

Apple Turkey Gyro

A healthy twist on a classic Greek dish.

Makes 6 servings. 1 gyro per serving.

Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients

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



Preparation

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

Nutrition information per serving: Calories 215, Carbohydrate 33 g, Dietary Fiber 5 g, Protein 14 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 25 mg, Sodium 259 mg



Black Bean and Corn Pitas

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

Makes 4 servings. *½ pita per serving.*

Prep time: 15 minutes

Ingredients

- | | |
|--|--|
| 1 (15-ounce) can low-sodium black beans | ⅛ teaspoon cayenne pepper or more to taste |
| 1 cup frozen corn, thawed | 2 teaspoons lemon juice |
| 1 cup fresh or no salt added canned tomatoes | ½ teaspoon chili powder |
| 1 avocado, chopped | 2 medium whole wheat pita pockets |
| 1 clove garlic, finely chopped | ⅓ cup shredded part-skim Mozzarella cheese |
| 1 teaspoon chopped fresh parsley | |

Preparation

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

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



Cactus Salad

Ingredients

- | | |
|---|--|
| 4 cups shredded green cabbage | 1 large tomato, chopped |
| 2 fresh cactus leaves
(about 1 cup), cleaned
and finely chopped | 1 serrano chili, seeds removed
and finely chopped |
| 4 thin slices white onion | 2 tablespoons cider vinegar |
| 4 radishes, thinly sliced | 1 teaspoon oil |
| | 1 teaspoon sugar |

Preparation

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

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

Makes 4 servings. 1½ cups per serving.

Prep time: 15 minutes

Nutrition information per serving:

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



Ceviche

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

Makes 4 servings.

¾ cup per serving.

Prep time: 20 minutes

Ingredients

- ½ pound cooked small bay shrimp
- 1 cup diced cucumber
- ½ cup diced avocado
- ½ cup chopped tomatoes
- ¼ cup finely chopped red onion
- ¼ cup frozen corn, thawed
- 3 tablespoons fresh lime juice

3 tablespoons prepared taco sauce

1 serrano chili, seeds removed and finely chopped

Preparation

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

Nutrition information per serving: Calories 98, Carbohydrate 9 g, Dietary Fiber 3 g, Protein 9 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 73 mg, Sodium 163 mg

Melon Cooler

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

Makes 4 servings.

¾ cup per serving.

Prep time: 10 minutes

Ingredients

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

Preparation

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

Nutrition information per serving: Calories 27, Carbohydrate 7 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 15 mg



Chicken Tomatillo Salad

Make a day ahead for a delicious lunch at work.

Makes 6 servings. 1 cup per serving.

Prep time: 20 minutes

Dressing

- 1 cup husked and quartered tomatillos
- 3 tablespoons light Italian dressing
- 1 fresh Anaheim chili, seeded and chopped
- ¼ teaspoon ground black pepper

Salad

- 2 cups chopped, cooked chicken or turkey
- 1 cup chopped red bell pepper
- 1 cup frozen corn, thawed
- 1 cup chopped carrots
- 4 green onions, sliced
- ¼ cup chopped fresh cilantro

Preparation

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

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



Chicken Tortas

Ingredients

- | | |
|-----------------------------------|--|
| 2 cups cooked, shredded chicken | 4 thin slices white onion |
| 1 teaspoon chili powder | ½ cup shredded reduced fat Monterey Jack cheese |
| 2 cups Pico de Gallo (see page 9) | 2 radishes, sliced |
| 2 cups shredded romaine lettuce | 1 fresh avocado, mashed |
| | 4 bolillos or French bread rolls, cut in half lengthwise |

Preparation

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

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

Makes 4 servings. 1 sandwich per serving.

Prep time: 15 minutes

Nutrition information per serving:

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



Corn and Green Chili Salad

Ingredients

2 cups frozen corn, thawed	1 tablespoon lime juice
1 (10-ounce) can diced tomatoes with green chilies, drained	¼ cup sliced green onions
½ tablespoon vegetable oil	2 tablespoons chopped fresh cilantro

Preparation

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

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

Makes 4 servings. ¾ cup per serving.

Prep time: 10 minutes

Nutrition information per serving:

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



Creole Green Beans

Spice up your everyday dinners with this jazzy dish.



