

Good for you Chicken Stew

Made the Tuscan way

30 Minutes or less!



You will need

- ½ teaspoon dried rosemary, crushed
- ½ teaspoon of salt *optional
- ¼ teaspoon of black pepper
- 1 pound of skinned, boned chicken breast, cut into (1-inch) pieces
- 2 teaspoons of olive oil
- 2 teaspoons of bottled minced garlic (you can use fresh also)
- ½ cup fat-free, low sodium chicken broth
- 1 (15.5 ounce) can cannellini beans or other white beans, rinsed and drained
- 1 (7 ounce) bottle roasted red bell peppers, drained and cut into ½ inch pieces
- 3 ½ cups of torn spinach

What to do

Combine first 4 ingredients, toss well. Heat oil in a nonstick skillet over medium high heat. Add chicken, sauté 3 minutes. Add garlic, sauté 1 minute. Add broth, beans, and peppers, bring to a boil. Reduce heat and simmer 10 minutes or until chicken is done. Stir in spinach, simmer 1 minute.

Yields: 4 servings

Serving Size is 1 cup

Nutrition info

Calories– 290
Fat– 5.9g (sat 0.9g, mono 2.4g, poly 1.4g)
Protein– 34.8g
Carbohydrates– 25.1g
Fiber– 5.1g
Cholesterol– 66mg
Iron– 4.5 mg
Sodium– 612 mg
Calcium– 110 mg

Lisa Lynn's Super Swordfish



You will need

2 teaspoons grated lime rind
½ cup fresh lime juice (about 2 limes)
¼ cup of honey
2 tablespoons bottled fresh ground ginger
2 tablespoons of minced green onions
1-tablespoon low-sodium soy sauce
2 teaspoons bottled minced garlic
4 (6 ounce) swordfish steaks (about ¾ inch thick)
¼ teaspoon salt *Optional
¼ teaspoon black pepper
Cooking spray

What to do

1. Preheat broiler
2. Combine the first 7 ingredients in a small saucepan. Dip each steak into lime mixture to coat.
3. Place fish on a broiler pan coated with cooking spray. Sprinkle with salt and pepper. Broil 10 minutes or until fish flakes easily when tested with fork.
4. While fish cooks, place limejuice mixture over medium heat, cook until reduced by ½ (about 8 minutes). Serve sauce with fish.

Yields 4 servings

(serving size:1 swordfish steak and 2 tablespoons of sauce)

Nutrition info

Calories– 235
Fat 5.2– (sat fat 1.4g, mono 2g, poly 1.2 g)
Protein– 25.8g
Carbohydrates (the good ones)– 22g
Fiber– 0.6g
Cholesterol– 50mg
Iron– 1.3 mg
Sodium– 397mg
Calcium– 15mg

Lisa Lynn's Vegetable Delight

The best part about this dish is that you can have as much as you want without wrecking your diet!



You will need

Cooking spray
2 teaspoons minced peeled fresh ginger
2 garlic cloves, minced
1 cup diced oyster mushroom caps (about 3 ounces)
1 (8-ounce) package Thai-style flavored baked tofu, julienne
***Tofu is optional*
½ cup carrots, julienne
½ cup frozen whole kernel corn
½ cup canned whole water chestnuts
1 Tablespoon low sodium soy sauce
1-½ teaspoons rice vinegar
2/3 cup cut green onions, julienne style
1-teaspoon dark sesame oil
¼ teaspoon black pepper
1/8 teaspoon salt

What to do

Begin by heating a large skillet or wok coated with cooking spray over medium-high heat. Add ginger and garlic, stir-fry 30 seconds. Add mushrooms and tofu, stir-fry 2 minutes. Add carrots, corn, and water chestnuts, stir-fry 1 minute. Stir in soy sauce and vinegar, cook 2 minutes. Stir in green onions, sesame oil, pepper, and salt.

