



**The  
National Pancreas  
Foundation**

# **CHRONIC PANCREATITIS COOKBOOK**

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Author



**The National Pancreas Foundation, providing...  
Hope, Courage, Research, Education & Support.**

## DISCLAIMER

**The National Pancreas Foundation is committed to supporting people suffering from pancreatic disease and is proud to provide this nutrition document as a guide particularly for chronic pancreatitis.**

**Information and statements made within this document are for education purposes, as a guide and are not intended to replace the advice of your doctor or health care professional. The views and advice expressed are not intended to be a substitute for conventional medical services. Please consult your doctor or dietician prior to implementing any of the information contained herein.**

The National Pancreas Foundation provides hope for those suffering from pancreatitis and pancreatic cancer through funding cutting edge research, advocating for new and better therapies, and providing support and education for patients, caregivers, and health care professionals. To fulfill its mission, the NPF raises and manages a charitable foundation from which grants are made directly to researchers seeking to resolve the challenging medical problems of pancreatic diseases. The NPF is the only foundation dedicated to patients who are suffering from all forms of pancreas disease – pediatric pancreatitis, acute pancreatitis, chronic pancreatitis and pancreatic cancer. A National Patient Registry is being developed for individuals suffering the isolating and debilitating conditions associated with pancreatic disease. The NPF and its founding members and volunteers are committed to maximum efficiency. The Foundation’s goal is to direct as much of our revenue to programs. To achieve this, we rely heavily on the invaluable donations of time, energy and financial support of the many friends and interested parties who have been touched by the suffering of so many people. Research grant proposals from a wide variety of researchers are solicited. With the help of the Foundation’s Grant Review Council, the NPF makes grants to those whose proposals appear most likely to lead to scientific advancements in the field of pancreatic disease. Founded in 1997, the NPF has given over \$2.5 million to fund 92 groundbreaking research projects. The Foundation advocacy efforts have also been very effective, actively participating on the advisory council for National Institute of Diabetes and Digestive and Kidney Diseases, the National Cancer Institute Gastrointestinal Steering Committee, and as Department of Defense Consumer Reviewers. Furthermore, the NPF has supported initiatives that have led to millions of dollars of additional research funding by the National Institutes of Health, the Department of Defense, and other institutions.

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## DIPS

### Tomato Salsa

Although salsa is most often served on chips, it's a great all-purpose condiment that can be used on burgers, sandwiches, eggs or even mixed with yogurt for a dip with a kick. Serve with endive leaves or crackers.

Yield: about 4 cups

2 1/2 - 3 pounds ripe beefsteak tomatoes, seeded, if desired and finely diced  
1 red onion, finely chopped  
2 - 4 garlic cloves, minced  
2 bell peppers, chopped (any color is fine)  
1 jalapeno pepper or chipotle chili, seeded, if desired and finely chopped (optional)  
1/3 - 1/2 cup finely chopped fresh cilantro, (about 1/2 bunch)  
1/2 teaspoon cayenne pepper (optional)  
1/2 teaspoon kosher salt  
2 tablespoons fresh lime juice (about 1 lime)

Place all the ingredients in a non-reactive bowl and combine well. Cover and refrigerate at least 3 - 4 hours and up to 2 days.

#### **Nutritional Information:**

Calories 50, Total Fat 1g, Saturated Fat 0g, Trans Fat, 0g Cholesterol 0g, Sodium 158 mg, Total Carbohydrates 11g, Dietary Fiber 3g, Protein 2g

## White Bean Dip

Instead of the commonly used olive oil this white bean dip includes Greek yogurt. Greek yogurt has a sour taste similar to regular yogurt, but has a consistency somewhere closer to softened butter. In both the United States and Europe it has come to mean a thicker, low-moisture yogurt and can be found in the dairy section of the grocery store. Serve this dip with crudite or as a sandwich spread.

Yield: 1 ¼ cup (1 tablespoon = )

¼ cup assorted fresh herbs, such as parsley, basil, cilantro and/or mint leaves 2  
garlic cloves  
1 16-ounce can white beans, drained and rinsed  
2 tablespoons non-fat Greek yogurt  
Juice of ½ lemon  
¼ teaspoon kosher salt

Place the herbs and garlic in the bowl of a food processor fitted with a steel blade and process until well chopped. Add the remaining ingredients and process until smooth. Cover and refrigerate at least one hour and up to two days.

### **Nutritional Information:**

Calories, 76, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 653 mg, Total Carbohydrates 14g, Dietary Fiber 1g, Protein 6g

## BREAKFAST AND EGGS

### Pancakes

If you're watching your fat intake, these lower fat pancakes are perfect and if you're not, it's fine to add a bit of unsalted butter. Either way, top with real maple syrup: don't consider using the fake stuff.

Makes about 12 6- inch pancakes (one pancake = )

1 1/2 cups all purpose white flour  
1/4 cup whole wheat graham flour  
1/4 cup yellow cornmeal  
1 tablespoon white sugar  
1 teaspoon baking soda  
2 teaspoons baking powder  
1/2 teaspoon kosher salt  
2 cups skim milk buttermilk  
1/2 cup skim milk  
1 large egg  
2 large egg whites  
1 tablespoon melted unsalted butter or canola oil

Place the flours, cornmeal, sugar, baking soda, baking powder and salt in a large bowl and stir to combine.

Place the buttermilk, skim milk, egg, egg whites and butter in a small bowl and stir to combine. Add the wet ingredients to the dry ingredients and mix until just combined. Do not over- mix.

Place a large non- stick skillet over a medium heat and when it is hot, drop ladlefuls of batter on the surface. Cook until bubbles form. Flip over and cook for about 2 minutes. Serve immediately with real maple syrup.

### Nutritional Information:

Calories 121, Total Fat 2g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 56 mg, Sodium 268mg, Total Carbohydrates 20g, Dietary Fiber 1g, Protein 5g

## Steel Cut Oats with Cranberries and Walnuts

There is no question that steel cut oats are far better – in flavor, texture and taste- than rolled oats. However, the common complaint- that they take forever to cook- is a fair one. My solution: start the process the night before!

This recipe serves one but can easily be quadrupled.

Serves one

1/3 cup steel cut

oats 1 1/3 cup

water

To each serving add:

2 tablespoons skim milk

1 tablespoon dried cranberries, raisins, dates, apricots or cherries

1 teaspoon lightly toasted chopped walnuts, pecans or almonds (optional) 1

teaspoon ground flax seed (optional)

½ teaspoon wheat bran

1 teaspoon maple syrup, brown sugar or honey

Other options, per serving:

apples and cinnamon sugar

blueberries

The night before: Place the oatmeal and water in a small saucepan and bring to a boil over high heat. Cover and cool to room temperature. Refrigerate overnight.

The next morning: Remove the cover, place the saucepan over high heat and bring to a boil. Reduce the heat to low, partially cover and cook until the oatmeal is tender, 10- 15 minutes. Add the milk, cranberries, nuts, flax, wheat and maple syrup, as desired. Serve immediately.

### Nutritional Information:

#### *With Flax Seed*

Calories 272, Total Fat 6g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 19mg, Total Carbohydrates 44g, Dietary Fibers 11g, Protein 11g

#### *Without Flax Seed*

Calories 255, Total Fat 5g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 1mg, Sodium 26mg, Total Carbohydrate 43g, Dietary Fiber 6g, Protein 10g

## Apple Banana Smoothie

Smoothies are infinitely adaptable but here is my basic and most favored version. Feel free to substitute peaches or pears for the apple, and apple or pineapple juice for the orange. I always use bananas; they are indispensable for the smooth texture and creamy mouth-feel they impart. Add nuts or ground flax seed if your diet allows.

Serves 2 (one serving = )

1 over-ripe banana, cut in 4  
1 Granny Smith apple, cored and chopped  
1 cup non-fat plain yogurt  
1/2 cup orange juice  
1/2 cup water  
1 tablespoon wheat germ or wheat bran  
1 tablespoon ground flax seed (optional)

Place the banana and apple in a blender or the bowl of a food processor fitted with a steel blade and process until almost smooth. Add the remaining ingredients and process until smooth. Serve immediately or refrigerate up to one hour.

### **Nutritional Information:**

#### *Smoothie with Flax Seed:*

Calories 228, Total Fat 2g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 1mg, Sodium 38mg, Total Carbohydrate 50g, Dietary Fiber 5g, Protein 5g

#### *Smoothie without Flax Seed:*

Calories 209, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 1mg, Sodium 37mg, Total Carbohydrate 49g, Dietary Fiber 4g, Protein 5g.

## French Toast

Almost entirely fat free, this version of French Toast can be adapted to almost any kind of bread. Experiment with whatever kind you like best: just be sure it is day old, so that it absorbs the liquid but can still keep its shape. Serve with real maple syrup, your favorite jam or jelly, apple sauce or stewed fruit, or sprinkled with cinnamon –sugar.

Yield: 6 slices (one slice =)

3/4 cup skim milk  
2 large egg  
whites 1 large  
egg  
1/4 teaspoon vanilla extract  
1/8 teaspoon ground cinnamon  
6 slices oatmeal or cinnamon raisin bread, day old

Place the skim milk, egg whites, egg, vanilla extract and cinnamon in a large mixing bowl and stir until just combined.

Place a large non- stick skillet over medium heat and when it is hot, dip the bread, on slice at a time in the egg mixture. Place the bread on the skillet and cook until golden brown on both sides, about 3 minutes. Repeat with all the bread. Serve immediately with real maple syrup.

### **Nutritional Information:**

Calories 102, Total Fat 2g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 36mg, Sodium 185mg, Total Carbohydrate 14g, Dietary Fiber 1g, Protein 6g.

### **Spinach and Cheese Frittata**

The frittata, an open-faced omelet, is one of my favorite dishes: easy to make, infinitely adaptable, full of protein and great for breakfast, brunch, lunch and even a light dinner.

