



Fit & Flavorful
Apricot and Strawberry Salsa
Recipe from Executive Chef Tim Cockram



Calories: 43 Protein: 1.0g Carbohydrates: 10.4g Total Fat: 0.3g
Saturated Fat: 0.0g Sodium: 3.5mg Trans Fat: 0.0g
Cholesterol: 0.0mg Fiber: 2.5g

Yield: Approx. 8-9 serving (1/2 cup servings)

MC Healthy Weight Pyramid serving: 1 fruit

Ingredients

- ½ cup apple juice (unsweetened)
- 1 tablespoon coriander
- 1 tablespoon cinnamon
- 1 cup apricots (pit removed and diced into ¼ inch squares)
- 4 cups strawberries (stemmed and diced into ¼ inch squares)
- 1 cup green onions, finely diced
- 2 tablespoons basil, chiffonade
- 2 tablespoons grated lemon zest

Preparation

In a medium bowl, whisk juice, coriander and cinnamon together to combine.
Toss apricots, strawberries, onion, and basil gently to combine. Add lemon zest.

Serving suggestions:

Serve salsa over pancakes, waffles, French toast, hot cereal, or mix into plain yogurt. If you prefer, the salsa may be warmed up a little prior to serving.



Fit & Flavorful
Basil Pesto



Recipe from Executive Chef Nick Weimer

Calories: 39 Protein: 1.4g Carbohydrates: 0.4g Total Fat: 3.6g
Saturated Fat: 0.9g Unsaturated Fat: 2.7g Trans Fat: 0g
Cholesterol: 2.4mg Sodium: 57.8mg Fiber: 0.1g

Yield: 24 servings (1 Tbsp. serving size)

Mayo Clinic Exchange: 1 fat

Ingredients

1 bunch fresh basil (1 cup)
1 cup fresh spinach
2 cloves fresh garlic
2 Tbsp. nut of choice, toasted
¼ cup olive oil
3 oz. fresh parmesan cheese
1 tsp. lemon juice

Preparation

Place all ingredients in a food processor (basil and spinach first) and pulse to desired consistency.



Fit & Flavorful
BBQ Spice Rub
Recipe from Chef Richard Johnson



Calories: 117 Protein: 2gm Carbohydrates: 21.5gm Total Fat: 3gm
Saturated Fat: 0.5gm Unsaturated Fat: 2.5gm Trans Fat: 0gm
Cholesterol: 0mg Sodium: 88mg Fiber: 4gm

(Mayo Clinic Pyramid Servings: 1 ½ carbohydrate and 1 vegetable)

Yield: 4 servings

Ingredients

| | |
|---|----------------------------------|
| 2 Tbs Dark Chili Powder | 1/4 tsp garlic powder |
| 1 bay leaf, ground | 1/2 tsp mustard seed ground |
| 1/2 tsp cumin seed, ground | 1/2 tsp red pepper flake, ground |
| 2 tsp corn oil | 1 tsp molasses |
| 1 tsp lemon juice | 1 tsp paprika |
| 1 lb Fresh Sweet Potatoes, sliced 1/4 inch thick. | 4 baby zucchini, sliced |

Preparation

Combine oil, molasses and lemon juice. Spray a baking sheet with pan spray. Arrange sweet potato slices in one layer on the cooking sheet. Brush each with oil, molasses, lemon mixture. Sprinkle with bbq spice rub. Bake 325 for 10 minutes or until tender and browned.



Fit & Flavorful
Blue Cheese Dressing
Recipe by Executive Chef Mark Beland



Calories: 25 Protein: 0.7gm Carbohydrates: 3.3gm Total Fat: 1.1gm
Saturated Fat: 0.5gm Unsaturated Fat: 0.6gm
Cholesterol: 3.0mg Sodium: 170 mg Fiber: 0.3gm
(Mayo Clinic Pyramid Servings: 1 fat)

Yield: 15 servings

Ingredients

| | |
|-----------------------------|-------------------------|
| ½ c. blue cheese crumbles | 1 Tbs. minced garlic |
| 1 c. fat free Mayo | 1 Tbs. horseradish |
| 1 tsp. Worcestershire sauce | ½ c. low fat buttermilk |
| ½ tsp. cayenne | |

Preparation

Mix all ingredients together and chill.



