

SOUPS, SALADS, AND VEGETABLES



ARTICHOKE TOMATO CORN SALAD **SERVINGS: 10**

2 cans corn (Costco sweet corn)	1/2 cup celery, chopped	5 basil leaves, finely chopped
3 tomatoes, chopped	1 can olives (large), drained and sliced	1/2 tsp garlic powder
1 green pepper, diced	6 oz artichoke hearts, marinated	1/2 tsp dried oregano
1/2 red onion, chopped	1/4 cup fat free Italian dressing	1/4 tsp lemon pepper

In a large bowl, combine the first 7 ingredients. Use the artichoke marinade to add to the next 5 ingredients; combine well. Pour into large bowl with vegetables. Mix well and serve chilled. This is a fast and delicious summer salad.

Per Serving Nutritional Information

Calories (kcal):	147.9	Dietary Fiber (g):	1.7
Total Fat (g):	1.8	Protein (g):	4.3
Carbohydrate (g):	29.9		

ASPARAGUS TOMATO SALAD IN A CITRUS BALSAMIC VINEGAR **SERVINGS: 4**

2 lb asparagus, steamed	1 Tbsp balsamic vinegar	2 Tbsp Parmesan cheese, grated
2 cups tomatoes (red ripe, can use cherry)	2 tsp orange juice	1 dash of salt
	1/2 clove garlic, minced	1 dash of pepper

Cut off the tough part of the asparagus and steam for 5 minutes. Cut up the tomatoes and add steamed asparagus to tomatoes in a salad serving bowl. In a Pyrex measuring cup, add balsamic vinegar, orange juice, garlic, salt, and pepper. Combine well and pour over asparagus and tomatoes. Sprinkle with Parmesan cheese.

Per Serving Nutritional Information

Calories (kcal):	84.9	Dietary Fiber (g):	5.8
Total Fat (g):	1.5	Protein (g):	7.0
Carbohydrate (g):	15.2		

CHICKEN CAESAR SALAD **SERVINGS: 1**

2 cups romaine lettuce leaves	1 Tbsp creamy reduced fat Caesar dressing	1/8 tsp. anchovy paste
4 oz boneless/skinless chicken breast	1 serving croutons (seasoned)	1 tsp Asiago cheese

Follow the directions for making creamy Caesar dressing. Set aside in the refrigerator and make the salad. You can omit the anchovy paste if it is too strong for your taste buds. Pour dressing over salad and serve. Makes 1 large salad.

Per Serving Nutritional Information

Calories (kcal):	318.4	Dietary Fiber (g):	4.7
Total Fat (g):	8.7	Protein (g):	30.3
Carbohydrate (g):	30.0		

CHICKEN TACO SOUP SERVINGS: 12

3 cups chicken broth	1 pkg taco seasoning mix	8 oz tomato sauce
12 oz chicken breast halves without skin	2 cans black beans, rinsed and drained	2 oz mozzarella cheese (part skim milk), grated
1 can navy beans, rinsed and drained	2 cups frozen corn kernel	2 Tbsp cilantro (fresh), chopped
15 oz stewed tomatoes, chopped	1 can kidney beans, rinsed and drained	

Cook chicken and cut into small pieces. In a large soup kettle, place cooked chicken in chicken broth and add tomato sauce, stewed tomatoes, corn, taco seasoning and beans. You can use any variety of beans you like. Simmer for about 20 to 30 minutes. Add cilantro and mix well. Serve with a dollop of fat free sour cream, a sprinkle of cheese in each bowl and baked tostidos. This can also be done in a crock pot. Cook the chicken for 3 to 4 hours with chicken broth until done. Chop up chicken breasts and add the rest of the ingredients. Cook on LOW for 1 hour.

Per Serving Nutritional Information

Calories (kcal):	319.7	Dietary Fiber (g):	13.9
Total Fat (g):	2.9	Protein (g):	25.3
Carbohydrate (g):	50.6		

CRAISIN APPLE SPINACH SALAD SERVINGS: 4

1 head spinach leaves, rinsed	1 whole apple (Fuji), chopped	2 Tbsp honey
1/2 cup raisins	1 Tbsp mustard sauce	3 Tbsp water

Rinse and drain spinach leaves. Make the dressing by mixing the honey, water, and mustard together. If you want more dressing, add more of each dressing ingredient. Sprinkle in the raisins and chopped apples. Add your dressing and toss.

Per Serving Nutritional Information

Calories (kcal):	113.8	Dietary Fiber (g):	2.1
Total Fat (g):	1.0	Protein (g):	0.5
Carbohydrate (g):	27.4		

GRILLED CHILI CHICKEN SALAD SERVINGS: 4

1/4 cup onion, chopped	1 clove garlic	2 Tbsp sugar
2 Tbsp chili powder	1 lb chicken breasts without skin	1 cup frozen corn kernels
2 tsp cumin powder	1/4 cup mustard	1/2 cup green onions, chopped fine
1 tsp water	1/4 cup lemon juice, fresh	2 cups red leaf lettuce
1 tsp salt	2 Tbsp water	3 cups romaine lettuce leaves

Blend the first six ingredients completely in a processor or mixer. Your goal is to get this as close to a paste as possible. Place the chicken breasts (or you can use chicken tenders) in a dish; spread mixture on the chicken. Chill for 20 minutes. While this is chilling, make the dressing. Combine the mustard, water, sugar, and fresh squeezed lemon juice; mix well. Grill chicken 5 minutes on each side until done. Pour corn and green onions into dressing and mix with lettuce leaves. Arrange lettuce on the salad plates and top with chicken. Enjoy!

