

Transformation *Recipes*



Recipes

Turkey and Spinach Manicotti (Serves 4)

8 uncooked whole-wheat manicotti pasta shells
½ lb. lean ground turkey
1 medium onion, chopped (1/2 cup)
2 tsp. finely chopped garlic
1-cup fat free ricotta cheese
1tsp. Italian dressing
1 box frozen cut spinach, thawed, squeezed to drain
1-½ cups low sodium Marinara sauce
2Tbsp. finely shredded Parmesan cheese

Directions: Preheat oven to 375 degrees. Spray bottom and sides of 11x17 inch glass baking dish with cooking spray. Cook pasta shells as directed on box, omitting salt. Rinse with cool water; drain well. Spray 10-inch nonstick skillet with cooking spray. Cook turkey, onion and garlic over medium heat about 5 minutes, stirring frequently, until turkey is no longer pink. Remove from heat. Stir in ricotta cheese, Italian seasoning and spinach. Spoon turkey mixture into shells; arrange in baking dish. Spoon marinara sauce over shells. Bake uncovered 20 to 25 minutes or until hot and bubbly. Sprinkle with Parmesan cheese.

Tuna with Pear Salsa (Serves 6)

Pear Salsa

1 large unpeeled pear, chopped (1 ½ cups)
1 medium hot or mild yellow chile, (2 Tbsp.)
2 medium green onions, chopped (2 Tbsp.)
2 Tbsp. chopped fresh cilantro
2 tsp. grated lemon peel
2 Tbsp. lemon juice
½ tsp. salt

Tuna

6 small tuna or halibut fillets (1 ½ lb.)

Directions: In small glass or plastic bowl, mix all pear salsa ingredients. Cover, refrigerate at least 1 hour to blend flavors but no longer than 24 hours. Set oven control to broil. Spray broiler pan rack with cooking spray. Place fish on rack in broiler pan. Broil with tops about 4 inches from heat about 5 minutes or until fish flakes easily with fork. Serve tuna topped with salsa.

Mini Mushroom and Sausage Quiche (Serves 12)

8 ounces turkey breakfast sausage, removed from casing and crumbled into small pieces

1-teaspoon extra-virgin olive oil

8 ounces mushrooms, sliced

¼ cup sliced scallions

¼ cup shredded 2% Swiss or 2% mozzarella cheese

1 teaspoon freshly ground pepper

5 eggs

3 egg whites

1-cup skim milk

Directions: Position rack in center of oven; preheat to 325 degrees F. Coat a nonstick muffin tin generously with cooking spray. Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5 to 7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper. Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup. Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let cool completely.

Blueberry Smoothie (Serves 2)

1 cup frozen blueberries

½ cup almond milk

6 oz. Greek yogurt

1 scoop vanilla protein

Directions: Blend ingredients together.

Strawberry Smoothie (serves 2)

1 cup frozen strawberries

½ cup almond milk

6 oz. Greek yogurt

1 scoop vanilla protein

Directions: Blend ingredients together.

Shrimp Caesar Salad (Serves 4)

Dressing

2 tablespoons light mayonnaise

2 tablespoons water

2 tablespoons fresh lemon juice

1 teaspoon grated Parmesan cheese

¼ teaspoon freshly ground black pepper

¼ teaspoon Sriracha (hot chile sauce, such as Huy Fong)

1/8 teaspoon Worcestershire sauce

2 garlic cloves, minced

Salad

2 tablespoons grated Parmesan cheese

1 ½ pounds medium shrimp, cooked and peeled

1 (10-ounce) package chopped romaine lettuce

3 tablespoons pine nuts, toasted

Chopped fresh chives (optional)

Directions: To prepare dressing, combine mayonnaise and next 7 ingredients (through garlic), stirring with a whisk. To prepare salad, combine 2 tablespoons cheese, shrimp, and lettuce in a large bowl. Add dressing; toss well to coat. Top with pine nuts. Garnish with chives, if desired. Serve immediately.

Guacamole (Serves 2)

2 ripe avocados, peeled and pitted

2 Tbsp. lime juice

1/8 tsp. salt

¼ cup chopped fresh cilantro

½ cup onions

1 cup cored chopped tomatoes

¼ tsp. minced garlic

¼ tsp. hot pepper sauce (optional)

Directions: In a medium bowl, mash the avocados with the lime juice and salt. Stir in the cilantro, onions, tomatoes, garlic, and hot-pepper sauce. Cover with plastic wrap and refrigerate for 1 hour before serving.

