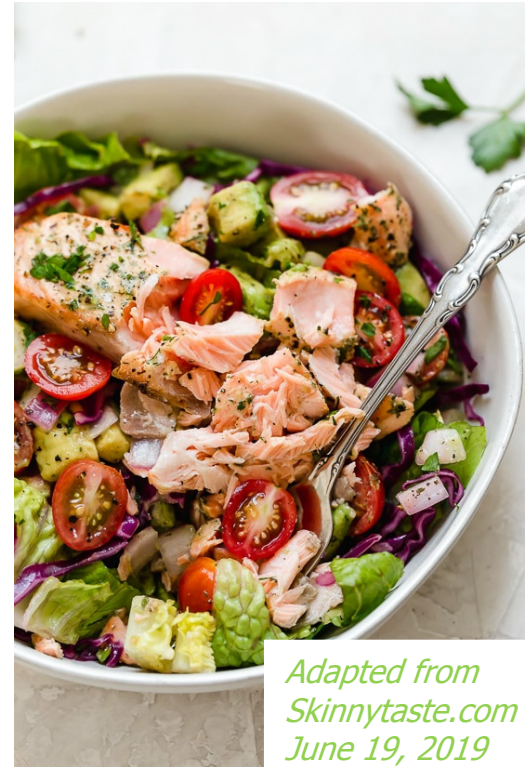


# Salmon Avocado Salad

**Yield:** 4 bowls (serving size: 1 bowl)

## Ingredients

- 4 wild salmon fillets, 4 oz each
- 1 tablespoon Dijon mustard, divided
- 3/4 teaspoon dried parsley
- 1/2 teaspoon kosher salt
- fresh black pepper, to taste
- 1/4 cup chopped red onion
- 4 teaspoons extra virgin olive oil
- 2 tablespoons apple cider vinegar, recommend: Braggs
- 1/8 teaspoon garlic powder
- 1 cup halved cherry tomatoes
- 8 ounces avocado, diced (from 2 small)
- 4 cups chopped romaine lettuce
- 1 1/2 cups red cabbage, shredded



*Adapted from  
Skinnytaste.com  
June 19, 2019*

## Preparation

1. Season salmon with 2 teaspoons of the Dijon, 1/2 teaspoon dried parsley, 1/4 teaspoon salt and black pepper. Adjust the oven on the second rack. Broil salmon 6 to 7 minutes, until cooked through.
2. In a large bowl, combine the red onion with olive oil, 1 1/2 tablespoons apple cider vinegar, 1 teaspoon remaining Dijon, garlic powder, 1/4 teaspoon parsley, 1/4 teaspoon salt and pepper to taste; let it sit about 5 minutes, so the flavor of the onion mellows.
3. Add the tomatoes, avocado and toss. When ready to serve, toss in chopped lettuce and cabbage, finish with the remaining 1/2 tablespoon of vinegar, taste for salt and pepper and adjust as needed.
4. Divide the salad in 4 bowls and top each with salmon.

## Nutritional Information: Amount per serving

- Calories: 329
- Calories from fat: 56%
- Fat: 20.5g
- Saturated fat: 3g
- Protein: 25.5g
- Carbohydrate: 12g
- Fiber: 6g
- Sugar: 2.5g
- Sodium: 286.5mg

# Perfectly Grilled Zucchini

**Yield:** 4 servings (serving size: 1/2 zucchini)

## Ingredients

- 2 medium zucchini, about 8 oz each, sliced 1/4 inch thick
- 1 tbsp olive oil, extra virgin
- 1 tbsp red wine vinegar
- 1 tsp dried parsley
- 1 tsp dried basil
- 1/2 tsp garlic powder
- Kosher salt
- Freshly ground black pepper



## Preparation

1. Preheat grill on medium-high. In a large bowl, toss zucchini with oil, red wine vinegar, parsley, basil, and garlic powder. Season with 1/4 teaspoon salt and black pepper, to taste.
2. Once grill is hot, carefully use tongs to rub an oiled paper towel over grates to clean.
3. Using tongs, place zucchini on grill. Cover and cook, 2 to 3 minutes. Flip and continue cooking on high, covered, 2 to 3 minutes more
4. When zucchini is tender, remove from heat, taste for salt and adjust as needed and eat right away.

