



Independence  
HEALTH SYSTEM

**7 day 1,600 calories**  
**Diabetes-Friendly Meal Plans**



Good news! We took the guesswork out of following a diabetic diet by putting together a seven-day, 1600 calorie meal plan, including three meals plus snacks. These meals include key vitamins and minerals, avoid refined grains, and limit added sugars. Plus, recipes are included for select \* items. Each meal and snack is planned to help you keep your blood sugar in check.





# DAY 1:

## breakfast

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- 1 cup skim milk
- 1 medium orange
- 1 cup Cheerios cereal
- 1 hard boiled egg

## lunch

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- \* Lemony Lentil Salad with Salmon
- 1 small whole wheat pita bread
- 1 Fudgsicle, no sugar added

## dinner

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- $\frac{3}{4}$  cup cooked brown rice
- 1 cup steamed spinach
- \* Chili Rubbed Steaks and Pan Salsa
- \* Basil-Cinnamon Peaches

## morning snack

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- 1  $\frac{1}{2}$  cups cantaloupe melon
- $\frac{1}{2}$  cup lowfat, low sodium cottage cheese

## afternoon snack

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- 2 Tbsp prepared hummus
  - 4 oz. carrot sticks
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# DAY 2:



## *breakfast*

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- 1 cup skim milk
- 1 small banana
- 1 ½ cups Bran Flakes cereal

## *lunch*

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- \* Chopped Greek Salad with Chicken
- \* 1 whole wheat bread
- Vanilla Orange Freezer Pop

## *dinner*

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- \* Mixed Lettuce Salad with Cucumber Herb Vinaigrette
- \* South Pacific Shrimp

## *morning snack*

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1 fruit and nut granola bar

## *afternoon snack*

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1 oz. salted almonds



# DAY 3:

## breakfast

- 1 whole grain oat bran bagel
- 1 cup skim milk
- ½ cup blueberries
- 1 Tbsp. unsalted creamy peanut butter

## morning snack

- 1 small apple

## lunch

- 1 cup tossed salad mix
- 1 Tbsp. low calorie Caesar salad dressing
- ½ cup cooked brown rice
- \* Green Eggs and Ham Frittata
- ½ cup fresh pineapple

## afternoon snack

- 6 oz. nonfat vanilla or lemon yogurt, sweetened with low calorie sweetener

## dinner

- 1 cup tossed salad mix
- 1 Tbsp. vinegar and oil salad dressing
- 1 cup skim milk
- \* Vegetable Lover's Chicken Soup
- 1 small whole wheat pita bread
- 1 medium nectarine

# DAY 4:

## breakfast

- 1 cup skim milk
- 1 kiwi
- 1 cup Whole Grain Flakes cereal

## lunch

- 1 cup tossed salad mix
- 1 Tbsp. vinegar and oil salad dressing
- \* Hungarian Beef Goulash
- \* Slow Roasted Cherry Tomato Bruschetta

## dinner

- 2/3 cup cooked brown rice
- \* Seared Chicken with Apricot Sauce
- 1/2 cup steamed asparagus
- 1/2 cup mango

## morning snack

- 1 oz. walnuts
- 1 oz. dried fruit

## afternoon snack

- 1 cup blackberries
- 1 cup skim milk

# DAY 5:



## breakfast

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- 1 scrambled egg
- 2 slices oatmeal bread
- 1 cup grapefruit
- 1 cup skim milk

## morning snack

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- 1 oz. whole wheat pretzel

## lunch

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- 1 cup skim milk
- 1 cup tossed salad mix
- 1 Tbsp. vinegar and oil salad dressing
- \* Sweet Potato-Turkey Hash
- 2 gingersnap cookies


## afternoon snack

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- 6 oz. nonfat vanilla or lemon yogurt, sweetened with low calorie sweetener
- ¼ cup Alpen cereal

## dinner

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- 2/3 cup cooked quinoa
  - ¾ cup cooked sliced carrots
  - 1 cup strawberries
  - \* Apple and Fennel Roasted Pork Tenderloin
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# DAY 6:

## breakfast

- 1 cup skim milk
- 1 whole wheat English muffin
- 1 Tbsp. creamy peanut butter
- 1 Tbsp. sugar free jam

## morning snack

- 1 medium orange
- 1 fruit and nut granola bar

## lunch

- \* Southwestern Rice and Pinto Bean Salad
- 1 small whole wheat pita bread
- \* Chocolate and Nut Butter Bites

## afternoon snack

- 8 oz. nonfat vanilla or lemon yogurt, sweetened with low calorie sweetener
- 1 cup watermelon

## dinner

- \* Pacific Sole with Oranges and Pecans
- 2/3 cup cooked brown rice
- 1 cup steamed cauliflower
- 1 cup grapes



