



April Recipes



Breakfast

Blueberry Coffee Cake

Lunch

Tuna Salad Wraps
Simple Fruit Salad

Dinner

Soup:

South-of-the-Border Soup

Entrée:

Basic Chicken Burritos

Side Dishes:

Spanish Rice

Black Beans and Rice

Dessert:

Chocolate Celebration Cake

Blueberry Coffee Cake

This recipe serves: 12

Preparation time: 15 minutes

Cooking time: 45 minutes

For the streusel topping:

1/4 cup firmly packed light brown sugar

pinch cinnamon

pinch nutmeg

1/2 cup finely chopped almonds

2 tablespoons all-purpose flour

Cooking Instructions:

1. Combine all of the ingredients in a small mixing bowl and mix until crumbly. Set aside.

For the coffee cake:

2 cups all-purpose flour

1 teaspoon baking soda

1 teaspoon baking powder

1/4 teaspoon salt

1/2 cup (1 stick) unsalted butter, room temperature

1 cup firmly packed light brown sugar

2 large eggs

1 teaspoon vanilla extract

1 cup non-fat sour cream

1/2 cup applesauce

1 1/2 cups fresh or frozen blueberries

Cooking Instructions:

1. Sift the flour, baking soda, baking powder, and salt together.
2. Place the butter in the bowl of an electric mixer and beat on high speed until the butter is soft. Add the brown sugar and continue beating until the mixture is light and fluffy.
3. With the mixer on low speed, add the eggs one at a time and then add the vanilla.
4. Using a rubber spatula, fold in half of the flour mixture, then the sour cream and applesauce and finally the remaining flour mixture.
5. Stir in half of the blueberries.
6. Spoon half of the batter into a 9 or 10-inch bundt pan. Sprinkle the batter with half of the streusel topping and the remaining blueberries. Spoon the remaining batter into the pan and sprinkle with the remaining streusel topping.
7. Place the pan on the center rack and bake for 40 to 45 minutes or until a knife inserted into the cake comes out clean. Place the pan on a wire rack and cool for 10 minutes before removing the cake from the pan.

Nutrition Facts

Serving Size 1 slice

Calories	311
Total Fat	12g
Saturated Fat	6g
Total Carbohydrate	46g
Dietary Fiber	2g
Sodium	214mg
Protein	6g
Percent Calories from Fat	33%
Percent Calories from Protein	8%
Percent Calories from Carbohydrate	59%

Reprinted with permission from www.foodfit.com.

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

Serving Size 1 wrap

Calories	327
Total Fat	10g
Saturated Fat	4g
Total Carbohydrate	31g
Dietary Fiber	2g
Sodium	643mg
Protein	25g
Percent Calories from Fat	29%
Percent Calories from Protein	31%
Percent Calories from Carbohydrate	40%

Reprinted with permission from www.foodfit.com.

Basic Chicken Burritos

This recipe serves: 6

Preparation time: 15 minutes

Cooking time: 20 minutes

For the salsa:

- 1 small onion, chopped
- 1 15-ounce can diced tomatoes, drained
- 2 cloves garlic, peeled
- 1 jalapeño chili pepper, stemmed and seeded
- 1/4 cup chopped, fresh cilantro
- 1 cup water
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- a pinch of sugar

Cooking Instructions:

1. Combine all of the salsa ingredients in a small saucepan. Bring to a boil, adjust the heat so that the mixture simmers and cook until 1/2 of the liquid evaporates, about 15 minutes. Turn off the heat and let cool.
2. Pour the mixture into a blender and puree. Chill.
(This can be made in advance and stored in the refrigerator for up to 1 week.)

For the burritos:

- 6 large flour tortillas
- 1 pound skinless, boneless chicken breasts
- 1 tablespoon olive oil
- salt and pepper, to taste
- 3/4 cup non-fat sour cream
- 1/3 cup fresh cilantro leaves

Cooking Instructions:

1. Preheat the oven to 350°F.
2. Wrap the tortillas in foil and warm them in the oven for about 10 minutes.
3. Pre-heat a skillet or grill to medium high for the chicken. Brush the chicken breasts with olive oil, then season with salt and pepper. Cook the chicken until the juices run clear and the chicken is cooked through, about 6 minutes per side. Transfer the chicken to a cutting board and let rest for a few minutes. Slice the chicken into thin strips, or chop into small pieces.
4. Everyone can create their own burritos with chicken, salsa, and sour cream. Garnish with extra salsa, sour cream and cilantro leaves if desired.

