

Quick Breakfast Taco

From *EatingWell: May/June 2008, EatingWell for a Healthy Heart Cookbook (2008), The EatingWell Diet (2007)*

1 serving | **Active Time:** 15 minutes | **Total Time:** 15 minutes

Ingredients

- 2 corn tortillas
- 1 tablespoon salsa
- 2 tablespoons shredded reduced-fat Cheddar cheese
- 1/2 cup liquid egg substitute, such as Egg Beaters

Preparation

1. Top tortillas with salsa and cheese. Heat in the microwave until the cheese is melted, about 30 seconds.
2. Meanwhile coat a small nonstick skillet with cooking spray. Heat over medium heat, add egg substitute and cook, stirring, until the eggs are cooked through, about 90 seconds. Divide the scrambled egg between the tacos.

Nutrition

Per serving : 153 Calories; 2 g Fat; 1 g Sat; 0 g Mono; 3 mg Cholesterol; 15 g Carbohydrates; 17 g Protein; 0 g Fiber; 453 mg Sodium; 207 mg Potassium

1 Carbohydrate Serving

Exchanges: 1 starch, 2 very lean meat

Sliced Tomatoes with Pesto Drizzle

From *EatingWell: August/September 2006*

4 servings | **Active Time:** 10 minutes | **Total Time:** 10 minutes

Ingredients

- 1/4 cup prepared pesto
- 1/4 cup white-wine vinegar
- 4 large tomatoes, sliced
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

Preparation

1. Combine pesto and vinegar in a small bowl. Drizzle over tomatoes. Season with salt and pepper.

Nutrition

Per serving : 59 Calories; 4 g Fat; 1 g Sat; 2 g Mono; 1 mg Cholesterol; 5 g Carbohydrates; 2 g Protein; 1 g Fiber; 387 mg Sodium; 232 mg Potassium

Exchanges: 1 vegetable, 1 fruit

Nutrition Note: What you get: Vitamins A & C, potassium

Bistro Beef Tenderloin

From EatingWell: December 2005/January 2006, EatingWell for a Healthy Heart Cookbook (2008)

Trim off any visible silver skin, the translucent, tough membrane lying along the outside curve of the tenderloin.

About 12 servings | Active Time: 25 minutes | Total Time: 1 hour 10 minutes

Ingredients

- 1 3-pound beef tenderloin, trimmed of fat
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper
- 2/3 cup chopped mixed fresh herbs, such as chives, parsley, chervil, tarragon, thyme
- 2 tablespoons Dijon mustard

Preparation

1. Preheat oven to 400 degrees F.
2. Tie kitchen string around tenderloin in three places so it doesn't flatten while roasting. Rub the tenderloin with oil; pat on salt and pepper. Place in a large roasting pan.
3. Roast until a thermometer inserted into the thickest part of the tenderloin registers 140 degrees F for medium-rare, about 45 minutes, turning two or three times during roasting to ensure even cooking. Transfer to a cutting board; let rest for 10 minutes. Remove the string.
4. Place herbs on a large plate. Coat the tenderloin evenly with mustard; then roll in the herbs, pressing gently to adhere. Slice and serve.

Nutrition

Per 3-oz. serving : 185 Calories; 9 g Fat; 3 g Sat; 4 g Mono; 67 mg Cholesterol; 1 g Carbohydrates; 24 g Protein; 0 g Fiber; 178 mg Sodium; 214 mg Potassium

Exchanges: 3 lean meat

Tips & Notes

- **Make Ahead Tip:** Equipment: Kitchen string
 - Roasting Tips
 - 1. Very cold meat won't roast evenly. Place it on the counter while preheating the oven.
 - 2. Durable cotton kitchen string is sold at kitchenware stores, most gourmet markets and large supermarkets. Do not use sewing thread or yarn, which may contain inedible dyes or unsavory chemicals.
 - 3. A heavy-duty, high-sided roasting pan is essential for conducting heat evenly. Never substitute a cookie sheet. A broiler pan will work in a pinch, but the roast will inevitably be somewhat chewier.
 - 4. Give it a rest. A roast's internal temperature will rise about 10 degrees while resting. The natural juices will also reincorporate into the meat's fibers and the skin or crust will dry out slightly for a more toothsome yet more succulent dinner.
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Creamy Chopped Cauliflower Salad

