



May Recipes



BREAKFAST

Buttermilk Griddle Cakes with Apple Compote

LUNCH

Jamaican Jerk Chicken Sandwiches
Summer Fruit Salad

DINNER

Salad:

Bib Lettuce with Cucumbers, Sweet Onions, and Dill
Vinaigrette

Entrée:

Beef and Mushroom Stroganoff

Side Dish:

Steamed Broccoli Florets

Dessert:

Carrot Cake with Cream Cheese

Buttermilk Griddle Cakes with Apple Compote

This recipe serves: 5

Preparation time: 15 minutes

Cooking time: 25 minutes

For the apple compote:

1 cup sugar (more or less, depending on taste)

1/2 cup water

4 cups peeled, cored and sliced apples

Cooking Instructions:

1. Bring the sugar and water to a boil over high heat. Simmer for 5 minutes. This will dissolve the sugar and make a syrup.
2. Add the fruit and continue to cook for about 5 to 10 minutes, until just tender.
3. Remove the fruit from the juice and set aside. Reduce the juice over medium-high heat for about 5 minutes, until it becomes syrupy. Pour the syrup over the fruit, set aside and keep warm.

For the buttermilk griddle cakes:

1 cup all-purpose flour

1/2 teaspoon baking soda

1/2 teaspoon salt

2/3 cup buttermilk

1 large egg

2 tablespoons melted butter

2 tablespoons honey

Cooking Instructions:

1. Mix the flour, baking soda, and salt in a bowl. (This can be done the night before and kept covered on the counter.)
2. Lightly beat the buttermilk, egg, butter, and honey together.
3. Add the liquid ingredients all at once to the flour mixture. Stir with a wooden spoon until just moistened. Do not overmix, a few lumps are fine.
4. Warm a lightly greased griddle pan over medium heat. The pan is ready when a few drops of water sprinkled on the griddle form fast-moving bubbles.
5. Pour batter onto the griddle: 1/8 cup for small or 1/4 cup for large pancakes. When the tops of the pancakes are covered with holes and the bottoms are golden brown, flip to brown the other side.
6. Serve the griddle cakes topped with the apple compote.

Nutrition Facts

Serving Size 3 small cakes with apple compote	
Calories	392
Total Fat	6g
Saturated Fat	3g
Total Carbohydrate	81g
Dietary Fiber	3g
Sodium	409mg
Protein	5g
Percent Calories from Fat	14%
Percent Calories from Protein	5%
Percent Calories from Carbohydrate	81%

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Jamaican Jerk Chicken Sandwiches

This recipe serves: 4

Preparation time: 15 minutes

Cooking time: 10 minutes

For the jerk chicken:

2 teaspoons olive oil

4 small skinless, boneless chicken breasts, about 3-4 ounces each
salt to taste

freshly ground black pepper

1/4 cup jerk sauce

Cooking Instructions:

1. Preheat the grill to medium-high.
2. Brush the chicken breasts with olive oil and then season with salt and pepper. Cook them on the grill, about 4-5 minutes per side, depending on the thickness of the breast. During the last 2 minutes of cooking, brush the chicken breasts with jerk sauce. Transfer the chicken to a cutting board and cut on the bias onto slices.

For the sandwiches:

1/2 cup cream cheese, low-fat whipped

2 tablespoons minced, sweet onion

4 large whole grain sandwich buns

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

4 large slices of ripe tomato, sliced thick

Cooking Instructions:

1. In a small mixing bowl, combine the cream cheese and onions. Add salt and pepper to taste.
2. Lay out the sandwich buns on a work surface in front of you. Divide the cream cheese mixture among the sandwiches, spreading it out on each side of the bun. Divide the chicken slices among each sandwich, top with shredded lettuce and a slice of tomato.
3. Slice the sandwiches on the diagonal and serve.

Nutrition Facts

Serving Size 1 sandwich	
Calories	529
Total Fat	10g
Saturated Fat	4g
Total Carbohydrate	39g
Dietary Fiber	3g
Sodium	889mg
Protein	66g
Percent Calories from Fat	14%
Percent Calories from Protein	52%
Percent Calories from Carbohydrate	30%

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Bibb Lettuce with Cucumbers, Sweet Onions and Dill 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 dill
salt to taste
freshly ground black pepper

Cooking Instructions:

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 bibb lettuce, washed and torn into bite-size pieces
6 thin slices, sweet Vidalia onion, separated into rings
3 small cucumber, seeded and diced

Cooking Instructions:

1. Toss the lettuce and cucumber with the vinaigrette in a bowl.
2. Transfer to a serving plate and garnish with the sweet onion rings.