## Nutritional Information: Amount per serving

- Calories: 48
- Calories from fat: 66%
- Fat: 3.5g
- Saturated fat: 0.5g
- Protein: 1g
- Carbohydrate: 4g
- Fiber: 2g
- Sugar: 2g
- Sodium: 3.5mg

*Adapted from  
Skinnytaste.com  
July 2, 2019*

# Thai Turkey Lettuce Cups

**Yield:** 4 servings (serving size: 3 filled lettuce cups)

## Ingredients

- 3 tablespoons canola oil, divided
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons light brown sugar
- 2 tablespoons rice vinegar
- 1 pound ground turkey
- 12 butter lettuce leaves
- 1 1/2 cups chopped English cucumber
- 1 cup matchstick-cut carrots
- 1/4 cup chopped roasted unsalted peanuts
- 2 tablespoons chopped fresh mint



## Preparation

1. Combine 2 tablespoons oil, soy sauce, sugar, and vinegar in a bowl, stirring with a whisk.
2. Heat remaining 1 tablespoon oil in a large nonstick skillet over medium. Add turkey; cook 7 minutes or until lightly browned, stirring to crumble. Add 1/4 cup soy sauce mixture; cook 4 minutes or until liquid is absorbed.
3. Place about 3 tablespoons turkey mixture in each lettuce leaf; top evenly with cucumber, carrots, and peanuts. Drizzle evenly with remaining soy sauce mixture. Sprinkle with mint.

## Nutritional Information: Amount per serving

- Calories: 426
- Calories from fat: 55%
- Fat: 26g
- Saturated fat: 4g
- Protein: 32g
- Carbohydrate: 24g
- Fiber: 7g
- Sugar: 13g
- Added sugars: 7g
- Sodium: 538mg

*Adapted from  
CookingLight.com  
October 2017*

# Shrimp Fried Cauliflower Rice

**Yield:** 4 cups (serving size: 1 cup)

## Ingredients

- 3 tablespoons toasted sesame oil, divided
- 10 ounce medium shrimp, peeled and deveined
- 5 large eggs, lightly beaten
- 1 cup sliced green onions, divided
- 16 ounces fresh or frozen riced cauliflower
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt



## Preparation

1. Heat 1 1/2 teaspoons sesame oil in a large nonstick skillet over medium-high. Add shrimp; cook 3 minutes. Remove shrimp from pan.
2. Return pan to medium-high. Add 1 1/2 teaspoons oil. Add eggs; cook 2 minutes or until almost set, stirring once. Fold cooked eggs in half; remove from pan. Cool, and cut into 1/2-inch pieces.
3. Heat remaining 2 tablespoons oil in pan over medium-high. Add 3/4 cup green onions and cauliflower; cook 5 minutes, without stirring, or until browned. Stir in shrimp, eggs, pepper, and salt. Top with remaining 1/4 cup green onions.

## Nutritional Information: Amount per serving

- Calories: 269
- Protein: 20g
- Sugar: 3g
- Calories from fat: 57%
- Carbohydrate: 9g
- Sodium: 358mg
- Fat: 17g
- Fiber: 3g
- Saturated fat: 4g

*Adapted from  
CookingLight.com  
September 2017*

# Quick Green Chicken Chili

**Yield:** 4 servings (serving size: 1 ¼ cups)

## Ingredients

- 1 1/2 cups unsalted chicken stock, divided
- 2 (15-oz.) cans unsalted Great Northern beans, rinsed, drained, and divided
- 2 tablespoons olive oil
- 1 cup chopped yellow onion
- 1 tablespoon minced garlic
- 1 1/2 teaspoons all-purpose flour
- 1 tablespoon ground cumin
- 2 (4-oz.) cans mild chopped green chiles, drained
- 1/2 teaspoon black pepper, divided
- 1/4 teaspoon kosher salt
- 8 ounces boneless, skinless rotisserie chicken breast, shredded (about 1 cup)
- 2 tablespoons fresh lime juice
- 1/4 cup sliced radishes
- 2 tablespoons light sour cream
- 2 tablespoons fresh cilantro leaves
- 1 ripe avocado, sliced



## Preparation

1. Place 1/2 cup stock and 1 can beans in a blender, and blend until smooth. Heat olive oil in a large Dutch oven over medium-high. Add onion; sauté 4 minutes. Add garlic; sauté 2 minutes. Sprinkle flour over pan; cook 1 minute. Stir in cumin and chiles; cook 1 minute. Add bean mixture, remaining 1 cup stock, remaining 1 can beans, 1/4 teaspoon pepper, and salt; bring to a boil.
2. Reduce heat to medium; simmer 5 minutes or until slightly thickened. Add chicken; cook 2 minutes. Stir in juice. Divide chili among 4 bowls; top evenly with radishes, sour cream, cilantro, avocado, and remaining 1/4 teaspoon pepper.

