

# Grilled Mediterranean Chicken and Quinoa Salad

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

## Ingredients

- 16 oz skinless thin sliced chicken cutlets
- kosher salt and freshly ground black pepper
- 1 clove garlic, minced
- 1 tablespoons chopped fresh rosemary or oregano
- juice of 1/2 lemon
- 1 teaspoon extra-virgin olive oil
- 1/2 cup uncooked quinoa
- 3/4 cup water
- 1/4 cup red onion, diced
- juice of 1 lemon
- 1/4 cup kalamata olives, pitted and sliced
- 1 tbsp extra virgin olive oil
- 2 cups cucumber, peeled and diced (from 1 English)
- 1 cup cherry tomatoes, quartered
- 1/3 cup crumbled feta
- kosher salt and fresh pepper, to taste



Adapted from  
*SkinnyTaste.com*  
July 31, 2014

## Preparation

Rinse quinoa for about 2 minutes, using your hands to make sure all the saponins are removed. Fill a medium pot with water, add quinoa and salt to taste and bring to a boil. When the water boils, reduce heat to low and cover; simmer covered 15 minutes. Remove from heat and keep covered an additional 5 minutes without lifting the lid; then fluff with a fork and set aside in a large mixing bowl to cool. Meanwhile, season chicken on both sides with salt and pepper, garlic and rosemary. Drizzle both sides with the lemon juice and 1 teaspoon olive oil and pat into the meat with your fingertips. Refrigerate 20 minutes while you prepare the grill. Preheat the grill on high heat, clean the grates and oil them to prevent sticking (or use a grill pan indoors sprayed with oil). Arrange the chicken on the grill and cook until cooked and firm, 1 to 2 minutes per side. Transfer the chicken to a cutting board, then slice into 1-inch pieces. While the quinoa cools, dice all the vegetables. To the large work bowl with the cooled quinoa, add the red onion, olives, cucumber and tomatoes to the cooled quinoa, and squeeze the lemon over it. Drizzle the remaining tablespoon olive oil over the quinoa, then add grilled chicken, feta, salt and pepper to taste and toss well. Taste for salt and adjust as needed, add more lemon juice if needed.

## Nutritional Information: Amount per serving

- Calories: 180
- Calories from fat: 40%
- Fat: 8g
- Protein 20g
- Carbohydrate: 8g
- Fiber: 1g
- Sugar: 1g
- Sodium: 255mg (without salt)

# Lavash Flatbread Pizzas

**Yield:** 2 servings (serving size: 2 squares)

## Ingredients

- 9x12" lavash flatbread
- olive oil spray
- 3 tbsp marinara sauce
- 2 oz reduced fat shredded mozzarella
- pinch dried oregano
- 2 tbsp fresh basil



## Preparation

**Preheat** oven to 450°. If you have a pizza stone, heat it as well.

**Spray** lavash lightly with oil then **top** with sauce. Too much sauce will make the bread soggy so don't over-do it.

**Top** with cheese and oregano, then **bake** until the cheese melts, about 5 minutes.

**Remove** from the oven and **cut** into 4 pieces. **Top** with fresh basil and eat immediately.

## Nutritional Information: Amount per serving

- Calories: 191
- Calories from fat: 22%
- Fat: 4.7g
- Protein 12.2g
- Carbohydrate: 23.9g
- Fiber: 1.4g
- Sugar: 1.4g

Adapted from  
*SkinnyTaste.com*  
September 20, 2011

# Tuna Lettuce Wraps with Avocado Dressing

**Yield:** 2 servings (serving size: 2 wraps/2 tbsp dressing)

## Ingredients

- 4 large leaves Butter or Bibb Lettuce
- 4 oz good quality tuna in olive oil, drained
- 1 heart of palm, drained and sliced
- 1/4 cup cherry tomatoes, quartered
- 1/4 cup shredded or grated carrot
- 2 thinly sliced red onion, separated into rings
- 2 tablespoon Avocado Yogurt Dressing (recipe follows)

