Apple Turkey Gyro

A healthy twist on a classic Greek dish.

Makes 6 servings. 1 gyro per serving.

Prep time: 10 minutes Cook time: 15 minutes

Ingredients

- 1 cup sliced onion
- 1 tablespoon lemon juice
- 2 cups sliced red bell pepper
- 2 cups sliced green bell pepper
- 1 tablespoon vegetable oil
- ½ pound turkey breast, cut into thin strips
- 1 medium apple, cored and sliced
- 6 whole wheat pitas, lightly toasted
- ½ cup lowfat plain yogurt (optional)



- 1. In a nonstick skillet, sauté onion, lemon juice, and bell peppers in oil until crisp-tender.
- 2. Stir in turkey and cook until turkey is fully cooked. Remove from heat and stir in apple.
- 3. Fold pita in half and fill with apple mixture; drizzle with yogurt. Serve warm.



Nutrition information per serving: Calories 78, Carbohydrate 9 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 222 mg

Avocado Garden Salad

This salad is easy to fix, looks great on a plate, and is delicious to eat.

Makes 6 servings. 1½ cups per serving.

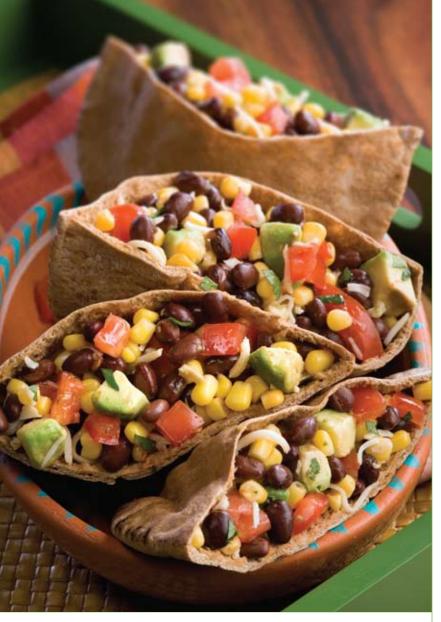
Prep time: 20 minutes

Ingredients

- 6 cups torn or cut mixed salad greens
- 3 medium tomatoes, chopped
- 5 green onions, chopped
- 1 small cucumber, peeled and chopped

- 2 tablespoons lemon juice
- 1/3 teaspoon garlic powder
- ½ teaspoon ground black pepper
- ½ teaspoon salt
- 1 large avocado, peeled

- Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.
- 2. In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt. Pour over salad mixture and toss together.
- 3. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges, about 1/8-inch thick.
- 4. Arrange avocado slices on top of salad and serve immediately.



Nutrition information per serving: Calories 352, Carbohydrate 54 g, Dietary Fiber 17 g, Protein 16 g, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 176 mg

Black Bean and Corn Pitas

A protein-packed mixture of seasoned vegetables, black beans, and cheese.

Makes 4 servings. ½ pita per serving.

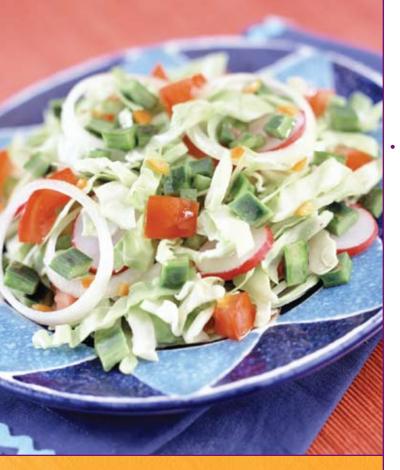
Prep time: 15 minutes

Ingredients

- 1 (15-ounce) can low-sodium black beans
- 1 cup frozen corn, thawed
- 1 cup fresh or no salt added canned tomatoes
- 1 avocado, chopped
- 1 clove garlic, finely chopped
- 1 teaspoon chopped fresh parsley

- 1/8 teaspoon cayenne pepper or more to taste
- 2 teaspoons lemon juice
- ½ teaspoon chili powder
- 2 medium whole wheat pita pockets
- 1/3 cup shredded part-skim Mozzarella cheese

- 1. Drain and rinse beans. In a medium bowl, combine beans. corn, tomatoes, avocado, and garlic. Add parsley, cayenne pepper, lemon juice, and chili powder.
- 2. Cut pita bread in half to form 4 pockets, and spoon equal amounts of filling into each half. Top with cheese and serve.



This salad is fresh and festive. Use jarred cactus if you can't find fresh.

Makes 4 servings. 11/2 cups per serving.

Prep time: 15 minutes

Nutrition information per serving:

Calories 48, Carbohydrate 9 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 20 mg

Cactus Salad

Ingredients

- 4 cups shredded green cabbage
- 2 fresh cactus leaves (about 1 cup), cleaned and finely chopped
- 4 thin slices white onion
- 4 radishes, thinly sliced

- 1 large tomato, chopped
- 1 serrano chili, seeds removed and finely chopped
- 2 tablespoons cider vinegar
- 1 teaspoon oil
- 1 teaspoon sugar

- 1. Mix cabbage, cactus, onion, radishes, tomato, and serrano chili in a medium bowl. Place salad on 4 separate plates.
- 2. Stir together vinegar, oil, and sugar; drizzle over salad. Serve immediately.





