. uncooked whole wheat pasta
- ½ cup spaghetti sauce
- 1 pre-cooked Italian-style chicken sausage, sliced into rounds
- 2 garlic cloves, minced
- ½ cup chopped mushrooms
- ½ cup chopped onions
- ½ cup chopped zucchini
- 2 tbs. grated parmesan cheese

Preparation

Cook pasta according to package directions. Heat spaghetti sauce, sausage, garlic and veggies for about 12 minutes, until veggies are tender.

Top pasta with sauce mixture and sprinkle with cheese.

Calories per serving: 500

Lemon-Basil Chicken with Bulgur

Ingredients

- 3 oz. chicken breast
- Olive oil
- Lemon juice
- Minced garlic
- Basil
- Bulgur
- 1 cup Zucchini

Preparation

Marinate chicken in olive oil, lemon juice, minced garlic, and basil, 15 minutes. Grill chicken. Prepare bulgur; fluff with fork.

Top with grilled chicken and 1 cup zucchini. Drizzle with olive oil

Calories per serving: 500

Cajun Chicken with Dirty Rice

Ingredients

- 1 teaspoon dried Cajun seasoning
- 4 oz. chicken breast
- 2 teaspoon olive oil
- 2 garlic cloves, minced
- 1 cup chopped onion
- 1 green bell pepper, diced
- 2 tbs. tomato paste
- Few dashes of Tabasco sauce
- ¾ cup precooked brown rice

Preparation

Sprinkle Cajun seasoning on chicken and bake or grill. Add oil to skillet; sauté garlic, onion, bell pepper, tomato paste and Tabasco for 2-3 minutes. Add pre-cooked rice and sauté for 5 more minutes. Serve Chicken on rice.

Calories per serving: 500

Fish

Garlic Shrimp & Broccoli Penne

Ingredients

- 3/4 cup (2 ounces) uncooked whole grain penne
- 1 cup chopped broccoli florets
- 2 cloves garlic, minced
- 1/4 teaspoon red pepper flakes
- 1 teaspoon olive oil
- 12 medium precooked frozen shrimp, thawed
- 1 tomato, chopped
- 1 Tablespoon Parmesan cheese

Preparation

Cook pasta according to package directions. Sauté broccoli, garlic, red pepper flakes and oil for 5 minutes. Add shrimp and tomatoes and cook for additional 5 minutes. Toss broccoli mixture and cooked pasta. Top with Parmesan cheese.

Calories per serving: 400

Maple Broiled Salmon with Quinoa Pilaf

Ingredients

- 2 teaspoons maple syrup
- 1 lemon, juiced
- 1 clove garlic, minced
- 3-ounce salmon fillet
- Cooking spray
- 1/4 cup uncooked quinoa
- 1/2 cup water
- 1/2 cup finely chopped red bell pepper
- 1/2 cup shredded carrots
- 2 teaspoons pine nuts
- Salt and pepper, to taste

Preparation

Preheat broiler. Whisk together maple syrup, lemon juice, and garlic. Brush on both sides of salmon, and broil on baking sheet for 10 minutes (until 145 degrees F). Bring water to boil, cover and simmer for 8 minutes.

Mix cooked quinoa with bell pepper, carrots, pine nuts, salt and pepper. Serve with broiled salmon.

Calories per serving: 400

Lemon Herbed Salmon with Baked Potato

Ingredients

- 1 lemon, juiced
- 1 teaspoon olive oil
- 1 clove garlic, minced
- 4-ounce salmon fillet
- 4 Tablespoons chopped fresh basil, split
- 1 small potato
- 2 Tablespoons plain low-fat Greek yogurt
- Salt and pepper, to taste
- 1 cup chopped tomatoes
- 1 Tablespoon balsamic vinegar

Preparation

Preheat broiler. Whisk lemon juice, oil and garlic. Brush on both sides of salmon and broil on baking sheet for 10 minutes (until 145 degrees F). Top cooked salmon with 2 Tablespoons basil.

Microwave potato for 8 minutes, until tender and top with yogurt, salt and pepper.

Toss remaining basil, tomatoes and vinegar and serve on the side.

Calories per serving: 400

Broiled Salmon with Quinoa & Garlic Green Beans

Ingredients

- 4 ounce salmon filet
- 1/4 cup quinoa
- 1/2 cup water
- 2 teaspoons olive oil
- 1 clove garlic, minced
- 2 cups fresh or frozen green beans
- 1/2 lemon, juiced
- 2 Tablespoons fresh chopped flat leaf/Italian parsley
- Sea salt & pepper, to taste

Preparation

Preheat broiler. Broil salmon until opaque or 145 degrees F. Bring water to boil, add quinoa, cover and simmer for 12 minutes. Sauté oil, garlic, and green beans for 5 minutes.

Drizzle everything with lemon juice and parsley. Add salt and pepper.

Calories per serving: 400

Grilled Shrimp with Fajita Rice

Ingredients

- 2 teaspoons olive oil
- 1/2 teaspoon cumin
- 1/4 cup chopped red onion
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped green bell pepper
- 1/4 cup canned black beans, rinsed & drained
- 3/4 cup cooked brown rice
- 2 ounces (10 large) frozen uncooked shelled shrimp, thawed
- 1 Tablespoon fresh lime juice
- 2 Tablespoons chopped green onions

Preparation

Heat outdoor grill or use grill pan on stovetop. In skillet, sauté oil, cumin, onion and peppers for 5 minutes. Add black beans and cooked brown rice and sauté an additional 3 minutes until warm. Grill shrimp for 2-3 minutes on each side or until internal temperature of 145 degrees F.

Drizzle shrimp with lime and serve on rice mixture. Top with green onion.

Calories per serving: 380

Nut-Crusted White Fish with Roasted Potato Wedges & Broccoli

Ingredients

- 3 ounce white fish filet (such as tilapia)
- Cooking spray
- 2 Tablespoons finely chopped pecans
- 1 small potato (not peeled), cut into 12 thin wedges
- 1 teaspoon olive oil
- 2 cups broccoli florets
- Sea salt & black pepper, to taste

Preparation

Preheat oven to 400 degrees F. Mist fish with cooking spray and pat pecans onto fish. Place on foil and fold into a packet. Toss potatoes and broccoli in oil and place on baking sheet. Bake fish packet, potatoes and broccoli for 20 minutes until fish is 145 degrees F and broccoli and potatoes are tender.

Season everything with salt and pepper.

Calories per serving: 410

Seared Scallops with Pesto Pasta & Asparagus

Ingredients

- 2 teaspoons olive oil
- 1 clove garlic, minced
- 4 scallops
- Sea salt and pepper, to taste
- 1 ounce dry whole grain angel-hair pasta
- 1 Tablespoon prepared pesto
- 8 asparagus spears, steamed
- 1 Tablespoon shredded parmesan cheese

Preparation

In skillet over medium-high heat, cook scallops in olive oil and garlic until golden, about 2-3 minutes on each side. Season with salt and pepper.

Prepare pasta according to package directions, drain and toss with pesto.

Serve with steamed asparagus topped with Parmesan.

Calories per serving: 420

Garlic-Basil Shrimp & Zucchini Pasta

Ingredients

- 1 Cup whole-wheat pasta noodles
- 3 oz. frozen precooked and shelled shrimp, thawed
- 1 cup chopped zucchini
- 2 tbs. chopped fresh basil
- 2 garlic cloves, minced
- 1 Tablespoon olive oil

Preparation

Cook pasta. Mix hot noodles with remaining ingredients.

Calories per serving: 450

Hoisin Grilled Fish & Summer Vegetables

Ingredients

- 4 oz. fish, such as salmon or tilapia fillets
- 1 Tablespoon hoisin sauce (Chinese BBQ sauce found in the Asian section of grocery stores)
- ½ cup chopped yellow squash
- ½ cup pea pods
- ½ cup chopped carrots
- 2/3 cup cooked brown rice

Preparation

Spray a sheet of tin foil with cooking spray and place fish, hoisin sauce, yellow squash, pea pods, and carrots in foil. Fold and seal.

Cook packet on grill for 10-12 minutes. Vegetables should be tender and fish should flake easily with a fork.

Serve over brown rice.

Calories per serving: 450

Salmon Cakes with Spicy Dressing

Ingredients

- 3 oz. water packed salmon, drained
- ¼ cup whole-grain bread crumbs
- 1 egg, beaten
- 2 green onions, finely chopped
- Pinch of salt
- Pinch of black pepper
- 2 teaspoon. olive oil
- 3 Tablespoons reduced-fat mayonnaise
- 1 teaspoon. lemon juice
- 1 teaspoon Old Bay Seasoning
- Pinch of cayenne
- 3 cups mixed salad greens

Preparation

Mix together salmon, bread crumbs, egg, green onions, and a pinch of salt and black pepper. Form in to 3 patties. In a medium skillet coated with olive oil over medium heat, brown patties 3 to 4 minutes on each side.

Combine mayonnaise, lemon juice, Old Bay seasoning, and cayenne.

Place mixed salad greens on a plate and top with salmon cakes; drizzle with dressing.

Calories per serving: 500

Snapper with Black Bean & Mango Couscous

Ingredients

- 2 teaspoon olive oil
- 4 oz. snapper fillet
- 1 ½ cups sugar snap peas
- Salt
- Black pepper
- ½ cup water
- ¼ cup whole-wheat couscous
- ¼ cup canned black beans
- ¼ mango, cubed
- 2 Tablespoons minced cilantro

Preparation

Heat a 10-in skillet over medium heat; coat with olive oil. Sauté snapper fillet for 8 minutes. Steam sugar snap peas for 5 minutes. Season fish and peas with salt and black pepper.

In a pot, bring water to a boil and add couscous. Turn off heat and cover, let sit 5 minutes.

Fluff couscous with a fork and stir in rinsed and drained black beans, mango, and cilantro. Serve with snapper and snap peas.

Calories per serving: 500

Scallops with Spinach & Bacon Salad

Ingredients

- 1 teaspoon olive oil
- 6 scallops
- Salt & pepper
- 2 ½ cup spinach
- ½ cup halved cherry tomatoes
- 2 slices crumbled cooked turkey bacon
- 2 Tablespoons balsamic vinaigrette

Preparation

In a skillet coated with olive oil, cook scallops over medium-high heat until done; sprinkle with salt & pepper to taste.

Toss spinach, tomatoes, bacon, and balsamic vinaigrette. Top salad with scallops.

Calories per serving: 400

Shrimp Fried Brown Rice with Vegetables

Ingredients

- 1 cup cooked brown rice
- ½ Tablespoon sesame oil
- 1 Tablespoon low-sodium soy sauce
- 1 minced garlic clove
- 1 Tablespoon grated ginger
- 3 oz. precooked shrimp
- 2 cups frozen stir fry vegetables

Preparation

In a skillet, sauté cooked brown rice, sesame oil, soy sauce, garlic, and ginger for 3 minutes. Add shrimp and stir fry vegetables. Cook until vegetables are heated, about 10 minutes longer.

Calories per serving: 400

Garlic Sesame Salmon with Brown Rice & Vegetables

Ingredients

- 1 Tablespoon sesame oil
- 1 garlic clove, minced
- 3 oz. salmon
- ¾ cup microwaveable brown rice
- 1 ½ cups frozen stir fry vegetables

Preparation

Mix sesame oil and garlic. Drizzle half the mixture on salmon, and grill or broil for about 8 minutes. Microwave rice for 90 seconds, and nuke veggies for 4 to 5 minutes.

Drizzle the remaining sesame oil and garlic mixture over rice and vegetables.

Calories per serving: 500

Shrimp Penne with Greens

Ingredients

- 3 teaspoon olive oil
- 10 shrimp
- 2 oz. penne
- 2 cups kale
- Garlic
- Parmesan

Preparation

Brush olive oil on shrimp and grill. Cook penne.

Sauté kale in garlic and olive oil, 8 minutes. Toss with shrimp, greens, and penne; top with olive oil and Parmesan.

Calories per serving: 500

Rosemary Grilled Orange Roughy with Italian Mashed Potatoes

Ingredients

- 2 pounds cubed Yukon gold potatoes
- 2 ½ Tablespoons plus 2 teaspoon olive oil
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- ½ teaspoon grated lemon zest
- ¾ teaspoon fresh chopped rosemary
- 4 6 oz. orange roughy fillets
- 4 lemon wedges

Preparation

Place potatoes in a large saucepan; cover with water. Bring to a boil, and cook 20 minutes or until very tender; drain. Cool, uncovered, 5 minutes. Return potatoes to pan, adding olive oil, salt, and pepper; mash to desired consistency. Keep warm.