Pita chips: Cut a whole-wheat pita open and cut into triangular wedges. Bake at 350 degrees for about 7 minutes or until crisp.

Orange Beef and Broccoli Stir Fry (Serves 4)

3 Tbsp. low sodium chicken broth

½ cup orange juice

2 Tbsp. light soy sauce

1 Tbsp. grated fresh ginger

2 tsp. cornstarch

1 tsp. toasted sesame oil

½ tsp. crushed red pepper flake

¾ lb. beef sirloin, trimmed of all fat

2 tsp. extra virgin olive oil (EVOO)

1 large bunch broccoli, cut into florets

1-bunch scallions, cut into diagonal slices

3 cloves garlic, minced

2 cups cooked brown rice

Directions: In a medium bowl, combine the broth, orange juice, soy sauce, ginger, cornstarch, sesame oil, and red pepper flakes. Add the beef, tossing to coat. Let stand for 10 minutes. Heat 1 tsp. of the oil in large skillet over medium-high heat. Add the beef to the skillet, reserve the marinade. Cook the beef, stirring for 3 minutes, or until browned. Remove to a plate. Add the remaining 1 tsp. oil to the skillet. Add the broccoli, scallions, and garlic; cook, stirring, for 2 minutes. Add the reserved marinade and cook, stirring for 3 minutes, or until the mixture boils and thickens slightly. Return the beef to the pan and cook, stirring for 2 minutes or until heated through. Serve over rice.

Grilled Greek Chicken Sandwiches (Serves 2)

Cucumber Sauce

¼ cup fat free plain yogurt

1/3 cup finely chopped seeded cucumber

1 medium green onion, sliced (1 Tbsp.)

Dash salt and pepper

Sandwiches

2 tbsp. lemon juice

1 tsp. Extra Virgin Olive Oil (EVOO)

¼ tsp. dried oregano leaves

dash salt and pepper, if desired

2 boneless skinless chicken breasts

1 low carb wrap

1 small tomato, sliced

2 thin slices red onion

Directions: Heat gas or charcoal grill. In a small bowl, mix sauce ingredients. Set aside (make 30 minutes or less prior to eating). In another small bowl, mix lemon juice, oil, and oregano. Brush lemon mixture over chicken, coating all sides. Sprinkle with salt and pepper. Place chicken on grill. Cover grill; cook over medium heat 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut. Wrap pita

halves in foil; place on grill 1 to 2 minutes or until warm. Place chicken, tomato, and onion inside pita pockets. Top with sauce.

Spinach Salad with Spiced Pork with Ginger Dressing (Serves 4)

1 (1-pound) pork tenderloin, trimmed
1 tablespoon Sriracha (hot chile sauce, such as Huy Fong)
2 tablespoons brown sugar
½ teaspoon garlic powder
¼ teaspoon salt
Cooking spray
3 cups baby spinach leaves
2 cups thinly sliced Napa cabbage
1-cup red bell pepper strips
¼ cup low-fat sesame ginger dressing (such as Newman's Own)

Directions: Cut pork crosswise into ½-inch slices; flatten each slice slightly with hand. Combine pork and Sriracha in a bowl, tossing to coat. Add sugar, garlic powder, and salt; toss well. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add pork mixture to pan, and cook 3 minutes on each side or until done. Remove from heat; keep warm. Combine spinach, cabbage, and bell pepper in a large bowl. Add sesame ginger dressing; toss well. Arrange 1 ½ cups spinach mixture in each of 4 shallow bowls; top each serving with 3 ounces pork.

Grilled Chicken Tacos (serves 4)

1 Tbsp. Extra Virgin Olive Oil (EVOO)
1 Tbsp. lime juice
2 tsp. chili powder
1/8 tsp. salt
2 boneless skinless chicken breasts
1 can (15 oz.) low sodium black beans, drained
1/3-cup salsa

2 Tbsp. chopped fresh cilantro

8 low-card whole-wheat tortillas

¼ cup 2% shredded cheddar cheese

2 Tbsp. fat free sour cream

Directions: Heat grill. In shallow dish, mix oil, lime juice, chili powder and salt. Add chicken breasts, turning to coat. Place chicken on grill. Cover grill; cook over medium heat about 12 minutes, turning once, or until juice of chicken is clear when center of thickest part is cut. Remove from heat; slice crosswise into strips. Meanwhile, in 2-quart saucepan, heat beans, salsa, and cilantro over medium heat, stirring occasionally, until thoroughly heated. Divide chicken evenly half of each tortilla; top with beans, cheese, and sour cream. Fold tortilla in half over filling.

