

## French Green Lentil & Sweet Potato Soup

Makes 6 servings  
190 calories per serving

The combination of sweet, savory, and spicy flavors makes this hearty high protein content but healthy soup a perfect choice for whatever you happen to be in the mood for. The spices I chose gives it almost an Indian or Moroccan feel; whichever gastronomic prefix sounds tastier to you. It serves well both hot and cold and is delicious over some steamed brown or wild rice.

### Ingredients

- 1/2 cup dried green lentils, soaked
- 3/4 cup sweet potatoes, peeled & cubed (or 1 medium sized)
- 1 cup red or sweet onions, diced (or 1 medium sized)
- 4 garlic cloves, minced
- 1/2 cup carrots, thinly sliced
- 1 1/2 cup chicken or vegetable broth (low-sodium)
- 2 cup water
- 1/4 cup red wine
- 1/2 tablespoon fennel seeds
- 1/2 tablespoon cumin
- 1/2 tablespoon cinnamon
- 1/2 tablespoon chili powder
- 1/2 tablespoon cayenne pepper
- 1/2 tablespoon red pepper flakes
- 1 Salt, to taste

### Directions

1. Soak the lentils in roughly 1 cup of cold water or green tea for at least 30 minutes.
2. In a medium-sized stock pot over medium-high heat, sautee the diced onions and garlic in 1/4 cup of the chicken broth until the onions become translucent (around 5 minutes).
3. Add the carrots, sweet potatoes, and red wine. Cook for around 1 minute or until the wine becomes very fragrant.
4. Add the lentils, water, and chicken broth. Bring to a rolling boil, stirring the mixture occasionally.
5. Reduce the heat. Add the red pepper flakes and fennel seed and cover, allowing the soup to simmer for about 20 minutes or until the lentils and sweet potatoes begin to fall apart.
6. Remove the lid and add the spices. If you would like to get a thicker consistency, kick the heat back up and reduce until it hits the desired thickness. You may want to adjust the amounts of salt and pepper, depending on your own tastes.
7. Serve the soup either on its own or over a starch with a dollop of raita (thick yogurt mixed with vegetables) or sour cream. Garnish with whatever you like (Featured in the photo is yogurt, carrot, and a dash of paprika.)

## Simple Chicken Wrap

Makes 2 servings  
246 calories per serving

### Ingredients

- 1 chicken breast
- 1/2 cup cucumber, chopped
- 1/2 cup tomato, diced
- 2 tbsp sour cream, fat free
- 1 tbsp salad dressing, fat free
- 1 Tortillas whole wheat or whole grain

### Directions

Dice chicken breast, cucumber and tomato and put into bowl. Add lowfat sour cream and nonfat yogurt. I also add salt and pepper to taste. Put contents into tortilla shell and serve

## Shrimp with Lemon & Garlic Spinach Salad

Makes 4 servings  
162 calories per serving

### Ingredients

- 2 lb shrimp
- 2 tbsp olive oil
- 3 cloves garlic
- 1/3 cup lemon juice
- 1/4 cup parsley
- 4 large handfuls of organic spinach

### Directions

1. heat olive oil
2. add garlic for one minute
3. add shrimp, stirring occasionally 5-7 minutes
4. toss with lemon juice and parsley
5. season with salt and pepper
6. serve over a bed of spinach

## Chicken & Green Beans Stir-Fry

Makes 2 servings  
235 calories per serving

### Ingredients

- 1 lb chicken breast (2 split breast halves), cut up into 2 in. strips
- 1 lb green string beans
- 4 cloves garlic, crushed
- 1/2 sweet onion (medium sized) sliced
- 1 tsp lite soy sauce
- 1 tbsp oyster sauce
- 1 tbsp canola or olive oil

### Directions

1. heat oil
2. add garlic for one minute
3. add sliced onions
4. add chicken, cook until opaque on all sides
5. add remainder of ingredients and cook until chicken is no longer pink in the center.

