

Breakfast

Breakfast Tortilla Wrap

Salad

Cucumber Salad

Dinner Entrée

Grilled Halibut with Rosemary and Tomato-Basil Sauce

Side Dishes

Carrots and Zucchini with Basil

Sautéed Spinach with Mushrooms

Dessert

Poached Pears with Chocolate Sauce

Breakfast Tortilla Wrap

Serves 4

This hearty breakfast sandwich combines fluffy scrambled eggs, Canadian bacon, hash browns, red bell pepper for color, and a bit of cheese for flair. Perfect for busy people on the go – wrap some up today!

Vegetable oil spray
Egg substitute equivalent to 2 eggs, or 2 eggs
1/8 teaspoon black pepper
4 6-inch nonfat or low-fat flour tortillas* or corn tortillas
1 cup fat-free frozen shredded potatoes (about 3 ounces)
1/2 red bell pepper, diced
1/4 cup chopped Canadian bacon (about 1 ounce)
1/4 teaspoon salt
1/8 teaspoon black pepper
1 ounce nonfat or low-fat Cheddar cheese, shredded (about 1/4 cup)

Preheat oven to 350° F.

Spray a small nonstick skillet with vegetable oil spray. Heat skillet over medium-low heat. Pour egg substitute into skillet and add 1/8 teaspoon black pepper. Cook, stirring occasionally, for 3 to 4 minutes, or until eggs are cooked through. Set aside.

Wrap tortillas in aluminum foil and warm in oven for 5 minutes.

Meanwhile, in a medium bowl, mix potatoes, bell pepper, Canadian bacon, salt, and remaining black pepper.

Spray a medium-size nonstick skillet with vegetable oil spray. Heat over medium-high heat. Using a rubber scraper, spread potato mixture evenly over the bottom of the skillet. Cook for 6 to 7 minutes on one side, or until potatoes are a light golden-brown. Turn potato mixture over with a spatula and cook for 5 to 6 minutes.

To assemble using flour tortillas, layer ingredients vertically down the middle of a tortilla as follows: one quarter of the scrambled eggs, one quarter of the potato mixture, and one quarter of the cheese. Fold the left third of the tortilla to the center. Roll the bottom edge all the way up to the top. Repeat with remaining tortillas.

To assemble using corn tortillas, layer ingredients horizontally across the middle of each tortilla as described above. Roll like a jelly roll, starting at the bottom. Secure each wrap with a toothpick, if desired. Serve immediately, keep in an airtight container, or store individually in plastic wrap. To reheat, place 1 or 2 wraps on a microwave-safe plate. Microwave on 100-percent power (high) for 1 to 1 1/2 minutes.

**Nonfat and low-fat flour tortillas can be high in sodium. When shopping, select the one with the lowest sodium value.*

Nutrient Analysis

Calories	142
Total Fat	3 g
Saturated Fat	1 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	1 g
Protein	9 g
Carbohydrate	19 g
Cholesterol	5 mg
Sodium	281 mg

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Cucumber Salad

This salad is a great addition to many meals, especially grilled, baked or broiled fish. Preparing it ahead of time brings out the best flavor. And don't be afraid to try the peppercorns if you're not familiar with them; they are not very spicy, but add a delightful bit of flavor.

2 cups cucumbers, cut in half lengthwise, seeded and chopped
1 cup sweet red pepper, chopped
½ cup carrots, grated or finely diced
¼ cup scallions or red onion, finely chopped
2 tsp. fresh ginger, peeled and minced
1 clove garlic, finely chopped
About 16 Szechuan peppercorns, crushed (optional, see note)
½ cup water
¼ cup white vinegar

1. Combine all vegetables with ginger, garlic and crushed peppercorns in medium or large bowl. Dissolve sugar in water; add vinegar and stir well. Pour over vegetables and mix thoroughly.
2. Cover salad and refrigerate at least 30 minutes before serving. Best if prepared a day ahead.

Note: Szechuan peppercorns can be found in the Asian section of supermarkets, Asian markets and specialty food stores.

Makes 4-6 servings, each containing 35 calories and negligible fat.

