### Monday January 2, 2012 Maple Salmon

Yields 4 servings Calories: 265 | Total Fat: 12.4g | Cholesterol: 67mg

#### **Ingredients**

1/4 cup maple syrup

2 tablespoons soy sauce

1 clove garlic, minced

1/4 teaspoon garlic salt

1/8 teaspoon ground black pepper

1 pound salmon

#### **Directions**

In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper.

Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once. Preheat oven to 400 degrees F (200 degrees C).

Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

# Healthy Recipe Mondays Monday January 9, 2011 Mid-Eastern Chicken Thighs

Yields 6 servings Calories: 331 | Total Fat: 19.7g | Cholesterol: 106mg

#### **Ingredients**

1 teaspoon olive oil

1 cup sliced onion

21/2 pounds skinless, boneless chicken thighs

1 tablespoon garam masala

1/2 teaspoon curry powder

1/2 cup red wine

2 tablespoons red wine vinegar

1 cup fat-free, reduced-sodium chicken broth

#### **Directions**

Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned lightly brown, about 7 minutes. Remove onion from skillet, and set aside. Increase heat to medium-high. Season one side of the chicken thighs with half of the garam masala and curry powder. Place the chicken seasoned-side down into the skillet, and season the other side with the remaining garam masala and curry powder. Continue cooking chicken until browned on both sides, about 4 minutes on each side. Pour in the red wine and red wine vinegar. Simmer for about 30 seconds, scraping up and browned bits from the pan. Stir in the prepared onion and chicken broth. Bring to a boil. Cover and reduce heat to medium-low. Simmer the chicken thighs until no longer pink in the center, about 20 minutes.

### Monday January 23, 2011

Stuffed Chicken w/ Asparagus and Parmesan Rice

Yields 4 servings

Calories: 565 | Total Fat: 24.2g | Cholesterol: 127mg

#### **Ingredients**

4 skinless, boneless chicken breast halves

1 tablespoon extra-virgin olive oil, or more as needed

1 cup chopped fresh asparagus

1/4 teaspoon garlic powder, or to taste

salt and ground black pepper to taste

4 slices deli ham

1/2 cup shredded Cheddar cheese

2 tablespoons butter, divided

2 cups chicken broth

1 tablespoon butter

1 cup uncooked white rice

1 (14.5 ounce) can diced tomatoes with onion and celery, drained

1/3 cup grated Parmesan cheese, or to taste

#### Directions

Preheat oven to 350 degrees F (175 degrees C).

Place the chicken breasts between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of 1/4 inch. Heat the olive oil in a skillet over medium heat, and cook and stir the asparagus, garlic powder, salt, and black pepper just until the asparagus is bright green and beginning to become tender, about 5 minutes. Remove from heat. Lay each chicken breast out onto a work surface, and place a slice of ham on the flattened breast. Place 1/4 of the asparagus mixture over the ham, and top with 1/4 of the Cheddar cheese. Roll the chicken breast around the filling and secure with toothpicks or tie with cotton kitchen string; place the stuffed breasts into a 9x13-inch baking dish, seam sides down. Top each breast with about 1/2 tablespoon of butter. Bake in the preheated oven until the chicken is no longer pink and the juices run clear, 30 to 40 minutes. An instant-read thermometer inserted into the center of a stuffed breast should read 160 degrees F (70 degrees C). Baste the stuffed chicken breasts occasionally with pan juices while baking. While chicken is baking, bring chicken broth and 1 tablespoon of butter to a boil in a saucepan. Stir in rice and tomatoes, reduce heat to a simmer, cover, and cook the rice until tender and the broth has been absorbed, about 20 minutes. Remove from heat, and let rice stand covered for about 5 minutes; stir in Parmesan cheese. Serve stuffed chicken breasts on the cooked rice.no longer pink in the center, about 20 minutes.

### Monday, February 6, 2012 Easy Peasy Chicken Bake

Yields 5 servings

Calories: 241 | Total Fat: 9.2g | Cholesterol: 53mg

#### **Instructions**

2 cloves garlic, minced

2 shallots, minced

1/2 cup dry white wine (such as Sauvignon Blanc)

1/2 cup chicken broth

1 teaspoon red wine vinegar

1/2 teaspoon mustard seeds

1 pinch salt, if needed (optional)

1 teaspoon freshly ground black pepper

1 tablespoon chopped fresh thyme

5 (3 ounce) skinless, boneless chicken thighs

3 red potatoes, very finely diced

4 ounces cremini mushrooms, chopped

1/2 pound fresh shelled green peas

#### **Directions**

Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.

Mix together the garlic, shallots, white wine, chicken broth, red wine vinegar, mustard seed, salt, black pepper, and fresh thyme in a bowl, and set aside. Place the chicken thighs into the prepared baking dish, and scatter the potatoes, mushrooms, and peas around the dish. Pour the liquid mixture over the chicken and vegetables, lifting the thighs slightly to allow the flavors to spread through the whole dish.

Bake in the preheated oven until the chicken is no longer pink in the center, the juices run clear, and an instant-read meat thermometer inserted into the center of a thigh reads at least 165 degrees F (75 degrees C), about 40 minutes. Allow dish to stand for 5 to 10 minutes before serving.

### Monday, February 13, 2012 Hearty Beef Stew

Yields 8 servings

Calories: 245 | Total Fat: 13g | Cholesterol: 43mg

#### **Ingredients**

1 teaspoon olive oil

1 teaspoon minced garlic

1 onion, diced

2 (26 ounce) containers beef broth

1 pound lean ground beef

1 (14.5 ounce) can diced tomatoes

1 (12 fluid ounce) can tomato juice

1 cup frozen mixed vegetables

1/2 cup pearl barley

1 teaspoon dried basil

1 teaspoon dried parsley

ground black pepper to taste

#### **Directions**

Heat the olive oil in a large pot over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the beef broth, then add the ground beef. Cook for 10 minutes, stirring and breaking up the ground beef. Mix in the diced tomatoes and tomato juice. Stir in the mixed vegetables, pearl barley, basil, parsley, and pepper. Simmer until the barley is tender, 40 to 50 minutes.

