

ENTRÉES

ENTRÉES

Oriental Chicken

Serving Size: 5

Category: Entrées

- 1 pound chicken breasts, boneless, skinless, cut into strips
- 1 cup orange juice, pulp free
- 2 cloves of garlic
- 3 tablespoons chili garlic sauce
(in the Oriental aisle of the grocery store)
- 1/2 teaspoon ginger
- 2 tablespoons corn starch

Whisk all of the ingredients except the chicken together until smooth. Place chicken strips into a large plastic storage bag and pour the marinade over the chicken. Marinate for 6 hours or overnight. Cook chicken over medium-high heat in a wok or in a non-stick skillet. Add fresh veggies as desired. Serve with brown rice.

Nutrition Information per serving
(chicken dish only)

202 calories; 30 grams protein; 4 grams fat;
36 grams carbohydrate; 558 mg sodium.

Layered Caribbean Chicken Salad

Serving Size: 6

Category: Entrées

- 1 6 oz container
Blue Bunny Light 85 Pina Colada Yogurt
- 2 Tablespoons lime juice
- 1 teaspoon Caribbean jerk seasoning
- 3 cups shredded romaine lettuce
- 1 pound chicken breast, cooked and cubed
- 1 cup shredded Monterey Jack cheese
- 1 15 oz can Progresso Black Beans,
drained and rinsed
- 1 1/2 cups ripe fresh mango, peeled and diced
- 1/2 cup Italian plum tomatoes,
seeded and chopped
- 1 cup cheddar cheese, shredded
- 1/2 cup green onions, sliced thinly
- 2 oz cashews

In a small bowl, mix all salad ingredients until well blended. In a 3-4 quart clear glass serving bowl, layer all salad ingredients except cashews in order listed. Spoon dressing evenly over salad and sprinkle cashews on top.

Nutrition Information per serving
410 calories; 39 grams protein; 19 grams of fat;
20 grams carbohydrate; 7 grams of sugar;
278 mg sodium.

Note: to reduce the fat in this recipe, switch to low fat cheese and cut back on or eliminate the cashews.

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Marinated Chicken

Serving Size: 6
Category: Entrées

2 cups diet lemon lime soda
1 cup soy sauce, reduced sodium
1/2 cup olive oil
1/2 teaspoon garlic powder
1/2 teaspoon prepared horseradish
6 chicken breasts, boneless, skinless (6 oz each)

In a large re-sealable plastic bag, combine the soda, soy sauce, oil, garlic powder and horseradish; add chicken. Seal the bag and turn to coat. Refrigerate overnight. Drain and discard marinade. Grill chicken, uncovered, over medium heat for 6-7 minutes on each side, until juices run clear.

Nutrition Information per serving
234 calories; 1 gram carbohydrate;
40 grams protein; 7 grams fat; 517 mg sodium

Grilled Seasoned Shrimp

Serving Size: 4
Category: Entrées

1 1/2 pounds uncooked large shrimp
1 small red onion,
sliced and separated into rings
1/4 cup Italian dressing, fat free
2 green onions, chopped
2 tbsp. Lemon juice
2 tbsp. Balsamic vinegar
2 tbsp. Olive oil
3 garlic cloves, minced
Salt and coarsely ground pepper to taste,
optional

Peel and devein shrimp, leaving tails intact if desired. Coat a grill rack with non-stick cooking spray before starting the grill. Grill shrimp, covered, over indirect medium heat for 2-3 minutes on each side or until shrimp turn pink. Refrigerate until chilled.

In a large re-sealable plastic bag, combine the remaining ingredients; add shrimp. Seal bag and turn to coat; refrigerate for at least 2 hours. Serve with a slotted spoon.

Nutritional Information per serving
267 calories; 7 grams carbohydrate;
35 grams protein; 10 grams fat; 470 mg sodium

ENTRÉES

Chili Beef and Corn Casserole

Serving Size: 4

Category: Entrées

Nonstick cooking spray
12 oz 96% extra lean ground beef
2 teaspoons chili powder
1 1/2 teaspoons ground cumin
1/4 cup salsa
2 cups frozen corn, thawed
1 cup packed chopped collard greens
(about 1/2 inch pieces)
1/2 cup fat free sour cream
1/4 cup shredded reduced fat
sharp cheddar cheese

Preheat oven to 350°F. Coat a 12-inch nonstick skillet with cooking spray and place over medium heat. Add beef; cook and stir until no longer pink. Add chili powder, cumin and salsa; cook and stir one minute and remove from heat. Coat an 8 x 8 x 2-inch baking pan with cooking spray. Place corn and collards in bottom of pan and toss to blend. Spoon beef mixture evenly over all, cover tightly with foil and bake 25 minutes or until collards are tender. Top each serving with 2 tablespoons of fat free sour cream and 1 tablespoon shredded cheese.

Nutrition Information per serving
240 calories; 25 grams protein; 5 grams fat;
25 grams carbohydrate; 249 mg sodium

Chicken with Roasted Lemons, Green Olives and Capers

Serving Size: 4

Category: Entrées

12 lemon slices, sliced thin
olive oil
4 large chicken breasts halves, boneless, skinless
all purpose flour
1 tbsp olive oil
1/2 cup green Sicilian olives, pitted and sliced
2 tbsp. capers, drained
1 3/4 cups chicken broth, low sodium
2 tbsp. butter, cut into 4 pieces
3 tbsp. fresh parsley, chopped

Preheat oven to 325°F. Line baking sheet with parchment paper. Arrange lemon slices in a single layer on prepared sheet. Brush lemon slices with olive oil and lightly sprinkle with salt. Roast until slightly dry and beginning to brown around edges, about 25 minutes. Cover and chill.

Sprinkle chicken with salt and pepper. Dredge chicken in flour to coat both sides and shake off excess. Heat 1/4 cup of chicken broth in a large skillet over high heat. Add chicken and cook until golden brown, about 3 minutes per side. Stir in olives and capers. Add remaining broth and bring to a boil. Boil until liquid is reduced to a syrup consistency (about 5 minutes), turning chicken over after 3 minutes. Add butter, roasted lemon slices and 2 tablespoons chopped parsley; simmer until butter melts and chicken is cooked through (about 2 minutes). Season with salt and pepper. Transfer to serving platter and sprinkle with the remaining parsley.

