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These recipes rely heavily on seasonal fruits and vegetables, whole grains and protein with a lowered use of fats and sweets. We hope this extensive database of recipes will help you make healthy eating an easy and enjoyable part of your life.

Healthy Recipe

Barley, Mushroom and Winter Squash Risotto

This recipe serves: 8

Preparation time : 10 minutes

Cooking time : 1 hour 10 minutes

Ingredients

1 large acorn or butternut squash, halved and seeded (about 1 1/2 pounds)
3 1/2 cups light vegetable stock or water
1 tablespoon ground turmeric
2 tablespoons extra virgin olive oil
2 cloves garlic, finely minced
1 red onion, peeled, ends removed and diced
1 pound chantarelles or portobello mushrooms, sliced
1 cup barley
salt to taste
freshly ground black pepper
1/4 cup snipped, fresh chives
1/2 cup freshly grated Parmesan cheese

Cooking Instructions

1. Preheat your oven to 400°F. Cut the squash surface down, then place in an oven-proof baking dish. Place on the lower rack of the oven and cook until tender, about 1 hour. Remove from the oven, scoop out the flesh in tablespoon size pieces from the skin and reserve.

2. Meanwhile, place the barley in a fine strainer and rinse under cold running water to remove any residue of the bitter husks. Drain thoroughly.

3. In a small saucepan, bring the stock or water to a boil and add the turmeric. Keep the seasoned stock hot over low heat.

4. Heat the olive oil in a large, non-stick skillet over medium heat. Add the garlic and onion and cook until tender, about 5 minutes. Add the mushrooms and cook until tender and slightly browned, about 10 minutes. Add the barley cooking until the grains are hot, about 3 minutes.

5. Add 1 cup of hot stock and cook until just about all of the liquid has been absorbed. Season lightly with salt and pepper. Continue to add the stock 1 cup at a time, letting the barley absorb the stock before adding more. The barley is cooked when

the grains are al dente, tender yet still with a resilient bite, about 20 to 25 minutes total.

6. Stir in the squash chunks just to reheat without crushing. Remove from the heat. Stir in half of the chives and Parmesan cheese. Adjust the seasonings one last time as necessary.

7. Spoon the risotto into warm rimmed soup plates. Garnish with the remaining chives and Parmesan cheese.

Nutrition Facts

Serving Size about 1 cup

Amount Per Serving

Calories 208

Protein 8 g

Total Carbohydrate 38 g

Dietary Fiber 9 g

Soluble Fiber 0 g

Insoluble Fiber 0 g

Sugar 7 g

Total Fat 5 g

Saturated Fat 1 g

Monounsaturated Fat 3 g

Make It Quicker

Place the squash, cut side down in a microwave safe dish and microwave on high until tender, about 10 minutes instead of cooking the squash in the oven.





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Garden-Style Lasagna

Dinner Tonight from **CookingLight**

Ingredients

INGREDIENTS:

- Cooking spray
- 2 cups chopped onion
- 4 garlic cloves, minced
- 2 teaspoons olive oil, divided
- 2 cups chopped zucchini (about 8 ounces)
- 2 cups chopped yellow squash (about 8 ounces)
- 2 cups thinly sliced carrot (about 8 ounces)
- 2 cups chopped broccoli (about 6 ounces)
- 1 teaspoon salt, divided
- 1/2 cup all-purpose flour (about 2 1/4 ounces)
- 3 1/2 cups 1% low-fat milk
- 1 cup (4 ounces) grated fresh Parmesan cheese, divided
- 1/4 teaspoon freshly ground black pepper
- Dash of nutmeg
- 1 (10-ounce) package frozen chopped spinach, thawed and drained
- 1 1/2 cups 1% low-fat cottage cheese
- 2 cups (8 ounces) preshredded part-skim mozzarella cheese, divided
- 12 precooked lasagna noodles, divided



Becky Luigart-Stayner

Vegetable lasagna is a crowd-pleaser and a classic make-ahead dish. You can use precut onions, matchstick-cut carrots, and broccoli, in addition to precooked noodles, to speed up preparation. If you make it ahead, let it cool completely, then cover and chill. The next day, heat single servings in the microwave. Freeze leftovers for dinner.

