

Fruit on a Raft (Waffles with Apples)

Serves 2

4 frozen low fat whole grain waffles (or homemade waffles)
1 15 ounce can unsweetened apples
½ cup water
1/8 teaspoon allspice
1/8 teaspoon cloves

Place the apples and water in a small saucepan. Add spices and stir over medium heat until hot. While the sauce is heating, place the waffles in the toaster or prepare your own. When waffles are done, divide the apples among the waffles and serve.

This is an official 5 A Day recipe, and provides two people with 1¾ servings of fruit each.

Nutritional Analysis

Calories: 306

Fat: 10 g

Cholesterol: 79 mg

Fiber: 5 g

Sodium: 305 mg

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Sunshine Salad

Serves 5

5 cups (packed) spinach leaves, washed and dried well
½ red onion, sliced thin
½ red pepper, sliced
1 whole cucumber, sliced
2 oranges, peeled and chopped into bite size pieces
1/3 cup of bottle "lite" vinaigrette dressing (around 15 calories per tablespoon or less)

Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

This is an official 5 a Day recipe, and provides five people with two servings of fruits/vegetables each.

Nutritional Analysis

Cholesterol: 0 mg

Fiber: 8 g

Sodium: 200 mg

% Calories from Protein: 18%

% Calories from Carbohydrates: 62%

% Calories from Fat: 20%

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Roasted Asparagus with Garlic

Roasting preserves the flavor and color of asparagus without making it tough or stringy.

- 1 lb. fresh asparagus (medium width)
- 2 tsp. olive oil
- 2 garlic cloves, minced
- Salt and freshly ground black pepper, to taste
- Lemon wedges, as garnish

Preheat oven to 500 degrees. Rinse asparagus and break off tough ends.

In shallow roasting pan, place asparagus and coat with oil. Sprinkle with garlic and salt and pepper, to taste.

Roast uncovered for 6-8 minutes (depending on width of spears), shaking pan occasionally. Serve with lemon wedges.

Makes 4 servings. Per serving: 47 Calories, 3 g Total Fat (<1 g Saturated Fat), 5 g Carbohydrate, 4 g Protein, 1 g Dietary Fiber, 3 mg Sodium.

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Garlic-Spiked Broccoli and Mushrooms with Rosemary

2 tsp. olive oil
2-3 garlic cloves, minced
2 cups sliced button or cremini mushrooms
4 cups chopped broccoli
1 Tbsp. chopped fresh rosemary (or 1 tsp. dried)
Salt and freshly ground pepper, to taste

In large skillet, heat oil over medium heat. Add garlic and sauté 1 minute. Add mushrooms and sauté 3 minutes, until mushrooms release juice. Add broccoli and rosemary and cook 3 to 5 minutes or until broccoli is crisp-tender. Season to taste with salt and pepper.

Makes 8 servings. Per serving: 27 calories, 1 g total fat (0 g saturated fat), 3 g carbohydrates, 2 g protein, <1 g dietary fiber, 11 mg sodium.

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Baked Tandoori Chicken

Tandoori chicken is always a favorite, but firing up the grill to make it is not always convenient. Here, baking provides a way to enjoy this succulent dish anytime. Using the oven is a more healthful way of cooking than charring the meat on the grill, and it brings out the flavor of the spices.

Be sure to make extra for leftovers: The aromatically-seasoned chicken is excellent in salads.

1 cup fat free yogurt
1 small onion, coarsely chopped
4 garlic cloves
1 1/2 piece ginger root, peeled and coarsely chopped
2 tsp. ground coriander
1 tsp. ground cumin
1/2 tsp. ground turmeric
1/4 tsp. ground cinnamon
1/4 tsp. ground clove
1/4 tsp. ground mace
1/4 tsp. grated nutmeg
2 Tbsp. canola oil
Juice of 1/2 lemon (2 to 3 Tbsp.)
2 whole chicken breasts, split and skinned

Preheat oven to 375 degrees. In blender or food processor, combine yogurt, onion, garlic and ginger; purée. Add coriander, cumin, turmeric, cinnamon, cloves, mace, nutmeg, oil and lemon juice; blend.

Cut 2 slits in each piece of chicken, slashing it along the grain to make slit 2 to 3 inches long and almost but not completely into bone. Place chicken in plastic bag or a glass, stainless steel or plastic container large enough to hold the pieces in one layer. Pour yogurt mixture over the chicken and rub to be sure it coats the meat on all sides. Marinate chicken in refrigerator one hour to overnight.

Arrange chicken in one layer in shallow baking dish. Bake until juices run clear when breast is pierced with knife at its thickest point and no pink shows in center, 35 to 45 minutes, depending on the size of breasts. Serve, accompanied by cooked basmati rice and a green salad.

Options: Let the chicken cool and use to make an Indian chicken salad, with green peas, mango, scallions and cooked rice in a yogurt dressing with chutney.

Cooking for Two: Halve the recipe, or use the leftover chicken to make a salad or soup.

Makes 4 servings, each containing 258 calories and 10 grams of fat.

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Strawberry Fruit Salad with Three Dressings

8 cups lightly packed
spinach leaves
1 pint basket strawberries,
stemmed and halved
4 cups assorted melon chunks
1 1/2 cups orange and grapefruit segments
Orange-mint, strawberry-ginger, or balsamic-pepper dressing

Line platter or 4 individual plates with spinach. Top with fruits, dividing equally. Serve with your choice of dressing on the side.

Makes 4 servings.

Orange-Mint Dressing:

In bowl, whisk 1 8-ounce container plain nonfat yogurt, 3 tablespoons thawed orange juice concentrate, and 1 teaspoon sugar. Mix in 3 tablespoons chopped mint. Serve immediately, or cover and refrigerate up to 2 days.

Makes about 1 cup.

Strawberry-Ginger Dressing:

In blender or food processor, purée 1 1/2 cups strawberries; transfer to bowl. Mix in 1 1/2 to 2 tablespoons honey, 1 1/2 tablespoons lime juice, 2 teaspoons grated fresh ginger, and a pinch of salt. Use immediately, or cover and refrigerate up to 2 days.

Makes about 1 cup.

Balsamic-Pepper Dressing:

In bowl, whisk 1 8-ounce container nonfat strawberry yogurt, 1 tablespoon balsamic vinegar, 1 teaspoon honey, and 1/2 to 1 teaspoon coarsely ground black pepper. Serve immediately, or cover and refrigerate up to 2 days.

Makes about 1 cup.

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