

Almond Crusted Chicken fingers

Ingredients

- Canola oil cooking spray
- 1/2 cup sliced almonds
- 1/4 cup whole-wheat flour
- 1 1/2 teaspoons paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dry mustard
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 1 1/2 teaspoons extra-virgin olive oil
- 4 large egg whites
- 1 pound chicken tenders, (see Ingredient Note)

Preparation

1. Preheat oven to 475°F. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray.
2. Place almonds, flour, paprika, garlic powder, dry mustard, salt and pepper in a food processor; process until the almonds are finely chopped and the paprika is mixed throughout, about 1 minute. With the motor running, drizzle in oil; process until combined. Transfer the mixture to a shallow dish.
3. Whisk egg whites in a second shallow dish. Add chicken tenders and turn to coat. Transfer each tender to the almond mixture; turn to coat evenly. (Discard any remaining egg white and almond mixture.) Place the tenders on the prepared rack and coat with cooking spray; turn and spray the other side.
4. Bake the chicken fingers until golden brown, crispy and no longer pink in the center, 20 to 25 minutes.



Cheese & Spinach Stuffed Portobellos

Ingredients

- 4 large portobello mushroom caps
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper, divided
- 1 cup part-skim ricotta cheese
- 1 cup finely chopped fresh spinach
- 1/2 cup finely shredded Parmesan cheese, divided
- 2 tablespoons finely chopped kalamata olives
- 1/2 teaspoon Italian seasoning
- 3/4 cup prepared marinara sauce

Preparation

1. Preheat oven to 450°F. Coat a rimmed baking sheet with cooking spray.
2. Place mushroom caps, gill-side up, on the prepared pan. Sprinkle with salt and 1/8 teaspoon pepper. Roast until tender, 20 to 25 minutes.
3. Meanwhile, mash ricotta, spinach, 1/4 cup Parmesan, olives, Italian seasoning and the remaining 1/8 teaspoon pepper in a medium bowl. Place marinara sauce in a small bowl, cover and microwave on High until hot, 30 seconds to 1 1/2 minutes.
4. When the mushrooms are tender, carefully pour out any liquid accumulated in the caps. Return the caps to the pan gill-side up. Spread 1 tablespoon marinara into each cap; cover the remaining sauce to keep warm. Mound a generous 1/3 cup ricotta filling into each cap and sprinkle with the remaining 1/4 cup Parmesan. Bake until hot, about 10 minutes. Serve with the remaining marinara sauce



Summer Vegetables Crepes

Ingredients

- 1/3 cup reduced-fat sour cream
- 1/2 cup chopped fresh chives, divided, plus more for garnish
- 3 tablespoons low-fat milk
- 2 teaspoons lemon juice
- 3/4 teaspoon salt, divided
- 1 tablespoon extra-virgin olive oil
- 2 cups chopped zucchini
- 1 1/4 cups chopped green beans
- 1 cup fresh corn kernels, (from 1 large ear; see Tip)
- 1 cup part-skim ricotta cheese
- 1/2 cup shredded Monterey Jack cheese
- 1/4 teaspoon freshly ground pepper
- 4 9-inch "ready-to-use" crêpes

Preparation

1. Stir sour cream, 1/4 cup chives, milk, lemon juice and 1/4 teaspoon salt in a small bowl until combined. Set aside.
2. Heat oil in a large nonstick skillet over medium-high heat. Add zucchini, green beans and corn and cook, stirring, until beginning to brown, 6 to 8 minutes. Reduce heat to low; stir in ricotta, Monterey Jack, the remaining 1/4 cup chives, the remaining 1/2 teaspoon salt and pepper. Cook, stirring gently, until the cheese is melted, 1 to 2 minutes. Remove from the heat.
3. To roll crêpes, place one on a piece of parchment or wax paper (or leave it on the piece of plastic separating the crêpes in the package). Spoon one-fourth of the vegetable-cheese mixture (about 3/4 cup) down the center of the crêpe. Use the paper (or plastic) to help you gently roll the crêpe around the filling. Place the crêpe seam-side down on a dinner plate. Repeat with the remaining crêpes and filling. Serve each crêpe topped with 2 tablespoons of the reserved sauce and more chives, if desired.



