

Lemon-Garlic Marinated Shrimp

http://www.eatingwell.com/recipes/lemon_garlic_marinated_shrimp.html

From EatingWell: December 2006

Marinating precooked shrimp in garlic- and lemon-infused oil is a simple yet elegant appetizer.

12 servings | **Active Time:** 10 minutes | **Total Time:** 10 minutes

Ingredients

- 3 tablespoons minced garlic
- 2 tablespoons extra-virgin olive oil
- 1/4 cup lemon juice
- 1/4 cup minced fresh parsley
- 1/2 teaspoon kosher salt
- 1/2 teaspoon pepper
- 1 1/4 pounds cooked shrimp

Preparation

1. Place garlic and oil in a small skillet and cook over medium heat until fragrant, about 1 minute. Add lemon juice, parsley, salt and pepper. Toss with shrimp in a large bowl. Chill until ready to serve.

Nutrition

Per serving : 73 Calories; 3 g Fat; 0 g Sat; 2 g Mono; 92 mg Cholesterol; 1 g Carbohydrates; 10 g Protein; 0 g Fiber; 154 mg Sodium; 108 mg Potassium

Exchanges: 1 1/2 lean meat

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 2 hours.

Beef & Bean Chile Verde

http://www.eatingwell.com/recipes/beef_bean_chile_verde.html

From EatingWell: January/February 2008

Chile Verde, usually a slow-cooked stew of pork, jalapeños and tomatillos, becomes an easy weeknight meal with quick-cooking ground beef and store-bought green salsa. Make it a Meal: Serve with fresh cilantro, red onion and Monterey Jack. Add your favorite hot sauce.

4 servings, about 1 1/2 cups each | Active Time: 20 minutes | **Total Time:** 30 minutes

Ingredients

- 1 pound 93%-lean ground beef
- 1 large red bell pepper, chopped
- 1 large onion, chopped
- 6 cloves garlic, chopped
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/4 teaspoon cayenne pepper, or to taste
- 1 16-ounce jar green salsa, green enchilada sauce or taco sauce
- 1/4 cup water
- 1 15-ounce can pinto or kidney beans, rinsed

Preparation

1. Cook beef, bell pepper and onion in a large saucepan over medium heat, crumbling the meat with a wooden spoon, until the meat is browned, 8 to 10 minutes. Add garlic, chili powder, cumin and cayenne; cook until fragrant, about 15 seconds. Stir in salsa (or sauce) and water; bring to a simmer. Reduce heat to medium-low, cover and cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes. Stir in beans and cook until heated through, about 1 minute.

Nutrition

Per serving :307 Calories; 8 g Fat; 3 g Sat; 3 g Mono; 64 mg Cholesterol; 29 g Carbohydrates; 27 g Protein; 6 g Fiber; 516 mg Sodium; 641 mg Potassium

1 1/2 Carbohydrate Serving

Exchanges: 1 starch, 2 vegetable, 3 lean meat

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 3 days. Reheat just before serving.

White Turkey Chili

http://www.eatingwell.com/recipes/white_turkey_chili.html

From *EatingWell*: September/October 2013

This healthy white turkey chili recipe is gorgeous, with flecks of green from zucchini, oregano and green chiles. To keep the saturated fat low, we use one pound of ground turkey and add whole-grain bulgur to boost the volume and fiber in this chili recipe. After all the ingredients are added to the pot, we like to slowly simmer our chili for close to an hour to develop the best flavor, but if you're in a hurry, reduce the liquid by half and simmer for 20 to 25 minutes.