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Grilled Halibut with Rosemary and Tomato-Basil Sauce

Marinating is a great way to bring out the flavor of foods and help them cook faster. Grilled halibut with a Rosemary and Tomato-Basil Sauce cooks in just 10 minutes.

1 lb. halibut fillet
2 Tbsp. fresh lemon juice
1 Tbsp. extra virgin olive oil
1 tsp. dried crushed rosemary
Salt and freshly ground black pepper, to taste
½ cup diced ripe tomatoes
¼ cup coarsely chopped fresh basil
2 Tbsp. finely chopped scallions
1 Tbsp. red wine vinegar
1 tsp. extra virgin olive oil
½ tsp. grated orange rind

1. Place halibut in a large, shallow dish. In a small bowl, mix together lemon juice, oil and rosemary. Season with salt and pepper to taste. Pour marinade over fish and turn to coat both sides. Cover and refrigerate for at least 30 minutes or up to 4 hours.
2. Drain fish and place on a greased grill 4 inches from the heat source and cook, turning once, until opaque throughout, about 10 minutes per inch of thickness.
3. Meanwhile, in a small bowl, place tomatoes, basil, scallions, vinegar, oil and orange rind. Whisk together until well blended. Season with salt and pepper to taste.
4. Heat sauce on low heat until warm. Place grilled fish on large serving platter and spoon sauce over top. Serve immediately.

Makes 4 servings. Per serving: 174 calories, 7 g total fat (1 g saturated fat), 2 g carbohydrate, 24 g protein, less than 1 g dietary fiber, 64 mg sodium.

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Carrots and Zucchini with Basil

3 small zucchini, unpeeled
3 small carrots, unpeeled
2 scallions, thinly sliced
1 Tbsp. olive oil
1 clove garlic, minced
Salt and freshly ground pepper
Lemon juice
1 Tbsp. fresh chives, chopped (or ½ Tbsp. dried)
1-2 tsp. fresh basil leaves, chopped (or ½ - 1 tsp. dried)

1. Cut zucchini and carrots into thin, matchstick-size pieces. Cut scallions into thin slices, using some of the green part.
2. In medium skillet, heat oil over medium-high heat. Add carrots and sauté, stirring frequently.
3. When carrots begin to soften, add zucchini and scallions. Add garlic when vegetables are almost done, stirring frequently to prevent browning.
4. Season with salt and pepper and add a dash of lemon juice when vegetables are crisp-tender. Sprinkle with basil and chives and serve at once.

Makes 4 servings, each containing 67 calories and 3 grams of fat.

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Sautéed Spinach with Mushrooms

1 tsp. olive oil
1 tsp. toasted sesame oil
1 ½ cups sliced mushrooms
1 Vidalia onion, thinly sliced
2 cloves garlic, sliced
1 pkg. (10 oz.) frozen chopped spinach, thawed and squeezed dry
½ tsp. minced ginger
2 tsp. soy sauce

1. In medium saucepan over low heat, warm olive oil and sesame oil. Add mushrooms, onions and garlic. Sauté 15-20 minutes or until onions and mushrooms are soft.
2. Add spinach, ginger and soy sauce. Cover and cook 10 minutes or until spinach is hot.

Makes 4 servings, each containing 62 calories and 3 grams of fat.

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Poached Pears with Chocolate Sauce

2 ½ cups water
½ cup granulated sugar
Grated rind and juice of 1 lemon
1 cinnamon stick
4 pears
4 Tbsp. chocolate syrup

1. In large saucepan, combine water, sugar, lemon rind, lemon juice and cinnamon stick. Bring to boil, stirring until sugar is dissolved.
2. Peel, halve and core pears. Add pears to boiling syrup. (Pears should be covered in liquid. If not, double the amount of poaching liquid or poach in batches.) Reduce heat to medium-low and simmer gently 15 to 20 minutes or until pears are almost tender. (Time will vary depending on ripeness and type of pear; pears will continue to cook while cooling.) Remove from heat and let cool in liquid.
3. Drain pears thoroughly and pat dry on paper towels. Arrange pear halves on individual plates. Drizzle with chocolate syrup. Serve at room temperature.

Makes 8 servings, each containing 119 calories and less than 1 gram of fat.

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