**Healthy Recipes**

**for**

**Meals on Wheels**

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**August, 24th 2012**

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Couscous-Garbanzo Salad

**Ingredients:**
1 cup organic vegetable broth (such as Swanson Certified Organic)
1 cup uncooked couscous
2 cups chopped seeded tomato (about 2 medium)
1 cup diced cucumber (about 1)
1 cup thinly sliced green onions (about 6)
1/2 cup grated carrot (1 medium)
1/2 cup diced red bell pepper
1 (15 1/2-ounce) can chickpeas (garbanzo beans), drained
2 tablespoons extra virgin olive oil
2 tablespoons red wine vinegar
1 tablespoon fresh lemon juice
2 teaspoons chopped fresh oregano
1 teaspoon minced garlic
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon crushed red pepper

**Method of Preparation:**

1. Bring broth to a boil in a medium saucepan, and gradually stir in couscous. Remove from heat; cover and let stand 5 minutes.
2. Place couscous in a large bowl, and cool completely. Fluff with a fork. Stir in tomato, cucumber, and next 4 ingredients (through chickpeas); toss well.
3. Combine oil and the remaining ingredients in a small bowl; stir with a whisk. Add vinegar mixture to couscous mixture just before serving; toss gently.

**Serves: 10,** serving size: about 3/4 cup

**Nutrition per Serving:**

CALORIES 132 (24% from fat); FAT 3.5g (sat 0.4g,mono 2.2g,poly 0.7g); IRON 0.9mg; CHOLESTEROL 0.0mg; CALCIUM 29mg; CARBOHYDRATE 21.4g; SODIUM 246mg; PROTEIN 4g; FIBER 3g

***Recipe adapted from Cooking Light Magazine***

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**Very Versatile Black Bean Salad**

**Ingredients:**

2 (15 ½ ounce) cans black beans, drained and rinsed

1 small can yellow corn

4 plum tomatoes, diced or 1 (14 ½ ounce) can diced tomatoes w/ garlic and onion, drained

2 scallions, finely chopped

Juice of 1 lime

1 tsp bottled minced garlic or 1 clove, minced

1 tsp cumin

¼ tsp salt

¼ tsp black pepper

**Method of Preparation:**

1. Combine first 4 ingredients in a large bowl (beans through scallions).
2. Combine the lime juice and all remaining ingredients in a small bowl and stir well with a whisk. Pour the dressing over the bean mixture and toss well to coat.
3. Serve salad chilled or at room temperature.

**Serves 5**

**Serving Suggestion:**

Serve the salad on a bed of lettuce sprinkled with low-fat shredded cheddar cheese. You can also use the salad as a filling for quesadillas or a wrap using whole-wheat tortillas, and low-fat shredded cheddar cheese. Add a little shredded lettuce to a wrap for a balanced lunch!

**Note:**

You can also add 1 chopped bell pepper or 1 shredded carrot to the salad. If you like a little more heat, you can add half of a chopped jalapeno pepper.

**Nutritional Information:**

139 calories, 8.5 grams protein, .8 grams fat, 8.4 grams fiber, 26 grams carbohydrates

**Recipe by Michele Powers-Farber, R.D.
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**Asian-Style Three-Bean Salad**

**Ingredients:**

1 pound fresh green beans, trimmed and cut into 1-inch pieces

One 10-ounce bag frozen shelled edamame

3 tablespoons canola oil

3 tablespoons rice vinegar

¼ cup 100% fruit apricot preserves

1 teaspoon peeled and grated fresh ginger

One 15-ounce can black beans, drained and rinsed

2 scallions (white and green parts), thinly sliced

Salt to taste

**Method of Preparation:**

Put the green beans and frozen edamame in a steamer basket over several inches of boiling water and steam them for 4 minutes. Drain well, then transfer the beans to a large bowl and put them into the refrigerator to cool for 15 minutes or longer.

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

Add the black beans and scallions to the green beans and edamame drizzle with the dressing, and toss to coat. Season with salt and serve at room temperature or chilled. This salad will keep in the refrigerator in an airtight container for about 3 days.

