

# January Recipes



## Breakfast

Oatmeal with Pears and Pecans

## Lunch

Tuna Salad Wraps

## Dinner

### **Soup:**

Vegetarian Lentil soup

### **Entrée:**

Simply Grilled Pork Tenderloin

### **Side Dish:**

Simply Roasted New Potatoes

### **Dessert:**

Lemon Sponge Cake

# Oatmeal with Pears and Pecans

This recipe serves: 1

**Preparation time:** 5 minutes

**Cooking time:** 8 minutes

## Ingredients:

- 1 cup water
- 1/2 cup oatmeal
- 3 tablespoons chopped, pear
- 1/2 tablespoon chopped pecans
- 1 teaspoon brown sugar

## Cooking Instructions

1. Combine the water and oatmeal in a small saucepan.
2. Add the pears and cook, stirring occasionally, over medium heat for 7 minutes. Stir in the pecans.
3. Spoon into a serving dish, sprinkle with the brown sugar. Serve warm.

## Nutrition Facts

<b>Serving Size</b> about 1 cup	
<b>Calories</b>	216
<b>Total Fat</b>	5g
<b>Saturated Fat</b>	1g
<b>Cholesterol</b>	0mg
<b>Total Carbohydrate</b>	37g
<b>Dietary Fiber</b>	5g
<b>Sodium</b>	3mg
<b>Protein</b>	7g
<b>Percent Calories from Fat</b>	21%
<b>Percent Calories from Protein</b>	12%
<b>Percent Calories from Carbohydrate</b>	67%

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## Tuna Salad Wraps

This recipe serves: 4

**Preparation time:** 15 minutes

### For the tuna salad:

2 6-ounce cans tuna, drained  
1/2 cup non-fat mayonnaise  
1/4 cup finely diced celery  
1/4 cup finely diced, sweet onion

### Cooking Instructions:

1. In a mixing bowl, combine the tuna, mayonnaise, celery, and onion.

### For the wraps:

4 large flour tortillas  
4 lettuce leaves, green leaf, bibb or romaine, shredded  
4 large slices ripe tomato, sliced very thin

### Cooking Instructions:

1. Lay the tortillas out on a work surface and divide the tuna mixture among the tortillas, spreading it out in the center of each tortilla. Divide the shredded lettuce among the tortillas and top with a slice of tomato. Tightly roll each tortilla into a cylinder, ending with the seam side down.  
(The wraps can be stored in the refrigerator for up to 3 days.)
2. Cut the wraps in half on the diagonal and serve.

### Nutrition Facts

<b>Serving Size 1 wrap</b>	
<b>Calories</b>	327
<b>Total Fat</b>	10g
<b>Saturated Fat</b>	4g
<b>Cholesterol</b>	46mg
<b>Total Carbohydrate</b>	31g
<b>Dietary Fiber</b>	2g
<b>Sodium</b>	643mg
<b>Protein</b>	25g
<b>Percent Calories from Fat</b>	29%
<b>Percent Calories from Protein</b>	31%
<b>Percent Calories from Carbohydrate</b>	40%

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# Vegetarian Lentil Soup

This recipe serves: 6

**Preparation time:** 10 minutes

**Cooking time:** 1 hour

## Ingredients:

1 tablespoon olive oil  
1/3 cup finely chopped carrot  
1/3 cup finely chopped celery  
1/3 cup finely chopped onion  
1 sprig fresh or 1/4 teaspoon dried thyme  
freshly ground black pepper  
1 1/2 quarts vegetable stock  
2 cups dried lentils  
salt to taste

## Cooking Instructions:

1. Heat the olive oil in a saucepan over low heat. Add the carrot, celery, onion and thyme, season lightly with pepper and cook for 10 minutes. (Do not add salt until the lentils are fully cooked, because salt will prevent the lentils from becoming tender.)
2. Add the stock and lentils and bring to a boil quickly over high heat.
3. Lower the heat and simmer until the lentils are tender, about 1 hour.
4. Puree 2/3 of the soup in a blender and stir it into the remaining 1/3.
5. If the soup is too thick, thin it by adding a little more stock. Raise the heat and bring the soup to a boil for 15 seconds.
6. Add salt and more pepper to taste.

## Nutrition Facts

<b>Serving Size</b> 1 ¼ cups	
<b>Calories</b>	250
<b>Total Fat</b>	3g
<b>Saturated Fat</b>	0g
<b>Cholesterol</b>	0mg
<b>Total Carbohydrate</b>	38g
<b>Dietary Fiber</b>	20g
<b>Sodium</b>	65mg
<b>Protein</b>	20g
<b>Percent Calories from Fat</b>	10%
<b>Percent Calories from Protein</b>	31%
<b>Percent Calories from Carbohydrate</b>	59%

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# Simple Bibb Lettuce Salad

This recipe serves: 4

**Preparation time:** 5 minutes

## Ingredients:

4 cups bibb lettuce  
2 teaspoons finely chopped shallots  
2 teaspoons olive oil  
1 1/2 tablespoons rice vinegar (seasoned variety)  
freshly ground black pepper

## Cooking Instructions:

1. Wash the lettuce, pat or spin dry and place in a mixing bowl.
2. Add the shallots, olive oil, seasoned rice vinegar and toss until evenly coated.
3. Transfer the salad to 4 serving plates. Add black pepper to taste.

