

Breakfast

Banana Bran Muffins

Lunch

Basic Soft Chicken Tacos

Snack

Tootie Fruity Smoothies

Dinner

Salad

Baby Spinach Salad with Sherry Vinaigrette

Entrée

Grilled Salmon with Sun-Dried Tomatoes and Capers

Side Dish

Green Beans with Lemon-Garlic Dressing

Dessert

Fresh Fruit with Maple-Vanilla Yogurt Dip

Banana Bran Muffins

This recipe serves: 24

Preparation time: 15 minutes

Cooking time: 25 minutes

Ingredients

2 ½ cups flour

¾ cup sugar

1 ½ tsp. baking soda

¼ tsp. salt

2 large eggs, at room temperature

1 ½ cups buttermilk

1 ½ cups bran

1 cup mashed, ripe bananas

Cooking Instructions

1. Preheat oven to 350°F. Coat two 12-cup muffin pans with non-stick spray.
2. Sift the flour, sugar, baking soda and salt together. (This can be done the night before and kept covered on the counter.)
3. Whisk together the eggs, buttermilk, and bran. Let stand for 10 minutes.
4. Make a well in the center of the dry ingredients and add the egg mixture all at once. Stir with a wooden spoon until the dry ingredients are just moistened.
5. Fold in the mashed banana. (Be careful to keep the mixing to a minimum – a light stirring which will leave some lumps is fine. The dough should not be mixed to the point of pouring, but should break in coarse globs.) Fill the tins two-thirds full, being careful not to drip the batter on the edge of the tins where it will burn and cause sticking.
6. Bake in the prepared muffin tins for about 25 minutes. The muffins are done when a knife inserted in the center of a muffin comes out dry.

Nutrition Facts

Serving Size 1 muffin	
Amount Per Serving	
Calories	100
Total Fat	1 g
Saturated Fat	0 g
Protein	3 g
Total Carbohydrate	21 g
Dietary Fiber	2 g
Sodium	125 mg
Percent Calories from Fat	7%
Percent Calories from Protein	12%
Percent Calories from Carbohydrate	80%

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Basic Soft Chicken Tacos

This recipe serves: 4

Preparation time: 15 minutes

Ingredients

1 lb. Skinless, boneless chicken breasts, cut into 1-inch strips
1 tbsp. olive oil
salt and pepper to taste
1 lime
8 medium-sized flour tortillas
salsa fresca, optional
guacamole, optional
diced tomatoes, optional
shredded lettuce, optional

Cooking Instructions

1. Brush olive oil all over the chicken strips and then sprinkle the chicken with salt and pepper.
2. Place a skillet or grill pan over high heat and lightly coat with oil. Cook the chicken about 2 to 4 minutes per side, until cooked through and place on cutting board to rest for about 5 minutes.
3. Cut the limes in half, pierce the juice side with a fork and twist to release the juices over the cooked chicken.
4. Cut the chicken into thin slices across the grain and then cut each slice into bit-sized pieces for bringing to the table.
5. Warm the tortillas by dipping first in water and then placing in a dry pan over low heat. Use tongs to lift out and wrap in a towel to keep warm.
6. Assemble the tacos at the table with salsa fresca and guacamole, or serve with diced tomatoes and shredded lettuce.

Nutrition Facts

Serving Size 2 soft tacos	
Amount Per Serving	
Calories	323
Total Fat	7 g
Saturated Fat	1 g
Protein	31 g
Total Carbohydrate	34 g
Dietary Fiber	4 g
Sodium	561 mg
Percent Calories from Fat	20%
Percent Calories from Protein	38%
Percent Calories from Carbohydrate	41%

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Tootie Fruity Smoothies

This recipe serves: 1

Preparation time: 5 minutes

Ingredients

¼ cup orange juice
½ cup plain, low-fat yogurt
1/6 cup washed, stemmed raspberries
¼ cup pineapple, diced
1/6 cup washed, stemmed blueberries
honey to taste

Cooking Instructions

1. Place all ingredients in a blender. Blend on high speed until smooth.

Nutrition Facts

Serving Size about 1 cup	
Amount Per Serving	
Calories	185
Total Fat	0 g
Saturated Fat	0 g
Protein	6 g
Total Carbohydrate	44 g
Dietary Fiber	2 g
Sodium	71 mg
Percent Calories from Fat	2%
Percent Calories from Protein	12%
Percent Calories from Carbohydrate	86%

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Grilled Salmon with Sun-Dried Tomatoes and Capers

This recipe serves: 4

Preparation time: 5 minutes

Cooking time: 20 minutes

Ingredients

1 tbsp. olive oil

2 cloves of garlic, minced

8 sun-dried tomatoes, rehydrated and chopped

1 tbsp. capers

salt to taste

freshly ground black pepper

½ cup balsamic vinegar

4 salmon fillets, about 4 to 6 ounces each

Cooking Instructions

1. Heat the olive oil in a small skillet over medium heat. Add the garlic and cook for 2 minutes. Add the tomatoes and capers, season with salt and pepper, and cook for two more minutes. Add the balsamic and cook until it has reduced to a syrup, about 3 minutes, and set aside.
2. Meanwhile, season the salmon fillets with salt and pepper. Grill or broil the fish on each side until it is cooked through, about 5 minutes per side.
3. Place each fillet on a plate and spoon the tomato mixture over it.