Combine salt, lemon zest, and rosemary in a small bowl; grind together with the back of a spoon until very well combined.

Preheat grill or grill pan. Brush fillets with remaining olive oil; rub evenly on all sides with salt mixture. Grill 2 minutes per side or until fish flakes easily with a fork.

Serve immediately with lemon wedges and potatoes.

Calories per serving: 500

BBQ Salmon with Herbed Couscous & Asparagus

Ingredients

- 5 oz salmon
- 2 Tablespoons BBQ sauce
- 8 spears asparagus
- 1 Tablespoon olive oil
- ¼ cup water
- ¼ cup whole-wheat couscous
- 2 Tablespoons chopped basil
- 2 Tablespoons chopped chives

Preparation

Brush salmon with BBQ sauce. Toss asparagus with oil. Grill salmon and asparagus for 8 to 10 minutes. Boil water, add couscous, remove from heat and cover for 5 minutes.

Fluff with fork, and add basil and chives.

Calories per serving: 500

Maple-Lime Salmon with Cilantro Couscous

Ingredients

- 4 oz. salmon
- 1 Tablespoon maple syrup
- 1 lime, juiced
- ¼ cup water
- ¼ cup whole-wheat couscous
- ¼ cup chopped cilantro
- Dash or salt and pepper
- 1 cup frozen broccoli, cooked
- 1 teaspoon olive oil

Preparation

Put salmon on a cookie sheet. Mix syrup with lime juice. Pour over salmon and broil for 8 to 12 minutes, until fish flakes with a fork.

Bring water and couscous to a boil, remove from heat, and cover for 12 minutes. Stir cilantro, salt, and pepper into couscous; serve with salmon and broccoli drizzled with oil.

Calories per serving: 500

Mexican Style - Burritos, Tacos, Fajitas, Quesadillas, Enchiladas

Black Bean & Avocado Burritos

Ingredients

- 2 whole grain tortillas
- 1/2 cup canned black beans, rinsed and drained
- 4 teaspoons 2% fat shredded cheddar cheese
- 1/4 avocado, chopped
- 2 Tablespoons salsa
- 1 cup spinach

Preparation

Fill tortillas with beans and cheese. Microwave for 1 minute and top with avocado, salsa and spinach.

Calories per serving: 400

Fish Tacos with Corn Salsa

Ingredients

- 3 ounce white fish fillet (such as tilapia)
- Cooking spray
- 1/8 teaspoon sea salt
- 1/8 teaspoon black pepper
- 1/4 cup prepared salsa or pico de gallo
- 2 Tablespoons frozen corn, thawed
- 3 corn tortillas, warmed
- 1/2 cup pre-shredded broccoli slaw (broccoli, cauliflower, red cabbage, carrots)
- 1/4 avocado, sliced
- 1 Tablespoon fresh lime juice

Preparation

Preheat broiler. Mist fish with cooking spray, season with salt and pepper, and place on foil-lined baking sheet. Broil fish for about 8 minutes, until internal temperature of 145 degrees F. Cut cooked fish into strips. Mix salsa with corn.

Serve cooked fish in tortillas topped with corn salsa, broccoli slaw and avocado. Drizzle with lime juice.

Calories per serving: 420

Fish Tacos with Sesame Ginger Slaw

Ingredients

- 1 lime, juiced
- 1 Tablespoon reduced sodium soy sauce
- 1 clove garlic, minced
- 1" piece fresh ginger, grated
- 1 teaspoon honey
- 1 cup broccoli coleslaw (Mann's brand)
- 1 Tablespoon sesame seeds, toasted
- 1 teaspoon olive oil
- 5 ounces white fish (such as cod, tilapia, trout, etc.)
- Salt and pepper, to taste
- 2 whole wheat tortillas

Preparation

Whisk together lime juice, soy sauce, garlic, ginger and honey. Toss with coleslaw mix and sesame seeds. Cook fish in oil for 8 minutes (until 145 degrees Fahrenheit). Season with salt and pepper.

Fill tortillas with fish and coleslaw mixture.

Calories per serving: 400

Three Pepper Cilantro Fajitas

Ingredients

- 1/3 cup each sliced red, green, and yellow bell peppers
- 1/2 small onion, sliced
- 1 tablespoon olive oil
- 1/2 cup canned low-fat refried beans
- 2 whole-wheat tortillas
- 1/4 cup cilantro, chopped

Preparation

Sauté peppers and onion in olive oil for 8 minutes, or until tender. Warm refried beans; spread on tortillas. Top with sautéed vegetables and cilantro.

Calories per serving: 450

Sweet Potato & Black Bean Tacos

Ingredients

- 1 small sweet potato
- 1 teaspoon olive oil
- 1 minced garlic clove
- ¼ teaspoon cumin
- ½ cup canned black beans, rinsed and drained
- 3 warm tortillas
- 1 Tablespoon salsa
- 1 Tablespoon chopped fresh cilantro

Preparation

Chop sweet potato into ½ inch cubes. In a skillet coated with olive oil, sauté cubes, garlic, and cumin for 15 minutes. Add black beans; cook 5 more minutes.

Fill tortillas with mixture, salsa and cilantro.

Calories per serving: 400

Black Bean & Zucchini Quesadillas

Ingredients

- ½ cup chopped zucchini
- ½ cup canned black beans, rinsed and drained
- 2 green onions, chopped
- ½ teaspoon cumin
- ¼ teaspoon chili powder
- 1 lime, juiced
- 2 small whole grain tortillas
- 1 oz slice cheddar cheese, cut in half

Preparation

In a bowl, mix ingredients together. Fill each tortilla with mixture, top with half slice of cheese and heat in microwave for 60 seconds. Fold in half.

Calories per serving: 410

Cilantro-Lime Shrimp Fajitas

Ingredients

- ½ cup sliced onions
- 1 cup sliced multicolor bell peppers
- 1 Tablespoon olive oil
- 1 garlic clove, minced
- 1 teaspoon ground cumin
- 4 ounces precooked frozen shrimp, thawed
- 3 Tablespoons chopped fresh cilantro
- 1 lime, juiced
- 2 whole-grain tortillas

Preparation

Sauté onions and peppers in oil with garlic and cumin for 6 to 8 minutes, until tender. Toss thawed shrimp, cilantro and lime juice with hot vegetables.

Fill tortillas with mixture

Calories per serving: 500

Steak Fajitas

Ingredients

- 1 Tablespoon olive oil
- 1 teaspoon cumin
- 1 garlic clove, minced
- 3 oz. steak strips
- 1 ½ cups sliced green and red bell peppers
- ½ cup sliced onion
- 2 small whole grain tortillas
- 4 Tablespoon salsa
- 2 Tablespoon low-fat sour cream

Preparation

In a skillet, sauté olive oil, cumin, and garlic for 1 minute. Add steak strips and cook about 5 minutes. Add pepper and onion slices and cook for another 8 minutes.

Place mixture in tortillas and fold. Top with salsa and sour cream.

Calories per serving: 500

Black Beans & Fajita Style Millet

Ingredients

- ½ cup water
- ¼ cup uncooked millet
- 1 clove garlic, minced
- 1 teaspoon cumin
- 1 ½ cups diced bell peppers of various colors
- ½ onion, diced
- ½ cup canned black beans, rinsed and drained
- 2 teaspoon olive oil
- ½ lime, juiced
- 2 Tablespoon chopped cilantro
- Dash of salt

Preparation

Bring water and millet to a boil. Simmer, covered, for about 15 minutes, until water is absorbed. Sauté garlic, cumin, bell peppers, onion, and black beans in oil over medium heat.

Combine pepper mixture with cooked millet, and top with lime juice, cilantro, and salt.

Calories per serving: 409

Vegetarian Enchiladas

Ingredients

- ¼ onion, chopped
- ½ cup no salt added tomato sauce
- 2 teaspoon chili powder
- 1 teaspoon olive oil
- ½ cup canned pinto beans, rinsed and drained
- 1 cup frozen vegetables, warmed and chopped
- 2 small whole grain tortillas
- 3 Tablespoons shredded cheddar cheese

Preparation

Sauté onion, tomato sauce, and chili powder in oil over medium heat for 7 minutes. Put ¼ cup tomato-sauce mixture on bottom of small casserole dish.

Roll beans and veggies into tortillas, and lay filled tortillas in sauce. Cover both with remaining sauce, and top with cheese. Broil until cheese is bubbly and golden, about 7-8 minutes.

Calories per serving: 504

Pasta / Rice / Tofu / Beans

Fettuccine with Garlic, Mushrooms, Spinach & White Beans

Ingredients

- 2 ounces whole grain fettuccine, uncooked
- 2 cloves garlic, minced
- 1 cup sliced mushrooms
- 2 teaspoons olive oil
- 3 cups chopped spinach
- 1/4 cup canned Great Northern beans, rinsed and drained
- 1/4 cup chopped fresh basil
- 2 teaspoons pine nuts

Preparation

Cook pasta according to package directions. Sauté garlic and mushrooms in oil over medium heat for 6 minutes. Mix in spinach and beans and cook an additional 1 minute.

Toss with pasta, fresh basil and pine nuts.

Calories per serving: 400

Cashew Tofu Stir Fry

Ingredients

- Cooking spray
- 3 ounces (1/4 package) extra-firm tofu, pressed to remove excess water and cut into 1/2 inch cubes
- 1 1/4 cups frozen stir fry mixed vegetables
- 2 cloves garlic, minced
- 1/2 cup cooked brown rice (use precooked rice to save time – pouch or frozen)
- 1 Tablespoon chopped cashews
- 1 teaspoon light soy sauce

Preparation

Mist nonstick skillet with cooking spray and sauté tofu cubes over medium heat about 10 minutes (stirring only two to three times) until golden and set aside. Sauté vegetables and garlic for 8 minutes, until tender.

Serve tofu and veggies on brown rice. Top with cashews and drizzle of soy sauce.

Note: 3 ounces of cooked chicken can be substituted for tofu.

Calories per serving: 400

Garbanzo Bean Curry on Brown Rice

Ingredients

- 1/2 cup chopped cauliflower
- 1/2 cup grated carrots
- 1/2 cup peapods
- 2 teaspoons curry powder
- 1/2 cup crushed no-salt-added tomatoes (not drained)
- 1/2 cup canned garbanzo beans, rinsed and drained
- 1 Tablespoon raisins
- 3/4 cup cooked brown rice (use precooked rice to save time – pouch or frozen)
- 1 green onion, chopped
- Salt, to taste

Preparation

In a medium saucepan, cook cauliflower, carrots, peapods, curry powder, tomatoes, garbanzo beans and raisins covered for 10-12 minutes (stirring occasionally).

Serve on brown rice and top with green onions and salt.

Note: 2 ounces of cooked chicken can be substituted for garbanzo beans.

Calories per serving: 400

Pasta with Kale, Sundried Tomatoes & Parmesan

Ingredients

- 2/3 cup (2 oz) uncooked penne pasta
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 3 cups chopped kale
- 1 teaspoon olive oil
- 1/4 cup chopped sundried tomatoes
- 3 Tablespoons Parmesan cheese

Preparation

Cook pasta according to package directions. Sauté onion, garlic and kale in oil for 5-7 minutes. Toss with cooked pasta and sundried tomatoes.

Top with cheese.

Calories per serving: 400

Pesto Pasta Primavera

Ingredients

- 3/4 cup dry whole grain pasta
- 1 Tablespoon prepared pesto
- 1 small zucchini, chopped
- 1/2 cup chopped tomatoes
- 1 cup baby spinach
- 1/4 cup canned white beans, rinsed & drained
- 1 Tablespoon pine nuts
- Tablespoons fresh chopped flat leaf/Italian parsley

Preparation

Prepare pasta according to directions. Sauté pesto, zucchini and tomatoes for 5 minutes. Add spinach and beans for an additional 3 minutes. Add sautéed vegetables to pasta and top with pine nuts and parsley.

Calories per serving: 400

Grilled Tofu with Nutty Brown Rice & Steamed Broccoli

Ingredients

- 3 ounces (~1/4 package) firm tofu, drained & pressed to remove extra moisture
- 1/2 cup cooked brown rice (use pre-cooked microwavable such as Birds Eye TM)
- 1 Tablespoon each: chopped walnuts, almond and pine nuts
- 2 Tablespoons fresh chopped flat leaf/Italian parsley
- 2 cups broccoli, chopped
- Sea salt & pepper, to taste

Preparation

Slice tofu into 2 rectangular cutlets and grill. Warm rice, add nuts and parsley. Steam broccoli. Add salt and pepper.