For the Avocado Yogurt Dressing (makes about 2/3 cup):

- 1/2 cup 2% Greek yogurt
- 1/4 small avocado (1 oz)
- 3 tbsp fresh chopped cilantro
- 1/2 jalapeno pepper, seeds and membrane removed for mild heat
- 1 clove garlic
- Juice from 1/4 lime
- 1/8 tsp kosher salt
- freshly ground pepper, to taste
- 1 tablespoon water, as needed



Adapted from  
*SkinnyTaste.com*  
May 12, 2015

## Preparation

**Preheat** oven to 450°. If you have a pizza stone, heat it as well.

**Spray** lavash lightly with oil then **top** with sauce. Too much sauce will make the bread soggy so don't over-do it.

**Top** with cheese and oregano, then **bake** until the cheese melts, about 5 minutes.

**Remove** from the oven and **cut** into 4 pieces. **Top** with fresh basil and eat immediately.

## Nutritional Information: Amount per serving

- Calories: 162
- Calories from fat: 28%
- Fat: 5g
- Protein 20g
- Carbohydrate: 10g
- Fiber: 2.5g
- Sugar: 1g
- Sodium: 37mg
- Cholesterol: 3mg

# Avocado Egg Salad

**Yield:** 6 servings (serving size: ½ cup)

## Ingredients

- 4 large hard-boiled eggs, chopped
- 4 hard boiled egg whites, chopped (discard the rest)
- 1 medium hass avocado, cut into 1/2-inch pieces
- 1 tbsp light mayonnaise
- 1 tbsp fat free plain yogurt
- 1/2 tablespoon finely chopped chives
- 2 teaspoons red wine vinegar
- 1/2 tsp Kosher salt
- pinch freshly ground pepper



## Preparation

**Combine** the egg yolks with the avocado, light mayo, yogurt, chives, vinegar, salt and pepper. **Mash** with a fork. **Combine** with egg whites and adjust salt as needed.

## Nutritional Information: Amount per serving

- |                          |                      |                                   |
|--------------------------|----------------------|-----------------------------------|
| • Calories: 155          | • Protein 9g         | • Sugar: 0.5g                     |
| • Calories from fat: 70% | • Carbohydrate: 4.6g | • Sodium: 132mg<br>(without salt) |
| • Fat: 12g               | • Fiber: 3g          |                                   |

Adapted from  
*SkinnyTaste.com*  
April 10, 2012

# Asian Lettuce Wrap Chicken Chopped Salad

**Yield:** 4 servings (serving size: 1 ½ cups lettuce, ¾ cup chicken)

## Ingredients:

### *For the Salad Dressing:*

- 3 tablespoons rice vinegar
- 1 1/2 tablespoons grapeseed or canola oil
- 1 teaspoon sesame oil
- 1 teaspoon honey
-  1 teaspoon grated fresh ginger
- 1 clove garlic, minced
- 1/8 tsp kosher  salt and pepper

### *For the chicken:*

- 1/4 cup hoisin sauce\*
-  1 tablespoon rice vinegar
- 2 teaspoons Sriracha sauce
-  2 tablespoons less sodium soy sauce\*
-  1 teaspoon grated fresh ginger
- cooking spray
- 1 pound ground chicken
- 8 ounce can water chestnuts, drained and diced
- 2 tbsp chopped unsalted cashews
-  2 scallions, thinly sliced

### *For the Salad:*

- 1 head Boston or Bibb lettuce, chopped
- 1 romaine lettuce heart, chopped
- 2 carrots, grated

## Directions:

For the dressing: In a small bowl, whisk together the vinegar, oils, honey, ginger, garlic, and salt and pepper to taste. Set the dressing aside. For the chicken: In a medium bowl, whisk together the hoisin, vinegar,



Sriracha, soy sauce, and ginger. Set aside. Heat a medium skillet over medium-high heat. Spray with cooking spray then add the chicken and cook until browned and cooked through, 8 to 10 minutes. Add the water chestnuts and cashews to the pan. Pour the reserved hoisin mixture on top and cook for 1 to 2 minutes to heat through. Stir in the scallions. Remove from the heat and set aside. For the salad: In a large salad bowl, combine both of the lettuces and the carrots. Toss the salad with the dressing and divide in 4 bowls. Top each with 3/4 cup chicken mixture. Serve immediately.

