

## Main Dishes - Meatless

# Buttermilk Apple Spiced Pancakes

**Preparation Time: 8 minutes, Cook Time: 5 minutes, Baked Time: 5 minutes**

1-½ cups all-purpose flour  
½ cup whole wheat flour  
1 tablespoon baking powder  
1 tablespoon baking soda  
1 ½ teaspoons ground cinnamon  
1/8 teaspoon allspice  
2 tablespoons sugar  
¾ cup applesauce  
½ cup apple juice  
1 cup low-fat buttermilk  
½ cup fat free egg substitute  
Nonstick cooking spray

1. In a medium bowl, combine dry ingredients (first 7 ingredients) in a large mixing bowl.
2. Add the remaining ingredients and stir until well combined.
3. Spray griddle or skillet with nonstick cooking spray. With ½ cup ladle or measuring cup, scoop pancake batter onto greased griddle or skillet. Flip when bubbles appear. Cook until golden brown.
4. Serve with ½ cup fresh fruit like kiwi.

**Makes: 7 large pancakes (~8 inch for each serving)**  
**Each serving provides: ½ fruit serving (1/2 cup)**

**Inexpensive**

**Each serving provides:**

**Calories: 190**

**Total fat: 1.5g**

**Saturated fat: 0g**

**Cholesterol: Less than 5mg**

**Sodium: 75mg**

**Total fiber: 2g**

**Side bar:** You may use pureed pears in place of applesauce.

# Corn Tortilla Casserole

**Preparation Time: 5 minutes, Cook Time: 10 minutes**

4 corn tortillas

1 cup fat free egg substitute (equivalent of 4 eggs)

2 teaspoons McCormick Perfect Pinch Salt Free Original all purpose Seasoning or your favorite salt free herbs

1 cup of any combination of the following topping ingredients: green onions, green bell peppers, mushrooms, tomatoes or nopales.

1. Cut each tortilla into 4 triangles.
2. Arrange in a single layer on a baking sheet and bake at 350° F for 5 to 8 minutes or until crisp.
3. Add eggs, seasonings and combined topping ingredients. Mix well and cook for an additional 2 to 3 minutes or until eggs are firm. Serve with fresh cilantro or parsley, if desired.

**Makes: 4 servings (~1/2 cup per each serving)**

**Each serving provides: 1/4 vegetable serving (1/4 cup)**

**Notes:**

**Recipe can be easily doubled for potluck**

**Inexpensive**

**Each serving provides:**

**Calories: 120**

**Total fat: 3g**

**Saturated fat: 0.5g**

**Cholesterol: Less than 5mg**

**Sodium: 125mg**

**Total fiber: 2g**

# Egg Squash Bake

Easy colorful frittata packed with vitamins, calcium and protein

**Preparation Time: 5 minutes, Cook Time: 5 minutes, Baked Time: 5 minutes**

1-1/2 cups fat free egg substitute

2 teaspoons McCormick Perfect Pinch Salt Free Savory all purpose Seasoning or your favorite salt free herbs

Nonstick cooking spray

1 small yellow squash, thinly sliced

1 small zucchini, thinly sliced

½ cup shredded low fat Mexican style cheese

1. Preheat oven to 350° F.
2. Beat eggs and seasonings in a small bowl for about 1 minute or until frothy; set aside.
3. Cook squash and zucchini in a lightly sprayed medium oven safe skillet at medium heat for 2 to 3 minutes or until tender.
4. Pour eggs over cooked vegetable mixture and cook over medium heat for about 3 minutes or until bottom is firm (top will be moist).
5. Top with cheese.
6. Bake 5 to 8 minutes or until cheese melts. Cut into 8 triangle pieces.
7. Serve with fresh kiwi slices, orange slices and strawberries.

**Makes: 4 servings (~1/2 cup for each serving)**

**Each serving provides: 1/2 vegetable serving (1/2 cup)**

**Inexpensive**

**Each serving provides:**

**Calories: 100**

**Total fat: 3g**

**Saturated fat: 2g**

**Cholesterol: 10mg**

**Sodium: 260mg**

**Total fiber: Less than 1g**

**Side bar:** You may use other vegetables (fresh or frozen) such as spinach, shredded carrots or broccoli.

# Tomato and Asparagus Mediterranean Pasta

**Prep Time: 7 minutes, Cook Time: 22 minutes**

1 pound (16 oz) bowtie, spiral or penne whole grain pasta, uncooked  
2 tablespoons olive oil  
3 cloves garlic  
¼ cup black olives, pitted, sliced and rinsed  
1 cup asparagus tips  
¼ cup walnuts, toasted (see directions below), chopped  
3 Roma tomatoes, chopped  
8 to 10 fresh basil leaves, cut in thin strips

1. Prepare pasta according to package directions. Drain and set aside.
2. While pasta is cooking, heat olive oil in a large skillet over low heat. Add garlic, olives, asparagus tips and toasted walnuts. Cook gently stirring frequently until garlic is tender and golden brown. Add tomatoes and cook for 5 more minutes or until tomatoes are tender but not overcooked.
3. Gently incorporate basil and cooked pasta. Toss together and serve immediately.

