

Healthy Recipe Mondays

Monday January 3, 2011

Marinated Baked Pork Chops

Yields 6 servings

Calories: 241 | Total Fat: 12.4g | Cholesterol: 7.6mg

Ingredients

- 1 tablespoon soy sauce
- 2 tablespoons vegetable oil
- 1 tablespoon Worcestershire sauce
- 1 teaspoon lemon juice
- 2 tablespoons brown sugar
- 2 tablespoons ketchup
- 6 pork chops, trimmed

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a small bowl, thoroughly blend soy sauce, vegetable oil, Worcestershire sauce, lemon juice, brown sugar, and ketchup.
3. Place pork chops in a medium baking dish, and spread with 1/2 the sauce.
4. Bake pork chops 30 minutes in the preheated oven, covered lightly with foil. Turn, and spread with remaining sauce. Continue baking 15 minutes covered then remove cover for last 15 minutes, or until internal temperature of the chops has reached 160 degrees.

Healthy Recipe Mondays

Monday January 10, 2011

Spaghetti Squash Primavera

Yields 6 servings

Calories: 158 | Total Fat: 9.5g | Cholesterol: 17mg

Ingredients

1 spaghetti squash
2 tablespoons extra-virgin olive oil
1 onion, chopped
1 large clove garlic, minced
1 large zucchini, cut into bite-size pieces
1 green bell pepper, chopped
1 tablespoon dried Italian herb seasoning
fresh ground black pepper, to taste
1 1/2 cups chopped tomato
3/4 cup crumbled feta cheese

Directions

Pierce the shell of the spaghetti squash with a fork and place in a microwave-safe dish; cook in microwave on High for 12 minutes. Set aside to cook until cool enough to handle. Slice in half lengthwise; remove the seeds. Use a fork to pull the flesh of the squash away from the shell and place into a large bowl; fluff with the fork to separate the strands as much as possible.

Heat the olive oil in a large skillet over medium heat. Cook and stir the onion in the hot oil until just tender, about 3 minutes. Add the garlic and continue cooking and stirring another 3 minutes. Stir the zucchini and green bell pepper into the mixture; season with the Italian herb seasoning and black pepper. Pour the tomatoes into the skillet. Continue cooking just until the tomatoes are warmed, 3 to 5 minutes. Add the squash to the skillet and toss until evenly mixed. Sprinkle with the feta cheese and toss again to serve.

Healthy Recipe Mondays

Monday January 17, 2011

Lemon Pepper Chicken

Yields 4 servings

Calories: 139 | Total Fat: 1.5g | Cholesterol: 68mg

Ingredients

4 skinless, boneless chicken breast halves

1/2 cup lemon juice

1/2 teaspoon onion powder

ground black pepper to taste

seasoning salt to taste

2 teaspoons dried parsley

Directions

Preheat an outdoor grill for medium-high heat, and lightly oil grate.

Mix together lemon juice, onion powder, ground black pepper, seasoning salt and parsley in a bowl for marinating. Poke holes in the chicken breasts and let sit in the lemon juice mixture for at least 5 minutes. Discard any remaining lemon juice after marinating.

Cook on the prepared grill 10 to 15 minutes per side, or until no longer pink and juices run clear.

Healthy Recipe Mondays

Monday January 24, 2011

Slow Cooker Turkey Chili

Yields 8 servings

Calories: 241 | Total Fat: 8.6g | Cholesterol: 42mg

Ingredients

1 tablespoon vegetable oil
1 pound ground turkey
1 (10.75 ounce) cans low sodium tomato soup
1 can diced tomatoes with green chilies
2 (15 ounce) cans kidney beans, drained
1 (15 ounce) can black beans, drained
1/2 medium onion, chopped
2 tablespoons chili powder
1/2 teaspoon red pepper flakes
1/2 tablespoon garlic powder
1/2 tablespoon ground cumin
1 pinch ground black pepper
1 pinch ground allspice
salt to taste

Directions

Heat the oil in a skillet over medium heat. Place turkey in the skillet, and cook until evenly brown; drain.

Coat the inside of a slow cooker with cooking spray, and mix in turkey, tomato soup, diced tomatoes and green chilies, kidney beans, black beans and onion. Season the mixture with chili powder, red pepper flakes, garlic powder, cumin, black pepper, allspice and salt. Cover, and cook 8 hours on Low or 4 hours on High.

Healthy Recipe Mondays

Monday January 31, 2011

Slow Cooker Chicken Parisienne

Yields 4-6 servings

Calories: 296 | Total Fat: 12.6g | Cholesterol: 85mg

Ingredients

6 skinless, boneless chicken breast halves
salt and pepper to taste
paprika to taste
1/2 cup dry white wine
1 (10.75 ounce) can condensed cream of mushroom soup
1 (4.5 ounce) can sliced mushrooms, drained
1 cup sour cream
1/4 cup all-purpose flour

Directions

Sprinkle chicken breasts lightly with salt, pepper, and paprika to taste. Place in slow cooker.
In a mixing bowl, combine the wine, condensed soup, and mushrooms. In another bowl, mix together sour cream and flour. Stir sour cream mixture into the mushrooms and wine. Pour over chicken in slow cooker. Sprinkle with additional paprika, if desired.
Cover, and cook on Low for 6 to 8 hours.

Healthy Recipe Mondays

Monday February 7, 2011

Tangy Slow Cooker Pork Chops

Yields 8 servings

Calories: 210 | Total Fat: 7.7g | Cholesterol: 66mg

Ingredients

- 1 large onion, sliced
- 2 1/2 pounds boneless pork loin roast
- 1 cup hot water
- 1/4 cup white sugar
- 3 tablespoons red wine vinegar
- 2 tablespoons soy sauce
- 1 tablespoon ketchup
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1 dash hot pepper sauce, or to taste

Directions

Arrange onion slices evenly over the bottom of the slow cooker, and then place the roast on top of the onion. In a bowl, mix together water, sugar, vinegar, soy sauce, ketchup, black pepper, salt, garlic powder, and hot sauce; pour over roast.

Cover, and cook on Low for 6 to 8 hours, or on High for 3 to 4 hours.

Healthy Recipe Mondays

Monday February 14, 2011

Creamy Peppercorn Chicken

Yields 6 servings

Calories: 244 | Total Fat: 8.4g | Cholesterol: 68mg

Ingredients

- 6 skinless, boneless chicken breasts
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 1 packet peppercorn gravy mix
- 1 onion, sliced into thin rings
- 1 cup water

Directions

Preheat oven to 400 degrees F (205 degrees C).

