

MORE HEALTHY RECIPES



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COSTCO
PHARMACY

seafood stew

- ¼ cup olive oil
- 1 medium-size Spanish onion, cut into ½-inch dice
- 8 cloves garlic, thinly sliced
- 3 tablespoons tomato paste
- 1 teaspoon fresh thyme leaves
- ¼ teaspoon saffron threads
- ½ teaspoon crushed red pepper flakes
- 1¼ cups low-sodium vegetable broth diluted with
- 1¼ cups water
- 1½ cups dry white wine
- ¼ cup distilled white vinegar
- 3 medium-size plum tomatoes, coarsely chopped, with their juice
- 1 cup organic tomato juice
- ½ teaspoon coarse salt
- ½ teaspoon freshly ground black pepper
- 18 small clams, or 9 regular clams (about 1 lb.)*
- 12 mussels (about 12 oz.), bearded*
- 1½ pounds bass or snapper, cut in 1-inch cubes
- 6 medium-size to large shrimp (about 6 oz.), with tails, peeled, deveined and cut in half lengthwise
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons chopped fresh flat-leaf parsley leaves



Serves 6

1. Heat the olive oil in a heavy-bottomed soup pot over medium heat. Add the onion and garlic and cook until softened but not browned, about 4 minutes.
2. Add the tomato paste, thyme, saffron, and red pepper flakes and cook, stirring to coat the other ingredients with the tomato paste, about 3 minutes.
3. Add the vegetable broth diluted with 1¼ cups water, wine, vinegar, tomatoes, tomato juice, ¼ teaspoon of the salt, and the black pepper and bring to a simmer, then lower the heat and let simmer for 15 minutes.
4. Add the clams and mussels, submerging them with a spoon, and cook, uncovered, until they open, about 5 minutes; discard any that do not open. Season the soup with the remaining ¼ teaspoon of salt and add the fish and shrimp to the pot, gently poaching them until the fish is opaque and the shrimp are firm and pink, 3 to 4 minutes.
5. Divide the stew among 6 wide, shallow bowls. Drizzle some olive oil and scatter some parsley over each serving.

*Scrubbed under cold running water

NUTRITION INFORMATION Per serving:
361 calories; 14 g fat (2 g sat, 0 g trans fat); 97 mg cholesterol; 11 g carbohydrate; 35 g protein; 1 g fiber; 541 mg sodium, 4 g sugars.
Dietary exchanges: 2½ fats, 4 lean meats

chicken chaat

- ¾ cup coarsely chopped Spanish onion
- 2 tablespoons fresh cilantro leaves, chopped
- medium-size garlic clove, minced
- 1 tablespoon olive oil
- 1 teaspoon freshly-squeezed lime juice, plus 4 lime halves for garnish
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon garam masala (available at specialty food stores and Indian markets)
- 1 teaspoon hot green pepper, such as serrano, chopped
- 1 teaspoon red chile powder
- ¼ teaspoon coarse salt
- 1 pound skinless, boneless chicken breasts, steamed, sliced lengthwise, and cut into ¼-inch pieces
- 8 iceberg lettuce leaves

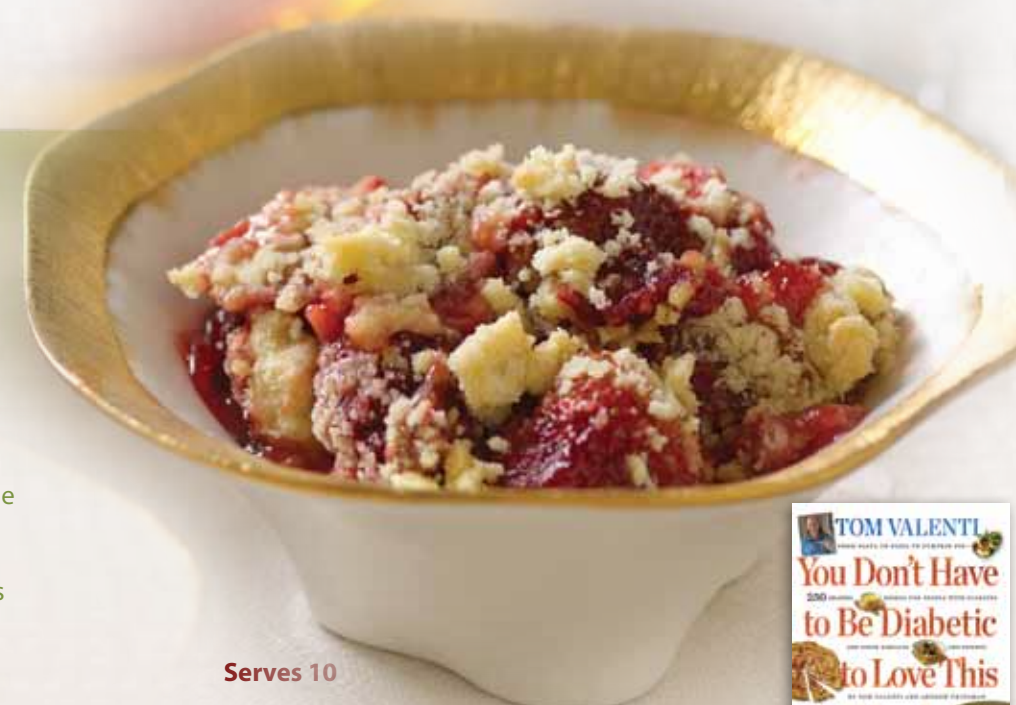
Recipes adapted from *You Don't Have to Be Diabetic to Love This Cookbook*, by Tom Valenti and Andrew Friedman © 2009. Used with permission.