### Monday, February 20, 2012 Lemon Chicken Strips

Yields 6 servings

Calories: 236 | Total Fat: 4.2g | Cholesterol: 136mg

#### **Ingredients**

- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 large boneless, skinless chicken breasts, cut into 2-inch pieces
- 2 eggs, slightly beaten
- 1 cup Italian seasoned bread crumbs
- 1/2 cup granulated sugar substitute (Splenda recommended)
- 1/2 cup lemon juice
- 11/2 teaspoons curry powder

#### **Directions**

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

In a bowl, stir together paprika, salt, and pepper. Sprinkle seasoning over chicken pieces. Dip pieces in egg, then dredge in bread crumbs. Arrange chicken pieces in a single layer in an aluminum foil-lined 15x10-inch jelly roll pan.

Bake in preheated oven for 15 minutes, turning once.

In a small saucepan over medium-low heat, stir together SPLEN-DA® Granulated Sweetener, lemon juice, and curry powder, stirring until sweetener dissolves, about 5 minutes.

Drizzle lemon sauce over chicken, return to oven, and bake 5 minutes more.

### Monday, February 27, 2012 Salsa Chicken Meatloaf

Yields 6 servings

Calories: 393 | Total Fat: 19.6 | Cholesterol: 130mg

#### **Ingredients**

11/4 cups herb-seasoned croutons

1 (12 ounce) jar salsa

1 tablespoon olive oil

1 jalapeno pepper, seeded and minced

1 cup finely chopped onion

3 cloves garlic, minced

1 pound ground chicken

1/2 pound ground pork

1 egg

1 1/2 tablespoons taco seasoning mix

1 tablespoon Worcestershire sauce

1 cup shredded pepperjack cheese

1/4 cup cilantro, minced

2 tablespoons barbecue sauce

2 tablespoons brown sugar

#### **Directions**

Preheat oven to 350 degrees F (175 degrees C). Grease a 5x9-inch loaf pan. Mix the croutons with salsa in a large bowl, and set aside to soften, about 15 minutes. Heat olive oil in a skillet over medium heat, and cook the jalapeno pepper, onion, and garlic until the onion is translucent, 5 to 8 minutes.

Mix the ground chicken, ground pork, egg, taco seasoning, Worcestershire sauce, pepperjack cheese, and cilantro into the crouton mixture, and mash any unbroken croutons. Mix in the cooked onion mixture. Transfer the meatloaf into the prepared loaf pan. Mix the barbecue sauce and brown sugar together in a bowl, stirring until the sugar has dissolved, and brush the barbecue sauce mixture over the loaf. Fold a 12-inch long piece of aluminum foil into a tent, and place the foil tent over the loaf. Bake in the preheated oven until the juices run clear and the loaf is no longer pink in the center, about 1 hour. Remove foil tent for last 10 minutes of baking. An instantread thermometer inserted into the center of the loaf should read at least 160 degrees F (70 degrees C). Remove from oven, cover the loaf with foil, and let stand for 15 minutes before serving.

### Monday, March 5, 2012 Limehouse Chicken

Yields 6 servings Calories: 261 | Total Fat: 16.5 | Cholesterol: 43mg

#### **Ingredients**

6 boneless, skinless chicken thighs

1 lime, zested and juiced

1/3 cup all-purpose flour

11/2 teaspoons salt

1 tablespoon paprika

1/4 cup vegetable oil

2 tablespoons brown sugar

1/2 cup chicken broth

1/2 cup white wine

2 sprigs fresh mint, chopped

#### **Directions**

Preheat the oven to 375 degrees F (190 degrees C).

Combine the flour, salt and paprika in a large plastic bag. Sprinkle lime juice over the chicken thighs, then place them in the bag. Shake pieces around until completely coated.

Heat the oil in a large skillet over medium-high heat. Add chicken and cook just until browned on each side. Transfer to a baking dish. Mix together the brown sugar and lime zest; sprinkle over the chicken. Pour the chicken broth and white wine into the pan. Sprinkle mint over the top.

Bake uncovered for 45 minutes in the preheated oven. Chicken should be cooked through and juices will run clear.

# Monday, March 12, 2012 Salmon with Dill

Yields 4 servings Calories: 262 | Total Fat: 18.1 | Cholesterol: 82mg

#### **Ingredients**

1 pound salmon fillets or steaks

1/4 teaspoon salt

1/2 teaspoon ground black pepper

1 teaspoon onion powder

1 teaspoon dried dill weed

2 tablespoons butter

#### **Directions**

Preheat oven to 400 degrees F (200 degrees C). Rinse salmon, and arrange in a 9x13 inch baking dish. Sprinkle salt, pepper, onion powder, and dill over the fish. Place pieces of butter evenly over the fish. Bake in preheated oven for 20 to 25 minutes. Salmon is done when it flakes easily with a fork.

### Monday, March 19, 2012 Stuffed Zucchini with Chicken Sausage

Yields 4 servings

Calories: 260 | Total Fat: 15.7g | Cholesterol: 37mg

#### **Ingredients**

- 2 zucchini, ends trimmed
- 3 tablespoons olive oil
- 2 links Italian-style chicken sausage, casings removed
- 2 teaspoons crushed red pepper flakes (optional)
- salt and ground black pepper to taste
- 1/2 sweet onion (such as Vidalia®), chopped
- 3 cloves garlic, chopped
- 1 (14.5 ounce) can whole peeled tomatoes, drained and chopped
- 1/2 cup dry bread crumbs
- 1/4 cup grated Parmesan cheese
- 1 tablespoon chopped fresh basil

#### **Directions**

Preheat oven to 375 degrees F (190 degrees C).

Cut a lengthwise 3/4-inch thick slice from each zucchini. With a spoon, scoop out the flesh, leaving a shell intact all around the zucchini. Discard or save the flesh for another use. Chop up the long slices of zucchini.

Heat the olive oil in a skillet over medium heat, and cook the chicken sausage, breaking the meat up as it cooks, until the sausage has begun to brown, about 8 minutes. Sprinkle in the crushed red pepper flakes, and season with salt and black pepper. Stir in the chopped zucchini, onion, and garlic, and cook until the onion is translucent, about 5 minutes. Scrape the sausage mixture into a bowl, and stir in the tomatoes, bread crumbs, Parmesan cheese, and basil until the stuffing is thoroughly combined.

Lightly stuff the zucchini boats with the stuffing, place the zucchini into a baking dish, and bake until thoroughly heated through and beginning to brown on top, about 30 minutes.

