

Healthy Recipes

YEAR-ROUND

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*You'll eat right and feel great
with these healthy meal ideas.*



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Letter from the Editors

Dear Reader,

It can be challenging to come up with healthy, delicious recipes that you and your family will enjoy. It is often tempting to go out for dinner and dessert, but we want to help you save your money along with your health. Cooking at home allows you to have some of your favorite dishes from fajitas to cheesecake with a fraction of the fat and calories. You can even get servings of fresh fruits and vegetables that you need and save the leftovers for later!

At RecipeLion we have put together a collection of 30 healthy recipes year-round for nutritious recipes that you can enjoy outside in the summer all the way through winter. These are easy recipes full of natural, healthy ingredients you will love! We have a recipe for everyone, from sizzling appetizers to vegetarian classics.

You will want to make these 30 recipes over and over again. Every dish we included is great for a dinner party with friends or a quiet night with your family. These recipes are so delicious that your guests won't even know how healthy they are! Learn how to make a simple White Bean, Basil and Tomato Soup or Vegetarian Baked Ziti in just a few basic steps.

For even more recipes, visit us at www.RecipeLion.com. To get more healthy recipes, fitness ideas and healthy lifestyle tips, visit our sister site www.FaveDiets.com.

Our eCookbooks, like all our recipes and tips, are absolutely FREE to our readers. Feel free to share this eBook with your family and friends and tell them to check out our website at www.RecipeLion.com.

We hope you enjoy reading and creating!

Sincerely,

The Editors of RecipeLion

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Appetizers

Goat Cheese and Herb Toasts



Description

Goat cheese is creamy and mild-flavored when a few weeks old, it becomes crumbly and sharper tasting as it matures. Try making these toasts with a younger cheese and sprinkle them with fresh herbs and edible flowers.

Serves: 6

Ingredients

- 1 pound country-style round bread loaf, sliced 3/4 inch thick
- 1 large garlic clove
- 6 ounce soft mild goat cheese
- 2 tablespoon extra-virgin olive oil
- 1/3 cup mixed fresh herbs and edible flowers such as chives, basil, thyme, chervil, scented geranium and marigold, chopped
- Freshly ground black pepper

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Instructions

1. Preheat broiler. Wash herbs well and spin dry.
2. In a shallow baking pan broil bread slices about three inches from heat one minute, or until tops are golden. Turn over slices and broil one minute, or until golden.
3. Rub one side of each toast with garlic and spread with goat cheese. Cut toasts into thirds and arrange on a platter. Drizzle toasts with oil and sprinkle with herbs and flowers. Season toasts with pepper.

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Spinach Stuffed Mushrooms



Description

Spinach and cheese stuffed mushrooms are a great healthy appetizer options. The mushroom caps make great cups to hold the filling. These are great any night of the week and are especially impressive for dinner parties.

Yields : 16

Cooking Time: 15 min

Ingredients

- 16 large mushrooms
- 3 ounce low-fat feta cheese
- 1/2 teaspoon garlic powder
- 10 ounce frozen chopped spinach, thawed and squeezed dry
- 2 tablespoon butter
- Salt and pepper

Instructions

1. Remove the mushroom stems and chop finely. Mix the chopped stems, cheese, garlic, spinach, salt and pepper to taste. Melt the butter and coat the entire mushroom, inside and out.
2. Stuff the mushrooms with as much stuffing as can fit. Bake at 350 degrees F for 10 to 15 minutes.

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Fresh and Easy Tomato Salsa



Description

Fresh tomato salsa is a healthy snack for anytime, or can be used as a fat-free sauce on grilled fish or chicken. Make your own baked, whole-wheat tortilla chips to serve with this salsa.

Ingredients

- 4 large ripe plum tomatoes
- 1/4 cup chopped green onions
- 1/4 cup chopped cilantro
- 1 tablespoon fresh oregano
- 2 cloves garlic minced
- 1 minced jalapeno pepper
- 1 tablespoon olive oil
- 2 teaspoon fresh lime juice
- salt
- freshly ground pepper

Instructions

Makes 2 cups.

1. Cut the tomatoes in half lengthwise and remove the seeds.
2. Cut the halves into 1/4 inch dice and place in a medium bowl.

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3. Add the remaining ingredients to the bowl.

4. Let sit, loosely covered, at room temperature for the flavors to blend. Serve immediately or refrigerate and serve within 4 hours.

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Soups and Stews

Three Bean Stew

Description

This is a delicious, nutritious, and easy-to-make dish, and you only need one pot. Beans are a wonderful source of fiber, and they taste good, too! This is a great recipe to have the kids help with - they can dump everything in and stir it up.

Ingredients

- 6 mushrooms, sliced
- $\frac{3}{4}$ cup chopped onion
- 2 cloves garlic, minced
- 1 medium zucchini, cut into $\frac{1}{2}$
- 1 15-ounce can white beans, drained
- 1 15-ounce can red beans, drained
- 1 15-ounce can black beans, drained
- 1 8.25-ounce can sliced carrots, well drained
- 2 14.5-ounce cans Cajun style stewed tomatoes
- $\frac{1}{3}$ cup fresh basil, chopped
- $\frac{1}{2}$ teaspoon white pepper

Instructions

Combine all ingredients in a large pot and heat on stove, stirring occasionally, until warm (about 20 minutes).

