

Black Beans Over Dirty Rice

- 2 (15 ounce) cans black beans
- 1/2 cup canned corn (frozen works too)
- 2 large tomatoes
- 2 (8 ounce) boxes of zatarains dirty rice mix

Cook rice according to directions on the box. While the rice is cooking, drain the cans of beans. Cut tomatoes into chunks and boil with 1/2 cup of water. Mix together the boiled tomatoes, 1/2 cup of corn and beans in large bowl. Microwave on high for 5-7 minutes stirring occasionally. Serve bean mixture over rice.

Nutrition Information: Calories per serving (makes 4 servings): 317; Calories from Fat 13 Total Fat 1.5g; Saturated Fat 0.4g; Polyunsat. Fat 0.7g; Monounsat. Fat 0.2g; Trans Fat 0.0g; Cholesterol 0mg; Sodium 10mg; Potassium 1023mg; Total Carbohydrate 58.9g; Dietary Fiber 20.1g; Sugars 3.3g; Protein 20.3g

Source: www.recipezaar.com

Chicken and Crab Gumbo

- 1 tablespoon vegetable oil or canola oil
- 2 tablespoons flour
- 1/4 teaspoon cayenne pepper
- 2 onions, chopped
- 3 stalks celery, chopped
- 1 sweet green pepper, diced
- 1 sweet red pepper, diced
- 3 garlic cloves, chopped
- 3 cups chicken broth
- 1 (28 ounce) can diced tomatoes (with the juice)
- 1/4 lb boneless skinless chicken breasts, diced
- 1/2 cup long-grain rice
- 1/2 teaspoon hot pepper sauce
- salt, to taste
- black pepper, to taste
- 1 cup corn
- 1/4 lb crabmeat (I just use one can)
- 3 green onions, sliced

Heat oil in a big pot or Dutch oven over medium heat. Whisk together the flour and cayenned, then whisk into oil. Reduce heat to medium/low and continue whisking for a few minutes until the roux turns a golden color. Add broth, tomatoes, chicken, rice, salt, pepper and hot sauce. Cover and simmer 20 minutes. Add corn and crabmeat and simmer 5 minutes. Add green onions and simmer 2 minutes longer. Adjust salt, pepper and hot sauce to taste. Note: You may add 1 cup sliced okra when you add the chicken.

Nutrition Information: Calories per serving (makes 4 servings) 169; Calories from Fat 27; Total Fat 3.1g; Saturated Fat 0.5g; Polyunsat. Fat 1.4g; Monounsat. Fat 0.9g; Trans Fat 0.0g; Cholesterol 14mg; Sodium 567mg; Potassium 553mg; Total Carbohydrate 25.7g; Dietary Fiber 3.0g; Sugars 6.1g; Protein 11.0g

Source: www.recipezaar.com

Cavatelli with Broccoli

- 6 ounces cavatelli or rotelle pasta (spirals)
- 1 tablespoon olive oil
- 1 teaspoon olive oil
- 4 medium garlic cloves, finely chopped
- 2 cups broccoli florets
- 1/4 cup fresh basil, chopped
- 1/2 teaspoon salt
- 3/4 ounce parmesan cheese, grated
- freshly cracked black pepper

In large pot of boiling water, cook pasta 7-9 minutes, until tender. Drain reserving 1/4 cup pasta water, and place in large serving bowl; keep warm. Place large nonstick skillet over medium-high heat 30 seconds; add oil and heat 30 seconds more. Add garlic and cook, stirring frequently, 30 seconds, until fragrant. Add broccoli; cook 3-4 minutes, until tender-crisp. Add broccoli mixture, basil and salt to pasta; toss, adding just enough of the reserved pasta water to moisten. Top evenly with cheese and pepper.