### Monday, March 26, 2012 Slow Cooker Honey Garlic Chicken

Yields 10 servings

Calories: 236 | Total Fat: 6g | Cholesterol: 42mg

#### **Ingredients**

- 1 tablespoon vegetable oil
- 10 boneless, skinless chicken thighs
- 3/4 cup honey
- 3/4 cup lite soy sauce
- 3 tablespoons ketchup
- 2 cloves garlic, crushed
- 1 tablespoon minced fresh ginger root
- 1 (20 ounce) can pineapple tidbits, drained with juice reserved
- 2 tablespoons cornstarch
- 1/4 cup water

#### **Directions**

Heat oil in a skillet over medium heat, and cook chicken thighs just until evenly browned on all sides. Place thighs in a slow cooker.

In a bowl, mix honey, soy sauce, ketchup, garlic, ginger, and reserved pineapple juice. Pour into the slow cooker.

Cover, and cook 4 hours on High. Stir in pineapple tidbits just before serving.

Mix the cornstarch and water in a small bowl. Remove thighs from slow cooker. Blend the cornstarch mixture into remaining sauce in the slow cooker to thicken. Serve sauce over the chicken.

### Monday, April 2, 2012 Baked Garlic Parmesan Chicken

Yields 6 servings

Calories: 281 | Total Fat: 10.8g | Cholesterol: 75mg

#### **Ingredients**

2 tablespoons olive oil

1 clove garlic, minced

1 cup dry bread crumbs

2/3 cup grated Parmesan cheese

1 teaspoon dried basil leaves

1/4 teaspoon ground black pepper

6 skinless, boneless chicken breast halves

#### **Directions**

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

In a bowl, blend the olive oil and garlic. In a separate bowl, mix the bread crumbs, Parmesan cheese, basil, and pepper. Dip each chicken breast in the oil mixture, then in the bread crumb mixture. Arrange the coated chicken breasts in the prepared baking dish,

and top with any remaining bread crumb mixture.

Bake 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.

### Monday, April 9, 2012 Mushroom Spinach Omelet

Yields 2 servings

Calories: 110 | Total Fat: 6g | Cholesterol: 112mg

#### **Ingredients**

- 1 egg
- 3 egg whites
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon shredded Cheddar cheese
- 1/4 teaspoon salt
- 1/8 teaspoon crushed red pepper flakes
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1/2 cup sliced fresh mushrooms
- 2 tablespoons finely chopped green pepper
- 1 tablespoon finely chopped onion
- 1/2 teaspoon olive oil
- 1 cup torn fresh spinach

#### **Directions**

In a small bowl, beat the egg and egg whites. Add cheeses, salt, pepper flakes, garlic powder and pepper; mix well. Set aside. In an 8-in. nonstick skillet, sauté the mushrooms, green pepper and onion in oil for 4-5 minutes or until tender. Add spinach; cook and stir until spinach is wilted. Add egg mixture. As eggs set, lift edges, letting uncooked portion flow underneath. Cut into wedges. Serve immediately.

### Monday, April 16, 2012 Slow Cooker Chicken Mole

Yields 6 servings

Calories: 289 | Total Fat: 9.2g | Cholesterol: 59mg

#### **Ingredients**

- 1 large onion, chopped
- 1/2 cup raisins
- 3 cloves garlic, chopped
- 2 tablespoons toasted sesame seeds (optional)
- 1 finely chopped canned chipotle chile in adobo sauce
- 3 tablespoons peanut butter
- 1 (28 ounce) can crushed tomatoes
- 1 teaspoon sugar
- 1 teaspoon ground cinnamon
- 4 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/8 teaspoon ground nutmeg
- 3 tablespoons unsweetened cocoa powder
- 11/2 pounds skinless, boneless chicken breasts

#### **Directions**

Place onion, raisins, garlic, sesame seeds, chipotle pepper, peanut butter and crushed tomatoes in slow cooker. Stir in sugar, cinnamon, chili powder, cumin, coriander, nutmeg, and cocoa powder. Place chicken in the sauce.

Cover; cook on Low until chicken is very tender, about 5 hours.

### Monday, April 23, 2012 Feta Cheese Turkey Burgers

Yields 4 servings Calories: 318 | Total Fat: 21.9g | Cholesterol: 123mg

#### **Ingredients**

1 pound ground turkey
1 cup crumbled feta cheese
1/2 cup kalamata olives, pitted and sliced
2 teaspoons dried oregano
ground black pepper to taste

#### **Directions**

Preheat the grill for medium high heat. In a large bowl, combine turkey, feta cheese, olives, oregano, and pepper. Mix together, and form into patties. Lightly oil the grate. Place patties on the grill. Cook for 10 to 12 minutes, turning halfway through.

### Monday, April 30, 2012 Pork Chops Italiano

Yields 6 servings

Calories: 146 | Total Fat: 9.2g | Cholesterol: 19mg

#### **Ingredients**

- 1 teaspoon olive oil
- 2 cups sliced mushrooms
- 2 tablespoons olive oil
- 6 (3/4 inch thick) pork loin chops
- 2 cloves garlic, crushed
- 1 cup chopped onion
- 1 (14.5 ounce) can diced Italian tomatoes, undrained
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup water, if necessary
- 1 large green bell pepper, cut in 6 pieces

#### **Directions**

Heat 1 teaspoon olive oil in a skillet over medium heat. Stir in mushrooms; cook and stir until mushrooms are tender, 5 to 7 minutes. Transfer the mushrooms to a bowl and set aside.

Heat the remaining 2 tablespoons olive oil in the skillet over medium heat. Add the pork chops, browning on both sides, 7 to 10 minutes. Place the pork chops on a plate, then drain all but 1 tablespoon of drippings from the skillet. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.

Pour in the tomatoes, then season with basil, oregano, salt, and pepper. Transfer the pork chops back to the skillet; cover and simmer until the pork chops are tender and no longer pink in the center, about 45 minutes. Stir in some water if the mixture becomes too dry. Place the bell pepper on top of the pork, then add the reserved mushrooms. Continue to simmer until the bell pepper is tender, 5 to 10 minutes.