Note: For variety, add 1 cup of your favorite cooked, diced meat, such as Polish sausage or chicken. It's also a good way to use leftover turkey from Thanksgiving.

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Basil, White Bean and Tomato Soup



Description

Stick to your healthy diet. Using white beans, basil, potatoes, pepper, cheese and a few other ingredients you can make a delicious tomato soup.

Serves: 10

Preparation Time: 15 min

Cooking Time: 1 hr

Ingredients

- 2 dried great northern beans (about 1 pound)
- cooking spray
- 1 cup chopped onion
- 6 garlic cloves, chopped
- 1 cup diced peeled baking potato
- 2 chopped fresh or 1/2 teaspoon dried thyme
- 3 (16-ounce) cans vegetarian chicken-flavored broth
- 2 bay leaves
- 2 diced seeded tomato
- 1/4 cup chopped fresh basil
- 1 tablespoon lemon juice
- 3/4 teaspoon salt
- 1/4 to 1/2 teaspoon crushed red pepper
- 1/4 cup grated fresh low-fat parmesan cheese (1 ounce)

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Instructions

1. Sort and wash beans; set aside. Then, place a 6-quart pressure cooker coated with cooking spray over medium heat until hot.
2. Add onion; saute 2 minutes. Add garlic; saute 1 minute. Add beans, potato, thyme, broth, and bay leaves.
3. Close lid securely; bring to high pressure over high heat (about 7 minutes). Adjust heat to medium or level needed to maintain high pressure; cook 35 minutes.
4. Remove from heat; place pressure cooker under cold running water. Remove lid and discard bay leaves.
5. Partially mash bean mixture. Stir in [tomato](#) and next 4 ingredients (tomato through red pepper).
6. Cook, uncovered, over medium heat 5 minutes or until thoroughly heated, stirring frequently. Sprinkle with low-fat cheese.

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Cranberry, Red Wine and Lamb Stew

Serves: 6

Preparation Time: 10 min

Cooking Time: 1 hr 15 min

Ingredients

- 4 tablespoon oil
- 1 onion chopped
- $\frac{2}{3}$ cup chicken stock
- $\frac{2}{3}$ cup cranberry sauce
- sugar to taste
- 2 lean lamb cubed
- $1\frac{1}{4}$ red wine
- 3 tomatoes peeled and chopped - blanch in boiling water for easier peeling
- $\frac{1}{2}$ teaspoon ground ginger
- salt and pepper to taste

Instructions

1. Heat oil in a frypan. Add lamb in batches and brown. Remove lamb as it is browned.
2. Add onion and saute till soft, but not brown. Stir in wine, stock and tomatoes, and bring to a boil.
3. Return lamb to pan and mix well. Simmer 45 minutes.
4. Stir in cranberry sauce, ginger, sugar, salt and pepper.
5. Simmer for additional 30 minutes or till tender. Taste and add more salt, pepper, sugar as necessary.

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Vegetable and Veal Stew

Serves: 6

Preparation Time: 10 min

Cooking Time: 1 hr 30 min

Ingredients

- 2 cubed boneless veal shoulder
- salt and ground white pepper, to taste
- 1 1/2 tablespoon paprika, to taste
- 2 tablespoon margarine
- 1 tablespoon vegetable oil
- 1 small onion, finely chopped
- 1 medium tomato, peeled, seeded, chopped
- 1 large carrot, in 1/4-inch slices
- 1 green pepper, sliced
- 1/8 teaspoon dried tarragon
- 3/4 cup dry white wine
- 1/2 cup shelled fresh peas
- chopped parsley, for garnish

Instructions

1. Sprinkle veal with salt, white pepper, and paprika.
2. In a large skillet, heat butter with oil over medium heat and brown veal lightly on all sides. Add onion, tomato, carrot, green pepper, tarragon, and wine.
3. Bring to a boil, cover, reduce heat, and simmer until veal is very tender (about 1-1/2 hours).
4. Mix in peas and cook, uncovered, 5 to 8 minutes longer, until they are just tender. Salt to taste. Sprinkle with parsley and serve.

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Salads

Broccoli Salad with Pine Nuts & Cranberry



Description

Eat a healthy salad with broccoli, cranberry and pine nuts. If you've never thought of adding fruit to a vegetable salad then try this!

Ingredients

- 2 heads broccoli cut into florets
- $\frac{3}{4}$ cup grated sharp fat-free cheddar cheese
- $\frac{1}{2}$ pound low-fat bacon, cooked and chopped into bits
- $\frac{1}{2}$ medium onion, chopped
- $\frac{1}{3}$ cup dried cranberries
- $\frac{1}{3}$ cup pine nuts
- 1 cup light mayonnaise
- 2 tablespoon vinegar
- 1 $\frac{1}{2}$ tablespoon sugar or equivalent amount of artificial sweetener

Instructions

1. Drop broccoli in pan of boiling water just until color brightens. Drain and refrigerate while preparing remaining ingredients.
2. Mix mayonnaise, vinegar, and sweetener in a small bowl. Set aside.
3. Combine broccoli, cheese, bacon, onion, cranberries, and pine nuts. Pour dressing over all and stir to coat. Refrigerate for at least 2 hours prior to serving.