Preparation

Preheat oven to 375°.

Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add onion to pan; sauté 4 minutes or until lightly browned. Add garlic; sauté 1 minute. Spoon onion mixture into a large bowl.

Heat 1 teaspoon oil in pan over medium-high heat. Add zucchini and yellow squash; sauté 4 minutes or until tender and just beginning to brown. Add to onion mixture.

Heat remaining 1 teaspoon oil in pan over medium-high heat. Add sliced carrot; sauté 4 minutes or until tender. Add chopped broccoli; sauté 4 minutes or until crisp-tender. Add to onion mixture. Sprinkle with 1/2 teaspoon salt; toss well to combine.

Place flour in a medium saucepan. Gradually add milk, stirring with a whisk until blended. Bring to a boil over medium heat; cook 2 minutes or until thick, stirring constantly. Remove from heat. Add 1/2 cup Parmesan, remaining 1/2 teaspoon salt, pepper, and nutmeg; stir until smooth. Stir in spinach.

Combine cottage cheese and 1 1/2 cups mozzarella; stir well. Spread 1/2 cup spinach mixture in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 4 noodles over spinach mixture in dish; top with half of cottage cheese mixture (about 1 1/2 cups), half of vegetable mixture (about 2 1/2 cups), and about 1 cup spinach mixture. Repeat layers, ending with noodles. Spread remaining spinach mixture over noodles; sprinkle with remaining 1/2 cup Parmesan and remaining 1/2 cup mozzarella.

Cover and bake at 375° for 20 minutes. Uncover and bake an additional 20 minutes or until cheese is bubbly and beginning to brown. Let stand 10 minutes before serving.

Yield

12 servings

Nutritional Information

CALORIES 272(27% from fat); FAT 8.3g (sat 4.4g,mono 2.5g,poly 0.5g); PROTEIN 18.5g; CHOLESTEROL 20mg; CALCIUM 456mg; SODIUM 589mg; FIBER 3.6g; IRON 1.4mg; CARBOHYDRATE 31.2g

Maureen Callahan , *Cooking Light*, MARCH 2006

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Spinach Sauté with Garlic and Parmesan Cheese

This recipe serves: 4

Preparation time : 5 minutes

Cooking time : 5 minutes

Ingredients

1 teaspoon olive oil
1 teaspoon crushed garlic
4 cups spinach leaves, washed
salt to taste
freshly ground black pepper
1 tablespoon grated Parmesan cheese

Cooking Instructions

1. Heat the olive oil in a 10" skillet over medium-low heat.
2. Add the garlic and cook for 1 minute.
3. Add the spinach, salt and pepper and toss with the olive oil and garlic until the spinach just begins to wilt. Remove from the skillet, sprinkle with Parmesan cheese and serve.

Nutrition Facts

Serving Size about 1 cup

Amount Per Serving

Calories 21

Protein 1 g

Total Carbohydrate 1 g

Dietary Fiber 1 g

Soluble Fiber 0 g

Insoluble Fiber 1 g

Sugar 0 g

Total Fat 1 g

Saturated Fat 1 g

Monounsaturated Fat 1 g





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Eggplant Parmesan

Dinner Tonight from **CookingLight**

Ingredients

INGREDIENTS:

- 1/2 cup dry white wine
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 4 (8-ounce) cans no-salt-added tomato sauce
- 1 (28-ounce) can no-salt-added whole tomatoes, undrained and chopped
- 1 (6-ounce) can tomato paste
- 2 garlic cloves, minced
- 2 (1-pound) eggplants, cut crosswise into 1/4-inch slices
- 1/4 cup water
- 3 egg whites, lightly beaten
- 1 1/4 cups Italian-seasoned breadcrumbs
- 1/4 cup grated Parmesan cheese
- Vegetable cooking spray
- 3 cups (12 ounces) shredded part-skim mozzarella cheese
- Fresh oregano sprigs (optional)



HOWARD L. PUCKETT

Preparation

Combine first 7 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes. Place eggplant in a large bowl; add water to cover, and let stand 30 minutes. Drain well; blot dry with paper towels. Combine 1/4 cup water and egg whites in a shallow bowl. Combine breadcrumbs and Parmesan cheese; stir well. Dip eggplant in egg white mixture, and dredge in breadcrumb mixture.