### Monday, May 7, 2012 Good for You Greek Salad

Yields 6 servings Calories: 187 | Total Fat: 15.6 | Cholesterol: 22mg

#### **Ingredients**

3 large ripe tomatoes, chopped
2 cucumbers, peeled and chopped
1 small red onion, chopped
1/4 cup olive oil
4 teaspoons lemon juice
1 1/2 teaspoons dried oregano
salt and pepper to taste
1 cup crumbled feta cheese
6 black Greek olives, pitted and sliced

#### **Directions**

In shallow salad bowl, or on serving platter, combine tomatoes, cucumber, and onion. Sprinkle with oil, lemon juice, oregano, and salt and pepper to taste. Sprinkle feta cheese and olives over salad. Serve.

### Monday, May 14, 2012 Sour Cream Pork Chops

Yields 6 servings Calories: 257 | Total Fat: 14.5 | Cholesterol: 54mg

#### **Ingredients**

6 pork chops
salt and pepper to taste
garlic powder to taste
1/2 cup all-purpose flour
1 large onion, sliced 1/4 inch thick
2 cubes chicken bouillon
2 cups boiling water
2 tablespoons all-purpose flour
1 (8 ounce) container sour cream

#### **Directions**

Season pork chops with salt, pepper, and garlic powder, and then dredge in 1/2 cup flour. In a skillet over medium heat, lightly brown chops in a small amount of oil.

Place chops in slow cooker, and top with onion slices. Dissolve bouillon cubes in boiling water and pour over chops. Cover, and cook on Low 7 to 8 hours.

Preheat oven to 200 degrees F (95 degrees C).

After the chops have cooked, transfer chops to the oven to keep warm. Be careful, the chops are so tender they will fall apart. In a small bowl, blend 2 tablespoons flour with the sour cream; mix into meat juices. Turn slow cooker to High for 15 to 30 minutes, or until sauce is slightly thickened. Serve sauce over pork chops.

### Monday, May 21, 2012 Crazy Marinated Chicken

Yields 4 servings

Calories: 226 | Total Fat: 10.5 | Cholesterol: 67mg

#### **Ingredients**

- 4 limes, juiced
- 2 tablespoons olive oil
- 2 tablespoons chili powder
- 1 teaspoon dried sage
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 4 skinless, boneless chicken breast halves

#### **Directions**

Whisk the lime juice, olive oil, chili powder, sage, oregano, and cumin together in a small bowl. Arrange the chicken breasts in a shallow glass container; pour the lime juice marinade over the chicken. Cover the container with plastic wrap; refrigerate 1 1/2 hours, turning the chicken every 30 minutes.

Preheat an outdoor grill for medium heat and lightly oil the grate. Remove the chicken to a platter and allow to come to room temperature. Pour the marinade into a small saucepan and bring to a boil over high heat. Reduce heat to medium-low and simmer for 10 minutes.

Basting with the marinade, grill the chicken breasts until no longer pink in the center and the juices run clear, 8 to 10 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F.

### Monday, May 28, 2012 Maple Salmon

Yields 4 servings Calories: 265 | Total Fat: 12.4 | Cholesterol: 67mg

#### **Ingredients**

1/4 cup maple syrup

2 tablespoons soy sauce

1 clove garlic, minced

1/4 teaspoon garlic salt

1/8 teaspoon ground black pepper

1 pound salmon

#### **Directions**

In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper.

Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.

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

Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

### Monday, June 4, 2012 Lemon Chicken w/ Artichoke Hearts

Yields 4 servings

Calories: 260 | Total Fat: 5.4 | Cholesterol: 68mg

#### **Ingredients**

1 tablespoon unsalted butter

1/3 cup all-purpose flour

1/4 teaspoon salt

4 skinless, boneless chicken breast halves

2 lemons, juiced

1 cup chicken broth

2 tablespoons Worcestershire sauce

1/4 cup vermouth

1/2 teaspoon minced garlic

1 bay leaf

1 teaspoon dried basil

1 (14 ounce) can artichoke hearts, drained and chopped

1 tablespoon cornstarch

1/4 cup water

#### **Directions**

Melt butter in a large skillet over medium heat. Combine the flour and salt on a plate, then gently press the chicken breasts into the flour mixture to coat. Shake off the excess flour. Arrange the chicken in the skillet and cook until browned on each side, about 10 minutes. Add the lemon juice, chicken broth, Worcestershire sauce, vermouth, garlic, bay leaf, and basil. Bring to a boil, then cover and simmer on low heat for 15 minutes. Stir in the artichoke hearts, and continue simmering until the chicken is no longer pink in the center, about 15 minutes more.

Mix the cornstarch and water in a small bowl. Stir the mixture into the chicken, and continue cooking until thickened, about 5 minutes.

### Monday, June 11, 2012 Modenese Pork Chops

Yields 4 servings

Calories: 297 | Total Fat: 19.2 | Cholesterol: 88mg

#### **Ingredients**

4 tablespoons butter

4 (1 inch thick) pork chops

1/2 cup dry white wine

1 teaspoon salt

1/8 teaspoon fresh ground black pepper

1/2 teaspoon crushed dried rosemary

2 cloves garlic, minced

#### **Directions**

In a large skillet, melt butter over medium heat. Cook chops in butter, turning once to brown evenly.

Pour in wine, and season with salt, pepper, rosemary, and garlic. Simmer, uncovered, for 20 minutes, or until chops are tender. Transfer pork chops to serving plates, and spoon sauce over the meat.

### Monday, June 18, 2012 Tropical Grilled Chicken

Yields 4 servings

Calories: 223 | Total Fat: 4.3 | Cholesterol: 97mg

#### **Ingredients**

1/2 cup orange juice

1/2 lime, juiced

1 tablespoon honey

1 teaspoon crushed red pepper flakes

4 (6 ounce) skinless, boneless chicken breast halves

1 tablespoon chopped fresh cilantro

#### **Directions**

Whisk together the orange juice, lime juice, honey, and red pepper flakes in a bowl, and pour into a resealable plastic bag. Add the chicken, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 30 minutes.

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

Remove the chicken from the marinade, and shake off excess. Discard the remaining marinade. Place the chicken on the grill and cook the chicken breasts until no longer pink in the center and the juices run clear, about 6 to 8 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Top with cilantro and serve.