Nutrition Information: Calories per serving (makes 4 servings) 236; Calories from Fat 61
Total Fat 6.8g; Saturated Fat 1.7g; Polyunsat. Fat 0.9g; Monounsat. Fat 3.8g; Trans Fat 0.0g;
Cholesterol 4mg; Sodium 384mg; Potassium 215mg; Total Carbohydrate 35.1g Dietary Fiber
1.5g; Sugars 0.8g; Protein 8.9g

Source: www.recipezaar.com

Lemon Chicken and Couscous Loaf

- 1 1/2 lbs ground chicken
- 1 cup cooked couscous (cooked according to package directions)
- 1 cup firm fresh white breadcrumbs
- 1 cup chopped scallions
- 1 (9 ounce) package frozen chopped spinach, thawed and squeezed of excess water
- 1 tablespoon grated lemon peel
- 1/3 cup chopped fresh mint
- 1 teaspoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon fresh ground black pepper
- 1/4 teaspoon cayenne
- 1 egg

Preheat the oven to 350°; in a large bowl, combine all the ingredients, using your hands. Pat the mixture into a 9x5 inch loaf pan, smoothing the top. Bake about 1 hour or until the loaf is firm and the top is browned. Let the meatloaf stand in the pan for 10 minutes before slicing to serve.

Nutrition Information: Calories per serving (makes 6 servings): 221; Calories from Fat 46
Total Fat 5.1g; Saturated Fat 1.4g; Polyunsat. Fat 1.2g; Monounsat. Fat 1.4g; Trans Fat 0.0g;
Cholesterol 114mg; Sodium 576mg; Potassium 553mg; Total Carbohydrate 14.3g Dietary Fiber
3.3g; Sugars 1.2g; Protein 29.3g

Source: www.recipezaar.com

White Spice Chicken

- 1 1/2 lbs boneless skinless chicken, cut into cubes, breasts preferable
- 1 tablespoon white pepper
- 2 cups plain yogurt
- 1 tablespoon garlic paste
- 1 tablespoon ginger paste
- 3 green bell peppers, seeded and cut into 1-inch pieces
- 2 large onions, cut into slices
- salt

Mix yogurt, pepper, salt, ginger and garlic pastes. Add chicken. Marinate for at least 4 hours. Preheat oven to 400 degrees. Arrange chicken pieces pulled OUT of the yogurt mixture, meaning, don't pour all the yogurt in, in a 9x13 baking dish. Add green peppers and onions to chicken pieces. Bake, covered with foil, for 35 minutes.

Remove foil, bake an additional 10 minutes.

Nutrition Information: Calories per serving (makes 8 servings) 160; Calories from Fat 28
Total Fat 3.2g; Saturated Fat 1.6g; Polyunsat. Fat 0.4g; Monounsat. Fat 0.8g; Trans Fat 0.0g;
Cholesterol 57mg; Sodium 86mg; Potassium 452mg; Total Carbohydrate 9.8g; Dietary Fiber
1.6g; Sugars 5.6g; Protein 22.7g

Source: www.recipezaar.com

Lemon Soaked Garlic Chicken or Pork

- 6 lemons
- 2 lbs boneless skinless chicken breasts or boneless pork chops
- 2 tablespoons garlic, minced
- 1 tablespoon black pepper
- 1 tablespoon Mrs. Dash seasoning mix, Original Blend
- 2 cups onions, chopped
- 2 cups bell peppers, sliced into rings

Peel lemons, slice and remove seeds. Puree chopped seedless lemons in food processor with garlic and Mrs. Dash Original Blend. Place meat (pork or chicken) into a plastic storage bag, pour puree mixture over meat. Gently squish contents to ensure meat is well-coated. Seal bag, and refrigerate overnight or for at least 2 hours. Before cooking, season both sides of meat with a bit more pepper and Mrs. Dash Original blend seasoning, add with chopped onions and bell pepper rings, then pour your marinade mix evenly over each piece of meat. Roast in a pan on a drip rack in oven at 350° for about 45 minutes. Use a meat thermometer to determine when done. Garnish with dried parsley flakes and chopped spring onions when serving.

Nutrition Information: Calories per serving (makes 8 servings) 170; Calories from Fat 16
Total Fat 1.8g; Saturated Fat 0.4g; Polyunsat. Fat 0.5g; Monounsat. Fat 0.4g; Trans Fat 0.0g;
Cholesterol 65mg; Sodium 79mg; Potassium 548mg; Total Carbohydrate 15.6g; Dietary Fiber
5.3g; Sugars 2.6g; Protein 28.1g

Source: www.recipezaar.com

Shepherd's Pie

- 1/2 lb lean ground beef, browned and drained
- 1 tablespoon dried onions, diced fine or 1 small onion, diced fine
- 13 ounces reduced-fat cream of mushroom soup
- 1 tablespoon soy sauce
- 16 ounces cut green beans, drained
- 2 cups leftover mashed potatoes or prepared instant mashed potatoes
- 1 ounce low-fat cheddar cheese, shredded

Preheat oven to 400 degrees. Spray a square casserole dish with cooking spray. Combine browned hamburger with onion, soup, and soy sauce in the prepared dish. Layer drained beans on top of meat. Spread mashed potatoes over the top, and sprinkle with cheese. Bake for 30 minutes.