From EatingWell: January/February 2008

6 servings, about 1 cup each | Active Time: 15 minutes | **Total Time:** 15 minutes

Ingredients

- 5 tablespoons reduced-fat mayonnaise
- 2 tablespoons cider vinegar
- 1 small shallot, finely chopped
- 1/2 teaspoon caraway seeds, (optional)
- 1/4 teaspoon freshly ground pepper
- 3 cups chopped cauliflower florets, (about 1/2 large head)
- 2 cups chopped heart of romaine
- 1 tart-sweet red apple, chopped

Preparation

1. Whisk mayonnaise, vinegar, shallot, caraway seeds (if using) and pepper in a large bowl until smooth. Add cauliflower, romaine and apple; toss to coat.

Nutrition

Per serving : 54 Calories; 2 g Fat; 0 g Sat; 0 g Mono; 0 mg Cholesterol; 9 g Carbohydrates; 2 g Protein; 2 g Fiber; 128 mg Sodium; 257 mg Potassium

1/2 Carbohydrate Serving

Exchanges: 1 vegetable, 1/2 fat

Grilled Shrimp Cocktail with Yellow Gazpacho Salsa

From *EatingWell*: June/July 2006

4 servings | Active Time: 40 minutes | Total Time: 1 hour

Ingredients

- 4 medium yellow tomatoes, (1 pound), seeded and finely chopped
- 1 yellow bell pepper, finely chopped
- 1 medium cucumber, peeled, seeded and finely chopped
- 1 stalk celery, finely chopped
- 1/2 small red onion, finely chopped
- 2 tablespoons minced fresh chives
- 2 tablespoons white-wine vinegar
- 2 tablespoons lemon juice
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- Several dashes hot sauce, to taste
- 1 pound raw shrimp, (21-25 per pound; see Note), peeled and deveined
- 2 cloves garlic, minced
- 2 tablespoons minced fresh thyme

Preparation

1. Mix tomatoes, bell pepper, cucumber, celery, onion, chives, vinegar, lemon juice, Worcestershire sauce, pepper, salt and hot sauce in a large bowl. Cover and chill for at least 20 minutes or up to 1 day.
2. Mix shrimp, garlic and thyme in a medium bowl; cover and refrigerate for 20 minutes.
3. Coat a grill pan with cooking spray and heat over medium-high heat or preheat the grill to medium-high and oil the grill rack (see Tip). Cook the shrimp until pink and firm, about 2 minutes per side. Serve the shrimp with the salsa in martini glasses or bowls.

Nutrition

Per serving : 136 Calories; 1 g Fat; 0 g Sat; 0 g Mono; 168 mg Cholesterol; 11 g Carbohydrates; 20 g Protein; 2 g Fiber; 419 mg Sodium; 717 mg Potassium

1/2 Carbohydrate Serving

Exchanges: 2 vegetable; 2 1/2 very lean meat

Tips & Notes

- **Make Ahead Tip**: Prepare through Step 1. Cover and refrigerate for up to 1 day.
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Spanish Tortilla

From *EatingWell*: March/April 2007

6 servings | **Active Time:** 40 minutes | **Total Time:** 40 minutes

Ingredients

- 3 teaspoons extra-virgin olive oil, divided
- 1 small onion, thinly sliced
- 1 cup precooked diced red potatoes, (see Tip)
- 1 tablespoon chopped fresh thyme
- 1/2 teaspoon smoked paprika
- 6 large eggs
- 4 large egg whites
- 1/2 cup shredded Manchego, or Jack cheese
- 3 cups baby spinach, roughly chopped
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper

Preparation

1. Heat 2 teaspoons oil in a medium nonstick skillet over medium heat. Add onion and cook, stirring, until translucent, 3 to 4 minutes. Add potatoes, thyme and paprika and cook for 2 minutes more.
2. Lightly whisk eggs and egg whites in a large bowl. Gently stir the potato mixture into the eggs along with cheese, spinach, salt and pepper until combined. Wipe the pan clean; add the remaining 1 teaspoon oil and heat over medium heat. Pour in the egg mixture, cover and cook until the edges are set and the bottom is browned, 4 to 5 minutes (it will still be moist in the center).
3. To flip the tortilla, run a spatula gently around the edges to loosen them. Invert a large plate over the pan and turn out the tortilla onto it. Slide the tortilla back into the pan and continue cooking until completely set in the middle, 3 to 6 minutes. Serve warm or cold.

