

Healthier NASA

by Choice



Office of the Chief Health and Medical Officer

Recipes for Healthy Living



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Healthier by Choice Recipes



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Source: Lackmann Culinary Services, Lighter by Choice 2001

We thank Lackmann Culinary for their contribution. For a full set of these recipes please visit: www.ohp.nasa.gov

Healthy Recipes



- Lackmann Culinary's 2001 Lighter by Choice recipe collection: <http://ohp.nasa.gov/>
- The 5 A Day program endorses recipes that promote the use of fruits and vegetables, are low in fat and cholesterol, and use whole grains. Minimal use of salt and sugar are strongly encouraged in all recipes. <http://www.cdc.gov/nccdphp/dnpa/5ADay/recipes/index.htm>
- Heart-healthy recipes, including African American, Latino, and Stay Young at Heart favorites from the National Heart, Lung and Blood Institute. <http://hin.nhlbi.nih.gov/cholmonth/Recipes.htm>
- The American Diabetes Association offers a variety of nutritional and delicious recipes. Save your favorite recipes, email a recipe to a friend, or learn to modify your current recipes by reading Cooking Tips. <http://vgs.diabetes.org/recipe/index.jsp>
- Recipe makeovers by Mayo Clinic registered dietitians, from breakfast items to elegant dinners. <http://www.mayoclinic.com/invoke.cfm?objectid=C301BB78-4C79-4CE7-812797F2B14D1416>
- American Heart Association's Delicious Decision, where "delicious" meets "nutritious": <http://www.deliciousdecisions.org/>
- Information on the entire library of American Heart Association's many cookbooks: <http://www.americanheart.org/presenter.jhtml?identifier=3001239>

Tips to Stop Stress-Induced Overeating



1. Practice waiting. Postpone instant gratification by 15 - 30 minutes.
2. Stress-related cravings disappear with distraction. If you can't stop obsessing about food, then indulge yourself in a healthier option or a smaller serving.
3. If you binge at the end of the day, having something to look forward to such as a book or a video can distract you and deter the craving.
4. Keep a list of daily food intake. Knowing you have to write down every snack or nibble reminds you to think before eating.
5. Make a personal rule to eat only while seated and not otherwise occupied. By focusing more on eating you are less likely to consume more than you should.
6. Enlist a friend's help - ideally one who also is tempted by stress-related cravings. Friendly support is a key to success.
7. Keep yourself nourished. Skipping meals while under stress only prompts you to eat more or promote binge eating at meal time.
8. Post some reminder messages where you're likely to see them. Use any message that works for you. Example: "Are you *really* hungry?"
9. Know yourself - and your weakest times, places and tempting food items. Remove yourself physically from the area and remove tempting foods from your office or home.
10. Refuse to allow others to break your resolve.
11. If you're a vending machine junkie, try an experiment. Each time you resist a craving, put the money you'd have spent in a jar and watch your small "fortune" grow.
12. Never go shopping while hungry. Always have a shopping list to stay focused. Set a budget and stay within the limits.

Sources:

- Melissa C. Stöppler, M.D., <http://stress.about.com/cs/stressandeating/a/aa092501.htm>
- Dr. Frank C. Richardson, Associate Professor, Department of Educational Psychology, *Stress, Sanity, and Survival*. University of Texas at Austin, Learning Center <http://www.utexas.edu/student/utlc/makinggrade/stress.html>

Desk Exercise to Relieve Stress



When placed in a stressful situation, our first reaction is to hold our breath and tense our neck, shoulder and back muscles. The following desk exercises allow you to relieve tension by consciously focusing on the moment. Exercise forces you to be “physical” and to rest your mind. While doing these exercises do not pull and push too hard. You will create more tension in your muscles.

Proper Sitting Posture at Work Station

Keep your posture neutral with your back supported by your chair. Feet should be flat on the floor, with knees and shoulders in line. Eyes should be looking straight ahead.

Initiate Breathing Exercises to Call Attention to the Present Moment

Completely fill the abdominal and chest cavity with air. Deep Breathing: Take air in through nose and out through mouth. Repeat 5 - 10 times.

While Standing Tall

Slowly swing your right arm and place it between your shoulder blades. With your left hand, hold and pull in your right elbow. Hold for 10 counts. Repeat the movement with your left arm. Raise and relax both shoulders. Repeat 10 times.