Calories per serving: 400

Edamame Stir Fry

Ingredients

- 1 teaspoon olive oil
- 1 Tablespoon fresh grated ginger
- 2 cloves garlic, minced
- 1/4 cup pineapple (fresh or canned in own juice), finely chopped
- 1/2 cup frozen edamame (shelled)
- 1 red bell pepper, chopped
- 1/2 cup pea pods
- 1/2 cup cooked brown rice (use pre-cooked microwavable such as Birds Eye [™])
- 2 Tablespoons chopped almonds

Preparation

Sauté oil, ginger, garlic and pineapple for 3 minutes. Add remaining ingredients for an additional 10 minutes.

Serve with almonds on top.

Calories per serving: 400

Peanut Noodle Bowl with Edamame

Ingredients

- 1 ½ oz. whole grain angel hair pasta
- 2 Tablespoons chunky peanut butter
- 1 Tablespoon water
- 1 Tablespoon lime juice
- 2 teaspoon brown sugar
- Pinch of salt
- 1 ½ cup packaged shredded rainbow slaw
- ½ cup frozen edamame, thawed and shelled

Preparation

Cook pasta according to package directions. Meanwhile, to a medium skillet over medium heat, add peanut butter, water, lime juice, brown sugar, and salt; heat 1 minute, stirring until smooth. Add rainbow slaw and frozen edamame; cook, stirring, 4 minutes. Mix in pasta and cook 4 minutes more.

Calories per serving: 500

Thai Tofu Sandwich

Ingredients

- 1 4 oz. piece of tofu
- ½ teaspoon. Sriracha
- ¼ sliced peeled avocado
- ¼ cup cucumber slices
- ¼ cup shredded carrots
- ¼ cup fresh cilantro
- 1 whole grain roll

Preparation

In a skillet coated with cooking spray, heat tofu until golden. Brush with Sriracha. Place tofu, avocado, cucumber slices, shredded carrots, and cilantro on a whole-grain roll and serve.

Calories per serving: 400

Gnocchi with Arugula & Walnuts

Ingredients

- ¾ cup whole-wheat potato gnocchi
- 2 teaspoon olive oil
- 1 Tablespoon red wine vinegar
- 2 cups fresh Arugula
- 3 Tablespoons chopped walnuts
- Salt & pepper

Preparation

Cook gnocchi in boiling water for 3-4 minutes; drain. Toss with olive oil, red wine vinegar, arugula, and chopped walnuts; sprinkle with salt and pepper to taste.

Calories per serving: 400

Spicy Black Beans on Polenta

Ingredients

- ½ cup premade polenta, sliced
- ½ cup canned black beans, rinsed and drained
- ½ cup chopped red bell pepper
- ½ cup chopped onion
- 1 jalapeno pepper, chopped and seeded
- 1 Tablespoon olive oil
- ¼ avocado, chopped

Preparation

Microwave polenta slices for 3 minutes. Warm black beans, bell pepper, onion and jalapeno in a pan with olive oil for about 5 minutes.

Place black bean mixture on polenta and top with chopped avocado.

Calories per serving: 500

Mediterranean Penne

Ingredients

- 2 oz. whole wheat penne, uncooked
- ½ cup canned white beans, rinsed and drained
- 1 ½ cups cherry tomatoes, halved
- 1 Tablespoon olive oil
- 1 Tablespoon dried oregano
- 1 garlic clove, minced

Preparation

Cook penne and drain. Toss all ingredients in pot and warm for about 7 minutes.

Calories per serving: 500

Pasta with Ricotta & Fresh Herbs

Ingredients

- 2 oz. whole-wheat noodles, uncooked
- $\frac{3}{4}$ cup low-fat ricotta cheese
- 1 cup chopped zucchini
- 1 cup chopped mushrooms
- $\frac{1}{2}$ cup fresh herbs; chives, basil, and parsley

Preparation

Cook noodles, drain, and return to pot. Add ricotta cheese, zucchini, mushrooms and herbs. Mix together and cook for 5 to 7 minutes.

Calories per serving: 500

Orecchiette with Chickpeas and Broccoli Raab

Ingredients

- 2 Tablespoons olive oil
- 1 15 ½ oz. can chickpeas, drained
- 2 cloves garlic, minced
- ¼ teaspoon crushed red pepper
- 8 oz. broccoli raab, chopped in to 1-in. pieces
- 3 cups fat free reduced sodium chicken broth
- 4 cups hot, cooked Orecchiette, 8 oz. dry
- 1.8 teaspoon salt
- 1/4 cup grated fresh parmesan cheese

Preparation

Heat oil in a Dutch oven over medium-high heat; add chickpeas and sauté 2 minutes or until they're just beginning to brown. Add garlic and crushed red pepper and sauté 30 seconds. Add broccoli and chicken broth to pan; bring to a simmer and cook 3 minutes or until broccoli is crisp-tender. Stir in hot pasta and salt; cook 2 minutes or until heated throughout.

Divide among 4 shallow bowls, and top each with Parmesan cheese.

Calories per serving: 500

Pasta with Ricotta

Ingredients

- 2 oz. whole-wheat noodles
- ¼ cup part-skim ricotta cheese
- Chopped tomatoes
- Mushrooms
- Basil
- Parsley

Preparation

Cook noodles and drain. In same pot, add drained noodles, ricotta cheese, tomatoes, mushrooms, basil, and parsley. Heat through on stove.

Calories per serving: 500

Lemon Basil Pasta with White Beans & Squash

Ingredients

- 2 ounces ($\frac{2}{3}$ cup) dry whole-wheat penne
- $\frac{1}{2}$ cup chopped zucchini
- $\frac{1}{2}$ cup chopped yellow squash
- $\frac{1}{2}$ cup canned white beans, rinsed and drained
- 1 lemon, juiced
- $\frac{1}{4}$ cup chopped fresh basil
- 1 Tablespoon olive oil
- 1 Tablespoon Parmesan cheese

Preparation

Boil pasta and drain. Toss with remaining ingredients.

Calories per serving: 500

Cashew & Coconut Tofu Stir Fry with Brown Rice

Ingredients

- 1 teaspoon sesame oil
- 1 1-inch slice ginger, minced
- 1 garlic clove, minced
- 2 ounces firm tofu, cubed
- 1 cup frozen stir fry vegetables
- 1[⁄]₈ cup light coconut milk
- 2 Tablespoons cashews, chopped
- 1⁄2 cup microwavable brown rice

Preparation

Heat oil, ginger and garlic in skillet for 1 minute. Add tofu and sauté for 8 minutes, turning once or twice. Add vegetables, coconut milk and cashews; cover and cook another 8 minutes.

Microwave brown rice, and then top with tofu and veggie mixture.

Calories per serving: 500

Parmesan Pasta with Asparagus & White Beans

Ingredients

- 2 ounces uncooked whole-wheat pasta
- 2 teaspoons olive oil
- 2 garlic cloves, minced
- 1½ cups bite-size pieces asparagus (about 10 spears)
- ¼ cup canned white beans, rinsed and drained
- 4 tablespoons grated parmesan cheese

Preparation

Cook pasta. In a pan, sauté oil, garlic and asparagus for 4 minutes. Add beans and cook for 4 more minutes. Toss pasta with bean mixture and Parmesan.

Calories per serving: 500

Thai Peanut Noodle Bowl

Ingredients

- 2 oz. uncooked whole-wheat pasta
- 1 Tablespoon peanut butter
- 1 Tablespoon lime juice
- 1 garlic clove, minced
- 1 piece ginger, peeled and grated
- ½ cup frozen shelled edamame
- 2 cups frozen stir fry vegetables
- 1 Tablespoon chopped peanuts
- 2 scallions, sliced

Preparation

Cook pasta according to directions. In a skillet, sauté peanut butter, lime juice, garlic, and ginger for 1 minute. Add edamame and vegetables and cook for 12 minutes until vegetable are tender; pour over pasta.

Top with peanuts and scallions.

Calories per serving: 500

Edamame Stir Fry with Brown Rice

Ingredients

- ½ in chunk ginger, grated
- 1 clove garlic, minced
- Pinch of crushed red pepper flakes
- Dash of salt
- 1 red bell pepper, sliced
- 2 teaspoon sesame oil
- ¾ cup shelled frozen edamame
- ¼ cup 100% pineapple juice
- 1 cup cooked brown rice

Preparation

Sauté the ginger, red pepper, salt, and bell pepper in oil over medium heat for 3 minutes. Add edamame and pineapple juice, and cook for 8 minutes more on high heat. Heat microwaveable brown rice.

Top rice with veggie stir fry.

Calories per serving: 485

Pesto-Style Portobello Penne

Ingredients

- 2/3 cup uncooked whole-grain penne
- 1 large portobello mushroom, sliced
- ½ cup canned cannelloni beans, rinsed and drained
- 2 teaspoon olive oil
- 1 Tablespoon pine nuts
- ¼ cup chopped fresh basil
- 2 Tablespoon grated parmesan

Preparation

Cook pasta al dente per package instructions. Sauté mushroom slices and beans in oil over medium heat for 3-4 minutes. Toss with all remaining ingredients.

Calories per serving: 505

BBQ Tofu, Kale, and Sweet Potatoes

Ingredients

- 1 cup extra-firm tofu
- 1 Tablespoon olive oil, split
- 2 Tablespoon BBQ sauce, split
- 1 small sweet potato
- 2 teaspoon maple syrup
- 1 clove garlic, minced
- 3 cups chopped kale

Preparation

Cut tofu into ½ inch cubes. Heat 2 teaspoons oil in skillet over medium heat. Add tofu and cook until golden, about 12 minutes. Toss warm, golden tofu with 1 Tablespoon BBQ sauce.

Poke the sweet potato 2-3 times, microwave for 10 minutes, cut in half, and top with maple syrup.

In skillet, sauté remaining 1-teaspoon oil, garlic, kale, and remaining 1-teaspoon BBQ sauce until kale is tender, about 6 minutes.

Serve greens with tofu on top and maple sweet potato on the side.

Calories per serving: 503

Lentil & Feta Bulgur with Broccoli Raab

Ingredients

- ½ cup water
- ¼ cup uncooked bulgur
- ¾ cup canned lentils, rinsed and drained
- 1 oz feta cheese, crumbled
- 1 lemon, juiced
- 2 Tablespoon chopped fresh dill
- 1 garlic clove, minced
- 1 Tablespoon olive oil
- 1 ½ cups chopped broccoli raab

Preparation

Bring water to a boil. Add bulgur and simmer, covered, 15minutes. Mix cooked bulgur with lentils, feta, lemon juice, and dill. Sauté garlic in oil over medium heat for 2 minutes, add broccoli raab, and cook another 5 minutes. Serve broccoli raab on bulgur mixture

Calories per serving: 498

Pad-Thai-Style Tempeh

Ingredients

- 2 oz whole grain fettuccini, uncooked
- 2 teaspoon peanut oil
- 1 lime, juiced
- 1 clove garlic, minced
- Dash of salt
- 2 oz tempeh, cut in to ½ in cubes
- 1 ½ cup broccoli coleslaw
- 1 Tablespoon chopped peanuts
- 2 green onions, chopped

Preparation

Cook pasta al dente per package directions. Sauté oil, lime juice, garlic, salt, and tempeh cubes for about 5 minutes. Add coleslaw, and cook for another 3 minutes. Toss cooked pasta with tempeh mixture.

Top with peanuts and green onions.

Calories per serving: 499

Sage-Mushroom Barley with Parmesan

Ingredients

- ¾ cup water
- ¼ cup uncooked hulled barley
- 1 cup sliced fresh mushrooms
- ½ onion, chopped
- 1 clove garlic, minced
- 1 teaspoon dried sage
- 2 teaspoon olive oil
- ½ cup canned navy beans, rinsed and drained
- 1 cup chopped fresh baby spinach
- 2 Tablespoon grated parmesan cheese

Preparation

Bring water to a boil. Add barley and simmer, covered for 45 minutes. Sauté mushrooms, onion, garlic, and sage in oil over medium heat for 4-5 minutes until mushrooms are tender. Add beans and cook 1-2 minutes. Remove from heat, and toss mixture with spinach and cooked barley.

Top with Parmesan

Calories per serving: 488

Roasted Tomato & White Bean Penne

Ingredients

- 2/3 cup uncooked whole grain penne
- 1 cup cherry tomatoes, whole
- 3 cloves garlic, whole
- 1 Tablespoon olive oil, split
- Dash of salt and black pepper
- ½ cup canned cannellini beans, rinsed and drained
- ¼ cup chopped fresh basil
- 1 Tablespoon grated parmesan cheese

Preparation

Cook pasta al dente per package instructions.