Nutrition

Per serving : 178 Calories; 9 g Fat; 3 g Sat; 4 g Mono; 217 mg Cholesterol; 10 g Carbohydrates; 12 g Protein; 2 g Fiber; 433 mg Sodium; 210 mg Potassium

1 Carbohydrate Serving

Exchanges: 1/2 starch, 1 vegetable, 1 1/2 medium-fat meat

Tips & Notes

- **Make Ahead Tip:** Store airtight in the refrigerator for up to 1 day.
 - **Tip:** Look for precooked diced potatoes in the refrigerated section of most supermarket produce departments.
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Chicken with Green Olives & Prunes

From EatingWell: Fall 2004, The EatingWell Diabetes Cookbook (2005)

4 servings | **Active Time:** 10 minutes | **Total Time:** 30 minutes

Ingredients

- 1 1/4 pounds boneless, skinless chicken thighs, trimmed of fat
- 1 teaspoon extra-virgin olive oil
- 1 cup reduced-sodium chicken broth
- 1/4 cup red-wine vinegar
- 1/4 cup chopped pitted green olives, such as Spanish, Cerignola or cracked green
- 1/4 cup chopped pitted prunes, (dried plums)
- Freshly ground pepper, to taste

Preparation

1. Pat chicken dry with a paper towel. Heat oil in a large nonstick skillet over medium-high heat. Add the chicken and cook until browned, about 2 minutes per side. Add broth and vinegar to the pan; bring to a simmer, stirring. Add olives, prunes and pepper; reduce heat to low. Cover and cook until the chicken is tender and no longer pink in the center, 12 to 15 minutes. Transfer the chicken to a plate. Spoon sauce over the chicken and serve.

Nutrition

Per serving : 224 Calories; 8 g Fat; 2 g Sat; 2 g Mono; 118 mg Cholesterol; 3 g Carbohydrates; 29 g Protein; 1 g Fiber; 394 mg Sodium; 454 mg Potassium

1/2 Carbohydrate Serving

Exchanges: 1/2 fruit, 4 lean meat

Five-Spice Turkey & Lettuce Wraps

From EatingWell: June/July 2006

4 servings, 1 1/4 cups filling for about 6 wraps each | Active Time: 30 minutes | Total Time: 30 minutes

Ingredients

- 1/2 cup water
- 1/2 cup instant brown rice
- 2 teaspoons sesame oil
- 1 pound 93%-lean ground turkey
- 1 tablespoon minced fresh ginger
- 1 large red bell pepper, finely diced
- 1 8-ounce can water chestnuts, rinsed and chopped
- 1/2 cup reduced-sodium chicken broth
- 2 tablespoons hoisin sauce, (see Note)
- 1 teaspoon five-spice powder, (see Note)
- 1/2 teaspoon salt
- 2 heads Boston lettuce, leaves separated
- 1/2 cup chopped fresh herbs, such as cilantro, basil, mint and/or chives
- 1 large carrot, shredded

Preparation

1. Bring water to a boil in a small saucepan. Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from the heat.
2. Meanwhile, heat oil in a large nonstick pan over medium-high heat. Add turkey and ginger; cook, crumbling with a wooden spoon, until the turkey is cooked through, about 6 minutes. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute.
3. To serve, divide lettuce leaves among plates, spoon some of the turkey mixture into each leaf, top with herbs and carrot and roll into wraps.

