

Red Quinoa & Veggie Stir-Fry



INGREDIENTS

- 1T toasted sesame oil
- 2 cloves garlic, minced
- 1/2 block extra firm tofu, rinsed, dried and diced
- 1 medium yellow bell pepper, rinsed, seeded and thinly sliced
- 1 medium red bell pepper, rinsed, seeded and thinly sliced
- 1 c snow pea pods, rinsed
- 1 c shredded carrots, rinsed
- 1/2 c water chestnuts, rinsed and sliced
- 1 c shelled edamame
- 6 T low sodium Teriyaki sauce
- 2 cups cooked red quinoa

DIRECTIONS

1. Prepare quinoa: In a medium size sauce pan, combine 2 cups of water with 1 cup quinoa (dry). Bring to a boil over medium/high heat. Once boiling, reduce heat to low, cover and allow quinoa to cook until all water has been absorbed (about 15-20 minutes).
2. In a sauté pan, heat toasted sesame oil on medium/high heat. Add garlic and sauté for about 2-3 minutes until soft and fragrant.
3. Add tofu. Sauté until tofu is lightly brown on each side.
4. Add peppers, snow pea pods and carrots. Stir and sauté for 2-3 minutes until softer (not mushy) and bright in color.
5. Add water chestnuts, edamame and Teriyaki sauce. Stir to combine flavors.
6. Serve over cooked red quinoa. Enjoy!

I'm hungry...tell me more.

Our red quinoa and veggie stir-fry is packed with nutritious, crisp vegetables like red and yellow bell peppers, water chestnuts, snow pea pods and shredded carrots. The toasted sesame oil and Teriyaki sauce add great flavor with few calories. Great for lunch or dinner!

NUTRITION INFO

Serving Size	1 1/2 c
Servings per recipe	4
Calories	338
Fat	10g
Saturated Fat	0g
Sodium	445mg
Carbohydrates	44g
Fiber	6g
Sugar	11g
Protein	18g

*1 c veggies, 1/2 c quinoa

SWAPS

Turned off by tofu? Substitute grilled chicken or turkey.

EXTRAS

- 4 oz grilled chicken = 130 calories

Fiesta Turkey Chili



I'm hungry...tell me more.

Hearty, satisfying and full of flavor is the best way to describe our simple turkey chili recipe. It can be ready in under an hour, and the recipe makes enough to share with a small group of friends or freeze in individual containers for easy weeknight meals.

NUTRITION INFO

Serving Size	2 Cups
Servings per recipe	9
Calories	241
Fat	5g
Saturated Fat	0g
Sodium	262mg
Carbohydrates	28g
Fiber	8g
Sugar	6g
Protein	21g

INGREDIENTS

- 1 lb ground turkey breast (99% fat free)
- 2 T olive oil
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 c mushrooms, rinsed and chopped
- 1 large red bell pepper, rinsed, seeded and diced
- 1 large green bell pepper, rinsed, seeded and diced
- ½ c shredded carrots, rinsed and roughly chopped
- 1 T chili powder
- 1 t garlic powder
- 1 t cumin ground
- ¼ t black pepper
- 1 t sea salt
- 1 can (28 oz) crushed tomatoes, no salt added
- ½ c kidney beans, no salt added
- 1 can (15 oz) garbanzo beans, no salt added
- 1 can (15 oz) black beans, no salt added

DIRECTIONS

1. In a large stock pot, heat olive oil on medium/high heat and sauté onions and garlic for about 2-3 minutes until soft and more translucent.
2. Add ground turkey breast and 1/2 cup water. Sauté until turkey is almost fully cooked (turkey will look opaque in color).
3. Add mushrooms, peppers and carrots, sauté for 3-5 minutes until veggies are tender but not mushy.
4. Add seasoning. Mix and stir well.
5. Add crushed tomatoes and beans. Reduce heat, cover and simmer for 30 minutes or longer until flavors meld. Top with sour cream, cheese, avocado, green onion or whatever your taste desires!