Toss whole tomatoes and garlic cloves with 1 teaspoon oil, salt and black pepper. Place on cookie sheet, and broil for 8 minutes until tomatoes start bursting and garlic is tender.

Mash broiled garlic with remaining 2 teaspoons oil and 4 teaspoons cooking water from the pasta.

Toss all ingredients together.

Calories per serving: 51 1

Fried Beans and Garlic Greens

Ingredients

- 3 teaspoon olive oil, split
- ½ cup canned butter beans, rinsed and drained
- 2 cloves garlic, minced
- Dash of crushed red pepper flakes
- 2 cups chopped Swiss chard
- 1 small whole-grain baguette or roll, cut in half and toasted
- 1 Tablespoon balsamic vinegar

Preparation

Heat 1 teaspoon oil in skillet over medium heat, and panfry beans until slightly browned, about 8 minutes. Set aside.

Sauté remaining 2 teaspoons oil, garlic, and red pepper for 1 minute. Add chard and cook until tender, 6-8 minutes.

Serve cooked greens on toasted baguette and top with fried beans and a drizzle of vinegar.

Calories per serving: 489

Grilled Primavera Rigatoni

Ingredients

- ¾ cup uncooked whole-grain rigatoni
- ½ small zucchini, sliced thick
- ½ small red onion, sliced thick
- ½ small yellow squash, sliced thick
- 2 plum tomatoes, halved
- 2 teaspoon olive oil
- 1 teaspoon dried rosemary
- Dash of salt and pepper
- ¼ cup canned cannelloni beans, rinsed and drained
- 1 Tablespoon pine nuts

Preparation

Cook pasta al dente according to package directions. Toss together zucchini, onion, squash, tomatoes, oil, rosemary, salt, and black pepper.

Grill ingredients indoors on grill pan or on outdoor grill for 10 minutes, until tender with light grill marks.

Toss together cooked pasta, grilled veggies, and beans. Top with pine nuts.

Calories per serving: 514

Spicy Tofu Reuben

Ingredients

- 1 slice extra-firm tofu
- 1 teaspoon olive oil
- 2 Tablespoon light canola mayonnaise
- 1 Tablespoon ketchup
- 1 Tablespoon sweet relish
- Dash or two of hot sauce
- 2 slices whole grain bread, toasted
- 3 Tablespoon canned or refrigerated sauerkraut
- 1 slice Swiss cheese

Preparation

Sauté tofu slice in oil over medium heat for 5-6 minutes on each side, until golden.

Mix mayonnaise, ketchup, relish, and hot sauce, and spread on toasted bread.

Make sandwich with golden tofu, sauerkraut, and Swiss cheese.

Calories per serving: 499

Italian Spaghetti Squash

Ingredients

- ½ spaghetti squash
- 1 teaspoon olive oil
- 1 clove garlic, minced
- ½ cup navy beans, rinsed and drained
- 1 leek white part only, thinly sliced
- ½ cup canned no salt added crushed tomatoes
- 1 Tablespoon Italian seasoning
- 1 Tablespoon balsamic vinegar
- 2 Tablespoon grated parmesan cheese

Preparation

Remove seeds for ½ spaghetti squash. Put fresh side down on a plate, and microwave for 12-15 minutes or cook in 350 degrees oven on cookie sheet for 30 minutes.

Sauté oil, garlic, beans, leek, tomatoes, seasoning, and vinegar for 7-10 minutes over medium heat. When squash is tender, use fork to pull out the spaghetti-like strands, and discard the hollowed out shell.

Top spaghetti-like squash strands with bean mixture, Sprinkle with Parmesan.

Calories per serving: 481

Pinto & Cheese Poblanos

Ingredients

- ½ cup water
- ¼ cup uncooked quinoa
- ¾ cup canned pinto beans, rinsed and drained
- 2 Tablespoon shredded cheddar cheese
- 1 teaspoon cumin
- 2 poblano peppers

Preparation

Bring water and quinoa to a boil. Simmer (covered) for 15 minutes. Stir beans, cheese, and cumin in cooked quinoa. Stuff peppers with filling, and broil on a cookie sheet for 15 minutes, turning peppers periodically until browned on all sides.

Calories per serving: 490

Cilantro-Peanut Stir Fry

Ingredients

- ½ cup extra-firm tofu
- 2 teaspoon peanut oil, split
- 2 cups frozen stir fry mixed vegetables
- ½ in chunk ginger, grated
- 2 cloves garlic, minced
- ¼ cup 100% pineapple juice
- 1 cup cooked brown rice
- 2 Tablespoon chopped cilantro

Preparation

Cut tofu into ½ in cubes. Sauté tofu in 1 teaspoon oil over medium heat about 10 minutes until golden, and set aside. Sauté vegetables in remaining 1 teaspoon oil, ginger garlic, and pineapple juice about 8 minutes, until tender. Heat microwaveable brown rice.

Serve stir-fried tofu and veggies on brown rice and top with cilantro.

Calories per serving: 491

Yellow Rice & Grilled Bok Choy

Ingredients

- 1 baby bok choy, cut in half
- 2 teaspoon olive oil, split
- 1 clove garlic, minced
- ¼ teaspoon curry powder
- 1/8 teaspoon cumin
- Pinch of cinnamon
- 1 cup cooked brown rice
- ½ cup canned black beans, rinsed and drained

Preparation

Toss bok choy with 1 teaspoon oil and garlic. Grill 5 minutes, flipping once.

Sauté curry, cumin, cinnamon, cooked brown rice, and black beans in remaining 1 teaspoon olive oil over medium heat.

Serve grilled bok choy on rice and beans.

Calories per serving: 491

Caribbean Black Bean Couscous

Ingredients

- 1/4 cup uncooked whole wheat couscous
- 1/2 cup water
- 3/4 cup canned black beans, rinsed and drained
- 1/2 mango, diced
- 1/2 bell pepper, diced
- 3 green onions, diced
- 1 jalapeno pepper, minced without veins or seeds
- 1 lime, juiced
- 1 teaspoon olive oil

Preparation

Bring couscous and water to a boil. Take off from heat, cover for 15 minutes, and then fluff with fork. Warm beans in microwave for 1-2 minutes.

Toss all ingredients with warm couscous.

Calories per serving: 495

Fried Brown Rice with Asparagus, Garbanzo Beans, & Almonds

Ingredients

- 1 teaspoon sesame oil
- 2 Tablespoon rice vinegar
- 1 clove garlic, minced
- ½-in chunk ginger, grated
- 8 asparagus spears, cut diagonally into 1 in pieces
- ¾ cup cooked brown rice
- ½ cup canned garbanzo beans, rinsed, drained, and chopped
- 2 Tablespoon slivered almonds, toasted
- Green onions, chopped

Preparation

Sauté oil, vinegar, garlic, ginger, and asparagus over medium heat for 5 minutes. Add cooked rice and chopped beans, and sauté for another 5-7 minutes.

Top with almonds and green onions.

Calories per serving: 487

Millet Paella

Ingredients

- ½ cup water
- ¼ cup uncooked millet
- 1 Tablespoon olive oil
- 1 clove garlic, minced
- ½ teaspoon smoky paprika
- ¼ cup diced jarred, in water, roasted red peppers
- 3 green olives, sliced
- ¾ cup canned black beans, rinsed and drained
- ½ cup frozen peas
- 2 Tablespoon chopped fresh parsley

Preparation

Bring water and millet to a boil. Simmer, covered, for 15 minutes, until water is absorbed.

In oil, sauté garlic, paprika, red peppers, olives, beans, and peas over medium heat. Mix with cooked millet, and top with parsley.

Calories per serving: 498

Spinach-and Mushroom-Stuffed Shells

Ingredients

- 2 oz large whole-grain pasta shells
- 2 cloves garlic, minced
- Dash crushed red pepper flakes
- 1 cup raw button mushrooms, chopped
- 1 teaspoon olive oil
- 2 cups baby spinach
- ½ cup firm tofu, mashed like ricotta cheese
- ¾ cup spaghetti sauce, heated

Preparation

Cook pasta al dente according to package directions.

Sauté garlic, red pepper flakes, and mushrooms in oil over medium heat for 7 minutes. Mix in spinach and tofu, and heat for 3 minutes more.

Stuff hot tofu mixture into cooked shells (they will be overstuffed). Top stuffed shells with heated spaghetti sauce.

Calories per serving: 482

Fettuccine Florentine with Lemon-Garlic Butter

Ingredients

- 2 oz whole grain fettuccine, uncooked
- 1 Tablespoon trans-fat-free margarine
- 1 lemon, juiced
- 2 cloves garlic, minced
- ¼ cup chopped fresh basil
- 3 cups chopped baby spinach, wilted
- 3 Tablespoon pine nuts, toasted

Preparation

Cook pasta al dente according to package. Heat margarine, lemon juice, and garlic in a nonstick skillet over low heat. Remove from heat, and toss together with hot noodles, fresh basil, spinach, and pine nuts.

Calories per serving: 501

Bean Burrito Bowl with Sautéed Peppers and Onions

Ingredients

- 1/2 cup sliced red bell peppers
- 1/2 cup sliced green bell peppers
- 1/4 cup sliced yellow onions
- 2 Tablespoons salsa
- 3/4 cup cooked brown rice
- 3/4 cup canned black beans, rinsed & drained
- 2 Tablespoons chopped fresh cilantro
- 1/4 avocado, chopped

Preparation

Sauté peppers and onions in salsa for 3 minutes in skillet over medium heat. Add brown rice and beans and sauté an additional 4-5 minutes until heated. Top with cilantro and avocado.

Calories per serving: 395

Orzo with Cilantro-Lime Pesto

Ingredients

- ¼ cup uncooked whole grain orzo
- 1 cup fresh cilantro
- 1 lime, juiced
- 1 teaspoon olive oil
- 1 Tablespoon pine nuts
- 1 clove garlic, minced
- ½ cup canned black beans, rinsed and drained
- ¼ cup drained and chopped jarred, in water, roasted red peppers
- ¼ cup canned no-salt-added corn, drained

Preparation

Cook orzo according to package directions. With the chopper attachment of hand blender or in food processor, puree cilantro, lime juice, oil, pine nuts, and garlic to make cilantro pesto.

Toss cooked orzo with cilantro pesto and remaining ingredients.

Calories per serving: 491

Pizza

White Pizza With Arugula

Ingredients

- 4 Tablespoons part-skim ricotta cheese
- 1 whole grain pita
- 1.5 cups arugula
- 1 tomato, sliced
- 4 Tablespoons shredded parmesan cheese
- ½ teaspoon dried oregano
- Crushed red pepper, to taste

Preparation

Preheat oven to 350 degrees F. Spread ricotta on pita and top with arugula, tomato, Parmesan and oregano. Bake for 12 minutes until pita is crisp and sprinkle on red pepper flakes.

Calories per serving: 390

Turkey Pepperoni Pita Pizzas

Ingredients

- 2 whole grain pitas
- 4 Tablespoons marinara sauce
- 8 slices turkey pepperoni (Hormel brand)
- 1/4 cup chopped onion
- 1/2 cup chopped green pepper
- 3 Tablespoons part-skim shredded mozzarella cheese
- 2 teaspoons dried oregano

Preparation

Preheat broiler. Top pitas with marinara sauce, pepperoni, onion, green pepper, cheese and oregano. Broil on baking sheet for 8 minutes, until cheese lightly browned.

Calories per serving: 400

Arugula Salad Pizza

Ingredients

- 2 teaspoons pesto
- 1 whole grain pita
- 2 cups arugula
- 1/2 cup chopped tomatoes
- 1 Tablespoon pine nuts
- 1/4 cup canned white beans, rinsed & drained
- 1 teaspoon olive oil
- 1/2 lemon, juiced

Preparation

Preheat broiled. Spread pesto on pita and broil until golden, about 4 minutes.

Toss remaining ingredients and serve on top of toasted pesto pita.

Calories per serving: 400

Two-Cheese & Artichoke Flatbread Pizza with Garden Salad

Ingredients

- 1 whole-grain flatbread
- ¼ cup jarred spaghetti sauce
- ½ cup canned artichoke hearts, chopped
- 2 Tablespoons Parmesan cheese
- ¼ cup part-skim mozzarella
- 3 cups mixed salad greens
- 2 Tablespoons pine nuts
- 2 Tablespoons light Italian salad dressing

Preparation

Preheat oven to 350 degrees. Bake flatbread on cookie sheet for 7 minutes. Top with sauce, artichoke and cheeses. Bake for an additional 12 minutes.

Toss together greens, pine nuts and dressing.

