

# 20 Fresh, Light & Quick Dinners



Erin Rogers



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## INTRODUCTION

Welcome to *20 Fresh, Light & Quick Dinners* published by Health-E-Meals.com!

Health-E-Meals.com is a low-cost membership-based website that provides healthy recipes, snack ideas, fitness and motivation tips, quick links to healthy-living information on the web, and many more great resources for busy people who want to fit healthy meals and activity into their busy lives.

The recipes contained in this e-cookbook are a sampling of the recipes offered in our premium e-cookbook, *Healthy Express: 101 Light, Fresh & Quick Dinners* (available for purchase at Clickbank -- <http://hop.clickbank.net/?formerfatg/healthemea>). Each recipe page comes complete with a description, estimates for preparation and cooking time, number of servings, time-saving tips, suggested side dishes and nutritional data.

### **How Do We Define Healthy?**

At Health-E-Meals.com, we believe in a balanced approach to nutrition and fitness. We don't use any strict formulas or percentages to classify our recipes/meals as 'healthy'. We just look for meals that have reasonable amounts of fat and calories, with generous amounts of veggies or fruits, and high fiber.

### **About the Author**

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We also publish a free weekly ezine (electronic newsletter) called 'Dinners on the Double', that offers a quick and healthy dinner idea, healthy cooking tips and other great information. To sign up for this free newsletter, simply visit:

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and sign up for your low-cost website membership  
to get access to more quick & healthy recipes, PLUS healthy snacks,  
lunches, breakfasts, desserts, fitness and motivation tips,

## Angel Hair with Shrimp, Feta and Tomatoes

This is a delicious and very quick pasta dish. There's very little prep work involved and it cooks very quickly. The flavors of the shrimp, feta, tomatoes and lemon juice really complement each other well.

**Prep time:** 10 minutes

**Cooking time:** 10 minutes

**Time Saving Tips:** Peeling shrimp is a bit tedious, so if you can buy your shrimp already peeled, go for it. If not, if you peeled them the night before or in the morning, it would speed up meal preparation. You could also use bottled, minced garlic.

**Makes:** 4 servings

### Ingredients

|                                   |                                                              |
|-----------------------------------|--------------------------------------------------------------|
| 2 teaspoons olive oil             | 3 cloves garlic, minced                                      |
| 1/4 cup white wine                | 2 tablespoons lemon juice                                    |
| 1/2 teaspoon oregano, dried       | 1 pound shrimp large (peeled and deveined)                   |
| 2 ounces feta cheese, crumbled    | 2 tablespoons dried parsley                                  |
| 8 ounces angel hair pasta, cooked | 2 (14 1/2-ounce) cans stewed tomatoes, petite diced, drained |

### Directions

1. Heat olive oil in large nonstick skillet. Add garlic; cook about 2-3 minutes until softened.
2. Add wine, lemon juice, tomatoes, oregano and shrimp. Cover and simmer until shrimp are cooked, about 4-5 minutes.
3. Remove from heat; stir in feta.
4. Serve over cooked noodles; garnish with parsley.

### Suggested Side Dishes

Green salad  
French or italian bread

### Nutritional Content Per Serving

|                    |                                                                      |
|--------------------|----------------------------------------------------------------------|
| Calories - 434     | Total fat - 8g                                                       |
| Saturated fat - 3g | Cholesterol -152mg                                                   |
| Sodium - 1012mg    | Total carbohydrate -62g                                              |
| Dietary fiber - 6g | Protein - 31g                                                        |
| Vitamin C - 29%    | Iron - 25%                                                           |
| Calcium - 14%      | Vitamin A - 23% Recommended Daily Value, based on 2,000 calorie diet |

## Fettuccine with Vegetables and Creamy Gorgonzola Sauce

If you're looking for a 'splurge' that won't make you feel guilty, this is the recipe to try! You even get great amounts of Vitamins A and C and calcium. It's rich, creamy and delicious. You could also add chicken or seafood (shrimp, scallops, salmon, crab, lobster, etc.) to this recipe and it would be fantastic.

**Prep time:** 10 minutes

**Cooking time:** 17 minutes

**Time Saving Tips:** Look for sliced mushrooms, broccoli and red bell pepper (salad bar, perhaps). Use fresh packaged pasta to cut down on cooking time. Bottled, minced garlic is an acceptable substitute for fresh.

**Makes:** 4 servings

### Ingredients

|                                    |                                                     |
|------------------------------------|-----------------------------------------------------|
| 8 ounces uncooked fettuccine pasta | 1 cup broccoli florets                              |
| 1 cup sliced mushrooms             | 1 cup red bell pepper slices                        |
| 2 teaspoons butter                 | 2 cloves minced garlic                              |
| 1 tablespoon all-purpose flour     | 1 1/4 cups fat-free milk                            |
| Parmesan cheese                    | 2 ounces light cream cheese (about 1/4 cup)         |
| Salt and pepper                    | 2 ounces crumbled gorgonzola cheese (about 1/2 cup) |

### Directions

1. Cook pasta according to package directions.
2. Steam vegetables until tender-crisp.
3. Melt butter in medium saucepan over medium-high heat. Add minced garlic; cook 2-3 minutes, or until lightly browned. Add flour, whisk in. Slowly add milk, whisking constantly. Add cream cheese and gorgonzola; heat 1-2 minutes - until cheese is melted. Bring to a boil; sauce will thicken. Remove from heat.
4. Toss together cooked pasta, vegetables and sauce. Top with parmesan cheese, salt and pepper (optional).

