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Congratulations reader! You now possess the first collection of recipes by Pacific staff, students, faculty and NutriCat. This cookbook is designed to bring every type of healthy food your way. Many of these recipes were designed for everyday meals, the kind of items you can whip up any night of the week. Whether you’re looking for appetizers to take to a study group, soups to aid you when you’re ill or entrées to impress the cute girl from chem class, Pacific Cooks is here for you.

Can’t get enough? Be sure to friend NutriCat on Facebook for DUC recommendations, cooking videos, healthy living tips and more. You can also “like” PacWell - University of the Pacific on Facebook for general wellness tips and information. A big THANK YOU goes out to all who contributed their favorite recipes, we look forward to many more editions of Pacific Cooks!

With love,
Icons Explained

Residence Hall Friendly: Cooking equipment is limited to cutting board, knife, bowl, microwave. Usually takes less than 15 minutes to prepare.

High Fiber: More than 5g fiber per serving

Vegetarian: Recipes in this section do not contain meat. Most of the items are free of any animal products, but may contain cheese, dairy, and/or eggs.

Low Carbohydrate: Less than 30g of carbohydrates per serving

Low Fat/Reduced Fat: Less than 10g of fat per serving.
Cooking Terminology

Sauté: Frying, while stirring occasionally, food in skillet or pot with the addition of a small amount of fat.

Roast: Baking food in an oven until the exterior has browned and the interior is fully cooked.

Sweat (often done with an onion): To cook over low heat in a small amount of fat, usually in a covered pan or pot. Often used to describe the way aromatic vegetables such as onions, carrots and celery are cooked prior to adding other ingredients.

The objective in sweating vegetables is to soften them and release the moisture in them, not to brown them. This release of moisture is how the term "sweat" gets its name.

Chop: Usually doesn’t matter what the specific size of the item is, as long as it’s uniform. Chop typically is a larger cut than dice or mince and often means around 1/2 inch for most ingredients and 1 inch for a meat ingredient.

Dice: Chopping vegetables in a uniform cube, about ½ inch or smaller

Mince: Chopping vegetables, garlic, or herbs into very small pieces about 1/8 inch or smaller.
The Spice of Life

Herbs and Spices are the key to low-fat cooking with lots of flavor. When cooking new foods, look to regional cooking as inspiration for flavor profiles. Italian food relies on thyme, oregano, and rosemary. Mexican food is amped up with cumin, coriander, and chili pepper. Once you know the flavor profile of different cuisines, plain ingredients come alive. Below is a list of herbs and spices that NutriCat deems essential for every pantry.

**Dried Herbs**: basil, dill, oregano, rosemary, thyme

**Spices**: cayenne pepper, ground, cumin, cinnamon, red pepper flakes, black pepper, curry powder if you like it!

How to Chop an Onion

Slice off the top and bottom of the onion. Slice the onion in half lengthwise. Slip the skin off with the end of your knife or your fingers. Once the skin is removed, place the cut side down on a cutting board. Curl your fingers in and hold the onion at the bottom to keep it from sliding. Slice the onion widthwise using pressure from your hands to keep the slices in place. Now slice the onion lengthwise. Keep holding the onion in place and slice up and down to make a fine dice.
How to Cook Couscous

Couscous is actually a pasta, made by roiling moist wheat and flour in a large shallow bowl until the pebble-like couscous shape is formed.

Cooking time: 10 minutes
To serve 1-2: ½ cup couscous, 1/8 tsp. salt, ½ cup water.

Place the couscous and salt in a pot or bowl with a tight fitting lid. Bring the water to a boil in a hot pot or teapot. Pour the hot water over the couscous. Cover and let sit for about 5 minutes. Fluff with a fork like rice.

How to Cook Plain Quinoa

The South American grain Quinoa is really a seed, making it a complete protein. It’s delicious anywhere you would use rice.

Cooking time: 20 minutes
To serve 1-2: 1 cup water, ½ cup rinsed and drained quinoa, 1/8 tsp. salt
Cook: Place all ingredients in a pot, cover and bring to a boil. Then turn down heat to low and simmer for about 15 minutes. The quinoa should be translucent and the ring should be visible. Fluff with a fork like rice.

How to Cook Brown Rice

Cooking time: 45 minutes
To serve 1-2: 1 cup water, ½ cup rice, 1/8 tsp. salt

Place all the ingredients in a pot, cover and bring to a boil. Then turn down the heat to low and simmer for 40-45 minutes. Fluff with a fork.
“Whole-grain” has become a term that is used over and over again when we talk about healthy eating but why is it important? Whole wheat contains the entire wheat kernel: bran, endosperm, and germ. White wheat products only contain the endosperm. Think of a whole grain like a pillow. The outer covering, the pillowcase, represents the bran of the wheat kernel. This is where the most of the fiber is found. When you remove the bran, you also remove the beneficial insoluble fiber. The stuffing of the pillow is the starchy part, the endosperm. This is found in both white and whole wheat products. The germ, found inside the pillow, contains minerals, vitamins, fat, and protein. When you remove the wheat germ, you also lose valuable nutrients. White products have these vitamins and minerals added back INTO the product, that’s what’s meant by the term “Enriched.” Stick with whole grains when you have the choice!
Breakfast

Start the day off right with these healthy breakfast recipes. Whether you have 5 or 50 minutes to eat, you are sure to find something here that you like. Our brain runs primarily on glucose, making breakfast one of the most important meals of the day. When you feed your body, you feed your brain, and that helps you focus better in class and at work.
Berry & Yogurt Parfait

From Margaret Roberts, Staff Advisory Council Chair 2011-12
Director, Eberhardt Career Management Center

Most attractively served in a large martini or margarita glass!

½ cups of your favorite combination of ripe berries
(strawberries, blueberries, blackberries, raspberries, etc.)
4 oz of your favorite yogurt (plain, vanilla, fruit)
¼ cup of your favorite granola
1-2 tsp of honey

Alternate layers of berries and yogurt in the martini or margarita glass. Drizzle honey around edge. Top with granola! Enjoy! To make more servings simply increase the recipe based on the size of your glasses.

Per Serving (1): Recipe analyzed using plain yogurt, strawberries, and low-fat granola: 265 calories, 9.3g fat, 35.5g carbohydrate, 4.2g fiber, 11g protein

Lower Fat Granola

From NutriCat

Ingredients:

1 cup dried fruit (preferred: raisins & golden raisins)
3 cups old fashioned rolled oats
4 tbsp. ground flax seeds
1/3 cup wheat germ
1/4 cup wheat bran
2 tsp. ground cinnamon
1/8 tsp. ground ginger
1 1/2 tsp. vanilla extract
Scant 3/4 cup apple juice
1/2 cup molasses
1/2 cup slivered almonds

Preheat oven to 350 degrees. Combine the oats, wheat bran, wheat germ, flaxseeds, cinnamon, and ginger. In a separate bowl combine the apple juice, molasses, and vanilla extract. Pour the apple juice mixture into the dry oat mixture. Stir well to combine. Pour the mixture on top of a large baking sheet (might need 2) sprayed with cooking spray. Bake for 25-30 minutes until browned. Remove from oven, let cool and add raisins and almonds. Store in an airtight container!

Makes 10 generous servings. 256 calories, 6g fat, 6g fiber, 7g protein
Healthy Carrot Zucchini Muffins

From Rose Mapu, Administrative Assistant, McGeorge School of Law

Ingredients:

Cupcake papers
Spray oil - we use Trader Joe's Spray Canola Oil
1/4 cup Canola or Vegetable Oil
1/4 cup melted Heart Healthy Margarine - not the artery-clogging stuff - the Omega 3 good stuff (zap in a cup until just barely melted 15 seconds or so - don't over zap)
1/2 cup packed Splenda Brown Sugar (or if using "real" brown sugar (dark), up the amount to ¾ cup)
1 egg
3/4 cup Applesauce (choose "natural" - no sugar added)
1+ cup grated Carrots (if fresh, leave skins on - or can be peeled before grating – I always round the cup
1+ cup grated Zucchini (Leave skins on) – I always round the cup
1 cup Whole Wheat Flour (note that this calls for mostly whole wheat - whole grains are our choice now)
3/4 cup All-Purpose Flour (always use "unbleached." Have to have some "white" flour, or would be too dense)
2 teaspoons Baking Powder (not Baking Soda)
1 teaspoon Cinnamon (tastes great and naturally stabilizes blood sugars)
1/4 teaspoon Ground Nutmeg (I usually go a little less than ¼ teaspoon)
1/2 teaspoon Salt (note just a little salt)
1/2 cup nuts (walnuts, almonds, shelled sunflower seeds - you choose)

Instructions:

Preheat oven to 400 degrees. Prepare cupcake tin by placing in 12 papers, then spray the paper (yes, spray the paper) with spray oil before putting in batter (just lightly - allows muffin to separate from paper with no sticking). Be sure to wipe excess spray oil from your tin (paper towel) - oil on edges of the tin will smoke and "cook" onto your tin - yuk.

In a large bowl, beat together oil, margarine, brown sugar and egg (beat with a spoon or hand mixer) until well mixed. With a large spoon, mix in applesauce, carrots and zucchini. In a separate bowl, mix/whisk together wheat and all-purpose flours, baking powder, cinnamon, nutmeg and salt. Stir dry ingredients into wet (including nuts if you’re adding), mixing until just barely incorporated (no dry flour) - don’t over mix - will toughen. Batter will be thicker than most muffin batters. Spoon batter to the very top (won’t rise much due to heavy batter) of sprayed, paper-lined muffin cups and bake 25-30 minutes in 400 degree oven or until a toothpick comes out clean and tops are slightly browned. Keep in a ZipLock in the fridge (these won’t last long on your counter - too fresh, not much sugar), and if each muffin is wrapped in a little Saran Wrap and then ZipLocked, can be kept in freezer and brought down "one-at-a-time").

These muffins are actually good for you, and even better if you zap them in the microwave quickly (8 seconds), then "butter" with a little heart-healthy margarine or butter or cream cheese (low-fat, of course), or "just fruit" jam -- and yum!!!! Great with morning coffee. This is a recipe that has been frequently shared by one of our campus colleagues Janice Johnson. I’m still in the learning stages of cooking healthy cultural foods! Enjoy!

Per Muffin (12): 224 calories, 11.2g fat, 26g carbohydrates, 1.5g fiber, 3.8g protein
Summer Strawberry Jam

From NutriCat

Ingredients:
2 pounds fresh strawberries, stem removed
1/4 cup lemon juice
4 cups sugar

Mash strawberries in a large bowl, a potato masher works great. Combine the mashed berries with the sugar and lemon juice and place in a large saucepan. Heat on low until sugar is dissolved and then bring to a boil. If you are canning, make sure the internal temperature of the jam reaches 220 degrees F. When ready, pour into clean, sterile jars leaving 1/4” space at the top of the jar, place clean lid on top. You can process these in a water bath or not, the jam will keep in the fridge for about 2 weeks.

