

# Eggs Scrambled with Fresh Spinach

This recipe serves: 4  
Preparation time: 5 minutes  
Cooking time: 5 minutes

## Ingredients

1 teaspoon olive oil  
1/2 cup chopped, fresh spinach leaves  
4 tablespoons diced Vidalia onion  
4 large eggs  
salt to taste  
freshly ground black pepper  
2 tablespoons chopped parsley

## Cooking Instructions

1. Heat the oil in a 8" non-stick frying pan over medium-high heat.
2. Add the onions to the pan and cook for about 2 minutes. Add the spinach and cook one minute more. Remove the vegetables and set aside. Wipe the pan clean so that it can be reused for the eggs.
3. Whisk the eggs with the salt and pepper until well blended.
4. Pour the eggs and vegetables into the frying pan and stir constantly over low heat with a rubber spatula.
5. When the eggs have reached the desired degree of doneness, put them on warm plates and serve immediately.

## Nutrition Facts

<b>Serving Size</b> 1 omelet	
<b>Calories</b>	80
<b>Total Fat</b>	5g
<b>Saturated Fat</b>	1g
<b>Total Carbohydrate</b>	2g
<b>Dietary Fiber</b>	0g
<b>Sodium</b>	152 mg
<b>Protein</b>	7g
<b>Percent Calories from Fat</b>	56%
<b>Percent Calories from Protein</b>	34%
<b>Percent Calories from Carbohydrate</b>	9%

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Make it Lower Fat: Substitute 4 egg whites for 2 of the whole eggs.

# Tuna Salad Sandwiches on Focaccia

This recipe serves: 4  
Preparation time: 15 minutes

## Ingredients

### **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  
salt and pepper to taste

### **For the Sandwiches:**

4 small loaves of focaccia, sliced in half  
4 lettuce leaves, green leaf, bibb or romaine, shredded  
4 large slices ripe tomato, sliced very thin

## Cooking Instructions

### **For the tuna salad:**

1. In a mixing bowl, combine the tuna, mayonnaise, celery and onion. Add salt and pepper to taste.

### **For the sandwiches:**

2. Lay the focaccia slices out on a work surface and divide the tuna mixture among the sandwiches. Divide the shredded lettuce among the sandwiches and top with a slice of tomato.
3. Cut the sandwiches in half on the diagonal and serve.

## Nutrition Facts

<b>Serving Size 1 Sandwich</b>	
<b>Calories</b>	317
<b>Total Fat</b>	10g
<b>Saturated Fat</b>	4g
<b>Total Carbohydrate</b>	31g
<b>Dietary Fiber</b>	2g
<b>Sodium</b>	351mg
<b>Protein</b>	24g
<b>Percent Calories from Fat</b>	28%
<b>Percent Calories from Protein</b>	32%
<b>Percent Calories from Carbohydrate</b>	40%

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# Bibb Lettuce with Cucumbers, Sweet Onions and Dill Vinaigrette

This recipe serves: 6  
Preparation time: 20 minutes

## Ingredients

### 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

### 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

### For the vinaigrette:

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. 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

<b>Serving Size</b> 1 cup of salad – 2 tablespoons of vinaigrette	
<b>Calories</b>	98
<b>Total Fat</b>	4g
<b>Saturated Fat</b>	1g
<b>Total Carbohydrate</b>	15g
<b>Dietary Fiber</b>	4g
<b>Sodium</b>	166mg
<b>Protein</b>	3g
<b>Percent Calories from Fat</b>	33%
<b>Percent Calories from Protein</b>	11%
<b>Percent Calories from Carbohydrate</b>	56%

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Substitute bottled balsamic vinaigrette for the homemade one.