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Fava Bean and Sweet Pepper Salad



Description

Bean lovers will rejoice over this dish. Seasonal fava beans pair perfectly with the sweet red peppers. Serve this as a side dish, salad or even as a vegetarian main course. This dish is low in fat and high in nutrients.

Serves: 4

Ingredients

- 2 1/2 pound unshelled fava beans
- 1 large or 2 small sweet red peppers
- 2 tablespoon olive oil
- 2 large garlic cloves, finely minced
- 1/3 cup dry white wine
- 1/4 teaspoon dried thyme
- Salt and freshly ground pepper
- 2 tablespoon fresh lemon juice

Instructions

1. Bring a large pot of salted water to a boil while you remove the fava beans from their pods.
2. Meanwhile, roast the red peppers over a gas flame or under a broiler, turning until all sides are uniformly charred. Remove from the heat and place in a paper or plastic bag until cool enough to handle. Remove all the charred skin, rinse the peppers and pat dry.
3. Slice into thin strips, then cut the strips into 1 - or 2-inch lengths. Blanch the fava beans for 30 seconds, no longer, drain, and transfer to a bowl of cold water. Slip the beans out of their thick

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skins, and place in a bowl.

4. Heat the olive oil in a heavy-bottomed lidded skillet and gently saute the garlic until golden, about 2 minutes.
5. Add the fava beans and red peppers and stir together over medium heat for about 2 minutes.
6. Add the wine and the thyme, cover, and turn heat to low. Simmer 5 to 8 minutes (they are very good slightly crunchy and bright green; after they've cooked 5 minutes their color dulls and they become quite soft).
7. Add salt and freshly ground pepper to taste, stir in the lemon juice, and serve.

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Strawberry-Spinach Salad with Poppyseed Dressing

Serves: 8

Preparation Time: 20 min

Cooking Time: 8 min

Ingredients

- 1/2 cup vegetable oil
- 2 tablespoon raspberry vinegar or 4 tsp. red wine vinegar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon granulated sugar (optional)
- 2 teaspoon poppy seeds
- 1 green onion, finely chopped
- 1/2 teaspoon salt
- pinch of paprika
- 1/2 cup slivered almonds
- 2 teaspoon water
- 2 10 oz bags spinach or 3 large bunches
- 2 cup sliced strawberries

Instructions

Salad Dressing:

1. Place dressing ingredients (vegetable oil, sugar, vinegar, Worcestershire sauce, poppy seeds, green onion, salt and paprika) in a jar or small container with a resealable lid.
2. Shake well. Dressing can be made ahead and left at room temperature for up to 1 day or refrigerated, covered for 2 to 3 days. Flavor improves as it sits.

Salad:

1. Break almonds into small pieces. Set aside. Wash spinach, discarding tough stems, then tear into bite-size pieces.
2. Place in a large bowl, along with strawberries. If not serving right away, cover salad with a damp paper towel and refrigerate for up to 4 hours.
3. Just before serving, toss salad with about half of dressing, then keep adding a little more dressing and tossing until spinach is lightly coated. Add almonds and toss.

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Meat Entrees

Beef and Mushroom Mexican Fajitas



Serves: 8

Preparation Time: 15 min

Cooking Time: 45 min

Ingredients

- 1/4 cup lime juice
- 1 1/2 teaspoon chili powder
- 1 teaspoon dried oregano
- 1 teaspoon sugar
- 3 cloves garlic, minced
- 8 ounce beef top round, trimmed of fat and cut into thin strips
- 4 ounce portobello mushroom or shiitake mushroom caps, cut into 1/2
- 1/2 Spanish onion, cut into 1/2
- 1/2 sweet red pepper, cut into 1/2
- 1/2 yellow pepper, cut into 1/2
- Freshly ground black pepper
- Salt (optional)
- 8 flour tortillas, (7

Instructions

1. In a self-sealing plastic bag, mix the lime juice, chili powder, oregano, sugar, and garlic. Add the meat and mushrooms, seal the bag, and press gently to coat the meat with the marinade. Place in the

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refrigerator and marinate for 30 minutes.

2. Coat a large non-stick skillet with no-stick vegetable oil spray. Warm over medium-high heat.
3. Add the meat, mushrooms, and 2 tablespoons of the marinade. Cook, stirring frequently, for 4-5 minutes, or until the meat is cooked.
4. Remove and set aside. Wash and dry the skillet. Coat with no-stick vegetable oil spray. Warm over medium-high heat. Add the onions, red peppers, and yellow peppers. Cover and cook for 1 to 2 minutes, or until the onions start to release moisture.
5. Uncover and cook, stirring frequently, for 4 to 5 minutes, or until the onions are golden. If necessary, add 1 or 2 teaspoons of water to prevent sticking. Season to taste with the black pepper and salt (if using).
6. Place the tortillas on a work surface. Divide the beef mixture among them, spooning it down the middle. Top with the onions and peppers. Fold the tortillas to enclose the filling to only 1.8 grams per fajita.