### Suggested Side Dishes

Steamed broccoli

### Nutritional Content Per Serving

|                     |                                                                      |
|---------------------|----------------------------------------------------------------------|
| Calories - 312      | Total fat - 10g                                                      |
| Saturated fat - 5g  | Cholesterol - 27mg                                                   |
| Sodium - 433mg      | Total carbohydrate - 40g                                             |
| Dietary fiber - 3g  | Protein - 16g                                                        |
| Vitamin C - 58% RDV | Calcium - 19% RDV                                                    |
| Iron - 9% RDV       | Vitamin A - 15% Recommended Daily Value, based on 2,000 calorie diet |

## Lemon Scallops with Angel Hair

This is a very fast and light, delicious recipe. It has tons of great lemon flavor. You could substitute shrimp or chicken for the scallops if you'd like, but scallops are so good!

**Prep time:** 7 minutes

**Cooking time:** 10 minutes

**Time Saving Tips:** If you don't have time to chop fresh basil and parsley, you can substitute dried. Just remember to use less. Scallops cook very quickly, so this recipe will go fast!

**Makes:** 4 servings

### Ingredients

|                                      |                                                  |
|--------------------------------------|--------------------------------------------------|
| 8 ounces angel hair pasta            | 1/4 cup dry white wine                           |
| 3 tablespoons lemon juice            | 1/2 teaspoon grated lemon peels                  |
| 2 stalks thinly chopped green onions | 1/2 teaspoon dried rosemary                      |
| 1 tablespoon chopped, fresh basil    | 2 cloves minced garlic                           |
| 2 tablespoons butter                 | 1/2 pound scallops                               |
| 2 teaspoons chopped parsley          | 2 tablespoons grated or shredded parmesan cheese |

### Directions

1. Cook pasta according to package directions.
2. While pasta is cooking, combine wine, lemon juice, lemon peel, green onion, rosemary, basil and garlic in a large skillet. Bring to a boil, stirring often, until liquid has reduced by half.
3. Add scallops and stir to coat in lemon sauce. Cook until opaque, 1-2 minutes.
4. Remove pan from heat and stir in butter; stir until melted.
5. Toss cooked pasta with sauce. Sprinkle with chopped parsley and parmesan cheese.

### Suggested Side Dishes

Steamed broccoli

### Nutritional Content Per Serving

|                     |                                                                     |
|---------------------|---------------------------------------------------------------------|
| Calories - 359      | Total fat - 8g                                                      |
| Saturated fat - 0g  | Cholesterol - 53mg                                                  |
| Sodium - 339mg      | Total carbohydrate - 47g                                            |
| Dietary fiber - 2g  | Protein - 22g                                                       |
| Vitamin C - 10% RDV | Calcium - 5% RDV                                                    |
| Iron - 14% RDV      | Vitamin A - 6% Recommended Daily Value, based on 2,000 calorie diet |

## Pizza with Spinach and Sun-Dried Tomato Pesto

Here's a delicious, quick pizza with lots of great nutrition! You'll get great servings of Vitamins A and C as well as 25% of the recommended daily value for calcium.

**Prep time:** 15 minutes

**Cooking time:** 10 minutes

**Time Saving Tips:** Buy shredded cheese to save a bit of prep time. Also, you should be able to find a bag of prewashed baby spinach leaves. Using a premade pizza shell will save quite a bit of time.

**Makes:** 4 servings

### Ingredients

|                                       |                               |
|---------------------------------------|-------------------------------|
| 1/2 cup (dry pack) sun-dried tomatoes | 1 teaspoon olive oil          |
| 2 tablespoons fresh basil leaves      | 2 cloves garlic               |
| 3 tablespoons parmesan cheese         | 1 tablespoon balsamic vinegar |
| 1/3 cup tomato juice                  | 2 tablespoons tomato paste    |
| 1 pizza shell (such as Boboli)        | 2 cups fresh spinach leaves   |
| 3/4 cup mozzarella cheese             |                               |

### Directions

1. Prepare sun-dried tomatoes by pouring boiling water over them to cover; let stand 10 minutes and then drain.
2. When tomatoes are ready, prepare pesto in food processor or blender by combining tomatoes though tomato paste (8 ingredients).
3. Spread pesto over prepared pizza crust, top with spinach leaves and then mozzarella.
4. Bake according to pizza shell directions, just until cheese is melted and ingredients are warmed through.

### Suggested Side Dishes

Tossed salad with lowfat italian dressing.

### Nutritional Content Per Serving (one quarter of pizza)

|                     |                                                                      |
|---------------------|----------------------------------------------------------------------|
| Calories - 281      | Total fat - 7g                                                       |
| Saturated fat -4g   | Cholesterol - 38mg                                                   |
| Sodium - 327mg      | Total carbohydrate - 23g                                             |
| Dietary fiber - 1g  | Protein - 11g                                                        |
| Vitamin C - 15% RDV | Calcium - 25% RDV                                                    |
| Iron - 10% RDV      | Vitamin A - 37% Recommended Daily Value, based on 2,000 calorie diet |



## Asian-Marinated Hamburgers

In this recipe, you'll marinate and baste the hamburgers with a delicious Asian-flavored marinade. The result is a very flavorful burger!

