



Fit & Flavorful
Apple Stuffed Pork Loin
Recipe from Executive Chef Nick Weimer



Calories: 173 Protein: 23.8g Carbohydrates: 6.8g Total Fat: 5.4g
Saturated Fat: 1.1g Unsaturated Fat: 4.3g Trans Fat: 0g
Cholesterol: 54.4mg Sodium: 276.1mg Fiber: 1.4g

Yield: 8 servings (3 ounce portion of pork)
Mayo Clinic Exchange: 1 protein, ¼ fruit, 1 fat

Ingredients

2 lb. pork loin, trimmed
¼ cup walnuts
6 sage leaves
2 apples, your choice, sliced thinly
Black pepper to taste
1 tsp. olive oil
Butcher's twine

Preparation

Cut or pound pork loin so that it is flat and approximately 1/2" thick. Layer the walnuts, sage and apple slices evenly inside pork. Roll pork loin tightly keeping all ingredients inside. Truss pork loin tightly and rub with olive oil and black pepper. Roast in oven at 400 degrees for 10 minutes. Reduce heat to 325 degrees for an additional 25 minutes or until pork reaches internal temperature of 155 degrees. Slice and serve.



Fit & Flavorful
Baba Ganoush
Recipe by Executive Chef Mark Beland



Calories: 110 Protein: 3g Carbohydrates: 18g Total Fat: 4g
Saturated Fat: 0.5g Unsaturated Fat: 3.5g Trans Fat: 0g
Cholesterol: 0mg Sodium: 85mg Fiber: 4g

Yield: 4

Mayo Clinic Exchange: 1 carbohydrate, 1 vegetable, 1 fat

Ingredients

1 bulb garlic
2 Eggplants, sliced lengthwise
1 red bell pepper, halved and seeded
1 lemon
1 Tbsp. basil, chopped
1 Tbsp. black pepper
1 Tbsp. olive oil
1 round of flatbread or pita

Preparation

Slice top off garlic bulb, wrap in foil and place on cooler part of grill. Roast garlic for 20-30 minutes. On hot part of grill, place eggplant slices and bell pepper. Grill for 2-3 minutes per side. Place grilled eggplant and pepper in food processor with roasted garlic (squeeze out of paper), juice of lemon, basil, pepper and olive oil. Pulse until smooth. Place finished product in serving bowl. Toss bread on grill for a few seconds per side to warm. Tear pieces of bread to dip.



Fit & Flavorful
Baked Stuffing Meatballs
Recipe from Executive Chef Mark Beland



Calories: 400 Protein: 21.4g Carbohydrates: 57.1g Total Fat: 10.5g
Saturated Fat: 2.2g Unsaturated Fat: 8.3g Trans Fat: 0g
Cholesterol: 19.6mg Sodium: 748.9mg Fiber: 10.4g
(Mayo Clinic Pyramid Servings: 2 protein, 2 carbohydrate, 1 fruit)

Yield: 3 servings

Ingredients

2 cups stuffing
1 cup turkey, cubed
½ cup cranberries
½ cup water
1 egg white

Preparation

Mix stuffing, water and egg to make sticky
Put ¼ cup of mixture in palm and flatten out
Place piece of turkey in center with spoon of cranberries on top
Fold up edges and pack together like snow ball
Place all balls on baking pan covered and bake at 350° for 10 minutes, uncover and continue to bake until internal temp of 165° has been reached and outside is nicely browned and crusty.



Fit & Flavorful
The Beet Burger

Recipe from Executive Chef Tim Cockram



Calories: 132 Protein: 6.5g Carbohydrates: 24.3g Total Fat: 2.3g
Saturated Fat: 0.2g Trans Fat: 0.0g
Cholesterol: 0.0mg Sodium: 293.2mg Fiber: 6.7g

Yield: Approx. 11 servings (1patty (6 oz) per serving)

MC Healthy Weight Pyramid serving: ½ protein, 1 carbohydrate, 1 vegetable

Ingredients

3 large red beets (about 1 pound)	1 teaspoon cumin
1 tablespoon canola oil	½ teaspoon coriander
4 cloves garlic, minced	½ teaspoon dried thyme
1 cup yellow onion, diced small	¼ cup barley flour
2 tablespoons cider vinegar	Chia Gel – (1 tablespoon Chia seeds mixed with 3 tablespoons water)
2 cups canned black beans, rinsed & drained	
½ milled (cooked)	
1 cup portabella mushrooms, diced	
1 tablespoon smoked paprika	<u>Creative Additions</u>
2 teaspoons brown mustard	¼ cup Hummus

Preparation

Heat oven to 400. Wrap the beets loosely in aluminum foil and roast until easily pierced with a fork, 50 to 60 minutes. Set aside to cool. Heat oil in a skillet over medium-high heat. Add the garlic and cook until it is fragrant, about 30 seconds. Add onions and cook on medium for 10 to 12 minutes until dark and caramelized. Pour in the cider vinegar and scrape up the fond. Continue to simmer until the cider has evaporated and the pan is nearly dry again. Remove from heat and set aside to cool. Split the beans in half, pulse on half in a food processor. Place the other half in a large bowl. Use the edge of a spoon or a paper towel to scrape the skins off the cooled roasted beets; the skins should slip off easily. Grate the peeled beets on the largest holes of a box grater. Transfer the beet gratings to a strainer set over the sink. Press and squeeze the beet gratings to remove as much liquid as possible from the beets. *Note: you can do this over a bowl and save the beet juice for another purpose.* Transfer the squeezed beets, cooked millet, sautéed onions, and mushrooms to the bowl with the beans. Sprinkle the smoked paprika, brown mustard, cumin, coriander and thyme over the top of the mixture. Mix all the ingredients until combined. Taste the mixture and add pepper, or any additional spices or flavorings to taste. Finally, add the barley flour and Chia gel and mix until you no longer see any flour. Form the mixture in to 11 patties – approximately 6 ounces per patty. Bake at 350 for 15 minutes. Serve burger on a whole wheat bun and to with fresh greens and hummus. Enjoy!



Fit & Flavorful
 Blackened Redfish with Mango Salsa
Recipe from Chef Richard Johnson



Calories: 199 Protein: 24 gm Carbohydrates: 16 gm Total Fat: 5 gm
 Saturated Fat: 0.6 gm Monounsaturated Fat: 2.5 gm Polyunsaturated Fat: 1 gm
 Cholesterol: 28 mg Sodium: 153 mg Fiber: 2 gm
 (Mayo Clinic Pyramid Servings: 2 protein/dairy and 1 vegetable)

Yield: servings 4

Ingredients

Blackening Seasoning

- | | |
|---------------------------------|---|
| 1/4 tsp salt | 1 tsp fresh oregano, minced |
| 1 tsp fresh thyme, minced | 1/2 tsp ground ancho chilies (see back) |
| 2 tsp ground red pepper flakes | 1/2 tsp paprika |
| 1/2 tsp cumin seed, ground | 1/2 tsp fennel seed, ground |
| 1 lb redfish fillets (see back) | 2 tsp canola oil |

Mango Salsa

- | | |
|----------------------------|---------------------------------|
| 1 1/2 cup chopped mango | 1/2 cup fresh pineapple chopped |
| 1 cup chopped tomato | 1/2 cup green onion chopped |
| 1/4 cup chopped fresh mint | 2 tbs fresh lime juice |
| 1 tsp olive oil | 1 habanero pepper (see back) |

Preparation

Brush fillets with olive oil. Sprinkle seasoning mix liberally on top of each fillet. Heat a heavy skillet, (preferably cast iron), until very hot. Preheat oven to 450. Line a baking sheet with parchment or pan spray. Blacken fish with the seasoning side down for about 1 minute. Remove fillet and place blackened side up on the prepared baking sheet. Cook in hot oven until 140 F.

Mango salsa:

Combine all ingredients and chill 30 minutes.

Serve with fish.

*redfish fillets: substitute trout, snapper, flounder, etc.

*ground ancho chilies: substitute any chili powder

*habanero pepper: substitute any hot chili pepper



Fit & Flavorful
Braised Chicken w/ Fennel & Roasted Red Pepper
Recipe from Chef Richard Johnson



Calories: 254 Protein: 36gm Carbohydrates: 13gm Total Fat: 6gm
 Saturated Fat: 1gm Unsaturated Fat: 5gm Trans Fat: 0gm
 Cholesterol: 84mg Sodium: 165mg Fiber: 3gm
 (Mayo Clinic Pyramid Servings: 2 protein, 1 vegetable)

Yield: 4 servings

Ingredients

Braised Chicken Breast with Fennel:

- 1 Tbs Canola Oil
- 4 Chx Breasts Bone in, skin removed
- 1 Fennel Bulb, diced
- 2 cloves garlic
- 2 Tbs Fresh Chopped Basil
- 1/2 cup Roasted Red Pepper Sauce
- 1/4 cup green peppers, diced
- 1/4 cup yellow onions diced
- 1 oz Parmegiano Reggiano

Roasted Red Pepper Sauce:

- 6 lb Red bell Peppers
- 1 lb Roma Tomatoes
- 2 cloves garlic
- 1 yellow onion
- 1 cup balsamic vinegar
- 4 Tbs fresh basil

Preparation

Braised Chicken Breast with Fennel:

Brown Chicken Breast on all sides in Canola Oil. Remove from pan. Add onions, green pepper and fennel and sauté until browned. Add garlic and brown slightly. Return Chicken to the pot and add Red Pepper sauce and basil. Cover and simmer over low heat 30 to 45 minutes until Chicken reaches an internal temperature of 165 for 15 seconds. Serve over Chic Peas or Pasta. Top with fresh grated cheese.

Roasted Red Pepper Sauce:

Roast Tomatoes and Peppers whole on a foil lined cookie sheets under the broiler turning frequently until skins are blistered. Wrap tightly and cool 15 minutes. Remove blistered skins from peppers and tomatoes. Roast garlic and onion until well browned. Puree peppers, tomatoes, onions and garlic in a food processor until smooth. Remove contents to a large sauce pan. Add vinegar and basil. Bring to a boil and simmer until sauce thickens, 15 to 20 minutes.

Pour hot sauce into sterilized hot jars leaving 1/2 inch head space. Remove any air bubbles. Wipe rims. Cover with hot lids. Snug bands over lids. Process in a boiling water canner with at least one inch of water over the tops of jars for 15 minutes. Remove jars and cool. Check seal the next day.

Yield: 5 half pint jars



Fit & Flavorful
Broiled White Fish with Citrus and Tomato
Recipe from Executive Chef Nick Weimer



Calories: 114 Protein: 6.6g Carbohydrates: 17.1g Total Fat: 3.9g
Saturated Fat: 0.5g Unsaturated Fat: 3.4g Trans Fat: 0g
Cholesterol: 11.7mg Sodium: 21.4mg Fiber: 3.7g

Yield: 4 servings

Mayo Clinic Exchange: 1 protein/dairy

Ingredients

4 – 4 oz. pieces of any white fish (halibut, cod, walleye) 1 T. olive oil
1 small grapefruit, sectioned ½ cup grape tomato, quartered
2 satsuma mandarins, sliced into disks Black pepper to taste
1 blood orange, sliced into disks
1 lime, sliced into disks
1 lemon, sliced into disks
1 shallot, minced
2 T. chervil, minced
1 clove garlic, minced
1 fresno pepper, or ¼ red bell pepper

Preparation

Place fish onto cookie sheet lined with parchment. Layer over each: lemon, lime, blood orange, mandarin orange. Place in oven with broiler at low 10-15 minutes or until fish reaches internal temperature of 145 degrees. In a small bowl, mix grapefruit sections, tomato, shallot, chervil, olive oil, fresno pepper, garlic, and black pepper to taste. Top fish with citrus salsa and enjoy.



Fit & Flavorful
Brown Jasmine Rice Pilaf
Recipe from Executive Chef Nick Weimer



Calories: 112 Protein: 2.6g Carbohydrates: 24.1g Total Fat: 0.8g
Saturated Fat: 0.2g Unsaturated Fat: 0.6g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 25.7mg Fiber: 2.1g

Yield: 8 servings

Mayo Clinic Exchange: 1 carbohydrate, 1 vegetable

Ingredients

1 cup onion, diced
½ cup carrot, diced
½ cup celery, diced
1 Tbsp. garlic, minced
1 cup vegetable stock
1 cup water
1 cup brown jasmine rice
1 Tbsp. parsley, minced

Preparation

In a small saucepan, sweat onion, carrot, celery, and garlic until translucent. Add stock, water, rice and parsley. Cover and cook, stirring occasionally, until rice is cooked through and no liquid remains.



Fit & Flavorful
Buffalo Chicken Salad Wrap
Recipe from Executive Chef Nick Weimer



Calories: 346 Protein: 30.7g Carbohydrates: 26.4g Total Fat: 12.1g
Saturated Fat: 1.7g Unsaturated Fat: 10.4g Trans Fat: 0g
Cholesterol: 77.5mg Sodium: 525.1mg Fiber: 5.4g

Yield: 4 servings – ½ wrap

Mayo Clinic Exchange: 1 carbohydrate, 1 meat, 3 vegetable, 2 fat

Ingredients

2 whole chipotle peppers
¼ cup white wine vinegar
¼ cup low calorie mayonnaise
3 – 4 oz. chicken breasts, cooked and cubed
2 celery stalks, diced
2 carrots, julienne
1 small yellow onion, diced
½ cup thinly sliced rutabaga or other root vegetable
4 oz. spinach, chiffonade
2 – 12” whole grain Tortillas

Preparation

In a blender, puree chipotle peppers with white wine vinegar and mayonnaise. Place all ingredients except spinach in a bowl and mix thoroughly. Place 2 oz. spinach and half mixture in each tortilla and wrap. Cut each wrap in half to serve. Yields 4 – ½ wrap portions



Fit & Flavorful
Butternut Squash Lasagna
Recipe from Executive Chef Nick Weimer



Calories: 204 Protein: 8.0g Carbohydrates: 31.0g Total Fat: 6.6g
Saturated Fat: 1.8g Unsaturated Fat: 4.8 g Trans Fat: 0g
Cholesterol: 8.5mg Sodium: 41.8mg Fiber: 5.5g

Yield: 9 servings

Mayo Clinic Exchange: 2 carbohydrates, 1 fat

Ingredients

2 tsp. canola oil – divided
1 medium butternut squash
1 cup low fat ricotta cheese
2 medium red onions, sliced
2 Tbsp. fresh sage, minced
1 tsp. black pepper
6 whole wheat lasagna noodles
1/3 cup walnuts, chopped

Preparation

Peel, dice and roast squash with 1 teaspoon of canola oil in 400 degree oven for 30 minutes. Place roasted squash in a food processor; puree. Mince sage and mix with ricotta cheese. Thinly slice and caramelize onion in 1 teaspoon of canola oil. Cook lasagna noodles per package instructions and cool under cold running water. Cut a piece of parchment paper to fit a 9x9 baking dish. Begin with 3 noodles. Top with half of butternut squash, then onion, then ricotta mixture. Repeat. Bake in 350 degree oven for 30 minutes or until internal temperature of 165 degrees. While lasagna is baking, chop walnuts and toast for 2-3 minutes. Top finished lasagna with toasted walnuts and let rest for 15 minutes. Cut into 9 and serve.



Fit & Flavorful
Caesar Salad



Recipe from Executive Chef Richard Johnson

Calories: 75 Protein: 4gm Carbohydrates: 8gm Total Fat: 3gm
Saturated Fat: 1gm Monounsaturated Fat: 1gm Polyunsaturated Fat: 1gm
Cholesterol: 5mg Sodium: 200mg Fiber: 2gm
(Mayo Clinic Pyramid Servings: 1 vegetable & 1 fat)

Yield: 8 servings

Dressing:

2 cloves garlic, minced
1 Tablespoon fresh squeezed lemon juice
1 Tablespoon red wine vinegar
1.5 teaspoons Worcestershire sauce
1/3 cup fat-free mayonnaise
1 teaspoon extra virgin olive oil
2 Tablespoons water
1 teaspoon fresh ground black pepper

Salad:

1 head Romaine lettuce
2 slices whole wheat bread,
toasted & cubed
1.5 ounces Parmigiano
Reggiano, grated

Preparation

Mince garlic, and put it in a bowl. Add lemon juice, red wine vinegar, Worcestershire sauce, and mayonnaise. Whip together until smooth. Gradually add olive oil and water while stirring. Season to taste with fresh ground black pepper.

Wash and cut romaine lettuce into bite sized pieces. Drain thoroughly and place the lettuce in a large bowl. Toss the lettuce with the dressing, the croutons, and 1/2 the grated cheese.

Divide onto 8 plates. Top with remaining cheese. Finish with fresh ground black pepper to taste.



Fit & Flavorful
Carolina Fish Muddle
Recipe by Executive Chef Mark Beland



Calories: 120 Protein: 14g Carbohydrates: 15g Total Fat: 2g
Saturated Fat: 0g Unsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 40mg Sodium: 120mg Fiber: 13g

Yield: 6 servings

Mayo Clinic Pyramid Servings: 1 vegetables, 1 protein

Ingredients

3 IBS tomatoes chopped	1 bell pepper, chopped
1 yellow onion chopped	2 ribs celery, chopped
2 cloves garlic, chopped	1 leek, chopped
2 c. kale, chopped	1 Tbsp. black pepper
¼ c. white wine or vinegar	2 Tbsp. basil, chopped
2 oz. scallops	
2 oz. shrimp, peeled and deveined	
4 oz. snapper or rock fish	
4 oz. cod or pollock	

Preparation

Add all vegetables and herbs to pot, slowly bring to simmer. Simmer for one hour to reduce by about one quarter. Add shellfish and fish, cut in bite size pieces. Simmer for additional 20 minutes.



Fit & Flavorful
Chicken Brat



Recipe from Executive Chef Mark Beland

Calories: 172 Protein: 14.9g Carbohydrates: 12.3g Total Fat: 7.5g
Saturated Fat: 1.9g Unsaturated Fat: 5.6g Trans Fat: 0g
Cholesterol: 60.7mg Sodium: 46.3 mg Fiber: 1.8g

Yield: 6 servings – 1 brat per serving

Mayo Clinic Exchange: 1 protein, ½ carbohydrate

Ingredients

1 pound ground chicken breast	1 cup cooked brown rice
4 cloves garlic, minced	1 cup yellow onion, minced
2 tsp. fennel seed	1 tsp. cumin seed
1 tsp. paprika	1 tsp. black pepper
½ tsp. white pepper	½ tsp. cayenne pepper
1 tsp. minced fresh rosemary	¼ tsp. nutmeg
1 tsp. ground mustard seed	1 tsp. celery seed
½ tsp. canola oil	

Preparation

Sauté onion and garlic in canola oil until browned. Mix browned onion, garlic, cooked rice, chicken breast and all herbs and spices together. Let rest in refrigerator for one hour. Roll into sausage shapes, or pipe onto sheet pan with bag to achieve desired shape. Roast in oven at 350 degrees for 5-10 minutes, until internal temp of 125 degrees. Note: Sausages are not fully cooked or safe to eat at this point but can now be transferred to a grill to finish cooking to 165 degrees.



