



# **Deliciously Healthy Dinners**

## **Main Dishes Part 1**





abbreviations

Recipes use the following abbreviations:

- C ..... cup
- lb .....pound
- oz ..... ounce
- pkg .....package
- pt .....pint
- qt ..... quart
- Tbsp .....tablespoon
- tsp ..... teaspoon

Nutrient lists use the following abbreviations:

- g .....gram
- mg ..... milligram



- beef
- poultry
- seafood
- pork
- main-dish pastas
- vegetarian main-dish meals

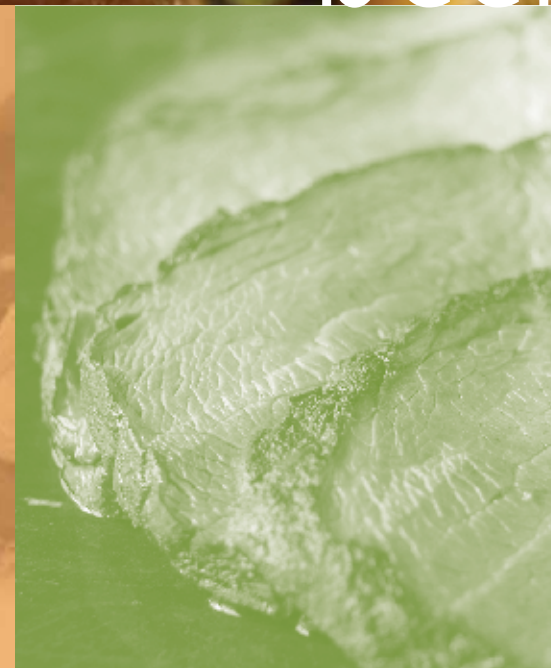






beef

- cocoa-spiced beef tenderloin with pineapple salsa
- greek-style flank steak with tangy yogurt sauce
- stir-fried orange beef
- mediterranean kabobs
- beef steak with carrots and mint
- broiled sirloin with spicy mustard and apple chutney
- beef steak with light tomato mushroom sauce
- japanese-style beef and noodle soup
- quick beef casserole





# cocoa-spiced beef tenderloin with pineapple salsa

Prep time: 20 minutes  
Cook time: 20 minutes

Latin American flavors come alive in this festive beef dish with fruity salsa

- 1/2 Tbsp vegetable oil
- 1 beef tenderloin roast (16 oz)

For salsa:


- 1/2 C canned diced pineapple, in fruit juice, chopped into small pieces
- 1/4 C red onion, minced
- 2 tsp fresh cilantro, rinsed, dried, and chopped (or substitute 1/4 tsp dried coriander)
- 1 Tbsp lemon juice

For seasoning:

- 1 tsp ground black pepper
- 1 tsp ground coriander
- 1 Tbsp ground cinnamon
- 1/4 tsp ground allspice
- 1 Tbsp cocoa powder (unsweetened)
- 2 tsp chili powder
- 1/4 tsp salt

- 1 Preheat oven to 375 °F.
- 2 For the salsa, combine all ingredients and toss well. Let sit for 10–15 minutes to marinate while preparing the seasoning and cooking the meat.
- 3 For the beef tenderloin seasoning, combine all ingredients. Lightly oil the tenderloin and spread an even layer of the dry seasoning over the entire roast.
- 4 Place the seasoned roast on a roasting or broiling pan and roast for 10–15 minutes (to a minimum internal temperature of 145 °F). Let cool for 5 minutes before carving into 16 slices (1 ounce each).
- 5 Serve four slices of the tenderloin with 1/4 cup salsa on the side.

**Tip:** Delicious with a side of rice and **Grilled Romaine Lettuce With Caesar Dressing** (on page 105).

|   |  |  |                               |        |
|---|--|--|-------------------------------|--------|
|  | <b>yield:</b><br>4 servings                                |  | <b>each serving provides:</b> |        |
|   | <b>serving size:</b><br>4 oz tenderloin roast, 1/4 C salsa |  | calories                      | 215    |
|   |  |  | total fat                     | 9 g    |
|   |  |  | saturated fat                 | 3 g    |
|   |  |  | cholesterol                   | 67 mg  |
|   |  |  | sodium                        | 226 mg |
|   |  |  | total fiber                   | 2 g    |
|   |  |  | protein                       | 25 g   |
|   |  |  | carbohydrates                 | 9 g    |
|   |  |  | potassium                     | 451 mg |



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# greek-style flank steak with tangy yogurt sauce

lemon, garlic, and oregano bring out the flavors of this bold and flavorful Mediterranean dish

1 beef flank steak (12 oz)

For marinade:

¼ C lemon juice

1 Tbsp olive oil

2 tsp fresh oregano, rinsed, dried, and chopped (or ½ tsp dried)

1 Tbsp garlic, minced (about 2–3 cloves)

For yogurt sauce:

1 C cucumber, peeled, seeded, and chopped

1 C nonfat plain yogurt

2 Tbsp lemon juice

1 Tbsp fresh dill, rinsed, dried, and chopped (or 1 tsp dried)


1 Tbsp garlic, minced (about 2–3 cloves)

½ tsp salt

- 1 For the marinade, combine lemon juice, olive oil, oregano, and garlic in a large bowl.
- 2 Lay steak in a flat container with sides and pour marinade over the steak. Let the steak marinate for at least 20 minutes or up to 24 hours, turning several times.
- 3 Combine all the ingredients for the yogurt sauce. Set yogurt sauce aside for at least 15 minutes to blend flavors. (Sauce can be prepared up to 1 hour in advance and refrigerated.)
- 4 Preheat oven broiler on high temperature, with the rack 3 inches from heat source.
- 5 Broil steak for about 10 minutes on each side (to a minimum internal temperature of 145 °F). Let cool for 5 minutes before carving.
- 6 Slice thinly across the grain into 12 slices (1 ounce each).\*
- 7 Serve three slices of the steak with ½ cup yogurt sauce on the side.

Tip: Try serving in a sandwich with pita bread, lettuce, and tomato.

