

February Recipes

Breakfast

Spiced Apple Oatmeal

Lunch

Chicken Chowder

Dinner

Soup:

Greens with Ripe Tomatoes, Red Onion and Basil Vinaigrette

Entrée:

Asian Grilled Flank Steak

Side Dish:

Jasmine Rice

Dessert:

Almond Angel Cake with Warm Fruit Compote

Spiced Apple Oatmeal

This recipe serves: 1

Preparation time: 5 minutes

Cooking time: 8 minutes

Ingredients:

1 cup water

1/2 cup oatmeal

1 pinch ground cinnamon

1 pinch nutmeg

3 tablespoons chopped, tart apple

1 teaspoon brown sugar

Cooking Instructions:

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

Nutrition Facts

Serving Size about 1 cup

Calories	189
Total Fat	3g
Saturated Fat	1g
Cholesterol	0mg
Total Carbohydrate	35g
Dietary Fiber	5g
Sodium	4mg
Protein	7g
Percent Calories from Fat	13%
Percent Calories from Protein	14%
Percent Calories from Carbohydrate	73%

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Chicken Chowder

This recipe serves: 6

Preparation time: 20 minutes

Cooking time: 30 minutes

Ingredients:

1 slice uncooked bacon, diced
1/2 cup chopped onion
1/2 cup chopped celery
1 sprig fresh thyme
1 bay leaf
1 1/2 cups low-sodium chicken or vegetable broth
6 small red potatoes
1 pound boneless, skinless chicken breasts, cut into 1/2" pieces
2 cups reduced fat (2%) milk
1 red pepper, diced
1 teaspoon chopped, fresh dill

Cooking Instructions:

1. Put the bacon in a soup pot and heat over low heat. Add the onion, celery, thyme and bay leaf, turn the heat up to medium, and cook until the vegetables are soft, about 10 minutes.
2. Dice the potatoes and add them to the soup pot with the chicken broth. Simmer until the potatoes are just tender, about 10 minutes. Add the milk, peppers, chicken and dill and cook until the chicken is just cooked through. Remove the thyme and bay leaf. Adjust the salt and pepper to taste.

Nutrition Facts

Serving Size 1 cup	
Calories	250
Total Fat	3g
Saturated Fat	2g
Cholesterol	51mg
Total Carbohydrate	33g
Dietary Fiber	4g
Sodium	304mg
Protein	26g
Percent Calories from Fat	12%
Percent Calories from Protein	39%
Percent Calories from Carbohydrate	49%

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Greens with Ripe Tomatoes, Red Onion and Basil Vinaigrette

This recipe serves: 6

Preparation time: 20 minutes

For the vinaigrette:

1 tablespoon finely chopped shallots
2 tablespoons red wine vinegar
2 tablespoons olive oil
3 tablespoons freshly chopped basil
salt to taste
freshly ground black pepper

1. Place all the ingredients in a container with a tight-fitting lid. Shake well.
2. Add the salt and pepper to taste.

For the salad:

6 cups green leaf lettuce, washed and torn into bite-size pieces
1 small red onion, sliced thinly
4 large ripe tomatoes, sliced

1. Toss the greens and red onion with the vinaigrette in a bowl.
2. Transfer to a serving plate and add the sliced tomatoes.

Nutrition Facts

Serving Size 1 cup of salad and 2 tablespoons of vinaigrette	
Calories	75
Total Fat	3g
Saturated Fat	0g
Cholesterol	0mg
Total Carbohydrate	12g
Dietary Fiber	4g
Sodium	147mg
Protein	3g
Percent Calories from Fat	31%
Percent Calories from Protein	12%
Percent Calories from Carbohydrate	57%

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Asian Grilled Flank Steak

This recipe serves: 4

Preparation time: 15 minutes

Cooking time: 10 minutes

For the Asian marinade:

2 tablespoons rice wine vinegar
1 1/2 tablespoons low-sodium soy sauce
1 tablespoon balsamic vinegar
1/2 teaspoon finely minced, fresh ginger root
1 clove garlic, finely minced
dash of chili flakes
1/4 teaspoon finely chopped, fresh rosemary
1/4 teaspoon sesame oil
pinch freshly cracked black pepper

Mix all of the ingredients together in a bowl. The marinade will keep stored in the refrigerator for a week or two.