Nutrition Facts

Serving Size 1 burrito	
Calories	617
Total Fat	11g
Saturated Fat	3g
Total Carbohydrate	93g
Dietary Fiber	6g
Sodium	773mg
Protein	33g
Percent Calories from Fat	17%
Percent Calories from Protein	22%
Percent Calories from Carbohydrate	61%

Reprinted with permission from www.foodfit.com.

Spanish Rice

This recipe serves: 4

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

1 teaspoon butter, unsalted
1/3 cup finely chopped onions
1 sprig fresh thyme (optional)
2/3 cup converted rice
1 cup chicken stock or water
1/2 cup canned tomatoes, drained
1/4 cup corn kernels
salt to taste
freshly ground black pepper

Cooking Instructions:

1. Preheat the oven to 350°F.
2. In a small ovenproof pot, melt the butter over medium-low heat. Add the onion and thyme, and cook for 3 to 4 minutes, until the onions become translucent but not brown.
3. Add the rice and stir to coat evenly with butter. Cook for 3 to 4 minutes.
4. Add the stock, tomatoes, and corn and bring to a boil over high heat.
5. As soon as the stock comes to a boil, cover the pot and place in the oven for 18 minutes.
6. Add the salt, pepper, and fluff with a fork.

Nutrition Facts

Serving Size 1/3 cup	
Calories	146
Total Fat	2g
Saturated Fat	1g
Total Carbohydrate	29g
Dietary Fiber	1g
Sodium	194mg
Protein	4g
Percent Calories from Fat	11%
Percent Calories from Protein	10%
Percent Calories from Carbohydrate	79%

Reprinted with permission from www.foodfit.com.

Chocolate Celebration Cake

This recipe serves: 14

Preparation time: 10 minutes

Cooking time: 1 hour

For the cake:

- 1 cup minus 2 tablespoons cake flour
- 2 tablespoons cocoa powder
- 1 1/2 cups superfine granulated sugar
- 1 1/4 cups egg whites (about 10 large eggs), at room temperature
- 1 1/4 teaspoons cream of tartar
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract

Cooking Instructions:

1. Preheat the oven to 350°F.
2. Sift the flour twice with the cocoa powder and 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.
6. Fold the flour and sugar mixture into the egg whites, 1/4 cup at a time, until just incorporated.
7. Put the batter in an ungreased 10" tube pan and bake until the cake is springy to the touch, about 1 hour. Invert the pan and let the cake cool completely before removing from the pan. (This can be made in advance and stored in an airtight container for up to 5 days.)

For the icing and oranges:

- 1 cup confectioners' sugar
- 1 1/2 tablespoons milk
- 1/2 teaspoon vanilla extract or rum
- 1 cup sweetened, flaked coconut
- 4 oranges, peel and pith removed and cut into sections

Cooking Instructions:

1. Whisk the sugar, milk and vanilla or rum together in a mixing bowl. Stir in the coconut.
2. Drizzle the icing over the cake.
3. Serve each slice of cake with orange sections arranged like a fan on the side of each piece.

Nutrition Facts

Serving Size 1 slice of cake with oranges	
Calories	191
Total Fat	2g
Saturated Fat	2g
Total Carbohydrate	40g
Dietary Fiber	1g
Sodium	96mg
Protein	3g
Percent Calories from Fat	12%
Percent Calories from Protein	7%
Percent Calories from Carbohydrate	81%

Reprinted with permission from www.foodfit.com.