**Prep time:** 7 minutes (plus 1-8 hours marinating time)

**Cooking time:** 12 minutes

**Time Saving Tips:** You can use bottled, minced gingerroot instead of fresh.

**Makes:** 4 servings

### Ingredients

|                               |                                   |
|-------------------------------|-----------------------------------|
| 1 pound lean ground beef      | 1/4 cup water                     |
| 1/4 cup soy sauce             | 2 tablespoons brown sugar         |
| 1 teaspoon minced ginger root | 1 tablespoon worcestershire sauce |
| 3 tablespoons sesame seeds    | 4 whole wheat hamburger buns      |

### Directions

1. Form beef into 4 patties. Place in glass baking dish.
2. Combine water, soy sauce, brown sugar, gingerroot and worcestershire in a small bowl. Pour over burgers. Refrigerate 1 hour or up to 8 hours, flipping burgers at least once.
3. Remove burgers from marinade, sprinkle with sesame seeds (press in) and place on lightly greased grill rack. Heat reserved marinade until boiling, boil one minute and use as a baste for burgers on grill.
4. Cook burgers until they are done to your liking, flipping once (avoid rare to medium to reduce risk of foodborne illness) - approximately 5-7 minutes on each side.
5. Serve on toasted buns with sliced tomato, lettuce and red onion.

### Suggested Side Dishes

Steamed snow peas/sugar snap peas tossed with a splash of sesame oil and chopped garlic.

### Nutritional Content Per Serving (including burger and bun, but not condiments)

|                    |                                                                     |
|--------------------|---------------------------------------------------------------------|
| Calories - 326     | Total fat - 10g                                                     |
| Saturated fat -4g  | Cholesterol - 63mg                                                  |
| Sodium - 879mg     | Total carbohydrate - 29g                                            |
| Dietary fiber - 2g | Protein - 30g                                                       |
| Vitamin C - 0% RDV | Calcium - 8% RDV                                                    |
| Iron - 24% RDV     | Vitamin A - 0% Recommended Daily Value, based on 2,000 calorie diet |

## Feta-Stuffed Greek Burgers

These burgers combine the unique flavor of feta with oregano, red onion and garlic to make a tasty change to your normal hamburger. You could also use ground turkey with this recipe.

**Prep time:** 10 minutes

**Cooking time:** 10 minutes

**Time Saving Tips:** This is a very quick recipe to prepare!

**Makes:** 4 servings

### Ingredients

|                                 |                                 |
|---------------------------------|---------------------------------|
| 1 pound ground beef, extra lean | 1 tablespoon garlic, minced     |
| 1 teaspoon oregano              | 2 tablespoons red onion, minced |
| 1/4 teaspoon black pepper       | 1 ounce feta cheese, crumbled   |
| 4 hamburger buns, whole wheat   |                                 |

### Directions

1. Preheat grill (or broiler).
2. Combine ground beef, garlic, oregano, red onion, and black pepper; form into 8 patties
3. Divide feta evenly on top of 4 of the patties.
4. Top with other 4 patties and pinch edges to seal.
5. Place burgers on grill, cook until desired doneness, flipping once (approximately 10-12 minutes). For best flavor, don't overcook.

### Suggested Side Dishes

Sliced tomatoes and cucumbers tossed with a splash of olive oil and balsamic or red wine vinegar, salt and pepper.

### Nutritional Content Per Serving

|                    |                                                                 |
|--------------------|-----------------------------------------------------------------|
| Calories - 338     | Total fat - 14g                                                 |
| Saturated fat -5g  | Cholesterol -69mg                                               |
| Sodium - 348mg     | Total carbohydrate -27g                                         |
| Dietary fiber - 2g | Protein - 29g                                                   |
| Calcium - 17%      | Iron - 32% Recommended Daily Value, based on 2,000 calorie diet |

## Zesty Black Bean and Rice Burgers

Give these meatless burgers a try! They have tons of fiber, are low in fat and are a nice change from ground beef or turkey burgers. You'll be surprised at the great flavor!

**Prep time:** 10 minutes

**Cooking time:** 10 minutes

**Time Saving Tips:** This is so quick - just chopping a bit of onion and cilantro!

**Makes:** 4 servings

### Ingredients

|                           |                                                |
|---------------------------|------------------------------------------------|
| 1 cup cooked instant rice | 1 15-ounce can black beans, drained and rinsed |
| 1/4 cup chopped onions    | 1 tablespoon chopped cilantro                  |
| 2 tablespoons salsa       | 4 whole wheat hamburger buns                   |

### Directions

1. Mash beans with food processor or fork or potato masher. With fork, mix in rice, onion, cilantro and salsa.
2. Spray large nonstick skillet with cooking spray. Heat to medium-high heat.
3. Use 1/2 cup mixture for each patty. Flatten onto skillet. Cook 4-5 minutes on each side, or until lightly browned.
4. Serve with salsa, sour cream, lettuce, sliced avocado.