## Chicken and Mushroom Marsala

This recipe serves: 4

Preparation time: 5 minutes

Cooking time: 20 minutes

### Ingredients

1 1/2 tablespoons olive oil  
4 boneless, skinless chicken breasts, 4 to 6 oz. each  
salt to taste  
freshly ground black pepper  
flour for dredging  
8 ounces mushrooms, sliced  
1/3 cup Marsala wine  
2/3 cup low-sodium chicken broth  
2 tablespoons chopped parsley

### Cooking Instructions

1. Heat the olive oil in a large, non-stick skillet. While the oil is heating, season the chicken with salt and pepper and dredge it in flour.
2. Sauté the chicken over medium-high heat until golden brown, about 2 minutes on each side. Remove the chicken to a platter and keep warm.
3. Add the mushrooms, season with salt and pepper and cook, stirring occasionally, until tender. Add the wine, stir with a wooden spoon to release any caramelized bits that may be stuck to the pan and cook until the wine is almost completely evaporated.
4. Add the chicken broth, chicken and any juices that have accumulated on the platter. Simmer until the chicken is cooked through, about 10 minutes.
5. Remove the chicken to a clean serving platter and keep warm. Simmer the broth mixture until it has reduced by half, about 5 minutes. Spoon the sauce over the chicken, sprinkle with parsley and serve.

### Nutrition Facts

<b>Serving Size</b> 1 chicken breast	
<b>Calories</b>	243
<b>Total Fat</b>	7g
<b>Saturated Fat</b>	1g
<b>Total Carbohydrate</b>	5g
<b>Dietary Fiber</b>	1g
<b>Sodium</b>	312mg
<b>Protein</b>	35g
<b>Percent Calories from Fat</b>	25%
<b>Percent Calories from Protein</b>	57%
<b>Percent Calories from Carbohydrate</b>	8%

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*(Note: Serve with your favorite pasta such as fettuccine)*

## Steamed Zucchini

This recipe serves: 4  
Preparation time: 5 minutes  
Cooking time: 5 minutes

### Ingredients

2 medium zucchinis, cut into 1/2-inch thick circles

### Cooking Instructions

1. Place the zucchini 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 zucchini is bright green and fork tender.

### Nutrition Facts

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

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# Angel Cake with Summer Fruit Salad and Raspberry Sauce

This recipe serves: 14  
Preparation time: 10 minutes  
Cooking time: 1 hour

## Ingredients

### For the Angel Cake:

1 cup cake flour  
1 1/4 cups 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 cup mixed berries  
1 mango, peeled, pitted and cubed  
1 nectarine, pitted and sliced  
2 tablespoons orange juice

### For the Finest Raspberry Dessert Sauce:

3/4 cup raspberries, fresh or frozen  
1 tablespoon fresh lemon juice  
2 to 4 tablespoons sugar

## Cooking Instructions:

### For the Angel Cake:

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.
6. Fold the flour and sugar mixture into the egg whites, 1/4 cup at a time, just until incorporated.
6. 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 Summer Fruit Salad:

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

### For the Finest Raspberry Dessert Sauce:

1. Puree the berries in a blender with the lemon juice. Blend in the sugar by the tablespoonful, tasting after each addition, until the desired degree of sweetness is reached.
2. Strain through a fine strainer, pressing with a rubber spatula to release the juices.

## Angel Cake with Summer Fruit Salad and Raspberry Sauce (continued)

### **Put it all together:**

1. Place a slice of angel cake on each plate. (Store the leftover cake in an airtight container or freeze for longer storage.)
2. With a slotted spoon, place a portion of the Summer Fruit Salad on a corner of the cake slice and let it spill over the side.
3. Drizzle the raspberry sauce around the fruit salad.

### Nutrition Facts

<b>Serving Size</b> 1 slice (1/14 of cake with fruit salad and sauce)	
<b>Calories</b>	159
<b>Total Fat</b>	0g
<b>Saturated Fat</b>	0g
<b>Total Carbohydrate</b>	37g
<b>Dietary Fiber</b>	1g
<b>Sodium</b>	79mg
<b>Protein</b>	4g
<b>Percent Calories from Fat</b>	1%
<b>Percent Calories from Protein</b>	9%
<b>Percent Calories from Carbohydrate</b>	90%

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