**Serves 8 serving size ¼ cup**

**Nutrition per Serving:**

Calories 180 total fat 7G, protein 7G, carb 25G, fiber 6G, cholesterol 0 mg, sodium 72 mg

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[**Herbed Quinoa and Chickpea Salad**](http://getyouryummyback.com/recipe-index/herbed-quinoa-and-chickpea-salad/)

**Ingredients:**

1 cup quinoa

1 red bell pepper, diced

3 green onions, thinly sliced

1/4 bunch fresh cilantro, chopped (or parsley and thyme)

1, 15-ounce can chickpeas, rinsed and drained

2 lemons (~ ½ c. juice)

rice vinegar, splash

olive oil, splash

salt and pepper

**Method of Preparation:**

1. Rinse the quinoa thoroughly in cold water. Add the rinsed quinoa to a small saucepan over medium heat. Toast it until it dries, turns golden, and smells deliciously toasty. Meanwhile, boil 1 ¾ cups of salted water. Add the boiling water to the toasted quinoa. It will boil vigorously – be warned. Stir, reduce heat to low, cover and simmer for 20 minutes. Remove from heat and let stand covered for 10 minutes. Set aside.
2. In a large mixing bowl, combined chopped red pepper, onions, cilantro and chickpeas.
3. In a small mixing bowl, whisk to combine the juice from 2 lemons, a splash of rice vinegar and a splash of olive oil. Season with salt and pepper.
4. Add quinoa to mixing bowl with other ingredients and toss to dress with lemon juice mixture. Add additional lemon juice, olive oil and salt/pepper to taste.

**Serves: 4-6**

**Recipe adapted from** [**www.getyouryummyback.com**](http://www.getyouryummyback.com)

[**www.nutrientchef.com**](http://www.nutrientchef.com)

**Whole-Wheat Pasta Salad with Walnut Pesto, Broccoli, and Salmon**

**Ingredients:**

2 cups uncooked whole-wheat penne (about 6 ounces)

2 cups flaked cooked salmon (can be fresh or canned)

2 cups small, steamed broccoli florets

**Walnut Pesto:**

1 cup basil leaves

1/2 cup fresh parsley leaves

3 tablespoons coarsely chopped walnuts, toasted

1 1/2 tablespoons extra virgin olive oil

1 tablespoon white wine vinegar

1/2 teaspoon salt

1 garlic clove

**Remaining ingredient:**

4 curly leaf lettuce leaves

**Method of Preparation:**

1. To prepare salad, cook pasta according to package directions, omitting salt and fat. Drain; rinse with cold water. Combine pasta, salmon, and broccoli in a large bowl.
2. To prepare walnut pesto, combine basil and next 6 ingredients (through garlic) in a food processor; pulse 6 times or until finely minced. Add pesto to pasta mixture, tossing gently to coat. Place 1 lettuce leaf on each of 4 plates; top each serving with salad mixture.

**Serves: 4, serving size: 1 ½ cups of salad and 1 lettuce leaf**

**Nutrition per Serving:**

Calories: 374, Protein: 29.4 grams, Carb: 36.3 grams, Fat: 12.5 grams, Fiber: 4 grams

**Recipe by Michele Powers-Farber, R.D.
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**Warm Lentil Salad with Balsamic Dressing**

**Ingredients:**

3 cups water

1 cup lentils

1 bay leaf

1 cup chopped celery

1 cup chopped apples

¾ cup chopped red or green bell peppers

½ cup chopped onions

½ cup chopped dried apricots

3 Tbsp balsamic vinegar

1 ½ Tbsp olive oil

1 ½ tsp honey mustard

¼ tsp salt, or to taste

Freshly ground black pepper, to taste

**Method of Preparation:**

1. In a 1½-quart saucepan, bring the water to a boil. Add the lentils and bay leaf. Return to a boil. Reduce the heat and simmer, uncovered, 30-45 minutes or until lentils are tender. Drain. Discard the bay leaf and place lentils in a large bowl.
2. Add the celery, apples, bell peppers, onions, and apricots.
3. In a small bowl, stir together the vinegar, oil, mustard, and salt. Pour the dressing over the salad, grind pepper on top, and toss to combine.

