



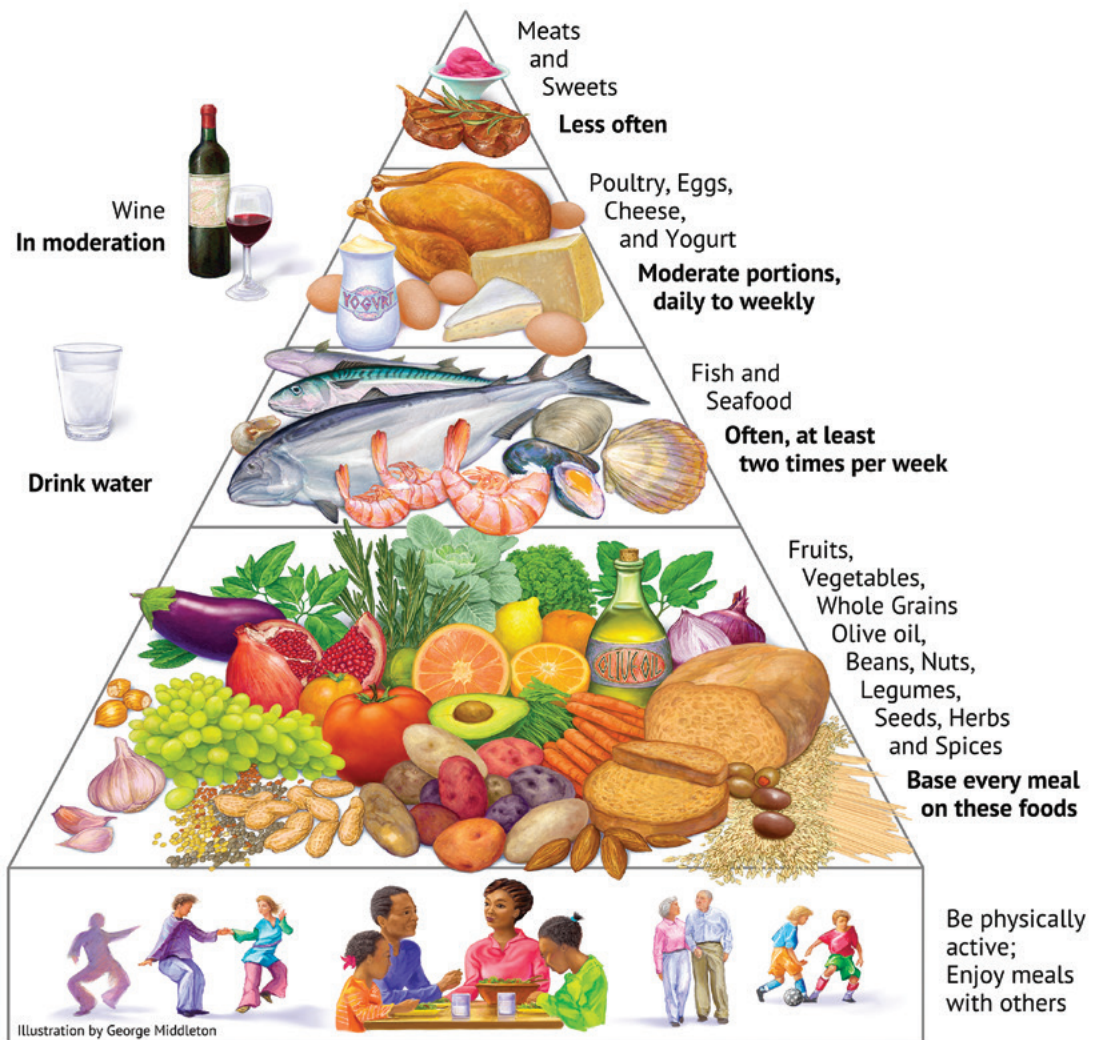
THE MEDITERRANEAN DIET GUIDE



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Mediterranean Diet Pyramid

A contemporary approach to delicious, healthy eating



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Essential Mediterranean Diet Foods List

A huge variety of foods are included on the Mediterranean diet—it is not a diet of deprivation but one of healthy choices, remember. These might be foods you have never tried or foods you already incorporate into your current diet. If your pantry and kitchen are stocked with the foods you need to follow the Mediterranean diet, it will be easier for you to plan and prepare meals on a regular basis.

Fruit

Apricots
Avocados
Blueberries
Cherries
Dates
Dried fruit
Figs
Melons (cantaloupe, honeydew)
Olives
Pomegranates
Strawberries

Vegetables

Arugula
Artichoke hearts
Bell peppers (red, green)
Broccoli
Cabbage
Celery (celery leaves, celery root)
Dandelion greens
Eggplant
Grape leaves
Vegetables (continued)
Mushrooms
Mustard greens
Onions
Pepperoncinis
Spinach
Swiss chard
Tomatoes (fresh, canned, sun-dried)
Zucchini

Breads, Grains, and Pastas

Brown rice
Couscous
Oatmeal
Phyllo dough
Polenta
Quinoa
Rye bread
Wheat berries

Whole-grain bread

Whole-grain pita bread
Whole-wheat pasta (any kind)

Flours

Barley flour
Buckwheat flour
Bulgur flour
Farro (spelt) flour
Unbleached all-purpose flour
Whole-wheat flour

Oils

Avocado oil
Canola oil
Grapeseed oil
Olive oil (extra-virgin)

Legumes

Black beans
Black-eyed peas
Borlotti beans (cranberry beans)
Cannellini beans (white kidney beans)
Chickpeas (garbanzo beans)
Fava beans (broad beans)
Hummus
Lentils
Pinto beans
Split peas

Nuts and Seeds

Almonds
Cashews
Chestnuts
Flaxseeds
Hazelnuts
Peanuts
Pine nuts
Pistachios
Sesame seeds
Sunflower seeds
Walnuts

Herbs, Spices, and Seasonings

Balsamic vinegar

Basil

Garlic

Honey

Mint

Oregano

Paprika

Rosemary

Tahini

Tomato paste

Wine vinegar

Fish and Seafood

Clams

Crab

Halibut

Octopus

Salmon

Sardines

Shrimp

Squid

Swordfish

Tilapia

Tuna

Dairy Products

Asiago cheese

Cottage cheese (low-fat)

Cow's milk (fat-free or low-fat)

Unsweetened almond milk

Feta cheese

Goat cheese

Greek yogurt (plain or fruited, fat-free or low-fat)

Mozzarella cheese

Provolone cheese

Ricotta cheese

Meat/Protein

Chicken (white meat, skinless)

Eggs

Lamb

Turkey (white meat, skinless and/or breast, ground)

Veal

Miscellaneous

Eggs

Hummus

Phyllo dough

A Comparison of Fats

Type of Fat	Monounsaturated	Polyunsaturated	Saturated
Olive oil	75 percent	10 percent	15 percent
Canola oil	62 percent	31 percent	7 percent
Peanut oil	48 percent	33 percent	19 percent
Palm oil	39 percent	9 percent	52 percent
Butter	30 percent	5 percent	65 percent
Corn oil	25 percent	62 percent	13 percent
Soybean oil	25 percent	60 percent	15 percent
Sunflower oil	21 percent	68 percent	11 percent
Flaxseed oil	18 percent	73 percent	9 percent
Coconut oil	6 percent	2 percent	92 percent

Butter/Olive Oil Substitutions

Butter	Olive Oil
1 teaspoon	$\frac{3}{4}$ teaspoon
2 teaspoons	1½ teaspoons
1 tablespoon	2¼ teaspoons
2 tablespoons	1½ tablespoons
$\frac{1}{4}$ cup	3 tablespoons
$\frac{1}{3}$ cup	$\frac{1}{4}$ cup
$\frac{1}{2}$ cup	$\frac{1}{4}$ cup + 2 tablespoons
$\frac{2}{3}$ cup	$\frac{1}{2}$ cup
$\frac{3}{4}$ cup	$\frac{1}{2}$ cup + 1 tablespoon
1 cup	$\frac{3}{4}$ cup

Examples of whole grains include the following:

- Amaranth
- Barley
- Buckwheat
- Bulgur
- Corn
- Oats, including oatmeal
- Popcorn
- Quinoa (technically a seed but commonly thought of and cooked like a grain)
- Rice, wild and brown
- Rye, whole
- Sorghum
- Spelt
- Teff
- Whole-wheat bread, buns, tortillas, crackers, and rolls
- Whole-wheat flour
- Whole-wheat pasta

Examples of refined grains include the following:

- Baked goods (unless made with a whole-grain flour)
- Breads, buns, and rolls made from white or refined flour
- Crackers made from white or refined flour
- Flour tortillas made from white or refined flour
- White flour
- White pasta or noodles
- White rice

Fiber-Rich Foods

Vegetables	Fiber
Artichoke hearts, cooked (½ cup)	7.2 grams
Peas, green, cooked (½ cup)	4.4 grams
Tomatoes, sun-dried (½ cup)	3.3 grams
Red potato, baked, with skin (1 medium)	2.5 grams
Broccoli, cooked (½ cup)	2.6 grams
Spinach, cooked (½ cup)	2.2 grams
Cabbage, cooked (½ cup)	1.9 grams
Carrots, raw, chopped (½ cup)	1.8 grams
Mushrooms, cooked (½ cup)	1.7 grams
Vegetables	Fiber
Turnips, cooked (½ cup)	1.6 grams
Tomato, raw (1 medium)	1.5 grams
Onions, raw, chopped (½ cup)	1.4 grams
Cauliflower, cooked (½ cup)	1.4 grams
Eggplant, cooked (½ cup)	1.25 grams
Fruit	Fiber
Avocado (1 medium)	9.2 grams
Raspberries, raw (1 cup)	8.0 grams
Prunes (1 cup)	7.7 grams
Blueberries, raw (1 cup)	7.6 grams
Dates, chopped (½ cup)	5.9 grams
Figs, dried (½ cup)	5.5 grams
Raisins, seedless (1 cup)	5.4 grams
Pear, raw, with skin (1 medium)	5.1 grams
Apple, raw, with skin (1 medium)	3.3 grams
Strawberries, raw (1 cup)	3.3 grams
Apricots, raw, sliced (1 cup)	3.3 grams
Grains, Cereal, and Pasta	Fiber
Whole-wheat pasta, cooked (1 cup)	6.3 grams
Barley, pearled, cooked (1 cup)	6.0 grams
Bulgur, cooked (½ cup)	4.1 grams
Brown rice, long-grain, cooked (1 cup)	3.5 grams
Quinoa, cooked (½ cup)	2.6 grams
Whole-wheat bread (1 slice)	1.9 grams
Couscous, cooked (½ cup)	1.1 grams
Wheat germ (1 tablespoon)	1.1 grams

(continues)

Fiber-Rich Foods (continued)

Legumes, Nuts, and Seeds	Fiber
Split peas, cooked (½ cup)	8.2 grams
Lentils, cooked (½ cup)	7.8 grams
Black beans, cooked (½ cup)	7.5 grams
Lima beans, cooked (½ cup)	6.6 grams
Kidney beans, cooked (½ cup)	6.5 grams
Chickpeas, cooked (½ cup)	6.25 grams
White beans, cooked (½ cup)	5.6 grams
Fava beans (or broad beans), cooked (½ cup)	4.6 grams
Almonds (1 ounce/30g)	3.5 grams
Peanuts (1 ounce/30g)	2.4 grams
Walnuts (1 ounce/30g)	1.9 grams

USDA FoodData Central (fdc.nal.usda.gov).

Mediterranean Protein Sources

Food	Protein
Chicken breast, cooked (½ breast)	26.6 grams
Salmon, cooked (3 ounces/85g)	21.6 grams
Fava beans, cooked (1 cup)	12.9 grams
Yogurt, plain, low-fat (1 cup)	12.9 grams
Lentils, cooked (½ cup)	8.9 grams
Fat-free milk (8 ounces/225g)	8.4 grams
Egg (1 large)	6.3 grams
Sardines (2)	5.9 grams
Bulgur, cooked (1 cup)	5.6 grams
Walnuts (1 ounce/30g)	4.3 grams
Feta cheese (1 ounce/30g)	4 grams

USDA FoodData Central (fdc.nal.usda.gov).

Roasted Red Pepper Tapenade

Roasted red peppers lend a smoky-sweet flavor when blended with salty Kalamata olives in this delicious summer-inspired tapenade.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
1½ cups	5 minutes plus 30 minutes marinating time	None	2 tablespoons

2 jarred roasted red peppers, finely diced
20 pitted Kalamata olives, finely diced
1 Roma tomato, seeded and finely diced
2 cloves garlic, finely minced (about 1 tsp)
¼ tsp freshly ground black pepper
2 tsp extra-virgin olive oil

1. In a medium bowl, combine roasted red peppers, Kalamata olives, Roma tomato, and garlic. Add black pepper and extra-virgin olive oil, and mix well.
2. Set aside for 30 minutes so flavors can meld.
3. Serve at room temperature with crackers, atop a slice of toasted baguette, as a sandwich spread, in an omelet, in a wrap, on a pizza, or to top chicken or fish.

Variation: For an even smokier flavor, roast your own red peppers. Char red peppers over a gas flame or under a broiler until the skin is black all over. Place peppers in a paper bag, fold over the top to seal, and let steam for 10 minutes. When cool enough to handle, peel off the skin and discard, and slice and discard the seeds and juice.

EACH SERVING HAS			
15 calories 1.5g total fat	0g saturated fat 0g protein	1g carbohydrates 0g fiber	0mg cholesterol 70mg sodium

Pesto

Basil is the epitome of summer. Its fresh aroma is irresistible!

YIELD	PREP TIME	COOK TIME	SERVING SIZE
1 cup	20 minutes	6 minutes	1 tablespoon

¼ cup pine nuts
3 cloves garlic
1 tsp kosher salt
4 oz (115g) fresh basil leaves (about 3 cups packed)
⅔ cup extra-virgin olive oil
1 cup freshly grated Parmesan cheese

1. In a small skillet over medium heat, toast pine nuts for 5 or 6 minutes until lightly browned.
2. In a food processor, process toasted pine nuts, garlic, and kosher salt until finely chopped.
3. Add basil leaves to the mixture, and process until basil is finely chopped.
4. With the food processor running, slowly add extra-virgin olive oil. Continue to process until smooth.
5. Add Parmesan cheese, and pulse until cheese is incorporated.

Variation: For flavor variations, use walnuts instead of pine nuts, or try arugula instead of basil. You can use this pesto in many ways. For example, mix ½ cup pesto with 1 pound (450g) whole-wheat pasta, cooked, and serve with additional Parmesan cheese as a garnish. If the pesto is too thick, add 1 or 2 tablespoons of the pasta cooking water to thin it.

EACH SERVING HAS			
120 calories 12g total fat	2.5g saturated fat 2g protein	1g carbohydrates 0g fiber	5mg cholesterol 75mg sodium

Melon, Figs, and Prosciutto

Balsamic vinegar becomes sweet when reduced and is a nice contrast to the salty components in this summer dish.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 servings	15 minutes	9 minutes	¼ recipe

½ cup balsamic vinegar
½ cantaloupe, peeled and seeded
4 thin slices prosciutto
4 fresh figs
4 oz (115g) goat cheese, crumbled
1 tbsp extra-virgin olive oil
Freshly ground black pepper

1. In a small saucepan over high heat, cook balsamic vinegar for 9 minutes or until it is reduced to 2 tablespoons and thick. Remove from heat, and let cool.
2. Cut cantaloupe into about 24 thin slices. Place about 6 slices on each plate.
3. Roll up each prosciutto slice from the short end, and place one roll on each plate.
4. Slice each fig lengthwise into 4 pieces, and divide equally among the plates.
5. Crumble 1 ounce (30g) goat cheese over each plate.
6. Drizzle each plate with cooled balsamic vinegar and then extra-virgin olive oil. Sprinkle with black pepper.

EACH SERVING HAS			
250 calories 14g total fat	7g saturated fat 11g protein	22g carbohydrates 2g fiber	35mg cholesterol 550mg sodium

Stuffed Dates

Medjool dates are loved for their size, sweetness, and chewy texture, and these stuffed versions are deliciously sweet and savory. If you think you do not like dates, try these for a perfect fall dish—they are nature’s candy bar!

YIELD	PREP TIME	COOK TIME	SERVING SIZE
12 dates	15 minutes	15 minutes	1 date

- 1 Italian sausage link
- 12 Medjool dates
- 3 tbsp finely chopped roasted almonds
- ½ cup goat cheese
- 2 tbsp finely chopped fresh parsley

1. In a small skillet over medium heat, cook Italian sausage for 12 to 15 minutes or until cooked through. Remove from heat, and let cool.
2. Slice cooked link in half lengthwise, and cut 1 half-link into 12 half-rounds. (Save the other half-link for another use.)
3. Slit each Medjool date down the center—being careful to not slice all the way through the date or through the ends—and remove the pit.
4. In a small bowl, combine almonds and goat cheese. Divide into 12 portions.
5. Into each date, stuff 1 piece of sausage and 1 portion of goat cheese mixture, mounding the cheese mixture outside the slit. Repeat until all dates are stuffed.
6. Sprinkle with parsley.

Variation: You can omit the sausage and use the cheese mixture only, or stuff the dates with whole almonds and add plain goat cheese. You also can use other date varieties in this recipe, but Medjool dates are best.

EACH SERVING HAS			
170 calories 5g total fat	2g saturated fat 4g protein	31g carbohydrates 3g fiber	10mg cholesterol 150mg sodium

Mushroom Crostini

In this fall dish, simple sautéed mushrooms become meaty and earthy, making a delicious topping for crostini.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
1¾ cups	30 minutes	15 minutes	1 crostini

- ⅓ cup olive oil
- 3 tbsp minced shallot
- 8 oz (225g) white button mushrooms, chopped
- 8 oz (225g) baby portobello mushrooms, chopped
- ¼ cup white wine
- 3 cloves garlic, minced
- 1 tbsp fresh thyme leaves, minced
- ¼ tsp kosher salt
- ⅓ tsp freshly ground black pepper
- 1 baguette

1. Preheat the oven to 375°F (190°C).
2. In a large skillet over medium heat, heat olive oil. When oil is hot, add shallot, and cook for 2 or 3 minutes.
3. Add white button mushrooms, baby portobello mushrooms, white wine, garlic, thyme, kosher salt, and black pepper to the skillet, and cook for about 10 minutes or until all the wine and the liquid the mushrooms gave off as they cook have evaporated.
4. Meanwhile, slice baguette diagonally into ½-inch (1.25cm) slices. Place baguette slices on a shallow baking sheet, and toast in the oven for 4 or 5 minutes or until golden brown. Remove from the oven.
5. Spoon mushroom mixture evenly onto toasted baguette slices, and serve warm.

Variation: For added flavor, brush the bread slices with about 2 tablespoons olive oil before toasting. You also can rub the toasted bread with raw garlic after removing it from the oven.

EACH SERVING HAS			
30 calories 1.5g total fat	0g saturated fat 1g protein	3g carbohydrates 0g fiber	0mg cholesterol 45mg sodium

Lemon Cannellini Spread

Lemon zest adds a refreshing zing to this summery white bean spread.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
2 cups	10 minutes	None	¼ cup

- 1 clove garlic, peeled
- 1 (15-oz/425g) can cannellini beans, drained, liquid reserved
- 1 tbsp lemon zest
- 1 tbsp extra-virgin olive oil
- 2 tsp ground coriander
- ¼ tsp chopped fresh rosemary leaves

1. In a food processor, pulse garlic until finely chopped.
2. Add cannellini beans, lemon zest, extra-virgin olive oil, ground coriander, and rosemary leaves. Purée, stopping occasionally to scrape the sides of the bowl with a spatula and add reserved liquid as necessary, until the mixture is creamy.
3. Use as a spread on a sliced baguette or as a sandwich spread.