Cranberry Pumpkin Muffins

Ingredients:
2 cups flour
3/4 cup sugar
3 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
3/4 teaspoon allspice
1/3 cup vegetable oil
2 large eggs
3/4 cup canned pumpkin
2 cups fresh or frozen chopped cranberries

Instructions:
Preheat oven to 400 degrees. Sift together dry ingredients (flour through allspice) and set aside. Beat oil, eggs, and pumpkin together until well blended. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened. Fold in chopped cranberries.
Spoon into paper lined muffin cups. Bake at 400 degrees for 15 to 30 minutes.
Blueberry Pancakes

From NutriCat

Ingredients:
1/4 cup + 2 tbsp. sugar
2 cups all-purpose flour
2 cups soymilk or other milk (unsweetened)
2 cups fresh or thawed frozen blueberries
2 tbsp. baking powder
2 tsp. lemon extract

Combine the dry ingredients, flour, sugar, baking power and 1/4 tsp. salt. Add lemon extract and soymilk, 1/2 cup at a time. Whisk milk into the dry mix completely before adding more.

Heat a skillet/cast iron pan to medium heat. Using a ice cream scoop or ladle, drop 1/4 cup of batter onto the oiled skillet. Once batter has spread, add blueberries to the uncooked side. When batter begins to show lots of bubbles, flip pancake.

Makes about 12 pancakes. Per pancake: 116 calories, 1g fat, 1.5g fiber, 4g protein

Banana Split Oatmeal

From NutriCat

Ingredients:
1/3 cup dry oatmeal, quick-cooking
1/8 teaspoon salt
3/4 cup very hot water
1/2 sliced banana
1/2 cup frozen yogurt, non-fat

Instructions:
In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again. Top with banana slices and frozen yogurt.

Per recipe: 150 calories, 1g fat, 30g carbohydrate, 4g fiber, 4g protein

The banana split oatmeal can also be a snack all by itself!
Better Banana Bread

From NutriCat

Ingredients:
3 large well-ripened bananas
1 egg
2 Tablespoons vegetable oil
1/3 cup milk
1/3 cup sugar
1 teaspoon salt
1 teaspoon baking soda
1/2 teaspoon baking powder
1 1/2 cup flour

Instructions:
Preheat the oven to 350 degrees. Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork.
Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with the fork. Slowly stir the flour into the banana mixture. Stir for 20 seconds until the flour is moistened. Lightly grease the bread pan with a little oil -OR- cooking spray -OR- line it with wax paper. Pour the batter into the bread pan. Bake for 45 minutes until a toothpick inserted near the middle comes out clean. Let the bread cool for 5 minutes before removing it from the pan.

Notes: The key to good banana bread is to use well-ripened bananas that are covered with brown speckles. Try using half whole wheat flour to add some fiber.

Per slice (1/12th recipe) 140 calories, 3g fat, 26g carbohydrates, 1g fiber, 3g protein

Classic Eggs in a Mug

Adapted From Hungry-girl.com

Ingredients:
1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)
One wedge The Laughing Cow Light Original Swiss cheese, cut into pieces

Directions:
Spray a large microwave-safe mug lightly with nonstick spray. Add egg substitute and cheese and stir. Microwave for about a minute. Stir gently, and then microwave for another 30 - 45 seconds, until scramble is just set. Stir and enjoy!

Per Serving, makes 1: 95 calories, 2g fat, 3g carbs, 0g fiber, 14.5g protein
Breakfast Burrito with Salsa

From NutriCat

Ingredients:

- 4 large eggs
- 1 Tablespoon 1% milk
- 1/4 cup minced onions
- 1 teaspoon mustard
- 1/4 cup canned salsa
- 4 - 8 inch flour tortillas
- 2 Tablespoons frozen corn
- 2 Tablespoons diced green peppers
- 1 Tablespoon diced fresh tomatoes
- 1 Tablespoon 1% milk
- 2 Tablespoons minced onions
- 1/4 cup diced fresh tomatoes
- 1/4 cup caned salsa
- 1/4 teaspoon granulated garlic
- 1/4 teaspoon hot pepper sauce (optional)

Instructions:

Preheat oven to 350 degrees.

In a large mixing bowl, blend the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce, and salt for 1 minute until eggs are smooth. Pour egg mixture into a lightly oiled 9x9x2 inch baking dish and cover with foil.

Bake for 20-25 minutes until eggs are set and thoroughly cooked. Wrap tortillas in plastic and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas. The steam can be hot.

Cut baked egg mixture into 4 equal pieces and roll 1 piece of cooked egg in each tortilla. Serve each burrito topped with 2 Tablespoons of salsa.

Per burrito: 250 calories, 9g fat, 31g carbohydrates, 3g fiber, 11g protein

Baked Eggs and Cheese

From NutriCat

Ingredients:

- 1 Tablespoon oil
- 1/2 cup nonfat milk
- 1 teaspoon garlic powder
- 6 eggs*
- 1/2 cup grated low-fat cheese
- 1 1/2 teaspoons oregano

Instructions:

Preheat oven to 350 degrees.

Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan. Bake 20 minutes or until eggs are firm. Serve immediately.

*4 eggs and 4 egg whites may be used instead of 6 eggs to reduce fat and cholesterol (nutrient analysis reflects this modification).

1/4 recipe: 160 calories, 10g fat, 3g carbohydrate, 0g fiber, 15g protein

Vegetarian RH Res. Hall Friendly LC Low Carb HF High Fiber LF Low Fat
Whole Wheat Belgian Waffles

From NutriCat

Ingredients:
2 cups white whole wheat flour*
1/4 tsp salt
1 Tbsp baking powder
2 cups almond milk, vanilla or unflavored
1/4 cup oil
2 Tbsp ground flax seeds
6 Tbsp water
1 tsp vanilla extract

Mix ground flax with 6 tbsp water in a small bowl and set aside. In a large bowl, combine the dry ingredients, flour, baking powder, and salt. In a blender or with an electric mixer combine the flax seed mixture, milk, oil, and vanilla. Add the wet ingredients to the dry. Be sure not to over mix or you will end up with a tough and chewy waffle. Cook with a standard or Belgian waffle maker as directed by your maker.

Per Waffle (makes 5): 330 calories, 14.6g fat, 42g carbohydrates, 6.2g fiber, 10g protein

*If you like a lighter waffle, mix 1 cup white whole wheat flour and 1 cup white flour.

Fruit Yogurt, Nut, Combination

From Beth McManis, Director of Pacific Health Services

This is a quick easy meal/treat for anytime of the day or evening. I found that items from Trader Joe’s work the best but one can use substitutes from any establishment (Costco has mixed berries also). (Measurements are estimates.)

1/2 cup to 1 cup Trader Joe's frozen berry medley
1/4 cup to 1/2 cup Trader Joe's Go Raw Trail Mix
3/4 cup Trader Joe’s French Village Vanilla Non-fat yogurt

Place frozen berries in a microwavable bowl (or leave on counter for a while to thaw). Microwave for approximately 2 minutes at 50% power until unthawed (not warm). Add yogurt to berries. Sprinkle trail mix on top. Mix if desired. Serve immediately.

Recipe analyzed using 1/2 cup frozen berry, 1/4 cup trail mix: 213 calories, 11g fat, 27.5 carbohydrates, 1.3g fiber, 5.2g protein
Appetizers

Not quite a snack or a meal, appetizers are a great choice to bring to a meeting or when you’d rather graze through dinner. Try the creamy dill dip when you’re studying for finals or the Layered Black Bean Dip for dinner with friends.
Beet Hummus

From NutriCat LC

4 medium size beets, cooked*
2 tbsp. tahini (sesame seed paste)
1 large lemon, zested and juiced
1 tbsp. cumin
1 clove garlic, minced
1/4 tsp. salt
1/4 tsp. pepper

Chop beets and place in food processor of blender. Add the rest of the ingredients and blend until a smooth paste forms. Serve with sliced cucumbers, crackers, or vegetable stick of your choice.

Per serving (about ¼ cup) 60 calories, 3g fat, 8g carbohydrate, 2g fiber, 2g protein

Eggplant Caviar

Serves 10-12

From Dr. Pamela Eibeck, President, University of the Pacific VLCLF

1 large eggplant
4 Tbls. olive oil
1 clove garlic, crushed
½ cup finely chopped onion
½ cup finely chopped green pepper
2 cups finely chopped Italian plum tomatoes
2 tsp. capers

1 Tbls. fresh lemon juice
1/8 tsp. Tabasco sauce
1 tsp. salt
1/8 tsp. pepper
3 Tbls. garlic wine vinegar
1 tsp. dried basil
Melba toast rounds or any crackers

Freshly grated parmesan cheese

Preheat oven to 350’. Place unpeeled eggplant in a shallow pan and bake for 1 hour. Remove and cool. Heat olive oil in a 10 – 12” skillet over medium heat and add garlic, onion, and green pepper. Cook until the onion is tender. Cut eggplant lengthwise and scoop out the flesh, discarding the skin. If there are any large pieces of eggplant, mash them with a potato ricer or cut them with a sharp knife. Stir the eggplant into the onion mixture and add the tomatoes, capers, lemon juice, Tabasco, salt, pepper, vinegar, and basil. Simmer over low heat uncovered for 20 minutes. Remove from heat and chill in the refrigerator a minimum of 2 hours. Place in serving bowl and sprinkle cheese on top. Serve with crackers.
Beet Sliders with Creamy Herb Spread

From NutriCat

Ingredients:
3-4 large beets, scrubbed clean and tops removed
Slider buns (this recipe makes about 12-15 sliders depending on how thick you slice the beets and how big they are)
Creamy Herb Spread (recipe below)
1 tsp. oil
salt/pepper
sliced radishes or other garnishes

Seasonings:
1 Tbsp whole allspice berries
1 Tbsp coriander seeds
1 Tbsp red pepper flakes
1 Tbsp whole cloves
1 Tbsp whole black peppercorns
2 large bay leaves, crumbled
1 Tbsp dried dill
1/3 cup salt

Creamy herb dressing:
1 avocado
1 small handful basil
1 small handful parsley
1/4 cup cashews, soaked for at least an hour then drained
1 lemon, zested and juiced
1 tsp. rice wine vinegar
1/8 tsp. salt
1/4 tsp. ground pepper

In a stock pot combine 8 cups water and the seasonings together. Bring to a boil and add the cleaned, whole beets. The water should cover the beets so if it doesn’t add a bit more. Reduce heat to medium and cook for about an hour, until beets are tender. Remove the beets from the stock and let cool slightly. The skins should fall of easily at this point but if they don’t then remove the skins with a vegetable peeler. Slice the beets 1/4-1/2″ thick.

Make the creamy herb dressing by combining all ingredients together in a food processor.