Garnish each fajita with chopped fresh cilantro, fat free sour cream, and hot-pepper sauce to taste.

Traditional Beef Brisket with Carrot and Sweet Potato Tzimmes



Serves: 6

Preparation Time: 15 min

Cooking Time: 3 hr

Ingredients

- 1 beef brisket, about 3 1/2 pounds
- 2 pound carrots, peeled, sliced
- 4 cup beef stock or broth
- 2 1/4 cup water
- 1 teaspoon cracked black pepper
- 1/4 teaspoon dried thyme
- 3 tablespoon potato starch
- 1 1/2 sweet potatoes, peeled, thickly sliced
- 1 box (12 ounces) pitted prunes
- 1/4 cup honey
- Salt
- freshly ground pepper to taste
- Snipped fresh chives for garnish

Instructions

1. Heat oven to 350 degrees F. Put brisket, carrots, stock or broth, 2 cups water, cracked pepper and thyme into a 6-quart Dutch oven. Bake, covered, 2 hours.
2. Mix remaining 1/4 cup water and potato starch until smooth. Add honey and stir into Dutch oven.

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3. Add sweet potatoes and prunes. Cover and continue baking until meat and vegetables are fork-tender, about 1 more hour. (Can be made the day before to this point, covered and refrigerated. Skim fat before reheating over low heat.)
4. To serve, transfer meat to cutting board. Cut into thin slices. Season vegetable mixture with salt and pepper to taste. Garnish meat and vegetables with chives if desired.

Rosemary Loin Lamb Chops with Fresh Spinach and Mushrooms



Serves: 4

Preparation Time: 10 min

Cooking Time: 20 min

Ingredients

- 8 boneless loin lamb chops, cut 1-inch thick (2 lbs), trimmed of fat and tied
- 1/4 cup extra-virgin olive oil
- 1 1/2 teaspoon salt
- 1/2 teaspoon fresh rosemary, minced
- 1 pound mushrooms, sliced 1/4-inch thick
- 1 pound fresh spinach, stemmed and rinsed
- 1/2 cup dry red wine
- 3 tablespoon unsalted margarine

Instructions

1. Preheat the broiler. Rub the chops all over with 2 tablespoons of the olive oil, 1/2 teaspoon of the salt and 1/4 teaspoon of the rosemary. Set the chops aside.
2. In a large heavy skillet, heat 1 tablespoon of the olive oil over high heat.
3. Add the mushrooms, 1/2 teaspoon salt and the remaining 1/4 teaspoon rosemary. Cook, stirring occasionally, until they are golden brown, about 5 minutes.
4. Remove the skillet from the heat and set aside. Broil the lamb chops about 5 inches from the heat for 3 to 4 minutes on each side, or until golden brown on the outside and rosy pink in the center.

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5. Remove the string from each chop. Reheat the mushrooms briefly over moderate heat and arrange neatly down the center of a warmed serving platter. Put the chops on top of the mushrooms.
6. In the large nonreactive skillet, heat the remaining 1 tablespoon olive oil over moderately high heat. Add the spinach and the remaining 1/2 teaspoon salt.
7. Cook, stirring frequently, until wilted and tender but still bright green, about 4 minutes. Spoon the spinach around the chops. Cover to keep warm.
8. Add the wine to the pan and cook over high heat until it is reduced to 1/4 cup, about 4 minutes. Reduce the heat to low and whisk in the margarine. Pour over the chops and serve.

Honey-Mustard Grilled Pork Tenderloin with Rosemary

Serves: 4

Preparation Time: 5 min

Cooking Time: 15 min

Ingredients

- 2 tablespoon honey
- 2 tablespoon mustard
- 2 4-inch sprigs fresh rosemary, stems removed, crushed slightly
- 1 teaspoon salt
- 1 tablespoon black pepper, crushed
- 1 tablespoon black mustard seeds (optional)
- 2 tablespoon olive oil
- 16 ounce pork tenderloin, trimmed, silverskin removed, and butterflied

Instructions

1. Combine the honey, mustard, rosemary, salt, pepper, black mustard seeds and olive oil in a shallow dish large enough to hold the pork tenderloin.
2. Add the tenderloin, turn to coat, and marinate it for at least 1 hour.
3. Heat the grill or broiler. Cook the pork until golden brown on all sides and firm to the touch, about 12 to 15 minutes total cooking time.
4. Let the tenderloin rest on a cutting board for a few minutes, cut it on the diagonal into thin slices and serve.

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Chicken and Turkey Entrees

Balsamic Raspberry Chicken

Description

This recipe is a wonderful spin on a boring chicken dinner. Add raspberry preserves or fresh pureed raspberries, balsamic vinegar and thyme and you have a gourmet meal on the table.