\* For description of how to cut meat across the grain, see FAQs in appendix C (on page 135).

|  |                              |  |                        |        |               |               |
|--|------------------------------|--|------------------------|--------|---------------|---------------|
|  | yield:                       |  | each serving provides: |        |               |               |
|  | 4 servings                   |  | calories               | 181    | total fiber   | less than 1 g |
|  | serving size:                |  | total fat              | 7 g    | protein       | 21 g          |
|  | 3 oz steak, ½ C yogurt sauce |  | saturated fat          | 2 g    | carbohydrates | 9 g           |
|  |                              |  | cholesterol            | 36 mg  | potassium     | 329 mg        |
|  |                              |  | sodium                 | 364 mg |               |               |

# stir-fried orange beef

tangy orange-flavored beef with crisp vegetables

1 bag (12 oz) frozen vegetable stir-fry

1 Tbsp peanut or vegetable oil

1 Tbsp onion, minced (or ½ Tbsp dried)

1 Tbsp garlic, minced (about 2–3 cloves)

1 Tbsp ginger, minced

1 egg white, lightly beaten (or substitute liquid egg white)

2 Tbsp cornstarch

12 oz beef flank steak, sliced into thin strips

3 Tbsp Hoisin sauce


1 Tbsp lite soy sauce

½ C orange juice

1 Tbsp dry sherry (optional)

- 1 Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 7.
- 2 Heat oil in a large wok or sauté pan.
- 3 Add onion, garlic, and ginger and stir fry until tender but not brown, about 30 seconds to 1 minute.
- 4 Put egg white in one bowl and cornstarch in another. Dip steak strips into egg white and then coat with cornstarch.
- 5 Add steak strips to pan and continue to stir fry until steak strips are lightly browned, about 5–8 minutes.
- 6 Add Hoisin sauce, soy sauce, orange juice, and sherry (optional), and bring to a boil over high heat. Immediately lower temperature to a gentle simmer.
- 7 Add the thawed vegetables and mix gently. Simmer until vegetables are heated through, about 3–4 minutes.
- 8 Divide mixture into four equal portions (about 2 cups each) and serve.

Tip: Delicious over rice or Asian-style noodles (soba or udon).

|   |                         |  |                        |        |               |        |
|---|-------------------------|--|------------------------|--------|---------------|--------|
|  | yield:                  |  | each serving provides: |        |               |        |
|   | 4 servings              |  | calories               | 261    | total fiber   | 3 g    |
|   | serving size:           |  | total fat              | 9 g    | protein       | 23 g   |
|   | 2 C meat and vegetables |  | saturated fat          | 2 g    | carbohydrates | 23 g   |
|   |                         |  | cholesterol            | 28 mg  | potassium     | 648 mg |
|   |                         |  | sodium                 | 418 mg |               |        |





# mediterranean kabobs

Prep time: 15 minutes  
Cook time: 10 minutes

broiled beef and chicken cubes flavored with lemon and parsley

*For marinade:*


- 2 Tbsp olive oil
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 2 Tbsp lemon juice
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- ½ tsp salt

*For kabobs:*

- 6 oz top sirloin or other beef steak cubes (12 cubes)
- 6 oz boneless, skinless chicken breast, cut into ¾-inch cubes (12 cubes)
- 1 large white onion, cut into ¾-inch squares (12 pieces)
- 12 cherry tomatoes, rinsed
- 1 (4 oz) red bell pepper, rinsed and cut into ¾-inch squares (12 squares)
- 12 wooden or metal skewers, each 6 inches long (if wood, soak them in warm water for 5–10 minutes to prevent burning)

- 1 Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
- 2 Combine ingredients for marinade, and divide between two bowls (one bowl to marinate the raw meat and one bowl for cooking and serving).
- 3 Mix the beef, chicken, onion, tomatoes, and red pepper cubes in one bowl of the marinade and let sit. After 5 minutes, discard remaining marinade.
- 4 Place one piece of beef, chicken, tomato, onion, and red pepper on each of the 12 skewers.
- 5 Grill or broil on each of the four sides for 2–3 minutes or until completely cooked (to a minimum internal temperature of 145 °F for beef and 165 °F for chicken). Spoon most of the second half of the marinade over the kebabs while cooking.
- 6 Serve three skewers per serving. Drizzle the remaining marinade on top of each kebab before serving (use only the marinade that did not touch the raw meat or chicken).

**Tip:** Delicious served over orzo pasta or rice with a side of **Asparagus With Lemon Sauce** (on page 103).

|   |               |  |                               |        |
|---|---------------|--|-------------------------------|--------|
|  | <b>yield:</b> |  | <b>each serving provides:</b> |        |
|   | 4 servings    |  | calories                      | 202    |
| <b>serving size:</b>  | 3 skewers     |  | total fat                     | 11 g   |
|   |               |  | saturated fat                 | 2 g    |
|   |               |  | cholesterol                   | 40 mg  |
|   |               |  | sodium                        | 333 mg |
|   |               |  | total fiber                   | 2 g    |
|   |               |  | protein                       | 18 g   |
|   |               |  | carbohydrates                 | 9 g    |
|   |               |  | potassium                     | 431 mg |

# beef steak with carrots and mint

Prep time: 15 minutes  
Cook time: 15 minutes

a winning combination—a cool, crisp salad with a hot, juicy steak

**For steak:**


- 4 beef top sirloin steaks, lean (3 oz each)
- ¼ tsp salt
- ¼ tsp ground black pepper
- ½ Tbsp olive oil

**For salad:**

- 1 C carrots, rinsed and grated
- 1 C cucumber, rinsed, peeled, and sliced
- 1 Tbsp olive oil
- 2 Tbsp fresh mint, rinsed, dried, and shredded (or ½ Tbsp dried)
- ¼ tsp salt
- ¼ tsp ground black pepper
- ½ C orange juice

- 1 For the steaks, preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
- 2 For the salad, combine all the ingredients in a bowl, and mix gently. Marinate salad for at least 5–10 minutes to blend flavors before serving. (Salad can be made up to 3 hours in advance and refrigerated.)
- 3 Season the steaks with salt and pepper, and lightly coat with oil.
- 4 Grill or broil 2–3 minutes on each side, or to your desired doneness (to a minimum internal temperature of 145 °F).
- 5 Remove from the heat and let cool for 5 minutes.
- 6 Serve one 3-ounce steak with ½ cup salad on the side.

**Tip:** Try serving with **Couscous With Carrots, Walnuts, and Raisins** (on page 117).

|  |  |  |                               |                   |
|--|--|--|-------------------------------|-------------------|
|  | <b>yield:</b><br>4 servings                  |  | <b>each serving provides:</b> |                   |
|  | <b>serving size</b><br>3 oz steak, ½ C salad |  | calories 191                  | total fiber 1 g   |
|  |  |  | total fat 9 g                 | protein 19 g      |
|  |  |  | saturated fat 2 g             | carbohydrates 9 g |
|  |  |  | cholesterol 35 mg             | potassium 451 mg  |
|  |  |  | sodium 359 mg                 |                   |

# broiled sirloin with spicy mustard and apple chutney

Prep time: 15 minutes  
Cook time: 30 minutes

spicy mustard dressing and sweet-and-sour apple chutney make a tangy combination to excite your taste buds

**For chutney:**

- 1 Granny Smith apple, rinsed, peeled, cored, and diced (about 1 C)
- 2 Tbsp shallots, minced
- 1 Tbsp garlic, minced (about 2–3 cloves)
- ½ C canned no-salt-added diced tomatoes
- 2 oz golden seedless raisins (about ½ C)
- ¼ C apple cider vinegar
- 2 Tbsp maple syrup

**For steak:**


- 4 beef top sirloin steaks, lean (3 oz each)
- ¼ tsp salt
- ¼ tsp ground black pepper
- 1 Tbsp olive oil

**For mustard dressing:**

- 2 C low-sodium beef broth
- 2 Tbsp Dijon mustard
- 2 Tbsp cornstarch

- 1 For the chutney, combine all the ingredients in a small saucepan. Bring to a boil over high heat, and simmer for 20 minutes or until apples are cooked and soft. Remove from the heat and hold warm, or cool and store.
- 2 For the steaks, preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
- 3 Season the steaks with salt and pepper, and lightly coat with oil.
- 4 Grill or broil 3–4 minutes on each side, or to your desired doneness (to a minimum internal temperature of 145 °F). Remove from the heat and set aside for 5 minutes.
- 5 For the mustard dressing, mix together beef broth, Dijon mustard, and cornstarch in a small saucepan. Bring to a boil on medium-high heat while stirring constantly. Lower the heat, and simmer for 2–3 minutes.
- 6 Serve each steak with ¼ cup of chutney and ½ cup of mustard dressing.