Nutrition Facts

Serving Size 1 cup salad with 2 tablespoons vinaigrette

Calories	98
Total Fat	4g
Saturated Fat	1g
Total Carbohydrate	15g
Dietary Fiber	4g
Sodium	166mg
Protein	3g
Percent Calories from Fat	33%
Percent Calories from Protein	11%
Percent Calories from Carbohydrate	56%

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Beef and Mushroom Stroganoff

This recipe serves: 4

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

1 pound lean beef sirloin, sliced into thin strips
salt to taste
freshly ground black pepper
2 tablespoons olive oil
1 medium onion, sliced
2 cloves garlic, minced
1 pound fresh mushrooms, sliced
1 cup non-fat sour cream
1/2 cup chopped tomatoes, canned or fresh
1 tablespoon Worcestershire sauce
1/4 teaspoon hot sauce, such as Tabasco
2 cups cooked, hot egg noodles

Cooking Instructions:

1. Season the sirloin with salt and pepper. Heat the olive oil in a large skillet over high heat. Add the sirloin and brown on all sides, about 5 minutes total. Set the sirloin on a plate and keep warm.
2. Reduce the heat to medium and add the onion. Season lightly with salt and pepper and cook, stirring occasionally, until the onions begin to soften, about 5 minutes. Add the mushrooms and cook until they are soft, about 7 more minutes. Add the garlic and cook for 1 minute more.
3. Add the sour cream, tomatoes, Worcestershire, and hot sauces. Combine well and heat thoroughly. Add the sirloin and any juices. Taste and adjust the salt and pepper.
4. Divide the egg noodles among 4 plates so that they form a small ring on the plate. Spoon the beef mixture into the center of each ring and serve.

Nutrition Facts

Serving Size 1 plate with noodles	
Calories	429
Total Fat	13g
Saturated Fat	4g
Total Carbohydrate	43g
Dietary Fiber	3g
Sodium	402mg
Protein	34g
Percent Calories from Fat	28%
Percent Calories from Protein	32%
Percent Calories from Carbohydrate	40%

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Steamed Broccoli Florets

This recipe serves: 4

Preparation time: 5 minutes

Cooking time: 5 minutes

Ingredients:

2 cups broccoli florets

Cooking Instructions:

1. Place the broccoli florets in a steaming basket with 2 inches of water in the pot beneath the basket and cover.
2. Bring to a boil over a high heat and steam for approximately 4-5 minutes, or until the broccoli is bright green and fork tender.

Nutrition Facts

Serving Size ½ cup	
Calories	13
Total Fat	1g
Saturated Fat	0g
Total Carbohydrate	3g
Dietary Fiber	1g
Sodium	159mg
Protein	1g
Percent Calories from Fat	9%
Percent Calories from Protein	32%
Percent Calories from Carbohydrate	59%

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Carrot Cake with Cream Cheese Icing

This recipe serves: 12

Preparation time: 15 minutes

Cooking time: 45 minutes

For the carrot cake:

1/4 cup (1/2 stick) unsalted butter
1 egg
1 egg white
3/4 cup light brown sugar
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
3/4 cup grated carrots
1 cup all purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
1/3 cup drained, canned, crushed pineapple
1/4 cup raisins
1/4 cup chopped walnuts, optional
nonstick cooking spray

(continue for Carrot Cake with Cream Cheese Icing)

Cooking Instructions:

1. Preheat the oven to 350°F. Remove the butter and eggs from the refrigerator to allow them to come to room temperature.
2. Place the butter in a mixing bowl and beat at high speed with an electric mixer for 30 seconds. Gradually add the brown sugar and continue to beat until the mixture is very fluffy.
3. With the mixer on low speed, add the egg and egg white. Stir in the cinnamon, nutmeg, and carrots.
4. Sift the flour, baking powder, and salt together.
5. Fold in half the flour mixture. Stir in the pineapple, raisins, and walnuts. Fold in the rest of the flour mixture. The batter should be smooth, but do not overmix.
6. Coat a 10-inch round cake pan with nonstick spray. Pour the batter into the pan. Bake until the cake is golden brown and set in the center, about 35 minutes. Allow the cake to cool for 10 minutes before removing it from the pan.

For the cream cheese icing:

- 4 ounces low-fat cream cheese, softened
- 1 cup confectioners' sugar
- 1/2 teaspoon lemon zest
- 1 1/2 teaspoons lemon juice
- 1/2 teaspoon vanilla extract

Cooking Instructions

1. In a small mixing bowl, beat the cream cheese, confectioners' sugar, lemon zest, lemon juice, and vanilla together until the mixture is smooth.
2. Using a spoon or spatula, spread the icing on top of the cooled cake. Store the cake in the refrigerator in an airtight container. Cut the cake into 12 pieces and allow it to come to room temperature before serving.

Nutrition Facts

Serving Size 1 slice	
Calories	234
Total Fat	10g
Saturated Fat	6g
Total Carbohydrate	34g
Dietary Fiber	1g
Sodium	94mg
Protein	3g
Percent Calories from Fat	36%
Percent Calories from Protein	5%
Percent Calories from Carbohydrate	58%

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Summer Fruit Salad

This recipe serves: 4

Preparation time: 10 minutes

Ingredients

1 cup mixed berries
1 mango peeled, pitted and cubed
1 nectarine pitted and sliced
2 tablespoons orange juice

Cooking Instructions

1. Mix the fruit in a bowl. Sprinkle with the orange juice.
2. Serve for breakfast over yogurt, as a side dish with lunch or dinner or for dessert over sorbet.

Nutrition Facts

Serving Size 2/3 cup	
Calories	71
Total Fat	0g
Saturated Fat	0g
Total Carbohydrate	18g
Dietary Fiber	2g
Sodium	2mg
Protein	1g
Percent Calories from Fat	5%
Percent Calories from Protein	4%
Percent Calories from Carbohydrate	31%

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