SWAPS

Don't like peppers? Substitute fresh chopped broccoli, zucchini or summer squash in place of red and green bell peppers.

EXTRAS

- 1/4 cup diced avocado = 60 calories
- 1 oz shredded cheese = 80 calories
- 1 T sour cream = 26 calories

Thai Sesame Chicken



I'm hungry...tell me more.

Our Thai sesame chicken is easy to make and full of fresh red, orange, green and purple veggies! The flavors are familiar and satisfying, the textures both chewy and crunchy. Works great as a weekday lunch or simple weeknight meal.

NUTRITION INFO

Serving Size	1 c stir-fry*
Servings per recipe	4
Calories	402
Fat	10g
Saturated Fat	1g
Sodium	479mg
Carbohydrates	51g
Fiber	8g
Sugar	0g
Protein	27g

*1 c pasta & veggies, 3 oz chicken

INGREDIENTS

- 1T toasted sesame oil
- 2 cloves garlic, minced
- 12 oz boneless, skinless chicken breast, diced
- 1 large red bell pepper, rinsed, seeded and thinly sliced
- 1 c sugar snap peas, rinsed
- 1 c shredded carrots, rinsed
- 4 scallions, rinsed and diced
- 2 T natural crunchy peanut butter (or other nut/seed butter), unsalted
- 1/4 c water
- 1 t Sriracha sauce
- 2 T rice vinegar, unseasoned
- 2 T low-sodium soy sauce or tamari
- 1 T lime juice
- Pinch - sea salt
- Garnishes: sesame seeds, chopped purple cabbage
- 4 c brown rice spaghetti or whole wheat spaghetti, cooked

DIRECTIONS

1. In a saute pan, heat toasted sesame oil on medium/high heat. Add garlic and sauté for about 2-3 minutes until soft and fragrant.
2. Add chicken. Sauté until chicken is lightly brown and fully cooked.
3. Add peppers, sugar snap peas and carrots. Stir and sauté for 2-3 minutes until softer (not mushy) and bright in color.
4. Prepare sauce: combine peanut butter (or other nut/seed butter), water, Sriracha, rice vinegar, soy sauce or tamari, lime juice and sea salt. Whisk ingredients together to combine flavors. Consistency should be somewhat thin and smooth.
5. Serve over cooked brown rice spaghetti or whole wheat spaghetti. Top with peanut sauce and garnish with sesame seeds and purple cabbage. Enjoy!

SWAPS

Don't like peppers? Substitute broccoli, zucchini or cauliflower. Almond butter, sunflower seed butter or another nut or seed butter can be used in place of peanut butter.

EXTRAS

- 1 oz crushed peanuts (topping) = 160 calories

Fish Tacos with Citrus Salsa



INGREDIENTS

- 12 oz Atlantic cod fish
- 1 T olive oil
- 1 t garlic powder
- 1/4 t sea salt
- 4 whole wheat tortillas (Brand used: Maria & Ricardo's)
- 2 oranges, peeled, segments diced
- 1 grapefruit, peeled, segments diced
- 1 c purple cabbage, shredded
- 2 T lime juice
- 1/4 c red onion, diced
- 1 jalapeño, rinsed, seeded and diced finely
- 1/2 c cilantro, rinsed and chopped

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Line a baking sheet with foil and place fish filets on foil. Rub fish with olive oil and sprinkle with garlic powder and sea salt. Bake fish for 13-18 minutes or until fish flakes easily with a fork. Fish will be opaque in color. Remove from oven and set aside.
3. Prepare citrus salsa: in a medium size mixing bowl, combine orange and grapefruit segments, purple cabbage, lime juice, red onion, jalapeño and cilantro. Stir to combine flavors.
4. Heat tortillas in microwave for a few seconds to soften. To assemble tacos, place tortilla flat on plate. Add 3 oz of flaked fish and top with citrus salsa. You can also use an **avocado cream sauce** in place of the salsa. To make avocado cream sauce, mix 1/2 of a mashed avocado with 1/4 c sour cream and 1/2 t garlic powder. Top each taco with 1 T.

