

## HUMMUS

- 2 cups canned garbanzo beans, drained
- 3 Tbsp. tahini (sesame seed paste) or sub 1 tsp. sesame oil
- 2-4 Tbsp. lemon juice
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 pinch paprika
- 1 teaspoon minced fresh parsley

Place the garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor. Blend until smooth. Transfer mixture to a serving bowl.

Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika and parsley.

Serve with fresh veggies, whole grain crackers or pita bread.

### **Quick and Healthy Recipes**

#### **(Women's Health Magazine, October 2006)**

Take some top lean protein sources (chicken, shrimp, eggs) and other versatile and quick-cooking ingredients and make lots of different recipes!!

To make chicken—place breasts in saucepan and add enough chicken broth to cover. Simmer gently until chicken is cooked through (6 to 8 minutes.) Prepare several chicken breasts at once to use throughout the week. Use broth for soups!

To sear salmon-Preheat oven to 375 degrees. Place nonstick baking sheet in oven. Season salmon fillets with salt and pepper or other spices. Heat sprayed skillet until hot. Add salmon and cook for 3 minutes on one side. Then flip and cook for 3 minutes on other side. Transfer to hot baking sheet in oven and roast for another 7 to 10 minutes, depending on thickness, until salmon is cooked through.

### **White Bean and Chicken Chili (2 servings)**

- 1 Tbsp. olive oil
- 2 scallions
- 1 clove garlic
- $\frac{3}{4}$  tsp. chili powder
- $\frac{1}{2}$  tsp. cumin
- 1 can white beans
- $\frac{1}{2}$  can diced tomatoes with liquid
- $\frac{3}{4}$  c. chicken broth

¾ c. or about 4 ounces leftover or cooked chicken breast meat, shredded  
Tabasco sauce to taste

In a medium saucepan, heat oil on medium high. Add sliced scallions and garlic and sauté until golden. Add chili powder and cumin. Sauté for one minute. Add white beans, tomatoes and broth. Simmer 15 minutes until liquid is slightly reduced. Stir in chicken and simmer 5 minutes. Season with Tabasco and garnish with scallion greens. If desired, serve with baked tortilla chips and low-fat sour cream.

### **Chicken Orzo Salad (2 servings)**

¼ cup orzo  
4 oz. cooked chicken, shredded  
2 tsp. olive oil  
1 tsp. red wine vinegar  
¼ tsp. oregano  
Salt and pepper to taste  
1 scallion, thinly sliced  
2 Tbsp. goat cheese  
Baby spinach, for serving

Bring saucepan of water to boil. Add orzo or other pasta. Cook until al dente, drain and rinse under cool water. Toss orzo or pasta with chicken, oil, vinegar, oregano, and salt and pepper. Stir in scallion and goat cheese. May be served on bed of spinach leaves.

### **Curried Chicken Salad (2 servings)**

2 Tbsp. raisins  
2 Tbsp. reduced fat mayonnaise  
1 tsp. curry powder  
2 tsp. lemon juice  
1 scallion, finely chopped  
4 oz. cooked chicken, shredded  
Salt and pepper to taste  
Baby spinach leaves for serving

In small bowl, soak raisins in hot water for 10 minutes until plump. Drain and set aside. Whisk together mayonnaise, curry powder and lemon juice until smooth. Stir in scallions, raisins, and chicken. Season with salt and pepper. Line plates with spinach leaves and top with chicken salad.

### **Shrimp and White bean Salad (2 servings)**

2 Tbsp. olive oil  
2 cloves garlic, minced  
½ tsp. rosemary, crushed  
6 oz. shrimp  
¼ c. chicken broth  
1 can white beans, drained and rinsed

2 tsp. lemon juice

1 scallion, thinly sliced

In medium skillet, heat oil over high heat. Add garlic and rosemary and cook until fragrant about 1 minute. Add shrimp and stir-fry until pink and opaque. Add broth, cover and lower heat. Simmer until shrimp are cooked through about 4 minute more. Remove shrimp with slotted spoon, letting oil drain back into skillet. In large bowl, toss with white beans and lemon juice until well mixed. Store in refrigerator until cool. Once cool, stir in scallions and serve.

### **Asian Salmon in Foil (2 servings)**

1 Tbsp. soy sauce

1 Tbsp. lime juice

1 Tbsp. canola or peanut oil

1 tsp. ground ginger

2 tsp. toasted sesame seeds

Pinch of sugar

1 scallion, sliced

4 mushrooms, if desired

Salmon fillets

Make marinade and put salmon in it for 30 minutes. Preheat oven to 450 degrees. Place salmon on large square of foil. Top with one scallion thinly sliced and 2 mushrooms sliced (if desired). Fold foil and crimp edges into rectangular packets. Place packets on baking sheet and bake for 20 minutes until salmon is cooked through. This goes great with brown rice or rice pilaf.

