

Sweet Caribbean Chicken with Mango Salsa



CHICKEN

INGREDIENTS

- 8 pitted prunes
- 3 cloves garlic, peeled
- ½ cup orange juice
- ¼ cup reduced sodium soy sauce
- *use gluten free soy sauce
- ½-1 tsp. red pepper flakes (to taste)
- ½-1 tsp. ground allspice (to taste)
- 2 lb. boneless, skinless chicken breasts
- 2 Tbsp. olive oil



DIRECTIONS

1. Add prunes, garlic, orange juice, soy sauce and spices to blender. Blend until smooth.
2. Place chicken into gallon Ziploc bag and pound the chicken to flatten to an even ½ inch thickness.
3. Pour the blended mixture into the bag with the chicken and shake to coat.
4. Heat oil in non-stick pan over medium heat. Cook chicken in 2 batches until cooked through (slightly browned on the outside with no pink on inside), 3-4 minutes per side.

NUTRITION FACTS

6 servings
 Calories: 290
 Fat: 9 g
 Sodium: 390 mg
 Total Carbohydrate: 12 g
 Dietary fiber: 1 g
 Protein: 39 g

SALSA

INGREDIENTS

- 2 cups mango, cubed
- 1 small cucumber, diced
- 1 cup cherry tomatoes, chopped
- 2-3 Tbsp. cilantro, chopped
- 1 jalapeno pepper, seeded and minced, optional
- 1 lime, juiced
- ¼ tsp. salt

DIRECTIONS

1. Pulse mango, cucumber, tomatoes, cilantro, and jalapeños in a food processor until finely chopped but still chunky. Alternatively, all ingredients can be chopped by hand.
2. Add lime juice and salt and mix well.

NUTRITION FACTS 6 servings

Calories: 43 Total Carbohydrate: 10.5 g
 Fat: 0.3 g Dietary fiber: 1.4 g
 Sodium: 100 mg Protein: 0.9 g

Seven Layer Salad with a Twist

INGREDIENTS

- 6 cups romaine lettuce, shredded
- 2 cups baby spinach leaves
- 1 cup red or yellow bell pepper, diced
- 1 cup cherry tomatoes, halved
- 1 cup frozen peas, thawed
- ½ small red onion, diced

DRESSING

- 2 tsp. cider vinegar
- 2 tsp. sugar
- ¼ tsp. garlic powder
- ¼ tsp. salt
- ¼ tsp. pepper
- ¾ cup non-fat plain yogurt
- ¾ cup low fat mayo

TOPPINGS

- ½ cup shredded reduced fat cheddar cheese
- ¼ cup fresh basil, chopped
- 3 strips cooked bacon, crumbled

DIRECTIONS

1. Toss lettuce and spinach in large bowl. Form one layer each of peppers, tomatoes, peas, and red onions on top.
2. For dressing, mix yogurt, mayo, vinegar, garlic powder, salt and pepper, and 1-2 tsp. sugar (to taste) until well combined. Spread this mixture over the salad. On top, evenly sprinkle cheese, bacon, and basil. Chill until serving.

NUTRITION FACTS

8 servings
 Calories: 161
 Fat: 9 g
 Sodium: 277 mg
 Total Carbohydrate: 11 g
 Dietary fiber: 2.4 g
 Protein: 6 g

Berry Salad

INGREDIENTS

- 1½ cup fresh sliced strawberries
- 1½ cup fresh raspberries
- 1½ cup fresh blueberries
- 1½ cup fresh blackberries
- 1 cup low fat plain yogurt
 *use dairy free yogurt
- 1 Tbsp. honey
- 2 Tbsp. orange juice

DIRECTIONS

1. Gently mix all berries in medium bowl.
2. In separate bowl, combine the yogurt, honey, and orange juice. Mix well.
3. Pour yogurt mixture over berries right before serving or serve with yogurt mixture on the side for topping.

NUTRITION FACTS *8 servings*

Calories: 80 Total Carbohydrate: 17 g
 Fat: 1 g Dietary fiber: 4 g
 Sodium: 30 mg Protein: 3 g

Sweet Corn and Tomato Quiche

INGREDIENTS

CRUST

¾ cup whole-wheat pastry flour (found in large supermarkets, store in freezer between uses)

¾ cup all-purpose flour

½ tsp. salt

½ tsp. freshly ground pepper

⅓ cup extra-virgin olive oil

5 Tbsp. cold water

FILLING

4 eggs

1 cup low-fat milk

¾ cup shredded mozzarella or monterey jack cheese, divided

2-3 medium tomatoes, thinly sliced

1 cup fresh corn kernels (about 1 large ear)

1-2 Tbsp. chopped fresh basil or 1 tsp. dried

½ tsp. salt, divided

¼ tsp. fresh ground pepper

DIRECTIONS

TO MAKE CRUST

1. Preheat oven to 400 degrees.
2. Mix both types of flour and salt and pepper in large bowl.
3. Form a well in center and pour oil and water into it. Gently stir to form soft dough (stir until just mixed because over-mixing creates tough dough).
4. Form a ball, cover dough, and chill for 15 minutes.
5. Roll out dough to form a 12 inch circle on lightly floured surface.
6. Press into the bottom and up the sides of a deep 9 inch pie pan. Trim any excess dough around edges.
7. Bake 20 minutes. Set aside to cool for at least 10 minutes.

TO MAKE FILLING

1. Sprinkle half the cheese on bottom of crust.
2. Thinly slice one of the tomatoes and layer slices on top of cheese.
3. Evenly sprinkle the remaining cheese, half the basil, ¼ tsp. of salt and ⅓ tsp. pepper, and the corn kernels over tomatoes.
4. Layer the other sliced tomato on top.
5. Whisk together eggs, milk, remaining basil, ¼ tsp. of salt and ⅓ tsp. pepper in medium bowl. Pour the egg mixture over the top.
6. Bake until a knife inserted into center comes out clean, 40-50 minutes at 400 degrees. Let cool for at least 15 minutes before serving



NUTRITION FACTS *6 servings*

Calories: 266 Total Carbohydrate: 24 g

Fat: 15 g Dietary fiber: 2 g

Sodium: 381 mg Protein: 9 g

SHORTCUT PREP

If you're in a rush, you can use a whole wheat, pre-made pie crust.

Refreshing Cauliflower Tomato Salsa



INGREDIENTS

2½ cups of finely chopped cauliflower (approx. 1 small head)
2 cups tomatoes, diced (about 4 medium)
½ cup chopped red onion
1 jalapeno, diced
¼ tsp. salt
½ cup fresh squeezed lime juice
¼ cup chopped cilantro
1 avocado, diced
Black pepper to taste

NUTRITION FACTS *4-6 servings*

Calories: 128	Total Carbohydrate: 14 g
Fat: 8 g	Dietary fiber: 7 g
Sodium: 42 mg	Protein: 4 g

DIRECTIONS

1. Mix cauliflower, tomatoes, red onion, jalapeno, salt, cilantro and lime juice together in medium bowl. Let it marinate in refrigerator for 1 hour.
2. Prior to serving, add avocado and black pepper to taste. Serve with tortilla chips. So good – you will be surprised!

