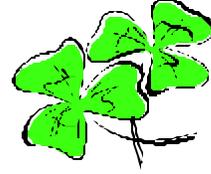




March Recipes



BREAKFAST

Cheese Blintzes with Sour Cream and Raspberry Preserves

LUNCH

Cajun Steak Sandwiches

DINNER

Salad:

Salad Greens with Grape Tomatoes and Honey Mustard Vinaigrette

Entrée:

Stuffed Chicken Breasts with Three Bell Peppers

Side Dish:

Three Cheese Potatoes

Dessert:

Strawberry Sorbet

Cheese Blintzes with Sour Cream and Raspberry Preserves

This recipe serves: 10

Preparation time: 1 hour 15 minutes

Cooking time: 20 minutes

Ingredients:

3 eggs
2 tablespoon vegetable oil
1 cup skim milk
3/4 cup flour, sifted
1/2 teaspoon salt
1/4 pound light cream cheese
1/4 pound low-fat cottage cheese
2 tablespoon sugar
1 teaspoon vanilla extract
1/2 cup non-fat sour cream
1/2 cup raspberry preserves

Cooking Instructions:

1. In a small bowl, whisk 2 of the eggs, vegetable oil, and milk together. Add the flour and salt and stir until the batter is very smooth. Chill for 30 minutes.
2. Spray an 8-inch skillet with nonstick spray. Pour 3 to 4 tablespoons of batter into the skillet and turn the pan to coat it. Cook until golden brown on one side. Stack crepes on waxed paper, brown side up. Repeat with remaining batter.
3. Beat together the remaining egg, cream cheese, cottage cheese, sugar and vanilla.
4. Fill each crepe with 2 tablespoons of cheese mixture and roll up "egg roll" style by folding in sides of crepe over filling.
5. Heat the skillet and lightly spray with nonstick cooking spray. Cook until the blintzes are golden brown on all sides. Remove from heat.
6. Serve with sour cream and raspberry preserves.

Nutrition Facts

Serving Size 1 blintz with sour cream and raspberry	
Calories	164
Total Fat	6g
Saturated Fat	2g
Total Carbohydrate	20g
Dietary Fiber	0g
Sodium	251mg
Protein	7g
Percent Calories from Fat	35%
Percent Calories from Protein	16%
Percent Calories from Carbohydrate	48%

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Cajun Steak Sandwiches

This recipe serves: 4

Preparation time: 20 minutes

Cooking time: 15 minutes

For the steak and onion:

1 yellow onion, sliced about 1/2-inch thick

2 teaspoons olive oil

2 top sirloin steaks, about 8 ounces each

salt to taste

freshly ground black pepper

Cooking Instructions

1. Preheat the grill to high.
2. Brush the onion slices with olive oil and then season the steaks and onion slices with salt and pepper. Cook them on the grill to the desired doneness, about 6 minutes per side for medium on the steaks and about 2-3 minutes per side for the onions. Use a spatula to flip the onion slices in order to keep the rings together. Transfer the steaks to a cutting board and slice on the bias.

For the sandwiches:

1/2 cup cream cheese, low-fat whipped

2 teaspoons Cajun seasoning

4 small loaves Focaccia, sliced in half

4 large lettuce leaves (green leaf, bibb or romaine), shredded

Cooking Instructions:

1. In a small mixing bowl, combine the cream cheese and Cajun seasoning.
2. Lay out the Focaccia on a work surface in front of you. Divide the cream cheese mixture the sandwiches, top with a few slices of of steak and a slice of grilled onion. Place the Focaccia tops on each sandwich.
3. Slice the sandwiches on the diagonal and serve.

Nutrition Facts

Serving Size 1 sandwich	
Calories	443
Total Fat	13g
Saturated Fat	4g
Total Carbohydrate	46g
Dietary Fiber	3g
Sodium	814mg
Protein	35g
Percent Calories from Fat	26%
Percent Calories from Protein	32%
Percent Calories from Carbohydrate	42%

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Salad Greens with Grape Tomatoes and Honey Mustard Vinaigrette

This recipe serves: 6

Preparation time: 20 minutes

For the vinaigrette:

1 tablespoon finely chopped shallots
2 tablespoons red wine vinegar
1 tablespoon Dijon mustard
2 tablespoon honey
2 tablespoons olive oil
salt to taste
freshly ground black pepper

Cooking Instructions:

1. Place all the ingredients in a bowl and gently whisk until blended.
2. Add the salt and pepper to taste.

For the salad:

6 cups green leaf lettuce, washed and torn into bite-size pieces
2 cups grape tomatoes
6 tablespoons diced red onion

Cooking Instructions:

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

Nutrition Facts

Serving Size	1 cup of salad with 2 tablespoons of vinaigrette
Calories	210
Total Fat	20g
Saturated Fat	4g
Total Carbohydrate	7g
Dietary Fiber	2g
Sodium	277mg
Protein	3g
Percent Calories from Fat	81%
Percent Calories from Protein	6%
Percent Calories from Carbohydrate	13%

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Stuffed Chicken Breasts with Three Bell Peppers

This recipe serves: 4

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

1 small red bell pepper, seeded and sliced into thin strips
1 small green bell pepper, seeded and sliced into thin strips
1 small yellow bell pepper, seeded and sliced into thin strips
1 shallot, diced
2 teaspoons olive oil
4 boneless, skinless chicken breasts, about 4 to 6 ounces each
1 1/2 tablespoons olive oil
1/4 cup white balsamic vinegar
3/4 cup chicken stock

Cooking Instructions:

1. In a small bowl, mix the bell pepper strips and diced shallot together.
2. Heat 2 teaspoons olive oil in a skillet over a medium-high heat. Cook the bell pepper mixture until tender, about 4 to 5 minutes.
3. Cut a deep horizontal pocket in the side of each chicken breast. Make the pocket as large as you can without piercing the top or bottom of the breast. Place 1/4 cup of the pepper mixture in the pocket of each chicken breast. Secure the pocket with toothpicks threading along the side to close.
4. Heat the remaining 1 1/2 tablespoons oil in a heavy oven-proof skillet until it begins to smoke. Cook each side of the chicken until golden brown.
5. Add the vinegar and chicken stock and bring to a boil. Lower the heat and gently simmer the chicken for 2 or 3 minutes per side until cooked through.
6. Remove the chicken breasts from the skillet and keep warm. Continue to cook the sauce until it is reduced to a thick syrup.
7. Taste the sauce and season with salt and pepper. Spoon the sauce over each chicken breast to serve.

Nutrition Facts

Serving Size 1 chicken breast	
Calories	265
Total Fat	10g
Saturated Fat	2g
Total Carbohydrate	9g
Dietary Fiber	1g
Sodium	119mg
Protein	24g
Percent Calories from Fat	33%
Percent Calories from Protein	53%
Percent Calories from Carbohydrate	14%

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Three Cheese Mashed Potatoes

This recipe serves: 4

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients:

3 large potatoes (Idaho or russet)
about 2/3 cup Basic Chicken Stock (see recipe), or low-sodium canned broth
salt to taste
freshly ground black pepper
2 tablespoons finely diced Vidalia onion
1/8 cup shredded cheddar cheese
1/8 cup freshly grated Parmesan cheese
1/8 cup freshly grated, Gouda cheese (or smoked Gouda)

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 onion and cheese

Nutrition Facts

Serving Size about ½ cup	
Calories	118
Total Fat	3g
Saturated Fat	2g
Total Carbohydrate	21g
Dietary Fiber	2g
Sodium	187mg
Protein	7g
Percent Calories from Fat	18%
Percent Calories from Protein	21%
Percent Calories from Carbohydrate	62%

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Strawberry Sorbet

This recipe serves: 6

Preparation time: 30 minutes

Ingredients:

1/2 cup sugar
1/2 cup water
1 quart fresh strawberries
fresh lemon juice to taste

Cooking Instructions:

1. Bring the sugar and water to a boil in a small saucepan over high heat. Let cool.
2. Wash and hull the strawberries. Puree in a blender or food processor until smooth. Press the strawberries through a very fine mesh strainer to remove the seeds and pulp.
3. Add half the sugar syrup to the pureed strawberries. Add a squeeze of fresh lemon juice and taste. Continue adding sugar syrup (by the tablespoon) and lemon juice until you reach the desired degree of sweetness.
4. Freeze the strawberry mixture in an ice cream maker according to the manufacturer's instructions.
5. Store in the freezer until ready to use.

Nutrition Facts

Serving Size about ½ cup	
Calories	94
Total Fat	0g
Saturated Fat	0g
Total Carbohydrate	24g
Dietary Fiber	2g
Sodium	1mg
Protein	1g
Percent Calories from Fat	3%
Percent Calories from Protein	2%
Percent Calories from Carbohydrate	94%

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