Serves 6 (one serving= )

1 teaspoon vegetable or olive oil

1 large Spanish onion, chopped

2 garlic cloves, minced

6 large eggs, lightly beaten

10 large egg whites, lightly beaten

2 cups tightly packed flat leaf spinach, chopped or baby spinach, well washed 1/2

cup crumbled non-fat feta cheese or goat cheese

1 teaspoon kosher salt

½ teaspoon black pepper

Place a non stick skillet over medium heat and when it is hot, add the oil. Add the onion and garlic and cook, stirring occasionally, until they are fragrant, soft and slightly caramelized, about 8- 12 minutes (depending on the size of the pan). Set aside to cool.

Add the remaining ingredients and mix well. The mixture will look very spinach-y and not very egg-y. (The frittata can be completed up to this point the night before. Simply cover and refrigerate).

Preheat the oven to 350 degrees. Place a lightly buttered non stick 9 inch square pan in the oven and when both are hot, add the egg mixture and let cook until the eggs are set, 15- 20 minutes.

Serve hot, room temp or cold with a little bit of fruit salad on the side or Mesclun greens.

#### **Nutritional Information:**

Calories 131, Total Fat 6g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 211 mg, Sodium 352 mg, Total Carbohydrate 4g, Dietary Fiber 1g, Protein 13g

## Granola

Granola is a great food for snacking, to eat as cereal or as an add-in to yogurt or cottage cheese. Commercial versions are often high in fat and very expensive; why not make your own personalized version for far less?

Yield: about 5 1/2 cups (1/2 cup = )

2 cups old fashioned oats  
1/2 cup wheat germ  
1/2 cup wheat bran  
1/4 cup pecans or walnuts, coarsely chopped  
1/4 cup almonds, chopped or sliced  
1/4 cup flax seed  
1/2 teaspoon kosher salt  
6 tablespoons maple syrup or honey  
1/3 cup egg whites  
2 tablespoons canola oil  
1 teaspoon vanilla  
extract  
1/2 cup raisins  
1/2 cup dried cranberries  
1/2 cup chopped dried apricots

Preheat the oven to 275 degrees. Line a baking sheet with parchment paper.

Place the oats, wheat germ, wheat bran, nuts, flax seed and salt in a medium size bowl and mix to combine. Add the maple syrup, egg whites, oil and vanilla and mix again. Pour onto the prepared baking sheet. Pat down to form an even layer, making sure the mixture is neither too thick nor too thin. Transfer to the oven and cook for 15 minutes. Remove the pan from the oven and flip over, in chunks. Return to the oven and bake for 15 minutes. Turn off the oven and let the pan stay in the oven for 30 minutes. This will help the mixture dry out but not overcook. Add the dried fruit, mix well and set aside to cool. Transfer to an air-tight storage container.

### **Nutritional Information:**

Calories 342, Total Fat 13g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 125mg , Total Carbohydrate 49g, Dietary Fiber 8g, Protein 10g

## Baked Broccoli Frittata

Frittatas are a perfect meal. Good for kids and adults, they can be whipped up in minutes and served hot, cold or at room temperature. They can be filled with just about anything: herbs, vegetables, meats and/or cheeses.

Serves 4 (one serving = )

2 teaspoons olive or canola oil  
1 small Spanish or purple onion, coarsely chopped  
2 garlic cloves, finely chopped  
3 cups chopped broccoli florets or zucchini  
4 large eggs, lightly beaten  
4 large egg whites, lightly beaten  
1 cup grated cheese (optional)  
1 cup non-fat sour cream, yogurt or ricotta cheese  
2 cups cubed day old bread, diced and cooked potatoes or leftover pasta  
2 teaspoons kosher salt

Preheat the oven to 350 degrees. Lightly grease an 8 inch springform pan or 10 inch pie plate.

Place a small pan over a medium low flame and when it is hot, add the oil. Add the onion and garlic and cook until the onion is translucent, about 10 minutes. Add the broccoli and cook until soft, about 10 minutes. Set aside to cool slightly.

Place the remaining ingredients in a mixing bowl and mix, by hand; add the cooled broccoli mixture. The frittata can be completed up to this point the night before. Simply cover and refrigerate.

Preheat the oven to 350 degrees.

Place a lightly buttered non stick 9 inch square pan in the oven and when both are hot, add the egg mixture and let cook until the eggs are set, 15- 20 minutes.

Serve as is or with salsa (page 00).

### **Nutritional Information (with non-fat sour cream):**

Calories 304, Total Fat 10g, Saturated Fat 2g, Trans Fat 1g, Cholesterol 212mg, Sodium 1052mg, Total Carbohydrate 37g, Dietary Fiber 4g, Protein 19g

## SALADS

### Farro Panzanelle

Inspired by Italian bread salads, this salad substitutes bread with farro, a delicious, slightly chewy whole grain. If you can't find it, spelt or soft wheat berries are similar and equally delicious.

Yield: 4 cups (one cup = )

½ cup farro <sup>2</sup>  
2 large or 3 beefsteak tomatoes (about 2 ½ cups diced)  
¾ cup diced English cucumber  
¼- 1/3 cup diced red onion (about ¼ medium)  
¼ cup scallions, thinly sliced  
2 tablespoons chopped fresh basil leaves  
1/2 cup chopped fresh Italian flat leaf parsley leaves 1  
tablespoon extra-virgin olive oil  
1 ½ teaspoons red wine vinegar  
Kosher salt and black pepper to taste

Fill a small saucepan with water and bring to a boil over high heat. Add the farro and cook until it is tender, 15- 20 minutes. Drain. Transfer to a large mixing bowl and set aside to cool to room temperature.

Add the tomatoes, farro, cucumbers, onion, scallions, basil and parsley and gently mix. Add the oil, vinegar, salt and pepper and gently mix again.

#### **Nutritional Information:**

Calories 84, Total Fat 4g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 13mg, Total Carbohydrate 12g, Dietary Fiber 2g, , Protein 2g

## Tuscan Bread Salad

This brilliant and classic Italian dish, minus the olive oil, should be made in the summer when tomatoes are at their peak!

Serves 4 (one serving= )

2 cups day old French or sourdough bread, cubed 2  
medium Beefsteak tomatoes, diced  
1 English cucumber, halved and thinly sliced  
1/4 cup coarsely chopped fresh chives  
1 bell pepper, any color, cubed  
1/4 cup coarsely chopped fresh basil leaves  
1 tablespoon finely chopped fresh oregano  
1/2 cup coarsely chopped fresh Italian flat leaf parsley leaves 1 -  
2 garlic cloves, finely chopped or pressed  
1 - 2 tablespoons red wine vinegar  
1/2 teaspoon kosher salt  
1/4 teaspoon black  
pepper 1 - 2 tablespoons  
olive oil

Place bread, tomatoes, cucumber, chives, bell pepper, basil, oregano and parsley in a large non-reactive mixing bowl.  
Place garlic, vinegar, salt, pepper and oil in a bowl and mix well. Drizzle over vegetables.  
Cover and refrigerate at least 4 hours.

### **Nutritional Information:**

Calories 140, Total Fat 5g, Saturated Fat 3g, Trans Fat 0g, Cholesterol 0mg, Sodium 222 mg, Total Carbohydrate 22g, Dietary Fiber 2g, Protein 4g

## Greek Salad

A more elaborate take on the classic Greek Salad. With some whole wheat pita and White Bean Dip (page 00), this is a tasty lunch or hot weather dinner.

Serves 6 (one serving = )

1 head romaine lettuce, pale green inner leaves only  
3 cups baby spinach leaves  
1 Beefsteak tomato, cubed  
½ English cucumber, cubed  
1 small red onion, thinly sliced  
¼ cup raisins or dried figs, chopped  
1 ½ tablespoons fresh lemon juice  
1 ½ tablespoons olive oil  
1 teaspoon dried Greek oregano  
½ teaspoon kosher salt  
¼ teaspoon black pepper

1/3- ½ cup crumbled non-fat feta cheese

Place the romaine, spinach, tomato, cucumber, red onion, and raisins in a large salad bowl and toss to combine.

Place the oil, vinegar, oregano, salt and pepper in a small bowl and whisk together. Pour over the salad, gently toss, sprinkle with the feta cheese and serve immediately.

### **Nutritional Information:**

Calories 99, Total Fat 4g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 11mg, Sodium 536mg, Total Carbohydrate 11g, Dietary Fiber 4g, Protein 4g

## Curried Tuna

Instead of bread, try wrapping a scoop of tuna in a romaine leaf. Consider substituting the apple with an orange, peach or mango and the currants with dried apricots, dates or cranberries.

Serves 2 (one serving = )

9 ounces white tuna in water, drained well 1  
tablespoon non-fat or low fat yogurt  
1 tablespoon non-fat or low fat sour cream 1  
tablespoon non-fat to low-fat mayonnaise 2  
tablespoons Major Grey's mango chutney 1  
teaspoon curry powder  
1/2 Granny Smith apple, peeled, if desired, cut in small dice 1/4  
cup currants or raisins

Place all the ingredients in a mixing bowl and stir until just combined. Cover and refrigerate at least one hour and up to overnight.

### **Nutritional Information:**

*With Non-Fat Sour Cream*

Calories 262, Total Fat 4g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 55mg, Sodium 132 mg,  
Total Carbohydrate 24g, Dietary Fiber 2g, Protein 32 g

*With Low-Fat Sour Cream*

Calories 281, Total Fat 6g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 58mg, Sodium 88mg,  
Total Carbohydrate 25g, Dietary Fiber 2g, Protein 32g

### **Buttermilk Dressing**

A great all- purpose dressing for greens.

