



Healthy You Recipe Corner



Tropical Cucumber Salad

195 calories

- 2 teaspoons lime juice
- 1 teaspoon of olive oil
- 2 teaspoons of Splenda
- 1 teaspoon of rice vinegar
- ¼ teaspoons crushed red pepper
- 1 medium English cucumber, cut ¾-inch dice
- 1 avocado, cut into ¾-inch dice
- 1 mango, cut into ¾ inch dice
- ¼ cup chopped fresh cilantro

Preparation:

- Whisk lime juice, Splenda, olive oil, and crushed red peppers in a large bowl until combined.
- Dice cucumbers and mangos into ¾ inch cube pieces and combine in a large bowl.
- Dice avocado into ¾ inch pieces and add to cucumber and mango blend.
- Combine all ingredients and top with diced cilantro. Garnish with lime zest.

Teriyaki Glazed salmon

375 Calories

- 1 Salmon filet
- ¼ cup of Low-sodium teriyaki sauce
- ½ cup of Sesame seeds
- 2 large Zucchini
- 2 teaspoons Olive oil
- ½ cup of diced Scallions

Preparation:

- Combine 5 tablespoons of teriyaki sauce and salmon in a zip-top plastic bag.
- Seal and marinate for 20 minutes.
- Toast sesame seeds in a large nonstick skillet over heat and set aside.

- Drain fish, and discard marinade.
- Add fish to skillet, and cook for five minutes. Turn and cook for 5 more minutes over medium heat.
- Remove from skillet and keep warm.
- Add zucchini, scallions, and 2 teaspoons of olive oil to skillet.
- Sauté for 4 minutes or until zucchini is light brown.
- Sprinkle with sesame seeds and service with salmon.

Mediterranean Kabobs

For marinade:

2 tbsp. olive oil

1 tbsp garlic minced (2-3 cloves)

2 tbsp. lemon juice

1 tbsp. fresh parsley, rinsed, dried, and chopped or (1 tsp dried)

½ tsp salt

Kabobs:

6 oz. top sirloin or other beef steak cubes (12 cubes)

6 oz. boneless, skinless chicken breast, cut into ¾-inch squares (12 pieces)

12 cherry tomatoes rinsed

1 (4oz) red bell pepper, rinsed and cut into ¾ inch squares (12 squares)

12 wooden or metal skewers, each 6 inches long

Preparation:

- Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
- Combine ingredients for marinade and divide between two bowls (one bowl to marinate the raw meat and one bowl for cooking and serving).
- Mix beef, chicken, onion, tomatoes and red pepper cubes in one bowl of the marinade and let sit. After 5 minutes, discard remaining marinade.
- Place one piece of beef, chicken, tomato, onion, and red pepper on each of the 12 skewers.
- Grill or broil on each of the four sides 2-3 minutes or until completely cooked (min. internal temp 145 for beef and 165 for chicken).
- Spoon most of the second half of the marinade over the kabobs while cooking.
- Serve three skewers per serving. Drizzle the remaining marinade on top of each kabob before serving. Serve with orzo pasta or brown rice for extra delicious options.

Caribbean Red Snapper

2 Tsp. olive oil
1 Medium Onion
½ cup red pepper chopped
½ cup dry white wine
¾ pound red snapper fillet
1 large tomato
2 Tbsp. pitted ripe olives, chopped

Preparation:

- In a large skillet, heat olive oil over medium heat. Add onion, red pepper, carrots, and garlic.
- Sauté mixture for 10 minutes.
- Add wine and bring to boil and push vegetables to one side of the pan.
- Arrange fillets in a single layer in center of skillet.
- Cover and cook for 5 minutes.
- Add tomato and olives. Top with parsley and cook for an additional 3 minutes.

Chunky Ratatouille Pasta

Calories: 286

Serves 4; ¾ cup pasta and 1 cup vegetable mix per serving

16 oz. frozen bell pepper stir-fry mix
14.5 oz. can no salt added stewed tomatoes undrained
1 medium rib of celery, sliced crosswise
2 tsps. dried Italian seasoning, crumbled
½ tsp sugar
1/8 tsp crushed red pepper flakes
2 tsps. olive oil
½ tsp salt
6 oz. dried whole wheat rotini
½ cup shredded low-fat mozzarella cheese
2 tsp shredded or grated parmesan cheese

Preparation:

- Sauté the bell pepper mix, undrained tomatoes, celery, Italian seasoning, sugar, and red pepper flakes in a skillet.
- Increase the heat to high and bring it to a boil.
- Reduce the heat and simmer. Cover for 45 minutes or until onions are soft, stir occasionally.
- Remove from heat and stir in oil and salt. Let stand 5 minutes.

- Meanwhile, prepare the pasta, omit salt. Drain and serve pasta with vegetable mix on top. Sprinkle mozzarella and parmesan.

Smoked Turkey Chili Verde

Calories: 190

Serves: 6 bowls

Cook Time: 55 minutes

¾ pound lean ground turkey breast

1 large onion, chopped

1 green bell pepper, chopped

3 garlic cloves, minced

1 (12 oz.) jar of low-sodium tomatillo salsa (such as Garlic Survival Co.)

¾ cup of water

2 chipotle peppers in adobo sauce chopped (optional)

1 tsp ground cumin

1 (15oz.) can of no salt added black beans, rinsed, and drained

½ cup of chopped fresh Cilantro

6 tbsp. of shredded reduced-fat Cheddar Cheese

6 tbsp. thinly sliced scallions

Preparation:

- Spray a large nonstick saucepan with cooking spray and set over medium-high heat.
- Add turkey, onion, bell pepper, garlic, and sauté.
- Break up the turkey with a wooden spoon, stirring occasionally, until the turkey is browned and the vegetables are softened. This should take approximately 10 minutes.
- Add salsa, water, chipotle peppers, and cumin and bring to a boil.
- Reduce heat and simmer with cover on until the flavors are blended and the chili thickens slightly. This should take approximately 30 minutes.
- Stir in beans and return to a boil.
- Reduce heat and simmer. Remove from heat and stir in cilantro.
- Top each serving with 1 tbsp. of cheese and 1 tbsp. of scallions and serve.

Curried Butternut Squash Soup

Calories: 221

Serving Size: 5

Cook Time: 30 minutes

1 tablespoon olive oil
1 medium onion, chopped
2 cloves garlic, minced
2 1/2 pounds butternut squash, peeled, seeded and cut into 1-inch cubes
2 cups low-sodium chicken or vegetable broth
1 tablespoon plus 2 teaspoons curry powder
2 tablespoons honey
3 tablespoons plain nonfat yogurt

Preparation:

- Heat oil over medium heat in a 6-quart stockpot
- Add onions and sauté until they begin to soften, about 5 minutes.
- Add garlic and sauté for 2 minutes more. Add squash, broth, curry powder, and bring to a boil
- Reduce heat and simmer uncovered until squash is tender, 12 to 15 minutes.
- Remove from heat, stir in honey, and puree with a mixer or in batches in a blender until smooth
- Ladle into serving bowls and drizzle yogurt over each serving.