Place cleaned chicken breasts in a 9 x 13 inch glass baking dish or casserole dish. Arrange the sliced onion pieces evenly on top of the chicken pieces. Scoop the mushroom soup onto the chicken and onions. Mix the peppercorn gravy with water and pour it over the soup, onions and chicken.

Cover the dish and bake for 1 hour, stirring the chicken and mixture after 30 minutes. If desired, serve over rice or with mashed potatoes.

Healthy Recipe Mondays

Monday February 21, 2011

Veggie Bagel Sandwich

Yields 1 sandwich

Calories: 331 | Total Fat: 2.9g | Cholesterol: 0mg

Ingredients

1 bagel, sliced in half

1 tablespoon coarse-grain brown mustard

1 leaf romaine lettuce

2 (1/4 inch thick) rings green bell pepper

4 slices cucumber

2 slices tomato

salt and freshly ground black pepper to taste

2 slices red onion

1/2 cup alfalfa sprouts

Directions

Spread mustard onto the cut sides of the bagel.

Layer the lettuce, green pepper, cucumber, and tomato on one half. Season the tomato with salt and pepper. Top with onion and alfalfa sprouts, then cover with the other half of the bagel.

Healthy Recipe Mondays

Monday February 28, 2011

Southwestern Vegetarian Pasta

Yields 6 servings

Calories: 366 | Total Fat: 7.4g | Cholesterol: 8mg

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1/2 green bell pepper, diced
- 2 cloves garlic, chopped
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 (28 ounce) can diced tomatoes with juice
- 1 (15 ounce) can chickpeas
- 1 (10 ounce) package frozen corn kernels, thawed
- 1 (12 ounce) package uncooked elbow macaroni
- 1/2 cup shredded Monterey Jack cheese

Directions

Heat oil in a large, deep skillet. Sauté onion, green pepper, garlic, chili powder and cumin. Stir in tomatoes, chickpeas and corn. Reduce heat to low and simmer 15 to 20 minutes, or until thickened and heated through.

Meanwhile, bring a large pot of lightly salted water to a boil. Add macaroni and cook for 8 to 10 minutes or until al dente; drain. Combine pasta and sauce. Sprinkle each serving with Monterey Jack cheese.

Healthy Recipe Mondays

Monday March 7, 2011

Beef Tips and Noodles

Yields 8 servings

Calories: 314 | Total Fat: 8.8g | Cholesterol: 65mg

Ingredients

1 pound sirloin tips, cubed

1 (10.75 ounce) can condensed cream of mushroom soup

1 (1.25 ounce) package beef with onion soup mix

1 (4.5 ounce) can mushrooms, drained

1 cup water

1 (16 ounce) package wide egg noodles

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a 13x9 inch casserole dish, combine the mushroom and beef onion soups, canned mushrooms and water.

Mix thoroughly and add beef tips. Turn to coat well.

Bake in a preheated oven for 1 hour.

While beef tips are baking, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Serve beef tips and sauce over noodles.

Healthy Recipe Mondays

Monday March 14, 2011

Pesto Pasta with Chicken

Yields 8 servings

Calories: 328 | Total Fat: 10.1g | Cholesterol: 22mg

Ingredients

- 1 (16 ounce) package bow tie pasta
- 1 teaspoon olive oil
- 2 cloves garlic, minced
- 2 boneless skinless chicken breasts, cut into bite-size pieces
- crushed red pepper flakes to taste
- 1/3 cup oil-packed sun-dried tomatoes, drained and cut into strips
- 1/2 cup pesto sauce

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Heat oil in a large skillet over medium heat. Sauté garlic until tender, then stir in chicken. Season with red pepper flakes. Cook until chicken is golden, and cooked through. In a large bowl, combine pasta, chicken, sun-dried tomatoes and pesto. Toss to coat evenly.

Healthy Recipe Mondays

Monday March 21, 2011

Broccoli & Beef

Yields 4 servings

Calories: 178 | Total Fat: 3.2g | Cholesterol: 39mg

Ingredients

- 1/4 cup all-purpose flour
- 1 (10.5 ounce) can beef broth
- 2 tablespoons white sugar
- 2 tablespoons soy sauce
- 1 pound boneless round steak, cut into bite size pieces
- 1/4 teaspoon chopped fresh ginger root
- 1 clove garlic, minced
- 4 cups chopped fresh broccoli

Directions

In a small bowl, combine flour, broth, sugar, and soy sauce. Stir until sugar and flour are dissolved.

In a large skillet or wok over high heat, cook and stir beef 2 to 4 minutes, or until browned. Stir in broth mixture, ginger, garlic, and broccoli. Bring to a boil, then reduce heat. Simmer 5 to 10 minutes, or until sauce thickens.

Healthy Recipe Mondays

Monday March 28, 2011

Easy Pork Chop Casserole

Yields 4 servings

Calories: 279 | Total Fat: 15.2g | Cholesterol: 65mg

Ingredients

- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 packet dry onion soup mix
- 1 (10.75 ounce) can water
- 1 cup mushrooms, diced
- 4 pork chops
- 2 tablespoons vegetable oil

Directions

Preheat oven to 350 degrees F

In a medium bowl, combine the mushroom soup, onion soup mix, water and mushrooms.

In a large skillet over medium-high heat, brown the pork chops on each side. Transfer chops to a 9x9 inch baking dish, and cover with the mushroom soup mixture.

Bake in the preheated oven for 1 1/2 hours, or until internal pork temperature reaches 160 degrees F.

Healthy Recipe Mondays

Monday April 4, 2011

Seared Salmon with Balsamic Sauce

Yields 4 servings

Calories: 257 | Total Fat: 15g | Cholesterol: 67mg

Ingredients

4 (4 ounce) salmon fillets
1/2 teaspoon salt
1/4 teaspoon pepper
2 teaspoons canola oil
1/4 cup water
1/4 cup balsamic vinegar
4 1/2 teaspoons lemon juice
4 teaspoons brown sugar

Directions

Sprinkle both sides of fillets with salt and pepper. In a large nonstick skillet, cook salmon in oil over medium heat for 10-15 minutes or until fish flakes easily with a fork, turning once. Remove and keep warm. Combine the water, vinegar, lemon juice and brown sugar; pour into skillet. Bring to a boil; cook until liquid is reduced to about 1/3 cup. Serve over salmon.