**Tip:** Try serving with a side of steamed broccoli and **Savory Brown Rice** (on page 121).

|   |   |  |                               |                    |
|---|---|--|-------------------------------|--------------------|
|  | <b>yield:</b><br>4 servings   |  | <b>each serving provides:</b> |                    |
|   | <b>serving size:</b><br>3 oz steak, ¼ C chutney, ½ C mustard dressing |  | calories 285                  | total fiber 2 g    |
|   |   |  | total fat 8 g                 | protein 23 g       |
|   |   |  | saturated fat 2 g             | carbohydrates 32 g |
|   |   |  | cholesterol 35 mg             | potassium 554 mg   |
|   |   |  | sodium 421 mg                 |                    |



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# beef steak with light tomato mushroom sauce

Prep time: 10 minutes  
Cook time: 25 minutes

try serving with crusty bread to soak up the incredibly flavorful sauce

- 1 Tbsp olive oil
- 4 beef top sirloin steaks, lean (3 oz each)
- 4 oz white mushrooms, rinsed and quartered (about 1 C)
- 1 large shallot, minced (about 2 Tbsp)
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 1 C canned no-salt-added diced tomatoes
- 2 Tbsp no-salt-added tomato paste
- 2 Tbsp apple cider vinegar
- 2 C low-sodium beef broth
- 1 Tbsp cornstarch
- 1 Tbsp fresh parsley, rinsed, dried, and minced (or 1 tsp dried)
- 1 Tbsp fresh tarragon, rinsed, dried, and chopped (or 1 tsp dried)
- ½ tsp salt
- ¼ tsp ground black pepper

- 1 Preheat oven to 350 °F.
- 2 Heat olive oil in a large, heavy-bottom sauté pan.
- 3 Gently blot steaks dry with paper towels and then carefully place them in the hot pan.
- 4 Sauté both sides, about 2–3 minutes, until golden to dark brown.
- 5 Remove steaks from pan, and put them on a baking sheet to finish in the preheated oven for an additional 3–5 minutes or to your desired doneness (to a minimum internal temperature of 145 °F).
- 6 To make the sauce, pour off any excess grease from the pan. Add mushrooms and sauté until lightly brown, about 3–4 minutes.
- 7 Lower the heat, and add shallot and garlic. Cook gently over low heat for about 2 minutes, until tender, but not brown.
- 8 Add tomatoes, tomato paste, and apple cider vinegar, and cook an additional 3 minutes.
- 9 In a bowl, mix beef broth and cornstarch.


continued on page 13

## beef steak with light tomato mushroom sauce (continued)



- 10 Add broth mixture, parsley, and tarragon to the sauté pan. Bring to a boil on medium-high heat while stirring constantly. Lower the heat and simmer for 2–3 minutes. Season with salt and pepper.
- 11 Serve one steak with ½ cup sauce.

Tip: Also pairs nicely with **Cauliflower With Whole-Wheat Breadcrumbs** (on page 104).

|   |   |  |                               |        |
|---|---|--|-------------------------------|--------|
|  | <b>yield:</b><br>4 servings                   |  | <b>each serving provides:</b> |        |
|   | <b>serving size:</b><br>3 oz steak, ½ C sauce |  | calories                      | 200    |
|   |   |  | total fat                     | 8 g    |
|   |   |  | saturated fat                 | 2 g    |
|   |   |  | cholesterol                   | 35 mg  |
|   |   |  | sodium                        | 404 mg |
|   |   |  | total fiber                   | 2 g    |
|   |   |  | protein                       | 23 g   |
|   |   |  | carbohydrates                 | 10 g   |
|   |   |  | potassium                     | 569 mg |



# japanese-style beef and noodle soup

this hearty main-meal soup is flavorful, yet simple to prepare

**For broth:**

- 4 oz shiitake mushroom stems, rinsed (remove caps and set aside) (or substitute dried shiitake mushrooms)
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 1 Tbsp ginger, minced
- 1 stalk lemongrass, crushed (or the zest from 1 lemon: Use a peeler to grate a thin layer of skin off a lemon)
- 1 Tbsp ground coriander
- 4 C low-sodium beef broth
- 1 Tbsp lite soy sauce

**For meat and vegetables:**

- 1 bag (12 oz) frozen vegetable stir-fry
- 4 oz shiitake mushrooms caps, rinsed and quartered
- 8 oz udon or soba noodles (or substitute angel hair pasta), cooked
- 1 lb lean beef top sirloin, sliced very thin
- 4 oz firm silken tofu, diced
- ¼ C scallions (green onions), rinsed and sliced thin

- 1 Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 4.
- 2 Combine all ingredients for broth, except soy sauce, in a medium-sized pot or saucepan. Bring to a boil over high heat, then lower heat and simmer for 15 minutes.
- 3 Strain the broth through a fine wire colander, and discard the solid parts. Season to taste with soy sauce.

continued on page 15




Prep time: 25 minutes  
Cook time: 15 minutes

## japanese-style beef and noodle soup (continued)



- 4 To finish the soup, bring the broth back to a boil. Add the thawed vegetable stir-fry mix and mushroom caps, and simmer for 1 minute.
- 5 Add the noodles and continue to simmer for another minute.
- 6 Add the beef and continue to simmer for about 5 minutes or until the beef is slightly pink to brown (to a minimum internal temperature of 145 °F).
- 7 Add tofu and scallions, and simmer 1–2 minutes until heated through.
- 8 Serve immediately in 1-cup portions.

**Hint:** There are several varieties of tofu, each with a different moisture level. Silken and soft tofu are the moistest and easily blended into shakes, dips, and dressings. Regular tofu is less moist, and it's best for scrambling or using like cheese in casseroles. Firm, extra-firm, and pressed tofus are the driest. They absorb other flavors easily and hold their shape in stir-fries and on the grill.