Ceviche

This light dish is great for lunch or to start off a meal.

Makes 4 servings.

3/4 cup per serving.

Prep time: 20 minutes

Ingredients

- ½ pound cooked small bay shrimp
- 1 cup diced cucumber
- ½ cup diced avocado
- ½ cup chopped tomatoes
- 1/4 cup finely chopped red onion
- 1/4 cup frozen corn, thawed
- 3 tablespoons fresh lime juice

- 3 tablespoons prepared taco sauce
- 1 serrano chili, seeds removed and finely chopped

Preparation

- 1. Combine all ingredients in a small bowl and stir well.
- Spoon into 4 small dishes and garnish with cilantro. Serve.

Melon Cooler

For a slushy cooler, simply blend ice with melon and water.

Makes 4 servings.

34 cup per serving.

Prep time: 10 minutes

Ingredients

- 2 cups chopped melon (cantaloupe, honeydew, or watermelon)
- 2 cups cold water

- 1. Place all ingredients in a blender container.
- 2. Blend until smooth. Pour into glasses and serve.



Nutrition information per serving: Calories 141, Carbohydrate 12 g, Dietary Fiber 3 g, Protein 16 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 38 mg, Sodium 149 mg

Chicken Tomatillo Salad

Make a day ahead for a delicious lunch at work.

Makes 6 servings. 1 cup per serving.

Prep time: 20 minutes

Dressing

- 1 cup husked and quartered tomatillos
- 3 tablespoons light Italian dressing
- 1 fresh Anaheim chili. seeded and chopped
- 1/4 teaspoon ground black pepper

Salad

- 2 cups chopped, cooked chicken or turkey
- 1 cup chopped red bell pepper
- 1 cup frozen corn, thawed
- 1 cup chopped carrots
- 4 green onions, sliced
- 1/4 cup chopped fresh cilantro

- 1. In a blender or food processor container, purée tomatillos with dressing, Anaheim chili, and ground black pepper; set aside.
- 2. Combine all salad ingredients in a large bowl and toss.
- 3. Drizzle dressing over salad and toss well to coat.
- 4. Cover and chill for 20 minutes or make a day ahead to allow flavors to blend.
- 5. Serve on lettuce-lined plates or bowls.



Serve these sandwiches with sliced jalapeño peppers for a little added heat!

Makes 4 servings. 1 sandwich per serving.

Prep time: 15 minutes

Nutrition information per serving:

Calories 379, Carbohydrate 32 g, Dietary Fiber 6 g, Protein 30 g, Total Fat 15 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 67 mg, Sodium 500 mg

Chicken Tortas

Ingredients

- 2 cups cooked, shredded chicken
- 1 teaspoon chili powder
- 2 cups Pico de Gallo (see page 9)
- 2 cups shredded romaine lettuce

- 4 thin slices white onion
- ½ cup shredded reduced fat Monterey Jack cheese
- 2 radishes, sliced
- 1 fresh avocado, mashed
- 4 bolillos or French bread rolls, cut in half lengthwise

- 1. In a medium bowl, combine chicken, chili powder, and 1 cup Pico de Gallo.
- 2. In another medium bowl, combine lettuce, onion, cheese, and radishes.
- 3. Spread equal amounts of mashed avocado on each roll.
- 4. Place equal amounts of chicken and lettuce mixtures inside of each roll.
- 5. Spoon ¼ cup Pico de Gallo over lettuce and close sandwich. Serve immediately.



This salad is easy to prepare. Add some diced cooked chicken to make this side dish a meal, or sprinkle over salad greens.

Makes 4 servings. 3/4 cup per serving.

Prep time: 10 minutes

Nutrition information per serving:

Calories 94, Carbohydrate 19 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 94 mg

Corn and Green Chili Salad

Ingredients

- 2 cups frozen corn, thawed
- 1 (10-ounce) can diced tomatoes with green chilies, drained
- ½ tablespoon vegetable oil

- 1 tablespoon lime juice
- 1/3 cup sliced green onions
- 2 tablespoons chopped fresh cilantro

Preparation

1. Combine all ingredients in a medium bowl; mix well. Serve.





Makes 8 servings. 1 cup per serving. Prep time: 10 minutes Cook time: 15 minutes

Nutrition information per serving: Calories 35, Carbohydrate 6 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 159 mg

Creole Green Beans

Spice up your everyday dinners with this jazzy dish.



INGREDIENTS

- 2 teaspoons vegetable oil
- 2 small cloves garlic, chopped
- 1 (16-ounce) package frozen cut green beans
- 1 cup chopped red bell pepper
- 1 cup chopped fresh tomatoes
- ½ cup chopped celery
- ½ teaspoon salt
- 1/4 teaspoon cayenne pepper

- 1. Heat oil in a large skillet over low heat.
- 2. Sauté garlic in oil for 1 minute.
- 3. Add green beans and bell peppers; increase heat to medium and cook for 7 minutes.
- 4. Stir in tomatoes, celery, and seasonings; cook for 7 minutes more. Serve while hot.