Move your shoulders back as far as they will go as if standing at attention. Then bring your arms together in front of your chest. Repeat 5 times.

Place your hands on the desk. Then place your right leg back behind you while keeping your left leg underneath you creating a wide base. Stretch your right leg for 10 seconds. Repeat by placing your left leg back and holding for 10 counts.

Place your hands on your desk. Keep your feet at shoulder widths distance apart with your toes pointing out. Slowly lower your body by bending your knees as far as they will comfortably go. Hold the position for 5 counts. Repeat 10 times.

Sit Back Down Comfortably, Regaining a Neutral Posture

Slowly rotate your head clockwise and counter clockwise. Repeat 3 times.

Open your mouth as wide as you can and stick your tongue out as much as you can. Repeat 5 times.

Resume Proper Sitting Posture and End with Breathing Exercises

Try other stress-reducing, tension-releasing fitness regimens:

- **T'ai Chi** is a comprehensive series of gentle physical movements, and breathing techniques, with mental and spiritual intent. It is calming and rejuvenating.
- **Pilates** coordinates mind, body and breath to develop strong muscles while achieving a more efficient circulatory and lymphatic system.
- **Yoga** is built on controlled exercise, breathing and meditation to approach a quiet mind, silence and healing from daily stress.

Source: www.cbsnews.com



Egg Burrito



Number of portions: 2 Portion size: 2 burritos

5	Egg whites
1/4 cup	non-fat milk
4	Soft tortilla shells (6")
1 Tbsp	Low fat cheddar cheese
1 Tbsp	Pinto beans
1 oz	Lettuce, shredded
1 oz	Tomato, chopped
2 oz	Salsa

1. Warm tortilla shells in oven.
2. Beat together milk and eggs until blended.
3. Spray pan with cooking spray over medium heat.
4. Pour egg mixture in pan and stir with a fork, then add beans.
5. Stir until eggs are thickened, with no liquid remaining.
6. Fill tortilla shells with egg mixture, shredded cheese, lettuce and tomato. Top with salsa.

Approximate nutrient analysis per serving:

Calories: 400 Percentage of calories from: Protein: 31% Fat: 18% Carbohydrates: 51%
Protein: 30.9g Fat: 7.8g Carbohydrates: 52g Cholesterol: 278mg Sodium: 15mg

Linguine with Spicy Citrus Dressing



Number of portions: 4-6 Portion size: 1 oz

Dressing:

2 Tbsp Rice wine vinegar
6 Tbsp Orange juice
4 Tbsp Lite soy sauce
1 tsp Ground ginger
1 tsp Minced fresh garlic
1 tsp Catsup
3 Tbsp Sesame oil
1 Tbsp Lemon juice
1 Tbsp Honey
Crushed red pepper
to taste
Salt to taste

1 lb Cooked linguine
1 lb Grilled sliced chicken breast in 1" slices
1 cup Celery cut on a bias
1 cup Red peppers sliced into thin strips
2 Tbsp Scallions sliced thin on a bias
 $\frac{1}{2}$ cup Julienne carrots
2 Cucumbers, peeled and seeds
and sliced on a bias

1. Mix dressing and toss with remaining ingredients.
2. Refrigerate at least 1 hour before serving.

Approximate nutrient analysis per serving:

Calories: 56 Percentage of calories from: Protein: 52% Fat: 25% Carbohydrates: 23%
Protein: 7.4g Fat: 1.6g Carbohydrates: 3.3g Cholesterol: 21mg Sodium: 101mg



Black Bean Chili



Number of portions: 4 Portion size: 12 oz.

1/2 lb	Black beans
1 Tbsp	Olive oil
3/4 cup	Diced onion
1 Tbsp	Minced garlic
1/3 cup	Diced celery
1/3 cup	Diced red pepper
1/3 cup	Diced green pepper
1/2	Jalapeno, minced
1 1/2 tsp	Ground cumin
1 1/2 tsp	Ground coriander
1 1/2 tsp	Crushed red pepper
dash	Cinnamon
1 lb	Diced tomatoes
1 1/2 tsp	Cocoa
1/2 bunch	Chopped cilantro
1/2 tsp	Ground Ginger

1 tsp	Salt
1 tsp	Crushed black peppercorns
2 tsp	Chili powder

1. Soak beans in enough water to cover for about 3-5 hours. Drain and rinse with cold water.
2. Combine beans with enough fresh water to cover in a large stockpot. Simmer beans until tender, about 1 1/2 hours, add more water as needed. When cooked through, drain, set aside.
3. Heat oil in large stockpot and sauté onions until carmelized, add garlic and celery, sauté 2 mins.
4. Add peppers, herbs and other spices (except cilantro, cocoa, salt and pepper) and sauté about 4 mins.
5. Add tomatoes and black beans.
6. Simmer all ingredients about 30-50 mins until flavors combine.
7. Add cilantro, cocoa, salt and pepper and serve.