**yield:**  
4 servings

**serving size:**  
1 C soup

**each serving provides:**

calories325

total fat8 g

saturated fat3 g

cholesterol52 mg

sodium285 mg

total fiber4 g

protein36 g

carbohydrates28 g

potassium882 mg

# quick beef casserole


Prep time: 10 minutes  
Cook time: 45 minutes

lean beef, vegetables, and rice are tossed together in this quick and easy casserole

- ½ lb lean ground beef
- 1 C onion, chopped
- 1 C celery, rinsed and chopped
- 1 C green bell pepper, rinsed, seeded, and cubed
- 3½ C tomatoes, rinsed and diced
- ¼ tsp salt
- ½ tsp ground black pepper
- ¼ tsp paprika
- 1 C frozen peas
- 2 small carrots, rinsed, peeled, and diced
- 1 C uncooked rice
- 1½ C water

- 1 In a sauté pan, brown the ground beef.
- 2 Drain off the extra fat by tilting the sauté pan over a disposable cup in the sink to collect the fat. Use the lid to shield the meat from falling out. After the fat has turned solid, discard the cup in the trash.
- 3 Add the rest of the ingredients to the sauté pan, and mix well.
- 4 Cover sauté pan with lid, and cook over medium heat until boiling.
- 5 Reduce to low heat and simmer for 35 minutes. Serve hot.

**Tip:** To save time, use no-salt-added canned tomatoes and frozen chopped peppers and carrots.



**yield:**  
8 servings

**serving size:**  
1½ C casserole

| each serving provides: |        |               |        |
|------------------------|--------|---------------|--------|
| calories               | 201    | total fiber   | 3 g    |
| total fat              | 5 g    | protein       | 9 g    |
| saturated fat          | 2 g    | carbohydrates | 31 g   |
| cholesterol            | 16 mg  | potassium     | 449 mg |
| sodium                 | 164 mg |               |        |



- moroccan chicken stew with couscous
- thai-style chicken curry
- sweet-and-sour chicken
- chicken quesadillas with red and green salsa
- chicken and mushroom fricassee
- chicken and celery stir-fry
- oven-crusted chicken breast
- chicken picadillo
- chicken ratatouille
- asian-style chicken wraps
- cornbread-crusted turkey
- turkey club burger
- turkey mole
- 20-minute chicken creole





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# moroccan chicken stew with COUSCOUS

Prep time: 15 minutes  
Cook time: 30 minutes

spice it up with this traditional dish from northern Africa

- 1 Tbsp olive oil
- 1 lb skinless chicken legs, split (about 4 whole legs)
- 1 Tbsp Moroccan spice blend\*
- 1 C carrots, rinsed, peeled, and diced
- 1 C onion, diced
- ¼ C lemon juice
- 2 C low-sodium chicken broth
- ½ C ripe black olives, sliced
- ¼ tsp salt
- 1 Tbsp chili sauce (optional)

For couscous:

- 1 C low-sodium chicken broth
- 1 C couscous (try whole-wheat couscous)
- 1 Tbsp fresh mint, rinsed, dried, and shredded thin (or 1 tsp dried)

- 1 Heat olive oil in a large sauté pan. Add chicken legs, and brown on all sides, about 2–3 minutes per side. Remove chicken from pan and put on a plate with a cover to hold warm.
- 2 Add spice blend to sauté pan and toast gently.
- 3 Add carrots and onion to sauté pan, and cook for about 3–4 minutes or until the onions have turned clear, but not brown.
- 4 Add lemon juice, chicken broth, and olives to sauté pan, and bring to a boil over high heat. Add chicken legs, and return to a boil. Cover and gently simmer for about 10–15 minutes (to a minimum internal temperature of 165 °F).

continued on page 19




## moroccan chicken stew with couscous (continued)



- 5 Meanwhile, prepare the couscous by bringing chicken broth to a boil in a saucepan. Add couscous, and remove from the heat. Cover and let stand for 10 minutes.
- 6 Fluff couscous with a fork, and gently mix in the mint.
- 7 When chicken is cooked, add salt. Serve two chicken legs over ½ cup couscous topped with ½ cup sauce in a serving bowl. Add chili sauce to taste.

**Tip:** Try serving with a side of **Cinnamon-Glazed Baby Carrots** (on page 113).

\* You also can make your own Moroccan spice blend by mixing 1 teaspoon each of ground coriander, ground cumin, ground ginger, and ground cinnamon per 1 pound of meat or chicken. Make this mix in advance and store it in your pantry to use as needed.

|   |  |  |                               |        |
|---|--|--|-------------------------------|--------|
|  | <b>yield:</b><br>4 servings  |  | <b>each serving provides:</b> |        |
|   | <b>serving size:</b><br>2 chicken legs, ½ C couscous,<br>½ C sauce |  | calories                      | 333    |
|   |  |  | total fat                     | 12 g   |
|   |  |  | saturated fat                 | 2 g    |
|   |  |  | cholesterol                   | 51 mg  |
|   |  |  | sodium                        | 415 mg |
|   |  |  | total fiber                   | 6 g    |
|   |  |  | protein                       | 24 g   |
|   |  |  | carbohydrates                 | 36 g   |
|   |  |  | potassium                     | 478 mg |



# thai-style chicken curry

classic Thai flavors blend together beautifully in this delicious curry; add more green curry paste for a spicy kick

Prep time: 20 minutes  
Cook time: 25 minutes

### For sauce:

- 1 Tbsp peanut oil or vegetable oil
- 1 Tbsp ginger, minced (or a 1-inch piece, crushed)
- ½ Tbsp garlic, minced (about 1 clove)
- ¼ C scallions (green onions), rinsed and chopped
- 1 Tbsp lemongrass, minced (or the zest from 1 lemon: Use a peeler to grate a thin layer of skin off a lemon)
- 1 Tbsp Thai green curry paste
- ½ C light coconut milk (or use a spoon to discard visible layer of fat off the top of an unshaken can of regular coconut milk; then, measure ½ C for recipe)
- 1 tsp honey
- 1 tsp lite soy sauce
- 1 tsp fish sauce
- 1 Tbsp cornstarch
- ½ C low-sodium chicken broth

### For chicken and vegetables:

- 1 bag (12 oz) frozen vegetable stir-fry
- 12 oz boneless, skinless chicken breast, cut into thin strips

- 1 Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 7.
- 2 For sauce, heat oil in a small saucepan on medium heat. Add ginger, garlic, scallions, and lemongrass, and cook gently until tender, but not brown, about 2–3 minutes.
- 3 Add curry paste, and cook for an additional 2–3 minutes.
- 4 Add coconut milk, honey, soy sauce, and fish sauce, and bring to a boil over high heat.
- 5 In a bowl, mix cornstarch with chicken broth. Add mixture to the saucepan, and return to a boil while stirring constantly.

continued on page 21



## thai-style chicken curry (continued)



- 6 Lower heat to a simmer, and add chicken strips. Simmer gently for 5–8 minutes.
- 7 Add thawed vegetables, and continue to cook gently with lid on until the vegetables are heated through, an additional 2–3 minutes.
- 8 Divide into four even portions, each about 3 ounces chicken breast and 1 cup vegetables, and serve.