Great to keep in the freezer. You can heat and eat for a quick snack or side dish! Serve with guacamole for added flavor.

Makes 4 servings. 3 taquitos per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving:

Calories 286, Carbohydrate 41 g, Dietary Fiber 6 g, Protein 14 g, Total Fat 8 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 24 mg, Sodium 565 mg

Crispy Taquitos

Ingredients

- 2 cups Pico de Gallo, divided (see page 9)
- ½ cup cooked, finely chopped chicken
- ½ cup no salt added canned corn or frozen corn, thawed
- 1/4 cup chopped green onion
- 1/4 cup chopped green bell pepper

- ½ cup shredded reduced fat Cheddar cheese, Monterey Jack cheese, or gueso fresco
- 12 corn tortillas
- 2 teaspoons vegetable oil

- 1. Heat oven to 425°F. In a medium bowl, combine 1 cup Pico de Gallo, chicken, corn, green onion, bell pepper, and cheese.
- Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
- Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
- 4. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.





Makes 9 servings. 1 cup per serving. Prep time: 10 minutes Cook time: 30 minutes

Nutrition information per serving: Calories 207, Carbohydrate 40 g, Dietary Fiber 3 g, Protein 8 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 85 mg

Dirty Rice and Blackeye Peas

The sausage in this dish also makes a lean and healthy option for breakfast.



INGREDIENTS

- 21/2 cups fat free, low-sodium vegetable broth
- 2 bay leaves
- 1¾ cups long grain rice
 - 2 cups frozen blackeye peas nonstick cooking spray
- 1 cup finely chopped onion
- 1 cup finely chopped celery

- ½ cup finely chopped bell pepper
- 1 tablespoon Soulful Seasoning (see recipe on page 34)
- 6 ounces (about 2 patties) Turkey Apple Sausage (see recipe on pages 15–16)
- 2 cloves garlic, finely chopped
- ½ tablespoon dried parsley
- ½ teaspoon dried oregano

- 1. In a large skillet, combine vegetable broth and bay leaves; bring to a boil.
- 2. Add rice and blackeye peas to broth and cover.
- 3. Reduce heat to simmer until all liquid is absorbed, about 18 to 20 minutes.
- 4. Remove bay leaves and place cooked rice and blackeye peas in a large bowl.
- 5. Spray a nonstick skillet with cooking spray and heat over medium-high heat. Add onion, celery, bell pepper, Soulful Seasoning, Turkey Apple Sausage, garlic, parsley, and oregano.
- 6. Sauté until sausage is thoroughly cooked, about 5 minutes.
- 7. Combine with rice and blackeye pea mixture. Serve while hot.

Herbed Potato Salad

Fresh vegetables and a light vinaigrette give this salad a lively flavor.

Makes 6 servings. ½ cup per serving.

Prep time: 10 minutes Cook time: 10 minutes

Ingredients

1½ pounds red potatoes (about 8 potatoes), cut into cubes

½ cup light Italian dressing

½ tablespoon spicy brown mustard

1 tablespoon chopped fresh parsley

1 teaspoon garlic salt

1/4 teaspoon ground black pepper

½ cup chopped red bell pepper

½ cup chopped green bell pepper

½ cup chopped green onions



- In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook).
- 2. Drain well and let cool.
- 3. Cut potatoes into bite-size pieces and place in a medium bowl.
- In a small bowl, combine dressing, mustard, parsley, and seasonings; pour over potatoes and toss well.
- 5. Carefully stir in bell peppers and green onions. Cover and chill until ready to serve.



This simple soup with hearty meatballs is a tasty meal you can enjoy at home or reheated at work.

Makes 4 servings.

1/2 cup broth mixture and 3 large meatballs per serving.

Prep time: 15 minutes
Cook time: 40 minutes

Nutrition information per serving:

Calories 196, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 16 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 85 mg, Sodium 407 mg

Meatball Soup

Ingredients

- 6 cups water
- 1/3 cup brown rice
- 3 low-sodium beef- or chickenflavored bouillon cubes or 1 tablespoon low-sodium bouillon powder
- 4 sprigs fresh oregano, finely chopped or 1 tablespoon dried oregano

- 8 ounces lean ground beef, turkey, or chicken
- 1 tomato, finely chopped
- ½ onion, peeled and finely chopped
- 1 large egg
- ½ teaspoon salt
- 2 cups chopped fresh vegetables (carrots, celery, and broccoli)

- In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.
- 2. Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 large meatballs.
- 3. Add meatballs to broth mixture and simmer 30 minutes.
- 4. Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender. Serve hot.





Ceviche

This light dish is great for lunch or to start off a meal.

Makes 4 servings.

3/4 cup per serving.

