

Chicken Provençal

Makes 4 servings

Ingredients

2 Tablespoons olive oil
1 teaspoon dried basil or, 2 teaspoons fresh basil, chopped
4 boneless, skinless chicken breast halves
1 medium garlic clove, minced
¼ cup minced onions
¼ cup minced green pepper
½ cup dry white wine (can substitute low sodium chicken broth)
1 8-ounce can chopped tomatoes
¼ cup pitted black olives, sliced
Fresh ground pepper

Equipment Needed

Measuring cups
Measuring spoons
Knife
Cutting board
Skillet

Directions

1. Heat oil in skillet over medium heat. Stir in basil; add chicken and brown 3-5 minutes.
 2. Add remaining ingredients and cook uncovered over medium heat for 20 minutes or until chicken is tender and temperature of chicken reaches 170° F. Transfer to serving platter and season with fresh pepper.
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Nutrition information per serving

Serving size 3-4 ounces

Calories 220
Total fat 10g
Saturated fat 1.5g
Cholesterol 60mg
Sodium 230mg
Carbohydrate 7g
Fiber 2g
Protein 20g

Vegetables with a Touch of Lemon

Makes 6 servings

Ingredients

- 1/2 small head cauliflower, cut into florets
- 2 cups broccoli, cut into florets
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 tablespoon fresh or bottled lemon juice
- 2 teaspoons fresh parsley, chopped (optional)

Equipment Needed

- Cutting board
- Knife
- Vegetable steamer
- Small saucepan
- Serving dish

Directions

1. Steam broccoli and cauliflower until tender (about 10 minutes).
 2. In a small saucepan, heat oil; add garlic and sauté 1-2 minutes. Stir in lemon juice and cook over low heat for 2 or 3 minutes.
 3. Put the vegetables in a serving dish. Pour the lemon sauce over the vegetables; garnish with parsley, if desired.
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Nutrition information per serving

Serving size ½ cup

- Calories 35
- Total fat 2.5g
- Saturated fat 0g
- Cholesterol 0mg
- Sodium 15mg
- Carbohydrate 3g
- Fiber less than 1g
- Protein less than 1g

Source: *Stay Young at Heart Cooking the Heart Healthy Way* from the National Heart, Lung and Blood Institute

Cinnamon-glazed Baby Carrots

Makes 4 servings

Ingredients

4 cups baby carrots, rinsed and split lengthwise,
if very thick (or frozen pre-sliced carrots)
2 tablespoons soft tub margarine
2 tablespoons brown sugar
½ teaspoon ground cinnamon
1/8 teaspoon salt

Equipment Needed

Small Saucepan
Stove-top range
Knife
Cutting board
Microwave oven

Directions

1. Place the carrots in a small saucepan. Add just enough water to barely cover the carrots. Cover. Bring to a boil. Reduce heat to medium. Cook for 7–8 minutes, just until the carrots are easily pierced with a sharp knife.
2. While the carrots are cooking, combine margarine, brown sugar, cinnamon, and salt in a small saucepan, and melt together over low heat (or put in a microwave-safe bowl and microwave for a few seconds on high power, until margarine is mostly melted). Stir well to combine ingredients.
3. Drain carrots, leaving them in the saucepan. Pour cinnamon mixture over carrots. Cook and stir over medium heat for 2–3 minutes, just until the carrots are thoroughly coated and the glaze thickens slightly.

Nutrition information per serving

Serving size 1 cup

Calories 130
Total fat 6g
Saturated fat 1g
Cholesterol 0mg
Sodium 160mg
Carbohydrate 19g
Fiber 4g
Protein less than 1g

Creamy Chicken with Mushroom Sauce

Makes 4 servings

Ingredients

- 4 boneless, skinless chicken breasts, each 4 ounces
- 2 tablespoons olive oil
- 4 shallots, thinly sliced
- 1/4 pound mushrooms, thinly sliced
- 1 tablespoon all-purpose (plain) flour
- 1/4 cup white wine
- 1/2 cup low-sodium chicken broth
- 1 tablespoon minced fresh rosemary (or 1 teaspoon dried)

Equipment Needed

- Measuring cups
- Measuring spoons
- Cutting board
- Knife
- Wax paper
- Plastic wrap
- Mallet
- Mixing bowls
- Small frying pan
- Meat thermometer

Directions

1. Place chicken breasts between wax paper and pound with a mallet to flatten. Cut each piece in half lengthwise. Cover with plastic wrap and refrigerate until firm.
2. In a small frying pan, heat 1 tablespoon of the olive oil over medium heat. Add shallots and sauté about 3 minutes. Add mushrooms and cook for 2 minutes more, stirring occasionally.
3. In a small bowl, whisk together flour and wine until all lumps are gone. Add flour mixture to shallots and mushrooms. Stir in chicken stock and cook over medium-high heat. Stir until sauce thickens, about 5 minutes. Remove from heat and add rosemary.
4. In a large, nonstick skillet, heat remaining 1 tablespoon of olive oil over medium heat. Add chicken and sauté until no longer pink or until a thermometer inserted into chicken reads 165° F, about 5 minutes.
5. To serve, transfer 2 chicken breast halves onto each plate. Spoon mushroom sauce over chicken. Serve over whole-wheat pasta with your favorite vegetable.