Put the onion, cilantro, garlic, olive oil, lime juice, lemon juice, garam masala, green pepper, chile powder and salt in a large bowl and mix to create a sauce. Add the chicken and toss well. Divide the chicken among 4 small plates and serve with iceberg lettuce leaves and lime halves. Use the lettuce to scoop up bites of the salad.



Serves 4

NUTRITION INFORMATION Per serving:
174 calories; 5 g fat (1 g sat, 0 g trans fat); 66 mg cholesterol; 4 g carbohydrate; 27 g protein; 1 g fiber; 204 mg sodium; 2 g sugars.
Dietary exchanges: ½ fat, 3 lean meats



Serves 10

strawberry cobbler

- 3 cups strawberries, hulled, larger berries cut in half
- 2 tablespoons (¼ stick) unsalted butter
- ⅓ cup sugar, plus 2 tablespoons
- 2 tablespoons almond flour
- 2 teaspoons orange zest, finely grated
- 2 tablespoons all-purpose flour
- 2 teaspoons cornstarch
- Nonstick cooking spray

1. Preheat the oven to 375°F.
2. Put the strawberries, ⅓ cup of the sugar, orange zest and cornstarch in a bowl and toss to combine. Let the berries stand while you make the crumble topping.
3. Put the butter, almond flour, all-purpose flour and remaining 2 tablespoons of sugar in a bowl, toss them together, and work the mixture with your fingers until it comes together in a loose dough.
4. Spray a 9 by 13-inch baking dish with nonstick cooking spray. Put the strawberries in the dish, using a rubber spatula to pat them gently down into an even layer. Sprinkle the crumble topping evenly over the strawberries.
5. Bake the cobbler until the topping is golden and the fruit is bubbling, about 45 minutes. Let cool slightly and serve warm.

NUTRITION INFORMATION Per serving:
97 calories; 3 g fat (2 g sat, 0 g trans fat); 6 mg cholesterol; 17 g carbohydrate; 1 g protein; 1 g fiber; 1 mg sodium, 14 g sugars.

Dietary exchanges: ½ fat, ½ other carbohydrates



Salmon & Wild Rice-Stuffed Cabbage

WITH EDAMAME AND TARRAGON DIPPING SAUCE

Serves 4

- 1 cup water
- ½ cup dried shiitake or porcini mushrooms
- ¾ teaspoon kosher salt
- ½ cup pearly barley
- ¾ cup cooked wild rice
- 2 teaspoons olive oil
- 12 ounces salmon fillet
- ¼ teaspoon freshly ground black pepper, plus more as needed
- 8 ounces sliced fresh shiitake mushrooms
- ½ cup white wine
- ¾ cup chopped green onions
- 1¼ teaspoons dried tarragon
- 1½ teaspoons lemon zest
- 8 large cabbage leaves, blanched
- ½ cup low-sodium chicken broth

1. Preheat the oven to 350° F.

2. Bring the water to a boil and remove from the heat. Steep the dried mushrooms for 10 minutes. Strain the mushrooms and reserve the steeping liquid. Chop the mushrooms and set aside.

3. Add enough water to the reserved mushroom liquid to make 1 cup. Add ½ teaspoon of the salt and bring it to a boil. Stir in the barley and reduce the heat to a simmer. Cover and cook until the barley is soft, about 25 minutes.