Yield: about ½ cup (info per 1 Tablespoon= )

1 garlic clove

1/4 cup non-fat buttermilk

2 tablespoons red wine vinegar

1 tablespoon olive oil

1 tablespoon freshly chopped mint, dill or tarragon (optional)

Kosher salt and black pepper to taste

Place the garlic, buttermilk and vinegar in a blender or a food processor fitted with a steel blade and process. While the machine is running, gradually add the oil. If desired, add herbs by hand. Add salt and pepper to taste. Use immediately or cover and refrigerate up to two days.

#### **Nutritional Information:**

Calories 53, Total Fat 3g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 1mg, Sodium 15mg, Total Carbohydrate 3g, Dietary Fiber 0g, Protein 2g

## **F**

## **ive Bean Salad with Mustard Vinaigrette**

This tangy, yet buttery salad makes a great lunch dish: simply serve it on chopped romaine or mesclun.

Serves 4 (one serving = )

1/2 cup each red kidney, black, white beans, garbanzo or fava beans (2 cups beans in total, any combination is fine)

2 cups green beans, trimmed and snapped in half

1/2 bunch scallions, root end and 1 inch of green part trimmed and discarded, remainder chopped

¼ cup coarsely chopped Italian flat leaf parsley

2 garlic cloves, finely chopped

2 tablespoons red wine vinegar

2 tablespoons Dijon mustard

1 - 2 tablespoons olive oil

2- 4 tablespoons chopped fresh basil leaves

Kosher salt and black pepper to taste

Place the beans, scallions and parsley in a medium size mixing bowl and toss to combine. Set aside.

Place the garlic in a food processor or blender and pulse until the garlic is chopped. Add vinegar, mustard and basil and mix until well combined. With the machine running, slowly add oil. Add salt and pepper to taste. Pour the dressing over the beans and refrigerate for at least two hours to let the flavors meld. Serve cold or at room temperature.

### **Nutritional Information:**

*With Two Tablespoons of Olive Oil*

Calories 260, Total Fat 7g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 2mg, Sodium, 33mg, Total Carbohydrate 11g, Dietary Fiber 4g, Sugars 2g, Protein 4g.

*With One Tablespoon of Olive Oil*

Calories 230, Total Fat 3g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 2mg, Sodium 33mg, Total Carbohydrate 11g, Dietary Fiber 4g, Sugars 2g, Protein 4g.

## White Bean and Tuna Salad

A take off on the classic Italian salad, this protein packed version is lighter but equally flavorful. Consider serving on a bed of arugula or watercress.

Serves 4

For the dressing:

- ¼ cup fresh lemon juice
- ¼ cup olive oil
- ½ teaspoon black pepper
- 1 teaspoon Dijon mustard

For the salad:

- 2 cans (6 ½ ounces each) white tuna in water, drained well
- 2 cups cooked or canned cannellini beans, rinsed well
- ½ small red onion, thinly sliced
- ½ cup chopped Italian flat leaf parsley leaves
- 1 cup diced English cucumber

To make the dressing: Place the lemon juice, olive oil, pepper and mustard in a bowl and using a whisk, combine well. Set aside.

Place the tuna, beans, onion, parsley and cucumber in a large bowl and gently toss. Add the dressing and toss again. Transfer to a container, cover and refrigerate at least 1 hour and up to overnight.

### Nutritional Information:

Calories 331, Total Fat, 9g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 28 mg, Sodium 904 mg, Total Carbohydrate 30g, Dietary Fiber 7g, Protein 34g

## Ratatouille

This classic French vegetable combo makes a great side dish, hot or cold, a topping for burgers, a filling for omelets or crepes, a vegetarian main dish—the use is only limited by your imagination.

Serves 4

- 1 tablespoon olive oil
- 1 Spanish or red onion, chopped
- 4 garlic cloves, minced
- 1 medium eggplant, peeled and diced
- 4 small or 2 large zucchini, diced
- 1 red bell pepper, diced
- 2 cups diced tomatoes, canned or fresh
- 1 lemon, quartered
- 1 tablespoon parmesan cheese

2 tablespoons chopped fresh basil leaves

Place a medium size stockpot over medium low heat and when it is hot, add the oil. Add the onion and garlic and cook 10 minutes. Add the eggplant and zucchini, cover and cook 10 minutes. Add the red pepper and cook, covered, for 10 minutes. Add the tomatoes and cook, uncovered, for 10 minutes, if they are canned and 20 minutes, if fresh. Cover and refrigerate overnight or serve immediately, garnished with lemon quarters, Parmesan cheese and basil.

**Nutritional Information:**

Calories 107, Total Fat 4g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 1mg, Sodium 29mg, Total Carbohydrate 17g, Dietary Fiber 6g, Protein 4g

## SOUPS

### Tropical Gazpacho

A slight variation from traditional gazpacho makes this tropical version a little unusual and very special. Gazpacho makes a great first course for a light dinner, the main course for lunch or alone for a midday snack.

Yield: 8 cups

6 plum tomatoes, cut in small dice  
2 red, orange or yellow bell peppers, cut in small dice 1  
English cucumber, cut in small dice  
2 thick slices fresh pineapple, peeled and cut in small dice (about 1 1/2 cups) 1  
fresh mango, peeled, pitted and cut in small dice  
1/4 cup finely chopped fresh basil leaves  
1/2 red onion, minced  
1/4 cup red wine vinegar  
2 cups V8 or tomato juice

Place all the ingredients in a large non-reactive bowl and mix well. Cover and refrigerate at least two hours and up to overnight.

**Nutritional Information:**

Calories 72, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 70mg, Total Carbohydrate 17g, Dietary Fiber 3g, Protein 2g

## Minestrone

This recipe makes a large amount of minestrone because if you're going to spend all the time, you might as well get several meals out of it. We suggest freezing portion sizes for a quick lunch or light dinner.

Yield: about 14 cups

1 tablespoon olive oil  
1 Spanish onion,  
chopped 2 garlic cloves,  
minced  
3 carrots, chopped  
1 celery stalk, chopped  
½ fennel bulb, chopped  
¼ teaspoon dried fennel  
¼ teaspoon dried rosemary  
1 bay leaf  
10 cups non-fat chicken stock  
1 ham hock (optional)  
1 16 ounce can diced tomatoes, drained  
2 ½ cups cooked or canned white beans  
1 zucchini, diced  
1 ¼ cup (3 oz) green beans, trimmed and halved  
½ bunch kale, leaves coarsely chopped

Place a large stockpot over medium heat and when it is hot, add the oil. Add the onion, garlic, carrots, celery and chopped fennel and cook, stirring occasionally, until all have softened but not browned, 15- 20 minutes. Add the dried fennel, rosemary and bay leaf and cook 5 minutes. Add the chicken stock, ham hock and diced tomatoes and bring to a gentle boil. Lower the heat to low and cook until the broth is no longer clear and all the ingredients have come together, about 2 hours. Add the white beans, zucchini, green beans and kale and cook until softened but not mushy, 20- 30 minutes. Set aside to cool for 20 minutes. Transfer to a container, cover and refrigerate overnight. Remove the bay leaf before serving.

### Nutritional Information:

Calories 174, Total Fat 1g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 1mg, Sodium 740mg, Total Carbohydrate 21g, Dietary Fiber 4g, Protein 13g

## Mushroom Barley Soup

The combination of mushrooms and barley give this soup a rich, almost meaty flavor and texture. Add some bread and you have your dinner!

Yield: about 12 cups

1 Spanish onion,  
chopped 3 garlic cloves,  
chopped  
2 carrots, chopped  
1 celery rib, chopped  
1 pound button mushrooms, halved and sliced  
½ teaspoon dried thyme  
10 cups non-fat chicken broth  
1/2 cup barley  
½ teaspoon balsamic vinegar or fresh lemon juice 1  
tablespoon fresh thyme leaves

Place the onion, garlic, carrot, celery, mushrooms, thyme and 1 cup chicken broth in a large stockpot and cook, stirring occasionally, until all have softened, 15- 20 minutes. Add the remaining chicken broth and barley and bring to a gentle boil. Lower the heat to low and cook until the barley has softened and the soup starts to come together, about 2 hours. Set aside to cool for 20 minutes, add the balsamic vinegar and thyme and stir well. Transfer to a container, cover and refrigerate overnight.

### Nutritional Information:

Calories 55, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 2mg, Sodium 638mg, Total Carbohydrate 5g, Dietary Fiber 3g, Protein 5g

## Roasted Butternut Squash with Apples

Rich, luscious and creamy and yet.....no cream and very little fat. A great lunchtime favorite.

Yield: 8 cups

1 large butternut squash, peeled, seeded and cubed 1  
Granny Smith apple, peeled, if desired, and cubed 1  
tablespoon water

1 Spanish onion,  
chopped 2 garlic cloves,  
chopped

2 teaspoons curry powder

1 teaspoon dried basil

8- 9 cups non-fat chicken or vegetable stock

Preheat the oven to 425 degrees.

Place the squash and apple cubes on a sheet pan and sprinkle lightly with water.

Transfer to the oven and bake until the squash is browned and tender, about 40 minutes.

When the squash is almost done, place a stockpot over medium heat and add the water, onion, garlic, curry and dried basil and cook until the onion is tender, about 5- 7 minutes.

Add the roasted squash and apples and the stock and bring to a boil. Lower the heat to medium low and cook for 20 minutes.

Transfer to a blender, in batches and blend until smooth. Transfer to a container, cover and refrigerate up to 3 days or serve immediately.

### **Nutritional Information:**

Calories 122, Total Fat 3g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 7mg, Sodium 346mg, Total Carbohydrate 18g, Dietary Fiber 2g, Protein 7g

## Chicken with Lemon Zest, Thyme and Potatoes

Simpler and quicker than using a whole chicken, this homey bright chicken soup is worthy of Grandma.

