

Chicken and wild mushroom fricassee



6 oz chicken breast, trimmed and ready to cook
4 whole cremini mushrooms
2 tbsp. chopped onion
1/8 cup low sodium chicken broth
2 pinches salt
1 pinch pepper
1 sprig fresh thyme
1 tsp olive oil

- Season chicken and sear in saute pan with olive oil, finish in 400°F (204°C) oven for approximately 10 minutes until internal temperature reaches 165°F (74°C)
- After chicken is cooked, take breast out of pan, and place pan back on heat. Add onion and saute for 2 minutes, then add chopped cremini mushrooms.
- Saute mushroom for 2-3 minutes, season with salt and pepper and thyme, and add chicken stock
- Simmer for about 5 minutes and top over sliced chicken breast

Calories: 336
Fat: 14 grams
Protein: 32 grams



Chilli-lime marinated chicken breast



6 oz chicken breast, trimmed and ready to cook

1 tsp. chilli paste

2 tbsp. fresh lime juice

1/2 tsp. olive oil

1 clove garlic

1 tbsp. cilantro

1 pinch salt

1 pinch pepper

- Zest and juice lime and place into blender. Add garlic, cilantro, oil and chilli paste, blend until smooth adding just enough water to help puree.
- Make slits in chicken breast to allow marinade to permeate, and pour over breast.
- Marinate for 1/2 hour minimum, grill or roast in 400°F (204°C) oven for 10 minutes, until internal temperature reaches 165°F (74°C).
- Slice and serve

Calories: 244

Fat: 7 grams

Protein: 32 grams



Grilled Flank steak with rosemary and red wine sauce



6 ounce portion of flank steak, fat free and ready to cook
3 tbsp. red wine
1 sprig rosemary
1 clove crushed garlic
1 pinch salt
1 pinch pepper
2 tbsp. low sodium beef broth
1 tsp. olive oil

- Season steak with salt and pepper
- Heat up heavy saute pan, add oil, wait until light smoke appears in pan, about 1 minute
- Place steak in pan and sear until both sides are browned, about 2 minutes a side
- Place into 400°F (204°C) oven for 8 minutes and take out of pan
- In same saute pan, add red wine and rosemary, reduce by half and add beef stock, reduce by half and set aside
- Slice steak and pour sauce over slices

Calories: 390
Fat: 23 grams
Protein: 34 grams



Grilled pepper steak



6 ounces cleaned and trimmed fillet
mignon cut into chunks
1 clove garlic
1/3 cup bell pepper
1 tsp. olive oil
1 sprig thyme
Pinch of salt
Pinch of pepper

- In saute pan, heat up oil until light smoke appears
- Season beef and add to hot saute pan allowing all sides to brown, about 5-7 minutes
- Take beef out of pan and saute pepper, garlic and thyme
- Add peppers to beef and serve

Calories: 314
Fat: 16 grams
Protein: 37 grams



Herb crusted Tilapia fillet with roasted cherry tomatoes



6 ounces Tilapia fillet
1 tsp. chopped parsley
1 tsp. chopped thyme
1 tsp. chopped basil
1 tsp. olive oil
8 cherry tomatoes
Pinch of salt
Pinch of pepper

- Put chopped herbs and olive oil in bowl with salt and pepper, mix well and top over fish
- Place fish onto sprayed sheet tray with cherry tomatoes and bake at 400°F (204°C) for about 7-10 minutes
- Fish will start to crack slightly when cooked
- Serve with cherry tomatoes on the side

Calories: 216
Fat: 28 grams
Protein: 23 grams



Lemon and dill steamed salmon fillet



6 ounces salmon fillet
3 slices lemon
3 sprigs dill
2 tsp. white wine
1/2 tsp. olive oil
Pinch of salt
Pinch of pepper
Parchment paper or aluminum foil

- Spread salmon with oil and season with salt and pepper
- Place dill on top of salmon, and lemon on top of dill
- Place salmon on square of parchment or aluminum foil 3 times the size of the fish
- Add white wine over fish and create a pouch with foil or parchment
- Bake for 17-20 minutes in 400°F (204°C) oven and serve

Calories: 76
Fat: 5 grams
Protein: 1 gram



Eggplant and tomato stew with fresh oregano



3 ounces diced eggplant
1 ounce canned tomato
1 tbsp. chopped onion
1 clove chopped garlic
1 tsp. chopped oregano
1 tsp olive oil
Pinch of salt
Pinch of pepper

- In non-stick pan, saute onion and garlic in olive oil for 2 minutes, add eggplant and cook for another 4 minutes until eggplant becomes wet in appearance
- Season with salt and pepper and add canned tomato
- Simmer on low for 10-15 minutes, adding a touch of water if necessary
- Finish with fresh oregano and serve
- This is a perfect vegetable to serve with fish or chicken

Calories: 76
Fat: 5 grams
Protein: 1 gram



Steamed green beans with pine nuts and lemon



4 ounces green beans
1 tsp. pine nuts
1 tsp. lemon zest
1/2 tsp. Olive oil
Pinch of salt
Pinch of pepper

- Steam green beans for 3-4 minutes until just tender
- Add zest of lemon, oil, pine nuts, salt and pepper and serve
- Perfect with fish, chicken or beef dishes

Calories: 68
Fat: 4 grams
Protein: 3 grams



Honey whipped sweet potato mash



4 oz peeled sweet potato
1 tbsp. honey
Pinch of salt
Pinch of pepper
1 tsp. chopped parsley

- Cut peeled sweet potato into 1 inch chunks and place into cold water. Bring to boil and simmer for 7-10 minutes, until tender
- Drain and mash with fork, add honey, salt and pepper, finish with parsley

Calories: 150
Fat: trace amount
Protein: 1 gram



Whole wheat pasta with garlic and parmesan



2 oz uncooked whole wheat pasta
1 clove sliced garlic
1 tsp. olive oil
1/2 tsp. dried chilli flakes
1 tbsp. parmesan cheese
1 tsp. chopped parsley
1 pinch salt
1 pinch pepper

- Boil pasta in plenty of water until cooked, drain and set aside
- In saute pan, lightly toast garlic in olive oil and add chilli flakes when lightly browned
- Pour oil over pasta, season w/ salt and pepper, add cheese and finish with parsley

Calories: 260
Fat: 8 grams
Protein: 9 grams

