

Cilantro Lime Roasted Chicken

Pair this chicken with side salad or veggies and brown rice or a small baked potato. Enjoy!

Serves 6

INGREDIENTS

Cooking spray

2 1/2 pound whole chicken, cut into 8 pieces

(or use chicken breasts, 4 ounces per serving)

2 tbsp. chopped cilantro

1 lime, zested and juiced

1 tbsp. honey

2 cloves garlic, minced

1/2 tsp. ground black pepper

1/2 tsp. salt (optional)

DIRECTIONS

1. Preheat oven to 375degrees F. Lightly coat baking dish with cooking spray
2. Remove the skin from chicken and arrange in a single layer baking pan.
3. In a small bowl, whisk together cilantro, lime zest, lime juice, honey, garlic, pepper, and salt (optional).
4. Pour mixture over chicken evenly and bake for 45-50 minutes or until internal temperature of largest piece is 165 degrees F

NUTRITION FACTS

Calories: 130

Carbohydrates: 4g

Protein: 18g

Fat: 4.5g

Saturated fat: 1.2g

Sugar: 3g

Cholesterol: 55mg

Sodium: 55mg

BBQ Chicken Quinoa Salad

Recipe adapted from What's Gaby Cooking

INGREDIENTS

1 cup cooked quinoa

1/2 cup frozen or fresh corn, thawed

1/2 cup black beans, rinsed and drained

1 cup shredded chicken, cooked

2 Tbsp barbeque sauce of your choice

1/2 avocado, chopped

2 green onions, chopped

Salt and pepper, to taste

Cilantro, as garnish

DIRECTIONS

1. Cook quinoa according to package directions. Note: I pre-cooked my chicken in a slow cooker the day before with chopped onion and some BBQ sauce - make sure to plan ahead.
2. In a large bowl, mix together quinoa, corn, black beans, chicken and barbeque sauce. Fold in avocado, green onions and season with salt and pepper. Top with a bit of cilantro and enjoy!

Oven-Fried Sweet Potatoes

Who says fries aren't healthy? Not only do baked sweet potato fries have considerably less calories than their fried counterparts, but also increased health benefits. While both white potatoes and sweet potatoes are high in vitamin C, fiber, and potassium, sweet potatoes have the benefit of extra cancer-fighting antioxidants.

Nutrition Guidelines for Healthy Living Cooking Light NOVEMBER 1995

Serves 7

INGREDIENTS

4 medium sweet potatoes, peeled and cut into 1/4-inch slices
(about 1 1/2 pounds)
1 tablespoon olive oil
1/4 teaspoon salt
1/4 teaspoon pepper
Vegetable cooking spray
1 tablespoon finely chopped fresh parsley
1 teaspoon grated orange rind
1 small garlic clove, minced

DIRECTIONS

Combine the first 4 ingredients in a large bowl; toss gently to coat. Arrange sweet potato slices in a single layer on a large baking sheet coated with cooking spray. Bake at 400° for 30 minutes or until tender, turning the potato slices after 15 minutes.

Combine parsley, orange rind, and garlic in a small bowl; stir well. Sprinkle parsley mixture over sweet potato slices.

NUTRITION FACTS

Serving Size: 1/2 cup

Calories: 176

Fat: 2.5g

Protein: 2.5g

Carbohydrate: 36.6g

Fiber: 4.5g

Sodium: 104mg

Avocado and Shrimp Salad

Serves 4

INGREDIENTS

2 whole avocados – peeled, pitted, and cubed
2 whole tomatoes, diced
1 whole sweet onion, chopped
1 pound small shrimp, peeled, deveined and halved
(to taste) salt and pepper
2 tablespoon lime juice

DIRECTIONS

1. In a medium pan, sauté shrimp in a small amount of olive oil until opaque, about 3 minutes. Allow to cool completely.
2. tir together avocados, tomatoes, onion, and shrimp in a large bowl. Season to taste with salt and pepper. Stir in lime juice. Serve cold

NUTRITION FACTS

Calories 226

Fat: 8.8 grams

Carbs 12.1 grams

Protein 26.1 grams

Honey-Wheat Pizza with Pear-Prosciutto Salad

This recipe offers a 'grown-up' twist to the classic pepperoni favorite while reducing the fat found in most restaurant pizza. Not to mention, this tasty dish provides the health benefits of whole wheat, fruit, and leafy greens all rolled into one! Just remember to watch your portion sizes! Pair with non-starchy vegetables or broth-based soup.
Serves 6

INGREDIENTS

1 cup warm water (100° to 110°)
1 tablespoon honey
2 tablespoons extra-virgin olive oil, divided
1 1/2 teaspoons dry yeast
9 ounces all-purpose flour (about 2 cups)
2 19/50 ounces whole-wheat flour (about 1/2 cup)
3/4 teaspoon kosher salt
Cooking spray
1 1/2 cups (6 ounces) crumbled goat cheese
1 tablespoon cornmeal, divided
4 cups fresh mâche or baby spinach
2 teaspoons chopped fresh thyme
2 teaspoons fresh lemon juice
1/2 teaspoon freshly ground black pepper
3 ounces very thinly sliced prosciutto, chopped
2 ripe Starkrimson or red Bartlett pears, cored and thinly sliced

DIRECTIONS

1. Combine 1 cup warm water, honey and 1 teaspoon oil in a small bowl, stirring with a whisk. Stir in yeast; let stand 10 minutes. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours and salt in a food processor, and pulse 2 times or until blended. Add yeast mixture, pulsing to combine (dough will feel sticky). Turn dough out onto a floured surface; knead lightly 3 to 4 times.

2. Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If the indentation remains, dough has risen enough.) Punch dough down; cover and let rest 10 minutes.
3. Preheat oven to 450°.
4. Place a baking sheet in oven. Roll dough into a 14-inch circle on a floured surface. Brush dough evenly with 1 tablespoon oil, and sprinkle evenly with cheese. Place dough on a baking sheet sprinkled with 1 tablespoon cornmeal. Transfer dough carefully to preheated pan; bake at 450° for 12 minutes or until crust is crisp and golden. Combine remaining 2 teaspoons oil, mâche and the remaining ingredients; toss to combine. Arrange salad over crust.

NUTRITION FACTS

Serving Size: 1 slice

Calories: 393

Protein: 18.1g

Fiber: 5.3g

Fat: 12.7g

Carbohydrate: 56.8g

Sodium: 559mg