### Suggested Side Dishes

Tossed salad with your favorite veggies and lowfat southwestern ranch dressing

### Nutritional Content Per Serving (for 1 patty and 1 bun, not including condiments)

Calories - 261  
Total fat - 3g  
Saturated fat - 0g  
Cholesterol - 0mg  
Sodium - 670mg  
Total carbohydrate - 50g  
Dietary fiber - 7g  
Protein - 11g  
Vitamin A - 0% Recommended Daily Value, based on 2,000 calorie diet  
Vitamin C - 3%  
Calcium - 14%  
Iron - 19%

## Easy Crockpot Salsa Chicken

Quick, healthy and delicious. Just pop the four ingredients into the crockpot in the morning and you'll have a great-tasting meal for dinner. This would also be great for larger gatherings.

**Prep time:** 2 minutes

**Cooking time:** 8 hours

**Makes:** 10 (generous) servings

### Ingredients

4 boneless skinless chicken breasts

32 ounces salsa (I use 2- 16 oz. jars)

1 can corn, drained

1 can black beans, drained

Flour tortillas

Optional condiments: light sour cream, guacamole, lettuce, tomatoes, cheese, salsa (however, they taste great, and are lighter, without any toppings)

### Directions

1. Place all ingredients in crockpot.
2. Cook on low 6-8 hours
3. 30-60 minutes prior to serving, remove chicken, shred and return to crockpot.
4. To serve, use chicken mixture as filling inside tortillas.
5. Add desired condiments.

### Suggested Side Dishes

Refried beans

Spanish/mexican rice

Fresh fruit

### Nutritional Content Per Serving (1 large serving of chicken mixture, not including tortillas)

Calories - 356

Saturated fat - 1.1g

Monounsaturated fat - 1.5g

Sodium - 498mg

Total carbohydrate - 48.6g

Protein - 30.3g

Total fat - 5g

Polyunsaturated fat - 1.7g

Cholesterol - 58mg

Potassium - 657mg

Dietary fiber - 5.1g

## Grilled Cajun Catfish

Catfish is a great, mild fish that tastes great with a cajun spice rub. This is a little spicy, but you can adjust the seasonings and add some tartar sauce to cool it a bit. If you don't have a grill, you could cook this in a nonstick frying pan.

**Prep time:** 10 minutes

**Cooking time:** 10 minutes

**Time Saving Tips:** You could prepare the cajun spice rub ahead of time. Otherwise, this is a very quick dish to prepare.

**Makes:** 4 servings

### Ingredients

|                                  |                          |
|----------------------------------|--------------------------|
| 2 teaspoons blackening seasoning | 2 teaspoons paprika      |
| 2 teaspoons garlic powder        | 1 teaspoon dried oregano |
| 1 teaspoon onion powder          | 1/2 cup bread crumbs     |
| 1 1/2 pounds catfish fillets     | cooking spray            |

### Directions

1. Preheat grill
2. Mix together all seasonings (blackening through bread crumbs).
3. Rinse catfish and pat dry.
4. Sprinkle about 1 t. of seasoning mixture on each side of fish, rub in.
5. Spray grill rack with cooking spray. Grill fish approximately 4-5 minutes on each side; or until color is opaque and fish flakes easily with fork.

### Suggested Side Dishes

Corn on the cob

Chopped cucumber and tomatoes tossed with olive oil and balsamic vinegar

Optional: Corn bread or low fat biscuits

### Nutritional Content Per Serving

|                                    |                          |
|------------------------------------|--------------------------|
| Calories - 205                     | Total fat - 6g           |
| Saturated fat - 2g                 | Cholesterol -60mg        |
| Sodium - 455mg                     | Total carbohydrate - 13g |
| Dietary fiber - 0g                 | Protein 26g              |
| Vitamin A - 20% Recommended Daily  |                          |
| Value, based on 2,000 calorie diet |                          |

## Orange Roughy with Cucumber Dill Sauce

This recipe is very low calorie, and very low fat. It's also very quick and quite tasty! The creamy cucumber dill sauce really wakes up the flavor of the mild fish. Great for a warm night when you want something cool. You could substitute other types of white fish for the orange roughy, including cod, sole or flounder.

**Prep time:** 5 minutes

**Cooking time:** 7 minutes

**Time Saving Tips:** This is a very quick dish as is - just keep your sides quick and you'll be eating in no time.

**Makes:** 4 servings

### Ingredients

1 pound orange roughy (or other mild white fish)  
2 tablespoons lemon juice  
1/2 peeled and chopped cucumber (about 1/2 cup)  
2 tablespoons light mayonnaise  
2 tablespoons fat-free plain yogurt  
1 teaspoon dried dill weed  
1 teaspoon yellow mustard

### Directions

1. Spray broiler pan with nonstick cooking spray. Place fish in pan and sprinkle with lemon juice; broil 6-7 minutes, or until fish flakes easily when tested with fork.
2. While fish is broiling, combine remaining ingredients in small bowl.
3. Serve fish with sauce.

