Diabetes Disaster Plan

Any kind of emergency or disaster can be devastating. And even more so to someone that has diabetes. Medical care and supplies are often hard to come by after any kind of natural disaster. Individuals that live with diabetes greatly depend on getting their medication and supplies in a timely manner. If that ability to access their diabetic supplies and medication is taken away, the situation can become life threatening.

It is always good to be prepared for an emergency in general. If you live with diabetes you need to make an extra effort to make sure that you also have a diabetes disaster plan. You need to inform your family and friends of this plan so that in an emergency you can get the care that you need.

It is scary enough to be a part of a disaster, don’t add more worry on by wondering whether or not you will have enough supplies to care for your daily diabetic needs. By following these tips you can be assured that in the case of an emergency your diabetic needs will be one thing you don’t have to worry about.

1. Keep at least a 30 day supply of all medications and other diabetic supplies on hand. It is always better to be prepared with extra supplies than not enough in the event that you lose contact and access to your local pharmacy. Make sure that you also have a way of keeping insulin cool.

2. Put together an emergency diabetes kit which includes:
   - An extra glucose meter
   - Test strips
   - If you use a pump, you should include 3 days worth of supplies for your pump (infusion sets, reservoirs, batteries, etc.)
   - Extra syringes
   - Make sure you have a bottle of insulin or your daily medications in a place that is easy to access so that you can add them to your kit if needed.
   - Alcohol swabs
   - Snack or glucose tablets to bring your blood sugar up.

3. Make a list of all medications that you are currently taking as well as any treatments that you are receiving. Include this along with any other relevant medical history in your emergency kit. It is also a good idea to keep this list in your purse or wallet.

4. Have a source of carbohydrates in case of a low blood sugar. It is smart to keep imperishable food such as granola bars and water on hand. Make sure you have a 3 day supply in your kit.

5. Make an emergency contact list. This list should include:
   - Names and phone numbers for all of your doctors.
   - Phone numbers for the best people to contact in case of an emergency.
   - Insurance information. Copy your insurance and medical cards to keep in your emergency kit as well.
Make sure that you have a first aid kit that is well stocked. Wounds for a diabetic take longer to heal and are more prone for infection, so make sure you have everything you need to keep any wounds clean and covered. Here is what the American Red Cross suggests you include in your first aid kit:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/nonglass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

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Have a medical ID bracelet or necklace that you can wear if needed.

Keep an extra change of clothes with clean socks and a sturdy pair of shoes to keep your feet protected.

In the event of an emergency try to stick to your meal plan as close as possible. Throwing your routine off can send your blood sugars on a roller coaster. Keep your own health at the top of your priority list so that you can be there for those that need you.

Managing Stress During a Disaster
As you probably know, emotional stress can raise your blood sugar levels. Being caught up in a disaster of any kind is bound to cause significant stress. When you combine high stress levels with circumstances that can take you out of your normal routine, you have a recipe for dangerously high blood sugar levels.

As a person with diabetes, you should pay attention to stress triggers in your everyday life. These triggers will often manifest themselves during the aftermath of a disaster. For example, if you are prone to feel stressed from over-scheduling and taking on too many responsibilities, you likely will be tempted to sign up for too many volunteer opportunities in the wake of a disaster. Being aware of your own tendencies is the first step. Then use that awareness to avoid circumstances that trigger your stress.
Furthermore, learn techniques to lower your stress level. We all develop a pattern of self-talk in our youth. If your self-talk tends to be negative—always expecting the worst—then a disaster can heighten the negativity of your self-talk leading to ever-increasing stress levels. One important preparation for any disaster is to learn more positive self-talk. Then if you find yourself in the midst of a disaster, use positive self-talk to keep your stress lower.

The ability to handle conflict is essential during a disaster. Because of the chaos caused by a disaster, there will always be conflicting opinions about priorities, clean-up methods, responsibilities, and even who’s to blame. If you’re prone to be either overly aggressive or too passive when dealing with conflict, the aftermath of a disaster will certainly be a source of significant conflict and stress. Learning to listen carefully and see things from others’ point of view are essential skills to use in times of conflict. Being willing to compromise can also be effective in diffusing difficult situations. Make sure you take personal responsibility for your own mistakes and choices.

**Be Aware of Changing Physical Demands**

One thing that often accompanies the aftermath of a major disaster is a tremendous increase in physical activity. You may have to walk a lot more because roads or your car are damaged. You may be filling sandbags, clearing debris, or helping deliver supplies to neighbors or friends. You may be splitting firewood, setting up shelter, or working to save valuable items from your house.

As a diabetic—particularly if you are a diabetic on insulin—these changes in physical activity can cause unexpected low blood sugar levels. Make sure that you pay close attention to how you feel and stop and take a break periodically to test your blood sugar and eat something if needed. Make sure that you get enough sleep. Lack of sleep can affect your blood sugars and prevent you from helping out where needed. As mentioned in tip nine, try to keep your meals and mealtimes as close to normal as possible so that your body can recognize and use the nutrients efficiently and give you the strength that you need.

**Notify Family and Friends of Your Needs**

It would be smart to make sure that your family, friends and co-workers are aware of your needs in the case of an emergency. Show your family where you keep your emergency diabetic supply kit as well as any other supplies that you may need in an emergency. Tell your friends and co-workers what you would need and how to help you if you need it in an emergency. Designate a meeting place for family and friends in the event of an emergency if you are unable to get in contact or return to your home. This will relieve some of the stress that you may feel.

The following are some more resources that may be helpful to help you prepare for an emergency:

- **UAB Emergency Management Program- Build a 72 Hour Kit**
- **Disaster Preparedness, it’s Never Too Early to Plan Ahead!**
- **How to Prepare for a Disaster**
- **Local Emergency Resource Agencies**
diabetic connect presents

DIABETIC MEAL PLAN

Nutritionist-Approved 28-Day Plan with Recipes

Yummy
DAY 1

**Breakfast**
1 cup 1% milk
1 orange, medium
1 1/2 cups Cheerios cereal

**Morning Snack**
1 cup cantaloupe melon
1 cup 1% cottage cheese, no-sodium-added

**Lunch**
1 cup tossed salad mix

**Honey-Mustard Turkey Burgers**
2 tablespoons low-cal Caesar salad dressing
1 cup 1% milk
1 slice low fat cheddar cheese

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**Nutrition Facts**

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**Bonus:** Folate (20% daily value), Iron (20% dv), Calcium (15% dv).

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**Honey-Mustard Turkey Burgers**

Burgers made with ground turkey are a lean alternative to beef burgers, providing you choose turkey ground from the breast. Regular ground turkey, which is a mixture of light & dark meat & some skin, contains almost as much fat as lean ground beef. A honey-mustard mixture keeps these low-fat patties moist & succulent.

**Time:** 25 minutes (25 minutes prep)

**Ingredients**
1/4 cup coarse-grained mustard
2 tablespoons honey
1 pound ground turkey breast
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
2 teaspoons canola oil
4 whole-wheat hamburger rolls, split & toasted.
Lettuce, tomato slices & red onion slices, for garnish.

**Directions**

Prepare a grill. Whisk mustard & honey in a small bowl until smooth. Combine turkey, 3 tablespoons of the mustard mixture, salt & pepper in a bowl; mix well. Form into four 1-inch-thick burgers. Lightly brush the burgers on both sides with oil. Grill until no pink remains in center, 5 to 7 minutes per side. Brush the burgers with the remaining mustard mixture. Serve on rolls with lettuce, tomato & onion slices.

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In partnership with EatingWell (a registered trademark of EatingWell, Inc.)
\textbf{Roasted Pork Tenderloin}

A basic roasted pork tenderloin works is the perfect foil for your favorite fruit chutney.

\textbf{Time: }30 minutes (10 minutes prep)

\textbf{Ingredients}

\begin{itemize}
  \item 2 teaspoons extra-virgin olive oil
  \item 1 pound pork tenderloin, trimmed
  \item 1/4 teaspoon freshly ground pepper
  \item 1/8 teaspoon salt
\end{itemize}

\textbf{Directions}

Preheat oven to 400°F. Heat oil in a large ovenproof skillet over medium-high heat. Sprinkle pork with pepper & salt. Add to the pan & brown on all sides, 5 to 8 minutes. Transfer the pan to the oven; bake until the pork has just a hint of pink in the center & an instant-read thermometer registers 155°F, 10 to 15 minutes. Transfer the pork to a cutting board & let rest for 10 minutes. (The internal temperature will increase to 160° during resting.) To serve, cut the pork into thin slices.

\textbf{Nutrition Facts}

\begin{itemize}
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  \item Calories: 145
  \item Carbohydrates: 0g
  \item Fat: 5g
  \item Saturated Fat: 1g
  \item Monounsaturated Fat: 3g
  \item Protein: 24g
  \item Cholesterol: 74mg
  \item Dietary Fiber: 0g
  \item Potassium: 452mg
  \item Sodium: 133mg
  \item Added Sugars: 0g
  \item Exchanges: 3 lean meat
  \item Carbs: 0g
  \item Bonus: Zinc (15% daily value).)
\end{itemize}
Yucatan Lemon Soup
Although it’s traditionally made with limes (and you could certainly make it that way), Meyer lemons add a gentler, subtle twist to this classic Mexican soup with shrimp, garlic and lots of fresh cilantro. Meyer lemons are usually available only during the winter months; they are rounder and smoother than common lemons. Serve as a light entree with a big salad or as a special starter.

Time: 30 minutes (20 minutes prep)

Ingredients
- 4 cups reduced-sodium chicken broth
- 1 medium onion, cut into quarters
- 2 jalapeno peppers, seeded and quartered
- 8 garlic cloves, crushed and peeled
- 3 tablespoons finely grated Meyer lemon zest
- 1/2 teaspoon cumin seeds
- 1 4-inch cinnamon stick
- 1 pound raw shrimp, (26-30 per pound), peeled and deveined
- 3 tablespoons Meyer lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon hot sauce (optional)
- 1/2 cup chopped fresh cilantro

Directions
Bring broth, onion, jalapeños, garlic, zest, cumin seeds, cinnamon stick and cloves to a simmer in a large saucepan or Dutch oven. Cover, reduce heat, and continue to simmer for 20 minutes. Strain the broth (discard solids). Return the broth to the pan and bring to a low simmer. Add shrimp, lemon juice, salt and hot sauce (if using). Cook until the shrimp are pink and firm, about 3 minutes. Stir in cilantro and serve.
DAY 2 (CONTINUED)

Afternoon Snack
1 ounce almonds, salted
2 tablespoons raisins

Dinner
1/2 cup cooked couscous
1 cup steamed broccoli
3/4 cup grapes
Pampered Chicken
1 cup 1% milk

Pampered Chicken
An ovenproof skillet is the key to this easy recipe. Breaded stuffed chicken breasts are browned on one side on the top of the stove, carefully flipped and transferred--still in the pan--to the oven to finish cooking. This guarantees a nice brown crust and moist, tender chicken.

Time: 50 minutes (30 minutes prep)

Ingredients
4 boneless, skinless chicken breast halves, (about 1 lb)
4 slices Monterey Jack cheese
2 egg whites
1/3 cup seasoned (Italian-style) breadcrumbs
2 tablespoons freshly grated Parmesan cheese
2 tablespoons chopped fresh parsley
1/4 teaspoon salt, or to taste
1/2 teaspoon freshly ground pepper
2 teaspoons extra-virgin olive oil
lemon wedges for garnish

Directions
Preheat oven to 400°F. Place a chicken breast, skinned-side down, on a cutting board. Keeping the blade of a sharp knife parallel to the board, make a horizontal slit along the thinner, long edge of the breast, cutting nearly through to the opposite side. Open the breast so it forms two flaps, hinged at the center. Place a slice of cheese on one flap, leaving a 1/2-inch border at the edge. Press remaining flap down firmly over the cheese and set aside. Repeat with the remaining breasts.

Lightly beat egg whites with a fork in a medium bowl. Mix breadcrumbs, Parmesan, parsley, salt and pepper in a shallow dish. Holding a stuffed breast together firmly, dip it in the egg whites and then roll in the breadcrumbs. Repeat with the remaining breasts.

Heat oil in a large ovenproof skillet over medium-high heat. Add the breaded breasts and cook until browned on one side, about 2 minutes. Turn the breasts over and place the skillet in the oven.
Bake the chicken until no longer pink in the center, about 20 minutes. Serve with lemon wedges.

Nutrition Facts
Servings Per Recipe: 4
Calories 255
Carbohydrates 7g
Fat 11g
Saturated Fat 4g
Monounsaturated Fat 4g
Protein 31g
Cholesterol 78mg
Dietary Fiber 1g
Potassium 268mg
Sodium 518mg
Exchanges: 1/2 starch,
4 very lean meat, 1 medium-fat meat
Carbs: 1/2

Bonus: Calcium (15% daily value)
**DAY 3**

**Breakfast**
1 whole-wheat english muffin
1 cup 1% milk
3/4 cup blueberries
1 tablespoon creamy peanut butter
sugar-free jam

**Morning Snack**
1 cup nonfat vanilla/lemon yogurt, sweetened with low calorie sweetener

**Lunch**
1 cup raspberries
Grilled Sirloin Salad
8 oz. reduced sodium minestrone canned soup
1 whole-wheat roll

**Grilled Sirloin Salad**
Pepper-crusted steak, grill-charred vegetables and sesame-ginger dressing turn fresh salad greens into an exciting main course.

