

Dinner Menus

Dinner

Salad:	Green Salad with shallots and rice vinegar (seasoned variety)	15
Entrée:	Steak Teriyaki	240
Side Dish:	Lemon Rice	165
Dessert:	Lemon Squares	<u>67</u>
	<i>Total Calories</i>	487

Salad:	Green Salad with shallots and rice vinegar (seasoned variety)	15
Entrée:	Crunchy Parmesan-Mustard Pork Chops	263
Side Dish:	Herbed Mashed Potatoes	81
Dessert:	Lemon Squares	<u>67</u>
	<i>Total Calories</i>	426

Salad:	Green Salad with shallots and rice vinegar (seasoned variety)	15
Entrée:	Steak Teriyaki	240
Side Dish:	Herbed Mashed Potatoes	81
Dessert:	Lemon Squares	<u>67</u>
	<i>Total Calories</i>	403

Salad:	Green Salad with shallots and rice vinegar (seasoned variety)	15
Entrée:	Crunchy Parmesan-Mustard Pork Chops	263
Side Dish:	Lemon Rice	165
Dessert:	Lemon Squares	<u>67</u>
	<i>Total Calories</i>	510

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Steak Teriyaki

This recipe serves: 6

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients

2/3 cup soy sauce

1/4 cup mirin

1/4 cup rice vinegar

1/4 cup sugar

1 tablespoon freshly grated ginger

2 cloves garlic, minced

2/3 cup beer

2 pounds London broil

Cooking Instructions

1. For the teriyaki marinade, combine the soy sauce, mirin, vinegar, sugar, ginger, garlic and beer in a small saucepan. Cook over high heat until the mixture reduces by half. Let cool.
2. Marinate the London broil in the teriyaki marinade, cover and refrigerate for at least 20 minutes or up to 8 hours.
3. Preheat the grill.
4. Grill the steak on each side until it is cooked through, about 4 to 8 minutes per side, depending on the desired doneness and thickness of the steak.

Nutrition Facts

Serving Size about 1/3 pound amount per serving

Calories 240

Total Fat 7g

Saturated Fat 3g

Cholesterol 0mg

Sodium 584mg

Total Carbohydrate 10g

Dietary Fiber 0g

Protein 60g

Percent Calories from Fat 25%

Percent Calories from Protein 53%

Percent Calories from Carbohydrate 17%

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Crunchy Parmesan-Mustard Pork Chops

This recipe serves: 6

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients

1 cup plain breadcrumbs

1 tablespoon melted butter

2 tablespoons Dijon mustard

2 tablespoons freshly grated Parmesan cheese

1 tablespoon chopped, fresh parsley

6 boneless pork loin chops, about 4 ounces each salt to taste freshly ground black pepper

Cooking Instructions

1. Preheat the oven to 350 degrees F.
2. In a small bowl, mix the breadcrumbs, butter, one tablespoon of Dijon mustard, Parmesan cheese and parsley.
3. Season the pork chops with salt and pepper. Spread the remaining mustard on one side of each chop and place the chops (plain side down) on a baking sheet. Divide the breadcrumb mixture among the chops and pat them onto the mustard.
4. Bake the chops until they are fully cooked and the breadcrumbs are nicely browned, about 20 minutes.

Nutrition Facts

Serving Size 1 pork chop amount per serving

Calories	263
Total Fat	10g
Saturated Fat	3g
Cholesterol	85mg
Sodium	370mg
Total Carbohydrate	13g
Dietary Fiber	1g
Protein	30g
Percent Calories from Fat	33%
Percent Calories from Protein	46%
Percent Calories from Carbohydrate	20%

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Herbed Mashed Potatoes

This recipe serves: 4

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients

3 large potatoes (Idaho or russet)

2/3 cup (about) Basic Chicken Stock or low-sodium canned salt to taste freshly ground black pepper

¼ cup freshly chopped herbs (thyme, chives, sage or parsley)

2 tablespoons low-fat sour cream

Cooking Instructions

1. Peel the potatoes and cut them in half. Place them in a pot and cover with cold water. Bring to a boil over high heat and simmer until the potatoes are tender when pricked with a fork, about 30 minutes depending on the size of the potatoes. Drain.
2. Bring the stock to a boil, and turn down to a simmer.
3. Mash the potatoes with a potato masher or fork, or use a food mill. Slowly add the stock until the desired consistency is reached.
4. Adjust the salt and pepper to taste. Fold in the sour cream and herbs.