INGREDIENTS

- | | |
|---|------------------------------|
| 2 teaspoons vegetable oil | 1 cup chopped fresh tomatoes |
| 2 small cloves garlic, chopped | ½ cup chopped celery |
| 1 (16-ounce) package frozen cut green beans | ½ teaspoon salt |
| 1 cup chopped red bell pepper | ¼ teaspoon cayenne pepper |

PREPARATION

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



Makes 8 servings. 1 cup per serving.

Prep time: 10 minutes **Cook time:** 15 minutes

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



Crispy Taquitos

Ingredients

- | | |
|---|--|
| 2 cups Pico de Gallo, divided
(see page 9) | ½ cup shredded reduced fat
Cheddar cheese, Monterey
Jack cheese, or queso fresco |
| ½ cup cooked, finely chopped
chicken | 12 corn tortillas |
| ½ cup no salt added canned corn
or frozen corn, thawed | 2 teaspoons vegetable oil |
| ¼ cup chopped green onion | |
| ¼ cup chopped green bell pepper | |

Preparation

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

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

Makes 4 servings. 3 taquitos per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving:

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



Dirty Rice and Blackeye Peas

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



INGREDIENTS

2½ cups fat free, low-sodium vegetable broth	½ cup finely chopped bell pepper
2 bay leaves	1 tablespoon Soulful Seasoning (see recipe on page 34)
1¾ cups long grain rice	6 ounces (about 2 patties) Turkey Apple Sausage (see recipe on pages 15–16)
2 cups frozen blackeye peas	2 cloves garlic, finely chopped
nonstick cooking spray	½ tablespoon dried parsley
1 cup finely chopped onion	½ teaspoon dried oregano
1 cup finely chopped celery	

PREPARATION

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



Makes 9 servings. *1 cup per serving.*

Prep time: 10 minutes **Cook time:** 30 minutes

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

Herbed Potato Salad

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

Makes 6 servings. *½ cup per serving.*

Prep time: 10 minutes **Cook time:** 10 minutes

Ingredients

- 1½ pounds red potatoes
(about 8 potatoes), cut into cubes
- ½ cup light Italian dressing
- ½ tablespoon spicy brown mustard
- 1 tablespoon chopped fresh parsley
- 1 teaspoon garlic salt
- ¼ teaspoon ground black pepper
- ½ cup chopped red bell pepper
- ½ cup chopped green bell pepper
- ½ cup chopped green onions



Preparation

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

Nutrition information per serving: Calories 132, Carbohydrate 24 g,
Dietary Fiber 4 g, Protein 2 g, Total Fat 4 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 441 mg



Meatball Soup

Ingredients

- | | |
|--|---|
| 6 cups water | 8 ounces lean ground beef, turkey, or chicken |
| ½ cup brown rice | 1 tomato, finely chopped |
| 3 low-sodium beef- or chicken-flavored bouillon cubes or 1 tablespoon low-sodium bouillon powder | ½ onion, peeled and finely chopped |
| 4 sprigs fresh oregano, finely chopped or 1 tablespoon dried oregano | 1 large egg |
| | ½ teaspoon salt |
| | 2 cups chopped fresh vegetables (carrots, celery, and broccoli) |

Preparation

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

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

Makes 4 servings.

½ cup broth mixture and 3 large meatballs per serving.

Prep time: 15 minutes

Cook time: 40 minutes

Nutrition information per serving:

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



Ceviche

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

Makes 4 servings.

¾ cup per serving.

Prep time: 20 minutes

Ingredients

- ½ pound cooked small bay shrimp
- 1 cup diced cucumber
- ½ cup diced avocado
- ½ cup chopped tomatoes
- ¼ cup finely chopped red onion
- ¼ cup frozen corn, thawed
- 3 tablespoons fresh lime juice

3 tablespoons prepared taco sauce

1 serrano chili, seeds removed and finely chopped

Preparation

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

Nutrition information per serving: Calories 98, Carbohydrate 9 g, Dietary Fiber 3 g, Protein 9 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 73 mg, Sodium 163 mg

Melon Cooler

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

Makes 4 servings.

¾ cup per serving.