**Time:** 25 minutes (25 minute prep)

**Ingredients**
1 clove garlic, minced
2 tablespoons reduced-sodium soy sauce
2 tablespoons balsamic vinegar
2 teaspoons toasted sesame oil
2 teaspoons brown sugar
1 teaspoon chopped fresh ginger
2 teaspoons black peppercorns, crushed
1 12-oz sirloin steak, trimmed
1/8 teaspoon salt
16 scallions, white part only
1 red bell pepper, halved lengthwise and seeded
2 cups torn salad greens, such as escarole, curly endive, radicchio or watercress

**Directions**
Preheat grill to high. Combine garlic, soy sauce, vinegar, oil, brown sugar and ginger in a blender or food processor; blend until smooth. Set aside. Press peppercorns into both sides of sirloin. Season with salt. Place the sirloin, scallions and bell pepper halves on the grill and cook for 4 minutes. Turn over and cook until the meat is medium-rare and the vegetables are slightly charred, about 4 minutes more. Let sirloin rest for 5 minutes, then slice thinly, against the grain. Cut scallions into 1-inch pieces. Slice the pepper lengthwise into strips. Toss greens with the reserved dressing in a large bowl. Arrange on a platter or 4 plates. Top with sirloin and grilled vegetables. Serve immediately.

**Nutrition Facts**
Servings Per Recipe: 4
Calories 202
Carbohydrates 14g
Fat 6g
Saturated Fat 2g
Monounsaturated Fat 2g
Protein 23g
Cholesterol 52mg
Dietary Fiber 5g
Potassium 835mg
Sodium 422mg
Added Sugars 2g
Exchanges: 2 vegetables 2 1/2 lean meat, 1/2 fat
Carbs: 1/2

**Bonus:** Vitamin C (170% daily value), Vitamin A (120% dv), Potassium (40% dv), Folate (39% dv), Zinc (27% dv), Iron (20% dv), Fiber (18% dv)
**Afternoon Snack**
2 oz. sliced turkey ham
6 whole-wheat crackers

**Dinner**
2 cups tossed salad mix
2 tablespoons vinegar & oil salad dressing
1/2 cup steamed green beans
1 nectarine, medium

**Skillet Tofu Parmigiana**
1/2 cup cooked couscous

**Nutrition Facts**

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**Skillet Tofu Parmigiana**
Instead of having a greasy, battered coating, the tofu “steaks” in our revamped Parmigiana are breaded and lightly pan-fried in just a small amount of oil then topped with part-skim mozzarella, fresh basil and your favorite marinara sauce. This Italian classic will please even those who are tofu-phobic.

**Time:** 30 minutes (30 minute prep)

**Ingredients**

- 1/4 cup plain dry breadcrumbs
- 1 teaspoon Italian seasoning
- 1 14-oz package firm/extra firm tofu, rinsed
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- 1 small onion, chopped
- 8 oz. white mushrooms, thinly sliced
- 1/4 cup grated parmesan cheese
- 3/4 cup prepared marinara sauce, preferably low-sodium
- 1/2 cup shredded part-skim mozzarella cheese
- 2 tablespoons chopped fresh basil

**Directions**

Combine breadcrumbs and Italian seasoning in a shallow dish. Cut tofu lengthwise into 4 steaks and pat dry. Sprinkle both sides of the tofu with garlic powder and salt and then dredge in the breadcrumb mixture. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add onion and cook, stirring, until beginning to brown, about 3 minutes. Add mushrooms and cook until they release their juices and begin to brown, 4 minutes more. Transfer to a bowl. Add the remaining 1 tablespoon oil to the pan. Add the tofu steaks and cook until browned on one side, about 3 minutes. Turn over and sprinkle with Parmesan. Spoon the mushroom mixture over the tofu, pour marinara over the mushrooms and scatter mozzarella on top. Cover and cook until the sauce is hot and the cheese is melted, about 3 minutes. Sprinkle with basil and serve.
DAY 4

Breakfast
1 cup 1% milk
1 kiwi
1 1/2 cup Cheerios Cereal

Morning Snack
1 oz. almonds, salted
1 cup 1% milk

Lunch
ษ BBQ Chicken Sandwich
2 cups tossed salad mix
2 tablespoons vinegar & oil salad dressing
3/4 cup papaya

Nutrition Facts

Servings Per Recipe: 1
Calories 324
Carbohydrates 39g
Fat 7g
Saturated Fat 2g
Monounsaturated Fat 2g
Protein 26g
Cholesterol 63mg
Dietary Fiber 4g
Potassium 488mg
Sodium 657mg
Exchanges: 2 1/2 starch, 3 very lean meat, 1 1/2 fruit
Carbs: 2 1/2

Bonus: Vitamin A (100% daily value)

Notes

BBQ Chicken Sandwich
Toss leftover cooked chicken with barbecue sauce and crunchy carrots for a quick and healthy lunch.

Time: 10 minutes (10 minute prep)

Ingredients
1/2 cup shredded cooked chicken
1/4 cup shredded carrots
2 tablespoons barbecue sauce
2 teaspoons light ranch dressing
1 small whole-wheat sandwich bun
1 leaf romaine lettuce

Directions
Combine chicken, carrots and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.
Afternoon Snack
1 cup blackberries
1 cup 1% milk

Dinner
1/2 cup cooked brown rice
1 cup honeydew melon
Mustard-Crusted Salmon
1 cup steamed asparagus
1 slice reduced-calorie oatmeal bran bread
1 teaspoon reduced-fat ranch salad dressing

Mustard-Crusted Salmon
This updated French bistro dish makes a simple dinner any night of the week. You might want to consider doubling the batch and using the remaining salmon in a tossed salad the next day.

Time: 20 minutes (10 minute prep)

Ingredients
1 1/4 pounds center-cut salmon fillets
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
1/4 cup reduced-fat sour cream
2 tablespoons stone-ground mustard
2 teaspoons lemon juice
lemon wedges

Directions
Preheat broiler. Line a broiler pan or baking sheet with foil, then coat it with cooking spray. Place salmon pieces, skin-side down, on the prepared pan. Season with salt and pepper. Combine sour cream, mustard and lemon juice in a small bowl. Spread evenly over the salmon. Broil the salmon 5 inches from the heat source until it is opaque in the center, 10 to 12 minutes. Serve with lemon wedges.
**Breakfast**
2 scrambled eggs  
2 slices reduced-calorie oatmeal bran bread  
1 cup grapefruit  
1 cup 1% milk

**Morning Snack**
1 pear, medium  
1 cup 1% milk

**Lunch**

Grilled Chicken Tenders with Cilantro Pesto
2 cups tossed salad mix  
2 tablespoons low calorie caesar salad dressing  
1/2 cup cooked brown rice  
1 whole-wheat pita bread, small

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**Bonus:** Vitamin A (15% daily value)

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**Grilled Chicken Tender with Cilantro Pesto**

Cook chicken tenders quickly on the grill and top with pesto made with cilantro and sesame seeds for a zesty, speedy dinner. Serve with: Quinoa and grilled asparagus.

**Time:** 35 minutes (35 minute prep)

**Ingredients**

1/4 cup lime juice  
1/4 cup reduced-sodium soy sauce  
1 tablespoon canola oil  
1 teaspoon chili powder  
1 pound chicken tenders  
2 cups loosely packed fresh cilantro leaves, 1-2 bunches  
2 cups scallions, sliced  
2 tablespoons toasted sesame seeds

**Directions**

Whisk lime juice, soy sauce, oil and chili powder in a large bowl. Reserve 2 tablespoons of the marinade in a small bowl. Add chicken to the remaining marinade; toss to coat. Marinate in the refrigerator for 20 minutes or up to 1 hour. Preheat grill to medium-high. Meanwhile, place cilantro, scallions, sesame seeds and the reserved marinade in a food processor and process until fairly smooth. Oil the grill rack (see Tip). Remove the chicken from the marinade (discard marinade) and grill until cooked through and no longer pink in the middle, about 2 minutes per side. Serve the chicken with the cilantro-sesame pesto.
**Papaya Avocado Salad**

Crunchy jicama and walnuts pair with creamy papaya and avocado for an unusual salad.

**Time:** 10 minutes (10 minute prep)

**Ingredients**
- 1 medium papaya, diced
- 1 medium avocado, diced
- 3/4 cup diced jicama
- 2 tablespoons chopped toasted walnuts
- 2 tablespoons low-fat raspberry vinaigrette

**Directions**
Toss papaya, avocado, jicama, walnuts and raspberry vinaigrette in a medium bowl.
DAY 6

**Shrimp Caesar**
While most Caesars drown the greens in a heavy dressing, this lemony version lets the taste of the shrimp shine through. Don’t worry about the anchovies - they’ll mellow in the dressing, giving it a rich taste that can’t be duplicated.

**Time:** 20 minutes (20 minute prep)

**Ingredients**
- 3 tablespoons lemon juice, plus 4 lemon wedges for garnish
- 2 teaspoons Dijon mustard
- 3 anchovies, coarsely chopped, or 1 teaspoon anchovy paste, or to taste
- 1 small clove of garlic, coarsely chopped
- 2 tablespoons extra-virgin olive oil
- 1/2 cup grated Asiago cheese, divided
- 1/2 teaspoon freshly ground pepper
- 8 cups chopped hearts of romaine, (about 2 hearts)
- 1 pound peeled cooked shrimp, (21-25 per pound; thawed if frozen)
- 1 cup croutons, preferably whole-grain

**Directions**
Place lemon juice, mustard, anchovies (or anchovy paste) and garlic in a food processor; process until smooth. With the motor running, gradually add oil; process until creamy. Add 1/4 cup Asiago cheese and pepper; pulse until combined. Combine romaine, shrimp and croutons in a large bowl. Add the dressing and toss to coat. Divide among 4 plates, top with the remaining 1/4 cup Asiago cheese and garnish with a lemon wedge.

**Nutrition Facts**
- Servings Per Recipe: 4, (2 1/2 cups)
- Calories: 354
- Carbohydrates: 14g
- Fat: 17g
- Saturated Fat: 4g
- Monounsaturated Fat: 8g
- Protein: 36g
- Cholesterol: 241mg
- Dietary Fiber: 3g
- Potassium: 385mg
- Sodium: 746mg
- Exchanges: 1 vegetable, 1/2 starch, 4 lean meat
- Carbs: 1

**Bonus:** Vitamin A (50% daily value), Vitamin C (45% dv), Iron (30% dv), Calcium (20% dv)

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**Breakfast**
- 1 cup 1% milk
- 1 whole-wheat english muffin
- 1 1/2 tablespoon creamy peanut butter
- sugar-free jam

**Morning Snack**
- 1 orange, medium
- 1 cup low-fat, low-sodium cottage cheese

**Lunch**
- Shrimp Caesar
- 1 cup 1% milk
- 1 slice multi-grain bread
Afternoon Snack
1 cup watermelon
6 oz. low-fat plain yogurt

Dinner
1/2 cup cooked brown rice
1 cup steamed cauliflower

Turkey Cutlets with Peas & Spring Onions
3 apricots

Turkey Cutlets with Peas & Spring Onions
Peas and baby onions are harbingers of spring, the first sign that warm weather’s on its way. With turkey cutlets and a simple white wine sauce, they pair up in this flavorful dish that calls out for mashed roots or steamed asparagus on the side.

Time: 30 minutes (30 minute prep)

Ingredients
1/2 cup all-purpose flour
1/2 teaspoon salt, divided
1/4 teaspoon freshly ground pepper
1 pound 1/4-inch-thick turkey breast cutlets, or steaks
2 tablespoons extra-virgin olive oil, divided
4 oz. shiitake mushrooms, stemmed and sliced (about 1 1/2 cups)
1 bunch spring onions, or scallions, sliced, white and greens separated
1 cup reduced-sodium chicken broth
1/2 cup dry white wine
1 cup peas, fresh or frozen, thawed
1 teaspoon freshly grated lemon zest

Directions
Whisk flour, 1/4 teaspoon salt and pepper in a shallow dish. Dredge each turkey cutlet (or steak) in the flour mixture. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the turkey and cook until lightly golden, 2 to 3 minutes per side. Transfer to a plate; cover with foil to keep warm. Add the remaining 1 tablespoon oil to the pan and heat over medium-high heat. Add the remaining 1 tablespoon oil to the pan and heat over medium-high heat. Add mushrooms and onion (or scallion) whites and cook, stirring often, until the mushrooms are browned and the whites are slightly softened, 2 to 3 minutes. Add broth, wine and the remaining 1/4 teaspoon salt; cook, stirring occasionally, until the sauce is slightly reduced, 2 to 3 minutes. Stir in peas and onion (or scallion) greens and cook, stirring, until heated through, about 1 minute. Stir in lemon zest. Nestle the turkey into the vegetables along with any accumulated juices from the plate. Cook, turning the cutlets once, until heated through, 1 to 2 minutes.

Nutrition Facts
Servings Per Recipe: 4
Calories 313
Carbohydrates 23g
Fat 8g
Saturated Fat 1g
Monounsaturated Fat 5g
Protein 34g
Cholesterol 45mg
Dietary Fiber 3g
Potassium 223mg
Sodium 571mg
Added Sugars 0g
Exchanges: 1 starch, 1 vegetable, 4 lean meat, 1 fat
Carbs: 1
Bonus: Iron (15% daily value), Vitamin A & C (20% dv)
DAY 7

**Greek Potato & Feta Omelet**

Potatoes have a special affinity with eggs. If you keep frozen hash browns on hand (check the label and choose hash browns with less than 1 gram of fat per serving), you can whip up a simple, satisfying omelet like this one at a moment’s notice. To cut back on saturated fat, use 2 whole eggs and 2 egg whites.