Yield: 14 cups

1 small onion, coarsely chopped  
3 carrots, halved lengthwise and thinly sliced  
2 celery stalks, halved lengthwise and sliced  
10 cups non-fat chicken stock  
1 bay leaf  
one strip lemon zest  
2 medium potatoes, cut in small dice (about 2 cups)  
2 cups shredded or diced cooked skinless chicken  
1 tablespoon fresh thyme leaves

Place the onion, carrots, celery and  $\frac{1}{4}$  cup stock in a large stockpot over medium heat and cook until the vegetables are tender, about 10- 15 minutes. Add the remaining stock, bay leaf and lemon zest and cook over low heat for 1 hour.

Place the potatoes in a separate pot, cover with cold water and bring to a boil over high heat. Cook until the potatoes are tender, about 20 minutes. Drain and reserve. Add the potatoes, cooked chicken and thyme to the soup and serve immediately or cover and refrigerate for up to 2 days.

### **Nutritional Information:**

Calories 47, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 21mg, Sodium 275mg, Total Carbohydrate 7g, Dietary Fiber 1g, Protein 0g

## Vegetable Chili

Lighter than the classic beef chili, this rendition is rich in vegetables and heart healthy beans. Feel free to vary the beans as you like.

Serves 8

½ cup water

2 Spanish onions, coarsely chopped

4 garlic cloves, finely chopped

2 bell peppers, any combinations of colors, seeded and coarsely chopped

1 small eggplant, peeled, if desired, and cubed or 3 zucchini, cubed

1 tablespoon dried Greek oregano

1 - 2 tablespoons chili powder

2 teaspoons crushed red pepper flakes

1 tablespoon ground cumin, or more, to taste

1 teaspoon cayenne pepper (optional)

1 16 ounce can or 2 cups cooked white beans, rinsed and drained

1 16 ounce can or 2 cups cooked black beans, rinsed and drained

4 (1 pound) cans dark red kidney beans, rinsed and drained

1 cup dried lentils, washed and picked over for stones

2 20 ounce cans whole tomatoes, coarsely chopped, including juice

Freshly chopped cilantro or basil

Place the water, onions, garlic, peppers, eggplant or zucchini and spices in an 8 quart stockpot over low heat and cook until the vegetables are softened, 10- 15 minutes.

Lower the heat to low, add the beans, lentils and tomatoes and cook, covered, for 1 - 2 hours, stirring occasionally. Cover and refrigerate at least overnight and up to five days. Or freeze in serving sizes up to two months.

Just prior to serving, add basil or cilantro.

### Nutritional Information:

Calories 333, Total Fat 2g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 480mg, Total Carbohydrate 64g, Dietary Fiber 17g, Protein 20g

### **Lauren's Cauliflower Soup**

Soup doesn't get simpler than this embarrassingly easy, non-fat soup. Food doesn't get plainer than this so feel free to add curry powder, a tiny bit of cream or Parmesan cheese if your diet allows, fresh basil or cilantro leaves or some Dijon mustard.

Yield: 12 cups

1 Spanish onion, chopped  
5- 6 cups non-fat chicken stock  
1 head cauliflower, cored and chopped

Place the onion and 2 tablespoons stock in a large saucepan over medium heat and cook until the onion gets very tender and starts to brown, about 10 minutes. Add the remaining chicken stock and bring to a boil. Lower the heat to low, cover and cook until the cauliflower is tender, about 35 minutes. Remove the solids and transfer to a food processor or blender. Process, in batches, until smooth, gradually adding the remaining broth. Transfer to a container, cover and refrigerate up to 2 days or serve immediately.

#### **Nutritional Information:**

Calories 22, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 4mg, Sodium 401mg, Total Carbohydrate 0g, Dietary Fiber 2g, Protein 1g

## Carrot Soup with Ginger

Simple and inexpensive to make, silky, rich and filling, served hot or chilled, Carrot Soup with Ginger makes a great lunch, afternoon pick-me-up, or when accompanied by salad, a light dinner.

Yield: 12 cups

1 tablespoon water  
1 medium Spanish onion, coarsely chopped  
1 pinch ground cinnamon  
1- 2 teaspoons fresh ginger root, peeled and coarsely chopped  
2 pounds carrots, sliced  
1 Granny Smith apple, peeled, if desired and diced  
8 cups non-fat chicken stock  
1/2 cup non- fat buttermilk or yogurt (optional)

Place the water, onion, cinnamon, ginger root, carrots and apple in a heavy bottomed saucepan or stockpot over medium low heat and cook until the they are beginning to soften, about 15- 20 minutes.

Add the chicken stock, raise the heat to high and bring the soup to a boil. Reduce the heat to low and cook for 30 minutes.

Transfer the soup to a blender and process until completely smooth, gradually adding the buttermilk, if desired. Serve immediately or cover and refrigerate up to 5 days.

### **Nutritional Information:**

Calories 70, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 597mg, Total Carbohydrate 16g, Dietary Fiber 2g, Protein 5g

## Lentil Barley Soup

Make this your standard lentil soup but vary the vegetables by substituting leeks or shallots for the scallions, adding zucchini or kale and replacing the barley and quinoa with brown rice for a slightly nutty flavor.

Yield: 10-12 cups

1 cup dried lentils, rinsed and picked over  
4 scallions, including greens, sliced  
5 carrots, chopped  
3 celery stalks, including leaves, chopped  
1 teaspoon dried Greek oregano  
1/4 cup barley  
1/4 cup quinoa, rinsed  
10- 12 cups non-fat chicken or vegetable stock  
1 16 ounce can diced tomatoes, including liquid  
Kosher salt and black pepper to taste  
1 tablespoon red wine vinegar or lemon juice

Place the lentils, scallions, carrots, celery stalks, oregano, barley, quinoa and chicken stock in a 6 quart pot and bring to a boil over a medium high heat. Reduce the heat to low and simmer, uncovered, for two hours.

Add the tomatoes and continue cooking for an additional one to two hours. Add salt and pepper to taste. Just prior to serving, add vinegar.

### **Nutritional Information:**

Calories 96, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 160mg, Total Carbohydrate 11g, Dietary Fiber 0g, Protein 1g

## RICE, POTATOES AND GRAINS

### Beans and Rice

Favored for its meatless high protein count, this traditional combination can be found in many different ethnic cuisines. Feel free to increase the spices, if your diet allows it.

Serves 4

2 teaspoons olive oil

2 garlic cloves, pressed or finely chopped 1

small onion, chopped

1 red bell pepper, seeded and diced

1/4 teaspoon cayenne pepper, or more to taste

1/8 teaspoon cumin, or more to taste

1 fresh or canned tomato, coarsely chopped

1 16 ounce can black beans or red kidney beans, drained and rinsed 1 -

2 cups water, non-fat chicken or vegetable stock

3 - 4 cups cooked white or brown rice Salt

to taste

2 tablespoons freshly chopped cilantro (optional) or chopped Italian flat leaf parsley leaves

Place a large skillet over medium low heat and when it is hot, add the oil. Add the garlic, onion, bell pepper, cayenne and cumin and cook until the onion has softened, about 10 minutes. Reduce the heat to low, add the tomato, beans and water and cook until the beans are very soft, about 20 minutes. Add salt to taste. Serve immediately over rice and garnished with the cilantro if desired.

#### **Nutritional Information:**

Calories 302, Total Fat 3g, Saturated fat 1g, Trans Fat 0g, Cholesterol 4mg, Sodium 12mg, Total Carbohydrate 55g, Dietary Fiber 11g, Protein 13g

## Overstuffed Broccoli Parmesan Potatoes

For a quick meal, roast the potatoes ahead of time and assemble just prior to eating. Feel free to substitute kale, escarole, cauliflower or broccoli rabe for the broccoli.

Serves 4

4 Idaho potatoes, pricked with a fork  
1 cup non fat Greek yogurt  
1/2 cup grated Parmesan cheese  
2 scallions, trimmed, white and green thinly sliced  
1/2 teaspoon kosher salt  
1/4 teaspoon dry mustard  
pinch cayenne  
¼ head broccoli, lightly steamed, florets chopped, stalks peeled and finely chopped Hungarian paprika

Preheat the oven to 400 degrees.

Place the potatoes in the oven and roast until the flesh is tender and the skin is slightly hardened, about 40 minutes. Set aside for 10 minutes.

Lay the potatoes on a cutting board and cut off the uppermost ¼. Discard the top. Scoop out the flesh and place it in a medium size mixing bowl. Add the yogurt, parmesan cheese, scallions, salt, mustard and cayenne and mix until well combined. Add the broccoli and mix again. Divide into 4 portions and return the mixture to the scooped out potatoes. Sprinkle with paprika, transfer to the oven and bake until heated throughout, about 15 minutes. Serve immediately.

### **Nutritional Information:**

Calories 373, Total Fat 4g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 11mg, Sodium 236mg, Total Carbohydrate 71g, Dietary Fiber 8g, Protein 18g

## Roasted Mixed Vegetables

Oven roasting is a simple, no fuss way to intensify the flavor of vegetables. It is a method that works well for just about every variety.

Serves 4

1 large red onion, sliced or 4 shallots<sup>1</sup>  
1 red bell pepper, seeded and sliced  
1 yellow squash, sliced  
1 zucchini, sliced diagonally  
2 cups cherry tomatoes  
4 - 8 garlic cloves, in paper  
1 teaspoon dried thyme, basil or rosemary  
1/4 - 1/2 teaspoon kosher salt  
1/4 teaspoon black  
pepper 1 tablespoon olive  
oil  
1 tablespoon balsamic vinegar

Preheat the oven to 400 degrees. Line the pan with parchment paper or a silpat.

Put all the ingredients, except for the balsamic vinegar, in a baking pan and toss well. Transfer to the oven and roast until the vegetables are browned and tender, about 1 hour. Do not crowd the pan: if necessary use two! Transfer the vegetables to a shallow bowl and sprinkle with balsamic vinegar. Serve immediately.

### **Nutritional Information:**

Calories 80, Total Fat 4g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 299mg, Total Carbohydrate 11g, Dietary Fiber 2g, Protein 2g

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<sup>1</sup> Shallots are of the onion family but differ as they come in clusters versus from bulbs. Do you really need this?