### Suggested Side Dishes

Brown rice (with no added fat)  
Sliced tomatoes, drizzled with olive oil, chopped basil, salt and pepper

### Nutritional Content Per Serving

|                    |                                                                     |
|--------------------|---------------------------------------------------------------------|
| Calories - 116     | Total fat - 4g                                                      |
| Saturated fat - 0g | Cholesterol - 23mg                                                  |
| Sodium - 149mg     | Total carbohydrate - 2g                                             |
| Dietary fiber - 0g | Protein - 17g                                                       |
| Vitamin C - 2% RDV | Calcium - 2% RDV                                                    |
| Iron - 1% RDV      | Vitamin A - 2% Recommended Daily Value, based on 2,000 calorie diet |

## Parmesan-Garlic Salmon

Coating and baking fish fillets makes for some of the quickest and healthiest dinners around. This coating has lots of great flavor. Although salmon has more fat than many other types of fish or meat, the health benefits of its omega fats are well-documented. If you're on a stricter diet, you could substitute cod, flounder, sole, or other fillets to cut down on the calorie and fat content.

**Prep time:** 5 minutes

**Cooking time:** 12 minutes

**Time Saving Tips:** It doesn't get much faster than this - just chop some green onions.

**Makes:** 4 servings

### Ingredients

|                                        |                                               |
|----------------------------------------|-----------------------------------------------|
| 1 pound salmon (or other fish fillets) | 1/3 cup lowfat mayonnaise                     |
| 1 clove minced garlic                  | 3 tablespoons grated parmesan cheese          |
| 1/2 teaspoon worcestershire sauce      | 2 tablespoons chopped green onions, or chives |

### Directions

1. Thaw fish if frozen. Rinse and pat dry with paper towels.
2. Coat a 10x6x2 baking dish with nonstick cooking spray. Add fillets.
3. Stir together mayonnaise, garlic, parmesan, green onions and worcestershire; spread over fish.
4. Bake uncovered at 450 degrees for 12-14 minutes, or until fish flakes easily with fork.

### Suggested Side Dishes

Steamed vegetables (such as broccoli, zucchini, cauliflower, carrots, mushrooms)

### Nutritional Content Per Serving

\*Calories - 318

\*Total fat - 19g

Saturated fat -4g

Cholesterol -109mg

Sodium - 274mg

Total carbohydrate - 2g

Dietary fiber - 0g

Protein - 32g

Vitamin A - 6% Recommended Daily Value, based on 2,000 calorie diet

Vitamin C - 4% RDV

Calcium - 2% RDV

Iron - 4% RDV

\*Note: You can reduce calories to 168 and total fat to 8 grams by substituting cod, or similar white fish.

## Asian Pork Tenderloin

Light and tasty! This is packed with flavor. You'll NEVER guess that you're eating healthy!

**Prep time:** 5 minutes

**Cooking time:** 45 minutes

**Time Saving Tips:** If time is a significant factor, use bottled, minced garlic and gingerroot. But, if you can take a couple minutes to mince them fresh, you'll get an even better taste. Also, before measuring honey and molasses, spray measuring spoon with cooking spray and they will just slide right out instead of sticking.

**Makes:** 6 servings

### Ingredients

|                                    |                            |
|------------------------------------|----------------------------|
| 1 1/2 lbs pork tenderloin          | 1 teaspoon honey           |
| 1 teaspoon molasses                | 2 cloves garlic, minced    |
| 1 teaspoon minced fresh gingerroot | 1 teaspoon light soy sauce |
| 1/2 teaspoon sesame oil            | 1 teaspoon sesame seeds    |
| 2 teaspoons sliced green onions    |                            |

### Directions

1. Preheat oven to 425 degrees.
2. Remove all visible fat from pork; place in a shallow baking pan.
3. In a small bowl, whisk together remaining ingredients except sesame seeds and onions.
4. Brush honey mixture over pork; sprinkle with sesame seeds.
5. Bake uncovered for 45 minutes (or until meat thermometer reads 160 degrees F).
6. To serve, slice thinly and garnish with green onions.

### Suggested Side Dishes

To complete a very healthy meal, add cooked brown rice (which is tastiest by cooking in chicken both instead of water and adding some seasonings like green onions, garlic and soy sauce) and steamed vegetables. A combination of broccoli, red pepper and mushrooms would be nice.

### Nutritional Content Per Serving

|                                                                        |                           |
|------------------------------------------------------------------------|---------------------------|
| Calories - 169                                                         | Total fat - 6.8g          |
| Saturated fat - 2.2g                                                   | Polyunsat. fat - 0.9g     |
| Monounsat. fat 3                                                       | Cholesterol - 75mg        |
| Sodium - 90mg                                                          | Total carbohydrate - 2.3g |
| Dietary fiber - 0.1g                                                   | Protein 23.5g             |
| Vitamin B12 - 1mcg (17% PDV)                                           | Iron - 2mg (11% PDV)      |
| Vitamin B6 - 1mg (50% percent daily value based on 2,000 calorie diet) |                           |



## Citrus-Marinated Flank Steak with Fruit Salsa

Here's a delicious and refreshing summer steak recipe that has lots of fiber, Vitamin C and is very low in saturated fat.