Place half of eggplant on a baking sheet coated with cooking spray, and broil 5 minutes on each side or until browned. Repeat procedure with remaining eggplant. Set eggplant aside.

Spread half of tomato mixture in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange half of eggplant over sauce; top with half of mozzarella cheese. Repeat layers with remaining sauce, eggplant, and cheese.

Bake at 350° for 30 minutes or until bubbly. Let stand 5 minutes before serving. Garnish with fresh oregano sprigs, if desired.

Yield

8 servings

Nutritional Information

CALORIES 298(26% from fat); FAT 8.5g (sat 5g,mono 2.2g,poly 0.4g); PROTEIN 19.2g; CHOLESTEROL 27mg;
CALCIUM 422mg; SODIUM 818mg; FIBER 2.6g; IRON 2.8mg; CARBOHYDRATE 38.8g

Cooking Light, OCTOBER 1995



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Kung Pao Chicken

Submitted by: dakota kelly **Dinner Tonight** from *Cooking Light*

Ingredients

- 1 tablespoon canola oil, divided
- 4 cups broccoli florets
- 1 tablespoon ground fresh ginger (such as Spice World), divided
- 2 tablespoons water
- 1/2 teaspoon crushed red pepper
- 1 pound skinless, boneless chicken breasts, cut into 1/4-inch strips
- 1/2 cup fat-free, less-sodium chicken broth
- 2 tablespoons hoisin sauce
- 2 tablespoons rice wine vinegar
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon cornstarch

Yield

4 servings (serving size: about 1 cup chicken mixture and 1 1/2 teaspoons peanuts)



Randy Mayor

Preparation

Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add broccoli and 2 teaspoons ginger to pan; sauté 1 minute. Add water. Cover; cook 2 minutes or until broccoli is crisp-tender. Remove broccoli from pan; keep warm. Heat remaining 2 teaspoons oil in pan; add remaining 1 teaspoon ginger, crushed red pepper, and chicken. Cook 4 minutes or until chicken is lightly browned, stirring frequently.

Combine broth and next 5 ingredients (through garlic) in a small bowl, and stir with a whisk. Add broth mixture to pan; cook 1 minute or until mixture thickens, stirring constantly. Return broccoli mixture to pan; toss to coat. Sprinkle with peanuts.

Nutritional Information

CALORIES 239(30% from fat); FAT 7.9g (sat 1.1g,mono 3.7g,poly 2.3g); PROTEIN 30.9g; CHOLESTEROL 66mg; CALCIUM 60mg; SODIUM 589mg; FIBER 3g; IRON 1.8mg; CARBOHYDRATE 11.4g



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Fresh Tomato Salad

Dinner Tonight from **CookingLight**

Ingredients

INGREDIENTS:

- 5 tomatoes, diced
- 1 onion, chopped
- 1 cucumber, sliced
- 1 green bell pepper, chopped
- 1/2 cup chopped fresh basil
- 1/2 cup chopped parsley
- 2 tablespoons crushed garlic
- salt and pepper to taste
- 2 tablespoons white wine vinegar

DIRECTIONS:

In a large bowl, combine the tomato, onion, cucumber, bell pepper, basil, parsley, garlic and vinegar. Toss and add salt and pepper to taste. Chill and serve.



This is a chopped salad with lots of tomatoes, onions, cucumbers and peppers. Fresh parsley, basil and garlic are folded in and just a hint of vinegar is splashed on to give it some bite. Chill and the flavors pop out. Six generous servings. Original recipe yield: 7.