# DAY 7:

## breakfast

1 cup skim milk

1 plum

\* Quick Breakfast Taco

## lunch

1 veggie burger

1 whole wheat roll

1 cup prepared coleslaw

1 apricot

## dinner

1 cup skim milk

1 medium peach

1 cup tossed salad mix

1 Tbsp. vinegar and oil salad dressing

\* Roasted Halibut with  
Banana-Orange Relish

2/3 cup cooked brown rice

## morning snack

2 whole grain rice cakes

1 hard boiled egg

## afternoon snack

6 oz. carrots sticks

\* French Onion Dip



featured  
**RECIPES**

# Lemony Lentil Salad with Salmon

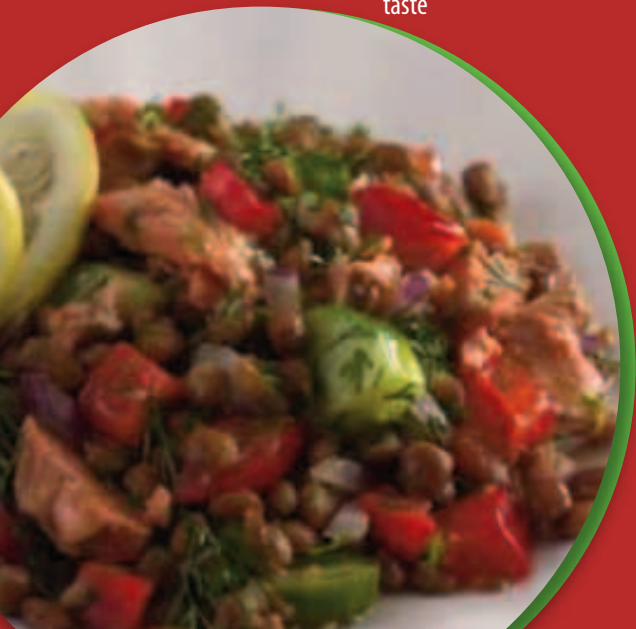
**Makes:** 6 servings, 1 cup each

**Active Time:** 30 minutes

**Total Time:** 30 minutes

## Ingredients:

- 1/3 cup lemon juice
- 1/3 cup chopped fresh dill
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- Freshly ground pepper to taste
- 1/3 cup extra-virgin olive oil
- 1 medium red bell pepper, seeded and diced
- 1 cup diced seedless cucumber
- 1/2 cup finely chopped red onion
- 2 15-ounce cans lentils, rinsed, or 3 cups cooked brown or green lentils (see Tip)
- 2 7-ounce cans salmon, drained and flaked, or 1 1/2 cups flaked cooked salmon



## Preparation:

1. Whisk lemon juice, dill, mustard, salt and pepper in a large bowl. Gradually whisk in oil. Add bell pepper, cucumber, onion, lentils and salmon; toss to coat.

## Tips and Notes:

- **Make Ahead Tip:** Cover and refrigerate for up to 8 hours.
- **Tip:** To cook lentils: Place in a saucepan, cover with water and bring to a boil. Reduce heat to a simmer and cook until just tender, about 20 minutes for green lentils and 30 minutes for brown. Drain and rinse under cold water.

## Nutrition:

**Per serving:** 354 calories; 18 g fat (3 g sat, 12 g mono); 31 mg cholesterol; 25 g carbohydrates; 0 g added sugars; 24 g protein; 9 g fiber; 194 mg sodium; 743 mg potassium

# Chili Rubbed Steaks and Pan Salsa

**Makes:** 2 servings

**Active Time:** 20 minutes

**Total Time:** 20 minutes

## Ingredients:

- 8 ounces 1/2-inch-thick steaks, such as rib-eye, trimmed of fat and 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

## Preparation:

1. 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.
2. 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.

## Nutrition:

**Per serving:** 192 calories; 8 g fat (2 g sat, 4 g mono); 81 mg cholesterol; 4 g carbohydrates; 0 g added sugars; 26 g protein; 1 g fiber; 359 mg sodium; 515 mg potassium



# Basil-Cinnamon Peaches

**Makes:** 6 servings

**Active Time:** 30 minutes

**Total Time:** 5 1/2 hours  
(including 4 hours of chilling time)

## Preparation:

1. Combine water, sugar, lemon zest, lemon juice and cinnamon stick in a large nonreactive saucepan (see Note); bring to a simmer over medium-high heat, stirring often, until the sugar dissolves. Add peach halves. Return to a brisk simmer, cover the pan and simmer, turning the peaches occasionally, until they are tender when pierced with a skewer or paring knife and the skins are loosened, 20 to 25 minutes (depending on the ripeness of the peaches). Transfer the peaches to a plate with a slotted spoon.
2. Return the liquid to a boil and cook until reduced to about 3/4 cup, 10 to 12 minutes. Remove from the heat, stir in basil and let cool to room temperature, about 40 minutes.
3. Slip off and discard the peach skins. Place the peaches in a storage container and strain the cooled syrup over them. Cover and chill for at least 4 hours.

## Tips and Notes:

- **Make Ahead Tip:** Refrigerate in an airtight container for up to 3 days.
- **Tip:** Use a vegetable peeler to easily remove strips of the outer skin (zest), leaving the bitter white pith behind.
- **Note:** A nonreactive pan—stainless steel, enamel-coated or glass—is necessary when cooking acidic foods, such as lemon, to prevent the food from reacting with the pan.