Read more at <http://www.skinnytaste.com/asian-lettuce-wrap-chicken-chopped-salad/#kxTBEkpvysEmqBzd.99>

**Nutritional Information:** Amount per serving

- Calories: 332
- Calories from fat: 49%
- Fat: 18g
- Saturated fat: 3g
- Protein 24g
- Carbohydrate: 23g
- Fiber: 4g
- Sugar: 7g

Adapted from  
*SkinnyTaste.com*  
April 1, 2016

# White Bean Caprese Salad

**Yield:** 6 servings (serving size: 3/4 cup)

## Ingredients:

- 1 (15-oz) can Great Northern (or White Kidney) beans, drained and rinsed
- 2 cups quartered cherry tomatoes
- 2 1/2 oz fresh mozzarella, cut into 1-inch cubes
- 1 garlic clove, finely minced
- 1/4 tsp kosher salt
- freshly ground black pepper
- 10 fresh basil leaves, chopped
- 2 tsp olive oil
- 2 tsp balsamic glaze



## Directions:

Combine beans, tomatoes, basil, mozzarella, garlic, salt and pepper. Drizzle with olive oil and finish with balsamic glaze.

## Nutritional Information: Amount per serving

- |                          |                     |                     |
|--------------------------|---------------------|---------------------|
| • Calories: 142          | • Protein 8g        | • Sugar: 2g         |
| • Calories from fat: 29% | • Carbohydrate: 18g | • Sodium: 127mg     |
| • Fat: 4.5g              | • Fiber: 4g         | • Cholesterol: 12mg |

Adapted from  
*SkinnyTaste.com*  
July 21, 2015

# Skinny Eggplant Rollatini



**Yield:** 5 servings (serving size: 2 rollatini)

Ingredients:

- 2 medium Italian eggplants, cut lengthwise into 10 (1/4-inch thick) slices (21 oz total when sliced)
- kosher salt and fresh black pepper, to taste
- 1 1/2 cups [quick marinara sauce](#)
- 1 large egg
- 1/2 cup part skim ricotta cheese
- 1/2 cup grated Pecorino Romano cheese, plus more for serving
- 8 oz frozen spinach, heated through and squeezed well
- 1 garlic clove, minced
- 1 cup (4 oz) shredded part-skim mozzarella (Polly-O)

Adapted from  
*SkinnyTaste.com*  
September 18, 2013

Directions:

Cut the 2 ends off the eggplants. Cut the eggplants lengthwise, into 1/4-inch thick slices until you have a total of 10 slices about the same size. It's easiest to do this with a mandolin.

Sprinkle the eggplant with kosher salt to help remove excess moisture and bitterness from the eggplants. Set aside for about 10 to 15 minutes. Pat dry with a towel.

Preheat oven to 400°F. Season the eggplant with a little more salt and pepper, then arrange on two parchment-lined baking sheets. Cover tightly with foil and bake until eggplant is tender and pliable but NOT fully cooked, about 8 to 10 minutes.

Spread 1/4 cup marinara sauce on the bottom of a 13 x 9-inch baking dish.

In a medium bowl, beat the egg then mix together with ricotta, Pecorino Romano, spinach, garlic, 1/4 tsp salt and 1/8 tsp pepper.