Nutrition Information per serving
358 calories; 21 grams carbohydrate;
31 grams protein; 18 grams fat;
1014 mg sodium

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Toasted Sesame Marinated Tuna

Serving Size: 4
Category: Entrées

4 Four ounce tuna steaks
1/2 cup Fat Free Toasted Sesame Dressing

Cover tuna steaks with dressing and marinated for at least two hours in a refrigerator. Remove tuna from marinate and brush off excess dressing. Grill under high heat for 8-10 minutes. Internal temperature should reach 155°F. *Note: This recipe works well for chicken breasts too.*

Nutrition Information per serving
130 calories; 4 grams carbohydrate;
25 grams protein; 1.5 grams fat; 40 mg sodium

Garlic Chicken with Artichokes

Serving Size: 6
Category: Entrées

12 garlic cloves, minced
1 medium onion, chopped
1 Tbsp. olive oil
1 8-9 oz package artichoke hearts, frozen
1 red sweet pepper, cut into strips
1/2 cup chicken broth
1 Tbsp. tapioca, quick cooking
2 tsp. dried rosemary, crushed
1 tsp. lemon peel, finely shredded
1/2 tsp. ground black pepper
1 1/2 pounds skinless, boneless chicken breast
4 cups hot cooked brown rice

In a small skillet, cook garlic and onion in hot oil over medium heat, stirring occasionally, about 5 minutes or until tender. In a 4 quart crockery cooker, combine the frozen artichoke hearts, garlic mixture, sweet pepper, chicken broth, tapioca, rosemary, lemon peel and black pepper. Add chicken; spoon some of the garlic mixture over the chicken. Cover and cook on low-heat setting for 6-7 hours or on high heat setting for 3-3/4 hours. Serve with rice.

Nutrition Information per serving
341 calories; 32 grams protein; 6 grams fat;
39 grams carbohydrate; 159 mg sodium

ENTRÉES

Baked Ham

Serving Size: 10
Category: Entrées

5 lbs. ham with bone
1/2 cup packed brown sugar substitute
1 tsp. dry mustard
Cloves, whole

Preheat oven to 325°F. Remove skin and excess fat from ham. Score the surface with shallow diagonal cuts, making diamond shapes. Mix brown sugar substitute and mustard; rub into ham. Insert a whole clove in center of each diamond. Place ham in a large roaster with a baking rack. Bake uncovered for 20-22 minutes per pound.

Nutrition Information per 3 oz. serving
Calories 117; Protein 18 grams; Fat 3 grams;
Sodium 973 mg

Beef or Pork Fajitas

Serving Size: 6
Category: Entrées

1 lb. top sirloin or pork tenderloin, boneless
3 tbsp. lime juice
1/2 tsp. coriander
1/2 tsp. chili powder
1 green bell pepper, sliced
1 onion, sliced
8 flour tortillas
Salsa (optional)

Cut meat into 1” strips. Mix lime juice with coriander and chili powder and pour over meat. Set aside for a few minutes or for up to 3 hours. Meanwhile, slice vegetables, add to meat mixture and stir. Spray a skillet with vegetable cooking spray and stir-fry meat and vegetables until done. Warm tortillas in microwave about 50 seconds on high or in nonstick skillet. Fill each tortilla with meat mixture and serve with salsa.

Nutrition Information per serving

With Beef
Calories 260; Protein 26 grams; Fat 12 grams;
Sodium 111 mg

With Pork
Calories 233; Protein 25 grams; Fat 10 grams;
Sodium 115

ENTRÉES

Big Sandwich

Servings: 8

Category: Entrées

8" round loaf of bread, unsliced
2 tbsp. horseradish
1/2 pound lowfat roast beef, thinly sliced
2 tbsp. prepared mustard
1/2 pound lowfat ham or turkey, thinly sliced
4 slices fat-free Swiss cheese
2 tbsp. fat-free mayonnaise
1 medium tomato, thinly sliced
6 strips turkey bacon, cooked
4 slices fat-free American cheese
1 medium onion, thinly sliced
1/4 cup lowfat margarine
1 tbsp. sesame seeds
1/2 tsp. onion salt

Preheat oven to 400°F. Slice bread horizontally into five equal layers. Spread bottom layer with horseradish; top with roast beef. Place the next slice of bread over beef; spread with mustard and top with ham or turkey and Swiss cheese. Add the next slice of bread; spread with mayonnaise and top with tomato and bacon. Add the next slice of bread; top with American cheese and onion. Cover with remaining bread.

Combine butter, sesame seeds and onion salt; brush over top and sides of loaf. Place on a baking sheet; loosely tent with heavy-duty foil. Bake for 15-20 minutes or until heated through. Carefully slice into eight wedges.

Nutrition Information per serving
Calories 343; Protein 20 grams; Fat 9 grams;
Sodium 758 mg

Breaded Veal Cutlets

Serving Size: 6

Category: Entrées

6 veal cutlets
3/8 cup lowfat (1%) milk
3/4 cup wheat bran, seasoned to taste (with 1 tsp. each garlic powder, basil, lemon pepper seasoning, seasoned salt, or any combination of seasonings)
Vegetable cooking spray
3/8 cup dry white wine

Place each veal cutlet between two sheets of wax paper and pound to 1/8 " thickness. Dip veal in milk, then in the seasoned bran. Coat heavy skillet with vegetable cooking spray and heat to medium high. Place veal in pan, add wine, and cook 1-2 minutes per side, until golden brown.

Nutrition Information per serving
Calories 243; Protein 36 grams; Fat 8 grams;
Sodium 159 mg

ENTRÉES

Breakfast Bake

Serving Size: 12
Category: Entrées

3 cups egg substitute
9 slices white bread, crust removed, cut in 1/2" squares
4 tbsp. lowfat margarine, cut in small cubes
3 cups skim milk
6 medium scallions, include green top, chopped
1/4 cup green bell pepper, chopped
2 tbsp. pimiento (optional), chopped
1 lb. Meatless by Morningstar Farms®, browned, drained and crumbled
2 cups fat-free cheddar cheese, shredded
1 tsp. salt
1/4 tsp. pepper

Note: May substitute fat-free turkey sausage for ground meatless.

Combine ingredients in a large mixing bowl and mix well. Pour into a buttered 9" x 13" casserole dish.

Refrigerate, covered for 8 hours or overnight. Preheat oven to 350°F. Bake for 1 hour, uncovered.

Nutrition Information per serving
Calories 191; Protein 43 grams; Fat 6 grams;
Sodium 776 mg

Chicken A La Soda

Servings: 8
Category: Entrées

1 1/2 lb. chicken breast, boneless, skinless
1 medium onion, sliced
1 green pepper
1- 4 oz. can mushrooms, drained, sliced
1/2 tsp. salt (optional)
1/8 tsp. pepper
1 can sugar-free orange soda pop

Preheat oven to 350°F. Arrange chicken in a 3-quart casserole and top with remaining ingredients. Cover and bake for 35-45 minutes, or until chicken is tender. Uncover and bake 10 minutes.