Variation: You can use any white bean in this recipe. Also try substituting tarragon for the rosemary.

EACH SERVING HAS			
60 calories 2g total fat	0g saturated fat 3g protein	9g carbohydrates 3g fiber	0mg cholesterol 140mg sodium

Hummus

Savory and creamy, hummus is a great dip or sandwich spread for springtime—or anytime!

YIELD	PREP TIME	COOK TIME	SERVING SIZE
3½ cups	10 minutes	None	¼ cup

- 2 cloves garlic, peeled
- 2 (15-oz/425g) cans chickpeas (garbanzo beans), drained, liquid reserved
- 2 tbsp freshly squeezed lemon juice
- 2 tbsp extra-virgin olive oil
- 2 tbsp tahini
- 4 tsp ground coriander
- 2 tsp cumin
- ½ tsp kosher salt
- ⅛ tsp freshly ground black pepper

1. In a food processor, pulse garlic until finely chopped.
2. Add chickpeas, lemon juice, extra-virgin olive oil, tahini, ground coriander, cumin, kosher salt, and black pepper. Purée, stopping occasionally to scrape the sides of the bowl with a spatula and add reserved liquid as necessary, until the mixture is creamy.

Note: Made from sesame seeds that are ground to a paste, tahini is the consistency of peanut butter. Before using, you might need to stir it vigorously to incorporate the oil that has risen to the top.

Variation: Add 2 jarred roasted red peppers for a smoky flavor. Or add a handful of fresh cilantro and lemon zest.

EACH SERVING HAS			
80 calories 4g total fat	0g saturated fat 3g protein	9g carbohydrates 2g fiber	0mg cholesterol 200mg sodium

Eggplant Rolls

Grilling gives eggplant a wonderful, smoky flavor and beautiful grill marks. These tasty eggplant rolls are the perfect fall dish.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
10 rolls	15 minutes	7 minutes	1 roll

- 1/8 cup olive oil
- 2 tbsp Italian seasoning
- 1 tsp dried mint leaves
- 1/2 tsp kosher salt
- 1/8 tsp freshly ground black pepper
- 1 medium eggplant
- 1 (3-oz/85g) block feta cheese

1. In a small bowl, combine olive oil, Italian seasoning, mint leaves, kosher salt, and black pepper.
2. Cut eggplant lengthwise into 1/8-inch (3mm) slices. Brush both sides of eggplant slices with olive oil mixture.
3. On an outdoor grill or stove-top grill pan over medium heat, grill eggplant slices for 5 to 7 minutes, turning halfway through the cook time. Eggplant should be lightly browned and soft.
4. Meanwhile, slice feta cheese block into 1/4-inch (0.5cm) slices. Cut each slice in half lengthwise.
5. Place 1 eggplant slice on your work surface. Set 1 piece of feta at one end of eggplant slice, and roll eggplant over feta. Repeat with remaining eggplant and feta. Serve at room temperature.

Variation: You can use ricotta cheese instead of feta, mixing the Italian seasoning, mint, kosher salt, and black pepper into the ricotta. Or try brushing the eggplant with plain olive oil and sprinkle only with salt and pepper before grilling.

EACH SERVING HAS			
60 calories 4.5g total fat	1.5g saturated fat 2g protein	4g carbohydrates 2g fiber	10mg cholesterol 190mg sodium

Baked Vegetable Omelet

The Italian frittata is the inspiration for this egg, vegetable, and cheese dish—a savory delight morning or night. A frittata is cooked in a skillet on the stove over very low heat and finished in the oven under the broiler. This is a simpler version but just as delicious.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
9 servings	15 minutes	40 minutes	1 square

- 1 tbsp olive oil
- 10 large eggs
- ¼ cup asparagus, thinly sliced
- ¼ cup finely chopped red onion
- ½ cup sun-dried tomatoes, packed in oil
- 1 cup fresh baby spinach
- ¼ cup finely chopped red bell pepper
- 1 cup sliced mushrooms
- 12 oz (340g) part-skim ricotta cheese, drained
- ¼ tsp kosher salt
- ⅛ tsp freshly ground black pepper
- 1 tbsp finely chopped fresh parsley

1. Preheat the oven to 350°F (175°C). Coat a 9×9-inch (23×23cm) baking dish with olive oil; be sure to coat the sides well.
2. In a large bowl, beat the eggs well.
3. In a separate large bowl, combine asparagus, red onion, sun-dried tomatoes, baby spinach, red bell pepper, mushrooms, ricotta cheese, kosher salt, and black pepper.
4. Pour beaten eggs over vegetable mixture, and mix well.
5. Transfer mixture to the prepared baking dish, and bake for about 40 minutes or until eggs are set in the center.
6. Remove from the oven, run a knife around the edges of the pan, and cut into 9 portions.
7. Garnish each serving with a pinch of parsley. Serve warm or at room temperature.

Variation: For a sweeter, more intense vegetable flavor, roast the vegetables. Let them cool before combining them with the eggs in step 4.

EACH SERVING HAS			
160 calories 10g total fat	4g saturated fat 12g protein	5g carbohydrates 1g fiber	245mg cholesterol 250mg sodium

Crab Cakes

Crab cakes are always a hit in the summer months. Serve these seafood favorites as a main course or as an appetizer.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
12 cakes	15 minutes	15 minutes	1 cake

- 1 large egg, lightly beaten
- 1 tbsp Dijon mustard
- 1 tbsp light mayonnaise
- 2 tbsp finely chopped fresh parsley
- 2 tbsp finely diced red onion
- 2 tbsp finely diced red bell pepper
- 1 tbsp Old Bay Seasoning
- 1 lb (450g) lump crabmeat
- 1 cup Italian-style breadcrumbs
- 2 tbsp olive oil

1. Preheat the oven to 400°F (200°C).
2. In a large bowl, combine egg, Dijon mustard, mayonnaise, parsley, red onion, red bell pepper, and Old Bay Seasoning.
3. Gently add crabmeat and Italian-style breadcrumbs, taking care not to break up the crabmeat.
4. Form ¼ cup crab mixture into a patty 1 inch (2.5cm) thick. Repeat until 12 patties are formed.
5. In a large nonstick skillet over medium heat, heat 1 tablespoon olive oil. When olive oil is hot, add 6 patties and cook for 1 or 2 minutes per side or until slightly browned. (You are just adding color, not cooking the patties all the way through.) Transfer the patties to a baking sheet. Add remaining 1 tablespoon olive oil to the skillet, and fry the remaining 6 patties. Transfer this batch of patties to the baking sheet with the first batch.
6. Bake the patties for 5 to 10 minutes or until golden brown.

Note: Be sure to use high-quality lump or jumbo lump crabmeat if you can. Processed crabmeat can contain bits of shell or cartilage, so if that’s all you can find, gently pick through the crab and remove any bits that you find.

EACH SERVING HAS			
100 calories 4g total fat	1g saturated fat 9g protein	8g carbohydrates 0g fiber	50mg cholesterol 340mg sodium

Tomato Basil Bocconcini

Sweet summer tomatoes and fresh basil are a match made in culinary heaven. The bocconcini brings a lovely creaminess to complete this summery dish.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
2 servings	10 minutes	None	½ recipe

4 oz (115g) bocconcini
(about 2 balls)
2 medium tomatoes
15 large fresh basil leaves
2 tsp extra-virgin olive oil
Kosher salt
Freshly ground black pepper

1. Slice each bocconcini ball into 4 slices.
2. Core tomatoes, and cut each into 4 horizontal slices.
3. On each plate, layer 1 tomato slice, 1 basil leaf, and 1 bocconcini slice. Repeat, making 4 stacks on each plate.
4. Drizzle the stacks with extra-virgin olive oil, and sprinkle with a pinch of kosher salt and black pepper.
5. Cut the remaining basil leaves into fine shreds, and use to garnish each serving.

Variation: If you cannot find bocconcini in your market, you can use any type of fresh mozzarella.

EACH SERVING HAS			
210 calories 14g total fat	6g saturated fat 15g protein	7g carbohydrates 1g fiber	35mg cholesterol 610mg sodium

Lamb Pesto Crostini

Crostini means “little toasts,” and these crostini are the perfect springtime starter before a meal, or you can serve them as an entrée paired with a salad.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
40 crostini	20 minutes	25 minutes	1 crostini

- 1 baguette
- 1½ lb (680g) lamb shoulder
- 1 tsp Italian seasoning
- ½ tsp kosher salt
- ½ tsp freshly ground black pepper
- 3 large Roma tomatoes
- 6 tbsp Pesto (page 223)

1. Preheat the oven to 400°F (200°C).
2. Slice baguette into ⅛-inch (3mm) slices. Arrange slices in a single layer on an ungreased baking sheet, and bake for 3 or 4 minutes per side or until lightly toasted. Remove from the oven, and let cool.
3. Season lamb shoulder on both sides with Italian seasoning, kosher salt, and black pepper. On a grill set to medium heat, cook lamb for 8 to 10 minutes per side or until a meat thermometer shows an internal temperature of 145°F (65°C) in the thickest part. Remove from the grill, place on a plate, cover with aluminum foil, and let rest for 5 minutes.
4. Meanwhile, core Roma tomatoes and slice in half lengthwise. Slice again into half-rounds approximately ⅛ inch (3mm) thick.
5. Slice cooled lamb into slices ⅛ inch (3mm) thick.
6. Spread a little Pesto onto each crostini. Add 1 tomato slice on each, and top with 1 slice of lamb. Repeat until all crostini are topped.

Variation: Serve some crostini with lamb and some without—the crostini are delicious with just the pesto and tomato.

EACH SERVING HAS			
150 calories 6g total fat	2g saturated fat 7g protein	18g carbohydrates 1g fiber	10mg cholesterol 240mg sodium

Lemon Minted Melon

Cold melon is so refreshing in the summertime. This sweet mint syrup gives it an extra-special twist.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 servings	5 minutes	5 minutes	$\frac{1}{4}$ melon with 1 tablespoon syrup

- 1 medium cantaloupe
- $\frac{1}{3}$ cup sugar
- $\frac{1}{4}$ cup water
- 1 tbsp finely chopped fresh mint, plus more for garnish (optional)
- 1 tsp lemon zest

1. Cut cantaloupe in half, and remove the seeds. Slice cantaloupe into 12 wedges. Remove the skin from each wedge.
2. In a small saucepan over medium-high heat, combine sugar, water, mint, and lemon zest. Cook for 5 minutes or until sugar has dissolved. Remove from heat, and let cool.
3. Arrange 3 wedges of melon on each plate, and drizzle with 1 tablespoon sweet mint syrup. Repeat with remaining wedges and syrup.
4. Garnish with additional mint leaves, if using.

Variation: This recipe works well with any variety of melon, such as honeydew, crenshaw, or canary. When choosing a melon, look for one that is heavy for its size. The blossom end should give slightly when pressed and give off a hint of the melon’s aroma.

EACH SERVING HAS			
120 calories 0g total fat	0g saturated fat 1g protein	29g carbohydrates 1g fiber	0mg cholesterol 25mg sodium

Onion Apple Marmalade

When onions are caramelized, they become sweet and delicious, giving this marmalade a delightful earthy sweetness.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
1½ cups	5 minutes	30 minutes	2 tablespoons

- 1 tbsp olive oil
- 3 cups diced white onion
- 1 cup finely diced Red Delicious apple
- ½ tsp kosher salt
- 2 tbsp sugar
- 1 tbsp apple cider vinegar
- 1 tbsp water

1. In a large nonstick skillet over medium heat, heat olive oil.
2. Add white onion, Red Delicious apple, and kosher salt, and cook, stirring occasionally, for 10 minutes.
3. Add sugar, apple cider vinegar, and water to the skillet, and cook, stirring occasionally, for 15 to 20 more minutes or until onions are golden brown.
4. Use marmalade as a topping for crostini or pizza, as a sandwich spread, or on grilled chicken or pork.

EACH SERVING HAS			
20 calories 0.5g total fat	0g saturated fat 0g protein	4g carbohydrates 0g fiber	0mg cholesterol 40mg sodium

Parmesan Pepper Crisps

These savory cheese crisps can be served with appetizers, a salad, or a bowl of soup on a cold winter day. Opt for fresh Parmesan cheese rather than a preshredded variety for the best flavor.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
20 crisps	10 minutes	15 minutes	1 crisp

- 1 tbsp olive oil
- 2 cups all-purpose flour, plus additional flour for rolling out dough
- 1 cup shredded Parmesan cheese
- ¼ tsp kosher salt
- 1 tsp freshly ground black pepper
- ¾ cup warm water

1. Preheat the oven to 400°F (200°C). Coat a baking sheet with olive oil.
2. In a large bowl, combine all-purpose flour, Parmesan cheese, kosher salt, and black pepper.
3. Add warm water, and mix until the dough forms a ball. Turn out dough onto a floured surface, and knead gently for 2 or 3 minutes.
4. Sprinkle the top of the dough with flour, and roll out into a 12×12-inch (30.5×30.5cm) square that's ⅛ inch (3mm) thick.
5. Using a pizza cutter or sharp knife, cut the dough into ¼-inch (0.5cm) strips. Transfer dough strips to the prepared baking sheet.
6. Bake on the top oven rack for 12 to 15 minutes or until slightly golden.

Variation: Rosemary would be a great addition to the cheese crisps. Add 1 teaspoon chopped fresh rosemary to the flour, cheese, salt, and pepper mixture in step 2.

EACH SERVING HAS			
70 calories 2.5g total fat	1g saturated fat 3g protein	10g carbohydrates 0g fiber	5mg cholesterol 105mg sodium

Smoked Salmon Bites

Cool, crunchy cucumber is used as the base for flavorful smoked salmon in this great summer dish.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
12 salmon bites	15 minutes	None	1 salmon bite

- 1 cucumber
- 2 tbsp extra-virgin olive oil
- 2 tsp freshly squeezed lemon juice
- 1/8 tsp kosher salt
- 1/8 tsp freshly ground black pepper
- 1 clove finely minced garlic
- 1 tbsp finely chopped red onion
- 2 tbsp crumbled feta cheese
- 2 tbsp finely chopped red bell pepper
- 1 tbsp finely chopped fresh parsley
- 1 tsp finely chopped fresh basil
- 1/3 lb (150g) smoked salmon

1. Cut cucumber into 12 1/8-inch (3mm) rounds, and set aside rounds. Peel, seed, and dice the remaining cucumber, enough for 1/4 cup.
2. In a small bowl, combine extra-virgin olive oil, lemon juice, kosher salt, black pepper, garlic, and red onion.
3. Add feta cheese, diced cucumber, red bell pepper, parsley, and basil to the olive oil mixture, and stir to coat.
4. Cut salmon into 12 pieces.
5. Place 1 piece of salmon on each cucumber slice, and top with 1 teaspoon vegetable mixture. Repeat until you have 12 portions.

Note: Smoked salmon comes in cold-smoked or hot-smoked. Either type can be used in this recipe. You may see cold-smoked salmon labeled as “nova” or “lox”; it’s usually sold in very thin slices. Hot-smoked salmon is sold in large pieces and is flaky like a piece of cooked fish.

Variation: Instead of cucumbers, use a toasted slice of baguette, or serve on an endive leaf.

EACH SERVING HAS			
80 calories 6g total fat	1.5g saturated fat 5g protein	1g carbohydrates 0g fiber	15mg cholesterol 125mg sodium

Tomato Basil Soup

This warm and rich soup uses high-quality canned tomatoes to get the flavor of summer tomatoes anytime, even when they are not in season.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 cups	15 minutes	35 minutes	1 cup

- 1 tbsp olive oil
- 1 cup diced white onion
- 2 ribs celery, chopped
- 1 tbsp minced garlic
- 1 tbsp dried basil
- 1 tsp sugar
- 2 (14.5-oz/410g) cans diced tomatoes, no salt added
- ½ tsp kosher salt
- ⅛ tsp freshly ground black pepper
- 1 tbsp extra-virgin olive oil

1. In a large stockpot over medium heat, heat olive oil. When oil is hot, add white onion, celery, and garlic, and cook for 5 minutes.
2. Add basil, sugar, tomatoes with juice, kosher salt, and black pepper.
3. Bring to a boil, reduce heat to low, and simmer for 20 minutes.
4. Add extra-virgin olive oil.
5. Using an immersion blender, purée the soup in the pot until smooth. Or carefully transfer to a blender to purée. Do not fill the blender more than ½ full per batch because hot liquids expand when blended. Remove the center of the blender lid to allow steam to escape, and place a kitchen towel over the top. Purée for 1 minute or until smooth. Transfer the puréed soup to a large bowl, repeat until you’ve puréed the rest, and return the puréed soup to the pot.
6. Cook for 10 more minutes before serving.

EACH SERVING HAS			
140 calories 7g total fat	1g saturated fat 2g protein	17g carbohydrates 5g fiber	0mg cholesterol 350mg sodium

Lemon Lentil Soup

The hint of lemon and tangy yogurt add a wonderful flavor dimension to this lentil soup. Using lemon juice and lemon zest is a great way to decrease sodium in soups without sacrificing flavor.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
10 cups	15 minutes	30 minutes	1 cup soup with 2 tablespoons yogurt

- 1 tbsp olive oil
- 1 cup diced white onion
- ½ cup sliced celery, ¼ in (0.5cm) thick
- ½ cup diced carrots, ¼ in (0.5cm) thick
- 8 cups vegetable broth
- 2 cups red lentils
- 2 dried bay leaves
- 1 clove minced garlic
- 1 tsp dried oregano leaves
- ¼ tsp freshly ground black pepper
- 1 tbsp ground coriander
- Zest of 1 lemon
- 1 cup shredded kale
- 1¼ cups plain Greek yogurt
- Sprigs of fresh parsley

1. In a large stockpot over medium heat, heat olive oil. When oil is hot, add white onion, celery, and carrots, and cook, stirring occasionally, for 5 minutes.
2. Add vegetable broth, red lentils, bay leaves, garlic, oregano, black pepper, and ground coriander, and stir to combine. Increase the heat to medium-high, and bring the soup to a boil.
3. Reduce the heat to low, and simmer, stirring occasionally, for 20 minutes.
4. Stir in lemon zest and kale. Cook for 5 minutes or until kale is wilted. Remove and discard bay leaves.
5. Serve 1 cup soup with 2 tablespoons Greek yogurt. Garnish with parsley sprigs.

Variation: Add 1 tablespoon finely diced pancetta (unsmoked bacon) or bacon along with the vegetables in step 1.

EACH SERVING HAS			
190 calories 3g total fat	0.5g saturated fat 13g protein	30g carbohydrates 7g fiber	0mg cholesterol 150mg sodium

Butternut Squash Soup

This sweet butternut squash soup is creamy and delicious. It's comfort in a cup on a chilly winter night.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
6 cups	15 minutes	1 hour, 20 minutes	1 cup

- 2 medium butternut squash (about 3 lb/1.5kg)
- 1 tbsp olive oil
- 1 cup white onion, diced
- 1 tsp Italian seasoning
- 4 cups low-sodium chicken broth
- 1 clove garlic, minced
- ½ tsp kosher salt
- ⅛ tsp freshly ground black pepper
- 1 tbsp honey
- 1½ tsp peeled and finely grated fresh ginger

1. Preheat the oven to 400°F (200°C).
2. Cut butternut squash in half lengthwise, remove the seeds, and place squash halves on a baking sheet, cut side down. Bake for 30 to 45 minutes or until a knife can be inserted easily.
3. When squash is cool enough to handle, use a spoon to remove the flesh from the skin, and set aside.
4. In a large stockpot over medium heat, heat olive oil. When oil is hot, add white onion, and cook, stirring occasionally, for 5 to 7 minutes. Add Italian seasoning, and stir to combine.
5. To the pot, add squash, 3 cups chicken broth, garlic, kosher salt, black pepper, honey, and ginger. Reduce heat to low, and cook for 20 minutes.
6. Using an immersion blender, purée half of the soup in the pot. Or carefully transfer half of the soup to a blender to purée. Do not fill the blender more than ½ full per batch because hot liquids expand when blended. Remove the center of the blender lid to allow steam to escape, and place a kitchen towel over the top. Purée for 1 minute or until smooth. Transfer the puréed soup to a large bowl, repeat until you've puréed half, and return the puréed soup to the pot.
7. Add remaining 1 cup chicken broth, and cook for 10 more minutes.

