



Healthy You Recipe Corner



Baja Turkey Chili

259 Calories

2 tablespoons: olive oil
2 cups: chopped onion
2 cups: chopped celery
2 quarts: pulled or cooked turkey breast, chopped
50 ounces: white kidney beans, rinsed and well drained
44 ounces: white shoe-peg corn, undrained
8 ounces: green chilies, chopped
2 quarts: turkey broth
2 teaspoons: ground cumin
3 cups: shredded monterey jack cheese
1 bunch: fresh cilantro sprigs
As needed: tortilla chips

Preparation:

- In a medium stock pot, heat oil over medium heat.
- Add onion and celery, cook and stir until vegetables are tender.
- Stir in turkey, beans, corn, chilies, broth and cumin. Combine well.
- Cover and cook about 20-30 minutes, stirring occasionally until heated through.
- Serve 8 ounces per serving and garnish with cheese and cilantro.
- Serve with tortilla chips, if desired (not included in nutritional information).

Bean and Vegetable Stew

259 Calories

1 cup chopped onion
1 medium Idaho potato, unpeeled, cut into 1-inch cubes
1 large sweet potato, peeled, cut into 1-inch cubes
3/4 cup chopped green bell pepper
1 teaspoon minced garlic
2 tablespoons olive oil
1 tablespoon flour
1-1/2 cups reduced-sodium vegetable broth
1 can (15 ounces) black beans, rinsed, drained
1 can (16 ounces) tomato wedges, undrained
3/4 teaspoon dried sage leaves
1 tsp Salt and pepper, to taste

Preparation

- Saute onion, potato, sweet potato, bell pepper, and garlic in oil in large saucepan 5 minutes; stir in flour and cook 1 to 2 minutes longer.
- Add remaining ingredients, except salt and pepper, to saucepan; heat to boiling.
- Reduce heat and simmer, covered, until vegetables are tender, 15 to 20 minutes.
- Season to taste with 1 tsp. salt and pepper.

Beef Ribeye and Root Vegetables

403 Calories

1 beef ribeye roast, small end, (about 4 to 6 pounds)
2 tablespoons vegetable oil
3 to 4 medium baking potatoes, cut into quarters (about 4-1/2 cups)
2 large sweet potatoes, cut in half, then cut into quarters (about 4-1/2 cups)
4 to 5 small onions, cut in half (about 3 cups)

Seasoning:

3 tablespoons minced fresh rosemary or 1 tablespoon dried rosemary
6 cloves garlic, minced
1-1/2 teaspoons salt
1-1/2 teaspoons dry mustard
1-1/2 teaspoons cracked black pepper

Preparation:

- Heat oven to 350F. Combine seasoning ingredients; press 3 tablespoons mixture evenly onto all surfaces of beef roast. Combine remaining seasoning mixture with oil in large bowl; set aside.
- Place roast, fat side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 350F oven 1-3/4 to 2 hours for medium rare; 2 to 2-1/2 hours for medium doneness.
- Meanwhile add vegetables to seasoning mixture in bowl; toss to coat. Transfer vegetables to metal baking pan. Place in oven with beef roast and roast 1-1/2 to 2 hours or until vegetables are tender, stirring once.
- Remove roast when meat thermometer registers 135F for medium rare; 150F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10F to reach 145F for medium rare; 160F for medium.)
- Carve roast into slices. Serve with vegetables.

Chicken and Almond Stew

279 Calories

1 tablespoon olive oil
1/2 cup chopped onion
2 cups low-fat, low-sodium chicken broth
1 cup diced canned tomatoes, drained
2 tablespoons slivered almonds
1 teaspoon chili powder
1/4 teaspoon cayenne pepper
1/2 teaspoon cinnamon
1 pound cubed cooked deli chicken
1 (15 ounce) can black beans, rinsed and drained

Preparation

- In a large stockpot over medium-high heat, heat the oil. Add the onion and saute for 3-5 minutes, stirring occasionally.
- Add the broth, tomatoes, almonds, and spices. Bring to a boil, lower the heat, and simmer for 30 minutes. Add the chicken and beans and simmer for 10 more minutes.

Chicken and Skinny Rice Soup

98 Calories

8 Cup low-sodium chicken broth, divided
1 medium onion, chopped
3 medium carrots, chopped
2 stalks celery, chopped
2 Cup water
2 8 oz. packages Skinny "Rice" Shirataki
1 small chicken breast, cut into 1/2-inch cubes (or turkey breast)
1 cup kale*, thick stems removed and leaves chopped
*Substitute baby spinach leaves if desired

Directions

- In a large pot over medium-high heat, bring 1/2 cup broth to a simmer.
- Add onion, carrots and celery and cook about 8 minutes or until onion is translucent, stirring occasionally.
- Add remaining 7-1/2 cups broth, water, Skinny Rice, and chicken.
- Bring to a boil. Reduce heat to a simmer, cover and cook about 35 minutes or until chicken is cooked through.
- Stir in kale. Continue cooking just until kale is wilted and tender, 3 to 5 minutes.
- Chicken Stew with Red Wine
- Servings: 4