Nutrition Facts

Serving Size 1 salmon fillet	
Amount Per Serving	
Calories	231
Total Fat	8 g
Saturated Fat	1 g
Protein	29 g
Total Carbohydrate	1 g
Dietary Fiber	6 g
Sodium	289 mg
Percent Calories from Fat	34%
Percent Calories from Protein	52%
Percent Calories from Carbohydrate	14%

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Green Beans with Lemon-Garlic Dressing

This recipe serves: 4

Preparation time: 5 minutes

Cooking time: 5 minutes

Ingredients

1 lb. green beans

¼ cup fat-free mayonnaise

1 tsp. dijon mustard

juice of 1 lemon

2 gloves peeled garlic, use more or less to taste

½ tsp. anchovy paste (optional)

pinch cayenne pepper

freshly ground black pepper

Cooking Instructions

1. Blanch the beans in a large pot of boiling, salted water until they are crisp-tender, about 3 to 4 minutes.
2. Drain the beans and immediately plunge them into a bowl of ice water to cool them quickly. Drain again. (This may be done in advance and stored in the refrigerator for 2 or 3 days.)
3. Combine the mayonnaise, dijon mustard, lemon juice, garlic, anchovy past (if desired), cayenne pepper and plenty of black pepper in a blender or small food processor and puree. (This may be done in advance and stored in the refrigerator for 2 or 3 days.)
4. Toss the beans with the mayonnaise mixture and serve.

Note: This is a delicious side dish with grilled tuna, salmon, roast chicken, or steak.

Nutrition Facts

Serving Size 2 tablespoons

Amount Per Serving

Calories	50
Total Fat	0 g
Saturated Fat	0 g
Protein	2 g
Total Carbohydrate	11 g
Dietary Fiber	3 g
Sodium	144 mg
Percent Calories from Fat	4%
Percent Calories from Protein	13%
Percent Calories from Carbohydrate	83%

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Baby Spinach Salad with Sherry Vinaigrette

This recipe serves: 6

Preparation time: 5 minutes

Cooking time: 5 hour

Ingredients

2 tbsp. extra virgin olive oil

1 shallot, finely diced

4 tbsp. sherry vinegar

2 tbsp. maple syrup

salt and pepper to taste

1 lb. Baby spinach, washed and stems removed

Cooking Instructions

1. Heat the olive oil in a small sauté pan over medium heat. Cook the shallots until they are translucent, about 5 minutes. Add the vinegar and maple syrup. Cook until the mixture is slightly reduced. Season with salt and pepper. Keep warm.
2. Toss the spinach with the warm dressing and serve immediately.

Nutrition Facts

Serving Size	1 salad
Amount Per Serving	
Calories	78
Total Fat	5 g
Saturated Fat	1 g
Protein	2 g
Total Carbohydrate	8 g
Dietary Fiber	1 g
Sodium	179 mg
Percent Calories from Fat	53%
Percent Calories from Protein	11%
Percent Calories from Carbohydrate	36%

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Fresh Fruit with Maple-Vanilla Yogurt Dip

This recipe serves: 8

Preparation time: 10 minutes

Cooking time: 5 hour

Ingredients

2 cups vanilla low-fat yogurt

½ cup maple syrup plus a little extra

1 tbsp. crushed pistachio nuts

1 apple

1 pear

juice of 1 lemon

1 pound of grapes

Cooking Instructions

1. Combine the yogurt and maple syrup and chill.
2. Core and slice the apple and pear. Sprinkle with lemon juice to prevent discoloration.
3. Place the yogurt in a bowl in the center of a large platter and drizzle the yogurt with a few drops of extra maple syrup and sprinkle with the pistachio nuts. Arrange the apples, pears, and grapes on the platter and serve.
- 4.

Nutrition Facts

Serving Size 3 tablespoons yogurt with fruit slices

Amount Per Serving

Calories	168
Total Fat	1 g
Saturated Fat	0 g
Protein	3 g
Total Carbohydrate	39 g
Dietary Fiber	1 g
Sodium	35 mg
Percent Calories from Fat	7%
Percent Calories from Protein	7%
Percent Calories from Carbohydrate	87%

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