EACH SERVING HAS			
190 calories 3.5g total fat	0.5g saturated fat 6g protein	39g carbohydrates 6g fiber	0mg cholesterol 230mg sodium

Vegetable Orzo Soup

This hearty vegetable soup is easy to make and is a warm treat in the springtime. Orzo, a small, rice-shaped pasta, adds to the soup’s heartiness. Although orzo looks like rice, it’s made from the same semolina flour as any pasta and is stocked in the pasta aisle.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
5 cups	20 minutes	30 minutes	1 cup

- 1 tbsp olive oil
- ¼ cup chopped celery
- ½ cup diced white onion
- ¼ cup sliced carrots
- 1 (14.5-oz/410g) can diced tomatoes, no salt added
- 4 cups low-sodium chicken broth
- 1 cup chopped zucchini
- 1 cup sliced mushrooms
- 1 clove garlic, finely minced
- ½ cup orzo
- 1 tsp Italian seasoning
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- Sprigs of fresh parsley

1. In a large stockpot over medium heat, heat olive oil. When oil is hot, add celery, white onion, and carrots. Cook, stirring occasionally, for 5 minutes.
2. Add tomatoes with liquid, chicken broth, zucchini, mushrooms, garlic, orzo, Italian seasoning, kosher salt, and black pepper. Increase the heat slightly, and bring to a gentle boil. Cook, stirring occasionally, for 25 minutes.
3. Garnish with parsley sprigs.

Variation: Add 1 link cooked spicy Italian sausage to the soup. Cut it into slices, and add along with the tomatoes in step 2.

EACH SERVING HAS			
120 calories 4g total fat	0g saturated fat 6g protein	16g carbohydrates 2g fiber	0mg cholesterol 260mg sodium

Split Pea Soup

Sweet and smoky, this warm and comforting soup is perfect for wintertime.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
8 cups	15 minutes	55 minutes	1 cup

- 1 tbsp olive oil
- 1 cup diced yellow onion
- ½ cup diced celery
- ½ cup diced carrots
- 1 smoked ham hock
- 2 cloves garlic, minced
- 2 tsp ground coriander
- 1 tsp dried oregano
- ¼ tsp freshly ground black pepper
- 6 cups low-sodium chicken stock
- 16 oz (450g) dried split peas
- 8 fresh chives, minced

1. In a large stockpot over medium heat, heat olive oil. When oil is hot, add yellow onion, celery, and carrots, and cook for 5 minutes.
2. Add ham hock, garlic, ground coriander, oregano, and black pepper. Stir to combine, and cook for 1 minute.
3. Increase the heat slightly, and add chicken stock and split peas. Bring to a boil, cover, and reduce heat to a simmer. Cook for 40 to 50 minutes or until peas are tender.
4. Remove the ham hock. Or, if desired, shred the meat and return it to the soup after it has been blended.
5. Using an immersion blender, purée half of the soup in the pot. Or carefully transfer half of the soup to a blender to purée. Do not fill the blender more than ½ full per batch because hot liquids expand when blended. Remove the center of the blender lid to allow steam to escape, and place a kitchen towel over the top. Purée for 1 minute or until smooth. Transfer the puréed soup to a large bowl, repeat until you’ve puréed half, and return the puréed soup to the pot.
6. Garnish with fresh chives.

Variation: Add crispy pancetta (unsmoked bacon) or bacon as a garnish along with the chives.

EACH SERVING HAS			
260 calories 4.5g total fat	1g saturated fat 18g protein	37g carbohydrates 15g fiber	20mg cholesterol 240mg sodium

Gazpacho

This cold soup is bright-tasting with ripe summer tomatoes—very refreshing on a hot summer day.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
3 cups	20 minutes plus 1 hour cooling time	5 minutes	³ / ₄ cup

- 2 cups ice
- 8 large tomatoes
- ¹/₂ cup diced celery
- ¹/₂ cup peeled, seeded, and diced cucumber, plus more for garnish
- 4 scallions, white parts only, sliced
- 1 clove garlic, minced
- 1 tbsp freshly squeezed lemon juice
- 1 tsp lemon zest
- ¹/₂ tsp kosher salt
- ¹/₈ tsp freshly ground black pepper
- 1 tbsp minced fresh parsley
- 1 tbsp extra-virgin olive oil, plus more for garnish

1. In a medium saucepan over medium-high heat, bring 3 quarts (3 liters) water to a boil.
2. In a large bowl, add 2 cups ice and fill with cold water.
3. Cut a small *X* into the bottom of each tomato. Place 4 tomatoes in the boiling water, and cook for 30 seconds. Using a slotted spoon or tongs, remove tomatoes and immediately transfer them to the ice water. Repeat with the remaining 4 tomatoes.
4. Peel tomatoes starting at the *X*. Roughly chop the peeled tomatoes, and transfer to a food processor.
5. Add celery, cucumber, scallions, garlic, lemon juice, lemon zest, kosher salt, black pepper, parsley, and extra-virgin olive oil to the food processor. Pulse 3 or 4 times to roughly chop. Transfer half of the mixture to a large bowl.
6. Purée the remaining mixture in the food processor. Transfer the puréed ingredients to the bowl, and mix with the roughly chopped ingredients.
7. Refrigerate for at least 1 hour to allow the flavors to meld.
8. Garnish with additional chopped cucumber and a drizzle of extra-virgin olive oil.

EACH SERVING HAS			
60 calories 4g total fat	0.5g saturated fat 2g protein	7g carbohydrates 2g fiber	0mg cholesterol 260mg sodium

Mixed Bean Soup

Hearty, savory, and satisfying, this fall bean soup is warm and filling.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
6 cups	15 minutes plus overnight soaking time	3 hours	1 cup

- 1 cup dry pinto or cranberry beans
- 1 cup dry white beans
- 1 tbsp olive oil
- 1 cup diced white onion
- ½ cup diced celery
- ½ cup diced carrots
- 8 cups low-sodium chicken broth
- 1 tbsp Italian seasoning
- ⅓ tsp freshly ground black pepper
- 1 smoked ham hock

1. Pick through dried pinto and white beans, and remove any stones.
2. Add beans to a large bowl, and cover with enough cold water that they will remain covered as they double in size. Soak overnight. Remove any bad-looking beans, and drain and rinse beans.
3. In a medium saucepan over medium heat, heat olive oil. When oil is hot, add white onion, celery, and carrots, and sauté for 5 minutes.
4. Add chicken broth, beans, Italian seasoning, black pepper, and ham hock. Increase heat to high, and bring to a rolling boil.
5. Reduce heat to medium, and cook for 2½ to 3 hours or until beans are tender.
6. Remove the ham hock. Or, if desired, shred the meat and return it to the soup.

Note: Cranberry beans have a creamy texture and are cream colored with deep red or cranberry-colored markings. As pretty as they are when they’re dry, they do not keep the red markings when they’re cooked.

Variation: You can use any bean in this recipe. Try mixing and matching as many types of beans as you like. Just keep the total at 2 cups.

EACH SERVING HAS			
200 calories 10g total fat	3g saturated fat 8g protein	20g carbohydrates 6g fiber	10mg cholesterol 910mg sodium

Marinated Artichoke Salad

The flavors of an antipasto platter shine in this quick and delicious wintertime salad.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
3 cups	15 minutes plus 30 minutes marinating time	None	½ cup

- ⅓ cup canned artichoke hearts in water, drained
- ¼ cup pitted and chopped Kalamata olives
- ⅓ cup chopped jarred roasted red peppers
- ¼ cup crumbled feta cheese
- 2 tbsp finely chopped red onion
- 1 tbsp extra-virgin olive oil
- 1 tbsp balsamic vinegar
- 1 clove garlic, finely minced
- 1 tbsp finely chopped fresh parsley
- ⅛ tsp kosher salt
- ⅛ tsp freshly ground black pepper

1. In a large bowl, combine artichoke hearts, Kalamata olives, roasted red peppers, feta cheese, red onion, extra-virgin olive oil, balsamic vinegar, garlic, parsley, kosher salt, and black pepper.
2. Cover and refrigerate for at least 30 minutes to allow flavors to meld.
3. Serve as a small salad or as a side dish with a variety of appetizers.

Variation: Add 2 ounces (55g) each of sliced cheese and salami, and serve on a bed of mixed greens.

EACH SERVING HAS			
90 calories 5g total fat	1.5g saturated fat 3g protein	9g carbohydrates 3g fiber	5mg cholesterol 600mg sodium

Roasted Beet Salad

Fall is a great time for roasting beets, which brings out their delicious sweet and earthy flavor.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
About 4 cups	30 minutes	1 hour	1 cup

- 2 large beets
- 3 tbsp extra-virgin olive oil
- 1 tbsp finely chopped shallot
- 1 clove garlic, minced
- 1 tbsp apple cider vinegar
- ¼ tsp Dijon mustard
- 1½ tsp finely chopped fresh mint leaves
- 2 tsp honey
- ½ tsp lemon zest
- ⅛ tsp kosher salt
- ⅛ tsp freshly ground black pepper
- 1 cup shredded romaine lettuce
- 2 oz (55g) feta cheese
- 2 tbsp chopped pistachios (purchased roasted and salted)

1. Preheat the oven to 400°F (200°C).
2. Remove any greens from beets. Wrap each beet in aluminum foil, and bake for 1 hour or until knife-tender. Remove from the oven, and set aside to cool.
3. When beets are completely cool, use a paring knife to peel. Cut beets into 1-inch (2.5cm) cubes, and place in a medium bowl.
4. In a small bowl, make the dressing by combining extra-virgin olive oil, shallot, garlic, apple cider vinegar, Dijon mustard, mint, honey, lemon zest, kosher salt, and black pepper.
5. Add 2 tablespoons dressing to cubed beets.
6. Toss 1 tablespoon dressing with shredded romaine lettuce.
7. Arrange salad on plates using ¼ cup romaine lettuce, about 1 cup beets, and ½ ounce (14g) feta cheese. Top with ½ tablespoon pistachios.

Note: Don't throw away those beet greens! You can use beet greens as you would other dark leafy greens. Wash and tear into 2- or 3-inch (5 to 7.5cm) pieces, and sauté in olive oil and garlic until wilted.

EACH SERVING HAS			
190 calories 15g total fat	4g saturated fat 4g protein	10g carbohydrates 2g fiber	15mg cholesterol 270mg sodium

Golden Couscous Salad

The sweetness of the golden raisins complements the couscous’s curry essence in this summer salad that’s great as a side dish with grilled lamb or chicken.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
10 cups	20 minutes plus 30 minutes marinating time	20 minutes	½ cup

- 1 tbsp olive oil
- 8 oz (225g) Israeli
couscous
- 2 cups warm water
- ⅓ cup golden raisins
- ½ tsp curry powder
- ¼ cup pine nuts
- 1 clove garlic, finely minced
- ½ cup finely chopped
red bell pepper
- ½ cup finely diced celery
- 4 scallions, finely minced
- 1 tsp orange zest
- 1 tbsp extra-virgin olive oil
- ½ tsp kosher salt
- ⅛ tsp freshly ground
black pepper

1. In a small saucepan over medium heat, heat olive oil. When oil is hot, add couscous, and cook, stirring occasionally, for about 5 minutes or until slightly toasted.
2. Add warm water, golden raisins, and curry powder, and mix well. Bring to a boil. Reduce heat to a simmer, cover, and simmer for 15 minutes or until all liquid is absorbed.
3. Remove from heat, transfer couscous mixture to a large bowl, and cool to room temperature.
4. Meanwhile, in a small skillet over medium heat, toast pine nuts for 5 or 6 minutes or until lightly browned.
5. When couscous has cooled, add garlic, red bell pepper, celery, scallions, orange zest, extra-virgin olive oil, kosher salt, black pepper, and pine nuts, and mix well. Refrigerate for at least 30 minutes to allow the flavors to meld.

Variation: Instead of Israeli couscous, which is a small pea-size white couscous that’s larger than the couscous you may be familiar with, you can use whole-grain couscous to boost your fiber intake.

EACH SERVING HAS			
80 calories 2.5g total fat	0g saturated fat 2g protein	12g carbohydrates 1g fiber	0mg cholesterol 50mg sodium

Tuna Salad

with Capers and Potatoes

This light, refreshing tuna salad is very different from the mayonnaise-based versions and perfect for warmer months. The capers—immature buds of the caper bush native to the Mediterranean that are picked, dried, and pickled—add a nice briny tang.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 servings	15 minutes	15 minutes	$\frac{1}{3}$ cup tuna mixture, 2 ounces (55g) potato, and 1 cup lettuce

8 oz (225g) new potatoes
4 tbsp balsamic vinaigrette
10 cherry tomatoes, halved
10 Kalamata olives, pitted and halved
1 tbsp minced red onion
2 tbsp capers
1 (6-oz/170g) can solid albacore tuna, in spring water, drained
4 cups mixed lettuce greens

1. In a medium saucepan over medium-high heat, boil potatoes for 15 minutes or until knife-tender. Remove from the water, and cool to room temperature.
2. When potatoes have cooled, slice them $\frac{1}{4}$ inch (0.5cm) thick.
3. In a small bowl, gently combine 1 tablespoon balsamic vinaigrette with potato slices.
4. In a medium bowl, gently combine cherry tomatoes, Kalamata olives, red onion, capers, tuna, and 2 tablespoons balsamic vinaigrette.
5. In a large bowl, toss mixed lettuce greens with remaining 1 tablespoon balsamic vinaigrette.
6. To serve, place 1 cup lettuce greens on each of 4 plates. Top evenly with sliced potato and $\frac{1}{3}$ cup tuna mixture.

EACH SERVING HAS			
200 calories 10g total fat	1.5g saturated fat 13g protein	15g carbohydrates 3g fiber	15mg cholesterol 510mg sodium

Fennel and Apple Salad

Fennel's slight licorice flavor combines nicely with the sweetness of the apples in this bright, refreshing winter salad.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 cups	20 minutes	None	1 cup

- ¼ cup extra-virgin olive oil
- 1 clove garlic, finely minced
- 1 tbsp freshly squeezed lemon juice
- 1 tbsp lemon zest
- ¼ tsp kosher salt
- ⅛ tsp freshly ground black pepper
- 4 scallions
- 2 medium Red Delicious apples
- 1 bulb fennel
- 1 cup baby spinach

1. In a large bowl, combine extra-virgin olive oil, garlic, lemon juice, lemon zest, kosher salt, and black pepper.
2. Cut scallions, separating the white parts from the green tops. Finely mince the white parts, and add to the bowl. Cut the green tops diagonally into ⅛-inch (3mm) slices, and add to the bowl. Mix well.
3. Cut Red Delicious apples into slices ⅛ inch (3mm) thick. Cut across the slices to make sticks ⅛ inch (3mm) thick. Immediately toss apple sticks in olive oil mixture to prevent browning, mixing well after each addition. (There is no need to core the apples because you slice from the outer edges toward the core. Discard the core.)
4. Remove green stalks and fronds from fennel bulb. Slice bulb in half through the center of the root, and cut out and discard the hard triangular core. Cut fennel into thin slices, using a mandoline slicer if you have one. Add to the bowl, and toss well.
5. Add baby spinach to the bowl, and toss to coat.

Variation: Add ½ cup pomegranate seeds or 1 cup seedless grapes, cut in half.

EACH SERVING HAS			
210 calories 14g total fat	2g saturated fat 2g protein	23g carbohydrates 6g fiber	0mg cholesterol 170mg sodium

Shrimp and Melon Salad

Shrimp and sweet summer melon are a great pairing in this refreshing summer salad.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
2 servings	15 minutes	None	½ recipe

2 cups red leaf lettuce, torn into bite-size pieces
⅓ cup cubed cantaloupe, ½-in (1.25cm) cubes
1 scallion, white and green parts, finely chopped
½ Hass avocado, diced
½ lb (225g; 26 to 30 count, about 14) cooked shrimp, tail on
2 tbsp balsamic vinaigrette
1 tbsp finely chopped fresh basil

1. Evenly divide red leaf lettuce between 2 plates.
2. Evenly divide cantaloupe, scallion, and Hass avocado between each plate.
3. Top each plate with about 7 shrimp. Stand shrimp in the center of the salad mixture with their tails pointing up.
4. Drizzle each serving with 1 tablespoon balsamic vinaigrette, and garnish with ½ teaspoon basil.

EACH SERVING HAS			
250 calories 22g total fat	3g saturated fat 8g protein	9g carbohydrates 4g fiber	55mg cholesterol 200mg sodium

Minted Cucumber Salad

The crunch of the cool cucumber and the fresh flavor of mint in this salad will cool you down on a hot summer day.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
1 cup	10 minutes plus 20 minutes marinating time	None	½ cup

1 tbsp extra-virgin olive oil
⅛ tsp kosher salt
⅛ tsp freshly ground
black pepper
1 tbsp finely minced
red onion
1 tbsp finely chopped fresh
mint leaves
1 English cucumber or
regular cucumber

1. In a medium bowl, combine extra-virgin olive oil, kosher salt, black pepper, red onion, and mint.
2. Peel cucumber, slice in half lengthwise, and scoop out the seeds with a small spoon. Cut cucumber halves into ⅛-inch (3mm) slices. Add slices to olive oil mixture, and stir to combine.
3. Let mixture rest for 20 minutes.
4. Serve at room temperature.

Variation: Use basil instead of mint and serve on a bed of lettuce greens. Make it a meal by adding ½ cup cooked shrimp.

EACH SERVING HAS			
70 calories 7g total fat	1g saturated fat 1g protein	2g carbohydrates 1g fiber	0mg cholesterol 120mg sodium

Spinach, Orange, and Feta Salad

Used as a salad green, raw spinach has a completely different flavor and texture than cooked spinach, as you will discover in this soon-to-be favorite summer salad.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 cups	20 minutes	None	2 cups

- 2 medium oranges
- 3 tbsp extra-virgin olive oil
- 1 tbsp white balsamic vinegar
- ¼ tsp Dijon mustard
- 1 tsp Italian seasoning
- 1 tsp minced shallot
- 1 tbsp freshly squeezed orange juice
- 1 tsp honey
- 2 cups packed baby spinach, washed thoroughly
- 2 oz (55g) feta cheese
- ¼ cucumber, peeled, seeded, and diced
- ¼ cup chopped pecans, toasted
- ¼ cup sliced red onion rings

1. Cut off the tops and bottoms of oranges. Place oranges cut side down on a cutting board, cut off peel and white pith, and slice each orange from top to bottom. Holding the orange over a small bowl to catch the juice, cut out segments, leaving behind the membrane between each section. Set aside orange segments. Squeeze the remaining orange membrane over the small bowl to catch the juice.
2. In a separate small bowl, make dressing by whisking together extra-virgin olive oil, white balsamic vinegar, Dijon mustard, Italian seasoning, shallot, 1 tablespoon orange juice, and honey.
3. In a large bowl, toss baby spinach with 1 tablespoon dressing.
4. Add orange segments, feta cheese, and cucumber, and gently toss to combine.
5. Top with toasted pecans and red onion rings, and drizzle with extra dressing if desired.

Variation: Instead of toasted pecans, try toasted almonds, pine nuts, or pistachios. (See the following Classic Mixed Greens Salad with Balsamic Vinaigrette recipe for directions on how to toast nuts.)