4. Stir the chopped, soaked mushrooms into the barley. Mix the cooked barley with the wild rice and set aside.

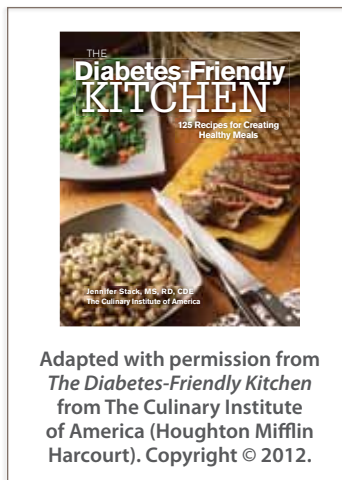
5. Heat the olive oil in a heavy skillet over medium high heat. Season the salmon fillet with ½ teaspoon each salt and pepper. Sear the salmon fillet just until cooked, about 2 minutes per side. Remove the skin from the salmon if still on and flake the fish into the barley mixture. Brown the fresh mushrooms in the same pan. Remove the mushrooms and deglaze the pan with ¼ cup of the wine.

6. Add the skillet liquids and mushrooms to the barley mixture. Add the green onions, tarragon, remaining ½ teaspoon salt, pepper and lemon zest.

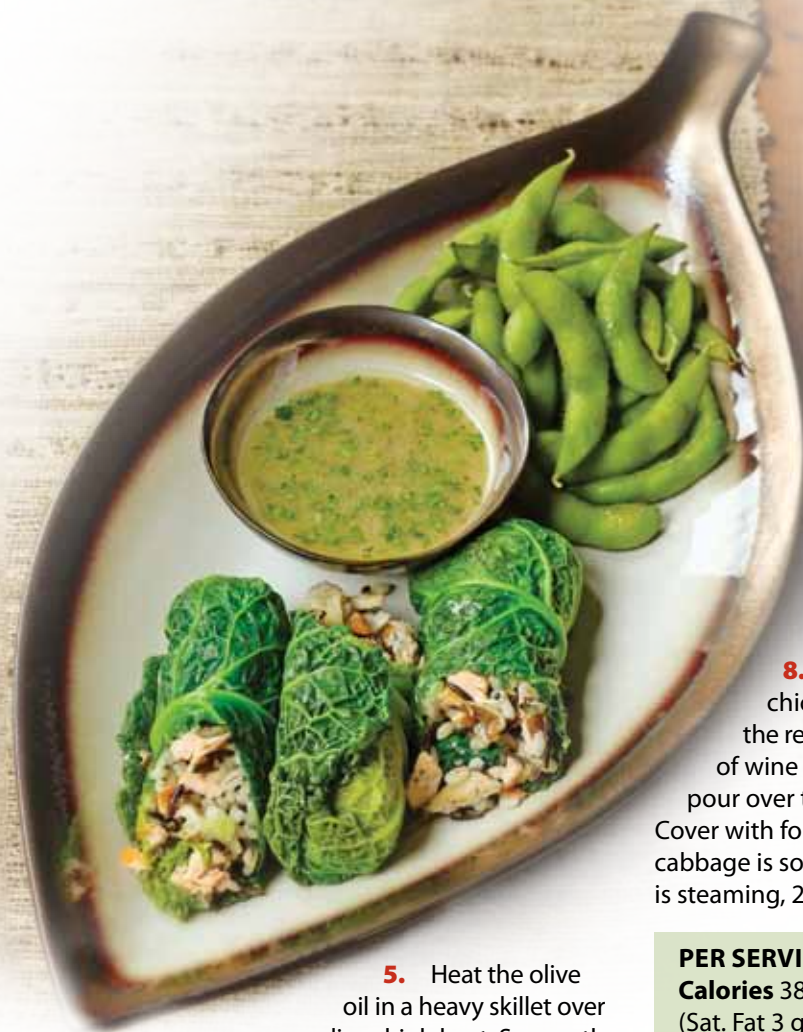
7. Fill the cabbage leaves with the barley mixture and roll the leaves up tightly. Place the rolls seam side down in a baking dish.

8. Bring the chicken broth and the remaining ¼ cup of wine to a boil and pour over the cabbage rolls. Cover with foil and bake until cabbage is soft and the broth is steaming, 20 to 25 minutes.

PER SERVING:
Calories 384, **Total Fat** 15 g (Sat. Fat 3 g), **Sodium** 326 mg, **Carbohydrates** 24 g, **Fiber** 8 g, **Protein** 24 g
Exchanges: 1 starch, 2 vegetable, 2 lean meat, 2 fat



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Edamame

WITH TARRAGON DIPPING SAUCE

Serves 4

- 1 EDAMAME**
- 6 cups water
 - ½ teaspoon kosher salt
 - 4 cups edamame in pods (frozen or fresh)
 - ½ cup Tarragon Dipping Sauce

- 2 TARRAGON DIPPING SAUCE**
 Makes ¾ cup
- ¾ teaspoon arrowroot
 - ½ cup low-sodium chicken broth
 - ¼ cup white wine vinegar
 - ½ teaspoon Dijon mustard
 - ¼ teaspoon kosher salt
 - ¼ teaspoon freshly ground black pepper
 - 1 teaspoon minced tarragon
 - 1 teaspoon minced shallot
 - 1 teaspoon minced garlic
 - ¼ cup olive oil