**Prep time:** 10 minutes (plus 2-24 hours marinating time)

**Cooking time:** 12 minutes

**Time Saving Tips:** Feel free to use bottled lime juice, and dried parsley (but only use 1 t.)

**Makes:** 4 servings

### Ingredients

1/2 cup orange juice concentrate, thawed    2 tablespoons lime juice  
1 finely chopped jalapeno pepper    1/2 teaspoon paprika  
1 pound beef flank steaks    1 small grapefruit (peeled, seeded and chopped)  
2 oranges (peeled, seeded and chopped)    1 tablespoon chopped parsley  
1 tablespoon chopped cilantro

### Directions

1. To prepare marinade: In a small bowl, combine orange juice concentrate, lime juice, jalapeno and paprika. Remove 1 heaping teaspoon and place in medium bowl, set aside.
2. Pour prepared marinade into a large ziploc bag; add 1/3 cup water. Score flank steak by making shallow cuts across both sides in a diamond pattern. Place steak in bag. Marinate 2 hours, or up to overnight.
3. Chop oranges, grapefruit, parsley and cilantro; add to bowl with reserved marinade ingredients. Salt if desired. Chill in refrigerator for at least 30 minutes.
4. When ready to grill: Remove meat from bag, discard marinade. Place meat on preheated grill rack. Grill, turning once, 12-14 minutes (160 degrees F for medium doneness).
5. Serve with chilled fruit salsa.

### Suggested Side Dishes

Warm whole wheat flour tortillas

Grilled vegetables (brushed with fruit juice and olive oil, salt and pepper)

### Nutritional Content Per Serving (including steak and fruit salsa)

|                      |                                                                     |
|----------------------|---------------------------------------------------------------------|
| Calories - 360       | Total fat - 15g                                                     |
| Saturated fat - 0g   | Cholesterol - 81mg                                                  |
| Sodium - 82mg        | Total carbohydrate - 25g                                            |
| Dietary fiber - 5g   | Protein - 33g                                                       |
| Vitamin C - 135% RDV | Calcium - 3% RDV                                                    |
| Iron - 15% RDV       | Vitamin A - 8% Recommended Daily Value, based on 2,000 calorie diet |

## Steak Diane with Lemon

Here's a light version of Steak Diane. I'd serve this on a leisurely night with boiled baby red potatoes and fresh steamed asparagus. However, since it is so quick to prepare, you can really make it any night! This would also be a great menu to serve when you have guests for a nice dinner.

**Prep time:** 5 minutes

**Cooking time:** 12 minutes

**Time Saving Tips:** Everything in this recipe is quick - there's no washing, peeling or chopping involved!

**Makes:** 4 servings

### Ingredients

|                                 |                                                         |
|---------------------------------|---------------------------------------------------------|
| 1/4 teaspoon black pepper       | 1 pound beef top sirloin steak, all visible fat removed |
| 1 cup fat-free beef broth       | 1 tablespoon all purpose flour                          |
| 2 teaspoons dijon style mustard | 1 tablespoon worcestershire sauce                       |
| 1 teaspoon lemon juice          | 1 tablespoon dried chives                               |
| 1 teaspoon dried parsley        |                                                         |

### Directions

1. Spray large nonstick skillet generously with cooking spray. Heat over medium heat.
2. Cut steak into 4 pieces. Sprinkle both sides with pepper.
3. Cook beef in skillet, turning once, until desired doneness (10-12 minutes for medium). Remove beef from skillet and keep warm.
4. In small bowl, mix broth, dijon, worcestshire and lemon juice until smooth. Add to skillet; heat to boiling. Let boil one minute while stirring constantly. Stir in chives and parsley. Serve over steaks.

### Suggested Side Dishes

Boiled baby red potatoes  
Steamed fresh asparagus

### Nutritional Content Per Serving

|                    |                                                                     |
|--------------------|---------------------------------------------------------------------|
| Calories - 222     | Total fat - 7g                                                      |
| Saturated fat -2g  | Cholesterol -100mg                                                  |
| Sodium - 594mg     | Total carbohydrate - 2g                                             |
| Dietary fiber - 0g | Protein - 36g                                                       |
| Vitamin C - 6%     | Calcium - 1%                                                        |
| Iron - 23%         | Vitamin A - 6% Recommended Daily Value, based on 2,000 calorie diet |

## Baked Asian Chicken

Wow - this is tasty and quick! A perfect meal for a weeknight and good enough to serve for company. By adding the brown rice and broccoli, you'll round out your meal with fiber and vitamins.

**Prep time:** 5 minutes

**Cooking time:** 20 minutes

**Time Saving Tips:** You could prepare the sauce ahead of time. Otherwise, this is a very quick dish to prepare!

**Makes:** 4 servings

### Ingredients

4 chicken breasts (boneless, skinless)  
1 teaspoon ginger root (bottled, chopped )  
2 cloves garlic (bottled, chopped )  
3 tablespoons brown sugar  
4 tablespoons soy sauce low sodium  
2 tablespoons white vinegar

### Directions

1. Preheat oven to 350 degrees
2. Spray baking dish with cooking spray; arrange chicken breasts in single layer.
3. Combine all remaining ingredients in small bowl; whisk to combine; pour over chicken
4. Bake for about 20 minutes, or until chicken is cooked through.
5. To serve, slice chicken and garnish with green onions.

