

HEALTHY COOKING!

Recipe: Fruit smoothies

Dietitian's tip: Orange juice is an excellent source of potassium, a mineral that helps to regulate blood pressure and cell function. If you want to substitute a banana instead of the orange juice, the potassium content is similar.

SERVES 2

Ingredients

1 cup fat-free vanilla frozen yogurt
3/4 cup fat-free milk
1/4 cup frozen orange juice concentrate



Directions

In a blender, combine the frozen yogurt, milk and orange juice concentrate. Blend until smooth.

Pour into tall frost-chilled glasses and serve immediately.

Recipe: White bean dip

Dietitian's tip: To roast garlic, cut off the tops of several heads of garlic exposing the cloves. Spray the garlic generously with cooking spray. Wrap in aluminum foil also sprayed with cooking spray. Heat the oven to 350 F and roast about 30 minutes.

SERVES 8

Ingredients

1 can (15 ounces) white (cannellini) beans, rinsed and drained
8 garlic cloves, roasted
2 tablespoons olive oil
2 tablespoons lemon juice



Directions

In a blender or food processor, add the beans, roasted garlic, olive oil and lemon juice. Blend until smooth. Serve on top of thin slices of toasted French bread or pita triangles. This is also excellent placed on top of red (sweet) bell peppers cut into squares.

Nutritional Analysis

(per serving)

Serving size: 2 tablespoons

Calories	109	Cholesterol	0 mg
Protein	5 g	Sodium	105 mg
Carbohydrate	15 g	Fiber	3 g
Total fat	4 g	Potassium	314 mg
Saturated fat	trace	Calcium	53 mg
Monounsaturated fat	3 g		

Recipe: Sautéed zucchini coins

Dietitian's tip: Instead of breaded and fried, these zucchini slices are lightly sautéed and tossed with herbs. This reduced-fat version also features olive oil, which is mainly monounsaturated fat.

SERVES 4

Ingredients

1 tablespoon olive oil
2 cups thinly sliced yellow zucchini
2 cups thinly sliced green zucchini
1 teaspoon olive oil
2 tablespoons fresh oregano
2 scallions, chopped
2 tablespoons lemon juice



Directions

In a large, nonstick frying pan, heat the oil over medium heat. Add the zucchini slices and sauté until their colors intensify, about 5 minutes. Add the oil, oregano and scallions and stir well evenly mixed.

Transfer to a serving bowl. Sprinkle with lemon juice and serve immediately.

Nutritional Analysis

(per serving)

Serving size: 1 cup

Calories	51	Cholesterol	0 mg
Protein	2 g	Sodium	13 mg
Carbohydrate	5 g	Fiber	1 g
Total fat	4 g	Potassium	328 mg
Saturated fat	trace	Calcium	24 mg
Monounsaturated fat	2 g		

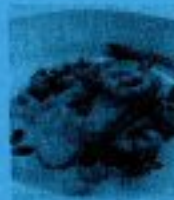
Recipe: Broiled trout with tomato and red onion relish

Dietitian's tip: The American Heart Association recommends two servings of fish every week. Trout is a good source of omega-3 fatty acids, which help keep blood from forming clots and protect against irregular heartbeats that may cause heart attack.

SERVES 4

Ingredients

3 cups cherry tomatoes, halved
1 teaspoon olive oil
1/4 cup chopped red onion
1/4 cup balsamic vinegar
1 teaspoon light molasses
1 tablespoon grated lemon zest
1 tablespoon chopped fresh flat-leaf (Italian) parsley
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 teaspoon chopped fresh thyme
4 trout filets, each 5 ounces



Directions

Preheat the broiler (grill). Position the rack 4 inches from the heat source.

Arrange the tomatoes cut side down on a baking sheet lined with aluminum foil or parchment (baking) paper. Broil (grill) until the skins wrinkle and begin to brown, about 5 minutes. Set aside and leave the broiler on.

In a frying pan, heat the olive oil over medium-high heat. Add the onion and sauté until soft and translucent, about 4 minutes. Add the vinegar and molasses and bring to boil. Reduce the heat to medium and simmer until slightly reduced, about 2 minutes. Add the broiled tomatoes, lemon zest, parsley, 1/4 teaspoon of the salt and the pepper. Stir to combine. Remove from the heat, set aside and keep warm.

Lightly coat a broiler pan with olive oil cooking spray. Sprinkle the thyme and the remaining 1/4 teaspoon salt over the filets and place on the prepared pan. Broil (grill) until the fish is opaque throughout when tested with the tip of a knife, about 5 minutes. Transfer to warmed individual plates and serve topped with the warm tomato relish.

Nutritional Analysis

Protein	31 g	Sodium	359 mg
Carbohydrate	10 g	Fiber	2 g
Total fat	10 g	Potassium	853 mg
Saturated fat	3 g	Calcium	108 mg
Monounsaturated fat	4 g		

Recipe: Wild rice pilaf with cranberries and apples

Dietitian's tip: Not a true rice at all, wild rice is the unpolished kernels of a wild grass native to the Great Lakes area. Wild rice is cooked differently from true rices — it requires boiling in a larger quantity of water.

SERVES 4

Ingredients

1/4 cup slivered almonds
3 cups water
1 1/2 cups wild rice, rinsed and drained
1/2 cup dried cranberries
2 tablespoons olive oil
1 tablespoon red wine vinegar
1 tablespoon sugar
2 Granny Smith apples, cored and diced



Directions

Preheat the oven to 325 F. Lightly coat a baking sheet with cooking spray.

Spread the almonds on the baking sheet and bake, stirring occasionally, until golden and fragrant, about 10 minutes. Transfer immediately to a plate to cool.

In a medium saucepan, bring 3 cups of water to a boil. Add the rice. Reduce heat and cover. Keep adding water as necessary to prevent the rice from drying out. Simmer until the rice is tender, about 45 to 60 minutes. Pour through a fine-meshed strainer to drain. Return the rice to the saucepan and stir in the dried cranberries. Cover and set aside.

In a small bowl, whisk together the oil, vinegar and sugar.

In a large bowl, combine the rice and diced apples. Add the oil mixture and toss to coat evenly. Serve warm or cold on individual plates. Top with toasted almonds.

Nutritional Analysis

(per serving)

Calories	193	Cholesterol	0 mg
Protein	5 g	Sodium	5 mg