

Easy Herb Omelet

This recipe serves: 1

Cooking time: 2 minutes

Ingredients:

1 large egg
1 teaspoon peanut oil
salt to taste
freshly ground black pepper
1 tablespoon chopped chives, parsley, or dill

Cooking Instructions:

1. Crack the egg into a bowl. Season with salt and pepper. Whisk to combine completely.
2. Heat peanut oil over medium heat in a 6" non-stick omelet pan until almost smoking.
3. Pour in the egg mixture and immediately stir with a spatula. While stirring, quickly shake the skillet in a back and forth motion directly on the heat surface. (Do not lift the pan off the heat surface, as this will cool the pan.) This step should not take more than 15 seconds.
4. When the egg is almost set, remove the pan from the heat and add the herbs across the center of the omelet.
5. Fold the omelet in half and turn it onto a warm plate.

Nutrition Facts

Serving Size 1 omelet	
Calories	153
Total Fat	12g
Saturated Fat	3g
Total Carbohydrate	1g
Dietary Fiber	0g
Sodium	400mg
Protein	10g
Percent Calories from Fat	72%
Percent Calories from Protein	25%
Percent Calories from Carbohydrate	3%

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Lower-Sodium Spinach, Orange and Almond Salad

This recipe serves: 4

Preparation time: 15 minutes

Cooking time: 5 minutes

For the vinaigrette:

2 teaspoons low-sodium soy sauce

4 teaspoons fresh lime juice

2 teaspoons finely chopped shallots

3 1/2 tablespoons olive oil

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:

1/3 cup slivered almonds

2 1/2 cups spinach, cleaned and torn into bite-size pieces

1/2 orange, peeled and sectioned

Cooking Instructions:

1. Preheat the oven to 350°F.
2. Spread the almonds on a baking sheet and toast in the oven until lightly browned, about 5 minutes.
3. Place the spinach in a bowl and toss with the vinaigrette.
4. Transfer the dressed spinach leaves to a serving plate. Arrange the orange sections on top and sprinkle with the almonds.

Nutrition Facts

Serving Size 2/3 cup salad with 2 teaspoons vinaigrette	
Calories	199
Total Fat	18g
Saturated Fat	2g
Total Carbohydrate	8g
Dietary Fiber	2g
Sodium	254mg
Protein	3g
Percent Calories from Fat	79%
Percent Calories from Protein	6%
Percent Calories from Carbohydrate	15%

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Hearts of Palm Salad

This recipe serves: 4

Preparation time: 15 minutes

Ingredients:

- 1 14-ounce can of hearts of palm
- 1 cup cherry tomatoes
- 1 medium red onion
- 1/2 cup chopped black olives
- 1 head butter (Boston) lettuce
- 1/2 cup Roasted Shallot Vinaigrette (see recipe), or low-fat bottled vinaigrette

Cooking Instructions:

1. Drain the hearts of palm and cut crosswise into 1" pieces.
2. Clean the lettuce, tear the leaves into large pieces, and arrange them on four chilled plates.
3. Top the lettuce with the hearts of palm, tomatoes, onion slices, and olives.
4. Drizzle the [Roasted Shallot Vinaigrette](#) over the salad.

Nutrition Facts

Serving Size 1 salad with 2 tablespoons of vinaigrette	
Calories	124
Total Fat	7g
Saturated Fat	1g
Total Carbohydrate	13g
Dietary Fiber	4g
Sodium	756mg
Protein	4g
Percent Calories from Fat	48%
Percent Calories from Protein	13%
Percent Calories from Carbohydrate	39%

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Flounder with Lemon and Fresh Herbs

This recipe serves: 4

Preparation time: 5 minutes

Cooking time: 8 minutes

Ingredients:

1 tablespoon olive oil
4 flounder fillets, about 4 to 6 ounces each
salt to taste
freshly ground black pepper
flour for dredging
1/2 cup low-sodium chicken broth or fish stock
2 tablespoons lemon juice
2 tablespoons chopped parsley
1 teaspoon chopped, fresh chives