Fit & Flavorful
Chicken Breast Scalloppine
Recipe from Executive Chef Mark Beland



Calories: 199 Protein: 25.3g Carbohydrates: 7.4g Total Fat: 7.4g
Saturated Fat: 1.0g Unsaturated Fat: 6.4g Trans Fat: 0g
Cholesterol: 72.6mg Sodium: 191.2mg Fiber: 1.4g

Yield: 4 servings – 1 chicken breast per serving

Mayo Clinic Exchange: 1.5 protein, 1 fat

Ingredients

4 – 4 oz. boneless skinless chicken breasts
¼ cup whole wheat flour
Zest and juice of one lemon
5 green olives, minced
½ cup vegetable broth
1 T. black pepper
1 T. canola oil
1 clove garlic, minced

Preparation

Season chicken breasts with black pepper, lemon zest and garlic. Coat seasoned breasts evenly with flour and sauté over medium high heat in canola oil. When chicken breasts are golden brown and reach internal temperature of 160 degrees, add olives, lemon juice and broth. Reduce slightly to form sauce. Serve over vegetable noodles.



Fit & Flavorful
Chicken Burritos



Recipe by Executive Chef Mark Beland

Calories: 304 Protein: 16.8g Carbohydrates: 31g Total Fat: 12.9g
Saturated Fat: 3.8g Unsaturated Fat: 9.1g Trans Fat: 0g
Cholesterol: 38.3mg Sodium: 480.3mg Fiber: 5.7g

Yield: 4 servings

Mayo Clinic Pyramid Servings: 2 protein, 2 vegetables and 1 carbohydrate

Ingredients

Sauce:

- 1 tsp. oil
- 1 red bell pepper, chopped
- 1 jalapeno pepper, chopped
- 2 ribs celery, chopped
- 1 yellow onion, chopped
- 2 Tbsp cumin seed
- 1 pint grape tomatoes
- 2 Tbsp. fresh oregano
- 2 cloves garlic, chopped

- 8 oz. cooked chicken breast meat or 1 cooked rotisserie chicken
- 4 whole wheat tortilla shells
- ½ cup sharp cheddar cheese, shredded
- 2 cups shredded green cabbage

Preparation

Sauce:

Sauté peppers, celery, onion and cumin in 1 tsp of oil until lightly brown, about 10-15 min. Add tomatoes, oregano, and garlic. Continue to sauté until tomatoes blister and break open, about 5-10 min. Add contents to blender and puree until desired consistency.

Pull apart breast meat from chicken and divide among tortillas. Top with cheese, cabbage and sauce. Roll and enjoy.



Fit & Flavorful
Chicken Tamales

Recipe by Executive Chef Mark Beland



Calories: 240 Protein: 19g Carbohydrates: 35g Total Fat: 5g
Saturated Fat: 0.5g Unsaturated Fat: 4.5g Trans Fat: 0g
Cholesterol: 35mg Sodium: 210mg Fiber: 4g

Yield: 4 servings

Mayo Clinic Pyramid Servings: 1 protein, 2 carbohydrates, 1 vegetable

Ingredients

12 dried corn husks	1 Tbsp. black pepper, ground
½ c. + 2 Tbsp. masa corn meal, ground	1 Tbsp. cumin seed
1¼ c. vegetable broth	1 Tbsp. fresh oregano, minced
1 large yellow onion, minced	1 fresh chili pepper
3 bell pepper, roasted	1 Tbsp. canola oil
4 cloves garlic, minced	2 ribs celery
2 boneless skinless chicken breast, about	
12 oz. total (9 oz. cooked weight)	

Preparation

Soak corn husks in bowl of water for one hour.
Heat large skillet over medium heat, add oil and sauté chicken breasts for 2 minutes per side, or until golden brown. Remove chicken from pan and add all diced vegetables except garlic for 10 minutes until lightly brown. Add garlic, sauté additional two minutes. Add chicken back to pan and add vegetable stock and spices, reduce heat to simmer and cook covered for 20 minutes, until internal temperature of 165 in chicken. Remove chicken and allow to cool. Add Masa to remaining liquid, cook until completely absorbed, set aside. Pull chicken apart. Drain corn husks well, pat dry. Lay out flat and divide Masa mixture between them. Divide pulled chicken between them. Lay ¼ of a roasted bell pepper over the filling. Fold and roll like burrito. Can be baked, steamed or grilled. Be sure to look for a minimum internal temperature of 165 degrees. Unwrap to eat.



Fit & Flavorful
Pan Seared Chopped Steak with Mushroom Gravy
Recipe by Executive Chef Mark Beland



Calories: 246 Protein: 28g Carbohydrates: 22g Total Fat: 6g
Saturated Fat: 0.5g Unsaturated Fat: 5.5g Trans Fat: 0g
Cholesterol: 57mg Sodium: 126mg Fiber: 5g

Yield: 5

Mayo Clinic Exchange:

Ingredients

Patties

1 c. onion
½ tsp. Worcestershire
1 Tbsp. ground black pepper
2 c. eggplant
1 c. cooked barley
½ c. Egg beaters or 2 egg whites

Gravy

5 tsp. canola oil
5 c. sliced mushrooms
2.5 c. cabbage
5 tsp. whole wheat flour
5 fl. oz. water or vegetable stock

Preparation

Mix all ingredients together and patty into five portions. Chill for a minimum of one hour. To cook: heat sauté pan over med-high heat. Spray lightly with pan release and add patties. Cook 4 minutes, then flip and cook additional 3 minutes. Remove from pan, set aside. Sauté sliced mushrooms and cabbage in pan with canola oil, add flour when about done, cook additional 5 minutes. Add stock and bring to boil and simmer for 5-10 minutes. Serve over patties.



Fit & Flavorful
 Cider-glazed Trout with Sweet Potato Pickles
Recipe from Executive Chef Richard Johnson



Calories: 308 Protein: 25gm Carbohydrates: 32gm Total Fat: 10gm
 Saturated Fat: 2gm Monounsaturated Fat: 4 gm Polyunsaturated Fat: 2gm
 Cholesterol: 67mg Sodium: 221mg Fiber: 3gm
 (Mayo Clinic Pyramid Servings: 2 protein, ½ carbohydrate and 1 sweet)

Yield: servings 4

Ingredients

Sweet Potato Pickles

1 ounce of turbinado sugar	¼ tsp cloves
1 ounce of molasses	¼ tsp allspice
3 ounces of cider vinegar	½ tsp cinnamon
1 pound peeled diced sweet potatoes	

Trout

1 pound of fresh trout fillets	1 tablespoon of olive oil
4 tablespoons sweet potato pickle juice	1 tablespoon of fresh Italian Parsley
1 tablespoon of fresh thyme leaf	1 ½ teaspoon salt
¼ teaspoon of ground lack pepper	1 fresh lemon, skin on sliced thinly

Preparation

Sweet potato pickles:

Gently simmer sweet potatoes in the rest of the combined ingredients for ten minutes. Remove from heat. Cool and refrigerate. Can be held up to one month

Trout:

Line a baking sheet with foil. Brush with oil. Arrange trout fillets skin side down on baking pan. Combine Pickle juice, Italian parsley, thyme leaf. Generously brush trout fillets with mixture. Arrange lemon slices over the trout fillets. Bake 350 for about 15 minutes or until the fillets have reached an internal temperature of 145 F.

Serve with Sweet Potato Pickles



Fit & Flavorful
Cognac Glazed Quail or Game Hen
Recipe from Executive Chef Mark Beland



Calories: 353 Protein: 25.9g Carbohydrates: 3.7g Total Fat: 9.2g
Saturated Fat: 2.1g Unsaturated Fat: 7.1g Trans Fat: 0g
Cholesterol: 79.4mg Sodium: 178.1mg Fiber: 0.0g
Exchange (2 protein, 2 fat)

Yield: 1 servings

Ingredients

1 quail or game hen breast
1 tsp olive oil
¼ cup cognac
1 tsp brown sugar
¼ tsp all spice, nutmeg, fresh ground
black pepper
¼ cup chicken or turkey broth

Preparation

In hot pan add oil and sear bird 2-3 minutes per side until golden brown
Add broth, cognac, sugar and spices. Reduce heat to simmer. Simmer until
liquid reduces to a thick glaze. Coat meat well and serve.



Fit & Flavorful
Corn Tamales with avocado-tomatillo salsa
Recipe from Mayo Clinic Cookbook



Calories: 297 Protein: 7gm Carbohydrates: 49gm Total Fat: 11gm
Saturated Fat: 1gm Monounsaturated Fat: 5gm Polyunsaturated Fat: 0gm
Cholesterol: 0mg Sodium: 375mg Fiber: 7gm
(Mayo Clinic Pyramid Servings: 1 vegetable, 3 carbohydrates & 2 fats)
Yield: 6 servings

Ingredients

18 dried corn husks, plus extra for ties	1/8 teaspoon red pepper flakes
3 cups fresh or thawed frozen corn kernels	
2 cups masa harina	Salsa:
1/2 cup lukewarm water	1/4 cup chopped avocado
1 teaspoon baking powder	5 ounces tomatillos, husked under warm running water and chopped
1/2 teaspoon salt	1 tablespoon fresh lime juice
3 tablespoons canola oil	2 tablespoons chopped fresh cilantro
1/4 cup diced red bell pepper	1/2 teaspoon minced jalapeno chile
1/4 cup diced green bell pepper	1/4 teaspoon salt
2 tablespoons diced yellow onion	

Preparation

Place the corn husks in a bowl of water to soften for 10 minutes. Drain and rinse well. Pat dry and set aside.

In a food processor, process 2 1/2 cups of the corn kernels until coarsely pureed.

In a large bowl, combine the pureed corn, masa harina, lukewarm water, baking powder, 1/2 teaspoon salt and oil. Mix until well blended, using your hands if necessary.

Place a dry nonstick frying pan over medium heat. Add the bell peppers, onion and remaining 1/2 cup corn kernels, and sauté until tender-crisp, 6 to 8 minutes. Stir in the red pepper flakes and remove from the heat.

To assemble tamale, place 3 tablespoons of masa mixture in the center of a soaked corn husk. Flatten with your hand and form a small well in the center. Add 1 tablespoon of the sautéed vegetables to the well. Fold the long side of the corn husk over the filling to cover, then fold over the ends, overlapping them. Tie with a thin strip torn from an extra soaked husk. Repeat to make 18 tamales in all.

In a large pot fitted with a steamer basket, bring 2 inches of water to a boil. Layer the wrapped tamales in the steamer basket. Cover with a damp kitchen towel and steam until the filling becomes firm and the tamales are heated through, 50 to 60 minutes. Add more water as needed.

While the tamales are steaming, make the salsa. In a small bowl, combine the avocado, tomatillos, lime juice, cilantro, jalapeno and 1/4 teaspoon salt. Toss gently.

To serve, place 3 tamales on each plate. Accompany each serving with a generous spoonful of salsa on the side.



Fit & Flavorful
Coq Au Vin
Recipe by Executive Chef Mark Beland



Calories: 311 Protein: 31g Carbohydrates: 13g Total Fat: 7g
Saturated Fat: 1.6g Unsaturated Fat: 4.5g Trans Fat: 0g
Cholesterol: 91.3mg Sodium: 178.7mg Fiber: 2g

Yield: 10 servings

Mayo Clinic Pyramid Servings: 2 protein/dairy, 3 vegetable, 0.5 fat

Ingredients

1 4-5 lb. chicken, skin removed**	4 cloves garlic, chopped
1 Tbsp. black pepper	1 c. mushrooms, quartered
¼ c. whole wheat flour	1 qt. low-sodium chicken broth
2 Tbsp. olive oil	1 bottle red wine
2 yellow onions, chopped (2 cups)	1 sprig fresh thyme or 1 tsp. dried
1 carrot, chopped	2 Tbsp. parsley, fresh or dried
2 ribs celery, chopped	1 bay leaf
1 sweet potato, cut up	

Preparation

** (Assumed 30% bone/skin so this ends up with about 45 ounces total raw meat. If this recipe serves 10 then each person would get about 3-4 ounces cooked. If recipe yields 10 servings, it also reduces cholesterol to acceptable level.)

Cut chicken into quarters or eighths, season with black pepper and dredge in flour. Shake to remove excess flour and set aside. Heat large skillet or Dutch oven to med-high; add oil and sauté chicken, browning on all sides. Remove chicken and set aside. Add onions, carrot, celery, potato, mushrooms and garlic to the Dutch oven and sauté for 5-10 minutes to remove some of water. Deglaze pan with chicken broth and add remaining ingredients. Place chicken in slow cooker, and pour contents of skillet over top.

Cook on low for 4-8 hours.

Optional: When done, pour sauce from slow cooker back into pan, place over medium heat on stove top and reduce volume of liquid in half to thicken sauce.



Fit & Flavorful
 Corned Beef Loin
Recipe by Executive Chef Mark Beland



Calories: 276 Protein: 27.9g Carbohydrates: 26.5g Total Fat: 6.9g
 Saturated Fat: 2.1g Unsaturated Fat: 4.8g Trans Fat: 0g
 Cholesterol: 48.8mg Sodium: 182.3mg Fiber: 7.5g

Yield: 8 servings

Mayo Clinic Pyramid Servings: 2 protein/dairy, 2 vegetable

Ingredients

2 lb center cut beef or tender loin	2 qt. water
1 qt. water	1 lb. carrot diced (about 7 carrots)
½ c. brown sugar	1 lb. celery diced (about 11 stalks)
2 cinnamon sticks broken	2 lb. yellow onion diced (about 8 onions)
4 bay leaves	2 lb. shredded cabbage (about 13 cups)
4 whole cloves	4 cloves garlic minced
6 juniper berries (optional)	1 Tbsp. black pepper
4 allspice berries	
10 black pepper corns	
2 qt. ice	

Preparation

Trim fat and silver skin from beef. In a stock pot bring water, brown sugar and spiced to boil, remove from heat and add ice. Place in refrigerator until cools to temperature of below 40 degrees. Put raw beef and liquid in large container or freezer bag and seal. Put in coldest part of refrigerator (back bottom) for 5 days, keeping sure the beef stays completely covered by brine.

In large stock pot, bring water, vegetables and spices to a boil. Remove brined beef from refrigerator and rinse with cold water; drain. Add brined beef to stock pot of vegetables and reduce to simmer. Simmer for 2-3 hours, until fork tender. Drain liquid (can be retained for a stock), let beef rest 10-15 minutes, slice and serve with cooked veggies.



Fit & Flavorful
Cornish Hen with Apple Cherry Chutney
Recipe from Executive Chef Nick Weimer



Calories: 222 Protein: 14.7g Carbohydrates: 28.2g Total Fat: 6.2g
Saturated Fat: 1.0g Unsaturated Fat: 5.2g Trans Fat: 0g
Cholesterol: 60.1mg Sodium: 56.2mg Fiber: 4.3g

Yield: 4 servings

Mayo Clinic Exchange: 1 protein/dairy, 1 fruit, 1 fat

Ingredients

2 Cornish game hens, 1.5-2 lbs each	1 tsp. olive oil
2 apples of choice, large dice	1 sweet onion, fine dice
8 oz. fresh cherries, pitted and halved	2 ribs celery, fine dice
2 T. pecans, roughly chopped	¼ cup cider vinegar
Zest and juice of one small orange	½ tsp. cumin
2 T. dried cranberries	¼ tsp. turmeric
1 T. honey	¼ tsp. cardamom
2 tsp. fresh ginger	¼ tsp. ground mustard seed
½ tsp. coriander	

Preparation

Mix all ingredients except hens together in a mixing bowl and let sit for 10-15 minutes. Place in a 9 x 13 baking dish and place hens on top of chutney mixture and push gently into chutney. Bake in 350 degree oven for 60-75 minutes or until hens reach 165 degrees internal temperature. Remove skins and serve with chutney.



Fit & Flavorful
 Creamy Beef Enchiladas
Recipe from Chef Tim Cockram, CEC



Calories: 275 Protein: 13.2g Carbohydrates: 38.7g Total Fat: 8.7g
 Saturated Fat: 3.4g Trans Fat: 0.1g
 Cholesterol: 24.6mg Sodium: 237.0mg Fiber: 5.3g

Yield: Approx. 8 servings (2 Enchiladas)

Mayo Clinic Healthy Weight Pyramid serving: 1 protein/dairy, 2 carb, 2 veg

Sauce:

1 tsp. ground cumin seed
 ¼ tsp. red pepper flakes, ground
 ¼ c. reduced sodium chicken stock
 1 c. fat free sour cream
 2 Tbsp. cornstarch
 ½ c. soy milk

Filling:

4 oz. 93/7 lean ground beef
 1 Tbsp. Canola oil
 2 cloves fresh garlic
 ½ c. diced yellow onion
 1 c. diced zucchini, medium
 ¼ c. yellow bell pepper, diced
 ½ c. Roma tomatoes, diced
 8 oz. black beans, rinsed, drained
 16 corn tortillas
 ¼ lb. reduced fat Monterey Jack cheese

Creative addition:

1 tsp. Cayenne

Preparation

Preheat oven to 325 degrees. Lightly grease 9x13 casserole dish. Cook ground beef, strain fat. Set aside.

Sauce: Toast spices for 2 minute or until fragrant. Add chicken stock and sour cream and bring to boil. Dissolve cornstarch in soy milk then add to this mixture and slowly return to a boil. Remove from heat.

Filling: Heat oil in pan and sauté garlic for one minute. Add onion to pan, lightly brown. Add zucchini, peppers and cook 2 minutes longer while stirring. Remove from heat. Allow mixture to cool 5 minutes. Add tomatoes, beans, ground beef, and 2 tablespoon of sauce. Mix well.

To assemble: Lay tortillas flat and lightly brush with a small amount of sauce. Place about ¼ cup of filling mixture in each tortilla and roll up lightly. Place rolled tortillas in casserole dish. Top with remaining sauce. Grate cheese over the top and bake 20-25 minutes or until internal temp of 165. Serve immediately.