## Nutrition:

**Per serving:** 85 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 22 g carbohydrates; 0 g protein; 1 g fiber; 1 mg sodium; 100 mg potassium.

## Ingredients:

- 1 1/2 cups water
- 1/2 cup sugar
- 3 strips lemon zest (1-by-2-inch strips; see Tip)
- 2 tablespoons lemon juice
- 1 3-inch piece cinnamon stick
- 3 ripe but firm medium peaches, halved lengthwise and pitted
- 1/2 cup packed fresh basil leaves, roughly chopped



# Chopped Greek Salad with Chicken

**Makes:** 4 servings,  
about 3 cups each

**Active Time:** 25 minutes

**Total Time:** 25 minutes

## Ingredients:

- 1/3 cup red wine vinegar
- 2 tablespoons extra virgin olive oil
- 1 tablespoon chopped fresh dill, or oregano or 1 teaspoon dried
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 6 cups chopped romaine lettuce
- 2 1/2 cups chopped cooked chicken, (about 12 ounces; see Tip)
- 2 medium tomatoes, chopped
- 1 medium cucumber, peeled, seeded and chopped
- 1/2 cup finely chopped red onion
- 1/2 cup sliced ripe black olives
- 1/2 cup crumbled feta cheese

## Preparation:

1. Whisk vinegar, oil, dill (or oregano), garlic powder, salt and pepper in a large bowl. Add lettuce, chicken, tomatoes, cucumber, onion, olives and feta; toss to coat.

## Tips and Notes:

- **Tip:** If you don't have cooked chicken, poach 1 pound chicken breasts for this recipe. Place boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water (or chicken broth) to cover and bring to a boil. Cover, reduce heat to low and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 15 minutes.

## Nutrition:

**Per serving:** 343 calories; 18 g fat (5 g sat, 7 g mono); 89 mg cholesterol; 11 g carbohydrates; 31 g protein; 3 g fiber; 619 mg sodium; 659 mg potassium.



# Vanilla Orange Freezer Pop

**Makes:** 10 (3 oz) freezer pops

**Active Time:** 10 minutes

**Total Time:** 6 hours 10 minutes

## Ingredients:

- 1 1/2 cups orange juice
- 1 1/2 cups low-fat vanilla yogurt
- 1-2 tablespoons sugar
- 1/2 teaspoon vanilla extract

## Preparation:

1. Whisk orange juice, yogurt, sugar to taste and vanilla in a medium bowl.
2. Divide the mixture among freezer pop molds. Insert the sticks and freeze until completely firm, about 6 hours. Dip the molds briefly in hot water before unmolding.



## Tips and Notes:

- **Make Ahead Tip:** Freeze for up to 3 weeks. | Equipment: Ten 3-ounce (or similar-size) freezer pop molds

## Nutrition:

**Per serving:** 53 calories; 1 g fat (0 g sat, 0 g mono); 2 mg cholesterol; 10 g carbohydrates; 2 g protein; 0 g fiber; 25 mg sodium; 155 mg potassium

# Mixed Lettuce Salad with Cucumber Herb Vinaigrette

**Makes:** 4 servings, 1 cup each

**Active Time:** 30 minutes

**Total Time:** 30 minutes

## Preparation:

1. To prepare vinaigrette: Puree cucumber, oil, vinegar, chives, parsley, yogurt, mustard, horseradish, sugar and 1/2 teaspoon salt in a blender until smooth.

2. To prepare salad: Season a wooden salad bowl by rubbing with garlic and pinch of salt. Chop the garlic and add to the bowl along with all the lettuce. Pour 1/4 cup of the vinaigrette over the greens; toss to coat. (Cover and refrigerate the remaining 1 cup vinaigrette for up to 3 days.) Serve the salad garnished with radishes, scallions and hardboiled egg.

## Tips and Notes:

- **Make Ahead Tip:** Cover and refrigerate the vinaigrette (Step 1) for up to 3 days.
- **Tip:** To hard boil eggs, place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and cover the eggs with cold water. Let stand until cool enough to handle before peeling.

## Nutrition:

**Per serving:** 83 calories; 6 g fat (1 g sat, 3 g mono); 106 mg cholesterol; 4 g carbohydrates; 0 g added sugars; 5 g protein; 2 g fiber; 152 mg sodium; 297 mg potassium.

## Ingredients (Vinaigrette):

- 1 small cucumber, peeled, seeded and chopped
- 1/4 cup extra virgin olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh parsley
- 1 tablespoon nonfat or low-fat plain yogurt
- 1 teaspoon Dijon mustard
- 1 teaspoon prepared horseradish
- 1 teaspoon sugar
- 1/2 teaspoon salt

## Ingredients (Salad):

- 1/2 small clove garlic
- Pinch of salt
- 2 cups Red Oak or other red leaf lettuce
- 2 cups Freckles or other baby romaine
- 1/2 cup sliced radishes
- 4 scallions, sliced
- 2 hardboiled eggs, peeled and chopped (see Tip)





# South Pacific Shrimp

**Makes:** 4 servings, 1 cup each

**Active Time:** 25 minutes

**Total Time:** 45 minutes

## Preparation:

1. Combine coconut milk, chiles, ginger, garlic, soy sauce, lime juice and brown sugar in a medium bowl. Add shrimp and

toss to coat. Cover and marinate in the refrigerator for 10 to 15 minutes, tossing occasionally. Drain well, reserving marinade.