**Makes: 4 servings (~1 cup for each serving)**

**Each Serving Provides: 1 vegetable serving (1 cup)**

**Notes:**

**Recipe can be easily doubled for potluck**

**Inexpensive**

**Each serving provides:**

**Calories: 500**

**Total fat: 10g**

**Saturated fat: 1g**

**Cholesterol: 0mg**

**Sodium: 90mg**

**Total fiber: 12mg**

**Side bar:** To toast walnuts – Heat a small skillet to medium heat. Place walnuts on hot skillet and stir constantly for about ½ minute or until walnuts are lightly browned and aromatic.

You may use other vegetables (fresh or frozen will work well) such as broccoli, bell peppers or green beans in place of asparagus.

## Hearty Vegetarian Burgers

**Preparation Time: 15 minutes, Cook Time: 15 minutes**

1 cup carrots, shredded  
1 small onion, chopped  
1 clove garlic, chopped  
1 cup low sodium black or kidney beans, cooked, drained  
¼ cup roasted red pepper, chopped  
1 tablespoon cilantro, chopped  
¼ cup green onions, chopped  
1 teaspoon lemon juice  
1 cup oats, uncooked

1. In a medium saucepan, heat oil and cook carrots, onions, and garlic over medium heat about 3 minutes or until tender.
2. In a medium bowl combine cooked vegetables, beans, peppers, cilantro, onions, lemon juice and oats. Transfer to food processor and pulse for 5 to 10 seconds or until slightly blended. Form ten patties using ~ ½ cup of mixture to form each burger. Refrigerate at least 1 hour to let burgers firm up.
3. In a medium saucepan, heat non cooking spray and cook each burger for 3 to 4 minutes per side until golden brown. .

**Makes: 5 large burgers**

**Each Serving Provides: 1/2 vegetable serving (1/2 cup)**

**Notes:**

**Recipe can be easily doubled for potluck**

**Inexpensive**

**Each serving provides:**

**Calories: 190**

**Total fat: 4g**

**Saturated fat: 0.5g**

**Cholesterol: 0mg**

**Sodium: 115mg**

**Total fiber: 7g**

## Main Dishes – Fish

### **Pescado in Garlic & Tomatillo Salsa** **White fish marinated in a garlic and tomatillo sauce**

**Preparation Time: 12 minutes, Cook Time: 15 minutes**

4 white fish fillets such as tilapia, flounder or orange roughy  
½ cup green tomatillo salsa, see recipe below or use low sodium prepared green salsa  
¼ cup fresh lime juice  
Nonstick cooking spray  
½ cup fresh cilantro leaves, chopped  
4 to 5 garlic cloves, chopped

1. In a medium glass dish, arrange fish fillets. Pour tomatillo salsa, lime juice and cilantro over fish. Cover and marinate in refrigerator for at least 20 minutes.
2. In a large saucepan, spray nonstick cooking spray and cook garlic for 1/2 minute or until light tender. Add marinated fish fillets and cook for 8 to 10 minutes or until fish is done and firm, turning once. Serve with Nopalitos salad (see page).

**Makes: 4 servings (1 fillet (4 oz) for each serving)**

**Inexpensive**

**Each serving provides:**

**Calories: 130**

**Total fat: 2g**

**Saturated fat: 1g**

**Cholesterol: 55mg**

**Sodium: 60mg**

**Total fiber: Less than 1g**

**Side bar:**

**Tomatillo Salsa recipe:**

Place 1 pound tomatillos, husks removed, into a saucepan, cover with water by an inch. Add 1 jalapeno, stems and seeds removed. Add 2 garlic cloves. Bring to a boil. Cook for 5 minutes until tomatillos skins have cracked, they have a slight changed color and are tender. Use slotted spoon to transfer tomatillos, jalapeno and garlic to a blender. Reserve cooking liquid. Add a cup of the reserve cooking liquid and blend until completely puréed.

You may use a prepared green tomatillo salsa but make sure to look at the sodium content on the nutrition label to find the lowest sodium content. Make sure to stay below 15% of the daily value.

# White Fish with Lime Mango Salsa

## Tender white fish fillets with a tropical tangy sauce

**Preparation Time: 10 minutes, Cook Time: 12 minutes**

### **Fish:**

- 4 (5 to 6-ounces) white fish such as tilapia, flounder or orange roughy fish fillets
- 2 tablespoons lime juice
- 3 cloves garlic, chopped
- 1 teaspoon ground black pepper

### **Salsa:**

- 1 cup diced fresh mango
- 1/2 cup chopped fresh cilantro
- 1/2 cup diced red onion
- 1/4 cup fresh lime juice
- 1 to 2 teaspoons hot sauce, or to taste

### **Fish preparation:**

1. Preheat oven to 350° F.
2. Arrange fish fillets in a medium glass dish. Rub fish with lime juice, garlic and black pepper.
3. Bake 10 to 12 minutes or until fish flakes easily when tested with a fork.