Fit & Flavorful
Blue Cheese Dressing
Recipe from Executive Chef Tim Cockram



Calories: 65 Protein: 3.6g Carbohydrates: 5.0g Total Fat: 3.4g
Saturated Fat: 2.2g Trans Fat: 0g
Cholesterol: 11.5 mg Sodium: 206.9mg Fiber: 0.0g

Yield: 3 servings (serving size = 2 tablespoons)

Mayo Clinic Exchange: ½ protein/dairy

Ingredients

3 tablespoons (1 ¼ ounces) crumbled blue cheese
1/3 cup fat-free sour cream
2 teaspoons finely chopped green onion
½ teaspoon white wine vinegar
1 tablespoon skim milk

Preparation

To make the blue cheese dressing: In a small bowl, mash together the blue cheese and sour cream with the back of a spoon. Stir in the green onion, vinegar and milk until blended.



Fit & Flavorful
 Chipotle Alfredo Sauce
Recipe from Executive Chef Tim Cockram



Calories: 51 Protein: 2.7g Carbohydrates: 3.5g Total Fat: 2.9g
 Saturated Fat: 0.7g Trans Fat: 0.0g
 Cholesterol: 3.5mg Sodium: 114.1mg Fiber: 0.4g

Yield: Approx. 15 servings (serving size 3 Tbsp.)

Mayo Clinic Healthy Weight Pyramid serving: 1 fat

Ingredients

| | |
|----------------------------|-------------------------------|
| 2 Tbsp. Canola oil | ½ cup grated parmesan cheese |
| 4 clove garlic, minced | 3 Tbsp. chopped fresh parsley |
| 1 tsp. grated lemon zest | 1 tsp. freshly ground pepper |
| ½ cup yellow onion | |
| 1 cup bell pepper, diced | |
| 1 Tbsp. white wheat flour | |
| 1 cup low-fat (1%) milk | |
| ½ cup vegetable broth | |
| ½ cup non-fat Greek yogurt | |
| 1 tsp. chipotle puree | |

Creative Additions

1 Tbsp. of cumin and coriander

Preparation

Heat the oil in a skillet over medium heat. Add the garlic and lemon zest and cook until the garlic is slightly soft and caramelized, about 1 minute (add spices here). Add in the onions and bell peppers stirring well. Next, add the flour and cook stirring with a wooden spoon, 1 minute. Whisk in the cold milk and vegetable broth whisking constantly, until just thickened, about 3 minutes. Add the yogurt, chipotle puree and parmesan cheese; whisk until melted, about 1 minute. Stir in the chopped parsley, season with black pepper.

Technique: Pan roasting builds deep flavors.

Taste: A great combination of spices and cooking methods make this dynamite combo.

Try: Add the spices or more chipotle if you want to kick it up!

Tip: Substituting Greek yogurt for full fat dairy ingredients provides a thick consistency with less fat and adds some protein.



Fit & Flavorful
Chipotle and Black Bean Salad
Recipe by Executive Chef Mark Beland



Calories: 60 Protein: 3g Carbohydrates: 12g Total Fat: 0.5g
Saturated Fat: 0g Unsaturated Fat: 0.5g Trans Fat: 0g
Cholesterol: 0mg Sodium: 7mg Fiber: 4g

Yield: 8 servings

Mayo Clinic Pyramid Servings: 1 vegetable, ½ carbohydrate

Ingredients

1 lb. fresh tomatoes, diced
1 c. yellow onions, diced
1 c. red bell pepper, diced
1 Tbsp. garlic, minced
1 Tbsp. Cumin seed, ground
1 Tbsp. white vinegar
2 Tbsp. canned chipotle peppers, minced
1 c. prepared black beans
2 Tbsp. fresh oregano, minced
1 Tbsp. black pepper, ground
Juice from 1 lime

Preparation

Process all ingredients and mix together in large bowl. Refrigerate for several hours to let flavors combine.