**Time:** 20 minutes (20 minute prep)

**Ingredients**
- 2 teaspoons extra-virgin olive oil, divided
- 1 cup frozen hash brown potatoes/cooked potatoes cut into 1/2 in. cubes
- 1/3 cup chopped scallions
- 4 large eggs
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper to taste
- 1/4 cup crumbled feta cheese

**Directions**

Heat 1 teaspoon oil in a medium nonstick skillet over medium-high heat. Add potatoes and cook, shaking the pan and tossing the potatoes, until golden brown, 4 to 5 minutes. Add scallions and cook for 1 minute longer. Transfer to a plate. Wipe out the pan.

Blend eggs, salt and pepper in a medium bowl. Stir in feta and the potato mixture. Preheat broiler. Brush the pan with the remaining 1 teaspoon oil; heat over medium heat. Add the egg mixture and tilt to distribute evenly. Reduce heat to medium-low and cook until the bottom is light golden, lifting the edges to allow uncooked egg to flow underneath, 3 to 4 minutes. Place the pan under the broiler and cook until the top is set, 1 1/2 to 2 1/2 minutes. Slide the omelet onto a plate and cut into wedges.

**Nutrition Facts**

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**Bonus:** Vitamin A (15% daily value), Vitamin C (15% dv)
Grilled Fish Tacos

Instead of deep-frying the fish for these fish tacos, we coat the fish with a flavor-packed chile rub and grill it instead. Make sure the fillets are no more than 1/2 to 3/4 inch thick so they cook quickly. Sometimes flipping fish on the grill can be tricky since the fish can stick to the grill or fall apart. The solution is to invest in a grill basket that easily holds 4 to 6 fish fillets and secures the fish in the basket for easy flipping. If you don’t have a grilling basket, make sure the grill is hot and well oiled before adding the fish.

Time: 50 minutes (30 minute prep)

Ingredients
- 4 teaspoons chili powder, preferably made with New Mexico or ancho chiles
- 2 tablespoons lime juice
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 pounds mahi-mahi, or Pacific halibut, 1/2-3/4 inch thick, skinned and cut into 4 portions

Directions
To prepare fish: Combine chili powder, lime juice, oil, cumin, onion powder, garlic powder, salt and pepper in a small bowl. Rub adobo rub all over fish. Let stand 20 to 30 minutes for the fish to absorb the flavor. To prepare coleslaw: Combine sour cream, mayonnaise, cilantro, lime zest, lime juice, sugar, salt and pepper in a medium bowl; mix until smooth and creamy. Add cabbage and toss to combine. Refrigerate until ready to use. Preheat grill to medium-high. Oil the grill rack (see Tip) or use a grilling basket. Grill the fish until it is cooked through and easily flakes with a fork, 3 to 5 minutes per side. Transfer the fish to a platter and separate into large chunks. Serve the tacos family-style by passing the fish, tortillas, coleslaw and taco garnishes separately.

Nutrition Facts
Servings Per Recipe: 6 (2 tacos each)
Calories: 318
Carbohydrates: 29g
Fat: 9g
Saturated Fat: 2g
Monounsaturated Fat: 5g
Protein: 31g
Cholesterol: 110mg
Dietary Fiber: 5g
Potassium: 829mg
Sodium: 714mg
Added Sugars: 1g
Exchanges: 2 starch, 4 lean meat, 1 1/2 fat
Carbs: 1 1/2

Bonus: Vitamin C (30% daily value), Potassium (24% dv), Magnesium (22% dv), Vitamin A (17% dv), Iron (16% dv)
DAY 8

Breakfast
1 cup 1% milk
1 whole-wheat english muffin
1 orange, medium
1 tablespoon creamy peanut butter
sugar-free jam

Morning Snack
1/2 whole-wheat bagel, small
1/4 cup tuna salad

Lunch
2 slices oatmeal bread
1 1/2 oz. low fat cheddar cheese
2 cups romaine lettuce, shredded
2 tablespoon vinegar & oil salad dressing

Tuscan Chicken & White Bean Soup

Once again, rotisserie chickens can really relieve the dinner-rush pressure—especially in this Italian-inspired soup that cries out for a piece of crusty bread and a glass of red wine.

Time: 25 minutes (25 minute prep)

Ingredients
2 teaspoons extra-virgin olive oil
2 leeks, white and light green parts only, cut into 1/4-inch rounds
1 tablespoon chopped fresh sage, or 1/4 teaspoon dried
2 14 oz. cans reduced-sodium chicken broth
2 cups water
1 15 oz. can cannellini beans, rinsed
1 2-pound roasted chicken, skin discarded, meat removed from bones and shredded (4 cups)

Directions
Heat oil in a Dutch oven over medium-high heat. Add leeks and cook, stirring often, until soft, about 3 minutes. Stir in sage and continue cooking until aromatic, about 30 seconds. Stir in broth and water, increase heat to high, cover and bring to a boil. Add beans and chicken and cook, uncovered, stirring occasionally, until heated through, about 3 minutes. Serve hot.

Tuscan Chicken & White Bean Soup

Nutrition Facts
Servings Per Recipe: 6 (1 1/2 cups)
Calories 172
Carbohydrates 10g
Fat 4g
Saturated Fat 1g
Monounsaturated Fat 2g
Protein 24g
Cholesterol 54mg
Dietary Fiber 3g
Potassium 389mg
Sodium 350mg
Added Sugars 0g
Exchanges: 1 starch, 3 lean meat
Carbs: 1/2
Bonus: Iron (15% daily value)
Chicken Sausage with Quick Sauerkraut
Sauerkraut from a can, pale and puckery, is no match for this flavorful cabbage sauté that goes well with savory chicken sausage. Serve this simple supper with assorted mustards and some toasted rye bread.

Time: 25 minutes (15 minute prep)

Ingredients
1 12 oz. package chicken sausage
1 teaspoon extra-virgin olive oil
1 small onion, sliced
1/2 cup steamed broccoli
1 cup strawberries
1/10 oz. package shredded cabbage, preferably finely shredded
1/4 cup cider vinegar
1/4 teaspoon salt
1 cup apple cider
1 teaspoon caraway seeds

Directions
Cook sausages in a large skillet over medium-high heat until brown on all sides, 2 to 3 minutes. Transfer to a plate. Heat oil in the pan over medium-high heat. Add onion and apple and cook, stirring constantly, until beginning to brown, 1 to 2 minutes. Add cabbage, vinegar and salt and cook, stirring often, until just wilted, about 2 minutes. Add cider and caraway seeds; bring to a boil. Return the sausages to the pan, cover, reduce heat to a simmer and cook until the sausages are heated through and cabbage is tender, about 10 minutes.

Nutrition Facts

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Bonus: Vitamin C (45% daily value)
**DAY 9**

### Breakfast
- 1 cup 1% milk
- 1 hard boiled egg
- 1 1/2 cups cheerios cereal
- 1/2 banana, small

### Morning Snack
- 1 fruit & nut granola bar

### Lunch
- 1 cup 1% milk
- 1 cup tossed salad mix
- 1 1/2 tablespoons vinegar & oil salad dressing

Grilled Chicken Tostadas with Sweet-&-Sour Vegetables

**Nutrition Facts**
Servings Per Recipe: 6 (2 tostadas)

- Calories: 172
- Carbohydrates: 10g
- Fat: 4g
- Saturated Fat: 1g
- Monounsaturated Fat: 2g
- Protein: 24g
- Cholesterol: 54mg
- Dietary Fiber: 3g
- Potassium: 389mg
- Sodium: 350mg
- Added Sugars: 0g

Exchanges: 1 starch, 3 lean meat

**Bonus:** Iron (15% daily value)

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### Notes

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### Time:
2 hours (1 3/4 hours prep)

### Ingredients
**(Adobo-rubbed chicken)**
- 4 teaspoons chili powder, preferably made with New Mexico chiles
- 2 tablespoons lime juice
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 3 8 oz. boneless, skinless chicken breasts, trimmed

**(Sweet & Sour Vegetables)**
- 2 cups diced carrot
- 1 cup diced summer squash
- 1/4 cup distilled white vinegar
- 1 teaspoon dried oregano
- 1 teaspoon sugar
- 1/2 teaspoon freshly ground pepper, plus more to taste
- 1/4 teaspoon salt
- 12 tostada shells

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**Grilled Chicken Tostadas with Sweet-&-Sour Vegetables**

These grilled chicken tostadas are topped with rich mole sauce and sweet-and-sour summer vegetables and use store-bought tostada shells for convenience. If you want to make this a vegetarian dish, leave out the grilled chicken.

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**DINNER RECIPE CONTINUED ON NEXT PAGE >>**
Grilled Chicken Tostadas with Sweet-&-Sour Vegetables

Ingredients
(Mole Sauce)
3 dried ancho or New Mexico chiles
2 cups boiling water
3 medium tomatoes, quartered and seeded
1/2 cup chopped onion
2 cloves garlic, peeled
2 tablespoons red-wine vinegar
1 tablespoons all-purpose flour
2 teaspoons sugar
1/2 teaspoon ground cumin
1/2 teaspoon freshly ground pepper
1/4-1/2 teaspoon cayenne pepper
pinch of ground cloves
1 tablespoon extra-virgin olive oil
3/4 teaspoon salt

Directions
To prepare adobo rub and chicken: Combine chili powder, lime juice, oil, cumin, onion powder, garlic power, salt and pepper in a small bowl. Rub 2 tablespoons of adobo rub generously all over chicken breasts. Let marinate for 30 minutes or wrap in plastic and refrigerate for up to 1 day.

To prepare mole sauce: Tear chiles into pieces; discard stems and seeds. Place in a bowl, add boiling water and soak until the chiles are soft, about 30 minutes. Pour the chiles and soaking liquid into a blender. Add tomatoes, onion, garlic, vinegar, flour, sugar, cumin, pepper, cayenne to taste and cloves; blend until smooth. Strain the sauce through a sieve to filter out any remaining seeds and skins, pressing out as much liquid as possible from the solids. Heat oil in a large skillet over medium heat. Add the sauce and cook, stirring frequently, until it thickens and reduces to about 2 cups, 10 to 20 minutes. Season with 3/4 teaspoon salt. Set aside.

To prepare sweet-&-sour vegetables: Bring 2 cups water to a boil in a large saucepan. Add carrots and cook for 7 minutes. Add squash, vinegar, oregano, 1 teaspoon sugar, 1/2 teaspoon pepper and 1/4 teaspoon salt. Continue cooking until the vegetables are just tender, 2 to 3 minutes more. Drain, transfer to a bowl and season with more pepper to taste. Set aside to cool.

About 20 minutes before you’re ready to grill the chicken, preheat grill to medium. Oil the grill rack. Grill the chicken until an instant-read thermometer inserted into the thickest part registers 165°F, 6 to 8 minutes per side. Transfer to a clean cutting board, let rest for 5 minutes and slice into 1/2-inch strips.

To assemble tostadas: Place 2 tostada shells on each plate. Drizzle about 2 tablespoons of the mole sauce over each tostada, then top each with about 2 1/2 tablespoons of the vegetables. Divide the chicken among the tostadas and drizzle with more mole sauce.
Black Bean-Garlic Catfish for Two

If you’re on the fence about catfish, you’ll be pleasantly surprised at how the pungent black bean-garlic sauce balances the fish’s strong flavor. Serve with udon noodles (or brown rice) and sauteed broccoli with ginger.

Time: 20 minutes (20 minute prep)

Ingredients
2 tablespoons all-purpose flour
8 oz. catfish fillets
1/4 teaspoon garlic powder
1/8 teaspoon salt
2 teaspoons canola oil
1 1/2 teaspoons black bean-garlic sauce
1 1/2 teaspoons finely chopped scallion
1 1/2 teaspoons rice vinegar
1 1/2 teaspoons water
pinch crushed red pepper

Directions
Place flour in a shallow dish. Sprinkle catfish with garlic powder and salt. Dredge the catfish in the flour, shaking off the excess (discard the remaining flour). Heat 1 1/2 teaspoons oil in a medium nonstick skillet over medium heat. Add the fish and cook, turning once, until golden brown and just cooked through, about 5 minutes per side. Meanwhile, combine the remaining 1/2 teaspoon oil, black bean-garlic sauce, 1 1/2 teaspoons scallion, vinegar, water and crushed red pepper in a small bowl. Serve the fish with the sauce and garnish with more scallion, if desired.

Nutrition Facts
Servings Per Recipe: 2
Calories 193
Carbohydrates 3g
Fat 12g
Saturated Fat 2g
Monounsaturated Fat 6g
Protein 18g
Cholesterol 62mg
Dietary Fiber 0g
Potassium 355mg
Sodium 575mg
Added Sugars 0g
Exchanges: 3 lean meat, 1 fat
Carbs: 0

Afternoon Snack
6 oz. nonfat vanilla or lemon yogurt, sweetened with low calorie sweetener
1 cup cantaloupe melon

Dinner
3/4 cup cooked brown rice
1 cup steamed green beans
1 fudgsicle, no sugar added
1 1/2 cups tossed salad mix

Black Bean-Garlic Catfish for Two
1 1/2 tablespoons vinegar & oil salad dressing
DAY 10

**Breakfast**
1 whole-wheat pita bread, small

**Greek Omelet**
1 pear, medium

**Morning Snack**
6 whole-wheat crackers
1 tablespoon creamy peanut butter

**Lunch**
1 apple, small
3 oz. carrot sticks

**Bold Winter Greens Salad**
4 oz. tuna salad
2 slices whole-wheat bread

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**Greek Omelet**
With flavors reminiscent of the classic Greek spanakopita, this easy omelet is just right for a light dinner or brunch. Frozen leaf spinach makes it ultra-quick.