EACH SERVING HAS			
340 calories 23g total fat	6g saturated fat 8g protein	31g carbohydrates 7g fiber	25mg cholesterol 390mg sodium

Classic Mixed Greens Salad

with Balsamic Vinaigrette

A fresh, flavorful mixed greens salad can be served alongside any meal and is perfect by itself as a summertime lunch.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 servings	15 minutes	None	1¼ cups salad

4 cups mixed salad greens
½ cup sliced radishes
½ cup halved cherry tomatoes
¼ cup shredded carrots
¼ cup extra-virgin olive oil
1 tbsp balsamic vinegar
1 tbsp finely minced shallot
¼ tsp Italian seasoning
¼ tsp Dijon mustard
¼ tsp kosher salt
⅛ tsp freshly ground black pepper
½ tsp sugar
¼ cup coarsely chopped walnuts, toasted

1. In a large bowl, toss together mixed salad greens, radishes, cherry tomatoes, and carrots.
2. In a small bowl, whisk together extra-virgin olive oil, balsamic vinegar, shallot, Italian seasoning, Dijon mustard, kosher salt, black pepper, and sugar.
3. Pour dressing over greens mixture, and toss to coat.
4. Evenly divide the salad among 4 plates, and garnish with toasted walnuts.

Note: Toasting any nut brings out its full flavor. To toast nuts, place them in a single layer in a small skillet over medium heat. Cook, stirring occasionally, for 5 to 7 minutes or until lightly browned—keep an eye on them because they can burn quickly. Or toast nuts in a preheated 400°F (200°C) oven for 5 to 7 minutes.

Variation: This balsamic vinaigrette works well with just about any fruits, vegetables, and meats. Keep it on hand, and you might find yourself drizzling it on a variety of recipes.

EACH SERVING HAS			
190 calories 19g total fat	2.5g saturated fat 2g protein	7g carbohydrates 2g fiber	0mg cholesterol 160mg sodium

Tabbouleh Salad

Bulgur has a nice nutty flavor. Its tender, chewy texture balances nicely with the vegetables and herbs in this fall salad.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
3 cups	15 minutes plus 2½ hours soaking time	None	½ cup

- ½ cup bulgur wheat
- 1 cup water
- ½ cup finely chopped fresh parsley
- ⅓ cup finely diced tomato
- ¼ cup thinly sliced scallions
- 1 cup peeled, seeded, and finely diced cucumber
- ⅓ cup finely chopped fresh mint leaves
- 1 tbsp extra-virgin olive oil
- 1 tbsp freshly squeezed lemon juice

1. In a large bowl, cover bulgur wheat with water. Let soak in the refrigerator for 2½ hours or overnight. The bulgur will absorb the water and double in size.
2. Add parsley, tomato, scallions, cucumber, and mint to the bulgur, and mix well.
3. Add extra-virgin olive oil and lemon juice, and mix well.

EACH SERVING HAS			
70 calories 2.5g total fat	0g saturated fat 2g protein	11g carbohydrates 3g fiber	0mg cholesterol 10mg sodium

Caramelized Onion Flatbread

This Mediterranean-inspired flatbread topped with sweet caramelized onions will warm you on a crisp fall day.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
1 flatbread	10 minutes	40 minutes	¼ flatbread

- 1 tbsp olive oil
- 1 large sweet onion, sliced ½ in (3mm) thick
- 1 oz (30g) pancetta (unsmoked bacon), diced
- 1 (3-oz/85g) flatbread
- 1 oz (30g) fresh mozzarella, sliced
- 1 tbsp finely chopped fresh parsley

1. Preheat the oven to 400°F (200°C). Oil a baking sheet.
2. In a large skillet over medium heat, heat olive oil. When oil is hot, add sweet onion, and cook, stirring occasionally, for 20 minutes or until onions are golden brown. Remove from heat.
3. In a small skillet over medium heat, cook pancetta for 10 minutes or until crisp. Remove from heat, and drain pancetta on a paper towel.
4. Place flatbread on the prepared baking sheet, and spread onions over top. Sprinkle pancetta over the onions, and top with sliced mozzarella.
5. Bake for 8 to 10 minutes or until cheese is melted.
6. Garnish with parsley. Cut into 4 pieces.

Variation: Use any type of cheese you like. Blue cheese would be great with this recipe. You also could use prosciutto, bacon, or ham instead of the pancetta.

EACH SERVING HAS			
160 calories 9g total fat	3g saturated fat 6g protein	15g carbohydrates 2g fiber	15mg cholesterol 290mg sodium

Pear, Provolone, Asiago, and Balsamic Flatbread

Sweet pears; sharp cheese; and sweet, savory balsamic syrup balance each other beautifully in this fall-inspired flatbread.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
1 flatbread	10 minutes	10 minutes	¼ flatbread

- 1 red pear
- 1 (3-oz/85g) flatbread
- 1½ oz (43g) provolone cheese
- 1 tbsp Asiago cheese, shredded
- 1 tbsp balsamic syrup

1. Preheat the oven to 400°F (200°C). Oil a baking sheet.
2. Slice pear in half, and core it. Slice one pear half into very thin slices, less than ⅛ inch (3mm) thick. Reserve other half for another use.
3. Place flatbread on the prepared baking sheet, and top with provolone cheese. Place sliced pears on top of provolone, with the skin sides all facing the same direction. Sprinkle pears with Asiago cheese.
4. Bake for 8 to 10 minutes or until edges are slightly golden.
5. Drizzle top of flatbread with balsamic syrup. Cut into 4 pieces.

Variation: Try different cheeses in place of the provolone such as Brie, Gorgonzola, or pecorino Romano. Garnish with 1 teaspoon fresh chopped mint or 1 tablespoon toasted walnuts. Red pears, a different variety from their green or yellow counterparts, make a beautiful presentation in this dish, but feel free to use any type of pear you enjoy.

EACH SERVING HAS			
140 calories 4.5g total fat	2.5g saturated fat 6g protein	19g carbohydrates 4g fiber	10mg cholesterol 210mg sodium

Mushroom, Artichoke, and Arugula Flatbread

The addition of arugula lends a nice, peppery bite to this fall flatbread.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
1 flatbread	10 minutes	13 to 15 minutes	¼ flatbread

1 tbsp olive oil
¼ cup finely diced onion
1 cup sliced baby portobello mushrooms
¼ tsp dried oregano
⅓ cup artichoke quarters in spring water, drained
1 clove garlic, finely minced
6 Kalamata olives, pitted and halved
2 tbsp white wine
⅓ tsp freshly ground black pepper, plus more for garnish
1 (3-oz/85g) flatbread
½ oz (14g) Parmesan cheese, freshly grated
½ cup fresh arugula leaves
Extra-virgin olive oil

1. Preheat the oven to 400°F (200°C). Oil a baking sheet.
2. In a large sauté pan over medium heat, heat olive oil. When oil is hot, add onion, baby portobello mushrooms, and oregano, and cook, stirring occasionally, for 5 minutes.
3. Add artichokes, garlic, Kalamata olives, white wine, and black pepper, and cook for 2 minutes or until wine has evaporated.
4. Place flatbread on the prepared baking sheet, and evenly distribute warm mushroom mixture over the top. Sprinkle with ¼ ounce (7g) Parmesan cheese.
5. Bake for 8 to 10 minutes or until edges are slightly golden.
6. Top with arugula and remaining ¼ ounce (7g) Parmesan cheese. Garnish with additional black pepper and a drizzle of extra-virgin olive oil. Cut into 4 pieces.

EACH SERVING HAS			
140 calories 7g total fat	1.5g saturated fat 5g protein	14g carbohydrates 2g fiber	5mg cholesterol 290mg sodium

Tomato Basil Pizza

Fresh, juicy, summer tomatoes and sweet, aromatic basil are a perfect match. Fresh mozzarella adds a creamy, smooth richness.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
1 pizza	15 minutes	10 minutes	1/8 pizza

16 oz (450g) purchased pizza dough
1 tbsp Pesto (page 223)
2 large Roma tomatoes, sliced 1/4 in (0.5cm) thick
3 oz (85g) fresh mozzarella, sliced 1/4 in (0.5cm) thick
1 tbsp fresh basil, thinly sliced
1/8 tsp freshly ground black pepper

1. Preheat the oven according to the pizza dough package directions. Oil a baking sheet.
2. Place pizza dough on a well-floured surface, and roll out to 12 inches (30.5cm) round. Transfer to the prepared baking sheet.
3. Brush pizza dough with Pesto and then layer sliced Roma tomatoes and mozzarella over top.
4. Bake for 10 minutes or until edges are slightly browned.
5. Sprinkle with fresh basil and black pepper. Cut into 8 pieces.

Variation: Try this pizza with 1/3 cup sun-dried tomatoes instead of fresh Romas. Or sprinkle with 2 tablespoons toasted pine nuts.

EACH SERVING HAS			
160 calories 5g total fat	1g saturated fat 7g protein	25g carbohydrates 1g fiber	5mg cholesterol 260mg sodium

Butternut Squash and Goat Cheese Pizza

Sweet butternut squash and tangy goat cheese pair beautifully on this wintertime pizza. Opt for fresh butternut squash already peeled and cubed, if your market offers it, to save some prep time.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
1 pizza	10 minutes	20 minutes	1/8 pizza

16 oz (450g) purchased pizza dough
1 tbsp olive oil
1 cup peeled, seeded, and diced butternut squash, 1/8-in (3mm) cubes
1/4 cup diced onion
1/4 tsp kosher salt
1/8 tsp freshly ground black pepper
1 clove garlic, finely minced
1 tsp chopped fresh thyme leaves
1 tbsp white wine
2 oz (55g) goat cheese
2 tbsp chopped walnuts, toasted
1 tbsp finely chopped fresh parsley

1. Preheat the oven according to the pizza dough package directions. Oil a baking sheet.
2. Place pizza dough on a well-floured surface, and roll out to 12 inches (30.5cm) round. Transfer to the prepared baking sheet.
3. In a large sauté pan over medium heat, heat olive oil. When oil is hot, add butternut squash, onion, kosher salt, and black pepper. Cook, stirring occasionally, for 8 minutes.
4. Add garlic, thyme, and white wine, and cook for 2 more minutes. Remove from heat.
5. Spread warm squash mixture evenly over pizza dough. Crumble goat cheese over top.
6. Bake for 8 to 10 minutes in the center of the oven or until edges are slightly golden.
7. Garnish with walnuts and parsley. Cut into 8 pieces.

Variation: Try using 1/2 teaspoon fresh rosemary instead of 1 tablespoon fresh parsley. Gorgonzola instead of goat cheese would also be a nice substitution.

EACH SERVING HAS			
190 calories 7g total fat	2g saturated fat 6g protein	27g carbohydrates 1g fiber	5mg cholesterol 290mg sodium

Veggie Wrap

Roasting summer vegetables brings out their natural sweetness and intensifies the flavor.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 wraps	30 minutes	50 minutes	½ wrap

1 red bell pepper
1 orange bell pepper
2 tbsp olive oil
½ tsp kosher salt
⅛ tsp freshly ground black pepper
1 tsp dried mint leaves
1 tsp ground coriander
1 tbsp Italian seasoning
2 medium zucchini, sliced lengthwise, ¼ in (0.5cm) thick
1 medium eggplant, sliced lengthwise, ¼ in (0.5cm) thick
1 red onion, sliced into ¼-in (0.5cm) rings
1 cup Hummus (page 228)
4 lavash-style soft flatbreads
4 oz (115g) feta cheese, crumbled
1 cup grated cucumber

1. Preheat the oven broiler. Oil a baking sheet.
2. Cut off tops and bottoms of red and orange bell peppers. Slice down one side of each pepper, open, and remove ribs and seeds. Place on the prepared baking sheet, skin side up, and press to flatten. Broil peppers 2 inches (5cm) from the broiler for 8 to 10 minutes or until tops are charred. Remove from the oven, cover with aluminum foil, and set aside.
3. Preheat the oven to 400°F (200°C). Oil a rimmed baking sheet.
4. In a small bowl, combine olive oil, kosher salt, black pepper, mint, ground coriander, and Italian seasoning. Brush zucchini, eggplant, and red onion slices on both sides with oil mixture, and spread in a single layer on the prepared baking sheet. Bake for 30 to 40 minutes or until tender and lightly browned.
5. Meanwhile, peel off charred skin from bell peppers, using a knife tip to scrape it away from the flesh if needed, and discard. Slice peppers into thin strips.
6. Spread ¼ cup Hummus onto each flatbread. Top each with ¼ of zucchini, eggplant, peppers, and onions, and sprinkle 1 ounce (30g) feta cheese over top. Roll flatbreads, and slice in half. Serve with grated cucumber.

EACH SERVING HAS			
250 calories 11g total fat	3.5g saturated fat 8g protein	30g carbohydrates 5g fiber	15mg cholesterol 590mg sodium

Chicken Almond Wrap

This Mediterranean twist on chicken salad will become a fast favorite. A yogurt dressing with a hint of bright lemon zest completes the dish.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
3 wraps	20 minutes plus 30 minutes marinating time	20 minutes	½ wrap

8 oz (225g) boneless,
skinless chicken breast
1 tsp olive oil
½ tsp kosher salt
¼ tsp freshly ground
black pepper
¼ cup plain Greek yogurt
1 clove garlic, finely minced
1 tsp spicy brown mustard
1 tsp honey
1 tsp lemon zest
1 tsp extra-virgin olive oil
½ cup finely diced celery
1 tbsp finely minced
red onion
1 tsp finely chopped fresh
mint
½ cup halved red grapes
1 cup finely shredded savoy
cabbage
¼ cup slivered almonds,
toasted
3 lavash-style flatbreads
1½ cups lettuce spring mix

1. Coat chicken with olive oil, and sprinkle with ¼ teaspoon kosher salt and ⅛ teaspoon black pepper.
2. On an outdoor grill or stove-top grill pan over medium heat, cook chicken for 8 to 10 minutes per side or until a meat thermometer shows an internal temperature of 165°F (75°C) in the thickest part of the breast. Remove from heat, and let rest for 5 minutes.
3. In a small bowl, combine Greek yogurt, garlic, spicy brown mustard, honey, lemon zest, and extra-virgin olive oil. Mix well.
4. Dice chicken into ½-inch (1.25cm) cubes.
5. In a large bowl, combine chicken, celery, red onion, mint, red grapes, savoy cabbage, remaining ¼ teaspoon salt, remaining ⅛ teaspoon pepper, and almonds. Mix well.
6. Add yogurt mixture to chicken mixture, and mix well. Refrigerate for 30 minutes to allow flavors to meld.
7. Place 1 cup chicken mixture on each flatbread, and top with ½ cup lettuce spring mix. Roll flatbreads, and slice in half.

EACH SERVING HAS			
290 calories 14g total fat	3g saturated fat 11g protein	31g carbohydrates 3g fiber	15mg cholesterol 580mg sodium

Chicken Tzatziki Pita

This chicken, fresh veggie, and cool tzatziki pita is a delicious summer meal. Tzatziki is a common condiment in Greece and Turkey; it can be used as a dip with pita wedges, too.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
2 pita sandwiches	10 minutes	20 minutes	1 half-pita sandwich

1 tsp olive oil
1/4 tsp Italian seasoning
1/4 tsp kosher salt
1/8 tsp freshly ground black pepper
8 oz (225g) boneless, skinless chicken breast
1/2 cup plain Greek yogurt
1/4 cup peeled, seeded, and finely chopped cucumber
1 small clove garlic, finely minced
1 pita, cut in half
1 small tomato, thinly sliced
6 rings red onion, thinly sliced
1 tbsp finely chopped fresh parsley

1. In a medium bowl, combine olive oil, Italian seasoning, 1/8 teaspoon kosher salt, and black pepper. Add chicken, and turn to coat.
2. On an outdoor grill or stove-top grill pan over medium heat, cook chicken for 8 to 10 minutes per side or until a meat thermometer shows an internal temperature of 165°F (75°C) in the thickest part of the breast. Remove from heat, and let rest.
3. In a small bowl, make tzatziki sauce by combining remaining 1/8 teaspoon salt, Greek yogurt, cucumber, and garlic.
4. Slice chicken into 1/4-inch (0.5cm) slices.
5. Spread 1 tablespoon tzatziki sauce in each pita half's pocket. Evenly divide chicken, tomato, and red onion between pita halves. Garnish with parsley.

Variation: Instead of grilling the chicken, you can bake it. Preheat the oven to 375°F (190°C), place the chicken on a baking sheet, and cook for about 30 minutes.

EACH SERVING HAS			
320 calories 10g total fat	5g saturated fat 33g protein	22g carbohydrates 2g fiber	75mg cholesterol 500mg sodium

Prosciutto and Roasted Vegetable Panini

Prosciutto has the flavor of very mild ham with just a hint of salt. Paired with roasted vegetables and melted cheese, it is amazing.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
2 sandwiches	10 minutes	5 minutes	1 sandwich

4 slices potato bread
2 tsp olive oil
2 oz (55g) provolone cheese
2 oz (55g) prosciutto
⅔ cup roasted vegetables

1. Brush one side of each slice of potato bread with olive oil. Place 2 pieces of bread in the panini press, oiled side down.
2. Place 1 slice provolone cheese on each slice of bread in the press. Top each slice with half of the prosciutto and half of the roasted vegetables. Cover with the remaining slices of bread, oiled side up this time.
3. Cook for 3 minutes or until golden brown.

Note: If you do not have a panini press, cook the sandwiches in a nonstick skillet over medium heat for 3 minutes per side or until golden brown.

Variation: You can omit the provolone and roasted vegetables and use mozzarella and fresh tomato slices instead.

EACH SERVING HAS			
450 calories 20g total fat	7g saturated fat 23g protein	48g carbohydrates 5g fiber	40mg cholesterol 1450mg sodium

Seafood Stew

This light and flavorful stew features tender fish or other seafood in a savory broth with a hint of spiciness from the red pepper flakes—perfect for a fall dish.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
8 cups	20 minutes	50 minutes	1 cup

- 1 small bulb fennel
- 3 tbsp olive oil
- 4 cloves garlic, thinly sliced
- 1 large onion, thinly sliced
- 1 tbsp frozen orange juice concentrate, thawed
- 1 (14-oz/400g) can diced tomatoes
- ½ tsp red pepper flakes
- 1 cup dry white wine
- 5 cups bottled clam juice (or seafood stock)
- 2 lb (1kg) seafood (any firm whitefish or any shellfish, such as cod, halibut, sole, tilapia, shrimp, clams, or mussels)

1. Remove green stalks and fronds from fennel bulb. Slice bulb in half through the center of the root, and cut out and discard the hard triangular core. Cut fennel into thin slices, using a mandoline slicer if you have one.
2. In a large saucepan over medium heat, heat olive oil. When oil is hot, add garlic, onion, and fennel, and cook for 5 to 10 minutes or until vegetables begin to brown.
3. Add orange juice concentrate, tomatoes, red pepper flakes, white wine, and clam juice. Bring to a boil, reduce heat to a simmer, and cook for 30 minutes.
4. Meanwhile, cut seafood into bite-size pieces.
5. Increase the heat to medium. Add fish, if using (if using shellfish, do not add yet), and cook for 2 minutes.
6. Add shellfish, if using, and cook for 5 minutes or until shells begin to open. Discard any that do not open.