If desired, serve with whole grain chips or use to compliment tacos.



Fit & Flavorful
Citrus Salsa
Recipe from Chef Richard Johnson



Calories: 114 Protein: 2 gm Carbohydrates: 26.5 gm Total Fat: 1.5gm
Saturated Fat: 0.2 gm Unsaturated Fat: 1.3 gm Trans Fat: 0 gm
Cholesterol: 0 mg Sodium: 1.8 mg Fiber: 4.8 gm
(Mayo Clinic Pyramid Servings: 2 fruit)

Yield: 4 servings

Ingredients

| | |
|------------------------------|-----------------------|
| 1 lime | 2 c. oranges |
| 1 tsp. olive oil | 1 TBS Cilantro leaves |
| 4 tsp. red hot chili peppers | 1 TBS fresh mint |
| ½ c. red onions (chopped) | 2 c. grapefruits |

Preparation

Zest the lime. Remove the peeling, then section. Add sections to a bowl.
Add olive oil.
Finely dice the pepper and add to the bowl.
Zest, section the oranges and add to the bowl.
Finely dice the cilantro, mint, and onions.
Zest and section the grapefruit. Add all the ingredients and toss to coat evenly. Place salsa in sterilized jars. Pressure can 15 minutes at 5 lbs.



Fit & Flavorful Guacamole



Recipe from Executive Chef Nick Weimer

Calories: 50 Protein: 1.7g Carbohydrates: 6.2g Total Fat: 2.5g
Saturated Fat: 0.3g Unsaturated Fat: 2.2g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 5.2mg Fiber: 2.3g

Yield: 8 servings

Mayo Clinic Exchange: ½ fat, ½ carbohydrates

Ingredients

1 Avocado, diced (1/2 cup)
1 Large ripe tomato, diced (1 cup)
1 Shallot, minced (1/4 cup)
½ cup prepared beans (black, pinto, cannellini, etc.)
2 t. cumin
Juice of 1 lime
¼ t. cayenne, chipotle, or ancho chili powder (optional)

Preparation

In a medium mixing bowl mass avocado, beans, cumin, lime juice and cayenne pepper. Place tomato and shallot in bowl and stir to combine.



Fit & Flavorful
Hummus



Recipe from Executive Chef Nick Weimer

Calories: 77 Protein: 3.9g Carbohydrates: 12.6g Total Fat: 1.5g
Saturated Fat: 0.2g Unsaturated Fat: 1.3g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 3.6mg Fiber: 3.4g

Yield: 6 servings

Mayo Clinic Exchange: $\frac{3}{4}$ protein

Ingredients

1 $\frac{1}{2}$ cups garbanzo beans, prepared
1 tsp. tahini or $\frac{1}{2}$ Tbsp. sesame seeds
3 cloves garlic
Zest and juice of 1 large lemon

Preparation

Place all ingredients in a food processor and blend to desired consistency.



Fit & Flavorful
Mango and Roasted Pepper Salsa
Recipe from Executive Chef Tim Cockram



Calories: 53 Protein: 0.7g Carbohydrates: 9.3g Total Fat: 2.0g
Saturated Fat: 0.3g Trans Fat: 0.0g
Cholesterol: 0.0mg Sodium: 1.8mg Fiber: 1.1g

Yield: Approx. 8 serving

MC Healthy Weight Pyramid serving: ½ fruit, ½ fat

Ingredients

1 tsp. crushed pepper
2 mangos, diced (about 2 cups)
½ small red onion, minced (1/3 cup)
2 Tbsp. cilantro, minced
1 roasted red bell pepper, minced (1/2 cup)
2 Tbsp. garlic, minced
Zest and juice of 1 lime
1 tsp. cumin
1 Tbsp. olive oil

Preparation

In dry sauté pan, heat crushed peppers until fragrant. Then place all ingredients in a bowl and mix thoroughly.