**Time:** 20 minutes (20 minute prep)

**Ingredients**
- 1/4 cup cooked spinach
- 4 large eggs
- 1/2 cup crumbled feta cheese, (2 oz.)
- 2 scallions, thinly sliced
- 2 tablespoons freshly ground pepper, to taste
- 2 teaspoons extra-virgin olive oil

**Directions**
Squeeze spinach to remove any excess water. Blend eggs with a fork in a medium bowl. Add feta, scallions, dill, pepper and the spinach; mix gently with a rubber spatula. Set a rack about 4 inches from the heat source; preheat the broiler. Heat oil in a 10-inch nonstick skillet over medium heat. Pour in the egg mixture and tilt to distribute evenly. Reduce the heat to medium-low and cook until the bottom is light golden, lifting the edges to allow uncooked egg to flow underneath, 3 to 4 minutes. Place the pan under the broiler and cook until the top is set, 1 1/2 to 2 1/2 minutes. Slide the omelet onto a platter and cut into wedges.

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**Nutrition Facts**

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**Bonus:** Vitamin A (27% daily value)
Rosemary-Orange Chicken

Fresh orange juice and rosemary make the perfect pan sauce for lean chicken breasts.

**Time:** 25 minutes (25 minute prep)

**Ingredients**
- 4 boneless, skinless chicken breasts, (1-1 1/4 pounds total), trimmed
- salt & freshly ground pepper
- 1 tablespoon extra-virgin olive oil, divided
- 1/4 cup finely chopped shallots
- 1 clove garlic, minced
- 3/4 cup fresh orange juice
- 1/2 cup reduced-sodium chicken broth
- 1 teaspoon butter
- 1 teaspoon chopped rosemary
- 1/2 teaspoon white-wine vinegar

**Directions**
Season chicken on both sides with salt and pepper. Heat 1 1/2 teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned, about 3 minutes per side. Transfer the chicken to a plate and tent with foil. Reduce heat to medium. Add the remaining 1 1/2 teaspoons oil to the pan. Add shallots and garlic. Cook, stirring, about 1 minute. Add orange juice and broth; bring to a simmer. Cook until reduced by half, about 3 minutes. Return the chicken and any accumulated juices to the pan; reduce heat to low. Simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Stir butter, rosemary and vinegar into the sauce. Season with salt and pepper and spoon over the chicken.
DAY 11

Breakfast
1 cup Bran Flakes cereal
1 cup 1% milk
1 cup raspberries

Morning Snack
1 oz. almonds, salted
1 cup 1% milk

Lunch
6 whole-wheat crackers
1 cup 1% milk
* Green Goddess Salad

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Green Goddess Salad
This gorgeous salad combines fresh shrimp, cucumber, artichoke hearts and cherry tomatoes with homemade green goddess dressing. The dressing is beautifully green and creamy with avocado (loaded with good-for-you fats) and fresh herbs. Buttermilk and a dash of rice vinegar add tang.

Time: 30 minutes (30 minute prep)

Ingredients
1/2 avocado, peeled and pitted
3/4 cup nonfat buttermilk
2 tablespoons chopped fresh herbs, such as tarragon, sorrel and/or chives
2 teaspoons tarragon vinegar, or white-wine vinegar
1 teaspoon anchovy paste, or minced anchovy fillet
8 cups bite-size pieces green leaf lettuce
12 oz. peeled and deveined cooked shrimp, (21-25 per pound)
1/2 cucumber, sliced
1 cup cherry or grape tomatoes
1 cup canned chickpeas, rinsed
1 cup rinsed and chopped canned artichoke hearts
1/2 cup chopped celery

Nutrition Facts
Servings Per Recipe: 4
Calories 262
Carbohydrates 31g
Fat 6g
Saturated Fat 1g
Monounsaturated Fat 3g
Protein 22g
Cholesterol 112mg
Dietary Fiber 9g
Potassium 793mg
Sodium 1146mg
Exchanges: 1 starch, 2 vegetable, 3 lean meat
Carbs: 1 1/2

Bonus: Vitamin A (90% daily value), Vitamin C (45% dv), Folate (40% dv), Potassium (24% dv), Magnesium (20% dv)

Directions
Puree avocado, buttermilk, herbs, vinegar and anchovy in a blender until smooth. Divide lettuce among 4 plates. Top with shrimp, cucumber, tomatoes, chickpeas, artichoke hearts and celery. Drizzle the dressing over the salads.
Seared Scallops with Brandied Leeks and Mushrooms

Sautéed mushrooms and leeks have a robust flavor that marries nicely with a touch of brandy and sour cream in this quick scallop dish. Substitute vermouth for a more mellow flavor. The mushroom mixture is equally delicious served with steak or chicken. Make it a meal: Serve over barley.

**Time:** 30 minutes (30 minute prep)

**Ingredients**
- 4 teaspoons extra-virgin olive oil, divided
- 10 oz. mushrooms, sliced
- 2 cups thinly sliced leeks, white and light green parts only (about 2)
- 1/4 cup brandy, or dry vermouth
- 1/4 cup reduced-sodium chicken broth
- 3 tablespoons reduced-fat sour cream
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon salt, divided
- freshly ground pepper, to taste
- 1 pound large dry sea scallops

**Directions**
Heat 2 teaspoons oil in a large skillet over medium-high heat. Add mushrooms; cook, stirring occasionally, until they begin to give off liquid, about 3 minutes. Stir in leeks; cook, adjusting heat to prevent scorching, until the vegetables are very tender and the leeks are starting to brown, about 8 minutes. Add brandy (or vermouth) and broth; cook until reduced and thickened, about 30 seconds. Remove from the heat and stir in sour cream, parsley, 1/4 teaspoon salt and pepper to taste. Cover and set aside. Pat scallops dry and sprinkle with the remaining 1/4 teaspoon salt and pepper. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the scallops and cook until golden brown, 2 to 3 minutes per side. To serve, place some of the leek-mushroom mixture on each plate and top with scallops.

**Nutrition Facts**
- **Servings Per Recipe:** 4
- **Calories:** 211
- **Carbohydrates:** 14g
- **Fat:** 7g
- **Saturated Fat:** 2g
- **Monounsaturated Fat:** 4g
- **Protein:** 17g
- **Cholesterol:** 32mg
- **Dietary Fiber:** 1g
- **Potassium:** 655mg
- **Sodium:** 788mg
- **Added Sugars:** 0g
- **Exchanges:** 2 vegetable, 3 lean meat
- **Carbs:** 1

**Bonus:** Vitamin C (45% daily value)
DAY 12

Breakfast
1 cup 1% milk
1 1/2 cups Cheerios cereal
1/2 banana, small

Morning Snack
1 oz. almonds, salted
1 cup watermelon

Lunch
1 cup strawberries
2 slices multi-grain bread
1 cup 1% milk
Salmon Salad

Salmon Salad
Get out of your tuna salad rut and try salmon salad for a change. This version is spiked with olives, lemon, onion and capers.

Time: 10 minutes (10 minute prep)

Ingredients
1/2 cup boneless, skinless canned salmon, flaked (2 1/2 oz)
1 tablespoon extra-virgin olive oil
1 tablespoon lemon juice
2 kalamata olives, pitted and diced
1 teaspoon minced red onion, or to taste
1 teaspoon minced fresh parsley
1 teaspoon rinsed and chopped capers

Directions
Combine salmon, oil, lemon juice, olives, red onion, parsley and capers in a small bowl.

Nutrition Facts
Servings Per Recipe: 1
Calories 254
Carbohydrates 2g
Fat 22g
Saturated Fat 3g
Monounsaturated Fat 12g
Protein 14g
Cholesterol 45mg
Dietary Fiber 0g
Potassium 29mg
Sodium 457mg
Added Sugars 0g
Exchanges: 2 lean meat, 3 fat
Carbs: 0
Bonus: Vitamin C (15% daily value), good source of omega-3s
Afternoon Snack
1 oz yellow corn tortilla chips
1/4 cup salsa

Dinner
1 cup steamed asparagus
4 oz roast turkey, light meat, without skin
1 cup 1% milk
Garlic Cheese Grits
1 cup grapes

Garlic Cheese Grits
Garlic-cheese grits are a typically rich Southern dish, but the truth is you don’t need a half a cup of butter and a pound of cheese to make them taste good. By using a pungent blend of super-sharp cheeses we’ve found you can use much less cheese and still get flavor-packed results.

Time: 1 1/2 hours (20 minute prep)

Ingredients
4 1/2 cups water
1 cup grits, quick or old-fashioned (not instant)
1/4 teaspoon salt
2 teaspoons extra-virgin olive oil
2 medium cloves garlic, minced
1/2 cup shredded extra-sharp cheddar cheese
1/2 cup grated sharp Italian cheese, such as Pecorino Romano or Parmesan
1/8-1/4 teaspoon cayenne pepper, or 1 teaspoon hot sauce, or to taste

Directions
Preheat oven to 350°F. Coat an 8-inch-square baking pan with cooking spray.
Bring water, grits and salt to a boil in a large saucepan, stirring occasionally. Reduce the heat and simmer until the grits are thick, 5 to 30 minutes, depending on the type of grits. Meanwhile, combine oil and garlic in a small skillet and cook over medium heat, stirring often, until the garlic is fragrant but not browned, about 1 minute. Remove from heat. Stir the oil and garlic into the grits along with the cheeses and cayenne (or hot sauce); transfer to the prepared pan. Bake, uncovered, until bubbling and crusty on top, about 45 minutes.

Nutrition Facts
Servings Per Recipe: 6, (2/3 cup)

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Exchanges: 1 1/2 starch, 1 fat meat
Carbs: 1 1/2

Bonus: Calcium (15% daily value)
DAY 13

Breakfast
1 cup 1% milk
1 cup hot oatmeal
1 cup blueberries

Morning Snack
1 tablespoon creamy peanut butter
6 whole-wheat crackers

Lunch
1 apple, small
1 cup 1% milk
1 corn tortilla

Chicken, Black Bean, Corn & Tomato Salad

Sherry vinegar deepens the lively flavors of this Southwestern salad, and beans and fresh tomatoes keep it moist. Make it a meal: Strawberry-Mango Margarita Compote is a cool finish.

Time: 30 minutes (30 minute prep)

Ingredients
12 oz. boneless, skinless chicken breasts, trimmed and poached
1 15 oz. can black beans, rinsed
1 large vine-ripened tomato, or 2 plus tomatoes, cored and diced
1 cup frozen corn, thawed
1 tablespoon extra-virgin olive oil
3 cloves garlic, finely chopped
2 teaspoons dried oregano
1 1/2 teaspoons ground cumin
2 tablespoons sherry vinegar, or cider vinegar
1/2 teaspoon salt
1/2 cup chopped scallions, (3 scallions)
1/4 cup chopped fresh parsley

Directions
Shred chicken and combine with black beans, tomatoes and corn in a salad bowl. Heat oil in a small skillet over medium heat. Add garlic and sauté until just beginning to color, about 30 seconds. Add oregano and cumin; stir until fragrant, about 10 seconds. Remove from the heat; add vinegar and salt. Pour over the salad. Add scallions and parsley; gently toss to combine.

Nutrition Facts

Servings Per Recipe: 4, (1 1/4 cup)
Calories 243
Carbohydrates 24g
Fat 6g
Saturated Fat 1g
Monounsaturated Fat 3g
Protein 23g
Cholesterol 47mg
Dietary Fiber 6g
Potassium 602mg
Sodium 402mg
Added Sugars 0g
Exchanges: 1 starch, 1/2 vegetable
Carbs: 1

Bonus: Vitamin A (20% daily value), Vitamin C (28% dv), Iron (16% dv),
**Grilled Halibut Salad Nicoise**

Salad nicoise, a classic French salad, is typically made with tuna. Here we use sweet grilled halibut (in season in midsummer) or striped bass. To make it quicker, substitute 2 or 3 cans of drained chunk light tuna. Or skip the fish altogether for a vegetarian main-course salad. We call for serving it on a platter, but it’s just as beautiful individually plated.

**Time:** 1 1/2 hours (1 hour 10 minutes prep)

**Ingredients**

**(Vinaigrette)**

- 1 medium clove garlic
- 1/4 teaspoon salt
- 4 tablespoons extra-virgin olive oil
- 6 tablespoons fresh orange juice, plus more to taste
- 1/4 cup white wine vinegar, or red-wine vinegar
- 1 tablespoon Dijon mustard

**(Salad)**

- 1 1/2 pounds red potatoes, (5-6 medium), scrubbed and halved
- 1 1/4 pounds green beans, trimmed
- 1 large head Boston lettuce
- 1 1/2 cups grape tomatoes
- 3 hard-boiled eggs, peeled and cut into wedges
- 1/4 cup sliced pitted Nicoise or Kalamata olives
- 1/4 cup finely chopped fresh parsley

**Nutrition Facts**

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<td>2 1/2 lean meat, 3 fat</td>
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**Bonus:** Vitamin C (75% daily value), Vitamin A (47% dv), Potassium (38% dv), Magnesium (30% dv), Folate (29% dv), Iron (17% dv)

DINNER RECIPE CONTINUED ON NEXT PAGE >>
Grilled Halibut Salad Nicoise

Directions
To prepare vinaigrette: Peel the garlic and smash with the side of a chef’s knife. Using a fork, mash the garlic with 1/4 teaspoon salt in a small bowl to form a coarse paste. Whisk in 5 tablespoons oil. Add 6 tablespoons orange juice, vinegar and mustard; whisk until well blended. Taste and whisk in up to 4 tablespoons more juice to mellow the flavor; season with more salt, if desired. Set aside at room temperature.