Cooking Instructions:

1. Heat the olive oil in a large, nonstick skillet until hot. While the oil is heating, season the flounder with salt and pepper and dredge it in flour.
2. Sauté the flounder over high heat, about 2 minutes on each side. Transfer to a warm platter and keep warm.
3. Quickly add the chicken broth or fish stock to the pan and stir with a wooden spoon to release any caramelized bits that may be stuck to the pan. Cook until the broth has reduced by half. Add the lemon juice. Pour the sauce over the flounder, sprinkle with parsley and chives and serve.

NOTE: You may have to sauté the flounder in two batches. If so, use a clean pan for each batch. Make the sauce in one of the pans.

Nutrition Facts

Serving Size 1 fillet	
Calories	188
Total Fat	6g
Saturated Fat	1g
Total Carbohydrate	1g
Dietary Fiber	0g
Sodium	424mg
Protein	31g
Percent Calories from Fat	28%
Percent Calories from Protein	69%
Percent Calories from Carbohydrate	3%

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Almond Rice Pilaf

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
salt to taste
freshly ground black pepper
1/4 cup sliced almonds

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 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 almonds and fluff with a fork.

Nutrition Facts

Serving Size 2/3 cup	
Calories	169
Total Fat	5g
Saturated Fat	1g
Total Carbohydrate	27g
Dietary Fiber	1g
Sodium	176mg
Protein	4g
Percent Calories from Fat	25%
Percent Calories from Protein	10%
Percent Calories from Carbohydrate	65%

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Easy Double Chocolate Angel Cake with Oranges

This recipe serves: 6

Preparation time: 20 minutes

Cooking time: 1 hour

Ingredients:

2 tablespoons cake flour
1 1/2 cups superfine granulated sugar
2 tablespoons cocoa powder
1 1/4 cups egg whites (about 10 large egg whites) at room temperature
1 teaspoon vanilla extract
1 1/4 teaspoons cream of tartar
1/4 teaspoon salt
2 oranges, cut into segments
6 ounces bottled Chocolate Sauce

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 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.
8. Place 1 slice of Chocolate Angel Cake on each of 6 plates. Spoon Chocolate Sauce on the side of the cake. Arrange the orange segments like a fan to the side of the sauce.

Nutrition Facts

Serving Size 1 slice with sauce and orange segments

Calories	203
Total Fat	2g
Saturated Fat	1g
Total Carbohydrate	40g
Dietary Fiber	1g
Sodium	146mg
Protein	7g
Percent Calories from Fat	9%
Percent Calories from Protein	13%
Percent Calories from Carbohydrate	77%

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Fresh Fruit with Maple-Vanilla Yogurt Dip

This recipe serves: 8

Preparation time: 10 minutes

Cooking time: 5 minutes

Ingredients

2 cups vanilla low-fat yogurt
1/2 cup maple syrup plus a little extra
1 tablespoon crushed pistachio nuts
1 apple
1 pear
juice of 1 lemon
1 pound of grapes

Cooking Instructions

1. Combine the yogurt and maple syrup and chill.
2. Core and slice the apple and pear. Sprinkle with lemon juice to prevent discoloration.
3. Place the yogurt in a bowl in the center of a large platter and drizzle the yogurt with a few drops of extra maple syrup and sprinkle with the pistachio nuts. Arrange the apples, pears and grapes on the platter and serve.

Nutrition Facts

Serving Size 3 tablespoons yogurt with fruit slices	
Calories	168
Total Fat	1g
Saturated Fat	0g
Total Carbohydrate	39g
Dietary Fiber	1g
Sodium	35mg
Protein	3g
Percent Calories from Fat	7%
Percent Calories from Protein	7%
Percent Calories from Carbohydrate	87%

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