2. Heat oil in a large nonstick skillet over medium-high heat. Add shrimp and cook, turning once, until barely pink, about 30 seconds per side; transfer to a plate. Add tomato and spinach to the pan; cook, stirring, until the spinach starts to wilt, about 30 seconds.

Add the reserved marinade; simmer until the sauce thickens slightly, about 2 minutes. Return the shrimp and any accumulated juices to the pan; heat through. Serve immediately.

## Tips and Notes:

- **Make Ahead Tip:** Freeze any leftover coconut milk or refrigerate it for several days; you can use it instead of broth or water to cook rice or enrich a curry or rice pudding (visit [www.eatingwell.com](http://www.eatingwell.com) for recipe suggestions).
- **Cooking with frozen shrimp:** Individually quick-frozen shrimp, sold in resealable bags, are convenient to keep in your freezer. Thaw in a covered bowl in the refrigerator. If you're in a hurry, place shrimp in a colander under cold running water for about 5 minutes.

## Nutrition:

**Per serving:** 176 calories; 5 g fat (2 g sat, 1 g mono); 172 mg cholesterol; 9 g carbohydrates; 3 g added sugars; 24 g protein; 1 g fiber; 282 mg sodium; 300 mg potassium.

## Ingredients (Marinade and Shrimp):

- 1/3 cup "lite" coconut milk, (see Tips)
- 2 serrano chiles, or jalapeno peppers, preferably red, seeded and minced
- 1 teaspoon minced fresh ginger
- 1 clove garlic, minced
- 2 teaspoons reduced-sodium soy sauce
- 1/4 cup lime juice
- 1 tablespoon brown sugar
- 1 pound medium shrimp, (30-40 per pound), peeled and deveined (see Tips)

## Ingredients (Sauce):

- 1 teaspoon extra virgin olive oil
- 1/2 cup diced seeded tomato
- 4 cups baby spinach



# Green Eggs and Ham Frittata

**Makes:** 6 servings

**Active Time:** 30 minutes

**Total Time:** 30 minutes

## Ingredients:

- 8 large eggs
- 1 1/2 teaspoons dried dill
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 tablespoons extra-virgin olive oil
- 2 leeks, white and light green parts only, diced
- 1 5-ounce bag baby spinach, chopped
- 1/2 cup diced ham
- 1/2 cup shredded Havarti or Muenster cheese

## Preparation:

1. Position rack in upper third of oven; preheat to 450°F.
2. Whisk eggs, dill, salt and pepper in a medium bowl. Heat oil in a large ovenproof nonstick skillet over medium heat. Add leeks; cook, stirring, until softened, about 4 minutes. Add spinach and ham; cook, stirring, until the spinach is wilted, about 1 minute.
3. Pour the egg mixture over the vegetables and cook, lifting the edges of the frittata so uncooked egg can flow underneath, until the bottom is light golden, 2 to 3 minutes. Sprinkle cheese on top, transfer the pan to the oven and bake until the eggs are set, 6 to 8 minutes. Let rest for about 3 minutes before serving. Serve hot or cold.

## Nutrition:

**Per serving:** 217 calories; 15 g fat (5 g sat, 6 g mono); 296 mg cholesterol; 6 g carbohydrates; 0 g added sugars; 14 g protein; 1 g fiber; 418 mg sodium; 320 mg potassium.



# Vegetable Lover's Chicken Soup

**Makes:** 2 servings, 2 cups each

**Active Time:** 35 minutes

**Total Time:** 40 minutes

## Ingredients:

- 1 tablespoon extra virgin olive oil
- 8 ounces chicken tenders, cut into bite-size chunks
- 1 small zucchini, finely diced
- 1 large shallot, finely chopped
- 1/2 teaspoon Italian seasoning blend
- 1/8 teaspoon salt
- 2 plum tomatoes, chopped
- 1 14-ounce can reduced-sodium chicken broth
- 1/4 cup dry white wine
- 2 tablespoons orzo, or other tiny pasta, such as farfelle
- 1 1/2 cups packed baby spinach

## Preparation:

1. Heat oil in a large saucepan over medium-high heat. Add chicken and cook, stirring occasionally, until browned, 3 to 4 minutes. Transfer to a plate.
2. Add zucchini, shallot, Italian seasoning and salt and cook, stirring often, until the vegetables are slightly softened, 2 to 3 minutes. Add tomatoes, broth, wine and orzo (or other tiny pasta); increase heat to high and bring to a boil, stirring occasionally. Reduce heat to a simmer and cook until the pasta is tender, about 8 minutes, or according to package directions. Stir in spinach, the cooked chicken and any accumulated juices from the chicken; cook, stirring, until the chicken is heated through, about 2 minutes.