Per Serving Nutritional Information

Calories (kcal):	212.2	Dietary Fiber (g):	5.2
Total Fat (g):	3.2	Protein (g):	25.2
Carbohydrate (g):	23.6		

ORIENTAL CHICKEN SALAD SERVINGS: 5

1 head red leaf lettuce, washed	1 cup frozen pea pods, thawed	3 Tbsp sugar
1 head romaine lettuce, washed	2 Tbsp sunflower seeds	1/3 cup water
1/2 cup carrots, sliced 1/8 inch thick	8 oz boneless/skinless chicken breasts	1/2 tsp ginger
1 green onion, sliced 1/8 inch thick	1/3 cup rice vinegar	
1 tomato, chopped	2 Tbsp soy sauce	

Prepare the dressing ahead of time so that you can marinate the chicken breast in half the dressing for 2 to 3 hours. Prepare lettuce by washing and drying. You can also use 3 cups shredded green cabbage. Cut up the carrots, green onions, and tomatoes. Mix into lettuce; add pea pods and sunflower seeds.

The chicken can be cooking while you prepare the salad greens. Cook the chicken in the dressing mixture on medium heat. You can use a frying pan (about 20 minutes) or you can also grill the chicken. Cut the chicken breast into strips and add to the salad. Finish by pouring dressing over the rest of the salad; serve.

Per Serving Nutritional Information

Calories (kcal):	162.5	Dietary Fiber (g):	5.7
Total Fat (g):	3.1	Protein (g):	15.3
Carbohydrate (g):	20.2		

ROASTED VEGETABLES SERVINGS: 4

1 medium zucchini, sliced 1/4 inch thick	8 fresh mushrooms, sliced	1 tsp fresh rosemary, chopped
1 medium yellow squash, sliced 1/4 inch thick	1 red bell pepper, sliced	1 Tbsp fresh chives, chopped
1 medium yellow onion, sliced 1/4 inch thick	1 green bell pepper, sliced	1 tsp fresh oregano, chopped
	1 tsp olive oil	1 tsp sage, chopped
	2 Tbsp balsamic vinegar	1 tsp salt

Toss all the vegetables in the olive oil, balsamic vinegar, and fresh herbs. The vegetables just need to be lightly coated. Lay on a cookie sheet or roasting dish and broil until brown, only turning once. This also is great cooked on the grill outdoors. Try it also as veggie kebobs on the grill.

Per Serving Nutritional Information

Calories (kcal):	52.5	Dietary Fiber (g):	2.7
Total Fat (g):	1.6	Protein (g):	2.2
Carbohydrate (g):	9.4		

SAUTÉED ZUCCHINI WITH FRESH SALSA SERVINGS: 6

3 cups zucchini squash, sliced 1/8 inch thick	1 cup salsa, fresh (p. 42)	3 Tbsp mozzarella cheese, part skim milk, grated
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Slice zucchini and place in skillet. Sauté with a little Pam about five minutes and add fresh salsa. Cook another three minutes. Plate and serve with a sprinkle of mozzarella cheese. This is a delicious summer treat.

Per Serving Nutritional Information

Calories (kcal):	37.0	Dietary Fiber (g):	1.0
Total Fat (g):	2.3	Protein (g):	1.9
Carbohydrate (g):	2.9		

SPINACH SALAD WITH SUN-DRIED TOMATOES AND LEMON ORZO PASTA SERVINGS: 8

16 oz orzo, boiled and rinsed	1 tsp chicken bouillon	1 lb boneless skinless chicken breasts, cut into thin strips
2 oz sun-dried tomatoes, chopped	1 tsp olive oil	6 c spinach leaves, de-stemmed
2 Tbsp honey	2 Tbsp basil (fresh, lemon basil in piece)	1/4 c sunflower seeds, toasted
3/4 c fresh lemon juice	1 tsp salt and pepper	

Boil orzo pasta about 8 minutes. While this is boiling, combine the next 7 ingredients which is the dressing. You can use any type of meat, but chicken is easy. Cook and cut into thin strips or I have used smoked deli turkey and cut into small strips. Add dressing, orzo pasta, and chicken to large skillet; heat on medium for 5 minutes, until heated all the way through. Add the spinach and sunflower seeds (you can also use pine nuts); be careful not to overmix. Serve warm with rosemary bread.

Per Serving Nutritional Information

Calories (kcal):	363.7	Dietary Fiber (g):	3.5
Total Fat (g):	4.6	Protein (g):	22.0
Carbohydrate (g):	55.8		

WHITE CHILI SERVINGS: 8

6 cups white beans (canned) rinsed and drained	4 tsp chicken bouillon	1/4 cup water
1 lb skinless chicken breast halves, cooked	7 oz green chiles, chopped	2 Tbsp cilantro (fresh), chopped
1 medium onion, cooked	1 Tbsp chili powder	1 tsp garlic
	1 tsp cumin	1/2 cup Cheddar cheese, grated
	16 oz sour cream (non-fat)	

If you are using canned beans, put in 4 cans of Great White Northern beans and a can of red or pinto beans. Rinse well. Add all other ingredients. If the chili is too thick, add more water. Serve with fresh chopped tomatoes and a pinch of grated cheese.

Per Serving Nutritional Information

Calories (kcal):	364.2	Dietary Fiber (g):	10.5
Total Fat (g):	3.8	Protein (g):	31.1
Carbohydrate (g):	52.8		