Serves: 4

Cooking Time: 20 min

Ingredients

- 1 teaspoon vegetable oil
- Cooking spray
- $\frac{1}{2}$ cup red onion, chopped
- 1 $\frac{1}{2}$ fresh thyme, minced or $\frac{1}{2}$ teaspoon dried
- $\frac{1}{2}$ teaspoon salt, divided
- 4 chicken breast halves, skinned and boned
- $\frac{1}{3}$ cup seedless raspberry preserves
- 2 tablespoon balsamic vinegar
- $\frac{1}{4}$ teaspoon pepper

Instructions

1. Heat oil in a large non-stick skillet coated with cooking spray over medium-high heat until hot. Add onion; saute 5 minutes.
2. Combine thyme and $\frac{1}{4}$ teaspoon salt; sprinkle over chicken. Add chicken to skillet; saute 6 minutes on each side or until done. Remove chicken and keep warm.
3. Reduce heat to medium-low. Add $\frac{1}{4}$ teaspoon salt, preserves, vinegar and pepper to the skillet, stirring constantly until the preserves melt. Spoon raspberry sauce over chicken.

Notes

Other fruit preserves, such as apricot, blackberry, cherry or peach, will also work in this recipe.

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Easy Garlic Lime Chicken



Description

Try this quick and easy garlic-lime chicken recipe on the grill or on the stove. The chicken is wonderful by itself or served with rice, but would also be excellent filling for a fajita or burrito.

Serves: 4

Preparation Time: 40 min

Cooking Time: 15 min

Ingredients

- 4 boneless, skinless chicken breast halves
- $\frac{1}{2}$ cup low-sodium soy sauce
- $\frac{1}{4}$ cup fresh lime juice
- 1 Tbsp Worcestershire sauce
- 2 cloves garlic, minced
- $\frac{1}{2}$ tsp. dry mustard
- $\frac{1}{2}$ tsp. coarsely ground pepper

Instructions

1. Mix together soy sauce, lime juice, Worcestershire sauce, garlic and mustard. Place chicken in bowl and pour sauce over all. Cover and marinate in refrigerator 30 min.
2. Remove chicken from marinade and sprinkle with pepper.

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3. Spray nonstick frying pan with butter flavored cooking spray and heat over medium temperature. Add chicken and cook about 6 minutes on each side or until fork can be inserted with ease.

Notes

Chicken may be grilled. It is also delicious served cold.

Spinach and Cheese Stuffed Turkey Meatloaf

Serves: 4

Preparation Time: 10 min

Cooking Time: 40 min

Ingredients

- 1 cup mushrooms, coarsely chopped
- $\frac{1}{4}$ cup onions, chopped
- 1 10 oz. package frozen spinach, thawed, drained
- $\frac{1}{2}$ cup part skim mozzarella cheese, shredded
- $\frac{1}{4}$ cup low-fat Parmesan cheese
- 1 pound ground turkey
- $\frac{3}{4}$ cup oatmeal
- $\frac{1}{2}$ cup skim milk
- 1 egg white, slightly beaten
- 1 teaspoon Italian seasoning
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Instructions

1. Heat oven to 375 degrees F. Lightly spray skillet with no-stick cooking spray. Cook mushrooms and onion over medium-low heat about 4 minutes or until onion is tender.
2. Remove from heat; stir in spinach, $\frac{1}{4}$ cup mozzarella cheese and Parmesan cheese. Set aside.
3. Combine turkey, oats, milk, egg and seasonings; mix well.
4. Spoon $\frac{2}{3}$ of turkey mixture lengthwise down center of 11 x 7-inch glass baking dish. Form a deep indentation down middle of turkey; fill indentation with spinach. Top with remaining turkey, sealing edges to completely cover spinach filling.
5. Bake 30 to 35 minutes or until cooked through. Sprinkle with remaining mozzarella cheese; return to oven 1 to 2 minutes or until cheese melts. Let stand 5 minutes before slicing.

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Wild Mushroom Stuffed Turkey

Description

The leek and wild mushroom stuffing for this roast turkey is full of flavor but not fat. You can also use regular white mushrooms but the flavor will not be as rich!

Ingredients

- 1 tablespoon olive oil
- 1 leek, cleaned and sliced
- 1 rib celery, diced
- 2 sliced wild cultivated mushrooms (chanterelles, porcinis, creminis, etc)
- 2 teaspoon herbs de Provence
- 2 tablespoon shallots, chopped
- 1 cup chicken stock
- Salt and freshly ground black pepper
- 2 cup toasted bread crumbs
- $\frac{1}{2}$ boneless turkey breast, about 2 $\frac{1}{2}$ pounds

Instructions

1. Preheat oven to 375 degrees F. Heat a large saute pan, add butter, and add the leeks and celery.
2. Saute for 3 minutes and add the mushrooms. Cook until the mushrooms are tender, about 5 minutes and add the herbs and shallots, cooking for 2 more minutes.
3. Add the stock and bring to a simmer. Season with salt and pepper, and pour over the bread crumbs in a mixing bowl. Mix well and cool.
4. Butterfly the turkey breast open with a sharp boning knife. Using a meat mallet (we'll use our hands, thank you very much), pound the meat to expand it and make it of an even thickness.
5. Spoon the stuffing lengthwise across the breast and roll up, tucking in the meat at each end.
6. Tie the roulade with butchers' twine. Season with salt and pepper, and bake for 45 minutes to 1 hour, or until a thermometer reads 150 degrees in the center. Remove and allow to rest for 10 minutes before removing the twine and slicing.