Healthy Recipe Mondays

Monday April 11, 2011

Stuffed Chicken

Yields 2 servings

Calories: 213 | Total Fat: 8.4g | Cholesterol: 68mg

Ingredients

- 1 tablespoon vegetable oil
- 1/2 onion, finely diced
- 1 stalk celery, diced
- 1 teaspoon hot pepper sauce
- 1 tablespoon Dijon-style prepared mustard
- 2 skinless, boneless chicken breast halves

Directions

Lightly oil grill and preheat to medium high. In a small skillet, heat vegetable oil. Sauté onion and celery until tender. Stir in hot sauce and mustard and mix all together. Remove from heat. Cut pockets into chicken breasts and stuff with onion mixture. Sauté chicken in skillet 2 to 3 minutes each side, until lightly browned. Remove from skillet and grill over medium high heat for 10 to 15 minutes on each side, or until juices run clear. Serve with remainder of onion mixture as a sauce/topping.

Healthy Recipe Mondays

Monday April 18, 2011

Mexican Turkey Burgers

Yields 6 servings

Calories: 308 | Total Fat: 13.6g | Cholesterol: 62mg

Ingredients

1 tablespoon olive oil
1 medium onion, finely chopped
1 medium green bell pepper, finely chopped
2 cloves garlic, minced
1 cup salsa
1 (15.25 ounce) can whole kernel corn, drained
1 pound ground turkey
1 (1.25 ounce) package taco seasoning mix
1/3 cup dry bread crumbs
6 (10 inch) flour tortillas
6 tablespoons sour cream
2 cups shredded lettuce

Directions

Preheat oven to 450 degrees F (230 degrees C). Coat a medium baking dish with cooking spray.

Heat the olive oil in a skillet over medium heat, and saute the onion, green pepper, and garlic 5 minutes. Remove from heat, and cool slightly.

In a small bowl, mix the salsa and 1/2 the corn. In a large bowl, mix the onion mixture with the turkey, taco seasoning, and 2 tablespoons of the salsa mixture. Divide into 6 patties, and press into the breadcrumbs to lightly coat on all sides. Arrange coated patties in the prepared baking dish.

Bake the patties 10 minutes in the preheated oven. Drain any liquid from the dish, turn patties, and spread with the remaining salsa mixture. Continue baking 10 minutes, to an internal temperature of 165 degrees F (75 degrees C).

Warm the tortillas in the microwave, about 30 seconds on High. Wrap the cooked turkey patties in the warmed tortillas with sour cream and lettuce. Sprinkle with remaining corn to serve.

Healthy Recipe Mondays

Monday April 25, 2011

Mini Meatloaves

Yields 8 servings

Calories: 308 | Total Fat: 14.4g | Cholesterol: 77mg

Ingredients

1 egg
3/4 cup milk
1 cup shredded Cheddar cheese
1/2 cup quick cooking oats
1 teaspoon salt
1 pound ground beef
2/3 cup ketchup
1/4 cup packed brown sugar
1 1/2 teaspoons prepared mustard

Directions

Preheat oven to 350 degrees F

In a large bowl, combine the egg, milk, cheese, oats and salt. Add the ground beef, mixing well, and form this mixture into eight miniature meatloaves. Place these in a lightly greased 9x13 inch baking dish.

In a separate small bowl, combine the ketchup, brown sugar and mustard. Stir thoroughly and spread over each meatloaf. Bake, uncovered, at 350 degrees F for 45 minutes.

Healthy Recipe Mondays

Monday May 2, 2011

Fra Diavolo Pasta

Yields 8 servings

Calories: 355 | Total Fat: 8.9g | Cholesterol: 52mg

Ingredients

4 tablespoons olive oil, divided
6 cloves garlic, crushed
3 cups whole peeled tomatoes with liquid, chopped
1 1/2 teaspoons salt
1 teaspoon crushed red pepper flakes
1 (16 ounce) package linguine pasta
8 ounces small shrimp, peeled and deveined
8 ounces bay scallops
1 tablespoon chopped fresh parsley

Directions

In a large saucepan, heat 2 tablespoons of the olive oil with the garlic over medium heat. When the garlic starts to sizzle, pour in the tomatoes. Season with salt and red pepper. Bring to a boil. Lower the heat, and simmer for 30 minutes, stirring occasionally.

Meanwhile, bring a large pot of lightly salted water to a boil. Cook pasta for 8 to 10 minutes, or until al dente; drain.

In a large skillet, heat the remaining 2 tablespoons of olive oil over high heat. Add the shrimp and scallops. Cook for about 2 minutes, stirring frequently, or until the shrimp turn pink. Add shrimp and scallops to the tomato mixture, and stir in the parsley. Cook for 3 to 4 minutes, or until the sauce just begins to bubble. Serve sauce over pasta.

Healthy Recipe Mondays

Monday May 9, 2011

Salmon with Brown Sugar Glaze

Yields 4 servings

Calories: 330 | Total Fat: 16.2g | Cholesterol: 83mg

Ingredients

1/4 cup packed light brown sugar
2 tablespoons Dijon mustard
4 (6 ounce) boneless salmon fillets
salt and ground black pepper to taste

Directions

Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source; prepare the rack of a broiler pan with cooking spray.

Season the salmon with salt and pepper and arrange onto the prepared broiler pan. Whisk together the brown sugar and Dijon mustard in a small bowl; spoon mixture evenly onto top of salmon fillets.

Cook under the preheated broiler until the fish flakes easily with a fork, 10 to 15 minutes.

Healthy Recipe Mondays

Monday May 16, 2011

Chicken with Garlic, Basil & Parsley

Yields 4 servings

Calories: 150 | Total Fat: 3.1g | Cholesterol: 67mg

Ingredients

- 1 tablespoon dried parsley, divided
- 1 tablespoon dried basil, divided
- 4 skinless, boneless chicken breast halves
- 4 cloves garlic, thinly sliced
- 1/2 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes
- 2 tomatoes, sliced

Directions

Preheat oven to 350 degrees F (175 degrees C). Coat a 9x13 inch baking dish with cooking spray.

Sprinkle 1 teaspoon parsley and 1 teaspoon basil evenly over the bottom of the baking dish. Arrange chicken breast halves in the dish, and sprinkle evenly with garlic slices. In a small bowl, mix the remaining 2 teaspoons parsley, remaining 2 teaspoons basil, salt, and red pepper; sprinkle over the chicken. Top with tomato slices.

Bake covered in the preheated oven 25 minutes. Remove cover, and continue baking 15 minutes, or until chicken juices run clear.