### Monday, June 25, 2012 Beef Stir Fry

Yields 4 servings Calories: 313 | Total Fat: 12 | Cholesterol: 70mg

#### **Ingredients**

- 2 tablespoons cornstarch
- 2 teaspoons sugar
- 6 tablespoons soy sauce
- 1/4 cup white wine, apple juice or water
- 1 pound boneless beef round steak, cut into thin strips
- 3 cups broccoli florets
- 2 medium carrots, thinly sliced
- 1 (6 ounce) package frozen pea pods, thawed
- 2 tablespoons chopped onion
- 2 tablespoons vegetable oil, divided
- 1 (8 ounce) can sliced water chestnuts, undrained Hot cooked rice

#### **Directions**

In a bowl, combine cornstarch, sugar, soy sauce and wine, apple juice or water until smooth. Add beef and toss to coat; set aside. In a large skillet, stir-fry broccoli, carrots, pea pods and onion in 1 tablespoon oil for 1 minute. Stir in water chestnuts. Cover and simmer for 4 minutes; remove and keep warm. In the same skillet, stir-fry beef in remaining oil until meat reaches desired doneness. Return vegetables to pan; toss. Serve over rice.

### Monday, July 2, 2012 Unbelievable Chicken

Yields 6 servings Calories: 337 | Total Fat: 16.4 | Cholesterol: 67mg

#### **Ingredients**

1/4 cup cider vinegar

3 tablespoons prepared coarse-ground mustard

3 cloves garlic, peeled and minced

1 lime, juiced

1/2 lemon, juiced

1/2 cup brown sugar

11/2 teaspoons salt

ground black pepper to taste

6 tablespoons olive oil

6 skinless, boneless chicken breast halves

#### **Directions**

In a large glass bowl, mix the cider vinegar, mustard, garlic, lime juice, lemon juice, brown sugar, salt, and pepper. Whisk in the olive oil. Place chicken in the mixture. Cover, and marinate 8 hours, or overnight.

Preheat an outdoor grill for high heat.

Lightly oil the grill grate. Place chicken on the prepared grill, and cook 6 to 8 minutes per side, until juices run clear. Discard marinade.

### Monday, July 9, 2012 French Watermelon

Yields 20 servings

Calories: 182 | Total Fat: 0.7 | Cholesterol: 0mg

#### **Ingredients**

1 large watermelon, cubed

1 cup vodka

1/2 cup white sugar

15 fresh mint leaves, chopped

#### **Directions**

Toss the watermelon, vodka, sugar, and mint together in a large bowl. Cover the bowl with plastic wrap and refrigerate 1 to 2 hours.







### Monday, July 16, 2012 Baked Tilapia w/ Dill Sauce

Yields 4 servings

Calories: 284 | Total Fat: 18.6 | Cholesterol: 59mg

#### **Ingredients**

4 (4 ounce) fillets tilapia salt and pepper to taste 1 tablespoon Cajun seasoning, or to taste 1 lemon, thinly sliced

1/4 cup mayonnaise

1/2 cup sour cream

1/8 teaspoon garlic powder

1 teaspoon fresh lemon juice

2 tablespoons chopped fresh dill

#### **Directions**

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

Season the tilapia fillets with salt, pepper and Cajun seasoning on both sides. Arrange the seasoned fillets in a single layer in the baking dish. Place a layer of lemon slices over the fish fillets. I usually use about 2 slices on each piece so that it covers most of the surface of the fish.

Bake uncovered for 15 to 20 minutes in the preheated oven, or until fish flakes easily with a fork.

While the fish is baking, mix together the mayonnaise, sour cream, garlic powder, lemon juice and dill in a small bowl. Serve with tilapia.

### Monday, July 23, 2012 Chicken Kabobs Mexicana

Yields 4 servings

Calories: 166 | Total Fat: 7.9 | Cholesterol: 34mg

#### **Ingredients**

2 tablespoons olive oil

1 teaspoon ground cumin

2 tablespoons chopped fresh cilantro

1 lime, juiced

salt and ground black pepper to taste

2 skinless, boneless chicken breast halves - cut into 1 inch cubes

1 small zucchini, cut into 1/2-inch slices

1 onion, cut into wedges and separated

1 red bell pepper, cut into 1 inch pieces

10 cherry tomatoes

#### **Directions**

In a shallow dish, mix together olive oil, cumin, chopped cilantro, and lime juice. Season with salt and pepper. Add chicken, and mix well. Cover, and refrigerate for at least one hour.

Preheat grill for high heat.

Thread chicken, zucchini, onion, red bell pepper, and tomatoes onto skewers.

Brush grill with oil, and arrange skewers on hot grate. Cook for approximately 10 minutes, or until chicken is cooked through, turning to cook evenly.

### Monday, July 30, 2012 Rosemary and Bacon Chicken

Yields 4 servings Calories: 208 | Total Fat: 8.1 | Cholesterol: 81mg

#### **Ingredients**

4 teaspoons garlic powder 4 skinless, boneless chicken breast halves salt and pepper to taste 4 sprigs fresh rosemary 4 thick slices bacon

#### **Directions**

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

Sprinkle 1 teaspoon garlic powder on a chicken breast and season with salt and pepper. Lay one rosemary sprig on the chicken breast. Wrap the bacon around the chicken to hold the rosemary on. Secure the bacon with a toothpick or an additional thick rosemary stem.

Cook the chicken breasts until no longer pink in the center and the juices run clear, 8 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Stay near the grill to combat any flare ups from the bacon. Remove the toothpicks before serving.

# August 6th, 2012 Pasta with Fresh Tomato Sauce

Yields 8 servings

Calories: 257 | Total Fat: 3.1 | Cholesterol: 3mg

#### **Ingredients**

1 (16 ounce) package dry penne pasta

8 roma (plum) tomatoes, diced

1/2 cup Italian dressing

1/4 cup finely chopped fresh basil

1/4 cup diced red onion

1/4 cup grated Parmesan cheese

#### **Directions**

Bring a large pot of lightly salted water to a boil. Place the penne pasta in the pot, cook 10 minutes, until al dente, and drain.

In a large bowl, toss the cooked pasta with the tomatoes, Italian dressing, basil, red onion, and Parmesan cheese.