**Serving Size:** about ½ cup

**Serving Suggestion:** Serve the salad on a bed of baby spinach leaves with a piece of crusty, whole-grain bread. Follow the meal with a medley of sliced fruit.

**Recipe by Chef Michele Powers-Farber, R.D.**

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**Simple Asian Pilaf**

**Ingredients:**

1 cup brown basmati rice

2 cups water

2-3 minced scallions

1 teaspoon olive oil

½ teaspoon dark sesame oil

1 tablespoon soy sauce

1 tablespoon rice vinegar

1 tablespoon grated fresh ginger root (or to taste)

¼ cup toasted sesame seeds \*

salt to taste

**Method of Preparation:**

1. In a saucepan, combine the rice and water. Cover and bring to a boil; then reduce t he heat and simmer for about 40 minutes, until the water is absorbed and the rice is tender but firm.
2. While the rice is cooking, combine the scallions, olive oil, sesame oil, soy sauce, vinegar, ginger, sesame seeds, and salt in a medium bowl. Add the cooked rice and stir well. Cover the bowl and allow the pilaf to sit for 10 minutes so the flavors can marry.

\* Place the sesame seeds in a small skillet over medium-high heat. Cook, stirring occasionally until the seeds are golden brown and fragrant. Watch them carefully!

**Serves: about 4, serving size: ½ cup**

**Recipe by Chef Michele Powers-Farber, R.D.**

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**Easy Any-Night Stir-Fry**

**Ingredients:**

**For Sauce:**

½ cup orange or pineapple juice

¼ cup low-sodium soy sauce

1 heaping teaspoon grated fresh ginger

2-3 cloves garlic, minced

1 tablespoon honey

2 tsp Chinese sesame oil

1 ½ tablespoons cornstarch

**Other Ingredients:**

1 pound raw or cooked chicken, pork, shrimp, tofu, or lean steak, cut into thin strips

4 cups assorted fresh cut vegetables (broccoli, carrots, bell peppers, water chestnuts…)

**Method of Preparation:**

1. Combine all ingredients for the sauce in a small bowl and whisk well to dissolve the cornstarch (mixture will be cloudy). Set aside.
2. If you are using cooked, leftover meat: Proceed to step 4.
3. If you are using raw meat: Heat a large, non-stick skillet coated with cooking spray over medium-high heat. Add meat of choice and sauté until cooked through. Remove meat from pan and place on a plate; set aside.
4. Add assorted vegetables to the pan and stir-fry over medium-high heat until vegetables are crisp-tender. Add meat and juices back to pan. Re-whisk the sauce to incorporate the cornstarch. Add sauce to the pan and bring to a gentle boil. Reduce heat to low and simmer one minute stirring to coat meat and vegetables.

**Serves 4: Serving Size: 1 ½ cups**

**Nutrition per serving:** Calories- 452, Protein- 40 grams, Fat- 10 grams, Carbohydrates- 47 grams, Fiber- 4.8 grams

**Serving Suggestion:**

Serve the stir-fry on a bed of steamed brown rice. Sliced pineapple and mango is a nice accompaniment.

**Notes:**

Try substituting assorted fresh vegetables with a package of frozen stir-fry vegetables. Simply sauté the frozen vegetables according to the directions above.

**Recipe by Chef Michele Powers-Farber, R.D.**

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**Turkey Veggie and Bean Chili**

**Ingredients:**

1 lb. ground turkey meat or veggie crumbles

1 large onion, chopped

1 small green pepper, chopped

3 cloves of garlic, minced

2 (15 1/2-ounce) cans kidney beans, drained and rinsed

1 (15 1/2-ounce) can garbanzo or black beans, drained and rinsed

1 (15-ounce) can stewed tomatoes, un-drained

1 (15-ounce) can diced tomatoes, un-drained

1 (28-ounce) can crushed tomatoes, un-drained

1 small can corn, drained

1 Tbsp chili powder (or to taste)

1 tsp garlic powder

1 tsp cumin (or to taste)