Healthy Recipe Mondays

Monday May 23, 2011

Teriyaki & Pineapple Chicken

Yields 8 servings

Calories: 187 | Total Fat: 5.5g | Cholesterol: 35mg

Ingredients

2 tablespoons vegetable oil
1 pound skinless, boneless chicken breasts, cut into cubes
1 green bell pepper, sliced thin
1 yellow bell pepper, sliced thin
1 red bell pepper, sliced thin
1 1/4 cups sliced fresh mushrooms
1 onion, chopped
1 cup teriyaki sauce
1 (8 ounce) can pineapple chunks, undrained
1 teaspoon garlic powder
1 teaspoon crushed red pepper
1/4 cup all-purpose flour

Directions

Heat the oil in a wok or large skillet over medium-high heat. Cook the chicken until no longer pink in the center and the juices run clear, 7 to 10 minutes.

Place the green bell pepper, yellow bell pepper, red bell pepper, mushrooms, onion, teriyaki sauce, pineapple chunks with the juice, garlic powder, and crushed red pepper into the wok, and turn the heat to medium. Bring to a simmer, stir in the flour, and continue simmering 15 minutes until thickened.

Healthy Recipe Mondays

Monday May 30, 2011

Pork with Peach & Black Bean Salsa

Yields 4 servings

Calories: 309 | Total Fat: 7.8g | Cholesterol: 74mg

Ingredients

1 pound pork tenderloin, cubed
salt and pepper to taste
1/4 cup cornmeal
1 tablespoon olive oil
1/4 cup beer
1 cup prepared salsa
1 (15 ounce) can sliced canned peaches, drained
1/2 (15 ounce) can black beans; drain and reserve liquid
1 tablespoon chopped fresh cilantro

Directions

Season cubed pork with salt and pepper to taste. Place meat in a large plastic bag with the cornmeal. Shake well to coat the meat. Heat the oil in a large skillet over medium high heat. Place the coated meat in the skillet and saute for 5 to 10 minutes, or until browned. Reduce heat to medium.

Pour in the beer, salsa, peaches and beans with 2 tablespoons reserved liquid. Stir well and simmer for 15 to 20 minutes. Stir in the cilantro.

Healthy Recipe Mondays

Monday June 6, 2011

Vegetable Medley

Yields 6 servings

Calories: 88 | Total Fat: 3.8g | Cholesterol: 4mg

Ingredients

1 tablespoon olive oil
2 yellow squash, sliced
2 zucchini, sliced
1 onion, chopped
1 green bell pepper, chopped
2 cloves crushed garlic
1 (16 ounce) can diced tomatoes
1/2 teaspoon dried basil
2 teaspoons dried oregano
salt and pepper to taste
1/4 cup grated Parmesan cheese

Directions

Preheat oven to 325 degrees F (165 degrees C).

In a large sauté pan heat olive oil over medium heat. Add squash, zucchini, onion, green bell pepper, and garlic. Sauté until all vegetables are soft. Add tomatoes with juice. Season with basil, oregano, salt, and pepper.

Transfer ingredients to a glass baking dish. Bake for 20 minutes in the preheated oven. Sprinkle with Parmesan cheese and bake another 10 minutes.

Healthy Recipe Mondays

Monday June 13, 2011

Creamy Pesto Chicken

Yields 4 servings

Calories: 212 | Total Fat: 11.3g | Cholesterol: 80mg

Ingredients

1 teaspoon oil

4 small boneless skinless chicken breasts

1/4 cup cream cheese spread

1/3 cup 25%-less-sodium chicken broth

2 tablespoons pesto

Directions

Heat oil in large nonstick skillet on medium heat. Add chicken; cook 6 to 8 minutes on each side or until done (170 degrees F). Transfer to plate; cover to keep warm. Add cream cheese spread to skillet; cook on medium heat 5 minutes or until melted, stirring constantly. Whisk in broth and pesto; cook and stir 2 to 3 minutes or until sauce is thickened and well blended. Pour over chicken.

Healthy Recipe Mondays

Monday June 20, 2011

Garlic Salmon

Yields 4-6 servings

Calories: 169 | Total Fat: 6.7g | Cholesterol: 51mg

Ingredients

1 1/2 pounds salmon fillet
salt and pepper to taste
3 cloves garlic, minced
1 sprig fresh dill, chopped
5 slices lemon
5 sprigs fresh dill weed
2 green onions, chopped

Directions

Preheat oven to 450 degrees F (230 degrees C). Spray two large pieces of aluminum foil with cooking spray.
Place salmon fillet on top of one piece of foil. Sprinkle salmon with salt, pepper, garlic and chopped dill. Arrange lemon slices on top of fillet and place a sprig of dill on top of each lemon slice. Sprinkle fillet with chopped scallions.
Cover salmon with second piece of foil and pinch together foil to tightly seal. Place on a baking sheet or in a large baking dish.
Bake in preheated oven for 20 to 25 minutes, until salmon flakes easily.

Healthy Recipe Mondays

Monday June 27, 2011

Banana Berry Smoothie

Yields 4 servings

Calories: 85 | Total Fat: 0.3g | Cholesterol: 0mg

Ingredients

4 cups ice

1 cup strawberries

1/2 banana

1 cup orange juice

2 tablespoons honey

Directions

Blend the ice, strawberries, banana, orange juice, and honey in a blender until smooth.

Enjoy!

Healthy Recipe Mondays

Monday July 4, 2011 *Creamy Potato Lasagna*

Yields 8 servings

Calories: 373 | Total Fat: 15.8g | Cholesterol: 56mg

Ingredients

- 1 (12 ounce) jar Alfredo sauce
- 1 cup milk
- 3 pounds potatoes, peeled and sliced lengthwise about 1/8 inch thick
- 5 tablespoons grated Parmesan cheese
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 1/2 cups diced ham
- 1 (10 ounce) package chopped frozen broccoli, thawed
- 2 cups shredded Swiss cheese

Directions

Preheat oven to 400 degrees F (200 degrees C).

Lightly grease a 9x13 inch baking dish. In a medium bowl, whisk together the Alfredo sauce and milk. Spread 1/4 cup of the sauce in the bottom of the baking dish. Then layer 1/3 of the potatoes over the sauce in the dish. Sprinkle with 1 tablespoon of Parmesan cheese and salt and pepper to taste.

In a separate medium bowl, combine the ham, broccoli and 1 1/2 cups of the Swiss cheese. Mix well and spread 1/3 of this mixture over the potatoes in the baking dish. Then top with another layer of potatoes, followed by the ham mixture, finally topping all with the remaining Swiss cheese and Parmesan cheese. Pour the remaining Alfredo sauce over all.

Cover and bake at 400 degrees F (200 degrees C) for 45 minutes, then uncover and bake at 350 degrees F (175 degree C) for additional 25 minutes or until potatoes are tender. Let stand 10 to 15 minutes before serving.

