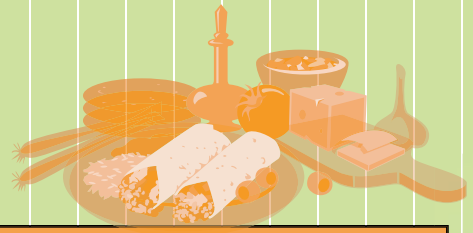


MAIN DISHES



BARBECUE CHICKEN PIZZA **SERVINGS: 4**

1 Rhodes dough (white)	1 cup pineapple chunks in juice, drained	8 oz boneless/skinless chicken breasts, cooked and shredded
1 cup barbecue sauce (any flavor)	1/4 cup sharp Cheddar cheese, grated	
1/2 cup red onion, slivered		

Prepare pizza crust as per Rhodes dough instructions or make your own crust. Roll onto a baking stone or pizza dish. Pour on the BBQ sauce and spread out. Add cheese, shredded chicken, pineapple and red onion. Bake at 400 degrees for 15 to 20 minutes.

Per Serving Nutritional Information

Calories (kcal):	208.1	Dietary Fiber (g):	2.1
Total Fat (g):	4.4	Protein (g):	16.3
Carbohydrate (g):	26.4		

CHICKEN CACCIATORE (REDUCED FAT) **SERVINGS: 4**

1/2 cup mushrooms, sliced	1 tsp oregano	4 boneless/skinless chicken breasts (about a lb)
1/2 cup onion, chopped	1 tsp basil	4 cups spinach pasta (fresh), cooked al dente (just enough to retain a somewhat firm texture)
1/2 cup celery, chopped	1 garlic clove, minced	
1 cup stewed tomatoes, diced	1/8 tsp black pepper	
1/2 cup tomato sauce		

Add mushrooms, onions, celery, and 1/4 cup water to a large skillet; cover and let cook until tender. Stir in stewed tomatoes, tomato sauce, and herbs. Add chicken to skillet and mix the sauce to cover the chicken breasts. Cover and simmer for 30 minutes, then uncover for 15 minutes. Serve over a spinach fettuccini pasta.

Per Serving Nutritional Information

Calories (kcal):	466.5	Dietary Fiber (g):	1.2
Total Fat (g):	3.4	Protein (g):	43.9
Carbohydrate(g):	66.6		

CHICKEN GYROS SERVINGS: 6

24 oz boneless/skinless chicken breasts	3 Roma tomatoes, thinly sliced	1 cup romaine lettuce leaves, cut into bite-size pieces
1 1/4 cup Greek marinade	1/4 cup red onion, thinly sliced	1/2 cup Feta cheese, crumbled
6 pitas (Greek style)	1 cup cucumber, thinly sliced (qt)	

GREEK MARINADE

1/2 cup lemon juice, freshly squeezed	1 tsp extra virgin olive oil	1 tsp oregano
3/4 cup red wine vinegar	2 garlic cloves, pressed	1/4 tsp salt

HERB YOGURT SAUCE

1 cup plain yogurt (can use non-fat)	1 tsp olive oil	1 garlic clove, pressed
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Marinate the chicken in the Greek marinade for 3 to 4 hours. Also make up the yogurt sauce and let sit 1 to 2 hours. Grill or broil chicken until done. Cut chicken into diagonal pieces. Prepare each pita separately by starting with chicken, tomatoes, red onion, cucumber, lettuce, and yogurt sauce. Top with a sprinkle of feta cheese.

Per Serving Nutritional Information			
Calories (kcal):	361.9	Dietary Fiber (g):	2.2
Total Fat (g):	6.5	Protein (g):	32.4
Carbohydrate (g):	45.2		

CHICKEN LETTUCE WRAPS SERVINGS: 4

1 lb boneless skinless chicken breasts, ground	1 tsp fresh ginger root, peeled and chopped	2 Tbsp oyster sauce
1 tsp cornstarch	2 garlic cloves	2 Tbsp water
2 tsp dry sherry	2 green onions	1 tsp sesame oil
2 tsp water	8 oz bamboo shoots (canned), drained	1 tsp sugar
1 dash salt	8 oz water chestnuts (canned), drained	2 tsp cornstarch
1 dash pepper	1 Tbsp hoisin sauce	10 iceberg lettuce leaves
8 shiitake mushrooms, de-stemmed	1 Tbsp soy sauce	1 pkg rice noodles (the soft ones you boil)
	1 Tbsp dry sherry	