½ tsp oregano

½ tsp basil

¼ tsp black pepper

¼ tsp salt

**Method of Preparation:**

1. Heat a large saucepan coated with cooking spray over medium-high heat. Add the turkey meat, onion, green pepper, and garlic and cook for about 10 minutes or until meat is cooked through, breaking the meat into pieces with a spatula.
2. Add all remaining ingredients to the pot and stir well to combine. Bring mixture to a gentle boil and then reduce heat to low. Place lid on the pot and simmer chili for about 45 minutes. You can add a little water along the way if chili gets too thick.

**Serves: about 8, serving size: 1 ½ cups chili**

**Nutrition per Serving:**

Calories: 287, Protein: 19.3 grams. Carb: 41.8 grams, Fiber: 8.7 grams, Fat: 6 grams

**Serving Suggestion:**

Serve the chili with reduced fat corn bread. Leftover chili can be served over rice or spaghetti and sprinkled with low-fat cheddar cheese. A tossed green salad is a nice accompaniment.

**Note:**

Chili can also be prepared in a crock pot. Brown meat, onion, pepper, and garlic in a large non-stick skillet coated with cooking spray and then place in crock pot. Add all remaining ingredients and bring to a gently boil over high heat. Cook chili for several hours at high heat or simmer all day on low.

**Recipe by Chef Michele Powers-Farber, R.D.**

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**Reduced-fat Spinach Lasagna (serves 8-10)**

**Ingredients:**

**Cheese Mixture:**

1 large container part-skim Ricotta cheese

1 egg white

2 Tbsp grated Parmesan cheese

1 tsp garlic powder

½ tsp oregano

½ tsp basil

¼ tsp salt

1/8 tsp black pepper

dash of nutmeg

1 (10-ounce) package frozen chopped spinach, thawed and drained

**Other Ingredients:**

15 whole-wheat lasagna noodles

1 tablespoon olive oil

1 small onion, chopped

1 tablespoon bottled minced garlic

1 (26-ounce) jar tomato sauce

1 package meatless veggie crumbles or 1 lb ground turkey

¾ cup shredded part-skim mozzarella cheese

**Method of Preparation:**

1. Preheat oven to 350 degrees.
2. Cook the lasagna noodles according to package instructions (you will probably need about 15 noodles). Drain the noodles and lay out flat on sheets of aluminum foil coated with cooking spray.
3. While the noodles are cooking, heat the olive oil in a medium saucepan and add the onion and garlic; sauté about 4 minutes or until golden brown. Add the veggie crumbles or turkey meat. Cook until meat is no longer pink (if using turkey meat). Pour the sauce into the pan and bring to a boil, cover and simmer for about 10 minutes.
4. Combine all of the ingredients for the cheese mixture (Ricotta through spinach) in a medium bowl and stir well, seasoning to taste.
5. Coat a 9x13 inch casserole dish with cooking spray and assemble lasagna…
	* Spread about 1/2 cup of sauce on the bottom of the dish
	* Place about 5 noodles on top of sauce, overlapping slightly
	* Spread with half of cheese mixture
	* Spread with 1 cup of sauce
	* Layer another 5 noodles and spread with remaining cheese mixture
	* Spread with a thin layer of sauce and then top with last 5 noodles.
	* Spread top of lasagna with remaining sauce and sprinkle with shredded mozzarella cheese.
	* Cover the dish with foil (you may want to spray the underside of the foil so it doesn’t stick to the cheese)
6. Bake the lasagna at 350 degrees for 35-40 minutes or until heated through. Remove the foil for the last 10 minutes of baking so the cheese gets slightly toasted. Allow the lasagna to sit for 10 minutes before cutting and serving. ENJOY!

**Note:** The lasagna can also be frozen after assembly. Simply thaw it out at a later date and then bake at 350 degrees or until heated through.

**Serving Suggestion:**

Serve the lasagna with a tossed green salad drizzled with reduced-fat Caesar dressing.

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