Avocado Mango Chicken (Serves 4)

¼ cup Worcestershire sauce

1 Tablespoon soy sauce

2 teaspoons adobo sauce (from canned chipotle chiles)

2 limes

4 boneless, skinless chicken breasts (4 oz. each)

1 large mango, coarsely chopped

1 tablespoon finely chopped onion

2 tablespoons sea salt

Directions: Mix Worcestershire, soy and adobo sauces with juice from 1 of the limes in a bowl. Place chicken in a sealable plastic bag and pour in marinade. Refrigerate 30 minutes. Heat oven to 350 degrees. Combine mango, avocado, cilantro, onion, salt and juice from remaining lime in a bowl, then refrigerate. Transfer chicken and marinade to a baking dish and cook until tender and no longer pink, approximately 20 minutes. Remove chicken from oven, place each breast on a plate and top with ¼ cup of salsa. Serve with one tortilla each.

Beef Tenderloin Steak (Serves 4)

4 (4-ounce) filet mignon steaks, trimmed

¼ teaspoon salt

¼ teaspoon black pepper

Cooking spray

¾ cup port or other sweet red wine

2 tablespoons jellied cranberry sauce

2 tablespoons fat-free, less sodium beef broth

1/8-teaspoon salt

1/8-teaspoon black pepper

1 garlic clove, minced

2 tablespoons crumbled blue cheese

Directions: Heat a large cast-iron skillet over medium-high heat. Sprinkle steaks with ¼ teaspoon salt and ¼ teaspoon pepper; coat steaks with cooking spray. Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness. Remove steaks from pan; keep warm. Add port, cranberry sauce, broth, 1/8-teaspoon salt, 1/8-teaspoon pepper, and garlic to pan, scraping pan to loosen browned bits. Reduce heat, and cook until liquid is reduced to ¼ cup (about 4 minutes). Serve steaks with sauce; top with cheese.

Salsa Chicken Sandwiches (Serves 4)

4 boneless skinless chicken breasts

4 whole-wheat burger buns, split or low carb wraps

¼ cup black bean dip

¼ cup garlic cilantro salsa, or your favorite salsa

½ cup shredded lettuce

Directions: Set oven control to broil. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about ¼ inch thick. Place chicken on rack in broiler pan. Broil with tops 4 to 6 inches from heat 15 to 20 minutes, turning once (add buns last 3 to 4 minutes), until chicken is no longer pink in center and buns are lightly toasted. Spread

bottom half of each bun with 1 Tbsp. dip. Top each with chicken breast; spread with 1 Tbsp salsa. Top each with 2 Tbsp lettuce and top of bun.

Sautéed Tilapia with Pan Seared Peppercorn Sauce (Serves 2)

¾ cup fat-free, less sodium chicken broth

¼ cup fresh lemon juice

1 ½ teaspoons drained brine-packed green peppercorns, lightly crushed

1 teaspoon butter

1-teaspoon vegetable oil

2 (6-ounce) tilapia or sole fillets

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

¼ cup all-purpose flour

2 teaspoons butter

Lemon wedges (optional)

Directions: Combine first three ingredients. Melt 1 teaspoon of butter with oil in a large nonstick skillet over low heat. While butter melts, sprinkle fish fillets with salt and black pepper. Place the flour in a shallow dish. Dredge fillets in flour; shake off excess flour. Increase heat to medium-high; heat 2 minutes or until butter turns golden brown. Add fillets to pan; sauté three minutes on each side or until fish flakes easily when tested with a fork. Remove fillets from pan. Add broth mixture to pan, scraping to loosen browned bits. Bring to a boil; cook until reduced to ½ cup (about 3 minutes). Remove from heat. Stir in two teaspoons of butter with a whisk. Serve sauce over fillets. Garnish with lemon wedges, if desired.

Baked Salmon with Dill (Serves 4)

4 (6-ounce) salmon fillets (about 1 inch thick)

Cooking spray

1-½ tablespoons finely chopped fresh dill

½ teaspoon kosher salt

1/8 teaspoon freshly ground black pepper

4 lemon wedges

Directions: Preheat oven to 350 degrees. Place fish on a baking sheet lightly coated with cooking spray; lightly coat fish with cooking spray. Sprinkle fish with dill, salt, and pepper. Bake at 350 degrees for 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with lemon wedges.