Marinate the ground chicken (in the first 5 ingredients listed after chicken) for 15 minutes. Pour into a skillet and cook for 10 minutes. In a food processor, blend next 6 ingredients, starting with shiitake mushrooms. In a small bowl, combine the next 8 ingredients to make the sauce. Add the vegetable mixture and the sauce to skillet; cook until all the flavors are assimilated, about 5 minutes. Place chicken mixture onto rice noodles; serve with washed and chilled lettuce leaves. Scoop chicken mixture into lettuce leaf and fold over four times. This is a great appetizer for a Chinese dinner.

Per Serving Nutritional Information			
Calories (kcal):	241.0	Dietary Fiber (g):	6.4
Total Fat (g):	3.0	Protein (g):	27.0
Carbohydrate (g):	27.9		

CHICKEN RICE BURRITOS SERVINGS: 6

1/3 cup green onions, chopped	1/2 packet of taco seasoning mix	1/4 cup olives, diced
1 garlic clove, chopped	3 1/4 cups chicken broth	12 flour tortillas (burrito size)
1 tsp olive oil	2 cups salsa (homemade) (p. 42)	12 Tbsp sour cream (non-fat)
18 oz boneless/skinless chicken breasts, cooked and shredded	2 cups long grain rice (uncooked)	
	1 cup Cheddar cheese, shredded	

In a large skillet, sauté onions and garlic in olive oil until tender. Stir in cut up chicken breasts, taco seasoning mix, 1/4 cup broth and 1 cup salsa. While the chicken is cooking, cook the rice in a rice cooker, or bring 2 cups rice to a boil with the remaining 3 cups chicken broth. Cover and reduce heat for 20 minutes until rice is tender. You may need to add more water. Combine chicken mixture with rice and mix. Spoon about 1 cup of mixture onto each flour tortilla and top with 1 teaspoon olives, 1 tablespoon cheese, and 1 tablespoon sour cream. Roll up tight and place in a sprayed 9x13 inch dish. Bake at 350 degrees covered for 10 to 15 minutes. Serve with the rest of the salsa on the top of each burrito.

Per Serving Nutritional Information

Calories (kcal):	661.5	Dietary Fiber (g):	3.0
Total Fat (g):	17.8	Protein (g):	36.7
Carbohydrate (g):	87.7		

CILANTRO CHICKEN SERVINGS: 4

4 boneless/skinless chicken breasts (about 1 lb)	1 red jalapeno pepper, seeded and chopped	1 tsp olive oil
2 cups green pepper, cut into strips	2 Tbsp lime juice (fresh)	2 tomatoes (red ripe), cut into wedges
1 red onion, cut into quarters	2 Tbsp red wine vinegar	2 Tbsp cilantro (fresh), chopped

In a shallow dish, combine chicken, green peppers, onions, and jalapeno. Mix up the marinade, which is the lime juice, red wine vinegar, and olive oil. Pour over the chicken; cover and marinate 1 to 2 hours, turning every hour. Grill or broil the marinated chicken. Place the green peppers, onions, and jalapeno in a skillet to brown. Add tomatoes and chopped fresh cilantro. Stir for 2 minutes and pour the skillet vegetables over the grilled chicken. Serve with rice pilaf or black beans.

Per Serving Nutritional Information

Calories (kcal):	201.7	Dietary Fiber (g):	2.6
Total Fat (g):	2.6	Protein (g):	32.9
Carbohydrate (g):	14.2		

CITRUS ORANGE BASIL CHICKEN SERVINGS: 4

2 cups orange juice (for marinade)	1 Tbsp basil	1 tsp basil
4 boneless/skinless chicken breasts, thawed and sliced	1 cup orange juice (for glaze)	3 Tbsp cornstarch
	1/4 cup sugar	3 Tbsp pecans, toasted and chopped

Marinate chicken breasts in orange juice and basil for 3 to 4 hours. Cook in a large skillet with marinade until chicken is done. When done, discard marinade. While the chicken is cooking, mix the orange juice, sugar, basil, and cornstarch in a saucepan to form the glaze. Pour in the toasted pecans. To serve, drizzle glaze over the chicken breasts. The glaze is also very delicious served with couscous or rice.