### August 13th, 2012 Black Bean and Corn Quesadillas

Yields 8 servings

Calories: 363 | Total Fat: 14.5 | Cholesterol: 26mg

#### **Ingredients**

- 2 teaspoons olive oil
- 3 tablespoons finely chopped onion
- 1 (15.5 ounce) can black beans, drained and rinsed
- 1 (10 ounce) can whole kernel corn, drained
- 1 tablespoon brown sugar
- 1/4 cup salsa
- 1/4 teaspoon red pepper flakes
- 2 tablespoons butter, divided
- 8 (8 inch) flour tortillas
- 11/2 cups shredded Monterey Jack cheese, divided

#### **Directions**

Heat oil in a large saucepan over medium heat. Stir in onion, and cook until softened, about 2 minutes. Stir in beans and corn, then add sugar, salsa, and pepper flakes; mix well. Cook until heated through, about 3 minutes.

Melt 2 teaspoons of the butter in a large skillet over medium heat. Place a tortilla in the skillet, sprinkle evenly with cheese, then top with some of the bean mixture. Place another tortilla on top, cook until golden, then flip and cook on the other side. Melt more butter as needed, and repeat with remaining tortillas and filling.

### August 20th, 2012 Dijon Baked Salmon

Yields 4 servings Calories: 331 | Total Fat: 21.5 | Cholesterol: 106mg

#### **Ingredients**

4 (4 ounce) fillets salmon

3 tablespoons prepared Dijon-style mustard salt and pepper to taste

1/4 cup Italian-style dry bread crumbs

1/4 cup butter, melted

#### **Directions**

Preheat oven to 400 degrees F (200 degrees C). Line a shallow baking pan with aluminum foil.

Place salmon skin-side down on foil. Spread a thin layer of mustard on the top of each fillet, and season with salt and pepper. Top with bread crumbs, then drizzle with melted butter.

Bake in a preheated oven for 15 minutes, or until salmon flakes easily with a fork.

### August 27th, 2012 Spicy Basil Chicken

Yields 4 servings

Calories: 244 | Total Fat: 9.4 | Cholesterol: 69mg

#### **Ingredients**

- 2 tablespoons chili oil
- 2 cloves garlic
- 3 hot chili peppers
- 1 pound skinless, boneless chicken breast halves cut into bitesize pieces
- 11/2 teaspoons white sugar
- 1 teaspoon garlic salt
- 1 teaspoon black pepper
- 5 tablespoons oyster sauce
- 1 cup fresh mushrooms
- 1 cup chopped onions
- 1 bunch fresh basil leaves

#### **Directions**

Heat the oil in a skillet over medium-high heat, and cook the garlic and chili peppers until golden brown. Mix in chicken and sugar, and season with garlic salt and pepper. Cook until chicken is no longer pink, but not done.

Stir oyster sauce into the skillet. Mix in mushrooms and onions, and continue cooking until onions are tender and chicken juices run clear. Remove from heat, and mix in basil. Let sit 2 minutes before serving.

# September 3, 2012 Balsamic Chicken

Yields 4 servings Calories: 194 | Total Fat: 4.9 | Cholesterol: 66mg

#### **Ingredients**

1/3 cup balsamic vinegar

1/2 cup chicken broth

2 tablespoons white sugar

1 clove garlic, minced

1 teaspoon dried Italian herb seasoning

4 skinless, boneless chicken breast halves

1 tablespoon olive oil

#### **Directions**

Whisk together the balsamic vinegar, chicken broth, sugar, garlic, and Italian seasoning in a bowl, place the chicken breasts in the marinade, and marinate for 10 minutes on each side.

Heat the olive oil in a large skillet over medium-high heat. Remove the chicken from the marinade and reserve the marinade. Place the chicken in the heated pan and cook until they start to brown and are no longer pink inside, about 7 minutes per side. Pour the marinade into the skillet, and cook until it thickens slightly, turning the chicken breasts over once or twice, about 5 minutes.

### September 10, 2012 Peanut Butter Chicken

Yields 4 servings Calories: 205 | Total Fat: 13.8 | Cholesterol: 41mg

#### **Ingredients**

1 tablespoon sesame oil

1/2 teaspoon minced garlic

1 pinch salt

1/4 cup pine nuts

2 cooked, boneless chicken breast halves, diced

1 tablespoon peanut butter

1 dash soy sauce

3 pickled jalapeno pepper slices, chopped

1/2 cup water

#### **Directions**

Heat the sesame oil in a skillet over medium heat. Stir in the garlic and salt. Cook and stir 1 minute, then stir in the pine nuts, and cook until golden, about 5 minutes. Add the diced chicken breast, and cook a few minutes to reheat. Stir in the peanut butter, soy sauce, and jalapeno pepper until the peanut butter has melted. Pour in the water, and bring to a simmer. Cook and stir until the sauce has thickened, about 5 minutes more.

### September 17, 2012 Pineapple Grilled Pork Chops

Yields 4 servings

Calories: 193 | Total Fat: 4g | Cholesterol: 38mg

#### **Ingredients**

- 1 (8 ounce) can pineapple rings, juice drained and reserved
- 1/4 cup brown sugar
- 1/4 cup soy sauce
- 1/4 teaspoon garlic powder
- 4 pork chops
- 1 pinch ground black pepper

#### **Directions**

Mix together the drained pineapple juice, brown sugar, soy sauce, and garlic powder together in a large plastic zipper bag, and smush the bag a few times with your hands to mix the marinade and dissolve the sugar. Place the pork chops into the marinade, squeeze out any air in the bag, seal it, and refrigerate overnight. Reserve the pineapple rings.

Preheat an outdoor grill for medium heat, and lightly oil the grate. Remove the chops from the marinade, shaking off excess, and grill until browned, the meat is no longer pink inside, and the meat shows good grill marks, 5 to 8 minutes per side. Brush several times with marinade and let the marinade cook onto the surface of the meat. Discard excess marinade. While the meat is grilling, place 4 pineapple rings onto the grill, and allow to cook until hot and the slices show grill marks; serve the chops topped with the grilled pineapple rings.

# **Healthy Recipe Mondays**September 24, 2012

## Chicken with Caper Cream Sauce

Yields 4 servings

Calories: 313 | Total Fat: 21.2g | Cholesterol: 132mg

### **Ingredients**

- 4 boneless, skinless chicken breast halves
- 1 teaspoon lemon pepper
- 1 teaspoon salt
- 1 teaspoon dried dill weed
- 1 teaspoon garlic powder
- 3 tablespoons butter
- 1/2 cup whipping cream
- 2 tablespoons capers, drained and rinsed

#### **Directions**

Season chicken breasts with lemon pepper, salt, dill weed, and garlic powder.