Nutrition

Per serving : 285 Calories; 11 g Fat; 3 g Sat; 1 g Mono; 66 mg Cholesterol; 24 g Carbohydrates; 26 g Protein; 5 g Fiber; 543 mg Sodium; 390 mg Potassium

1 Carbohydrate Serving

Exchanges: 1/2 starch, 2 vegetable, 3 lean meat

Tips & Notes

- **Make Ahead Tip:** Prepare the filling (through Step 2), cover and refrigerate for up to 1 day. Serve cold or reheat in the microwave.
 - **Notes:** Hoisin sauce is a spicy, sweet sauce made from soybeans, chiles, garlic and spices. It will keep in the refrigerator for at least a year.
 - Often a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns, five-spice powder was originally considered a cure-all miracle blend encompassing the five elements (sour, bitter, sweet, pungent, salty). Look for it in the supermarket spice section
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Chili-Rubbed Tilapia with Asparagus & Lemon

From EatingWell: April/May 2005, The EatingWell Healthy in a Hurry Cookbook (2006)

4 servings | **Active Time:** 20 minutes | **Total Time:** 20 minutes

Ingredients

- 2 pounds asparagus, tough ends trimmed, cut into 1-inch pieces
- 2 tablespoons chili powder
- 1/2 teaspoon garlic, powder
- 1/2 teaspoon salt, divided
- 1 pound tilapia, Pacific sole or other firm white fish fillets
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons lemon juice

Preparation

1. Bring 1 inch of water to a boil in a large saucepan. Put asparagus in a steamer basket, place in the pan, cover and steam until tender-crisp, about 4 minutes. Transfer to a large plate, spreading out to cool.
2. Combine chili powder, garlic powder and 1/4 teaspoon salt on a plate. Dredge fillets in the spice mixture to coat. Heat oil in a large nonstick skillet over medium-high heat. Add the fish and cook until just opaque in the center, gently turning halfway, 5 to 7 minutes total. Divide among 4 plates. Immediately add lemon juice, the remaining 1/4 teaspoon salt and asparagus to the pan and cook, stirring constantly, until the asparagus is coated and heated through, about 2 minutes. Serve the asparagus with the fish.

Nutrition

Per serving : 211 Calories; 10 g Fat; 2 g Sat; 6 g Mono; 57 mg Cholesterol; 8 g Carbohydrates; 26 g Protein; 4 g Fiber; 419 mg Sodium; 681 mg Potassium

1/2 Carbohydrate Serving

Exchanges: 2 vegetable, 3 very lean meat, 1 1/2 fat

Crunchy Bok Choy Slaw

From EatingWell: August/September 2006

8 servings, 3/4 cup each | **Active Time:** 20 minutes | **Total Time:** 20 minutes

Ingredients

- 1/4 cup rice vinegar
- 1 tablespoon toasted sesame oil
- 2 teaspoons sugar
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 6 cups very thinly sliced bok choy, (about a 1-pound head, trimmed)
- 2 medium carrots, shredded
- 2 scallions, thinly sliced

Preparation

1. Whisk vinegar, oil, sugar, mustard and salt in a large bowl until the sugar dissolves. Add bok choy, carrots and scallions; toss to coat with the dressing.

Nutrition

Per serving : 33 Calories; 2 g Fat; 0 g Sat; 1 g Mono; 0 mg Cholesterol; 4 g Carbohydrates; 1 g Protein; 1 g Fiber; 132 mg Sodium; 185 mg Potassium

Exchanges: 1 vegetable

Smoked Salmon Salad Niçoise

From *EatingWell: May/June 2007, EatingWell for a Healthy Heart Cookbook (2008)*

2 servings | **Active Time:** 30 minutes | **Total Time:** 30 minutes

Ingredients

- 8 ounces small red potatoes, scrubbed and halved
- 6 ounces green beans, preferably thin haricots verts, trimmed and halved
- 2 tablespoons reduced-fat mayonnaise
- 1 tablespoon white-wine vinegar
- 1 teaspoon lemon juice
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1/2 teaspoon dried dill
- 1/4 teaspoon freshly ground pepper
- 6 cups mixed salad greens
- 1/2 small cucumber, halved, seeded and thinly sliced
- 12 small cherry or grape tomatoes, halved
- 4 ounces smoked salmon, cut into 2-inch pieces

Preparation

1. Place a large bowl of ice water next to the stove. Bring 1 inch of water to a boil in a large saucepan. Place potatoes in a steamer basket over the boiling water, cover and steam until tender when pierced with a fork, 10 to 15 minutes. Transfer the potatoes with a slotted spoon to the ice water. Add green beans to the steamer, cover and steam until tender-crisp, 4 to 5 minutes. Transfer the green beans with a slotted spoon to the ice water. Transfer the potatoes and beans to a towel-lined baking sheet to drain.
2. Meanwhile, whisk mayonnaise, vinegar, lemon juice, Worcestershire sauce, mustard, dill and pepper in a large bowl. Add the potatoes and green beans, salad greens, cucumber and tomatoes; toss gently to coat.
3. Divide the salad and smoked salmon between 2 plates.