When ready to assemble: heat a skillet to medium-high heat and heat the 1 tsp. of oil. You may also use cooking spray to lightly coat the pan. Add the beet slices and sear on both side until hot and slightly crisp, about 2-3 minutes per side. Stack 1 slice beet on 1 toasted slider bun. Top with sliced radishes and creamy herb spread.

Per slider (if making 12) 160 calories, 5g fat, 26g carbohydrate, 3g fiber, 4.5g protein
Creamy Dill Dip

From Bryan Lenz, Assistant Director of Recreation Programs

Ingredients:
- 1 cup sour cream, nonfat
- 1 cup yogurt, light plain
- 2 Tablespoons dried dill
- 1 tbsp. horseradish (optional)
- 1 tsp. celery salt

Instructions:
Combine sour cream, yogurt, and dill in a medium bowl. Stir together. Store the dip in a covered container if you don’t plan to eat it right away. Keep the dip in the fridge until you serve it.

Notes: Serve with cucumber slices, baby carrots, and cauliflower florets. If you want a creamy salad dressing, add a few tablespoons of water to the dip.

Per 2 Tbsp: 20 calories, 1g fat, 4g carbohydrates, 0g fiber, 1g fiber

Fiesta Hummus

Adapted from Healthy Recipes, Oregon State University

Ingredients:
- 1 can garbanzo beans
- 1/2 teaspoon cumin
- 1/4 teaspoon salt
- dash cayenne pepper
- 2 garlic cloves, minced
- 1/2 cup plain, non-fat yogurt
- 1 Tablespoon lime juice
- 1 Tablespoon sesame oil
- 1-2 finely chopped jalapeno peppers
- 2 Tablespoons chopped cilantro

Instructions:
1. Drain and mash garbanzo beans in blender, food processor or with fork. Add remaining ingredients.
2. Blend until smooth. Chill one hour or overnight. Serve on crackers or tortilla chips. Promptly refrigerate leftovers.

Per ¼ cup: 120 calories, 3g fat, 18g carbohydrates, 3g fiber, 5g protein
**Stuffed Swiss Chard**

*From NutriCat*

Ingredients:

1 cup Cooked leftover black rice, (or brown/wild rice)
1 cup butternut squash
8 oz. extra-firm tofu, drained and pressed
10 large chard leaves (could also use collard/cabbage leaves)

½ cup favorite BBQ sauce
½ cup apricot jam

Garlic Tahini Sauce:

1/2 cup tahini
1/8 cup olive oil
1 tsp. cumin
¼ tsp. smoked paprika
2 large lemons, juiced
3 cloves garlic
Salt/pepper

In a blender/food processor combine all ingredients for the garlic tahini sauce and puree until smooth.

Halve the tofu widthwise and then cut into thin slices. Place in a glass pan sprayed very lightly with cooking spray. Combine the BBQ sauce and marmalade. Brush the sauce over the tofu and let sit for 10 minutes. Preheat the oven to 350 degrees. Flip to the other side and brush on the remaining sauce. Place in preheated oven and cook for 15-20 minutes.

While the tofu is cooking, set up a steamer. Finely dice the butternut squash and steam for 10-15 minutes until soft. Place the cooked squash in a bowl and mash.

Wash the leaves and trim to the base of the stem. Place in the steamer and steam for 1-2 minutes until soft and pliable. Remove and place on a clean working space. Now you are ready to roll! Place the leaf down, widest side facing you. If the stem is still hard, gently press on the stem to flatten. While the leaves are sturdy for filling they are very fragile. Take care not to rip them.

Place a small amount of rice (about 2 tbsp) on the base of the leaf, about ¼ of an inch from the end. Place a similar amount of squash on top. Lay a piece of tofu on top of the squash. Depending on how big your leaves are will determine how much filling to place. Wrap the end over the tofu and gently push the side leaves over to cover. It will now roll like a burrito. Take care to keep pressing the leaves in towards the filling. Place the finished roll seam side down into the steamer basket. Continue to fill the rest of the rolls and place in the steamer basket. Steam for an additional 3-5 minutes. Remove and top with tahini sauce.
Winter Flatbread

From NutriCat

Ingredients:
- 1 butternut squash, peeled and cubed
- 1 apple, peeled and sliced thin
- 1 large handful arugula (or baby spinach)
- 1/2 onion, sliced into half moons
- 3 red potatoes, diced small
- Pre-made pizza crust (I used whole wheat)
- Sage Cream (recipe follows)

Rosemary & Sage Cream
- 1 can cannellini beans, drained and rinsed
- 2-3 garlic cloves
- 1 large lemon, zested and juiced
- 3 sprigs fresh rosemary
- handful fresh sage
- 3 tbsp. olive oil
- 3 tbsp. vegetable broth
- 1/8 tsp. red pepper flakes
- 1 tsp. salt

In a food processor or blender, combine the beans, juice, garlic and puree until smooth. Add the herbs and spices. While the blade is running, pour in the oil and broth. Depending on how spreadable you like it, you may need to add more/less broth.

Preheat oven to 400 degrees. Toss potatoes, squash and onions with 1 tbsp oil and salt/pepper. Roast for 20-30 minutes.

Prepare dough according to directions (do not cook). Spread the rosemary-sage spread on top of the dough. Top with the potato mixture, sliced apples and arugula.

Bake at 375 for 20-25 minutes until crust is completely cooked and golden brown.

Serving size: 1/10 of the pizza: 242 calories, 4.6g fat, 40g carbohydrate, 12.5g fiber, 12g protein
Veggie Bean Wrap

Adapted from Healthy Latino Recipes Made with Love

Ingredients:
2 seeded and chopped green or red bell peppers
1 peeled and sliced onion
1 can (15 ounce) drained and rinsed black beans, 50% less salt
2 chopped mangos
1 lime, juiced
1/2 cup chopped fresh cilantro
1 peeled and diced avocado
4 - 10 inch flour tortillas, fat free

Instructions:
1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve 1/2 mixture for topping.
3. Fill warmed tortillas with 1/4 bean mixture and 1/4 mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

Serving Size: 1 wrap
Yield: 4 servings
Time: 25 minutes

Per wrap: 460 calories, 13g fat, 80g carbohydrate, 14g fiber, 13g protein

Fiesta Mix

Ingredients:
1 cup cereal with fruit
1 cup "chex" type bran cereal
1 cup "O" type cereal
1/4 cup raisins
1/4 cup peanuts
1/4 cup shredded coconut

Mix cereals together in a large bowl. Add raisins, peanuts, and coconut. Mix well. Eat dry or with milk

Serving size, ¼ recipe: 210 calories, 9g fat, 32g carbohydrate, 3g fiber, 5g protein
Appetizers

Fresh Spring Rolls with Spicy Peanut Sauce

From NutriCat

Ingredients:

1 package rice wrappers (Can find at most grocery stores in the international aisles or at Asian markets/whole foods)
1/2 package smoked tofu (Savory or other flavor)
Vermicelli noodles, 8 oz.
Assorted Vegetables, all cut into matchsticks: yellow and red pepper, carrots, lettuce (shredded)
Herbs: Thai basil, mint, and cilantro: chopped and mixed together

Cook vermicelli or other rice noodle according to package directions. Prep the vegetables and herbs while the noodles are cooking. Slice tofu into matchsticks equal size to the vegetables. For easier assembly, I placed all of the finished ingredients into separate ramekins. When making the rolls, I just went down the line of ingredients adding a little from each ramekin onto the roll.

To prepare the rolls: fill a 9X13 casserole dish with hot water. Take 1 spring roll wrapper and place in the casserole dish and submerge for 15-20 seconds until soft. Place the softened wrapper onto a damp paper towel. Place a small pinch of herbs in the center of the wrapper, top with vegetables and then a small handful of vermicelli noodles. If you want to make these more filling, use more of the noodles and vegetables. You decide how thick to make them. Once the are filled, take one end up and over the vegetables, tuck the sides in and roll like a burrito. Place seam side down in a separate dish or plate and continue with the next one.

Peanut Dipping Sauce:

1/2 cup peanut butter
1/4 cup chopped peanuts
1/2 lime, juiced
1 pinch red pepper flakes or 1 tsp. sriracha
3 tbsp. soy sauce
1 clove garlic, minced
1 tbsp. sesame oil
3 tbsp. water
1 tsp. maple syrup

Blend all ingredients together (except the fresh chopped peanuts) in a food processor or magic bullet. Top with fresh chopped peanuts.
Crunchy Vegetable Wraps

Ingredients:
- 4 Tablespoons cream cheese, low fat whipped
- 2 flour tortillas
- 1/2 teaspoon ranch seasoning mix
- 1/4 cup broccoli washed and chopped
- 1/4 cup carrots peeled and grated
- 1/4 cup zucchini washed and cut into small strips
- 1/4 cup yellow summer squash washed and cut into small strips
- 1/2 tomato diced
- 2 Tablespoons green bell pepper seeded and diced
- 2 Tablespoons chives chopped fine

Instructions:
1. In a small bowl, stir ranch seasoning into cream cheese, chill. Wash and chop vegetables.
2. Steam broccoli in microwave for 1 minute with 1 tablespoon of water. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
3. Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.

Per 1/2 roll: 110 calories, 4g fat, 16g carbohydrates, 4g protein

Buffalo Chicken Dip

From Ranai Koch, Student Insurance and Marketing Coordinator, Pacific Health Services

1/2 cup sour cream
4 oz fat free cream cheese
1/4 cup Frank’s Original Red Hot Sauce
1 packet of ranch dressing mix
1 can of chicken breast in water

Soften cream cheese in microwave for about 30 seconds in medium sized microwave safe bowl. Mix in sour cream, dry ranch mix and hot sauce. Stir well. Flake the chicken with a fork and stir it in the mixture. Heat in a microwave at 30 second intervals until hot and creamy or put in a small crockpot. Serve with veggies, tortilla chips, pitas or whatever else you like for dipping.

Serving size, about 2 tbsp. 91 calories, 7.5g fat, 1g carbohydrate, 5g protein
Layered Black Bean Dip

Ingredients:

1 can (15 ounce) black beans, drained and rinsed
1/4 teaspoon onion powder
1/4 teaspoon dried oregano
1/8 teaspoon garlic powder
1/8 teaspoon cayenne pepper
1/2 cup salsa, thick and chunky
1/2 cup light sour cream
1/4 cup chopped green onions
2 ounces grated reduced-fat cheddar cheese

Instructions:

Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper. Spread on a serving dish. Top with salsa, sour cream, green onions and grated cheese.

Serving size: 2 tbsp, 40 calories, 1.5g fat, 4g carbohydrate, 1g fiber, 2g protein

Summer Breeze Smoothies

Adapted from Heart Healthy Home Cooking: African American Style

Ingredients:

1 cup nonfat yogurt, plain
6 medium strawberries
1 cup crushed pineapple, canned in juice
1 medium banana
1 teaspoon vanilla extract
4 ice cubes

Instructions:

Place all ingredients in blender and puree until smooth.