Approximate nutrient analysis per serving: Calories: 283 Percentage of calories from: Protein: 20% Fat: 15% Carbohydrates: 69%
 Protein: 14.3g Fat: 4.7g Carbohydrates: 47.9g Cholesterol: 0mg Sodium: 615mg



Curried Red Lentil Soup



Number of portions: 4 Portion size: 12 oz.

1 ¹ / ₂ tsp	Canola oil
1	Onion, large, chopped
³ / ₄ tsp	Garlic minced
1 ¹ / ₄ tsp	Gingerroot, peeled, minced
¹ / ₄	Jalapeno pepper, minced
1 ¹ / ₂ tsp	Curry powder
¹ / ₄ tsp	Cinnamon, ground
³ / ₄ tsp	Salt
³ / ₄ tsp	Pepper
1	Bayleaf
1 cup	Red lentils
2 cups	Chicken broth, low sodium
1 Tbsp	Cilantro, chopped
1 Tbsp	Lemon juice
2 Tbsp	Mango chutney
¹ / ₄ cup	Plain yogurt

1. In a heavy stockpot, heat oil over medium heat. Add onions and sauté until softened, 3-5 mins. Add garlic and dry spices. Cook for approximately 5 mins more.
2. Stir in lentils and chicken stock, bring to a boil. Reduce heat and simmer partially covered for about 4-5 mins or until the lentils are tender.
3. Discard the bay leaf and swirl in the cilantro, lemon juice, chutney and yogurt.

Approximate nutrient analysis per serving: Calories: 585 Percentage of calories from: Protein: 32% Fat: 11% Carbohydrates: 59%
Protein: 19.5g Fat: 3g Carbohydrates: 36.3g Cholesterol: 1mg Sodium: 994mg



Sizzling Chicken & Pasta Salad...



Number of portions: 6 Portion size: 1 1/2 cups

3/4 lb	Grilled chicken breast plain, cut into 1" pieces
1 Tbsp	Olive oil
1 1/2 tsp	Dried oregano
1 1/2	Garlic cloves, large, minced
4 1/2 cups	Diced tomato
3/4 cup	Sliced green onions
1/2 cup	Chopped fresh parsley, divided
3 Tbsp	Lemon juice
6 cups	Hot cooked bow tie pasta
1 1/2 cups	Crumbled feta cheese, divided
	Fresh ground pepper, to taste
12 cups	Mixed greens
	Lemon slices (optional)
	Green onions (optional)

1. Heat oil in a large nonstick skillet over med-high heat. Add oregano and garlic, sauté 30 secs.
2. Add tomatoes, green onions, 2 Tbsp parsley, and lemon juice. Cook 2 mins or until thoroughly heated.
3. Combine tomato mixture, chicken, pasta, and 1 cup cheese. Toss gently. Top with remaining cheese and parsley, add pepper if desired.
4. Serve mixture over 2 cups mixed greens, per individual. Garnish with optional lemon slices and green onions.

Approximate nutrient analysis per serving:

Calories: 468 Percentage of calories from: Protein: 28% Fat: 37% Carbohydrates: 35%
Protein: 33.3g Fat: 19g Carbohydrates: 41g Cholesterol: 105mg Sodium: 764mg

Fat Free Red Bliss Potato Salad



Number of portions: 6 Portion size: 1 oz

1/2 lb	Potatoes, red, new
1 tsp	Yellow onion, raw, finely diced
1 tsp	Pimento, chopped
2 Tbsp	Celery, diced
1 tsp	Parsley
2 Tbsp	Fat free mayonnaise
1 1/2 tsp	White cider vinegar
dash	Dry mustard
dash	Celery seed
	Pepper to taste
sprinkle	Dill

1. Peel and dice potatoes.
2. Cook potatoes in boiling water until done.
3. Drain away excess water.
4. In a separate bowl combine onions, pimento, diced celery, parsley and remaining ingredients.
5. Combine the above mixture with cooled potatoes.
6. Sprinkle with dill.