Prep time: 20 minutes

Ingredients

- ½ pound cooked small bay shrimp
- 1 cup diced cucumber
- ½ cup diced avocado
- ½ cup chopped tomatoes
- 1/4 cup finely chopped red onion
- 1/4 cup frozen corn, thawed
- 3 tablespoons fresh lime juice

- 3 tablespoons prepared taco sauce
- 1 serrano chili, seeds removed and finely chopped

Preparation

- 1. Combine all ingredients in a small bowl and stir well.
- Spoon into 4 small dishes and garnish with cilantro. Serve.

Melon Cooler

For a slushy cooler, simply blend ice with melon and water.

Makes 4 servings.

34 cup per serving.

Prep time: 10 minutes

Ingredients

- 2 cups chopped melon (cantaloupe, honeydew, or watermelon)
- 2 cups cold water

- 1. Place all ingredients in a blender container.
- 2. Blend until smooth. Pour into glasses and serve.



With the help of frozen vegetables, this is a tasty, nutritious side dish. Garnish with chopped fresh cilantro or a sprinkle of cheese.

Makes 6 servings. 3/4 cup per serving.

Prep time: 5 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 200, Carbohydrate 39 g, Dietary Fiber 3 g, Protein 6 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 279 mg

Mexican Rice

Ingredients

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 1 (14½-ounce) can low-sodium chicken broth
- 1 cup white rice
- $\frac{3}{4}$ cup chopped tomatoes

- ½ teaspoon chili powder
- 1/4 teaspoon salt
- 1 cup frozen corn, thawed
- 1 cup frozen pea and carrot blend, thawed

- 1. Heat vegetable oil in a medium saucepan over medium heat. Add onion and sauté until soft, about 5 minutes.
- 2. Stir in broth, rice, ½ cup tomatoes, chili powder, and salt. Bring to a boil; reduce heat and simmer, covered, for 25 minutes.
- 3. Stir in vegetables and let stand for 5 minutes. Spoon remaining tomatoes over the top and serve.





Simmered Beans

Add Pico de Gallo for a spicy twist.

Makes 12 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 1 hour and 15 minutes to

1 hour and 45 minutes

Ingredients

- 2 cups dried beans (pinto, black, or pink), rinsed
- 8 cups water
- 1 onion, peeled and chopped
- 1 bay leaf
- 1/4 teaspoon salt

Preparation

- Place beans, water, onion, and bay leaf in a large pot. Cover and bring to a boil over high heat. Reduce heat to low. Simmer for 1 to 1½ hours or until beans are tender.
- Remove bay leaf and stir in salt. Cook 15 minutes longer.
- Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.

Refried Beans

Top with Tomatillo Salsa for great flavor and color.

Makes 4 servings.

½ cup per serving.

Prep time: 10 minutes Cook time: 10 minutes

Ingredients

- 1 tablespoon vegetable oil
- 2 cloves garlic, finely chopped
- 3 cups Simmered Beans with broth

Preparation

 In a large nonstick pan, heat oil over medium heat. Add garlic and cook
 minute.

- 2. Stir in beans with part of the broth. Cook 1 minute.
- Cook and stir, adding additional broth and mashing beans lightly with a fork until bean mixture is a thick paste, but not dry.
- 4. Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.





Simmered Beans

Add Pico de Gallo for a spicy twist.

Makes 12 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 1 hour and 15 minutes to

1 hour and 45 minutes

Ingredients

- 2 cups dried beans (pinto, black, or pink), rinsed
- 8 cups water
- 1 onion, peeled and chopped
- 1 bay leaf
- 1/4 teaspoon salt

Preparation

- Place beans, water, onion, and bay leaf in a large pot. Cover and bring to a boil over high heat. Reduce heat to low. Simmer for 1 to 1½ hours or until beans are tender.
- Remove bay leaf and stir in salt. Cook 15 minutes longer.
- Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.

Refried Beans

Top with Tomatillo Salsa for great flavor and color.

Makes 4 servings.

½ cup per serving.

Prep time: 10 minutes Cook time: 10 minutes

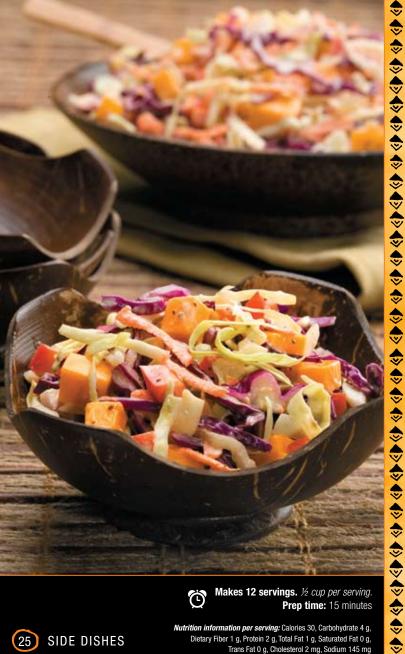
Ingredients

- 1 tablespoon vegetable oil
- 2 cloves garlic, finely chopped
- 3 cups Simmered Beans with broth

Preparation

 In a large nonstick pan, heat oil over medium heat. Add garlic and cook
 minute.

