

Easy Breakfast Burrito

This recipe serves: 1
Preparation time: 5 minutes
Cooking time: 10 minutes

Ingredients

1 egg
salt and pepper to taste
1 98% fat-free flour tortilla
1 ounce shredded, reduced-fat Cheddar cheese (or other cheese such as Monterrey Jack or mozzarella)

Cooking Instructions

1. Heat 2 non-stick skillets over a medium heat on the stove (one for the tortilla and one for the egg).
2. In a small bowl, whisk the egg with salt and pepper until the yolk and white are evenly mixed.
3. Place the tortilla in one skillet to warm it, about 1 minute per side.
4. Pour the egg mixture into the other skillet and stir until light, fluffy and cooked through.
5. Lay the warmed tortilla on a cooking board or plate and place the cooked egg in the middle, sprinkle with the cheese, roll up tightly and serve.

Nutrition Facts

Serving Size 1 burrito

Calories	269
Total Fat	10g
Saturated Fat	4g
Total Carbohydrate	28g
Dietary Fiber	0g
Sodium	456mg
Protein	15g
Percent Calories from Fat	35%
Percent Calories from Protein	23%
Percent Calories from Carbohydrate	42%

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Tomato Soup with Basil – Parmesan Cream

This recipe serves: 12
Preparation time: 20 minutes
Cooking time: 35 minutes

Ingredients

1/2 tablespoon olive oil
1/2 cup finely chopped carrots
1/2 cup finely chopped celery
1 large onion, chopped
10 ripe plum tomatoes, halved
salt to taste
freshly ground black pepper
1 bay leaf
1/4 teaspoon dried oregano
3 cups low-sodium chicken broth or vegetable broth
1/4 cup chopped, fresh basil leaves
1/4 cup freshly grated Parmesan cheese
3 tablespoons non-fat sour cream

Cooking Instructions

1. Heat the olive oil in a saucepan over medium-low heat. Add the carrot, celery, onion and tomatoes, season lightly with salt and pepper, and cook 10 minutes.
2. Add the bay leaf, oregano and broth and bring to a boil quickly over high heat.
3. Lower the heat and simmer until the vegetables are completely tender, about 20 minutes.
4. Blend the basil, Parmesan cheese and sour cream together and set aside.
5. Remove the bay leaf and puree the soup in a blender. Strain and adjust the salt and pepper.
6. Serve the soup in bowls with a dollop of basil-Parmesan cream.

Nutrition Facts

Serving Size 1 1/2 cups	
Calories	114
Total Fat	4g
Saturated Fat	1g
Total Carbohydrate	16g
Dietary Fiber	4g
Sodium	271mg
Protein	6g
Percent Calories from Fat	28%
Percent Calories from Protein	19%
Percent Calories from Carbohydrate	52%

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Spinach, Orange and Almond Salad

This recipe serves 2
Preparation time: 15 minutes
Cooking time: 5 minutes

Ingredients

For the vinaigrette:

1 teaspoon soy sauce
2 teaspoons fresh lime juice
1 teaspoon finely chopped shallots
5 teaspoons olive oil
salt to taste
freshly ground black pepper

For the salad:

2 1/2 tablespoons slivered almonds
1 1/2 cups spinach, cleaned and torn into bite-sized pieces
1/4 orange, peeled and sectioned

Cooking Instructions

For the vinaigrette:

1. Place all the ingredients in a container with a tight-fitting lid. Shake well.
2. Add the salt and pepper to taste.

For the salad:

1. Preheat the oven to 350°F.
2. Spread the almonds on a baking sheet and toast in the oven until lightly browned, about 5 minutes.
3. Place the spinach in a bowl and toss with the vinaigrette.
4. Transfer the dressed spinach leaves to a serving plate. Arrange the orange sections on top and sprinkle with the almonds.