## Egg Omelette

Makes 1 serving  
168 calories per serving

### Ingredients

- 2 egg whites
- 1 whole egg with yolk
- 1 pinch of pepper & salt
- 1 tsp mixed herbs
- 1 slice toasted whole grain bread
- 1 side salad with lite vinegrette dressing (small size of fist)

### Directions

1. whisk 2 egg whites with one whole egg.
2. add pepper, salt and mixed herbs
3. lightly spray frying pan, fry egg mix, turning until browned on both sides
4. serve with toast and side salad

## Balsamic-Glazed Salmon Fillets

Makes 4 servings  
320 calories per serving

### Ingredients

- 30 ounce salmon fillets
- 4 cloves garlic, minced
- 1 tablespoon white wine
- 1 tablespoon honey
- 1/3 cup balsamic vinegar
- 4 teaspoons Dijon mustard
- 1 salt and pepper to taste
- 1 tablespoon chopped fresh chopped oregano

### Directions

1. Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil, and spray with non-stick cooking spray.
2. Coat a small saucepan with non-stick cooking spray. Over medium heat, cook and stir garlic until soft, about 3 minutes. Mix in white wine, honey, balsamic vinegar, mustard, and salt and pepper. Simmer, uncovered, for about 3 minutes, or until slightly thickened.
3. Arrange salmon fillets on foil-lined baking sheet. Brush fillets with balsamic glaze, and sprinkle with oregano.
4. Bake in preheated oven for 10 to 14 minutes, or until flesh flakes easily with a fork. Brush fillets with remaining glaze, and season with salt and pepper. Use a spatula to transfer fillets to serving platter, leaving the skin behind on the foil.

## Cheese & Turkey Sandwich

Makes 1 serving  
276 calories per serving

### Ingredients

- 56 grams sliced low sodium deli turkey (1 serving)
- 1 sliced whole grain bread toasted
- 1 tbsp favorite mustard
- 1 slice monterey jack cheese
- 2 slices of tomatoes
- 2 lettuce leaves

### Directions

combine and make open toast sandwich

## Cajun Chicken Skillet

Makes 4 servings  
348 calories per serving

### Ingredients

- 2 chicken breasts cubed
- 1 cup cooked brown rice
- 2 tbsp canola or olive oil
- 2 tomatoes diced (medium sized)
- 3 cloves garlic crushed
- 1 onion medium diced
- 5 oz red beans
- 3 tbsp scallions
- 1 tsp cajun seasoning

### Directions

1. Sautee the scallions, garlic, onions, tomatoes
2. Add chicken and cook til done
3. Add cajun seasoning as chicken cooks
4. Add cooked rice and sautee for 5 - 8 minutes
5. Add red beans and cook until done.

## Lemon Pepper Chicken

Makes 2 servings  
370 calories per serving

### Ingredients

- 2 chicken breasts
- 2 cloves garlic crushed
- 1 tsp lemon pepper seasoning
- 1 tbsp canola or olive oil
- 2 cups steamed dark green vegetable (broccoli, kale, chard, spinach)
- 1/2 cup cooked brown rice

### Directions

1. Season chicken breasts with garlic, lemon pepper & oil. Bake for 30-40 min. or until done.
2. Serve chicken with steam vegetable with steamed brown rice

## Tilapia Tacos with Peach Salsa

Makes 4 servings  
234 calories per serving

### Ingredients

- 2 medium peaches, finely chopped peeled (about 2 medium)
- 1/2 cup red onion, finely chopped
- 2 tablespoons chopped cilantro
- 1 tablespoon fresh lime juice
- 1/2 teaspoon kosher salt
- 1/8 teaspoon ground red pepper
- 1 jalapeno pepper, seeded and finely chopped
- 1 garlic clove, minced
- 1/2 cup almond meal (this is the coating)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon red pepper, ground
- 1 pound tilapia, cut into 2-inch strips
- 1 Cooking spray
- 8 whole grain or wheat tortillas

### Directions

1. To prepare salsa, combine first 8 ingredients in a medium bowl. Let stand 30 minutes at room temperature.
2. Preheat oven to 375°.
3. Combine almond meal, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a medium bowl. Add fish to bowl, tossing to coat. Place fish in a single layer on a baking sheet coated with cooking spray. Bake at 375° for 10 minutes or until desired degree of doneness, turning once.
4. Heat tortillas according to package directions. Divide fish and salsa evenly among tortillas.