Calories per serving: 500

Pesto Chicken Pizza with Sundried Tomato & Spinach

Ingredients

- 1 Tablespoon prepared pesto
- 1 whole grain pita
- 2 cups fresh baby spinach
- 2 ounces cooked skinless chicken breast, chopped
- 1 Tablespoon chopped sundried tomatoes
- 2 Tablespoons shredded part-skim mozzarella cheese

Preparation

Preheat oven to 350 degrees F. Spread pesto on pita and top with spinach, chicken, tomatoes and cheese. Bake 12 minutes until pita is crisp.

Calories per serving: 410

Polenta Pizza Bake

Ingredients

- 2 cups water
- ½ cup polenta
- Dash of salt and black pepper
- Cooking spray
- 1 clove garlic, minced
- 1 Tablespoon Italian sausage
- ½ cup vegetarian sausage style crumbles
- 2 teaspoon olive oil
- 1 cup canned no salt added crushed tomatoes
- 1 Tablespoon balsamic vinegar
- 2 Tablespoon grated part skim mozzarella cheese

Preparation

Bring water to a boil, and slowly sprinkle in polenta, salt, and black pepper while whisking. Simmer and stir for about 15 minutes.

Spray an 8-inch casserole dish with cooking spray; then spread polenta evenly on the bottom. Sauté garlic, Italian seasoning, and vegetarian crumbles in oil for 3 minutes. Stir in tomatoes and vinegar, and bring to boil. Spoon tomato mixture on polenta, and top with cheese. Broil until cheese is golden.

Calories per serving: 504

Salads

Steak Salad With Grapes & Blue Cheese

Ingredients

- 4 ounces flank or sirloin steak
- 1 Tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon olive oil
- Salt and pepper, to taste
- 3 cups arugula
- 1/4 cup sliced red onion
- 1/4 cup chopped grapes
- 2 Tablespoons crumbled blue cheese
- 1 Tablespoon chopped walnuts

Preparation

Grill steak for 4-5 minutes per side (until 145 degrees F) and slice into strips. Whisk together vinegar, mustard, olive oil, salt and pepper. Toss vinaigrette with arugula, onion, grapes, blue cheese and walnuts.

Top with sirloin slices.

Calories per serving: 400

Fennel-Pomegranate Salad with Grilled Chicken

Ingredients

- 1 ½ teaspoon olive oil
- ¼ cup fresh orange juice
- 1/8 teaspoon plus ¼ teaspoon. salt
- 1/8 teaspoon black pepper, plus ¼ teaspoon. black pepper
- 1 medium fennel bulb, thinly sliced
- 4 (4 oz.) skinless, boneless chicken breast halves
- 1 cup orange sections
- ¾ cup pomegranate seeds
- 1 ½ Tablespoons roasted, unsalted almonds, chopped
- 1 Tablespoon very thinly sliced fresh mint

Preparation

Combine olive oil, orange juice, salt and pepper in a medium bowl; add fennel. Toss to combine; cover and chill 1 hour.

In the meantime, heat grill or grill pan to medium-high. Season chicken with the remaining salt and pepper; place on grill and cook for about 4-5 minutes on each side, or until cooked through. Set aside and keep warm.

Add orange sections and pomegranate seeds to fennel mixture; toss gently to combine. Top with almonds and mint.

Serve salad with chicken breasts.

Calories per serving: 500

Spinach-Ricotta Frittata with Tossed Green Salad

Ingredients

- Cooking spray
- 1½ cups baby spinach
- 2 eggs plus 2 egg whites, whisked together
- ⅓ cup part-skim ricotta cheese
- Dash of salt and pepper
- 2 cups romaine lettuce
- 2 Tablespoons pine nuts
- 2 Tablespoons low-fat Italian dressing

Preparation

Spray skillet with cooking spray and sauté spinach for 2 minutes, until wilted. Stir in eggs, ricotta, and salt and pepper. Cook over medium heat without stirring for 4 minutes; then flip frittata and cook for an additional 2 minutes.

Serve with lettuce tossed with pine nuts and dressing.

Calories per serving: 500

Curried Quinoa Salad with Grilled Shrimp

Ingredients

- 3 ounces frozen uncooked shrimp, thawed under running water for 5 minutes
- 1 teaspoon olive oil
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup quinoa
- $\frac{1}{4}$ teaspoon curry powder
- 1 Tablespoon dried cranberries
- 1 cup chopped cucumbers
- 2 scallions, chopped

Preparation

Toss shrimp with oil. Grill for 6 to 8 minutes, flipping once. Bring water and quinoa to a boil, cover, and simmer for 15 minutes. Stir in curry, cranberries, cucumbers and scallions. Top with shrimp.

Calories per serving: 500

Curried Quinoa Salad

Ingredients

- ½ cup water
- ¼ cup uncooked quinoa
- ½ teaspoon curry powder
- ½ cup shredded carrots
- 2 Tablespoon dried cranberries
- 3 green onions, chopped
- 1 cup canned garbanzo beans, rinsed and drained

Preparation

Bring water to a boil, and add quinoa and curry. Simmer covered for 15 minutes. Mix together other ingredients.

Serve mixture on top of quinoa or stir all ingredients together.

Calories per serving: 510

Black Bean Taco Salad

Ingredients

- 1 lime, juiced
- 1 Tablespoon olive oil
- 1 teaspoon cumin
- 1 garlic clove, minced
- Dash of salt
- $\frac{3}{4}$ cup canned black beans, rinsed and drained
- 3 cups shredded romaine lettuce
- 1 tomato, chopped
- 10 whole grain tortilla chips, crushed
- $\frac{1}{4}$ avocado, chopped

Preparation

Whisk together lime juice, oil, cumin, garlic, and salt. Toss all ingredients together

Calories per serving: 495

Steak Salad with Parmesan Peppercorn Dressing

Ingredients

- 4 Tablespoons plain 2% Greek yogurt
- 1 Tablespoon fresh lemon juice
- 2 Tablespoons shredded parmesan cheese
- 1/4 teaspoon black pepper
- 1/8 teaspoon sea salt
- 2 cups chopped Romaine lettuce
- 1 cup fresh baby spinach
- 1/2 cup shredded carrots
- 2 ounces lean steak, cooked & cut into strips
- 1 small potato (not peeled), baked or microwaved
- 2 Tablespoons chopped fresh chives

Preparation

Mix yogurt, lemon juice, Parmesan, pepper and salt. Toss 3 Tablespoons of yogurt dressing with lettuce, spinach and carrots. Top with steak strips.

Serve with warm potato topped with remaining yogurt dressing and chives.

Calories per serving: 390

Zucchini-Bean Fritters with Spring Salad

Ingredients

- ¾ cup canned Great Northern Beans, rinsed and drained
- 1 zucchini, grated
- ¼ cup onion, grated
- ¼ cup whole wheat flour
- 1 Tablespoon Italian seasoning
- Dash of salt and black pepper
- 1 teaspoon olive oil
- 2 cups green spring salad mix
- 2 Tablespoon Universal Lemon-Flax Vinaigrette or low-fat Italian dressing

Preparation

With hand blender, puree beans. Stir in zucchini, onion, flour, Italian seasoning, salt, and black pepper. Form four patties.

In a nonstick skillet over medium heat with 1 teaspoon oil, brown fritters 4 minutes on each side. Toss salad with vinaigrette.

Serve fritters on salad.

Calories per serving: 487

Sandwiches / Wraps

Grilled Vegetables Panini

Ingredients

- 1 portabella mushroom cap
- 1 zucchini, cut lengthwise into 3 planks
- Cooking spray
- Salt and pepper, to taste
- 2 slices whole grain bread
- 1 slice reduced fat Swiss cheese
- 2 Tablespoons fresh basil
- 1 1/2 cups spinach
- 2 Tablespoons sliced almonds
- 1 Tablespoon balsamic vinegar & 2 teaspoons olive oil

Preparation

Preheat broiler. Mist both sides of mushroom and zucchini planks with cooking spray and season with salt and pepper. Broil on baking sheet for 8 minutes, turning once.

Make sandwich with veggies, cheese and basil. Toast sandwich in a nonstick skillet over medium heat for 4 minutes, turning once. Serve with spinach tossed with almonds, vinegar and oil.

Calories per serving: 400

Italian Parsley & Tuna Salad Sandwich

Ingredients

- 3 ounces water-packed tuna, drained
- 1/4 cup finely chopped celery
- 2 Tablespoons chopped fresh parsley
- 2 teaspoons olive oil
- 2 teaspoons lemon juice
- Sea salt and black pepper, to taste
- 2 slices sprouted whole grain bread (such as Ezekiel TM)
- 1/2 cup grapes

Preparation

Combine tuna, celery, parsley, oil, lemon juice, salt and pepper. Serve on bread with grapes on the side.

Calories per serving: 410

Spicy Peanut Chicken Wraps

Ingredients

- 2/3 cup precooked chicken strips
- ¼ cup chopped scallions
- 2 tbs. peanuts
- 1 tbs. hot sauce
- 1 cup shredded cabbage, broccoli, cauliflower and carrot mix
- 2 whole-wheat tortillas

Preparation

In skillet sprayed with cooking spray, sauté chicken, scallions, peanuts, hot sauce and shredded vegetables for 8 minutes. Wrap in tortillas.

Calories per serving: 450

Steak Lettuce Wraps with Seasoned Home Fries

Ingredients

- 1 small potato
- 1 teaspoon olive oil
- 1 teaspoon chili powder
- 1 3 oz. sirloin steak
- 6 romaine lettuce leaves
- ½ cup thinly slices red bell pepper
- 1 Tablespoon balsamic vinaigrette

Preparation

Preheat oven to 400 degrees F. Slice potato into fry shapes; toss with olive oil and chili powder. Roast on baking sheet until golden.

Grill steak until desired degree of doneness; slice into thin strips. Fill 6 lettuce leaves with steak. Top with red bell pepper; drizzle with balsamic vinaigrette.

Calories per serving: 400

Grilled Eggplant-Portobello & Goat Cheese Flatbread

Ingredients

- 1 cup chopped eggplant
- 1 cup chopped Portobello mushrooms
- Olive oil
- 1 flatbread
- 2 oz. goat cheese

Preparation

Brush eggplant and mushrooms with olive oil and cook in a grill pan about 8 minutes, until tender. Bake flatbread 7 minutes in a 350 degree oven.

Spread goat cheese on the flatbread, and top it with eggplant and mushrooms.

Calories per serving: 500

Olive, Fennel, and Goat Cheese Flatbread

Ingredients

- 1 whole grain flatbread
- 2 Tablespoon canned sliced black olives, rinsed and drained
- ½ cup canned no-salt added diced tomatoes, drained
- ¼ bulb fennel, thinly sliced
- 1 ½ oz goat cheese, crumbled
- 3 Tablespoon pine nuts
- 1 ½ cups low-sodium tomato soup, heated

Preparation

Preheat oven to 350 degrees. Bake flatbread on cookie sheet for 7 minutes. Top baked flatbread with olives, tomato, fennel, goat cheese, and pine nuts. Bake an additional 15 minutes.

Serve with heated soup.

Calories per serving: 489

BBQ Tempeh Sandwich & Parsnip Fries

Ingredients

- 2 medium parsnips, peeled and cut into French-fry shapes
- 1 teaspoon olive oil
- Dash of salt and black pepper
- ½ onion, sliced
- 2 Tablespoon BBQ sauce
- 1 slice tempeh
- 1 whole grain hamburger bun
- 3 dill pickle slices

Preparation

Preheat oven to 400 degrees. Toss parsnips in oil, salt, and black pepper. Bake on cookie sheet for about 25 minutes, flipping once. Sauté onion slices, BBQ sauce, and tempeh over medium heat for 8 minutes. Serve with parsnip fries.

Calories per serving: 493

Steak & Blue Cheese Wrap

Ingredients

- 2.5 ounces cooked lean steak, cut into strips
- 1 cup arugula
- 2 Tablespoons crumbled blue cheese
- 1 Tablespoon dried cranberries
- 1 whole grain tortilla (about 140 calories)

Preparation

Wrap steak, arugula, cheese and cranberries in tortilla.

Calories per serving: 400

Soups

Potato Stuffed with Chili, Broccoli, & Cheese

Ingredients

- 1 medium potato
- ½ cup turkey or vegetarian chili
- 2 cups frozen broccoli
- ½ cup shredded cheddar cheese

Preparation

Microwave potato for about 7 minutes. Wrap it in foil and let sit for 5 minutes. In a pot, warm chili and broccoli. Cut potato lengthwise, top with chili mixture, and sprinkle with cheese.