Per Serving Nutritional Information

Calories (kcal):	332.5	Dietary Fiber (g):	1.1
Total Fat (g):	4.9	Protein (g):	32.9
Carbohydrate (g):	41.2		

CREAMY CHICKEN ENCHILADAS SERVINGS: 8

1 can 98% fat free cream of chicken soup	1 pt sour cream (non-fat)	1/4 cup sharp Cheddar cheese, grated
1 can 98% fat free cream of mushroom soup	1 lb boneless/skinless chicken breasts, cut into 1 inch pieces	8 flour tortillas
	1/2 cup pepperoncini peppers, chopped	

Brown the chicken breasts; once cooked, chop into small pieces. While the chicken is cooking, mix the soups, sour cream, and pepperoncinis in a bowl. If you don't have pepperoncinis, use a can of diced green chilies. Add the cooked, cubed chicken, and mix well. Spray a 9x13 inch pan with cooking spray. You can layer it like this: flour tortillas, mixture, flour tortillas, mixture, etc. The flour tortillas lay better in the pan if they are cut in quarters or roll the flour tortillas with the sauce inside, like a burrito. Pour the extra mixture over the top. Sprinkle the 1/4 cup sharp Cheddar on the top; cover with tin foil and bake at 350 degrees for 45 to 50 minutes.

Per Serving Nutritional Information

Calories (kcal):	249.6	Dietary Fiber (g):	1.2
Total Fat (g):	5.4	Protein (g):	21.4
Carbohydrate(g):	27.6		

GARDEN FRESH PASTA SERVINGS: 8

3 cups broccoli flowerets	1/4 cup fresh basil, chopped	1/4 cup Parmesan cheese, grated
4 Roma tomatoes	1 tsp olive oil	10 oz bowtie pasta, cooked
4 garlic cloves, chopped	1 dash of salt	

Sauté broccoli and garlic cloves in olive oil until broccoli is bright green. Add fresh basil and Roma tomatoes, cooking a few minutes more. Cook bowtie pasta until done; rinse and drain. Mix all of the ingredients together and top with Parmesan cheese. This is a great summer dish.

Per Serving Nutritional Information

Calories (kcal):	181.6	Dietary Fiber (g):	3.7
Total Fat (g):	2.4	Protein (g):	7.9
Carbohydrate(g):	32.6		

PORTOBELLA SHRIMP SAUTÉ SERVINGS: 6

1 lb bowtie pasta	1 cup chicken broth	1 lb shrimp
1 cup portobella mushrooms	1/2 cup white wine	
1 cup red bell pepper, roasted	1 tsp fresh basil	

While the pasta is boiling, in a large skillet, add mushrooms, red peppers, chicken broth, white wine, and basil. Bring to a boil, then simmer. Add shrimp and cook for 5 minutes. Pour cooked pasta into skillet and combine all the ingredients. Plate and serve with herb breadsticks and milk.

Per Serving Nutritional Information

Calories (kcal):	397.7	Dietary Fiber (g):	3.2
Total Fat (g):	3.1	Protein (g):	27.1
Carbohydrate(g):	58.2		

SPINACH CHICKEN LASAGNA SERVINGS: 8

12 oz lasagna noodles, boiled	2 cans Italian stewed tomatoes, drained and chopped	8 oz Ricotta cheese (non-fat)
2 lbs skinless chicken breasts, boiled and shredded	12 oz tomato sauce	1 cup Cheddar cheese, grated
2 cups fresh spinach, washed	12 oz non-fat cottage cheese, drained	1 Tbsp fresh basil

Boil noodles as directed on the package. Rinse and spray bottom of 9x13 inch pan. Begin with a layer of noodles, followed by 6 ounces of cottage cheese and 4 ounces of Ricotta cheese. Layer about 1 pound of chicken on the cheeses. Place rinsed and de-stemmed spinach leaves on top of the chicken. You can really cover it or go lightly, depending on your spinach taste. Pour over 1 can of stewed tomatoes and 1 can tomato sauce. Sprinkle with cheese and top with your seasonings. Repeat the layers again. When you reach the top you can top it with noodles or make a noodle design. Cover and bake at 350 degrees for about 1 hour.