### **Variation: Mushroom Dijon Salmon in Foil**

Marinade: 1 Tbsp. olive oil, 2 tsp. red wine vinegar, 2 tsp. Dijon mustard, ½ tsp. tarragon, and ¼ tsp. salt. Top each salmon fillet with mushrooms and bake as above.

### **Orzo Paella (4 servings)**

4 tsp. olive oil

8 oz. chicken breasts, cut into 1-inch chunks

8 oz. large shrimp

8 scallions, thinly sliced

2 cloves garlic, minced

½ tsp. paprika

¼ tsp. turmeric (for color)

2 c. orzo or other small pasta

2 cans chicken broth

1 can diced tomatoes, drained

In skillet, heat 1 tsp. oil over medium-high heat. Add chicken and sauté until golden brown on all sides about 4 minutes. Remove to a plate. Add 1 tsp. oil to skillet and sauté shrimp, turning once, until opaque (about 2 minutes). Remove to plate. Add remaining oil to skillet and sauté scallion and garlic until soft. Add paprika, turmeric and orzo (pasta). Toast until orzo/pasta is golden, about 2 to 3 minutes. Add broth and bring to a boil. Reduce heat; simmer, partially covered, until orzo/pasta is al dente (about 8 minutes).

Return chicken and shrimp to skillet, add tomatoes and cook until liquid is absorbed and chicken is cooked through (about 2 minutes). Top with additional scallions and serve.

### **Greek Shrimp (2 servings)**

1 Tbsp. olive oil  
½ lb. shrimp  
2 scallions, minced  
1 clove garlic, minced  
1 can diced tomatoes, pureed  
½ c. white wine  
1 tsp. oregano  
Salt and pepper to taste  
1 oz. goat cheese, crumbled

IN a large skillet, heat ½ tbsp. oil over medium-high heat. Add Shrimp. Sauté until just opaque. Remove to a plate. Add remaining ½ tbsp. oil to pan. Add scallions and garlic and sauté until golden. Add tomatoes, wine, oregano, and salt and pepper. Bring to a boil, reduce heat, and simmer, stirring occasionally, until reduced to a sauce-like consistency, about 7 minutes. Return shrimp to pan and cook until heated, about 1 minute. Sprinkle with goat cheese and cook until melted. Serve over rice or orzo.

### **Sesame-Soy Chicken (2 servings)**

2 Tbsp. lime juice  
2 Tbsp. soy sauce  
1 tsp. sugar  
½ tsp. ground ginger  
2 tsp. sesame seeds, toasted  
2 scallions, thinly sliced  
1 clove garlic, crushed  
2 chicken breasts  
2 tsp. canola oil  
½ c. water

In a small bowl, stir together first seven ingredients. Pour into a large zip-lock plastic bag, add chicken breasts, and shake to coat. Marinate in refrigerator for at least 30 minutes (up to 4 hours). Remove chicken from bag and pat dry. Reserve excess marinade  
IN a skillet, heat oil over medium-high heat. Sauté chicken until golden brown on one side. Turn chicken, pour in marinade and water. Cover pan, lower heat and simmer until chicken is cooked through (about 10 to 12 minutes). Put chicken on plate and spoon sauce over it. Garnish with green scallion tops.

### **Simple Sautéed Chicken**

¼ c. flour  
Salt and pepper to taste  
2 chicken breasts  
2 tsp. olive oil

Preheat oven to 375 degrees. In a bowl, put flour, salt and pepper to taste. Dredge chicken breasts in flour and pat, leaving a light coating. In a skillet, heat oil over medium-high

heat. Add chicken, Sauté, turning once, until golden (2 to 3 minutes per side). Transfer to a baking sheet and roast until chicken is cooked through (7 to 10 minutes).

Variations:

### **Chicken Cacciatore**

After sautéing chicken, set aside on plate. Add 2 cups chopped mushrooms, three chopped scallions and one clove minced garlic to hot skillet. Cook until mushrooms begin to brown, about 10 minutes. Add ¼ cup red wine, one can diced tomatoes with liquid, ¼ cup chicken broth, and ½ tsp. oregano or Italian seasonings. Return chicken breasts to skillet and bring to simmer. Cook until sauce is slightly reduced and chicken is cooked through (about 10 minutes).

### **Spicy Tortilla-Crusted Chicken**

Place 12 baked tortilla chips in a plastic zip-lock bag and crush. Place crumbs on plate and mix with ¾ tsp. chili powder. In another bowl, beat an egg white until frothy. After dredging chicken in flour, dip in egg whites, then roll in crushed tortilla chips, pressing to adhere. Let coated chicken sit for 20 minutes, then sauté until golden (about 2 to 3 minutes per side). Transfer to baking sheet and roast at 375 degrees for 7 to 10 minutes.