EACH SERVING HAS			
210 calories 7g total fat	1g saturated fat 22g protein	9g carbohydrates 2g fiber	85mg cholesterol 440mg sodium

Pan-Seared Orange Scallops

In this summery seafood dish, orange adds a sweet flavor that intensifies the natural sweetness of the scallops.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 servings	20 minutes	10 minutes	1 cup salad greens with 3 scallops

3 medium oranges
1/8 cup white balsamic vinegar
1 clove garlic, finely minced
1 tsp Dijon mustard
1/4 tsp kosher salt
1/2 cup extra-virgin olive oil
2 tbsp olive oil
2 tbsp all-purpose flour
1 lb (450g) U10 sea scallops
1/2 tsp chopped fresh oregano leaves
4 cups packed mixed salad greens
1 avocado, peeled and diced

1. Zest 1 orange to yield 1/4 teaspoon zest. Set aside zest and zested orange. Juice remaining 2 whole oranges to yield 1/2 cup juice.
2. Cut off the top and bottom of the zested orange. Place orange cut side down on a cutting board, cut off remaining peel and white pith, and slice around orange from top to bottom. Holding orange over a bowl to catch any juice, cut out segments, leaving behind the membrane between each section. Set aside orange segments.
3. In a small bowl, make salad dressing by combining orange zest, white balsamic vinegar, garlic, Dijon mustard, 1/8 teaspoon kosher salt, and 1/4 cup orange juice. Slowly whisk in extra-virgin olive oil. Set aside.
4. In a large nonstick skillet over medium heat, heat 2 tablespoons olive oil.
5. Meanwhile, place all-purpose flour in a shallow dish, and dredge the tops and bottoms of scallops in flour, shaking off any excess.
6. When olive oil is hot, add half of scallops, one at a time, and cook for 2 or 3 minutes. Do not move the scallops as they cook so they develop a brown crust. Turn over scallops when golden brown, and cook for 2 or 3 more minutes or until the sides are all white with no translucence in the middle. Transfer scallops to a plate, and cover with foil. Repeat with remaining scallops, adding more olive oil if needed.
7. To the hot skillet, add the remaining 1/4 cup orange juice and remaining 1/8 teaspoon salt. Cook for 1 or 2 minutes or until liquid is reduced by half and resembles a glaze. Remove from heat, and stir in oregano.
8. In a large bowl, add mixed salad greens, reserved orange segments, and avocado. Add salad dressing, and toss to combine.
9. Evenly divide salad mixture among 4 plates. Top each with 3 scallops, and drizzle with skillet sauce.

Note: The scallops called for in this recipe are U10, which refers to the number of scallops in 1 pound (450g). The *U* means “under,” so U10 means under 10 scallops per 1 pound (450g). The larger the number, the smaller the scallop.

EACH SERVING HAS			
560 calories 43g total fat	6g saturated fat 22g protein	26g carbohydrates 7g fiber	35mg cholesterol 360mg sodium

Sole Florentine

Sole is a mild-flavored whitefish that pairs well with spinach and summertime tomatoes.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 servings	15 minutes	30 minutes	1 fillet

½ cup diced tomatoes
1 clove garlic, minced
1 tbsp minced shallot
1 cup chopped fresh spinach
¼ tsp kosher salt, plus more for garnish
1 tbsp olive oil
4 (4-oz/115g) sole fillets
Freshly ground black pepper
1 tbsp finely chopped fresh parsley
1 lemon, cut into 4 wedges

1. Preheat the oven to 350°F (175°C). Oil a 9×9-inch (23×23cm) baking dish.
2. In a small bowl, combine tomatoes, garlic, shallot, spinach, kosher salt, and olive oil.
3. Place 1 sole fillet on a cutting board. Spoon 1 tablespoon tomato-spinach mixture on the bottom half of the fillet. Roll the fillet over the tomato-spinach mixture, and place the rolled fillet seam side down in the baking dish. Repeat with the remaining fillets and tomato-spinach mixture, placing the rolled fillets against each other in the baking dish to prevent unrolling.
4. Pour any additional tomato-spinach mixture over the tops of the fillets.
5. Bake for 25 to 30 minutes or until fish flakes easily.
6. Garnish with additional salt and black pepper, parsley, and lemon wedges.

EACH SERVING HAS			
140 calories 5g total fat	1g saturated fat 22g protein	2g carbohydrates 0g fiber	55mg cholesterol 220mg sodium

Almond-Crusted Barramundi

Ground almonds and breadcrumbs lend a pleasing crunch to this baked fish dish. Barramundi is a firm whitefish native to northern Australia and southeast Asia. It is very rich in omega-3 fatty acids.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 servings	15 minutes	15 minutes	1 fillet

1/3 cup whole almonds
1 clove garlic
1/4 tsp freshly ground black pepper
1 tbsp Dijon mustard
2 tbsp honey
1 tbsp olive oil
Zest of 1 lemon
2 tbsp Italian-seasoned breadcrumbs
4 (3-oz/85g) barramundi fillets (or any firm whitefish such as snapper, mullet, or halibut)
1 lemon, cut into 4 wedges

1. Preheat the oven to 375°F (190°C). Oil a 9×13-inch (23×33cm) baking dish.
2. In a food processor, pulse almonds, garlic, and black pepper until finely chopped. (Be careful not to overmix, or you will make almond butter.)
3. In a small bowl, combine Dijon mustard, honey, olive oil, and lemon zest.
4. In a separate small bowl, combine Italian-seasoned breadcrumbs and almond mixture.
5. Coat each barramundi fillet in the Dijon mustard mixture and then pat almond mixture onto the fillets, coating each side well. Place coated fillets in the prepared baking dish, and bake for 15 minutes or until fish flakes easily.
6. Serve with lemon wedges.

Note: You can make your own breadcrumbs using stale bread. Leave the bread uncovered on a baking sheet for a day to dry completely and then process in a food processor until fine. For this recipe’s Italian-seasoned breadcrumbs, add a pinch each of garlic powder, oregano, basil, and kosher salt to the breadcrumbs, and stir well.

EACH SERVING HAS			
310 calories 14g total fat	1.5g saturated fat 27g protein	20g carbohydrates 3g fiber	40mg cholesterol 270mg sodium

Salmon Fennel Bundles

Fennel gives this salmon dish a light anise flavor, and steaming the fish in a foil packet yields a very moist fillet. You can prepare the packets ahead of time and cook them when ready.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 servings	10 minutes	15 minutes	1 fillet

- 2 tbsp freshly squeezed lemon juice
- ¼ cup olive oil
- ¼ tsp dried basil
- ⅓ tsp kosher salt
- ⅓ tsp freshly ground black pepper
- 2 tbsp dry white wine
- 1 bulb fennel
- 4 (6-oz/170g) salmon fillets, skin removed
- 4 tsp capers

1. Preheat the oven to 350°F (175°C). Cut 4 pieces of aluminum foil approximately 12 inches (30.5cm) long each.
2. In a small bowl, combine lemon juice, olive oil, basil, kosher salt, black pepper, and white wine.
3. Remove green stalks and fronds from fennel bulb. Slice bulb in half through the center of the root, and cut out and discard the hard triangular core. Cut fennel into thin slices, using a mandoline slicer if you have one.
4. In the center of each piece of aluminum foil, place ¼ of the sliced fennel. Set 1 salmon fillet on top of each fennel portion. Spoon about 2 tablespoons lemon mixture over each salmon fillet, and add 1 teaspoon capers on top of each fillet. Seal each packet tightly.
5. Bake for 15 minutes. Remove from the oven, and let rest for 5 minutes before opening.

EACH SERVING HAS			
390 calories 25g total fat	3.5g saturated fat 35g protein	5g carbohydrates 2g fiber	95mg cholesterol 250mg sodium

Spicy Tomato Sauce

with Linguine

Red pepper flakes give this pasta dish’s tomato sauce a spicy kick. This recipe uses pantry ingredients so it can be made at any time; it also freezes well.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
About 3½ cups	10 minutes	25 minutes	½ cup

1 tbsp olive oil
½ cup diced onion
1 tsp kosher salt
2 cloves garlic, finely minced
1 tbsp tomato paste
1 tsp balsamic vinegar
2 (14.5-oz/410g) cans diced tomatoes, no salt added
1 tsp Italian seasoning
¼ tsp red pepper flakes
¼ tsp freshly ground black pepper
8 oz (225g) uncooked linguine
Freshly shaved Parmesan cheese

1. In a large saucepan over medium heat, heat olive oil. When oil is hot, add onion and ½ teaspoon kosher salt, and cook, stirring occasionally, for 5 minutes.
2. Stir in garlic, tomato paste, and balsamic vinegar, and sauté for 1 minute.
3. Add tomatoes with liquid, Italian seasoning, red pepper flakes, and black pepper. Simmer, stirring occasionally, for 20 minutes.
4. Meanwhile, fill a large saucepan ⅔ full of water, add remaining ½ teaspoon salt, and bring to a boil over medium-high heat. Add linguine, and cook according to the package directions. Drain pasta.
5. Serve ½ cup pasta with ½ cup sauce. Garnish with Parmesan cheese.

Variation: Add your favorite protein such as shrimp or chicken.

EACH SERVING HAS			
200 calories 3g total fat	0g saturated fat 6g protein	36g carbohydrates 2g fiber	0mg cholesterol 200mg sodium

Angel Hair Pasta

with Pesto, Mushrooms, and Arugula

Peppery arugula adds a nice contrast to the sweet basil pesto in this summery angel hair pasta dish.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
6 cups	15 minutes	10 minutes	1 cup

- 1/2 tsp kosher salt
- 8 oz (225g) uncooked angel hair pasta (may be labeled "capellini")
- 1 tbsp olive oil
- 1/2 cup diced onion
- 8 oz (225g) baby portobello mushrooms, sliced
- 1/3 cup Pesto (page 223)
- 3 cups arugula
- Freshly shaved Parmesan cheese

1. Fill a large saucepan 2/3 full of water, add kosher salt, and bring to a boil over medium-high heat. Add angel hair pasta, and cook according to the package directions. Drain pasta.
2. In a large skillet over medium heat, add olive oil. When oil is hot, add onion, and cook for 4 minutes or until soft.
3. Add baby portobello mushrooms, and cook for 5 minutes or until the liquid released from the mushrooms has evaporated. Remove from heat.
4. In a large bowl, toss the cooked pasta with Pesto.
5. Add arugula to the skillet with the mushroom mixture, and toss well. Arugula should be slightly wilted.
6. Place pasta on a large serving platter or on individual plates, top with arugula-mushroom mixture, and garnish with Parmesan cheese.

Variation: Instead of arugula, you could use the same amount of baby spinach leaves.

EACH SERVING HAS			
260 calories 11g total fat	2g saturated fat 8g protein	32g carbohydrates 2g fiber	5mg cholesterol 50mg sodium

Lamb Patties and Pasta

These savory lamb patties are a great alternative to beef. They're great with pasta, as in this recipe, but they are also nice stuffed in pitas and they freeze well, too.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 servings	20 minutes	15 minutes	3 patties with 1 cup pasta

1 lb (450g) ground lamb
¾ cup finely chopped yellow onion
1 tbsp finely minced garlic
1¼ tsp kosher salt
½ tsp freshly ground black pepper
8 oz (225g) uncooked linguine
1 tbsp pine nuts
8 oz (225g) white button mushrooms
¼ cup sun-dried tomatoes, sliced into strips
1 cup fresh baby spinach
1 cup arugula
4 oz (115g; about 1 cup) Manchego cheese, shredded

1. In a medium bowl, combine lamb, ½ cup yellow onion, garlic, ½ teaspoon kosher salt, and ¼ teaspoon black pepper.
2. Form lamb mixture into 12 patties 2 inches (5cm) in diameter and ¾ inch (2cm) thick.
3. Heat a large nonstick skillet over medium heat. Add patties, and cook for 3 or 4 minutes per side until lightly browned and cooked through. Transfer patties to a plate, and cover with foil. Retain the pan and pan juice.
4. Fill a large saucepan ⅔ full of water, add ½ teaspoon salt, and bring to a boil over medium-high heat. Add linguine, and cook according to the package directions. Drain pasta.
5. Meanwhile, in a small skillet over medium heat, toast pine nuts for 3 or 4 minutes or until lightly browned. Remove from the pan, and set aside.
6. Wash white button mushrooms, and discard the stems. Slice mushrooms into slices ⅛ inch (3mm) thick.
7. Return the large nonstick skillet to medium heat. When the pan is warm, add the remaining ¼ cup onion, sliced mushrooms, sun-dried tomatoes, remaining ¼ teaspoon salt, and remaining ¼ teaspoon pepper. Cook, stirring occasionally, for 4 minutes.
8. Add baby spinach and arugula, remove from heat, and mix well. Greens should be slightly wilted.
9. Add pine nuts and pasta, and mix well.
10. Place 1 cup pasta mixture and 3 lamb patties on each plate. Garnish with Manchego cheese.

Variation: Manchego is a Spanish sheep's milk cheese. If you can't find it, you can substitute pecorino or Parmesan. Also feel free to use only spinach instead of both spinach and arugula.

EACH SERVING HAS			
660 calories 38g total fat	15g saturated fat 38g protein	42g carbohydrates 4g fiber	135mg cholesterol 865mg sodium

Lamb Shanks

This is a classic, hearty spring dish with a rich, meaty sauce. It is delicious alongside couscous, rice, polenta, or mashed potatoes.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 servings	20 minutes	2¼ hours	1 shank with ½ cup sauce

4 (4-oz/115g) lamb shanks
¼ cup all-purpose flour
¼ cup plus 2 tbsp olive oil
2 stalks celery, sliced
¼ in (0.5cm) thick
1½ cups sliced carrots
(about 2 or 3 large), ¼ in
(0.5cm) thick
2 cups chopped onion
⅓ cup tomato paste
6 cloves garlic, finely
minced
½ tsp dried oregano
½ tsp dried rosemary
¼ tsp freshly ground
black pepper
2 cups dry red wine
4 cups beef broth
2 bay leaves

1. Preheat the oven to 325°F (190°C).
2. Dredge lamb shanks in all-purpose flour, and shake off excess.
3. In a large, 8-quart (7.5-liter) ovenproof pot over medium heat, heat ¼ cup olive oil. When oil is hot, add shanks, in batches if necessary, and cook for 3 or 4 minutes per side or until browned. Transfer browned shanks to a plate, discard oil, and clean the pot.
4. Add remaining 2 tablespoons oil to the clean pot, and return to medium heat. Add celery, carrots, and onion, and cook for 10 minutes.
5. Add tomato paste, garlic, oregano, rosemary, and black pepper. Cook, stirring occasionally, for 3 minutes.
6. Add red wine, beef broth, and bay leaves, and stir well. Add lamb shanks, and bring to a boil.
7. Remove from heat, cover the pot, and bake for 2 hours or until tender.
8. Skim off any oil from the surface. Remove bay leaves.
9. Serve 1 shank and ½ cup sauce per plate.

EACH SERVING HAS			
550 calories 37g total fat	10g saturated fat 26g protein	26g carbohydrates 4g fiber	80mg cholesterol 170mg sodium

Crispy Turkey Cutlets

These turkey cutlets have a nice crunch from the breadcrumb coating, which is laced with Parmesan cheese. It's the perfect comfort food during the cold winter months.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 servings	20 minutes	15 minutes	4 ounces (115g)

- 1/2 cup freshly grated Parmesan cheese
- 1/2 cup Italian-seasoned breadcrumbs
- 1/8 tsp kosher salt
- 1/8 tsp freshly ground black pepper
- 2 eggs
- 1 lb (450g) boneless, skinless turkey breast
- 2 tbsp olive oil
- 1 tbsp finely chopped fresh parsley
- 1 lemon, cut into 4 wedges

1. In a small bowl, combine Parmesan cheese, Italian-seasoned breadcrumbs, kosher salt, and black pepper. Pour onto a large plate.
2. In a shallow dish, beat eggs.
3. Slice turkey breast into 4 equal-size pieces.
4. Cover 1 piece with 2 layers of plastic wrap, place on a cutting board, and pound with a meat mallet (or heavy skillet) until turkey is 1/4 inch (0.5cm) thick. Set aside, and repeat with remaining pieces.
5. Dip each turkey piece into beaten eggs and then coat each side in breadcrumb mixture.
6. In a large skillet over medium heat, heat olive oil. When oil is hot, add 2 breaded turkey breasts, and cook for 2 minutes per side or until golden brown and a meat thermometer shows an internal temperature of 165°F (75°C) in the thickest part of the breast. Reduce the heat if the pieces brown too quickly and turkey is still pink inside. Repeat with remaining breasts.
7. Garnish each serving with parsley and a lemon wedge.

EACH SERVING HAS			
320 calories 14g total fat	4g saturated fat 37g protein	12g carbohydrates 1g fiber	160mg cholesterol 580mg sodium

Chicken Piccata

This classic chicken dish has a refreshing hint of lemon and piquant capers, perfect for spring.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 servings	20 minutes	20 minutes	4 ounces (115g) chicken, ¼ cup sauce, ¼ cup spinach

- 4 (4-oz/115g) boneless, skinless chicken breasts
- ¼ cup all-purpose flour
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 1 tbsp olive oil
- 1 cup finely diced white onion
- 2 tbsp white wine or chicken broth
- 1 tbsp freshly squeezed lemon juice
- ½ cup low-sodium chicken broth
- 1 clove garlic, finely minced
- 3 tbsp capers
- 1 cup baby spinach leaves
- 1 tbsp finely chopped fresh parsley

1. Cover 1 chicken breast with 2 layers of plastic wrap, place on a cutting board, and pound with a meat mallet (or heavy skillet) until chicken is ½ inch (1.25cm) thick. Set aside, and repeat with remaining breasts.
2. On a large, shallow plate, combine all-purpose flour, kosher salt, and black pepper.
3. Dredge each chicken breast in flour mixture, and shake off any excess.
4. In a large skillet over medium heat, heat olive oil. When oil is hot, add chicken breasts, and cook for 4 to 6 minutes per side or until slightly golden in color and a meat thermometer shows an internal temperature of 165°F (75°C) in the thickest part of the breast. Reduce the heat if the breasts brown too quickly and chicken is still pink inside. Transfer chicken to a plate, and cover with aluminum foil to keep warm.
5. Add white onion to the skillet, and cook for 1 minute. Add white wine, lemon juice, chicken broth, garlic, and capers, and cook for 5 to 7 minutes or until the liquid has reduced by half and thickened slightly.
6. Place baby spinach leaves on a platter, top with chicken, and pour pan sauce evenly over the top. Garnish with parsley.

EACH SERVING HAS			
390 calories 22g total fat	4.5g saturated fat 19g protein	29g carbohydrates 3g fiber	45mg cholesterol 890mg sodium

Zucchini and Walnuts

Zucchini takes on a new life with walnuts and sweet mint in this fragrant, delicious mixture, perfect for a summer day.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
3 cups	15 minutes	5 minutes	½ cup

2 large zucchini (about 2¼ cups sliced)
1 tbsp olive oil
½ cup finely diced onion
1 cup sliced baby portobello mushrooms
¼ tsp kosher salt
⅛ tsp freshly ground black pepper
3 tbsp finely chopped walnuts, toasted
2 tsp finely chopped mint leaves

1. Slice zucchini in half lengthwise. Cut each half lengthwise again so you have 4 pieces. Slice each piece across into ¼-inch (0.5cm) slices.
2. In a large skillet over medium heat, heat olive oil. When oil is hot, add onion and cook, stirring occasionally, for 1 minute.
3. Add baby portobello mushrooms, zucchini, kosher salt, and black pepper. Cook, stirring occasionally, for 3 minutes.
4. Add walnuts and mint, and cook for 1 minute. Remove from heat and serve.

Variation: Use any type of mushroom you have available. Also try using other nuts such as pecans, cashews, or almonds.

