



Seven Healthy Recipes

Pan Grilled Chicken

Ingredients

3 tablespoons Japanese dark soy sauce
1 1/2 tablespoons sugar
2 cloves garlic, peeled and crushed
1 inch ginger root, peeled and mashed
2 spring onions, sliced fine right up to the green section (scallions)
1 tablespoon roasted and then lightly crushed sesame seeds
ground black pepper
2 tablespoons sesame oil (I use only 1 with a non-stick pan)
2 tablespoons sake (rice wine or dry sherry should also do fine - In fact I use a trick my aunt taught me of soaking ginger)
350 g boneless skinless chicken breasts, slice into 1/8 inch thick slices and pounded
1 tablespoon vegetable oil
4 large mushrooms, sliced
2 fresh hot green chili peppers, cut crossways into 1 cm segments (you can de-seed and use 1)

Instructions

1. Mix the soy sauce, sugar, garlic, ginger, spring onions, sesame seeds, black pepper (I use lots of it), sesame oil and sake in a bowl.
2. Spread the chicken slices in a dish and pour this marinade over it.
3. Keep for an hour at least.
4. When ready to eat heat oil in a fry pan over medium-high heat and when really hot put in as many of the chicken pieces the pan can take.
5. Cook till lightly browned on both sides.
6. Remove to a warm serving dish.
7. Now add the mushrooms and green chili to the pan and pour the remaining marinade to the pan and stir for one minute.
8. Pour over the chicken pieces.
9. Serve hot

Nutrition Facts

Calories: 284
Total Fat: 14.6 g
Total Carb: 9.2 g
Protein: 28.9 g

Grilled Lime Chicken**Ingredients**

1/4 cup fresh parsley, Chopped
1/2 teaspoon grated lime zest
1 cup dry white wine or Chablis
1/2 teaspoon pepper, freshly ground
2 tablespoons lime juice
6 chicken breast halves (6 (4 oz each) skinned, boned chicken breast halves)

Directions

1. Combine all ingredients except chicken in a shallow baking dish.
2. Add chicken, turning to coat.
3. Cover and marinate in refrigerator for 1 day.
4. Remove chicken from marinade, reserving marinade.
5. Coat grill rack with Pam, place rack on grill over medium-hot coals.
6. Place chicken on rack, and cook 5 minutes on each side or until done, basting with reserved marinade.

Nutrition Facts

Calories: 154
Total Fat: 6.7 g
Total Carb: 1.0 g
Protein: 15.3 g

Grilled Chicken Dijon**Ingredients**

1/2 bottle Italian salad dressing (fat-free okay)
1/2 cup Dijon mustard (more according to taste)
6 boneless skinless chicken breasts

Directions

1. In a resealable plastic bag, or flat container with lid, mix dressing and mustard.
2. Add chicken breast and marinate in refrigerator at least 2 hours, turning often.
3. Grill over hot grill for 10 minutes on each side or until chicken is no longer pink.
4. Can also be baked in 350 degree oven until chicken is done.

Nutrition Facts

Calories: 171
Total Fat: 3.7 g
Total Carb: 0 g
Protein: 32.3 g

Linguine Tuna Salad**Ingredients**

8 ounces linguine
1/4 cup lemon juice
1/4 cup light olive oil
1/4 cup green onions, chopped
1 tablespoon sugar
1 teaspoon Italian seasoning
1 teaspoon seasoning salt
2 (6 ounce) cans tuna, Drained
10 ounces frozen green peas, thawed
2 medium tomatoes, chopped (firm)

Directions

1. Break linguine lengthwise into thirds and cook according to package directions; drain.
2. Meanwhile, in a large bowl, combine lemon juice, oil, onions, sugar, Italian seasoning, and salt, mix well.
3. Add hot linguine; toss.
4. Flake tuna with a fork, then stir tuna and thawed peas into the linguine mixture. Gently toss in chopped tomatoes.
5. Cover; chill several hours or overnight to blend flavors.
6. Serve cold

Nutrition Facts

Calories: 215
Total Fat: 7.6 g
Total Carb: 24.0 g
Protein: 12.6 g

Grilled Lemon Salmon

Ingredients

2 teaspoons fresh dill
1/2 teaspoon pepper
1/2 teaspoon salt
1/2 teaspoon garlic powder
1 1/2 lbs. salmon fillets
1/4 cup packed brown sugar
1 chicken bouillon cube, mixed with
3 tablespoons water
3 tablespoons oil
3 tablespoons soy sauce
4 tablespoons finely chopped green onions
1 lemon, thinly sliced
2 slices onions, separated into rings

Directions

1. Sprinkle dill, pepper, salt and garlic powder over salmon.
2. Place in shallow glass pan.
3. Mix sugar, chicken bouillon, oil, soy sauce, and green onions.
4. Pour over salmon
5. Cover and chill for 1 hour, turn once.
6. Drain and discard marinade.
7. Put on grill on medium heat, place lemon and onion on top.
8. Cover and cook for 15 minutes, or until fish is done.

Nutrition Facts

Calories: 362
Total Fat: 16.4 g
Total Carb: 18.7 g
Protein: 36.2 g

Red, (Egg) White, and Blue Omelette

Ingredients

3 egg whites
Cinnamon, to taste
Sugar substitute, to taste (optional)
1 tablespoon nonfat milk (optional)
5 medium strawberries, cleaned, hulled, and coarsely chopped (Must be FRESH!)
1/3 cup blueberries (fresh or frozen)
Cinnamon, to taste
Sugar substitute, to taste (optional)
1 slice whole-wheat bread (optional)

Directions

1. Mix egg whites, cinnamon, sugar, and milk (if using) together until blended and frothy.
2. Pour into a not-stick skillet sprayed with Pam.
3. When egg is almost set, drop strawberries evenly over. Let cook for a little longer.
4. Flip over and quickly cook other side.
5. Meanwhile, toast bread (if using) and place blueberries, cinnamon, and sugar (if using) in a small, microwavable dish.
6. Microwave for about a minute, stirring once halfway through.
7. Fold omelet, strawberries inside, and place over toast.
8. Top with blueberries and its juices (or you can even put half or all of the blueberry sauce inside omelet before folding- your choice)

Nutrition Facts

Calories: 94
Total Fat: 0.4 g
Total Carb: 12.1 g
Protein: 11.1 g

White Bean & Tuna Salad

Ingredients

- 1 (19 ounce) can cannellini beans
- 1 (6 ounce) can solid white tuna packed in water
- 2 tablespoons green onions, sliced
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 clove garlic, minced

Directions

1. Rinse and drain beans
2. Drain and flake tuna
3. Combine all ingredients
4. Refrigerate

Nutrition Facts

Calories: 303
Total Fat: 8.5 g
Total Carb: 34.3 g
Protein: 23.2 g