## Roasted Beets with Orange and Fresh Mint

Even beet detractors will love this side dish. Roasting the beets enhances their natural sweetness and richness. Don't like mint? Simply omit it or substitute basil.

Serves 6

2 bunches beets, trimmed, greens discarded or saved for another use  
2 teaspoons olive oil  
3 tablespoons orange juice  
4 tablespoons balsamic vinegar  
1 teaspoon Dijon mustard  
2 teaspoons finely chopped fresh mint (optional)  
Kosher salt and pepper to taste

Preheat the oven to 400 degrees.

If the beets are very small, leave them whole. If they are large, quarter them and lightly rub with 1 teaspoon olive oil. Place them in a roasting pan, transfer to the oven and roast until they are soft enough to be pierced with a fork, about 1 hour.

Just prior to taking the beets out of the oven, place the orange juice, vinegar, remaining olive oil and mustard in a small pan and bring to a boil. Gently peel the beets and pour this mixture over them. Add salt and pepper to taste.

### **Nutritional Information:**

Calories 48, Total Fat 2g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 57mg, Total Carbohydrate 7g, Dietary Fiber 1g, Protein 1g

## **Mashed Sweet Potatoes**

So naturally rich and wonderful, you'll think you're eating dessert.

Serves 4

4 sweet potatoes, peeled, if desired and diced 2

teaspoons unsalted butter

1 tablespoon honey or maple syrup (optional)

Kosher salt, to taste

Place the potatoes in a large saucepan, cover with cold water and bring to a boil over high heat. Boil until the sweet potatoes are tender, about 20 minutes. Drain well, transfer to a bowl, add the butter and honey, if desired, and using a fork or a potato masher, mash until smooth. Add salt to taste. Serve immediately.

### **Nutritional Information:**

Calories 153, Total Fat 3g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 3mg, Sodium 73mg, Total Carbohydrate 30g, Dietary Fiber 4g, Protein 2g

## Basic Risotto

A classic Northern Italian dish, risotto is creamy and comforting. This version is much lower in fat than traditional recipes.

Serves 4

1 teaspoon olive oil  
1 medium Spanish onion, finely chopped  
1 shallot, finely chopped  
1 1/2 cups Arborio rice (Do not substitute any other kind)  
4 1/2 - 5 cups non fat chicken or vegetable stock  
6 ounces baby spinach  
Kosher salt and black pepper to taste  
Grated Parmesan Cheese, to taste

Place a large heavy bottomed saucepan over low heat and when it is hot, add the oil. Add the onion and cook until softened, 10-15 minutes.

Add rice and sauté one minute. Add 1/2 cup stock to rice and simmer until all the stock has been absorbed, stirring constantly and slowly.

Continue adding stock until all the stock has been absorbed, continuing to add it gradually and stirring all the while.

Serve immediately, garnished with Parmesan cheese.

### **Nutritional Information (Cheese Included):**

Calories 446, Total Fat 7g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 10mg, Sodium 512mg, Total Carbohydrate 80g, Dietary Fiber 1g, Protein 19g

## PASTA

### Chunky Creamy Tomato Sauce

This creamy cream-less, vegetable laden tomato sauce is wonderful on pasta, quinoa, polenta and barley.

Serves 8

1/4 cup water  
2 garlic cloves, chopped  
1 leek, very well washed or 1 small bunch scallions, trimmed and finely chopped  
3 carrots, diced  
2 tablespoons chopped fresh Italian flat leaf parsley leaves  
1 28 ounce can diced tomatoes, including liquid  
2 zucchini, diced  
1 red bell pepper, seeded and diced  
1/4 cup white wine or orange juice  
1 teaspoon kosher salt  
1/2 teaspoon black pepper  
1/4 cup skim milk buttermilk  
1/4 cup non fat Greek yogurt  
1 tablespoon tomato paste  
2 tablespoons chopped fresh basil leaves, plus additional for garnish  
1 pound medium size shaped pasta, such as shells or rotini

Shaved or grated Parmesan cheese.

Place the water, leek, scallions, garlic, carrots, parsley, tomatoes, zucchini and red pepper in a large non stick skillet over medium high heat and cook until the vegetables begin to soften, 10-15 minutes.

Add the wine or orange juice, salt and pepper and cook until all the vegetables are soft, about 20 minutes.

Place the buttermilk, yogurt and tomato paste in a small bowl and stir to combine. Gradually add the buttermilk mixture to the skillet and cook for 2 - 3 minutes, stirring all the while. Stir in the basil.

Bring a large pot of water to a boil and cook the pasta until al dente.

Serve pasta in shallow bowls with sauce on top, garnished with Parmesan cheese.

### Nutritional Information:

#### *Pasta Sauce Alone*

Calories 52, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 464mg, Total Carbohydrate 11g, Dietary Fiber 2g, Protein 3g

#### *Sauce with Pasta*

Calories 268, Total Fat 2g, Saturated Fat 1g, Trans Fat 1g, Cholesterol 54mg, Sodium 476mg, Total Carbohydrate 51g, Dietary Fiber 3g, Protein 11g

## Artichoke Tomato Sauce

Crave artichokes but don't want all the fuss? This pasta sauce includes artichoke hearts and bottoms for a rich, artichoke-y sauce. Be sure to rinse the artichokes well to get rid of any tinny flavor from the cans.

Yields about 5 - 6 cups

1 teaspoon olive oil  
3- 4 garlic cloves, thinly sliced  
1 small onion, thinly sliced  
1 16 ounce can artichoke hearts, drained, rinsed and chopped  
1 16 ounce can artichoke bottoms, drained, rinsed and chopped  
1 16 ounce can diced tomatoes, including juice  
1 cup water  
Juice and zest of ½ lemon  
¼ cup chopped fresh basil or parsley leaves

Place a large skillet over medium low heat and when it is hot, add the oil. Add the garlic and onion and cook until they are soft and golden, about 7 minutes. Raise the heat to medium high, add the artichoke hearts and cook, stirring occasionally, for five minutes. Add the tomatoes, and water and bring to a quick boil. Lower the heat to low, cover and cook 15 minutes. Add the lemon juice and zest and the basil. Serve immediately

### **Nutritional Information:**

Calories 99, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 250mg, Total Carbohydrate 21g, Dietary Fiber 9g, Protein 6g

## Pasta with Broccoli Rabe and White Beans

The combination of the bitter broccoli rabe and the creamy white beans is heavenly. If you aren't a fan of broccoli rabe, feel free to substitute broccoli or cauliflower.

Serves 4

2 teaspoons olive oil

4 garlic cloves, chopped or pressed

1 large bunch broccoli rabe, heavy stems removed and flowers coarsely chopped<sup>2</sup> 1/4 -

1/2 teaspoon crushed red pepper flakes (optional)

1 - 2 (16 ounce) cans white beans, drained and rinsed

1/2 pound medium sized, shaped pasta, such as penne, rigatoni or conchiglie

Place a large non stick skillet over medium heat and when it is hot, add the olive oil. Add the garlic and cook until just turning golden, about 2 minutes. Add the broccoli rabe, stir well and cook until the rabe begins to brighten, 3 - 5 minutes. Raise the heat to high, add red pepper flakes and white beans and cook until the beans are heated through, about 3 minutes.

Bring a large pot of water to boil. Add pasta and cook until tender. Drain pasta, reserving 1/2 cup of pasta water. Add pasta water to broccoli rabe mixture and stir to combine. Add pasta and stir. Just prior to serving, add toasted pine nuts.

### Nutritional Information:

Calories 314, Total Fat 4g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 516mg, Total Carbohydrate 55g, Dietary Fiber 6g, Protein 15g

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<sup>2</sup> Also known as Rapini. It is popular in Italian, Chinese and Portuguese cooking. While it looks like broccoli it is classified with turnips and has a more nutty taste. Rabe is available all year long. Why not modify this and use as your headnote?

## **Pasta with Fresh Tomato Sauce**

Dinner doesn't get any easier than this!

Serves 6

1 pound dried pasta (any shape is fine)

1 teaspoon olive oil

2 garlic cloves, thinly sliced

2 28 ounce cans plum tomatoes, drained and coarsely chopped pinch

white sugar

2 - 3 tablespoons water or wine

1 tablespoon dried basil

1 teaspoon dried oregano

1/4 cup fresh chopped basil leaves

Shaved or grated Parmesan Cheese

Bring a large pot of water to boil. Add the pasta.

Place a large non-stick skillet over medium heat and when it is hot, add the oil. Add the garlic and cook for 2 minutes. Add the tomatoes, sugar, water or wine, dried basil and oregano.

Cook the tomato mixture until the pasta is tender, or about 15 minutes. Drain the pasta and place equal amounts on 4 plates and top with tomato sauce. Place fresh basil on top of each bowl. Serve immediately with fresh Parmesan cheese.

### **Nutritional Information:**

Calories 350, Total Fat 5g, Saturated Fat 1g, Trans Fat 2g, Cholesterol 73mg, Sodium 465mg, Total Carbohydrate 65g, Dietary Fiber 6g, Protein 13g

### Pasta with Tomatoes and Arugula<sup>3</sup>

Also known as rocket, roquette, rugula and rucola, arugula, aromatic and slightly bitter is a nice contrast to the tomatoes.

Serves 4

1 teaspoon olive oil  
¼ cup chopped Prosciutto (optional) 1  
small red onion, chopped  
2 garlic cloves, minced  
1 28 ounce can diced tomatoes, including the liquid

2 cups dry pasta  
2 cups arugula, washed

Grated Asiago or Parmesan cheese, for serving

Place a large pot of water over high heat and bring to a boil. Add the pasta and cook according to the package instructions or until al dente, about 12 minutes. Drain, reserving ½ cup pasta water.