Prep Time:

15 Minutes

Ready In:

30 Minutes

Servings:

7

>> NUTRITION INFO

Servings Per Recipe: 7

Amount Per Serving

Calories: 42; **Total Fat:** 0.5g; **Cholesterol:** 0mg; **Sodium:** 14mg; **Total Carbs:** 9.3g; Dietary Fiber: 2.3g; **Protein:** 1.8g

Submitted by: KAREN614



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Potluck Potato Casserole

Dinner Tonight from *Cooking Light*

Ingredients

INGREDIENTS:

- 1 1/2 cups fat-free sour cream
- 1 1/4 cups (5 ounces) finely shredded reduced-fat sharp cheddar cheese
- 1/2 cup fat-free, less-sodium chicken broth
- 2 tablespoons minced fresh onion
- 5 teaspoons butter, melted
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 1/8 teaspoon ground red pepper
- 1 (30-ounce) package frozen hash browns, thawed (such as Ore-Ida)
- 1 (10.75-ounce) can reduced-fat cream of chicken soup (such as Campbell's Healthy Request)
- Cooking spray
- 1 cup coarsely crushed cornflakes
- 2 tablespoons chopped fresh parsley



The crunchy topping on this side-dish casserole gives way to a cheesy interior, resulting in a comfort food winner. A bonus with this dish is that you can make the casserole ahead--assemble and refrigerate it until time to bake. Sprinkle the cornflakes over the casserole just before baking.

Preparation

Preheat oven to 350°.

Combine first 10 ingredients in a large bowl; spread evenly into a 13 x 9-inch baking dish coated with cooking spray. Sprinkle cornflakes over potato mixture.

Bake at 350° for 1 hour or until bubbly. Sprinkle with fresh parsley.

Yield 10 servings

Nutritional Information

CALORIES 194(30% from fat); FAT 6.4g (sat 3.7g,mono 1.8g,poly 0.4g); PROTEIN 7.9g; CHOLESTEROL 21mg; CALCIUM 166mg; SODIUM 283mg; FIBER 1.5g; IRON 1.5mg; CARBOHYDRATE 27.1g

Lenna Watson , *Cooking Light*, NOVEMBER 2005



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Yummy Honey Chicken Kabobs

Submitted by: Ann Marie

Honey, soy sauce, pepper and garlic make a terrific marinade and basting sauce for chicken chunks grilled on skewers with your favorite vegetables - try onion, bell peppers, tomatoes, or mushrooms. Original recipe yield: 12.

Prep Time:

15 Minutes

Cook Time:

15 Minutes

Ready In:

3 Hours

Servings:

12 ([Change](#))

INGREDIENTS:

- 1/4 cup vegetable oil
- 1/3 cup honey
- 1/3 cup soy sauce
- 1/4 teaspoon ground black pepper
- 8 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 2 cloves garlic
- 5 small onions, cut into 2 inch pieces
- 2 red bell peppers, cut into 2 inch pieces
- skewers

DIRECTIONS:

1. In a large bowl, whisk together oil, honey, soy sauce, and pepper. Before adding chicken, reserve a small amount of marinade to brush onto kabobs while cooking. Place the chicken, garlic, onions and peppers in the bowl, and marinate in the refrigerator at least 2 hours (the longer the better).
2. Preheat the grill for high heat.
3. Drain marinade from the chicken and vegetables, and discard marinade. Thread chicken and vegetables alternately onto the skewers.
4. Lightly oil the grill grate. Place the skewers on the grill. Cook for 12 to 15 minutes, until chicken juices run clear. Turn and brush with reserved marinade frequently.



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Summer Corn and White Bean Soup