## Tips and Notes:

- **Make Ahead Tip:** Cover and refrigerate up to 3 days or freeze up to 3 months.

## Nutrition:

**Per serving:** 261 calories; 8 g fat (1 g sat, 5 g mono); 72 mg cholesterol; 12 g carbohydrates; 0 g added sugars; 31 g protein; 2 g fiber; 335 mg sodium; 483 mg potassium.



# Hungarian Beef Goulash

**Makes:** 8 servings, 1 cup each

**Active Time:** 30 minutes

**Total Time:** 4 1/2 to 8 hours

## Preparation:

1. Place beef in a 4-quart or larger slow cooker.

Crush caraway seeds with the bottom of a saucepan. Transfer to a small bowl and stir in paprika, salt and pepper. Sprinkle the beef with the spice mixture and toss to coat well. Top with onion and bell pepper.

2. Combine tomatoes, broth, Worcestershire sauce and garlic in a medium saucepan; bring to a simmer. Pour over the beef and vegetables. Place bay leaves on top. Cover and cook until the beef is very tender, 4 to 4 1/2 hours on high or 7 to 7 1/2 hours on low.

3. Discard the bay leaves; skim or blot any visible fat from the surface of the stew. Add the cornstarch mixture to the stew and cook on high, stirring 2 or 3 times, until slightly thickened, 10 to 15 minutes. Serve sprinkled with parsley.

## Tips and Notes:

- **Make Ahead Tip:** Cover and refrigerate for up to 2 days or freeze for up to 4 months. | Prep ahead: Trim beef and coat with spice mixture. Prepare vegetables. Combine tomatoes, broth, Worcestershire sauce and garlic. Refrigerate in separate covered containers for up to 1 day.
- **Ingredient Note:** Paprika specifically labeled as “Hungarian” is worth seeking out for this dish because it delivers a fuller, richer flavor than regular or Spanish paprika. Find it at specialty foods store or online at [HungarianDeli.com](http://HungarianDeli.com) and [penzeys.com](http://penzeys.com).
- For easy cleanup, try a slow-cooker liner. These heat-resistant, disposable liners fit neatly inside the insert and help prevent food from sticking to the bottom and sides of your slow cooker.

## Nutrition:

**Per serving:** 180 calories; 5 g fat (2 g sat, 2 g mono); 48 mg cholesterol; 6 g carbohydrates; 0 g added sugars; 25 g protein; 1 g fiber; 250 mg sodium; 298 mg potassium

## Ingredients:

- 2 pounds beef stew meat, (such as chuck), trimmed and cubed
- 2 teaspoons caraway seeds
- 1 1/2-2 tablespoons sweet or hot paprika, (or a mixture of the two), preferably Hungarian (see Ingredient Note)
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 1 large or 2 medium onions, chopped
- 1 small red bell pepper, chopped
- 1 14-ounce can diced tomatoes
- 1 14-ounce can reduced-sodium beef broth
- 1 teaspoon Worcestershire sauce
- 3 cloves garlic, minced
- 2 bay leaves
- 1 tablespoon cornstarch mixed with 2 tablespoons water
- 2 tablespoons chopped fresh parsley



# Slow Roasted Cherry Tomato Bruschetta

**Makes:** 14 servings

**Active Time:** 15 minutes

**Total Time:** 1 hour

## Ingredients:

- 3 pints cherry tomatoes
- 1 tablespoon extra virgin olive oil
- 3 cloves minced garlic
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/4 cup sliced fresh basil
- 1 tablespoon red wine vinegar
- 14 slices baguette, (preferably whole wheat), toasted
- Anchovy fillets, Kalamata olives or sliced fresh basil, for garnish

## Preparation:

1. Preheat oven to 325°F.
2. Toss tomatoes with oil, garlic, salt and pepper. Place on a baking sheet and roast until broken down, 45 to 55 minutes.
3. Combine the roasted tomatoes with basil and vinegar.
4. Top baguette slices with the roasted tomato mixture. Garnish with anchovy fillets, Kalamata olives or sliced fresh basil.

## Nutrition:

**Per serving:** 69 calories; 1 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 13 g carbohydrates; 3 g protein; 3 g fiber; 178 mg sodium; 157 mg potassium



# Seared Chicken with Apricot Sauce

**Makes:** 4 servings

**Active Time:** 30 minutes

**Total Time:** 30 minutes

## Ingredients:

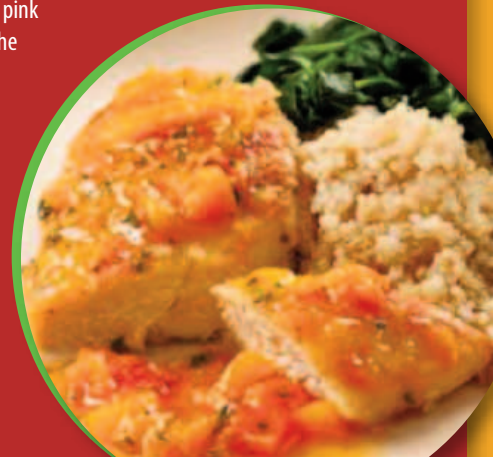
- 4 boneless, skinless chicken breasts, (about 1 1/4 pounds), trimmed and tenders removed
- 3/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper
- 1/4 cup all-purpose flour
- 1 tablespoon canola oil
- 3/4 cup dry white wine
- 1 medium shallot, minced
- 4 fresh apricots, pitted and chopped
- 2 tablespoons apricot preserves
- 2 teaspoons chopped fresh tarragon , or 1/2 teaspoon dried

