



White Bean, Chicken and Spring Vegetable Salad

4 servings, about 2 cups each

Ingredients:

- 1 15-ounce can cannellini or other white beans, rinsed and drained
- 2 ½ cups diced cooked chicken breast
- 2 cups diced fresh zucchini and/or summer squash (about 2 small)
- 1 ½ cups diced celery
- ¼ cup feta cheese
- 1/3 cup chopped, well-drained, oil-packed sun-dried tomatoes (optional)
- ½ cup coarsely chopped fresh basil, plus whole basil leaves for garnish
- 4 cups torn romaine lettuce (can add torn radicchio leaves or other spring lettuce mix if available)

Vinaigrette:

- 1 medium garlic clove - peeled and smashed
- ¼ tsp salt (added to the garlic to form a paste)
- 5 tsp extra-virgin olive oil
- 6 tablespoons orange juice
- ¼ cup white-wine vinegar (or red-wine vinegar)
- 1 tablespoon Dijon mustard

1. For the Vinaigrette, whisk the olive oil into the garlic paste, add the remaining ingredients (orange juice through mustard) and continue to whisk until well blended.
2. Taste and whisk up to 4 tablespoons more of orange juice to mellow the flavor.
3. For the salad, gently combine the beans, chicken, zucchini, celery, cheese and sun-dried tomatoes (if using) in a large bowl. Add chopped basil and ¾ cup vinaigrette; toss until combined. Taste and season lightly with salt and/or pepper, if desired.
4. Toss the remaining vinaigrette with the salad greens in a medium bowl. Serve the salad on the greens, garnished with fresh basil leaves.

Per serving: 428 calories, 23 g fat (15g mono, 5 g sat) 24 g carbohydrate, 34 g protein, 8 g fiber.
(To significantly decrease the fat content, omit the sun-dried tomatoes packed in oil)

Adapted from Eating Well, June 2010



Spiced Eggplant-Lentil Salad with Mango

Makes 4 servings about 2 cups each
This salad combines vegetables, protein & carbohydrate rich lentils, and fruit from mangoes. Add a glass of skim milk and it is complete.

3 T olive oil, divided
2 ½ tsp chili powder, divided
2 ½ tsp curry powder, divided
2 medium eggplants (¾ pound each), trimmed and cut into 1-inch cubes (no need to peel)
1/3 cup lemon or lime juice, plus more if desired
¼ cup prepared salsa
¼ cup honey
¼ tsp salt
¼ tsp freshly ground pepper, plus more to taste
1 ½ cup cooked lentils** or one 15-ounce can, rinsed
1 bunch scallions (reserve 2 tablespoons for garnish)
4 cups torn romaine lettuce
2 large ripe mangoes, peeled and diced
¼ cup coarsely chopped roasted peanuts
¼ cup chopped fresh cilantro

1. Preheat oven to 500° F.
2. Combine 1 tablespoon of olive oil with 2 teaspoons each of chili powder and curry powder in a large bowl. Add eggplant and toss well. Spread the eggplant on a large, rimmed baking sheet. Roast, stirring once halfway through, until tender, about 15 minutes.
3. Thoroughly combine the remaining 2 tablespoons oil, remaining 2 teaspoons each of chili powder and curry powder, 1/3 cup lemon (or lime) juice, salsa, honey, salt and pepper in a large bowl. Add the roasted eggplant, lentils, and scallions; gently toss to combine. Taste and season with more pepper and/or lemon juice, if desired.
4. Serve the salad on a bed of romaine, topped with mango, nuts, cilantro and the 2 tablespoons of reserved scallions.

**To cook lentils, combine ½ cup of lentils in a medium saucepan with 1 ½ cups of water. Bring to a boil over medium-high heat; reduce heat so the lentils boil gently, cover and cook, stirring occasionally, until just tender, 12-18 minutes. Makes 1 ½ cups.

Per serving: 455 calories, 16 g fat (7 g mono, 2 g sat) 75 g carbohydrate, 13 g protein, 16 g fiber, 275 mg sodium, 1051 mg potassium.

Adapted from Eating Well, June 2010

Vegetarian Taco Salad



Serves 6, about 1 ½ cup each

2 tablespoons extra-virgin olive oil
1 large onion, chopped
1 ½ cup fresh corn kernels or frozen, thawed

4 large tomatoes
1 ½ cups cooked long-grain brown rice
1-15 ounce can black, kidney or pinto beans, rinsed
1 tablespoon chili powder
1 ½ teaspoons dried oregano, divided
¼ tsp salt
½ cup chopped fresh cilantro
1/3 cup prepared salsa
2 cups shredded romaine lettuce
1 cup shredded pepper Jack cheese
2 ½ cups coarsely crumbled tortilla chips
Lime wedges for garnish

1. Heat oil in a large nonstick skillet over medium heat. Add onion and corn; cook, stirring, until the onion begins to brown, about 5 minutes. Coarsely chop 1 tomato. Add it to the pan along with cooked rice, beans, chili powder, 1 tsp oregano and ¼ tsp salt. Cook, stirring frequently, until the tomato cooks down, about 5 minutes. Let cool slightly.
2. Coarsely chop the remaining 3 tomatoes. Combine with cilantro, salsa and the remaining ½ tsp oregano in a medium bowl.
3. Toss lettuce in a large bowl with the bean mixture, half the fresh salsa and 2/3 cup cheese. Serve sprinkled with tortilla chips and the remaining cheese, passing lime wedges and the remaining fresh salsa at the table.

Per serving: 395 calories, 17 g fat, 52 mg carbohydrate, 14 g protein, 9 g fiber, 459 mg sodium, 774 mg potassium.

Source: *Eating Well*, June 2010

Roasted Asparagus with Parmesan



2 ½ pounds fresh asparagus (about 30 large)
2 tablespoons good olive oil
¼ to ½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
½ cup freshly grated Parmesan
2 lemons cut in wedges, for serving

Directions

Preheat the oven to 425 degrees F.

If the stalks of the asparagus are thick, peel the bottom 1/2 of each. Lay them in a single layer on a sheet pan sprayed with cooking spray and drizzle with olive oil. Sprinkle with salt and pepper. Roast for about 15 minutes, or until tender. Sprinkle with the Parmesan and return to the oven for another minute. Serve with lemon wedges.