Fit & Flavorful
Mango Salsa



Recipe from Executive Chef Nick Weimer

Calories: 91 Protein: 1.3g Carbohydrates: 16.4g Total Fat: 3.2g
Saturated Fat: 0.5 g Unsaturated Fat: 2.7 Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 4.1mg Fiber: 2.0g

Yield: 5 servings

Mayo Clinic Exchange: 1 fruit, ¼ vegetable, ½ fat

Ingredients

2 mangoes diced (about 2 cups)
½ small red onion, minced (1/3 cup)
2 Tbsp. cilantro, minced
3 red Fresno peppers, minced (1/3 cup)
Zest and juice of 1 lime
1 Tbsp. olive oil

Preparation

Place all ingredients in a bowl and mix thoroughly.



Fit & Flavorful
Mole Sauce



Recipe from Executive Chef Nick Weimer

Calories: 77 Protein: 2.2g Carbohydrates: 11.5g Total Fat: 3.1g
Saturated Fat: 1.0g Unsaturated Fat: 2.1g Trans Fat: 0g
Cholesterol: 0.1mg Sodium: 17.4 mg Fiber: 2.6g

Yield: 8 servings

Mayo Clinic Exchange: 2 vegetable, ¼ sweet

Ingredients

| | |
|--------------------------------------|-----------------------------------|
| 1 tsp. canola oil | 2 Tbsp. chopped almonds |
| 2 Tbsp. garlic, chopped | 1 tsp. cinnamon |
| 1 yellow onion, chopped (1 cup) | 1 oz. 100% chocolate bar, chopped |
| 1 chipotle pepper, chopped (1 Tbsp.) | ½ tsp. coriander |
| 1 Poblano pepper, chopped (1/2 cup) | ¼ tsp. anise |
| 4 Fresno peppers, chopped (1/4 cup) | |
| 3 bell peppers, chopped (1 ½ cup) | |
| 1 large tomato, chopped (1 cup) | |
| 1 cup low sodium vegetable stock | |

Preparation

Preheat a small saucepan over medium heat and add canola oil, garlic and onion. Sauté until brown, about 5 minutes. Add peppers and sauté until they begin to break down, about 15-20 minutes. Add tomato, stock, almonds, chocolate and spices, reduce heat and cook stirring occasionally until all ingredients begin to break down and lose all moisture, about 2-4 hours. Let cool slightly and puree in a blender, adding a small amount of water as needed..



Fit & Flavorful
Orange Sherry Vinaigrette
Recipe from Executive Chef Tim Cockram



Calories: 84 Protein: 0.2g Carbohydrates: 1.1g Total Fat: 9.0g
Saturated Fat: 1.3g Trans Fat: 0.0g
Cholesterol: 0.0mg Sodium: 0.5mg Fiber: 0.3g

Yield: Approx. 12 tablespoons
MC Healthy Weight Pyramid serving: 2 fats

Ingredients

2 T. C. Garlic minced
¼ C. Aged Sherry Vinegar
½ C. Olive Oil
2 T. Ground Black Pepper
1 Orange Zest and Juiced

Optional ingredients for maximum excitement

½ c. fresh Cilantro

Preparation

Technique: Emulsification – the combining of two insoluble ingredients.

Taste: If you don't like Cilantro, try fresh Parsley or another herb.

Try: Other vinegars to change the flavor profile

Tip: Olive oil is a rich source of monounsaturated fat, a healthy fat.



Fit & Flavorful
Orange Vinaigrette
Recipe from Mayo Clinic Cookbook

Calories: 100 Protein: 1gm Carbohydrates: 17gm Total Fat: 3gm
Saturated Fat: <1gm Monounsaturated Fat: 2gm Polyunsaturated Fat: 1gm
Cholesterol: 0mg Sodium: 63mg Fiber: 0gm
(Mayo Clinic Pyramid Servings: 1 fruit & 1 fat)

Yield: 4 servings

Ingredients

2 cups orange juice
2 tablespoons cornstarch
1/3 cup white wine vinegar
2 teaspoons Dijon-style mustard
2 teaspoons dried basil or 1 tablespoon fresh basil
2 teaspoons extra-virgin olive oil

Preparation

In a small saucepan, combine the orange juice and cornstarch. Heat to boiling, stirring constantly. Boil for about 1 minute. Pour into a bowl or jar and refrigerate until cold.