Nutrition Information: Calories per serving (makes 6 servings) 152; Calories from Fat 41
Total Fat 4.6g; Saturated Fat 1.9g; Polyunsat. Fat 0.2g; Monounsaturated Fat 1.8g; Trans Fat 0.2g;
Cholesterol 26mg; Sodium 631mg; Potassium 435mg; Total Carbohydrate 16.6g Dietary Fiber
2.6g; Sugars 2.2g; Protein 11.3g

Source: www.recipezaar.com

Layered Zucchini Lasagna

- 4 cups water
- 6 cups sliced zucchini (about 3 medium)
- 1 lb ground round (or use ground turkey, or meatless crumbles)
- 3 garlic cloves, minced
- 2 cups reduced-fat spaghetti sauce
- 1/2 teaspoon salt
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 2 cups fat-free cottage cheese (may use part ricotta or goat cheese)
- 1 tablespoon dried parsley
- 2 large eggs, lightly beaten
- cooking spray
- 1/2 cup dry breadcrumbs, divided
- 1 3/4 cups preshredded part-skim mozzarella cheese, divided

Preheat oven to 350°. Bring water to a boil in a large saucepan. Add zucchini; cook 3 minutes or until crisp-tender. Drain and cool. Or you may grill or saute the zucchini if you wish. Place the ground beef (or turkey or crumbles) and garlic in a large nonstick skillet over medium-high heat. Cook until browned, stirring to break up meat. Stir in the spaghetti sauce, salt, basil, and oregano; cook for 1 minute. Remove from heat. Combine the cottage cheese, parsley, and eggs in a medium bowl. Arrange zucchini slices in a shallow 3-quart casserole coated with cooking spray. Sprinkle the zucchini with half of the breadcrumbs. Spread half of cottage cheese mixture over breadcrumbs; cover with half of the meat mixture and 1 cup mozzarella. Repeat the layers with the remaining breadcrumbs, cottage cheese mixture, and meat mixture; reserve the remaining mozzarella. Bake at 350° for 40 minutes. Sprinkle with remaining mozzarella, and bake an additional 5 minutes or until cheese melts.

Nutrition Information: Calories per serving (makes 10 servings) 290; Calories from Fat 152; Total Fat 16.9g; Saturated Fat 8.0g; Polyunsat. Fat 0.7g; Monounsat. Fat 6.2g; Trans Fat 0.6g; Cholesterol 101mg; Sodium 459mg; Potassium 395mg; Total Carbohydrate 8.5g; Dietary Fiber 1.2g; Sugars 2.7g; Protein 25.4g

Black Beans and Turkey Sausage

- 1 lb polska turkey kielbasa, cut into pieces
- 45 ounces black beans, drained
- 1 1/2 cups onions, chopped
- 1 1/2 cups green bell peppers, chopped
- 1 1/2 cups celery, chopped
- 4 teaspoons garlic, minced
- 2 teaspoons dried thyme leaves
- 1 1/2 teaspoons pepper
- 1/4 teaspoon cayenne pepper
- 1 chicken bouillon cube
- 5 bay leaves
- 8 ounces tomato sauce
- 1 cup water
- brown rice, cooked

Combine all ingredients, except rice, in slow cooker. (You can use dried black beans, but you need to presoak them the night before & cook them per package directions first.). Cook on low for 8 hours. Remove bay leaves. Serve over hot, cooked rice. Recipe may be put into gallon-size freezer bags & frozen to serve later.