For the grilled flank steak:

1 1/3 pounds flank steak
salt to taste
freshly ground black pepper

1. Marinate the flank steak in the refrigerator for at least 1 hour or overnight.
2. Preheat the grill.
3. Grill the flank steak for 4 to 8 minutes on each side, depending on the desired doneness. Let the steak rest on a carving plate for 1 or 2 minutes.
4. Slice the steak on the bias.

Nutrition Facts

Serving Size about 1/4 pound of steak	
Calories	321
Total Fat	4g
Saturated Fat	5g
Cholesterol	118mg
Total Carbohydrate	4g
Dietary Fiber	0g
Sodium	514mg
Protein	51g
Percent Calories from Fat	29%
Percent Calories from Protein	66%
Percent Calories from Carbohydrate	5%

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Jasmine Rice

This recipe serves: 2

Preparation time: 5 minutes

Cooking time: 20 minutes

Ingredients:

1/2 cup long grain jasmine rice

3/4 cup water

Cooking Instructions:

1. Place the rice in a large deep saucepan and cover with water. Drain and repeat until the water rinses clear. Lift the rice with your fingers several times to fluff the kernels.
2. Place the rice and water in a heavy saucepan with a lid. Heat uncovered until the water boils.
3. Lower the heat, cover and simmer about 18-20 minutes, or until the water has evaporated and the rice kernels are just tender.
4. Remove from the heat and fluff lightly with a fork to separate the grains.
5. Serve the rice immediately while hot, or let the rice cool on a baking sheet. Cover with plastic and store in the refrigerator.

Nutrition Facts

Serving Size about ½ cup	
Calories	170
Total Fat	0g
Saturated Fat	0g
Cholesterol	0g
Total Carbohydrate	38g
Dietary Fiber	1g
Sodium	0mg
Protein	3g
Percent Calories from Fat	0%
Percent Calories from Protein	7%
Percent Calories from Carbohydrate	93%

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Almond Angel Cake with Warm Fruit Compote

This recipe serves: 14

Preparation time: 20 minutes

Cooking time: 1 hour

For the cake:

- 1 cup cake flour
- 1 1/2 cup superfine granulated sugar
- 1 1/4 cup egg whites (about 10 large egg whites) at room temperature
- 1 1/4 teaspoons cream of tartar
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract

1. Preheat the oven to 350°F.
2. Sift the flour twice with 1/2 cup of the sugar.
3. With an electric mixer on high speed, beat the egg whites, cream of tartar, and salt until soft peaks form when the mixer is removed from the batter.
4. Add half of the remaining sugar and beat for 1 minute. Add the remaining sugar, 2 tablespoons at a time, beating after each addition.
5. Stir in the vanilla and almond extract.
6. Fold the flour and sugar mixture into the egg whites, 1/4 cup at a time, just until incorporated.
7. Put the batter in an ungreased 10" tube pan and bake until the cake is light golden brown and springy to the touch, about 1 hour. Invert the pan and let the cake cool completely before removing from the pan.

For the fruit compote:

- 1 cup sugar (more or less depending on taste)
- 1/2 cup water
- one 1/2" slice lemon zest (yellow part only)
- 3 1/2 cups peeled, cored and sliced apples

1. Bring the sugar and lemon zest to a boil over high heat. Simmer for 5 minutes. This will extract flavor from the peel, dissolve the sugar, and make a syrup.
2. Add the fruit and continue to cook for about 5 minutes until just tender.
3. Remove the fruit from the juice and set aside. Discard the lemon zest.
4. Reduce the juice over medium-high heat for about 5 minutes, until it becomes syrupy.
5. Pour the reduced syrup over the cooked fruit and serve with a slice of cake. (Store the leftover cake in an airtight container or freeze for longer storage.)

Nutrition Facts

Serving Size 1 slice with 1/2 cup compote	
Calories	192
Total Fat	0g
Saturated Fat	0g
Cholesterol	0g
Total Carbohydrate	46g
Dietary Fiber	1g
Sodium	134mg
Protein	3g
Percent Calories from Fat	1%
Percent Calories from Protein	6%
Percent Calories from Carbohydrate	93%

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