6 servings, about 1 1/2 cups each | Active Time: 40 minutes | **Total Time:** 1 1/2 hours

Ingredients

- 3 tablespoons extra-virgin olive oil or canola oil
- 1 pound 93%-lean ground turkey
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 medium zucchini, diced (about 3 1/2 cups)
- 1/2 cup bulgur
- 2 tablespoons dried oregano
- 4 teaspoons ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon white pepper
- 1/4 teaspoon salt
- 2 15-ounce cans no-salt-added white beans, rinsed
- 2 4-ounce cans green chiles, mild or hot
- 4 cups reduced-sodium chicken broth

Preparation

1. Heat oil in a Dutch oven over medium-high heat. Add ground turkey, onion and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
2. Add zucchini and cook, stirring occasionally, until the zucchini is starting to soften, 5 to 7 minutes.
3. Add bulgur, oregano, cumin, coriander, white pepper and salt and cook, stirring, until aromatic, 30 seconds to 1 minute.
4. Stir in white beans and chiles, then pour in broth; bring to a boil.
5. Reduce heat to a simmer, partially cover the pot and cook, stirring occasionally, until the liquid is reduced and thickened and the bulgur is tender, about 50 minutes.

Nutrition

Per serving :356 Calories; 14 g Fat; 2 g Sat; 5 g Mono; 43 mg Cholesterol; 35 g Carbohydrates; 26 g Protein; 10 g Fiber; 722 mg Sodium; 898 mg Potassium

2 Carbohydrate Serving

Exchanges: 1 1/2 starch, 1 vegetable, 2 medium fat meat, 1 lean meat, 1 1/2 fat

Steak-&-Boursin-Wrapped Bells

http://www.eatingwell.com/recipes/steak_boursin_wrapped_bells.html

From EatingWell: December 2005/January 2006

For an even quicker preparation, try deli roast beef.

16 pieces | Active Time: 10 minutes | Total Time: 10 minutes

Ingredients

- 16 thin slices grilled steak, such as filet mignon (about 8 ounces)
- 1 cup light Boursin cheese, divided
- 4 ounces thinly sliced bell pepper

Preparation

1. Spread each steak slice with 1 teaspoon Boursin cheese and top with bell pepper slices. Roll the steak around the bell pepper slices.

Nutrition

Per piece :37 Calories; 2 g Fat; 1 g Sat; 0 g Mono; 13 mg Cholesterol; 1 g Carbohydrates; 5 g Protein; 0 g Fiber; 34 mg Sodium; 66 mg Potassium

Exchanges: 1 lean meat

Marinated Olives with Lemon, Thyme & Rosemary

http://www.eatingwell.com/recipes/marinated_olives_with_lemon_thyme_rosemary.html

From *EatingWell*: March/April 1995

Marinating olives in aromatic herbs and a touch of lemon zest is an ideal way to enhance their flavor. Throughout the Mediterranean, bowls of them are routinely set out as appetizers or as a simple lunch with bread and perhaps some cheese or fruit. While a selection of olives of varying sizes, colors and cures is the most interesting, you can also simply use the one or two kinds most readily available.

16 servings, about 1/4 cup each | Active Time: 5 minutes | **Total Time:** 5 minutes plus marinating time

Ingredients

- 4 cups mixed olives of your choice
- 1 tablespoon fresh thyme leaves, or 1 teaspoon dried
- 6 sprigs fresh rosemary, or 2 tablespoons dried
- 2 tablespoons lemon juice
- Zest of 1/2 lemon, cut into thin slivers
- 4 cloves garlic, peeled and cut into slivers
- 1/4 cup extra-virgin olive oil
- Freshly ground pepper, to taste

Preparation

1. Combine olives, thyme, rosemary, lemon juice, lemon zest, garlic, oil and pepper in a medium bowl and mix well. Cover and refrigerate for 1 to 2 days, stirring several times. Serve with pita or other flatbread or French or Italian bread.

Nutrition

Per 1/4 cup serving : 162 Calories; 15 g Fat; 2 g Sat; 3 g Mono; 0 mg Cholesterol; 6 g Carbohydrates; 0 g Protein; 0 g Fiber; 770 mg Sodium; 6 mg Potassium

1/2 Carbohydrate Serving

Exchanges: 3 fat

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for several weeks.

