

# Oatmeal with Pears and Pecans

This recipe serves: 1

**Preparation time :** 5 minutes

**Cooking time :** 8 minutes

## Ingredients

1 cup water

1/2 cup oatmeal

3 tablespoons chopped, pear

1/2 tablespoon chopped pecans

1 teaspoon brown sugar

## Cooking Instructions

1. Combine the water and oatmeal in a small saucepan.
2. Add the pears and cook, stirring occasionally, over medium heat for 7 minutes. Stir in the pecans.
3. Spoon into a serving dish, sprinkle with the brown sugar. Serve warm.

## Nutrition Facts

**Serving Size** about 1 cup

<b>Calories</b>	216
<b>Total Fat</b>	5g
<b>Saturated Fat</b>	1g
<b>Total Carbohydrate</b>	37g
<b>Dietary Fiber</b>	5g
<b>Sodium</b>	3mg
<b>Protein</b>	7g
<b>Percent Calories from Fat</b>	21%
<b>Percent Calories from Protein</b>	12%
<b>Percent Calories from Carbohydrate</b>	67%

Reprinted with permission from [www.foodfit.com](http://www.foodfit.com).

# Grilled Chicken, Avocado and Tomato Sandwiches

This recipe serves: 4  
Preparation time: 20 minutes  
Cooking time: 15 minutes

## Ingredients

### For the chicken:

2 teaspoons olive oil  
4 small skinless, boneless chicken breasts, about 4 ounces each  
salt to taste  
freshly ground black pepper

### For the sandwiches:

1/2 cup fat-free, whipped cream cheese  
2 tablespoons minced scallions  
1 tablespoon diced chili peppers  
1 tablespoon freshly chopped cilantro  
1/2 large avocado, sliced into 4 strips  
4 large whole grain sandwich buns, sliced in half  
4 large slices of tomato, sliced thick

## Cooking Instructions

For the chicken:

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. Transfer the chicken to a cutting board to let cool and then slice on the bias.

For the sandwiches:

3. In a small mixing bowl, combine the cream cheese, scallions, chili peppers, and cilantro. Add salt and pepper to taste.
4. 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 the sandwiches, top with one slice of avocado and one slice of tomato.
5. Slice the sandwiches on the diagonal and serve.

## Nutrition Facts

<b>Serving Size 1 sandwich</b>	
<b>Calories</b>	556
<b>Total Fat</b>	14g
<b>Saturated Fat</b>	5g
<b>Total Carbohydrate</b>	37g
<b>Dietary Fiber</b>	4g
<b>Sodium</b>	755mg
<b>Protein</b>	67g
<b>Percent Calories from Fat</b>	23%
<b>Percent Calories from Protein</b>	49%
<b>Percent Calories from Carbohydrate</b>	28%

Reprinted with permission from [www.foodfit.com](http://www.foodfit.com).

# Tangy Pasta Salad

This recipe serves: 12  
**Preparation time:** 15 minutes  
**Cooking time:** 15 minutes

## Ingredients

12 ounces fusilli "corkscrew" pasta  
1 cup diced fresh tomatoes  
1 cup diced red or green bell peppers  
1 cup diced cucumbers  
3/4 cup diced Vidalia onions  
1/4 cup chopped fresh parsley  
1/2 cup freshly grated Parmesan cheese  
1 1/4 cups plain low-fat yogurt  
1/4 cup low-fat mayonnaise  
1 tablespoon sugar  
1 tablespoon grated lemon zest  
1 tablespoon lemon juice  
salt to taste  
freshly ground black pepper  
1/2 cup crumbled feta cheese

## Cooking Instructions

1. Bring a large pot of salted water to a boil. Add the pasta and cook until it is al dente. Drain, rinse and cool.
2. In a large mixing bowl, combine the tomatoes, peppers, cucumbers, onions and half of the parsley. Add the cooled pasta and stir to combine.
3. Fold in the Parmesan cheese, yogurt, mayonnaise, sugar, lemon zest and lemon juice.
4. Season to taste with salt and pepper. Transfer the pasta salad to a serving bowl. Sprinkle with feta cheese and the remaining parsley.

## Nutrition Facts

### Nutrition Facts

**Serving Size** 1/2 cup

<b>Calories</b>	122
<b>Total Fat</b>	4g
<b>Saturated Fat</b>	2g
<b>Total Carbohydrate</b>	16g
<b>Dietary Fiber</b>	1g
<b>Sodium</b>	191mg
<b>Protein</b>	30g
<b>Percent Calories from Fat</b>	19%
<b>Percent Calories from Protein</b>	51%
<b>Percent Calories from Carbohydrate</b>	28%

Reprinted with permission from [www.foodfit.com](http://www.foodfit.com).

# Red, Yellow and Green Bell Pepper Salad with Roasted Garlic Vinaigrette

This recipe serves: 6

**Preparation time** : 10 minutes

**Cooking time** : 30 minutes

## Ingredients

1 bulb 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 finely chopped shallots  
1 teaspoon freshly chopped basil  
2 large red bell peppers, trimmed and cut into 1/2 inch squares  
2 large yellow bell peppers, trimmed and cut into 1/2 inch squares  
2 large green bell peppers, trimmed and cut into 1/2 inch squares

## 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 basil. Adjust the salt and pepper to taste.  
(The vinaigrette can be made in advance and stored in the refrigerator for up to 5 days.)
7. Toss the peppers in the vinaigrette.