Technique: try chopping the vegetables about the same size for even cooking.

Taste: toasting spices brings a new depth of flavor.

Try: Add a lot more vegetables or a little more spice!

Tip: replacing beef with beans is a good way to lower the fat and increase fiber.



Fit & Flavorful

Creamy Vegetable Pasta w/ Roasted Squash Sauce

Recipe from Executive Chef Tim Cockram



Calories: 245 Protein: 9.6g Carbohydrates: 37.5g Total Fat: 7.0g
 Saturated Fat: 1.4g Trans Fat: 0.0g
 Cholesterol: 33.4mg Sodium: 205.9mg Fiber: 5.8g

Yield: Approx. 6 servings (1-1/2 cup per serving)

MC Healthy Weight Pyramid serving: 2.5 carbohydrates, 1 fat

Ingredients

- 1 medium butternut squash (split, deseeded, and roasted)
- 2 tablespoons olive oil, divided
- 8 sage leaves, Chiffonade
- 12 oz. whole wheat linguine (or other pasta)
- 1 tablespoon cider vinegar
- 1/2 cup red bell pepper
- 1-1/2 cups vegetable broth
- 1/4 cup diced yellow onion
- 2 cloves garlic, minced

- 1/8 teaspoon ground nutmeg
- Freshly ground black pepper to taste

Ingredients for Maximum

Excitement

- 1/4 cup freshly grated parmesan cheese

Preparation

Preheat oven to 400 degrees. Split squash in half, brush with 1 T. oil and season generously with pepper and roast about 60 minutes or until soft. Remove from oven and let cool to room temperature. Bring a large pot of water to a boil. Add the pasta to the boiling water and cook according to package instructions.

Place the cooked butternut squash in a large good processor or blender. Puree the squash until smooth. Add broth and puree until the sauce reaches your desired consistency. You may need a little more or a little less water depending on the size of your squash. Heat 1 T. olive oil in a small skillet over medium high heat until surface is shimmering slightly. Add sage, cook until bright green, about 30 seconds. Add onion, peppers, and garlic. Sauté until soft, 3-5 minutes. Add pureed butternut squash. Season with nutmeg, vinegar and pepper. Add the pasta and stir until pasta is well coated and parmesan cheese, if desired.

Technique: Using squash to make sauce saves lots of calories.

Taste: The vinegar helps add a nice feature to the dish.

Try: By using the parmesan on top you can enjoy with moderation or keep it dairy free. Grate your own!

Tip: Butternut squash is an excellent source of vitamin A which is important for healthy vision and immune system.



Fit & Flavorful
Crispy Kiddie Nuggets
Recipe from Executive Chef Tim Cockram



Calories: 137 Protein: 21.1g Carbohydrates: 4.5g Total Fat: 3.2g
Saturated Fat: 0.7g Trans Fat: 0.0g
Cholesterol: 60.1mg Sodium: 220.8mg Fiber: 1.1g

Yield: Approx. 4 nuggets per serving

MC Healthy Weight Pyramid serving: 1 ¼ protein

Ingredients

½ c. low fat or non fat buttermilk
¼ c. Dijon mustard
3 cloves garlic, minced
1 tsp. hot sauce
Olive oil cooking spray
½ c. whole wheat flour
¼ c. Flax meal
1 ½ tsp. paprika
1 tsp. baking powder
Freshly ground pepper, to taste
3#’s chicken breast large cube (1oz nugget)

**Optional ingredients for
maximum excitement**

*1 tsp. dried Thyme
2 Tbsp. chopped parsley*

Preparation

Whisk buttermilk, mustard, garlic and hot sauce in a shallow zip lock bag until well blended. Add chicken and turn to coat. Close bag and marinate in the refrigerator for at least 30 minutes or for up to 8 hours.

Preheat oven to 425 degrees. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray.

Place flour, flax meal, paprika, thyme, baking powder, parsley and pepper in a large zip lock bag. Shaking off excess marinade, place four to six pieces of chicken at a time in the bag and shake to coat. Shake off excess flour and place the chicken on the prepared rack. (Discard any leftover flour mixture and marinade.) Spray the chicken pieces with cooking spray.

Bake the chicken until golden brown and no longer pink in the center and reaches 165 degrees (about 20 to 30 minutes)

Technique: By baking instead of frying, we are reducing the amount of fat.

Taste: The healthy Flax and whole wheat give this a great texture.

Try: Add spices! Great way to introduce new spices through familiar foods.

Tip: Flax seed is a source of omega-3 fatty acids and fiber; both may have heart healthy effects.



Fit & Flavorful
Cumin Vegan Meatballs
Recipe from Executive Chef Tim Cockram



Calories: 197 Protein: 4.9g Carbohydrates: 19.9g Total Fat: 11.6g
Saturated Fat: 1.0g Trans Fat: 0.0g
Cholesterol: 0.0mg Sodium: 10.6mg Fiber: 2.9g

Yield: Approx. 6 servings (serving size 4 oz, approx.. 1 oz per meatball)

MC Healthy Weight Pyramid serving: 2 fat, 1 carbohydrate

Ingredients

Optional ingredients for maximum excitement

2 tablespoons canola oil
1 medium onion, chopped (1/2 cup)
2 garlic cloves minced (2 Tbsp)
½ cup toasted walnut halves
1 cup cooked brown rice
1 cup cooked quinoa
2 tablespoons fresh ground cumin
4 tablespoons chickpea flour

Zest of one orange

Preparation

Preheat oven to 375 degrees. Prepare a parchment-lined cookie sheet. In a large frying pan over medium heat, heat oil. Add onion and garlic and sauté until onions are golden, about 10 minutes (remove from heat and if desired, add zest of one orange). In a food processor combine remaining ingredients and process until almost smooth. Add onion-garlic mixture and process until combined. Using a small ice cream scoop or tablespoon, scoop out mounds of mixture, roll into balls, and place on cookie sheet. Bake for 30 to 35 minutes until tops are browned.

Technique: Using high heat we can caramelize the natural sugar in the food to develop rich exciting flavors.

Taste: A little citrus goes a long way, natural acidity enhances flavor and reduces dependency on salt.

Try: If you can't find chickpea flour, substitute whole wheat flour; try sesame oil for a different taste.

Nutrition nugget: Whole grains, such as brown rice, provide health promoting nutrients including fiber, among others.



Fit & Flavorful
Curried Chicken



Recipe from Executive Chef Richard Johnson

Calories: 92 Protein: 8g Carbohydrates: 10g Total Fat: 3g
Saturated Fat: 0 g Unsaturated Fat: 1g Trans Fat: 1g
Cholesterol: 16 mg Sodium: 37 mg Fiber: 2 g

Yield: 8 servings

Mayo Clinic Exchange: 1 protein

Ingredients

8 ounces of boneless skinless chicken
breast, cut into strips
3 cups yellow onion, julienne
1 tablespoon canola oil
4 tablespoon curry powder
 $\frac{3}{4}$ cup soy milk
1 teaspoon coconut extract
2 tablespoon cornstarch

Preparation

Sauté onion in oil until onion begins to brown. Add chicken and stir quickly, allowing chicken to brown. Add curry powder. Cook until onions and chicken are evenly coated and curry powder has absorbed any liquid. Add soy milk and coconut extract, let simmer. Dissolve cornstarch in 4 tablespoons of cold water, add to the curry. Cook until shiny.

Chef's notes: This base can be made in larger batches and frozen for up to one month. When you are ready for some curry, thaw the base, heat and toss with steamed vegetables and/or fresh fruit. Broccoli, Red bell Peppers and Fresh Pears is a nice example.



Fit & Flavorful
Death Burgers
Recipe from Chef Richard Johnson



Calories: 201 Protein: 25gm Carbohydrates: 5gm Total Fat: 8gm
Saturated Fat: 3gm Unsaturated Fat: 5gm Trans Fat: 0gm
Cholesterol: 71mg Sodium: 89mg Fiber: 3gm
(Mayo Clinic Pyramid Servings: 1 protein, 1 vegetable and 1 fat)

Yield: 4 servings

Ingredients

10 oz ground sirloin	Fresh habanero pepper, to taste
1 Tbsp minced shallot	Chipotle pepper, to taste
2 Tbsp minced shitake mushrooms	Serrano pepper, to taste
4 oz. fine diced eggplant	Black pepper, to taste
1 tsp balsamic vinegar	
1 garlic clove, minced	Chipotle ketchup:
2 tsp blue cheese	2 tsp chipotle peppers
1 egg white	2 oz fat free yogurt

Preparation

Combine all ingredients in a large bowl. Knead until smooth and all ingredients are incorporated.

Divide into 4. Form patties. Chill 30 minutes.

Sear to desired doneness on a hot grill. Take care not to char the meat.



Fit & Flavorful
Dijon and Flax Crispy Baked Chicken
Recipe from Executive Chef Tim Cockram



Calories: 204 Protein: 24.2g Carbohydrates: 8.6g Total Fat: 7.2g
Saturated Fat: 1.7g Trans Fat: 0g
Cholesterol: 67.2mg Sodium: 319.8mg Fiber: 2.4g

Yield: 4 oz. of cooked meat

Mayo Clinic Healthy Weight Pyramid serving: 2 protein/dairy

Ingredients

½ c. low fat buttermilk (see Tip)	1 tsp. dried thyme
¼ c. Dijon mustard	1 tsp. baking powder
3 cloves garlic, minced	2 T. fresh sage (Chopped)
1 tsp. hot sauce	Freshly ground pepper, to taste
10 drumsticks legs, skin removed (trimmed drumsticks)	Olive oil cooking spray
½ c. whole wheat flour	
¼ c. Flax meal	
1 ½ teaspoons paprika	

Preparation

Preheat oven to 425 degrees. Whisk buttermilk, mustard, garlic and hot sauce in a shallow zip lock bag until well blended. Add chicken and turn to coat. Close bag and marinate in the refrigerator for at least 30 minutes or for up to 8 hours. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray. Place flour, flax meal, paprika, thyme, baking powder, sage and pepper in a large zip lock bag. Shaking off excess marinade, place one or two pieces of chicken at a time in the bag and shake to coat. Shake off excess flour and place the chicken on the prepared rack. (Discard any leftover flour mixture and marinade.) Spray the chicken pieces with cooking spray.

Bake the chicken until golden brown and reaches an internal temperature of 165 degrees, about 40 to 50 minutes.

Tips and Notes:

- Make ahead tip: Marinate the chicken for up to 8 hours.
- If you don't have buttermilk, you can make "sour milk": Mix 1 tablespoon lemon juice or vinegar to 1 cup milk.



Fit & Flavorful
Egg Bake
Recipe by Executive Chef Mark Beland



Calories: 196 Protein: 19g Carbohydrates: 18g Total Fat: 6g
Saturated Fat: 2g Unsaturated Fat: 4g Trans Fat: 0g
Cholesterol: 10mg Sodium: 570mg Fiber: 3g

Yield: 4 servings

Mayo Clinic Exchange: 1 protein, 1 fat, 1 vegetable, ½ carbohydrate

Ingredients

2 c. egg beaters	½ c. whole grain bread cubes (2 slices)
½ c. onion, diced	½ c. green bell pepper, diced
½ c. tomato, diced	½ c. celery, diced
3 c. spinach, diced	1.5 oz. parmesan, finely shredded
1 tsp. black pepper	1 tsp. paprika
1 Tbsp. parsley, chopped	1 tsp. olive oil
Juice of one lemon	

Preparation

Pre-heat oven to 400 degrees. Roast vegetables for 20 minutes, until lightly browned. Remove vegetables and turn oven down to 325 degrees. Place vegetables in 9x9 baking dish, place bread on top, and cover with egg, cheese and spices. Bake for 30 minutes, until egg is firmly set.



Fit & Flavorful
Egg Florentine
Recipe by Executive Chef Richard



Calories: 160 Protein: 8gm Carbohydrates: 8gm Total Fat: 12gm
Saturated Fat: 3gm Monounsaturated Fat: 6gm Polyunsaturated Fat: 2gm
Cholesterol: 214mg Sodium: 192mg Fiber: 4gm
(Mayo Clinic Pyramid Servings: 1 protein, 2 vegetables)

Yield: servings 4

Ingredients

Florentine Mix:

1 tablespoon olive oil
2 tablespoon fine diced fresh fennel
1 tablespoon minced shallot
2 ounces of sliced mushrooms
1 pound fresh spinach
1/8 teaspoon fresh ground nutmeg
1/8 teaspoon salt
Black pepper to taste

Poached egg

4 eggs
3 cups of water

Tomato relish:

2 teaspoons olive oil
1 cup of fresh tomato, diced
2 tablespoons fresh basil chiffonade
1 tablespoon balsamic vinegar

For the Top:

2 Tbsp fresh grated Gruyere cheese

Preparation

Sauté mushrooms in oil until they begin to brown. Add fennel and shallots and cook one minute longer. Add spinach, nutmeg and salt. Toss until spinach is wilted.

To poach eggs: Bring water to a gentle boil. Add whole, un-cracked eggs gently, one at a time to water. Let eggs simmer 30 seconds. Remove with slotted spoon. Reduce heat; water should not be boiling when eggs are cracked into water. Holding eggs close to the surface gently crack eggs one at a time into the water. Simmer until cooked as desired. Note: Eggs can be poached ahead of time then gently re-heated for service

Tomato relish: Toss the tomatoes with the EVOO and blister in a hot skillet. Add basil and balsamic vinegar and toss to coat.

To Assemble: Arrange Spinach on plate. Top with one poached egg. Finish with tomato relish, and grate cheese over the top.



Fit & Flavorful
Fish Tacos
Recipe by Executive Chef Nick Weimer



Calories: 200 Protein: 16.5g Carbohydrates: 21.1g Total Fat: 5.2g
Saturated Fat: 0.2g Unsaturated Fat: 5g Trans Fat: 0g
Cholesterol: 40mg Sodium: 382.5mg Fiber: 4.4g

Yield: approx. 4 servings

Mayo Clinic Pyramid Servings: 1 protein, 1 carbohydrate, 1 vegetable

Ingredients

12 oz. white fish (cod, tilapia) baked or grilled
1 t. cumin
2 t. paprika
½ t. chipotle or ancho chili powder
4 – 8 in. wheat tortillas, grilled or toasted
½ small yellow onion, diced (1/4 cup)
2 T. cilantro, minced
2 red Fresno peppers, diced
Zest and juice of 1 lime (1/2 t. zest, 1 T. juice)
¼ head napa cabbage (1 ½ cups)

Preparation

Place all ingredients except fish and tortillas in a mixing bowl and toss to combine. Flake and place fish on tortillas. Top with cabbage mixture and enjoy.



Fit & Flavorful
Fritata



Recipe from Executive Chef Mark Beland

Calories: 116 Protein: 10.5 g Carbohydrates: 5.5g Total Fat: 6.0g
Saturated Fat: 1.4g Unsaturated Fat: 4.6g Trans Fat: 0g
Cholesterol: 4.4mg Sodium: 248.4mg Fiber: 1.2g
(Mayo Clinic Pyramid Servings: 1 protein, 1 vegetable)

Yield: 4 servings

Ingredients

1 cup spinach	¼ cup tofu, diced
½ cup broccoli, chopped	¼ cup marinara/tomato sauce
½ cup leek, chopped	1 tbl. olive oil
1 garlic clove, chopped	
1 tsp black pepper	
2 oz. parmesan, shredded	
1 cup egg whites	

Preparation

Saute` vegetables 2-3 minutes, add tofu, egg and cheese. Continue to cook until edges firm and pull away from pan. Move to oven broiler until completely set. Top with marinara.



Fit & Flavorful
Grilled chicken breasts with
roasted yellow tomato sauce
Recipe by Executive Chef Mark Beland



Calories: 239 Protein: 35g Carbohydrates: 8g Total Fat: 7g
Saturated Fat: 1g Unsaturated Fat: 4g Trans Fat: 0g
Cholesterol: 82mg Sodium: 583mg Fiber: 2g

Yield: 4 servings

Mayo Clinic Pyramid Servings: 1 vegetable, 2 protein, 1 fat

Ingredients

4 yellow tomatoes, halved crosswise and seeded
1 ½ Tbsp. extra-virgin olive oil
2 garlic cloves, minced
1 Tbsp. balsamic vinegar
3 Tbsp. chopped fresh basil
¾ tsp. salt
¼ tsp. freshly ground black pepper
4 skinless, boneless chicken breast halves, each about 5 ounces
2 Tbsp. chopped fresh flat-leaf (Italian) parsley
1 Tbsp. chopped fresh thyme

Preparation

Prepare a hot fire in a charcoal grill or preheat a gas grill or broiler. Away from the heat, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source. Arrange tomatoes skin side down on the grill rack or skin side up on a broiler pan lined with aluminum foil. Grill or broil until the skins begin to blacken, about 5 minutes. Transfer to a bowl, cover with plastic wrap and let steam until the skins loosen, about 10 minutes. In a small frying pan, heat the olive oil over medium heat. Add the garlic and sauté until softened, about 1 minute. Remove from the heat and set aside. Core and peel the tomatoes. In a blender or food processor, combine the tomatoes, the garlic with the oil, and the vinegar. Pulse until well blended. Stir in 1 tablespoon of the basil, ½ teaspoon of the salt and 1/8 teaspoon of the pepper. Sprinkle the chicken breasts with the remaining salt and pepper. In a shallow dish, stir together with parsley, thyme and the remaining basil. Dredge the chicken in the herb mixture, coating completely. Grill or broil the chicken, turning once, until browned on both sides and no longer pink on the inside, about 4 minutes on each side. Transfer chicken to plate. Spoon tomato sauce on top, dividing evenly. Serve immediately.



Fit & Flavorful
Grilled Miso Salmon
Recipe by Executive Chef Mark Beland



Calories: 282 Protein: 29g Carbohydrates: 4g Total Fat: 10g
Saturated Fat: 2g Unsaturated Fat: 3g Trans Fat: 0g
Cholesterol: 78mg Sodium: 382mg Fiber: <1g

Yield: 4 servings

Mayo Clinic Pyramid Servings: 2 protein, 1 fat

Ingredients

½ c. mirin
2 Tbsp. minced fresh chives or green (spring) onion tops
1 Tbsp. yellow miso
1 Tbsp. low-sodium soy sauce
1 tsp. tahini
1 tsp. peeled and minced fresh ginger
4 salmon fillets, 5 ounces each, skinned
2 Tbsp. chopped fresh cilantro (fresh coriander)
1 tsp. sesame seeds, toasted

Preparation

In a shallow baking dish, whisk together the mirin, chives, miso, soy sauce, tahini and ginger. Add the fish to the marinade and turn to coat. Cover and marinate in the refrigerator for 1 to 2 hours, turning the fish occasionally.