Prep time: 10 minutes

Ingredients

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

Preparation

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

Nutrition information per serving: Calories 27, Carbohydrate 7 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 15 mg



Mexican Rice

Ingredients

- | | |
|--|---|
| 1 tablespoon vegetable oil | ½ teaspoon chili powder |
| 1 cup chopped onion | ¼ teaspoon salt |
| 1 (14½-ounce) can low-sodium chicken broth | 1 cup frozen corn, thawed |
| 1 cup white rice | 1 cup frozen pea and carrot blend, thawed |
| ¾ cup chopped tomatoes | |

Preparation

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

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

Makes 6 servings. ¾ cup per serving.

Prep time: 5 minutes

Cook time: 30 minutes

Nutrition information per serving:

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



Simmered Beans

Add Pico de Gallo for a spicy twist.

Makes 12 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 1 hour and 15 minutes to 1 hour and 45 minutes

Ingredients

- 2 cups dried beans (pinto, black, or pink), rinsed
- 8 cups water
- 1 onion, peeled and chopped
- 1 bay leaf
- ¼ teaspoon salt

Preparation

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

Nutrition information per serving: Calories 112, Carbohydrate 21 g, Dietary Fiber 7 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 53 mg

Refried Beans

Top with Tomatillo Salsa for great flavor and color.

Makes 4 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

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

Preparation

1. In a large nonstick pan, heat oil over medium heat. Add garlic and cook 1 minute.

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

Nutrition information per serving: Calories 200, Carbohydrate 32 g, Dietary Fiber 11 g, Protein 10 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 80 mg



Simmered Beans

Add Pico de Gallo for a spicy twist.

Makes 12 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 1 hour and 15 minutes to 1 hour and 45 minutes

Ingredients

- 2 cups dried beans (pinto, black, or pink), rinsed
- 8 cups water
- 1 onion, peeled and chopped
- 1 bay leaf
- ¼ teaspoon salt

Preparation

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

Nutrition information per serving: Calories 112, Carbohydrate 21 g, Dietary Fiber 7 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 53 mg

Refried Beans

Top with Tomatillo Salsa for great flavor and color.

Makes 4 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

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

Preparation

1. In a large nonstick pan, heat oil over medium heat. Add garlic and cook 1 minute.

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

Nutrition information per serving: Calories 200, Carbohydrate 32 g, Dietary Fiber 11 g, Protein 10 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 80 mg



Rainbow Coleslaw

Pack with Oven Fried Chicken for a tasty picnic lunch.



INGREDIENTS

2 cups thinly sliced red cabbage	½ cup chopped red onion
2 cups thinly sliced green cabbage	½ cup fat free mayonnaise
½ cup chopped yellow or red bell pepper	1 tablespoon red wine vinegar
½ cup shredded carrots	¼ teaspoon celery seed (optional)
	½ cup lowfat Cheddar cheese, cut into bite-size cubes

PREPARATION

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



Makes 12 servings. ½ cup per serving.

Prep time: 15 minutes

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



Roasted Vegetable Medley

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



INGREDIENTS

nonstick cooking spray	2 cloves garlic, chopped
1 cup chopped baby carrots	4 teaspoons dried basil
1 cup chopped eggplant	1 cup chopped mushrooms
1 cup chopped asparagus	1 small zucchini, chopped
1 teaspoon vegetable oil	

PREPARATION

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

Makes 4 servings. 1 cup per serving.

Prep time: 15 minutes **Cook time:** 35 minutes

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



Spud Stuffers

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

Makes 4 servings. 1 potato per serving.

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



Ingredients

- 4 medium baking potatoes
- 4 tablespoons light sour cream

Preparation

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



Super Salad Toppers

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



INGREDIENTS

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

Citrus Splash Mix-In

1 large orange, peeled and cut into sections

1 medium pink or red grapefruit, peeled and cut into sections

½ cup chopped red onion

1 cup thinly sliced radishes

¼ cup sliced almonds

2 tablespoons light sesame dressing

2 tablespoons 100% orange juice

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

Savory & Satisfying Mix-In

1 cup canned black beans, drained and rinsed

½ red bell pepper, chopped

1 tomato, chopped

1 cup sweet corn

4 tablespoons lowfat Ranch dressing

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

Sweet Sensation Mix-In

1 cup sliced strawberries

1 cup shredded carrots

1 cup sliced apples

½ cup raisins

4 tablespoons lowfat balsamic vinaigrette

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

PREPARATION

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



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



Makes 8 servings. 2-inch slice per serving.