Variations: Add 2 cups sliced potatoes before cooking. Add other vegetables such as carrots, celery, etc.

Nutrition Information per serving
Calories 216; Protein 38 grams; Fat 4 grams;
Sodium 301 mg

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Chicken Chili

Serving Size: 6
Category: Entrées

20 oz. tomatoes, diced
1 3/4 lbs. chicken breast, boneless, skinless
1/3 cup chicken broth
1/2 large Spanish onion, chopped
1 1/4 tbsp. garlic, coarsely chopped
1 1/4 medium zucchini, 1" cubes
1 1/4 red bell peppers, 1" cubes
1 1/4 tbsp. chili powder
1 1/4 tsp. cumin
1 1/4 tsp. curry powder
5/8 tsp. oregano
5/8 tsp. allspice
10 oz. dark kidney beans, drained
1 3/4 tsp. lemon juice
Black pepper to taste

Preheat oven to 375°F. Bake chicken with 1/2 liquid from canned tomatoes in shallow baking pan for 40 minutes. Cut into 1" cubes, discard liquid. Place broth in large heavy pot. Add onions and garlic. Cook for 3 minutes on low heat. Add zucchini and red pepper. Cook covered for 8 minutes. Add tomatoes and remaining liquid and spices. Simmer uncovered for 3 minutes. Add beans, chicken and lemon juice. Simmer 10-12 minutes.

Nutrition Information per serving
Calories 306; Protein 42 grams; Fat 6 grams;
Sodium 343 mg

Chicken Pita Sandwich

Servings: 6
Category: Entrées

8 oz. fat-free cream cheese, softened
3 tbsp. skim milk
1 tbsp. lemon juice
1 lb. chicken breast, boneless, skinless, cooked, cubed
1/2 cup green pepper, chopped
2 tbsp. green onion, chopped
1 tsp. mustard, ground
1/2 tsp. thyme, dried
1/2 tsp. salt
1/2 tsp. pepper
1/4 cup walnuts, chopped
3 large pita breads, halved
Alfalfa sprouts (optional)

In a mixing bowl, beat cream cheese, milk, and lemon juice until smooth. Stir in chicken, green pepper, onions, mustard, thyme, salt, and pepper; refrigerate.

Just before serving, stir in walnuts. Spoon about 1/2 cup of filling into each pita half. Top with alfalfa sprouts, if desired.

Nutrition Information per serving
Calories 311; Protein 36 grams; Fat 7 grams;
Sodium 646 mg

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Chili Bows

Servings: 10
Category: Entrées

12 oz. bow-tie pasta
1/2 medium onion, chopped
1 lb. ground turkey
1/4 tsp. salt
1/4 tsp. pepper
1 pkg. McCormick® Chili Seasoning
28 oz. can stewed tomatoes
15 oz. can black beans
15 oz. can Great Northern beans
4 oz. mozzarella cheese
1/4 cup tomato juice

Preheat oven to 350°F. Bring large pan of water to boil with pinch of salt. Add bow-tie pasta and cook until tender. Spray large pan with vegetable cooking spray and sauté onion until brown. Add ground turkey, salt and pepper and cook until browned.

Add chili seasoning to turkey and mix well. Add tomatoes, tomato juice and beans and bring to boil. Reduce heat and simmer for 30 minutes, uncovered, stirring occasionally.

Put drained pasta in large baking dish pour chili mixture over top and mix gently. Add thinly sliced mozzarella cheese to top. Cover and bake until cheese melts, approximately 20 minutes.

Nutrition Information per serving
Calories 213; Protein 16 grams; Fat 5 grams;
Sodium 1008 mg

Chinese Pepper Steak

Serving Size: 6
Category: Entrées

1 1/4 lbs. boneless round steak, cut in thin strips
1 1/4 cups onion, sliced or quartered
1 3/4 cups celery, diagonally sliced
5/8 tsp. salt (optional)
2 3/8 green peppers, sliced
1 1/4 tsp. garlic, chopped
5/8 tsp. pepper
5/8 tsp. sugar
2 cups beef broth, fat removed
1/3 cup cornstarch
1 3/4 tsp. soy sauce
5/8 cup water
Noodles or quick-cooking brown rice

Spray a large skillet with a vegetable cooking spray. Stir-fry beef strips until browned. Add all but the last three ingredients and simmer, covered, for 5-10 minutes. Meanwhile, mix cornstarch with soy sauce and water. Stir into hot mixture and continue cooking until thickened. Serve over noodles or quick-cooking brown rice.

Nutrition Information per serving
Calories 244; Protein 29 grams; Fat 7 grams;
Sodium 704 mg

ENTRÉES

Corned Beef Dinner

Serving Size: 8
Category: Entrées

1 1/4 lbs. corned beef brisket
5 small red potatoes
1/3 cabbage, cut in wedges

Trim excess fat from meat. Place meat in a heavy kettle. Cover with hot water. Cover tightly and simmer about 3 hours. Skim off excess fat and add potatoes. Cover and cook an additional 20 minutes. Add cabbage and continue cooking 10-15 minutes.

Nutrition Information per serving
Calories 134; Protein 15 grams; Fat 3 grams;
Sodium 567 mg

Creamy Macaroni and Cheese

Servings: 6
Category: Entrées

16 oz. large pasta shells
2 cups fat-free cheddar cheese, shredded
3 oz. fat-free sharp cheese, cut into small pieces
12 oz. can lite evaporated skim milk
1/2 tsp. salt (optional)

Boil and drain pasta as directed on box. In same pan, add both cheeses and evaporated milk; cook over low heat. Add salt. Stir in pasta shells. Serve warm, immediately.

Nutrition Information per serving
Calories 23; Protein 27 grams; Fat 2 grams;
Sodium 731 mg

Crispy Dijon Chicken

Serving Size: 6
Category: Entrées

1/3 cup Dijon mustard
1/3 cup evaporated skim milk
1/3 cup bread crumbs, plain
1/3 cup Parmesan cheese
6 - 4 oz. chicken breast, boneless, skinless

Preheat oven to 475°F. Combine mustard and milk in a bowl. Combine bread crumbs and Parmesan cheese in a separate bowl. Spray cookie sheet lightly with vegetable cooking spray. Dip chicken breasts in mustard mixture then into bread crumb mixture. Place on cookie sheet. Bake for 15-20 minutes or until golden brown and cooked through.

