Blackened Fish with Strawberry Kiwi Salsa

Vegetable and Goat Cheese Phyllo Pie
BLACKENED FISH WITH STRAWBERRY KIWII SALSA

Ingredients
Makes 4 Servings

For the Blackened Fish:
• 4-4 oz fillet fish
(4 ounces each; flaky white fish like tilapia, flounder or sole, or red fish work well – look for something you like that’s on sale)
• 2 Tbsp chili powder
• 2 tsp garlic powder
• 2 tsp cumin
• 2 tsp paprika
• 1/2 tsp salt

For the Strawberry Kiwi Salsa:
• 1 1/2 cup diced strawberries (about 1/2 pound) (you can substitute cantaloupe melon or mango based on what is in season or on sale)
• 1 medium peeled, diced kiwi
• 1/2 medium peeled, diced cucumber
• 2 Tbsp chopped, fresh cilantro
• 2 tsp lemon juice
• 1/4 cup thinly sliced red onion (optional)
• 1/4 medium seeded, minced jalapeño (optional)

Recipe

For the Blackened Fish:
• In a small bowl, mix dry ingredients (chili powder, garlic powder, cumin, paprika and salt)
• Generously coat fish with seasoning mixture on one side.
• Spray frying pan or skillet with cooking spray, heat over high heat. Place fish in pan, seasoning side down and cook for 3 minutes. While cooking generously coat the other side with seasoning mixture. Flip fish and cook for 3 minutes longer.

For the Strawberry Kiwi Salsa:
• Place all ingredients in a medium bowl and toss. Keep chilled until serving. Serve salsa over fish.

Nutrients
Calories: 155
Total Fat: 2.5 g
Saturated Fat: 0.5 g
Trans Fat: 0.0 g
Polyunsaturated Fat: 0.5 g
Monounsaturated Fat: 0.5 g
Cholesterol: 57 mg
Sodium: 355 mg
Total Carbohydrate: 10 g
Dietary Fiber: 3 g
Sugars: 5 g
Protein: 24 g

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VEGETABLE AND GOAT CHEESE PHYLLO PIE

Ingredients
Makes 4 Servings

• Cooking spray
• 1 Tbsp. olive oil (extra virgin preferred)
• 4-5 medium green onions (about 1 cup), chopped
• 2 medium zucchini (thinly sliced)
• 10 oz. frozen, chopped spinach (thawed, squeezed dry)
• 1/4 cup chopped, fresh parsley
• 2 Tbsp. chopped, fresh mint
• 2 medium garlic cloves (minced)
• 1 cup fat-free evaporated milk
• 1/2 cup egg substitute
• 1/4 tsp. pepper
• 1/8 tsp. ground nutmeg
• 6 phyllo dough sheets (each 14 x 9 inches), thawed
• 1 1/2 oz. soft goat cheese

Recipe

• Preheat the oven to 375°F. Lightly spray a 9-inch pie pan with cooking spray. Set aside.
• In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the green onions for 2 minutes, or until softened, stirring frequently.
• Stir in the zucchini. Cook for 4 minutes, or until beginning to brown, stirring frequently.
• Stir in the spinach, parsley, mint, and garlic. Cook for 2 minutes, stirring frequently.
• In a small bowl, whisk together the evaporated milk, egg substitute, pepper, and nutmeg. Set aside.
• Working quickly and keeping the unused phyllo covered with damp paper towels to prevent drying, place one sheet of phyllo in the pie pan, gently pressing on the bottom and side of the pan, letting the ends overhang the pan. Repeat with the remaining phyllo, placing the sheets in a crisscross pattern.
• Spoon the green onion mixture over the phyllo. Pour in the milk mixture, swirling if needed to cover the surface. Dot with the cheese.
• Fold the ends of the phyllo toward the center of the pan, leaving a circle of the filling showing. Lightly spray the phyllo with cooking spray. Gently press the phyllo on the filling so the phyllo will hold its shape.
• Bake for 30 to 40 minutes, or until golden. Transfer to a cooling rack and let cool for 15 minutes. Cut into wedges. Serve warm.