Healthy Recipe Mondays

Monday July 11, 2011

Asian Beef with Snow Peas

Yields 4 servings

Calories: 203 | Total Fat: 10g | Cholesterol: 39mg

Ingredients

3 tablespoons soy sauce
2 tablespoons rice wine
1 tablespoon brown sugar
1/2 teaspoon cornstarch
1 tablespoon vegetable oil
1 tablespoon minced fresh ginger root
1 tablespoon minced garlic
1 pound beef round steak, cut into thin strips
8 ounces snow peas

Directions

In a small bowl, combine the soy sauce, rice wine, brown sugar and cornstarch. Set aside.

Heat oil in a wok or skillet over medium high heat. Stir-fry ginger and garlic for 30 seconds. Add the steak and stir-fry for 2 minutes or until evenly browned. Add the snow peas and stir-fry for an additional 3 minutes. Add the soy sauce mixture, bring to a boil, stirring constantly. Lower heat and simmer until the sauce is thick and smooth. Serve immediately.

Healthy Recipe Mondays

Monday July 18, 2011

Chicken Strawberry Spinach Salad w/ Ginger-Lime Dressing

Yields 2 servings

Calories: 203 | Total Fat: 10g | Cholesterol: 39mg

Ingredients

2 teaspoons corn oil
1 skinless, boneless chicken breast half - cut into bite-size pieces
1/2 teaspoon garlic powder
1 1/2 tablespoons mayonnaise
1/2 lime, juiced
1/2 teaspoon ground ginger
2 teaspoons milk
2 cups fresh spinach, stems removed
4 fresh strawberries, sliced
1 1/2 tablespoons slivered almonds
freshly ground black pepper to taste

Directions

Heat oil in a skillet over medium heat. Place chicken in skillet, season with garlic powder and cook 10 minutes on each side or until juices run clear. Set aside.

In a bowl, mix mayonnaise, lime juice, ginger and milk.

Arrange spinach on serving dishes. Top with chicken and strawberries, sprinkle with almonds and drizzle with dressing. Season with pepper to serve.

Healthy Recipe Mondays

Monday July 25, 2011

Creamy Spinach & Tomato Pasta

Yields 4 servings

Calories: 263 | Total Fat: 9.3g | Cholesterol: 14mg

Ingredients

- 8 ounces angel hair pasta
- 1 (14.5 ounce) can diced tomatoes
- 2 cups baby spinach leaves
- 1/2 cup sour cream
- 1 tablespoon prepared basil pesto (optional)

Directions

Bring a large pot of lightly salted water to a boil. Add the pasta and cook for 3 to 4 minutes, until tender. Drain.

While you wait for the pasta, combine the tomatoes and spinach in a saucepan over medium heat. When the spinach begins to wilt, stir in the sour cream and pesto. Toss sauce with drained pasta and serve immediately.

Healthy Recipe Mondays

Monday August 1, 2011 Stuffed Mexican Peppers

Yields 6 servings

Calories: 322 | Total Fat: 18.5g | Cholesterol: 73mg

Ingredients

1 pound ground beef
1 (1 ounce) package taco seasoning mix
3/4 cup water
2 teaspoons chili powder
1/2 cup cooked rice
1/4 teaspoon salt
1/4 teaspoon garlic salt
1/8 teaspoon ground black pepper
2 (8 ounce) cans tomato sauce, divided
3 large red bell peppers
6 (1 inch) cubes Colby-Jack cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish. Place the ground beef into a skillet over medium heat, and brown the meat, breaking it apart into crumbles as it cooks, about 8 minutes. Drain excess fat. Stir in the taco seasoning, water, chili powder, cooked rice, salt, garlic salt, black pepper, and 1 can of tomato sauce; mix until thoroughly combined. Bring to a boil, reduce heat to low, and simmer 20 minutes.

Meanwhile, cut the bell peppers in half lengthwise, and remove stems, membranes, cores, and seeds. Place a steamer insert into a large saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Place the peppers into the steamer insert, cover the pan, and steam until just tender, 3 to 5 minutes.

Place the steamed peppers into the prepared baking dish, and fill lightly with the meat filling. Press 1 cube of Colby-Jack cheese into the center of the filling in each pepper, and spoon the remaining can of tomato sauce over the peppers. Cover the dish with aluminum foil.

Bake in the preheated oven until the peppers are tender and the filling is hot, 25 to 30 minutes.

Healthy Recipe Mondays

Monday August 8, 2011

Lettuce Wraps

Yields 4 servings

Calories: 388 | Total Fat: 22.3g | Cholesterol: 69mg

Ingredients

16 Boston Bibb or butter lettuce leaves
1 pound lean ground beef
1 tablespoon cooking oil
1 large onion, chopped
2 cloves fresh garlic, minced
1 tablespoon soy sauce
1/4 cup hoisin sauce
2 teaspoons minced pickled ginger
1 tablespoon rice wine vinegar
Asian chile pepper sauce (optional)
1 (8 ounce) can water chestnuts, drained and finely chopped
1 bunch green onions, chopped
2 teaspoons Asian (dark) sesame oil

Directions

Rinse whole lettuce leaves and pat dry, being careful not to tear them. Set aside. In a medium skillet over high heat, brown the ground beef in 1 tablespoon of oil, stirring often and reducing the heat to medium, if necessary. Drain, and set aside to cool. Cook the onion in the same pan, stirring frequently. Add the garlic, soy sauce, hoisin sauce, ginger, vinegar, and chile pepper sauce to the onions, and stir. Stir in chopped water chestnuts, green onions, sesame oil, and cooked beef; continue cooking until the onions just begin to wilt, about 2 minutes.

Arrange lettuce leaves around the outer edge of a large serving platter, and pile meat mixture in the center. To serve, allow each person to spoon a portion of the meat into a lettuce leaf. Wrap the lettuce around the meat like a burrito, and enjoy!

Healthy Recipe Mondays

Monday August 15, 2011

Garden Tuna Sandwiches

Yields 4 servings

Calories: 237 | Total Fat: 4g | Cholesterol: 12mg

Ingredients

1 (6 ounce) can water-packed tuna, drained and flaked
2/3 cup chopped seeded peeled cucumber
1/2 cup shredded carrot
1/4 cup finely chopped green onions
1/4 cup fat-free mayonnaise
1/4 cup Dijon mustard
2 tablespoons fat-free sour cream
1 tablespoon lemon juice
pepper to taste
8 slices whole wheat bread
4 lettuce leaves

Directions

In a bowl, combine the first 9 ingredients. Spread on four slices of bread; top with lettuce and remaining bread.