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Fish Entrees

Slow Cooker Salmon



Description

Even if you are not an expert griller, you can still have delicious salmon - and without frying, either. Just follow this easy slow-cooker recipe and you will have a wonderful dinner!

Serves: 4

Preparation Time: 10 min

Cooking Time: 3 hr

Ingredients

- 4 salmon cutlets or 2 fillets
- 1/2 pint water
- 1/4 pint white wine
- 1 teaspoon salt
- 2 bay leaves
- 2 teaspoon peppercorns
- 1 medium onion, sliced
- 1 sprig fresh rosemary
- 1 sprig fresh oregano or thyme
- 2 sprigs fresh parsley

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Instructions

1. Lightly grease the bottom of the slow cooker, then place the salmon cutlets (or fillets) in the bottom.
5. Put the remaining ingredients in a pan and heat until boiling.
6. Remove from heat and pour over the salmon.
7. Cover slow cooker and cook on low for approximately 3 hours. Serve hot, or cold with a salad.

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Endive, Watercress and Basil Salad with Blackened Tuna Steak



Serves: 4

Preparation Time: 10 min

Cooking Time: 10 min

Ingredients

- 1 tablespoon paprika
- 1 1/2 teaspoon oregano
- 1 1/2 teaspoon kosher salt
- 1 teaspoon granulated garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon sugar
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup low-fat mayonnaise
- 1 1/2 teaspoon minced capers
- 6 drops Tabasco
- 1 teaspoon tomato paste
- 1/2 teaspoon minced fresh tarragon
- 1/2 teaspoon Dijon mustard
- 3 grinds white pepper
- 1 1/2 pound tuna steak, in 1 piece, about 1 1/4 inches thick

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- 1 1/2 teaspoon cold unsalted margarine, cut into 4 chunks
- 2 bunches watercress, washed and tough stems removed
- 2 heads Belgium endive, sliced into rings
- 1 large tomato, seeded and diced
- 16 large basil leaves, finely sliced, plus more for garnish.

Instructions

To make the blackening spice:

Combine paprika, oregano, salt, garlic powder, onion powder, sugar, cayenne, and black pepper and mix thoroughly. Set aside.

To make the remoulade:

Combine mayo, capers, Tabasco, tomato paste, tarragon, mustard and pepper in a small bowl and mix thoroughly. Cover and refrigerate until ready to use.

To make the salad:

1. Place a cast-iron skillet over high heat for 5 minutes and turn on the exhaust fan. Place the blackening spice on a plate and use your hands to adhere as much as possible to the fish, covering all sides.
2. Put 2 chunks of the margarine on one side of the fish and place it, margarine side down, in the hot pan. Cook for 2 to 3 minutes, or until the surface of the fish is lightly blackened.
3. Place the remaining butter on the uncooked side of the fish and turn. Cook for another 2 to 3 minutes, or until the tuna is medium rare. Place the tuna on a cutting board and set aside
4. In a large bowl, combine the watercress, endive, tomato and the 16 basil leaves. Add 4 tablespoons of the remoulade and toss to coat. Transfer the greens to a platter.
5. Using a sharp knife, slice the tuna on the bias into thin slices. Lay the slices over the greens and top the tuna with the remaining remoulade. Garnish with more thinly sliced basil and serve.

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Poached Sea Bass on the Grill

Description

This simple sea bass recipe is the best grilled sea bass recipe around. Try this heart healthy sea bass recipe for dinner tonight.

Serves: 6

Ingredients

- 1 1/2 gallon water
- 1 1/4 cup salt
- 5 pound sea bass fillets
- 1 pound hickory chips

Instructions

1. Soak hickory chips in 2 quarts water in a cool place several hours or overnight.
2. Dissolve salt in 1 gallon water, place fillets in salt water and marinate in fridge for an hour. Remove sea bass, rinse and dry thoroughly.
3. Using a covered grill (charcoal, gas or electric) with low heat, cover heated coals with 1/3 of the hickory chips.
4. Place fish, skin-side down on well greased grill in smoke chamber or 4 to 6 inches from coals. Smoke at up to 175 F. for around an hour or 200F for 30 to 40 minutes, adding more hickory chips as needed.
5. Sea bass is done when the cut surface is golden brown and flakes easily with a fork.

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Vegetarian Entrees

Vegetarian Baked Ziti

Description

Get rid of the meat without sacrificing flavor. This recipe for cheese ziti is the best Italian baked ziti recipe. It's a real crowd-pleaser.

Ingredients

- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 4 fresh mushrooms, sliced
- 1/2 cup onion, chopped
- 2 teaspoon garlic, minced
- 2 tablespoon olive oil
- 14 1/2 ounce can whole tomatoes, crushed, undrained
- 8 ounce can tomato sauce
- 1/2 cup dry white wine
- 1 tablespoon fresh basil, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- nonstick cooking spray
- 10 ounce package chopped spinach, thawed, squeezed dry
- 8 ounce low fat ricotta cheese
- 2 egg substitutes, lightly beaten
- 8 ounce uncooked ziti pasta
- 1 cup low fat mozzarella cheese, grated
- 1/2 cup low fat Parmesan cheese, grated

Instructions

1. Cook pasta per package directions. In a medium saucepan, saute peppers, mushrooms, onion, and garlic in hot oil until tender.
2. Add the next 7 ingredients. Bring to a boil and simmer, uncovered, for 20 minutes, stirring occasionally.
3. Meanwhile, spray a 11x9x2-inch baking dish with nonstick cooking spray.
4. Combine spinach, ricotta, and egg, and set aside.