Nutrients
Calories: 230
Total Fat: 7.0 g
Saturated Fat: 2.0 g
Trans Fat: 0.0 g
Polyunsaturated Fat: 1.0 g
Monounsaturated Fat: 3.0 g
Cholesterol: 7 mg
Sodium: 318 mg
Total Carbohydrate: 28 g
Dietary Fiber: 5 g
Sugars: 12 g
Protein: 15 g

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Chickpea Salad With Tomatoes & Cucumber

Citrus Ginger Honey Glazed Salmon with Whole Grain Rice and Sugar Snap Peas
**CITRUS GINGER HONEY GLAZED SALMON WITH WHOLE GRAIN RICE AND SUGAR SNAP PEAS**

**Ingredients**
Makes 4 Servings

- 1/2 tsp fresh ginger (peeled, grated) or 1 tsp dried ginger
- 1 clove fresh garlic (minced) or 1 tsp jarred, minced garlic
- 2 tsp vegetable oil
- 2 tsp low-sodium soy sauce
- 1 tsp honey
- 2 tsp fresh or jarred lemon juice (about 1/2 a lemon)
- 2 Tbsp fresh basil (or 6-8 leaves) chopped or basil
- 1 lb boneless, skinless salmon (cut into 4 - 4 oz. filets)
- 1 cup uncooked brown rice
- 2 cup fresh sugar snap peas
- 8 lemons (thinly sliced)
- aluminum foil

**Nutrients**

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**Recipe**

- Preheat oven to 450° F. In a large bowl, combine ginger, garlic, vegetable oil, soy sauce, honey, lemon juice and basil and add fish. Marinate in refrigerator for 10 minutes.
- Prepare rice according to instructions on package, excluding any salt or oil.
- Cut 8 pieces of aluminum foil; wide enough to fit one piece of salmon and 1/2 cup of snap peas.
- Remove fish from marinade and discard remaining marinade. Arrange lemon slices on top and bottom of fish filet. Place one fish filet and half of snap peas together on one piece of parchment. Cover with another piece of foil and tightly fold together top and bottom edges of foil to create a seal to the steaming pouch. Repeat for second portion. Place on baking sheet and bake for 12 minutes.
- Carefully cut open pouch and remove contents. Put salmon and snap peas over rice and serve.
French Style Bean Stew

Couscous stuffed portobello mushroom caps with mozzarella
COUSCOUS STUFFED PORTOBELLO MUSHROOM CAPS WITH MOZZARELLA

Ingredients
Makes 4 Servings

• 8 portobello mushrooms (with caps that are around 5 inches in diameter)
• 3/4 cup chopped scallions (both green and white parts removed)
• 2 Tbsp chopped black olives
• 11/2 cups chopped plum tomatoes (about 3 plum tomatoes)
• 3/4 cup dried couscous
• 1/4 teaspoon ground black pepper
• 1 1/2 Tbsp canola oil
• 1 Tbsp balsamic vinegar
• 11/4 cups boiling water
• 3 oz shredded, fat-free mozzarella

Recipe

• Preheat oven to 400 degrees F.
• To clean the portobello mushrooms, remove and discard the stems from each mushroom. Then, using a spoon, scrape the black gills from the underside of each mushroom and discard gills. Place each mushroom cap onto a large foil-lined baking sheet. Bake mushrooms in oven until soft, about 20 minutes.
• Meanwhile, chop the scallions, olives, and tomatoes; add to a medium bowl along with couscous, pepper, oil, and vinegar. Bring 1 1/4 cups of water to a boil, either on the stove top or in a microwave. Add into the bowl, stirring to combine, and cover tightly with a lid or plastic wrap. Let couscous steam 10 to 15 minutes until cooked. Use a fork to fluff couscous.
• When mushroom caps are done, use a paper towel to blot off any extra moisture on mushroom. Divide couscous mixture among the mushroom caps, filling each one. Top with the cheese and place back in the oven until cheese melts, about 10 minutes. Remove from oven and serve.