Nutrition Information: Calories per serving (makes 8 servings): 371; Calories from Fat 98
Total Fat 11.0g; Saturated Fat 3.8g; Polyunsat. Fat 1.8g; Monounsat. Fat 4.8g; Trans Fat 0.0g;
Cholesterol 39mg; Sodium 934mg; Potassium 816mg; Total Carbohydrate 47.9g Dietary Fiber
15.7g; Sugars 3.6g; Protein 22.7g

Source: www.recipezaar.com

Low-fat Beef and Burgundy Stew

- 1 1/2 lbs beef eye round
- 1 tablespoon vegetable oil
- 1 teaspoon dried thyme leaves
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 (13 3/4 ounce) can ready-to-serve beef broth
- 1/2 cup Burgundy wine
- 3 cloves garlic, crushed
- 5 1/2 cups baby carrots
- 1 cup frozen whole pearl onions
- 2 tablespoons cornstarch, dissolved in 2 tablespoons water
- 1 (8 ounce) package frozen sugar snap peas

Trim fat from beef, cut into 1-inch pieces. In Dutch oven, heat oil over medium high heat until hot. Add beef (half at a time) and brown evenly, stirring occasionally. Pour off drippings. Season with thyme, salt and pepper. Stir in broth, wine and garlic. Bring to boil; reduce heat to low.

Cover tightly and simmer 1 1/2 hours. Add carrots and onions.

Cover and continue cooking 35 to 40 minutes or until beef and vegetables are tender.

Bring beef stew to a boil over medium-high heat. Add cornstarch mixture; cook and stir 1 minute. Stir in sugar snap peas. Reduce heat to medium and cook 3 to 4 minutes or until peas are heated through.

Nutrition Information: Calories per serving (makes 6 servings) 307; Calories from Fat 73
Total Fat 8.2g; Saturated Fat 2.3g; Polyunsat. Fat 1.6g; Monounsat. Fat 3.0g; Trans Fat 0.0g;
Cholesterol 61mg; Sodium 718mg; Potassium 955mg; Total Carbohydrate 23.1g; Dietary Fiber
4.8g; Sugars 9.2g; Protein 31.0g

Source: www.recipezaar.com

Caputo's Halibut With Mint and Balsamic Vinegar

- 4 halibut steaks (1/2 inch thick, approx. 2 lbs.)
- 1/4 cup extra virgin olive oil (preferable very strong)
- 1/4 cup balsamic vinegar
- 8 mint leaves, sliced thin
- 1 clove garlic, minced fine
- salt and pepper

Brush both sides of the fish with some of the olive oil and place on hot grill, barbecue or hot skillet. Cook 2 to 3 in on each side or until fish is done. In another pan heat the remaining oil, the balsamic vinegar and the mint until just warm. Just before serving add the garlic to the sauce and spoon the sauce over the fish, serve at once. A list for those seeking a lost favorite or family recipe.

Nutrition Information: Calories per serving (makes 4 servings): 569; Calories from Fat 205; Total Fat 22.9g; Saturated Fat 3.2g; Polyunsat. Fat 4.4g; Monounsat. Fat 12.9g Trans Fat 0.0g; Cholesterol 130mg; Sodium 220mg; Potassium 1839mg; Total Carbohydrate 0.3g; Dietary Fiber 0.0g; Sugars 0.0g; Protein 18.5g

Grilled Chicken and Veggie Pizza

- 1/2 lb boneless skinless chicken
- 1/4 cup Italian salad dressing
- 1 red pepper
- 1 zucchini
- 1 small onion
- 3 cups mozzarella cheese, Grated
- 1 tomato, Sliced
- 1/4 cup fresh basil, Chopped
- 1 pizza dough

Coat chicken with salad dressing and barbecue over medium heat for 5-7 minutes per side. Cool slightly and slice thinly. Barbecue red pepper until skin is blackened on all sides. Put pepper in a plastic bag and close bag until pepper is cool enough to handle. Remove and discard skin, seeds and core. Cut pepper into strips. Slice zucchini lengthwise and slice onion into thick slices. Barbecue until softened. Cut zucchini into bite size pieces. Sprinkle 1 cup of cheese over pizza crust and top with tomato slices. Arrange chicken and vegetables on top and sprinkle with remaining cheese and fresh basil. Put pizza on the barbecue, close the lid, and bake for 3 to 5 minutes or until the crust is lightly browned and the cheese has melted.