Melt butter in a large skillet over medium heat. Place breasts in skillet, and increase heat to medium-high. Turn chicken frequently, until brown, about 5 minutes. Reduce heat to medium, and cook 5 to 7 minutes, until breasts are cooked through. Remove chicken to a warm serving platter, and cover with foil.

Return skillet to stove, and increase heat to high. Whisk in whipping cream, whisking continuously until reduced to sauce consistency, about 3 minutes. Remove from heat. Stir in capers. Pour sauce over chicken, and serve.

### October 1, 2012 Slow Cooker Marsala Pork

Yields 6 servings

Calories: 308 | Total Fat: 12.2g | Cholesterol: 36mg

### **Ingredients**

- 1 cup flour
- 1 tablespoon minced fresh rosemary
- 1 teaspoon dry mustard powder
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 6 (4 ounce) pork chops
- 2 tablespoons vegetable oil
- 1 onion, sliced
- 1 (4 ounce) package sliced mushrooms
- 1 clove garlic, minced
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/2 cup marsala wine

#### **Directions**

Stir together the flour, rosemary, mustard, salt, garlic powder, and pepper in a bowl. Dredge the pork chops in the seasoned flour, shake off excess, and set aside. Heat the vegetable oil in a large skillet over medium-high heat. Add the pork chops and cook until golden brown on both sides, about 4 minutes per side. Place the onion, mushrooms, and garlic into a slow cooker. Add the seared pork chops, then pour in the cream of mushroom soup and marsala wine. Cover, and cook on Low until the chops are tender, 6 to 8 hours.

### October 8, 2012 Chicken Pierre

Yields 6 servings

Calories: 247 | Total Fat: 7.8g | Cholesterol: 84mg

### **Ingredients**

6 skinless, boneless chicken breast halves

1/4 cup all-purpose flour

1/2 teaspoon salt

1 pinch ground black pepper

3 tablespoons butter

1 (14.5 ounce) can stewed tomatoes, with liquid

1/2 cup water

2 tablespoons brown sugar

2 tablespoons distilled white vinegar

2 tablespoons Worcestershire sauce

1 teaspoon salt

2 teaspoons chili powder

1 teaspoon mustard powder

1/2 teaspoon celery seed

1 clove garlic, minced

1/8 teaspoon hot pepper sauce

#### **Directions**

In a shallow dish or bowl, combine flour, 1/2 teaspoon salt and ground black pepper. Coat chicken breasts with flour mixture. Melt butter in a large skillet over medium heat, and brown chicken on all sides. Remove from skillet, and drain on paper towels.

In the same skillet, combine the tomatoes, water, brown sugar, vinegar and Worcestershire sauce. Season with salt, chili powder, mustard, celery seed, garlic and hot pepper sauce. Bring to a boil; reduce heat, and return chicken to skillet. Cover, and simmer for 35 to 40 minutes, or until chicken is tender, no longer pink and juices run clear.

# October 15, 2012 *Marinated Shrimp*

Yields 6 servings

Calories: 273 | Total Fat: 14.7g | Cholesterol: 230mg

### **Ingredients**

3 cloves garlic, minced

1/3 cup olive oil

1/4 cup tomato sauce

2 tablespoons red wine vinegar

2 tablespoons chopped fresh basil

1/2 teaspoon salt

1/4 teaspoon cayenne pepper

2 pounds fresh shrimp, peeled and deveined skewers

#### **Directions**

In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp to the bowl, and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice.

Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.

Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.

### October 22, 2012 Beef Stroganoff

Yields 6-8 servings

Calories: 304 | Total Fat: 23g | Cholesterol: 619mg

### **Ingredients**

2 pounds beef chuck roast

1/2 teaspoon salt

1/2 teaspoon ground black pepper

4 ounces butter

4 green onions, sliced (white parts only)

4 tablespoons all-purpose flour

1 (10.5 ounce) can condensed beef broth

1 teaspoon prepared mustard

1 (6 ounce) can sliced mushrooms, drained

1/3 cup sour cream

1/3 cup white wine

salt to taste

ground black pepper to taste

#### **Directions**

Remove any fat and gristle from the roast and cut into strips 1/2 inch thick by 2 inches long. Season with 1/2 teaspoon of both salt and pepper.

In a large skillet over medium heat, melt the butter and brown the beef strips quickly, then push the beef strips off to one side. Add the onions and cook slowly for 3 to 5 minutes, then push to the side with the beef strips. Stir the flour into the juices on the empty side of the pan. Pour in beef broth and bring to a boil, stirring constantly. Lower the heat and stir in mustard.

Cover and simmer for 1 hour or until the meat is tender.

Five minutes before serving, stir in the mushrooms, sour cream, and white wine. Heat briefly then salt and pepper to taste.

### October 29, 2012 Chicken a la King

Yields 6-8 servings

Calories: 305 | Total Fat: 19.2g | Cholesterol: 733mg

### **Ingredients**

1 (4.5 ounce) can mushrooms, drained, liquid reserved

1 green bell pepper, chopped

1/2 cup butter

1/2 cup all-purpose flour

1 teaspoon salt

1/4 teaspoon ground black pepper

11/2 teaspoons chicken bouillon powder

11/2 cups milk

11/4 cups hot water

4 cooked, boneless chicken breast halves, chopped

4 ounces chopped pimento

#### **Directions**

Cook and stir drained mushrooms and green pepper in butter or margarine over medium heat for 5 minutes. Remove from heat.

Blend in flour, salt, and pepper. Cook over low heat, stirring constantly, until mixture is bubbly. Remove from heat.

Stir in instant bouillon, milk, water, and reserved mushroom liquid. Heat to boiling, stirring constantly. Boil and stir for 1 minute. Stir in chicken and pimiento. Heat through.

### November 5, 2012 Szechwan Shrimp

Yields 4 servings

Calories: 142 | Total Fat: 4.4g | Cholesterol: 164mg

### **Ingredients**

- 4 tablespoons water
- 2 tablespoons ketchup
- 1 tablespoon soy sauce
- 2 teaspoons cornstarch
- 1 teaspoon honey
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon ground ginger
- 1 tablespoon vegetable oil
- 1/4 cup sliced green onions
- 4 cloves garlic, minced
- 12 ounces cooked shrimp, tails removed

#### **Directions**

In a bowl, stir together water, ketchup, soy sauce, cornstarch, honey, crushed red pepper, and ground ginger. Set aside.