EACH SERVING HAS			
70 calories 5g total fat	0.5g saturated fat 1g protein	4g carbohydrates 1g fiber	0mg cholesterol 85mg sodium

Two-Cheese Risotto

Classic risotto is rich, creamy, and has an almost soup-like consistency. This cheesy version is the perfect comfort food on a cold winter day.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
8 cups	10 minutes	40 minutes	½ cup

3 tbsp olive oil
1 cup finely chopped onion
2 cloves garlic, finely chopped
8 cups low-sodium chicken broth
16 oz (450g) arborio rice
½ cup white wine
1 cup freshly grated Parmesan cheese
¼ cup freshly grated Asiago cheese
½ tsp kosher salt

1. In a small skillet over medium heat, heat 1 tablespoon olive oil. When oil is hot, add onion and sauté for 8 minutes.
2. Add garlic, and cook for 2 minutes. Remove from heat.
3. In a large saucepan over low heat, bring chicken broth to a simmer.
4. In a 6-quart (5.5-liter) saucepan over medium heat, heat remaining 2 tablespoons oil. When oil is hot, add arborio rice. Cook, stirring constantly with a wooden spoon or heat-safe spatula to prevent sticking, for 7 minutes.
5. Add white wine to hot rice, and stir until wine has evaporated.
6. Add 1 ladle of warm broth (about ½ cup) to rice, and constantly stir until the rice has absorbed all the liquid. Repeat, adding 1 ladle of broth each time and stirring constantly. Continue until rice will not absorb any more liquid. This will take 20 to 25 minutes.
7. Add sautéed onion mixture to rice, and stir gently to incorporate.
8. When rice has a thick, creamy, soup-like consistency, remove from heat.
9. Add Parmesan cheese, Asiago cheese, and kosher salt, and stir to combine.

Note: It is essential to use arborio rice when you are making risotto. Arborio rice is a high-starch, short-grained rice. If you use any other kind of rice, the risotto will not achieve its creamy consistency.

Variation: Sauté 8 ounces (225g) sliced mushrooms along with the onions.

EACH SERVING HAS			
175 calories 5g total fat	1.5g saturated fat 7g protein	25g carbohydrates 1g fiber	10mg cholesterol 180mg sodium

Sautéed Spinach and Mushrooms

Garlic permeates the spinach and mushrooms in this delicious summer side dish that is a perfect base for fish or chicken.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
2 cups	10 minutes	6 minutes	½ cup

- 1 tbsp olive oil
- 4 cloves garlic, finely minced
- 8 oz (225g) mushrooms, sliced
- ⅓ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 10 cups spinach leaves
- 1 oz (30g) freshly grated Parmesan cheese

1. In a large skillet over medium heat, heat olive oil. When oil is hot, add garlic, mushrooms, kosher salt, and black pepper, and cook for 5 minutes.
2. Add spinach to the skillet, and stir constantly for 1 minute or until spinach is wilted.
3. Remove from heat, and stir in Parmesan cheese.

EACH SERVING HAS			
100 calories 6g total fat	2g saturated fat 6g protein	10g carbohydrates 4g fiber	5mg cholesterol 270mg sodium

Rosemary Garlic Potatoes

Flavored with the piney, floral taste of rosemary, these aromatic potatoes taste delicious and make the perfect winter side dish!

YIELD	PREP TIME	COOK TIME	SERVING SIZE
2 cups	10 minutes	30 minutes	½ cup

2 tbsp olive oil
1 tsp finely minced fresh rosemary leaves
2 cloves garlic, finely minced
¼ tsp kosher salt
⅛ tsp freshly ground black pepper
1 lb (450g) red potatoes, skin on, scrubbed well

1. Preheat the oven to 400°F (200°C).
2. In a large bowl, combine olive oil, rosemary, garlic, kosher salt, and black pepper.
3. Cut red potatoes into quarters, toss in olive oil mixture, and transfer to a baking sheet.
4. Bake, stirring occasionally, for 30 minutes or until golden brown.

EACH SERVING HAS			
140 calories 7g total fat	1g saturated fat 2g protein	19g carbohydrates 2g fiber	0mg cholesterol 125mg sodium

Curried Cauliflower

This sweet and savory winter dish combines curry-spiced cauliflower, crunchy almonds, and sweet golden raisins.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
3 cups	15 minutes	30 minutes	½ cup

- 1 medium head cauliflower
- 2 tbsp olive oil
- ½ tsp kosher salt
- ⅛ tsp freshly ground black pepper
- 2 cloves garlic, finely minced
- 1 tsp curry powder
- 1 medium red onion, thinly sliced
- ¼ cup golden raisins
- 2 tbsp water
- ¼ cup slivered almonds, toasted

1. Preheat the oven to 350°F (175°C).
2. Slice cauliflower in half, cut out the triangular core at the base of the head, and separate into florets. Cut large pieces, if necessary, so all pieces are approximately the same size.
3. In a large bowl, combine olive oil, kosher salt, black pepper, garlic, and curry powder.
4. Add cauliflower, red onion, and golden raisins to olive oil mixture, and mix thoroughly.
5. Transfer cauliflower mixture to a 9×9-inch (23×23cm) baking dish. Add water.
6. Bake, stirring occasionally, for 30 minutes or until cauliflower is tender.
7. Remove from the oven, and sprinkle with almonds.

EACH SERVING HAS			
120 calories 7g total fat	1g saturated fat 3g protein	14g carbohydrates 3g fiber	0mg cholesterol 190mg sodium

Lemon Kale Ribbons

Garlic and red pepper flakes provide a nice kick to leafy green kale and tangy lemon in this vegetable dish that is perfect for summer.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
2 cups	15 minutes	3 minutes	½ cup

- 8 oz (225g) fresh kale, rinsed
- 2 tbsp olive oil
- 1 tbsp finely minced shallot
- 4 cloves garlic, finely sliced
- ⅛ tsp red pepper flakes
- 1 tbsp freshly squeezed lemon juice
- ¼ tsp kosher salt
- ⅛ tsp freshly ground black pepper

1. Cut away the tough center stalks of the kale leaves. Slice leaves into ¼-inch (0.5cm) strips.
2. In a large skillet over medium heat, heat olive oil. When oil is hot, add shallot, garlic, and red pepper flakes, and cook for 1 minute.
3. Add kale, and cook, stirring constantly, for 2 minutes.
4. Remove from heat. Add lemon juice, kosher salt, and black pepper, and mix well.

Variation: Cook a slice of pancetta or bacon and then cook the shallots and garlic in the reserved olive oil to add flavor. Crumble the crispy pancetta or bacon and use as a garnish.

EACH SERVING HAS			
100 calories 7g total fat	1g saturated fat 2g protein	7g carbohydrates 1g fiber	0mg cholesterol 150mg sodium

Minted Peas

with Pancetta

Peas and pancetta get a spring pick-me-up with the addition of refreshing fresh mint.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
1½ cups	5 minutes	6 minutes	½ cup

1½ oz (43g) pancetta (unsmoked bacon), diced

2 tbsp finely diced shallots

10 oz (285g) frozen peas, thawed

1 tbsp finely sliced fresh mint leaves

⅛ tsp kosher salt

⅛ tsp freshly ground black pepper

1. In a large skillet over medium heat, cook pancetta for 3 minutes or until lightly browned.
2. Add shallots, and cook for 1 minute.
3. Add peas, and cook, stirring occasionally, for 2 minutes or until warmed through.
4. Remove from heat. Add mint, kosher salt, and black pepper, and stir well.

Variation: Substitute bacon if pancetta is not available.

EACH SERVING HAS			
140 calories 7g total fat	2g saturated fat 7g protein	14g carbohydrates 4g fiber	10mg cholesterol 300mg sodium

Pickled Asparagus

This crisp and tangy asparagus is delicious eaten alone or added to a spring or summer salad.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
8 servings	10 minutes plus overnight cooling time	5 minutes	$\frac{1}{8}$ recipe

- 1 lb (450g) fresh asparagus
- 2 cups ice
- 1½ cups water
- 1½ cups distilled white vinegar
- 3 tbsp sugar
- 3 tsp kosher salt
- 1 heaping tsp pickling spices
- 1 tsp red pepper flakes
- Sprig of fresh dill
- 1 clove garlic, sliced

1. Wash asparagus, and trim off the tough ends.
2. In a large bowl, add 2 cups ice and fill with cold water.
3. Fill a large saucepan $\frac{3}{4}$ full of water, and bring to a boil over high heat. Add asparagus, and blanch for 1 minute. Using a slotted spoon or tongs, remove asparagus and immediately transfer it to the ice water.
4. In a small saucepan over medium heat, combine water, distilled white vinegar, sugar, kosher salt, pickling spices, red pepper flakes, and dill. Cook, stirring occasionally, for 4 minutes or until sugar is dissolved. Remove from heat, and cool completely.
5. Pack asparagus and garlic slices into a canning jar or any glass container that can be covered tightly. Pour in vinegar mixture. Chill overnight in the refrigerator, and keep refrigerated. Consume within 1 week.

Variation: Add a few small whole or sliced peppers such as banana peppers along with the asparagus.

EACH SERVING HAS			
40 calories 0g total fat	0g saturated fat 1g protein	7g carbohydrates 1g fiber	0mg cholesterol 720mg sodium

Bean and Vegetable Patties

The cornmeal in this fall recipe adds a pleasing sweetness and a crispy texture. This recipe can be made as an entrée or appetizer. For an appetizer, make smaller patties and serve with garlic aioli (a strongly flavored garlic mayonnaise).

YIELD	PREP TIME	COOK TIME	SERVING SIZE
15 patties	15 minutes	30 minutes	1 patty

- 1 (15-oz/425g) can red kidney beans, rinsed and drained
- 1 large red bell pepper, seeded and chopped
- 2 stalks celery, roughly chopped
- 1 small zucchini, roughly chopped
- ¼ cup fresh parsley leaves
- 1 clove garlic
- ½ red onion, roughly chopped
- 1 tsp kosher salt
- ¼ tsp freshly ground black pepper
- 4 tbsp olive oil
- ¾ cup cornmeal
- 1 cup all-purpose flour
- ¼ cup freshly grated Parmesan cheese, plus more for garnish
- 2 eggs, beaten
- Diced fresh tomatoes
- Extra-virgin olive oil

1. Preheat the oven to 350°F (175°C).
2. In a food processor, pulse red kidney beans until processed but still chunky.
3. Add red bell pepper, celery, zucchini, parsley, garlic, red onion, kosher salt, black pepper, and 3 tablespoons olive oil. Pulse several times, pausing to scrape down the sides of the bowl, until ingredients are blended and vegetables are chunky and uniform in size but not puréed.
4. In a large bowl, combine cornmeal, all-purpose flour, and Parmesan cheese.
5. Add bean mixture and beaten eggs to cornmeal mixture. Mix well.
6. Form bean mixture into 15 ¼-cup patties ½ inch thick.
7. In a large skillet over medium heat, heat remaining 1 tablespoon olive oil. When oil is hot, add 5 or 6 patties to the pan. Do not overcrowd the pan. Cook patties for 3 minutes per side or until golden brown. Transfer cooked patties to an ungreased baking sheet, and repeat with the remaining mixture. You may need to add another 1 tablespoon olive oil to the skillet between batches.
8. Bake for 15 minutes. Patties will rise and become lighter as they cook.
9. Serve with fresh diced tomatoes, a drizzle of extra-virgin olive oil, and freshly grated Parmesan cheese.

Note: When forming the patties in step 6, you may want to coat the measuring cup in olive oil lightly to help the mixture release from the cup.

Variation: Experiment with different beans in this recipe as you like. Try using chickpeas (garbanzo beans) or black-eyed peas, for example.

EACH SERVING HAS			
140 calories 5g total fat	1g saturated fat 5g protein	19g carbohydrates 3g fiber	30mg cholesterol 240mg sodium

Panzanella

Panzanella, or bread salad, is popular in the Tuscany region of Italy, as a way to use up stale or leftover bread. This salad pops with savory goodness from the balsamic vinegar, roasted red peppers, and artichoke hearts.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
9 cups	15 minutes plus 30 minutes marinating time	15 minutes	1 cup

- 1 French baguette
- Nonstick cooking spray or mister with olive oil
- 1 (13.75-oz/390g) can artichoke hearts packed in water, drained
- 1 large stalk celery, diced (1 cup)
- ½ cup chopped roasted red peppers
- ¼ cup finely diced red onion
- ⅓ cup chopped sun-dried tomatoes packed in oil
- ¼ cup chopped fresh parsley
- ⅔ cup balsamic vinaigrette

1. Preheat the oven to 350°F (175°C).
2. Slice French baguette into 1-inch (2.5cm) cubes. Transfer to a baking sheet, and lightly spray with nonstick cooking spray or mist with olive oil.
3. Bake for 10 to 15 minutes. Remove from the oven, and cool. (This helps prevent the bread from getting soggy when combined with remaining ingredients.)
4. Cut artichoke hearts into bite-size pieces.
5. In a large bowl, combine celery, roasted red peppers, red onion, sun-dried tomatoes, parsley, artichoke hearts, and bread cubes.
6. Pour balsamic vinaigrette over bread mixture, and toss to combine. Let rest at room temperature for 30 minutes to distribute flavor, or refrigerate overnight.

Variation: Substitute 1 large fresh tomato, cored and chopped; ½ cucumber, peeled, seeded, and diced; and ¼ cup chopped fresh basil for the artichoke hearts, celery, roasted red peppers, red onion, sun-dried tomatoes, and parsley.

EACH SERVING HAS			
300 calories 17g total fat	2g saturated fat 7g protein	35g carbohydrates 3g fiber	0mg cholesterol 650mg sodium

Golden Chard

Chard has a mild flavor that is enhanced with sweet golden raisins and a touch of honey in this summer recipe.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
2 cups	10 minutes	10 minutes	½ cup

- 1 lb (450g) chard (about 1 bunch)
- 1 slice pancetta (unsmoked bacon), diced
- 1 tbsp olive oil
- 2 tbsp finely diced shallots
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- ⅓ cup golden raisins
- 1 tbsp honey

1. Cut away the large stems from chard leaves, and set aside stems. Slice leaves crosswise into ¼-inch (0.5cm) ribbons. Chop stems crosswise into ¼-inch (0.5cm) pieces and keep separate from leaves.
2. In a large nonstick skillet over medium heat, cook pancetta until crisp.
3. Add olive oil, shallots, chard stems, kosher salt, and black pepper, and cook, stirring occasionally, for 5 minutes.
4. Add chard leaves, golden raisins, and honey, and cook, stirring frequently, for 1 to 3 minutes or until chard is soft. Remove from heat immediately.

Variation: Swiss chard, with white stems, is the most common chard sold in markets, but varieties with yellow, orange, or red stems also work well in this recipe. The more color, the more phytonutrients! To add a smoky flavor, you can use bacon in a 1:1 replacement for the pancetta.

EACH SERVING HAS			
130 calories 6g total fat	1.5g saturated fat 2g protein	18g carbohydrates 2g fiber	5mg cholesterol 410mg sodium

Sweet Polenta

with Sun-Dried Tomatoes

Polenta is ground cornmeal. This recipe adds canned corn, which gives extra sweetness to the polenta. Use this dish as a side for chicken, seafood, or lamb.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
12 pieces	5 minutes plus 3 hours cooling time	30 minutes	1 piece

4 cups water
1 tsp kosher salt
1 cup cornmeal
1 (15-oz/425g) can corn, no added salt, drained
1/3 cup chopped sun-dried tomatoes packed in oil
2 tbsp olive oil

1. In a medium saucepan over high heat, bring water and kosher salt to a boil.
2. Add cornmeal very slowly, whisking constantly to avoid lumps. Reduce heat to low (you may need to remove the pan from the heat temporarily to prevent splattering until the mixture cools), and continue to whisk to prevent lumps. As cornmeal cooks, it will begin to solidify. It should pull away from the pan cleanly around the 20-minute mark.
3. Add corn and sun-dried tomatoes. Stir with a spatula, and cook for 5 minutes.
4. You can serve the polenta at this point, spooned out like mashed potatoes, or chill it and then sauté it at a later time. If you plan to chill and sauté at a later time, grease a 9×12-inch (23×30.5cm) pan with 1 tablespoon olive oil. Evenly spread warm polenta into the pan, and refrigerate for 3 or 4 hours or overnight.
5. Cut cooled polenta into 12 equal portions, and transfer to a baking sheet.
6. Lightly dust the top and bottom of each piece of polenta with all-purpose flour.
7. In a large nonstick skillet over medium heat, heat remaining 1 tablespoon olive oil. When oil is hot, add 6 to 8 polenta squares, depending on the size of your skillet. Do not overcrowd the skillet. Cook for 4 minutes per side or until golden. You may need to add additional olive oil between batches.
8. Remove polenta from the skillet, and serve.

Note: Freshly cooked polenta is creamy, like mashed potatoes or a thick, hot cereal. The formed and sliced version of polenta that is sautéed is thick and firm.

Variation: If you plan to serve the polenta immediately after cooking, when it is creamy, add 1/2 cup freshly grated Parmesan or Romano cheese and stir to combine.

EACH SERVING HAS			
90 calories 3g total fat	0g saturated fat 2g protein	14g carbohydrates 2g fiber	0mg cholesterol 200mg sodium

Quinoa Pilaf

Quinoa is technically a seed but looks, and cooks, like a grain or rice. It has a fluffy texture and a nice crunch when you bite into it. This dish is good served either hot or cold for a fall-time delight.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
2 cups	10 minutes	30 minutes	½ cup

- 1 cup water
- ½ cup quinoa
- 1 tbsp olive oil
- 1 garlic clove, minced
- ⅓ cup chopped yellow bell pepper
- ¼ cup chopped scallions, green and white parts
- 1 cup diced canned tomatoes, with juice
- ½ tsp kosher salt
- ⅛ tsp freshly ground pepper
- 4 tbsp crumbled feta cheese
- 4 tbsp chopped fresh parsley

1. In a small saucepan over medium-high heat, bring water to a boil. Add quinoa, and return to a boil. Reduce heat to low, cover, and cook for 15 to 20 minutes or until water is absorbed.
2. In a medium skillet over medium heat, heat olive oil. When oil is hot, add garlic and yellow bell pepper, and sauté for 2 minutes.
3. Add scallions, and cook for 1 minute.
4. Add tomatoes with juice, cooked quinoa, kosher salt, and black pepper, and stir to combine. Cook for 2 minutes or until heated through.
5. Top each serving with 1 tablespoon feta cheese and parsley.

Variation: Try any combination of vegetables, such as zucchini and cucumbers, or even dried fruit.

EACH SERVING HAS			
150 calories 7g total fat	2g saturated fat 5g protein	18g carbohydrates 2g fiber	10mg cholesterol 510mg sodium

Barley and Vegetable Sauté

Barley is a plump, moist grain that takes on the sweet flavors of the vegetables it is cooked with, as you will find in this warming fall recipe.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 cups	20 minutes	20 minutes	½ cup

2 tbsp olive oil
1 cup diced onion
1 cup peeled and cubed sweet potato (about 1 medium), ¼-in (0.5cm) cubes
2 cups pearl barley, cooked according to package directions
1 cup quartered and sliced zucchini, ½ in (3mm) thick
1 stalk celery, sliced ½ in (3mm) thick
2 cloves garlic, minced
1 cup halved grape tomatoes
¼ tsp minced fresh sage
½ tsp minced fresh rosemary leaves
¾ tsp kosher salt
½ tsp freshly ground black pepper
¼ cup chopped walnuts, toasted
2 tbsp chopped fresh parsley

1. In a large nonstick skillet over medium heat, heat olive oil. When oil is hot, add onion and sweet potato, and cook for 10 minutes or until sweet potatoes are tender.
2. Add cooked barley, stir to combine, and cook for 1 or 2 minutes or until barley is warmed through.
3. Add zucchini, celery, garlic, grape tomatoes, sage, rosemary, kosher salt, and black pepper, and cook for 5 minutes.
4. Garnish with walnuts and parsley, and serve.

Variation: Use any variety of vegetables such as carrots, bell peppers, corn, or leeks.