### Suggested Side Dishes

Steamed broccoli

Brown rice

-- Here's a great way to give it more flavor: cook in chicken broth instead of water, add seasonings such as parsley, chives, garlic salt, Mrs. Dash, crushed red pepper

### Nutritional Content Per Serving

Calories - 151

Saturated fat - 1g

Sodium - 665mg

Dietary fiber - 0g

Total fat - 3g

Cholesterol -46mg

Total carbohydrate - 12g

Protein 21g

## Grilled Chicken with Sherry-Soy Sauce Marinade

Marinated, grilled chicken is such an easy and delicious dinner solution when you're looking to eat a healthy diet. And, there are so many variations that you can try new ones all the time and not get bored. Here's a yummy one to try!

**Prep time:** 5 minutes (plus overnight marinating)

**Cooking time:** 16 minutes

**Time Saving Tips:** Use bottled, minced garlic and all you'll need to do is measure the ingredients into the ziploc bag.

**Makes:** 4 servings

### Ingredients

|                          |                                            |
|--------------------------|--------------------------------------------|
| 1 cup dry sherry         | 1 pound boneless, skinless chicken breasts |
| 3 tablespoons olive oil  | 2 tablespoons reduced-sodium soy sauce     |
| 1 teaspoon dried oregano | 2 cloves garlic, minced                    |

### Directions

1. Place all ingredients in large ziploc bag; squeeze to combine. Place in refrigerator overnight.
2. When ready to cook, preheat grill or broiler. Place chicken on grill (or under broiler), reserving marinade. Grill (or broil) 7-10 minutes on each side, brushing with marinade, until chicken is no longer pink when cut through thickest parts.

### Suggested Side Dishes

Tossed salad  
Whole grain rolls

### Nutritional Content Per Serving

Calories - 190  
Total fat - 11g  
Saturated fat - 2g  
Cholesterol - 65mg  
Sodium - 520mg  
Total carbohydrate - 8g  
Dietary fiber - 1g  
Protein - 27g  
Vitamin A - 0% Recommended Daily Value, based on 2,000 calorie diet  
Vitamin C - 0% RDV  
Calcium - 0% RDV  
Iron - 4% RDV

## Raspberry-Glazed Grilled Chicken

Here's a great meal for a Friday night on the grill. You'll love the delicious glaze on these chicken breasts. Just make sure to plan for the hour marinating time required.

**Prep time:** 5 minutes, plus 1 hour to marinate

**Cooking time:** 15 minutes

**Time Saving Tips:** Because this recipe calls for an hour to marinate, it's important to plan on serving this chicken on a night that dinner doesn't need to be served right after getting home from work. If you pick a Friday night, put the marinade together, toss it in the fridge and have a little 'happy hour' until it's time to grill! Also use the marinating time to prepare your side dishes.

**Makes:** 4 servings

### Ingredients

|                                            |                                |
|--------------------------------------------|--------------------------------|
| 1/2 cup raspberry jam                      | 2 tablespoons balsamic vinegar |
| 2 tablespoons cilantro, chopped            | 1/4 teaspoon black pepper      |
| 1 pound boneless, skinless chicken breasts |                                |

### Directions

1. Combine first four ingredients in a large ziploc bag; add chicken. Refrigerate one hour; turning chicken once.
2. Heat grill.
3. Remove chicken from marinade; reserve marinade. Place chicken on grill; during cooking, brush with marinade; cook 15-20 minutes (turning occasionally) or until chicken is cooked through.
4. If desired, heat remaining marinade to boiling, boil one minute and serve over chicken.

\*Note: You can also use a broiler for this recipe.

### Suggested Side Dishes

Tossed green salad, with fresh raspberries, slivered almonds and raspberry vinaigrette  
Brown rice

### Nutritional Content Per Serving

|                    |                          |
|--------------------|--------------------------|
| Calories - 240     | Total fat - 3g           |
| Saturated fat -1g  | Cholesterol -60mg        |
| Sodium - 319mg     | Total carbohydrate - 28g |
| Dietary fiber - 0g | Protein - 22g            |

## Spicy Cilantro-Lime Chicken

Here's a perfect, easy grilled chicken recipe for a hot summer night that would taste really good with an ice cold margarita (or lemonade!) on the patio. You might also want to make some extra marinade for vegetables that you can throw on the grill for a delicious side dish. Remember to let the chicken marinate overnight.

**Prep time:** 10 minutes (plus overnight marinating)

**Cooking time:** 14 minutes

**Time Saving Tips:** Use bottled, minced garlic.

**Makes:** 4 servings

### Ingredients

|                                               |                                            |
|-----------------------------------------------|--------------------------------------------|
| 2 tablespoons vegetable oil                   | 1 pound boneless, skinless chicken breasts |
| 1/3 cup lime juice                            | 1 tablespoon chopped fresh cilantro        |
| 2 tablespoons chopped onions                  | 2 cloves garlic, minced                    |
| 1 teaspoon hot pepper sauce (such as Tabasco) |                                            |

### Directions

1. Place all ingredients in large ziploc bag; squeeze to combine. Place in refrigerator overnight.
2. When ready to cook, preheat grill or broiler. Place chicken on grill (or under broiler), reserving marinade. Grill (or broil) 7-10 minutes on each side, brushing with marinade, until chicken is no longer pink when cut through thickest parts.