Nutrition Information per serving
Calories 265; Protein 42 grams; Fat 7 grams;
Sodium 400 mg

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Crispy Sesame Chicken

Serving Size: 8

Category: Entrées

1 1/4 cups cornflake crumbs
1/4 cup sesame seeds
3/4 tsp. paprika
1/4 tsp. salt
1/4 tsp. ground ginger
Dash of ground red pepper
1/2 cup lowfat plain yogurt
2 tbsp. sugar substitute
8- 6 oz. chicken breast halves, skinless
Vegetable cooking spray
2 tbsp. lowfat margarine, melted
Thyme springs (optional)

Preheat oven to 400°F. Combine the first 6 ingredients in a large zip-top heavy-duty plastic bag; set aside.

Combine yogurt and sugar substitute in a shallow dish; stir well. Add chicken to yogurt mixture, turning to coat. Add chicken to bag; seal bag and shake to coat. Remove chicken from bag; place the chicken on a baking sheet coated with cooking spray and drizzle melted margarine over chicken.

Bake for 45 minutes or until done. Garnish with thyme springs, if desired.

Nutrition Information per serving
Calories 381; Protein 59 grams; Fat 10 grams;
Sodium 347 mg

Crunchy Oven-Baked Chicken

Serving Size: 6

Category: Entrées

4 1/2 slices lite bread
3/4 tsp. oregano, dried
3/4 tsp. basil, dried
3/4 tsp. paprika
3/8 tsp. onions, minced
Freshly ground pepper to taste
3/8 cup frozen egg substitute, thawed
1 1/2 lbs. chicken breast, boneless, skinless

Preheat oven to 375°F. Cut crust off bread. Cut bread into small squares. Place on baking sheet. Spray with “I Can’t Believe It’s Not Butter!”® spray. Place in oven for 30 minutes. Use spatula to turn every 10 minutes. Let cool. Crumble bread.

In a shallow bowl, combine bread crumbs, oregano, basil, paprika, garlic, onion and pepper. In another bowl, place egg product. Dip each piece of chicken in egg, and then in bread crumb mixture. Place chicken on a shallow pan that has been lightly coated with vegetable cooking spray.

Bake, uncovered, for 1 hour or until chicken is brown. Turn once so that chicken browns on all sides.

Nutrition Information per serving
Calories 246; Protein 38 grams; Fat 3 grams;
Sodium 172 mg

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Easy Lemon Fish

Serving Size: 3
Category: Entrées

1 lb. fish fillets
1/4 cup chicken broth
4-6 lemon slices
20 sprays of “I Can’t Believe Its Not Butter!”®
spray
1/8 tsp. pepper
1 tbsp. parsley, dried

Preheat oven to 450°F. Arrange fish in a 9” x 13” baking pan. Top with remaining ingredients. Bake fish, uncovered, for 10 minutes per inch of thickness, or until fish flakes easily with a fork.

Nutrition Information per serving
Calories 212; Protein 30 grams; Fat 9 grams;
Sodium 180 mg

Fajitas

Serving Size: 6
Category: Entrées

1 lb. beef or chicken strips, cut for stir-frying
1/4 cup dry wine
4 tbsp. light soy sauce
2 cloves garlic, minced (or 1 tsp. garlic powder)
1 tsp. lemon pepper seasoning
1 tbsp. lemon juice
1 tbsp. olive oil, if necessary
2 medium green peppers, thinly sliced
1 medium onion, thinly sliced
1 medium tomato, cut in eighths
6 small flour tortillas
1/4 cup fat-free cheddar cheese, shredded
1/4 cup salsa

Marinate meat strips in a mixture of wine, soy sauce, garlic, lemon pepper, and lemon juice for 30 minutes to 1 hour. Drain, reserving marinade.

Heat a heavy skillet over medium-high heat and brown meat. Use oil if necessary. Add 4-5 tbsp. of the marinade to the browning meat. Add green peppers, onion and tomato to browned mixture and cook 3-5 minutes. Warm flour tortillas between paper towels in microwave for 30 seconds.

Serve with cheese, warm refried beans and salsa.

Nutrition Information per serving

Beef
Calories 300; Protein 29 grams; Fat 10 grams;
Sodium 529 mg

Chicken
Calories 270; Protein 30 grams; Fat 7 grams;
Sodium 549 mg

ENTRÉES

Four-Cheese Manicotti

Serving Size: 6
Category: Entrées

12 manicotti, uncooked
Vegetable cooking spray
1/2 cup onion, finely chopped
3 cloves garlic, minced
1 cup mozzarella cheese, part skim milk,
grated
1/2 cup fat-free Parmesan cheese, grated
1 tsp. Italian seasoning, dried
1/2 tsp. pepper
15 oz. fat-free ricotta cheese
1 pkg. garden vegetable-flavored light cream
cheese, softened
4 oz. fat-free cream cheese, softened
1/2 10 oz. package frozen spinach, chopped,
thawed, drained, squeezed dry
27.5 oz jar reduced-fat tomato and herb
pasta sauce
Oregano sprigs (optional)

Preheat oven to 350°F. Cook pasta according to package directions, omitting salt and fat. Set aside. Coat a small nonstick skillet with vegetable cooking spray, and place over medium-high heat until hot. Add onion and garlic; sauté 3 minutes. Remove from heat and set aside.

Combine 1/2 cup mozzarella cheese, 1/4 cup Parmesan cheese, and next 5 ingredients in a bowl. Beat at medium speed of a mixer until smooth. Stir in onion mixture and spinach.

Spoon mozzarella cheese mixture into cooked manicotti (about 1/3 cup per shell).

Divide 1 cup sauce evenly between 6 individual casserole dishes coated with vegetable cooking spray. Arrange 2 stuffed manicotti in each dish. Pour remaining sauce over each serving. Place dishes on a baking sheet. Cover each dish with foil and bake for 25 minutes. Sprinkle with remaining mozzarella and Parmesan cheeses; bake, uncovered, an additional 5 minutes. Garnish with oregano, if desired.

Four-Cheese Manicotti (continued)

Nutrition Information per serving
Calories 484; Protein 36 grams; Fat 14 grams;
Sodium 1300 mg

Italian Casserole

Servings: 10
Category: Entrées

1 lb. rotini
1 lb. ground turkey
32 oz. jar spaghetti sauce
8 oz. lowfat cream cheese
1/2 cup fat-free sour cream
1/2 cup fat-free cottage cheese
1/3 cup onions, minced

Preheat oven to 375°F. Cook and drain noodles; set aside. Brown ground turkey in a nonstick skillet. Drain and rinse with warm water. Return turkey to skillet. Add spaghetti sauce. Remove from heat.