## Preparation:

1. Place chicken breasts between 2 pieces of plastic wrap. Pound with a rolling pin, meat mallet or heavy skillet until flattened to an even thickness, about 1/2 inch. Sprinkle with 1/4 teaspoon salt and pepper. Place flour in a shallow dish. Dredge the chicken in the flour, shaking off excess. (Discard any leftover flour.)
2. Heat oil in a large skillet over medium heat. Add the chicken and cook until browned and no longer pink in the center, 3 to 5 minutes per side. Transfer to a plate, cover and keep warm. (If necessary, cook the chicken in two batches with an additional 1 tablespoon oil.)
3. Off the heat, add wine and shallot to the pan. Return to medium heat and cook, scraping up any browned bits, until slightly reduced, about 3 minutes. Add apricots and cook until the fruit begins to break down, 2 to 3 minutes. Stir in preserves, tarragon and the remaining 1/2 teaspoon salt. Return the chicken to the pan and cook until heated through, 1 to 2 minutes. Serve the chicken with the sauce.

## Nutrition:

**Per serving:** 180 calories; 5 g fat (2 g sat, 2 g mono); 48 mg cholesterol; 6 g carbohydrates; 0 g added sugars; 25 g protein; 1 g fiber; 250 mg sodium; 298 mg potassium



# Sweet Potato-Turkey Hash

**Makes:** 6 servings, 1 1/4 cups serving

**Active Time:** 45 minutes

**Total Time:** 45 minutes

## Ingredients:

- 2 medium sweet potatoes, peeled and cut into 1/2-inch pieces
- 1 medium apple, cored and cut into 1/2-inch pieces
- 1/2 cup reduced-fat sour cream
- 1 teaspoon lemon juice
- 1 tablespoon canola oil
- 1 medium onion, chopped
- 3 cups diced, cooked, skinless turkey or chicken
- 1 tablespoon chopped fresh thyme, or 1 teaspoon dried
- 1/2 teaspoon salt
- Freshly ground pepper, to taste

## Preparation:

1. Place sweet potatoes in a medium saucepan, cover with lightly salted water and bring to a boil. Reduce heat to medium, cover and cook for 3 minutes. Add apple and cook until everything is just tender, but not mushy, 2 to 3 minutes longer. Drain.
2. Transfer 1 cup of the mixture to a large bowl; mash. Stir in sour cream and lemon juice. Add the remaining unmashed mixture and stir gently to mix. Set aside.
3. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add turkey (or chicken), thyme, salt and pepper; cook, stirring occasionally, until heated through, about 2 minutes.
4. Add the reserved sweet potato mixture to the pan; stir to mix. Press on the hash with a wide metal spatula; cook until the bottom is lightly browned, about 3 minutes. Cut the hash into several rough sections; flip and cook until the undersides are browned, about 3 minutes longer. Serve immediately.

## Nutrition:

**Per serving:** 214 calories; 7 g fat (2 g sat, 3 g mono); 56 mg cholesterol; 14 g carbohydrates; 0 g added sugars; 23 g protein; 2 g fiber; 262 mg sodium; 475 mg potassium



# Apple and Fennel Roasted Pork Tenderloin

**Makes:** 4 servings

**Active Time:** 45 minutes

**Total Time:** 45 minutes

## Ingredients:

- 2 large sweet-tart apples, such as Fuji or Braeburn, sliced
- 1 large bulb fennel, trimmed, cored and thinly sliced, plus 1 tablespoon chopped fronds for garnish
- 1 tablespoon plus 2 teaspoons canola oil, divided
- 1 large red onion, sliced
- 1 pound pork tenderloin, trimmed
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 3 tablespoons cider vinegar

## Preparation:

1. Position racks in upper and lower thirds of oven; preheat to 475°F.
2. Toss apples, sliced fennel and onion with 1 tablespoon oil in a large bowl. Spread out on a rimmed baking sheet. Roast on the lower oven rack, stirring twice, until tender and golden, 30 to 35 minutes.
3. About 10 minutes after the apple mixture goes into the oven, sprinkle pork with salt and pepper. Heat the remaining 2 teaspoons oil in a large ovenproof skillet over medium-high heat. Sear the pork on one side, about 2 minutes. Turn the pork over and transfer the pan to the top oven rack. Roast until just barely pink in the center and an instant-read thermometer registers 145°F, 12 to 14 minutes.
4. Transfer the pork to a cutting board and let rest for 5 minutes. Immediately stir vinegar into the pan (be careful, the handle will be hot), scraping up any browned bits, then add to the apple mixture. Thinly slice the pork; serve with the apple mixture and sprinkle with fennel fronds.

