

Hasn't this spring weather been fantastic? It inspires a more active lifestyle and healthier, lighter eating. I know many of you are hearty souls who use your grills all year long but for those of you just firing them up, here is a healthy and tasty chicken recipe to try!

### **Best BBQ Chicken Ever**

2 Tbsp. trans fat free margarine or canola oil  
1/2 cup ketchup  
1/4 cup lemon juice  
1/4 cup low-sodium soy sauce (Or use 2 Tbsp. regular soy sauce and 2 Tbsp. water)  
1/4 tsp. black pepper  
1/4 tsp. hot sauce  
6 skinless, boneless chicken breast halves ( if you prefer dark meat, use thighs or drum sticks but be sure to remove skin before grilling)

Melt margarine in saucepan over low heat. Add ketchup and next 4 ingredients (through hot sauce). Bring to a boil. Cook until reduced to 2/3 cup, about 15 minutes, stirring often.

Prepare grill by spraying rack with cooking spray and heating. Place chicken on grill and cook 12 minutes, turning and basting with 1/3 cup sauce after 8 minutes of cooking. Serve chicken with remaining sauce.

Yield: 6 servings (1 chicken breast and about 1 Tbsp. sauce)

Per serving=157 calories, 5 g fat, 21 g protein, 60 mg cholesterol, 693 mg sodium

**What to serve with your grilled food? Veggies, of course! Here is a list of the top ten most nutritious vegetables: Broccoli, Spinach, Brussel Sprouts, Lima beans, Peas, Asparagus, Artichokes, Cauliflower, Sweet potatoes, Carrots.**

Steamed asparagus is wonderful but roasting it and caramelizing the natural sugars in it takes the flavor to the next level!

### **Roasted Sesame Asparagus**

Makes 6 servings

1 and 1/2 pounds asparagus spears  
1 and 1/2 tsp. sesame oil (or sub olive oil)  
1 Tbsp. balsamic vinegar  
1 and 1/2 tsp. sesame seeds, toasted  
1/2 tsp. crushed red pepper  
1/8 tsp. salt  
1/8 tsp. black pepper  
1 Tbsp. shaved fresh Parmesan cheese

Preheat oven to 450 degrees. Snap off tough ends of asparagus. Arrange in single layer on cookie sheet with sides coated with cooking spray. Brush with sesame or olive oil. Bake for 10 minutes or until crisp tender. Remove from oven and sprinkle with vinegar, sesame seeds, and red pepper, tossing gently. Place on platter and sprinkle with salt and pepper. Top with cheese. Per serving= 50 calories, 1.7 g fat, 3 g protein, 5.6 g carbs, 2.6 g fiber, 1 mg cholesterol, 0.5 mg iron, 63 mg sodium, 36 mg calcium

Here is an easy recipe that uses nutritious spinach and includes fruit as well!

### **Spinach Salad with Poppy Seed Dressing**

6 servings

Dressing:

1/3 cup plain fat-free yogurt  
1/4 cup light mayonnaise

2 tsp. sugar  
1 tsp. poppy seeds  
2 tsp. white vinegar

Salad:

4 cups cleaned, torn spinach  
2 cups Granny Smith apple  
1 cup bite-sized pieces navel orange (or sub strawberries)  
1/4 cup chopped red onion

To prepare dressing, combine all ingredients in small bowl and stir with a wire whisk. To prepare salad, combine all ingredients in large bowl. Add dressing. Toss gently to combine.

Per serving= 105 calories, 3.7 g fat, 2.3 g protein, 18.2 g carbs, 2.5 g fiber, 4 mg cholesterol, 1.3 mg iron, 118 mg sodium, 78 mg calcium.

Many of you may have seen this recipe in the "Lighten Up Iowa" newsletter this week. It sounded so refreshing that I wanted to make sure everyone could try it! What a great way to work heart healthy soy protein into your diet. Soy also offers isoflavones which reduce menopausal symptoms, help to maintain bone strength and decrease harmful LDL cholesterol while increasing beneficial HDL cholesterol.

This would make an easy breakfast-on-the-go or a healthy and refreshing snack!

### **Orange Smoothie**

Makes 4 servings (1 cup each)

1 cup vanilla soymilk  
1 can (15 ounces) mandarin oranges, well drained  
1/2 can (12 oz.) frozen orange juice concentrate, undiluted

Mix all ingredients in a blender until thoroughly combined. Serve immediately or refrigerate. Shake well before serving.

Per serving= 128 calories, 1.5 g fat, 3.2 g protein (1.6 g soy protein), 0 mg cholesterol, 18 mg sodium, 1.3 g dietary fiber

As a reminder, the Nutrition Clinic is here to serve ISU employees with individual nutrition counseling, group classes, and nutrition resources—it would be fabulous if all of you would help to spread the word!!

It looks to be a beautiful weekend, try to get out and be active and enjoy it!  
As always, eat healthy and enjoy!!

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