Approximate nutrient analysis per serving: Calories: 34 Percentage of calories from: Protein: 1% Fat: 6% Carbohydrates: 83%
Protein: .1g Fat: .23g Carbohydrates: 7g Cholesterol: 6mg Sodium: 48mg

Southwestern Salmon w/Grilled Pineapples



Number of portions: 6 Portion size: 4 oz salmon, 1 1/2 oz mixed greens, 1/2 oz dressing

Six 4 oz	Salmon filet, boneless, skinless
6 slices	Pineapple, sliced 3/8" thick
1 cup	Mesculin greens
3	Plum tomatoes, sliced
1	Cucumber, sliced thin
1 1/2 tsp	McCormick southwest seasoning
	Cracked black pepper, to taste

Dressing:

2 1/2 Tbsp	Balsamic vinegar
1 oz 1/4 tsp	Olive oil
1 1/4 Tbsp	Lemon juice

1. Season salmon with southwestern seasoning.
2. Sprinkle pineapple slices with cracked pepper.
3. Grill salmon approximately 4 mins per side until done.
4. Grill pineapple until caramelized and warmed thoroughly.
5. Toss mesculin greens, tomatoes and cucumber with dressing.
6. Top salad with salmon and pineapple.

Approximate nutrient analysis per serving: Calories: 365 Percentage of calories from: Protein: 40% Fat: 35% Carbohydrates: 27%
Protein: 24.5g Fat: 9.7g Carbohydrates: 16.7g Cholesterol: 60mg Sodium: 87mg

Cajun Turkey Club



Number of portions: 4 Portion size: 1 sandwich

$\frac{3}{4}$ lb	Perdue Cajun turkey, sliced
12 slices	Whole wheat lite bread
8 slices	Turkey bacon
8 slices	Tomato
8 leaves	Leaf lettuce

Cajun Mayonnaise:

1 tsp	Cajun seasoning
5 oz	Fat free mayonnaise

1. Toast bread on one side.
2. Spread Cajun mayonnaise on every slice of bread.
3. Cook turkey bacon.
4. Layer 3 oz turkey with 2 slices lettuce on first layer of each sandwich.
5. Put 2 slices of bacon and 2 slices of tomato on second layer of each sandwich.
6. Top with third slice of bread, toothpick and serve.

Approximate nutrient analysis per serving:

Calories: 223 Percentage of calories from: Protein: 52% Fat: 23% Carbohydrates: 22%
Protein: 29g Fat: 5.6g Carbohydrates: 12.5g Cholesterol: 67mg Sodium: 633mg

Tandori Chicken Breast Stuffed Pita



Number of portions: 6 Portion size: 1 sandwich

1 lb 2 oz Boneless, skinless
chicken breast
6 6" pita for stuffing

Marinade:

3 Tbsp Lemon juice
1¹/₃ Tbsp Water
1/2 tsp Salt
1/4 tsp Turmeric
1/2 cup Plain non-fat yogurt
3/4 tsp Minced garlic
2¹/₄ tsp Minced fresh ginger
3/4 tsp Coriander
3/4 tsp Cumin
Cayenne pepper to taste
1 Tbsp Olive oil

Filling:

3/4 lb Shredded lettuce
3/4 cup Diced tomato
1/4 lb Chopped cucumber
3/4 lb Teriyaki sauce

1. Marinate chicken, refrigerate for 30 mins to 1 hour.
2. Grill chicken until cooked through and slice into 1/4" pieces.
3. Heat pita bread until warm (do not overcook).
4. Stuff each pita with 2¹/₂ oz cooked chicken, 1 oz tomato, 1 oz cucumber, 2 oz shredded lettuce and 2 oz. teriyaki sauce.