Prepare a fire in a charcoal grill or place a grill pan over high heat. Remove the fish from the marinade and pat dry. Discard the marinade. When the grill or pan is very hot, place the fillets on it and cook, turning carefully with a spatula, until grill-marked, firm to the touch, and opaque in the center, about 4 minutes on each side.

Transfer the fillets to a serving platter. Garnish with the cilantro and sesame seeds and serve immediately.



Fit & Flavorful
Grilled Portabella Mushrooms with Chipotle
Blueberry Glaze



Recipe from Executive Chef Nick Weimer

Calories: 117 Protein: 5g Carbohydrates: 25g Total Fat: 0.5g
Saturated Fat: 0g Unsaturated Fat: 0.5g Trans Fat: 0g
Cholesterol: 0mg Sodium: 29mg Fiber: 6g

Yield: 4 servings

Mayo Clinic Exchange: 2 vegetable, ½ fruit, ½ sweet

Ingredients

1.5 cups blueberries	Juice of ½ Lemon
2 T chipotle peppers	12 oz baby greens
2 T molasses	4 (3 oz. each) Large Portabella Mushrooms

Preparation

Puree blueberries, chipotle peppers, molasses, and Lemon juice in a blender. Pour into small saucepan and simmer until it coats the back of a spoon. Grill portabellas and thinly slice on the bias. Pour Glaze over Mushrooms. Serve with Baby field green salad.



Fit & Flavorful
Grilled Portobello mushrooms
with thyme and garlic



Recipe by Executive Chef Mark Beland

Calories: 68 Protein: 3g Carbohydrates: 7g Total Fat: 4g
Saturated Fat: <1g Unsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Sodium: 297mg Fiber: 1g

Yield: 4 servings

Mayo Clinic Pyramid Servings: 1 vegetable, 1 fat

Ingredients

- 2 Tbsp. vegetable stock or broth
- 1 Tbsp. extra-virgin olive oil
- 1 Tbsp. balsamic vinegar
- 3 garlic cloves, minced
- 1 Tbsp. chopped fresh thyme leaves or 1 tsp. dried thyme
- ¼ tsp. salt
- 4 large Portobello mushrooms, brushed clean and stemmed

Preparation

Combine the stock, olive oil, vinegar, garlic, thyme and salt in a large lock-top plastic bag. Arrange the mushroom caps in one layer in the marinade, turning once to coat. Seal the bag, pressing out excess air. Marinate the mushrooms at room temperature, turning occasionally, for about one hour.

Prepare a hot fire in a charcoal grill or preheat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 inches from the heat source.

Arrange the mushrooms on the rack or broiler pan and grill or broil, turning often, until tender, about 7 minutes.

Using tongs, transfer the mushrooms to a cutting board. Slice thinly and serve warm.



Fit & Flavorful
Grilled Snapper Curry
Recipe by Executive Chef Mark Beland



Calories: 275 Protein: 39g Carbohydrates: 15g Total Fat: 6.5g
Saturated Fat: 1g Unsaturated Fat: 5.5g Trans Fat: 0g
Cholesterol: 63mg Sodium: 255mg Fiber: 4g

Yield: 4 servings (Entrée = 4 oz. fillets)

Mayo Clinic Exchange: 1 ½ protein, 1 fat, 1 vegetable, ½ carbohydrate

Ingredients

½ tsp. coconut extract	1 tsp. canola oil
1 tsp. black pepper	2 Tbsp. fresh ginger, minced
½ tsp. fennel seed	1 poblano pepper, sliced
1 Tbsp. tumeric	2 c. sliced Bok Choy
1 tsp. coriander	2 c. sliced celery
1 tsp. cumin	1 c. sliced onion
1 tsp. paprika	2 cloves garlic, minced
1 c. soy milk	1 c. sliced red bell pepper
1 tsp. corn starch	

3 – 8 oz. red snapper fillets

Preparation

Mix coconut extract and dry spices with soy milk and corn starch. Set aside. Heat large skillet to medium-high and add oil and quickly begin sautéing vegetables. Cook vegetables a few minutes, until some browning, but quick and hot enough to soften. Add soy milk/spice mixture and remove from heat. Toss to evenly distribute. Grill snapper on charcoal grill until it reaches an internal temperature of 145 degrees. Serve 4 oz. of snapper with 1 ½ cups of vegetable curry and broth over the top.



Fit & Flavorful
Grilled Swordfish
Recipe from Executive Chef Nick Weimer



Calories: 168 Protein: 21.9g Carbohydrates: 1.5g Total Fat: 7.8g
Saturated Fat: 1.7g Unsaturated Fat: 6.1g Trans Fat: 0g
Cholesterol: 42.5mg Sodium: 98.9mg Fiber: 0.1g

Yield: 4 servings (3 oz. cooked steak)

Mayo Clinic Exchange: 1 meat, 1 fat

Ingredients

4 – 4 oz. Swordfish steaks
2 Tbsp. garlic, minced
1 Tbsp. olive oil
2 Tbsp. Cilantro or Italian Parsley
Black pepper to taste

Preparation

Mix garlic, olive oil, cilantro, and black pepper and rub over swordfish steaks.
Grill until internal temperature of 145 degrees.



Fit & Flavorful
Grilled Tuna with Minted Melon Salsa
Recipe from Executive Chef Nick Weimer



Calories: 199 Protein: 25.9g Carbohydrates: 9.9g Total Fat: 5.5g
Saturated Fat: 1.4g Unsaturated Fat: 4.1g Trans Fat: 0g
Cholesterol: 41.7mg Sodium: 113.8mg Fiber: 1.1g

Yield: 4 servings

Mayo Clinic Exchange: 1 protein, 1 fruit, ½ vegetable

Ingredients

4 (3 oz. each) tuna steaks
2 cups assorted melon, chopped
¼ cup Fresno peppers, diced
¼ cup red onion, minced
1 Tbsp. mint, minced
Juice of 1 lime

Preparation

Grill or broil the 4 tuna steaks until internal temperature of 145 degrees. In a mixing bowl, add chopped melon, diced Fresno pepper, red onion, mint and lime juice and mix thoroughly. Serve melon salsa with steak.



Fit & Flavorful
Grilled Vegetable Sandwich
Recipe from Executive Chef Tim Cockram



Calories: 275 Protein: 8.6g Carbohydrates: 43.6g Total Fat: 8.3g
Saturated Fat: 0.8g Unsaturated Fat: 7.5g Trans Fat: 0g
Cholesterol: 1.7mg Sodium: 412.8mg Fiber: 6.0g

Yield: 6 sandwiches

Mayo Clinic Exchange: 2 vegetable, 1 fat, 2.5 carbohydrates

Ingredients

- 1 eggplant, sliced into strips
- 2 red bell peppers
- 2 tablespoons olive oil, divided
- 2 portabello mushrooms
- 4 tablespoons fat free mayonnaise
- 4 tablespoons Greek low fat yogurt
- 1 lemon, juiced
- 2 tsp. Oregano
- 2 tsp. Basil, chiffonade
- 1 (1 pound) loaf focaccia bread

Preparation

Preheat grill to 400 degrees F (200 degrees C).

Brush eggplant and red bell peppers with one tablespoon olive oil; use more if necessary, depending on sizes of vegetables. Grill eggplant, onion, peppers and mushrooms for 4-7 minutes or until tender. Remove from grill and set on sheet pan to cool.

In a medium bowl, add the mayo. Yogurt, lemon juice and herbs and mix well to make dressing. Chop all the vegetables up into a medium dice and add to dressing and stir to coat evenly.

Slice pocket in focaccia and place cut side up. Stuff dressed vegetables into bread pocket. Wrap sandwich in plastic wrap very tightly if packing for a picnic.



Fit & Flavorful
Gyro
Recipe by Executive Chef Mark Beland



Calories: 230 Protein: 32g Carbohydrates: 20g Total Fat: 2g
Saturated Fat: 0.5g Unsaturated Fat: 1.5g Trans Fat: 0g
Cholesterol: 55mg Sodium: 170mg Fiber: 5g

Yield: 3 (Entrée)

Mayo Clinic Exchange: 3 vegetables, 1.5 protein/dairy

Ingredients

Meat:

1 yellow onion, minced	2 cloves garlic, minced
1 lb. ground turkey breast	1 Tbsp. oregano
1 tsp. fennel seed, crushed	1 tsp. Fenugreek
1 tsp. black pepper	

Put onion through food processor to mince very fine, pour out on tea towel or cheese cloth and wring out water. Add all ingredients together, mix to fine paste. Pack very tightly into lightly sprayed loaf pan, bake at 300 degrees for 50-60 minutes, until internal temperature of 165 degrees. Pour off excess fat and allow to cool for 15 minutes. Slice very thinly.

Tzatziki sauce: Mix all together

½ c. low-fat plain yogurt	1 tsp. oregano, minced
1 tsp. red wine vinegar	1 tsp. black pepper
1 cucumber, minced	1 clove garlic, minced
½ tsp. dill, minced	

Other ingredients:

Whole wheat pita
1 c. chopped spinach or romaine lettuce
¼ c. diced tomatoes
¼ c. sliced onions

Assembly:

On a 6 ½ inch Whole Wheat pita, place 2 oz. turkey meat sliced, 2 oz. tzatziki sauce, chopped spinach or romaine lettuce, diced tomatoes, sliced onions.

Note: Whole Wheat pita contains 165 calories, 33g carbohydrates, 5g protein and is 2 carbohydrate exchanges.



Fit & Flavorful
Jamaican barbecued pork tenderloin
Recipe from The Mayo Clinic Cookbook



Calories: 180 Protein: 24gm Carbohydrates: 6gm Total Fat: 6gm
Saturated Fat: 2gm Unsaturated Fat: 3gm Trans Fat: 1gm
Cholesterol: 75mg Sodium: 508mg Fiber: 1gm

(Mayo Clinic Pyramid Servings: 2 protein)

Yield: 4 servings

(Serving size: 4 pork tenderloin slices)

Ingredients

2 tsp firmly packed brown sugar	1/8 tsp ground cloves
1 tsp ground allspice	3/4 tsp salt
1 tsp ground cinnamon	1/2 tsp onion powder
1/2 tsp ground ginger	1/2 tsp garlic powder
1 1/2 tsp dark honey	2 tsp white vinegar
1/2 tsp freshly ground black pepper	1 tsp tomato paste
1/4 tsp cayenne pepper	1 pork tenderloin, about 1 pound, trimmed of visible fat

Preparation

In a small bowl, combine the brown sugar, allspice, cinnamon, ginger, onion powder, garlic powder, cayenne, cloves, 1/2 teaspoon of the salt and the black pepper. Rub the spice mixture over the pork and let stand for 15 minutes.

In another small bowl, combine the vinegar, honey, tomato paste and the remaining 1/4 teaspoon salt. Whisk to blend. Set aside.

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler (grill) to medium-high or 400 F. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Place the pork on the grill rack or broiler pan. Grill or broil at medium-high heat, turning several times, until browned on all sides, 3 to 4 minutes total. Remove to a cooler part of the grill or reduce the heat and continue cooking for 14 to 16 minutes. Baste with the vinegar-honey glaze and continue cooking until the pork is slightly pink inside and an instant-read thermometer inserted into the thickest part reads 160 F, 3 to 4 minutes longer. Transfer to a cutting board and let cool for 5 minutes before slicing.

To serve, slice the pork tenderloin crosswise into 16 pieces and arrange on a warmed serving platter, or divide the slices among individual plates.



Fit & Flavorful
Jambalaya
Recipe by Executive Chef Nick Weimer



Calories: 283 Protein: 20.6g Carbohydrates: 38.1g Total Fat: 5.4g
Saturated Fat: 0.9g Unsaturated Fat: 4.5g Trans Fat: 0g
Cholesterol: 48.8mg Sodium: 114.4mg Fiber: 4.3g

Yield: 6 servings

Mayo Clinic Pyramid Servings: 1 protein, 2 carbohydrates, 1 vegetable

Ingredients

8 oz. pork tenderloin	1 T. canola oil
1 tsp fennel seed	2 medium tomatoes
1 T. homemade Cajun seasoning	1 cup dry brown rice
Black pepper to taste	2 cups vegetable stock
8 oz. chicken breast (boneless, skinless)	3 T. homemade Cajun seasoning
2 T. garlic	2 T. red wine vinegar
1 medium yellow onion, diced (1 cup)	1 bay leaf
2 ribs celery, diced (1/2 cup)	1 bouquet garni
1 small green bell pepper, diced (1/2 cup)	

Preparation

Place pork tenderloin in a food processor and pulse until chopped finely (if you have a meat grinder, use that). Place into a bowl with fennel seed, homemade Cajun seasoning, and black pepper to taste. Mix thoroughly and set aside (if you have the time, do this up to a day in advance and keep in refrigerator). In a large skillet sauté chicken breast until browned on both sides, remove and finish cooking in a 350° oven to 165° internal temperature. Place sausage in pan and cook, remove and set aside. Brown garlic, onion, celery, and peppers in remaining oil. Add tomatoes and cook 5 minutes. Add stock, rice, seasoning, bay leaf, bouquet garni and vinegar. Cook on low heat with a lid, stirring occasionally until rice is cooked fully. Cube and add chicken and sausage and cook to 165° internal temperature. Remove bay leaf and bouquet garni and enjoy.



Fit & Flavorful
Kentucky Burgoo
Recipe from Executive Chef Nick Weimer



Calories: 218 Protein: 22.6g Carbohydrates: 21.5g Total Fat: 4.9g
Saturated Fat: 1.1g Unsaturated Fat: 3.8g Trans Fat: 0g
Cholesterol: 47.7mg Sodium: 196.3mg Fiber: 4.0g

Yield: 6 servings

Mayo Clinic Exchange: 1 protein, 1 carbohydrate, 1 vegetable, 1/3 fat

Ingredients

2 tsp. canola oil	1 cup cabbage, shredded
8 oz. chicken breast, diced	½ cup Okra, cut
4 oz. eye of round, diced	½ cup Lima beans
1 small yellow onion (1/2 cup)	3 baby red potatoes
1 carrot, diced (1/4 cup)	¼ tsp. cayenne pepper
1 green bell pepper, diced (1/2 cup)	1 T. balsamic vinegar
1 cup LS chicken stock	Black pepper to taste
1 cup LS beef stock	
1 cup water (additional if needed)	
4 large tomatoes, diced (3 cups)	
1 ear fresh corn, cut into kernels (1/2 cup)	

Preparation

Brown chicken and beef in canola oil and set aside. Sauté onion, carrot and bell pepper in remaining oil until lightly browned. Add stock, water, chicken, beef, tomato, corn, cabbage, okra, beans, potatoes, and cayenne pepper. Simmer 2-3 hours, adding water as needed. Add balsamic and black pepper to taste.



Fit & Flavorful
Kumquat Garlic Chicken
Recipe from Executive Chef Tim Cockram



Calories: 109 Protein: 15.9g Carbohydrates: 4.6g Total Fat: 2.7g
Saturated Fat: 0.6g Sodium: 38.6mg Trans Fat: 0g
Cholesterol: 43.0mg Fiber: 0.6g

Yield: 8 servings (2 ½ ounces)

Mayo Clinic Exchange: 1 protein/dairy

Ingredients

1 whole chicken (4-5 pounds)
1 tablespoon canola oil
2 tablespoons of salt free blend
1 bulb garlic
½ cup orange juice
½ cup water
2 tablespoons agave nectar (or other sweetener such as molasses or honey)
1 tablespoon arrowroot flour
8 ounces kumquats, unpeeled

Preparation

Preheat oven to 425 degrees. Rinse the chicken and pat dry. Place the chicken breast side up in a 9 x 13 baking dish. Rub with oil and sprinkle with seasoning. Stuff the garlic bulb and a few kumquats into the cavity of the chicken. In a large bowl, combine the orange juice, water, agave and arrowroot flour. Mix well. Pour the orange juice mixture into the baking dish around the chicken. Add the remaining kumquats to the baking dish. Bake for 20 minutes.

Lower heat to 375 degrees and continue to roast the chicken until it is fully cooked, about 40 minutes and reaches internal temperature of 165 degrees.

Remove from oven and serve.



Fit & Flavorful
Lemon Garlic Grilled Chicken
Recipe from Executive Chef Tim Cockram



Calories: 223 Protein: 25.9g Carbohydrates: 3.4g Total Fat: 11.2g
Saturated Fat: 2.5g Unsaturated Fat: 8.7g Trans Fat: 0g
Cholesterol: 71.4mg Sodium: 95.3mg Fiber: 0.6g

Yield: 4 servings (4 oz. breast)

Mayo Clinic Exchange: 1 ½ protein/dairy, 1 fat

Ingredients

½ c. Chives, chopped
1 bulb garlic, roasted
¼ c. Balsamic vinegar
2 grilled lemons
½ c. olive oil
1 tsp. Worcestershire sauce
2 tsp. Cholula Sauce (hot sauce)
1 Tbsp. pepper
1 lb. chicken breast (4-raw 4oz breasts)

Preparation

Clean grill grates. Preheat grill to 400-450 degrees. Slice lemons in half and place on hot surface for 3-5 minutes or well caramelized. To roast the garlic chop the top so all cloves are exposed slightly on top. Lightly brush with oil and place on cooler/indirect part of grill (250-300 degree). Grill for 4-6 minutes. Flip over and cook 8-10 minutes longer until the middle of the cloves pop out and cloves are soft to touch. Let garlic cool for ten minutes. When cool, squeeze the cloves into the plastic marinate bag. In a large plastic bad add the vinegar, olive oil, Worcestershire sauce, Cholula sauce and lemons (squeezed) with peel and pepper. Close bag and mix marinate well. Place chicken breasts in the bag, coating evenly with the marinade mixture. Place bag on plate in bowl and refrigerate no longer than 4 hours.

Pre-heat grill on medium-high heat (325-375 degrees). Remove chicken, let excess marinate run off in bag. Place chicken on grill. Discard marinade. Cook chicken about 15-20 minutes until internal 165 degrees.