Calories per serving: 500

Tortilla & Cheddar Chili

Ingredients

- ¼ onion, diced
- 1 green bell pepper, diced
- 1 jalapeno, diced without veins or seeds
- 1 clove garlic, minced
- 2 Tablespoon olive oil
- 1 cup canned no salt added crushed tomatoes
- ½ cup canned kidney beans, rinsed and drained
- 1 cup water
- ½ slice cheddar cheese, chopped into pieces or ½ oz cheddar cheese, shredded
- 10 whole grain tortilla chips, crushed

Preparation

Sauté onion, green pepper, jalapeno, garlic, and chili powder in oil over medium heat for 5 minutes, until pepper is tender. Add tomatoes, beans, and water and bring to a boil. Remove from heat, and top with cheese and tortillas.

Calories per serving: 490

Tuscan Bean Soup

Ingredients

- ½ sweet yellow onion, diced
- 1 clove garlic, minced
- ½ teaspoon dried rosemary, crushed
- 1 teaspoon olive oil
- 1 cup canned garbanzo beans, rinsed and drained
- ½ cup canned no-salt added diced tomatoes
- 1 cup water
- 2 Tablespoon balsamic vinegar
- 1 small whole grain roll

Preparation

In medium pot, sauté onion, garlic, and rosemary in oil over medium heat for 3 minutes. Add beans, tomatoes, and water, bring to a boil, and simmer for 10 minutes. Put hand blender into pot, and blend soup to a semi-chunky texture.

Serve with drizzled vinegar on top and whole grain roll on the side for dipping.

Calories per serving: 489

White Bean Chili

Ingredients

- ¼ yellow onion, chopped
- 1 garlic clove, minced
- 1 teaspoon Italian seasoning
- ½ ground cumin
- 1 teaspoon olive oil
- 1 cup no salt added crushed tomatoes
- 4 Tablespoons green salsa
- 1 cup water
- 1 cup canned cannelloni beans, drained and rinsed
- ½ lime, juiced
- 1 small whole grain roll

Preparation

Sauté onion, garlic, Italian seasoning, and cumin in oil over medium heat for 3 minutes. Add tomatoes, salsa, water, and beans, and bring to a boil. Simmer 10 minutes, and serve with lime juice on top and whole grain roll on the side.

Calories per serving: 501

Veggies

Quinoa Stuffed Peppers

Ingredients

- ¼ cup dry quinoa
- ½ cup water
- 1 teaspoon olive oil
- 1 clove garlic, minced
- 3 ounces lean ground turkey
- ¼ cup jarred pasta sauce (choose brands with no added sugar)
- 1 green bell pepper, left whole but seeds removed
- 3 Tablespoons shredded part-skim mozzarella cheese
- ¼ teaspoon dried oregano

Preparation

Preheat oven to 350 degrees F. Make quinoa with water according to package directions. Sauté oil, garlic and ground turkey for 5 minutes, until meat is cooked. Mix cooked quinoa, cooked turkey and pasta sauce and stuff mixture into pepper. Top with cheese and oregano. Bake for 20 minutes, until cheese is melted and pepper is crisp-tender.

Calories per serving: 420

Barley Basilico & Garlic Eggplant

Ingredients

- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ cup uncooked hulled barley
- 1 small eggplant, sliced lengthwise into $\frac{1}{2}$ in pieces
- Cooking spray
- 1 clove garlic, minced
- $\frac{1}{2}$ cup chopped fresh basil
- 2 teaspoon olive oil
- Dash of salt
- $\frac{1}{2}$ cup canned Great Northern beans, rinsed and drained

Preparation

Bring water to a boil. Add barley and simmer, covered for 45 minutes. Spray Eggplant with cooking spray, and broil eggplant slices for 15 minutes until golden, turning once. Spread minced garlic over cooked eggplant. Stir cooked barley with basil, olive oil, salt, and beans.

Put barley and bean mixture on short edges of cooked eggplant and roll.

Calories per serving: 490

Potatoes & Brussel Sprouts with Parmesan

Ingredients

- 1 cup Brussel sprouts
- 1 potato, with skin, cut into small 1-2 in chunks
- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- Dash of salt and black pepper
- ½ cup canned navy beans, rinsed and drained
- 2 Tablespoon grated Parmesan cheese

Preparation

Preheat oven to 400 degrees. Toss Brussel sprouts, potatoes, oil, garlic, salt, and black pepper. Spread on cookie sheet and bake 30-40 minutes until veggies are tender. Add beans to cookie sheet for the last 15 minutes of baking. Top with Parmesan.

Calories per serving: 505

Cauliflower-Cashew Curry

Ingredients

- 1 cup chopped cauliflower
- 1 teaspoon curry powder
- ½ cup crushed no-salt added tomatoes
- ½ cup canned kidney beans, rinsed and drained
- ¼ cup frozen peas, thawed
- 1 Tablespoon raisins
- ¾ cup cooked brown rice
- 2 Tablespoon chopped cashews
- 1 green onion, chopped

Preparation

In a medium saucepan over medium heat, cook cauliflower, curry powder, tomatoes, kidney beans, peas, and raisins covered for 10-12 minutes.

Serve on brown rice, and top with cashews and green onion

Calories per serving: 491

Butternut-Squash Pilaf with Fresh Sage and Pecans

Ingredients

- 1 ½ cups cut butternut squash
- 2 teaspoon olive oil, split
- Dash of salt and pepper
- ½ cup cooked brown rice
- 1 Tablespoon chopped pecans
- ½ cup Navy beans, rinsed and drained
- 1 teaspoon dried sage

Preparation

Preheat oven to 400 degrees. Toss squash with 1 teaspoon olive oil, salt, and black pepper. Bake on cookie sheet for 20 minutes.

Sauté beans, sage, and cooked rice in remaining 1 teaspoon olive oil over medium heat.

Combine baked butternut squash, bean-and-rice mixture, and pecans.

Calories per serving: 486

SNACKS

Snacks are a healthy bridge between breakfast and lunch and lunch and dinner. They are intended to be nutritious and satisfying and curb the hunger pangs so you are not tempted to overeat at your next meal. Great snacks have great nutrition credentials. They provide fiber, vitamins, minerals, lean protein, and other key ingredients you may not be getting in the rest of your meals. That's a lot of good eating made fun-sized.

There are over 60 delicious recipes to enjoy for snacks. Each recipe contains an average of 150 calories.

The recipes in the Snacks section are divided into the following general categories:

- Cottage Cheese, *see page 361*
- Fruit / Nuts / Cheese, *see page 363*
- Popcorn, *see page 379*
- Veggies / Dips / Mixes, *see page 381*
- Yogurt, *see page 388*
- Miscellaneous, *see page 392*

Cottage Cheese

Peach & Low-Fat Cottage Cheese

Ingredients

- 1 medium peach
- ½ cup low-fat cottage cheese

Preparation

Top cottage cheese with peach slices.

Calories per serving: 150

Pineapple & Low-Fat Cottage Cheese

Ingredients

- 4 oz. container of pineapple
- ½ cup cottage cheese

Preparation

Top cottage cheese with pineapple.

Calories per serving: 150

Cottage Cheese & Peaches

Ingredients

- ½ cup low-fat cottage cheese
- 1 peach, diced
- 1 Tablespoon chopped pecans

Preparation

Serve cottage cheese topped with peaches and pecans.

Calories per serving: 200

Honey Whipped Cottage Cheese with Berries

Ingredients

- 1/2 cup cottage cheese
- 2 teaspoon honey
- ¼ cup frozen, unsweetened berries, thawed

Preparation

With hand blender, whip cottage cheese with honey. Serve with berries.

Calories per serving: 145

Fruit / Nuts / Cheese

Grapefruit

Ingredients

- 1 whole grapefruit

Preparation

Cut and enjoy.

Calories per serving: 100

Apple

Ingredients

- 1 medium apple

Preparation

Cut or eat whole.

Calories per serving: 100

Apple & Whole Almonds

Ingredients

- 1 medium apple
- 10 whole almonds

Calories per serving: 150

Pear & String Cheese

Ingredients

- 1 small pear
- 1 part-skim mozzarella string cheese

Calories per serving: 150

Salty Seed Mix

Ingredients

- 1 ½ Tablespoons pumpkin seeds
- 1 ½ Tablespoons sunflower seeds
- 1 teaspoon sesame seeds
- 1 teaspoon chia seeds
- 2 teaspoon agave nectar
- Dash of sea salt

Preparation

Combine pumpkin seeds, sunflower seeds, chia seeds, agave nectar, and a light sprinkling of sea salt. Toast in skillet, and spread on parchment paper to cool.

Calories per serving: 200

Raisins & Whole Almonds

Ingredients

- 1/3 cup raisins
- 5 whole almonds

Calories per serving: 150

Peanuts

Ingredients

- 25 peanuts, salted

Calories per serving: 150

Cantaloupe & Prosciutto

Ingredients

- 5 cantaloupe wedges
- 1 oz prosciutto

Calories per serving: 150

Brie & Apple

Ingredients

- 1 oz. brie
- 1 small apple

Calories per serving: 150

Spicy Peanut Spread on Celery

Ingredients

- 1 Tablespoon peanut butter
- Cayenne pepper to taste
- ½ lime, juiced
- 4 medium celery stalks

Preparation

Mix peanut butter, cayenne and lime juice. (To soften peanut butter, microwave for 30 seconds.) Spread on celery.

Calories per serving: 150

Grapefruit Spritzer & Soy Nuts

Ingredients

- 4 oz 100% grapefruit juice
- 8 oz sparkling water
- ¼ cup soy nuts

Preparation

Stir together grapefruit juice and sparkling water. Serve with soy nuts.

Calories per serving: 150

Hard Boiled Egg & Grapes

Ingredients

- 1 hard-boiled egg
- 1 cup grapes

Preparation

Cut grapes & enjoy.

Calories per serving: 180

Prosciutto & Melon

Ingredients

- 2 oz Prosciutto
- ¼ cantaloupe, sliced

Preparation

Wrap Prosciutto around melon slices.

Calories per serving: 190

Green Apple & Almonds

Ingredients

- 1 green apple
- 15 raw almonds

Preparation

Enjoy apple with almonds.

Calories per serving: 200

Apple, Almond butter and Cinnamon

Ingredients

- 1 Tablespoon almond butter
- 1 apple, sliced
- Cinnamon, to taste

Preparation

Spread almond butter on apple slices. Sprinkle with cinnamon.

Calories per serving: 195

Cashews & Dried Cherries

Ingredients

- 3 Tablespoon raw cashews
- 2 Tablespoon dried cherries

Preparation

Enjoy cashews and cherries.

Calories per serving: 205

Herbed Goat Cheese & Tomatoes

Ingredients

- 1 ounce soft goat cheese
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1/8 teaspoon black pepper
- 15 grape tomatoes
- 4 whole wheat crackers

Preparation

Mix cheese, oregano, thyme and pepper until well combined. Enjoy with tomatoes and crackers.

Calories per serving: 200

Swiss & Pear

Ingredients

- 1 pear, sliced
- 1 oz. Swiss cheese, sliced

Preparation

Top pear slices with cheese

Calories per serving: 210

Cheese & Crackers

Ingredients

- 6 whole grain crackers
- 1 slice reduced fat Swiss cheese

Preparation

Enjoy Swiss on crackers.

Calories per serving: 150

Pistachios & Clementine

Ingredients

- 50 pistachios
- 1 Clementine

Preparation

Enjoy pistachios with Clementine

Calories per serving: 200

Pineapple & Walnuts

Ingredients

- 1 cup chopped fresh pineapple
- 10 walnut halves, chopped

Preparation

Put pineapple in small bowl and top with walnuts.

Calories per serving: 210

Raisins & Soy Nuts

Ingredients

- 1 Tablespoon raisins
- ¼ cup soy nuts

Preparation

Mix together and enjoy.

Calories per serving: 151

Honey Cinnamon Grapefruit

Ingredients

- 1 large grapefruit
- 2 teaspoon honey
- Dash of cinnamon

Preparation

Cut grapefruit in half and loosen segments with a knife. Drizzle honey and cinnamon on grapefruit.

Calories per serving: 148

Green Apple & Tofu Peanut Butter Dip

Ingredients

- 1/3 container silken tofu
- ½ cup natural peanut butter
- 1 small green apple

Preparation

Puree tofu with blender until completely smooth. Blend in peanut butter. Keep covered in fridge for 5-7 days. Spread on apple slices.