Nutrition Information: Calories per serving (makes 4 servings): 386; Calories from Fat 215; Total Fat 23.9g; Saturated Fat 11.9g; Polyunsat. Fat 2.9g; Monounsat. Fat 6.7g; Trans Fat 0.0g; Cholesterol 99mg; Sodium 814mg; Potassium 517mg; Total Carbohydrate 9.9g; Dietary Fiber 1.9g; Sugars 5.8g; Protein 33.2g

Source: www.recipezaar.com

Spaghetti Pie

- 4 ounces spaghetti, uncooked
- 1 egg, beaten
- 1/4 cup nonfat parmesan cheese
- 8 ounces extra lean beef, ground
- 1/2 cup onions, chopped
- 1/2 cup green peppers, chopped
- 1/2 teaspoon fennel seeds, crushed
- 1 clove garlic, minced
- 8 ounces tomato sauce, canned
- 1 teaspoon oregano, crushed
- 1 cup low fat cottage cheese
- 1/2 cup lowfat mozzarella cheese, shredded

Cook spaghetti for 10 to 12 minutes or until tender but still firm. Drain well.

Return spaghetti to saucepan. Stir in egg and Parmesan cheese. In a medium skillet, cook ground beef, onion, green pepper, garlic and fennel till meat is browned and onion is tender. Drain fat. Stir in tomato sauce and oregano; heat through. Spray a 9" pie plate with nonstick cooking spray. Press spaghetti mixture onto bottom and up sides of pie plate, forming a crust. Spread cottage cheese on bottom and up sides of crust. Spread meat mixture over cottage cheese. Sprinkle with mozzarella cheese. Bake 350 for 20 to 25 minutes or till bubbly.

Nutrition Information: Calories per serving (makes 6 servings): 138; Calories from Fat 18
Total Fat 2.0g; Saturated Fat 0.8g; Polyunsat. Fat 0.3g; Monounsat. Fat 0.6g; Trans Fat 0.0g;
Cholesterol 38mg; Sodium 366mg; Potassium 250mg; Total Carbohydrate 20.6g Dietary Fiber
1.7g; Sugars 3.0g; Protein 9.5g

Source: www.recipezaar.com

Balsamic Chicken Thighs

- 2 lbs skinless chicken thighs
- salt and pepper, to taste
- 1/4 cup chopped shallots
- 1/4 cup balsamic vinegar
- cooking spray

Spray large frying pan, preheat. Rinse and pat dry thighs. Season with salt and pepper. Brown well on all sides. Cover, reduce heat to medium and cook for approximately 25 minutes, or until thighs are done depending on size. Add shallots, cook for 2-3 minutes, until they soften. Stir in balsamic vinegar, cook for about 1 more minute, turn chicken to coat thoroughly. Spoon sauce over thighs to serve.

Nutrition Information: Calories per serving (makes 4 servings): 277; Calories from Fat 79
Total Fat 8.9g; Saturated Fat 2.3g; Polyunsat. Fat 2.2g; Monounsat. Fat 2.7g; Trans Fat 0.2g;
Cholesterol 188mg; Sodium 196mg; Potassium 557mg; Total Carbohydrate 1.7g; Dietary Fiber
0.0g; Sugars 0.0g; Protein 44.9g

Source: www.recipezaar.com

Caesar Salad Sandwiches with Chicken

- 6 medium hard rolls, preferably whole grain
- 3 cups romaine lettuce, torn
- 1/2 cup fat-free caesar salad dressing
- 1/3 cup grated parmesan cheese
- 1 1/2 lbs chicken breasts, cut into 3 inch long strips
- 2 teaspoons olive oil

Set the oven on broil. Cut each roll in half and scoop out the dough to form a pocket in one side of the bread. Combine the lettuce, dressing and cheese in a bowl. Place the chicken strips on a broiler pan and brush with the olive oil. Broil the strips of chicken for a total of about 7 minutes, turning once. Add the chicken to the salad and pile the mixture into the bread pocket. Top with the other half of bread and serve.

Nutrition Information: Calories per serving (makes 6 servings): 403; Calories from Fat 144; Total Fat 16.1g; Saturated Fat 4.5g; Polyunsat. Fat 3.5g; Monounsat. Fat 6.5g Trans Fat 0.1g; Cholesterol 77mg; Sodium 468mg; Potassium 376mg; Total Carbohydrate 31.0g; Dietary Fiber 1.8g; Sugars 1.3g; Protein 31.7g

Source: www.recipezaar.com

Easy Veggie Melt

- 1/2 tablespoon olive oil
- 1/2 onion, sliced
- 1/2 red bell pepper, sliced
- 1 garlic clove, minced
- 5 ounces spinach, rinsed (about 3 C)
- 1 teaspoon soy sauce
- 2 slices thick multi-grain bread
- 1/2 cup shredded cheese or soy cheese
- salt & fresh ground pepper, to taste

Preheat broiler. Heat oil in a skillet over medium heat. Add onion, red pepper, and garlic and saute until tender. Add spinach and cover pan. Cook until spinach wilts (about 3 min). Add soy sauce, salt and pepper, and remove from heat. Toast bread, place on baking sheet and cover with veggie mixture. Sprinkle on cheese and broil until melted.