Simple Fruit Salad

This recipe serves: 4

Preparation time: 10 minutes

Ingredients

2 cups sliced or cubed, mixed seasonal fruit, such as apples, oranges, berries or melon
2 tablespoons orange juice
1 teaspoon chopped, fresh mint

Cooking Instructions

1. Mix the fruit in a bowl.
2. Sprinkle with the orange juice and chopped mint.

Nutrition Facts

Serving Size about 1/2 cup	
Calories	83
Total Fat	0g
Saturated Fat	0g
Total Carbohydrate	23g
Dietary Fiber	3g
Sodium	0mg
Protein	1g
Percent Calories from Fat	0%
Percent Calories from Protein	3%
Percent Calories from Carbohydrate	97%

Reprinted with permission from www.foodfit.com.

Black Beans and Rice

This recipe serves: 8

Preparation time : 20 minutes

Cooking time : 1 hour

Ingredients

2 cups dried black turtle beans
2 tablespoons olive oil
1 1/2 cups diced onion
1 cup diced celery
1 cup diced green pepper
1 jalapeño chili pepper, seeded and minced
freshly ground black pepper
2 cloves garlic, minced
1 bay leaf
4 cups low-sodium canned chicken or vegetable broth
salt to taste
4 cups steamed rice
2 limes, cut into wedges
1/2 cup cilantro leaves

Cooking Instructions

1. Soak the beans in water overnight in the refrigerator. Drain the beans and set aside.
2. Heat the olive oil in a 4-quart pot over medium heat. Add the onion, celery, green pepper and jalapeño pepper, season lightly with black pepper and cook until the vegetables begin to soften, about 5 minutes. Add the garlic and cook for 1 more minute.
3. Add the bay leaf, beans and broth and bring to a boil quickly over high heat.
4. Lower the heat and simmer until the beans are completely tender, about 40 minutes.
5. Remove and discard the bay leaf. Season with salt and pepper and keep warm.
6. Meanwhile, heat the rice in the microwave.
8. Serve the rice in warm bowls topped with beans and garnished with lime wedges and cilantro leaves.

NOTE: Do not add salt until the beans are fully cooked because salt will prevent them from becoming tender.

Nutrition Facts

Serving Size about 1/2 cup	
Calories	310
Total Fat	5g
Saturated Fat	1g
Total Carbohydrate	53g
Dietary Fiber	13g
Sodium	191mg
Protein	15g
Percent Calories from Fat	14%
Percent Calories from Protein	18%
Percent Calories from Carbohydrate	67%

Reprinted with permission from www.foodfit.com.

South-of-the-Border Soup

This recipe serves: 6

Preparation time : 10 minutes

Cooking time : 15 minutes

Ingredients

1 1/2 cups dried pinto beans (soaked)
15 ounces diced, canned tomatoes, undrained
1 small onion, quartered
2 cloves garlic
1 tablespoon olive oil
4 ounces angel hair pasta, broken into 1" pieces
1/2 pound pork tenderloin, trimmed of fat and cut into 1/2" pieces
6 cups low-sodium chicken stock
salt to taste
freshly ground black pepper
chopped, fresh cilantro for garnish

Cooking Instructions

1. In a 4-quart pot, combine the beans with their soaking water, cover the pot and simmer very slowly for 30 minutes. Add salt, then simmer for about 1 hour, until the beans are soft. If the water starts to run dry, add enough water during the cooking to keep the beans covered.
2. In a food processor, combine the tomatoes, onion and garlic. Process until smooth.
3. In a heavy soup pot, heat the oil over medium heat. Add the pasta and pork and cook, stirring occasionally, until the pasta starts to turn golden, about 5 to 7 minutes. Add the beans, tomato mixture and the chicken stock. Increase the heat to medium-high and bring to a boil. Cook, uncovered, until the pasta is al dente, about 5 minutes. Season with salt and pepper.
4. Ladle the soup into 6 bowls and garnish with the cilantro. Serve immediately.

Nutrition Facts

Serving Size about 1/2 cup	
Calories	299
Total Fat	6g
Saturated Fat	2g
Cholesterol	28mg
Total Carbohydrate	40g
Dietary Fiber	14g
Sodium	254mg
Protein	23g
Percent Calories from Fat	17%
Percent Calories from Protein	30%
Percent Calories from Carbohydrate	53%

Reprinted with permission from www.foodfit.com.