Calories per serving: 155

Apple & Cheddar

Ingredients

- 1 small apple, sliced
- 1 oz sliced cheddar cheese

Calories per serving: 157

Pistachios

Ingredients

- 50 pistachios

Calories per serving: 158

Swiss Cheese & Crispbread

Ingredients

- 1 slice Swiss cheese
- 2 whole-grain crispbread crackers

Calories per serving: 154

Grape, Almond, & Mint Salad

Ingredients

- 1 cup halved red grapes
- 2 Tablespoon chopped fresh mint
- 2 Tablespoon sliced almonds
- 1 Tablespoon white balsamic vinegar
- Dash of salt

Preparation

Toss all ingredients.

Calories per serving: 142

Almond-Stuffed Dates

Ingredients

- 5 dates, pitted
- 5 whole almonds

Preparation

Stuff almonds into dates.

Calories per serving: 152

Peach-Raspberry Crepe

Ingredients

- 2 teaspoon raspberry 100% fruit spread or jam
- ¼ cup low-fat cottage cheese
- 1 ready made crepe
- ½ cup diced peaches

Preparation

Mix jam and cottage cheese together & spread on crepe. Fill with peaches and roll.

Calories per serving: 151

Pineapple with Candied Ginger & Pecans

Ingredients

- 3 pineapple rings
- 2 teaspoon chopped pecans
- 2 teaspoon chopped candied ginger

Preparation

Top pineapple with pecans and ginger. Grill pineapple for more sweetness.

Calories per serving: 145

Banana & Almond Butter

Ingredients

- 1 banana
- ½ Tablespoon almond butter

Preparation

Spread almond butter on banana. Eat and enjoy.

Calories per serving: 150

Popcorn

Popcorn & Parmesan

Ingredients

- 1 bag 100 calorie microwaveable popcorn
- 2 Tablespoon Parmesan

Preparation

Microwave popcorn according to instructions. Sprinkle with Parmesan once popped.

Calories per serving: 150

Protein Popcorn

Ingredients

- 2 Tablespoon popcorn
- Cooking spray
- 2 Tablespoon nutritional yeast

Preparation

Pop the corn, spray with cooking spray, and sprinkle with yeast

Calories per serving: 150

Cinnamon-Spice-Crunch Popcorn

Ingredients

- 2 Tablespoon popcorn
- Cooking spray
- 2 teaspoon cinnamon
- ¼ teaspoon chili powder
- 1 Tablespoon soy nuts

Preparation

Pop corn, spray with cooking spray, and top with remaining ingredients.

Calories per serving: 149

Pizza Popcorn

Ingredients

- 2 Tablespoon popcorn
- Cooking spray
- 2 Tablespoon Italian seasoning
- 2 Tablespoon grated parmesan

Preparation

Pop the corn, spray with cooking spray, and sprinkle with Italian seasoning and cheese.

Calories per serving: 161

Veggies / Dips / Mixes

Celery & Peanut Butter

Ingredients

- 2 stalks of celery
- 4 teaspoon Peanut butter

Preparation

Spread celery sticks with peanut butter.

Calories per serving: 150

Dill Hummus & Cucumber Mix

Ingredients

- ½ teaspoon dried dill
- 6 Tablespoons hummus
- 1 cup cucumber slices

Preparation

Mix dill into hummus. Serve with cucumber slices.

Calories per serving: 200

Raw Vegetables & Hummus

Ingredients

- 1 cup raw veggies
- 4 Tablespoon hummus

Preparation

Dip cut veggies in hummus.

Calories per serving: 150

Honey-Curry Dip with Carrots

Ingredients

- 1/3 cup low-fat plain yogurt
- 1 teaspoon honey
- ½ teaspoon curry powder
- 1 cup baby carrots

Preparation

Mix yogurt with honey and curry powder. Dip carrots.

Calories per serving: 150

Carrots with Cashew Curry Dip

Ingredients

- 1 ½ Tablespoon cashew butter
- 1 ½ Tablespoon warm water
- 1 teaspoon honey
- 1/8 teaspoon curry powder
- ½ cup sliced carrots or baby carrots

Preparation

Whisk cashew butter, water, honey and curry powder. Serve with carrots.

Calories per serving: 180

Broccoli with Peanut Dip

Ingredients

- 1 ½ Tablespoon natural peanut butter
- 1 ½ Tablespoon warm water
- 1 teaspoon seasoned rice vinegar
- 1 teaspoon low-sodium soy sauce
- 1 teaspoon honey
- Dash of cayenne pepper
- 1 cup fresh broccoli florets

Preparation

Whisk peanut butter, water, vinegar, soy sauce, honey, and cayenne. Serve with broccoli.

Calories per serving: 190

Olive Hummus with Red Bell Peppers

Ingredients

- ¼ cup hummus
- 2 Tablespoon chopped olives
- 1 teaspoon olive oil
- 1 cup sliced red bell pepper

Preparation

Mix hummus and olives. Drizzle oil over mixture. Enjoy with bell pepper.

Calories per serving: 195

Feta Hummus with Cucumbers

Ingredients

- 1/4 cup hummus
- 2 Tablespoons crumbled feta cheese
- 1 teaspoon olive oil
- 1 cup sliced cucumber

Preparation

Mix hummus & cheese. Drizzle oil over mixture. Enjoy with cucumbers.

Calories per serving: 205

Hummus & Jicama

Ingredients

- ¼ cup hummus
- 1 cup jicama slices

Preparation

Dip jicama slices into hummus.

Calories per serving: 152

Peapods & Ranch

Ingredients

- 1 teaspoon ranch seasoning
- ¼ cup low-fat sour cream
- 1 ½ cups peapods

Preparation

Mix seasoning with sour cream and let sit for 10 minutes. Serve dip with peapods.

Calories per serving: 127

Carrot Chips & Almond Butter

Ingredients

- ¾ cup cut carrots or baby carrots
- 1 Tablespoon almond butter

Preparation

Spread almond butter on carrots.

Calories per serving: 139

Yogurt

Low-Fat Plain Greek Yogurt & Berries

Ingredients

- 1 5 oz. container of low-fat Greek Yogurt
- ¾ cup of berries

Preparation

Top yogurt with berries.

Calories per serving: 150

Low-Fat Plain Greek Yogurt & Low-fat Granola

Ingredients

- 5 oz. Low-Fat Plain Greek Yogurt
- ¼ Cup Low-Fat Granola

Preparation

Top yogurt with low-fat granola.

Calories per serving: 150

Yogurt with Honey & Sunflower Seeds

Ingredients

- 6 oz low-fat plain yogurt
- 1 teaspoon honey
- 2 teaspoon sunflower seeds

Preparation

Mix all ingredients together and enjoy.

Calories per serving: 150

Yogurt with Lemon & Raspberries

Ingredients

- 1 cup plain 2% Greek yogurt
- 1 Tablespoon lemon zest
- 1 teaspoon honey
- 1/2 cup raspberries

Preparation

Stir yogurt, lemon zest and honey. Top with berries

Calories per serving: 205

Yogurt with Coconut & Mango

Ingredients

- 1 cup plain 2% Greek yogurt
- ¼ cup finely diced fresh mango
- 1 Tablespoon shredded coconut

Preparation

Combine all ingredients.

Calories per serving: 200

Maple Yogurt

Ingredients

- 6 oz. low-fat, plain, Greek Yogurt
- 1 Tablespoon 100% maple syrup

Preparation

Mix ingredients.

Calories per serving: 150

Honey-Drizzled Yogurt

Ingredients

- 1 container plain low-fat yogurt
- 2 teaspoon honey

Preparation

Drizzle and stir honey into yogurt.

Calories per serving: 138

Miscellaneous

Whole-Grain Crackers & Reduced-Fat Swiss Cheese

Ingredients

- 6 whole-grain crackers
- 1 slice reduced fat Swiss cheese

Calories per serving: 150

Almond Butter & Honey on Crackers

Ingredients

- 2 teaspoon almond butter
- 1 teaspoon honey
- 4 crackers

Preparation

Spread almond butter on crackers and drizzle with honey.

Calories per serving: 150

Almond Butter, Fig, Jam Crackers

Ingredients

- 2 teaspoons almond butter
- 2 teaspoons jam
- 5 whole grain crackers

Preparation

Spread almond butter and jam on crackers.

Calories per serving: 200

Corn Chips & Salsa Verde

Ingredients

- 10 Corn Chips
- 2 Tablespoon prepared green salsa

Preparation

Dip corn chips in salsa.

Calories per serving: 150

Mini Ham & Honey-Mustard Sandwiches

Ingredients

- 1 Tablespoon honey-mustard salad dressing
- 1 slice whole-grain bread, cut into 4 squares
- 1 oz low-fat ham

Preparation

Spread honey-mustard dressing on bread and top with ham (makes 2 mini sandwiches)

Calories per serving: 150

Quick Caprese Bites

Ingredients

- 8 grape tomatoes
- 4 fresh mozzarella balls
- 4 leaves fresh basil
- 4 toothpicks

Preparation

Thread 2 tomatoes, 1 mozzarella ball and 1 folded basil leaf onto each toothpick.

Calories per serving: 180

Tomato Juice Cocktail & Chickpea Nuts

Ingredients

- ½ cup canned garbanzo beans, rinsed, drained, and pat dry
- ¼ teaspoon chili powder
- Dash of salt and black pepper
- 6 oz. low-sodium tomato juice

Preparation

Preheat oven to 375 degrees. Toss garbanzo beans with chili powder, salt, and black pepper. Place garbanzo beans on cookie sheet, and bake for about 30 minutes. They will be firm and crunchy like a nut.

Serve with tomato juice.

Calories per serving: 149

TREATS

Treats are special. They can substitute for snacks and are eaten in the same breaks between meals. They are intended to be delicious and satisfying, but may not always keep you as full as a typical snack. Treats are planned to be fun and delicious, so the nutrition criteria is not overly strict. The focus is on delivering the sweetness without an excess of fat or calories. Sprinkling treats into your weekly menu will keep you from feeling deprived. Snacks are encouraged, in moderation. Enjoy a little celebration!

There are over 40 delicious recipes to enjoy for treats, including beverages. Each recipe contains an average of 150 calories.

The recipes in the Treat section are divided into the following general categories:

- Beverages, *see page 397*
- Chips / Dips / Crackers, *see page 403*
- Fruit / Nuts / Granola, *see page 410*
- Ice Cream / Yogurt / Sorbet / Mousse, *see page 419*
- Popcorn and Miscellaneous, *see page 423*

Beverages

Honey Café au Lait

Ingredients

- 12 oz skim or soy milk
- 8 oz hot brewed coffee
- 1 teaspoon honey

Preparation

Heat milk in pan or microwave, and remove from heat just before boiling to avoid scalding milk. Add 8 oz hot brewed coffee and stir in honey.

Calories per serving: 148

Mexican Hot Chocolate

Ingredients

- 1 cup skim or soy milk
- 1 Tablespoon unsweetened cocoa powder
- 1 Tablespoon honey
- Dash of cinnamon

Preparation

In a saucepan, bring milk to almost a boil. In a mug, stir cocoa, honey, and cinnamon together, and slowly add hot milk into cocoa mixture, stirring until smooth.

Calories per serving: 160

Banana Cocoa Smoothie

Ingredients

- ½ banana, frozen
- ½ cup soy milk
- ¼ teaspoon unsweetened cocoa powder
- 1/8 teaspoon cinnamon
- 6 walnut halves
- 2 ice cubes

Preparation

Blend banana, soymilk, ice cubes, cocoa powder, and cinnamon until smooth. Serve with walnuts.

Calories per serving: 200

Red Wine & White Cheddar

Ingredients

- 5 oz. red wine
- ¾ oz. white cheddar

Preparation

Sip wine and enjoy cheese.

Calories per serving: 200

Light Beer & Peanuts

Ingredients

- 1 light beer
- 10 peanuts, in shell

Calories per serving: 156

Light Beer & Pistachios

Ingredients

- 12 oz light beer
- 30 pistachios

Preparation

Sip beer and enjoy nuts.

Calories per serving: 200

Champagne, Chocolate & Strawberries

Ingredients

- 5 oz champagne or other sparkling wine
- 1 Tablespoon dark chocolate chips
- 5 strawberries

Preparation

Sip champagne and enjoy chocolate and chips.

Calories per serving: 200

Wine & Edamame

Ingredients

- 5 oz red wine
- 15 in pod edamame
- Dash of salt

Preparation

Heat edamame, and add salt.

Calories per serving: 153

Bloody Mary with Celery Stalk & Cheese Stick

Ingredients

- 1 cup ice cubes
- 1 cup low-sodium tomato juice
- 1/8 teaspoon celery salt
- Dash of Worcestershire sauce
- 1/2 lemon, juiced
- Hot sauce, to taste
- 1.5 ounces vodka
- 1 celery stalk
- 1 ounce string cheese

Preparation

Over ice, mix together tomato juice, celery salt, Worcestershire sauce and lemon juice. Add hot sauce to taste. Stir in vodka and garnish with celery stalk.