Nutrition Information: Calories per serving (makes 2 servings): 243; Calories from Fat 107; Total Fat 11.9g; Saturated Fat 5.1g; Polyunsat. Fat 1.0g; Monounsat. Fat 5.0g Trans Fat 0.0g; Cholesterol 18mg; Sodium 654mg; Potassium 678mg; Total Carbohydrate 25.0g; Dietary Fiber 4.6g; Sugars 6.0g; Protein 11.7g

Source: www.recipezaar.com

Portabella Sandwich with Garlic and Lemon

- 1/2 teaspoon butter or margarine
- 2 portabello mushrooms, cleaned, stems removed, and thinly sliced
- salt, to taste
- 1 garlic clove, minced
- 1 tablespoon lemon juice
- pepper, to taste
- 4 slices thick multi-grain bread or Italian bread
- 1 ripe tomato, sliced
- 10 arugula leaves

Melt butter in skillet over medium heat. Add mushroom slices and sautee until brown and juicy (about 10 minutes). Add salt and cool. Combine lemon juice and pepper (it's also good with a little melted butter mixed in). Pour mixture over lightly toasted bread. Add mushroom, tomato, and arugula, and top with remaining bread.

Nutrition Information: Calories per serving (makes 2 servings): 208; Calories from Fat 33
Total Fat 3.7g; Saturated Fat 1.2g; Polyunsat. Fat 0.8g; Monounsat. Fat 1.3g; Trans Fat 0.0g; Cholesterol 2mg; Sodium 329mg; Potassium 735mg; Total Carbohydrate 37.9g; Dietary Fiber 6.3g; Sugars 10.0g; Protein 9.4g

Source: www.recipezaar.com

Lower Cholesterol Chicken Parmesan

- 5 boneless chicken breasts
- 16 ounces tomato sauce (give or take a few ounces)
- 8-10 ounces spaghetti sauce, bertolli works very well (slightly lower sugar than others)
- 2 1/2 cups of contadina Italian style breadcrumbs
- 3 tablespoons fresh parsley or dried parsley flakes
- 3 tablespoons oregano
- 3 tablespoons garlic powder
- 3/4 cup parmesan cheese
- 1 cup mozzarella cheese

On a large flat plate pour tomato sauce. Pre-Heat the oven at 375°F. On a large flat plate pour bread crumbs, oregano, garlic powder, and parmesan cheese. Make sure ingredients are blended together. Take a piece of chicken breast and dip it into the tomato sauce. Flip until chicken is completely covered in sauce on both sides. Remove the chicken from the sauce and dip into the bread crumb mix until the tomato sauce is completely covered.

Repeat with each piece of chicken. Place Chicken on a baking pan. Preferably a broiler pan. Bake for about 45min- 60 min until chicken breasts are thoroughly cooked and the coating is a golden brown. (Time depends on how size of chicken breast). Pull pan out of oven and pour about 2 tablespoons of spaghetti sauce on breasts. Generously distribute mozzarella over the breasts and top it with parsley flakes. Place the pan back into the oven for 5 minutes or until the cheese has completely melted.

Nutrition Information per serving (makes 5 servings): 622; Calories from Fat 191
Total Fat 21.3g; Saturated Fat 8.5g; Polyunsat. Fat 3.7g; Monounsat. Fat 6.7g
Trans Fat 0.0g; Cholesterol 113mg; Sodium 1547mg; Potassium 942mg
Total Carbohydrate 56.3g; Dietary Fiber 4.8g; Sugars 13.1g; Protein 50.3g