Per Serving Nutritional Information

Calories (kcal):	408.7	Dietary Fiber (g):	2.5
Total Fat (g):	8.9	Protein (g):	41.2
Carbohydrate(g):	39.8		

SWEET AND SOUR CHICKEN SERVINGS: 8

25 oz boneless/skinless chicken breasts (5 oz each), thinly sliced	1/2 cup flour	1/2 cup chicken broth
2 eggs	1 cup sugar	2/3 cup ketchup
	1/2 cup vinegar	2 Tbsp soy sauce

Thinly slice the chicken and pour whipped egg over it. Pour into a Ziploc bag; pour flour over and shake it. Heat skillet and spray with Pam. Cook chicken until done. Make the sweet and sour sauce and bring it to a boil in microwave for 2 to 3 minutes. Pour into casserole dish and pour chicken with it. Bake at 350 degrees for 30 minutes. While this is baking, start brown rice in rice cooker. Serve chicken over rice and enjoy.

Per Serving Nutritional Information

Calories (kcal):	255.6	Dietary Fiber (g):	0.3
Total Fat (g):	2.2	Protein (g):	21.8
Carbohydrate(g):	39.0		

TENDER HALIBUT IN A LEMON DILL GLAZE SERVINGS: 4

25 oz halibut fillet (4 to 5 oz each)	1 Tbsp parsley	1/2 tsp garlic salt
6 Tbsp lemon juice	1 Tbsp honey	1/2 tsp black pepper, freshly ground
2 Tbsp Parmesan cheese (fresh), grated	1 tsp dill	1 tsp olive oil

Mix the marinade ingredients together and pour three-fourths of the marinade over the halibut steaks. Marinate in 9x13 inch pan for 3 to 4 hours. Turn over every 1 to 2 hours. Spray BBQ with non-stick cooking spray before you turn it on. Grill halibut for about 5 minutes per side. With the reserved marinade, add 1 teaspoon cornstarch and microwave for 2 to 3 minutes. This makes the glaze. Plate and drizzle glaze over halibut. Serve with rice pilaf, steamed asparagus, and wheat roll.

Per Serving Nutritional Information

Calories (kcal):	242.0	Dietary Fiber (g):	0.3
Total Fat (g):	6.0	Protein (g):	38.3
Carbohydrate(g):	7.2		

SAUTÉED TENDERLOIN WITH MUSHROOMS SERVINGS: 4

12 oz lean beef tenderloin	1 spray of Pam	2 Tbsp water
1 cup mushroom pieces	3 Tbsp beef broth	1 tsp rosemary

Choose a lean cut of beef tenderloin. Tenderize and sear each side 1 minute. Cook on low with mushrooms, beef broth, water, and rosemary for 30 minutes. When cooked, slice thinly and serve with brown rice and a spinach salad.

Per Serving Nutritional Information

Calories (kcal):	183.7	Dietary Fiber (g):	0.2
Total Fat (g):	5.2	Protein (g):	24.9
Carbohydrate(g):	1.1		

TERIYAKI CHICKEN WITH PINEAPPLE SERVINGS: 5

25 oz boneless/skinless chicken breasts, (five 5 oz fillets)	2 Tbsp ketchup	1 dash of pepper
1 tsp olive oil	1 cup brown sugar	1 can pineapple chunks in juice
1/2 cup soy sauce (low sodium)	1/4 cup water	
	1 garlic clove, minced	

In a measuring cup, add olive oil, soy sauce, ketchup, brown sugar, pineapple juice, garlic, and pepper until sugar is dissolved. Use a 9x13 inch baking dish to place chicken breasts in and pour marinade over, leaving 1/4 cup. Marinate for 4 to 6 hours, turning chicken once or twice. With the remaining marinade, add pineapple chunks and drizzle over grilled chicken breasts. This is an easy summer dish to grill on the BBQ.

Per Serving Nutritional Information

Calories (kcal):	298.0	Dietary Fiber (g):	0.6
Total Fat (g):	1.9	Protein (g):	30.7
Carbohydrate(g):	41.8		