Heat oil in a large skillet over medium-high heat. Stir in green onions and garlic; cook 30 seconds. Stir in shrimp, and toss to coat with oil. Stir in sauce. Cook and stir until sauce is bubbly and thickened.

### November 12, 2012 Paprika Pork Chops

Yields 4 servings Calories: 216 | Total Fat: 11.1g | Cholesterol: 72mg

### **Ingredients**

2 teaspoons butter

1 onion, thinly sliced

1 1/2 teaspoons paprika

1/3 cup sauerkraut, drained

1/3 cup sour cream

4 boneless pork chops

1/4 teaspoon black pepper

1 teaspoon garlic salt

#### **Directions**

Set uppermost oven rack 5 inches from heat source, and preheat broiler.

Melt butter in a large skillet over medium-high heat. Stir in onions, and cook until soft and golden. Remove from heat. In a bowl, stir together 1/2 teaspoon paprika, sauerkraut, onions, and sour cream. Season pork chops with pepper, garlic salt, and 1 teaspoon paprika.

Broil pork chops 6 minutes. Turn, and broil 5 to 6 minutes more. Remove from oven. Spread sauerkraut and onion mixture over pork chops, and broil 1 or 2 minutes more.

### November 19, 2012 Spaghetti Squash

Yields 6 servings Calories: 147 | Total Fat: 9.8 | Cholesterol: 17 mg

### **Ingredients**

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 11/2 cups chopped tomatoes
- 3/4 cup crumbled feta cheese
- 3 tablespoons sliced black olives
- 2 tablespoons chopped fresh basil

#### **Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet. Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled.

Meanwhile, heat oil in a skillet over medium heat. Sauté onion in oil until tender. Add garlic, and sauté for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm.

Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl. Toss with the sautéed vegetables, feta cheese, olives, and basil. Serve warm.

### November 26, 2012 Greek Island Shish Kebabs

Yields 6 servings

Calories: 290 | Total Fat: 13.1g | Cholesterol: 86mg

### **Ingredients**

- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1/4 cup white vinegar
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 pounds skinless, boneless chicken breast, cut into 1 1/2-inch pieces
- 6 wooden skewers
- 2 large green or red bell peppers, cut into 1-inch pieces
- 1 large onion, quartered and separated into pieces
- 12 cherry tomatoes
- 12 fresh mushrooms

#### **Directions**

Whisk the olive oil, lemon juice, vinegar, garlic, cumin, oregano, thyme, salt, and black pepper together in a large glass or ceramic bowl. Add the chicken and toss to evenly coat. Cover the bowl with plastic wrap; marinate in the refrigerator for at least 2 hours. Soak wooden skewers in water for about 30 minutes before use.

Preheat an outdoor grill for medium-high heat; lightly oil the grate. Remove the chicken from the marinade and shake off excess liquid. Discard the remaining marinade. Alternately thread pieces of the marinated chicken with pieces of bell pepper, onion, cherry tomatoes, and mushrooms onto the skewers.

Cook the skewers on the preheated grill, turning frequently until nicely browned on all sides, and the chicken is no longer pink in the center, about 10 minutes.

### Monday, December 3, 2012 Sesame Pasta Chicken Salad

Yields 10 servings

Calories: 349 | Total Fat: 15.2g | Cholesterol: 24mg

### **Ingredients**

1/4 cup sesame seeds

1 (16 ounce) package bow tie pasta

1/2 cup vegetable oil

1/3 cup light soy sauce

1/3 cup rice vinegar

1 teaspoon sesame oil

3 tablespoons white sugar

1/2 teaspoon ground ginger

1/4 teaspoon ground black pepper

3 cups shredded, cooked chicken breast meat

1/3 cup chopped fresh cilantro

1/3 cup chopped green onion

#### **Directions**

Heat a skillet over medium-high heat. Add sesame seeds, and cook stirring frequently until lightly toasted. Remove from heat, and set aside.

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 pasta, and rinse under cold water until cool. Transfer to a large bowl.

In a jar with a tight-fitting lid, combine vegetable oil, soy sauce, vinegar, sesame oil, sugar, sesame seeds, ginger, and pepper. Shake well.

Pour sesame dressing over pasta, and toss to coat evenly. Gently mix in chicken, cilantro, and green onions.

### Monday, December 10, 2012 Basil-Garlic Pork Chops

Yields 4 servings

Calories: 324 | Total Fat: 11.1g | Cholesterol: 130mg

### **Ingredients**

4 (8 ounce) pork chops

1 lime, juiced

4 cloves garlic, minced

1/4 cup chopped fresh basil salt and black pepper to taste

#### **Directions**

Toss the pork chops with the lime juice in a bowl until evenly covered. Toss with garlic and basil. Season the chops to taste with salt and pepper. Set aside to marinate for 30 minutes.

Preheat an outdoor grill for medium heat, and lightly oil the grate. Cook the pork chops on the preheated grill until no longer pink in the center, 5 to 10 minutes per side. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

# Monday, December 17, 2012 Penne w/ Chicken and Asparagus

Yields 8 servings

Calories: 332 | Total Fat: 10.9g | Cholesterol: 117mg

### **Ingredients**

1 (16 ounce) package dried penne pasta

5 tablespoons olive oil, divided

2 skinless, boneless chicken breast halves - cut into cubes

salt and pepper to taste garlic powder to taste

1/2 cup low-sodium chicken broth

1 bunch asparagus spears, trimmed, cut on diagonal into 1-inch pieces

1 clove garlic, thinly sliced

1/4 cup Parmesan cheese

#### **Directions**

Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.

Warm 3 tablespoons olive oil in a large skillet over medium-high heat. Stir in chicken, and season with salt, pepper, and garlic powder. Cook until chicken is cooked through and browned, about 5 minutes. Remove chicken to paper towels.

Pour chicken broth into the skillet. Then stir in asparagus, garlic, and a pinch more garlic powder, salt, and pepper. Cover, and steam until the asparagus is just tender, about 5 to 10 minutes. Return chicken to the skillet, and warm through.

Stir chicken mixture into pasta, and mix well. Let sit about 5 minutes. Drizzle with 2 tablespoons olive oil, stir again, then sprinkle with Parmesan cheese.