When the orange juice mixture is well chilled, add the vinegar, mustard, basil and olive oil. Whisk until well blended. Serve immediately or cover and refrigerate until needed.



Fit & Flavorful
Pear butter
Recipe from Chef Richard Johnson



Calories: 35 Protein: 0gm Carbohydrates: 9gm Total Fat: 0gm
Saturated Fat: 0gm Unsaturated Fat: 0gm Trans Fat: 0gm
Cholesterol: 0mg Sodium: 1.5 mg Fiber: 1.5 gm

(Mayo Clinic Pyramid Servings: ½ fruit)

Yield: 4 pints 1 tbsp per servings

Ingredients

| | |
|----------------------|---------------------------|
| 6 lbs. pears | 1 cup brown sugar, packed |
| 1 orange | 2 Tbs. ground cinnamon |
| 1 Tbs. ground nutmeg | 1 c. water |

Preparation

Wash, remove, stem, and dice the pears. Zest and juice the oranges.

Place pears in a large pot with just enough water to cover the bottom. Simmer about 30 minutes until the pears are very tender.

Press through a food mill or process in a food processor until very smooth.

Add pureed pears, sugar, orange juice and zest to a large pot. Cook over medium heat.

Add pear butter to sterilized jars leaving ¼ inch headspace. Remove air bubbles.



Fit & Flavorful
Pepper Sauce
Recipe by Executive Chef Mark Beland



Calories: 63 Protein: 0.4gm Carbohydrates: 2.0gm Total Fat: 5.6gm
Saturated Fat: 0.7gm Unsaturated Fat: 4.9gm
Cholesterol: 0mg Sodium: 2.8mg Fiber: 0.1gm
(Mayo Clinic Pyramid Servings: 1 fat, 1/2 vegetable)

Yield: 10 servings

Ingredients

| | |
|-------------------------|--------------------|
| 1 Ancho chili | 1/2 c. water |
| 1 chipotle chili | 1 red Fresno chili |
| 1 New Mexico chili | 1/4 c. olive oil |
| 1 c. white wine vinegar | |

Preparation

Soak dried chilies in vinegar and water (remove stems) for one hour. Put on low heat and simmer with Fresno for one half hour. Add to blender and puree until very smooth. With motor running add oil at a very slow drizzle. Coat chicken.



Fit & Flavorful
Pesto



Recipe from Executive Chef Tim Cockram

| | | | |
|---------------------|---------------|-----------------------|-----------------|
| Calories: 73 | Protein: 0.4g | Carbohydrates: 0.5g | Total Fat: 8.0g |
| Saturated Fat: 1.0g | | Unsaturated Fat: 7.0g | Trans Fat: 0.0g |
| Cholesterol: 0.0mg | | Sodium: 0.4mg | Fiber: 0.2g |

Yield: 2 cups (approximately)

Mayo Clinic Exchange: 1 ½ fats

Ingredients

½ c. lightly toasted walnuts
6 garlic cloves
4 oz. basil leaves (approximately 2 cups packed)
1 c. extra virgin olive oil
½ of lemon

Preparation

Toast walnuts in an oven or on the stove top until just browned and fragrant. Using a food processor place the garlic and pulse until well minced. Add the walnuts and pulse until roughly chopped. Add the basil and puree for about 30 seconds. Slowly add the oil until your pesto forms. Squeeze one half of the lemon into the pesto and pulse briefly to mix.