Fajita Turkey Burger (Serves 4)

¼ cup bottled tomatillo salsa

2 tablespoons chopped avocado

1 tablespoon chopped fresh cilantro

2 (1-ounce) slices wheat bread

Cooking spray

½ cup finely chopped onion

½ cup finely chopped red bell pepper

½ cup finely chopped green bell pepper

2 teaspoons fajita seasoning, divided

¼ teaspoon salt, divided

1-tablespoon tomato paste

1-pound ground turkey

1 egg white

4 (1 ½ ounce) whole-wheat hamburger buns, toasted

Directions: Combine tomatillo salsa, chopped avocado, and cilantro; set aside. Place bread in a food processor; pulse 10 times or until crumbs measure 1 cup. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion and bell peppers; sauté five minutes or until tender. Stir in ½ teaspoon fajita seasoning and 1/8-teaspoon salt. Cool. Combine breadcrumbs, onion mixture, remaining 1 ½ teaspoons fajita seasoning, remaining 1/8-teaspoon salt, tomato paste, turkey, and egg white in a large bowl. Using damp hands, divide turkey mixture into four equal portions, shaping each into ¾ -inch-thick patty. Heat pan over medium heat. Recoat pan with cooking spray. Add patties; cook four minutes on each side or until done. Place 1 patty on bottom half of each bun. Top each serving with 1 ½ tablespoons salsa mixture; top with remaining halves of buns.

Yogurt Pops (Serves 4)

1 container (6 oz.) fat free flavor (any flavor) Greek yogurt

1 packet of sugar free crystal light or Hawaiian punch

Directions: In a medium bowl, combine yogurt and crystal light or Hawaiian punch. Pour into 4 -3 oz. paper cups; freeze 1 hour or until partially frozen. Insert wooden sticks into each cup and freeze additional 4 hours or until solid.

Chicken, Cashew, and Red Pepper Stir Fry (Serves 4)

3 $\frac{3}{4}$ teaspoons cornstarch, divided

2 tablespoons low sodium soy sauce, divided

2 teaspoons dry sherry

1-teaspoon rice wine vinegar

$\frac{3}{4}$ teaspoon sugar

$\frac{1}{2}$ teaspoon hot pepper sauce (such as Tabasco)

1-pound chicken breast tenders, cut lengthwise into thin strips

$\frac{1}{2}$ cup coarsely chopped unsalted cashews

2 tablespoons canola oil

2 cups julienne-cut red bell pepper (about 1 large)

1 teaspoon minced garlic

$\frac{1}{2}$ teaspoon minced peeled fresh ginger

3 tablespoons thinly sliced green onions

Directions: Combine 1-teaspoon cornstarch, 1-tablespoon soy sauce, and next four ingredients (through hot pepper sauce) in a small bowl; stir with a whisk. Combine remaining 2- $\frac{3}{4}$ teaspoon cornstarch, remaining 1-tablespoon soy sauce, and chicken in a medium bowl; toss well to coat. Heat a large nonstick skillet over medium-high heat. Add cashews to pan; cook 3 minutes or until lightly toasted, stirring frequently. Remove chicken from pan; place in a bowl. Add bell pepper to pan; sauté 2 minutes, stirring occasionally. Add garlic and ginger; cook 30 seconds. Add chicken and cornstarch mixture to pan; cook 1 minute or until sauce is slightly thick. Sprinkle with cashews and green onions.

Roasted Chicken with Peppers and Onions (Serves4)

½ teaspoon freshly grated lemon zest

3 tablespoons lemon juice

2 tablespoons finely chopped garlic

2 tablespoons finely chopped fresh oregano or 1 teaspoon dried

2 tablespoons finely chopped pickled jalapeno peppers

2 tablespoons extra-virgin olive oil (EVOO)

½ teaspoon salt

1-pound boneless chicken breasts

1 red, yellow or orange bell pepper, seeded and thinly sliced

½ medium onion, thinly sliced

Directions: Preheat oven to 425 degrees F. Whisk lemon zest, lemon juice, garlic, oregano, jalapenos, oil and salt in a 9-by-13-inch glass baking dish. Add tenders, bell pepper, and onion; toss to coat. Spread the mixture out evenly; cover with foil. Bake until the chicken is cooked through and no longer pink in the middle, 25 to 30 minutes.