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Massaged Kale salad

Tuna Niçoise in Lettuce Cups
**MASSAGED KALE SALAD**

**Ingredients**  
Makes 4 Servings

- 8 cups chopped, stemmed kale (about 1 large bunch)
- 3 Tbsp. lemon juice
- 2 Tbsp. canola oil
- 1 tsp. mustard (lowest sodium available)
- 1/2 tsp. salt
- 1/8 tsp. ground black pepper
- 3 Tbsp. unsalted, hulled sunflower seeds or 3 Tbsp. unsalted, hulled pumpkin seeds (also called pepitas)
- 2 Tbsp. grated, reduced-fat Parmesan cheese

**Recipe**

- Prepare the kale: Lay each leaf onto a cutting board. Use a knife to cut each side of the kale leaf's rib to remove and discard it. (Kale ribs are quite bitter and tough, making it best to remove.) Repeat with remaining leaves. Then, slice the kale into about 1/2-inch pieces. If kale is still wet from washing, dry it in a salad spinner.
- In a large bowl, add lemon juice, oil, mustard, and pepper. Use a fork to mix dressing together. Add the chopped kale into the bowl. Use your fingers to gently massage the dressing into the kale until the kale has wilted from 8 cups to 6 cups, just a few minutes.
- Top kale salad with pumpkin seeds and Parmesan cheese. Serve.

**Nutrients**

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**TUNA NIÇOISE IN LETTUCE CUPS**

**Ingredients**  
Makes 8 Servings

- 2 Tbsp. chopped red onion
- 1 Tbsp. red wine vinegar
- 2 tsp. Dijon mustard (lowest sodium available)
- 1 tsp. olive oil (extra virgin preferred)
- 1/4 tsp. dried dillweed (crumbled)
- 1/4 tsp. sugar
- 1/8 tsp. pepper
- 5 oz. canned, very-low-sodium chunk light tuna, packed in water, drained, flaked
- 16 large Bibb lettuce leaves (about 2 heads)
- 2 Tbsp. chopped black olives (drained)
- 2 large eggs, hard-boiled, yolks discarded and whites chopped
- 4 cherry tomatoes (sliced)

**Recipe**

- In a small bowl, stir together the onion, vinegar, mustard, oil, dillweed, sugar, and pepper. Stir in the tuna. Spoon 1 tablespoon of spread onto each lettuce leaf. Top, in order, with the olives, egg whites, and cherry tomatoes.
- To eat as a wrap, fold the left and right sides of the lettuce leaf toward the center. Starting from the unfolded side closest to you, roll the wrap towards the remaining unfolded side to enclose the filling.

**Nutrients**

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Apple Nachos

Eggplant, Cheese and Tomato Bake
**APPETLANT, CHEESE AND TOMATO BAKE**

**Ingredients**
Makes 8 Servings

- 1 large sliced eggplant (about 17-20 slices)
- 1 medium thinly sliced onion (about 2 cups), cut into bite-size pieces
- 2 zucchini (about 2 cups), cut into bite-size pieces
- non-stick cooking spray
- 2 tsp. extra virgin olive oil or canola oil
- 3 cups mushrooms (sliced)
- 3 clove minced garlic or 3 tsp. fresh, minced garlic
- 2 Tbsp. water
- 1/4 cup reduced-fat, smooth peanut butter
- 1 Tbsp honey

**Recipe**

- Preheat oven to 375° F
- Arrange eggplant, onions and zucchini on a baking sheet, sprayed with cooking spray.
- Lightly spray top of vegetables with cooking spray as well. Cover with aluminum foil. Bake for 10 minutes covered and 10 minutes uncovered.
- In a small saucepan, heat extra virgin olive oil over medium heat, sauté mushrooms and garlic with water and pepper, until mushrooms begin to soften, about 6 minutes. Add diced tomatoes, tomato sauce and basil, reduce heat and simmer for 10 minutes.
- Spread 1/2 tomato-mushroom mixture on bottom of a 9x13 baking dish coated with cooking spray. Then layer half of the eggplant, zucchini and onion. Layer all of ricotta, and sprinkle a layer of half the mozzarella. Repeat layers with another 1/2 of tomato-mushroom mixture and the remaining eggplant, zucchini and onion. Add the remaining tomato mixture, evenly sprinkle the remaining mozzarella and top with breadcrumbs. Bake for 30-45 minutes or until most of the liquid has disappeared and cheese begins to brown. Let cool for 10 minutes before cutting and serving.