To prepare salad: Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add potatoes; cook until tender, 10 to 15 minutes. Remove to a cutting board. When cool enough to handle, slice and place in a shallow bowl. Drizzle with 1/3 cup vinaigrette; set aside.

Add beans to the steamer basket; cook until bright green and just tender, 4 to 6 minutes. Rinse in a colander with cold water until cool. Drain well. Place in a medium bowl and toss with 2 tablespoons vinaigrette.

Combine lemon juice, 2 tablespoons oil and 1/4 teaspoon salt in a sturdy sealable plastic bag; shake until the salt dissolves. Add fish and marinate for up to 20 minutes while you ready the grill.

Preheat grill to medium-high for 10 minutes, then reduce heat to medium. (For a charcoal grill, wait until the flames subside and only coals and some ash remain—flames will cause the oil on the fish to burn.)

Drain the fish and pat dry with paper towels. Season with the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Oil the grill rack. Grill the fish, turning once, until browned and just cooked through, 4 to 5 minutes per side for halibut; 3 to 4 minutes per side for bass.

Arrange lettuce leaves on a large serving platter. Arrange the fish (whole or flaked into large chunks), potatoes, green beans and tomatoes on top. Drizzle with the remaining vinaigrette. Garnish with eggs, olives, parsley and pepper to taste.
Warm Shrimp & Arugula Salad

Bursting with vibrant flavors, this summery salad makes a terrific supper, light but still satisfying. Fresh, raw corn kernels lend a sweet, candylike crunch to the dish—and work well against the salty shrimp and peppery arugula.

**Time:** 25 minutes (25 minute prep)

**Ingredients**
- 12 cups loosely packed arugula leaves
- 2 cups loosely packed fresh basil leaves, torn if large
- 1 1/2 cups fresh corn kernels, (from about 2 ears)
- 1 1/2 cups cherry tomatoes, or grape tomatoes, halved
- 4 tablespoons extra-virgin olive oil, divided
- 1 1/2 tablespoons lemon juice
- 1 1/2 tablespoons balsamic vinegar
- 2 teaspoons grainy mustard
- 1/2 teaspoon kosher salt, divided
- 1 pound raw shrimp, (21-25 per pound), peeled and deveined
- 2 cups herb-garlic croutons, preferably whole-grain (optional)
- freshly ground pepper, to taste
- 1/2 cup grated asiago, or parmesan cheese

**Directions**
Combine arugula, basil, corn and tomatoes in a large bowl. Whisk 3 tablespoons oil, lemon juice, vinegar, mustard and 1/4 teaspoon salt in a small bowl. Sprinkle shrimp with the remaining 1/4 teaspoon salt. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the shrimp and cook, turning from time to time, just until they turn pink and are opaque in the center, about 3 minutes. Add to the arugula mixture along with croutons, if using. Whisk the dressing again and drizzle over the salad; toss to coat. Divide the salad among 4 plates. Grind pepper over the salads and sprinkle with cheese.

**Nutrition Facts**

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Exchanges: 1/2 starch, 2 vegetable, 3 very lean protein, 3 1/2 fat

Carbs: 1

**Bonus:** Vitamin A (50% daily value), Vitamin C (50% dv), Calcium (25% dv), Iron (25% dv), Potassium (19% dv), Folate (18% dv)
**Fennel & Orange Salad with Toasted Pistachios**

For this elegant salad, sweet-tasting fennel bulbs are thinly sliced and tossed with salty toasted pistachios, sweet oranges and tangy lime juice. Jicama or radishes add another layer of texture and earthy flavor.

**Time:** 25 minutes (20 minute prep)

**Ingredients**

- 2 navel oranges, peeled, quartered and thinly sliced
- 1 small bulb fennel, quartered, cored and very thinly sliced crosswise
- 1 cup very thinly sliced radishes, (about 8) or diced peeled jicama
- 1/4 cup coarsely chopped fresh cilantro
- 2 tablespoons extra-virgin olive oil, pistachio oil
- 1 tablespoon plus 1 teaspoon lime juice
- 1/4 teaspoon salt
- freshly ground pepper, to taste
- 6 tablespoons shelled salted pistachio nuts, toasted and chopped

**Directions**

Combine orange slices, fennel, radishes (or jicama), cilantro, oil, lime juice, salt and pepper in a bowl. Gently toss to mix. Just before serving, sprinkle nuts over the salad.

---

**Nutrition Facts**

Servings Per Recipe: 4, (1 cup)

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**Bonus:** Vitamin C (85% daily value), Copper (12% dv), Magnesium (8% dv)

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**Afternoon Snack**

1 fruit and nut granola bar

**Dinner**

3 oz London broil steak, broiled

- Fennel & Orange Salad with Toasted Pistachios
- 3/4 cup steamed carrots
- 1 teaspoon blue cheese salad dressing
- 1/2 cup cooked brown rice
- 1/3 cup frozen yogurt

---

**Notes**
**DAY 15**

**Breakfast**
- 1 scrambled egg
- 2 tablespoons prepared salsa
- 1 corn tortilla, 6-in, unsalted
- 1/2 oz. monterey jack cheese slice
- 1 cup 1% milk
- 1 orange, medium

**Morning Snack**
- 1/2 cup low fat, low sodium cottage cheese
- 6 whole-wheat crackers

**Lunch**
- 1 cup prepared coleslaw
- 1 cup 1% milk
- 1 whole-wheat roll

**Grilled Orange Chicken Fingers**

The simple, sweet orange glaze for the chicken can be whipped up fast; marinating time is just 15 minutes and the marinade caramelizes deliciously on the grill. Serve this with carrot sticks and baked potato wedges, tossed with herbs and olive oil.

**Time:** 30 minutes (10 minute prep)

**Ingredients**
- 1 pound boneless, skinless chicken breasts, trimmed
- 1 1/2 tablespoons Dijon mustard
- 1 1/2 tablespoons frozen orange juice concentrate, thawed
- 1 1/2 tablespoons honey
- 1 teaspoon sesame oil
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt

**Directions**
Cut chicken crosswise into 3/4-inch-wide strips. Whisk mustard, orange juice concentrate, honey, sesame oil and pepper in a medium bowl until smooth. Add the chicken and toss to combine. Cover and marinate in the refrigerator for 15 minutes. Meanwhile, prepare grill or preheat the broiler. Oil the grill rack (see Tip) or coat a broiler pan with cooking spray. Remove the chicken strips from the marinade, discarding remaining marinade. Grill or broil the chicken until no longer pink in the center, 2 to 3 minutes per side. Season with salt and serve.

**Nutrition Facts**
- Servings Per Recipe: 4
- Calories 172
- Carbohydrates 10g
- Fat 4g
- Saturated Fat 1g
- Monounsaturated Fat 1g
- Protein 23g
- Cholesterol 63mg
- Dietary Fiber 0g
- Potassium 253mg
- Sodium 335mg
- Exchanges: 1/2 other carbohydrate, 3 very lean meat
- Carbs: 1/2

**Bonus:** Vitamin C (15% daily value)
Warm Arugula Bread Salad

This assertive panzanella has the most flavor when made with mature arugula, but baby arugula also works well. Serve with grilled steak or turkey sausage.

**Time:** 20 minutes (20 minute prep)

**Ingredients**
- 3 tablespoons extra-virgin olive oil, divided
- 2 slices crusty whole-wheat bread, cut into 1-inch cubes (2 cups)
- 1 cup cherry tomatoes, halved
- 8 cups arugula, (7 oz)
- 1 tablespoon minced garlic
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 2 tablespoons balsamic vinegar
- 3/4 oz. Parmesan cheese, shaved (1/4 cup) or grated (1/2 cup)

**Directions**
Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Stir in bread; cook, stirring occasionally, until crisp and starting to brown, 5 to 6 minutes. Add tomatoes and arugula; cook, stirring, until arugula just wilts, about 1 minute. Push the mixture to one side. Add remaining 1 tablespoon oil to the empty side and cook garlic, stirring constantly, until fragrant and sizzling, 15 seconds. Stir into the bread mixture. Remove from heat, season with salt and pepper, drizzle with vinegar and toss to combine. Serve warm, topped with Parmesan.

**Nutrition Facts**

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**Day 16**

**Tuscan Tuna & White Bean Salad**

Juicy fresh tomatoes replace some of the usual olive oil in this traditional tuna and white bean salad.

**Time:** 20 minutes (20 minute prep)

**Ingredients**
3 tablespoons extra-virgin olive oil
3 tablespoons lemon juice
2 cloves garlic, finely chopped
2 teaspoons dried rosemary, crushed
1 15 oz. can white beans (cannellini or Great Northern), rinsed
2 plum tomatoes, chopped
1/3 cup chopped fresh parsley, preferably Italian flat-leaf
1 12 oz. can chunk light tuna in water, drained and flaked

**Directions**
Whisk together oil, lemon juice, garlic and rosemary in a bowl. Add beans, tomatoes and parsley and toss together. Gently stir in tuna.

---

**Breakfast**
1 whole-wheat english muffin
1 1/2 tablespoons almond butter
1 clementine
sugar-free jam
6 oz. nonfat vanilla or lemon yogurt

**Morning Snack**
1 oz. walnuts
1/2 cup unsweetened applesauce

**Lunch**
1 oz. yellow corn tortilla chips
1 orange, medium
1 cup 1% milk

---

**Nutrition Facts**

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**Exchanges:** 1/2 starch, 2 very lean meat, 1 1/2 fat

**Bonus:** Vitamin C (18% daily value)
Basic Chicken Saute

This quick sauté works well with your favorite pan sauce or chutney.

**Time:** 20 minutes (20 minute prep)

**Ingredients**
- 4 boneless, skinless chicken breasts, (1-1/4 pounds), trimmed
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- freshly ground pepper, to taste
- 1 tablespoon extra-virgin olive oil, or canola oil

**Directions**
Cover chicken with plastic wrap and pound with a rolling pin, meat mallet or heavy skillet until flattened to an even thickness, about 1/2 inch. Combine flour, salt and pepper in a shallow dish; dredge the chicken (discard any leftover flour). Heat oil in a large nonstick skillet over medium-high heat. Cook the chicken until well browned and no longer pink in the center, 4 to 5 minutes per side. Serve.
DAY 17

Breakfast
1 cup 1% milk
1 1/2 cups Cheerios Cereal
1/2 banana, small

Morning Snack
1 hard boiled egg
1 slice whole-wheat bread
1 teaspoon mayonnaise
3/4 cup cantaloupe melon

Lunch
2 cups tossed salad mix with chicken
2 tablespoons vinegar & oil salad dressing
1 cup 1% milk

Quick Pepperpot Soup

Ingredients
1 tablespoon canola oil
1 pound sirloin steak, trimmed, cut into 1/2-inch pieces
1/2 teaspoons salt, divided
1 small onion, diced
1 clove garlic, minced
1 teaspoon minced Scotch bonnet chile pepper, or to taste
1 teaspoon chopped fresh thyme, or 1/4 teaspoon dried
4 cups water
1 teaspoon cornstarch
1 pound sweet potato, about 1 large, cut into 1/2-inch pieces
3 cups chopped callaloo, collard greens or spinach
3 scallions, sliced
1 14 oz. can “lite” coconut milk, well shaken

Directions
Heat oil in a Dutch oven over medium heat. Add steak and 1/2 teaspoon salt; cook, stirring occasionally, until no longer pink on the outside, 3 to 4 minutes. Transfer to a plate. Add onion, garlic, chile pepper and thyme to the pot and cook, stirring, for 1 minute. Whisk water and cornstarch in a bowl or large measuring cup; add to the pot along with sweet potato and okra. Bring to a boil over high heat; boil for 1 minute. Reduce heat to a simmer and cook until the vegetables are almost tender, 3 to 5 minutes. Stir in callaloo (or collards or spinach) and the remaining 1 teaspoon salt; cook until tender, 2 to 3 minutes more. Add scallions and the steak plus any accumulated juices. Cook until the steak is hot and just cooked through, 1 to 2 minutes more. Remove from the heat and stir in coconut milk.

Nutrition Facts
Servings Per Recipe: 6 (1 1/2 cups)
Calories 240
Carbohydrates 20g
Fat 10g
Saturated Fat 5g
Monounsaturated Fat 3g
Protein 18g
Cholesterol 40mg
Dietary Fiber 4g
Potassium 628mg
Sodium 680mg
Added Sugars 1g
Exchanges: 1 starch, 1 vegetable, 2 lean meat, 1 1/2 fat
Carbs: 1

Bonus: Vitamin A (80% daily value), Vitamin C (35% dv), Zinc (20% dv), Potassium (18% dv)
Chili-Rubbed Steak with Pan Salsa

Any cut of steak will work for this recipe, but we especially like the flavor and texture of rib-eye with these seasonings; look for steak that has been thinly cut. A cold ale, sweet potato fries and vinegary coleslaw can round out the meal.

Time: 20 minutes (20 minute prep)

Ingredients
8 oz. 1/2 inch-thick steaks, such as rib-eye, trimmed, cut into 2 portions
1 teaspoon chili powder
1/2 teaspoon kosher salt, divided
1 teaspoon extra-virgin olive oil
2 plum tomatoes, diced
2 teaspoons lime juice
1 tablespoon chopped fresh cilantro

Directions
Sprinkle both sides of steak with chili powder and 1/4 teaspoon salt. Heat oil in a medium skillet over medium-high heat. Add the steaks and cook, turning once, 1 to 2 minutes per side for medium-rare. Transfer the steaks to a plate, cover with foil and let rest while you make the salsa.

