

What's For Dinner?

Dinner #1 :

30 Minute Minestrone Soup, Garlic Bread, Green Salad, Fresh Pears

Thirty-Minute Minestrone

6 cups stock (vegetable or chicken)	1/2 tsp. dried basil, crushed
2 cups baby peeled carrots	1/2 tsp. dried oregano, crushed
15-oz. can Great Northern beans, drained & rinsed	1 tsp. minced garlic
14-oz. can tomatoes, diced, no salt added	1/4 tsp. black pepper
1 cup chopped onion	1/2 cup small pasta, uncooked
1 small zucchini, diced	1/4 cup grated Parmesan cheese
9-10 oz. frozen green beans	

1. In a large saucepan, combine water, carrots, beans, tomatoes, onion, bouillon, garlic, basil oregano and pepper. Bring to a boil over high heat.
2. Add green beans, zucchini and pasta. Return to a boil. Reduce heat, cover and simmer for 10 minutes or until pasta is done. Spoon into bowls and sprinkle with Parmesan cheese.

Makes 8 servings. *Per serving: 180 calories, 3 gm fat, 10 gm protein, 31 gm carbohydrates, 7 gm fiber, 0 mg cholesterol, 2 mg iron, 100 mg calcium, 428 mg sodium.*

Dinner #2 : 15-Minute Chili, Carrot & Celery Sticks, Sliced Peaches

15 Minute Chili

1 lb. ground turkey	1 can (28 oz.) stewed tomatoes
1 cup fresh or frozen chopped onions	1 TB. chili powder
1 can (16 oz.) pinto beans, drained & rinsed	1 TB. cumin powder
1 can (16 oz.) kidney beans, drained & rinsed	1/2 cup salsa

1. In a large pot, brown turkey with chopped onions and seasonings. Add tomatoes. Cook over medium high heat, breaking the tomatoes into small pieces with a spoon.
2. Add salsa to turkey mixture. Stir in drained, rinsed beans.
3. Cook until hot.

Makes 10 cups. *Per cup: 186 calories, 14gm protein, 22gm carbohydrate, 7gm fiber, 5gm fat, 36 mg cholesterol, 75 mg calcium, 3.3 mg iron, 456 mg sodium.*

Variations: serve over pasta, rice, baked potatoes or in a tortilla. Also can be made vegetarian by using soy meat crumbles or substituting another can of beans.

Dinner #3: Fajitas, Seasoned Black Beans, Citrus Salad

Chicken or Beef Fajitas

4 boneless, skinless chicken breasts OR 12 ounces sirloin, well trimmed
1/4 tsp. garlic powder
1 tsp. chili powder
1 tsp. onion powder
2 TB. lime juice
1/3 cup wine or broth
1 bell pepper, red or green, cut into strips
1 large onion, cut into strips
8 flour tortillas
2 tsp olive oil

Toppings as desired: salsa, nonfat or lowfat sour cream, shredded lowfat cheddar cheese.

1. Cut chicken or beef in 1/2" strips. Put in bowl, sprinkle with spices and lime juice. Set aside for 15 minutes.
2. Heat olive oil in a nonstick skillet until hot. Add chicken or beef, stir-frying until the meat is brown on all sides and cooked throughout. Turn out onto a platter and set aside.
3. Add the wine or broth to the skillet. Bring to a boil, add the onion and pepper strips, cooking over high heat for about 3 minutes. When the vegetables are tender, return the meat to the pan. Toss the meat with the vegetables and heat through. Season with salt and pepper.
4. Warm tortillas in oven or microwave briefly. Place cooked mixture in tortillas and add toppings as desired. Wrap and serve immediately.

Makes 8 fajitas. Per serving: 214 calories, 16gm protein, 28 gm carbohydrate, 0 gm fiber, 4gm fat, 31mg cholesterol, 8 mg calcium, 1.9 mg iron, 370 mg sodium.