Nutrition

Per serving : 291 Calories; 7 g Fat; 1 g Sat; 2 g Mono; 17 mg Cholesterol; 40 g Carbohydrates; 19 g Protein; 9 g Fiber; 651 mg Sodium; 1092 mg Potassium

2 1/2 Carbohydrate Serving

Exchanges: 1 starch, 3 vegetable, 1 1/2 lean meat

Beef Tataki

From *EatingWell*: September/October 2007

4 servings | **Active Time:** 40 minutes | **Total Time:** 40 minutes

Ingredients

- 1 cup matchstick-cut red radishes, or peeled daikon radish (see Note)
- 1 cup matchstick-cut carrots
- 1/2 cup thinly sliced onion
- 1/4 cup reduced-sodium soy sauce
- 2 tablespoons plus 2 teaspoons lemon juice
- 2 tablespoons finely chopped scallions
- 2 teaspoons finely grated fresh ginger
- 1 pound boneless sirloin steak, 3/4-1 inch thick, trimmed
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 teaspoons canola oil

Preparation

1. Place radishes (or daikon), carrot and onion in a medium bowl. Cover with cold water and let soak for 5 minutes. Drain.
2. Combine soy sauce, lemon juice, scallions and ginger in a small bowl. Add 2 tablespoons of the mixture to the drained vegetables and toss. Set aside the remaining sauce.
3. Season steak on both sides with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Cook the steak 3 to 4 minutes per side for medium-rare. Let rest on a cutting board for 5 minutes, then thinly slice and serve with the vegetables, drizzled with the reserved sauce.

Nutrition

Per serving : 196 Calories; 7 g Fat; 2 g Sat; 3 g Mono; 42 mg Cholesterol; 8 g Carbohydrates; 24 g Protein; 2 g Fiber; 617 mg Sodium; 551 mg Potassium

1/2 Carbohydrate Serving

Exchanges: 1 vegetable, 3 lean meat

Tips & Notes

- **Note:** Daikon is a long, white radish; it can be found in Asian groceries and most natural-foods stores.
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Sweet Potato-Turkey Hash

From EatingWell: Fall 2003, EatingWell for a Healthy Heart Cookbook (2008)

6 servings, 1 1/4 cups each | Active Time: 45 minutes | **Total Time:** 45 minutes

Ingredients

- 2 medium sweet potatoes, peeled and cut into 1/2-inch pieces
- 1 medium apple, cored and cut into 1/2-inch pieces
- 1/2 cup reduced-fat sour cream
- 1 teaspoon lemon juice
- 1 tablespoon canola oil
- 1 medium onion, chopped
- 3 cups diced, cooked, skinless turkey, or chicken
- 1 tablespoon chopped fresh thyme, or 1 teaspoon dried
- 1/2 teaspoon salt
- Freshly ground pepper, to taste

Preparation

1. Place sweet potatoes in a medium saucepan, cover with lightly salted water and bring to a boil. Reduce heat to medium, cover and cook for 3 minutes. Add apple and cook until everything is just tender, but not mushy, 2 to 3 minutes longer. Drain.
2. Transfer 1 cup of the mixture to a large bowl; mash. Stir in sour cream and lemon juice. Add the remaining unmashed mixture and stir gently to mix. Set aside.
3. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add turkey (or chicken), thyme, salt and pepper; cook, stirring occasionally, until heated through, about 2 minutes.
4. Add the reserved sweet potato mixture to the pan; stir to mix. Press on the hash with a wide metal spatula; cook until the bottom is lightly browned, about 3 minutes. Cut the hash into several rough sections; flip and cook until the undersides are browned, about 3 minutes longer. Serve immediately.

