

Oven-Fried Parmesan Chicken

Makes 8 servings

Ingredients

- 4 boneless skinless chicken breasts cut into strips
- 1 cup nonfat plain yogurt
- 3/4 cup bread crumbs
- 4 Tbsp. grated parmesan cheese
- 2 Tbsp. flour
- 1 tsp. paprika
- Pinch of cayenne pepper
- Nonfat vegetable spray

Instructions

1. Preheat the oven to 425° and spray cookie sheet.
2. Place chicken strips in yogurt and refrigerate while preparing the rest of the ingredients.
3. In a medium bowl mix the rest of the ingredients.
4. Coat each piece of chicken well with yogurt and add in the crumb mixture, pressing down on both sides to get a thick coat of crumbs.
5. Place chicken strips on the cookie sheet, spray lightly with vegetable spray.
6. Bake for 15-20 minutes or until chicken is fork tender and the juices run clear.

Nutrition Facts

Serving Size (101g)
Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 170mg **7%**

Total Carbohydrate 10g **3%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 18g

Vitamin A 4% • Vitamin C 2%

Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Turkey Chile Joe
Serving size: ½ c
Number of servings: 4

Ingredients:

- 2 t canola or olive oil
- 1 c chopped onions
- 1 c chopped green bell pepper
- 1 lb. lean ground turkey breast
- 1 c no-salt added tomato sauce
- 1 t sugar
- ½ c ketchup
- 1 t red pepper flakes
- 2 t wine vinegar
- ¼ t pepper

Directions:

1. Heat the oil in a large skillet or electric frying pan.
2. Sauté the onion and bell pepper until translucent.
3. Add turkey and cook for about 5 minutes or until no longer pink.
4. Drain off any fat.
5. Add all of the remaining ingredients and mix well.
6. Simmer for 15 minutes. Can be served as a “chili” in a bowl or as “sloppy joes” on a bun.

Nutrition Facts

Serving Size (288g)		Servings Per Container	
Amount Per Serving			
Calories 260	Calories from Fat 30		
% Daily Value*			
Total Fat 3.5g	5%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 95mg	32%		
Sodium 400mg	17%		
Total Carbohydrate 20g	7%		
Dietary Fiber 2g	8%		
Sugars 13g			
Protein 36g			
Vitamin A 15%	• Vitamin C 80%		
Calcium 4%	• Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Lemony Steamed Fish

Serving Size: ¼ of recipe

Ingredients:

- 1 lb cod, halibut, scrod fillets or other mild white fish
- ¼ c finely chopped onion
- ¼ c finely chopped fresh parsley
- 1 t dill weed
- ¼ t paprika
- 1/8 t pepper
- 2 t lemon juice

Directions:

1. Preheat oven to 375° F.
2. Center each fillet on a 12 inch square of foil. Sprinkle with onion, parsley, dill weed, paprika, pepper, and lemon juice.
3. Fold foil over filet to make a packet; pleat seams to securely enclose the packet and place on a cookie sheet.
4. Bake for 30 minutes.

Nutrition Facts

Serving Size (130g)
Servings Per Container

Amount Per Serving

Calories 160 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 60mg **3%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 22g

Vitamin A 10% • Vitamin C 10%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Italian White Bean Soup

Makes 4 servings

Serving Size: 1 1/4 cup

Ingredients

2 (14.5-ounce) cans white kidney beans (cannellini) or Great Northern beans, drained and rinsed;
OR 3 cups cooked dry beans
4 cups non-fat, reduced sodium chicken broth, divided
1/2 cup chopped onion
3 cloves garlic, minced
1 (16-oz) can diced tomatoes with no salt, undrained; OR 4 to 6 fresh plum tomatoes, peeled and
chopped
2 teaspoons dried basil
1-1/4 tsp. dried thyme leaves
1/8 tsp. pepper

Instructions

1. Combine one can of beans with two cups of the broth in a blender or food processor and blend until a smooth puree.
2. Transfer to a large saucepan. Stir in remaining ingredients.
3. Bring to a boil over high heat, then reduce heat and simmer, covered, about 10 to 15 minutes, or until beans and tomatoes reach desired tenderness.

Easy-to-Please Hummus

Makes 10 servings

Serving Size: 2 Tbsp.

Ingredients

- 1 15-oz. can Garbanzo beans (chickpeas), drained, liquid reserved
- 1 tsp. ground cumin
- 1/2 tsp. salt
- 1 Tbsp. olive oil
- 1 Tbsp. lemon juice
- 1 clove garlic, crushed

Instructions

1. Drain garbanzo beans, save liquid.
2. In a blender or food processor, combine garbanzo beans, cumin, salt, lemon juice, garlic and olive oil.
3. Blend on low speed, adding enough reserved liquid (~ 1/4 cup per 10 servings) to make smooth and reach desired consistency.

Expert Tips:

1. Great dip for raw veggies, pita bread, tortilla crisps or whole grain crackers.
2. Can be made 1-2 days ahead, keep refrigerated.
3. Before opening any canned good, wipe the top of the can with a clean cloth to reduce possible contamination.
4. Rinsing chickpeas in water helps to reduce the sodium content. This is a good technique to use anytime you are using canned beans; especially if sodium is a health concern.
5. If you use the commercial minced garlic, it must be refrigerated once it is opened.
6. Leftover dip should be covered tightly and stored in refrigerator.

Nutrition Facts

Serving Size (46g)

Servings Per Container

Amount Per Serving

Calories 50 Calories from Fat 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 2%

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Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Fresh Veggie Pizza

Makes 8 servings

Ingredients

- 1/4 cup low-fat sour cream
- 2 tsp. dry ranch dressing mix
- 1 (7-inch) pre-baked pizza crust
- 2 Tbsp. shredded cheddar cheese
- 1/4 cup diced broccoli
- 1/4 cup diced tomatoes
- 1/4 cup diced carrots
- 1/4 cup diced green or red peppers

Instructions

1. In a small mixing bowl, combine sour cream and ranch dressing mix. Spread mixture on pizza crust.
2. Top with shredded cheese and diced vegetables.

Very Berry Smoothie

Makes 2 servings

Ingredients

- 1 cup vanilla yogurt (low-fat)
- 1 banana
- 3/4 cup frozen fruit mix (strawberries, mango, peach)
- 1/4 cup canned pineapple chunks
- 1/2 cup pineapple juice (from can)
- 1 cup spinach
- 1/4 cup baby carrots

Instructions

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.