**Tip:** Delicious served over rice or Asian-style noodles (soba or udon).



**yield:**  
4 servings  
**serving size:**  
3 oz chicken, 1 C vegetables

| each serving provides: |        |               |        |
|------------------------|--------|---------------|--------|
| calories               | 207    | total fiber   | 3 g    |
| total fat              | 7 g    | protein       | 23 g   |
| saturated fat          | 3 g    | carbohydrates | 14 g   |
| cholesterol            | 50 mg  | potassium     | 406 mg |
| sodium                 | 249 mg |               |        |

# sweet-and-sour chicken

Prep time: 15 minutes  
Cook time: 15 minutes

sweet and sour flavors make a winning combination in this healthier version of a popular Chinese dish

- 1 bag (12 oz) frozen vegetable stir-fry

1 Tbsp peanut oil or vegetable oil

1 Tbsp ginger, minced

1 Tbsp garlic, minced (about 2–3 cloves)

1 Tbsp fresh scallions (green onions), minced

2 Tbsp rice vinegar

1 Tbsp Asian hot chili sauce

2 Tbsp brown sugar

1 Tbsp cornstarch

1 C low-sodium chicken broth

12 oz boneless, skinless chicken breast, cut into thin strips

1 Tbsp lite soy sauce

1

Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 6.

2

Heat oil in a large wok or sauté pan on medium heat. Add ginger, garlic, and scallions, and stir fry until cooked, but not brown, about 2–3 minutes.

3

Add the rice vinegar, chili sauce, and brown sugar to the pan, and bring to a simmer.

4

In a bowl, mix cornstarch with chicken broth, and add to the pan. Bring to a boil over high heat, stirring constantly. Lower temperature to a gentle simmer.

5

Add chicken, and stir continually for 5–8 minutes.

6

Add vegetables, and mix gently. Simmer with lid on to reheat, about 2 minutes.

7

Add soy sauce, and mix gently.

8

Divide into four even portions, and serve.

Tip: Try serving with a side of steamed rice.

yield:

4 servings

serving size:

3 oz chicken, 1 C vegetables

each serving provides:

|               |        |               |        |
|---------------|--------|---------------|--------|
| calories      | 221    | total fiber   | 3 g    |
| total fat     | 6 g    | protein       | 23 g   |
| saturated fat | 1 g    | carbohydrates | 21 g   |
| cholesterol   | 51 mg  | potassium     | 460 mg |
| sodium        | 287 mg |               |        |

# chicken quesadillas with red and green salsa

Prep time: 30 minutes  
Cook time: 10 minutes

this delicious finger food can be served as an appetizer or main-dish meal

- For salsa:

4 medium tomatoes, rinsed and diced (about 2 C)

½ C red onion, diced

1 medium Jalapeno chili pepper, rinsed and split lengthwise—remove seeds and white membrane, and mince (about 2 Tbsp); for less spice, use a green bell pepper

2 Tbsp lime juice (or about 4 limes)

2 Tbsp fresh cilantro, rinsed, dried, and chopped (or substitute 2 tsp dried coriander)

1 tsp ground cumin

For quesadillas:

12 oz boneless, skinless chicken breast, cut into thin strips

4 (10-inch) whole-wheat tortillas

¼ tsp salt

½ tsp chili sauce

2 oz pepper jack cheese, shredded (about ½ C)

1 Tbsp pine nuts, toasted (optional)

Cooking spray

1

Preheat oven broiler on high temperature, with the rack 3 inches from heat source.

2

For salsa, combine all ingredients and toss well. Chill in refrigerator for at least 15 minutes. (Salsa can be made up to 1 day in advance and refrigerated.)

3

Cut chicken into thin strips, and place them on a baking sheet coated with cooking spray. Broil for 8–10 minutes.

4

To assemble the quesadillas, place four whole-wheat tortillas on the countertop or table. Top each with one-quarter of the sliced cooked chicken, salt, chili sauce, cheese, and pine nuts (optional).

5

Fold tortillas in half to close, and carefully transfer each to a baking sheet lined with parchment or wax paper.

6

Bake quesadillas at 350 °F for 5–10 minutes or until the cheese is melted.

7

Serve one quesadilla with ½ cup salsa on the side.

Tip: Delicious with a side of fresh grilled corn-on-the-cob.

yield:

4 servings

serving size:

1 quesadilla, ½ C salsa

each serving provides:

|               |        |               |        |
|---------------|--------|---------------|--------|
| calories      | 339    | total fiber   | 4 g    |
| total fat     | 11 g   | protein       | 26 g   |
| saturated fat | 3 g    | carbohydrates | 32 g   |
| cholesterol   | 62 mg  | potassium     | 454 mg |
| sodium        | 453 mg |               |        |





chicken and mushroom fricassee


Prep time: 10 minutes  
Cook time: 30 minutes

fat-free sour cream, vegetables, and herbs make this rich and hearty dish guilt free

- 1 Tbsp olive oil
- 1 carton (10 oz) white button mushrooms, rinsed and quartered
- 1 C leeks, split into quarters, then sliced into small squares and rinsed well
- 1 C potatoes, peeled and diced
- 1 C celery, rinsed and diced
- 1 C pearl onions, raw or frozen
- 3 C low-sodium chicken broth
- 1 lb skinless chicken legs or thighs (4 whole legs, split, or 8 thighs)
- 2 Tbsp each fresh herbs (such as parsley and chives), rinsed, dried, and minced (or 2 tsp dried)
- 1 Tbsp lemon juice
- 1 Tbsp cornstarch
- 2 Tbsp fat-free sour cream
- ½ tsp salt
- ¼ tsp ground black pepper

- 1 Preheat oven to 350 °F.
- 2 Heat olive oil in a medium-sized heavy-bottom roasting or braising pan (a large sauté pan with a metal handle will work as well).
- 3 Add mushrooms to pan, and cook until golden brown, about 3–5 minutes. Add leeks, potatoes, celery, and pearl onions, and continue to cook until the vegetables become soft, about 3–5 additional minutes.
- 4 Add chicken broth to the pan, and bring to a boil. Add chicken legs to the pan, cover, and place in the heated oven for about 20 minutes or until the chicken legs are tender when pierced with a fork (to a minimum internal temperature of 165 °F).
- 5 When chicken legs are tender, remove legs from the pan, return the pan to the stovetop, and bring the liquid to a boil. Add herbs and lemon juice.
- 6 In a bowl, mix the cornstarch with the sour cream, and add to the pan. Bring back to a boil and then remove from the heat.
- 7 Season with salt and pepper, and pour 1 cup of vegetables and sauce over chicken.