## Nutrition Facts

**Serving Size** ¾ cup of salad with vinaigrette

<b>Calories</b>	217
<b>Total Fat</b>	6g
<b>Saturated Fat</b>	1g
<b>Total Carbohydrate</b>	40g
<b>Dietary Fiber</b>	7g
<b>Sodium</b>	194mg
<b>Protein</b>	7g
<b>Percent Calories from Fat</b>	22%
<b>Percent Calories from Protein</b>	14%
<b>Percent Calories from Carbohydrate</b>	67%

Reprinted with permission from [www.foodfit.com](http://www.foodfit.com).

## Roasted Eggplant Lasagna

This recipe serves: 8  
Preparation time: 1 hour 15 minutes  
Cooking time: 40 minutes

### Ingredients

6 large eggplants, peeled and sliced into 1-inch thick rounds  
salt to taste  
1 pound lasagna noodles  
1/2 cup breadcrumbs  
3 cups basic tomato sauce, homemade, jarred or canned  
freshly ground black pepper  
2 cups shredded low-fat mozzarella cheese  
1/2 cup freshly grated Parmesan cheese

### Cooking Instructions

1. Preheat the oven to 450°F. Spray two baking sheets with nonstick spray and set aside.
2. In a large bowl, toss the eggplant slices with a generous sprinkling of salt and let them drain in a collander for 30 minutes. Rinse the eggplant and pat the slices dry with paper towels. Arrange the eggplant in a single layer on the prepared baking sheets. Roast the eggplant in the oven for 45 minutes.
3. Meanwhile, bring a large pot of well salted water to a boil and prepare a large bowl of ice water. Add the lasagna noodles to the boiling water and cook until they are just al dente. Drain and plunge the noodles into the ice water to cool them quickly. Drain again and lay the noodles out on paper towels.
4. Cover the bottom of a large baking dish that is at least 2 inches deep with a thin coat of tomato sauce. Line the dish with a single layer of lasagna noodles. Spread 1/3 of the sliced eggplant over the noodles and sprinkle the eggplant with a few tablespoons of breadcrumbs. Pour 1/2 cup of sauce over the eggplant, season with pepper and sprinkle with 1/2 cup of mozzarella cheese.
5. Repeat with 2 more layers of noodles, eggplant, breadcrumbs, sauce and mozzarella cheese.
6. Finish with a final layer of noodles and the remaining sauce, then sprinkle with the remaining mozzarella and Parmesan cheeses.
7. Lower the oven temperature to 350°F. Cover the baking dish with foil and bake for 35 minutes. Remove the foil and continue to bake until the top of the lasagna is golden brown, about 5 minutes more. Let stand for at least 15 minutes before cutting into squares and serving

### Nutrition Facts

**Serving Size** 1 piece

<b>Calories</b>	327
<b>Total Fat</b>	8g
<b>Saturated Fat</b>	5g
<b>Total Carbohydrate</b>	49g
<b>Dietary Fiber</b>	12g
<b>Sodium</b>	478mg
<b>Protein</b>	21g
<b>Percent Calories from Fat</b>	21%
<b>Percent Calories from Protein</b>	24%
<b>Percent Calories from Carbohydrate</b>	55%

Reprinted with permission from [www.foodfit.com](http://www.foodfit.com).

# Blackberry-Peach Cobbler

This recipe serves: 8  
**Preparation time:** 15 minutes  
**Cooking time:** 40 minutes

## Ingredients

3/4 cup light brown sugar  
2 tablespoons cornstarch  
6 large peaches, peeled, pitted and sliced  
1/2 pint fresh blackberries  
1 1/2 cups all purpose flour  
2 tablespoons sugar  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
4 tablespoons very cold unsalted butter, cut into small cubes  
1/3 cup non-fat buttermilk  
4 cups vanilla non-fat frozen yogurt, optional

## Cooking Instructions

1. Preheat the oven to 350 degrees.
2. In a small bowl, mix the brown sugar and cornstarch together.
3. Place the peaches and blackberries in a medium sized saucepan and stir in the sugar mixture. Bring the mixture to a simmer and cook for 2 minutes, stirring frequently. Pour the mixture into a 2-quart baking dish and set aside.
4. In a food processor, combine the flour, sugar, baking soda and salt. Add the butter and process until the butter is the size of small peas. With the motor running, add the buttermilk in a steady stream and process for 5 seconds.
5. Turn the dough out onto a lightly floured surface and knead lightly until the dough comes together in a ball. Roll out the dough until it is about 1/3-inch thick and is wide enough to cover the top of the baking dish. Place the dough on top of the fruit mixture and, using a sharp paring knife, cut the dough to fit just inside the dish.
6. Cut a few slits (air vents) in the dough, place the dish on a cookie sheet and bake until the crust is golden brown, about 30 to 40 minutes. Let cool.
7. Serve the cobbler warm or at room temperature, with or without frozen yogurt.

## Nutrition Facts

<b>Serving Size 1 cup with crust</b>	
<b>Calories</b>	239
<b>Total Fat</b>	5g
<b>Saturated Fat</b>	3g
<b>Total Carbohydrate</b>	48g
<b>Dietary Fiber</b>	32g
<b>Sodium</b>	163mg
<b>Protein</b>	3g
<b>Percent Calories from Fat</b>	16%
<b>Percent Calories from Protein</b>	6%
<b>Percent Calories from Carbohydrate</b>	78%

Reprinted with permission from [www.foodfit.com](http://www.foodfit.com).