Add tomatoes, lime juice and the remaining 1/4 teaspoon salt to the pan and cook, stirring often, until the tomatoes soften, about 3 minutes. Remove from heat, stir in cilantro and any accumulated juices from the steaks. Serve the steaks topped with the salsa.
DAY 18

Breakfast
1 cup 1% milk
1 plum
Tomato & Ham Breakfast Melt

Morning Snack
6 oz. low-fat plain yogurt
3 apricots

Lunch
1 whole-wheat roll
3 oz. chicken breast, cooked without skin
1 cup 1% milk
1/2 cups tossed salad mix
1 1/2 tablespoons vinegar & oil salad dressing
1 clementine

Tomato & Ham Breakfast Melt
We seek out thin sliced bread for this easy breakfast because it has less calories than regular bread. Several national brands distribute “thin” varieties. Otherwise buy a whole loaf and use a bread knife to carefully slice it.

Time: 15 minutes (15 minute prep)

Ingredients
2 slices thin multigrain bread, toasted
4 thin slices tomato
4 thin slices ham
2 slices reduced-fat cheddar cheese

Directions
Top toasted bread with tomato, ham and cheese. Toast in a toaster oven or under the broiler until the cheese is melted.

Nutrition Facts
Servings Per Recipe: 1
Calories 298
Carbohydrates 25g
Fat 9g
Saturated Fat 4g
Monounsaturated Fat 3g
Protein 31g
Cholesterol 48mg
Dietary Fiber 7g
Potassium 521mg
Sodium 1124mg
Exchanges: 1 1/2 starch, 1 vegetable, 4 lean meat
Carbs: 1

Bonus: Calcium (30% daily value), Zinc (24% dv), Vitamin C (20% dv), Magnesium (17% dv), Magnesium (17% dv), Iron & Vitamin A (15% dv)
Spicy Green Salad with Soy & Roasted Garlic Dressing

Piquant greens, such as mizuna and red mustard, are mellowed with a sweet-and-savory dressing that includes a whole head of roasted garlic. Add a skewer of grilled shrimp or teriyaki beef to make it a main course. To soften the leaves, heat the dressing just before serving and pour over the greens.

Time: 1 1/2 hours (45 minute prep)

Ingredients

(Dressing)

- 1 head garlic
- 4 tablespoons extra-virgin olive oil, divided
- Juice of 1 lime
- 2 tablespoons red-wine vinegar
- 1 tablespoon grated fresh ginger
- 1 tablespoon toasted sesame oil
- 1 tablespoon reduced-sodium soy sauce
- freshly ground pepper, to taste

(Salad)

- 1 pound asparagus, trimmed and cut into 1-inch pieces
- 2 teaspoons extra-virgin olive oil
- 1/4 teaspoon plus pinch of salt, divided
- 1/2 small clove garlic
- 2 cups baby mizuna, baby kale or Asian salad mix
- 2 cups baby red mustard greens, tatsoi or watercress
- 2 tablespoons sesame seeds, toasted

Nutrition Facts

Servings Per Recipe: 4, (1 cup)

- Calories: 192
- Carbohydrates: 4g
- Fat: 8g
- Saturated Fat: 2g
- Monounsaturated Fat: 4g
- Protein: 26g
- Cholesterol: 81mg
- Dietary Fiber: 1g
- Potassium: 515mg
- Sodium: 359mg

Exchanges: 1 vegetable, 3 lean meat

Carbs: 0

Bonus: Zinc (27% daily value), Vitamin A (20% dv), Vitamin C (15% dv)

DINNER RECIPE CONTINUED ON NEXT PAGE >>
Spicy Green Salad with Soy & Roasted Garlic Dressing

Directions
To prepare dressing: Preheat oven to 400°F. Rub excess papery skin off garlic head without separating cloves. Slice the tip off, exposing the ends of the cloves. Place the garlic head on a piece of foil, drizzle with 1 tablespoon olive oil and wrap into a package. Put in a baking dish and bake until the garlic is very soft, 40 minutes to 1 hour. Unwrap and let cool slightly. Increase oven temperature to 450°F. Squeeze the garlic pulp into a blender or food processor (discard the skins). Add the remaining 3 tablespoons olive oil, lime juice, vinegar, ginger, sesame oil and soy sauce; blend or process until smooth. Season with pepper.

To prepare salad: Toss asparagus with 2 teaspoons oil, 1/4 teaspoon salt and pepper in a large bowl. Spread in a single layer on a rimmed baking sheet. Roast, stirring once halfway through, until tender and browned, 10 to 15 minutes.

Meanwhile, season a wooden salad bowl by rubbing with 1/2 clove garlic and a pinch of salt. Chop the garlic and add to the bowl along with all the greens. (If leaves are large, tear them into bite-size pieces first.) Pour 1/4 cup of the dressing over the greens. (Cover and refrigerate the remaining 1/2 cup dressing for up to 3 days.) Sprinkle the salad with sesame seeds and the asparagus; toss and serve.
DAY 19

**Breakfast**
1 cup 1% milk  
3/4 cup hot oatmeal  
3/4 cup blueberries  
2 tablespoons silvered almonds

**Morning Snack**
1 apple, small  
1 cup low fat, low sodium cottage cheese

**Lunch**
1 whole-wheat pita bread, small  
1 cup 1% milk  
2 Honey Graham crackers  
Chef Salad

**Chicken and Fruit Salad**
Chicken, melon, walnuts and feta top mixed salad greens for a refreshing summer salad. Use your favorite summer fruit in place of the melon if you wish.

**Time:** 15 minutes (15 minute prep)

**Ingredients**
1/4 cup reduced-fat sour cream  
3 tablespoons fruit-flavored vinegar  
1 1/2 teaspoons poppy seeds  
1/4 teaspoon salt  
freshly ground pepper, to taste  
8 cups mixed salad greens  
2 cups sliced cooked chicken breast  
2 cups chopped melon, cantaloupe/honeydew  
1/4 cup chopped walnuts  
1/4 cup crumbled feta cheese

**Directions**
Whisk sour cream, vinegar, sugar, poppy seeds, salt and pepper in a large bowl until smooth. Reserve 1/4 cup of the dressing in a small bowl. Add the mixed greens to the large bowl and toss to coat. Divide among 4 plates and top with chicken, melon, walnuts and feta. Drizzle each portion with 1 tablespoon of the reserved dressing.

**Nutrition Facts**

- Servings Per Recipe: 4
- Calories: 248
- Carbohydrates: 18g
- Fat: 11g
- Saturated Fat: 4g
- Monounsaturated Fat: 2g
- Protein: 21g
- Cholesterol: 55mg
- Dietary Fiber: 4g
- Potassium: 371mg
- Sodium: 346mg
- Exchanges: 1 fruit, 1 vegetable, 2 lean meat, 2 fat
- Carbs: 1

**Bonus:** Vitamin A (140% daily value), Vitamin C (50% dv)
Chicken-Fried Steak
Can you really make a chicken-fried steak that isn’t loaded with saturated fat and salt? Absolutely. We skip the deep frying, but with rich country gravy as consolation, you won’t miss it. Our pan-fried, crispy cube steak has less than one-third of the fat and about 80 percent less sodium.

Time: 35 minutes (35 minute prep)

Ingredients
1/4 cup all-purpose flour
2 large egg whites, lightly beaten
1/4 cup cornmeal
1/4 cup whole-wheat flour
1/4 cup plus 1 tablespoon cornstarch, divided
1 teaspoon paprika
1 pound cube steak, cut into 4 portions
3/4 teaspoon kosher salt, divided
1/2 teaspoon freshly ground pepper
2 tablespoons canola oil, divided
1 14 oz. can reduced-sodium beef broth
1 tablespoon water
1/4 cup half-and-half

Directions
Preheat oven to 350°F. Coat a baking sheet with cooking spray. Place all-purpose flour on a large plate. Place egg whites in a shallow dish. Whisk cornmeal, whole-wheat flour, 1/4 cup cornstarch and paprika in another shallow dish. Season both sides of steak with 1/2 teaspoon each salt and pepper. Dredge the steak in the flour, shaking off excess; dip in the egg whites, then dredge in the cornmeal mixture. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Reduce heat to medium and add 2 pieces of the steak; cook until browned on both sides, turning once, 3 to 5 minutes total. Transfer the steak to the prepared baking sheet and repeat with the remaining 1 tablespoon oil and 2 pieces of steak. Transfer the baking sheet to the oven and bake until cooked through, about 10 minutes. Meanwhile, add broth to the pan and boil over medium-high heat, stirring occasionally, until reduced to about 1 cup, 3 to 5 minutes. Whisk water and the remaining 1 tablespoon cornstarch until smooth. Return to the heat and cook, stirring, until thickened, 1 to 2 minutes. Stir in half-and-half; season with the remaining 1/4 teaspoon salt and pepper. Serve the steak topped with the gravy.
DAY 20

Breakfast
1 kiwi
1 cup 1% milk
1 1/2 cup Cherrios cereal

Morning Snack
6 oz. low-fat plain yogurt
1 cup raspberries

Lunch
2 cups tossed salad mix
1 1/2 tablespoons vinegar & oil salad dressing
1 whole-wheat pita bread, small
1 cup fresh pineapple

Walnut, Dill & Tuna Salad

Looking for a new way to dress up your tuna salad routine? Try antioxidant-rich walnuts and fresh dill. Make it a meal: Serve over baby arugula and tomato slices with a slice of whole-grain bread.

Time: 15 minutes (15 minute prep)

Ingredients
1 slice whole-grain bread
1/4 cup reduced-sodium chicken broth
3 tablespoons chopped walnuts
2 tablespoons nonfat plain yogurt
2 tablespoons lemon juice
1 clove garlic
pinch of cayenne pepper
1 6 oz. can chunk light tuna, drained and flaked
1 carrot, chopped
1 stalk celery, chopped
2 tablespoons chopped fresh dill
salt and freshly ground pepper, to taste

Directions
Puree bread, broth, walnuts, yogurt, lemon juice, garlic and cayenne in a food processor. Transfer to a bowl and add tuna, carrot, celery and dill. Season with salt and pepper.

Nutrition Facts
Servings Per Recipe: 2 (1 cup)
Calories 233
Carbohydrates 15g
Fat 8g
Saturated Fat 1g
Monounsaturated Fat 1g
Protein 26g
Cholesterol 26mg
Dietary Fiber 4g
Potassium 592mg
Sodium 592mg

Exchanges: 1/2 starch, 1 vegetable, 3 lean meat, 1 fat

Bonus: Vitamin A (106% daily value), Vitamin C (18% dv), Magnesium (17% dv), Zinc (15% dv)
### Spinach Salad with Warm Maple Dressing

Pure maple syrup, as opposed to artificially flavored and colored “pancake” syrup, is an extraordinary cooking ingredient. Here it adds body as well as rich flavor to the dressing, providing a perfect counterpoint to the smoked cheese.

**Time:** 20 minutes (20 minute prep)

#### Ingredients
- 2 tablespoons chopped pecans
- 10 oz. package fresh spinach, torn or 12 cups baby spinach
- 1 cucumber, peeled, seeded and cut into 1/4 inch slices
- 2 teaspoons extra-virgin olive oil
- 1 shallot, finely chopped
- 1/4 cup cider vinegar
- 1/4 cup shredded smoked cheese, such as Gouda or Cheddar
- 2 tablespoons pure maple syrup
- salt and freshly ground pepper, to taste

#### Directions

1. Toast pecans in a small dry skillet over low heat, stirring often, until fragrant, 2 to 3 minutes. Transfer to a small bowl and let cool.
2. Toss spinach and cucumber in a salad bowl. Heat oil in a small skillet over medium-low heat. Add shallot and cook, stirring, until softened, about 4 minutes. Add vinegar and maple syrup and bring to a boil. Season with salt and pepper. Immediately pour the dressing over the spinach and cucumber. Toss well and sprinkle with cheese and toasted pecans.
## DAY 21

**Breakfast**
- 2 slices reduced-calorie oatmeal bran bread
- 1 scrambled egg
- 1 cup grapefruit
- 1 cup 1% milk
- Sugar-free jam

**Morning Snack**
- 1 oz. almonds, salted
- 1 tablespoon raisins

**Lunch**
- 1 cup tossed salad mix
- 1 tablespoon vinegar & oil salad dressing
- 1 cup 1% milk
- 4 oz. roast turkey, light meat, without skin
- 1 whole-wheat roll
- 1/2 cup unsweetened applesauce

**Afternoon Snack**
- 1 1/2 oz. low fat swiss cheese
- 6 whole-wheat crackers

**Dinner**
- 1 cup steamed green beans
- **Mashed Roots with Buttermilk & Chives**
- **Spice-Crusted Chicken with Citrus Salsa**
- 1 cup strawberries
Mashed Roots with Buttermilk & Chives

Plain mashed potatoes may seem a bit tame after you’ve tried this flavorful version, full of celery root, rutabaga and Yukon Gold potatoes and mashed with sweet garlic and tangy buttermilk. Finish the dish with a handful of snipped fresh chives.

