

Eggs Scrambled with Tomatoes and Herbs

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

Ingredients

1 teaspoon olive oil
1/2 cup diced tomatoes
4 large eggs
salt to taste
freshly ground black pepper
2 tablespoons chopped dill

Cooking Instructions

1. Heat the oil in a 8" non-stick frying pan over medium-high heat.
2. Add the tomatoes to the pan and cook for about 2 minutes. Remove the tomatoes and drain them. 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 tomatoes into the frying pan and stir constantly over low heat with a rubber spatula. When the eggs begin to get firm, add the dill and continue stirring.
5. When the eggs have reached the desired degree of doneness, put them on warm plates and serve immediately.

Nutrition Facts

Serving Size 1 egg	
Calories	137
Total Fat	10g
Saturated Fat	3g
Protein	10g
Total Carbohydrate	2g
Dietary Fiber	0g
Sodium	249mg
Percent Calories from Fat	65%
Percent Calories from Protein	28
Percent Calories from Carbohydrate	6%

Reprinted with permission from www.foodfit.com.

Substitute 4 egg whites for 2 of the whole eggs.

Chicken Wraps with Cucumber

This recipe serves: 4
Preparation time: 15 minutes

Ingredients

1 pound cooked, boneless, skinless chicken breast
1 English cucumber
2 tablespoons lime juice
salt and pepper to taste
1 ripe avocado
4 ounces low fat cream cheese
1/2 cup salsa, medium-hot
4, 12-inch flour tortillas
1 cup cilantro leaves, rinsed

Cooking Instructions

1. Shred the chicken into thin pieces and set aside in a small bowl.
2. Halve the cucumber lengthwise and scoop out the seeds. Cut it crosswise and then into julienne strips. Toss the strips with a tablespoon of the lime juice in a small bowl. Season with salt and pepper to taste.
3. Cut the avocado in half, remove the pit and scoop out the flesh with a spoon. Place the flesh into a small bowl and add the other tablespoon of the lime juice. Season with salt and pepper to taste. Add the cream cheese and combine with the back of a fork into a paste.
4. Cut 1 inch off one side of each tortilla. Place all the tortillas on your work surface with the side that is still rounded facing you. Using half of the avocado-cheese mixture, divide it among the four tortillas, spreading it on the bottom edge. Top with the chicken, dividing it evenly among the tortillas. Scatter a few of the cilantro leaves on top of the chicken and top the cilantro with the remainder of the avocado-cheese mixture. Divide the cucumber strips evenly among the tortillas and spoon the salsa on top. Roll up tightly ending with the cut side down.
5. You can make these ahead and chill them overnight, individually wrapped in plastic.
6. Slice in half on the diagonal and serve at room temperature.

Nutrition Facts

Serving Size 1 cup	
Calories	540
Total Fat	20g
Saturated Fat	6g
Total Carbohydrate	42g
Dietary Fiber	5g
Sodium	639 mg
Protein	45 g
Percent Calories from Fat	35%
Percent Calories from Protein	34%
Percent Calories from Carbohydrate	31%

Reprinted with permission from www.foodfit.com.

Caesar Salad

This recipe serves: 4
Preparation time: 20 minutes

Ingredients

8 cups torn romaine lettuce
juice of 1 lemon
1/2 cup Roasted Garlic Vinaigrette (see recipe) or low-fat bottled Caesar dressing
2 teaspoons anchovy paste
freshly ground black pepper
1/4 cup freshly grated Parmesan cheese
1 1/2 cups seasoned croutons

Cooking Instructions

1. Put the lettuce in a large bowl.
2. Combine the lemon juice, Roasted Garlic Vinaigrette and anchovy paste in a small bowl.
3. Toss the salad with the vinaigrette mixture, Parmesan cheese and black pepper. Add the croutons, toss and serve.

Substitute a low-fat, store bought vinaigrette for the Roasted Garlic Vinaigrette.
Add grilled shrimp, scallops or chicken.

Nutrition Facts

Serving Size 2 cups	
Calories	154
Total Fat	8g
Saturated Fat	2g
Total Carbohydrate	15g
Dietary Fiber	3g
Sodium	682mg
Protein	7g
Percent Calories from Fat	45%
Percent Calories from Protein	17%
Percent Calories from Carbohydrate	37%

Reprinted with permission from www.foodfit.com.

Baked Halibut with Tomatoes and Capers

This recipe serves: 4
Preparation time: 5 minutes
Cooking time: 30 minutes

Ingredients

1 tablespoon olive oil
1 onion, chopped
2 cloves garlic, minced
2 cups diced, canned tomatoes, drained
1 tablespoon capers
4 halibut fillets, about 4 to 6 ounces each
salt to taste
freshly ground black pepper

Cooking Instructions

1. Preheat the oven to 350°F.
2. Heat the olive oil in a large skillet over medium heat. Add the onion and cook, stirring occasionally, until it is soft and translucent, about 5 minutes. Add the garlic and cook for 2 minutes more. Add the tomatoes and capers, season with salt and pepper and cook for 5 more minutes.
3. Spoon a few tablespoons of sauce into a baking dish. Season the halibut fillets with salt and pepper and place them in a baking dish. Pour the rest of the sauce over the fish and bake until the fish is just cooked through, about 12 to 15 minutes, depending on the thickness of the fish.