Healthy Recipe Mondays

Monday August 22, 2011

Baby Spinach Omelet

Yields 1 serving

Calories: 186 | Total Fat: 12.3g | Cholesterol: 430mg

Ingredients

2 eggs*

1 cup torn baby spinach leaves

1 1/2 tablespoons grated Parmesan cheese

1/4 teaspoon onion powder

1/8 teaspoon ground nutmeg

salt and pepper to taste

Directions

In a bowl, beat the eggs, and stir in the baby spinach and Parmesan cheese. Season with onion powder, nutmeg, salt, and pepper.

In a small skillet coated with cooking spray over medium heat, cook the egg mixture about 3 minutes, until partially set. Flip with a spatula, and continue cooking 2 to 3 minutes. Reduce heat to low, and continue cooking 2 to 3 minutes, or to desired doneness.

*Can use 4 egg whites or an egg substitute instead of 2 whole eggs

Healthy Recipe Mondays

Monday August 29, 2011

Greek Chicken

Yields 6 servings

Calories: 239 | Total Fat: 10.2g | Cholesterol: 85mg

Ingredients

2 tablespoons all-purpose flour, divided
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 pound feta cheese, crumbled
1 tablespoon fresh lemon juice
1 teaspoon dried oregano
6 boneless, skinless chicken breast halves
2 tablespoons olive oil
1 1/2 cups water
1 cube chicken bouillon, crumbled
2 cups loosely packed torn fresh spinach leaves
1 ripe tomato, chopped

Directions

On large plate, combine 1 tablespoon flour, salt, and pepper. Set aside. In a small bowl, combine cheese, lemon juice, and oregano. Set aside.

With a meat mallet, pound each chicken breast to 1/2 inch thickness. Spread cheese mixture on each chicken breast, leaving 1/2 inch border. Fold chicken breasts in half; secure each with toothpick. Coat chicken breasts with flour mixture.

In large skillet, heat oil over medium heat. Cook chicken breasts for 1 to 2 minutes on each side, until golden. In a small bowl, whisk together 1 1/2 cups water, chicken bouillon cube, and remaining flour; pour over chicken breasts in pan. Add spinach and tomato to skillet, and bring to boil. Cover, reduce heat to low, and simmer for 8 to 10 minutes, or until chicken is no longer pink inside. Discard toothpicks before serving.

Healthy Recipe Mondays

Monday September 5, 2011

Apple Salad

Yields 4 servings

Calories: 139 | Total Fat: .7g | Cholesterol: 3mg

Ingredients

- 4 tart green apples, cored and chopped
- 1/4 cup blanched slivered almonds, toasted
- 1/4 cup dried cranberries
- 1/4 cup chopped dried cherries
- 1 (8 ounce) container vanilla yogurt

Directions

In a medium bowl, stir together the apples, almonds, cranberries, cherries and yogurt until evenly coated.

Healthy Recipe Mondays

Monday September 12, 2011

Ziti w/ Easy Pesto Sauce

Yields 6 servings

Calories: 314 | Total Fat: 5.4g | Cholesterol: 6mg

Ingredients

12 ounces ziti pasta

2 tablespoons Classico® Basil Pesto Sauce

26 ounces Classico® Tomato and Basil Sauce

salt to taste

1/2 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add ziti pasta, and cook until al dente, about 8 minutes.

Drain.

Meanwhile, in a saucepan over medium-low heat, mix together the pesto and basil tomato sauce. Bring to a simmer, and season with salt to taste. Microwave instructions: cook on high for one minute.

Place pasta in a large serving bowl. Toss with pesto-tomato sauce. Top with grated Parmesan cheese.

Healthy Recipe Mondays

Monday September 19, 2011

Black Beans, Corn & Yellow Rice

Yields 8 servings

Calories: 100 | Total Fat: 4.4g | Cholesterol: 0mg

Ingredients

1 (8 ounce) package yellow rice mix

1 1/4 cups water

2 tablespoons olive oil

1 (15 ounce) can black beans, rinsed and drained

1 (15.25 ounce) can whole kernel corn, drained

2 teaspoons lime juice

1 teaspoon ground cumin

Directions

Bring the rice, water, and olive oil to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Mix together the beans, corn, lime juice, and cumin in a large bowl. Stir in the cooked rice and serve.

Healthy Recipe Mondays

Monday September 26, 2011

Spinach & Sun-dried Tomato Pasta

Yields 4 servings

Calories: 319 | Total Fat: 7.5g | Cholesterol: 0mg

Ingredients

1 cup vegetable broth
12 dehydrated sun-dried tomatoes
1 (8 ounce) package uncooked penne pasta
2 tablespoons pine nuts
1 tablespoon olive oil
1/4 teaspoon crushed red pepper flakes
1 clove garlic, minced
1 bunch fresh spinach, rinsed and torn into bite-size pieces
1/4 cup grated Parmesan cheese

Directions

In a small saucepan, bring the broth to a boil. Remove from heat. Place the sun-dried tomatoes in the broth 15 minutes, or until softened. Drain, reserving broth, and coarsely chop.

Bring a large pot of lightly salted water to a boil. Place penne pasta in the pot, cook 9 to 12 minutes, until al dente, and drain.

Place the pine nuts in a skillet over medium heat. Cook and stir until lightly toasted.

Heat the olive oil and red pepper flakes in a skillet over medium heat, and saute the garlic 1 minute, until tender. Mix in the spinach, and cook until almost wilted. Pour in the reserved broth, and stir in the chopped sun-dried tomatoes. Continue cooking 2 minutes, or until heated through.

In a large bowl, toss the cooked pasta with the spinach and tomato mixture and pine nuts. Serve with Parmesan cheese.

Healthy Recipe Mondays

Monday October 3, 2011

Asparagus & Mozzarella Stuffed Chicken

Yields 2 servings

Calories: 390 | Total Fat: 10.8g | Cholesterol: 147mg

Ingredients

2 large skinless, boneless chicken breast halves
salt and black pepper to taste
8 asparagus spears, trimmed - divided
1/2 cup shredded mozzarella cheese, divided
1/4 cup Italian seasoned bread crumbs

Directions

Preheat an oven to 375 degrees F (190 degrees C). Grease an 8x8-inch baking dish.

Place each chicken breast between two sheets of heavy plastic (re-sealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to an even thickness of about 1/4 inch. Sprinkle each side with salt and pepper. Place 4 spears of asparagus down the center of a chicken breast, and spread about 1/4 cup of mozzarella cheese over the asparagus. Repeat with the other chicken breast, and roll the chicken around the asparagus and cheese to make a tidy, compact roll. Place the rolls seam sides down in the prepared baking dish, and sprinkle each with about 2 tablespoons of bread crumbs.