- 2. Stir in beans with part of the broth. Cook 1 minute.
- Cook and stir, adding additional broth and mashing beans lightly with a fork until bean mixture is a thick paste, but not dry.
- 4. Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.





Makes 12 servings. ½ cup per serving. **Prep time:** 15 minutes

Nutrition information per serving: Calories 30, Carbohydrate 4 g. Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg

Rainbow Coleslaw

Pack with Oven Fried Chicken for a tasty picnic lunch.

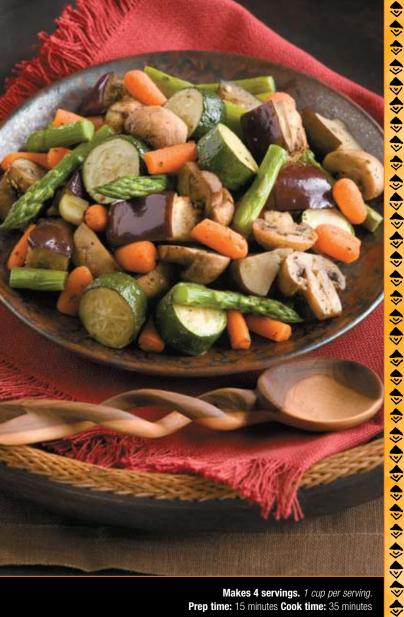


INGREDIENTS

- 2 cups thinly sliced red cabbage
- 2 cups thinly sliced green cabbage
- ½ cup chopped yellow or red bell pepper
- ½ cup shredded carrots

- 1/3 cup chopped red onion
- ½ cup fat free mayonnaise
- 1 tablespoon red wine vinegar
- 1/4 teaspoon celery seed (optional)
- ½ cup lowfat Cheddar cheese, cut into bite-size cubes

- 1. In a large bowl, combine all the vegetables.
- 2. In a small bowl, mix mayonnaise, vinegar, and celery seed (if desired) to make a dressing.
- 3. Pour the dressing over the vegetable mixture and toss until well coated.
- 4. Toss salad with cheese and serve chilled.



Makes 4 servings. 1 cup per serving. **Prep time:** 15 minutes **Cook time:** 35 minutes

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Nutrition information per serving: Calories 50, Carbohydrate 8 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg

Roasted Vegetable Medley

Bring harmony to your taste buds with this fresh vegetable dish. Add a Southern flair by serving over grits!

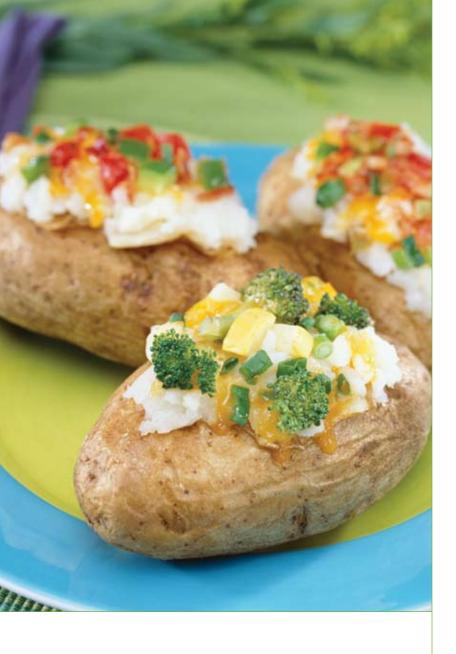


INGREDIENTS

- nonstick cooking spray
- 1 cup chopped baby carrots
- 1 cup chopped eggplant
- 1 cup chopped asparagus
- 1 teaspoon vegetable oil

- 2 cloves garlic, chopped
- 4 teaspoons dried basil
- 1 cup chopped mushrooms
- 1 small zucchini, chopped

- 1. Place an oven rack on the bottom of the oven. Preheat oven to 450°F.
- 2. Spray a roasting pan with nonstick cooking spray.
- 3. Add carrots, eggplant, and asparagus to the pan. Drizzle with vegetable oil and toss until vegetables are lightly coated.
- 4. Bake for 20 minutes.
- 5. Spray a large pan with nonstick cooking spray and heat over medium heat.
- 6. Sauté garlic and basil for about 2 minutes.
- 7. Add mushrooms and zucchini and sauté until vegetables are tender, about 5 minutes.
- 8. Add roasted vegetables to the pan and sauté 5 minutes more. Serve immediately.



Spud Stuffers

No ordinary potatoes here. Pick your favorite topping from the list on the next page.