Nutrition Facts

Serving Size 2/3 cup of salad plus 2
tablespoons vinaigrette

Calories	199
Total Fat	18g
Saturated Fat	2g
Total Carbohydrate	8g
Dietary Fiber	2g
Sodium	336mg
Protein	3g
Percent Calories from Fat	79%
Percent Calories from Protein	6%
Percent Calories from Carbohydrate	15%

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Seared Salmon with New Potatoes and Watercress

This recipe serves: 4
Preparation time: 15 minutes
Cooking time: 20 minutes

Ingredients

1 pound small, red Bliss potatoes, halved
1 tablespoon olive oil
4 salmon fillets, about 4 to 6 ounces each
salt to taste
freshly ground black pepper
2 bunches watercress, stems removed
1/2 cup low sodium chicken broth
1 tablespoon Dijon mustard
2 tablespoons fresh lemon juice
2 tablespoons chopped shallots

Cooking Instructions

1. Place the potatoes in a microwave-safe container with a splash of water and cover with plastic wrap. Microwave the potatoes until they are tender, about 7 minutes.
2. In a nonstick skillet, heat the olive oil over medium-high heat.
3. Season the salmon with salt and pepper. Cook the salmon on both sides until it is cooked through, about 5 minutes per side. Transfer the salmon to a platter and keep warm.
3. In the same pan, add the watercress and 1/4 cup of the chicken stock and cook for 30 seconds, until the watercress is just wilted. Season the watercress with salt and pepper. Place the watercress in the center of the platter with the salmon.
4. Add the remaining chicken stock, mustard, lemon juice and shallots to the pan, bring to a boil and whisk together.
5. Arrange the potatoes around the platter. Drizzle the mustard mixture over the salmon and potatoes and serve.

Nutrition Facts

Serving Size 1 fillet with watercress and potatoes

Calories	282
Total Fat	8g
Saturated Fat	1g
Total Carbohydrate	26g
Dietary Fiber	3g
Sodium	294mg
Protein	26g
Percent Calories from Fat	26%
Percent Calories from Protein	37%
Percent Calories from Carbohydrate	37%

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Roasted Sugar Snap Peas with Shallots

This recipe makes: 6
Preparation time: 5 minutes
Cooking time: 10 minutes

Ingredients

2 pounds sugar snap peas, ends trimmed
1 tablespoon olive oil
kosher salt to taste
1 tablespoon finely chopped shallots

Cooking Instructions

1. Preheat the oven to 450°F.
2. Spread the sugar snap peas out on a baking sheet. Brush them with olive oil and sprinkle with salt and shallots.
3. Roast the sugar snap peas on the top rack of the oven until they begin to get tender on the outside, about 5 minutes.

Nutrition Facts

Serving Size 1/3 pound

Calories	88
Total Fat	3g
Saturated Fat	0g
Total Carbohydrate	13g
Dietary Fiber	4g
Sodium	94mg
Protein	4g
Percent Calories from Fat	26%
Percent Calories from Protein	17%
Percent Calories from Carbohydrate	56%

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Sliced Bananas with Butterscotch Pudding

This recipe makes: 8
Preparation time: 5 minutes
Cooking time: 15 minutes

Ingredients

1 large egg
1 1/2 tablespoons cornstarch
pinch of salt
1/2 teaspoon vanilla extract
1 1/2 tablespoons butter
1/2 cup dark brown sugar
1 cup low-fat milk
granulated sugar (optional)
8 bananas, sliced

Cooking Instructions

1. In a 1- or 2-quart stainless-steel saucepan, whisk the egg, cornstarch, salt and vanilla for 2 minutes. Set aside.
2. Melt the butter in another saucepan. Stir in the brown sugar. Cook over low heat until the butter and sugar blend together. Add the milk and heat until the sugar dissolves. (The sugar will get hard when the milk is added; it will melt again as the milk heats.)
3. Whisk a few tablespoons of the hot milk mixture into the egg mixture. Gradually whisk in the rest of the milk mixture.
4. Over medium heat, whisk the combined mixture constantly until it comes to a boil. Immediately remove from the heat.
5. Pour into a bowl. (If you don't want a skin to form on the top of the pudding, sprinkle it lightly with granulated sugar.) Refrigerate. Cover with plastic wrap when cool.
6. Place 1 sliced banana into each of 8 serving bowls. Top with a few tablespoons of pudding.

Nutrition Facts

Serving Size 1banana and 3 tablespoons of pudding

Calories	216
Total Fat	4g
Saturated Fat	2g
Total Carbohydrate	44g
Dietary Fiber	3g
Sodium	57mg
Protein	3g
Percent Calories from Fat	17%
Percent Calories from Protein	6%
Percent Calories from Carbohydrate	77%

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