Pat eggplant dry with paper towels. Dividing the ricotta-spinach mixture (about 2 generous tablespoons each) evenly and spoon onto one end of each eggplant slice, spreading to cover. Starting at the short end, roll up slices and arrange them each seam side down in the prepared dish. Top with remaining marinara sauce and mozzarella cheese and tightly cover with foil. Bake until the eggplant is very tender, about 60 minutes. Remove from oven and let cool 5 minutes before serving with additional Pecorino Romano if desired.

**Nutritional Information:** Amount per serving

- Calories: 227
- Calories from fat: 40%
- Fat: 10g
- Protein: 17g
- Carbohydrate: 18g
- Fiber: 5g
- Sugar: 0g
- Cholesterol: 66g

# Grilled Rainbow Peppers with Herb Cream Cheese

**Yield:** 8 servings (serving size: 4 halves)

## Ingredients:

- 16 mini rainbow peppers, halved, seeds and membranes removed
- 1 tsp olive oil
- 1/8 tsp kosher salt
- Freshly ground black pepper
- 8 ounces reduced-fat cream cheese, softened
- 1 garlic clove, crushed
- 2 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh basil
- 3 tablespoons chopped fresh chives
- Zest of 1 small lemon

## Directions:

Preheat grill over medium heat.

Meanwhile, place peppers, olive oil, pinch of salt and pepper in a small bowl. Toss to evenly coat. Set aside.

In another small bowl, thoroughly combine cream cheese, garlic, dill, basil, 2 tablespoons chives, fresh ground pepper, pinch of salt and lemon zest. Transfer the cream cheese mixture to a piping bag or small Ziploc bag and put in the refrigerator until ready to use.

Grill peppers over medium heat, until slightly charred, about 2 minutes per side. Transfer to a small platter.

Snip the tip of the piping/Ziploc bag and carefully fill each pepper half with the cream cheese mixture. Top with remaining 1 tablespoon chives.



## Nutritional Information: Amount per serving

- Calories: 94
- Calories from fat: 38%
- Fat: 4g
- Protein: 3g
- Carbohydrate: 4g
- Sodium: 131mg
- Sugar: 3g
- Cholesterol: 8g

Adapted from  
*SkinnyTaste.com*  
June 14, 2015

# Lemon and Oregano-Rubbed Chicken Paillards

**Yield:** 4 servings (serving size: 1 chicken breast half)

## Ingredients

- 4 (6-ounce) skinless, boneless chicken breast halves
- 5 teaspoons grated lemon rind
- 1 tablespoon olive oil
- 1 1/2 teaspoons dried oregano
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon water
- 2 garlic cloves, minced
- Cooking spray
- 4 lemon wedges
- 2 tablespoons chopped fresh parsley
- 



Adapted from  
Elizabeth Karmel,  
*Cooking Light*  
July 2004

## Preparation

Prepare grill.

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and pound to 1/4-inch thickness using a meat mallet or rolling pin.

Combine lemon rind and next 6 ingredients (through minced garlic); rub evenly over both sides of chicken. Place chicken on a grill rack coated with cooking spray, and grill 3 minutes on each side or until chicken is done. Remove from heat. Squeeze 1 lemon wedge evenly over each chicken breast half. Sprinkle parsley evenly over chicken.

## Nutritional Information: Amount per serving

- |                             |                      |                     |
|-----------------------------|----------------------|---------------------|
| • Calories: 226             | • Protein 39.6g      | • Cholesterol: 99mg |
| • Calories from fat: 22%    | • Carbohydrate: 2.2g | • Iron 1.8mg        |
| • Fat: 5.6g                 | • Fiber: 0.7g        | • Sodium: 465mg     |
| • Saturated Fat: 1g         |                      | • Calcium: 38mg     |
| • Monounsaturated Fat: 3g   |                      |                     |
| • Polyunsaturated Fat: 0.8g |                      |                     |

# Grilled Garlic Dijon Herb Salmon

**Yield:** 4 servings (serving size: 1 fillet with lemon)

## Ingredients

- 4 garlic cloves
- 1 tsp dried Herbs de Provence
- 1 tsp red wine vinegar
- 1 tsp olive oil
- 2 tbsp Dijon mustard
- olive oil spray (I used my misto)
- 4 (6 oz) wild salmon fillets, 1" thick (if frozen, thaw first)
- salt and fresh ground pepper to taste
- 4 lemon wedges for serving



## Preparation

In a mini food processor, or using a mortar and pestle **mash** garlic with the herbs, vinegar, oil, and Dijon mustard until it becomes a paste. Set aside.