Approximate nutrient analysis per serving: Calories: 237 Percentage of calories from: Protein: 16% Fat: 16% Carbohydrates: 40.3%
Protein: 9.5g Fat: 4.3g Carbohydrates: 40.3g Cholesterol: 2.2mg Sodium: 463mg



Grilled Vegetables



Number of portions: 6 Portion size: 4 oz

1 cup	Zucchini 1/2" bias cut
1 cup	Yellow squash 1/2" bias cut
1 head	Endive 1/4" bias cut
1	Red pepper 1/4" bias cut
1	Vidalia onion 1/4" bias cut
1 1/2	Portabella mushroom sliced 1/2"

Marinade:

1/4 cup	Balsamic vinegar
2 Tbsp	Rice vinegar
1 tsp	Lemon juice
1 tsp	Minced garlic
1/2 tsp	Salt
1 Tbsp	Olive oil
1/2 tsp	Sugar

1/2 tsp	Chopped tarragon
1/2 tsp	Chopped basil
1/2 tsp	Chopped thyme
1/2 tsp	Chopped cilantro

1. Mix all vegetables together.
2. Mix marinade ingredients, cover vegetables with marinade, refrigerate at least 1 hour.
3. Grill vegetables until just done.

Note: Other combinations of vegetables can be used but must be same weight to the amount of marinade.

Approximate nutrient analysis per serving:

Calories: 54 Percentage of calories from: Protein: 10% Fat: 30% Carbohydrates: 60%
Protein: 1.6g Fat: 1.9g Carbohydrates: 8g Cholesterol: 0mg Sodium: 3mg

Wild Rice Pilaf with Cranberries



Number of portions: 5.5 Portion size: 3 oz

1/2 cup	Wild rice, dry
1/2 cup	Dried cranberries
1/4 cup	Medium dry sherry
1/2 Tbsp	Butter
1/2	Small onion, diced
4 cup	Low sodium chicken stock
1/2 tsp	White pepper

1. In a sauté pan, sauté onion in butter for 2 mins. Add sherry.
2. Add stock and rice and bring to a boil.
3. Add cranberries and white pepper.
4. Transfer to oven-safe casserole dish. Cover tightly and cook in a 325° oven until the wild rice is tender and has absorbed all the liquid, about 50-55 mins.

Approximate nutrient analysis per serving:

Calories: 200 Percentage of calories from: Protein: 20% Fat: 18% Carbohydrates: 62%
Protein: 10g Fat: 4g Carbohydrates: 31g Cholesterol: 6.2mg Sodium: 82mg

Oven Roasted Rosemary Potatoes



Number of portions: 5 Portion size: 4 oz

1 ¹ / ₄ lb	Red bliss potatoes sliced into wedges
2 ¹ / ₂ tsp	Olive oil
³ / ₄ tsp	Rosemary
2 ¹ / ₂ tsp	Minced garlic
³ / ₄ tsp	Black peppercorns
1 ¹ / ₂ tsp	Dried tarragon
1 tsp	Dried thyme
³ / ₄ tsp	Lemon juice
dash	Sweet paprika
	Salt to taste
	Pepper to taste

1. Preheat roasting pan in a 350° oven.
2. Toss potatoes with all ingredients.
3. Spread potatoes in the pan and bake until browned on one side, about 20 mins. Flip the potatoes and continue roasting until they are golden brown on the second side and tender, an additional 25 mins.

Approximate nutrient analysis per serving: Calories: 102 Percentage of calories from: Protein: 10% Fat: 19% Carbohydrates: 74%
Protein: 3g Fat: 2g Carbohydrates: 19g Cholesterol: 0mg Sodium: 241mg

Broccoli with Red Pepper Sauce



Number of portions: 4 Portion size: 4 oz.

1 lb	Broccoli, stalks cut off 2" below the florets and discarded
2 tsp	Virgin olive oil
1	Garlic clove, crushed
1	Red pepper, seeded, deribbed, coarsely chopped
1/2 cup	Unsalted vegetable stock
1 1/3 tsp	White wine vinegar
2 tsp	Chopped fresh tarragon (or 4 tsp dried)
2/3 tsp	Prepared horseradish
1/4 tsp	Salt
1/8 tsp	Corn starch
1 tsp	Water

1. Pour enough water into a saucepan to fill 1-inch deep. Set a vegetable steamer in the pan and bring water to a boil. Add broccoli to steamer, cover pan tightly and steam broccoli until tender but still crisp, about 7 mins.
2. While broccoli is steaming, make the red pepper sauce by heating the oil in a heavy-bottomed skillet over medium heat. Cook the garlic for one min, then add the peppers and cook until soft, about 2 mins.
3. Pour in the stock and vinegar and then stir in the tarragon, horseradish, salt and pepper. As soon as the mixture reaches a simmer, remove from heat. Mix corn starch slowly in water and add to mixture (continually stirring).
4. Puree the mixture in a food processor or blender for about 2 mins. Transfer the broccoli to a serving dish and strain the sauce over it. Serve immediately.