**Nutrients**

| Calories | 161 |
| Total Fat | 5.5 g |
| Saturated Fat | 2.5 g |
| Polyunsaturated Fat | 0.5 g |
| Monounsaturated Fat | 2.0 g |
| Cholesterol | 13 mg |
| Sodium | 138 mg |
| Total Carbohydrate | 20 g |
| Dietary Fiber | 5 g |
| Sugars | 10 g |
| Protein | 9 g |
White Bean and Tomato Bruschetta Salad

Teriyaki Salmon with Cauliflower Rice
**WHITE BEAN AND TOMATO BRUSCHETTA SALAD**

**Ingredients**
Makes 2-4 Servings

- 2 small tomatoes (diced) or 16 oz. canned, no-salt-added, diced tomatoes (drained, rinsed)
- 1 clove fresh, minced garlic or 1 tsp. jarred, minced garlic
- 1 green onion (chopped, green part only)
- 8 oz. canned, low-sodium white beans (such as Cannellini beans), drained, rinsed
- 2 Tbsp. fresh basil (chopped)
- 1 Tbsp. balsamic vinegar
- 1/8 tsp. black pepper (to taste)
- 1/4 cup low-moisture, part-skim, shredded mozzarella
- 4 cups mixed greens or arugula

**Recipe**

- Combine all ingredients except salad greens and marinate 5-10 minutes.
- Toss with salad greens. Serve chilled.

**Nutrients**

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**TERIYAKI SALMON WITH CAULIFLOWER RICE**

**Ingredients**
Makes 4 Servings

- 2 Tbsp low-sodium soy sauce
- 1 Tbsp water
- 1 Tbsp dry sherry or balsamic vinegar
- 1 Tbsp sesame oil
- 1 teaspoon white vinegar
- 1/2 teaspoon no-calorie sweetener (approx. 2 packets)
- 1 teaspoon fresh minced garlic (1 large clove)
- 1 teaspoon fresh, minced ginger (about a 2-inch piece)
- 4 (6-ounce) wild salmon fillets, skin removed
- 1 (2-pound) head cauliflower (roughly chopped)
- 1/2 white onion, peeled and roughly chopped
- 1 teaspoon canola oil
- 1/8 teaspoon salt
- 1 cup chopped, fresh cilantro leaves
- 1 teaspoon sesame seeds
- 2 scallions (finely chopped)

**Recipe**

- In a heatproof 8-inch by 8-inch baking pan, add the marinade ingredients: soy sauce, water, sherry, sesame oil, white vinegar, Splenda, garlic, and ginger. Use a fork to gently combine ingredients. Add salmon fillets on their side. Cover with foil and marinate in the refrigerator at least 1 hour and up to 24 hours.
- When ready to cook the salmon, remove the fish from the fridge and preheat oven to 450 degrees F.
- Meanwhile, trim and discard the leaves from the cauliflower. Roughly chop the cauliflower florets and the peeled onion. Add to the bowl of a food processor in batches, pulsing until the mixture resembles couscous. (The key to getting the correct consistency is to not overload the food processor.) Transfer mixture to a medium bowl until all the cauliflower rice has been made.
- Place the baking pan with the salmon in the preheated oven and bake until salmon is almost fully cooked, about 10 to 12 minutes, depending on thickness. Increase the heat to broil (or turn on broiler) and broil the salmon another 2 to 4 minutes to brown. Fish is done when easily flaked with a fork.
- Meanwhile, warm canola oil in a large nonstick pan over medium-high heat. Add cauliflower. Season with salt and, stirring frequently, cook until cauliflower mixture is tender, about 5 to 6 minutes. Remove from heat and stir in cilantro. Transfer cauliflower to a platter.
- Use a spatula to transfer the salmon fillets onto cauliflower. Pour teriyaki sauce from the pan over the salmon. Garnish salmon with sesame seeds and scallions. Serve.

**Nutrients**

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