Fit & Flavorful

Queso Dip

Recipe from Executive Chef Tim Cockram



Calories: 34 Protein: 1.7g Carbohydrates: 2.0g Total Fat: 2.0g
Saturated Fat: 1.1g Trans Fat: 0g
Cholesterol: 5.6mg Sodium: 68.7mg Fiber: 0.3g

Yield: 40 servings (2 Tablespoons per serving)

Mayo Clinic Exchange: 1/3 protein/dairy

Ingredients

| | |
|---|-------------------------------|
| 2 tsp. canola oil | 3 Tbsp. cornstarch |
| 1 medium onion, chopped | 1 ¾ c. shredded sharp cheddar |
| 2 cloves garlic, minced | 2 Tbsp. lime juice |
| ½ lb. fresh spinach, rinsed and drained | |
| 1 10-oz. can diced tomatoes with green chiles | |
| 1 tsp. chili powder | |
| 2 Tbsp. Chopped fresh cilantro | |
| ½ c. pale ale or other light colored beer | |
| 1 ½ c. low-fat milk (1%), divided | |

Preparation

Heat oil in large saucepan over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, 4 to 5 minutes. Stir in spinach, tomatoes, chili powder and cilantro and sauté for 2 minutes or until caramelized. Add beer and cook until reduced slightly, about 1 minute. Add 1 cup milk and bring to a simmer.

Meanwhile, whisk the remaining ½ cup milk and cornstarch in a small bowl. Add to the pan and cook, stirring vigorously until bubbling and thickened, 1 to 2 minutes. Reduce heat to low, add cheese and cook, stirring, until melted. Finish with lime juice. Serve warm with fresh vegetables, whole grain crackers, etc...



Fit & Flavorful
Quick Kraut



Recipe from Executive Chef Mark Beland

Calories: 7 Protein: 0.2g Carbohydrates: 1.4g Total Fat: 0.0g
Saturated Fat: 0.0g Unsaturated Fat: 0.0g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 167.3mg Fiber: 0.5g

Yield: 24 servings – ¼ cup per serving

Mayo Clinic Exchange: 1/3 vegetable

Ingredients

6 cups finely shredded green cabbage
2 tsp. kosher salt
2 tsp. brown sugar
½ cup white vinegar
1 tsp. black pepper
½ tsp. caraway seed

Preparation

Toss cabbage with salt and sugar, let stand in colander for one hour. Rinse well with cold running water to remove excess salt and sugar. Drain well. Mix prepared cabbage with vinegar and spices, refrigerate for 2-3 hours. Serve on chicken brat.



Fit & Flavorful
Roasted Pepper

Recipe from Executive Chef Tim Cockram



Calories: 24 Protein: 1.0g Carbohydrates: 5.5g Total Fat: 0.2g
Saturated Fat: 0.1g Trans Fat: 0.0g
Cholesterol: 0.0mg Sodium: 3.6mg Fiber: 2.0g

Yield: Approx. 1 serving

MC Healthy Weight Pyramid serving: 1 vegetable

Ingredients

1 Bell pepper (red or yellow)
Pan spray (as needed)

Preparation

Spray bell peppers and place over open flame until charred black on outside. Place in non-plastic bowl. Cover with saran wrap and let sit for 5 to 10 minutes. Remove plastic wrap and spread on counter. Using your hands, peel the black charred skin from flesh of bell pepper and place on saran wrap. Place a small amount of water in bowl and use this to lightly rinse remaining char from pepper. Reserve pepper for use and discard liquid in bowl and pull saran wrap for easy clean up.



Fit & Flavorful
Roasted Red Pepper Coulis
Recipe from Executive Chef Nick Weimer



Calories: 21 Protein: 0.7g Carbohydrates: 4.5g Total Fat: 0.2g
Saturated Fat: 0.2g Unsaturated Fat: 0.2g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 2.7mg Fiber: 1.4g

Yield: 4 servings

Mayo Clinic Exchange: 1 vegetable

Ingredients

2 red bell peppers
Black pepper to taste
Zest of 1 lemon

Preparation

Place peppers in 400 degree oven on a roast 20-30 minutes or until dark brown to black. Remove and place in covered container 20 minutes to cool. Peel, seed and puree with black pepper and lemon zest.