Nutrition information per serving

Serving size 1 chicken breast

Calories 270
Total fat 10g
Saturated fat 1.5g
Cholesterol 85mg

Sodium 70mg
Carbohydrate 10g
Fiber 2g
Protein 28g

White Bean Tuna Salad

Makes 4 servings

Ingredients

- 1 (4.5- 6-ounce) can tuna, packed in olive oil or water
- 1 (15-ounce) cans cannellini white beans, drained and rinsed
- 2 T small capers, drained and rinsed
- 3 Tablespoons red wine vinegar
- Fresh ground black pepper, to taste
- ½ medium red onion, thinly sliced
- 1/2 cup cherry tomatoes
- 2 cups romaine lettuce
- 4 fresh basil leaves

Equipment Needed

- Can opener
- Large bowl
- Small bowl

Directions

1. In a large bowl, add the tuna, reserving the olive oil in a separate small bowl.
2. Break tuna into bite-size pieces with a large fork.
3. Add the beans and capers.
4. Into the bowl of olive oil, add the red wine vinegar. You should have 1 part vinegar to 2 parts oil - add more extra-virgin olive oil if necessary.
5. Season with pepper.
6. Pour dressing on the tuna, bean and caper mixture and allow the flavors to infuse while slicing the vegetables.
7. Add the onion and tomatoes to tuna mixture and toss gently.
8. Place the romaine on salad plates and top with tuna mixture.
9. Tear fresh basil leaves over the top and serve immediately.

Nutrition information per serving

Serving size 1 cup

Calories 210
Total fat 7g
Saturated Fat 1g
Cholesterol 15mg

Sodium 480mg
Carbohydrate 31g
Fiber 8g
Protein 21g

Baked Pita Wedges

Makes 8 servings

Ingredients

2 pita bread rounds (try whole wheat pita)
1 teaspoon Greek seasoning
Olive oil cooking spray

Equipment Needed Oven Serrated knife Baking sheet

Directions

1. Preheat oven to 400° F.
 2. Split pita rounds in half horizontally. Cut each half into 8 wedges. Arrange wedges cut side up on a baking sheet. Sprinkle Greek seasoning over wedges and spray with olive oil cooking spray.
 3. Bake at 400° F. for 6-7 minutes or until crisp.
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Nutrition information per serving

Serving size 8 wedges

Calories 90
Fat 1g
Saturated Fat 0g
Cholesterol 0mg
Sodium 260mg
Carbohydrate 18g
Fiber 2g
Protein 3g

Glazed Pork Chops

Makes 4 servings

Ingredients

4 ½-inch thick boneless center cut pork chops (about 4 ounces each)
⅛ teaspoon ground sage
¼ teaspoon salt
¼ teaspoon pepper
¼ cup onion, minced
¼ cup currant jelly (may substitute grape or apple jelly)
1½ teaspoon Dijon mustard

Equipment Needed

Non-stick skillet
Cooking spray
Knife
Serving platter
Spoon
Measuring spoons

Directions

1. Spray a non-stick skillet with cooking spray and heat over high heat; season the chops.
2. Trim away any visible fat from the pork chops. Sprinkle chops with sage, salt and pepper, add to skillet and cook for one minute on each side to brown. Lower heat to medium and cook chops 4-5 minutes on each side or until done. Transfer chops to serving platter and keep warm.
3. Add onion to skillet and cook over medium heat for 2 minutes while stirring. Reduce heat, add jelly and mustard and simmer for 2 minutes or until glaze is reduced to ¼ cup. Spoon glaze over chops and serve.

Nutrition information per serving

Serving size 1 pork chop

Calories 250
Total fat 6g
Saturated fat 2g
Cholesterol 90mg
Sodium 230mg
Carbohydrate 15g
Fiber 0g
Protein 33g

Sweet Country Coleslaw

Makes 4 servings

Ingredients

2 Tablespoons fat-free or light sour cream
2 Tablespoons sweet pickle relish
1 Tablespoon plus 1 teaspoon sugar
1 Tablespoon fat-free or light mayonnaise
1/4 teaspoon celery seeds (optional)
1/8 teaspoon salt
1/8 teaspoon pepper
4 cups packaged shredded cabbage and carrot mix

Equipment Needed

Medium bowl
Spoon
Measuring spoons

Directions

1. In a medium bowl, stir together all ingredients except cabbage and carrot mix.
 2. Stir in the cabbage and carrot mix until well coated. (The mixture will be very thick.)
 3. Let stand for 15 minutes before serving. (The coleslaw will shrink in volume by about half.)
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Nutrition information per serving

Serving size ½ cup

Calories 50
Total Fat 0g
Saturated Fat 0g
Cholesterol 0mg
Sodium 160mg
Carbohydrate 11g
Fiber 2g
Protein less than 1g

Crisp, Crunchy Apple Slaw

Makes 4 servings

Ingredients

2 medium granny Smith Apples, cut into matchsticks
½ teaspoon grated lemon peel
2 tablespoons lemon juice
1 tablespoon sugar substitute or sugar
¼ cup chopped fresh mint

Equipment Needed

Medium bowl
Paring knife
Grater
Cutting board
Measuring spoons

Directions

1. Combine all ingredients in medium bowl.
2. Toss gently.
3. Serve immediately.

Note: May be prepared up to 4 hours in advance. Add mint just before serving.