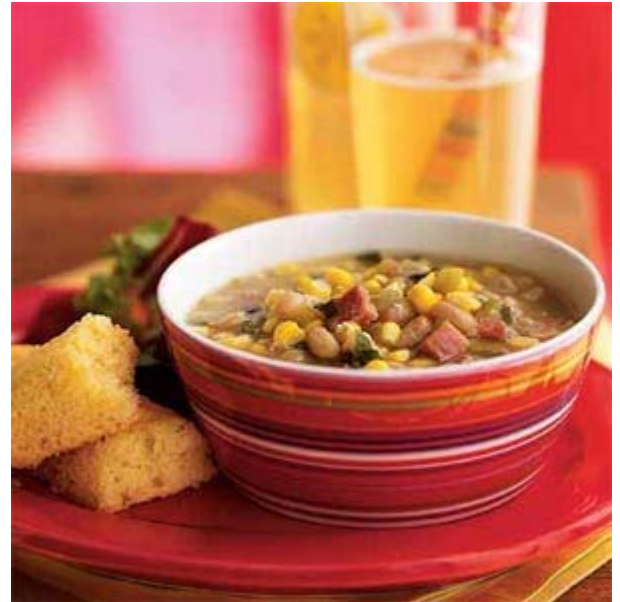
Dinner Tonight from **CookingLight**

Ingredients

1 tablespoon canola oil
1 cup sliced green onions
3/4 cup chopped cooked ham (about 4 ounces)
3 cups fresh corn kernels (about 5 ears)
1/2 teaspoon salt
2 (15-ounce) cans navy beans, rinsed and drained
2 (14-ounce) cans fat-free, less-sodium chicken broth
2 (4.5-ounce) cans chopped green chiles, undrained

Yield

6 servings (serving size: about 1 1/2 cups)



Preparation

Heat canola oil in a Dutch oven over medium heat. Add onions and ham, and cook 3 minutes, stirring frequently. Stir in corn and remaining ingredients. Bring to a boil; reduce heat, and simmer 5 minutes or until thoroughly heated.

Nutritional Information

CALORIES 278(17% from fat); FAT 5.3g (sat 1g, mono 2.5g, poly 1.4g); PROTEIN 17g; CHOLESTEROL 16mg; CALCIUM 150mg; SODIUM 593mg; FIBER 10.1g; IRON 4.2mg; CARBOHYDRATE 42.8g

Lorrie Corvin , *Cooking Light*, JULY 2005

Quinoa Side Dish

Submitted by: sal

Quinoa, cooked in chicken broth for added richness, is tossed with onion, garlic, and herbs. This may be served hot, or at room temperature.

Original recipe yield: 4.

Prep Time:

15 Minutes

Cook Time:

20 Minutes

Ready In:

35 Minutes

Servings:

4

INGREDIENTS:

- 1 tablespoon butter
- 1 cup uncooked quinoa
- 2 cups vegetable broth
- 2 teaspoons chopped garlic
- 2 tablespoons chopped fresh parsley
- 1/2 tablespoon chopped fresh thyme
- 1/4 teaspoon salt
- 1 small onion, finely chopped
- 1 dash fresh lemon juice (optional)

DIRECTIONS:

Melt butter in a saucepan over medium heat. Add the quinoa, and toast, stirring occasionally, until lightly browned, about 5 minutes. Stir in broth, and bring to a boil. Reduce to a simmer, cover, and cook for 15 minutes, or until quinoa is tender.

In a bowl, toss quinoa together with garlic, parsley, thyme, salt, and onion. Sprinkle with lemon juice, and serve.



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Spinach-Stuffed Flounder with Mushrooms and Feta

Submitted by: dakota kelly

Flounder rolls stuffed with mushrooms, feta cheese and spinach. Great served on a bed of couscous.

Original recipe yield: 4.

Prep Time:

15 Minutes

Cook Time:

15 Minutes

Ready In:

30 Minutes

Servings:

4 ([Change](#))

INGREDIENTS:

- 8 large fresh mushrooms, sliced
- 8 ounces spinach, rinsed and chopped
- 1 tablespoon crumbled feta cheese
- 4 (4 ounce) fillets flounder

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Spray an unheated medium skillet with no-stick spray. Heat the skillet over medium heat. Add the mushrooms and cook about 5 minutes or until the liquid released from the mushrooms has evaporated, stirring occasionally.
3. Add the spinach to the skillet. Cook and stir about 2 minutes or until spinach is wilted. Remove from the heat and drain excess moisture. Sprinkle the feta cheese over the vegetables, then stir in.
4. To assemble the fish rolls, place one-quarter of the spinach mixture onto the wide end of each filet. Carefully roll the filet around the spinach mixture. Use wooden toothpicks to hold the end of each roll in place.
5. Spray an 8x8 inch baking dish with non-stick spray. Place the fish rolls, seam side down, in the baking dish. Add 2 tablespoons of water. Loosely cover with foil.
6. Bake in a preheated oven for 15 to 20 minutes or until fish flakes easily when tested with a fork and is opaque all the way through.