**Season** salmon with a pinch of salt and fresh pepper. **Heat** a grill or grill pan over high heat until hot. **Spray** the pan lightly with oil and reduce the heat to medium-low. **Place** the salmon on the hot grill pan and cook without moving for 5 minutes.

**Turn** and cook the other side for an additional 3-4 minutes **spooning** on half of the garlic herb mustard sauce.

**Turn** and **cook** 1 more minute spooning the other side of the fish with remaining sauce. Turn once again and let the fish finish cooking about one more minute. *Note: the fish should have a total cooking time of about 9-10 minutes per inch. If your fish is thinner, reduce the total cooking time.*

**Transfer** the fillets to plates and serve with fresh lemon wedges.

## Nutritional Information: Amount per serving

- Calories: 234
- Calories from fat: 30%
- Fat: 7.9g
- Protein 35g
- Carbohydrate: 3.1g
- Fiber: 0.1g
- Sodium: 240.6mg (without salt)
- Sugar: 0.2g

Adapted from  
Skinnytaste.com  
March 20, 2013

# Zucchini Tots

**Yield:** 3 servings (serving size: 5 tots)

## Ingredients

- cooking spray
- 1 packed cup grated zucchini
- 1 large egg
- 1/4 medium onion, minced
- 1/4 cup grated reduced fat sharp cheddar cheese
- 1/3 cup seasoned breadcrumbs
- 1/4 tsp kosher salt and black pepper to taste



## Preparation

**Preheat** oven to 400°F. **Spray** a baking sheet with cooking spray.

**Grate** the zucchini into a clean dish towel until you have 1 packed cup. **Wring** all of the excess water out of the zucchini, there will be a lot of water. In a medium bowl, **combine** all of the ingredients and **season** with salt and pepper to taste.

Spoon 1 tablespoon of mixture in your hands and roll into small ovals. Place on the cookie sheet and bake for 16 to 18 minutes, turning halfway through cooking until golden. Makes 16.

## Nutritional Information: Amount per serving

- |                          |                       |                                   |
|--------------------------|-----------------------|-----------------------------------|
| • Calories: 108          | • Protein: 6.8g       | • Sodium: 262mg<br>(without salt) |
| • Calories from fat: 36% | • Carbohydrate: 11.5g | • Sugar: 2g                       |
| • Fat: 4.3g              | • Fiber: 1.8g         |                                   |

Adapted from  
Skinnytaste.com  
June 20, 2014

# Grilled Peaches with Yogurt and Honey

**Yield:** 4 servings (serving size: ½ peach with 1tbsp yogurt)

## Ingredients

- 1/4 cup fat free vanilla Greek yogurt (Stonyfields)
- 1/8 tsp cinnamon
- 2 large ripe peaches, cut in half (pit removed)
- 2 tbsp honey (I prefer local and raw)

## Preparation

Combine yogurt and cinnamon.

Grill the peaches, covered on low or indirect heat until soft, about 2-4 minutes on each side.

Drizzle with honey and serve each with 1 tbsp of yogurt.

## Nutritional Information: Amount per serving

- |                         |                     |                    |
|-------------------------|---------------------|--------------------|
| • Calories: 78          | • Protein: 2g       | • Sodium: 5mg      |
| • Calories from fat: 0% | • Carbohydrate: 19g | • Sugar: 18g       |
| • Fat: 0g               | • Fiber: 2g         | • Cholesterol: 0mg |



Adapted from  
Skinnytaste.com  
May 21, 2015