Combine 2 cheeses, sour cream and onion in a 2 qt. casserole dish. Layer with 1/2 noodles. Follow with 1/2 of turkey sauce, remaining noodles then remaining turkey sauce. Bake for about 45 minutes.

Nutrition Information per serving
Calories 327; Protein 19 grams; Fat 8 grams;
Sodium 436 mg

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Lasagna

Serving Size: 12

Category: Entrées

32 oz. spaghetti sauce
1 pint fat-free ricotta cheese
1 cup fat-free cottage cheese
2 1/8 tbsp. parsley, dried
1 tsp. garlic, chopped
4 oz. fat-free mozzarella cheese, grated
1 lb. lasagna noodles, uncooked
4 tbsp. Parmesan cheese

Preheat oven to 350°F. Spray 9" x 12" pan with vegetable cooking spray.

Mix ricotta cheese, cottage cheese, parsley and garlic. Pour 1 cup of sauce in bottom of pan. Arrange 1/3 of the noodles in the pan so that they touch, but do not overlap. Spread 1/2 of the cheese mixture over the noodles. Top with 1/2 of the mozzarella cheese. Top this with 1 cup of sauce, 1/3 of the noodles, the remainder of the cheese mixture and the rest of the mozzarella cheese. Add another cup of sauce, another layer of noodles, and the remainder of the sauce. Sprinkle with Parmesan cheese. Lasagna may be refrigerated at this point for up to 48 hours. Bake, covered tightly with aluminum foil, for 1 hour. Increase baking time by 15 minutes if it has been refrigerated.

Nutrition Information per serving
Calories 336; Protein 17 grams; Fat 5 grams;
Sodium 641 mg

Lemon Chicken

Serving Size: 12

Category: Entrées

6 -5 oz. chicken breasts, boneless, skinless
1 tsp. oregano, dried
1/2 tsp. seasoned salt
1/4 tsp. white pepper
2 tbsp. butter or margarine
1/4 cup water
3 tbsp. lemon juice
2 cloves garlic, minced
1 tsp. chicken bouillon granules
2 tsp. parsley, fresh, minced

Pat chicken dry with paper towels. Combine the oregano, seasoned salt and white pepper; rub over chicken. In a skillet, over medium high heat, brown the chicken in butter.

Transfer the chicken to a 5-quart slow cooker. Add water, lemon juice, garlic and bouillon to the skillet; bring to a boil. Pour over chicken. Cover and cook on low for 3-4 hours. Add parsley. Cover and cook 15-30 minutes longer. If desired, thicken the cooking juices. Serve with brown rice.

Nutrition Information per serving
Calories 187; Protein 27 grams; Fat 7 grams;
Sodium 440 mg

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Light Fettucine Alfredo

Serving Size: 4
Category: Entrées

8 oz. fat-free cream cheese
3/4 cup fat-free Parmesan cheese
1/2 cup fat-free margarine
1/4 cup skim milk
8 oz. fettucine, cooked

In a large pan, combine both cheeses, margarine and milk. Stir over low heat until smooth. Add fettucine; toss lightly.

Nutrition Information per serving
Calories 380; Protein 25 grams; Fat 3 grams;
Sodium 767 mg

Meatloaf

Servings: 8
Category: Entrées

1 lb. lean ground beef or ground turkey
1/2 cup wheat bran
1/3 cup skim milk
1/3 cup catsup or tomato paste
1/4 cup egg substitute
1 tsp. salt
1/2 tsp. pepper
1/2 cup onions, minced
1/2 cup celery, minced
1 clove garlic, minced (or 1 tsp. garlic powder)
1 tbsp. Worcestershire sauce

Preheat oven to 350°F. Combine all ingredients. Shaped into 1 large loaf or 4 to 6 small loaves and place in a 9" x 12" baking dish.

Bake uncovered for 50-60 minutes. Cool for 5 minutes before slicing.

Nutrition Information per serving
Calories 210; Protein 20 grams; Fat 10 grams;
Sodium 786 mg

Mexican Pizza

Servings: 12
Category: Entrées

1 lb. lean ground beef or ground turkey
16 oz. can fat-free refried beans

Optional Ingredients:

1/2 - 16 oz. bottle taco sauce
4 oz. can chilies, chopped, drained
8 oz. fat-free cheddar cheese, shredded
2 cups fat-free sour cream
1 large ripe tomato
3 oz. ripe olives, sliced
1 large bag of baked tortilla chips or flour tortillas

Preheat oven to 350°F. Brown ground meat in a skillet over medium heat. Cook until well done, drain and rinse with warm water.

Spread refried beans on a 12" or 14" ovenproof plate. Sprinkle browned meat over beans and add taco sauce and chilies if you're using them. Microwave for 5-7 minutes or bake 15-20 minutes in the oven. (The dish can be prepared in advance to this point and reheated before proceeding.)

Sprinkle cheese on warmed meat mixture. Pour sour cream in the middle. Make a circle of chopped tomatoes and a second circle of chopped ripe olives around sour cream. Serve with baked tortilla chips or flour tortillas.

Nutrition Information per serving
Calories 327; Protein 24 grams; Fat 7 grams;
Sodium 696 mg

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Mexican Rice

Servings: 8

Category: Entrées

1 1/2 cups water
1 cup salsa
2 chicken bouillon cubes
2 cups instant rice, uncooked

In a saucepan over medium heat, bring water, salsa and bouillon to a boil. Stir in rice; remove from heat. Cover and let stand 6-8 minutes or until liquid is absorbed. Fluff with a fork and serve.

Nutrition Information per serving
Calories 8; Protein 2 grams; Fat 1 gram;
Sodium 745 mg

Oven Crispy Chicken

Serving Size: 4

Category: Entrées

3/4 cup bran
1/4 cup Parmesan cheese, grated
1 tsp. lemon pepper seasoning
1/2 tsp. basil, dried
2 cloves garlic, minced (or 1 tsp. garlic powder)
1 tsp. seasoned salt
4 - 4 oz. chicken breast, boneless, skinless
1/2 cup lowfat 1% milk
Vegetable cooking spray

Preheat oven to 350°F. Spray the bottom and sides of a baking pan with vegetable cooking spray. Combine bran, Parmesan, and seasonings in a plastic bag and shake.

Dip chicken in milk and then shake in the bag to coat with bran mix. Place chicken on prepared baking pan. Spray coated chicken with cooking spray for extra crispness. Bake uncovered for 1 to 1-1/2 hours, the longer the crispier.