Yields 8

(serving size is 1.2 cup)

Nutrition info

Calories– 235
Fat 5.2– (sat fat 1.4g, mono 2g, poly 1.2 g)
Protein– 25.8g
Carbohydrates (the good ones)– 22g
Fiber– 0.6g
Cholesterol– 50mg
Iron– 1.3 mg
Sodium– 397mg
Calcium– 15mg

Tasty Turkey Patties with Piquant Sauce

Ready in less than 20 minutes!



You will need

- 1 pound freshly ground turkey breast
- ½ cup chopped purple onion (about 1 small one)
- 1 tablespoon dried parsley flakes
- 2 tablespoons plain nonfat yogurt
- Cooking spray
- 2 tablespoons brown sugar
- 2 tablespoons reduced-calorie ketchup
- 1 teaspoon dry mustard

What to do

1. Combine first 4 ingredients in a large bowl, mixing well. Shape mixture into 4 patties.
2. Place patties on rack of a broiler pan coated with cooking spray; broil 3 inches from heat (with electric oven door partially opened) 4 to 5 minutes on each side or until done.
3. While patties broil, combine sugar, ketchup, and dry mustard, stirring well. Spread mixture evenly over tops of patties; broil 30 additional seconds or just until ketchup mixture begins to bubble.

Yields 4 patties

Serve with steamed green beans and baby carrots.

For weight maintenance you may serve on a low carb whole-wheat hamburger roll.

Nutrition info

Calories– 177
Fat– 4.5g (1.4 saturated)
Carbohydrates– 7.0g
Protein– 25.4g
Fiber– 0.3g
Cholesterol– 64 mg
Sodium– 69mg
Calcium– 43mg
Iron– 1.8mg

The Slim Fajita

Ready in less than 20 minutes!



You will need

Cooking spray
1 pound chicken breast tenders, uncooked
1 tablespoon of limejuice
4 (8 inch) fat free/low carb flour tortillas
4 green lettuce leaves
 $\frac{3}{4}$ cup thick and chunky salsa
 $\frac{1}{4}$ cup nonfat sour cream

What to do

Coat a large nonstick skillet with cooking spray, and place over medium-high heat until hot. Add chicken, and cook 5 minutes or until chicken is done, stirring often. Add limejuice; cook 1 additional minute, tossing chicken well.

Wrap tortillas in plastic wrap, and microwave at high 30 seconds or until heated. Place a lettuce leaf on each tortilla; arrange chicken evenly over lettuce. Spoon salsa evenly over chicken; roll up each tortilla. Spoon 1-tablespoon fat free sour cream over each fajita. Serve immediately.

Yields 4

Nutrition info

Calories– 308
Carbohydrates– 30.2
Fat– 3.6g
Protein– 35.9g
Fiber– 1.7g
Cholesterol– 83mg
Sodium– 769mg
Calcium– 18mg
Iron– 1.1mg

Very Quick Vegetarian Chili



You will need

2 teaspoons canola oil
1 cup chopped onion
1 cup chopped re bell pepper
2 teaspoons chili powder
1-teaspoon ground cumin
1 teaspoon dried oregano
3 garlic cloves minced
1 (4.5 ounce) can chopped green chilies
2/3 cup uncooked quick-cooking barley
¼ cup of water
1 (15 ounce) can black beans drained
1 (14.5 ounce) can no salt added diced tomatoes, undrained
1 (14 ½ ounce) can vegetable broth
3 tablespoons chopped fresh cilantro
6 tablespoons fat free sour cream
6 Lime wedges
18 baked tortilla chips
Avocado salsa

What to do

Heat oil in a Dutch oven over medium-high heat. Add onion and bell pepper, sauté 3 minutes. Add chili powder and next 4 ingredients; cook 1 minute. Stir in barley and next 4 ingredients; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until barley is tender. Stir in cilantro. Serve with non-fat sour cream, lime wedges, baked chips, and avocado salsa.

Yields 6 servings

Nutrition info

Calories– 313
Fat– 10g *Good fats (sat 2.2g, mono 4.8g, poly 1.6g)
Protein– 9.6g
Carbohydrates– 50.4g
Fiber– 9.5g
Iron– 3.4g
Sodium– 814mg
Calcium– 100mg