**Time:** 1 hour (20 minute prep)

**Ingredients**
- 2 pounds celery root, (celeriac), peeled and cut into 1-inch pieces
- 1 pound rutabaga, peeled and cut into 1-inch pieces
- 1 pound Yukon Gold potatoes, peeled and cut into 1-inch pieces
- 5 cloves garlic, peeled
- 4 tablespoons unsalted butter, divided
- 3/4 cup nonfat buttermilk
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 teaspoon ground nutmeg
- 1/3 cup snipped fresh chives

**Directions**

Bring 1 inch of water to a simmer in a large pan or Dutch oven. Place celery root, rutabaga and potatoes in a large steamer basket over the water, cover and steam over medium-low heat for 20 minutes. Add garlic and continue steaming—checking the water level and replenishing as necessary—until the vegetables are fall-apart tender, 20 minutes more. Remove the vegetables, drain the cooking liquid and return the vegetables to the pan. Add 2 tablespoons butter and mash until chunky-smooth. Gradually stir in buttermilk, salt, pepper and nutmeg. Just before serving, stir in the remaining 2 tablespoons butter and chives.

**Nutrition Facts**

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**Bonus:** Vitamin C (35% daily value), Potassium (22% dv)
Spice-Crusted Chicken with Citrus Salsa

While this recipe calls for oranges, grapefruit would work equally well. This salsa would also be terrific tucked into fish tacos.

Time: 30 minutes (30 minute prep)

Ingredients

(Salsa)
2 navel oranges
1/2 small red onion, finely chopped
2 tablespoons lime juice
2 tablespoons chopped fresh cilantro
1 jalapeno pepper, seeded and minced
1 small clove garlic, minced
salt and freshly ground pepper, to taste

(Chicken)
1 tablespoon ground coriander
1 tablespoon ground cumin
1 1/2 teaspoons freshly ground pepper
1 teaspoon kosher salt
4 boneless, skinless chicken breasts, trimmed (1-1 1/4 pounds)

Directions

To make salsa: With a sharp knife, remove skin and white pith from oranges and discard. Working over a bowl, cut orange segments from their surrounding membranes. Stir in onion, lime juice, cilantro, jalapeño and garlic. Season with salt and pepper.

To make chicken: Heat a small skillet over medium heat. Add coriander, cumin and pepper; toast, stirring constantly, until aromatic, about 45 seconds. Transfer to a small bowl and add salt.

Preheat grill or broiler.

Coat the chicken with the spice mixture. Grill or broil on a lightly oiled rack until the chicken is opaque in the center, 4 to 5 minutes per side. Top with the salsa.

Nutrition Facts

Serving Size: 1/4 Recipe
Calories: 210
Carbohydrates: 13g
Fat: 4g
Saturated Fat: 1g
Monounsaturated Fat: 1g
Protein: 30g
Cholesterol: 78mg
Dietary Fiber: 3g
Potassium: 401mg
Sodium: 426mg
Added Sugars: 0g

Exchanges: 1/2 fruit, 4 lean meat

Carbs: 1

Bonus: Vitamin C (77% daily value)
Day 22

Breakfast
1 cup 1% milk
1 whole-wheat english muffin
1 tablespoon creamy peanut butter
1 cup cantaloupe melon
sugar-free jam

Morning Snack
6 oz. low-fat plain yogurt
1 peach, medium

Lunch
1 cup 1% milk
3 Honey Graham crackers

Taco Salad

In partnership with (a registered trademark of EatingWell, Inc.)

Notes

Nutrition Facts

Servings Per Recipe: 4
Calories 447
Carbohydrates 27g
Fat 19g
Saturated Fat 8g
Monounsaturated Fat 5g
Protein 42g
Cholesterol 108mg
Dietary Fiber 10g
Potassium 1126mg
Sodium 629mg
Exchanges: 1 starch, 2 vegetable, 4 lean meat
Carbs: 1

Bonus: Vitamin A (150% daily value), Vitamin C (60% dv), Folate (53% dv), Iron (25% dv), Potassium (22% dv)

Taco Salad

We keep this version light with lean turkey, but lean ground beef (about 93%-lean) would also keep the nutrition marks reasonable.

Time: 30 minutes (30 minute prep)

Ingredients
1/2 cup prepared salsa
1/4 cup reduced-fat sour cream
1 teaspoon canola oil
1 medium onion, chopped
3 cloves garlic, minced
1 pound 93%-lean ground turkey
2 large plus tomatoes, diced
1 14 oz. can kidney beans, rinsed
2 teaspoons ground cumin
2 teaspoons chili powder
1/4 cup chopped fresh cilantro
8 cups shredded romaine lettuce
1/2 cup shredded sharp Cheddar cheese

Directions
Combine salsa and sour cream in a large bowl. Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring often, until softened, about 2 minutes. Add turkey and cook, stirring often and crumbling with a wooden spoon, until cooked through, about 5 minutes. Add tomatoes, beans, cumin and chili powder; cook, stirring, until the tomatoes begin to break down, 2 to 3 minutes. Remove from the heat, stir in cilantro and 1/4 cup of the salsa mixture. Add lettuce to the remaining salsa mixture in the bowl; toss to coat. To serve, divide the lettuce among 4 plates, top with the turkey mixture and sprinkle with cheese.
Afternoon Snack
1 oz. yellow corn tortilla chips
1/4 cup salsa

Dinner
1 cup steamed carrots
1/2 cup cooked spaghetti

† Turkey Piccata
1/2 cup fresh pineapple

Nutrition Facts
Servings Per Recipe: 4
Calories 206
Carbohydrates 10g
Fat 5g
Saturated Fat 2g
Monounsaturated Fat 2g
Protein 30g
Cholesterol 50mg
Dietary Fiber 1g
Potassium 69mg
Sodium 483mg
Exchanges: 1/2 starch, 4 lean meat, 1 fat
Carbs: 1/2

Turkey Piccata
Using lemon segments gives the sauce of this turkey piccata a sweetness and body that lemon juice alone would not achieve. Make it a meal: Serve over whole-wheat angel hair pasta.

Time: 30 minutes (30 minute prep)

Ingredients
1 lemon
1/3 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
4 turkey cutlets, (about 1 pound), each cutlet sliced in half across the grain
2 teaspoons extra-virgin olive oil
1 clove garlic, minced
1/2 cup reduced-sodium chicken broth
1 tablespoon drained capers, rinsed
1/2 teaspoon sugar
2 teaspoons butter
1 tablespoon chopped fresh parsley
12 caper berries, for garnish

Directions
Remove skin and white pith from lemon with a sharp knife. Working over a bowl to catch the juice, cut the lemon segments from their surrounding membranes. Chop segments coarsely and reserve with the juice. Combine flour, salt and pepper in a shallow dish. Lightly dredge turkey in the flour mixture and reserve with the juice. Heat oil in a large nonstick skillet over medium-high heat. Add the turkey to the pan and cook until the outside is golden brown and the interior is no longer pink, 2 to 3 minutes per side. Transfer to a platter and keep warm. Add garlic to the pan and cook, stirring, for several seconds. Pour in broth and bring to a boil, stirring and scraping up any browned bits. Boil for 1 minute. Stir in the reserved lemon segments and juice, capers and sugar; cook for 30 seconds longer. Add butter and swirl the skillet until it has melted. Spoon sauce over the cutlets, sprinkle with parsley and pepper. Garnish with caper berries, if using.


**EatingWell Cobb Salad**

This Cobb salad is true to the original with all the good stuff—chicken, eggs, bacon, avocado and a tangy dressing. But we cut the saturated fat in half and doubled the amount of healthy monounsaturated fat. We’ve left the blue cheese optional, but the salad is so nutritious you might just want to go ahead and indulge yourself with a little bit anyway.

**Time:** 40 minutes (40 minute prep)

**Ingredients**

- 3 tablespoons white-wine vinegar
- 2 tablespoons finely minced shallot
- 1 tablespoon Dijon mustard
- 1 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 3 tablespoons extra-virgin olive oil
- 10 cups mixed salad greens
- 8 oz. shredded cooked chicken breast, (1 large breast half)
- 2 large eggs, hard-boiled, peeled and chopped
- 2 medium tomatoes, diced
- 1 large cucumber, seeded and sliced
- 1 avocado, diced
- 2 slices cooked bacon, crumbled
- 1/2 cup crumbled blue cheese (optional)

**Directions**

Whisk vinegar, shallot, mustard, pepper and salt in a small bowl to combine. Whisk in oil until combined. Place salad greens in a large bowl. Add half of the dressing and toss to coat. Divide the greens among 4 plates. Arrange equal portions of chicken, egg, tomatoes, cucumber, avocado, bacon and blue cheese (if using) on top of the lettuce. Drizzle the salads with the remaining dressing.

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**Hungry Girl Cobb Salad**

- 1 cup 1% milk
- 3/4 cup hot oatmeal
- 2 tablespoons slivered almonds
- 2 tablespoons raisins

**Breakfast**

- 1 cup 1% milk
- 3/4 cup hot oatmeal
- 2 tablespoons slivered almonds
- 2 tablespoons raisins

**Morning Snack**

- 1 hard boiled egg
- 1 whole-wheat pita bread, small
- 1 teaspoon mayonnaise

**Lunch**

- 1 cup 1% milk
- 1/2 whole-wheat bagel, small
- 1 peach, medium

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**Nutrition Facts**

Servings Per Recipe: 4

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**Bonus:**
- Vitamin A (117% daily value), Vitamin C (27% dv), Potassium (20% dv), Folate (18% dv), Iron (15% dv)
**Boneless Pork Chops with Mushrooms & Thyme**

Although this supper is made to serve two, you can double or triple the recipe so it becomes a family meal that’s big on taste but still very healthy. If you’d rather not use vermouth, substitute unsweetened apple juice.

**Time:** 25 minutes (25 minute prep)

**Ingredients**
- 2 5 oz. boneless, center-cut pork loin chops, trimmed & pounded to 1/4”
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 teaspoon extra-virgin olive oil
- 1 medium shallot, minced
- 1 1/2 cup sliced mushrooms, about 4 oz.
- 1/2 cup dry vermouth
- 1 teaspoon Dijon mustard
- 1 teaspoon chopped fresh thyme

**Directions**
Sprinkle pork chops with salt and pepper. Coat a large nonstick skillet with cooking spray and place over medium heat. Add the pork chops and cook until browned on both sides and cooked through, 2 to 3 minutes per side. Transfer to 2 serving plates; tent with foil to keep warm.

Swirl oil into the pan, add shallot and cook, stirring, until soft, about 30 seconds. Add mushrooms and cook, stirring occasionally, until they soften and begin to brown, about 2 minutes. Add vermouth and cook for 15 seconds. Stir in mustard, thyme and any juices that have accumulated from the pork; cook until the sauce is thickened and slightly reduced, 1 to 2 minutes more. Spoon the sauce over the pork chops and serve immediately.
Day 24

**Breakfast**
- 1 cup 1% milk
- 1 scrambled egg
- 2 slices multi-grain bread
- 1 orange, medium
- 1 teaspoon reduced-fat ranch salad dressing
- Sugar-free jam

**Morning Snack**
- 1 fruit & nut granola bar

**Lunch**
- 1 cup strawberries
- 2 cups tossed salad mix
- 2 tablespoons vinegar & oil salad dressing

Barbecued Portobello Quesadilla for Two

This smoky mushroom-filled quesadilla is reminiscent of pulled pork. A touch of chipotle chile pepper adds extra heat. Serve with coleslaw and guacamole.

**Time:** 45 minutes (45 minute prep)

**Ingredients**
- 1/4 cup prepared barbecue sauce
- 1 1/2 teaspoons tomato paste
- 1/2 teaspoon cider vinegar
- 1/2 chipotle chile in adobo sauce, minced, or 1/8 teaspoon ground chipotle pepper
- 1 tablespoon canola oil, divided
- 1/2 pound mushroom caps, (about 2 1/2 medium), gills removed, diced
- 1/2 medium onion, finely diced
- 2 8- to 10-inch whole-wheat tortillas
- 6 tablespoons shredded Monterey Jack cheese

**Directions**
Combine barbecue sauce, tomato paste, vinegar and chipotle in a medium bowl. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add mushrooms and cook, stirring occasionally, for 5 minutes. Add onion and cook, stirring, until the onion and mushrooms are beginning to brown, 5 to 7 minutes. Transfer the vegetables to the bowl with the barbecue sauce; stir to combine. Wipe out the pan. Place tortillas on a work surface. Spread 3 tablespoons cheese on half of each tortilla and top with one-fourth (about 1/2 cup) of the filling. Fold tortillas in half, pressing gently to flatten. Heat 1 teaspoon oil in the pan over medium heat. Add the quesadillas and cook, turning once, until golden on both sides, 3 to 4 minutes total. Cut each quesadilla into wedges and serve.

**Nutrition Facts**

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**Bonus:** Potassium (22% daily value), Calcium (19% dv)
Watercress & Endive Salad

Watercress and Belgian endive are topped with fresh corn kernels, grated egg and a simple lemon vinaigrette for a stunning first-course salad.

**Time:** 15 minutes (15 minute prep)

**Ingredients**
- 3/4 teaspoon freshly grated lemon zest
- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- 4 cups watercress, tough stems removed
- 2 hard-boiled eggs, grated through the large holes of a box grater
- 1/2 cup fresh corn kernels
- 2 heads Belgian endive, trimmed and leaves separated
- freshly ground pepper, to taste

**Directions**
Whisk lemon zest, lemon juice, oil and salt in a large bowl. Add watercress, egg and corn; toss to combine. To serve, arrange about 6 endive leaves on each salad plate in the shape of a star and top with about 1 cup of the salad. Season with pepper.
DAY 25

Breakfast
1 cup 1% milk
1 whole-wheat english muffin
1 tablespoon almond butter
1 peach, medium
sugar-free jam

Morning Snack
1/2 cup 1% cottage cheese with Vegetables
1 hard boiled egg
1 whole-wheat pita bread, small

Lunch
1 cup honeydew melon
2 cups tossed salad mix
2 tablespoons vinegar & oil salad dressing

Quesadillas con Frijoles Refritos

Quesadillas con Frijoles Refritos
These easy tortilla snacks, filled with refried beans, salsa, corn and cheese, satisfy your Tex-Mex cravings with a fraction of the fat and calories of the usual fare.