Place a large skillet over medium heat and add the oil. Add the onion and garlic and cook until soft, about 5 minutes. Add the tomatoes and cook 15 minutes. Add ½ cup pasta water. Add the pasta and cook until hot, about 1- 2 minutes.

Place the arugula in the bottom of a large shallow bowl, top with the pasta mixture and toss gently. Serve immediately.

**Nutritional Information:**

Calories 267, Total Fat 6g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 50mg, Sodium 320mg, Total Carbohydrate 46g, Dietary Fiber 2g, Protein 10g

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<sup>3</sup> Goes by several different names. It is an edible plant from the Mediterranean Region. Do you need this? If so, give the names and use as headnote

## **Pasta with Broccoli, Cauliflower and Toasted Pine Nuts**

A wonderful and traditional classic Italian pasta dish for those who love vegetables in the cabbage family. Roasted Brussels sprouts could be exchanged for either the broccoli or cauliflower, walnuts for the pine nuts and dried cranberries for the raisins.

Serves 4

2 teaspoons canola or olive oil  
1 small Spanish onion, coarsely chopped  
2 - 3 garlic cloves, finely chopped  
1/2 head cauliflower, core removed, florets chopped  
1/2 head broccoli, stem discarded or saved for another use, florets chopped  
1 cup non fat chicken broth  
1 pound medium sized, shaped pasta, such as penne, rigatoni or conchiglie  
1/4 cup pine nuts, lightly toasted  
1/2 cup raisins or currants  
1/2 cup grated Parmesan cheese  
1/2 cup chopped fresh Italian flat leaf parsley leaves  
2 tablespoons balsamic vinegar

Place a large skillet over medium heat and when it is hot, add the oil. Add the onion and garlic and cook until the onion is golden, about 10 minutes.

Add the cauliflower and broccoli florets and cook 5 minutes. Add the chicken broth and cook until the florets are almost tender, about 5 minutes.

While the sauce is cooking, place the pine-nuts, raisins, parmesan cheese, parsley and balsamic vinegar in a bowl, toss together and set aside.

Bring a large pot of water to boil. Add the pasta and cook until tender. Drain immediately and transfer to a shallow serving bowl. Add the broccoli mixture and top pine-nut mixture. Serve immediately.

### **Nutritional Information:**

Calories 469, Calories from Fat 177, Total Fat 14g, Saturated Fat 3g, Trans Fat 0g, Cholesterol 93mg, Sodium 296 mg, Total Carbohydrate 110g, Dietary Fiber 7g, Protein 26g

## **Pasta with Roasted Bell Pepper Sauce**

Roasting the bell peppers makes this sauce surprisingly delicate! Try it atop fish or chicken or even as a sandwich spread.

Serves 4

6 red, orange or yellow bell peppers  
4 garlic cloves  
2 tablespoons olive oil  
1 pound dried pasta (any shape is fine)

1/2 cup chopped Italian flat leaf parsley or basil leaves  
Parmesan cheese (optional)

Preheat broiler or oven to 500 degrees.

Place the peppers directly under the broiler, as close together as possible and broil until blackened on all sides. Place the peppers in a heavy plastic or paper bag and let sweat for about 10 minutes. Remove burned skin. Seed and stem peppers.

Place roasted peppers, garlic and olive oil in a food processor fitted with a steel blade and process until pureed.

Bring a large pot of water to a boil. Add pasta and cook until al dente. Drain pasta, reserving 1/2- 1 cup of pasta water. Add pasta water to peppers and puree. Place equal amounts of pasta in 4 bowls and top with Roasted Pepper sauce. Garnish with the parsley or basil and Parmesan, if desired.

### **Nutritional Information (with 1Tbsp of Cheese):**

Calories 471, Calories from Fat 92, Total Fat 10g, Saturated Fat 2g, Trans Fat 0g,  
Cholesterol 83mg, Sodium 63mg, Total Carbohydrate 78g, Dietary Fiber 5g, Sugars 10g,  
Protein 16g

## Pasta Fagioli

Pasta fagioli can be served as a first course, or an entree with a simple green salad and some bread.

Serves 4

1 Spanish onion,  
chopped 2 celery stalks,  
chopped  
2 carrots, chopped  
2 garlic cloves, finely chopped or pressed 3  
cups chicken stock nonfat  
1 (28 ounce) can diced tomatoes  
1 teaspoon dried or 1 tablespoon chopped fresh rosemary

4 cups cooked white cannellini beans, drained and rinsed  
2 cups medium sized shaped pasta, such as penne, rigatoni or conchiglie

Place a large skillet over medium low heat, add the onion, celery, carrots, garlic and  $\frac{1}{4}$  cup chicken stock. Cook until the vegetables are tender, about 20 minutes.

Add the tomatoes and remaining stock. If you are using dried rosemary, add it now. Raise the heat to medium high and bring to a low boil. Reduce heat to low and cook for one hour.

Add the beans and cook until heated throughout, 5 - 10 minutes.

Bring a large pot of water to boil. Cook the pasta until al dente and transfer to a mixing bowl. Add the bean mixture and toss well. If you are using fresh rosemary, add it just prior to serving. Serve from the pot or place in a large ceramic bowl.

### **Nutritional Information:**

Calories 395, Total Fat 5g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 54mg, Sodium 607mg, Total Carbohydrate 72g, Dietary Fiber 4g, Protein 21g

## Broccoli Pesto

Instead of using fresh basil leaves, this pesto is made from broccoli, for a more nutritious sauce. While it was created to use on pasta, it also makes a great addition to barley, quinoa, rice and omelets and can also be used as a dip.

Serves 4

1 small head broccoli, stems removed and saved for another use 2

garlic cloves, thinly sliced

1/3 cup grated Parmesan cheese

1 cup coarsely chopped fresh basil leaves

Fill a large bowl with cold water.

Bring a large pot of water to a boil. Add the broccoli and garlic and boil until tender, about 20 minutes. Drain and place in the bowl with cold water. Drain and transfer to food processor fitted with a steel blade. Process until totally smooth, adding Parmesan and basil at the end.

Serve immediately over just cooked pasta.

### **Nutritional Information:**

Calories 23, Total Fat 1g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 4mg, Sodium 66mg, Total Carbohydrate 1g, Dietary Fiber 0g, Protein 2g

## POULTRY AND FISH

### **Salmon with Mustard and Maple Syrup**

A little bit of spice and a little bit of maple make this easy and quick salmon dish a perfect match for any dark green vegetable.

Serves 4

1 – 1 ¼ pound salmon filets, whole or divided into serving pieces  
2 tablespoons Dijon mustard  
2 tablespoons real Maple syrup  
1 lemon or lime, quartered

Preheat the broiler.

Place the salmon on a baking sheet and brush with the mustard and Maple syrup.

Transfer to the broiler and cook until the salmon is deeply colored, about 6 minutes. Serve immediately, garnished with the lemon.

#### **Nutritional Information:**

Calories 227, Total Fat 13g, Saturated Fat 4g, Trans Fat 0g, Cholesterol 57mg, Sodium 66mg, Total Carbohydrate 5g, Dietary Fiber 0g, Protein 23g

### **Salmon with Balsamic, Orange and Rosemary**

If fresh rosemary isn't available, don't even think of substituting dried rosemary. Instead try fresh basil or cilantro. Serve with steamed rice, quinoa or barley and a dark green vegetable.

Serves 4

¼ cup orange juice

¼ cup balsamic vinegar

1 – 1 ¼ pounds salmon filet, whole or cut into serving pieces

1 teaspoon fresh rosemary leaves

1 tablespoon finely chopped chives

Place the orange juice and balsamic vinegar in a small pan and bring to a boil over high heat. Continue cooking until the liquid has halved, about 5 minutes. Set aside while you prepare the salmon.

To cook the salmon: Place a large non-stick pan over medium high heat and when it is hot, add the salmon. Cook until it begins to color, 3- 4 minutes on each side. Add the orange juice mixture and rosemary and cook for 1 minute. Serve immediately, garnished with the chives.

#### **Nutritional Information:**

Calories 222, Total Fat 12g, Saturated Fat 3g, Trans Fat 0g, Cholesterol 56mg, Sodium 57mg, Total Carbohydrate 4g, Dietary Fiber 0g, Protein 23g

## Salmon Steaks with Herbs

These herby salmon steaks are a fantastic welcome for the spring grilling season. Try the herb paste on boneless chicken, too.

Serves 4

For the herbs:

- 1 tablespoons fresh basil leaves
- 2 tablespoons fresh cilantro leaves
- ¼ cup Italian flat leaf parsley leaves
- 2 tablespoons water
- 1 garlic clove
- 1 teaspoon dried oregano

For the salmon:

- 1 tablespoon olive oil
- 4 6-ounce salmon steaks,  $\frac{3}{4}$ - 1 inch thick
- 1 teaspoon kosher salt
- $\frac{1}{2}$  teaspoon black pepper

To make the herb mixture: Place all the ingredients in a food processor fitted with a steel blade and process until fully chopped and as smooth as you can get it.

To cook the salmon: Place a large skillet over high heat and when it is hot, add oil. Add the salmon and cook until deeply browned, about 5 minutes on each side. Top with the herb mixture and serve immediately.

### **Nutritional Information:**

Calories 254, Total Fat 16g, Saturated Fat 3g, Trans Fat 0g, Cholesterol 71mg, Sodium 459mg, Total Carbohydrate 1g, Dietary Fiber 0g, Protein 25g

## Turkey Chili

This makes a large batch, enough for a party or enough to serve for dinner and then have leftovers for the freezer: freeze in individual containers for a quick lunch or dinner. The alcohol will cook off the beer but if you don't want to include, simply omit it. If the chili gets too thick, simply add a little bit of water.

Good accompaniments include chopped fresh basil or cilantro, chopped scallions, non-fat plain yogurt, chopped tomatoes, fresh lime quarters... the list is almost endless!