*Can be served with your favorite choice of salad or grilled vegetables

** May caramelize lemons and roast garlic in advance



Fit & Flavorful
Macaroni and Cheese
Recipe by Executive Chef Mark Beland



Calories: 331 Protein: 20gm Carbohydrates: 50gm Total Fat: 6gm
Saturated Fat: 2gm Unsaturated Fat: 4gm
Cholesterol: 19mg Sodium: 327mg Fiber: 7gm
(Mayo Clinic Pyramid Servings: 3 carbohydrates; 1 1/2 protein; 1 fat)

Yield: 6 servings

Ingredients

1 yellow onion diced	1 rib celery diced
1 carrot diced	1 clove garlic minced
½ c. yellow squash diced	½ c. butternut squash diced
1 tsp. olive oil	2 Tbs. light soy milk
2 Tbs. wheat flour	2 oz. parmesan cheese, grated
6 oz. shredded sharp cheddar cheese	12 oz (dry weight) whole wheat pasta
½ c. chopped cauliflower	
1 ½ c. low sodium vegetable or chicken broth	

Preparation

Sweat all vegetables in oil over med-low heat until onions become translucent. Add broth bring to boil. Pour contents into blender and puree until completely smooth.

Return to heat and keep at simmer.

Combine 2 tablespoons soy milk and 2 tablespoons flour cook over medium heat for 3-5 minutes.

Add hot vegetable puree whisking constantly with wire whip. Bring to simmer.

Add 2 ounces shredded parmesan and 6 ounces shredded sharp cheddar. Turn off heat and stir until cheese is melted.

Toss with 12 oz (dry weight) of favorite whole wheat pasta.



Fit & Flavorful
Mini Chicken Burgers
Recipe by Executive Chef Mark Beland



Calories: 183 Protein: 30.1gm Carbohydrates: 9.5gm Total Fat: 2.2gm
Saturated Fat: 0.5gm Unsaturated Fat: 1.7gm
Cholesterol: 71.9mg Sodium: 119mg Fiber: 2.1gm
(Mayo Clinic Pyramid Servings: 1 carbohydrate, 1 protein)

Yield: 4 servings

Ingredients

10 oz. chicken breast ground	1 Tbs. black pepper
1 Tbs. minced garlic	1 Tbs. balsamic vinegar
½ c. minced onion	1 fresh chili pepper minced
1 Tbs. fennel seed crushed	

Preparation

Mix all together, let set for one hour. Form into 2 oz. patties. Grill or broil in oven until a minimum internal temp. of 165 degrees is obtained.

Serve on small whole wheat rolls with lettuce, tomato.



Fit & Flavorful
Multi Grain Oatmeal
Recipe by Executive Chef Mark Beland



Calories: 165 Protein: 6g Carbohydrates: 30g Total Fat: 3g
Saturated Fat: 0g Unsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Sodium: 5mg Fiber: 6g

Yield: 10 (1/2 cup = 1 serving)

Mayo Clinic Exchange: 2 carbohydrate, 1/2 fat

Ingredients

1/2 c. steel cut oats
1/2 c. wheat berries
1/4 c. flax seed
5 c. water
1/2 c. brown rice
1/2 c. barley
1/4 c. Quinoa

Preparation

Add grains and water to pot and bring to boil, reduce to simmer and cover. Cook for 45 minutes. Can be made ahead of time and re-heated. Suggest serving with defrosted frozen berries on top.



Fit & Flavorful
 Orange Roughy with Citrus Salsa
Recipe from Chef Richard Johnson



Calories: 198 Protein: 16.1gm Carbohydrates:26.5gm Total Fat:4.3gm
 Saturated Fat:0.5gm Unsaturated Fat: 1.3gm Trans Fat: 0gm
 Cholesterol: 51mg Sodium: 63.1mg Fiber:4.8gm

(Mayo Clinic Pyramid Servings:1 protein, 2 fruit)

Yield: 4 servings

Ingredients

Citrus Salsa

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

Orange Roughy

12 oz. orange roughy, raw	1 tsp. olive oil
4 servings citrus salsa	

Preparation

Citrus Salsa

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.

Orange Roughy with Citrus Salsa

Set the oven to Broil. Arrange fillets on an oiled baking pan. Brush the olive oil on the fish.

Broil the fish for 5 to 7 minutes or to an internal temperature of 145 degrees F.

Serve fish immediately, topped with citrus salsa.



Fit & Flavorful
Paella



Recipe by Executive Chef Mark Beland

Calories: 370 Protein: 20g Carbohydrates: 57g Total Fat: 8g
Saturated Fat: 1g Unsaturated Fat: 6g Trans Fat: 0g
Cholesterol: 25mg Sodium: 144mg Fiber: 8g

Yield: 4 servings

Mayo Clinic Exchange: 2 vegetable, 1 protein, 2.5 carbohydrate, 1 fat

Ingredients

1 tsp. canola oil	½ c. tomatoes, chopped
1 c. yellow onion, chopped	½ c. green beans
1 c. celery, chopped	1 c. spinach, chopped
1c. green pepper, chopped	1 c. wax beans, cut in pieces
1 red Fresno pepper, minced	1 c. short grain brown rice
2 Tbsp. garlic, minced	½ c. prepared white beans
½ tsp. Saffron	3 c. water
1 Tbsp. black pepper	3 oz. chicken breast
2 tsp. smoked paprika	3 oz. mussels
2 tsp. ancho chili powder	1 Tbsp. olive oil
1 tsp. rosemary	

Preparation

Heat large shallow sauté pan over medium heat. Add canola oil and coat bottom. Add onion, celery, peppers, garlic, sauté until light brown. Add chicken and mussels, cook for five minutes. Add remaining vegetables, rice, beans and water. Bring to boil and reduce to simmer, add Saffron, pepper, paprika and ancho chili. Simmer for about one hour, until rice is cooked and all liquid is absorbed. Finish with olive oil and fresh rosemary.



Fit & Flavorful
Pan Seared Scallops with
Blistered Baby Tomatoes
Recipe by Executive Chef Mark Beland



Calories-607 Protein-43 gm Carbohydrates-62 gm Total Fat-22
saturated fat-5 gm monounsaturated fat-12 gm polyunsaturated fat-3gm,
Cholesterol-73 mg Sodium-732 mg Fiber-15 gm

Yield: 2 servings

(serving size: 3 oz scallops, 1 artichoke, pasta, tomato sauce)

Mayo Clinic Exchange: 3 vegetable, 1.5 protein/dairy,
4 fat, 3 carbohydrates

Ingredients

¼ pound uncooked whole wheat Angel Hair
Pasta
2 Tablespoons olive oil (divided)

2 cups grape tomatoes, washed
¾ teaspoon fresh garlic, minced
2 tablespoons fresh basil, chopped
2 tablespoons fresh lemon juice
1/8 teaspoon red pepper flakes
1 oz Parmigiano Reggiano , finely grated

Preparation

In a pot, bring 4 quarts of water to a boil. Add Angle Hair Pasta and stir until water boils again. Cook about 7 to 10 minutes or until desired tenderness. Do not overcook. Pour into colander to remove water.

Add 2 tablespoons olive oil to a large skillet and place over medium heat. Add tomatoes, garlic and red pepper flakes, sauté until tomatoes are tender. Toss with pasta, lemon juice, additional olive oil, and fresh basil. Top with grated cheese.

2 fresh artichokes

1 lemon

2 cloves fresh garlic

1/8 tsp salt

Black pepper to taste

Boil artichokes with lemon, garlic salt and black pepper until stems are easily pierced with a knife. (About 30 minutes.) Peel back outer leaves to remove center core. Scoop out fibers with a spoon and discard.

8 oz sea scallops.

1/2 tsp olive oil

Black pepper to taste.

Brush scallops with oil, season with black pepper. Sear in a hot skillet about 1.5 minutes on each side. Serve over pasta.



Fit & Flavorful
Pan Seared Tilapia
Recipe from Executive Chef Nick Weimer



Calories: 177 Protein: 25.3g Carbohydrates: 9.5g Total Fat: 3.7g
Saturated Fat: 1.0g Unsaturated Fat: 2.7g Trans Fat: 0g
Cholesterol: 48.5mg Sodium: 53.2mg Fiber: 4.2g

Yield: 4 servings

Mayo Clinic Exchange: 1 protein, 1 vegetable, 1/3 sweet

Ingredients

2 – 8 oz. tilapia filets, cut in half
1 tsp. canola oil
1 small lemon, sliced thin
1 sweet bell pepper, diced
2 tsp. dill, minced
4 oz. white wine
1 bunch asparagus
Black pepper

Preparation

Place canola oil in preheated sauté pan. Sear tilapia, flip and add lemon, white wine, bell pepper, asparagus, and dill. Cover and steam for 2-3 minutes, until asparagus is tender. Black pepper to taste.



Fit & Flavorful
Paupiettes of Tilapia w/Roasted Red Pepper Coulis
Recipe from Executive Chef Nick Weimer



Calories: 147 Protein: 29.8g Carbohydrates: 3.3g Total Fat: 2.5g
Saturated Fat: 0.9g Unsaturated Fat: 1.6g Trans Fat: 0g
Cholesterol: 70.9mg Sodium: 88.5mg Fiber: 1.3g

Yield: 4 servings

Mayo Clinic Exchange: 1 1/3 protein

Ingredients

5 – 4 oz. fillets of tilapia
1 egg white
Black pepper to taste
1 lemon
1 tsp. black peppercorns
1 bay leaf
1 sprig of fresh Tarragon
4 cups water, fish stock, or white wine

Preparation

Place liquid in a small saucepan with tarragon, bay leaf, and 1 lemon cut into quarters. Bring to a boil and reduce heat to a gentle simmer. Place 1 fillet of tilapia in food processor with egg white and black pepper. Puree. Place 4 fillets of tilapia on cutting board and pound fat gently with heel of hand. Spread ¼ fish mixture on skin side of tilapia and roll up. Continue with other 3 pieces. Place into poaching liquid gently and cook to internal temperature of 145 degrees.



Fit & Flavorful
Peach Roasted Pork Loin
Recipe from Executive Chef Nick Weimer



Calories: 333 Protein: 32.7g Carbohydrates: 15.6g Total Fat: 13.1g
Saturated Fat: 3.8g Unsaturated Fat: 9.3g Trans Fat: 0g
Cholesterol: 95.3mg Sodium: 67.9mg Fiber: 2.7g

Yield: 4 servings

Mayo Clinic Exchange: 1 ½ protein/dairy, 1 ½ fruit, ½ vegetable, 1 fat

Ingredients

3 peaches
1 small red onion
4 Tbsp. Italian parsley
1 tsp. cinnamon
1 tsp. allspice
½ tsp. clove
4 oz. sweet white wine
1 tsp. olive oil
1 tsp. canola oil
16 oz. pork loin

Preparation

Cut peaches into medium chunks, finely dice onion, and mince parsley. Place these ingredients in mixing bowl. Add spices, white wine and olive oil. Mix thoroughly. Set aside. Trim pork loin of any visible fat. Spread canola oil over the bottom of a baking pan and place pork loin in center. Spread peach mixture over the top of the pork loin and bake at 350 degrees for 30 minutes or until pork loin has reached an internal temperature of 155 degrees.



Healthy Cooking Demonstration
Penne Diavolo
from Chef Richard Johnson

Calories: 265 Protein: 8gm Carbohydrates: 36gm Total Fat: 9gm
Saturated Fat: 2gm Monounsaturated Fat: 5gm Polyunsaturated Fat: 2gm
Cholesterol: 5mg Sodium: 117mg Fiber: 6gm
(Mayo Clinic Pyramid Servings: 1 vegetable, 1 protein/dairy, 1 fat and 1 carb)

Yield: 8 servings

Ingredients

4.5 cups uncooked whole wheat Penne pasta (about $\frac{3}{4}$ pound)
 $\frac{1}{4}$ cup olive oil (divided)
3.5 cups grape tomatoes, washed
 $\frac{3}{4}$ teaspoon fresh garlic, minced
10 cups fresh baby spinach
2 tablespoons fresh basil, chopped
2 tablespoons balsamic vinegar
 $\frac{1}{8}$ teaspoon red pepper flakes
 $\frac{1}{2}$ cup Parmigiano Reggiano , finely grated (about 2 ounces)

Preparation

In a pot, bring 4 quarts of water to a boil. Add penne and stir until water boils again. Cook about 7 to 10 minutes or until desired tenderness. Do not overcook. Pour into colander to remove water. Pour back into pot and drizzle with 2 tablespoons olive oil and stir to coat pasta. Cover and keep warm.

Add 2 tablespoons olive oil to a large skillet and place over medium heat. Add tomatoes and garlic and sauté until tomatoes are tender. Add spinach and continue to stir and cook over medium heat until spinach is wilted. (Total time about 5 minutes.)

Add cooked pasta, basil, balsamic vinegar, red pepper flakes and grated cheese. Stir to combine. Serve immediately.



Fit & Flavorful
Pizza Margherita
Recipe by Executive Chef Mark Beland



Calories: 100 Protein: 7g Carbohydrates: 15g Total Fat: 3g
Saturated Fat: 1g Unsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 6mg Sodium: 84mg Fiber: 4g

Yield: one 6 oz. dough ball: 6 servings (appetizer)
Mayo Clinic Exchange: 1 vegetable, 1 carbohydrate

Ingredients

Whole Grain Pizza Dough

2 tsp. active dry yeast
1 ½ c. warm water
1 Tbs. olive oil
1 ½ c. whole wheat flour
¼ c. barley Flour
4 tsp. gluten
2 Tbs. oats

Toppings

2 ½ c. spinach, chopped
2 ½ c. tomato, sliced
¼ c. basil, chopped
1 Tbs. oregano, minced
1 Tbs. garlic, minced
1 tsp. black pepper
2 oz. fresh mozzarella

Preparation

Dissolve yeast in warm water, let sit 5 min. Mix dry ingredients together add oil and water yeast mixture. Knead together for 10-15 min for optimal texture; electric mixer is helpful, but not necessary. Let rise in refrigerator for a minimum of 1 hour, up to 24 hours.

Roll out 6 oz. dough ball on floured surface to ¼ inch thickness. Portion the rest in 6 oz. balls and refrigerate or freeze. Total recipe should bake 3 balls of dough.

To Build

Place dough on baking sheet or pizza peel. Top with spinach, tomatoes, basil, oregano, garlic, black pepper and mozzarella

Bake at 450 for 10-12 min, until cheese melts and crust is crisp.



Fit & Flavorful
Pork Tenderloin with Apples and Bleu Cheese
Recipe from Executive Chef Mark Beland



Calories: 271 Protein: 27.3g Carbohydrates: 14.9g Total Fat: 9.1g
Saturated Fat: 3.7g Unsaturated Fat: 5.4g Trans Fat: 0g
Cholesterol: 84.3mg Sodium: 260.8mg Fiber: 2.7g

Yield: 4 (1 cup) servings

Mayo Clinic Exchange: 1 ½ protein/dairy, 1 fruit, ½ fat, ¼ sweet

Ingredients

1 pound pork tenderloin
2 tsp. canola oil
½ tsp. white pepper
¼ tsp. cayenne
½ cup white wine
2 apples of choice, sliced
2 tsp. black pepper
1 tsp. paprika
2 oz. bleu cheese, crumbled

Preparation

Trim tenderloin of all fat and silver skin. Season with spices and sear on high heat with canola oil. Brown well on all sides and transfer to 350 degree oven for 15-20 minutes, until internal temperature of 155 degrees. Remove tenderloin from pan, let rest. Sauté apples in pork pan until dark brown, add wine and reduce by half. Slice pork and serve with apples and bleu cheese on top.



Fit & Flavorful
Pork Tenderloin with Henry Bain Sauce
Recipe from Executive Chef Nick Weimer



Calories: 260 Protein: 24.8g Carbohydrates: 23.5g Total Fat: 8.5g
Saturated Fat: 1.7g Unsaturated Fat: 6.8g Trans Fat: 0g
Cholesterol: 55.6mg Sodium: 278.7mg Fiber: 2.1g

Yield: 4 servings

Mayo Clinic Exchange: 1 1/3 protein, 1 fruit, 1/2 vegetable, 1 fat

Ingredients

1 Pork tenderloin (about 16 oz.)
1 mango, diced (1/2 cup)
1 small red onion, diced (1/2 cup)
1 T. fresh ginger, grated
2 tsp. canola oil
2 red Fresno peppers, minced (1/4 cup)
2 Roma tomatoes, diced (1/3 cup)
2 oz. cider vinegar
2 T. sweet chili sauce
2 T. walnuts, crushed
1/2 cup raisins

Preparation

Grill or roast pork tenderloin. Sauté onions in canola oil until soft and translucent, 5-6 minutes. Add ginger and mango and sauté 2-3 minutes more. Add Fresno pepper, cider vinegar, sweet chili and raisin and cook an additional 10-15 minutes until all ingredients are softened and well combined. Add tomato and walnut, stir to heat and serve with pork tenderloin.



Fit & Flavorful
Pulled Pork Loin

Recipe by Executive Chef Mark Beland



Calories: 209 Protein: 30g Carbohydrates: 12g Total Fat: 4g
Saturated Fat: 1.4g Unsaturated Fat: 1.5g Trans Fat: 0.02g
Cholesterol: 79mg Sodium: 216mg Fiber: 3.4g

Yield: 4 servings

Mayo Clinic Pyramid Servings: 1.5 protein/dairy, 2 vegetable

Ingredients

1 lb. lean, trimmed pork loin or tenderloin
1 qt. low-sodium chicken broth or vegetable broth
1 yellow onion minced (1 cup)
2 cloves garlic minced
2 chili peppers minced
1 c. chopped tomatoes (about 2 medium)
2 Tbsp. red wine vinegar
2 Tbsp. ground cumin
1 Tbsp. black pepper

Preparation

Cut pork tenderloin into 1 inch cubes. Add all ingredients to slow cooker, cook on low for 4-8 hours.

When finished, break up meat with and masher or pull apart by hand. Serve on favorite whole wheat bread or roll.



Fit & Flavorful
Quinoa Risotto with Arugula and Parmesan
Recipe from Mayo Clinic Cookbook



Calories: 147 Protein: 8gm Carbohydrates: 23gm Total Fat: 3gm
Saturated Fat: 1gm Monounsaturated Fat: 1gm Polyunsaturated Fat: 0gm
Cholesterol: 3mg Sodium: 292mg Fiber: 2gm
(Mayo Clinic Pyramid Servings: 2 Vegetables, 1 carbohydrate and 1 fat)

Yield: 6 servings

Ingredients

1 tablespoon olive oil	1 small carrot, peeled and finely chopped
½ yellow onion, chopped	½ cup shiitake mushrooms, sliced thin
1 garlic clove, minced	¼ cup grated Parmesan cheese
1 cup quinoa, well rinsed	½ teaspoon salt
2 ¼ cups vegetable stock or broth	¼ teaspoon fresh ground black pepper
2 cups chopped, stemmed arugula	

Preparation

In a large saucepan, heat the olive oil over medium heat. Add the onion and saute until soft and translucent, about 4 minutes. Add the garlic and quinoa and cook for about 1 minute, stirring occasionally. Don't let the garlic brown.