Cheesy Broccoli-Potato Mash

Ingredients

- 1 pound Yukon Gold potatoes, cut into wedges
- 3/4 pound broccoli crowns, chopped (4 cups)
- 3/4 cup shredded fontina cheese
- 1/2 cup nonfat milk, heated
- 1/2 teaspoon salt
- Freshly ground pepper, to taste

Preparation

1. Bring 1 inch of water to a boil in a large pot. Place potatoes in a steamer basket and steam for 10 minutes. Place broccoli on top, cover and steam until the potatoes and broccoli are tender, 6 to 8 minutes more. Transfer the broccoli to a large bowl and coarsely mash with a potato masher. Add the potatoes, cheese, milk, salt and pepper and continue mashing to desired consistency. Serve immediately.



Parmesan Spinach Cakes

Ingredients

- 12 ounces fresh spinach, (see Note)
- 1/2 cup part-skim ricotta cheese, or low-fat cottage cheese
- 1/2 cup finely shredded Parmesan cheese, plus more for garnish
- 2 large eggs, beaten
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Preparation

1. Preheat oven to 400°F.
2. Pulse spinach in three batches in a food processor until finely chopped. Transfer to a medium bowl. Add ricotta (or cottage cheese), Parmesan, eggs, garlic, salt and pepper; stir to combine.
3. Coat 8 cups of the muffin pan with cooking spray. Divide the spinach mixture among the 8 cups (they will be very full).
4. Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with more Parmesan, if desired.



Ham & Cheese Stuffed Chicken Breast

Ingredients

- 1/4 cup grated Swiss, Monterey Jack or part-skim mozzarella cheese
- 2 tablespoons chopped ham
- 2 teaspoons Dijon mustard
- Freshly ground pepper, to taste
- 4 boneless, skinless chicken breast halves, (1-1 1/4 pounds total)
- 1 egg white
- 1/2 cup plain dry breadcrumbs
- 2 teaspoons extra-virgin olive oil

Preparation

1. Preheat oven to 400°F. Use a baking sheet with sides and lightly coat it with cooking spray.
2. Mix cheese, ham, mustard and pepper in a small bowl.
3. Cut a horizontal slit along the thin, long edge of a chicken breast half, nearly through to the opposite side. Open up the breast and place one-fourth of the filling in the center. Close the breast over the filling, pressing the edges firmly together to seal. Repeat with the remaining chicken breasts and filling.
4. Lightly beat egg white with a fork in a medium bowl. Place breadcrumbs in a shallow glass dish. Hold each chicken breast half together and dip in egg white, then dredge in breadcrumbs. (Discard leftovers.)
5. Heat oil in a large nonstick skillet over medium-high heat. [Add chicken](#) breasts; cook until browned on one side, about 2 minutes. Place the chicken, browned-side up, on the prepared baking sheet. Bake until the chicken is no longer pink in the center or until an instant-read thermometer registers 170°F, about 20



Glazed Mini Carrots

Ingredients

- 3 cups mini carrots, (1 pound)
- 1/3 cup water
- 1 tablespoon honey
- 2 teaspoons butter
- 1/4 teaspoon salt, or to taste
- 1 tablespoon lemon juice
- Freshly ground pepper, to taste
- 2 tablespoons chopped fresh parsley

Preparation

1. Combine carrots, water, honey, butter and salt in a large skillet. Bring to a simmer over medium-high heat. Cover and cook until tender, 5 to 7 minutes. Uncover and cook, stirring often, until the liquid is a syrupy glaze, 1 to 2 minutes. Stir in lemon juice and pepper. Sprinkle with parsley and serve.



Couscous & Fruit Salad

Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons orange juice
- 1 tablespoon cider vinegar
- 2 teaspoons finely chopped shallots
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 cups cooked whole-wheat couscous
- 1 cup chopped nectarine
- 1 cup mixed fresh berries, such as blueberries and raspberries
- 2 tablespoons toasted sliced almonds

Preparation

1. Whisk oil, orange juice, vinegar, shallots, salt and pepper in a large bowl. Add cooked couscous, nectarines, berries and almonds; gently toss to combine.



Wake Up Smoothie

Ingredients

- 1 1/4 cups orange juice, preferably calcium-fortified
- 1 banana
- 1 1/4 cups frozen berries, such as raspberries, blackberries, blueberries and/or strawberries
- 1/2 cup silken tofu, or plain yogurt
- 1 tablespoon sugar

Preparation

1. Combine orange juice, banana, berries, tofu (or yogurt) and sugar, in a blender; cover and blend until creamy. Serve immediately.