Nutrition information per serving

Serving size ½ cup

Calories 70
Total fat 1g
Saturated fat 1g
Cholesterol 0mg
Sodium 0mg
Carbohydrate 15g
Fiber 3g
Protein less than 1g

Lemon-Ginger Shortbread

Makes 36 servings

Ingredients

3 ¾ cups all-purpose flour
2 cups powdered sugar
¼ cup chopped crystalized ginger
2 teaspoons finely shredded lemon peel
1 ½ cups unsalted butter
2-3 tablespoons lemon juice

Equipment Needed

Oven
Baking sheets
Parchment paper or wax paper
Medium bowl
Pastry blender
Measuring cups
Measuring spoons
Grater

Directions

1. Preheat oven to 325 degrees F. Line two baking sheets with parchment paper; set aside. In a medium bowl combine flour, 1 cup of the powdered sugar, the crystalized ginger, and lemon peel. Using a pastry blender, cut in butter until mixture resembles fine crumbs and starts to cling together. Stir in 1 tablespoon of the lemon juice. Form mixture into a ball; knead until smooth.
2. Divide dough in half. Place each dough portion between two sheets of parchment paper or waxed paper. Roll each portion to a 12x6-inch rectangle. Cut each rectangle into thirty-six 2x1-inch pieces (72 pieces total). Place on the prepared baking sheets. If desired, prick the tops of the rectangles with a fork.
3. Bake for 20 to 25 minutes or until bottoms are golden brown. Transfer to a wire rack and let cool.
4. For icing, in a small bowl combine the remaining 1 cup powdered sugar and add enough of the remaining lemon juice (1 to 2 tablespoons) to make a drizzling consistency. Drizzle shortbread with icing. Let stand until set.

Nutrition information per serving

Serving size 2 pieces

Calories 140
Total fat 8g
Saturated fat 5g
Cholesterol 20mg

Sodium 0mg
Carbohydrate 17g
Fiber 0g
Protein less than 1g

Credit: Diabetic Living

Overnight Oats with Blueberries

Makes 1 serving

Ingredients

1/3 cup rolled oats
1/3 cup plain low-fat yogurt
1/3 cup low-fat milk
1/3 cup blueberries

Equipment Needed

Measuring cups
Measuring spoons
12 ounce jar with lid

Optional Ingredients

½ teaspoon vanilla extract
1 teaspoon Chia seeds
Sweetener to taste

Directions

1. Combine in a 12oz jar with a lid.
2. Let sit in the refrigerator overnight.
3. Grab and go!

Nutrition information per serving

Serving size 1 jar

Calories 220
Total fat 4g
Saturated fat 1.5g
Cholesterol 10mg
Sodium 95mg
Carbohydrate 35g
Fiber 4g
Protein 11g

Credit: Joslin Diabetes Center

White Bean Hummus

Makes 12 servings

Ingredients

- 1 (15 ounce) can navy beans, rinsed and drained
- ¼ cup fat-free sour cream
- 2 tablespoons light mayonnaise
- 1 tablespoon fat-free milk
- ¼ teaspoon ground cumin
- 1 clove garlic, coarsely chopped
- 1 pound cucumber, sliced

Equipment Needed

- Can opener
- Measuring cups
- Measuring spoons
- Chef's knife
- Cutting board
- Food processor

Optional Ingredients

- ½ of a canned chipotle pepper in Adobo sauce
- Snipped fresh chives

Directions

1. For hummus in a food processor*, combine beans, sour cream, mayonnaise, milk, chipotle pepper (if using), cumin, and garlic.
2. Cover and process until smooth, scraping side as needed.
3. Transfer into a serving bowl.
4. If desired, garnish hummus with chives.
5. Serve with cucumber slices

*Test Kitchen Tip: If you do not have a food processor, place beans in a medium bowl; mash with a potato masher or a fork until nearly smooth. Stir in sour cream, mayonnaise, milk, chipotle pepper, cumin, and garlic.

Nutrition information per serving

Serving size 2 tablespoons hummus and 4 or 5 cucumber slices

Calories 70
Total fat 1g
Saturated fat 0g
Cholesterol 1mg

Sodium 170mg
Carbohydrate 11g
Fiber 4g
Protein 3g

Credit: Diabetic Living