PER SERVING (EDAMAME):
Calories 238, **Total Fat** 10 g (Sat. Fat 0.5 g), **Sodium** 154 mg, **Carbohydrates** 18 g, **Fiber** 8 g, **Protein** 16 g
Exchanges: 1 starch, 2 lean meat, 1 fat

PER TABLESPOON SERVING (TARRAGON DIPPING SAUCE):
Calories 38, **Total Fat** 4.5 g (Sat. Fat 0.5 g), **Sodium** 25 mg, **Carbohydrates** 0 g, **Fiber** 0 g, **Protein** 0 g
Exchanges: 1 fat



EDAMAME

- 1.** Bring the water to a boil and add the salt.
- 2.** Boil the edamame until beans are tender, 4 to 5 minutes. Drain and serve with the dipping sauce.

TARRAGON DIPPING SAUCE

- 1.** Dissolve the arrow-root in 1 tablespoon of the chicken broth to make a paste. Bring the remaining broth to a boil.
- 2.** Stir the paste into the broth and allow the broth to thicken slightly. Remove from the heat and add the vinegar, mustard, salt, pepper, tarragon, shallot and garlic.
- 3.** Whisk in the olive oil.

Cheese Blintzes

WITH CLEMENTINES POACHED IN RED WINE

Serves 6

1 WHOLE WHEAT CREPES

- ¾ cup plus 1 tablespoon whole wheat pastry flour
- 1 cup plus 1 tablespoon 1% milk
- 1 egg
- 1 teaspoon agave syrup
- ½ teaspoon vanilla extract
- ⅛ teaspoon kosher salt

2 CHEESE BLINTZ FILLING

- ½ cup nonfat cottage cheese
- ½ cup nonfat ricotta
- ½ cup light cream cheese
- 2 tablespoons sucralose-brown sugar blend
- ½ teaspoon vanilla extract
- ½ teaspoon orange zest
- ¼ teaspoon kosher salt
- 1 egg, lightly beaten
- Ground cinnamon for dusting

3 RED WINE-TEA POACHING LIQUID

- 1 cup red wine
- 2 cups brewed chai spice tea
- 1 cinnamon stick
- 2 cloves
- 1 star anise

- 3 black peppercorns
- 1 tablespoon sucralose-brown sugar blend sweetener
- 2 tablespoons sugar-free, vanilla-flavored syrup
- 2 tablespoons agave syrup
- ¼ teaspoon orange zest
- 4 clementines, peeled

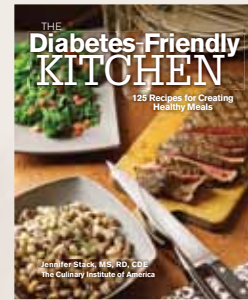
1. Preheat the oven to 350° F.
2. For the whole wheat crepes: Mix all the ingredients well with a whisk until no lumps remain.
3. Heat a small, nonstick frying pan or a nonstick crepe pan over medium-high

heat. Using about 3 to 4 tablespoons batter for each crepe, ladle the batter into the pan and swirl to coat the pan evenly. Cook until the edges of the crepe are lightly browned, 2 to 3 minutes. Flip the crepe over and cook until the second side is golden.

4. Stack the crepes between parchment paper and chill until ready to fill.

5. For the filling: Combine all the ingredients and blend until smooth. Keep chilled until ready to fill the crepes.

6. Fill each crepe with 3 tablespoons of the cheese filling. Fold in the edges and roll up like a burrito to form a sealed package. Bake until the center of a filled crepe reads 145° F on an instant-read thermometer, about 40 minutes. Dust finished blintzes with the cinnamon. Set aside and keep warm.



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7. For the poaching liquid: Combine all ingredients, except the clementines, in a tall, narrow saucepan. Bring to a simmer.

8. Rub the peeled whole clementines with a dry towel to remove any pith on the outside of the fruit.

9. Add them to the poaching liquid and simmer for 10 minutes turning the fruit as needed so all of it is exposed to the poaching liquid. Remove from heat and allow to cool.

10. Remove the clementines and slice into 3 sections horizontally. Strain the poaching liquid and bring to a boil. Reduce by at least half until it is the consistency of a syrup. Drizzle the syrup over the blintzes and serve with 2 clementine slices.