I'm hungry...tell me more.

Our fish tacos with citrus salsa are simple to make and packed full of flavor. Our zesty citrus salsa made from fresh oranges and grapefruit is a perfect complement to mild Atlantic cod fish, for an aroma and taste we call summertime on a plate!

NUTRITION INFO

Serving Size	1 taco
Servings per recipe	4
Calories	333
Fat	9g
Saturated Fat	1g
Sodium	494mg
Carbohydrates	42g
Fiber	9g
Sugar	15g
Protein	21g

SWAPS

The Atlantic cod fish can be swapped for tilapia, pollock or another firm white fish. Traditional tomato based salsas can also be used in place of our citrus salsa.

EXTRAS

1 T avocado cream sauce = 70 calories

Ginger Sesame Salmon & Asparagus



INGREDIENTS

- 12 oz wild Atlantic salmon, raw
- 2 T olive oil
- 24 asparagus spears, rinsed and 1/4 inch of the ends sliced off
- 1/4 t garlic powder
- 1/4 t black pepper
- 2 c cooked bulgur
- 2 T low sodium soy sauce or tamari
- 1 T rice vinegar, unseasoned
- 4 cloves garlic, minced or pressed
- 1/4 c ginger root, peeled and minced or grated
- 1 T toasted sesame oil
- 1/2 c scallions, rinsed and diced
- Optional garnish: black sesame seeds

DIRECTIONS

1. To cook bulgur: bring a pot of water or broth to a boil. Add the bulgur and boil for about 10 minutes then drain and season with sea salt, black pepper.
2. Prepare sesame ginger sauce: In a small mixing bowl, combine soy sauce or tamari, rice vinegar, garlic, ginger, sesame oil and diced scallions. Stir well to combine ingredients and set aside.
3. Preheat oven to 400 degrees Fahrenheit. Spread asparagus on a baking sheet and drizzle with 1 T olive oil, black pepper and garlic powder. Roast for 5-10 minutes until asparagus spears are tender, but not mushy.
4. Rub salmon with 1 T of olive oil and place skin side down on a hot grill. Cook about 6-8 minutes on each side (or until fish flakes easily with fork). Transfer to a plate placing fish skin side down (discard skin). Top cooked salmon with sesame ginger sauce and serve with a side of cooked bulgur and asparagus.

I'm hungry...tell me more.

Our Asian-inspired recipe combines the flavors of ginger and sesame into a light sauce served over delicious (and healthy) grilled salmon, complemented by roasted asparagus and bulgur, a low-fat, low-calorie Middle Eastern grain high in fiber and protein. This recipe works great as a quick weeknight meal or tasty weekday lunch.

NUTRITION INFO

Serving Size	1 serv*
Servings per recipe	4
Calories	341
Fat	17g
Saturated Fat	2g
Sodium	335mg
Carbohydrates	24g
Fiber	11g
Sugar	2g
Protein	23g

*3 oz salmon,
1/2 c bulgur cooked,
6 asparagus spears

SWAPS

You can easily substitute quinoa, couscous, brown rice or another whole grain for bulgur.

EXTRAS

1/2 c cooked brown rice = 109 calories
1/2 c cooked quinoa = 111 calories
1/2 c cooked couscous = 88 calories

Indian Red Lentil Soup



INGREDIENTS

- 2 T grapeseed oil or canola oil
- 1/2 c red onion, diced
- 2 cloves garlic, minced
- 1/2 c scallions, diced
- 1 1/2 c red lentils (dry), rinsed
- 1 can (15 oz) diced tomatoes, no salt added
- 3 c low sodium vegetable broth
- 2 c light coconut milk
- 2 T lemon juice
- 1 t paprika
- 1 t ground coriander
- 1/4 t sea salt
- 1/2 t black pepper
- 1 c cilantro, chopped
- Garnishes: cilantro, diced scallions

DIRECTIONS

1. In a stock pot, heat grapeseed or canola oil on medium/high heat. Add red onion, garlic and scallions. Sauté until slightly soft and fragrant.
2. Add red lentils, diced tomatoes, vegetable stock, coconut milk and lemon juice. Stir to combine. Now add paprika, ground coriander, salt and pepper. Stir to combine.
3. Cover and bring to a boil. Once boiling, reduce heat to low and simmer for about 20-30 minutes until lentils are soft. Add chopped cilantro and serve. Enjoy!