Enjoy with cheese.

Calories per serving: 210

Chips / Dips / Crackers

Chocolate Covered Graham Crackers & Green Tea

Ingredients

- 1 sheet whole grain graham crackers (4 small rectangular pieces)
- 2 Tablespoon semi-sweet chocolate chips
- 1 cup green tea

Preparation

Microwave chocolate for 20-30 seconds and spread on graham cracker pieces.
Serve with green tea.

Calories per serving: 150

Pesto Pita Chips

Ingredients

- 1 Tablespoon prepared pesto
- 1 whole grain pita

Preparation

Preheat broiler. Spread pesto on pita, cut into 6 pieces and broil for 5 minutes until crisp.

Calories per serving: 150

Chips & Bean Dip

Ingredients

- 10 tortilla chips
- 3 Tablespoon low-fat bean dip

Preparation

Serve chips with dip.

Calories per serving: 150

Chips & Black Bean Salsa

Ingredients

- 10 tortilla chips
- 3 Tablespoon salsa
- 3 Tablespoon canned black beans, rinsed and drained

Preparation

Mix salsa with black beans and serve with chips.

Calories per serving: 150

Dark Chocolate-Covered Graham Crackers

Ingredients

- 4 small graham cracker rectangles
- 2 Tablespoon semisweet chocolate chips

Preparation

Microwave chocolate chips for 30 seconds, until just melted. Spread graham crackers with chocolate and let sit for 10 minutes, until chocolate has hardened.

Calories per serving: 150

Chocolate Fruit Dip

Ingredients

- 1/2 cup plain 2% Greek yogurt
- 1 Tablespoon unsweetened cocoa powder
- 1 Tablespoon raw honey
- 8 whole strawberries

Preparation

Mix yogurt, cocoa powder and honey together in a bowl. Serve with strawberries.

Calories per serving: 205

Cracked-Pepper-&-Salt Pita Chips

Ingredients

- 1 whole grain pita pocket
- 1/2 teaspoon olive oil
- Dash or cracked black pepper and salt

Preparation

Preheat oven to 350 degrees. Brush pita with oil, cut into 6-8 triangles, and sprinkle with salt and black pepper. Bake on cookie sheet for 8-10 minutes until golden and crunchy.

Calories per serving: 139

Guacamole & Tortilla Chips

Ingredients

- ¾ cup cannellini beans, rinsed and drained
- 1 avocado
- 1 plum tomato, chopped
- ½ lime, juiced
- ½ small onion, chopped
- 1 clove garlic, minced
- ¼ teaspoon salt
- 7 whole corn tortilla chips

Preparation

Using hand blender, puree beans until smooth. Add avocado and mash together with fork until smooth. Stir in tomato, lime juice, onion, garlic, and salt. Keep tightly covered with plastic wrap in fridge for about 3 days.

(Makes 6 servings- ¼ cup each). Scoop with chips.

Calories per serving: 156

Herb Dip Potato Chips

Ingredients

- 1/2 cup 2% cottage cheese
- 1 Tablespoon chopped fresh chives
- 1 Tablespoon chopped fresh basil
- 1/8 teaspoon black pepper
- 16 baked potato chips

Preparation

Puree cottage cheese with hand blender or food processor until smooth. Mix in chives, basil and black pepper. Serve with potato chips.

Calories per serving: 195

Parmesan Pita Chips

Ingredients

- 1 whole grain pita, cut into 6 triangles
- Cooking spray
- 1 teaspoon dried oregano
- 1 Tablespoon grated parmesan cheese
- Dash of salt

Preparation

Preheat broiler. Arrange pita triangles on a foil-lined baking sheet. Mist with cooking spray and sprinkle on oregano, cheese and salt. Broil for 3-4 minutes, until crisp and golden.

Calories per serving: 195

Black Bean Salsa & Tortilla Chips

Ingredients

- 4 Tablespoon salsa
- 4 Tablespoon canned black beans, rinsed and drained
- 10 whole tortilla chips

Preparation

Mix salsa and beans. Serve with chips.

Calories per serving: 195

Fruit / Nuts / Granola

Cinnamon Baked Apple

Ingredients

- 1 apple, sliced
- 1/2 teaspoon cinnamon
- 2 teaspoons honey
- 2 tablespoons water
- 2 teaspoons sliced almonds

Preparation

Microwave apple, cinnamon, honey and water for 3-4 minutes, until apple is tender. Top with almonds

Calories per serving: 150

Blueberry Granola Crisp

Ingredients

- 3/4 cup blueberries (fresh or frozen, unsweetened/thawed)
- 2 Tablespoons low-fat granola
- 1 Tablespoon low-fat plain Greek yogurt
- 1 teaspoon maple syrup

Preparation

Top blueberries with granola and microwave for 3 minutes. Dollop with yogurt and maple syrup.

Calories per serving: 150

Grilled Pineapple with Gingersnap-Crumb Topping

Ingredients

- 3 canned pineapple rings, packed in juice
- 3 Tablespoon crushed gingersnap cookies

Preparation

Grill pineapple for 3 minutes on each side. Top with crushed cookies.

Calories per serving: 150

Peach & Blackberry Crepe

Ingredients

- 1 small peach, chopped
- ¼ cup low-fat cottage cheese
- 1 premade crepe
- 1 Tablespoon 100% blackberry fruit spread

Preparation

Mix together peaches and cottage cheese, then roll into crepe. Microwave fruit spread for 30 seconds and drizzle over crepe.

Calories per serving: 150

Cocoa Almonds

Ingredients

- 3 Tablespoons raw almonds
- 1 Tablespoon 100% maple syrup
- Dash of salt
- 1 teaspoon unsweetened cocoa powder

Preparation

In skillet over low-medium heat, sauté almonds, maple syrup and salt for 4-5 minutes until maple syrup is sticking to nuts and nuts are toasted. Toss nuts in bowl with cocoa powder and allow to cool.

Calories per serving: 210

Berries, Mint & Whipped Cream

Ingredients

- 1 cup halved strawberries
- 1/2 cup blueberries
- 4 leaves fresh mint, chopped
- 4 Tablespoons pressurized whipped cream
- 2 Tablespoons slivered raw almonds

Preparation

Combine berries and mint. Top with whipped cream and almonds.

Calories per serving: 205

Warm Apples with Cinnamon Crisps

Ingredients

- 1 apple, chopped
- 1/2 teaspoon cinnamon plus 1/2 teaspoon for sprinkling
- 2 teaspoons 100% maple syrup
- 1/2 lemon, juiced
- 1 corn tortilla, cut into 4 triangles
- Cooking spray

Preparation

In microwave-safe bowl, mix apple, cinnamon, maple syrup and lemon juice and microwave 2 minutes, until apple is tender. Place tortilla triangles on baking sheet, mist with cooking spray and sprinkle with cinnamon. Broil 3-4 minutes, until crisp. Serve warm apples with cinnamon crisps.

Calories per serving: 200

Banana Walnut Soft Serve

Ingredients

- 1 chopped banana, frozen
- 5 walnut halves
- 1/4 cup 2% milk (or favorite type of milk)

Preparation

Combine all ingredients in a blender and puree until smooth.

NOTE: Add milk slowly to get your desired thickness – you may not use all of it.

Calories per serving: 200

Broiled Banana with Walnuts

Ingredients

- 1 medium banana
- 1 Tablespoon walnuts

Preparation

Cut banana lengthwise, leaving the peel on. Place on baking sheet, and broil flesh side up for 5-6 minutes until banana is golden or caramelized. Sprinkle walnuts on top. Serve in banana peel.

Calories per serving: 150

Apple & Cranberry Skillet Crisp

Ingredients

- 3 Tablespoon raw old fashioned or rolled oats
- 1 small apple, chopped
- 1 Tablespoon dried cranberries
- 1 teaspoon maple syrup
- 2 Tablespoon water

Preparation

In dry skillet over medium heat, toss raw oatmeal until golden, about 4 minutes, and set aside. In same skillet, put chopped apple, cranberries, maple syrup, and water. Simmer on low, covered, for 5-6 minutes, until apple is tender. Top with oats.

Calories per serving: 150

Cinnamon-Spice Peaches with Pecans

Ingredients

- 1 peach, cut in half and pit removed
- 1 teaspoon pie spice
- 4 teaspoon chopped pecans
- 2 teaspoon agave nectar

Preparation

Broil peach halves flesh side up for 6-8 minutes, until tender. Sprinkle on spice and pecans, and drizzle with agave nectar.

Calories per serving: 149

Dark-Chocolate-Dipped Apricots

Ingredients

- 2 Tablespoon dark chocolate chips
- 2 dried apricots
- 2 teaspoon crushed pistachios

Preparation

Melt chocolate. Dip apricots in chocolate, covering only 50% of apricot. Sprinkle with crushed pistachios. Place on wax paper to set, about 10 minutes.

Calories per serving: 154

Easy Peach Granola Cobbler

Ingredients

- 1 peach, pitted and chopped
- 1 teaspoon agave nectar
- ¼ teaspoon cinnamon
- 4 Tablespoons granola

Preparation

Combine peach, agave nectar, cinnamon. Microwave 3 to 4 minutes, or until tender. Top with granola.

Calories per serving: 200

Ice Cream / Yogurt / Sorbet / Mousse

Banana Ice Cream

Ingredients

- 1 banana, sliced and frozen
- 3 Tablespoon low-fat milk
- 2 teaspoon chopped walnuts

Preparation

In blender, puree banana and milk until smooth, ice-cream like texture. Top with walnuts.

Calories per serving: 150

Berry Sorbet

Ingredients

- 1 cup frozen berries
- 3 Tablespoon water
- ½ lemon, juiced
- 1 Tablespoon honey

Preparation

Blend all ingredients until sorbet mixture.

Calories per serving: 150

Chocolate Yogurt Mousse & Strawberries

Ingredients

- 1 (5 ounce) container low-fat plain Greek yogurt
- 2 teaspoons unsweetened cocoa powder
- 2 teaspoons honey
- 1/4 cup strawberries

Preparation

Combine yogurt, cocoa powder and honey. Serve with berries.

Calories per serving: 150

Homemade Mango-Lime Sorbet

Ingredients

- ½ cup frozen mango pieces
- 2 limes, juiced
- 1 Tablespoon honey

Preparation

Puree ingredients in a blender until smooth and thick.

Calories per serving: 150

Sweet Cocoa Yogurt

Ingredients

- 1 container low-fat yogurt
- 1 teaspoon unsweetened cocoa powder
- 2 teaspoon agave nectar

Preparation

Mix yogurt, cocoa powder, and agave together.

Calories per serving: 151

Chocolate Mousse with Raspberries

Ingredients

- 1 package silken tofu
- 2 Tablespoon unsweetened cocoa powder
- 2 Tablespoon agave nectar
- Dash of vanilla extract
- ½ cup raspberries

Preparation

With a hand blender, puree tofu, cocoa powder, agave, and vanilla until smooth. Serve with raspberries on top.

Calories per serving: 151

Popcorn and Miscellaneous

Chili Lime Pistachio Popcorn

Ingredients

- 3 cups air-popped popcorn
- 2 Tablespoons shelled pistachios
- Cooking spray
- 1 Tablespoon chili powder
- 1 Tablespoon lime juice

Preparation

In a large bowl, combine popcorn and pistachios. Mist with cooking spray and toss with chili powder. Drizzle on lime juice.

Calories per serving: 205

Popcorn Trail Mix

Ingredients

- 2 cups air-popped popcorn
- 2 Tablespoon shelled peanuts
- 1 Tablespoon dark chocolate chips
- 1 Tablespoon dried cranberries

Preparation

Mix ingredients together.

Calories per serving: 210

Puffed Mochi Squares

Ingredients

- 1 ½ oz mochi
- 1 teaspoon agave nectar

Preparation

Preheat oven to 450 degrees. Cut four 1-in squares of mochi. Place on cookie sheet, and bake for 8-10 minutes, until they puff. Drizzle agave nectar on hot, puffed mochi squares.

Calories per serving: 140

Ginger Bark

Ingredients

- 2 Tablespoon dark chocolate chips
- 1 Tablespoon chopped candied ginger

Preparation

Melt chocolate in microwave or double broiler, and pour on wax paper. Sprinkle ginger pieces into melted chocolate, and refrigerate about 10 minutes until set.

Calories per serving: 152

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