Turkish Red Pepper Spread

http://www.eatingwell.com/recipes/turkish_red_pepper_spread.html

From *EatingWell: May/June 1997, The Essential EatingWell Cookbook (2004)*

Enriched with walnuts and olive oil, a jar of roasted peppers quickly turns into muhammara, a spread from southeast Turkey. Serve on Toasted Pita Crisps or crisp sesame crackers

About 3/4 cup | Active Time: 15 minutes | Total Time: 15 minutes

Ingredients

- 1/4 cup chopped walnuts
- 1 7-ounce jar roasted red peppers, rinsed
- 1/2 cup fresh breadcrumbs, (see Tip)
- 1 large clove garlic, crushed
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice, or to taste
- 1 1/2 teaspoons ground cumin
- 1/4 teaspoon crushed red pepper
- Salt

Preparation

1. Toast walnuts in a small dry skillet over medium heat, stirring, until fragrant, 2 to 3 minutes. Transfer to a small bowl and let cool.
2. Combine all ingredients in a food processor and process until smooth. Adjust seasoning with more lemon juice and salt, if desired.

Nutrition

Per tablespoon :41 Calories; 3 g Fat; 0 g Sat; 1 g Mono; 0 mg Cholesterol; 4 g Carbohydrates; 1 g Protein; 1 g Fiber; 115 mg Sodium; 14 mg Potassium

Exchanges: 1/2 vegetable, 1/2 fat

Tips & Notes

- **Tip:** To make fresh breadcrumbs: Trim crusts from firm sandwich bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about 1/3 cup crumbs.

Oven-Fried Zucchini Sticks

http://www.eatingwell.com/recipes/oven_fried_zucchini.html

From *EatingWell: August/September 2005, EatingWell for a Healthy Heart Cookbook (2008)*

Our oven-baked zucchini sticks taste every bit as good as their deep-fried brethren with only a fraction of the fat and calories. Serve with a side of your favorite marinara sauce for dipping.

4 servings | Active Time: 20 minutes | **Total Time:** 40 minutes

Ingredients

- Canola or olive oil cooking spray
- 1/2 cup whole-wheat flour
- 1/2 cup all-purpose flour
- 2 tablespoons cornmeal
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 1/2 pounds zucchini, (about 3 medium), cut into 1/2-by-3-inch sticks
- 2 large egg whites, lightly beaten

Preparation

1. Preheat oven to 475°F. Coat a large baking sheet with cooking spray.
2. Combine flours, cornmeal, salt and pepper in a large sealable plastic bag. Dip zucchini in egg white, shake in the bag to coat, and arrange, not touching, on the baking sheet. Coat all exposed sides with cooking spray.
3. Bake on the center rack for 10 minutes. Turn the zucchini and coat any floury spots with cooking spray. Continue to bake until golden and just tender, about 8 to 10 minutes more. Serve hot.

Nutrition

Per serving : 127 Calories; 2 g Fat; 0 g Sat; 0 g Mono; 0 mg Cholesterol; 23 g Carbohydrates; 7 g Protein; 4 g Fiber; 427 mg Sodium; 524 mg Potassium

1 1/2 Carbohydrate Serving

Exchanges: 1 starch, 1 1/2 vegetable

Black Bean Dip

http://www.eatingwell.com/recipes/black_bean_dip.html

From *EatingWell: November/December 1994, The Essential EatingWell Cookbook (2004)*

This lively dip can be made in minutes. Serve with baked tortilla chips.

About 1 1/2 cups | Active Time: 10 minutes | Total Time: 10 minutes

Ingredients

- 1 19-ounce or 15-ounce can black beans, rinsed
- 1/2 cup prepared salsa, hot or mild
- 2 tablespoons fresh lime juice
- 2 tablespoons chopped fresh cilantro
- 1/4 teaspoon ground cumin
- Salt & freshly ground pepper, to taste

Preparation

1. Combine black beans, salsa, lime juice, cilantro and cumin in a food processor. Process until smooth. Season with salt and pepper.

Nutrition

Per tablespoon :17 Calories; 0 g Fat; 0 g Sat; 0 g Mono; 0 mg Cholesterol; 3 g Carbohydrates; 1 g Protein; 1 g Fiber; 53 mg Sodium; 2 mg Potassium

Exchanges: free food