### Suggested Side Dishes

Steamed brown rice, tossed with chopped cilantro and lime juice.  
Grilled vegetable and pineapple slices

### Nutritional Content Per Serving

Calories - 180  
Total fat - 11g  
Saturated fat - 2g  
Cholesterol - 65mg  
Sodium - 251mg  
Total carbohydrate - 1g  
Dietary fiber - 0g  
Protein - 26g  
Vitamin A - 1% Recommended Daily Value, based on 2,000 calorie diet  
Vitamin C - 1% RDV  
Calcium - 0% RDV  
Iron - 4% RDV

## Southwestern Chicken and Black Bean Salad

Here's an easy, light salad packed with flavor. If you've never tried fresh cilantro before, try it with this recipe. It has such a distinctive and delicious flavor.

**Prep time:** 15 minutes

**Cooking time:** 6 minutes.

**Time Saving Tips:** Use precooked, southwestern-flavored chicken strips if you can find them (if so, skip steps 1&2 and forgo the seasoning ingredients for the chicken). Also use bagged , pre-washed romaine lettuce and chopped veggies from a salad bar if available.

**Makes:** 4 servings

### Ingredients

|                                  |                                                                   |
|----------------------------------|-------------------------------------------------------------------|
| 1 teaspoon blackening seasoning  | 3/4 teaspoon chili powder                                         |
| 1/2 teaspoon ground cumin        | 1/2 teaspoon paprika                                              |
| 4 cups torn romaine lettuce      | 1/4 cup chopped red onions                                        |
| 1/2 cup chopped red bell peppers | 1 15-ounce can black beans, drained                               |
| 1 cup corn                       | 1/4 cup chopped fresh cilantro                                    |
| 1 clove minced garlic            | 1 pound boneless, skinless chicken breasts, cut into think strips |
| 2 teaspoons canola oil           | 1/4 cup lime juice                                                |
| 3 tablespoons orange juice       | Salt and pepper                                                   |

### Directions

1. Combine first 4 spices with chicken strips in a large ziploc bag. Shake until chicken is well-coated.
2. Heat a large nonstick skillet coated with cooking spray (medium-high); add chicken. Cook 4-6 minutes, or until cooked through. Remove from heat.
3. Add torn lettuce, onions, red bell peppers, black beans and corn to a large salad bowl. Place chicken on top.
4. Whisk together cilantro, garlic, oil, juices and salt and pepper in a bowl. Serve over salad.

### Suggested Side Dishes

Whole grain bread with garlic butter.

### Nutritional Content Per Serving

|                     |                                                                      |
|---------------------|----------------------------------------------------------------------|
| Calories - 270      | Total fat - 8g                                                       |
| Saturated fat -1g   | Cholesterol -65mg                                                    |
| Sodium - 646mg      | Total carbohydrate - 26g                                             |
| Dietary fiber - 8g  | Protein - 37g                                                        |
| Vitamin C - 47% RDV | Calcium - 8% RDV                                                     |
| Iron - 16% RDV      | Vitamin A - 41% Recommended Daily Value, based on 2,000 calorie diet |

## Rustic Ravioli Stew

Here's an easy, comfort stew perfect for a cold winter night.

**Prep time:** 7 minutes

**Cooking time:** 17 minutes

**Time Saving Tips:** To cut prep time, use bottled minced garlic.

**Makes:** 4 servings

### Ingredients

1 teaspoon olive oil  
3 to 4 cloves garlic, minced  
1 medium white onion or yellow onion, thinly sliced  
1 (14 1/2 ounce) can low sodium beef broth or low sodium chicken broth  
1 cup water  
1 teaspoon chopped fresh rosemary or 1 teaspoon dried rosemary, crushed  
1/4 teaspoon crushed red pepper (optional)  
1 (9 ounce) package refrigerated chicken ravioli or cheese ravioli  
1 (10 ounce) package baby spinach, coarsely chopped  
1 (14 ounce) can no-salt-added stewed tomatoes (can use italian recipe-ready version)  
Garnish:  
grated parmesan cheese or romano cheese or asiago cheese (optional)

### Directions

1. Heat oil in large saucepan over medium heat.
2. Add garlic and onion, saute 5 minutes.
3. Add broth, water, rosemary and red pepper and bring to a boil.
4. Add ravioli and undrained tomatoes, bring to boil again.
5. Cover, reduce heat and simmer for 5 minutes.
6. Add spinach, and cook another 3 minutes or until ravioli is tender.
7. Serve with grated cheese.

### Suggested Side Dishes

Whole grain roll

### Nutritional Content Per Serving (1/4 of recipe)

|                       |                            |
|-----------------------|----------------------------|
| Calories - 189        | Total fat - 7g             |
| Saturated fat - 2.6g  | Polyunsat. fat - 0.8g      |
| Monounsat. fat - 2.8g | Cholesterol - 66mg         |
| Sodium - 242mg        | Total carbohydrate - 21.4g |
| Dietary fiber - 4.5g  | Protein - 11.6g            |



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