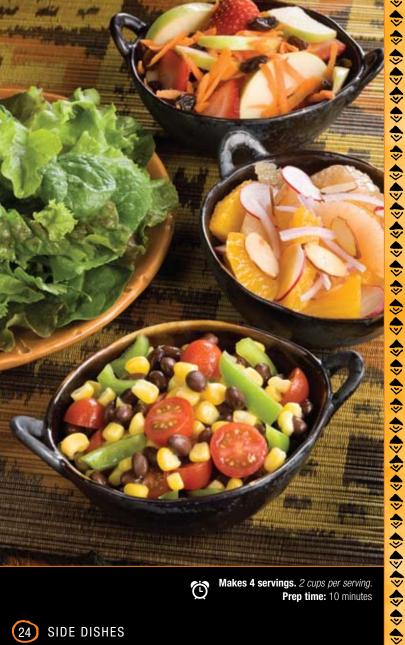
Makes 4 servings. 1 potato per serving.

Prep time: 15 minutes Cook time: 16 to 60 minutes

Ingredients

- 4 medium baking potatoes
- 4 tablespoons light sour cream

- Wash potatoes and pierce 3 times with a fork. Microwave on high for about 6 minutes. Turn potatoes over and cook on high for 10 minutes more. Or, bake in the oven at 400°F for 45 to 60 minutes.
- When cooked, carefully cut potatoes open on the top. Place
 1 tablespoon sour cream on top of each potato. Top each
 potato with one of the toppings listed on the next page
 and serve while hot. The ingredient amounts listed are for
 one potato.

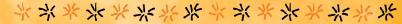




Makes 4 servings. 2 cups per serving. **Prep time:** 10 minutes

Super Salad Toppers

Salad shy? There is something for everyone with these simple sides.



INGREDIENTS

5 cups chopped salad greens (romaine, red or green leaf lettuce, spinach, spring mix, or a combination)

Citrus Splash Mix-In

- 1 large orange, peeled and cut into sections
- 1 medium pink or red grapefruit, peeled and cut into sections
- ½ cup chopped red onion
- 1 cup thinly sliced radishes
- 1/4 cup sliced almonds
- 2 tablespoons light sesame dressing
- 2 tablespoons 100% orange juice

Nutrition information per serving: Calories 136, Carbohydrate 21 g, Dietary Fiber 5 g, Protein 4 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg

Savory & Satisfying Mix-In

- 1 cup canned black beans, drained and rinsed
- ½ red bell pepper, chopped
- 1 tomato, chopped
- 1 cup sweet corn
- 4 tablespoons lowfat Ranch dressing

Nutrition information per serving: Calories 151, Carbohydrate 27 g, Dietary Fiber 8 g, Protein 6 g, Total Fat 3 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 331 mg

Sweet Sensation Mix-In

- 1 cup sliced strawberries
- 1 cup shredded carrots
- 1 cup sliced apples
- ½ cup raisins
- 4 tablespoons lowfat balsamic vinaigrette

Nutrition information per serving: Calories 130, Carbohydrate 28 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 252 mg

- 1. Place salad greens in a large bowl.
- 2. Choose one of the Mix-Ins listed above and combine with the salad greens.
- 3. Toss all ingredients together and serve immediately.



Makes 8 servings. 2-inch slice per serving. Prep time: 20 minutes Cook time: 1 hour

Nutrition information per serving: Calories 193, Carbohydrate 31 g, Dietary Fiber 3 g, Protein 8 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 573 mg

Swiss Chard Pinwheel Bread

Discover the rich flavor of Swiss chard or use your favorite kind of greens.

INGREDIENTS

nonstick cooking spray

21/2 cups (about 6 ounces) sliced mushrooms

1/4 cup chopped onion

- 4 cups (about 12 ounces) chopped Swiss chard
- 1 tablespoon water
- 3/4 teaspoon garlic powder
- 1/8 teaspoon ground black pepper

- 1/8 teaspoon salt
- 2 tablespoons grated Parmesan cheese
- 1 (10- to 13-ounce) can refrigerated pizza crust dough
- 3/4 cup shredded part-skim Mozzarella cheese
- 1½ cups marinara sauce

- 1. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
- 2. Spray a skillet with nonstick cooking spray and heat over medium heat.
- 3. Add mushrooms and onion and sauté until tender, about 5 minutes.
- 4. Add Swiss chard and water. Continue cooking until Swiss chard becomes tender, about 8 to 10 minutes (you may need to add another tablespoon or more of water if the Swiss chard sticks to the skillet).
- 5. Add the garlic powder, ground black pepper, and salt.
- 6. Remove the skillet from the heat and stir in Parmesan cheese. Set the skillet aside to cool.
- 7. On a lightly floured board or surface, roll out pizza dough into a 10 x 14-inch rectangle.