## Nutritional Information: Amount per serving

- Calories: 376
- Calories from fat: 38%
- Fat: 26g
- Saturated fat: 3g
- Protein: 27g
- Carbohydrate: 34g
- Fiber: 11g
- Sugar: 4g
- Sodium: 636mg

*Adapted from  
CookingLight.com  
September 2017*

# Creamy Chicken Quesadillas

**Yield:** 4 servings (serving size: 4 wedges)

## Ingredients

- 1 tablespoon olive oil
- 4 teaspoons all-purpose flour
- 1/2 cup unsalted chicken stock
- 1 cup coarsely chopped spinach (about 1 1/2 oz.)
- 1 tablespoon hot sauce (such as Cholula)
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 6 ounces skinless, boneless rotisserie chicken breast, shredded (about 1 1/4 cups)
- 4 ounces preshredded mozzarella cheese (about 1 cup)
- 4 (8-in.) whole-wheat flour tortillas
- Cooking spray
- 1 ripe avocado, quartered



## Preparation

1. Heat oil in a small saucepan over medium. Sprinkle flour over pan; cook 30 seconds, stirring constantly. Slowly add stock; cook 2 minutes or until thickened, stirring frequently. Remove pan from heat; stir in spinach, hot sauce, salt, pepper, chicken, and cheese.
2. Heat a large skillet over medium. Divide chicken mixture evenly over half of each tortilla. Fold tortillas in half over filling. Carefully coat both sides of quesadillas with cooking spray. Add 2 quesadillas to pan; cook 2 minutes on each side or until browned and cheese is melted. Repeat with remaining quesadillas. Cut each into 4 wedges. Serve with avocado.

## Nutritional Information: Amount per serving

- Calories: 343
- Protein: 23g
- Sugar: 1g
- Calories from fat: 45%
- Carbohydrate: 24g
- Sodium: 682mg
- Fat: 17g
- Fiber: 3g
- Saturated fat: 5g

*Adapted from  
CookingLight.com  
October 2017*

# Lighter Eggplant Parmesan

**Yield:** 8 servings (serving size: 1/8<sup>th</sup> of recipe)

## Ingredients

- 2 pounds eggplant, 1 large or 2 medium
- olive oil spray
- 1 teaspoon kosher salt
- 12 ounces part-skim ricotta, Polly-o is the only brand I use
- 1/4 cup + 2 tbsp Pecorino Romano
- 1/4 cup fresh parsley, chopped
- 1 large egg
- 2-1/2 cups part-skim mozzarella, I used Sargento
- 4 cups homemade tomato sauce or jarred marinara

## Preparation

1. Start by making the sauce if you don't have any already made.
2. Preheat oven to 450°F. Spray 2 sheet pans with oil.
3. While the sauce simmers, slice the eggplant into 1/4 inch thick slices. Transfer to the prepared pans, it's ok if they overlap slightly. Season with salt. Bake for 20 minutes, turning halfway through until eggplant is golden.
4. Meanwhile, in a medium bowl combine ricotta, egg, parsley and 1/4 cup of grated cheese.
5. Put 1/2 cup sauce on the bottom of a 9x12 baking dish, add 1/3 of eggplant to cover the bottom of the dish. Top with 1/3 of the ricotta cheese mixture, 3/4 cup of the mozzarella cheese and 3/4 cup of the sauce. Add another layer of eggplant and repeat the ricotta cheese, mozzarella cheese and sauce two more times, reserving the third layer of mozzarella for topping. Finish with 1 1/2 cups of sauce, remaining mozzarella, and the remaining 2 tablespoons of grated cheese.
6. Heat the oven to 400F.
7. Cover with foil and bake until cheese is melted and everything is bubbling, about 40 minutes.
8. Remove foil and bake an additional 10 minutes.
9. Take it out of the oven and let it sit about 10 minutes before cutting.