Yield: about 3 quarts

Serves 8

2 Spanish onions, finely chopped (about 4 cups)

1 red bell pepper, cut into 1/2-inch cubes

6 garlic cloves, minced

1/4 cup chili powder

1 tablespoon ground cumin

1 teaspoon crushed red pepper flakes

1 teaspoon dried Greek oregano

1/2 teaspoon

cayenne 1 bottle beer

or ale

2 pounds ground turkey

2 cans (16 ounces each) black turtle beans, drained and rinsed 1

can (28 ounces) diced tomatoes, with juice

1 can (28 ounces) can tomato puree

Place a large non-stick stockpot over medium heat, add the onion, garlic, peppers, chili powder, cumin, red pepper flakes, oregano, cayenne and 1/4 cup beer and cook, stirring occasionally, until all have softened but not browned, 15- 20 minutes. Add the ground turkey and cook, breaking it up with a wooden spoon, until it loses its rawness, about 5 minutes. Add the remaining beer, beans, tomatoes and tomato puree and bring to a gentle boil. Lower the heat to low and cook until the chili starts to come together, about 2 hours. Set aside to cool for 20 minutes. Transfer to a container, cover and refrigerate overnight. Reheat gently over low to medium heat.

### **Nutritional Information:**

Calories 434, Total Fat 14g, Saturated Fat 3g, Trans Fat 0g, Cholesterol 84mg, Sodium 973mg, Total Carbohydrate 45g, Dietary Fiber 17g, Protein 34g

## Dijon Pork Chops

The classic combination of mustard, apple and pork makes this dish comfort food. For even more apple, serve this with fresh applesauce.

Yield: 4

boneless pork chops, about 1 ½ pounds total

1 teaspoon kosher salt

½ teaspoon black

pepper 1 teaspoon olive

oil

3 tablespoons Dijon mustard

2/3 cup apple cider

Place a non-stick skillet over medium high heat and when it is hot, add the oil. Sprinkle the pork chops with the salt and pepper and place in the pan. Cook until lightly browned, 4- 7 minutes on each side, depending on the thickness. Transfer the chops to a platter and add the mustard and apple cider to the pan. Bring to a boil and pour over the chops. Serve immediately.

### **Nutritional Information:**

Calories 153, Total Fat 6g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 79mg, Sodium 673mg, Total Carbohydrate 2g, Dietary Fiber 0g, Sugars 2g, Protein 53g

## **Pork Chops with Rosemary, Garlic and Fennel**

Savory and sweet, serve these pork chops with roasted squash or sweet potatoes and steamed rice.

Serves 4

1 teaspoon kosher salt  
½ teaspoon black pepper  
½ teaspoon coarsely ground dried fennel  
1 teaspoon fresh rosemary leaves  
2 teaspoons olive oil  
4 boneless pork chops, about 1 1/2 pounds total  
2 garlic cloves, minced  
1/2- 2/3 cup fresh orange juice  
1 tablespoon apricot or peach jam

Place the salt, pepper, fennel and rosemary on a plate and mix to combine. Dredge the pork chops in the mixture, pressing the mixture into them.

Place a large non-stick skillet over medium high heat and when it is hot, add 1 teaspoon oil. Add the pork chops and cook until well browned, about 4- 5 minutes on each side. Transfer the chops to a plate and cover with aluminum foil. Lower the heat to low, add the remaining 1 teaspoon oil and when it is hot, add the garlic. When the garlic is just golden, add the juice and jam. Bring to a boil and cook, stirring, for 2 minutes. Return the chops to the pan and cook for 1 minute. Serve immediately.

### **Nutritional Information:**

Calories 224, Total Fat 6g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 74mg, Sodium 951mg, Total Carbohydrate 7g, Dietary Fiber 0g, Protein 35g

## Tuna au Poivre

Peppery, herby and lemony.

Serves 4

1 tablespoon finely grated lemon zest  
3 - 4 teaspoons coarsely ground black pepper  
2 garlic cloves, finely minced  
2 teaspoons dried oregano  
1 teaspoon kosher salt  
4 6 ounce tuna steaks  
2 teaspoons olive oil  
1 lemon, quartered

Place the lemon zest, black pepper, garlic, oregano and salt on a large plate and mix to combine. Dredge both sides of the tuna in the mixture.

Place a large cast iron skillet over medium high heat and when it is hot, add the oil. Add the tuna and cook until browned, about 5 minutes on each side.

Serve immediately, garnished with the lemon quarters.

### **Nutritional Information:**

Calories 305, Total Fat 11g, Saturated Fat 3g, Trans Fat 0g, Cholesterol 87mg, Sodium 785mg, Total Carbohydrate 4g, Dietary Fiber 1g, Protein 45g

## Fish Stew

Serve this heady stew with steamed rice or French bread.

Serves 8

2 teaspoons olive oil

3 leeks, well washed, white and light green parts only, or 1 Spanish onion, chopped 2  
celery stalks, diced

2 carrots, diced peeled

1 fennel bulb, tough outer layers removed, trimmed and diced 4

garlic cloves, finely chopped or pressed

1/4 teaspoon crushed red pepper

2 teaspoons dried thyme

1 bay leaf

1/4 teaspoon cayenne pepper

1/8 teaspoon crushed saffron threads

1 28 ounce can whole tomatoes, chopped, including liquid 6  
cups light fish broth or non-fat chicken broth

1 cup dry white wine

Strips of zest from one orange

1 pound cod, cubed

1 pound halibut, cubed

Place a large skillet over low heat and when it is hot, add the olive oil. Add the onion, celery, carrots and fennel and cook until the onion is golden, about 10 minutes.

Add garlic, herbs and spices and cook for 5 minutes. Add tomatoes, fish broth, wine and orange zest and cook for 20- 25 minutes.

Raise the heat to high and bring the mixture to a boil. Reduce the heat to low, add the cod and halibut and cook until the fish is starting to fall part, 10- 15 minutes.

Transfer 2 cups of the soup to a blender and process until smooth. Return to the soup. Serve immediately or cover and refrigerate up to 2 days. Serve with lemon wedges and French bread toasts or croutons.

### **Nutritional Information:**

Calories 185, Total Fat 4g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 42mg, Sodium 686mg, Total Carbohydrate 10g, Dietary Fiber 3g, Protein 27g

## Grilled Salmon with Fruit and Sesame Vinaigrette

There are a ton of ingredients in this dish but after you make it once, you'll see it's well worth it.

Serves 4

4 6-ounce salmon  
steaks 1 teaspoon  
kosher salt  
1 teaspoon black  
pepper 1 teaspoon olive  
oil  
1 garlic clove, crushed

1 teaspoon finely chopped fresh ginger root peeled  
½ cup chopped red onion  
2 tablespoons sesame  
seeds ¼ cup lemon or  
lime juice  
¼ cup orange, apple or pineapple juice  
¼ teaspoon white sugar  
1 tablespoon balsamic vinegar  
1 tablespoon finely chopped fresh basil or cilantro leaves 2  
scallion greens, finely chopped  
¼- ½ teaspoon kosher salt

Prepare the grill or preheat the broiler.

Sprinkle the salmon with the salt and pepper. When the grill is hot, place the steaks on the grill and cook 5- 6 minutes on each side. Alternatively, place under the broiler.

In the meantime, place a large skillet over medium heat and when it is hot, add the oil. Add the garlic, ginger root, onion and sesame seeds and cook until the vegetables are soft and the seeds are lightly browned, about 5 minutes. Off heat, add the juices, sugar, vinegar, basil or cilantro, scallion greens, salt and pepper.

When the steaks are ready, top with the vinaigrette. Serve immediately.

### **Nutritional Information:**

Calories 380, Calories from Fat 207, Total Fat 23g, Saturated Fat 23g, Trans Fat 0g,  
Cholesterol 84mg, Sodium 373mg, Total Carbohydrate 7g, Dietary Fiber 1g, Sugars 3g,  
Protein 35g

## Roasted Chicken

If you know how to cook only one thing, this is it. Feel free to add hard vegetables like potatoes, onions, shallots, carrots, sweet potatoes, turnips, beets and butternut squash to the pan while you roast the chicken. You can also stuff the cavities with fresh rosemary, thyme or parsley leaves and/or lemon, apple or onions, or a combination.

Serves 6

1 whole roaster chicken, about 6 - 7 pounds

1 - 1 1/2 teaspoons kosher salt

1/4 teaspoon black pepper

Preheat oven to 450 degrees. Remove and discard giblets and neck from chicken cavity.

Rinse chicken in several changes of cold water and pat dry.

Rub skin and flesh with kosher salt and black pepper. Place on roasting rack in pan.

Transfer to oven and roast the juices run clear from the breast and the leg moves easily and the internal temperature is about 160 degrees, about 70 minutes (10 minutes per pound).

Do not baste. Cut the chicken into serving pieces and remove the skin.

### **Nutritional Information:**

Calories 235, Total Fat 6g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 128mg, Sodium 539mg, Total Carbohydrate 0g, Dietary Fiber 0g, Protein 42g

## Turkey Meatloaf

This lighter meatloaf is great for dinner but equally delicious leftover in a sandwich. Serves 10

1 teaspoon olive oil

1 small Spanish onion, chopped

2 - 3 garlic cloves, finely chopped or pressed

1 teaspoon dried Greek oregano

2 - 3 tablespoons Dijon mustard

1/2 teaspoon black pepper

1/4 - 1/2 teaspoon salt

3/4 cup tomato ketchup or barbecue sauce

1/2 cup chopped fresh Italian flat leaf parsley leaves

2 slices good quality white bread

1/2 cup beef or chicken stock none fat

1 large egg, lightly beaten

2 pounds lean ground chicken or turkey

Preheat the oven to 350 degrees. Lightly grease an 8 x 4 inch loaf pan.

Place a medium size skillet over low heat and when it is hot, add the oil. Add the onion, garlic and oregano and cook until the onion is golden, about 10 minutes.

Transfer to a large mixing bowl and set aside to cool.