**Tip:** Try serving over pasta with a side of **Baby Spinach With Golden Raisins and Pine Nuts** (on page 107).

|   |   |  |                               |        |
|---|---|--|-------------------------------|--------|
|  | <b>yield:</b><br>4 servings                                     |  | <b>each serving provides:</b> |        |
|   | <b>serving size:</b><br>1 chicken leg, 1 C vegetables and sauce |  | calories                      | 242    |
|   |   |  | total fat                     | 9 g    |
|   |   |  | saturated fat                 | 2 g    |
|   |   |  | cholesterol                   | 42 mg  |
|   |   |  | sodium                        | 430 mg |
|   |   |  | total fiber                   | 3 g    |
|   |   |  | protein                       | 20 g   |
|   |   |  | carbohydrates                 | 24 g   |
|   |   |  | potassium                     | 807 mg |



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# chicken and celery stir-fry

Prep time: 20 minutes  
Cook time: 20 minutes

serve on top of steamed brown rice, and you have a quick, easy, and delicious weeknight meal

- 1 Tbsp peanut oil or vegetable oil
- 1 Tbsp ginger, minced
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 1 Tbsp fresh scallions (green onions), rinsed and minced
- 2 C celery, rinsed and sliced
- 1 C carrots, rinsed and peeled into very thin strips
- 1 Tbsp cornstarch
- 1 C low-sodium chicken broth
- 2 Tbsp rice vinegar
- 12 oz boneless, skinless chicken breast, cut into thin strips
- 1 Tbsp lite soy sauce
- ½ Tbsp sesame oil (optional)
- 1 Tbsp sesame seeds, toasted (optional)

- 1 Heat oil in a large wok or sauté pan. Add ginger, garlic, and scallions, and stir fry briefly until cooked, but not brown, about 30 seconds to 1 minute.
- 2 Add celery and carrots, and continue to cook gently until the celery begins to soften.
- 3 In a bowl, mix cornstarch with chicken broth, and add to the pan. Add rice vinegar, and bring to a boil over high heat. Lower temperature to a gentle simmer.
- 4 Add chicken, and stir continually for 5–8 minutes.
- 5 Add soy sauce, sesame oil (optional), and sesame seeds (optional), and mix gently.
- 6 Serve 1 cup chicken stir-fry.

 **yield:**  
4 servings  
**serving size:**  
1 C chicken and vegetables

| each serving provides: |        |               |        |
|------------------------|--------|---------------|--------|
| calories               | 188    | total fiber   | 2 g    |
| total fat              | 7 g    | protein       | 22 g   |
| saturated fat          | 2 g    | carbohydrates | 8 g    |
| cholesterol            | 51 mg  | potassium     | 370 mg |
| sodium                 | 237 mg |               |        |

# oven-crusted chicken breast

Prep time: 20 minutes  
Cook time: 20 minutes

a healthy way to fry chicken

- For chicken:*
- 4 boneless, skinless chicken breasts (3 oz each)
  - 1 egg white (or substitute liquid egg white)
  - 1 C fat-free evaporated milk
  - 1 C breadcrumbs
  - ¼ C rolled oats, crushed; pulse a few times in the food processor or crush between fingers to make smaller pieces
  - 1 C whole-wheat flour
  - 2 Tbsp olive oil or vegetable oil
- For salad:*
- 2 Tbsp lemon juice
  - ½ Tbsp olive oil
  - 4 C red leaf lettuce, rinsed and dried
  - 1 C cherry tomatoes, rinsed and halved
  - ¼ tsp salt
  - ¼ tsp ground black pepper

**Tip:** Try serving with a side of oven-roasted potatoes.

 **yield:**  
4 servings  
**serving size:**  
3 oz chicken breast, 1 C salad

- 1 Preheat oven to 350 °F.
- 2 Place chicken in a freezer bag with the air squeezed out, and pound each breast down to ½-inch thickness.
- 3 Combine the egg white and evaporated milk in a bowl, and mix well. In a separate bowl, combine the breadcrumbs and crushed oats, and mix well.
- 4 Coat the chicken breasts in flour, and shake off the excess. Dip the chicken breasts in the egg and milk mixture, and drain off the excess. Then dip the chicken breasts in the breadcrumb mixture to coat, and shake off the excess. After all chicken breasts have been coated, discard any leftover breading mixture.
- 5 Heat oil in a large sauté pan. Stir fry the chicken over medium-high heat on one side until golden brown, about 2–3 minutes. Turn carefully, and pan fry the second side for an additional 2–3 minutes or until golden brown. Remove from the pan, and place on paper towels to soak up excess oil. Place on baking sheet, and finish cooking in a 350 °F oven for about 5–8 minutes (to a minimum internal temperature of 165 °F).
- 6 For the salad, combine lemon juice and olive oil, and mix well to make a dressing. Toss the lettuce leaves and cherry tomatoes with the dressing, salt, and pepper.
- 7 Serve 1 cup salad with one piece of chicken.

| each serving provides: |        |               |        |
|------------------------|--------|---------------|--------|
| calories               | 264    | total fiber   | 3 g    |
| total fat              | 11 g   | protein       | 24 g   |
| saturated fat          | 2 g    | carbohydrates | 18 g   |
| cholesterol            | 49 mg  | potassium     | 553 mg |
| sodium                 | 263 mg |               |        |

# chicken picadillo


Prep time: 15 minutes  
Cook time: 25 minutes

this zesty one-pot meal is easy to throw together on a busy weeknight

- 2 tsp olive oil
- 1 large yellow onion, finely chopped
- 1 medium green bell pepper, rinsed and finely chopped
- 1 medium red bell pepper, rinsed and finely chopped
- 1½ Tbsp garlic, mashed (about 3 cloves)
- 12 oz boneless, skinless chicken breast, cut into thin strips
- ⅓ C no-salt-added tomato sauce
- ⅓ C low-sodium chicken broth
- ⅓ C lemon juice
- ¼ tsp ground cumin
- 2 bay leaves
- ⅓ C water
- ¼ C golden seedless raisins

- For garnish:**
- 1 Tbsp fresh cilantro, rinsed, dried, and chopped (or substitute 1 tsp dried coriander)
  - 1 Tbsp capers, drained
  - 2 Tbsp green olives, chopped

**Tip:** Serve with brown rice and black beans.

|   |  |  |                               |                    |
|---|--|--|-------------------------------|--------------------|
|  | <b>yield:</b><br>6 servings                        |  | <b>each serving provides:</b> |                    |
|   | <b>serving size:</b><br>¾ C chicken and vegetables |  | calories 162                  | total fiber 2 g    |
|   |  |  | total fat 5 g                 | protein 18 g       |
|   |  |  | saturated fat 1 g             | carbohydrates 13 g |
|   |  |  | cholesterol 46 mg             | potassium 380 mg   |
|   |  |  | sodium 133 mg                 |                    |

# chicken ratatouille


Prep time: 15 minutes  
Cook time: 20 minutes

it may be hard to say “ratatouille” (pronounced rat-uh-TOO-ee), but this one-dish recipe will show you that it’s very easy to eat

- 1 Tbsp vegetable oil
- 12 oz boneless, skinless chicken breast, cut into thin strips
- 2 zucchini, about 7 inches long, unpeeled, thinly sliced
- 1 small eggplant, peeled, cut into 1-inch cubes
- 1 medium onion, thinly sliced
- 1 medium green bell pepper, rinsed and cut into 1-inch pieces
- ½ lb fresh mushrooms, rinsed and sliced
- 1 can (14½ oz) whole peeled tomatoes, chopped
- ½ Tbsp garlic, minced (about 1 clove)
- 1½ tsp dried basil, crushed
- 1 Tbsp fresh parsley, rinsed, dried, and minced
- ⅓ tsp ground black pepper

- 1 Heat oil in a large nonstick pan. Add chicken, and sauté for about 3 minutes or until lightly browned.
- 2 Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook for about 15 minutes, stirring occasionally.
- 3 Add tomatoes, garlic, basil, parsley, and black pepper. Stir and continue to cook for about 5 minutes. Serve warm.