Approximate nutrient analysis per serving: Calories: 71 Percentage of calories from: Protein: 23% Fat: 33% Carbohydrates: 44%
Protein: 4g Fat: 2.6g Carbohydrates: 7.8g Cholesterol: 0mg Sodium: 336mg



Marinated Steak w/Cherry Tomato Relish



Number of portions: 6 Portion size: 4 oz with 1/2 cup relish

Marinade:

3 Tbsp	Lime juice
1/2 cup	Chopped fresh cilantro
1/4 cup	Olive oil
1/4 cup	Soy sauce
4	Garlic cloves, minced
1 1/2 tsp	Grated lime peel
1 1/2 tsp	Ground cumin
1 1/2 tsp	Dried oregano
1 1/2 lb	Beef tri tip roast, trimmed

Cherry tomato relish:

3/4 cup	Cherry tomatoes, cut into quarters
3 Tbsp	Chopped cilantro
2	Garlic cloves, chopped
1/4 cup	Chopped red onion

1. Wisk together marinade ingredients. Marinade meat and refrigerate for 1 hour.
2. Grill meat to medium/rare.
3. Combine ingredients for relish.
4. Slice meat thin and serve with cherry tomato relish.

Approximate nutrient analysis per serving:

Calories: 232 Percentage of calories from: Protein: 56% Fat: 40% Carbohydrates: 4%
Protein: 32.6g Fat: 10.2g Carbohydrates: 2.2g Cholesterol: 92mg Sodium: 375mg

Grilled Tuna with Lime Salsa



Number of portions: 4 Portion size: 6 oz

Four 6 oz Tuna steaks
2 Tbsp Olive oil
Ground black pepper,
to taste

Lime Salsa:

1/2 cup Plum tomatoes, diced
1 Tbsp Chopped cilantro
Juice from 1 lime
1 Tbsp Shallots, minced
Black pepper, to taste

1. Sprinkle tuna with pepper and put in oil.
2. Combine all ingredients for salsa and let sit for 5 mins.
3. Grill tuna over medium heat 4-5 mins on each side.
4. Serve with 1 oz lime salsa.

Approximate nutrient analysis per serving: Calories: 293 Percentage of calories from: Protein: 55% Fat: 40% Carbohydrates: 5%
Protein: 40g Fat: 13g Carbohydrates: 4g Cholesterol: 65mg Sodium: 69mg

Baked Tilapia with Roasted Vegetables



Number of portions: 4 Portion size: 4 oz fish with vegetable topping

Four 4 oz	Tilapia fillets	2 tsp	Lemon juice
	Cooking spray	1 cup	Salsa
1/3 cup	White wine	1 Tbsp	Honey
1 tsp	Garlic powder	1 Tbsp	Olive oil
1/2 tsp	Onion powder, to taste		
	Salt, to taste		
	Pepper, to taste		
1/2 tsp	Thyme		

Vegetable Mix:

1 cup	Onions sliced thin
1/2 cup	Chopped cilantro
1/4 cup	Carrots sliced thin
1 cup	Tomatoes, quartered
1/4 cup	Chopped red pepper
1/4 cup	Chopped green pepper

1. Preheat oven to 350°
2. Spray baking sheets with cooking spray.
3. Place fish on baking sheets and pour wine over fish and season with dry spices.
4. Combine vegetables, salsa and remaining ingredients.
5. Top fish with vegetable salsa.
6. Bake fish for about 10 mins or longer until vegetables are soft and fish is cooked through.

Approximate nutrient analysis per serving:

Calories: 227 Percentage of calories from: Protein: 52% Fat: 23% Carbohydrates: 25%
Protein: 29g Fat: 5.7g Carbohydrates: 14g Cholesterol: 58mg Sodium: 187mg

West Bay Chicken with Mango Salsa



Number of portions: 6 Portion size: 4 oz breast

Six 4 oz Boneless, skinless
chicken breasts
 $\frac{1}{4}$ cup Plain non-fat yogurt
1 Tbsp Curry
 $\frac{1}{2}$ tsp Lawry's seasoned salt

Mango Salsa:

2 Fresh diced mangos
8 oz Canned roasted red
pepper, diced
2 oz Boxed raisins

Garnish:

$\frac{1}{4}$ cup Toasted coconut

1. Mix yogurt, curry and seasoned salt.
2. Marinate chicken breasts in mixture.
3. Cook chicken on grill and top with mango salsa.
4. Garnish with toasted coconut.