EACH SERVING HAS			
130 calories 6g total fat	1g saturated fat 2g protein	19g carbohydrates 3g fiber	0mg cholesterol 200mg sodium

Cinnamon Apple and Nut Phyllo Rolls

These sweet and crunchy rolls pair a filling similar to apple pie with a phyllo dough crust. Fall is the perfect time to find apples at their best.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
6 rolls	30 minutes	20 minutes	1 roll

Juice of 1 lemon
2 red apples, peeled, cored, and cut into 1⁄8-in (3mm) cubes
½ cup dark brown sugar, firmly packed
¼ cup walnuts, toasted
1 tsp ground cinnamon
6 sheets frozen phyllo dough, thawed according to package directions
4 tbsp olive oil
Confectioners’ sugar

1. Preheat the oven to 350°F (175°C). Oil a baking sheet.
2. In a small bowl, combine lemon juice and red apples.
3. Add dark brown sugar, walnuts, and ground cinnamon, and mix well.
4. Lay out the stacked sheets of phyllo dough, and pull off 1 sheet at a time to work with. (Lay a damp towel over the rest to keep them from drying out while you work.) With the sheet of phyllo dough in front of you lengthwise, brush with olive oil.
5. Place ¼ cup apple-nut mixture 2 inches (5cm) from the short end of the sheet of dough. Spread apple mixture along the short end so it is about 1½ inches (3.75cm) wide by 5 inches (12.5cm) long and centered between the dough’s top and bottom edges. Fold the dough’s long edges toward the middle. Brush with more oil, and roll the dough, starting at the end with the apple mixture, to create a log. Transfer to the prepared baking sheet, and repeat with the remaining phyllo dough sheets. Brush the tops with oil.
6. Bake for 15 to 20 minutes or until golden brown.
7. Garnish with confectioners’ sugar.

Variation: Use any type of fruit instead of apples, or try almonds or pecans instead of walnuts.

EACH SERVING HAS			
270 calories 14g total fat	2g saturated fat 2g protein	38g carbohydrates 3g fiber	0mg cholesterol 95mg sodium

Vanilla Panna Cotta

Real vanilla bean flavors the cream and milk in this simple spring dessert.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 servings	15 minutes plus 2 hours cooling time	10 minutes	4 ounces (115g)

1¾ cups reduced-fat milk, chilled
2½ tsp unflavored gelatin granules
¼ cup sugar
¼ cup heavy whipping cream
½ vanilla bean
1 cup fresh berries

1. Pour ¼ cup reduced-fat milk into a small bowl. Sprinkle gelatin granules over milk, stir, and let rest for 10 minutes.
2. In a medium pan over low heat, add remaining 1½ cups milk, sugar, and heavy whipping cream.
3. Cut vanilla bean lengthwise, and scrape out the seeds using the blade of a small knife. Add seeds and pod to milk mixture, and cook for 10 minutes. Do not allow to boil.
4. Add gelatin mixture to warm milk mixture, and whisk to combine. Cook for 1 or 2 minutes, and remove from heat. Remove and discard vanilla bean pod.
5. Evenly divide mixture into 4 (1-cup) ramekins that have been sprayed with nonstick cooking spray. Refrigerate 2 hours or overnight.
6. To serve, run a knife around the inside of the ramekin to loosen panna cotta. Dip the bottom of the ramekin in a bowl of hot water for a few seconds and then invert the ramekin onto a plate to release panna cotta.
7. Serve with a side of fresh berries.

Variation: Add citrus zest or other spices like cinnamon. You can omit the heavy cream and use only milk, but the little bit of cream enhances the texture.

EACH SERVING HAS			
160 calories 8g total fat	5g saturated fat 5g protein	18g carbohydrates 0g fiber	30mg cholesterol 50mg sodium

Poached Summer Fruit

Wine, cinnamon, and ginger add zest to the pears, peaches, and plums in this sweet summer fruit dish.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 portions	30 minutes plus 2 hours cooling time	10 minutes	¼ recipe

1 (750ml) bottle white wine
1 cup sugar
1 cinnamon stick
Zest of 1 lemon
Juice of 1 lemon
1 (½ in/1.25cm) slice fresh ginger
2 pears, peeled, cored, and halved
2 peaches, peeled, pitted, and halved
2 plums, peeled, pitted, and halved

1. In a medium saucepan over medium heat, combine white wine, sugar, cinnamon stick, lemon zest, lemon juice, and ginger. Bring to a boil, and cook for about 5 minutes or until sugar is dissolved. Reduce heat to a simmer.
2. Add pears, peaches, and plums to the simmering liquid, and gently turn fruit with a large spoon. Cook for 5 minutes.
3. Remove fruit from the poaching liquid, and let both cool. Reserve some of the poaching liquid to drizzle over the fruit when serving if desired.
4. Place cooled fruit and poaching liquid in the refrigerator for 2 hours. (Fruit also can be served warm if you prefer.)
5. Serve ½ pear, ½ peach, and ½ plum per plate. You can slice the fruit and fan them out on the plate for a lovely presentation. Drizzle a spoonful of the poaching liquid over each serving if desired.

Note: Cinnamon is reputed to have many health benefits, including anticlotting and antimicrobial properties and blood sugar regulation. Ground cinnamon is an excellent source of manganese and a good source of fiber, vitamin K, calcium, and iron.

Variation: Use red wine instead of white, which will add a nice pink color to the fruit.

EACH SERVING HAS			
190 calories 0g total fat	0g saturated fat 1g protein	45g carbohydrates 5g fiber	0mg cholesterol 0mg sodium

Mixed Berry Torte

Sweet berries and creamy, orange-kissed ricotta make a delicious summer treat.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
12 slices	30 minutes plus 2 hours cooling time	20 minutes	1 slice

1/3 cup granulated sugar
1/2 cup unsalted butter, softened
2 cups all-purpose flour
4 tbsp orange liqueur or orange juice
1 cup ricotta cheese
1 tbsp orange zest
1 tbsp honey
2 tbsp confectioners' sugar, plus more for garnish
1 pint fresh blueberries, washed and dried
8 oz (225g) fresh strawberries, washed, dried, stemmed, and sliced

1. Preheat the oven to 350°F (175°C).
2. In a food processor, pulse together granulated sugar, unsalted butter, all-purpose flour, and orange liqueur several times or until a dough ball forms. Remove dough from the processor and flatten into a disc shape.
3. Evenly press dough into the bottom of a 10-inch (25.5cm) tart pan with a removable bottom. Using a fork, prick the dough all over.
4. Bake for 15 to 20 minutes or until slightly golden brown. Remove from the oven, and let cool to room temperature.
5. Meanwhile, combine ricotta cheese, orange zest, honey, and confectioners' sugar. Spread mixture evenly over the top of the cooled crust.
6. Arrange blueberries on top of ricotta mixture.
7. Chill for 2 hours before serving. Garnish with more confectioners' sugar.

Variation: Use any kind of berries, and create a beautiful arrangement.

EACH SERVING HAS			
250 calories 11g total fat	7g saturated fat 5g protein	32g carbohydrates 2g fiber	30mg cholesterol 20mg sodium

Berry Sorbet

Sorbet is sweet, refreshing, and very easy to make with ripe summer berries.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 cups	40 minutes	None	½ cup

2 cups raspberries, washed, dried, and chopped

1 cup strawberries, washed, dried, stemmed, and finely diced

1 cup sugar

2 tbsp orange liqueur or orange juice

1 cup water

1. In a large bowl, combine raspberries, strawberries, sugar, orange liqueur, and water.
2. Pour mixture into an ice-cream maker. Follow the manufacturer’s guidelines, and let run for 30 minutes or until frozen.

Variation: If you do not have an ice-cream maker, you can freeze the sorbet mixture for about 8 hours. You will have to scrape it with a fork several times during the freezing process to prevent it from freezing solid. The finished sorbet will have larger ice crystals, making the texture and consistency different—more similar to an Italian ice—but still delicious.

EACH SERVING HAS			
140 calories 0g total fat	0g saturated fat 1g protein	32g carbohydrates 2g fiber	0mg cholesterol 0mg sodium

Fruit and Cheese Plate

Fruit is the perfect accompaniment to cheese and acts as a flavor catalyst. The toasted walnuts and almonds and the pomegranate seeds make a crunchy and sweet contrast to the savory cheese.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
4 servings	15 minutes	None	¼ recipe

4 Medjool dates, pitted
1 oz (30g) walnuts, toasted
1 oz (30g) almonds, toasted
1 pear, cored and sliced
3 oz (85g) Manchego cheese
3 oz (85g) fontina cheese
1 tbsp honey
¼ cup pomegranate seeds

1. On a platter, arrange Medjool dates, walnuts, almonds, pear slices, Manchego cheese, and fontina cheese.
2. Drizzle honey over pear slices, and sprinkle pomegranate seeds over the top.

Note: Fontina is a classic Italian cheese made from cow’s milk. It can be semisoft to firm, and the flavors can vary depending on where the cheese came from and how long it was aged. It can be eaten on its own, used in recipes, or even used as a fondue because it melts well.

Variation: Any type of cheese will do in place of fontina. If you do not have fresh fruit on hand, try using a chutney.

EACH SERVING HAS			
330 calories 21g total fat	8g saturated fat 16g protein	22g carbohydrates 4g fiber	45mg cholesterol 370mg sodium

Baked Stuffed Peaches

Sweet summer peaches are filled with a mixture of crunchy oats and nuts—like a peach pie without the crust (and all the work!).

YIELD	PREP TIME	COOK TIME	SERVING SIZE
8 servings	10 minutes	20 minutes	½ peach

4 medium fresh peaches,
halved and pitted
¾ cup rolled oats
½ cup unsweetened coconut
¼ cup chopped pistachios
3 tbsp brown sugar, firmly
packed
2 egg yolks
½ tsp vanilla extract
2 tbsp butter, at room
temperature
1 tbsp honey
¼ tsp kosher salt

1. Preheat the oven to 400°F (200°C). Butter a 9×13-inch (23×33cm) baking dish.
2. Scoop out ¼ of the flesh from the center of each peach half to make room for the filling. Set peaches aside.
3. In a medium bowl, combine rolled oats, coconut, pistachios, brown sugar, egg yolks, vanilla extract, butter, honey, and kosher salt.
4. Divide oat mixture evenly among peach halves, and place peach halves side by side in the prepared baking dish.
5. Bake for 15 to 20 minutes or until oat mixture is golden brown. Serve hot or cold.

Variation: Replace the coconut with the same amount of any dried fruit, such as cranberries, blueberries, or cherries. Substitute almonds or walnuts for the pistachios.

EACH SERVING HAS			
175 calories 10g total fat	5g saturated fat 3g protein	20g carbohydrates 3g fiber	60mg cholesterol 65mg sodium

Lemon Ricotta Muffins

Fresh lemon permeates sweet ricotta cheese to create the perfect spring muffins.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
12 muffins	15 minutes	20 minutes	1 muffin

½ cup butter, softened
1 cup granulated sugar
½ cup reduced-fat milk
1 cup ricotta cheese
1 tsp vanilla extract
1 egg, beaten
Zest of 1 lemon
Juice of 1 lemon
1¾ cups all-purpose flour
¼ cup cornmeal
2 tsp baking powder
½ tsp kosher salt
Confectioners' sugar (optional)

1. Preheat the oven to 350°F (175°C). Spray a 12-cup muffin pan with nonstick cooking spray, or line with paper liners.
2. In a large bowl, and using a mixer on medium speed, cream butter and granulated sugar for 2 minutes.
3. Add reduced-fat milk, ricotta cheese, vanilla extract, egg, lemon zest, and lemon juice. Mix on medium speed for 1 or 2 minutes or until well combined.
4. In a small bowl, combine all-purpose flour, cornmeal, baking powder, and kosher salt.
5. Add flour mixture to milk mixture, and gently fold until just combined.
6. Evenly divide batter among muffin cups, filling each with about ¼ cup batter.
7. Bake for 20 minutes or until golden brown.
8. Sprinkle with confectioners' sugar, if using.

Variation: Replace the lemon with any other citrus fruit.

EACH SERVING HAS			
260 calories 10g total fat	6g saturated fat 5g protein	36g carbohydrates 5g fiber	45mg cholesterol 210mg sodium

Baklava

In this rich, traditional Middle Eastern dessert, sweet and flaky phyllo dough is laced with honey and walnuts. Finely chop the walnuts in a food processor for the best results.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
16 pieces	45 minutes plus 1 hour cooling time and overnight soaking time	50 minutes	1 piece

- 1 lb (450g) walnuts
- 1¼ cups sugar
- 1 tsp ground cinnamon
- ¼ tsp ground cloves
- 14 sheets phyllo dough, thawed according to package directions
- 1¼ cups butter, melted
- ¾ cup water
- 3 oz (85g) orange blossom honey
- 1 tbsp freshly squeezed lemon juice
- 1 cinnamon stick

1. Lightly butter the bottom and sides of a 9×13-inch (23×33cm) baking pan.
2. In a medium bowl, combine walnuts, ¼ cup sugar, ground cinnamon, and ground cloves.
3. Lay out the stacked sheets of phyllo dough, and pull off 1 sheet at a time to work with. (Lay a damp towel over the rest to keep them from drying out while you work.) Using a pastry brush, brush 1 sheet with melted butter. Fold sheet in half, and place in the prepared baking pan. Repeat with 4 more sheets of dough, working with 1 sheet at a time, for 5 sheets total.
4. Spread ⅓ of the nut mixture evenly on top of the layered phyllo dough in the pan.
5. Repeat the procedure twice more, using 2 layered sheets of phyllo dough at a time (4 sheets total), ending with a top layer of nuts.
6. Repeat step 3 five more times so you end up with 5 more buttered, folded sheets of phyllo dough on top of nut mixture.
7. Trim the edges of the phyllo dough with a sharp knife to make a clean cut around the edges of the pan.
8. Chill for about 1 hour. This allows the butter to firm up the mixture prior to cutting.
9. Preheat the oven to 350°F (175°C).
10. Remove baklava from the refrigerator. Cut 4 equal rows down the shortest width of the pan from top to bottom. Then, cut horizontally down the center or side to create 8 squares. Finally, slice each square diagonally to get 16 triangles.
11. Bake for 45 to 50 minutes or until golden brown.
12. Meanwhile, in a small saucepan over medium-high heat, combine remaining 1 cup sugar, water, orange blossom honey, lemon juice, and cinnamon stick. Bring to a boil, reduce heat to low, and simmer for 10 minutes. Remove from heat, and cool to lukewarm. Remove and discard cinnamon stick.
13. Remove baklava from the oven, and pour syrup over the top while still hot. Let stand at room temperature overnight for the syrup to absorb.

Variation: Add different nuts such as almonds and flavorings such as orange zest to your syrup.

EACH SERVING HAS			
390 calories 28g total fat	7g saturated fat 6g protein	33g carbohydrates 2g fiber	25mg cholesterol 85mg sodium

Almond Cookies

Crispy and sweet with a delicate crumb, these almond-flavored cookies are a tasty treat any time of year.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
30 cookies	20 minutes plus 2 hours chilling time	20 minutes	1 cookie

$\frac{3}{4}$ cup raw almonds
1 cup unsalted butter, softened
 $\frac{1}{2}$ cup sugar
2 cups all-purpose flour
 $\frac{1}{2}$ tsp baking powder

1. Preheat the oven to 350°F (175°C). Oil 2 baking sheets.
2. In a food processor, pulse almonds until finely ground.
3. In a large bowl, and using a mixer on medium speed, cream unsalted butter and sugar for 2 minutes.
4. In a medium bowl, combine all-purpose flour, baking powder, and almonds.
5. Add flour mixture to the creamed sugar, and mix on low for about 30 seconds. Increase the speed to medium, and mix for 1 or 2 more minutes or until well combined.
6. Scoop 1-tablespoon cookies onto the prepared baking sheets, and chill for 1 or 2 hours.
7. Bake for 15 to 20 minutes or until slightly golden brown.

Variation: Add 1 teaspoon lemon, lime, or orange zest.

EACH SERVING HAS			
120 calories 8g total fat	4g saturated fat 2g protein	11g carbohydrates 1g fiber	15mg cholesterol 10mg sodium

Walnut Cake

Light and sweet with a tender crumb, this cake is excellent any time, but especially in the winter with a cup of hot coffee.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
12 pieces	10 minutes	25 minutes	1 piece

1½ cups all-purpose flour
½ cup granulated sugar
2½ tsp baking powder
¼ tsp kosher salt
1 egg
¼ cup olive oil
¾ cup reduced-fat milk
¾ cup walnuts, chopped
Confectioners' sugar

1. Position a rack in the center of the oven, and preheat the oven to 350°F (175°C). Lightly oil and flour the bottom of an 8×8-inch (20×20cm) baking pan.
2. In a large bowl, combine all-purpose flour, granulated sugar, baking powder, and kosher salt.
3. In a medium bowl, beat together egg, olive oil, and reduced-fat milk.
4. Add egg mixture to flour mixture, and mix until incorporated.
5. Add walnuts, and mix well.
6. Pour batter into the prepared pan. Bake for 20 to 25 minutes or until a toothpick inserted into the center of the cake comes out clean.
7. Remove from the oven, and cool on a wire rack.
8. Transfer cake to a serving platter, and dust with confectioners' sugar. Serve warm or at room temperature.

Variation: Add ½ cup dried cranberries or raisins.

EACH SERVING HAS			
200 calories 10g total fat	1.5g saturated fat 4g protein	25g carbohydrates 1g fiber	0mg cholesterol 125mg sodium

Orange Rice Pudding

Sweet orange and cinnamon accent creamy rice and make this rice pudding a wonderful winter dessert.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
3 cups	10 minutes	30 minutes	½ cup

1 cup short-grain white rice
2½ cups reduced-fat milk
1 tsp vanilla extract
1 tsp ground cinnamon
¼ tsp kosher salt
1 large orange
1 tbsp orange liqueur or
orange juice

1. In a medium saucepan over medium-high heat, combine short-grain white rice, reduced-fat milk, vanilla extract, ground cinnamon, and kosher salt. Bring to a boil, reduce heat to a simmer, and cook for about 15 minutes.
2. Meanwhile, cut off the top and bottom of orange. Place orange cut side down on a cutting board, cut off peel and white pith, and slice orange from top to bottom. Holding the orange over a bowl to catch the juice, cut out orange segments, leaving behind the membrane between each section. Set aside segments. Squeeze the juice from the remaining orange membranes into the rice mixture.
3. Stir cooked rice, cover, and cook for 15 more minutes or until all liquid has been absorbed.
4. Stir in orange liqueur, and add orange segments. Serve warm or cold.

Variation: Add ½ cup golden raisins and ½ cup toasted coconut.

EACH SERVING HAS			
190 calories 2g total fat	1.5g saturated fat 6g protein	35g carbohydrates 2g fiber	10mg cholesterol 120mg sodium

Fig and Apricot Compote

The sweet-and-sour spice mix in this recipes makes this compote a great spread for any type of bread or cracker.

YIELD	PREP TIME	COOK TIME	SERVING SIZE
3 cups	10 minutes	60 minutes	¼ cup

- 8 oz (225g) dried figs, stems removed
- 6 oz (170g) dried apricots
- 3 oz (85g) crystallized ginger
- 2 cinnamon sticks
- 1 cup sugar
- Juice of 1 lemon
- 1 tsp apple cider vinegar
- 2 cups water

1. In a food processor, pulse figs until finely chopped. Transfer to a medium saucepan.
2. Add apricots and crystallized ginger to the food processor, and pulse until finely chopped. (Do not overload the food processor because fruit is sticky; you want evenly diced fruit.) Transfer apricots and ginger to the pan with figs.
3. Add cinnamon sticks, sugar, lemon juice, apple cider vinegar, and water to the pan, and stir to combine. Set over medium heat, and bring to a boil.
4. Reduce heat to low, and simmer, stirring occasionally, for 45 to 60 minutes or until most liquid has evaporated.

Variation: Try any other type of dried fruit, like cherries, blueberries, or raisins.