Source: www.recipezaar.com

Easy Veggie Chili

olive oil

- 1 cup frozen peppers and onions
- 1 tablespoon of minced garlic
- 1 (28 ounce) can tomato sauce (I didn't use the entire can, but I guess this depends on how thick or thin you like your chili!)
- 2 (8 ounce) cans diced tomatoes
- 1 (4 ounce) can diced green chilies
- 1 (1 1/4 ounce) packet taco seasoning (You choose the spice level, mild or hot)
- 1/2 teaspoon chili powder
- 1 tablespoon ground cumin
- 1 (8 ounce) can kidney beans
- 1 (8 ounce) can black beans
- 1 (8 ounce) can chickpeas
- 1 cup frozen corn
- salt and pepper

Heat a few tablespoons of olive oil in a large pot. Fry the onions/peppers, and garlic for about 5 minutes. Add the diced tomatoes, sauce, green chili's, taco seasoning, chili and cumin powder. Bring to a boil, and then add all the beans. Cook for 25 minutes on medium flame. Add corn and cook for another 5 minutes. Serve with shredded low-fat cheddar cheese and/or light sour cream.

Nutrition Information: Calories per serving (makes 4 servings): 323; Calories from Fat 23
Total Fat 2.7g; Saturated Fat 0.4g; Polyunsat. Fat 1.0g; Monounsat. Fat 0.7g;
Trans Fat 0.0g; Cholesterol 0mg; Sodium 1873mg; Potassium 1489mg;
Total Carbohydrate 65.2g; Dietary Fiber 15.6g; Sugars 13.4g; Protein 16.3g

Source: www.recipezaar.com

Cumin-Scented Turkey Burgers with Orange Chipotle Sauce

- 2 lbs ground turkey
- 1 teaspoon ground cumin
- 1/4 cup finely chopped orange zest
- 1 cup tightly packed fresh flat leaf parsley
- 1 cup chicken broth
- lavish bread, warmed (enough for 6 burgers)
- iceberg lettuce

Orange Chipotle Sauce

- 2 chipotle chiles in adobo
- 1 teaspoon adobo sauce
- 1 tablespoon tomato paste
- 1 tablespoon minced red onions
- 1/4 cup orange juice
- 1/4 cup orange marmalade

To make the sauce: add sauce ingredients to a food processor; process until smooth.

To make the burgers: add the first 5 ingredients to a large bowl; thoroughly combine, using your hands. Form mixture into 6 patties, each 1 inch thick. Lightly oil the grill or skillet over med-high heat; cook to desired degree of doneness; at least medium, about 4 minutes per side. Serve it up: wrapped in warm lavish bread; top with Orange Chipotle Sauce and iceberg lettuce leaves.

Nutrition Information: Calories per serving (makes 6 servings): 280; Calories from Fat 116; Total Fat 12.9g; Saturated Fat 3.5g; Polyunsat. Fat 3.1g; Monounsat. Fat 4.9g Trans Fat 0.4g; Cholesterol 119mg; Sodium 304mg; Potassium 512mg 14%
Total Carbohydrate 12.5g; Dietary Fiber 1.1g; Sugars 9.5g; Protein 27.9g

Source: www.recipezaar.com

Marinated Salmon Seared in a Pepper Crust

- 2 tablespoons soy sauce
- 1 garlic clove, pressed
- 2 teaspoons fresh lemon juice
- 1 teaspoon sugar
- 3/4 lb salmon fillets
- 4 teaspoons pepper
- 2 tablespoons olive oil

In a sealable plastic bag combine well the soy sauce, the garlic, the lemon juice, and the sugar, add the salmon, coating it well, and let it marinate, sealed and chilled, for 30 minutes. Remove the salmon from the bag, discarding the marinade, pat it dry, and press 2 teaspoons of the pepper onto each piece of salmon, coating it thoroughly. In a heavy skillet heat the oil over moderately high heat until it is hot but not smoking and in it sauté the salmon for 2 minutes on each side, or until it just flakes. Transfer the salmon with a slotted spatula to paper towels and let it drain for 30 seconds.

Nutrition Information: Calories per serving (makes 2 servings): 350; Calories from Fat 175; Total Fat 19.5g; Saturated Fat 2.9g; Polyunsat. Fat 3.8g; Monounsat. Fat 11.5g
Trans Fat 0.0g; Cholesterol 88mg; Sodium 1122mg; Potassium 654mg; Total Carbohydrate 6.7g; Dietary Fiber 1.3g; Sugars 2.6g; Protein 36.5g

Source: www.recipezaar.com