Per cup: 130 calories, 0g fat, 30g carbohydrate, 2g fiber, 4g protein
Arguably the best part of any meal, the side dishes! From vegetables, grains, and more the sides are what makes a meal really shine! Make one or a bunch to complement your entrée or on their own for a veggie-based dinner.
Grilled Panzanella Salad

From NutriCat

Ingredients:

3 large tomatoes, cut into cubes
1 eggplant, sliced into thick circles
1/2 loaf good-quality bread (day old is better), sliced
1 recipe baked tofu croutons (below)
1 recipe dressing (below)

The key to this recipe is to try to make all of the cubes (bread, tomatoes, eggplant, and tofu) similar in size.

To start, toss the eggplant slices with sea salt and let drain for an hour or so. Rinse the slices and patted them dry before grilling. You don’t have to do this, but it makes the eggplant less soggy. I used the grill for this recipe, but you can use a grill pan, panini press, or oven.

Season both sides of your eggplant with a little salt and pepper. Lightly brush the slices of bread with olive oil. Heat your grill to medium-high and place the slices of bread and eggplant on. The eggplant will take longer than the bread, about 8-10 minutes per side until soft. Cube the bread and eggplant and place in a bowl with cubed tomatoes. Add the baked tofu croutons and toss with the dressing.

Baked Tofu Croutons

1 lb. tofu, cubed
1/4 cup orange juice
1 tbsp. olive oil
1/8 cup lemon juice
1 large handful parsley, chopped

Start with drained tofu. Puree together the orange juice, lemon juice, olive oil, parsley, and salt/pepper. Toss with tofu and marinate for 5-6 hours or overnight. Bake at 400 degrees for 15 minutes, rotating every 5 minutes.

Dressing

2 tbsp. olive oil
1/2 lemon, juiced
1/8 cup parsley, chopped
1/8 cup basil, chopped

Mix all ingredients together in a food processor or bowl. Drizzle over salad and toss. Season with salt and pepper.

Per serving (4): 288 calories, 16 g fat, 25g carbohydrate, 3.8g fiber, 13g protein
Aunt Donna’s Pasta Salad

From Beth McManis, Director of Pacific Health Services

This is in loving memory of Donna, my sister-in-law. She brought this dish over when my son Cormac was born. He was born in the middle of a heat wave and it was perfect for the time and situation. My family loves this dish.

Ingredients:

8 oz Spiral twist pasta
½ medium bell pepper (I use red and often a whole pepper), chopped
1 red onion, chopped
1 cup corn, drained
1 4 oz diced Ortega chilies, drained
1 15.25 oz kidney beans, drained and rinsed
¼ cup olives, chopped (optional)
1 ½ cup cooked chicken, cut into ½ inch pieces (optional)
¼ cup to ½ cup Cilantro, fresh

Cook pasta according the directions on the package. Drain and rinse with cool water.
Place all of the above items in a large bowl and toss.

Dressing Ingredients:

3 Tbsp red/white vinegar
1 Tbsp Olive Oil
½ tsp cumin
¼ tsp salt (optional or can use less)
¼ tsp pepper

Mix above items well. Pour dressing over the pasta mixture and toss well. It is best to refrigerate for a few hours but can be served immediately. (We find that the salad tastes better the next day since the flavors get time to marinate.)

Consider doubling the recipe so you will have enough for lunches or dinner for several days.

Serves 4: 259 calories, 7g fat, 30g carbohydrates, 3.2g fiber, 20.3g protein
Basil Eggplant

From NutriCat

Ingredients:

2 eggplants, chopped
1 tbsp. toasted sesame oil
About 1 cup water
2 tbsp. tamari (soy sauce)
1 large bunch Thai basil (Italian basil won’t work here. Try an Asian market for the basil)
1 tbsp. agave nectar or maple syrup
2 Thai chili peppers, thinly chopped (if you prefer a more mild heat, just use one)

Heat sesame oil in skillet or pan and add peppers to flavor the oil. Add the eggplant and water, then cover pan. Cook an additional 5-10 minutes until eggplant has softened. Add the tamari soy sauce, maple syrup, and Thai basil and cook an additional 5 minutes until basil has wilted. Serve hot!

Per serving (4): 116 calories, 4g fat, 20g carbohydrates, 9.6g fiber, 4g protein

“Better than Tuna” Salad

From NutriCat

2 cans chickpeas, drained and rinsed
1/2 cup mayonnaise
1 medium pepper (I used green) finely chopped
2 carrots, peeled and finely chopped
2 tablespoons fresh parsley, finely chopped
1 cup walnuts, chopped
1 tablespoon Dijon mustard

Grind chickpeas in a food processor or blender into small, flaky pieces. In a large bowl, combine the remaining ingredients and mix well. Add chickpeas and season with salt and pepper, to taste.

Per serving: 384 calories, 6 g fat, 20 g protein, 19 g dietary fiber

Serve however you would tuna, chicken, or egg salad.
Tofu Salad

From NutriCat

Ingredients:
- 3/4 pound firm tofu
- 2 Tablespoons mayonnaise, reduced calorie
- 3 teaspoons brown mustard
- 1/2 teaspoon soy sauce, low sodium
- 1/2 cup diced celery
- 1 Tablespoon diced onion
- 1 Tablespoon minced parsley
- 1/2 seeded and diced green pepper

Instructions:
1. Prepare tofu by draining the water from the package and placing tofu between two plates. Put a heavy object on top and let stand for 10 to 15 minutes. Drain the water that collects on the bottom plate every few minutes.
2. In a small bowl, mix the mayonnaise, mustard and soy sauce.
3. In a medium bowl, combine the diced tofu, celery, onion, pepper, and parsley; stir in the mayonnaise mixture and toss gently to coat.
4. Refrigerate covered until the flavors are blended - at least one hour.
5. Use as a sandwich filling or on top of whole grain crackers.

Serving Size: 3/4 cup, per serving (4): Calories 90, 5g Fat, 4g Carbohydrate, 1g fiber, 6g protein

Lentil Salad

From Sandy Mahoney, Director of Assessment and Student Development Services

Ingredients:
- 3.5 ounces or (1/2 cup) French green (de Puy) lentils, picked over and rinsed
- 1 sprig fresh oregano
- 2 1/8 teaspoons oregano leaves, chopped
- 1 small onion
- 1 large stalk celery
- 1 large bell pepper
- Freshly ground black pepper
- 3 ounces baby spinach
- 1.5 tablespoons red wine vinegar
- 2 ounces feta cheese, crumbled or (1/4 cup)

Instructions:
In 4-quart saucepan, combine lentils, oregano sprigs, and 3 cups water. Cover; heat to boiling. Meanwhile, chop onion, celery, and pepper.
Reduce heat to maintain simmer; at some point add onion, celery and pepper to cooking lentils. Cook lentils 25 minutes or until tender. Add more water as needed to keep everything covered.
Drain lentils (discard sprigs); transfer to bowl. Stir in vinegar, oregano leaves, 1/8 teaspoon freshly ground black pepper.
Divide spinach among 2 serving plates; spoon lentil mixture over. Top with feta and chopped walnuts

Serving Size: 1 cup, 230 calories, 1.6g fat, 35g carbohydrates, 9.7g fiber, 19.8g protein
**Kale Chips**

From NutriCat

1 bunch kale (about 1 lb)
2 tsp. oil
1/2 tsp. cayenne pepper or chili powder (if you like it spicy!)
1/4 tsp. salt
1/4 tsp. black pepper
2 tbsp. nutritional yeast (optional, but nice cheesy flavor) or
2 tbsp. parmesan cheese

Preheat oven to 300 F. Wash and thoroughly dry kale, remove the large center ribs and stems; tear into bite size pieces. In a large bowl add the oil, cayenne pepper, nutritional yeast, pepper and salt. *(Be careful about adding too much salt - a tiny amount goes a long way with these. You can always salt more after their cooked.)* Using your hands or tongs, toss the kale with the dressing making sure each piece is coated.

Spray a large baking sheet with cooking spray. Place the kale onto the baking sheet, being sure not to crowd it. If it is piled up upon each other, the bottom pieces will turn out soggy.

Bake for 10-15 minutes checking often. The cooking time is really important on these chips. If you don’t cook them for long enough, they will be wet pieces of kale. If you cook them too long they will burn. I start checking after 10 minutes and pull the crispy ones out as they are done. For really large pieces, you may need to go longer.

1/8 recipe: 48 calories., 1.7g fat., 7 g CHO., 3g protein

**Black Bean & Corn Summer Salad**

From Rebekah Grodsky, Student Services Counselor, Office of the Asst. Dean for Student Affairs, McGeorge

Adapted from [http://simplyrecipes.com/recipes/black_bean_salad/](http://simplyrecipes.com/recipes/black_bean_salad/)

Ingredients:

- 1 can (about 2-2.5 cups) of black beans
- 1 can (about 2-2.5 cups) of corn
- 1 red bell pepper
- 1 orange bell pepper
- ½ cup green onions
- ½ cup flat leaf parsley
- ½ cup basil
- 1 lime
- 1 tbsp extra virgin olive oil
- Salt & Pepper

Instructions:

Thoroughly rinse and drain the canned black beans and corn. Dice the red and orange bell peppers. Thinly slice the green onions. Finely chop the parsley and basil. In a large bowl combine the beans, corn, bell peppers, green onion, parsley, basil, juice from the lime and olive oil. Add salt and pepper to taste. Chill before serving.

Serves roughly 6-8 people; makes a great side dish for your next summer BBQ!

Per serving (8): 276 calories, 3.2g fat, 49g carbohydrates, 11.4g fiber, 15g protein
Roasted Vegetables

From Mike Belcher, Director of Public Safety

Every summer when we have a potluck, our friends always ask us to bring the roasted vegetables. The mixture of different vegetables allows different flavors to come together and enhance any fish, meat or poultry dish. Sometimes they become the main course. Always make an extra serving as it is a great topping for a home made pizza the next day.

Original Recipe Yield 12 servings

Ingredients:

1 small butternut squash, cubed
1 sweet potato, peeled and cubed
1 red onion, quartered
(Other options to include portabella mushrooms, yellow squash, zucchini, beets)
1 tablespoon chopped fresh thyme
1/4 cup olive oil
salt and freshly ground black pepper

2 red bell peppers, seeded and diced
3 Yukon Gold potatoes, cubed
¾ lb of asparagus cut
2 tablespoons chopped fresh rosemary
2 tablespoons balsamic vinegar

Directions:

Preheat oven to 475 degrees F (245 degrees C).

In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.

In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.

Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

Per Serving (12): 118 calories, 5g fat, 17.5g carbohydrates, 3.2g fiber, 2.5g protein

Acapulco Salsa

From Julie Moresco, Clinical Administrative Assistant, Pacific Health Services

2 Tbsp red wine vinegar
1 clove of garlic, minced
1 teaspoon Tabasco sauce
1-15oz can of black beans, rinsed
½ lb roma tomatoes, chopped
2/3 cup of chopped fresh cilantro

1 Tbsp balsamic vinegar
1 ½ teaspoon olive oil
1 ripe avocado... not mushy
1-11oz can of corn, rinsed
2/3 cup of sliced green onions

Mix vinegar, hot sauce, oil and garlic. Set aside. In a large bowl, combine the green onions, cilantro, corn, black beans, and tomatoes. Add the liquid ingredients, cover and refrigerate for a while. Add avocado when ready to serve.

Serves 8: Per serving, 261 calories, 4.8g fat, 44g carbohydrates, 11g fiber, 13.6g protein
Cucumber Salad

Adapted from Eating Right is Basic, Nutrition Education Program, Michigan State University Cooperative Extension Service

Ingredients:
- 1 large peeled and thinly sliced cucumber
- 2 Tablespoons yogurt, lowfat
- 1 Tablespoon vinegar
- 1 Tablespoon vegetable oil
- 1 Tablespoon water
- 1 teaspoon dill weed (optional)
- dash of pepper

Instructions:
1. Peel and thinly slice cucumber.
2. Mix all other ingredients in the mixing bowl.
3. Add cucumber slices and stir until coated.
4. Chill until serving.

Per serving (2), 1 cup: 90 calories, 7 g fat, 4g carbohydrates, 1 g fiber, 2g protein

Caprese Pasta Salad

Adapted from Farm Fresh Summer Recipes, Connecticut Food Policy Council

Ingredients:
- 1 pound ziti pasta or bow tie pasta
- 2 Tablespoons vegetable oil
- 1/4 cup vinegar
- 2 teaspoons dijon mustard
- 1/4 teaspoon pepper
- 1 cup fresh basil leaves chopped
- 3 large tomatoes, coarsely chopped
- 1 cup cooked or canned (drained) kidney beans, or try garbanzo beans or black beans
- 1 cup mozzarella, or provolone cheese, cubed or shredded (opt)
- 1/2 cup walnuts, chopped (opt)

Instructions:
Cook pasta according to package directions. Drain and cool.
In a small mixing bowl, whisk together vegetable oil, vinegar, Dijon-style mustard and pepper to make vinaigrette.
In a large mixing bowl, combine pasta, beans, basil and tomatoes. Pour vinaigrette over top and toss together. Cover and chill at least 1 hour. If desired, add nuts and cheese just before serving, tossing again to combine.

Per serving, ½ cup 220 calories, 3.5g fat, 39g carbohydrates, 4g fiber, 8g protein

TIP
- Add other fresh chopped vegetables such as cucumbers, peppers, small summer squash, carrots, broccoli or cauliflower.
- Use your favorite salad dressing instead of making your own.
- Use cooked rice or cooked, cut up potatoes in place of pasta.
Black Bean, Mango and Quinoa Salad

From NutriCat

Ingredients:
1 red pepper, diced
1 mango, peeled and diced
1 bunch cilantro, finely chopped
1 can black beans, drained and rinsed
1 jalapeno, minced
1 cup quinoa

Lime Dressing:
2-3 large limes, zested and juiced (about 1/4 cup juice)
3 tbsp. good quality olive oil
1 tbsp. cumin
1 tsp. cayenne pepper
salt/pepper

Cook the quinoa:
Rinse the quinoa before cooking. This is important to remove any “bitter” taste once the quinoa is cooked.
Place quinoa in a pot and add 1 1/2 cups water and 1 tsp. salt. Bring to a boil then cover the pot and reduce heat to medium-low. Cook for 15 minutes until water is absorbed. Remove from heat and let the quinoa sit for about 5-7 minutes. Fluff with a fork like you would rice. Don’t use a spoon as the quinoa will clump and become mushy.
Add the cooked quinoa to a large bowl and add the rest of the ingredients. In a smaller bowl, whisk together the dressing ingredients. Pour over the quinoa salad and toss.

Per serving (4): 287 calories, 13.2g fat, 37.2 carbohydrates, 4.6g fiber, 6.5 g protein

Bulgur and Chickpea Salad

From NutriCat

Ingredients:
1 cup uncooked Bulgur
1 can chickpeas, drained and rinsed
1/2 english cucumber, chopped
1/2 cup roasted red peppers, chopped
1 tsp. cumin
1 tsp. dill
2 tbsp. chopped fresh mint
1/2 cup parsley, finely chopped
1 lemon, juiced and zested
1/4 cup olive oil

lettuce leaves and spinach leaves (Continued on next page)
Bulgur and Chickpea Salad Instructions:

Place the bulgur into a large bowl and add 2 cups hot water. Let sit for 30 minutes until the bulgur is tender. In a separate bowl, combine the beans, cucumber & red pepper. Add the cooked and cooled bulgur to the vegetable mixture and combine.

Make the dressing: combine the lemon juice, zest, cumin, dill together and slowly drizzle in olive oil. Whisk together. Pour over the salad, add the chopped parsley and stir to combine. Let sit for 15 minutes before serving.

Place lettuce and/or spinach leaves on a plate or platter and top with 1 cup of salad.

Per serving (4): 257 calories, 14g fat, 30g carbohydrate, 7.4g fiber, 5g protein

### Brown Rice Salad with Zesty Orange Dressing

*From NutriCat*

**Ingredients:**

- 1/2 cup shredded carrots
- 2 medium size beets, roasted, peeled, and diced
- 1 green pepper, diced
- 5 stalks celery, sliced thinly into half moons
- 1 onion, diced
- 1 Anaheim pepper, minced (optional if you want some kick)
- Large handful spinach, shredded
- 3 zucchini squash, chopped
- 2 cups cooked brown rice
- 1 can black beans, rinsed and drained
- 1 batch zesty orange dressing, recipe follows

Heat 1 tablespoon oil, vegetable broth, or water over a medium high skillet and add onion. Cook until onion becomes translucent, about 5-7 minutes.

In a large bowl combine cooked rice, black beans, spinach, peppers, carrots, celery, beets, and zucchini. Toss and drizzle with zesty orange dressing. Season with a bit of salt and pepper to taste.

**Zesty Orange Dressing:**

- 1 large orange, juiced (or 1/4 cup orange juice)
- handful cilantro, chopped
- 1 clove garlic, chopped
- 1 spicy pepper (I used Anaheim’s here, got a whole garden full!)
- 2 limes, zested and juiced
- 1 tablespoon maple syrup

Blend together in food processor, blender or in a bowl by hand.

Per Serving (6): 287 calories, 2g fat, 61g carbohydrates, 5g fiber, 6.5g protein
Roasted Beet and Radish Salad

From NutriCat

Ingredients:
2-3 large beets, golden beets preferred
3 tbsp. blanched, sliced almonds
4 radishes, sliced thin
1 head romaine or butter lettuce, washed and torn into bite sized pieces
3 tbsp. cranberries

Champagne Vinaigrette
¼ cup olive oil
1/8 cup champagne vinegar
1 tbsp. Dijon mustard
1 lemon, zested and juiced
salt/pepper

Instructions:
Preheat the oven to 400 degrees F. Clean the beets and toss with 1 tsp. oil, salt and pepper. Place on a roasting pan and cook for 25-30 minutes until done. The cooking time will depend on the size of your beets, when a fork can be stuck into the beet then it’s done.

Remove the beets from the oven, let cool for 10 minutes and remove the skin. Chop the beets and set aside.

Keep the oven on; add sliced almonds to a clean pan and toast for 4 minutes, making sure not to burn them. Remove from the oven and set aside.

Prepare the champagne vinaigrette by combing all the ingredients except the oil in a food processor, blender or bowl. Slowly add the oil until the mixture thickens.

Place the lettuce in a large bowl and toss with the dressing. Add the chopped beets, sliced radishes, toasted sliced almonds, and cranberries, season with salt and pepper to taste.

Make it a MEAL! Add your favorite lean protein, grilled shrimp, chicken, or smoked turkey would taste great here. For a vegetarian meal, add baked tofu or Italian white beans (Cannellini beans)

Serves 4, Per serving: 211 calories, 16 gram fat, 4g fiber
The big bang, the entrée is the center of most meals. When we think about dinner, we usually think of the entrée first. This section has lots of variety: pasta, residence hall friendly salads, or gourmet lamb chops, enjoy!
Lemon Basil Fettuccini

From NutriCat

Ingredients:
- 1/2 cup cashews, soaked at least 1 hour in water
- 1 cup + 2 tbsp. vegetable broth
- 1/2 tsp. red pepper flakes
- 1 large lemon
- 1 large handful basil
- 1 pint cherry tomatoes
- 1 tbsp. butter
- salt/pepper to taste
- 8 oz. whole wheat spaghetti or fettuccine
- 3 garlic cloves, sliced

Bring a large pot of salted water to a boil. Add the noodles and cook to al-dente. While the water boils, prepare the sauce. Reserve 1/2 cup of cooking liquid and the drained noodles.

Heat a large skillet over medium heat. Add the vegetable broth and 1 tbsp. butter to the skillet. Add the garlic and stir constantly until the garlic becomes golden. Don’t burn!

Halve the cherry tomatoes and add them to the pan. As they begin to cook, press down on them lightly with a fork or potato masher until they “pop”. Allow them to soften, about 5-10 minutes. While the tomatoes are cooking, make the cream sauce.

In a blender, combine the drained cashews, 1 cup vegetable broth, and the zest and juice of 1 large lemon. Puree on high speed until the cashew mixture is creamed and no grainy parts remain. Depending on the power of your blender, this could take 3-4 minutes. Add to the pan with the red pepper flakes. Stir the cream sauce into the tomatoes and continue to stir until the sauce thickens, about 3-4 minutes.

Stack the basil leaves on top of one another, roll like a cigar and thinly slice from the end down until you have basil “ribbons”. Add this to the sauce with the reserved pasta and pasta water. Stir to combine and serve!

Serves 4. Per Serving: 218 calories, 12g fat, 4g fiber, 8g protein.
Citrus Poached Ceviche

From Mary McGuire, Assistant Dean for Student Affairs, McGeorge School of Law

Ingredients:
For the Poaching Liquid:
1 cup white wine  
2 cup water
1 bay leaf  
Juice and zested peel of 1 navel orange
3 garlic cloves, sliced  
¼ white onion, sliced

For the ceviche:
1 lb raw shrimp (leave on the shells and tails)
Juice of 2 limes, divided use  
salt and pepper to taste
½ avocado, small dice  
½ red onion, minced
¼ cup cilantro  
½ jalapeño or Serrano pepper, seeded and minced
2 tbsp. olive oil  
1 navel orange segmented

Place all poaching liquid ingredients in a saucepan. Bring to a boil and boil for 10 minutes. While liquid is boiling, prepare ice bath by placing crushed ice in a large bowl. Refrigerate until ready to use.