Nutrition Information per serving
Calories 218; Protein 31 grams; Fat 5 grams;
Sodium 820 mg

ENTRÉES

Oven Crispy Fish Fillets

Serving Size: 4

Category: Entrées

2 lbs. fish fillets, any kind, fresh or frozen
1/2 cup fresh lemon juice
1/2 cup to 1 cup wheat bran
1/4 cup fat-free Parmesan cheese, grated
1 tsp. salt and pepper
Vegetable cooking spray

Preheat oven to 350°F. Thaw fish fillets if necessary. Pour lemon juice on fish fillets in a 9" x 12" oblong baking dish, and set aside 5 minutes. Combine bran, cheese, and salt and pepper. Coat fish with mixture.

Place fillets in a single layer in the baking dish. Spray with cooking spray or drizzle with melted margarine; add more salt and pepper to taste. Bake uncovered for 20-30 minutes.

Nutrition Information per serving
Calories 207; Protein 42 grams; Fat 2 grams;
Sodium 769 mg

Pasta Carbonara

Serving Size: 6

Category: Entrées

6 oz. turkey bacon, chopped
2 cloves garlic, minced
6 cups hot cooked thin spaghetti (about 12 ounces uncooked pasta)
1/4 cup Parmesan cheese, grated
2 tbsp. parsley, fresh, minced
1/4 tsp. fresh ground pepper
1 cup skim milk
6 tbsp. egg substitute

Cook bacon in a large nonstick skillet over medium-high heat until crisp. Add garlic and sauté 1 minute or until tender. Reduce heat to low; stir in pasta, cheese, parsley, and pepper.

Combine milk and egg substitute, stir well. Pour milk mixture over spaghetti mixture, and cook 3 minutes or until sauce thickens, stirring constantly. Serve immediately.

Nutrition Information per serving
Calories 290; Protein 14 grams; Fat 6 grams;
Sodium 326 mg

ENTRÉES

Pork in Orange Sauce

Serving Size: 6

Category: Entrées

3 tsp. orange peel, finely shredded
1/2 cup orange juice
2 tbsp. soy sauce
2 tsp. cornstarch
1 dash ginger, ground
2 large carrots, thinly sliced
2 stalks (1 cup) celery, chopped
1/2 cup vegetable broth made from bouillon
1 lb. pork tenderloin, lean, cut into 1/2" cubes
8 medium cashews
1 pkt. Equal® sweetener

Combine orange peel, orange juice, soy sauce, cornstarch and ginger; set aside. In wok or skillet, stir-fry carrots and celery in hot vegetable broth about 4 minutes or until crisp-tender. Remove from wok and set aside. Stir-fry pork tenderloin 4-5 minutes or until browned. (Add more vegetable broth if necessary.) Add orange juice mixture and cashews. Cook and stir until thickened and bubbly. Add Equal and then vegetables to wok. Cover and heat for 1 minute.

Nutrition Information per serving

Calories 162; Protein 22 grams; Fat 5 grams;
Sodium 376 mg

Refried Bean and Corn Quesadillas

Serving Size: 8

Category: Entrées

1/2 cup frozen whole kernel corn, thawed
2 tbsp. green onions, thinly sliced
1/4 tsp. cumin, ground
16 oz. fat-free refried beans
3/4 cup fat-free Monterey Jack cheese,
shredded
1/2 cup fat-free sour cream
Cilantro sprigs, optional
Jalapeno peppers, optional
8- 8" fat-free flour tortillas

Combine first 4 ingredients in a medium bowl, and stir well. Spread about 1/2 cup bean mixture over each of 4 tortillas, and top each with 3 tbsp. cheese and remaining tortillas.

Coat a large nonstick skillet with vegetable cooking spray, and place over medium-high heat until hot. Add 1 quesadilla, and cook 3 minutes on each side or until golden. Remove quesadilla from skillet; set aside, and keep warm. Repeat procedure with remaining quesadillas.

Cut each quesadilla into 4 wedges. Serve warm with fat-free sour cream. Garnish with cilantro sprigs and jalapeno peppers, if desired.

Nutrition Information per serving

Calories 191; Protein 12 grams; Fat 0 grams;
Sodium 576 mg

ENTRÉES

Rustic Lasagna

Servings: 8
Category: Entrées

9 lasagna noodles
8 oz. tomato sauce
1 clove garlic, minced
1 tsp. fresh oregano (1/4 tsp. dried oregano)
10 oz. frozen broccoli, chopped, thawed,
drained
1 cup carrots, shredded
15 oz. part-skim ricotta cheese
1/4 cup fat-free Parmesan cheese, grated
1 cup fat-free mozzarella cheese, shredded

Preheat oven to 350°F. Cook lasagna noodles according to package directions, but do not add salt. While noodles are cooking, spray a 9" x 13" baking dish with vegetable cooking spray; set aside.

In a small bowl, combine tomato sauce, garlic and oregano. Mix well. In a medium bowl, combine broccoli, carrots, ricotta cheese, and Parmesan cheese. Mix well.

Drain noodles in a colander. Spread 1/2 cup of tomato sauce in bottom of prepared dish. Place 3 noodles on top of tomato sauce. Spread half of broccoli mixture over noodles. Spoon 1/2 cup of tomato sauce over broccoli; place 3 noodles on top. Spread with remaining broccoli mixture; top with 1/2 cup of tomato sauce.

Top with remaining noodles and tomato sauce; sprinkle mozzarella cheese over top. Bake until bubbling, about 45 minutes. Place on a wire rack and cool for about 15 minutes; cut into squares.

Nutrition Information per serving
Calories 285; Protein 20 grams; Fat 10 grams;
Sodium 412 mg

Seafood Pasta

Serving Size: 3
Category: Entrées

8 oz. imitation scallop meat
1 medium onion, chopped
1 small bell pepper, chopped
1 clove garlic, minced
1 tsp. oregano, dried
2 tbsp. olive oil
2 - 16 oz. cans diced tomatoes
Salt and pepper to taste
1 lb. angel hair pasta, cooked
Parmesan Cheese

In a skillet, combine oil, onion, bell pepper and garlic. Sauté until vegetables are tender. Add tomatoes, oregano, salt and pepper; bring to a boil for 1 minute. Reduce heat, simmer for 10 minutes. Add scallops and simmer 3 minutes. Serve sauce warm over pasta. Top with grated Parmesan cheese.