Makes 8 servings. 2-inch slice per serving. Prep time: 20 minutes Cook time: 1 hour

Nutrition information per serving: Calories 193, Carbohydrate 31 g,
Dietary Fiber 3 g, Protein 8 g, Total Fat 5 g, Saturated Fat 2 g,
Trans Fat 0 g, Cholesterol 5 mg, Sodium 573 mg

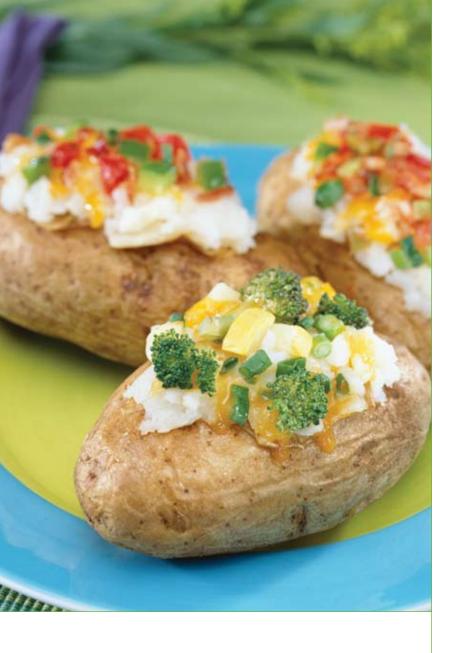
Swiss Chard Pinwheel Bread (continued)



PREPARATION

- 8. Spread cooled Swiss chard mixture and Mozzarella cheese on top of dough, leaving about 1-inch of dough around the edges.
- 9. Starting from the long side, roll up the crust to make one large loaf.
- 10. Pinch along the seam of the loaf to seal and fold the ends under the loaf.
- 11. Place the loaf on a baking sheet sprayed with nonstick cooking spray.
- 12. Bake for 40 minutes or until golden brown.
- 13. Remove from oven and let cool for 5 minutes.
- 14. Cut into 8 slices and serve with warmed marinara sauce.

MAIN DISHES



Toppings

Mexican Topping

- 1/4 cup prepared Fresh Salsa (see page 54)
- 2 tablespoons shredded reduced fat Cheddar or Monterey Jack cheese
- 1 tablespoon diced green chilies

Nutrition information per serving: Calories 222, Carbohydrate 43 g, Dietary Fiber 5 g, Protein 9 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 341 mg

Western Topping

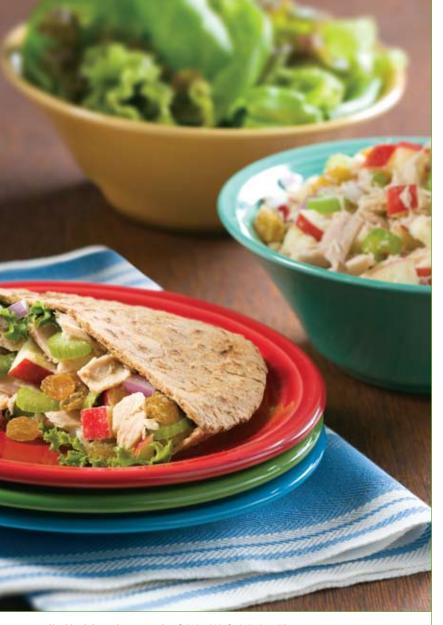
- 2 tablespoons chopped tomato
- 2 tablespoons finely chopped green bell pepper
- 2 tablespoons shredded reduced fat Cheddar cheese
- 1 tablespoon sliced green onions
- 2 tablespoon bacon bits

Nutrition information per serving: Calories 259, Carbohydrate 44 g, Dietary Fiber 6 g, Protein 13 g, Total Fat 4 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 327 mg

Veggie Topping

- 3 tablespoons chopped broccoli
- 2 tablespoons chopped yellow squash
- 2 tablespoons shredded reduced fat Cheddar cheese
- 1 tablespoon sliced green onions

Nutrition information per serving: Calories 216, Carbohydrate 41 g, Dietary Fiber 5 g, Protein 10 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 174 mg



Nutrition information per serving: Calories 216, Carbohydrate 27 g, Dietary Fiber 4 g, Protein 25 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 26 mg, Sodium 544 mg

Tuna Apple Salad

Apples and raisins add a nice twist to traditional tuna salad.

Makes 4 servings. 1 cup per serving.

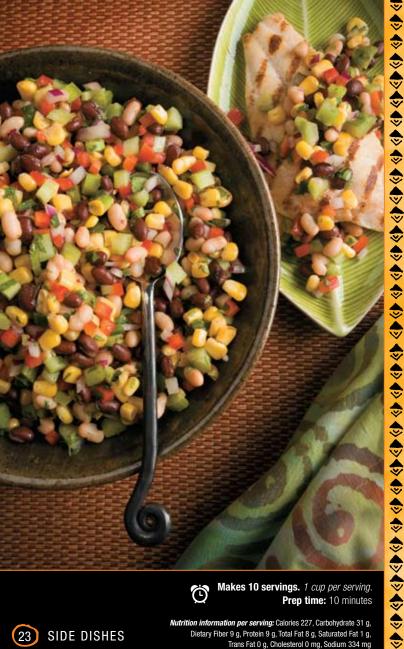
Prep time: 15 minutes

Ingredients

- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons finely chopped red onion
- 1 medium apple, cored and chopped
- 1/4 cup chopped celery

- 1/4 cup golden raisins
- 3 tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 medium whole wheat pitas

- 1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 tablespoons of dressing.
- 2. In another medium bowl, toss together salad greens with remaining dressing.
- 3. Cut pitas in half to make 4 pita pockets.
- 4. Carefully fill pita pockets with equal amounts of salad greens and tuna salad. Serve.