Nutrition

Per serving : 214 Calories; 7 g Fat; 2 g Sat; 3 g Mono; 56 mg Cholesterol; 14 g Carbohydrates; 23 g Protein; 2 g Fiber; 262 mg Sodium; 475 mg Potassium

1 Carbohydrate Serving

Exchanges: 1/2 starch, 1/2 vegetable, 3 very lean protein, 1 fat

Steak-&-Boursin-Wrapped Bells

From EatingWell: December 2005/January 2006

16 pieces | Active Time: 10 minutes | **Total Time:** 10 minutes

Ingredients

- 16 thin slices grilled steak, such as filet mignon (about 8 ounces) or to save time, try deli Roast Beef
- 1 cup light Boursin cheese, divided
- 4 ounces thinly sliced bell pepper

Preparation

1. Spread each steak slice with 1 teaspoon Boursin cheese and top with bell pepper slices. Roll the steak around the bell pepper slices.

Nutrition

Per piece : 37 Calories; 2 g Fat; 1 g Sat; 0 g Mono; 13 mg Cholesterol; 1 g Carbohydrates; 5 g Protein; 0 g Fiber; 34 mg Sodium; 66 mg Potassium

Exchanges: 1 lean meat

Singapore Chile Crab with Spinach

From EatingWell: December 2006

4 servings, 1 cup each | Active Time: 30 minutes | **Total Time:** 30 minutes

Ingredients

- 1/2 cup water
- 1/4 cup ketchup
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon tomato paste
- 1 teaspoon cornstarch
- 1 tablespoon toasted sesame oil
- 1/4 cup minced shallot
- 2 tablespoons minced garlic
- 2 tablespoons minced red chile, or to taste
- 1 1/2 tablespoons minced fresh ginger
- 1 6-ounce bag baby spinach
- 1 pound pasteurized crabmeat, drained if necessary

Preparation

1. Whisk water, ketchup, soy sauce, tomato paste and cornstarch in a medium bowl.
2. Heat oil in a large skillet over medium-high heat. Add shallot and cook, stirring occasionally, until softened, about 1 minute. Add garlic, chile and ginger and cook, stirring, until fragrant, about 30 seconds. Add spinach and stir until just wilted, 1 to 2 minutes. Stir in the sauce and crab; reduce heat to medium-low, cover and cook, stirring occasionally, until heated through, about 2 minutes.

Nutrition

Per serving : 187 Calories; 5 g Fat; 1 g Sat; 2 g Mono; 132 mg Cholesterol; 11 g Carbohydrates; 25 g Protein; 1 g Fiber; 785 mg Sodium; 360 mg Potassium

1 Carbohydrate Serving

Exchanges: 1 vegetable, 3 very lean meat, 1 fat

Herb & Onion Frittata

From EatingWell: The EatingWell Diet (2007)

1 serving | Active Time: 10 minutes | **Total Time:** 10 minutes

Ingredients

- 1 cup diced onion
- 1/4 cup plus 1 tablespoon water, divided
- 1 teaspoon extra-virgin olive oil
- 1/2 cup liquid egg substitute, such as Egg Beaters
- 2 teaspoons chopped fresh herbs, or 1/2 teaspoon dried
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 2 tablespoons farmer's cheese, or reduced-fat ricotta

Preparation

1. Bring onion and 1/4 cup water to a boil in a small nonstick skillet over medium-high heat. Cover and cook until the onion is slightly softened, about 2 minutes. Uncover and continue cooking until the water has evaporated, 1 to 2 minutes. Drizzle in oil and stir until coated. Continue cooking, stirring often, until the onion is beginning to brown, 1 to 2 minutes more.
2. Pour in egg substitute, reduce heat to medium-low and continue cooking, stirring constantly with a heatproof rubber spatula, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.
3. Reduce heat to low. Sprinkle herbs, salt and pepper over the frittata. Spoon cheese on top. Lift up an edge of the frittata and drizzle the remaining 1 tablespoon water under it. Cover and cook until the egg is completely set and the cheese is hot, about 2 minutes. Slide the frittata out of the pan using the spatula and serve.