Place whole shrimp (with shell on) into the boiling poaching liquid for 45 seconds, until just cooked through. It is very important not to overcook. Remove shrimp quickly and place into ice bath for 3 minutes. Peel. Devein and refrigerate shrimp.

To make ceviche: chop shrimp and place into a large mixing bowl. Add the juice of 1 lime and 1 orange and salt/pepper. Refrigerate 5 minutes. Place the avocado, red onion, cilantro, jalapeno or Serrano, remaining lime juice, olive oil, and orange segments into the bowl with shrimp and toss. Add salt/pepper to taste.

Let mixture sit for 10 to 15 minutes before serving to meld flavors.

Serves 4. Per serving: 218 calories, 11.7g fat, 3.5g CHO, 2g fiber, 24.4g protein

Baked Fish and Vegetables

Ingredients:  
4 frozen white fish fillets or cod or perch (total of 16-20 oz.)
16 ounces frozen mixed vegetables
1 small diced onion
1 teaspoon lemon juice or fresh lemon, sliced thin
1 Tablespoon parsley flakes - dried or fresh chopped
4 10x12-inch tin foil squares

Instructions:
Preheat oven to 450 degrees. Separate and place fish fillets in center of each tin foil square. Combine frozen vegetables and diced onion in bowl and mix. Spoon vegetables around fillets. Sprinkle with lemon juice (or top with lemon slice) and add parsley on top. Fold ends of tin foil together to form leak-proof seal. Bake for 10 minutes. Serve. Refrigerate leftovers.
Far Out Lentil Stew

From NutriCat 

Ingredients:
1 white or yellow onion, diced
4 carrots, diced
4 stalks celery, diced
1 cup green lentils
1 large can diced tomatoes
1 small can tomato paste (about 1/2 cup)
1 cup butternut squash soup (can sub 3/4 cup diced butternut squash or more broth)
1 can garbanzo beans
1/2 cup frozen green peas, thawed
5 garlic cloves, minced
2 tbsp. fresh ginger, grated or 2 tbsp. ginger paste

Vegetable broth - about 2-4 cups depending how thick you want your stew

Spices:
1/2 tsp. cardamom
1 tsp. smoked paprika
1 1/2 tsp. ground fenugreek
1 tbsp. cumin
1/4 tsp. ground cloves
1/2 tsp. cayenne pepper
1/4 tsp. allspice
1/2 tsp. cinnamon

Bring 2 cups water to a boil. Add lentils; reduce heat to medium and cook until tender. In a separate large stockpot, add 3 tbsp. canola oil, garlic, ginger and onions. Stir until onion is translucent about 5-10 minutes. Add the carrots, celery and spice blend. Stir to combine and cook and additional 10 minutes until the carrots are soft. If the vegetables start to stick, add a bit of vegetable broth. Add the diced tomatoes, tomato paste, vegetable broth and butternut squash soup. Stir together and bring to a boil. Add the lentils, peas, and beans. Reduce heat to a simmer and let cook for 30-40 minutes.

Serve with either brown rice one night or with crusty bread.

Serves 8. Per serving: 305 calories, 4g fat, 18g fiber, and 18g protein
Roasted Vegetable Tostadas

From NutriCat

Vegetarian LF HF

Entrees

Ingredients:
1 recipe roasted vegetable salsa, recipe follows
1 recipe creamy pinto beans, recipe follows
8 corn tortillas
Optional garnishes: cheese, lime juice, cilantro, sliced jalapenos

Heat a non-stick pan to medium-high heat. Add 1 corn tortilla at a time, and cook for 2-3 minutes per side until firm and slightly crispy. If you want your shells really crispy you can fry them in a tbsp. of oil but I find that a non-stick pan works just fine.

Top tostada with pinto beans and roasted vegetable salsa. Garnish how you prefer!

Roasted Vegetable Salsa:
1 medium eggplant
5 roma tomatoes, chopped
1 red onion, chopped
1 red bell pepper, chopped
3 medium zucchini, chopped
1 tsp. cumin
1/4 cup lemon juice
salt/pepper
2 jalapenos, minced

Preheat oven to 425 F. Peel the eggplant and chop. Place in a large bowl with the other cut vegetables and toss with 1 tbsp. canola oil. Place in oven and roast 30-40 minutes until vegetables are soft. Remove from oven and let sit for 15 minutes.
Place in a large bowl and toss with lemon juice, salt, pepper, cumin, and jalapenos.

Creamy Pinto Beans:
1 tbsp. canola oil
2 garlic cloves, minced
1/2 white onion, finely diced
1.5 cups dried pinto beans, pre-soaked
1 tsp. smoked paprika
1 tsp. cumin
3 1/2 cups water

Place all ingredients in a stockpot and bring to a boil. Reduce heat to low and cook for 1-1 1/2 hours stirring occasionally. You want the beans to be very soft so they are easier to mash. You can also do this in a pressure cooker or slow cooker. If you use a pressure cooker, follow your directions for water amounts and cook time. Remove beans from heat and mash with a potato masher, fork, or immersion blender for more whipped beans (if you do it this way, you will need to add more liquid- water or broth).

Enjoy!

Makes 8 tostadas. Per tostadas: 222 calories, 3.2g fat, 9g fat, and 10g protein
Lebanese Chicken Skewers (Shish Taouk)

From Eve Cuny, MS, Assistant Professor, Dental Practice, Director of Environmental Health and Safety, Dugoni School of Dentistry

Marinade:

¼ cup nonfat plain Greek yogurt
3 tbsp olive oil
2 tbsp tomato paste
4 cloves garlic
¼ cup fresh lemon juice
1 tbsp sweet paprika
3/4 tsp dried thyme
1/2 tsp ground cumin
1/4 tsp sumac (use allspice if sumac is unavailable)
1 tsp salt
½ tsp ground pepper, or to taste

For skewers:

4 boneless skinless chicken breasts (about 1.75 lbs)
1 medium red bell pepper
A dozen or so plump white mushrooms
1/2 large sweet white onion

Combine marinade ingredients in a bowl and whisk until well blended. Cut chicken breasts into 1 ½ - inch pieces and place in marinade 4-6 hours. Avoid marinating longer than 6 hours as this can affect the texture and consistency of the meat.

When ready to cook, cut bell pepper and onion into chunky slices about the same width as the chicken pieces. Place a mushroom on one end of the skewer, and then thread 2-3 pieces of chicken followed by a slice of onion and bell pepper. Continue alternating 2-3 pieces of chicken with onion and bell pepper until the skewer is nearly full. Place another mushroom as the final item on each skewer. When using bamboo skewers, soak skewers in water for 30 minutes before using to avoid scorching during cooking.

Cook over medium high to high heat on a grill for about 5-7 minutes per side, turning once.

Serve with salad and any middle eastern-style bread.

Per serving (6): 368 calories, 17g fat, 8.4g carbohydrate, 2g fiber, 44g protein
Lamb Chops with Lemon

From Elizabeth Griego, Vice President of Student Life, Stockton Campus

Ingredients:
3 large shallots, minced
6 tablespoons chopped fresh mint
6 tablespoons chopped fresh oregano
6 large garlic cloves, minced
1 teaspoon sugar
24 lamb rib chops (from three 1 1/4- to 1 1/2-pound racks of lamb, cut between bones into individual chops)
6 tablespoons extra-virgin olive oil
3 tablespoons fresh lemon juice
1 tablespoon finely grated lemon peel
Fresh oregano sprigs (for garnish)

Mix minced shallots, chopped mint, chopped oregano, minced garlic, sugar, and 1 teaspoon salt in small bowl. Press 1 rounded teaspoon shallot-herb mixture onto eye of each lamb chop. Turn chops over onto large rimmed baking sheet. Press remaining shallot-herb mixture onto eye of each chop. Cover lamb chops with sheet of plastic wrap and refrigerate overnight.

Whisk olive oil, lemon juice, and lemon peel in small bowl until slightly thickened and well blended. Season lightly with salt and generously with freshly ground black pepper. Spoon oil mixture lightly over chops. Turn chops over and spoon remaining oil mixture over. Let stand at room temperature 1 hour.

Prepare barbecue (medium-high heat). Grill lamb chops to desired doneness, about 3 minutes per side for medium-rare. Transfer lamb chops to platter. Garnish with fresh oregano sprigs and serve.

Per Chop, 225 calories, 13.5g fat, 2g carbohydrate, 0.6g fiber, 23g protein

Grilled Chicken and Peach Kebab Salad

From Mary Lou Lackey, Vice President and Secretary to the Board of Regents (Adapted from Sunset Magazine)

Ingredients:

Dressing:
2 teaspoons Dijon mustard
2 teaspoons minced garlic
1 teaspoon pepper
1/4 cup mayonnaise
1/4 cup chopped chives
1 cup plain low-fat yogurt
1 teaspoon kosher salt

Kebabs:
2 pounds boned, skinned chicken breast halves (4 to 6), cut into 1-in. chunks
3 large peeled peaches (about 2 lbs.), each cut into 8 wedges

Salad:
10 ounce baby arugula (about 3 qts. very loosely packed)
1/4 cup thinly sliced red onion
1/2 cup flat-leaf parsley leaves

(see instructions on next page)
Instructions for Grilled Chicken and Peach Kebab Salad:

1. Make dressing: Whisk ingredients together in a small bowl.

2. Marinate chicken: Put meat and 1/2 cup dressing in a medium bowl; let sit 30 minutes at room temperature. If using bamboo skewers, soak in water 30 minutes. Add enough water (2 to 4 tbsp.) to the rest of the dressing to thin slightly, and then chill in refrigerator. Prepare a grill for medium heat (350° to 450°).

3. Assemble kebabs: Thread 1 peach wedge and 2 chicken chunks onto a skewer. Repeat, and then add a final peach wedge. Thread remaining skewers the same way.

4. Cook meat: Oil cooking grate, using tongs and a wad of oiled paper towels. Grill kebabs, covered, until browned and chicken is cooked through, about 12 minutes, turning once with a spatula.

5. Make salad: Arrange arugula on plates and sprinkle with onion and parsley. Lay a kebab next to each salad and serve with remaining dressing.

Per serving: Calories 237, Fat 6g, Carbohydrate 16g, Fiber 2.3g, Protein: 30g

Fresh Tomato Sauce Pasta

From NutriCat

Ingredients:
8-10 ripe tomatoes
1 Tablespoon vegetable oil
1/2 cup chopped onion
1/2 cup green pepper, chopped
1/4 cup carrots, thinly sliced, or shredded
1/2 teaspoon dried oregano
1 teaspoon dried basil
2 teaspoons garlic, minced (or 1/2 teaspoon garlic powder)
pepper, to taste
6 cups cooked pasta
6 Tablespoons grated Parmesan cheese

Instructions:
1. Wash the ripe tomatoes. Cut out stem ends. Chop into small pieces and set aside in a large bowl.
2. In a large pan, heat the oil over medium high heat. Add onion, green pepper, carrots and garlic. Stir-fry until tender, about three minutes.
3. Add seasonings and tomatoes. Bring to a gentle boil.
4. Lower heat and simmer gently, uncovered, until tomatoes turn to a sauce, about 40 minutes. Serve over freshly cooked pasta.