PER SERVING:
Calories 274, **Total Fat** 5 g (Sat. Fat 2.5 g),
Sodium 315 mg,
Carbohydrates 37 g,
Fiber 3 g, **Protein** 11 g
Exchanges: 1½ starch, 1 other carb, 1 lean meat, 1 fat

Multigrain Pasta

WITH BROCCOLINI, CRAB MEAT, AND ORANGE, SESAME AND GINGER DRESSING

Serves 4

- 1 tablespoon pure sesame oil
- 3 teaspoons orange zest
- 1 teaspoon arrowroot
- 1 cup low-sodium chicken broth
- 1 tablespoon reduced-sodium soy sauce
- ⅓ cup fresh orange juice
- ¾ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 8 ounces whole grain spaghetti
- 1¼ cups cooked crab meat
- 2 tablespoons peanut oil
- 1½ tablespoons minced ginger
- 1½ tablespoons minced garlic
- ¼ cup finely chopped green onions
- 1 bunch baby broccolini, sliced on the diagonal (about 2 cups), blanched
- 1 large red bell pepper, sliced
- 4 teaspoons sesame seeds, toasted

1. Warm the sesame oil in a small saucepan and stir in the orange zest. Set aside.

2. Mix the arrowroot and 1 teaspoon of broth together to form a paste.

3. Bring the remaining broth to a boil. Add the soy sauce and arrowroot paste. Allow the broth to boil until thickened slightly, stirring constantly.

4. Remove from the heat and add the orange juice, ¼ teaspoon of the salt, and the black pepper and whisk in the sesame oil mixture. Keep the dressing warm.

5. Cook the pasta in boiling water with the remaining ½ teaspoon salt until al dente. Drain and toss with the crab meat and half the dressing.

6. Heat the peanut oil in a sauté pan over medium heat. Add the ginger, garlic and green onion and sauté until fragrant. Add the broccolini and red pepper and sauté until soft. Add the pasta mixture and the remaining dressing and toss to coat the pasta evenly. Garnish with the sesame seeds.

PER SERVING:
Calories 464, **Total Fat** 15 g (Sat. Fat 2 g), **Sodium** 621 mg,
Carbohydrates 53 g,
Fiber 7 g, **Protein** 28 g
Exchanges: 3 starch, 2 vegetable, 3 lean meat, 2 fat





Vegetarian Gumbo

Makes: 8 servings • Prep time: 25 minutes • Cook time: 30 minutes

- 2 tablespoons canola oil
- 4 tablespoons all-purpose flour
- 1 large yellow onion, chopped
- 1 large green bell pepper, chopped
- 2 stalks celery, chopped
- 8 ounces sliced brown mushrooms
- 3 tablespoons chopped garlic
- 4 cups low-sodium vegetable broth
- 1 (14.5-oz) can low-sodium diced tomatoes, with juice
- 6 ounces vegetarian spicy sausage
- 1 cup chopped okra, fresh or thawed frozen
- ½ cup roasted red pepper
- 1½ teaspoons Cajun seasoning
- Black pepper, to taste
- 4 green onions, chopped
- ¼ cup chopped fresh parsley
- Hot sauce, for serving

1. Heat oil in a heavy skillet (preferably cast iron) over medium heat. Add flour and cook, stirring frequently, until flour turns golden-brown and smells toasty, about 5 minutes. Add onion, bell pepper, celery, mushrooms and garlic; cook, stirring, until vegetables are softened, about 2 minutes.

2. Add broth, tomatoes, sausage, okra, roasted red peppers, Cajun seasoning and pepper to taste. Bring to a boil. Reduce heat and simmer, stirring occasionally, until gumbo begins to thicken and the flavors are blended, about 20 minutes. Stir in the green onions and parsley. Pass hot sauce at the table.

NUTRITION INFORMATION

Per serving (1 cup):

140 calories; 6 g total fat (0.5 g saturated fat, 0 g trans fat); 0 mg cholesterol; 450 mg sodium; 16 g total carbohydrate; 3 g dietary fiber; 7 g protein

Dietary exchanges:

1 starch, ½ lean meat, ½ fat, 1 vegetable

Southern Baked Beans

Makes: 6 servings

Prep time: 10 minutes • Cook time: 35 minutes

- 3 slices bacon, chopped
- 1 large onion, finely chopped
- 1 (16-oz) can vegetarian baked beans, drained
- ¼ cup low-sodium ketchup
- 3 tablespoons maple syrup
- 1 tablespoon barbecue sauce
- 1 tablespoon yellow mustard
- 1 teaspoon dry mustard

1. Preheat oven to 350°F. Spray a small baking dish with nonstick spray. Cook the bacon in a medium nonstick skillet over medium-high heat until crisp, 3–4 minutes. Transfer to paper towels to drain.

2. Drain off and discard the fat from the skillet and set over medium-high heat. Add onion and cook, stirring, until softened, about 7 minutes.

Remove from heat. Stir in bacon, beans, ketchup, maple syrup, barbecue sauce, yellow mustard and dry mustard.

3. Spoon the bean mixture into the baking dish. Cover loosely with foil and bake until the edges are bubbly and the filling is hot, about 25 minutes.

