

SUMMER VEGGIES WITH BOWTIE PASTA AND HERB INFUSED MARINARA SAUCE

Marinara Sauce

1 tsp olive oil
2 tsp garlic minced
2 28 oz canned crushed tomatoes unsalted
1 1/2 tsp dried thyme
1 1/2 tsp rosemary
1 1/2 tsp oregano
1 1/2 tsp basil
1 1/2 tsp onion powder
2 tbsp sugar

Veggies with Pasta

2 yellow crook-neck squash sliced
2 zucchini sliced
12 baby carrots sliced
1/2 head red/purple cabbage chopped, about 2.5 cups
3 green onions chopped
1/2 green bell pepper sliced
2 tsp canola oil
1 (16 ounce) box Farfalle pasta bowtie (whole- wheat)
1/4 cup shredded Parmesan cheese
2 tbsp low sodium soy sauce

1. For sauce, heat olive oil and garlic in a large saucepan or pot over medium heat. Sauté garlic for 1-2 minutes until slightly golden. Reduce heat to low and add crushed tomatoes, herbs, and sugar. Simmer on low for 15-18 minutes. (Makes 12 1/2 cup servings of sauce.)
2. Meanwhile, put all vegetables with in skillet with sprays of butter.
3. Place lid on vegetables and cook until tender.
4. In separate sauce pan, prepare pasta as directed on box.
5. Drain pasta and toss with cooked vegetables.
6. Sprinkle with Parmesan Cheese.

Makes 8

Nutrients per serving (418 mg) of veggies, pasta and sauce:

Calories per serving 350, 4.5g Total Fat, 1g Saturated Fat, 0g Trans Fat, 0 mg Cholesterol, 280 mg sodium, 67g Total Carbohydrates, 7g Dietary Fiber, 13g Total sugars, 14g Protein

ORZO GARLIC CHICKEN

1 cup uncooked orzo pasta
2 tbsp olive oil 2 cloves garlic minced
1/4 tsp crushed red pepper
2 (8 ounce) skinless, boneless chicken breast halves cut into bite-sized pieces
1 tbsp chopped fresh parsley
2 cups fresh spinach leaves
1/4 cup reduced fat, grated Parmesan cheese for topping

1. Bring a large pot of water to boil. Add orzo pasta, cook from 8-10 minutes, until al dente, and drain.
2. Heat the oil in a skillet over medium-high heat, and cook the garlic and red pepper 1 minutes, until garlic is golden brown.
3. Stir in chicken and cook 2 to 5 minutes, until lightly browned and juices run clear.
4. Reduce heat to medium, and mix in the parsley and cooked orzo.
5. Place spinach in the skillet. Continue cooking 5 minutes, stirring occasionally, until spinach is wilted.
6. Serve topped with Parmesan cheese.

Makes 4

Nutrients per serving (150 mg)

Calories per serving 320, 11g Total Fat, 2.5g Saturated Fat, 0g Trans Fat, 85 mg Cholesterol, 150 mg sodium, 23g Total Carbohydrates, 1g Dietary Fiber, 1g Total sugars, 31g Protein

ROASTED ROSEMARY SWEET POTATOES

3 pounds (6 cups) sweet potatoes peeled and cut into 1-inch cubes
1/4 cup olive oil
4 sprigs rosemary chopped
3 cloves garlic minced
1 red onion, sliced

1. Wash your hands and clean your cooking area. Preheat sauté pan to medium heat on the stove top.
2. Combine sweet potatoes and olive oil in the pan and sauté until potatoes are bright and tender.
3. Add rosemary to the pan and continue stirring.
4. Add garlic and onion, and cook until soft and aromatic.