Makes 6 1 ½ cup servings. Per serving: 330 calories, 6g fat, 57g carbohydrate, 5g fiber, and 12g protein
BL’s Blazing Taco Salad

From Bryan Lenz, Assistant Director of Recreation

In a frying pan combine:
1 12 oz. package of Boca Burger Crumbles (can substitute ground turkey or beef for non-vegetarian option)
1 package taco seasoning
1 can diced tomatoes
1/4 cup water

In a mixing bowl combine:
8 cups Romaine Lettuce
2 bell peppers, yellow, orange or red, chopped
2 Jalapeno peppers, sliced thin
1-2 Serrano peppers, sliced thin
1 can whole kernel corn, drained and rinsed
1 can black beans, drained and rinsed
1 can pinto beans, drained and rinsed

Other ingredients:
2 cups Nacho Cheese tortilla chips (Trader Joes) or Cool Ranch Doritos.
1 jar of Medium Salsa

In individual serving bowl: Fill bowl with mixing bowl ingredients and top with Boca mixture. Top with medium or hot salsa and crushed chips.

Makes 6 bowls of salad. Top with whatever dressing you like, BL prefers Fat-Free Thousand Island

Per bowl using Boca mixture without dressing: 492 calories, 7g fat, 90g carbohydrates, 23g fiber, and 40g protein

Brussels Sprouts and Tofu

2 T. sweet chili sauce
1 1/2 T. soy sauce
3 T. toasted sesame oil
1 tsp. rice vinegar
5 oz. firm tofu
1 lb. Brussels sprouts
1/4 C. canola oil
salt
1 c. sliced green onions
1/2 small fresh red chili, deseeded and finely chopped
1 1/2 c. shiitake mushrooms, halved or quartered
1 c. cilantro leaves
1 T. toasted sesame seeds (optional)

(see next page for instructions)
Entrees

Whisk together in a bowl the chili and soy sauces, 2 T. sesame oil, vinegar and maple syrup. Cut tofu block into 3/8” slices and then each slice into two squares. Gently stir into marinade and set aside.

Slice Brussels sprouts into three thick slices. Add 1T. Canola oil to nonstick pan. Heat oil and add 1/2 of the sprouts and cook over high heat for about 2 minutes. Don’t stir much. You want the sprouts to almost burn in places and cook through but remain crunchy. Remove to a bowl. Repeat with more oil, salt and the rest of the sprouts. Remove all the sprouts from the pan.

Add a little more oil to the pan, heat up and add green onions, chili and mushrooms for 1-2 minutes. Transfer to sprouts bowl.

Leave the pan on high heat. Use tongs to lift half of tofu pieces from marinade and gently lay them in the pan (be careful as the oil will spit), spacing them apart and in one layer. Reduce heat to medium and cook for 2 minutes on each side or until they get a nice caramelized color. Transfer to the sprouts bowl and repeat with the rest of tofu.

Once all the tofu is cooked, remove the pan from the heat and return all the cooked ingredients to it. Add the remaining tofu marinade and half of the cilantro leaves. Toss everything together and allow to cool down slightly in the pan. Salt if needed. Stir in remaining sesame oil. Serve warm, but not hot garnished with the sesame seeds and the rest of the cilantro.

Per serving (4): 312 calories, 25g fat, 16g carbohydrate, 5.5g fiber, 7.7g protein

NutriCat’s Mom’s Famous Puttanesca Pasta

Ingredients:  

1/4 cup of olive oil  
4 anchovy filets  
3 plump fresh garlic cloves  
1/2 tsp red pepper flakes  
28 oz canned tomatoes crushed  
15 salt cured olives (like Kalamata, chopped and pits removed)  
2 T capers  
1 lb whole-wheat spaghetti  
1 cup of chopped parsley

Fill a large pot 2/3 up with water and a generous pinch of salt. Bring to a boil.

While the pasta water is heating, grab a large skillet and begin to sauté the anchovies in the olive oil and garlic for 3-5 minutes, stirring often. Add the tomatoes, olives and capers.

While the sauce is cooking, add the spaghetti to the pasta water and cook until just al dente. Drain the pasta, reserving ½ cup of pasta water.

Add the pasta water and parsley. Cook an additional 2-3 minutes until the sauce begins to thicken and toss with the hot spaghetti.

Serve with Parmesan cheese if desired.

Makes 6-8 servings.

Per serving (6), analyzed without cheese: 239 calories, 12g fat, 28g carbohydrates, 6g fiber, and 10g protein
Turkey Patties

From NutriCat

Ingredients:
1 1/4 pound ground turkey
1 cup bread crumbs
1 egg
1/4 cup chopped green onion
1 Tablespoons prepared mustard
1/2 cup chicken broth
nonstick cooking spray

Instructions:
1. Mix ground turkey, breadcrumbs, egg, onions, and mustard in a large bowl. Shape into 4 patties, about 1/2 inch thick.
2. Spray a large skillet with cooking spray. Add patties and cook, turning once to brown other side. Cook until golden brown outside and white inside, about 10 minutes. Remove.
3. Add chicken broth to skillet and boil over high heat until slightly thickened, about 1 to 2 minutes. Pour sauce over patties.
4. Serve on buns.

Per patty (4): 340 calories, 15 g fat, 20g carbohydrates, 2g fiber, 30g protein

Salmon Patties

From NutriCat

Ingredients:
1 can (15 1/2 ounce) drained salmon
1 cup whole-grain, crushed cereal or crackers
2 large eggs - lightly beaten
1/2 cup skim milk
1/8 teaspoon black pepper
1 Tablespoon vegetable oil

Use a fork or clean fingers to flake salmon until very fine. Crumble cereal or crackers into crumbs. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon. Mix thoroughly.

Shape into 9 patties. Heat oil in a skillet. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

Note: Replace the salmon with canned tuna fish. For fun, do a combination of the two!

Makes 9 patties. Per patty: 110 calories, 4.5g fat, 5g carbohydrates, 1g fiber, 12g protein
Roasted Cauliflower Penne

From NutriCat

Ingredients:

- 8 oz. whole wheat penne pasta
- 1 head cauliflower cut into small florets
- 1 tbsp. fresh rosemary
- 1 tbsp. olive oil
- 2-3 large heirloom tomatoes
- 1 large lemon, zest and juice
- 1 tsp. red pepper flakes

Preheat oven to 400 degrees F. In a large bowl, toss the cut cauliflower with oil and a pinch of salt and fresh ground pepper. Toss together and place cauliflower onto a roasting pan; bake for 25-30 minutes. Cauliflower will be cooked and slightly brown at this point.

While the cauliflower is roasting, bring a large pot of salted water to boil. Add the penne and cook until al dente. Combine the cooked pasta with the roasted cauliflower, pan juices, lemon zest, lemon juice, and chopped tomatoes. You want the hot pasta and cauliflower to lightly cook the tomatoes. Finely chop the rosemary and add to the pasta along with the red pepper flakes.

Serve warm or room temperature!

Per serving (4): 262 calories, 4g fat, 49g carbohydrate, 10g fiber, 12g protein
Zucchini and Squash Soup

From NutriCat

Ingredients:

½ cup cashews
2 cups vegetable broth
3 cups assorted squash
1 onion, chopped
1 cup potatoes, chopped
1 small handful basil
1 tbsp. dill, dried or fresh
4 cloves garlic

Soak cashews in 1 cup broth for at least 2 hours, preferably overnight. Heat 1 tsp. oil in a large stock pan. Add the onion and garlic, sauté until fragrant with 1 pinch salt. Add the squash, potatoes, and remaining broth. Cook for 10-15 minutes until potatoes are soft.

Puree the cashews with broth until thick and creamy; add to the zucchini and potato mixture along with the basil, dill, and more salt/pepper if needed. Puree with an emulsion blender or transfer to a blender and puree for 5 minutes. Top with croutons, recipe below.

Croutons:

1 loaf multi-grain French bread
1 tbsp. oil  salt/pepper

Preheat oven to 400 degrees F. Cube bread and toss with 1 tbsp. oil, salt, pepper. Transfer to a sheet pan and lay out in a single row. Heat for 5-7 minutes until crisp.

Makes 4 servings.

Without croutons: 132 calories, 6g fat, 18g carbohydrates, 3.6g fiber, 4.g protein With croutons (makes 8 servings): additional 105 calories, 3g fat, 18g carbohydrates, 0.5g fiber, 3g protein

Spring Risotto with Asparagus and Peas

From NutriCat

Ingredients:

1 tbsp. oil  1 leek, halved and sliced into half moons, white part only
4 garlic cloves, finely minced  1/2 tsp. saffron
1 small white onion, minced  2 cups Arborio rice
1/2 lemon  4 cups vegetable broth
1/4 cup white wine

(see next page for instructions)
Instructions for Spring Risotto with Asparagus and Peas:

Dissolve the saffron in 1/4 cup hot water. Heat the stock in a separate saucepan and add the saffron broth. In a separate saucepan, heat 1 tbsp. olive oil and sweat the garlic and onion for 5 minutes. Add the rice and continue to stir a few minutes, toasting the rice. Add the wine and cook another 5 minutes until the rice has absorbed the wine. Using a soup ladle, ladle 1 cup hot broth to the risotto mixture along with 1/4 tsp. salt. Stir until most of the liquid has absorbed. Continue to add the hot broth to the risotto until broth is gone and/or rice is creamy and fully cooked. Stir in the lemon juice and chopped vegetables, for this I used 1 bunch asparagus, sliced into 1” pieces, and 1/2 cup spring peas. Cover the pot and let sit for 5 minutes. Season with salt/pepper if needed. You can also stir in Parmesan cheese if desired.

Serves 4: 298 calories, 3.6g fat, 54g carbohydrate, 2.2g fiber, 8g protein

Artichoke Linguini Pasta

Ingredients:
Serves 6-8
1 lb whole-wheat linguine or noodles
1 package frozen artichoke hearts, thawed or 1 can artichoke hearts packed in water, drained and chopped
3/4 cup sun-dried tomatoes (Use the dehydrated ones if you can, not packed in oil)
1/4 cup plus 2 tbsp. low-sodium vegetable broth
1/4 cup white wine
2 garlic cloves, sliced
1/2 large onion, sliced into 1/2 moons
1/2 tsp. dried red pepper
handful parsley, finely chopped
1 tbsp. capers

Bring a large pot of salted water to a boil. In a separate bowl, add the tomatoes and 1/2 cup hot water. Let sit for about 10 minutes until the tomatoes rehydrate and plump up. Drain and slice into thin strips.