Bake in the preheated oven until the juices run clear when pricked with a fork, about 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Healthy Recipe Mondays

Monday October 10, 2011

Chili Cumin Stuffed Chicken

Yields 4 servings

Calories: 200 | Total Fat: 8.3g | Cholesterol: 79mg

Ingredients

1/2 cup shredded Cheddar cheese
1/4 cup chopped green bell pepper
1/4 cup chopped red bell pepper
1/4 cup minced cilantro
1/4 cup diced tomatoes
1/2 teaspoon chili powder
1/2 teaspoon ground cumin
1/8 teaspoon salt
4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
toothpicks

Directions

In a bowl, mix the shredded Cheddar cheese, green pepper, red pepper, cilantro, and tomatoes. Season with chili powder, cumin, and salt. Cover one side of the chicken breasts with enough cheese mixture to coat. Roll breasts over mixture, and secure with toothpicks.

Place the chicken breasts in a slow cooker. Pour in the remaining cheese mixture. Cover, and cook 3 hours on High.

Healthy Recipe Mondays

Monday October 17, 2011

Baked Falafel

Yields 2 servings

Calories: 281 | Total Fat: 9.3g | Cholesterol: 106mg

Ingredients

1/4 cup chopped onion
1 (15 ounce) can garbanzo beans, rinsed and drained
1/4 cup chopped fresh parsley
3 cloves garlic, minced
1 teaspoon ground cumin
1/4 teaspoon ground coriander
1/4 teaspoon salt
1/4 teaspoon baking soda
1 tablespoon all-purpose flour
1 egg, beaten
2 teaspoons olive oil

Directions

Wrap onion in paper towel and squeeze out as much moisture as possible. Set aside. Place garbanzo beans, parsley, garlic, cumin, coriander, salt, and baking soda in a food processor. Process until the mixture is coarsely pureed. Mix garbanzo bean mixture and onion together in a bowl. Stir in the flour and egg. Shape mixture into four large patties and let stand for 15 minutes.

Preheat an oven to 400 degrees F (200 degrees C).

Heat olive oil in a large, oven-safe skillet over medium-high heat. Place the patties in the skillet; cook until golden brown, about 3 minutes on each side.

Transfer skillet to the preheated oven and bake until heated through, about 10 minutes.

Healthy Recipe Mondays

Monday October 24, 2011

Mexican Style Goulash

Yields 5 servings

Calories: 303 | Total Fat: 10g | Cholesterol: 55mg

Ingredients

- 1 pound lean ground beef
- 1 cup chopped onion
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 (8 ounce) can tomato sauce
- 1 cup fresh or frozen corn
- 1/2 cup water
- 1 1/4 teaspoons chili powder
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 2/3 cup uncooked elbow macaroni
- 2/3 cup shredded reduced-fat Cheddar cheese

Directions

In a large nonstick skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the tomatoes, tomato sauce, corn, water, chili powder, oregano and salt. Bring to a boil. Add macaroni. Reduce heat; cover and simmer for 20-25 minutes or until macaroni is tender. Sprinkle with cheese; cover and cook 2-3 minutes longer or until cheese is melted.

Healthy Recipe Mondays

Monday October 31, 2011

Pork Chop and Cabbage Casserole

Yields 4 servings

Calories: 371 | Total Fat: 8.3g | Cholesterol: 42mg

Ingredients

1 small head cabbage, shredded

4 potatoes, peeled and sliced

salt to taste

1 (10.75 ounce) can condensed cream of chicken soup

1/2 (10.75 ounce) can water

1 small onion, diced

4 pork chops

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 baking dish.

Place a layer of shredded cabbage into baking dish and then a layer of sliced potatoes. Repeat cabbage and potatoes and salt.

Simmer the soup, water and diced onion. Pour over cabbage and potatoes.

In a skillet, brown each pork chop in a small amount of oil and place on top of mixture. Bake for 1 1/2 hours uncovered or until chops are tender.

Healthy Recipe Mondays

Monday November 7, 2011

Greek Chicken

Yields 6 servings

Calories: 239 | Total Fat: 10.2g | Cholesterol: 85mg

Ingredients

2 tablespoons all-purpose flour, divided
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 pound feta cheese, crumbled
1 tablespoon fresh lemon juice
1 teaspoon dried oregano
6 boneless, skinless chicken breast halves
2 tablespoons olive oil
1 1/2 cups water
1 cube chicken bouillon, crumbled
2 cups loosely packed torn fresh spinach leaves
1 ripe tomato, chopped

Directions

On large plate, combine 1 tablespoon flour, salt, and pepper. Set aside. In a small bowl, combine cheese, lemon juice, and oregano. Set aside. With a meat mallet, pound each chicken breast to 1/2 inch thickness. Spread cheese mixture on each chicken breast, leaving 1/2 inch border. Fold chicken breasts in half; secure each with toothpick. Coat chicken breasts with flour mixture. In large skillet, heat oil over medium heat. Cook chicken breasts for 1 to 2 minutes on each side, until golden. In a small bowl, whisk together 1 1/2 cups water, chicken bouillon cube, and remaining flour; pour over chicken breasts in pan. Add spinach and tomato to skillet, and bring to boil. Cover, reduce heat to low, and simmer for 8 to 10 minutes, or until chicken is no longer pink inside. Discard toothpicks before serving.

Healthy Recipe Mondays

Monday November 14, 2011

Black Bean Chili

Yields 6 servings

Calories: 172 | Total Fat: 8.6g | Cholesterol: 56mg

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 pound ground turkey
- 3 (15 ounce) cans black beans, undrained
- 1 (14.5 ounce) can crushed tomatoes
- 1 1/2 tablespoons chili powder
- 1 tablespoon dried oregano
- 1 tablespoon dried basil leaves
- 1 tablespoon red wine vinegar

Directions

Heat the oil in a large heavy pot over medium heat; cook onion and garlic until onions are translucent. Add turkey and cook, stirring, until meat is brown. Stir in beans, tomatoes, chili powder, oregano, basil and vinegar. Reduce heat to low, cover and simmer 60 minutes or more, until flavors are well blended.

Healthy Recipe Mondays

Monday November 21, 2011

Fish in Foil Bake

Yields 2 servings

Calories: 213 | Total Fat: 10.9g | Cholesterol: 67mg

Ingredients

- 2 trout fillets (or favorite fish)
- 1 tablespoon olive oil
- 2 teaspoons garlic salt
- 1 teaspoon ground black pepper
- 1 fresh jalapeno pepper, sliced
- 1 lemon, sliced

Directions

Preheat oven to 400 degrees F (200 degrees C). Rinse fish, and pat dry.

