

Eggs Scrambled with Fresh Bell Peppers and Onions

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

Ingredients

1 teaspoon olive oil
1/2 cup diced red bell pepper
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 peppers and onions to the pan and cook for about 2 minutes. 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. When the eggs begin to get firm, add the parsley 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	84
Total Fat	5g
Saturated Fat	1g
Total Carbohydrate	3g
Dietary Fiber	1g
Sodium	113mg
Protein	7g
Percent Calories from Fat	54%
Percent Calories from Protein	33%
Percent Calories from Carbohydrate	14%

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Tex Mex Turkey Soup

This recipe serves: 6
Preparation time: 5 minutes
Cooking time: 15 minutes

Ingredients

One 15-ounce can diced tomatoes, undrained
1 small onion, quartered
2 cloves garlic
1/4 teaspoon Cajun seasoning
1 tablespoon olive oil
4 ounces raw, dried angel hair pasta, broken into 1" pieces
3 cups drained, canned pinto beans
6 cups low-sodium turkey or chicken stock
1 1/2 cups cooked, diced turkey
salt to taste
freshly ground black pepper
chopped, fresh cilantro for garnish

Cooking Instructions

1. In a food processor, combine the tomatoes, onion, garlic and Cajun seasonings. Process until smooth.
2. In a heavy soup pot, heat the oil over medium heat. Add the pasta and cook, stirring occasionally, until the pasta starts to turn golden, about 5 to 7 minutes.
3. Add the beans, tomato mixture and the chicken stock. Increase the heat to medium-high and bring to a boil. Cook, uncovered, until the pasta is al dente, about 5 minutes.
4. Add the turkey and heat thoroughly. Season with salt and pepper.
5. Ladle the soup into 6 bowls and garnish with the cilantro. Serve immediately.

Nutrition Facts

Serving Size 1/2 cup	
Calories	283
Total Fat	6g
Saturated Fat	1g
Total Carbohydrate	36g
Dietary Fiber	7g
Sodium	762mg
Protein	23g
Percent Calories from Fat	17%
Percent Calories from Protein	32%
Percent Calories from Carbohydrate	51%

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Pan-Seared Halibut with Lemon-Herb Mayonnaise

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

Ingredients

1/4 cup fat free mayonnaise
zest and juice of 1/2 a lemon
2 teaspoons finely chopped tarragon
2 teaspoons finely chopped shallots
4 halibut fillets, about 6 ounces each
salt to taste
freshly ground black pepper
1 tablespoon vegetable oil

Cooking Instructions

1. In a small bowl, combine the mayonnaise, lemon zest, lemon juice, tarragon and shallots. (This can be made in advance and stored in the refrigerator.)
2. Season the halibut fillets with salt and pepper.
3. In a large nonstick skillet, heat the oil over medium-high heat. Add the halibut fillets and sear the fillets for 4 to 6 minutes per side, depending on the thickness of the fillets. (Thinner fillets will take less time, while thicker fillets will need more cooking time.)
4. Serve each fillet with a dollop of lemon-herb mayonnaise.

Nutrition Facts

Serving Size 1 fillet of halibut with 1 tablespoon mayonnaise	
Calories	231
Total Fat	7g
Saturated Fat	1g
Total Carbohydrate	3g
Dietary Fiber	0g
Sodium	343mg
Protein	36g
Percent Calories from Fat	30%
Percent Calories from Protein	65%
Percent Calories from Carbohydrate	6%

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Steamed Snow Peas

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

Ingredients

4 cups snow peas, ends trimmed

Cooking Instructions

1. Place the snow peas 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 3-5 minutes, or until the snow peas turn bright green.

Nutrition Facts

Serving Size 1 cup

Calories	26
Total Fat	0g
Saturated Fat	0g
Total Carbohydrate	5g
Dietary Fiber	2g
Sodium	3mg
Protein	2g
Percent Calories from Fat	4%
Percent Calories from Protein	26%
Percent Calories from Carbohydrate	70%

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Herbed Rice Pilaf

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

Ingredients

1 teaspoon butter, unsalted
1/2 cup finely chopped onions
1/4 cup freshly chopped herbs (thyme, chives, sage or parsley)
1 cup converted rice
1 1/2 cups vegetable stock or water
salt to taste
freshly ground black pepper

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 herbs, 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 and pepper, and fluff with a fork.

Nutrition Facts

Serving Size 2/3 cup

Calories	130
Total Fat	1g
Saturated Fat	0g
Total Carbohydrate	27g
Dietary Fiber	1g
Sodium	200mg
Protein	3g
Percent Calories from Fat	8%
Percent Calories from Protein	8%
Percent Calories from Carbohydrate	84%

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Rice Pudding

This recipe serves: 6

Preparation time: 15 minutes

Cooking time: 1 hour

Ingredients

1/2 cup short grain white rice

3 cups skim milk, heated

1/2 teaspoon salt

2 teaspoons butter

1 teaspoon vanilla extract

1 teaspoon sugar

1/4 cup raisins

Cooking Instructions

1. Combine the rice, milk and salt in the top of a double boiler. Cover and allow the mixture to steam for about 1 hour. Make sure to stir frequently.
2. When the rice is tender, allow it to cool slightly and stir in the butter, vanilla, sugar and raisins.

Nutrition Facts

Serving Size about $\frac{3}{4}$ cup

Calories	136
Total Fat	1g
Saturated Fat	1g
Total Carbohydrate	25g
Dietary Fiber	1g
Sodium	260mg
Protein	5g
Percent Calories from Fat	9%
Percent Calories from Protein	16%
Percent Calories from Carbohydrate	74%

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