Prep time: 20 minutes **Cook time:** 1 hour

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

Swiss Chard Pinwheel Bread

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



INGREDIENTS

nonstick cooking spray	1/8 teaspoon salt
2 1/2 cups (about 6 ounces) sliced mushrooms	2 tablespoons grated Parmesan cheese
1/4 cup chopped onion	1 (10- to 13-ounce) can refrigerated pizza crust dough
4 cups (about 12 ounces) chopped Swiss chard	3/4 cup shredded part-skim Mozzarella cheese
1 tablespoon water	1 1/2 cups marinara sauce
3/4 teaspoon garlic powder	
1/8 teaspoon ground black pepper	

PREPARATION

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

continued on following page



Swiss Chard Pinwheel Bread *(continued)*



PREPARATION

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

Makes 8 servings. *2-inch slice per serving.*

Prep time: 20 minutes **Cook time:** 1 hour

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



Toppings

Mexican Topping

- ¼ cup prepared Fresh Salsa (see page 54)
- 2 tablespoons shredded reduced fat Cheddar or Monterey Jack cheese
- 1 tablespoon diced green chilies

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

Western Topping

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

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

Veggie Topping

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

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



Tuna Apple Salad

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

Makes 4 servings. 1 cup per serving.

Prep time: 15 minutes

Ingredients

- | | |
|---|---|
| 2 (6-ounce) cans water packed tuna, drained | ¼ cup golden raisins |
| 2 tablespoons finely chopped red onion | 3 tablespoons fat free Italian dressing |
| 1 medium apple, cored and chopped | 2 cups salad greens |
| ¼ cup chopped celery | 2 medium whole wheat pitas |

Preparation

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

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



Two Bean and Corn Salad

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



INGREDIENTS

- | | |
|---|---|
| 1/3 cup vegetable oil | 3 stalks celery, chopped |
| 2 tablespoons balsamic vinaigrette | 2 cups frozen corn, thawed |
| 1 teaspoon cumin | 1 medium red bell pepper, chopped |
| 1 (15-ounce) can black beans, drained and rinsed | 1 cup chopped red onion |
| 1 (15-ounce) can Great Northern beans, drained and rinsed | 1/3 cup chopped fresh cilantro |
| | 2 small jalapeño peppers, seeded and chopped (optional) |

PREPARATION

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



Makes 10 servings. 1 cup per serving.

Prep time: 10 minutes

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



Vegetable Quesadillas

Ingredients

nonstick cooking spray	2 tablespoons chopped fresh cilantro
½ cup chopped green bell pepper	4 (6-inch) flour tortillas
½ cup frozen corn, thawed	½ cup shredded reduced fat Cheddar or Monterey Jack cheese
½ cup sliced green onion	
½ cup chopped tomato	

Preparation

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

Enjoy this healthier version of a classic snack.

Makes 4 servings. 1 tortilla per serving.

Prep time: 10 minutes

Cook time: 15 minutes

Nutrition information per serving:

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



Veggie Bean Wrap

Ingredients

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

Preparation

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans and stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve ½ mixture for topping.
3. Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture. Serve.

Fresh mangos and avocado give this meal a tasty twist.

Makes 4 servings. 1 wrap per serving.

Prep time: 15 minutes

Cook time: 10 minutes

Nutrition information per serving:

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



Zesty Asian Chicken Salad

A colorful salad packed with a variety of healthy foods.

Makes 4 servings. 1 cup per serving.

Prep time: 20 minutes

Ingredients

- | | |
|--|---|
| 3 boneless, skinless chicken breasts, cooked and chilled | 1 red bell pepper, cut into strips |
| 3 green onions, sliced | 2 cups shredded cabbage |
| 1½ cups small broccoli florets | ½ cup fat free Asian or sesame salad dressing |
| 2 medium carrots, peeled and cut into strips | ¼ cup 100% orange juice |
| | ¼ cup chopped fresh cilantro |

Preparation

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

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