Time: 25 minutes (15 minute prep)

Ingredients
1 cup fat-free refried beans
2 tablespoons hot salsa, plus more for dipping
12 6-inch corn tortillas
1 cup frozen corn, thawed
1/3 cup chopped fresh cilantro
1/3 cup chopped scallions
3/4 cup finely grated Monterey Jack cheese, 3 oz.

Directions
Preheat oven to 400°F. Line a baking sheet with foil. Combine refried beans and 2 tablespoons salsa in a small bowl. Place a tortilla directly on a stovetop burner (gas or electric), set at medium, and toast, turning frequently with tongs, until softened, about 30 seconds. Wrap in a kitchen towel to keep warm while you soften the remaining tortillas in the same manner. Lay 6 of the softened tortillas on the prepared baking sheet. Divide the bean mixture among these tortillas, spreading evenly. Sprinkle each with corn, cilantro and scallions, then cheese. Top with the remaining softened tortillas and press to seal. Bake until lightly crisped and browned, about 10 minutes. Cut each quesadilla into 4 wedges.

Serve hot, with additional salsa for dipping.

Breakfast
1 cup 1% milk
1 whole-wheat english muffin
1 tablespoon almond butter
1 peach, medium

Morning Snack
1/2 cup 1% cottage cheese with Vegetables
1 hard boiled egg
1 whole-wheat pita bread, small

Lunch
1 cup honeydew melon
2 cups tossed salad mix
2 tablespoons vinegar & oil salad dressing

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Serve hot, with additional salsa for dipping.
**Afternoon Snack**
4 oz. carrot sticks
4 tablespoons prepared hummus

**Dinner**
1 cup steamed green beans
3/4 cup canned pineapple chunks, in water
1/2 cup cooked brown rice
Raspberry, Avocado & Mango Salad
3 oz. roast turkey, light meat, without skin

---

**Raspberry, Avocado & Mango Salad**

Pureed berries give the tangy wine vinegar dressing a creamy texture that gently clings to the lettuce and fruit. This is a salad to enjoy when fresh berries are in the market.

**Time:** 25 minutes (25 minute prep)

**Ingredients**
- 1 1/2 cups fresh raspberries, divided
- 1/4 cup extra-virgin olive oil
- 1/4 cup red-wine vinegar
- 1 small clove garlic, coarsely chopped
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground pepper
- 8 cups mixed salad greens
- 1 ripe mango, diced
- 1 small ripe avocado, diced
- 1/2 cup thinly sliced red onion
- 1/4 cup toasted chopped hazelnuts, or sliced almonds, optional

**Directions**
Puree 1/2 cup raspberries, oil, vinegar, garlic, salt and pepper in a blender until combined. Combine greens, mango, avocado and onion in a large bowl. Pour the dressing on top and gently toss to coat. Divide the salad among 5 salad plates. Top each with the remaining raspberries and sprinkle with nuts, if using.
**, Creamy Avocado & White Bean Wrap**

White beans mashed with ripe avocado and blended with sharp Cheddar and onion makes an incredibly rich, flavorful filling for this wrap. The tangy, spicy slaw adds crunch. A pinch (or more) of ground chipotle pepper and an extra dash of cider vinegar can be used in place of the canned chipotles in adobo sauce. Serve with tortilla chips, salsa and Tecate beer.

**Time:** 25 minutes (25 minute prep)

**Ingredients**
- 2 tablespoons cider vinegar
- 1 tablespoon canola oil
- 2 teaspoons finely chopped canned chipotle chile in adobo sauce
- 1/4 teaspoon salt
- 2 cups shredded red cabbage
- 1 medium carrot, shredded
- 1/4 cup chopped fresh cilantro
- 1 15 oz. can white beans, rinsed
- 1 ripe avocado
- 1/2 cup shredded sharp Cheddar cheese
- 2 tablespoons minced red onion
- 4 8- to 10-inch whole-wheat wraps, or tortillas

**Directions**
Whisk vinegar, oil, chipotle chile and salt in a medium bowl. Add cabbage, carrot and cilantro; toss to combine. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion. To assemble the wraps, spread about 1/2 cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about 2/3 cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.

**Nutrition Facts**

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**Bonus:** Vitamin A (60% daily value), Vitamin C (45% dv)
Cube Steak Milanese
The economical cube steak is elevated to new heights in this recipe. The salad, with chopped arugula, basil, tomatoes, onion and sharp Italian cheese, is the picture of summer simplicity; all it needs is olive oil and lemon to dress it.

Time: 45 minutes (45 minute prep)

Ingredients
- 4 plum tomatoes, seeded and chopped
- 1/2 cup diced red onion
- 1/2 teaspoon salt, divided
- 1 egg, plus 1 egg white
- 1/2 cup plain dry breadcrumbs
- 1/4 cup grated Pecorino Romano/Parmesan cheese, plus 1/4 cup shaved
- 2 tablespoons minced fresh parsley (optional)
- 1 pound cub steak, cut into 4 portions
- 1/2 teaspoon freshly ground pepper, divided
- 6 teaspoons extra-virgin olive oil, divided
- 4 cups baby arugula, chopped
- 3/4 cup thinly sliced fresh basil leaves
- 1 tablespoon fresh lemon juice, plus lemon wedges for garnish

Directions
Combine tomatoes, onion and 1/4 teaspoon salt in a large bowl.
Whisk egg and egg white in a shallow dish. Combine breadcrumbs, grated cheese and parsley (if using) in another shallow dish. Season steak with the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Dip each piece into the egg, allowing excess to drip off into the dish, then dip in the breadcrumb mixture and turn to coat. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the steaks and cook until golden brown on the first side, about 3 minutes. Turn the steaks over, add 1 teaspoon oil and cook until the steaks are cooked through, 3 to 4 minutes more. Transfer to a plate; tent with foil to keep warm Add 1/4 cup shaved cheese to the tomato mixture. Add the remaining 1/4 teaspoon pepper, the remaining 3 teaspoons oil, arugula, basil and lemon juice; toss to combine. Serve the steaks on beds of the arugula-tomato salad. Garnish with lemon wedges.
DAY 27

Breakfast

1 cup 1% milk
1 1/2 cups Cheerios cereal
1/2 banana, small

Morning Snack

1/2 cup raspberries
2/3 cup cottage cheese with fruit

Lunch

8 oz. reduced sodium minestrone canned soup
1 cup tossed salad mix
1 1/2 tablespoons vinegar & oil salad dressing
1 whole-wheat pita bread, small
1 cup 1% milk
2 oz tuna salad

Afternoon Snack

1 oz. low fat cheddar cheese
2 whole-grain rice cakes

Dinner

1/2 cup cooked couscous
1 cup steamed broccoli
1 peach, medium

Chef’s Recipes

- Cajun Pecan-Crusted Catfish
- Claire’s Mixed Green Salad with Feta

Notes

DINNER RECIPES CONTINUED ON NEXT PAGE >>
Cajun Pecan-Crusted Catfish

Crunchy, battered catfish fillets have jumped out of the Louisiana backwaters to become a national favorite, thanks in large part to the Cajun cooking craze that started in the '80s. Here, the fillets are coated in a spicy melange of cornflakes and pecans and baked for a traditional yet surprisingly healthy take on this bayou favorite.

**Time:** 40 minutes  (15 minute prep)

**Ingredients**
- 1/2 cup nonfat buttermilk
- 1/4 teaspoon hot sauce, such as Tabasco, or 1/8 teaspoon cayenne pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon chili powder
- 1/4 teaspoon garlic salt
- 2 cups cornflakes
- 1/2 cup pecan pieces
- 1 pound catfish fillets, about 1 inch thick, cut into 4 portions

**Directions**

Preheat oven to 375°F. Line a baking sheet with foil. Blend buttermilk, hot sauce (or cayenne), oregano, chili powder and garlic salt in a shallow dish. Pulse cornflakes in a food processor until coarse crumbs form. Transfer to a large plate. Pulse pecans in the food processor until coarsely chopped; mix the pecans with the cornflake crumbs. (Alternatively, place cornflakes in a sealable bag and crush with a rolling pin; chop nuts with a knife.) Dip each catfish fillet in the buttermilk mixture, then dredge in the cornflake mixture, coating both sides. Transfer to the prepared baking sheet. Bake the catfish for 25 minutes, or until it flakes easily with a fork. Serve immediately.

**DINNER RECIPE CONTINUED ON NEXT PAGE >>**
Claire’s Mixed Green Salad with Feta Vinaigrette

This salad was inspired by one served during the peak of summer at Claire’s Restaurant & Bar in Hardwick. Chef Steven Obranovich of Claire’s likes the soft crumbly sheep’s-milk feta for this recipe. He cautions that the subtle briny notes of feta can sometimes be overpowered by too much lemon or an olive oil that’s too fruity. Saltiness varies from feta to feta too. Add the ingredients a little at a time and taste as you go.

**Time:** 15 minutes  (15 minute prep)

**Ingredients**

**(Feta Vinaigrette)**
- 3 tablespoons sunflower oil, or canola oil
- 3 tablespoons extra-virgin olive oil, preferably mild-flavored
- 1/4 cup finely crumbled feta cheese
- 1 tablespoon cider vinegar
- 1 tablespoon red-wine vinegar
- 2 teaspoons lemon juice, or to taste
- 1 teaspoon freshly ground pepper, or to taste
- 1/4 teaspoon salt, or to taste

**(Salad)**
- 8 cups lightly packed mixed salad greens, or arugula, tough stems removed
- 2 cups sliced cucumbers
- 1 1/2 cups cherry tomatoes, halved
- 5 radishes, thinly sliced
- 1/4 cup very thinly sliced red onion

**Directions**

To prepare vinaigrette: Place sunflower (or canola) oil, olive oil, feta, cider vinegar, red-wine vinegar, lemon juice, pepper and salt in a blender and puree until combined. Adjust seasoning with additional lemon juice, salt or pepper, if desired. To prepare salad: Toss greens (or arugula) in a large bowl with half the vinaigrette. Mound on a large platter. Arrange cucumbers, tomatoes, radishes and onion on top of the greens. Drizzle the remaining vinaigrette over the salad.

**Nutrition Facts**

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**Servings:** 6

**Carbs:** 1/2

**Bonus:** Vitamin A (50% daily value), Vitamin C (35% dv), Folate (23% dv)
Southwestern Beef & Bean Burger Wraps

Kids and adults alike will love these quick, zippy burgers. The beans make the burgers a little fragile, so be careful when taking them off the broiler pan. Make it a meal: Serve a green salad and frozen mango slices for dessert.

**Time:** 25 minutes (25 minute prep)

**Ingredients**
- 12 oz. 93%-lean ground beef
- 1 cup refried beans
- 1/2 cup chopped fresh cilantro
- 1 tablespoon chopped pickled jalapenos
- 1 avocado, peeled and pitted
- 1/2 cup prepared salsa
- 1/8 teaspoon garlic powder
- 4 whole-wheat tortillas, warmed
- 2 cups shredded romaine lettuce
- 1/2 cup shredded pepper Jack cheese
- 1 lime, cut into 4 wedges

**Directions**
Position oven rack in upper third of oven; preheat broiler. Coat a broiler pan with cooking spray. Gently combine ground beef, beans, cilantro and jalapenos in a medium bowl (do not overmix). Shape into four 5-by-2-inch oblong patties and place on the prepared pan. Broil the patties until an instant-read thermometer inserted into the center reads 165°F, 12 to 14 minutes. Meanwhile, mash together avocado, salsa and garlic powder in a small bowl. Place tortillas on a clean work surface. Spread each with the guacamole, then sprinkle with lettuce and cheese. Top each with a burger and roll into a wrap. Serve immediately, with lime wedges.

**Nutrition Facts**

Servings Per Recipe: 4  
Calories 346  
Carbohydrates 44g  
Fat 17g  
Saturated Fat 4g  
Monounsaturated Fat 9g  
Protein 12g  
Cholesterol 15mg  
Dietary Fiber 13g  
Potassium 491mg  
Sodium 462mg  
Added Sugars 0g  
Exchanges: 2 1/2 starch, 1 vegetable, 1 lean meat, 2 fat  
Carbs: 2

**Bonus:** Vitamin A (60% daily value), Vitamin C (45% dv)
Grilled Chicken Breasts with Chipotle-Orange Glaze

Chipotle peppers in adobo sauce contribute a rich smokiness to this quick orange-infused barbecue sauce.

**Time:** 25 minutes (10 minute prep)

**Ingredients**
- 2 tablespoons orange-juice concentrate, thawed
- 1 tablespoon finely chopped chipotle peppers in adobo sauce
- 1 tablespoon balsamic vinegar
- 2 teaspoons unsulfured molasses
- 1 teaspoon Dijon mustard
- 1 pound bonless, skinless chicken breasts

**Directions**
Preheat grill or broiler. Whisk together orange-juice concentrate, chipotle pepper, vinegar, molasses and mustard in a small bowl. Lightly oil the grill or broiler rack. Season chicken with salt and grill or broil for 2 minutes. Turn, brush with the glaze and cook for 4 minutes, brushing occasionally with glaze. Turn again, brush with the glaze, and cook until the center is no longer pink, 1 to 2 minutes longer.

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**Bonus:** Vitamin C (20% daily value)