I'm hungry...tell me more.

Our Indian-inspired soup is full of fiber and protein to keep you feeling full for hours. Tropical citrus and coconut flavors add a refreshing taste and aroma. This soup works great for both lunch and dinner and can be ready in under 45 minutes...with leftovers to spare!

NUTRITION INFO

Serving Size	2 c
Servings per recipe	4
Calories	362
Fat	14g
Saturated Fat	6g
Sodium	265mg
Carbohydrates	45g
Fiber	10g
Sugar	11g
Protein	14g

SWAPS

Not a fan of cilantro? Basil is an excellent substitute. Basil, like cilantro, has a refreshing scent and combines well with tropical flavors like citrus and coconut.

EXTRAS

1 slice garlic naan = 190 calories

Savory Chicken Barley Soup



I'm hungry...tell me more.

Our delicious chicken and barley soup is the ultimate in healthy comfort food. This simple recipe is similar to a traditional chicken soup, but higher in both fiber and protein to keep you feeling satisfied longer. Works great for lunch or dinner.

NUTRITION INFO

Serving Size	1 1/3 c
Servings per recipe	6
Calories	310
Fat	5g
Saturated Fat	1g
Sodium	264mg
Carbohydrates	31g
Fiber	10g
Sugar	4g
Protein	18g

INGREDIENTS

- 2 T olive oil
- 12 oz boneless, skinless chicken breast, diced
- 2 cloves garlic, minced
- 1/2 medium onion, diced
- 1/2 t sea salt
- 1 t black pepper
- 1 c carrots, rinsed, peeled and chopped
- 1/2 c celery, rinsed and chopped
- 8 c chicken stock, low sodium
- 1 c barley (pearl)
- 2 c escarole, kale or spinach, rinsed and chopped

DIRECTIONS

1. In a stock pot, heat olive oil on medium/high heat. Add diced chicken. Sauté chicken until fully cooked. Chicken will be opaque in color and lightly browned on each side.
2. Once chicken is cooked, add garlic, onion, salt and pepper. Sauté until slightly soft and fragrant.
3. Add carrots, celery and chicken stock. Stir to combine.
4. Cover and bring to a boil. Once boiling, reduce heat to low, add barley and simmer for about 20-30 minutes until barley is soft. Add chopped greens (escarole, kale or spinach). Serve and enjoy!

SWAPS

Try quinoa, brown rice or a small whole wheat pasta instead of barley.

EXTRAS

- 1 small whole wheat dinner roll = 130 calories
- 1 pat butter = 36 calories

Mediterranean Veggie Wrap



INGREDIENTS

- 1 (8 inch) whole wheat tortilla - Maria & Ricardo's (brand)
- 2 T hummus (any flavor)
- 1 c baby spinach, rinsed
- ¼ c roasted red peppers, sliced
- ½ c shredded carrots, rinsed
- 1 c grilled zucchini or summer squash, thinly sliced
- 1/2 c sweet potato chunks
- 1 t olive oil
- Sea salt and black pepper (to season the zucchini and sweet potatoes)

DIRECTIONS

1. Toss zucchini or summer squash with a very small amount of olive oil, sea salt and black pepper. Place on a hot grill for about 4 minutes per side. Zucchini or summer squash should be tender, but not mushy.
2. Preheat oven to 400 degrees Fahrenheit. Line a baking sheet with aluminum foil and spread sweet potato chunks on baking sheet. Drizzle with a very small amount of olive oil. Sprinkle with sea salt and black pepper. Bake for about 20 minutes or until sweet potato chunks are browned and tender.
3. To assemble: heat tortilla in the microwave for a few seconds to soften, then spread tortilla on plate or clean work surface. Next, spread hummus on center of wrap and layer baby spinach, roasted red peppers, carrots, grilled zucchini or summer squash.
4. Roll side of the wrap into the center. Continue rolling wrap over itself keeping sides tucked in. Slice in half and serve with a small side of roasted sweet potatoes or large side salad.