Fit & Flavorful
Roasted Tomatillo Sauce
Recipe by Executive Chef Nick Weimer



Calories: 55 Protein: 1.7g Carbohydrates: 9.5g Total Fat: 1.5g
Saturated Fat: 0.2g Unsaturated Fat: 1.3g Trans Fat: 0g
Cholesterol: 0mg Sodium: 5.6mg Fiber: 2.4g

Yield: approx. 2 cups sauce (6 servings)

Mayo Clinic Pyramid Servings: 2 vegetable

Ingredients

1 lb. tomatillos, quartered and roasted
1 small yellow onion, diced (1 cup)
1 T. garlic, minced
1 poblano pepper, quartered and roasted
2 T. cilantro, minced
1 T. cumin powder
Juice of 1 lime
1/2 tsp. canola oil

Preparation

In small saucepan, sauté onion until translucent. Place in blender or food processor along with tomatillos and poblano, blend or process to desired consistency. Add remaining ingredients and pulse to mix thoroughly.



Fit & Flavorful
 Spicy Lentil Sauce
Recipe from Executive Chef Tim Cockram



Calories: 171 Protein: 10.7g Carbohydrates: 25.2g Total Fat: 3.2g
 Saturated Fat: 0.3g Trans Fat: 0.0g
 Cholesterol: 0.3mg Sodium: 9.3mg Fiber: 12.2g

Yield: Approx. 10 servings (1/2 cup)

MC Healthy Weight Pyramid serving: 1 protein, 1 fat

Ingredients

- 2 cups dry lentils
- 1 quart water
- 1 medium onion, chopped (1/2 cup)
- 1 medium carrot, chopped (1/2 cup)
- ¼ cup nonfat, plain Greek yogurt
- 2 tablespoons canola oil
- 1 teaspoon ground coriander
- 1 teaspoon ground ginger
- ¼ teaspoon cayenne pepper
- 2 teaspoons black pepper
- 1 tablespoon lime juice and zest
- 2 tablespoons chopped fresh cilantro

Optional ingredients for maximum excitement

- ½ teaspoon freshly grated nutmeg
- ½ tsp. ground allspice
- 1 quart lemon herbal tea (unsweetened)

Preparation

In a large saucepan, cover the lentils, carrot and onion with the water and bring to a boil. Simmer until the lentils are tender and almost all the liquid has evaporated, 35 minutes. In a food processor, puree the lentils and vegetables and yogurt. In the same saucepan, heat the oil. Add the coriander, ginger, and cayenne pepper. Cook over low heat, stirring a few times, until fragrant, about 3 minutes. Add the lentil puree and cook, stirring, for 5 minutes. Season with black pepper and stir in the lime juice and zest. Transfer to a serving bowl and sprinkle with cilantro.

***Optional ingredients** – nutmeg and allspice can be added with other seasonings when heated in saucepan. Lemon herbal tea can be used to cook lentils and vegetables.

Technique: By using tea instead of water, one can build deeper flavors.

Taste: A little spice goes a long way, natural spices enhance flavor and reduces dependency on salt.

Try: Add optional spices nutmeg and allspice for more of an African twist.

Nutrition nugget: Lentils are low in fat and high in fiber and protein making them healthy substitute for meat.



Fit & Flavorful
Tomatillo Salsa



Recipe from Executive Chef Mark Beland

Calories: 42 Protein: 1.2g Carbohydrates: 7.5g Total Fat: 1.3g
Saturated Fat: 0.2g Unsaturated Fat: 1.1g Trans Fat: 0g
Cholesterol: 0 mg Sodium: 3.4mg Fiber: 1.7g

Yield: 8 servings – ½ cup per serving

Mayo Clinic Exchange: 2 vegetables

Ingredients

| | |
|--|---------------------------------|
| 2 cups Tomatillo, cut in half | 1 tsp ground coriander |
| ½ cup of any of the following chilies: Chipotle, Pasilla, Guajilla, New Mexico, or Ancho | 1 tsp black pepper |
| 4 cloves garlic | 1 tsp olive oil |
| 1 cup red onion, diced | juice of 1 lemon |
| 1/2 tsp ground cloves | 2 tablespoons masa (corn flour) |
| 1 tsp ground cumin | 1 cup water |

Preparation

Clean seeds out of chile peppers, toss all ingredients except water and masa in bowl and toss. Roast under broiler for 5-10 min, until browned. Place roasted items in blender with water and masa. Pulse to desired consistency.