## Nutrition Facts

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<b>Serving Size</b> about 1 cup of salad greens	
<b>Calories</b>	9
<b>Total Fat</b>	0g
<b>Saturated Fat</b>	0g
<b>Cholesterol</b>	0g
<b>Total Carbohydrate</b>	2g
<b>Dietary Fiber</b>	1g
<b>Sodium</b>	3mg
<b>Protein</b>	1g
<b>Percent Calories from Fat</b>	11%
<b>Percent Calories from Protein</b>	29%
<b>Percent Calories from Carbohydrate</b>	61%

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# Simply Grilled Pork Tenderloin

This recipe serves: 4

**Preparation time:** 5 minutes

**Cooking time:** 15 minutes

## Ingredients:

2 pork tenderloins, about 12 ounces each

1 tablespoon olive oil

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

## Cooking Instructions:

1. Using a sharp knife, remove and discard any whitish silver skin and visible fat from the tenderloins.
2. Pre-heat a grill or broiler to medium high.
3. Rub the tenderloins with olive oil and then season generously with salt and pepper.
4. Sear the pork on all sides on the grill or under the broiler. Lower the heat to medium and cook for 8 to 12 minutes, until the pork is just cooked through. Transfer the pork to a platter and let the meat rest for 2 to 3 minutes before slicing.

## Nutrition Facts

<b>Serving Size 3 to 4 slices</b>	
<b>Calories</b>	235
<b>Total Fat</b>	9g
<b>Saturated Fat</b>	2g
<b>Cholesterol</b>	111mg
<b>Total Carbohydrate</b>	0g
<b>Dietary Fiber</b>	0g
<b>Sodium</b>	167mg
<b>Protein</b>	26g
<b>Percent Calories from Fat</b>	36%
<b>Percent Calories from Protein</b>	63%
<b>Percent Calories from Carbohydrate</b>	1 %

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# Simply Roasted New Potatoes

This recipe serves: 2

**Preparation time:** 5 minutes

**Cooking time:** 20 minutes

## Ingredients:

4 red Bliss potatoes  
1 teaspoon olive oil  
1/2 clove garlic, minced  
2 tablespoons diced sweet onion

## Cooking Instructions:

1. Preheat the oven to 350°F.
2. Wash the potatoes and cut them in quarters. Toss the potatoes, garlic, and onion with the olive oil and a generous amount of salt and pepper.
3. Roast in the oven until tender, about 20 minutes. (Large potatoes will take longer.)

## Nutrition Facts

<b>Serving Size 2 potatoes</b>	
<b>Calories</b>	225
<b>Total Fat</b>	2g
<b>Saturated Fat</b>	0g
<b>Cholesterol</b>	0mg
<b>Total Carbohydrate</b>	53g
<b>Dietary Fiber</b>	6g
<b>Sodium</b>	77mg
<b>Protein</b>	8g
<b>Percent Calories from Fat</b>	8%
<b>Percent Calories from Protein</b>	12%
<b>Percent Calories from Carbohydrate</b>	80%

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# Lemon Sponge Cake

This recipe serves: 12

**Preparation time:** 20 minutes

**Cooking time:** 1 hour

## Ingredients:

9 eggs, separated (at room temperature)

pinch of salt

1 1/2 cups sugar

1/2 cup lemon juice

zest of 1 lemon

5 tablespoons cake meal

4 tablespoons potato starch

## Cooking Instructions:

1. Preheat the oven to 350°F.
2. In a mixer, whip the egg yolks on high speed while gradually adding half the sugar. Continue whipping until the mixture is thick and lemon colored, about 5 minutes. Add the juice and the zest.
3. Remove from the mixer and with a spatula, fold in the cake meal and potato starch.
4. Whip the egg whites on high speed while gradually adding the remaining half of the sugar. Continue whipping until medium peaks form, about 2 to 3 minutes. Gently fold the whites into the yolk mixture.
5. Spoon the mixture into an ungreased 10" tube pan with a removable bottom. Bake until the cake is golden and springs back when touched, about 1 hour.
6. Invert the pan on its legs or over a bottle until it is completely cool. Remove from the pan and continue to cool on a cake rack.

## Nutrition Facts

<b>Serving Size</b> 1/12 of the cake	
<b>Calories</b>	174
<b>Total Fat</b>	4g
<b>Saturated Fat</b>	1g
<b>Cholesterol</b>	159mg
<b>Total Carbohydrate</b>	31g
<b>Dietary Fiber</b>	0g
<b>Sodium</b>	60mg
<b>Protein</b>	5g
<b>Percent Calories from Fat</b>	19%
<b>Percent Calories from Protein</b>	11%
<b>Percent Calories from Carbohydrate</b>	69%

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