I'm hungry...tell me more.

Our wrap is easy to make, refreshing and healthy, with both smooth and crunchy textures. Works great as a weekday lunch or simple weeknight meal.

NUTRITION INFO

Serving Size	1 wrap
Servings per recipe	1
Calories	368
Fat	12g
Saturated Fat	1g
Sodium	473mg
Carbohydrates	54g
Fiber	11g
Sugar	13g
Protein	11g

SWAPS

Don't like peppers? Substitute freshly grilled broccoli, sliced tomato or red onion in place of roasted red peppers. Try different flavors of hummus for added flavor.

EXTRAS

- 1/4 cup diced avocado = 60 calories
- 1 oz shredded cheese = 80 calories

Turkey Cobb Lettuce Wraps



INGREDIENTS

- 4 Napa cabbage leaves (outer) or Bibb lettuce leaves, rinsed
- 4 c Romaine lettuce, rinsed and chopped
- 12 oz cooked turkey breast, diced
- 2 medium tomatoes, rinsed and diced
- 1 c hard boiled eggs, chopped
- 4 T turkey bacon bits (about 4 slices of cooked turkey bacon)
- 1 avocado, peeled and mashed
- 1/2 c sour cream, reduced fat, 2%
- 1 t garlic powder
- 1 t chili powder (optional)

DIRECTIONS

1. Rub turkey breast with a small amount of olive oil, sea salt and black pepper. Place on a hot grill and cook until turkey breast reaches an internal temperature of 165 degrees Fahrenheit. Remove from the grill and slice into chunks.
2. Prepare avocado cream sauce: in a small mixing bowl, combine mashed avocado, sour cream, garlic powder and chili powder. Stir well to combine. Set aside.
3. Assemble lettuce wraps: place cabbage leaves or lettuce leaves on a plate. To the leaves, add chopped lettuce, cooked turkey breast, diced tomato and hard boiled eggs. Top with avocado cream sauce and bacon bits. Enjoy!

I'm hungry...tell me more.

Our lettuce wraps are as fun to eat as they are to make. They're packed with protein and loaded with fresh crunchy veggies, with a simple avocado cream dressing. Delicious and nutritious!

NUTRITION INFO

Serving Size	1 wrap
Servings per recipe	4
Calories	349
Fat	17g
Saturated Fat	5g
Sodium	329mg
Carbohydrates	14g
Fiber	6g
Sugar	4g
Protein	35g

SWAPS

Napa cabbage leaves are sturdy and make a great base for these wraps, but they can also be bitter. Boston or Bibb lettuce are excellent substitutes that are more mild in flavor.

EXTRAS

1 c cooked brown rice = 109 calories

Spinach Salad with Grilled Shrimp



INGREDIENTS

- 12 oz shrimp (to be grilled)
- 1 t olive oil (to brush on shrimp for grilling)
- Sea salt and black pepper (to season the shrimp) about 1/4 t each
- The juice from 2 lemons
- 8 c baby spinach, rinsed
- 2 honey crisp apples, rinsed and thinly sliced
- 1/2 c slivered almonds
- 8 T balsamic vinaigrette
- 1/4 c feta cheese (look for pasteurized varieties)

DIRECTIONS

1. To grill shrimp: brush shrimp with a small amount of olive oil and season with sea salt and black pepper then place on a hot grill for about 2 minutes on each side. Shrimp shells should be a bright coral color and shrimp will be opaque. Squeeze lemon on shrimp and remove from the grill.
2. Top baby spinach with sliced apples, slivered almonds, grilled shrimp, balsamic vinaigrette and feta cheese. Enjoy!