**Tip:** Serve with a side of whole-wheat pasta.

|   |   |  |                               |                    |
|---|---|--|-------------------------------|--------------------|
|  | <b>yield:</b><br>4 servings                         |  | <b>each serving provides:</b> |                    |
|   | <b>serving size:</b><br>1½ C chicken and vegetables |  | calories 266                  | total fiber 6 g    |
|   |   |  | total fat 8 g                 | protein 30 g       |
|   |   |  | saturated fat 2 g             | carbohydrates 21 g |
|   |   |  | cholesterol 66 mg             | potassium 1,148 mg |
|   |   |  | sodium 253 mg                 |                    |



# asian-style chicken wraps

delicious on their own, or try serving with a side of [Sunshine Rice](#) (on page 126)

Prep time: 15 minutes  
Cook time: 20 minutes

**For sauce:**

- 1 small Jalapeno chili pepper, rinsed and split lengthwise—remove seeds and white membrane, and mince (about 1 Tbsp); for less spice, use green bell pepper
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 3 Tbsp brown sugar or honey
- ½ C water
- ½ Tbsp fish sauce
- 2 Tbsp lime juice (or about 4 limes)

**For chicken:**

- 1 Tbsp peanut oil or vegetable oil
- 1 Tbsp ginger, minced
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 12 oz boneless, skinless chicken breast, cut into thin strips
- 1 Tbsp lite soy sauce
- 1 Tbsp sesame oil (optional)
- 1 Tbsp sesame seeds (optional)

**For wrap:**

- 1 (small) head red leaf lettuce, rinsed, dried, and separated into single leaves large enough to create wrap
- 8 fresh basil leaves, whole, rinsed and dried
- 2 C bok choy or Asian cabbage, rinsed and shredded

- 1 To prepare the sauce, add all ingredients to a saucepan, and bring to a boil over high heat. Remove from heat, and let sit in hot saucepan for 3–5 minutes. Chill in refrigerator for about 15 minutes or until cold.
- 2 Prepare the chicken by heating oil in a large wok or sauté pan. Add ginger and garlic, and stir fry briefly until cooked but not brown, about 30 seconds to 1 minute.

*continued on page 31*



## asian-style chicken wraps (continued)



- 3 Add chicken, and continue to stir fry for 5–8 minutes.
- 4 Add soy sauce, sesame oil (optional), and sesame seeds (optional), and return to a boil. Remove from the heat, and cover with lid to hold warm in hot sauté pan.
- 5 Assemble each wrap: Place one large red lettuce leaf on a plate, then add ½ cup chicken stir-fry, 1 basil leaf, and ¼ cup shredded cabbage and fold together. Serve two wraps with ¼ cup sauce.



**yield:**  
4 servings  
**serving size:**  
2 wraps, ¼ C sauce

| each serving provides: |        |               |        |
|------------------------|--------|---------------|--------|
| calories               | 242    | total fiber   | 3 g    |
| total fat              | 10 g   | protein       | 21 g   |
| saturated fat          | 2 g    | carbohydrates | 17 g   |
| cholesterol            | 47 mg  | potassium     | 636 mg |
| sodium                 | 393 mg |               |        |

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# cornbread-crusted turkey

Prep time: 20 minutes  
Cook time: 20 minutes

not just for Thanksgiving—enjoy this hearty turkey dinner any time of year

- 1 C low-fat buttermilk
- 1 Tbsp Dijon mustard
- 4 skinless turkey fillets (3 oz each)
- 4- by 4-inch square prepared cornbread (about 1 C crumbs) (See **Good-for-You Cornbread** on page 119)
- 1 egg white (or substitute liquid egg white)
- 1 C low-sodium chicken broth
- 1 Tbsp cornstarch
- 1 lb frozen baby carrots
- 1 Tbsp fresh sage, rinsed, dried, and chopped (or 1 tsp dried)
- 1 Tbsp butter

- 1 Preheat oven to 350 °F.
- 2 Combine buttermilk and Dijon mustard. Mix well.
- 3 Add turkey fillets to buttermilk mixture to marinate for 5–10 minutes while preparing cornbread.
- 4 Grind cornbread in a food processor, or use your fingers to make coarse crumbs. Place breadcrumbs on a baking sheet, and dry in a 300 °F oven or toaster oven for 4–5 minutes. Do not brown.
- 5 Pour breadcrumbs into a dry, shallow dish. Put egg white in a separate bowl.
- 6 Remove turkey from the buttermilk, and dip each fillet first in the egg white and then in the cornbread crumbs to coat. Be sure to discard leftover buttermilk mixture and cornbread crumbs.
- 7 Place breaded turkey fillets on a baking sheet, and bake for 10–15 minutes (to a minimum internal temperature of 165 °F).
- 8 While the turkey is cooking, combine chicken broth, cornstarch, carrots, sage, and butter in a medium saucepan. Bring to a boil over high heat, stirring occasionally. Lower temperature to a simmer.


continued on page 33

## cornbread-crusted turkey (continued)



- 9 Simmer gently for about 5 minutes, or until the butter is melted, the sauce is thick, and the carrots are warm.
- 10 Serve each 3-ounce turkey fillet with 1 cup of carrots and sauce mixture.

**Tip:** Try serving with a baked or roasted sweet potato.

|   |  |  |                               |        |
|---|--|--|-------------------------------|--------|
|  | <b>yield:</b><br>4 servings  |  | <b>each serving provides:</b> |        |
|   | <b>serving size:</b><br>3 oz turkey, 1 C carrots and sauce mixture |  | calories                      | 285    |
|   |  |  | total fat                     | 6 g    |
|   |  |  | saturated fat                 | 3 g    |
|   |  |  | cholesterol                   | 48 mg  |
|   |  |  | sodium                        | 420 mg |
|   |  |  | total fiber                   | 3 g    |
|   |  |  | protein                       | 29 g   |
|   |  |  | carbohydrates                 | 29 g   |
|   |  |  | potassium                     | 378 mg |



# turkey club burger

Prep time: 20 minutes  
Cook time: 20 minutes

lighten up your traditional hamburger with lean ground turkey—less saturated fat, without less flavor

**For turkey burger:**

- 12 oz 99 percent fat-free ground turkey
- ½ C scallions (green onions), rinsed and sliced
- ¼ tsp ground black pepper
- 1 large egg
- 1 Tbsp olive oil

**For spread:**

- 2 Tbsp light mayonnaise
- 1 Tbsp Dijon mustard


**For toppings:**

- 4 oz spinach or arugula, rinsed and dried
- 4 oz portabella mushroom, rinsed, grilled or broiled, and sliced (optional)
- 4 whole-wheat hamburger buns

- 1 Preheat oven broiler on high temperature (with the rack 3 inches from heat source) or grill on medium-high heat.
- 2 To prepare burgers, combine ground turkey, scallions, pepper, and egg, and mix well. Form into ½- to ¾-inch thick patties, and coat each lightly with olive oil.
- 3 Broil or grill burgers for about 7–9 minutes on each side (to a minimum internal temperature of 160 °F).
- 4 Combine mayonnaise and mustard to make a spread.
- 5 Assemble ¾ tablespoon spread, 1 ounce spinach or arugula, several slices of grilled portabella mushroom (optional), and one burger on each bun.