Steak Salad with Creamy Ranch Dressing (Serves 4)

Steak

½ teaspoon garlic powder

½ teaspoon brown sugar

½ teaspoon ground red pepper

¼ teaspoon black pepper

1 (1-pound) boneless sirloin steak, trimmed (about 1/2 inch thick)

Cooking spray

Salad

2 cups grape tomatoes

1 cup halved and sliced cucumber

1 cup sliced red onion

1 (16 ounce) bag classic iceberg salad mix or chop your own

½ cup fat-free ranch dressing

Directions: Heat a nonstick grill pan over medium-high heat. Preheat broiler. To prepare steak, combine the first 5 ingredients; rub evenly over both sides of steak. Coat grill pan with cooking spray. Cook steak four minutes on each side or until desired degree of doneness. Remove from pan; let stand five minutes. Cut steak diagonally across grain into thin slices. While steak stands, prepare salad. Combine tomatoes, cucumber, onion, and lettuce in a large bowl. Add dressing, tossing gently to coat. Divide salad evenly among four plates; top with steak.

Asian Chicken Salad (Serves 4)

2 tablespoons seasoned rice vinegar

1-tablespoon low-sodium soy sauce

1-tablespoon dark sesame oil

1 teaspoon bottled ground fresh ginger (such as Spice World)

1-teaspoon honey

6 cups gourmet salad greens

2 cups chopped cooked chicken

1-cup matchstick-cut carrots

1 cup snow peas, trimmed and cut lengthwise into thin strips

2 tablespoons sliced almonds, toasted

Directions: Combine vinegar, soy sauce, sesame oil, ginger, and honey in a large bowl, stirring well with a whisk. Add salad greens, chicken, carrots, and snow peas; toss gently to coat. Sprinkle with almonds.

Shrimp Salad (Serves1)

10 cooked shrimp

1/3-cup avocado, sliced

1 Tbsp. silvered almonds

2 Tbsp. red onion, diced

2 Tbsp. carrot, diced

1 Tbsp. sesame dressing

2 cups of greens

Directions: Toss all ingredients together and serve.

Chicken Salad Wrap (Serves 6)

4 cups mixed salad greens (about ½ of 10-oz. bag)

1 pkg. (6 oz.) Fresh Grilled Chicken Breast Strips

1 medium tomato, chopped

1 medium red pepper, chopped

½ cup Fat Free Crumbled Feta Cheese

¼ cup Fat Free Italian Dressing

1 pkg. (12.5 oz.) Low Carb Whole Wheat Tortillas, warmed

Directions: Toss salad greens with chicken, tomato, peppers and cheese in large bowl. Add dressing; mix lightly. Place about 2/3 cup of the greens mixture on each tortilla; roll up.

Tex Mex Beef Tacos (Serves 10)

Cooking Spray

1 cup chopped onion

2 garlic cloves, minced

1-pound ground lean beef

1 cup frozen whole-kernel corn

½ cup water

¼ teaspoon salt

1/8-teaspoon black pepper

1 (15-ounce) can black beans, rinsed and drained

1 (8-ounce) can tomato sauce

1 to 3 drained canned chipotle chiles in adobo sauce, chopped

10 (8-inch) whole-wheat low carb tortillas

Directions: Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion, garlic, and beef; cook 6 minutes or until browned, stirring to crumble beef. Stir in corn and next 6 ingredients (corn through chiles). Bring to a boil; reduce heat, and simmer 10 minutes. Warm tortillas according to package directions. Spoon ½ cup beef mixture into each tortilla.

Flank Steak with Shiitake Mushrooms (Serves 4)

Steak

½ teaspoon salt

¼ teaspoon black pepper

1 (1-pound) flank steak, trimmed

Cooking Spray

Sauce

½ cup chopped onion

1 garlic clove, minced

2 cups thinly sliced shiitake mushroom caps (about ½ pound mushrooms)

1 cup less-sodium beef broth

1/3 cup dry white wine

1-tablespoon balsamic vinegar

½ cup minced green onions

Directions: Preheat broiler. To prepare steak, sprinkle salt and pepper evenly over both sides of steak. Place steak on a broiler pan coated with cooking spray; broil 5 minutes on each side or until desired degree of doneness. Remove the steak from oven; loosely cover with foil. To prepare sauce, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add broth, wine, and vinegar. Bring to a boil; reduce heat to medium, and cook until reduce to 1 ¼ cups (about 6 minutes). Add green onions, and cook for a minute. Slice steak diagonally across the grain into ¼-inch slices. Serve steak with mushroom sauce.