Nutrition Facts

Serving Size about ½ cup amount per serving

Calories	81
Total Fat	0g
Saturated Fat	0g
Cholesterol	1mg
Sodium	75mg
Total Carbohydrate	19g
Dietary Fiber	2g
Protein	4g
Percent Calories from Fat	3%
Percent Calories from Protein	16%
Percent Calories from Carbohydrate	82%

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Lemon Rice

Recipe by: Gregory Hill, Gabriel Restaurant, Washington, DC

This recipe serves: 4

Preparation time: 5 minutes

Cooking time: 25 minutes

Ingredients

3 quarts salted water

3 lemons, seeded and sliced

3 cloves garlic, minced

1 ½ cups Arborio rice

Cooking Instructions

1. bring a pot of water to a boil and add the sliced lemon wheels and minced garlic. Cook for 5 minutes. Add the rice, reduce heat and simmer until the rice is al dente, about 25 minutes.

Nutrition Facts

Serving Size about 1 cup amount per serving

Calories	165
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	36g
Dietary Fiber	1g
Protein	3g
Percent Calories from Fat	0%
Percent Calories from Protein	8%
Percent Calories from Carbohydrate	92%

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Green Salad

This recipe serves: 6

Preparation time: 5 minutes

Ingredients

6 cups mesclun (green salad mix), about 5 handfuls

1 tablespoon finely chopped shallots

2 tablespoons rice vinegar (seasoned variety)

Freshly ground black pepper

Cooking Instructions

1. Wash the mesclun, pat dry and place in a bowl.
2. Add the shallots and toss with the seasoned rice vinegar.
3. Transfer the salad to 6 serving plates. Add black pepper to taste.

Nutrition Facts

Serving Size about 1 cup of salad greens amount per serving

Calories	15
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	113mg
Total Carbohydrate	3g
Dietary Fiber	1g
Protein	1g
Percent Calories from Fat	8%
Percent Calories from Protein	22%
Percent Calories from Carbohydrate	70%

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Lemon Squares

This recipe serves: 16

Preparation time: 10 minutes

Cooking time: 35 minutes

Ingredients

¼ cup confectioners' sugar
3 tablespoons unsalted butter, softened
½ cup all-purpose flour
3 large eggs
¾ cup granulated sugar
2 teaspoons grated lemon zest
1/3 cup fresh lemon juice
½ teaspoon baking powder
3 tablespoon all-purpose flour
1/8 teaspoon salt
Confectioners' sugar, for dusting

Cooking Instructions

1. Preheat the oven to 350 degrees F.
2. Beat the ¼ cup of confectioners' sugar and butter on medium speed until creamy.
3. Gradually add the ½ cup of flour and mix on low speed until the mixture is crumbly. Press the mixture into the bottom of an 8-inch square baking pan.
4. Bake until just golden brown, about 10 to 12 minutes on a wire rack. Lower the oven temperature to 325 degrees F.
5. Whisk the eggs on medium speed until foamy. Add the sugar, lemon zest, lemon juice, 3 tablespoons of flour, baking powder and salt and combine.
6. Pour the mixture over the baked crust and bake until set, about 20 to 25 minutes. (Do not touch the filling with your fingers or it will stick to them.) Cool on a wire rack.
7. Cut into 16 squares and dust with confectioners' sugar.

Nutrition Facts

Serving Size 1 square amount per serving

Calories	67
Total Fat	2g
Saturated Fat	1g
Cholesterol	44mg
Sodium	46mg
Total Carbohydrate	16g
Dietary Fiber	0g
Protein	2g
Percent Calories from Fat	21%
Percent Calories from Protein	9%
Percent Calories from Carbohydrate	70%

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