## Tips and Notes:

- **Easy cleanup:** To save time and keep your baking sheet looking fresh, line it with a layer of foil before you bake.

## Nutrition:

**Per serving:** 214 calories; 7 g fat (2 g sat, 3 g mono); 56 mg cholesterol; 14 g carbohydrates; 0 g added sugars; 23 g protein; 2 g fiber; 262 mg sodium; 475 mg potassium





# Southwestern Rice and Pinto Bean Salad

## Ingredients:

- 1 cup Wehani brown rice, (see Note) or brown basmati rice
- 2-2 1/2 cups water
- 2 teaspoons cumin seeds, or 1 teaspoon ground cumin
- 1/4 cup extra virgin olive oil
- 1/4 cup sherry vinegar
- 1 tablespoon chopped fresh oregano, or 1 teaspoon dried
- 1 large clove garlic, crushed and peeled
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 15-ounce cans pinto beans, rinsed
- 8 scallions, trimmed and sliced (about 1 1/2 cups)
- 1 medium bell pepper, (green, yellow, orange or red), chopped (about 1 cup)

## Preparation:

1. Combine rice and water (2 cups water if using brown basmati) in a 3-quart saucepan; bring to a boil. Reduce heat to low, cover and cook until all the water has been absorbed, 40 to 45 minutes. Remove from heat; let rest, covered, for 10 minutes. Spread the rice out on a large baking sheet until cooled to room temperature, about 15 minutes.
2. Meanwhile, toast cumin in a small skillet over medium-high heat until fragrant and lightly toasted, 1 to 2 minutes for seeds, 1 minute for ground cumin. Transfer to a blender or food processor and let cool for several minutes. Add oil, vinegar, oregano, garlic, salt and pepper and process until the garlic is finely chopped.
3. Transfer the rice to a large bowl and toss with beans, scallions and bell pepper. Pour the dressing over the salad and toss well to combine.

## Tips and Notes:

- **Make Ahead Tip:** Cover and refrigerate for up to 2 days.
- **Note:** Wehani rice, an aromatic brown rice related to basmati, has a sweet, nutty flavor, a light reddish color, and splits like wild rice when cooked. It can be found in the health foods section of large supermarkets or at natural-foods stores.

## Nutrition:

**Per serving:** 325 calories; 11 g fat (2 g sat, 8 g mono); 0 mg cholesterol; 49 g carbohydrates; 0 g added sugars; 10 g protein; 9 g fiber; 125 mg sodium; 513 mg potassium.



# Chocolate and Nut Butter Bites

**Makes:** 4 servings

**Active Time:** 5 minutes

**Total Time:** 5 minutes

## Ingredients:

- 8 1/4-ounce squares bittersweet chocolate
- 4 teaspoons almond, cashew or pistachio butter

## Preparation:

1. Top each chocolate square with 1/2 teaspoon nut butter of your choice (almond, cashew, pistachio).

## Nutrition:

**Per serving:** 79 calories; 6 g fat (2 g sat, 1 g mono); 0 mg cholesterol; 9 g carbohydrates; 6 g added sugars; 1 g protein; 1 g fiber; 12 mg sodium; 20 mg potassium.



# Pacific Sole with Oranges and Pecans

**Makes:** 2 servings

**Active Time:** 20 minutes

**Total Time:** 20 minutes

## Ingredients:

- 1 orange
- 10 ounces Pacific sole, (see Note) or tilapia fillets
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 teaspoons unsalted butter
- 1 medium shallot, minced
- 2 tablespoons white wine vinegar
- 2 tablespoons chopped pecans, toasted (see Cooking Tip)
- 2 tablespoons chopped fresh dill

## Preparation:

1. Using a sharp paring knife, remove the skin and white pith from orange. Hold the fruit over a medium bowl and cut between the membranes to release individual orange sections into the bowl, collecting any juice as well. Discard membranes, pith and skin.
2. Sprinkle both sides of fillets with salt and pepper. Coat a large nonstick skillet with cooking spray and place over medium heat. Add the fillets and cook 1 minute for sole or 3 minutes for tilapia. Gently flip and cook until the fish is opaque in the center and just cooked through, 1 to 2 minutes for sole or 3 to 5 minutes for tilapia. Divide between 2 serving plates; tent with foil to keep warm.
3. Add butter to the pan and melt over medium heat. Add shallot and cook, stirring, until soft, about 30 seconds. Add vinegar and the orange sections and juice; loosen any browned bits on the bottom of the pan and cook for 30 seconds. Spoon the sauce over the fish and sprinkle each portion with pecans and dill. Serve immediately. Makes 2 servings.