Rub fillets with olive oil, and season with garlic salt and black pepper. Place each fillet on a large sheet of aluminum foil. Top with jalapeno slices, and squeeze the juice from the ends of the lemons over the fish. Arrange lemon slices on top of fillets. Carefully seal all edges of the foil to form enclosed packets. Place packets on baking sheet.

Bake in preheated oven for 15 to 20 minutes, depending on the size of fish. Fish is done when it flakes easily with a fork.

Healthy Recipe Mondays

Monday November 28, 2011

Slow Cooker Chicken Tortilla Soup

Yields 8 servings

Calories: 258 | Total Fat: 10.7g | Cholesterol: 44mg

Ingredients

1 pound shredded, cooked chicken
1 (15 ounce) can whole peeled tomatoes, mashed
1 (10 ounce) can enchilada sauce
1 medium onion, chopped
1 (4 ounce) can chopped green chile peppers
2 cloves garlic, minced
2 cups water
1 (14.5 ounce) can chicken broth
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon salt
1/4 teaspoon black pepper
1 bay leaf
1 (10 ounce) package frozen corn
1 tablespoon chopped cilantro
7 corn tortillas
vegetable oil

Directions

Place chicken, tomatoes, enchilada sauce, onion, green chiles, and garlic into a slow cooker. Pour in water and chicken broth, and season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and cilantro. Cover, and cook on Low setting for 6 to 8 hours or on High setting for 3 to 4 hours.

Preheat oven to 400 degrees F (200 degrees C).

Lightly brush both sides of tortillas with oil. Cut tortillas into strips, then spread on a baking sheet.

Bake in preheated oven until crisp, about 10 to 15 minutes. To serve, sprinkle tortilla strips over soup.

Healthy Recipe Mondays

Monday December 5, 2011

Chicken Souiza Cornbread Bake

Yields 12 servings

Calories: 361 | Total Fat: 18g | Cholesterol: 43mg

Ingredients

1/2 cup margarine
1 onion, finely chopped
1 clove garlic, minced
1 (15.25 ounce) can whole kernel corn
1 (15 ounce) can cream-style corn
1/4 teaspoon salt
1/2 cup egg substitute
1 (8.5 ounce) package corn bread mix

2 1/3 cups chopped cooked chicken breast
2 tablespoons canned green chile peppers, chopped
1 (4 ounce) jar chopped mushrooms, drained
1 1/2 cups nonfat sour cream
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 (8 ounce) package Monterey Jack cheese, shredded

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease 9x13 inch baking dish. Melt margarine in a small skillet over med-high heat. Saute onion and garlic until tender, 4 to 6 minutes; set aside. In a large bowl, combine corn, cream style corn, salt and eggs. Beat in muffin mix. Fold in cooked onion mixture. Pour into prepared baking dish.

In a large bowl, combine chicken, green chiles, mushrooms, sour cream, salt and pepper. Spoon over corn mixture to within 1 inch from edge. Sprinkle top with cheese.

Bake in preheated oven for 35 to 40 minutes, or until edges are golden brown.

Healthy Recipe Mondays

Monday December 12, 2011

Spicy Southwestern Cheese Tortellini

Yields 4 servings

Calories: 263 | Total Fat: 10g | Cholesterol: 32mg

Ingredients

- 9 ounces cheese-filled tortellini
- 1 1/2 cups tomato and basil pasta sauce
- 1 (4 ounce) can diced green chili peppers
- 1 tablespoon chopped fresh cilantro
- 1/8 teaspoon ground cumin
- 1 cup shredded mozzarella cheese

Directions

In a large pot of salted water boil tortellini until al dente. Drain well.

In a 1-1/2 quart saucepan combine sauce, green chilies, cilantro and cumin. Simmer over medium-low heat for 5 minutes.

Place tortellini on a serving platter and pour tomato sauce mixture evenly over pasta. Sprinkle cheese over sauce and serve.

Healthy Recipe Mondays

Monday December 19, 2011

Slow Cooker Chicken and Sausage Chili

Yields 8 servings

Calories: 315 | Total Fat: 11.2g | Cholesterol: 51mg

Ingredients

3 (14.5 ounce) cans stewed tomatoes, chopped

1/2 cup beer

1/4 teaspoon hot sauce

2 beef bouillon cubes

1 tablespoon brown sugar

1/2 teaspoon chili powder

1/2 teaspoon paprika

1/4 teaspoon dried oregano

1/4 teaspoon garlic powder

1/8 teaspoon cayenne pepper

1 teaspoon olive oil

1/2 red onion, chopped

1 pound ground chicken

3/4 pound bulk Italian sausage

2 (6 ounce) cans tomato paste

1 (15 ounce) can kidney beans, rinsed and drained

Directions

Combine the stewed tomatoes, beer, hot sauce, bouillon cubes, brown sugar, chili powder, paprika, oregano, garlic powder, and cayenne pepper in a slow cooker; cook on High for 1 hour.

Heat the olive oil in a skillet over medium heat; cook the red onion in the hot oil until tender. Stir in the ground chicken; cook and stir until completely browned. Transfer the mixture to the slow cooker and return the skillet to the heat. Fry the sausage in the reheated skillet until completely browned and crumbly; add to the slow cooker.

Mix the tomato paste and kidney beans into the chili. Continue cooking on High another 2 hours. Switch the heat to Low and simmer 4 hours more.

Healthy Recipe Mondays

Monday December 26, 2011

Chicken Francaise

Yields 6 servings

Calories: 264 | Total Fat: 6.6g | Cholesterol: 114mg

Ingredients

1 egg, beaten
1/2 lemon, juiced
1 cup all-purpose flour
1 pinch garlic powder
1 pinch paprika
6 skinless, boneless chicken breast halves
2 tablespoons butter
1 (14.5 ounce) can chicken broth
1 lemon, juiced
6 slices lemon, for garnish
2 sprigs fresh parsley, for garnish

Directions

In a shallow dish or bowl, mix together the egg and juice of 1/2 lemon. In another shallow dish or bowl mix together the flour, garlic powder and paprika. Dip chicken breasts in egg mixture, then flour mixture.

Heat butter or margarine in a large skillet over medium heat. Add chicken breasts and cook until golden on each side.

In a medium bowl, mix together broth and juice of 1 lemon, and pour mixture over chicken in skillet. Reduce heat to medium low and let simmer for about 8 minutes. Place on serving platter, and garnish with fresh lemon slices and parsley sprigs.