Nutrition Information per serving
Calories 315; Protein 18 grams; Fat 7 grams;
Sodium 1114 mg

ENTRÉES

Seafood Thermidor

Servings: 8

Category: Entrées

1/2 lb. small scallops
1/2 lb. small shrimp
1/2 cup wheat bran
8 to 10 scallions, diced
1 clove garlic, minced or 1/2 tsp. garlic powder
1 tbsp. soft margarine
1 can reduced-fat condensed cream of mushroom soup
1/4 cup white wine
1/2 cup water
1/4 cup fat-free mozzarella cheese, shredded
1/4 cup bran
1/4 cup fat-free Parmesan cheese, grated
Parsley flakes
3 or 4 cups cooked rice

In ovenproof cooking dish over medium heat, sauté scallops, shrimp, 1/2 cup bran, scallions, and garlic in margarine. Add soup, wine, and water and simmer 20-30 minutes.

Add shredded cheese and stir until melted. Sprinkle 1/4 cup bran on top of the seafood mixture, sprinkle the Parmesan cheese over the bran, and top with parsley flakes. Broil 2-3 minutes, until bran crust is golden brown. Serve over rice.

Nutrition Information per serving

Calories 294; Protein 27 grams; Fat 5 grams;
Sodium 451 mg

Shrimp Jambalaya

Serving Size: 4

Category: Entrées

1/2 lb. medium shrimp, unpeeled
Vegetable cooking spray
1 tbsp. vegetable oil
1 tbsp. all-purpose flour
1 cup onion, chopped
1 cup celery, chopped
1 cup green bell pepper, chopped
1/4 lb. lean ham, cubed
2 cloves garlic, minced
2 1/2 cups chicken broth
1/4 cup parsley, fresh, chopped
1 tsp. basil, dried
1/4 tsp. black pepper
1/8 tsp. red pepper, ground
1 can whole tomatoes, no-salt-added, undrained, chopped
1 cup long-grain white rice, uncooked

Peel and devein shrimp; set aside. Coat a large nonstick skillet with vegetable cooking spray; add the oil, and stir in flour. Cook over medium-high heat 1 1/2 minutes or until brown, stirring constantly. Add onion and the next 4 ingredients; stir well, and bring to a boil. Add rice. Stir well. Cover; reduce heat, and simmer 20 minutes or until rice is tender. Stir in shrimp; cover and cook 5 minutes or until shrimp is done.

Nutrition Information per serving (1-1/2 cups)

Calories 342; Protein 28 grams; Fat 8 grams;
Sodium 1117 mg

ENTRÉES

Shrimp Scampi

Serving Size: 6
Category: Entrées

2 lbs. large unpeeled shrimp (48 shrimp)
3 tbsp. lowfat margarine
1 cup red bell pepper, chopped
8 cloves garlic, crushed
1/2 cup dry white wine
1/4 cup parsley, fresh, minced
1/4 cup lemon juice, fresh
1/2 tsp. salt
1/4 tsp. pepper
Paprika
Angel hair pasta

Peel shrimp, leaving tails intact. Starting at tail end, butterfly underside of each shrimp, cutting to, but not through, back of shrimp. Arrange 8 shrimp, cut sides up, in each of 6 gratin dishes; set aside.

Melt margarine in a small skillet over medium heat. Add bell pepper and garlic; sauté 2 minutes. Remove from heat; stir in wine, parsley, lemon juice, salt and pepper. Spoon wine mixture evenly over each serving; sprinkle paprika over shrimp. Broil 6 minutes or until shrimp are done. Serve with angel hair pasta.

Nutrition Information per serving
Calories 223; Protein 31 grams; Fat 6 grams;
Sodium 488 mg

Stir-Fried Turkey and Vegetables

Serving Size: 4
Category: Entrées

3 tbsp. soy sauce
1/4 tsp. garlic salt
Dash cayenne pepper
1 1/4 lb. turkey breast tenderloins, fresh
2 tbsp. cooking oil
1 medium green pepper, cut 1/4 x 2" strips
4 oz. mushrooms, sliced
4 green onions, cut in 1" pieces
1 tbsp. cornstarch
1/2 cup chicken broth
10 cherry tomatoes, halved
Salt and pepper

Marinate turkey in first 3 ingredients for 5 minutes. Heat oil in wok or skillet over medium-high heat; stir-fry turkey 3 minutes, until no longer pink. Add green pepper; stir-fry 1 minute. Add mushrooms and green onion; stir-fry 1 minute longer. Combine cornstarch and broth. Stir into wok, bring to boil. Boil 1 minute. Add tomatoes and heat. Salt and pepper to taste.

Nutrition Information per serving
Calories 278; Protein 37 grams; Fat 10 grams;
Sodium 858 mg

ENTRÉES

Stir-Fry

Serving Size: 4
Category: Entrées

1/2 lb. lean beef, cut into 1/4 strips
1 small onion, sliced
1 tsp. garlic, chopped
1 pint broccoli flowerets, fresh
1 cup carrots, sliced
1 cup mushrooms, sliced
1 tsp. soy sauce
2-4 tsp. water
Rice or noodles

Spray a skillet with vegetable cooking spray. Add beef and stir-fry with garlic until cooked. Remove and keep warm. Stir-fry carrots and onion until carrots are partially done. Add water, as needed, to prevent sticking. Add broccoli, mushrooms, and soy sauce. Stir-fry until vegetables are done to your liking. Add meat or seafood. Serve over rice or noodles.

Other vegetables that are good in stir-fry are: green or red peppers, celery, green onions, zucchini, cauliflower, cabbage, snow peas, bean sprouts.

Meat substitutes: shrimp, scallops, chicken or pork

Nutrition Information per serving
Calories 152; Protein 18 grams; Fat 6 grams;
Sodium 133 mg

Stuffed Chicken Parmesan

Serving Size: 4
Category: Entrées

1 cup boiling water
8 sun-dried tomatoes, without oil
1 tbsp. water
2 egg whites
2/3 cup Italian bread crumbs, dry
1/3 cup all-purpose flour
1/4 cup Parmesan cheese, fresh, grated
1/4 tsp. pepper
4 oz. chicken breast, boneless skinless, halves
2 oz. Parmesan cheese, very thinly sliced
2 tsp. capers (optional)
Vegetable cooking spray
2 cups angel hair pasta, cooked (keep warm)
3 cups chunky tomato sauce

Combine boiling water and sun-dried tomatoes in a bowl; let stand 30 minutes or until softened. Drain tomatoes, and set aside.

Preheat oven to 400°F. Combine 1 tbsp. water and egg whites in a shallow bowl; stir well, and set aside. Combine bread crumbs, flour, grated cheese, and pepper in a shallow dish; stir well, and set aside.