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5. Preheat oven to 375 degrees F. After ziti is cooked and drained, combine ziti with sauce. Fold in ricotta mixture.
6. Spoon half of mixture into baking dish, top with 1/2 of the mozzarella cheese, spoon remaining half of ziti into baking dish, and top with remaining mozzarella and Parmesan cheese. Bake for 30 minutes.

Roasted Summer Ratatouille

By: Ellen Postolowski



Description

The following recipe is a simple and delicious way to combine and take advantage of the nutrients and flavors these vegetables offer our bodies. Buying organic vegetables for this dish is a good way to avoid pesticides in the foods we consume.

Ratatouille is a wonderful side dish or a meal on it's own. It can be combined with a serving of lean meat or chicken, grilled tofu, brown rice, pasta or couscous. It could be the savory filling of a crepe or tossed into an impressive omelet when you are faced with what to do with leftovers for another meal. Utilize this wonderful dish with endless possibilities and enjoy the tasty combination of summer vegetables at their peak.

Serves: 4

Preparation Time: 15 min

Cooking Time: 35 min

Ingredients

- 4 cup eggplant, cubed into 1-inch pieces
- 2 cup zucchini, cut into 1-inch cubes
- 2 cup yellow squash, cut into 1-inch cubes
- 1 cup red onion slices
- 5 tablespoon olive oil
- 2 cup diced fresh tomato

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- 4 garlic cloves
- Bunch of fresh basil
- Oregano, salt and pepper to taste
- crumbled feta or goat cheese to garnish (optional)

Instructions

1. Preheat oven to 450 degrees F. Toss together eggplant, zucchini, squash, and onion together in a bowl with 3 tbsp. olive, salt and pepper.
2. Arrange in a single layer on a baking sheet and roast until vegetables are tender (15-20 minutes).
3. Toss together remaining olive oil with pressed garlic (or chopped) and tomatoes.
4. On a single layer baking sheet roast tomato and garlic mixture for 15 minutes. Transfer mixture to bowl and mash with basil and oregano.
5. Add roasted vegetable mixture with mashed tomatoes and serve warm. Add garnish if desired.

Nutritional Information

Calories 211, Fat 17.5g (saturated 2.2g, polyunsaturated 1.7g, monounsaturated 12.5g) Carbohydrates 13.7g, Fiber 4.2g

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Garlic Cajun Tofu



Serves: 2

Preparation Time: 5 min

Cooking Time: 15 min

Ingredients

- 1 pound firm tofu
- 2 cup vegetable broth
- 1 clove garlic, minced and pressed
- $\frac{1}{2}$ cup low-sodium soy sauce
- lemon-pepper seasoning to taste
- 1 tablespoon Cajun hot pepper seasoning
- $\frac{1}{2}$ cup cornstarch
- cooking oil or spray-on cooking oil

Instructions

Serves two as main dish or four as appetizer.

1. Slice the tofu into $\frac{1}{2}$ inch slices. Pat dry and place in a deep bowl.
2. Combine the broth and the next three ingredients (garlic, soy sauce, lemon pepper) and pour over the tofu. Let sit in the refrigerator at least 8 hours.
3. Remove tofu slices from the marinade and pat dry. Combine the cornstarch and hot-pepper seasoning and shake over the sliced tofu.

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4. Heat oil in a skillet and saute the slices until they are light brown and crisp. Serve immediately.

If serving as an appetizer, cut tofu into 1 inch cubes. It is also delicious sauteed without the cornstarch crust.

Notes: This is delicious with a side of sesame noodles and steamed or stir-fried oriental vegetables. It also makes a nice "chicken" salad or a sandwich. The marinade makes a nice soup base. You can also purchase the Cajun seasoning in a salt-free version.

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Apple and Brown Rice Pilaf with Thyme



Serves: 4

Preparation Time: 5 min

Cooking Time: 25 min

Ingredients

- 1/2 onion, minced
- 1 tablespoon vegetable oil
- 1 1/2 cup quick cooking brown rice
- 1 1/4 cup low sodium broth
- 1/2 teaspoon dried thyme, crushed
- salt and pepper to taste
- 2 Rome apples, cored and diced
- 2 quart parsley, chopped

Instructions

1. Saute onion in oil in non-stick skillet until tender; stir in rice and brown slightly.
2. Stir in broth, thyme, salt and pepper; bring to boil.
3. Cover tightly and reduce heat; simmer 15 minutes.
4. Remove from heat; stir in apples and parsley. Serve warm or cold.