Nutrition Facts

Serving Size 1 fillet	
Calories	261
Total Fat	7g
Saturated Fat	1g
Total Carbohydrate	9g
Dietary Fiber	2g
Sodium	720 mg
Protein	37g
Percent Calories from Fat	26%
Percent Calories from Protein	59%
Percent Calories from Carbohydrate	15%

Reprinted with permission from www.foodfit.com.

Green Beans with Lemon-Garlic Dressing

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

Ingredients

1 pound green beans, trimmed
1/4 cup fat-free mayonnaise
1 teaspoon Dijon mustard
juice of 1 lemon
2 cloves peeled garlic, use more or less to taste
1/2 teaspoon anchovy paste (optional)
pinch cayenne pepper
freshly ground black pepper

Cooking Instructions

1. Blanch the beans in a large pot of boiling, salted water until they are crisp-tender, about 3 to 4 minutes.
2. Drain the beans and immediately plunge them into a bowl of ice water to cool them quickly. Drain again. (This may be done in advance and stored in the refrigerator for 2 or 3 days.)
3. Combine the mayonnaise, Dijon mustard, lemon juice, garlic, anchovy paste (if desired), cayenne pepper and plenty of black pepper in a blender or small food processor and puree. (This may be done in advance and stored in the refrigerator for 2 or 3 days.)
4. Toss the beans with the mayonnaise mixture and serve.

Note: This is a delicious side dish with grilled tuna, roast chicken or steak.

Nutrition Facts

Serving Size about 1/2 cup	
Calories	50
Total Fat	0g
Saturated Fat	0g
Total Carbohydrate	11g
Dietary Fiber	3g
Sodium	144mg
Protein	2g
Percent Calories from Fat	4%
Percent Calories from Protein	13%
Percent Calories from Carbohydrate	83%

Reprinted with permission from www.foodfit.com.

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.

Substitute fish stock for chicken stock when serving it with seafood dishes.

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%

Reprinted with permission from www.foodfit.com.

Fresh Strawberry Almond Tart

This recipe serves: 8
Preparation time: 20 minutes
Cooking time: 8 minutes

Ingredients

6 eggs, separated (at room temperature)
1 cup almond flour
1/4 cup sugar
1/4 cup orange marmalade
2 pints strawberries washed, hulled and halved
2 tablespoons crushed almonds

Cooking Instructions

1. Preheat the oven to 350°F.
2. Spray a 10" removable bottom tart pan with a non-stick cooking spray.
3. In a mixing bowl, whip the egg yolks and 1 tablespoon of water on high speed until thick and lemon colored, about 5 minutes. Fold the almond flour into the yolks.
4. In a clean bowl, whip the egg whites and sugar until medium peaks form, about 2 to 3 minutes. Add a large tablespoon of the whites into the egg yolk mixture to loosen it and fold the remaining egg whites into the mixture and mix until just combined.
5. Pour the batter into the prepared tart pan. Bake until the edges are golden brown, about 5 to 8 minutes.
6. Cool for 15 minutes. Remove from the pan and place on a rack to finish cooling.
7. In the microwave, warm the orange marmalade until it is runny and brush the top of the tart with half of it.
8. Lay the strawberries on the glaze in concentric circles, mounding them in the middle of the tart.
9. Glaze the strawberries and the edge of the tart with the remaining orange marmalade glaze. Sprinkle with almonds.

Nutrition Facts

Serving Size 1/8 of cake	
Calories	175
Total Fat	7g
Saturated Fat	1g
Total Carbohydrate	22g
Dietary Fiber	2g
Sodium	55mg
Protein	9g
Percent Calories from Fat	32%
Percent Calories from Protein	19%
Percent Calories from Carbohydrate	49%

Reprinted with permission from www.foodfit.com.

Roasted Garlic Vinaigrette

This recipe serves 6
Preparation time: 10 minutes
Cooking time: 20 minutes

Ingredients

1 bulb of garlic
splash of olive oil
2 tablespoons Dijon mustard
2 tablespoons red wine vinegar
salt to taste
freshly ground black pepper
2 tablespoons extra virgin olive oil
4 tablespoons chicken stock
1 tablespoon minced shallots
1 teaspoon fresh tarragon

Cooking Instructions

1. Preheat the oven to 350°F.
2. Slice off the top of the garlic bulb, just enough to barely expose the garlic inside each clove. Place the bulb in an ovenproof dish and drizzle with olive oil. Place the dish, uncovered, in the oven and cook the garlic until it is golden brown and soft, about 15 to 20 minutes. Let cool.
3. When the roasted garlic is cool enough to handle, squeeze the pulp from 6 of the cloves and mash with a mortar and pestle, or with a fork. (Store the remaining cloves in the refrigerator for up to 1 week.)
4. Put the garlic in a food processor and add the mustard, vinegar, salt and pepper and puree.
5. Slowly add the olive oil and stock through the feed tube, and puree until the vinaigrette is creamy. If it is too thick add a teaspoon of stock until the consistency is correct.
6. Add the shallots and tarragon. Adjust the salt and pepper to taste.

Nutrition Facts

Serving Size 2 tablespoons	
Calories	59
Total Fat	5g
Saturated Fat	1g
Total Carbohydrate	3g
Dietary Fiber	0g
Sodium	206mg
Protein	1g
Percent Calories from Fat	77%
Percent Calories from Protein	6%
Percent Calories from Carbohydrate	18%

Reprinted with permission from www.foodfit.com.