**Tip:** Try it with a side of **Grilled Romaine Lettuce With Caesar Dressing** (on page 105).

**Hint:** To grill portabella mushrooms, scrape off the gills from underneath the mushroom caps. Lightly coat with olive oil, and grill or broil for 2–3 minutes on each side or until tender. Slice and set aside until burgers are ready.



**yield:**  
4 servings

**serving size:**  
1 burger with toppings

**each serving provides:**

calories299

total fat11 g

saturated fat2 g

cholesterol89 mg

sodium393 mg

total fiber5 g

protein29 g

carbohydrates26 g

potassium424 mg



# turkey mole

mole is a classic Latin sauce, made with cocoa and spices

Prep time: 15 minutes  
Cook time: 30 minutes

**For sauce:**

- 1 Tbsp chili powder
- 1 tsp ground black pepper
- 1/8 tsp ground cloves
- 1/8 tsp ground allspice
- 1 Tbsp sesame seeds (reserve 1 tsp for garnish) (optional)
- 2 Tbsp canola oil, divided into two 1-Tbsp portions
- 1/2 Tbsp garlic, minced (about 1 clove)
- 1/2 C onion, chopped
- 1 C canned no-salt-added diced tomatoes
- 1 tsp fresh oregano, rinsed, dried, and chopped (or 1/4 tsp dried)
- 1 Tbsp cocoa powder
- 1 C low-sodium chicken broth

**For turkey:**

- 12 oz turkey fillets, boneless and skinless (about 4 pieces)
- 1/2 tsp salt
- 1/2 tsp ground black pepper

- 1 Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
- 2 To prepare the sauce, add chili powder, pepper, cloves, allspice, and sesame seeds (optional) to a saucepan, and toast on medium heat for 2 minutes.
- 3 Add 1 tablespoon canola oil. Sauté garlic on medium to medium-high heat for 30 seconds to 1 minute.
- 4 Add onion, and sauté until cooked but not brown, about 2–3 minutes.
- 5 Add tomatoes, oregano, cocoa powder, and chicken broth, and bring to a boil over high heat. Simmer for 8–10 minutes.
- 6 Remove from the heat, and let cool to room temperature. Puree the sauce in a blender until smooth. Return sauce to the pan, and reheat slowly (or keep sauce warm on stovetop).
- 7 To prepare the turkey, coat the fillets with 1 tablespoon canola oil and season with salt and pepper.


continued on page 37

## turkey mole (continued)



- 8 Broil turkey in preheated oven or grill for 3–5 minutes on each side or until the turkey is fully cooked (to a minimum internal temperature of 165 °F).
- 9 Serve one piece of turkey with 1/2 cup of the warm mole sauce.

**Tip:** Try serving with rice and **Baby Spinach With Golden Raisins and Pine Nuts** (on page 107).

|   |  |  |                               |        |
|---|--|--|-------------------------------|--------|
|  | <b>yield:</b><br>4 servings                          |  | <b>each serving provides:</b> |        |
|   | <b>serving size:</b><br>1 turkey fillet, 1/2 C sauce |  | calories                      | 217    |
|   |  |  | total fat                     | 9 g    |
|   |  |  | saturated fat                 | 1 g    |
|   |  |  | cholesterol                   | 53 mg  |
|   |  |  | sodium                        | 421 mg |
|   |  |  | total fiber                   | 2 g    |
|   |  |  | protein                       | 24 g   |
|   |  |  | carbohydrates                 | 9 g    |
|   |  |  | potassium                     | 419 mg |

# 20-minute chicken creole


Prep time: 15 minutes  
Cook time: 20 minutes

this quick Southern-style dish contains no added fat and very little added salt in its spicy tomato sauce

- 12 oz boneless, skinless chicken breast, cut into thin strips
- 1 C canned whole peeled tomatoes, chopped
- 1 C chili sauce (look for lowest sodium version)
- 1½ C green bell pepper, rinsed and chopped
- 1½ C celery, rinsed and chopped
- ¼ C onion, chopped
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 1 Tbsp fresh basil, rinsed, dried, and chopped (or 1 tsp dried)
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- ¼ tsp crushed red pepper
- ¼ tsp salt
- Cooking spray

- 1 Spray sauté pan with cooking spray. Preheat over high heat.
- 2 Cook chicken in hot sauté pan, stirring for 3–5 minutes. Reduce heat.
- 3 Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to a boil over high heat, and then reduce heat to simmer.
- 4 Simmer, covered, for 10 minutes.

**Tip:** Delicious served over rice.

|  |                              |  |                               |                    |
|--|------------------------------|--|-------------------------------|--------------------|
|  | <b>yield:</b><br>4 servings  |  | <b>each serving provides:</b> |                    |
|  | <b>serving size:</b><br>1½ C |  | calories 274                  | total fiber 4 g    |
|  |                              |  | total fat 5 g                 | protein 30 g       |
|  |                              |  | saturated fat 1 g             | carbohydrates 30 g |
|  |                              |  | cholesterol 73 mg             | potassium 944 mg   |
|  |                              |  | sodium 383 mg                 |                    |

## A real-life Costco Pharmacist on: quitting smoking



*“I smoked for 15 years, successfully quitting for good nearly a decade ago. So, I know how hard quitting is. The first few months are the hardest and you need good strategies to get you through them.”*

### and real relief of cravings.


“As a Costco pharmacist, patients will sometimes come to me and ask for my advice on quitting and various medications they can use. I first tell them my own story, and I ask about their unique situation: How long have they smoked? How much? And, are they ready to quit? I do help them understand there are therapies, both prescription and over-the-counter, that can help ease the cravings and improve a person’s chances of quitting.

Quitting is hard. Don’t be afraid to ask your pharmacist for help. You never know: you might just be talking to a former smoker who can share some professional – and personal – advice.”

Kirkland Signature Brand products are subject to the same manufacturing standards mandated by the FDA, just like the leading national brands.



*Robbie M. Mude*, RPh  
Costco Pharmacist, Ann Arbor, Michigan

 for more information on Kirkland Signature Nicotine Polacrilex Gum go to [www.costco.com](http://www.costco.com)