Mango Salsa:

Combine all ingredients in advance of meal preparation.

Approximate nutrient analysis per serving: Calories: 474 Percentage of calories from: Protein: 30% Fat: 31% Carbohydrates: 39%
Protein: 34.6g Fat: 16.4g Carbohydrates: 47g Cholesterol: 73mg Sodium: 108mg

Pork Medallions with Mango Chutney



Number of portions: 6 Portion size: 4 oz

Six 4 oz Pork medallions
(or 2¹/₄ lb Pork loin)

Marinade:

2 Tbsp Lite soy sauce
1/2 tsp Chopped ginger
1/2 tsp Chopped garlic
1/2 tsp Sugar

Chutney:

1 pinch Coriander
1¹/₂ tsp Chopped garlic
Black pepper, to taste
1 Tbsp Lite soy sauce
1¹/₂ tsp Minced fresh ginger
1/6 cup Minced green onions

1/6 cup Chopped red peppers
1 Tbsp Brown sugar
1 Tbsp Balsamic vinegar
1 Tbsp Water
1/4 cup Raisins
1/2 Mango, minced
1/2 Large green apple, minced

1. Marinate pork and refrigerate for one hour.
2. Pan sear pork medallions and finish in 350° oven for 20-25 mins.
3. Mix chutney ingredients and sauté for about 15 mins.
4. Top pork with chutney and serve, garnish with chopped scallions.

Approximate nutrient analysis per serving: Calories: 264 Percentage of calories from: Protein: 35% Fat: 49% Carbohydrates: 14%
Protein: 23g Fat: 14.4g Carbohydrates: 9.5g Cholesterol: 72mg Sodium: 492mg

Angel Food Cake with Chocolate Glaze



Number of portions: 12 Portion size: 1 slice with 1 Tbsp glaze

1 (1 lb) box Pillsbury angel food cake

Chocolate Glaze:

$\frac{1}{4}$ cup White sugar
 $\frac{1}{4}$ cup Water
 $\frac{3}{4}$ cup Semi-sweet chocolate chips

1. Prepare cake according to box directions and bake in $\frac{1}{2}$ sheet pan.
2. Cut cake into 12 slices.

Prepare Glaze:

Bring sugar and water to full boil and stir until sugar dissolves. Remove from heat, add chocolate and stir until melted and mixture is smooth.

Serve:

1 piece of cake topped with 1 Tbsp glaze.

Approximate nutrient analysis per serving: Calories: 183 Percentage of calories from: Protein: 8% Fat: 14% Carbohydrates: 78%
Protein: 3.5g Fat: 3.1g Carbohydrates: 37g Cholesterol: 0mg Sodium: 309mg



Fruit Meringue



Number of portions: 6 Portion size: 1

2	Bananas, sliced
1 cup	Strawberries, sliced
1 Tbsp	Brown sugar
1 ¹ / ₂ tsp	Cinnamon
1/4 cup	Apple juice
1 ¹ / ₂ tsp	Vanilla extract
1 Tbsp	Lemon juice
3	Egg whites
1 Tbsp	Granulated sugar
6	Oranges, hollowed out

1. Hollow oranges: cut off the top and scoop out the pulp and make a small slice on the bottom to square off so the orange will stand up.
2. Preheat oven to 450°.
3. Mix fruit with brown sugar, cinnamon, apple juice, vanilla and lemon juice.
4. Beat egg whites at a low speed for one min. Gradually add granulated sugar, then beat at a medium speed until soft peak forms.
5. Pour fruit mixture into hollowed oranges.
6. Top with meringue and bake until golden brown.

Approximate nutrient analysis per serving:

Calories: 160 Percentage of calories from: Protein: 91% Fat: 22% Carbohydrates: 69%
Protein: 3.5g Fat: .4g Carbohydrates: 27.6g Cholesterol: 0mg Sodium: 28mg