Add the stock and bring to a boil. Reduce the heat to low and simmer until the quinoa is almost tender to the bite but slightly hard in the center, about 12 minutes. The mixture will be brothy. Stir in the arugula, carrot and mushrooms and simmer until the quinoa grains have turned from white to translucent, about 2 minutes longer.

Stir in the cheese and season with the salt and pepper. Serve immediately.



Fit & Flavorful
Ratatouille – Eggplant & Zucchini Casserole
Recipe from Chef Richard Johnson



Calories: 91 Protein: 5 gm Carbohydrates: 10 gm Total Fat: 4 gm
Saturated Fat: 2 gm Monounsaturated Fat: 2 gm Polyunsaturated Fat: trace
Cholesterol: 5 mg Sodium: 247 mg Fiber: ?gm
(Mayo Clinic Pyramid Servings: 2 vegetables and 1 fat)

Yield: servings 4

Ingredients

2 teaspoon olive oil	3 cloves garlic, minced
2 teaspoons dried parsley	1 cup eggplant, diced
2 cups zucchini, diced	2 cups yellow squash, diced
½ cup onion, diced	1 cup sliced fresh mushrooms
¼ cup green bell pepper, diced	3 Roma tomatoes, chopped
1 ounce parmesan cheese, grated	

Preparation

Sauté eggplant with mushrooms in olive oil until lightly browned. Add onion and garlic, sauté 2 minutes more. Toss in the rest of the vegetables and remove from heat. Pour vegetables into a casserole dish and bake 325 for about 30 minutes. Top with grated parmesan and bake 5 minutes more.



Fit & Flavorful
Red Snapper En Papillote
Recipe by Executive Chef Mark Beland



Calories: 255 Protein: 28g Carbohydrates: 29g Total Fat: 3g
Saturated Fat: 0.5g Unsaturated Fat: 2.5g Trans Fat: 0g
Cholesterol: 42mg Sodium: 290mg Fiber: 9g

Yield: 1

Mayo Clinic Exchange: 1 protein, 3 vegetable, 1 carbohydrate

Ingredients

1 c. celery, sliced	4 oz. Red snapper filet
1 c. carrot, sliced	1 clove garlic, minced
½ c. yellow onion, sliced	1 Tbsp. parsley, chopped
½ c. fennel bulb, chopped	1 tsp. black pepper
	1 Tbsp. chervil, chopped
	1 Tbsp. white wine or water

Preparation

Fold parchment paper in half and cut into a semi-circle. Open fold in paper, place all chopped vegetables in center. Lay Snapper on top of vegetables and season with parsley, pepper, chervil, and garlic. Pour white wine or water over Snapper. Fold paper back over. Starting at one end, roll/fold the paper along edges until reach other end. Finish with tight wrap. Heat sauté pan or sheet pan in oven at 425 degrees. Place “package” on hot pan and quickly place in oven. Bake for 15 minutes, remove from oven and open carefully at table. Enjoy the mouth-watering aromas!



Fit & Flavorful
Roast Chicken and Colcannon
Recipe from Executive Chef Mark Beland



Calories: 300 Protein: 35.7g Carbohydrates: 17.3g Total Fat: 9.6g
Saturated Fat: 2.5g Unsaturated Fat: 7.1g Trans Fat: 0g
Cholesterol: 100.9mg Sodium: 129.8mg Fiber: 3.2g

Yield: 8 servings (1 serving size: 4 oz. chicken, 1 cup vegetables)

Mayo Clinic Exchange: 2 protein, 1 vegetable, ½ carbohydrate

Ingredients

1 fresh 4-5 pound chicken	4 cups green kale, shredded
1 cup leeks, julienne	3 cups russet potatoes, diced
2 cloves garlic	½ cup carrots, diced
½ cup celery, diced	1 T. black pepper
1 T. paprika	1 tsp. fennel seed, ground
½ tsp. cayenne pepper	½ tsp. white pepper
½ tsp. celery seed	½ tsp. cumin seed, ground+
1 tsp. olive oil	1 tsp. malt vinegar
1 tsp. rubbed sage	1 T. parsley, chopped

Preparation

Cut chicken into eight pieces and remove skin. Add chicken to bowl with spices, olive oil, and vinegar. Coat evenly and refrigerate for one hour.

Put diced celery, carrot and garlic in large sauté or fry pan. Arrange chicken on top, roast in a 350 degree oven for 35-45 minutes – until chicken is minimum internal temperature of 165 degrees. Meanwhile, steam the diced potatoes until soft, set aside for finish.

After chicken reaches temperature, remove from pan and hold warm. Pour excess fat out of pan, retaining cooked aromatics (e.g., vegetables). Add kale and leek, sweat over medium heat until reduced in volume. Add cooked potatoes to kale and leeks and mash all together, whip with spatula until smooth. Serve with roast chicken on top of Colcannon.



Fit & Flavorful
Roast Duck with Cherry Chocolate Port Sauce
Recipe from Executive Chef Nick Weimer



Calories: 310 Protein: 27.9g Carbohydrates: 11.1g Total Fat: 14.9g
Saturated Fat: 5.4g Unsaturated Fat: 9.5 g Trans Fat: 0g
Cholesterol: 101.0mg Sodium: 128.3mg Fiber: 2.3g

Yield: 8 servings (approx. 1 cup serving size: 3-4 oz. duck, ½ cup vegetable)

Mayo Clinic Exchange: 2 protein, 1 vegetable, ½ fat, 1/3 sweet

Ingredients

One 3-4 pound duck cut into 8 pieces
1 medium yellow onion, large diced (1 cup)
3 ribs celery, large diced (1 cup)
2 large carrots, large diced (1 cup)
1 fennel bulb, thinly sliced (1 cup)
1/3 cup fresh cherries, quartered
1 medium beet, diced (1 cup)
2 cups vegetable stock
½ cup port wine
2 T. 65% to 100% dark chocolate, finely chopped
Black pepper to taste

Preparation

Preheat oven to 350 degrees. Heat a roasting pan on the stove to medium heat. Sear the duck on all sides until golden brown. Sauté vegetables in pan 5-10 minutes until translucent. Deglaze with vegetable stock and add duck back to pan. Place in oven, roast for 45 minutes or until internal temperature of 165 degrees has been reached. Remove duck from pan and strain liquid into a small saucepan. Skim excess fat, add port wine and cherries and reduce to about 2 cups. Remove from heat and stir in chocolate. Remove skin from duck pieces and serve with vegetables and 2 oz. sauce.



Fit & Flavorful
Roast Elk Tenderloin with Cranberry Sauce
Recipe from Executive Chef Mark Beland



Calories: 146 Protein: 26.9g Carbohydrates: 3.8g Total Fat: 2.0g
Saturated Fat: 0.7g Unsaturated Fat: 1.3g Trans Fat: 0g
Cholesterol: 62.4mg Sodium: 134.0mg Fiber: 1.0g
Exchange (1 protein)

Yield: 8 servings

Ingredients

1 elk or deer tenderloin
½ cup onion minced
¼ cup celery minced
2 cloves garlic minced
½ tsp black pepper
½ tsp olive oil

1 cup fresh or frozen cranberries
½ cup beef stock
1 tbsp balsamic vinegar
2 tbsp fresh basil

Preparation

In a hot pan add olive oil and sear tenderloin on all sides until well browned and has internal temperature of 145 ° and remove from pan. Pour off excess fat and add onion, celery and garlic. Sweat until onions become translucent (10-12 minutes), add cranberries, cook until they start to break open. Add stock, vinegar, pepper and basil. Simmer until reduces 2/3.

Slice tenderloin in medallions, serve with sauce over top.



Fit & Flavorful
Roasted Duck



Recipe from Executive Chef Nick Weimer

Calories: 287 Protein: 28.3g Carbohydrates: 19.7g Total Fat: 10.5g
Saturated Fat: 3.6g Unsaturated Fat: 6.9g Trans Fat: 0g
Cholesterol: 109.1mg Sodium: 194.7mg Fiber: 4.8g

Yield: 8 servings (1 cup)

Mayo Clinic Exchange: 4 vegetable, 1 ½ protein/dairy

Ingredients

1 – 5 lb. duck
1 T. olive oil
1 lb. carrot, cubed
1 lb. celery, cubed
2 lb. onion, cubed
1 T. fresh rosemary, minced
1 t. fresh thyme, minced
1 t. fresh oregano, minced
2 T. fresh parsley, minced
Black pepper to taste

Preparation

Preheat oven to 425. Mix all ingredients except duck together in a mixing bowl and place in the bottom of a small roasting pan. Place duck on top of vegetables and roast in oven for 10 minutes. Turn heat down to 350 and roast for an additional 90 minutes or until duck reaches internal temperature of 165. Serve with roasted vegetables and remove skin prior to consuming.



Fit & Flavorful
Roasted pear multi grain cereal
Recipe by Executive Chef Mark Beland



Calories: 170 Protein: 5g Carbohydrates: 31g Total Fat: 4g
Saturated Fat: 1.5g Unsaturated Fat: 2.5g Trans Fat: 0g
Cholesterol: 5mg Sodium: 42mg Fiber: 6g

Yield: 8 (1/2 cup servings)

Mayo Clinic Exchange: 1/2 fruit, 1 1/2 carbohydrates, 3/4 fat

Ingredients

1/4 cup steel cut oats	1/4 cup brown rice
1/4 cup wheat berries	1/4 cup barley
1/8 cup flax seed	1/8 cup Quinoa
2.5 cups water	4 ripe pears
2 oz. goat cheese	

Preparation

Add grains and water to pot and bring to boil. Reduce to simmer and cover. Cook for 45 min. Place pears whole on baking sheet in 400 degree oven for 45 min. Remove pears, cut off core and dice. Mix pears and cheese into cereal.



Fit & Flavorful
Roasted Squash with Wild Rice and Cranberry
Recipe from Executive Chef Nick Weimer



Calories: 157 Protein: 4.8g Carbohydrates: 29.1g Total Fat: 3.4g
Saturated Fat: 0.3g Unsaturated Fat: 3.1 Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 5.8mg Fiber: 3.3g

Yield: 8 servings (1 cup)

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

Ingredients

4 cups squash, peeled, diced and roasted
4 cups cooked wild rice
1 onion, diced (1 cup)
¼ cup walnuts
1 cup cranberries
1 small orange, peeled and segmented
½ T. Italian parsley, chopped
¼ tsp. thyme, chopped
Black pepper to taste
1 tsp canola oil

Preparation

In a hot sauté pan, brown onions in oil, add cranberries and sauté for 1 minute. Add remaining ingredients and sauté 4-5 minutes or until heated thoroughly. Serve and enjoy!



Fit & Flavorful
Salmagundi
Recipe by Executive Chef Mark Beland



Calories: 404 Protein: 25g Carbohydrates: 55g Total Fat: 12g
Saturated Fat: 2g Unsaturated Fat: 10g Trans Fat: 0g
Cholesterol: 40mg Sodium: 130mg Fiber: 13g

Yield: 2 servings

Mayo Clinic Pyramid Servings: 3 vegetable, 3 fat, 1 protein, 1 carbohydrate

Ingredients

1 head Romaine
½ chicken breast, cooked and chopped
½ c. red onion, chopped
1 Tbsp. tarragon, chopped
1 ½ c. pear, chopped
1 ½ c. carrot, chopped
¾ c. red skin potatoes, cooked and chopped
1 ½ c. snow peas, chopped
2 ½ tsp. olive oil
2 Tbsp. vinegar of choice
4 Tbsp. almonds, chopped

Preparation

Wash and separate romaine leaves, set aside to dry. On large serving platter, arrange chopped ingredients in rows or otherwise attractive arrangements. Shingle romaine leaves around edge of platter, drizzle platter with oil and vinegar. Use lettuce leaves to scoop chopped salad contents, the idea being to get many different tastes and textures.



Fit & Flavorful
 Salmon and Black Bean Tostada
Recipe from Executive Chef Tim Cockram



Calories: 216 Protein: 12.4g Carbohydrates: 28.4 g Total Fat: 6.8g
 Saturated Fat: 1.1g Trans Fat: 0.5g
 Cholesterol: 15.2mg Sodium: 451.8mg Fiber: 5.6g

Yield: Approx. 8 servings

MC Healthy Weight Pyramid serving: 1 carb, 1protein, 1 fat, ½ vegetable

Ingredients

- | | |
|---|--|
| 8 – 6 inch corn tortillas | 1 – 15 oz. can black beans, rinsed & drained |
| Canola oil cooking spray | 3 Tbsp. fat free sour cream |
| 2 Tbsp. ground cumin divided | 2 Tbsp. prepared salsa |
| 2 Tbsp. coriander | 2 scallions, chopped |
| 1 – 6 oz. can boneless, skinless, wild Alaskan salmon, rinsed & drained | 1 Tbsp. hot sauce |
| 1 avocado, diced | 2 limes - zest and juice 1 lime; wedge 1 lime (8 wedges) |
| 2 Tbsp. minced poblano | |
| 2 c. shredded cabbage | |
| 2 Tbsp. chopped cilantro | |

Preparation

Position racks in upper and lower thirds of the oven; preheat to 375 degrees.

Coat tortillas on both sides with cooking spray and first part of cumin. Place on two baking sheets. Bake, turning once, until light brown, 12 to 14 minutes.

Combine salmon, lime zest, cumin, avocado and poblano in a bowl. Combine cabbage, cilantro and the lime juice in another bowl. Process black beans, sour cream, hot sauce, and scallions in a food processor until smooth. Transfer to a sauce pan on low until hot, about 6 to 8 minutes.

To assemble tostadas, spread each tortilla with some bean mixture and some salmon mixture and top with the cabbage salad. Serve with lime wedges.



Fit & Flavorful
Salmon Pita



Recipe from Executive Chef Mark Beland

Calories: 380 Protein: 28.8g Carbohydrates: 42.1g Total Fat: 11.7g
Saturated Fat: 4.3g Unsaturated Fat: 7.4g Trans Fat: 0g
Cholesterol: 66.6 mg Sodium: 700.4mg Fiber: 6.1g

Yield: 4 servings –

3 ounce salmon, 1 pita and approx. $\frac{3}{4}$ cup of vegetable filling
Mayo Clinic Exchange: 1 $\frac{1}{2}$ protein, 2 $\frac{1}{2}$ carbohydrate, 1 vegetable

Ingredients

12 oz salmon filet, chopped	4 whole wheat pitas
3 oz. feta cheese crumbles	$\frac{1}{2}$ cup artichoke hearts, chopped
3 cloves garlic, minced	
2 cups spinach, chopped	$\frac{1}{2}$ cup tomatoes, chopped
$\frac{1}{2}$ cup red onion, chopped	$\frac{1}{4}$ cup Greek plain nonfat yogurt mixed with juice of one lemon

Preparation

Evenly distribute salmon, feta cheese, artichoke hearts and garlic over pitas on baking sheet. Place under broiler until salmon is cooked to 145 degrees, and feta cheese begins browning.

Next, mix the spinach, onion, tomatoes and yogurt. Evenly distribute the vegetable mixture over the pitas and enjoy!



Fit & Flavorful
Sauerbraten



Recipe from Executive Chef Nick Weimer

Calories: 263 Protein: 29.9g Carbohydrates: 19.7g Total Fat: 5.8g
Saturated Fat: 1.6g Unsaturated Fat: 4.2g Trans Fat: 0g
Cholesterol: 66.9mg Sodium: 410.7mg Fiber: 3.5g

Yield: 4 servings (2 cup)

Mayo Clinic Exchange: 1 ½ meat, 2 vegetable, ¼ fat, ½ sweet

Ingredients

1 lb. round roast, trimmed of visible fat	½ tsp. allspice berries
1 yellow onion, 1g dice	1 tsp. ginger, chopped
4 carrots, 1g dice	4-6 whole cloves
2 celery stalks, 1g dice	¼ tsp. mustard seed
¾ cup red wine vinegar	2 bay leaves
½ cup red wine	1 tsp. canola oil
2 cups low sodium beef stock	3-5 gingersnap cookies, crushed
1 tsp. peppercorns	

Preparation

In a saucepan combine vinegar, wine, stock, peppercorns, allspice, ginger, cloves, mustard and bay leaf. Bring to a boil, then turn down to simmer for 10-15 minutes. Cool to 40 degrees and add trimmed roast. Place in bottom of refrigerator for 3-7 days. Remove from marinade, pat dry and strain liquid, discarding solids. In a heavy bottom pot on medium heat add canola oil and brown beef on all sides. Remove beef and add onion, carrot and celery to brown. Add beef and liquid back to pot and cover. Cook at a low simmer for 3-4 hours until beef is tender. Remove beef and strain vegetables from liquid and reserve. Place liquid back on heat and whisk in crushed gingersnaps to thicken. Slice beef and serve with vegetables and sauce.



Fit & Flavorful
Savory Buckwheat Pilaf with Toasted Spices
Recipe from Mayo Clinic Cookbook



Calories: 139 Protein: 4gm Carbohydrates: 25gm Total Fat: 3gm
Saturated Fat: <1gm Monounsaturated Fat: 2gm Polyunsaturated Fat: <1gm
Cholesterol: 0mg Sodium: 198mg Fiber: 3gm
(Mayo Clinic Pyramid Servings: 1 vegetable, 1 carbohydrate and 1 fat)

Yield: 6 servings

Ingredients

1 tablespoon olive oil
1 yellow onion, chopped
1 cup buckwheat groats
3 garlic cloves, minced
½ teaspoon cumin seed
½ teaspoon mustard seed

¼ teaspoon ground cardamom
2 cups vegetable stock or broth
1 tomato, peeled, seeded and diced
½ teaspoon salt
2 tablespoons chopped fresh cilantro

Preparation

In a saucepan, heat the olive oil over medium heat. Add the onion and sauté until soft and translucent, about 4 minutes. Add the buckwheat groats, garlic, cumin seed, mustard seed and cardamom. Sauté, stirring constantly, until the spices and garlic are fragrant and the buckwheat is lightly toasted, about 3 minutes.

Carefully pour in the stock. Bring to a boil, then reduce the heat to medium low, cover and simmer until the liquid is absorbed, about 10 minutes. Remove from the heat and let stand, covered, for 2 minutes.