I'm hungry...tell me more.

Our spinach salad with grilled shrimp is easy to make and elegant to serve. Fresh baby spinach leaves form the base of this salad and are topped with crisp apple slices, grilled shrimp, slivered almonds, feta cheese and balsamic vinaigrette. Works great for lunch or dinner.

NUTRITION INFO

Serving Size	1 salad*
Servings per recipe	4
Calories	330
Fat	18g
Saturated Fat	5g
Sodium	531mg
Carbohydrates	17g
Fiber	4g
Sugar	9g
Protein	25g

*3 oz shrimp, 2 c spinach,
2 T dressing

SWAPS

Swap sliced strawberries or raspberries for apples and chopped walnuts or pecans for almonds.

EXTRAS

1 oz chopped pecans = 196 calories
 1 oz chopped walnuts = 185 calories
 1/2 c strawberries = 27 calories
 1/2 c raspberries = 32 calories

Pad Thai Salad



INGREDIENTS

- 2 cups lettuce, rinsed and chopped
- 2 cups Napa cabbage, rinsed and chopped
- 1 red bell pepper, rinsed, seeded and thinly sliced
- 1 yellow bell pepper, rinsed, seeded and thinly sliced
- ½ c shredded carrots, rinsed
- ½ c bean sprouts, rinsed
- 4 scallions, rinsed and diced
- 12 oz grilled chicken or tofu
- 1 c edamame, shelled
- 6 T natural peanut butter (or other nut/seed butter), no salt added
- ¼ c water
- 1 T soy sauce or tamari (low sodium)
- 2 T rice vinegar
- 2 T lime juice
- 1 t Sriracha
- ¼ c cilantro, rinsed and chopped
- 2 T ginger, peeled and minced or grated
- 1 clove garlic, crushed or minced
- Optional: 1 T brown sugar

DIRECTIONS

1. Rub chicken breast with a small amount of olive oil and place on a hot grill until chicken reaches an internal temperature of 165 degrees Fahrenheit. Remove from the grill and slice into chunks.
2. Prepare peanut dressing: in a small mixing bowl, combine peanut butter, water, soy sauce or tamari, rice vinegar, lime juice, Sriracha, cilantro, ginger and garlic, (optional: brown sugar).
3. Assemble salad: in a large salad bowl or dinner plate combine lettuce and cabbage. Top with peppers, carrots, bean sprouts, scallions, grilled chicken or tofu, edamame and peanut dressing. Enjoy!

I'm hungry...tell me more.

Our Pad Thai Salad is refreshing and light - combining all the flavors of a traditional Pad Thai dish without the extra calories, fat and sodium. It also works great as a quick weeknight meal or tasty weekday lunch.

NUTRITION INFO

Serving Size	1 salad
Servings per recipe	4
Calories	323
Fat	15g
Saturated Fat	2g
Sodium	464mg
Carbohydrates	18g
Fiber	6g
Sugar	6g
Protein	29g

SWAPS

Not a fan of cilantro? Substitute fresh basil leaves in place of cilantro in the peanut dressing. You can also substitute almond butter or another nut or seed butter in place of peanut butter.

EXTRAS

- 1/2 c cooked brown rice = 110 calories

Orange Rosemary Grilled Pork Tenderloin



INGREDIENTS

- 1 lb. pork tenderloin
- 1 T olive oil
- 1 T balsamic vinegar
- 1 T honey
- 1 T rosemary, fresh, chopped
- 1 T parsley, fresh, chopped
- 2 cloves garlic, minced
- 1/2 t sea salt
- 1/2 t black pepper
- 1 T orange zest
- the juice of 2 oranges
- 2 c green beans, steamed
- 2 c wild rice, cooked
- Garnishes: fresh parsley and rosemary