### **Salsa preparation:**

4. Meanwhile, combine mango, cilantro, onion, lime juice and hot sauce in a medium size bowl; mix well.
5. Pour salsa evenly over baked fish fillets.

**Makes: 4 servings (1 fillet (5 oz) and ~1/4 cup salsa for each serving)**

**Each serving provides: 1/4 fruit serving (1/4 cup)**

**Inexpensive**

**Each serving provides:**

**Calories: 160**

**Total fat: 2g**

**Saturated fat: 1g**

**Cholesterol: 55mg**

**Sodium: 95mg**

**Total fiber: 1g**

**Side bar:** You may use a prepared fruit salsa, but make sure to look at the sodium content on the nutrition label to find the lowest sodium content. Make sure stay below 15% of the daily value



# Baked Salmon Dijon

**Preparation Time: 10 minutes, Cook Time: 25 minutes**

**This salmon entrée is easy to make and will be enjoyed by the whole family!**

1 cup fat free sour cream  
2 teaspoon dried dill  
3 tablespoon scallions, finely chopped  
2 tablespoon Dijon mustard  
2 tablespoons lemon juice  
1 1/2 pounds salmon fillet with skin, cut in center  
1/2 teaspoon garlic powder  
1/2 teaspoon black pepper  
fat free non stick cooking spray

1. Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend.
2. Preheat oven to 400 °F. Lightly oil baking sheet with cooking spray.
3. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce.
4. Bake salmon until just opaque in center, about 20 minutes.

**Makes: 6 servings (1 piece (4 oz) for each serving)**

**Each serving provides:**

Calories:	196
Total fat:	7 g
Saturated fat:	2 g
Cholesterol:	76 mg
Sodium:	229 mg
Total fiber:	less than 1 g
Protein:	27 g
Carbohydrates:	5 g
Potassium:	703 mg

## Main Dishes – Chicken

# Honey Mustard Baked Chicken

**Prep Time: 10 minutes, Cook Time: 30 minutes**

6 tablespoons honey Dijon mustard  
2 tablespoons lemon juice  
½ teaspoon ground black pepper  
4 chicken breast, skinless and boneless

1. Preheat oven to 400°F. Line shallow pan with foil. Place rack in pan.
2. In large bowl combine mustard, lemon juice, and pepper. Add chicken breast and toss to coat well.
3. Place on rack in pan. Roast for 30 to 40 minutes, turning once, until chicken is no longer pink, juices run clear and the deepest part reaches a temperature of 160° F. Serve with Baked Italian potatoes, if desired.

**Makes 4 servings (1 piece for each serving)**

### Notes:

Recipe can be easily doubled for potluck

### **Inexpensive**

**Each serving provides:**

**Calories: 140**

**Total fat: 1g**

**Saturated fat: 0g**

**Cholesterol: 50mg**

**Sodium: 240mg**

**Total fiber: Less than 1g**

**Side bar:**

# Chicken guisado in chipotle salsa

## Chicken in a saucy chipotle sauce

**Prep Time: 10 minutes, Marinate Time: 10 minutes, Cook Time: 10 minutes**

1-1/2 pounds chicken breast, skinless, boneless, cubed  
2 teaspoons McCormick Perfect Pinch Salt Free Original all purpose Seasoning or your favorite salt free herbs  
¼ to ½ cup sodium/salt free and low fat chipotle sauce  
Nonstick cooking spray  
1 cup onions, diced  
4 garlic cloves, chopped  
2 large tomatoes, diced  
1 large green bell pepper, cut into strips  
Non stick cooking spray  
6 whole wheat tortillas

1. In a medium bowl, marinate chicken with salt free seasonings and chipotle sauce for at least 10 minutes in the refrigerator.
2. Meanwhile, in a small skillet, spray nonstick cooking spray at medium heat; cook onions, garlic and tomatoes for 1 to 2 minutes or until tender.
3. Add marinated chicken and cook for 5 to 8 minutes or until chicken is fully cooked. Add bell peppers towards the end of the cooking. Serve over warm whole wheat tortillas.

**Makes: 6 servings (~1/2 cup for each serving)**

**Each serving provides 1 vegetable serving (1 cup)**

**Notes:**

**Recipe can be easily doubled for potluck**

**Inexpensive**

**Each serving provides:**

**Calories: 230**

**Total fat: 3g**

**Saturated fat: 0.5g**

**Cholesterol: 65mg**

**Sodium: 150mg**

**Total fiber: 1g**

**Side bar:** To warm your whole wheat tortillas: Place them on a hot skillet and heat them for ½ to 1 minute or until warm. You may also microwave them for 5 to 10 seconds or until warm.