Orange Glazed Salmon (Serves 4)

4 (6-ounce) salmon fillets (1 inch thick)

½ teaspoon kosher salt

¼ teaspoon freshly ground black pepper

Cooking spray

2 tablespoons minced shallots

¼ cup dry white wine

½ teaspoon chopped fresh rosemary

¾ cup fresh orange juice (about 2 oranges)

1-tablespoon light maple syrup

Directions: Sprinkle fillets evenly with salt and pepper. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add fillets; cook two minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove from pan. Recoat pan with cooking spray. Add shallots; sauté 30 seconds. Stir in wine and rosemary; cook 30 seconds or until liquid almost evaporates. Add juice and syrup; bring to a boil, and cook one minute. Return fillets to pan; cook one minute on each side or until thoroughly heated.

Layered Bruschetta Salad (Serves 4)

4 plum tomatoes, chopped

2 Tbsp. chopped fresh basil

½ cup Light Balsamic Vinaigrette Dressing

1 pkg. (10 oz.) torn romaine lettuce

1 pkg. (6 oz.) Italian Style Chicken Breast Strips

2 Tbsp. Reduced Fat Grated Parmesan Cheese

Directions: Combine tomatoes, basil and dressing; set aside. Place lettuce in medium serving bowl; top with layers of croutons, chicken and tomato mixture. Sprinkle with cheese. Serve immediately.

Turkey Cucumber Wrap (Serves 1)

- 1 whole-wheat low carb wrap
- 1 Tbsp. light mayo
- 1 lettuce leaf
- 4 slices Fresh Shaved Smoked Turkey Breast
- 2 slices tomato
- 1 KRAFT 2% Milk singles
- 4 slices cucumber

Directions: Spread bread with dressing. Top with lettuce, turkey, tomatoes, 2% Milk singles and cucumbers. Fold in half to serve.

Chicken Quesadillas (Serves 4)

- 2 cups shredded cooked chicken
- ½ cup drained canned whole kernel corn
- ½ cup sliced green onions
- ½ cup drained canned low sodium black beans, rinsed
- 1-cup salsa
- 1 cup 2% shredded Cheddar Cheese
- 8 whole-wheat low carb tortillas

Directions: Layer chicken, corn, onions, beans, salsa and cheese evenly over one half of each tortilla. Fold tortillas in half to enclose filling. Cook one or two quesadillas at a time in large nonstick skillet on medium-high heat three minutes on each side or until quesadillas are lightly browned on both sides and cheese is melted.

Fish and Fries (Serves 1)

4 oz. cod

1 Tbsp. Extra Virgin Olive Oil (EVOO)

1 large Sweet Potato

1 tsp. EVOO

Sprinkle of salt

Sprinkle of garlic

Directions: Rub cod with EVOO and sear two to three minutes per side. Cut sweet potato lengthwise into fries. Boil for ten minutes. Drain and toss potatoes, EVOO, salt, and garlic. Heat oven to 450 and spread fries on cookie sheet. Bake for 30 to 40 minutes.

Cabbage Salad (Serves 1)

Cut 1-½ cups of cabbage and toss with 2 Tbsp. of low fat dressing.

Hoisin Flank Steak with Cucumber Salad (Serves 4)

3 tablespoons hoisin sauce

1 teaspoon bottled ground fresh ginger

½ teaspoon grated orange rind

1 (1-pound) flank steak, trimmed

Cooking spray

2 cups thinly sliced seeded peeled cucumber

¼ cup thinly vertically sliced red onion

¼ cup matchstick-cut carrot

1-tablespoon sugar

1 tablespoon chopped fresh cilantro

2 tablespoons fresh lime juice

2 teaspoons fish sauce

1/8-teaspoon salt

Directions: Preheat broiler. Combine first three ingredients in a small bowl. Brush steak with half of hoisin mixture. Place steak on a broiler pan coated with cooking spray. Broil six minutes. Turn steak over; brush with remaining hoisin mixture. Broil six minutes or until desired degree of doneness. Place steak on a cutting board; let stand five minutes. Combine cucumber and remaining ingredients in a bowl; toss to combine. Cut steak diagonally across grain into thin slices. Serve with cucumber salad.