Stir in the tomato and salt. Transfer to a serving bowl and sprinkle with the cilantro. Serve immediately.



Calories: 368	Protein: 33g	Carbohydrates: 31g	Total Fat: 12g
Saturated Fat: 3		Unsaturated Fat: 3g	Trans Fat: 2g
Cholesterol: 107 mg		Sodium: 478 mg	Fiber: 7g

Yield: 6 servings (makes 2-8x8 pans)

Mayo Clinic Exchange: 1 vegetable, 2 protein/dairy, 1 carbohydrates

Ingredients

- | | |
|---|--|
| 12 ounces of salmon | 13.5 ounces of whole wheat lasagna noodles |
| 1 pound of shrimp | 15 ounces of fat free ricotta |
| 8 Cups of baby spinach | 2 tablespoons of soy milk |
| 1 pound of grape tomatoes | 1 cup of parmesan cheese grated |
| 1 teaspoon of extra virgin olive oil | 8 ounces of mozzarella shredded |
| 1 clove of fresh garlic, finely chopped | 1 ½ tablespoon of fresh parsley, chopped |
| 1 tablespoon fresh basil, chiffonad | 1 ½ teaspoons of fresh cracked pepper |
| 2 medium zucchinis diced | 4 oz shredded mozzarella for the topping |
| 2 medium yellow squash diced | |
| 1 large yellow onion, diced | |
| 1 medium egg plant, diced | |

Preparation

Pasta:

In a pot, bring 4 quarts of water to a boil. Add lasagna noodles and stir until water boils again. Cook about 7 to 10 minutes or until desired tenderness. Do not overcook. Pour into colander to remove water.

Tomato sauce:

Add 2 tablespoons olive oil to a large skillet and place over medium heat. Add tomatoes, garlic and red pepper flakes, and sauté until tomatoes are tender.

Roasted Vegetables: Spread diced vegetables out on a cookie sheet and roast at 400 until nicely browned, approximately 5 minutes. Stir and roast an additional 5 minutes.

Seafood Filling:

Sear Salmon in a hot skillet. Finish in a 350 degree oven until internal temperature of 140 is achieved. Spread shrimp on a baking sheet and broil under high heat until 140 internal temperature is reached. Quickly cool salmon and shrimp. Flake cooled salmon. Add salmon to roasted vegetable mix. Reserve cooled shrimp.

Riccota Mixture:

Combine cheeses, soy milk and seasonings in a large bowl and mix well. Brush 8x8 casserole dish with a small amount of the tomato sauce. Arrange a layer of noodles on top. Brush with a little more tomato sauce. Arrange salmon/ vegetable mixture on top. Add a layer of fresh spinach. Top with another layer of pasta. Then ricotta mix, pasta, tomato sauce, shrimp, remaining spinach and ricotta mix, top with final layer of mozzarella.

Bake at 325 for 30 to 45 minutes until internal temperature of 160 Fahrenheit.



Fit & Flavorful
Seafood Stuffed Peppers
Recipe by Executive Chef Nick Weimer



Calories: 342 Protein: 23.9g Carbohydrates: 51.1g Total Fat: 8.1g
Saturated Fat: 1.1g Unsaturated Fat: 7.0g Trans Fat: 0g
Cholesterol: 119.1mg Sodium: 596.4mg Fiber: 13.5g

Yield: 4 servings

Mayo Clinic Pyramid Servings: 1 protein, 2 carbohydrates, 3 vegetable, ¼ fat

Ingredients

4 poblano peppers	2 small carrots, diced (1/2 cup)
1 6 oz. can crab meat, (drain/squeeze)	2 ribs celery, diced (1/2 cup)
8 oz. cooked salad shrimp	1 cup cooked brown rice
1 tsp. canola oil	4 medium tomatoes, diced
2 T. garlic, minced	2 oz. water
1 small yellow onion, diced (1/2 cup)	3 T. homemade Cajun seasoning
	Juice of 1 lime

Preparation

Sauté onion, carrot, and celery in canola oil over medium-high heat until caramelized. Mix together in a bowl: crab meat, shrimp, rice, spices, lime juice and vegetables. Remove tops of poblano peppers and stuff with mixture. Bake at 375° for 30 minutes, or until pepper skins begin to blister and filling reaches 165°. While peppers are baking place tomatoes and water in a small saucepan on medium-low heat with a lid. Stir occasionally until tomatoes break down into sauce. Blend or mash to desired consistency then pour over peppers. Enjoy!



Fit & Flavorful
Seared Caracara Cumin Salmon
Recipe from Executive Chef Timothy Cockram



Calories: 216 Protein: 17.4g Carbohydrates: 8.0g Total Fat: 12.6g
Saturated Fat: 1.4g Sodium: 82.8mg Trans Fat: 0g
Cholesterol: 46.8mg Fiber: 0.5g

Yield: 4 servings (3 oz. meat portions)

Mayo Clinic Exchange: 1 ½ protein/dairy, 1 fat

Ingredients

12 oz. Salmon (4 – 3 oz. portions)
2 tsp. cumin
1 Caracara orange (zest) keep separate reserve juice for sauce
1 tsp. fresh ground pepper
2 Tbsp. Canola oil
1 Tbsp. mustard
¼ cup apple juice
2 tsp. honey
1 tsp. cornstarch
1 Tbsp. cold water

Preparation

Cut Salmon into 3 oz. patties. Season the Salmon with cumin, pepper and orange zest, then reserve. Sear salmon in hot pan with oil placing curved side down. Flip when browned and finish cooking until internal temperature of 145 degrees. Remove and let rest. Add apple juice, Caracara juice, mustard, honey and tarragon and let simmer for five minutes. Thicken with slurry (cornstarch and water) and serve over fish.



W.E.L.L Break
Seared Turkey Breast with Cranberry Chutney
Recipe from Executive Chef Mark Beland



Calories: 262 Protein: 29g Carbohydrates: 12g Total Fat: 11gm
Saturated Fat: 1g Unsaturated Fat: 10g Trans Fat: 0g
Cholesterol: 70mg Sodium: 53mg Fiber: 4g
(Mayo Clinic Pyramid Servings: 2 protein, ½ fruit)

Yield: 4 servings

Ingredients

1 turkey breast (15-20 oz.)
1 tsp. olive oil
1 cup fresh or frozen cranberries
½ cup walnuts, chopped
1 apple, diced
1 cup zucchini, diced
1 tbsp. lemon zest
2 tbsp. balsamic vinegar

Preparation

For chutney: mix all ingredients together and let stand for 1 hour

For turkey: Heat cast iron pan, add olive oil, sear de-boned breast 2 min per side, finish in 400 degree oven 8-12 min

Let turkey rest for 10 min. slice

Top sliced turkey breast with chutney



Fit & Flavorful
Shepard's Pie

Recipe from Executive Chef Tim Cockram



Calories: 238 Protein: 20.0g Carbohydrates: 17.0g Total Fat: 7.7g
Saturated Fat: 1.5g Trans Fat: 0.0g
Cholesterol: 43.2mg Sodium: 628.2mg Fiber: 4.4g

Yield: Approx. 6 servings (1 cup serving)

MC Healthy Weight Pyramid serving: 3 vegetable, 1 meat/dairy, ½ fat, ½ sweet

Ingredients

1 T. olive oil
1 cup carrots – small dice
1 cup celery – small dice
2 cup onion – small dice
1 tsp. Thyme – dried
3 tsp. garlic – sliced
8 oz. tomato sauce (no added salt)
1 tsp. orange - zest
Freshly ground black pepper
2 tsp. Balsamic vinegar
1 cup red wine

2 cups turkey breast – cooked
3 cup cauliflower and Kale
mash (see recipe)

**Optional ingredients for
maximum excitement**

- 1 oz. Parmesan Reggiano
Cheese – freshly grated
- Chives, minced

Preparation

Preheat the oven to 350 degrees. Heat oil in a large sauté pan on medium heat. Add carrots, celery, onions, garlic, thyme, and sauté until vegetables soften, about 5-6 minutes. Add turkey and cook until browned, 2-3 minutes. Add red wine and cook until wine reduces by half. Add vinegar and tomato sauce, season with pepper. Transfer the mixture to a large casserole dish. Top with the cauliflower/kale mixture; may spoon or pipe in desired pattern. (May top with fresh grated cheese before baking if including this ingredient.) Place in oven for 20-30 minutes and top of casserole is golden brown. Remove from oven (top with minced chives, if you wish), let rest for 5 minutes. Serve and enjoy.

Technique: Creative combinations of leftovers can create a tasty dish.

Taste: The balsamic and orange adds a nice twist.

Try: Flavorful cheese such as Parmigiano Reggiano or other strong cheeses add a lot of flavor in a small amount.

Tip: Adding more vegetables to a meat dish adds volume and nutrients!



Fit & Flavorful
 Smoky Bean & Mushroom Cornucopias
Recipe from Chef Tim Cockram, CEC



Calories: 210 Protein: 7.7g Carbohydrates: 30.4g Total Fat: 6.7g
 Saturated Fat: 2.2g Trans Fat: 0.0g
 Cholesterol: 0.0mg Sodium: 417.6mg Fiber: 6.9g

Yield: Approx. 6 servings (serving size, two pieces)

Mayo Clinic Healthy Weight Pyramid serving: 1 carb, 1 fat, 1 veg, ½ prot/dairy

Filling

Shells:

- 1 Tbsp. canola oil
 - 2 cloves fresh garlic, minced
 - ½ c. diced yellow onion, small dice
 - ½ c. Crimini mushrooms, chopped
 - ¼ c. bell pepper, small dice
 - 1 c. spinach, chopped
 - 8 oz. black beans, rinsed, drained
 - 2 tsp. chili powder
 - 4 oz. fat-free sour cream
 - 1 tsp. liquid smoke
 - ¼ c. hot water, 150-175 degrees F
- 6 – 6” whole wheat tortilla (cut in half)

Creative addition:

2 tsp. lime zest

Preparation

Preheat oven for 375 degrees F. Place oil in sauté pan and cook the garlic for one minute. Next, add onion in until it begins to brown. Add mushrooms and cook for two minutes longer. Add peppers and cook for one minute then add in spinach, beans, chili powder and remove from heat. Let cool for 5 minutes and then fold in sour cream and liquid smoke.

To assemble: Lay tortillas out on counter, brush the edges lightly with hot water. Using your finger, pinch the two edges together to form seal thus creating the cornucopia shell. Place rolled tortilla shell on baking sheet lined with parchment paper. Fill tortillas with stuffing and place in pre-heated 375 F oven for 20-25 minutes or until internal temp of 165 F. Serve immediately with your favorite salsa.

Technique: Sautéing the vegetables adds depth of flavor.

Taste: The combination of the smoke adds a nice twist.

Try: Add a little more zest!

Tip: Spinach is a good source of vitamins A, K, and Folate.



Fit & Flavorful
Smoked Turkey & Pumpkin Chili
Recipe from Executive Chef Tim Cockram



Calories: 213 Protein: 14.1g Carbohydrates: 27.1g Total Fat: 6.2g
Saturated Fat: 1.2g Unsaturated Fat: 5.0g Trans Fat: 0.0g
Cholesterol: 22.2mg Sodium: 409.1mg Fiber: 6.1g

Yield: 12 servings (1 cup per serving)

Mayo Clinic Exchange: 1 protein/dairy, 1 vegetable, ½ carbohydrate, 1 fat

Ingredients

2 Tbsp. canola oil	1 lb smoked turkey meat cooked
2 cups onion, chopped	14.5 oz can diced tomatoes (low sodium)
2 cups bell pepper, chopped	14.5 oz can white beans rinsed
½ cup Anaheim pepper	14.5 oz can kidney beans rinsed
1 Tbsp. chipotle pepper, drained & ground	¼ cup cilantro, freshly chopped
1 ½ Tbsp. cayenne (ground red pepper)	2 oz lime juice
2 tsp. cumin, freshly ground	1 cup brown rice (cooked)
½ tsp. black pepper, freshly ground	
1 Tbsp. garlic, minced	
2 cups kale, chopped	
2 cups pumpkin, fresh, small dice	

Preparation

Heat oil in a large skillet or Dutch oven over medium-high heat. Sauté the onion and peppers until tender, about 10 minutes. Season with chipotle pepper, cayenne, cumin and black pepper. Add garlic, kale, pumpkin and turkey and cook for 5 minutes. Next, stir in tomatoes, beans and bring to simmer. Reduce heat and simmer at least 30 minutes. Stir in cilantro, lime juice and rice. If desired, serve topped with yogurt and/or toasted pumpkin seeds.

Serve and enjoy!

Garnish

½ cup toasted pumpkin seeds (optional)

½ cup Greek yogurt (optional)



Fit & Flavorful
Sour Cream Chicken Enchiladas
Recipe from Chef Richard Johnson



Calories: 263 Protein: 15gm Carbohydrates: 35gm Total Fat: 8gm
 Saturated Fat: 2gm Monounsaturated Fat: 3gm Polyunsaturated Fat: 0gm
 Cholesterol: 22mg Sodium: 203mg Fiber: 5gm
 (Mayo Clinic Pyramid Servings: 2 veg, 1 prot/dairy, 1 fat & 1 carb)

Yield: 8 servings

Ingredients

<p>Sauce: 1 Cup Fat Free Sour Cream 1/4 cup reduced sodium chicken stock 2 Tablespoon Cornstarch 1/2 Cup Soy milk 1 teaspoon ground cumin seed 1/4 teaspoon red pepper flakes, ground</p> <p>Filling: 2 boneless skinless chicken breast halves, diced 2 Tablespoon Corn oil, divided 1/2 cup diced yellow onion</p>	<p>1 cup diced zucchini, medium 2 cloves fresh garlic 1/4 cup yellow bell pepper, diced 1/4 cup Fresno peppers, diced 1/2 cup Roma Tomatoes, diced 1/2 medium Avocado, diced 1/4 cup tomatillo, diced 1 teaspoon ground cumin seed 1/4 teaspoon red pepper flakes, ground</p> <p>16 corn tortillas 1/4 pound mild cheddar cheese</p>
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Preparation

In a small sauce pan heat sour cream with chicken stock to boiling. Dissolve cornstarch in soy milk and add to sour cream mixture. Add seasonings and return to a boil. Remove from heat.

Quickly sauté chicken breast in 1 Tablespoon of the corn oil until nicely browned. Remove from pan and cover tightly.

Sauté onion in remaining 1 Tablespoon corn oil until it begins to brown. Add zucchini and garlic and continue to cook until zucchini begins to brown. Add Garlic and cook one minute longer. Add Peppers and toss, remove from heat. Allow mixture to cool 5 minutes. Add remaining ingredients and 2 Tablespoon of sauce and mix.

To assemble: Lay tortillas out on a sheet pan or cutting board and lightly brush with a small amount of sauce. Place about 1/4 cup of filling mixture in each tortilla and roll up tightly. Place rolled tortillas in an oven proof casserole dish. Top with remaining sauce. Grate cheese over the top and place in pre-heated 325 Oven for 20- 25 minutes or until internal temp of 165. Serve immediately.



Fit & Flavorful
Spaghetti with Turkey Meatballs
Recipe by Executive Chef Mark Beland



Calories: 103 Protein: 12g Carbohydrates: 12g Total Fat: 1g
Saturated Fat: 0.5g Unsaturated Fat: 0.5g Trans Fat: 0g
Cholesterol: 19mg Sodium: 239mg Fiber: 4g

Yield: 8 servings (2 meatballs/serving)

Mayo Clinic Exchange: ½ protein, 3 vegetables, 2 carbohydrates

Ingredients

Turkey meatballs

1 Tbs. minced shallot
4 oz. minced eggplant
2 Tbs. blue cheese
1 Tbs. black pepper

10 oz. extra lean ground turkey breast
2 Tbs. minced shiitake mushrooms
1 clove garlic minced
1 egg white
1 Tbs. balsamic vinegar

Marinara

1/2 c. celery chopped
1/4 c. parsley chopped
2 Tbs. basil chopped
2 Tbs. Balsamic vinegar

2 pints grape tomatoes
2 cloves garlic minced
1 c. yellow onion chopped
6 oz. tomato paste

Preparation

Turkey Meatballs

Mix all ingredients together, let rest 1 hour. Form into 1 oz. balls. Place on a baking sheet. Bake at 400 degrees for 8-10 min, or until internal temperature of 165 degrees F.

10 ounces dry whole wheat Spaghetti or Linguine cook as directed on the package until al dente.

Marinara

Add all ingredients to blender/food processor. Run until smooth, with fine pieces.

Put contents in sauce pot and simmer for 30 minutes.

Toss cooked pasta with Marinara, and top with finished meatballs.



Fit & Flavorful
Spanish Brown Rice
Recipe from Chef Richard Johnson



Calories: 117 Protein: 2gm Carbohydrates: 20gm Total Fat: 3gm
Saturated Fat: 0.5gm Unsaturated Fat: 2gm Trans Fat: 0gm
Cholesterol: 0mg Sodium: 23mg Fiber: 1.5gm
(Mayo Clinic Pyramid Servings: 1 ½ carbohydrate and 1 vegetable)

Yield: 6 servings

Ingredients

3/4 C Brown Rice	1 TBS Corn Oil
1/4 C Chopped Onion	1/4 C Chopped Green Pepper
1/4 C Chopped Celery	2 cloves fresh garlic
1 Jalapeno Pepper, Chopped	1/2 C Fresh Tomato Chopped
1 tsp fresh oregano	1/2 tsp cumin seed, ground
1 1/2 C water	

Preparation

Sauté onion, peppers and celery in corn oil until browned. Add rice and cook until rice starts to brown. Add remaining ingredients and water and bring to a boil, cook uncovered, with out stirring until water is reduced and is no longer visible on the surface of the rice. Reduce heat and cover 10 minutes, remove from heat and keep covered 10 additional minutes.



Fit & Flavorful
Spinach Casserole - Revised
Recipe by Executive Chef Mark Beland



Calories: 120 Protein: 10g Carbohydrates: 14g Total Fat: 3g
Saturated Fat: 1.5g Unsaturated Fat: 1.5g Trans Fat: 0g
Cholesterol: 7mg Sodium: 189mg Fiber: 3g

Yield: 12 (3/4 cup servings) – side dish

Mayo Clinic Exchange: 2 vegetables, 1/2 fat, 1/2 protein

Ingredients

10 oz. spinach, frozen (1.5 c. cooked)
1 yellow onion, diced (approximately 1 c.)
1 c. red pepper chopped
1/2 c. artichoke hearts, drained and chopped
1 tsp. fresh rosemary
1/2 tsp. Worcestershire sauce
10 egg whites or 2.5 c. Eggbeaters
1.5 Tbsp. light margarine
1 c. skim milk
1c. long grain brown rice, cooked
3/4 c. part-skim mozzarella shredded cheese

Preparation

Thaw and drain spinach. Combine egg whites, milk, margarine and Worcestershire sauce together in a bowl. Add cooked rice, vegetables and rosemary to casserole dish. Pour liquid mixture on top of rice/vegetables. Mix all ingredients well. Spread shredded cheese on top and bake at 350 degrees for approximately 30 minutes.