In the meantime, soak the bread in the stock until it is moist, about 2 minutes. Drain off as much liquid as possible. Add the bread to the cooled onion mixture.

Add the eggs and ground meat and mix, by hand, until everything is thoroughly incorporated.

Place the mixture in the prepared loaf pan, transfer to the oven and cook for about 1 hour and 15 minutes.

### **Nutritional Information:**

Calories 162, Total Fat 8g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 61mg, Sodium 397mg, Total Carbohydrate 8g, Dietary Fiber 0g, Protein 14g Basic Burger with Toppings

Whether made with ground beef, turkey, chicken, lamb or pork, there are endless ways to eat a burger.

6 ounces low-fat ground turkey or chicken, formed into a patty

Kosher salt and pepper

1. Preheat broiler. Sprinkle with salt and pepper. Place patty on a broiler pan or baking sheet about 2 1/2- 3 inches from the broiler and broil for about 5 minutes per side.

OR.....

2. Sprinkle with salt and pepper. Heat a large cast iron skillet and when droplets of water bounce off, add the hamburger patty. Cook for about 5 minutes on each side.

OR.....

3. Prepare grill. Sprinkle with salt and pepper. Place burger on grill and cook for about 5 minutes on each side.

WHEN THE BURGER IS COOKED, ADD (but just remember the additions change the nutritional information):

Lettuce

Tomato

es

Ketchup

Relish

Raw red onions, soaked in boiling water for 5 minutes

Guacamole

Salsa

Caramelized onions

Roasted peppers

Roasted garlic

Mustard

Chili sauce

Barbecue sauce

**Nutritional Information:**

Calories 183, Total Fat 2g, Saturated Fat 0g, Cholesterol 106mg, Sodium 84mg, Total Carbohydrate 0g, Dietary Fiber 0g

## Vietnamese Style Chicken

Steamed green beans and brown rice complete this to make a great weekday dinner.

Serves 4

2 tablespoons plus 1/3 cup water

¼ cup Asian fish sauce

2 large shallots or 1 small onion, finely chopped  
2 garlic cloves, minced

Pinch black pepper

Pinch crushed red pepper flakes

¼ cup sugar

1 ½ pounds boneless skinless chicken breasts (2 large), each breast half cut in half

¼ cup chopped fresh basil or cilantro leaves

Place the 2 tablespoons water and Asian fish sauce in a small bowl and set aside.

Place the shallots, garlic, black and red peppers in another small bowl and set aside.

Place the remaining 1/3 cup water and the sugar in a large skillet and cook over medium heat until the sugar has caramelized into a deep brown, about 6 minutes.

Remove the pan from the heat, and .very carefully (to avoid splattering) add the fish sauce mixture to the pan. Return to the heat and cook until the mixture boils. 1-2 minutes. Add the shallot mixture and cook until the shallots have softened, about 3 minutes. Add the chicken, in a single layer, and cook, stirring occasionally, until cooked throughout, about 4 minutes per side. Serve immediately, sprinkled with the basil.

### **Nutritional Information:**

Calories 374, Total Fat 8g, Saturated Fat 2g, Trans Fat 3g, Cholesterol 155mg, Sodium 1526mg, Total Carbohydrate 15g, Dietary Fiber 0g, Protein 58g

### **Pan Grilled Chicken with Lemon and Basil**

Serve with steamed brown or white rice and a chopped tomato salad.

Serves 4

1 ½ pounds boneless, skinless chicken breasts, pounded thin and sliced lengthwise to get 4 cutlets

¼ cup fresh lemon juice

¼ cup chopped fresh basil leaves

1 teaspoon dried oregano

½ teaspoon black pepper

½ teaspoon kosher salt

Place the chicken, lemon juice, basil and oregano in a non-reactive glass or ceramic bowl and mix to combine. Cover and refrigerate at least 2 but no more than 4 hours.

Drain the chicken and discard the marinade. Sprinkle with the salt and pepper.

Place a large cast iron skillet over medium high heat and when it is almost smoking hot, add the chicken, waiting for the pan to reheat between additions. Cook until golden brown, just firm to the touch and cooked throughout, about 4 minutes per side, depending on the thickness of the chicken.

#### **Nutritional Information:**

Calories 324, Total Fat 8g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 155mg, Sodium 430mg, Total Carbohydrate 3g, Dietary Fiber 0g, Protein 57g

## DESSERTS

### Grilled Pineapple

A superb dessert to make when you already have the grill going, this low-calorie, low-fat treat is easy and impressive.

Serves 4

1 tablespoon unsalted butter

2 teaspoons brown sugar

Juice of ½ lime

1 fresh pineapple, cored and cut into eighths, lengthwise

Place the butter, brown sugar and lime juice in a small bowl and mix well.

Prepare a grill or preheat the broiler.

Brush butter mixture on the pineapple, place on the grill or under the broiler and cook, turning once, until lightly browned on both sides, about 4 minutes. Drizzle with the remaining butter mixture.

#### **Nutritional Information:**

Calories 142, Total Fat 3g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 3mg, Sodium 4mg, Total Carbohydrate 21g, Dietary Fiber 3g, Protein 1g

## **Banana Peach Sorbet**

You don't need an ice cream machine to make this incredibly easy and quick dessert. You do, however, need to keep an arsenal of frozen fruit in the freezer. You can substitute the peaches with any kind of berry, mangoes, papayas or simply add more bananas, or jazz it up with ground cinnamon or nutmeg. For those who want something a little sweeter, swirl in any flavor of unsweetened fruit spread.

Serves 4

2 over - ripe bananas, thinly sliced and frozen

2 cups chopped fresh peaches, peeled, if desired and frozen

½ teaspoon vanilla extract

1/3 cup plain low-fat yogurt

Place the frozen bananas and peaches in the bowl of a food processor fitted with a steel blade. Process until smooth. Gradually add the vanilla and yogurt and process until completely incorporated. Serve immediately.

### **Nutritional Information:**

Calories 93, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 1mg, Sodium 15mg, Total Carbohydrate 22g, Dietary Fiber 3g, Protein 14g

## Baked Apples

Tart, sweet, warm and comforting, these apples can be served hot, cold or at room temperature. Feel free to use any variety of apple you like.

Serves 4

1 tablespoon maple syrup

1/2 teaspoon ground cinnamon

1/4 cup raisins or currants

1/3 cup orange juice

2 strips lemon zest, grated or chopped (optional)

4 Granny Smith apples, cored and top third cut off and discarded

Preheat the oven to 375 degrees.

Place the maple syrup, cinnamon, raisins and, if desired, the lemon peel, in a small bowl and mix well. Place apples in a small baking dish, so that they touch each other. Divide the maple syrup mixture into four parts and stuff inside apples. Pour the orange juice around them.

Transfer to the oven and bake until the apples are soft, about one hour.

### **Nutritional Information:**

Calories 140, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 3mg, Total Carbohydrate 37g, Dietary Fiber 6g, Protein 1g

## Maple Roasted Pears

Fragrant and sweet, this quick dessert will scent your home and impress your family and friends.

Serves 4

2 firm pears, peeled, quartered and cored  
2 tablespoons maple syrup  
2 teaspoons lemon juice  
½ teaspoon vanilla extract  
Pinch ground cinnamon  
Pinch kosher salt

Preheat the oven to 400 degrees. Line a baking sheet with parchment paper or a silpat.

Place everything in a bowl and toss well. Place the pears on the baking sheet and drizzle with the remaining liquid. Transfer to the oven and roast until deep brown and tender, 30 minutes.

### **Nutritional Information:**

Calories 80, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 26mg,  
Total Carbohydrate 21g, Dietary Fiber 3g, Protein 0g

### **Broiled Grapefruit with Mint and Honey**

A very old fashioned dessert that is making a comeback, Broiled Grapefruit is a nice way to enjoy fruit.

Serves 4

2 large grapefruits, halved, large seeds removed  
1 tablespoon honey or maple syrup  
Mint leaves, for garnish

Place the grapefruits, cut side up, on a large baking sheet. Drizzle with the honey and transfer to the broiler. Broil until the top is browned and bubbling, about 5 minutes. Set aside for 3- 4 minutes and serve, garnished with mint leaves.

**Nutritional Information:**

Calories 69, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 18g, Dietary Fiber 2g, Protein 1g

## Rhubarb Strawberry Compote

This classic combination heralds spring! If you are lucky enough to have rhubarb growing in your backyard, be sure to freeze enough to make this compote year-round.

Serves 4

4 cups washed, trimmed and chopped rhubarb stalks, remove and discard the leaves  
3 cups chopped strawberries  
1 teaspoon cornstarch  
1 tablespoon brown sugar  
1 teaspoon fresh lemon  
zest

Place the rhubarb, berries and cornstarch in a medium saucepan and cook over medium heat until it reaches a low boil, about 7 minutes. Lower the heat to low and cook until the rhubarb is soft and the mixture has thickened, about 30 minutes. Off heat, add the sugar and lemon zest.

Serve warm or at room temperature

### **Nutritional Information:**

Calories 73, Calories from Fat 5, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 7mg, Total Carbohydrate 17g, Dietary Fiber 5g, Sugars 9g, Protein 2g

## Apple Banana sauce

Created as a use for over-ripe bananas, Apple Banana sauce has become a beloved dessert, snack, even breakfast parfaited with Greek yogurt.

Yield: 4 servings (about  $\frac{3}{4}$  cup)

3 tart apples, cored, peeled and sliced  
3 over-ripe bananas  
1 teaspoon ground cinnamon

Place the apples in the bowl of a food processor fitted with a steel blade and process until they are well chopped. Scrape down the sides of the bowl and add the banana and cinnamon. Process until smooth. Transfer to a bowl, cover and refrigerate at least one and up to four hours.

### **Nutritional Information:**

Calories 170, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 1mg, Total Carbohydrate 44g, Dietary Fiber 5g, Protein 2g



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