Cut a horizontal slit through thickest portion of each chicken breast half and form a pocket. Stuff 2 sun-dried tomatoes, 1 slice of cheese, and 1/2 tsp. capers into each pocket, and close opening with a wooden pick. Dip each breast half in egg-white mixture; dredge in bread crumb mixture.

Place chicken on a baking sheet coated with cooking spray, and bake for 15 minutes. Turn chicken over, and lightly coat with vegetable cooking spray. Bake an additional 10 minutes or until done. Discard wooden picks.

Place 1/2 cup pasta on each of 4 plates, and top with stuffed chicken. Spoon 3/4 cup chunky tomato sauce over each serving.

Nutrition Information per serving
Calories 583; Protein 49 grams; Fat 13 grams;
Sodium 2062 mg

ENTRÉES

Sweet and Sour Chicken

Serving Size: 6
Category: Entrées

8 oz. pineapple chunks, unsweetened, packed in juice
1 lb. chicken breast, boneless, skinless
1 cup chicken broth
1/4 cup vinegar
1/4 cup Brown Sugar Twin®
2 tsp. garlic, chopped
1 cup celery, sliced
1 small onion, quartered
1 green pepper, sliced
3 tbsp. cornstarch
1/4 cup water
Brown rice

Drain pineapple, reserving the juice. Cut chicken into bite size pieces and place in a saucepan. Add reserved juice, broth, vinegar, Brown Sugar Twin, soy sauce, and garlic. Cover and simmer over low heat for 15 minutes. Add vegetables and pineapple. Cook 10 minutes, stirring occasionally. Combine cornstarch and water. Gradually stir into hot mixture. Continue to cook until thickened, stirring constantly. Serve with quick cooking brown rice.

Nutrition Information per serving
Calories 192; Protein 25 grams; Fat 4 grams;
Sodium 210 mg

Szechwan Orange Chicken

Serving Size: 6
Category: Entrées

1 1/2 lbs. chicken strips, cut for stir-frying
3/8 cup white wine
3 tbsp. light soy sauce
6 scallions, including tops, diced
1 1/2 tsp. ginger, dried
3 cloves garlic, minced (or 1 tsp. garlic powder)
3/8 tsp. red pepper flakes
3/8 cup wheat bran
1 1/2 oranges
1 1/2 tbsp. cornstarch
1 1/2 tsp. brown sugar substitute
3/4 tsp. salt
1 1/8 cups orange juice
1 1/2-2 tbsp. peanut oil
1 1/2 pints cooked rice

Combine chicken strips with wine, soy sauce, scallions, ginger, red pepper flakes and bran. Using a vegetable peeler, cut strips of peel from the orange and add to chicken mixture.

Mix together cornstarch, sugar, salt, and orange juice. Set aside.

Heat peanut oil to high temperature, add chicken mixture, and cook until the chicken loses its pink color and is slightly browned. Stir constantly. Add orange juice mixture, reduce heat, and cook until thickened.

Serve over cooked rice.

Nutrition Information per serving
Calories 425; Protein 38 grams; Fat 10 grams;
Sodium 620 mg

ENTRÉES

Tarragon Fish

Servings: 4

Category: Entrées

Vegetable cooking spray
1 lb. fish fillets (snapper or sole)
1/3 cup fat-free plain yogurt
1 tsp. tarragon, dried
1 oz. fat-free mozzarella cheese, grated

Preheat oven to 450°F. Arrange fish in a 9” x 13” pan that has been sprayed with vegetable cooking spray.

Bake, uncovered, for 4-6 minutes per 1/2 “ thickness of fish. Drain any liquid. Mix remaining ingredients and spread over fish. Bake 2 minutes or until cheese is melted.

Nutrition Information per serving
Calories 126; Protein 23 grams; Fat 2 grams;
Sodium 120 mg

Tex-Mex Chicken

Servings: 4

Category: Entrées

1 lb. chicken breast, boneless, skinless
1/2 cup fat free Miracle Whip®
1/4 cup salsa
1 tsp. chili powder

Preheat oven to 350°F. Line 9” x 12” cake pan with foil. Mix together Miracle Whip, salsa and chili powder. Place chicken in pan. Cover with sauce. Bake for 1 hour.

Nutrition Information per serving
Calories 235; Protein 35 grams; Fat 5 grams;
Sodium 441 mg

Vegetable Kabobs

Servings: 6

Category: Entrées

24 small mushrooms, whole
2 cups yellow squash, sliced
2 cups zucchini, sliced
12 medium green onions, trimmed
2 large red bell peppers, cut in 1/2” strips
2/3 cup rice vinegar
2 tbsp. fresh lemon juice
2 tbsp. Dijon mustard
1 tbsp. dark sesame oil
1/4 tsp. salt
1/4 tsp. pepper
4 cloves garlic, minced

Combine all the ingredients in a large heavy-duty zip-top plastic bag. Seal bag, and marinate vegetables for 30 minutes, turning bag occasionally.

Remove vegetables from bag, reserving marinade. Using 6 skewers, alternately thread the mushrooms, squash, zucchini, green onions, and red peppers, leaving about 1/4” between the pieces.

Place vegetable skewers on the rack of an uncovered grill. Grill over medium coals until vegetables are tender. Be careful not to over cook vegetables.

Place reserved marinade in a small saucepan; cook over medium heat 3 minutes. Pour warm marinade over grilled vegetables.

Nutrition Information per serving
Calories 96; Protein 3 grams; Fat 4 grams;
Sodium 167 mg

ENTRÉES

West Coast Chicken Breast

Serving Size: 4

Category: Entrées

1 lb. chicken breasts, whole, skinned, split,
boned
1/4 cup sun-dried tomatoes, chopped, in oil or
well-drained; or sliced roasted red pepper
1/8 cup basil leaves, thinly sliced
1 clove garlic, minced
1 tbsp. margarine, melted
1/4 tsp. black pepper, fresh, ground
1/4 tsp. paprika
1/4 cup fresh whole wheat bread crumbs

Preheat oven to 450°F. Pound chicken to 1/4”
thickness. Combine tomatoes, basil, and garlic.
Spread evenly over chicken breasts; roll up and
place seam side down in shallow baking dish.
Combine margarine, pepper, and paprika.
Brush evenly over chicken rolls. Sprinkle with
bread crumbs. Bake 15-18 minutes or until
chicken is tender and crumbs are browned.

Nutrition Information per serving
Calories 191; Protein 29 grams; Fat 4 grams;
Sodium 189 mg