In a skillet, heat 2 tbsp. of vegetable broth over medium heat. Add the 2 cloves sliced garlic, sliced onion and a small pinch of salt. Cook for about 5 minutes until the onions have reduced. If the garlic or onion sticks too much, add a little more broth.

Add the sliced tomatoes, sun-dried tomatoes, capers, wine and remaining broth. Continue to stir, and cook for 10 minutes allowing the sauce reduce and thicken slightly. Add the pasta at this time and cook until al-dente.

Add the cooked pasta and 1/4 cup of cooking water to the skillet. Toss the hot pasta with the chopped parsley and serve!

Per serving: 292 calories, 2g fat, 10g fiber, and 11g protein
Desserts

Not just for after dinner, desserts make life a little sweeter! NutriCat is all about balance of the diet and this includes chocolate.
Almond Biscotti

From Thomas W. Krise, Ph.D., Professor & Dean, College of the Pacific

Ingredients:

1 Cup Sugar
1 stick unsalted butter, melted
3 T Rum
3 t vanilla or almond extract
1 cup whole almonds with skin lightly toasted and coarsely chopped (use raw almonds and roast in oven at 350 for about 12 minutes)
3 large eggs
2 3/4 cups flour
1 1/2 t baking powder
1/4 t salt
1 C or so of dried fruit or chocolate chips (dried blueberries or cherries)

Instructions:
Stir together sugar, butter, rum and extracts in large bowl. Then stir in almonds and eggs. Stir in flour, baking powder and salt until combined.

Cover and chill dough for 30 minutes.

Preheat oven to 350
Use moistened hands, divide dough into 4 logs (about 10 x 2 inch) and place on 2-3 ungreased cookie sheets.
Bake until pale golden—about 30 minutes. Carefully transfer loaves to a rack and cool 15 minutes.

Cut loaves into 3/4 inch slices with serrated knife.

Arrange biscotti with cut side down on clean baking sheet and bake until golden—about 20 minutes. Cool on rack.
Can use many types of dried fruits or nuts for this recipe.

Makes ~45 biscotti, per biscotti: 83 calories, 3.5g fat, 11g carbohydrate, 1.7g protein

Cool S’mores

From Annie Metcalf, Student, Stockton Campus

Ingredients:

1 graham cracker, chocolate flavor
1/8 cup fat-free cool whip

Break one graham cracker in half so that you have two equal squares. Take a spoonful of fat free cool whip and place it on one of the squares, then place the other graham cracker square on top of the cool whip so that you’ve formed a sandwich. Place in the freezer for at least one hour. After it’s done freezing, take it out of the freezer and you’ve got yourself a homemade low calorie ice cream sandwich!

Per Sandwich: 89 calories, 3.8g fat, 13g carbohydrate, 1.1g protein
Grilled Summer Fruit Salad

From NutriCat
 Ingredients:
2 peaches, pitted and halved 2 plums, pitted and halved
1/2 pineapple, cored and sliced 1 banana, sliced in 1/2
1 mango, peeled and sliced 2 apricots, pitted and halved
Sauce:
3 tbsp. maple syrup 2 tbsp. balsamic vinegar
1/2 tsp. cinnamon 1/8 tsp. nutmeg
1/2 tsp. vanilla extract

Heat grill or grill pan to medium-high heat. If using a grill, oil a paper towel and rub on the grill grate to keep the fruit from sticking. Alternatively, you can lightly brush oil onto the bottom side of the fruit to prevent sticking. If your pieces are very small, you can use a grill basket.

Place the fruit cut side down onto the grill and cook for 5-7 minutes. The peaches, plums, pineapple and bananas will take the longest to cook. The mango heats up pretty quickly because it is so thin so you will want to take it off before the other fruits.

While the fruit is on the grill, combine the ingredients for the sauce. Use good quality balsamic vinegar here if you have it, you could also use an infused variety.

While the fruit is still warm, dice into bite size pieces (you can also leave whole and cut while you are eating it) Drizzle the grilled fruit with the sauce and serve immediately.

Other options: serve with a dollop of whipped cream, in crepes, or over ice cream/sorbet.

Serves 4. Per serving: 131 calories, 0.5g fat, 32g carbohydrate, 3g fiber, 1.3g protein

Apple Crisp

From NutriCat
 Ingredients:
1/4 cup quick cooking oatmeal 4-5 medium apples (or try cherries, pears, peaches, plums)
1/4 cup flour 1/2 cup brown sugar
1 Tablespoon cinnamon 1/4 cup margarine

Instructions:
Preheat the oven to 350 degrees F. Grease the bottom and sides of the square pan. Remove the cores from the apples.
Slice the apples. Spread the sliced apples on the bottom of the pan. Cut the margarine into small pieces and put in a medium-sized bowl.
Add the oatmeal, flour, brown sugar and cinnamon.
Using two knives, cut the margarine into the mixture until it looks like small crumbs. Sprinkle the mixture over the top of the apples. Bake in the oven for about 20 minutes.

Serving size: 1/8 recipe: 160 calories, 6g fat, 28g carbohydrates, 2g fiber, 1g protein
Peach Apple Crisp

From NutriCat

Ingredients:
1 can (20 ounce) peaches, in light syrup, drained, sliced
2 medium apples, tart, peeled, sliced
1/2 teaspoon vanilla
1/4 teaspoon ground cinnamon
3/4 cup plus 3 Tablespoons flour
1/4 cup packed brown sugar
3 Tablespoons chilled margarine

Instructions:
Preheat oven to 350 degrees. Lightly grease 9x9x2 inch casserole dish. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in greased casserole dish. Combine flour and sugar in small bowl. Cut in margarine with two knives until the mixture resembles coarse meal. Sprinkle flour mixture evenly over fruit. Bake until lightly browned and bubbly, about 20 minutes.

Serving Size, ½ cup. Per Serving: 170 calories, 4.5g fat, 31g carbohydrate, 2g fiber, 2g protein

Apple Sauce Loaf Cake

From NutriCat

Ingredients:
1/2 cup chopped walnuts 1 1/2 cups applesauce
1 egg 1 cup sugar
2 Tablespoons oil 1 teaspoon vanilla extract
2 cups all purpose flour 2 teaspoons baking soda
1/2 teaspoon ground cinnamon 1/2 teaspoon ground nutmeg
1 cup raisins

Instructions:
Wash hands well with soap and warm water. Pre-heat the oven to 350 degrees. Grease 2 (8x4x2 inch) loaf pans. Toast walnuts in an ungreased skillet pan. Stir while heating on medium-low heat for 5-7 minutes. They are done when they are brown and smell nutty. Set aside to cool. Mix applesauce, egg, sugar, oil and vanilla in a large bowl. Mix flour, baking soda, cinnamon, and nutmeg together in a smaller bowl. Pour flour mixture into applesauce mixture. Stir in raisins and cooled toasted nuts. Pour half of the batter into each greased pan. Bake for 45-55 minutes. Remove cakes from the oven. Cool for 10 minutes. Remove from pans to finish cooling. For best taste, let cakes cool a few hours before serving.

Per serving (1/16 of cake): 187 calories, 4.5g fat, 34.7g carbohydrates, 1.4g fiber, 3.2g protein
**Carrot Cookies**

From NutriCat

Ingredients:

- 1/2 cup soft margarine
- 1 cup honey*
- 1 cup grated raw carrots
- 2 well beaten egg whites
- 2 cups all purpose flour
- 1/4 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 cup raisins
- 2 cups raw oatmeal, quick cooking

Instructions:

1. In a large bowl, cream together margarine and honey. Stir in carrots and egg whites.
2. Stir together flour, baking powder, baking soda, salt, cinnamon, oatmeal and raisins. Gradually stir flour-oatmeal mixture into creamed mixture, just until all flour is mixed. Do not over mix.
3. Drop from teaspoon on greased baking sheet. Flatten slightly and bake at 350 degrees for 10 minutes, or until lightly browned.

*Note: Instead of honey, you can use 1 1/4 cups sugar mixed with 1/4 cup water.

Per 2 cookies, 130 calories, 3.5g fat, 24g carbohydrate, 1g fiber, 13g sugar

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**Honey Milk Balls**

From NutriCat

Ingredients:

- 1/4 cup honey
- 1/4 cup peanut butter
- 1/2 cup dry milk, nonfat
- 1/2 cup crushed cereal

Instructions:

1. Mix honey and peanut butter.
2. Gradually add dry milk and mix well.
3. Chill for easier handling.
4. With greased hands, form into small balls.
5. Roll in crushed cereal flakes.
6. Chill until firm.
7. Refrigerate leftovers within 2 hours.

Yield 20 balls. 2 honey milk balls: 40 calories, 1.5g fat, 6g carbohydrates, 0g fiber, 1g protein
Peanut Butter & Jelly Bars

Adapted from Bon Appétit

Ingredients:
3/4 cup smooth peanut butter
3/4 cup packed brown sugar
1 cup all-purpose flour
1/2 cup whole wheat flour
1/2 tsp. baking powder
1/4 tsp. salt
3 tbsp. water mixed with 1 tbsp. ground flax seeds
1/2 cup vegetable shortening (I like Earth Balance brand)
2 tsp. vanilla extract
3/4 cup strawberry jam
1/2 cup unsalted peanuts, chopped

Preheat oven to 350. Line a bar pan (8x8x2) with aluminum foil, let the ends hang off a bit. Make sure the foil is firmly pressed into the pan bottom and corners.

Combine flour, baking powder, and salt in a bowl. In a food processor/with an electric mixer combine peanut butter, sugar, and shortening. Add the flax seed mixture and vanilla. Mix until smooth and well combined. Slowly add the flour mixture to the peanut butter, 1/2 cup at a time. Mix till well combined.

Divide the dough in half. Spray the foil lined pan with non-stick cooking spray. Place half of the dough in the foil pan and press down evenly onto the bottom of the pan. Place the remaining dough in the freezer for 10 minutes.

Spread the jelly over the first layer of dough. Remove the dough from the freezer and crumble the dough on top of the jelly layer. Sprinkle on the chopped nuts.

Bake for 30 minutes until the top is golden brown. Allow to cool for at least 30 minutes. Lift the bars out of the pan using the foil overhang. When completely cooled, cut into 16 squares.

Per bar: 283 calories, 15g fat, 1.6g fiber, 5.5g protein

Fresh Fruit with Cinnamon Yogurt Dip

From NutriCat

Ingredients:
1 apple
1/4 cup orange juice
1/2 teaspoon cinnamon
1 orange (or other favorite fruits)
1 cup vanilla yogurt

Instructions:
Core and slice the apple. Slice banana into thin circles. Peel the orange and break it into sections. Pour the orange juice into a small bowl. Dip the fruit pieces into the orange juice to prevent browning. Arrange on a plate.
Mix the yogurt and cinnamon in a small bowl. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

1/4 recipe: 120 calories, 1g fat, 25g carbohydrate, 3g fiber, 4g Protein
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