For seasoned black beans add 1/4 tsp. onion powder, 1/4 tsp. dried oregano, 1/8 tsp. cayenne pepper and 1/8 tsp. garlic powder to 1 can black beans. For the citrus salad . add mandarin orange sections and red onion slices to your favorite salad mix. Toss with a dressing made from 2 TBSP cider vinegar, 1 TBSP lime juice, 1 TBSP canola oil, 1 TBSP water, salt, pepper and cumin.

Dinner #4:

Cheesy Potato Soup, Veggie Sandwiches, Canned Oranges & Pineapple

1 can (14.5 oz) reduced sodium chicken broth
1/2 cup finely chopped carrots
1/4 cup finely chopped celery
1 can (12 oz.) evaporated skimmed milk
1 cup (4 oz.) shredded 2% sharp cheddar cheese
1 cup peeled and diced potatoes
1/4 cup finely chopped onions
2 1/2 Tbsp. cornstarch
Dried basil, parsley flakes, garlic powder to taste

1. Combine broth and vegetables in a medium saucepan. Bring to a boil, then reduce heat.
2. Add seasonings as desired (start with 1/8 tsp. each). Cover and simmer about 10 minutes or until vegetables are tender.
3. Using the back of a fork, slightly mash the potatoes against the side of the pan.
4. In a small bowl, stir together 1/4 cup of the milk and cornstarch until smooth. Then stir cornstarch mixtures into the broth mixture.
5. Add the remaining milk. Cook and stir until thick and bubbly.

6. To serve, spoon 1/4 cup cheese in each bowl, add hot soup and stir until cheese is melted.
Serve immediately.

Makes 4 servings. *Per serving: 233 calories, 6 gm fat, 19 gm protein, 28 gm carbohydrate, 2 gm fiber, 20 mg cholesterol, 1 mg iron, 550 mg calcium, 269 mg sodium.*

Dinner #5:

Salmon Burger with Asian Slaw OR Tuna Pattie with Dill Sauce on a Multi-Grained Bun, Sautéed Spinach and Fruit Cup

Salmon Burger

1 large (14.75 ounce) can salmon, skin removed	1 ½ tsps. freshly grated ginger
1 medium potato, baked or boiled, peeled	2 garlic cloves, crushed
2 tbsp. soy sauce	½ tsp. cracked black pepper

Mash salmon and potato, mix in soy sauce, ginger and garlic. Form into 4 patties. Sprinkle with cracked pepper. Spray with olive oil or canola oil spray and grill on each side about 4 minutes. Serve with Asian sauce (1 Tbsp soy sauce with 2 tsp horseradish or wasabi) & shredded cabbage. *Makes 4 servings. Per serving: 180 calories, 6 gm fat, 23 gm protein, 7 gm carbohydrate, 0 gm fiber, 40 mg cholesterol, 1 mg iron, 264 mg calcium, 777 mg sodium*

Tasty Salmon or Tuna Patties

2 cups soft bread crumbs	dash pepper
1/3 cup fresh or frozen chopped onions	1 TB. dried parsley flakes
2 cups flaked tuna	1 whole egg plus 1 egg white
1 TB. lemon juice	1/2 tsp. dill
1 tsp. onion powder	1 TB. vegetable oil

1. Drain tuna, flake. Combine all ingredients except oil, shape into 6 patties.
2. Spray nonstick skillet with nonstick spray, add oil. Heat on medium and cook patties until golden brown. Turn patties at least once.

Makes 6 servings. *Per serving: 145 calorie, 16 gm protein, 9 gm carbohydrate, 1 gm fiber, 4 gm fat, 57 mg cholesterol, 27 mg calcium, 1 mg iron, 280 mg sodium.*

Cucumber Dill Sauce Mix together 1 cup plain nonfat yogurt, 1 TB. lemon juice, 1 tsp. dill, 1 tsp. Dijon mustard, 1/4 cup finely chopped cucumber, 1/4 cup finely chopped green onion.