## Nutritional Information: Amount per serving

- Calories: 256
- Calories from fat: 44%
- Fat: 12.5g
- Saturated fat: 6.5g
- Protein: 20g
- Carbohydrate: 18.5g
- Fiber: 5g
- Sugar: 9.5g
- Sodium: 809mg

*Adapted from  
Skinnytaste.com  
July 30, 2019*



# Southwestern Black Bean, Quinoa and Mango Salad

**Yield:** 6 servings (serving size: 1 cup)

## Ingredients

- 15- ounce can black beans, no salt added, rinsed and drained
- 1 cup cooked quinoa (red or tri-color), according to package directions
- 1 cup fresh or frozen corn
- 1 small red bell pepper, chopped
- 1 cup chopped fresh mango
- 1/4 cup finely chopped red onion
- 1/2 cup chopped fresh cilantro
- 1 small jalapeño pepper, seeded and finely diced
- juice from 1 medium lemon or lime
- 1 1/2 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1/4 tsp ground turmeric



## Preparation

1. Mix together the beans, quinoa, corn, bell pepper, mango, onion, cilantro, and jalapeño in a mixing bowl.
2. Whisk together the lemon juice, olive oil, garlic, cumin, chili powder, and turmeric in a small bowl.
3. Drizzle over the mixture and toss.
4. Refrigerate until ready to serve.

## Nutritional Information: Amount per serving

- |                          |                     |                |
|--------------------------|---------------------|----------------|
| • Calories: 164          | • Protein: 6g       | • Sugar: 11.5g |
| • Calories from fat: 22% | • Carbohydrate: 27g | • Sodium: 93mg |
| • Fat: 4g                | • Fiber: 7g         |                |

*Adapted from  
Skinnytaste.com  
July 29, 2019*



# Lemon-Parsley Potato Foil Packets

**Yield:** 4 servings (serving size: ½ cup)

## Ingredients

- 16 ounces baby red or yukon gold potatoes, quartered
- 1 tablespoons olive oil
- kosher salt, to taste
- 1/2 teaspoon garlic powder
- black pepper, to taste
- grated lemon zest of 1/2 lemon, 1/2 teaspoon
- 1/2 tablespoon finely chopped flat leaf parsley
- 1 piece Reynolds Wrap heavy duty foil, 18 x 18 inches

## Preparation

1. In a large bowl toss the potatoes with olive oil, garlic powder, 1/2 teaspoon salt and black pepper to taste, toss to evenly coat.
2. Transfer to a large sheet, 18 x 18 inches of heavy duty foil on a flat surface.
3. Place the ingredients in the center of the foil. Form a packet by bringing the short ends of the foil together and fold twice to seal leaving room for steam.

### *To Grill:*

1. Grill, covered over medium heat 30 minutes, shaking the bag every 10 minutes so the bottom of the potatoes don't burn. Open carefully and top with 1/8 teaspoon salt, lemon zest and parsley.

### *In the Oven*

1. Bake in a preheat 400F oven 35 to 40 minutes, shaking the halfway. Open carefully and top with 1/8 teaspoon salt, lemon zest and parsley.

## Nutritional Information: Amount per serving

- |                          |                     |  |
|--------------------------|---------------------|--|
| • Calories: 113          | • Protein: 3g       | • Sugar: 1g  |
| • Calories from fat: 28% | • Carbohydrate: 19g | • Sodium: 0.5mg                                    |
| • Fat: 3.5g              | • Fiber: 3.5g       | (additional sodium depending on "to taste amounts) |
| • Saturated fat: 0.5g    |                     |  |



*Adapted from  
Skinnytaste.com  
August 27, 2019*

# Wilted Baby Spinach with Garlic & Oil

**Yield:** 4 servings (serving size: 3/4 cup)

## Ingredients

- 4 tsp olive oil
- 4 garlic cloves, peeled and smashed with the side of a knife
- 1 lb fresh baby spinach, washed and drained
- kosher salt and fresh ground pepper



## Preparation

1. Heat a large skillet over high heat until hot. When hot, add the olive oil and garlic.
2. Sauté for about 3 to 4 minutes, until the color is golden on both sides.
3. Add the spinach to the skillet and toss with oil to coat. Reduce the heat to medium and stir.
4. When spinach is just wilted, about 2 minutes, remove from heat and season with salt and pepper.