NUTRITION INFORMATION

Per serving (½ cup):

150 calories; 2.5 g total fat (0.5 g saturated fat, 0 g trans fat); 5 mg cholesterol; 420 mg sodium; 29 g total carbohydrate; 4 g dietary fiber; 6 g protein

Dietary exchanges:

1½ starch, 1 very lean meat

Vanilla Pound Cake with Black Cherry Sauce

Makes: 16 servings • Prep time: 15 minutes • Cook time: 35 minutes

Cake

- Nonstick baking spray with flour
- 1½ cups all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 2 large eggs, at room temperature
- 2 large egg whites, at room temperature
- ½ cup fat-free or low-fat (1%) buttermilk
- 1 (4-oz) jar pear baby food
- 1 vanilla bean split lengthwise, seeds

- scraped, or 1 teaspoon vanilla extract
- 3 tablespoons unsalted butter, at room temperature
- 2 tablespoons canola oil
- 1 cup sugar

Black Cherry Sauce

- 1 (12-oz) package frozen pitted dark sweet cherries, thawed
- ½ cup water
- 2 tablespoons sugar
- 1 tablespoon cornstarch
- Grated zest of 1 lime

1. To make the cake, preheat the oven to 325°F. Spray a 10-cup Bundt pan with nonstick baking spray with flour.

2. Whisk the flour, baking powder, baking soda and salt together in a medium bowl. Whisk the eggs and egg whites in another medium bowl until frothy. Whisk in the buttermilk, pear baby food and vanilla until blended.

3. With an electric mixer on medium speed, beat the



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butter and oil in a large bowl until blended, about 1 minute. Gradually add the sugar and beat until fluffy, about 2 minutes.

4. Reduce the speed to low. Alternately add the flour mixture and the egg mixture, beginning and ending with the flour mixture and beating just until blended.

5. Scrape the batter into the pan; spread evenly. Bake until a toothpick inserted into the center comes out clean, 30–35

minutes. Let cool in the pan on a rack 10 minutes.

6. Remove the cake from the pan and let cool completely on the rack.

7. Meanwhile, to make the cherry sauce, bring the cherries, water, sugar, cornstarch and lime zest to a boil in a medium saucepan. Reduce the heat and simmer, stirring constantly, until the sauce bubbles and thickens, about 1 minute. Transfer the sauce to a bowl (makes 2 cups). Serve with the cake.

NUTRITION INFORMATION

Per serving (1 slice with 2 tablespoons sauce):

170 calories; 4.5 g total fat (1.5 g saturated fat, 0 g trans fat); 35 mg cholesterol; 95 mg sodium; 29 g total carbohydrates; 1 g dietary fiber; 3 g protein

Dietary exchanges:

1 starch, 1 other carbohydrate, 1 fat

Gluten-Free Harvest Pumpkin Spice Bars

Makes 49 servings

BARS

- | | |
|--|---------------------------|
| 1 box Betty Crocker® Gluten-Free yellow cake mix | ¼ teaspoon ground cloves |
| 1 can (15 oz) pumpkin (not pumpkin pie mix) | 3 eggs |
| ½ cup butter, softened | 1 cup raisins, if desired |
| ¼ cup water | |
| 2 teaspoons ground cinnamon | |
| ½ teaspoon ground ginger | |

FROSTING

- | |
|--|
| 1 container Betty Crocker® Rich & Creamy cream cheese frosting |
| ¼ cup chopped walnuts, if desired |



1. Heat oven to 350°F. Lightly grease bottom and sides of 15x10x1-inch pan with shortening or cooking spray.
2. In large bowl, beat all bar ingredients except raisins with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Stir in raisins. Spread in pan.
3. Bake 20 to 25 minutes or until light brown. Cool completely in pan on cooling rack, about 2 hours.

4. Spread frosting over bars. Sprinkle with walnuts. For bars, cut into 7 rows by 7 rows. Store in refrigerator.

NUTRITION INFORMATION PER BAR:

Calories 90, **Total Fat** 3½ g (Sat. Fat 1½ g, Trans Fat ½ g), **Cholesterol** 20 mg, **Sodium** 85 mg, **Carbs** 14 g, **Fiber** 0 g, **Sugars** 9 g, **Protein** 0 g
Exchanges: ½ Starch, ½ Other Carb, ½ Fat

Holiday Salad with Parmesan Fans

Makes 6 servings

Parmesan Fans

- | |
|------------------------------------|
| 6 wonton wrappers (3½-inch square) |
| 1 tablespoon Italian dressing |
| 2 teaspoons grated Parmesan cheese |

Salad

- | | |
|--|---|
| 1 bag (5 oz) spring mix salad greens or 6 cups assorted greens | ½ cup red or green pistachio nuts, coarsely chopped |
| ¼ cup Italian dressing | |