DIRECTIONS

1. Prepare marinade: in a small mixing bowl combine olive oil, balsamic vinegar, honey, rosemary, parsley, garlic, salt, pepper, orange zest and orange juice. Pour marinade into a resealable plastic bag.
2. Rinse the pork tenderloin with cold water and dry with clean paper towel. Add the pork to the plastic bag with the marinade and allow the pork to marinate for 30 minutes or more.
3. Prepare grill. Remove pork from the marinade and place on a hot grill. Discard the marinade. Grill over medium-high heat with the grill covered until cooked through, turning every 2 minutes for about 12-15 minutes (depending upon the thickness). Tenderloin should reach an internal temperature of 145 degrees Fahrenheit. Allow the meat to sit for a couple minutes before slicing. Serve with wild rice and steamed green beans.

I'm hungry...tell me more.

Our orange rosemary grilled pork tenderloin is savory, flavorful, lean, yet filling. Served with steamed fresh green beans and wild rice, this recipe works great as a quick weeknight meal or tasty weekday lunch.

NUTRITION INFO

Serving Size	1 serv*
Servings per recipe	4
Calories	354
Fat	10g
Saturated Fat	3g
Sodium	282mg
Carbohydrates	37g
Fiber	5g
Sugar	12g
Protein	29g

*4 oz pork, 1/2 c rice, 1/2 c green beans

SWAPS

Try cooked red, white or tricolor quinoa or brown rice instead of wild rice.

EXTRAS

1 pat butter = 36 calories
1 small whole wheat dinner roll = 130 calories

Chicken Pesto Pizza



INGREDIENTS

- 1 package whole wheat pizza dough
- 2 cups fresh basil, rinsed and stems removed
- ¼ c extra virgin olive oil
- ¼ c walnuts, shelled
- 2 cloves garlic
- ½ t sea salt
- ½ t black pepper
- 1 T lemon juice, fresh
- ¼ cup parmesan cheese
- 6 oz cooked chicken breast, chopped
- 1 c shredded mozzarella cheese, 2% or part-skim
- ½ c part-skim ricotta cheese

DIRECTIONS

1. Prepare pesto: in a food processor, combine basil, olive oil, walnuts, garlic, sea salt, black pepper, lemon juice and parmesan cheese. Blend on medium speed for 2-3 minutes until all ingredients are fully combined and consistency is somewhat smooth.
2. Preheat oven to 425 degrees Fahrenheit. Grease a 9" x13" baking sheet with oil and spread out pizza dough until dough reaches all corners. Pre-bake dough for about 5 minutes. Remove from oven and set aside.
3. Assemble pizza: spread basil pesto on pizza dough with a spatula. Add grilled chicken, mozzarella cheese and ricotta cheese. Place pan back into the oven for about 10 minutes until cheese has melted and is slightly brown on top. Enjoy with a side salad.

I'm hungry...tell me more.

What's not to love about pizza? Especially when it's healthy and covered in fresh pesto and topped with grilled chicken, mozzarella and creamy ricotta cheese? Our pizza is simple enough to prepare as a weeknight dinner and also tastes great the next day as leftovers.

NUTRITION INFO

Serving Size	2 slices*
Servings per recipe	8
Calories	320
Fat	16g
Saturated Fat	5g
Sodium	431mg
Carbohydrates	26g
Fiber	5g
Sugar	0g
Protein	18g

*Slice 3x3 inches

SWAPS

Pesto can be made with a number of fresh herbs and greens: swap out the basil for fresh parsley, baby spinach, arugula or another fresh herb. Swap toasted pine nuts or another nut or seed for walnuts.