Makes 12

Nutrients per serving (65 mg)

Calories per serving 140, 4.5g Total Fat, 0.5g Saturated Fat, 0g Trans Fat, mg Cholesterol, 65 mg sodium, 24g Total Carbohydrates, 4g Dietary Fiber, 5g Total sugars, 2g Protein

LEMON-DIJON GLAZED SALMON FOIL PACKETS

4 4-ounce salmon fillets
1 tbsp Dijon mustard
3 tbsp olive oil
1 tbsp honey
1/2 tsp pepper
1/4 tsp salt
16 fresh asparagus spears, tough ends removed
16 cherry tomatoes
1/2 medium fresh lemon, sliced
Fresh dill

1. Heat grill to medium-high.
2. Cut four 24-inch pieces of aluminum foil. Spray each piece with vegetable-oil cooking spray and place 1 salmon fillet, skin side down, on the middle of it.
3. In a small bowl, whisk the mustard, olive oil, honey, pepper, and salt until well mixed. Use a pastry brush to spread about half of the mixture over the fillets.
4. Layer the asparagus, tomatoes, and onions over the top of each fillet, ensuring that there is an even number in each packet. Top the vegetables with the remaining mustard and honey mixture and slice or two of lemon.
5. Fold the packets up, sealing the tops and sides.
6. Place the packets on the grill. Cover the grill and cook for about 11 to 13 minutes, until the internal temperature of the fish reaches 145F and the fillets flake easily with a fork.
7. Remove the packets from the grill and open them carefully. Garnish them with the dill.

Makes 4

Nutrients per serving (330 mg)

Calories per serving 290, 15g Total Fat, 2.5g Saturated Fat, 0g Trans Fat, 50 mg Cholesterol, 330 mg sodium, 13g Total Carbohydrates, 3g Dietary Fiber, 8g Total sugars, 26g Protein

ZUCCHINI-OAT CHOCOLATE CHIP COOKIES

1 1/2 cup all-purpose flour or white whole wheat
1 tsp ground cinnamon
1/2 tsp baking soda
1/4 tsp salt
1/2 cup unsalted butter softened
1/4 cup granulated white sugar
1/4 cup light brown sugar packed
1 egg
1 1/2 tsp vanilla extract
1 1/2 cup shredded zucchini
1 cup rolled oats
1/2 cup chopped pecans or walnuts optional
1/2 cup semi-sweet chocolate chips

1. Preheat oven to 350 F. In a mixing bowl whisk together flour, cinnamon, baking soda and salt for 20 seconds, set aside.
2. In the bowl of an electric stand mixer fitted with the paddle attachment, whip together butter, granulated sugar and brown sugar until creamy.
3. Mix in egg and vanilla extract. Add zucchini and with mixer set on low speed, slowly add in flour mixture. Stir in oats, walnuts and chocolate chips (optional: reserve 1/3 cup of the chocolate chips to press into the tops of dough balls before baking, just for looks).
4. Shape dough into balls, 2 Tbsp each, then transfer to a Silpat non-stick baking sheet or parchment paper lined baking sheet, spacing cookies 2-inches apart.
5. Bake in preheated oven 11-14 minutes until edges are lightly golden. Cool on baking sheet 2 minutes then transfer to a wire rack to cool completely. Store in an airtight container.

Makes 24 cookies

Nutrients per serving (55mg)

Calories per serving 103, 6g Total Fat, 3g Saturated Fat, 0g Trans Fat, 19 mg Cholesterol, 55 mg sodium, 11g Total Carbohydrates, 1g Dietary Fiber, 3g Total sugars, 2g Protein

BLACK BEAN SALSA WITH PINEAPPLE

- 1 (15 ounce) can low sodium black beans drained and rinsed
- 1 (15 ounce) can pineapple tidbits in natural juice drained but reserve juice
- 1 cup diced bell pepper
- 6 green onions thinly sliced
- 1/4 cup cilantro leaves chopped
- 1/4 cup reserved pineapple juice
- 1 tbsp canola oil
- 1 seeded jalapeno pepper minced

1. Combine all ingredients in a bowl.
2. Toss and serve.

Makes 6

Nutrients per serving (15 mg)

Calories per serving 110, 2.5g Total Fat, 0g Saturated Fat, 0g Trans Fat, 0 mg Cholesterol, 15 mg sodium, 17g Total Carbohydrates, 5g Dietary Fiber, 5g Total sugars, 5g Protein