1. Heat oven to 350°F. Place wonton wrappers on cutting board. In each wrapper, cut 3/8- to 1/2-inch strips to within 1/2 inch of bottom. Make 2 or 3 pleats in the same direction on bottom edge of each wrapper to form fan base; spread strips gently to form fan shape. Carefully transfer fans to cookie sheet. Brush with 1 tablespoon dressing; sprinkle with cheese.
2. Bake 4 to 6 minutes or until light brown. Cool completely.
3. In medium bowl, toss salad greens and 1/4 cup dressing. Arrange greens on 6 salad plates; sprinkle with nuts. Place fans upright in salad.

NUTRITION INFORMATION PERSERVING:

Calories 120, **Total Fat** 9 g (Sat. Fat 1 g, Trans Fat 0 g), **Cholesterol** 0 mg, **Sodium** 200 mg, **Carbs** 8 g, **Fiber** 1 g, **Sugars** 2 g, **Protein** 3 g
Exchanges: ½ Starch, 1 Vegetable, 1½ Fat



Artichoke-Spinach Lasagna

Makes 8 servings

- | |
|---|
| 1 medium onion, chopped (½ cup) |
| 4 cloves garlic, finely chopped |
| 1 can (14 oz) vegetable broth |
| 1 tablespoon chopped fresh or 1 teaspoon dried rosemary leaves |
| 1 can (14 oz) artichoke hearts, drained, coarsely chopped |
| 1 box (9 oz) Green Giant® frozen chopped spinach, thawed, squeezed to drain |
| 1 jar (15 to 17 oz) roasted garlic Parmesan or Alfredo pasta sauce |
| 9 uncooked lasagna noodles |
| 3 cups shredded mozzarella cheese (12 oz) |
| 1 package (4 oz) crumbled herb-and-garlic feta cheese (1 cup) |
| Rosemary sprigs, if desired |
| Lemon wedges, if desired |

1. Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
2. Spray 12-inch skillet with cooking spray; heat over medium-high heat. Add onion and garlic; cook about 3 minutes, stirring occasionally, until onion is crisp-tender. Stir in broth and rosemary. Heat to boiling. Stir in artichokes and spinach; reduce heat. Cover; simmer 5 minutes. Stir in pasta sauce.
3. Spread 1/4 of the artichoke mixture in bottom of baking dish; top with 3 noodles. Sprinkle with 3/4 cup of the mozzarella cheese. Repeat layers twice. Spread with remaining artichoke mixture; sprinkle with remaining mozzarella cheese. Sprinkle with feta cheese.

4. Cover and bake 40 minutes. Uncover and bake about 15 minutes longer or until noodles are tender and lasagna is bubbly. Let stand 10 to 15 minutes before cutting. Garnish with rosemary sprigs and lemon wedges.

NUTRITION INFORMATION PER SERVING:

Calories 350, **Total Fat** 13 g (Sat. Fat 8 g, Trans Fat 0 g), **Cholesterol** 40 mg, **Sodium** 950 mg, **Carbs** 38 g, **Fiber** 5 g, **Sugars** 9 g, **Protein** 20 g
Exchanges: 2 Starch, 1 Vegetable, 1 Fat



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Oven-Fried Catfish with Creamy Orange Dipping Sauce



FISH		SAUCE	
1/2 cup low-fat buttermilk	1/4 teaspoon grated orange zest	1/2 teaspoon grated peeled gingerroot	
1/2 cup yellow cornmeal	1 tablespoon fresh orange juice	2 tablespoons snipped fresh mint (optional)	
2 teaspoons salt-free Cajun or Creole seasoning blend, (or 1 1/2 teaspoons chili powder and 1/2 teaspoon garlic powder)	3 tablespoons fat-free sour cream		
4 catfish fillets (about 4 ounces each), rinsed and patted dry	1 tablespoon plus 1 teaspoon sugar		
1/4 teaspoon salt	1 tablespoon light mayonnaise		
	1 tablespoon fresh lime juice		

1/2	teaspoon grated peeled gingerroot
2	tablespoons snipped fresh mint (optional)

3 ounces fish and 2 tablespoons sauce per serving Serves 4

NUTRITION INFORMATION Per serving:
211 Calories; 4.5 g Total Fat; 1 g Saturated Fat; 1.5 g Polyunsaturated Fat; 1.5 g Monounsaturated Fat; 69 mg Cholesterol; 245 mg Sodium; 22 g Carbohydrates; 1 g Fiber; 6 g Sugars; 21 g Protein
Dietary exchanges:
1 starch; 1/2 carbohydrate; 3 very lean meat