## Tips and Notes:

- **Ingredient Note:** The term “sole” is widely used for many types of flatfish from both the Atlantic and Pacific. Flounder and Atlantic halibut are included in the group that is often identified as sole or grey sole. The best choices are Pacific, Dover or English sole. Other sole and flounder are overfished.
- **Cooking Tip:** To toast chopped nuts or seeds: Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

## Nutrition:

**Per serving:** 234 calories; 9 g fat (3 g sat, 3 g mono); 70 mg cholesterol; 11 g carbohydrates; 0 g added sugars; 28 g protein; 2 g fiber; 401 mg sodium; 556 mg potassium



# Quick Breakfast Taco

**Makes:** 1 serving

**Serving Size:** 2 Tacos

**Active Time:** 15 minutes

**Total Time:** 15 minutes

## Ingredients:

- 2 corn tortillas
- 1 tablespoon salsa
- 2 tablespoons shredded reduced-fat Cheddar cheese
- 1/2 cup liquid egg substitute, such as Egg Beaters



## Preparation:

1. Top tortillas with salsa and cheese. Heat in the microwave until the cheese is melted, about 30 seconds.
2. Meanwhile coat a small nonstick skillet with cooking spray. Heat over medium heat, add egg substitute and cook, stirring, until the eggs are cooked through, about 90 seconds. Divide the scrambled egg between the tacos.

## Nutrition:

**Per serving:** 239 calories; 7 g fat (2 g sat, 2 g mono); 4 mg cholesterol; 24 g carbohydrates; 2 g added sugars; 2 g total sugars; 21 g protein; 3 g fiber; 443 mg sodium; 558 mg potassium

# French Onion Dip

**Makes:** 2 1/2 cups

**Active Time:** 50 minutes

**Total Time:** 1 hour 40 minutes

## Ingredients:

- 1 tablespoon extra virgin olive oil
- 4 cups chopped onions
- 3/4 teaspoon salt
- 1 14-ounce can reduced-sodium beef broth, or 1 3/4 cups mushroom broth
- 2 teaspoons onion powder
- 2 tablespoons distilled white vinegar
- 1 cup reduced-fat sour cream
- 1/3 cup nonfat plain yogurt

## Preparation:

1. Heat oil in a large skillet over medium-high heat. Add onions and salt; cook, stirring occasionally, until beginning to brown, 6 to 10 minutes. Add broth, scrape up any browned bits, and simmer until the liquid is almost evaporated, 10 to 20 minutes. Reduce heat to medium-low and cook until the onions are deep golden brown, 5 to 8 minutes more. Stir in onion powder, then stir in vinegar and cook until evaporated, 1 to 2 minutes. Remove from the heat and let cool for 20 minutes.
2. Combine sour cream and yogurt in a medium bowl. Stir in the onion mixture. Chill for at least 30 minutes to blend flavors.

## Tips and Notes:

- **Make Ahead Tip:** Cover and refrigerate the onion mixture (Step 1) for up to 3 days or freeze for up to 2 months. Cover and refrigerate the dip for up to 3 days.

## Nutrition:

**Per serving:** 82 calories; 5 g fat (2 g sat, 2 g mono); 10 mg cholesterol; 8 g carbohydrates; 3 g protein; 1 g fiber; 203 mg sodium; 163 mg potassium.



# Roasted Halibut with Banana-Orange Relish

**Makes:** 4 servings

**Active Time:** 15 minutes

**Total Time:** 25 minutes

## Ingredients (Fish):

- 1 pound halibut, cod (see Tips) or other white-fleshed fish
- 1/2 teaspoon ground coriander
- 1/4 teaspoon kosher salt

## Ingredients (Relish):

- 2 ripe bananas, diced
- 1/2 teaspoon freshly grated orange zest
- 2 oranges, peeled, segmented (see Tips) and chopped
- 1/4 cup chopped fresh cilantro
- 2 tablespoons lime juice
- 1/2 teaspoon ground coriander
- 1/4 teaspoon kosher salt

## Preparation:

1. To prepare fish: Preheat oven to 450°F. Lightly coat a baking sheet with cooking spray.
2. Cut fish into 4 portions. Mix coriander and salt in a small bowl and sprinkle evenly on both sides of the fish. Place on the prepared baking sheet.
3. Bake the fish until it is juicy and almost flakes when pressed with a knife, 8 to 12 minutes, depending on thickness.
4. To prepare relish: Meanwhile, stir together bananas, orange zest, chopped oranges, cilantro, lime juice, coriander and salt in a medium bowl.  
To serve, spoon the relish over the roasted fish.

## Tips and Notes:

- **Make Ahead Tip:** Cover the relish and refrigerate for up to 2 hours.
- **Tips:** Look for U.S. wild-caught Pacific halibut, U.S. Pacific cod or Atlantic cod from Iceland and the northeast Arctic. For more information, visit Monterey Bay Aquarium Seafood Watch at [seafoodwatch.org](http://seafoodwatch.org).
- **To segment (or suprême) an orange:** 1. Slice both ends off the fruit. 2. With a sharp knife, remove the peel and white pith; discard. 3. Cut the segments from the surrounding membranes.

## Nutrition:

**Per serving:** 210 calories; 3 g fat (0 g sat, 1 g mono); 36 mg cholesterol; 22 g carbohydrates; 0 g added sugars; 25 g protein; 3 g fiber; 203 mg sodium; 855 mg potassium.







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