Nutrition

Per serving : 264 Calories; 12 g Fat; 3 g Sat; 5 g Mono; 11 mg Cholesterol; 16 g Carbohydrates; 22 g Protein; 3 g Fiber; 642 mg Sodium; 665 mg Potassium

1 Carbohydrate Serving

Exchanges: 2 vegetable, 2 very lean meat, 1 fat

Southwestern Rice & Pinto Bean Salad

From EatingWell: April/May 2005

6 servings, 1 1/3 cups each | Active Time: 20 minutes | Total Time: 1 hour

Ingredients

- 1 cup Wehani brown rice, (see Note) or brown basmati rice
- 2-2 1/2 cups water
- 2 teaspoons cumin seeds, or 1 teaspoon ground cumin
- 1/4 cup extra-virgin olive oil
- 1/4 cup sherry vinegar
- 1 tablespoon chopped fresh oregano, or 1 teaspoon dried
- 1 large clove garlic, crushed and peeled
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 15-ounce cans pinto beans, rinsed
- 8 scallions, trimmed and sliced (about 1 1/2 cups)
- 1 medium bell pepper, (green, yellow, orange or red), chopped (about 1 cup)

Preparation

1. Combine rice and water (2 cups water if using brown basmati) in a 3-quart saucepan; bring to a boil. Reduce heat to low, cover and cook until all the water has been absorbed, 40 to 45 minutes. Remove from heat; let rest, covered, for 10 minutes. Spread the rice out on a large baking sheet until cooled to room temperature, about 15 minutes.
2. Meanwhile, toast cumin in a small skillet over medium-high heat until fragrant and lightly toasted, 1 to 2 minutes for seeds, 1 minute for ground cumin. Transfer to a blender or food processor and let cool for several minutes. Add oil, vinegar, oregano, garlic, salt and pepper and process until the garlic is finely chopped.
3. Transfer the rice to a large bowl and toss with beans, scallions and bell pepper. Pour the dressing over the salad and toss well to combine.

Nutrition

Per serving : 325 Calories; 11 g Fat; 2 g Sat; 8 g Mono; 0 mg Cholesterol; 49 g Carbohydrates; 10 g Protein; 9 g Fiber; 125 mg Sodium; 513 mg Potassium
2 Carbohydrate Serving

Exchanges: 2 1/2 starch, 1 vegetable, 1 very lean meat, 1 1/2 fat

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 2 days.
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Chipotle-Marinated Pork Tenderloin**2 servings** | **Active Time:** 30 minutes | **Total Time:** 1 1/2 hours (including 1 hour marinating time)**Ingredients**

- 1 canned chipotle chile in adobo plus 1 teaspoon adobo sauce, (see Ingredient Note)
- 1 clove garlic, minced
- 1/2 cup orange juice
- 3 tablespoons lime juice
- 1 tablespoon red-wine vinegar
- 1 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 8 ounces pork tenderloin, (see Kitchen Tip), trimmed of fat

Preparation

1. Combine chipotle and sauce, garlic, orange juice, lime juice, vinegar, oregano, cumin, salt and pepper in a blender or mini food processor; blend or process until the chipotle is chopped and the mixture is relatively smooth. Pour into a sealable plastic bag, add pork and seal, squeezing out any excess air from the bag. Turn to coat with the marinade. Refrigerate at least 1 hour and up to 8 hours.
2. Preheat grill to high or heat a large indoor grill pan over high heat. Remove the pork from the marinade (discard marinade). Grill the pork, turning occasionally, until an instant-read thermometer inserted diagonally into the center of the meat registers 145° F, 12 to 15 minutes. Transfer the pork to a cutting board and let rest for 5 minutes before slicing.

Nutrition**Per serving** : 139 Calories; 4 g Fat; 1 g Sat; 2 g Mono; 63 mg Cholesterol; 2 g Carbohydrates; 23 g Protein; 0 g Fiber; 165 mg Sodium; 374 mg Potassium**Exchanges:** 3 very lean meat**Tips & Notes**

- **Make Ahead Tip:** Marinate the pork in the refrigerator for up to 8 hours.
- **Ingredient Note:** Chipotle chiles in adobo sauce are smoked jalapenos packed in a flavorful sauce. Find them with Mexican foods in large supermarkets.
- **Kitchen Tip:** One pork tenderloin typically weighs about 1 pound, enough for 4 servings. You can marinate a whole pound in the same amount of marinade used to marinate the 8 ounces in this recipe and have enough cooked tenderloin for 2 dinners (for 2 people). Or freeze half for up to 3 months.