Makes 10 servings. 1 cup per serving. **Prep time:** 10 minutes

Nutrition information per serving: Calories 227, Carbohydrate 31 g. Dietary Fiber 9 g, Protein 9 g, Total Fat 8 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 334 mg

Two Bean and Corn Salad

Try this salad as a condiment on grilled fish and chicken dishes.



INGREDIENTS

- 1/3 cup vegetable oil
- 2 tablespoons balsamic vinaigrette
- 1 teaspoon cumin
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can Great Northern beans, drained and rinsed

- 3 stalks celery, chopped
- 2 cups frozen corn, thawed
- 1 medium red bell pepper, chopped
- 1 cup chopped red onion
- 1/2 cup chopped fresh cilantro
- 2 small jalapeño peppers, seeded and chopped (optional)

- 1. In a large bowl, whisk oil, vinegar, and cumin.
- 2. Add remaining ingredients and toss to coat.
- 3. Serve immediately or refrigerate for up to 1 hour to allow flavors to blend.



Enjoy this healthier version of a classic snack.

Makes 4 servings. 1 tortilla per serving.

Prep time: 10 minutes Cook time: 15 minutes

Nutrition information per serving:

Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg

Vegetable Quesadillas

Ingredients

nonstick cooking spray

½ cup chopped green bell pepper

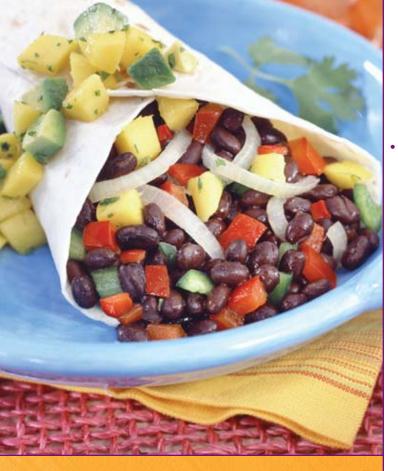
½ cup frozen corn, thawed

½ cup sliced green onion

½ cup chopped tomato

- 2 tablespoons chopped fresh cilantro
- 4 (6-inch) flour tortillas
- ½ cup shredded reduced fat Cheddar or Monterey Jack cheese

- 1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn over medium heat until softened, about 5 minutes.
- 2. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.
- 3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned. Serve while hot.



Fresh mangos and avocado give this meal a tasty twist.

Makes 4 servings. 1 wrap per serving.

Prep time: 15 minutes
Cook time: 10 minutes

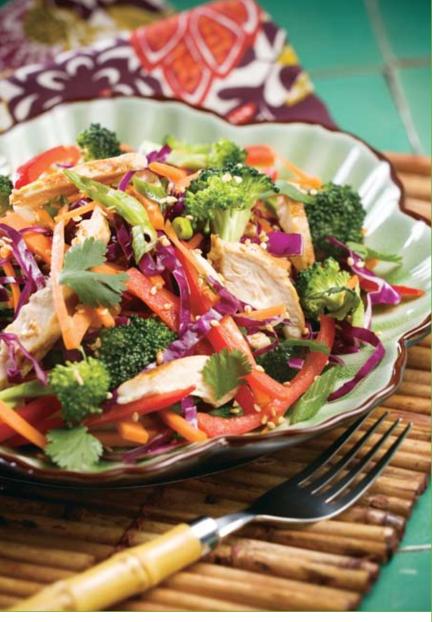
Nutrition information per serving:
Calories 451, Carbohydrate 82 g, Dietary Fiber 22 g, Protein 16 g, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 302 mg

Veggie Bean Wrap

Ingredients

- 2 green or red bell peppers, seeded and chopped
- 1 onion, peeled and sliced
- 1 (15-ounce) can low-sodium black beans, drained and rinsed
- 2 mangos, chopped juice of 1 lime ½ cup chopped fresh cilantro 1 avocado, peeled and diced 4 (10-inch) fat free flour tortillas

- In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans and stir well. Reduce heat to low and simmer about 5 minutes.
- 2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve $\ensuremath{\mbox{$\!\!\!/$}}$ mixture for topping.
- 3. Fill warmed tortillas with $1\!\!/\!_{4}$ bean mixture and $1\!\!/\!_{4}$ mango mixture.
- 4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture. Serve.



Nutrition information per serving: Calories 184, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg

Zesty Asian Chicken Salad

A colorful salad packed with a variety of healthy foods.

Makes 4 servings. 1 cup per serving.

Prep time: 20 minutes

Ingredients

- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 11/2 cups small broccoli florets
- 2 medium carrots, peeled and cut into strips

- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- ½ cup fat free Asian or sesame salad dressing
- 1/4 cup 100% orange juice
- 1/4 cup chopped fresh cilantro

- Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
- In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. Serve at room temperature.