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Healthy Desserts

Cinnamon Banana Walnut Cake



Serves: 6

Preparation Time: 20 min

Cooking Time: 20 min

Ingredients

- 3 cup unbleached flour
- 1 cup raw sugar
- 1 tablespoon baking soda
- 1/2 teaspoon salt
- 2 teaspoon cinnamon
- 1/2 teaspoon ground dry ginger
- 1/4 teaspoon nutmeg
- 1 1/2 cup banana puree (about 3 medium bananas)
- 1 tablespoon vanilla
- 4 tablespoon canola oil
- 1 cup plus 2 tbsp. water
- 1/2 cup chopped walnuts

Instructions

1. In a large bowl, sift together flour, sugar, baking soda, salt, cinnamon, ground ginger, and nutmeg.
2. In a blender, combine banana puree, vanilla, canola oil, water, and blend well.

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3. Whisk liquid mixture into the dry ingredients and combine thoroughly. Pour batter into greased 9" x 13" pan and sprinkle chopped walnuts over the top.

4. Bake at 350 degrees F for 20 to 25 minutes or until a toothpick comes out clean. Allow to cool before cutting.

Baked Oatmeal Raisin Bars

By: Tina from Carrots 'n' Cake



Description

These Baked Oatmeal Raisin Bars are a great snack to take on the go or a healthy breakfast. They even make a delicious dessert full of oats and cinnamon.

Serves: 9

Preparation Time: 15 min

Cooking Time: 30 min

Ingredients

- 2 cup dry oats
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{2}$ cup packed brown sugar
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ cup canola oil
- 2 eggs
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- 1 cup raisins

Instructions

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1. Preheat oven to 350 degrees F. Spray 8-inch square baking pan with non-stick cooking spray.
2. In a large mixing bowl, combine ingredients until smooth.
3. Spread batter in prepared baking pan, and bake for approximately 25-30 minutes until bars are cooked all the way through.
4. Let bars cool completely in pan before cutting.

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Low Fat Cheesecake



Description

Learn how to make cheesecake with this easy cheesecake. Healthy, easy cheesecake recipes like this one make it easier for you to indulge your sweet tooth.

Ingredients

- 1/2 cup graham cracker crumbs
- 16 ounce fat free sour cream
- 3 tablespoon sugar or sugar substitute
- 1 teaspoon vanilla
- 3 8-oz. pkgs. fat free cream cheese, room temperature
- 1 cup sugar or sugar substitute
- 1 teaspoon vanilla
- 6 egg whites

Instructions

1. Preheat oven to 350 degrees F.
2. Lightly spray a 9 inch spring form pan with cooking spray and sprinkle graham cracker crumbs evenly over bottom.
3. In a large bowl beat together the cream cheese, sugar and vanilla, with an electric mixer on low speed, until blended.
4. Pour filling into prepared pan and bake for 45 minutes, or until center puffs and is almost set. Remove from oven.

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5. In a medium mixing bowl combine sour cream, sugar and vanilla and mix thoroughly.
6. Spread mixture over cheesecake and return to oven for 5 minutes or until topping sets. Allow to chill completely before serving.

NOTES : Add 1/2 cup Key Lime juice to filling ingredients for an almost fat free Key Lime Cheesecake.

Whole-Wheat Cinnamon Snickerdoodles



Preparation Time: 10 min

Cooking Time: 10 min

Ingredients

- 1 1/2 cup sugar
- 1/2 cup margarine, softened
- 1 teaspoon vanilla
- 2 eggs
- 1 3/4 cup all purpose flour
- 1 cup whole wheat flour
- 1 teaspoon cream of tartar
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoon sugar
- 2 teaspoon cinnamon

Instructions

1. Heat oven to 400 degrees F. In large bowl, beat 1 1/2 cups and margarine until light and fluffy.

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2. Add vanilla and eggs, blend well. Add all purpose flour, whole wheat flour, cream of tartar, baking soda and salt; mix well.
3. In small bowl, combine sugar and cinnamon. Shape dough into 1" balls; roll balls in sugar-cinnamon mixture.
4. Place 2" apart on ungreased cookie sheets. Bake for 8 to 10 minutes or until set. Immediately remove from cookie sheets. Makes 4 dozen.

Homemade Blueberry Grunt

Description

This is a great dessert recipe for those on a diet. Make superb treats with this blueberry recipe.

Serves: 8

Ingredients

- 4 cup blueberries, rinsed stemmed and patted dry
- 1 cup light brown sugar, packed
- 1 cup unbleached flour
- $\frac{1}{2}$ cup whole wheat pastry flour
- 2 teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon grated nutmeg
- $\frac{3}{4}$ cup milk or oat milk

Instructions

1. In large non-aluminum saucepan, combine berries and $\frac{1}{2}$ cup brown sugar. Cook over medium heat, stirring occasionally, until berries come to a boil.
2. Meanwhile, sift flours, baking powder, salt, remaining sugar, cinnamon and nutmeg into medium bowl. Add milk, mixing just to moisten to form dumpling dough.
3. Drop dumplings by tablespoonfuls into boiling berries. Cover with tight-fitting lid.
4. Lower heat slightly. Cook without lifting lid, about 15 minutes.
5. To serve, using large spoon, transfer dumplings into bowl. Surround with berries. Break dumplings open with two forks.
6. Serve warm, topped with vanilla ice cream or nondairy frozen vanilla dessert.

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