EACH SERVING HAS			
170 calories 0g total fat	0g saturated fat 1g protein	45g carbohydrates 3g fiber	0mg cholesterol 15mg sodium

Seven-Day Summer Menu Plan

Summer offers an abundance of fresh fruits and vegetables at their peak flavor—summer melons, berries, and tomatoes come to mind. In-season foods tend to be fresher, last longer, and cost less. One way to learn what is in season in your area is to visit your local farmers market. And because it's summertime, grill some fish, lean meats, and veggies. The leftovers can be used for sandwiches and salads throughout the week.

Day 1

Breakfast: Whole-grain waffle with fresh blueberries and low-fat Greek yogurt

Lunch: Spinach, Orange, and Feta Salad (page 254); Caramelized Onion Flatbread (page 258)

Snack: A handful of walnuts and grapes

Dinner: Pan-Seared Orange Scallops (page 269); Minted Cucumber Salad (page 253); steamed zucchini, tomatoes, and onions drizzled with extra-virgin olive oil

Snack: Tomato Basil Bocconcini (page 232)

Day 2

Breakfast: Oatmeal with nuts, honey, and fresh raspberries

Lunch: Gazpacho (page 245); Smoked Salmon Bites (page 237)

Snack: Strawberries

Dinner: Grilled lamb chops with Pesto (page 223); Golden Couscous Salad (page 249)

Snack: Lemon Minted Melon (page 234)

Day 3

Breakfast: Scrambled egg wrap with tomatoes, feta, and spinach; fat-free milk

Lunch: Grilled chicken; Zucchini and Walnuts (page 282); couscous; Classic Mixed Greens Salad with Balsamic Vinaigrette (page 255)

Snack: Sliced watermelon

Dinner: Prosciutto and Roasted Vegetable Panini (page 266); Baked Stuffed Peaches (page 306)

Snack: Pear, Provolone, Asiago, and Balsamic Flatbread (page 259)

Day 4

Breakfast: Low-fat Greek yogurt mixed-berry parfait with granola

Lunch: Shrimp and Melon Salad (page 252)

Snack: A handful of almonds and grapes

Dinner: Hummus (page 228); Veggie Wrap (page 263); Berry Sorbet (page 304)

Snack: Strawberries with balsamic reduction

Day 5

Breakfast: Fresh raspberries with melted fontina cheese on toast

Lunch: Chicken Tzatziki Pita (page 265); Pickled Asparagus (page 290)

Snack: Fresh cherries and a handful of walnuts

Dinner: Angel Hair Pasta with Pesto, Mushrooms, and Arugula (page 275)

Snack: Lemon Ricotta Muffin (page 307)

Day 6

Breakfast: Blueberry yogurt smoothie

Lunch: Tomato Basil Pizza (page 261); Poached Summer Fruit (page 302) with yogurt

Snack: A handful of walnuts

Dinner: Crab Cakes (page 231); Lemon Kale Ribbons (page 288); Roasted Red Pepper Tapenade (page 222)

Snack: Sliced watermelon

Day 7

Breakfast: Baked Vegetable Omelet (page 230); fat-free milk

Lunch: Melon, Figs, and Prosciutto (page 224)

Snack: Strawberries and almonds

Dinner: Grilled halibut; Golden Chard (page 294); quinoa; Mixed Berry Torte (page 303)

Snack: Eggplant dip with celery, carrots, and red bell pepper

Seven-Day Fall Menu Plan

Fall is a transitional time when we have the bounty of leftovers from summer fruits and vegetables that survive until the temperatures drop too low. Fall vegetables like kale and root vegetables are a heartier fare and require a little more preparation. Roasting vegetables helps draw out and concentrate their flavors.

Day 1

Breakfast: Baked Vegetable Omelet (page 230); fat-free milk

Lunch: Mushroom, Artichoke, and Arugula Flatbread (page 260)

Snack: Nectarine

Dinner: Grilled chicken apple sausage; Barley and Vegetable Sauté (page 298); baked acorn squash

Snack: Dried cherries and pecans

Day 2

Breakfast: Oatmeal with cinnamon apples

Lunch: Chicken Almond Wrap (page 264)

Snack: Red and green grapes

Dinner: Split Pea Soup (page 244); Classic Mixed Greens Salad with Balsamic Vinaigrette (page 255); Parmesan Pepper Crisps (page 236)

Snack: Stuffed Dates (page 225)

Day 3

Breakfast: Whole-grain waffle with orange segments and low-fat yogurt

Lunch: Tuna Salad with Capers and Potatoes (page 250)

Snack: A handful of almonds and dried apricots

Dinner: Two-Cheese Risotto (page 283); Cinnamon Apple and Nut Phyllo Rolls (page 300)

Snack: Hummus (page 228) with Parmesan Pepper Crisps (page 236)

Day 4

Breakfast: Apple cinnamon yogurt smoothie

Lunch: Mixed Bean Soup (page 246); Mushroom Crostini (page 226)

Snack: A handful of cashews

Dinner: Caramelized Onion Flatbread (page 258); Classic Mixed Greens Salad with Balsamic Vinaigrette (page 255)

Snack: Figs, olives, and mozzarella

Day 5

Breakfast: Scrambled egg wrap with roasted red peppers and onions; fat-free milk

Lunch: Eggplant Rolls (page 229); Quinoa Pilaf (page 297)

Snack: Orange

Dinner: Bean and Vegetable Patties (page 291); steamed broccoli; Baklava (page 308)

Snack: Olives; crusty bread dipped in extra-virgin olive oil

Day 6

Breakfast: Yogurt parfait with diced pears and blueberries

Lunch: Grilled chicken breast; patty pan squash sautéed with garlic; Tabbouleh Salad (page 256)

Snack: Apple

Dinner: Seafood Stew (page 268); crusty bread; Classic Mixed Greens Salad with Balsamic Vinaigrette (page 255)

Snack: Toasted almonds and pomegranate seeds

Day 7

Breakfast: Pear, Provolone, Asiago, and Balsamic Flatbread (page 259)

Lunch: Roasted Beet Salad (page 248); Onion Apple Marmalade (page 235) on crusty bread

Snack: Orange

Dinner: Lamb Shanks (page 278); garlic mashed potatoes; sautéed spinach

Snack: Eggplant dip with whole-wheat pita wedges

Seven-Day Winter Menu Plan

Cold winter days are a good time to make use of kitchen staples. A well-stocked pantry can help you whip up a delicious meal regardless of the weather outside. Do not be afraid to use frozen vegetables when fresh are not as readily available. Or cook dried beans and pastas with canned ingredients like artichoke hearts, tomatoes, and corn. Dried ingredients like raisins, sun-dried tomatoes, figs, and dates are wonderful to use in winter, too.

Day 1

Breakfast: Poached egg on toast; blood orange sections; fat-free milk

Lunch: Lemon Lentil Soup (page 241); Parmesan Pepper Crisps (page 236); Classic Mixed Greens Salad with Balsamic Vinaigrette (page 255)

Snack: Low-fat Greek yogurt; almonds; apple wedges

Dinner: Roasted chicken; Rosemary Garlic Potatoes (page 286); broccoli rabe

Snack: Orange Rice Pudding (page 312)

Day 2

Breakfast: Yogurt parfait with diced pears

Lunch: Marinated Artichoke Salad (page 247); ½ turkey sandwich

Snack: Dried fruit and walnuts

Dinner: Salmon Fennel Bundles (page 273); couscous; baby carrots

Snack: Lemon Ricotta Muffin (page 307)

Day 3

Breakfast: Oatmeal with toasted almonds and orange segments; fat-free milk

Lunch: Tomato Basil Soup (page 240); Classic Mixed Greens Salad with Balsamic Vinaigrette (page 255)

Snack: Low-fat yogurt and apple wedges

Dinner: Lamb Patties without pasta (page 276); Sweet Polenta with Sun-Dried Tomatoes (page 295); roasted brussels sprouts

Snack: Olive tapenade on a toasted baguette slice

Day 4

Breakfast: Tangerine segments and melted fontina cheese on toast

Lunch: Fennel and Apple Salad (page 251); roasted chicken

Snack: Cashews; low-fat mozzarella cheese; olives

Dinner: Crispy Turkey Cutlets (page 279); Curried Cauliflower (page 287); red kidney beans

Snack: Walnut Cake (page 311)

Day 5

Breakfast: Oatmeal with almonds, pears, and honey

Lunch: Caramelized Onion Flatbread (page 258); spaghetti squash with chickpeas and feta

Snack: Orange sections drizzled with extra-virgin olive oil

Dinner: Butternut Squash Soup (page 242); ½ cheese panini; Classic Mixed Greens Salad with Balsamic Vinaigrette (page 255)

Snack: Olives; crusty bread dipped in extra-virgin olive oil

Day 6

Breakfast: Whole-grain waffle with sliced apples; low-fat yogurt

Lunch: Tuna salad wrap with avocado slices

Snack: Pear

Dinner: Spicy Tomato Sauce with Linguine (page 274); chicken apple sausage; sautéed zucchini

Snack: Stuffed Dates (page 225)

Day 7

Breakfast: Baked Vegetable Omelet (page 230); blood orange sections; fat-free milk

Lunch: Turkey panini; watercress salad; cup of minestrone soup

Snack: Low-fat Greek yogurt and walnuts

Dinner: Butternut Squash and Goat Cheese Pizza (page 262)

Snack: Fig and Apricot Compote (page 313); Onion Apple Marmalade (page 235) on crusty bread

Seven-Day Spring Menu Plan

Spring emerges with delicate leafy greens, tender asparagus, and artichokes. You can even grow your own leafy greens. You just need to protect the young plants from a late frost by covering them if the temperature dips too low. These spring menus are lighter but still satisfying.

Day 1

Breakfast: Baked Vegetable Omelet (page 230); fat-free milk

Lunch: Prosciutto and Roasted Vegetable Panini (page 266); avocado slices

Snack: Low-fat Greek yogurt and kumquats

Dinner: Chicken Piccata (page 280); Sautéed Spinach and Mushrooms (page 285); white kidney beans; Vanilla Panna Cotta (page 301)

Snack: Tangelo and a handful of pecans

Day 2

Breakfast: Low-fat Greek yogurt parfait with apple and granola

Lunch: Vegetable Orzo Soup (page 243); ½ turkey sandwich

Snack: Dried apricots and a handful of walnuts

Dinner: Sole Florentine (page 271); Rosemary Garlic Potatoes (page 286); roasted peppers; Almond Cookies (page 310)

Snack: Hummus (page 228) with celery and carrot sticks

Day 3

Breakfast: Oatmeal with walnuts and honey

Lunch: Chicken Almond Wrap (page 264); steamed asparagus

Snack: Low-fat yogurt and apple wedges

Dinner: Panzanella (page 293) with turkey; Orange Rice Pudding (page 312)

Snack: Fruit and Cheese Plate (page 305)

Day 4

Breakfast: Frozen blueberry yogurt smoothie

Lunch: Tuna Salad with Capers and Potatoes (page 250)

Snack: Blood orange segments drizzled with extra-virgin olive oil and chopped pistachios

Dinner: Appetizer quartet: Lamb Pesto Crostini (page 233); Roasted Red Pepper Tapenade (page 222); Onion Apple Marmalade (page 235); Pickled Asparagus (page 290)

Snack: Hummus (page 228) with carrots, radishes, and celery sticks

Day 5

Breakfast: Scrambled egg wrap with feta, mushrooms, and spinach; tangerine segments; fat-free milk

Lunch: Lemon Lentil Soup (page 241); ½ cheese panini

Snack: Cashews; dried cherries and blueberries

Dinner: Spicy Tomato Sauce with Linguine (page 274); Classic Mixed Greens Salad with Balsamic Vinaigrette (page 255)

Snack: Olives; crusty bread dipped in extra-virgin olive oil

Day 6

Breakfast: Whole-grain waffle with apple slices and low-fat yogurt

Lunch: Mushroom, Artichoke, and Arugula Flatbread (page 260)

Snack: Dried dates and apricots with walnuts

Dinner: Almond-Crusted Barramundi (page 272); Minted Peas with Pancetta (page 289); quinoa; Almond Cookies (page 310)

Snack: Roasted Red Pepper Tapenade (page 222) with whole-wheat pita

Day 7

Breakfast: Broiled pink grapefruit with brown sugar and low-fat Greek yogurt

Lunch: Spinach, Orange, and Feta Salad (page 254); cup of vegetable soup

Snack: Apple wedges with Manchego cheese

Dinner: Lamb Patties and Pasta (page 276); Classic Mixed Greens Salad with Balsamic Vinaigrette (page 255)

Snack: Lemon Cannellini Spread (page 227) with toasted whole-wheat flatbread

Glossary

alpha linolenic acid (ALA) Omega-3 fatty acids found in plant sources.

amino acids The building blocks that make up protein.

antioxidants A group of nutrients that counteract effects of harmful free radicals.

body mass index (BMI) An index calculated using height and weight to determine a person's healthy weight range.

capers Immature buds plucked from a small bush native to the Mediterranean and Middle East.

carbohydrates An organic compound consisting of carbon, hydrogen, and oxygen. A component of food that provides calories and energy to the body.

cardiovascular disease A class of diseases that involve the heart and/or the blood vessels, including the arteries and veins.

cholesterol A soft waxy substance found among the lipids or fats in the bloodstream and in the cells of the body. Dietary cholesterol is found in animal foods.

complete protein A protein that provides the body with an adequate proportion of all nine essential amino acids needed for optimal health.

complex carbohydrates (starches) Three or more simple sugars that are linked together. Also called *polysaccharides*.

coronary artery disease *See* coronary heart disease (CHD).

coronary heart disease (CHD) A narrowing of the small blood vessels that supply both blood and oxygen to the heart.

DASH diet Stands for "Dietary Approaches to Stop Hypertension." A heart-healthy diet to help people manage high blood pressure.

diabetes A group of diseases that are evident by high levels of blood glucose or blood sugar due to defects in either the production or action of insulin (a hormone in the body) or both.

Dietary Guidelines for Americans Science- and evidence-based nutritional and fitness goals that promote health and are meant to help reduce the risk of chronic disease.

Dietary Reference Intakes (DRI) Daily nutrient recommendations for Americans based on age and gender that are set by the Institute of Medicine's Food and Nutrition Board (FNB). Expressed as recommended daily allowance (RDA) or Adequate Intake (AI).

disaccharides *See* simple carbohydrates (simple sugars).

diverticulosis A condition of the colon in which tiny pouches, or diverticula, form on the colon walls. When these pouches become infected or inflamed, the condition is known as diverticulitis.

docosahexaenoic acid (DHA) An omega-3 fatty acid exclusively found in fish and seafood.

eicosapentaenoic acid (EPA) An omega-3 fatty acid exclusively found in fish and seafood.

empty-calorie foods Foods high in calories but low in nutritional content.

enriched When nutrients that were removed during processing are added back to a food.

fat-soluble vitamins Vitamins that dissolve in fat and are carried through the bloodstream and the body through fat (vitamins A, D, E, and K).

free radicals Highly reactive atoms or groups of atoms with an unpaired electron. They can come from the environment, such as cigarette smoke, pollution, and ultraviolet light, or be the by-product of the body using oxygen. Free radicals cause damage to body cells.

fructose The natural sugar found in fruit.

glucose A simple sugar found in some foods that the body uses as a source of energy. It also circulates in the blood as blood glucose or blood sugar.

gluten A mixture of proteins found in wheat, rye, barley, and other foods. It's what gives bread the elasticity and structure that allows it to rise.

glycemic index (GI) A numerical scale that indicates how fast a single food raises blood glucose (blood sugar).

healthy fats Fats that are unsaturated, such as monounsaturated, polyunsaturated, and omega-3 fatty acids. These fats help reduce the risk for heart disease.

heme iron The form of most iron found in animal-based foods.

high-density lipoproteins (HDL) Referred to as "good" cholesterol. Rids the body of dietary cholesterol, which lowers your risk for heart disease.

hydrogenation The process by which liquid vegetable oil is made more solid by the addition of hydrogen.

hypertension The medical term for high blood pressure.

incomplete protein A protein that does not include all nine essential amino acids or does not include all nine in adequate amounts. Found in most plant proteins.

insoluble fiber A type of fiber found in plants that the body cannot digest and does not break down as it passes through the digestive tract. Helps promote regularity.

ketogenic diet A diet that severely restricts carbohydrates and is high in protein and fat. These diets trigger short-term weight loss. *See also* ketosis.

ketosis An abnormal accumulation of ketones in the body that occurs when the person's diet lacks enough carbohydrates, the body's main source of energy, and results in an excessive breakdown of fats.

lactose The natural sugar found in dairy products such as milk.

lavash A flatbread of Middle Eastern origin.

legumes A category of plants that have pods (or fruits) and include beans, peas, lentils, and peanuts.

lipids A general term that refers to all fats, cholesterol, and fatlike substances.

low-density lipoproteins (LDL) Referred to as "bad" cholesterol. Causes cholesterol buildup in artery walls, which increases the risk for heart disease and stroke.

Mediterranean Diet Pyramid A visual representation of the most current nutritional research on the healthy, traditional Mediterranean diet.

metabolism The process by which the body uses or burns calories for energy.

micronutrients *See* vitamins; minerals.

minerals Inorganic compounds essential to the body for various functions. Minerals come in two categories: major and trace. Major minerals are needed by the body in greater amounts than trace minerals.

monosaccharides *See* simple carbohydrates (simple sugars).

monounsaturated fats Fats that are missing one hydrogen pair on their chemical chain. They are typically liquid at room temperature but solidify when chilled. Considered a heart-healthy fat.

nonheme iron The type of most iron found in plant-based foods.

nutrient-dense foods Foods that contain vitamins, minerals, fiber, and other essential nutrients yet are low in calories.

Nutrition Facts Panel The box on food labels that provides required nutritional information.

omega-3 fatty acids A group of essential polyunsaturated fatty acids that are considered heart healthy and health-promoting. Our body cannot produce them, so we must get them from the foods we eat.

omega-6 fatty acids A group of essential polyunsaturated fatty acids. Although they are essential, the amount we should consume has been controversial.

orzo Small, rice-shaped pasta.

pancetta A pork product similar to bacon except pancetta is not smoked.

phytochemicals *See* phytonutrients.

phytonutrients Naturally occurring compounds found in plant-based foods that offer potential health benefits.

plant sterols/stanols Substances found naturally in fruits, vegetables, and plant oils that have been found to lower LDL cholesterol.

polysaccharides *See* complex carbohydrates (starches).

polyunsaturated fats Fats that have more than one missing hydrogen pair on their chemical chain. These fats are typically liquid at room temperature and when chilled. They are considered a healthy fat.

probiotics Live microorganisms (usually bacteria) that are similar to beneficial microorganisms found in our gut. They are good bacteria that may treat and prevent certain illnesses and support general health. An example is the live bacterial cultures found in yogurt.

proteins A macronutrient found both in the foods we eat and in many structures of the body.

refined grains Whole grains that have been processed or milled and have had the bran and germ removed.

saturated fats Fats with a chemical structure that is saturated with hydrogen. They are solid at room temperature and can increase total and bad cholesterol, raising one's risk for heart disease, stroke, and cancer.

simple carbohydrates (simple sugars) Single sugar units or pairs of sugar units linked together.

soluble fiber A type of fiber in plant foods that dissolves easily in water and takes on a soft, gel-like form in the intestines. Helps lower cholesterol and regulate blood sugar.

smoke point The temperature at which an oil will smoke when heated.

trans fats Fats that raise total and bad cholesterol, lower good cholesterol, and increase the risk for heart disease and stroke. Produced when liquid fats are put through the hydrogenation process.

triglycerides The main form of fat in foods. Excess calories from any type of food source are processed in the body and changed to triglycerides for storage as fat in the body.

vitamins Organic compounds and a group of nutrients that are required in small amounts for optimal health.

water-soluble vitamins Vitamins that dissolve in water and are carried through the body by watery fluids (eight B vitamins plus vitamin C).

whole grains Grains that are made of the entire seed of the grain, containing the three key parts: bran, germ, and endosperm.