## Nutritional Information: Amount per serving

- Calories: 70
- Calories from fat: 64%
- Fat: 5g
- Saturated fat: 0.5g
- Protein: 3.5g
- Carbohydrate: 5g
- Fiber: 2.5g
- Sugar: 0.5g
- Sodium: 90mg

*Adapted from  
Skinnytaste.com  
August 28, 2019*

# Mango-Raspberry Fruit Roll Ups

**Yield:** 8 servings (serving size: 1 roll up)

## Ingredients

- 1 large ripe mango, peeled and chopped
- 6 ounces fresh raspberries
- 2 tablespoons sugar

## Preparation

1. Preheat the oven to 150°F. Line a rimmed 12½ by 17¼-inch (half- sheetpan with a silicone baking mat.
2. In a blender or food processor, blend the mango until smooth. Transfer the mango to a bowl and set it aside. Add the raspberries and sugar to the blender and blend until smooth. (It is important to blend the raspberries with the sugar, as the sugar helps liquefy the berries.)
3. Place dollops of the mango and raspberry purées on the prepared pan. With a small offset spatula, spread the purées evenly over the pan—try to spread them as evenly as possible, not too thin and not too thick, and try not to spread them to the very edges, so you'll have room to grab the fruit leather and peel it off the mat when it's cool.
4. Bake for 2 hours 30 minutes to 3 hours, rotating the baking sheet every hour. The leather is done when it is still tacky but not too sticky or wet. Let the leather cool.
5. Remove it from the mat and place it on top of a sheet of wax paper. Cut the leather and wax paper into strips with scissors and roll them up paper-side out, then store them in a sealed container at room temperature for up to 1 week.



## Nutritional Information: Amount per serving

- |                     |                     |                 |
|---------------------|---------------------|-----------------|
| • Calories: 39      | • Carbohydrate: 10g | • Sugar: 7.5g   |
| • Cholesterol: 10mg | • Fiber: 2g         | • Sodium: 0.5mg |

*Adapted from Skinnytaste.com, August 28, 2019. Excerpted from SUNNY-SIDE UP by Waylynn Lucas. Copyright © 2019 by Waylynn Lucas. Excerpted by permission of Rodale, an imprint of Penguin Random House LLC. All rights reserved. No part of this excerpt may be reproduced or reprinted without permission in writing from the publisher. Read more at <https://www.skinnytaste.com/mango-raspberry-fruit-roll-ups/#RwoG2mXJLBHEQRUL.99>*

# Baked Sweet Potato

**Yield:** 4 servings (1 potato)

## Ingredients

- 4 medium sweet potatoes, 5.5 ounces each, scrubbed clean
- kosher salt
- Freshly ground black pepper
- optional toppings: butter, coconut oil, cinnamon, salsa, yogurt

## Preparation

1. Preheat oven to 425F. On a baking sheet, (lined with foil for easy clean-up if you wish) prick sweet potatoes all over with a fork.
2. Bake until tender, or until a fork inserted in the thickest part has no resistance, 45 to 50 minutes.
3. Let cool, then split the tops open with a knife. Season with salt and pepper and add your favorite toppings.



## Nutritional Information: Amount per serving

- Calories: 164
- Calories from fat: 3%
- Fat: 0.5g
- Protein: 2.5g
- Carbohydrate: 38g
- Fiber: 5g
- Sugar: 6.5g
- Sodium: 20mg

*Adapted from  
Skinnytaste.com  
September 10, 2019*

# Egg White and Avocado Salad

**Yield:** 4 servings (3/4 cup)

## Ingredients

- 10 hard boiled egg whites, diced
- 1 avocado, mashed
- 1 Tbsp Dijon mustard
- 1 Tbsp plain Greek yogurt
- 2 tsp. fresh lemon juice
- 1/3 cup green onions, chopped
- 1/2 cup celery, diced
- 1/2 tsp. paprika
- 1/4 tsp. pepper
- Pinch of sea salt
- 2 slices uncured turkey bacon, chopped

## Preparation

1. In a large bowl, mash avocado and add in mustard, Greek yogurt and lemon juice, mixing until smooth.
2. Stir in green onions, celery, paprika, salt and pepper and set aside.
3. Begin chopping the egg whites, discarding the yolks, and fold into the avocado mixture until completely combined.
4. Add in the turkey bacon and serve on whole wheat bread with fresh arugula, enjoy



## Nutritional Information: Amount per serving

- Calories: 154
- Calories from fat: 52%
- Fat: 8.9g
- Saturated fat: 1.5
- Protein: 12.1g
- Carbohydrate: 6.9g
- Fiber: 4g
- Sugar: 1.6g

*Adapted from  
EatYourselfSkinny.com  
November 9, 2016*