1. Preheat the oven to 425°F. Line a large baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
 2. Pour the buttermilk into a medium shallow dish. In a pie pan, stir together the cornmeal and seasoning blend. Set the dish, pie pan and baking sheet in a row, assembly-line fashion. Dip one piece of fish in the buttermilk, turning to coat and letting any excess drip off. Dip in the cornmeal mixture, turning to coat and gently shaking off any excess. Place on the baking sheet. Lightly spray the tops of the fish with cooking spray.
 3. Bake for 10 minutes, or until the fish is golden brown and flakes easily when tested with a fork. Remove from the oven. Sprinkle with the salt.
 4. Meanwhile, in a small bowl, whisk together the sauce ingredients. Refrigerate until serving time.
 5. Sprinkle the fish with the mint. Serve the sauce on the side.
- Cook's Tip:** Lightly spraying the fish with cooking spray causes the cornmeal coating to turn a richer, more golden color and adds a bit of crispness.

Tilapia with Smoky Pepper Sauce

4 tilapia or other mild, thin fish fillets (about 4 ounces each)	1/2 cup mild picante sauce (lowest sodium available)
1/2 teaspoon paprika	1/2-1 chipotle pepper canned in adobo sauce, finely chopped and mashed with a fork
1/4 teaspoon pepper	2 teaspoons olive oil
1 teaspoon canola or olive oil	1/4 teaspoon minced garlic
3/4 cup finely chopped roasted red bell peppers	

1. Rinse the fish and pat dry with paper towels. Sprinkle the paprika and pepper on both sides of the fish. In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the fish for 3 minutes on each side or until it flakes easily when tested with a fork. Transfer the fish to plates.
2. Meanwhile, in a small microwaveable bowl, stir together the remaining ingredients. Cover the bowl with plastic wrap. Microwave on 100 percent power (high) for 2 minutes, or until thoroughly heated. Spoon over the cooked fish.

NUTRITION INFORMATION Per serving:
151 Calories; 5.5 g Total Fat; 1 g Saturated Fat; 1 g Polyunsaturated Fat; 3 g Monounsaturated Fat; 57 mg Cholesterol; 329 mg Sodium; 3 g Carbohydrates; 0 g Sugars; 0 g Fiber; 23 g Protein
Dietary exchanges:
3 lean meat

3 ounces fish and 1/3 cup sauce per serving Serves 4



Tilapia with Smoky-Pepper Sauce recipe adapted with permission from "Love Your Heart," Copyright © 2007, Spinach-Stuffed Baked Salmon recipe adapted with permission from "Light & Easy Recipes," Copyright © 2008, Greek Fish Fillets with Fresh Tomatoes recipe adapted with permission from "Go Red For Women Recipe Collection," Copyright © 2009, Oven-Fried Catfish with Creamy Orange Dipping Sauce recipe adapted with permission from "Healthy Soul Food Recipes," Copyright © 2010. All Copyrights by the American Heart Association. All publications available for purchase online at ShopHeart.org.

Greek Fish Fillets with Fresh Tomatoes

2 tablespoons olive oil	1 large rib of celery, chopped
1/3 cup chopped onion	3 large garlic cloves, crushed or minced
10-12 ounces Italian plum (Roma) tomatoes, chopped	1 small carrot, thinly sliced
1 small bay leaf	1/4 teaspoon pepper
1/8 teaspoon (heaping) ground cinnamon	1/8 teaspoon salt
1/8 teaspoon salt	4 thin mild fish fillets, such as sole, cod or tilapia (about 4 ounces each), rinsed and patted dry
1 1/2-2 tablespoons fresh lemon juice	Snipped fresh parsley (optional)

1. In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the celery, onion and garlic for about 2 minutes, stirring constantly, adjusting the heat if necessary so the mixture doesn't brown.
2. Stir in the tomatoes, carrot, bay leaf, pepper, cinnamon and salt. Cook for 5 minutes.
3. Make four depressions in the tomato mixture. Place the fish in the depressions. Spoon the tomato mixture over the fish to cover. Cook for 3 to 5 minutes, or until the fish is almost done. There should be just a little resistance when you try to flake the fish with a fork. Remove from the heat.

4. Drizzle the fish with the lemon juice. Let stand, covered, for about 5 minutes so the fish finishes cooking and the flavors blend. Discard the bay leaf. Garnish with the parsley.

NUTRITION INFORMATION Per serving:
184 Calories; 8 g Total Fat; 1.5 g Saturated Fat; 1.5 g Polyunsaturated Fat; 5 g Monounsaturated Fat; 53 mg Cholesterol; 181 mg Sodium; 7 g Carbohydrates; 2 g Fiber; 4 g Sugars; 20 g Protein
Dietary exchanges:
1 1/2 vegetable; 3 lean meat

3 ounces fish per serving Serves 4



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