EXTRAS

- Large side salad with 1-2 T balsamic vinaigrette

Steak & Veggie Kabobs with Mojo Marinade



INGREDIENTS

- 12 oz sirloin steak, cubed
- 2 medium orange bell peppers, rinsed, seeded, cut into 1-2" chunks
- 2 medium green bell peppers, rinsed, seeded, cut into 1-2" chunks
- 1 medium red onion, cut into 1-2" chunks
- 1 lb button mushrooms, rinsed
- 1 1/3 c brown rice, cooked
- 6 cloves garlic, minced
- 3/4 t sea salt
- 1/2 t black pepper
- 1/2 t ground cumin
- 1/4 c orange juice (freshly squeezed)
- the juice of 1 lemon
- the juice of 1 lime
- 2 T olive oil

DIRECTIONS

1. Prepare mojo marinade: In a medium size mixing bowl, combine garlic, salt, pepper, cumin, orange juice, lemon juice, lime juice and 1 T olive oil. Pour marinade into a resealable plastic bag and add sirloin. Allow the sirloin to marinate for 30 minutes or more.
2. In a separate mixing bowl, combine vegetable chunks with 1 T olive oil. Stir to coat vegetables in the oil. Set aside.
3. Assemble kabobs: thread sirloin chunks and vegetables onto wooden or metal kabob sticks. Brush some of the remaining marinade over the kabobs before placing on the grill.
4. Place kabobs on a hot grill. Grill, covered, over medium-high heat for about 10-12 minutes per side (depending upon preferred doneness of meat). Serve with a side of cooked brown rice.

I'm hungry...tell me more.

Our steak and veggie kabobs are fun to make and fun to eat: juicy sirloin steak, with colorful peppers, onions and mushrooms. The steak is marinated in a zesty citrus mojo marinade before going onto the hot grill. Leftovers taste great for lunch the next day.

NUTRITION INFO

Serving Size	2 kabobs*
Servings per recipe	4
Calories	350
Fat	14g
Saturated Fat	3g
Sodium	373mg
Carbohydrates	31g
Fiber	6g
Sugar	11g
Protein	25g

+ 1/3 c cooked brown rice

SWAPS

If mushrooms and peppers aren't your thing, try cherry tomatoes, zucchini or summer squash.

EXTRAS

Large side salad with 1-2 T balsamic vinaigrette

Gluten-Free Shrimp Scampi



INGREDIENTS

- 1 lb. shrimp, rinsed and de-veined
- 1 T olive oil
- 1 T butter or trans-fat free spread
- 4 cloves garlic, minced
- 1/4 t red pepper flakes
- 1/2 c white wine (i.e. Pinot Grigio)
- 1/2 t sea salt
- 2 T basil, fresh, rinsed and chopped
- 2 T parsley, fresh, rinsed and chopped
- 1/2 t black pepper
- 2 T lemon juice
- 4 c gluten-free brown rice spaghetti, cooked
- 4 c broccoli florets, steamed

DIRECTIONS

1. In a sauté pan over medium-high heat, add olive oil and butter or trans-fat free spread. After the butter has melted, add the garlic and red pepper flakes. Sauté for about 1 minute, or until the garlic begins to brown and become fragrant.
2. Now, add the shrimp. Next, add the white wine and stir to combine flavors/ingredients. Turn the heat to high and allow the wine boil for about 2-3 minutes.
3. Using a pair of tongs, turn the shrimp over and boil the wine for another minute.
4. Remove pan from the heat and add the sea salt, basil, parsley, black pepper and lemon juice.
5. Serve over cooked gluten-free brown rice spaghetti or brown rice with a side of steamed broccoli florets.

I'm hungry...tell me more.

Combining all of the flavors and textures of a traditional shrimp scampi without the gluten or high fat and sodium content, our recipe is simple, healthy and delicious. Works well for lunch or dinner.

NUTRITION INFO

Serving Size	1 serv*
Servings per recipe	4
Calories	394
Fat	10g
Saturated Fat	2g
Sodium	401mg
Carbohydrates	52g
Fiber	4g
Sugar	2g
Protein	24g

*1 c pasta, 3 oz shrimp, 1 c broccoli

SWAPS

Cherry tomatoes, zucchini or summer squash work well as substitutes for broccoli. Brown rice or quinoa can also be easily swapped for brown rice spaghetti.

EXTRAS

Large side salad with 1-2 T balsamic vinaigrette