Original recipe nutrition content per serving (serving size = 12)

Calories: 115
Total fat: 5 grams
Saturated fat: 3 grams
Unsaturated Fat: 2 grams
Trans fat: 0 grams
Cholesterol: 46 mg
Sodium: 305
Carbohydrates: 12 grams
Fiber: 1 grams
Protein: 5 grams



Fit & Flavorful
Spicy Chicken Fricassee
Recipe from Executive Chef Nick Weimer



Calories: 292 Protein: 33.3g Carbohydrates: 11.2g Total Fat: 9.9g
Saturated Fat: 2.4g Unsaturated Fat: 7.5g Trans Fat: 0g
Cholesterol: 96.9mg Sodium: 123.1mg Fiber: 2.4g

Yield: Approx. 1 cup serving (4 oz. meat and ½ cup vegetables)

Mayo Clinic Exchange: 1 ¾ protein, 1 vegetable, ½ fat, 1/3 sweet

Ingredients

One 4 lb. chicken, quartered	1 bouquet garni
1 T. canola oil	1 tsp. paprika
2 medium yellow onions (1 ½ cup), diced	1 tsp. cumin
3 large ribs celery (¾ cup), diced	1/8 tsp. cayenne pepper
2 poblano peppers, diced	¼ tsp. ancho chili pepper
2 large tomatoes, diced	
1 cup mushrooms, sliced	
1/3 cup wheat flour	
1 cup white wine	
2 cups chicken stock	

Preparation

Heat oil in a shallow stock pot and sear chicken on all sides. Remove from pan and set aside. Sauté onion and celery until golden brown. Add mushrooms and peppers and sauté 5 more minutes. Stir in flour and sauté 5 minutes. Add wine, chicken stock and tomatoes, stir thoroughly. Add chicken back to pot along with the bouquet garni and spices, cover and simmer 45 minutes or until chicken reaches 165 degrees internal temperature and is tender. Remove chicken and reduce sauce to desired consistency. Enjoy!



Fit & Flavorful
Spring Risotto
Recipe from Executive Chef Tim Cockram



Calories: 412 Protein: 15.8g Carbohydrates: 53.8g Total Fat: 15.4g
Saturated Fat: 2.4g Trans Fat: 0.0g
Cholesterol: 2.2mg Sodium: 366.9mg Fiber: 4.8g

Yield: Approx. 4 servings (1 cup)

MC Healthy Weight Pyramid serving: 2.5 carbs, 1 protein/dairy, 2 veg., 1 fat

Ingredients

2 tablespoons canola oil – divided
12 ramps or (1 cup of leeks)
1 cup brown rice
1 cup asparagus – tender parts in 1” pieces
1 cup morel mushrooms – chopped
3 cloves garlic
¼ pound vegetarian sausages – chopped
½ cup white wine vinegar
3 cups low-salt chicken broth
1/8 cup freshly grated parmesan cheese
¼ cup fresh basil - chiffonade

Preparation

Trim leeks by slicing bulbs and slender stems. Thinly slice green tops and reserve for end of recipe.

Heat 1 Tbsp. oil in heavy large saucepan over medium heat. Add sliced ramps (leeks) – bulbs and stems, asparagus, and mushrooms and sauté until almost tender, about 4 minutes. Add garlic and sausage, cook for 2 more minutes. Remove and set aside. Heat remaining 1 Tbsp. oil. Add rice and stir 2-3 minutes until very nutty and aromatic. Next, add vinegar and coat grain with liquid. Simmer until liquid is absorbed, about 1 minute. Add 3 cups low sodium chicken broth, 1 cup at a time, simmering until almost absorbed before next addition and stirring often. Continue cooking until rice is just tender and risotto is creamy, adding more broth if dry and stirring often, about 18 minutes. Mix in vegetables, grated parmesan cheese, and green tops. Place into four bowls and top with basil.



Fit & Flavorful
Stuffed Chili Pepper
Recipe by Executive Chef Mark Beland



Calories: 105 Protein: 8g Carbohydrates: 13g Total Fat: 3g
Saturated Fat: 0.5g Unsaturated Fat: 2.5g Trans Fat: 0g
Cholesterol: 12mg Sodium: 25mg Fiber: 4g

Yield: 4 servings

Mayo Clinic Exchange: 2 vegetables, ½ protein

Ingredients

1 tsp. canola oil
1 c. yellow onion, chopped
½ c. celery, chopped
1 Tbsp. garlic, minced
3 oz. fresh trout or salmon
½ c. prepared Cannellini or Navy beans
1 Tbsp. fresh basil, chopped
½ tsp. fennel seed, ground
1 tsp. black pepper
½ tsp. smoked paprika
12 red Fresno or jalapeño peppers

Preparation

Sauté onion, celery, and garlic until lightly brown. Add trout, continue to sauté until cooked. Add prepared beans, basil and spices. Mix all together.

To prepare peppers: Carve around stem, remove, carefully carve out seeds and ribs. Stuff empty peppers with bean mixture. Grill or broil to cook pepper.



Fit & Flavorful
Stuffed Green Cabbage w/ Roasted Tomatillo Sauce
Recipe by Executive Chef Nick Weimer



Calories: 100 Protein: 10.3g Carbohydrates: 11.3g Total Fat: 1.6g
Saturated Fat: 0.2g Unsaturated Fat: 1.4g Trans Fat: 0g
Cholesterol: 18.3mg Sodium: 61mg Fiber: 2.3g

Yield: 4-6 cabbage rolls (depending on size of leaves)

Mayo Clinic Pyramid Servings: ½ protein, ½ carbohydrate, 1 vegetable

Ingredients

1 Head green cabbage, steamed and leaves removed
8 oz. ground turkey breast
1 tsp. canola oil
1 cup cooked brown rice
1 bell pepper, diced (¾ cup)
1 bunch green onion, diced (¼ cup)
1 T. garlic, minced
1 cup eggplant, diced
1 T. paprika
2 T. Italian parsley, minced
Black pepper to taste
2 cups roasted tomatillo sauce

Preparation

Place oil into a pre-heated sauté pan and brown turkey. Place in a mixing bowl and set aside. Sweat onion, bell pepper, garlic and eggplant in the same pan for 10-15 minutes or until most excess moisture is removed. Place into mixing bowl with turkey and add remaining ingredients and mix well. ½ cup mixture into cabbage leaf and wrap like a burrito. Line cabbage rolls in a baking dish and top with roasted tomatillo sauce. Bake in 350 degree oven for 30-45 minutes until internal temperature of 165 degrees is reached.



Fit & Flavorful
Succotash



Recipe from Executive Chef Nick Weimer

Calories: 151 Protein: 6.9g Carbohydrates: 29.9g Total Fat: 2.0g
Saturated Fat: 0.3g Unsaturated Fat: 1.7g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 111.9mg Fiber: 5.8g

Yield: 8 servings (1 cup)

Mayo Clinic Exchange: 1 vegetable, 1 carbohydrate, ½ protein

Ingredients

2 tsp. canola oil
1 yellow onion, diced (1 cup)
2 cups corn (preferably fresh)
2 green bell peppers, diced (2 cups)
2 hot peppers of choice (1/4 cup)
2 cups cubed winter squash (your choice)
2 cups beans (your choice)
½ cup vegetable stock
Juice of 1 small lemon (2 T.)
3 T. fresh cilantro, minced
Black pepper to taste

Preparation

Sauté onions in a heavy skillet over medium heat until translucent. Add peppers and sauté for 2-3 minutes or until peppers begin to soften. Add vegetable stock, squash and beans. Bring to a simmer and cover until squash is tender. Add lemon juice, pepper and cilantro and enjoy.



Fit & Flavorful
Sweet Potato and Turkey Hash
Recipe by Executive Chef Mark Beland



Calories: 115 Protein: 8g Carbohydrates: 13g Total Fat: 3g
Saturated Fat: 0.5g Unsaturated Fat: 2.5g Trans Fat: 0g
Cholesterol: 50mg Sodium: 50mg Fiber: 3g

Yield: 6 servings

Mayo Clinic Pyramid Servings: ½ protein, 1 carbohydrate

Ingredients

1 c. ground turkey breast
1 Tbsp. Canola oil
2 c. sweet potatoes, diced skin on
½ c. yellow onion, diced
½ c. vegetable stock
1 tsp. fresh thyme, chopped
1 tsp fennel seed, ground
½ tsp. nutmeg
1 Tbsp. paprika
1 Tbsp. black pepper
1 tsp. cumin seed, ground
2 Tbs. garlic, minced

Preparation

Brown turkey breast in sauté pan. Remove when done, add canola oil and sauté vegetables until brown. Add herbs and spices to stock and de-glaze pan with liquid. Reduce until virtually dry in bottom of pan.



Fit & Flavorful
Tandori Indian Chicken Wrap
Recipe from Chef Mark Beland



Calories: 389 Protein: 35 gm Carbohydrates: 34 gm Total Fat: 12 gm
Saturated Fat: 2.6 gm Unsaturated Fat: 9.8 gm Trans Fat: 0 gm
Cholesterol: 74 mg Sodium: 204 mg Fiber: 4 gm
(Mayo Clinic Pyramid Servings: 2 protein, 2 carbohydrate, 1 vegetable)

Yield: 1 servings

Ingredients

4 oz. chicken breast	½ tsp. tumeric
½ tsp. cumin	½ tsp. garlic
½ tsp. white pepper	½ tsp. cayenne
½ tsp. coriander	½ tsp. nutmeg
1 piece flatbread	2 oz. plain yogurt
2 oz. (1/2 small) sliced cucumber	2 oz. (1 c.) chopped spinach
1 oz. (2 TBS.)chopped basil	

Preparation

Season chicken with all spices, let marinade for 2 hours. Char broil and let cool. Slice and toss with yogurt. Build wrap with all ingredients: flatbread (substitute pita bread, soft tortilla), sliced chicken, yogurt, spinach, basil and cucumbers.



Fit & Flavorful
 Thai Curry with Jasmine Rice
Recipe from Executive Chef Mark Beland



Calories: 100 Protein: 5.5g Carbohydrates: 18.4g Total Fat: .3g
 Saturated Fat: 0g Unsaturated Fat: 3g Trans Fat: 0g
 Cholesterol: 0mg Sodium: 231.9mg Fiber: 1.3g
 (Mayo Clinic Pyramid Servings: 2 vegetable, 1 carbohydrate)

Yield: 8 servings

Ingredients

Thai Curry

1 bell pepper, chopped	2 cups napa cabbage, chopped
1 leek or onion, diced	2 cloves garlic, chopped
2 ribs celery, chopped	1 thai chili or other hot pepper, chopped
1 carrot, chopped	1 serrano pepper or other hot pepper ^(chopped)
1 tbl basil, chopped	¼ cup soy milk or skim milk
1 tbl ginger root, grated	1 tsp fish or soy sauce
½ tsp tumeric, coriander, cumin, black pepper, corn starch	

Jasmine Rice

½ cup jasmine rice rinsed/drained 1 cup veg. broth

Preparation

Thai Curry

Saute on high heat for one minute: bell pepper, leek or onion, celery, carrot, cabbage, garlic, Thai chili or other hot pepper, Serrano pepper.

Add basil, ginger root, tumeric, coriander, cumin, black pepper, corn starch, soy milk, fish or soy sauce.

Mix all ingredients separately then add to sauteed vegetables, bring to boil. Serve over jasmine rice.

Jasmine Rice

Bring broth to boil, add rice, reduce to simmer and cook covered for 30 min.



Fit & Flavorful
Tuna with Garlic Glaze
Recipe by Executive Chef Mark Beland



Calories: 190 Protein: 21g Carbohydrates: 7g Total Fat: 8g
Saturated Fat: 1.5g Unsaturated Fat: 6.5g Trans Fat: 0g
Cholesterol: 32mg Sodium: 44mg Fiber: 1g

Yield: 4

Mayo Clinic Exchange: 1.5 protein, 1 fat

Ingredients

4 – 4 oz. tuna steaks
¼ c. balsamic vinegar
1 Tbsp. olive oil
1 tsp. Worcestershire
4 cloves garlic
1 Tbsp. black pepper
1 red Fresno pepper
½ tsp. cumin seed
½ tsp. fenugreek
½ tsp. fennel seed

Preparation

Place all ingredients except tuna in blender or food processor, blend until smooth. Grill tuna on hot part of grill for one minute each side to begin with. Then glaze one side, flip, glaze other side, continue to grill to caramelize glaze, test for doneness by internal temperature of 145 degrees. Serve with side of grilled vegetables. Grilled vegetable recipe is available on the DAHLC web-site: <http://mayoweb.mayo.edu/dahlc/Documents/GrilledVeggiesweb.pdf>



Fit & Flavorful
Turkey and Bean Quesadilla
Recipe by Executive Chef Mark Beland



Calories: 380 Protein: 20g Carbohydrates: 50g Total Fat: 12g
Saturated Fat: 2g Unsaturated Fat: 10g Trans Fat: 0g
Cholesterol: 24mg Sodium: 375mg Fiber: 11g

Yield: 2 servings

Mayo Clinic Pyramid Servings: 3 carbohydrate, 1 vegetable, 1 protein, 1 fat

Ingredients

2 – 12 inch whole wheat tortillas ½ c. tomato, chopped
1.5 oz. reduced fat cheddar cheese ½ c. red pepper
½ c. black beans ½ c. onion
2 oz. extra lean ground turkey breast
1 Tbsp. cumin seed, ground
1 tsp. black pepper
1 tsp. paprika
1 c. romaine, chopped/1 c. cabbage

Preparation

Brown turkey and add spices. Puree black beans and vegetables together. Heat large skillet or sauté pan over medium high heat, place one tortilla in pan, add cheese, beans, veggie mixture and turkey. Cover with second tortilla. Cook until tortilla is brown and crispy and cheese is melted.



Fit & Flavorful
Turkey and Cranberry Salad Sandwich
Recipe from Executive Chef Tim Cockram



Calories: 262 Protein: 19.8g Carbohydrates: 35.5g Total Fat: 4.5g
Saturated Fat: 0.9g Trans Fat: 0.0g
Cholesterol: 37.8mg Sodium: 365.3mg Fiber: 2.9g

Yield: Approx. 6 servings (1/2 cup per serving)

MC Healthy Weight Pyramid serving: 1 protein, 2 carbohydrate

Ingredients

2 cups cooked turkey, diced
1/2 cup cranberry sauce
2 tablespoons walnuts
2 tablespoons fat free mayonnaise
1/4 cup celery, diced
1 teaspoon fresh ground black pepper
12 slices whole grain bread

Optional ingredients for

maximum excitement

Fresh Basil and Spinach

Preparation

Mix all ingredients together.

On favorite whole grain bread, build sandwich with a 1/2 cup of turkey salad. You may top with fresh spinach, whole basil leaves or cucumber slices.

Technique: Replacing cranberry cause for less mayonnaise then traditionally used lowers the fat and calorie content.

Taste: Walnuts add a good crunch to the sandwich.

Try: Top with fresh spinach, basil or cucumber slices for a new twist!.

Tip: Turkey is a lean protein source. Proteins have many functions including the building blocks for muscles, bones and blood.



Fit & Flavorful
Turkey and Vegetable Lasagna
Recipe by Executive Chef Mark Beland



Calories: 336 Protein: 24.5g Carbohydrates: 46.3g Total Fat: 4.5g
Saturated Fat: 1.9g Unsaturated Fat: 2.6g Trans Fat: 0g
Cholesterol: 34.9mg Sodium: 308.3mg Fiber: 4.6g

Yield: 9 servings

Mayo Clinic Pyramid Servings: 2 protein, 1 carbohydrate and 2 vegetable

Ingredients

1 box lasagna noodles	1 zucchini, sliced
Sauce:	1 lb. spinach, chopped
1 pint grape tomatoes	1 cup skim ricotta cheese
2 Tbsp balsamic vinegar	2 egg whites
6 oz. tomato paste	1 lb. ground turkey breast
1 Tbsp fennel seed	¼ cup parmesan cheese
½ cup fresh basil	

Preparation

Start soaking noodles in cold water, set aside.

Sauce: Put tomatoes, vinegar, paste, fennel, and basil in blender. Blend until smooth, set aside.

Slice Zucchini lengthwise, chop spinach and set both aside.

Mix Ricotta with egg whites and set aside.

Start assembling lasagna in lightly sprayed 9x9 pan. Layer noodles on bottom, spreading half the ricotta mixture onto them. Break up meat on top, and then add half of the sauce. Place another layer of noodles over top and spread remainder of ricotta mixture onto them. Spread zucchini and spinach onto the ricotta and add the sauce. Finish with the remainder of noodles and top with parmesan.

Cover with plastic wrap, then aluminum foil. Bake at 350 degrees for 1 hour. Remove and let stand for 15 min before cutting.



Fit & Flavorful
Turkey Barbacoa

Recipe from Executive Chef Mark Beland



Calories: 158 Protein: 20.5g Carbohydrates: 2.1g
Saturated Fat: 2.1g Unsaturated Fat: 6.1g
Cholesterol: 54.7 mg Sodium: 47.6 mg

Total Fat: 8.2g
Trans Fat: 0g
Fiber: 0.7g

Yield: 4 to 5 servings – 3.5 ounces per serving

Mayo Clinic Exchange: 1 ½ Protein

Ingredients

1 pound turkey breast
1 tablespoon paprika
1 tsp black pepper
1 tablespoon olive oil
1 tsp ground cumin

Preparation

Slice turkey breast thinly and season with remaining ingredients. Grill or broil until internal temperature is 165 degrees and very brown and slightly crispy on out side. Pull apart or chop the cooked meat.



Fit & Flavorful
Turkey Cobb Wrap
Recipe from Executive Chef Tim Cockram



Calories: 385 Protein: 26.3g Carbohydrates: 23.9g Total Fat: 20.2g
Saturated Fat: 3.5g Unsaturated Fat: 16.7g Trans Fat: 0.0g
Cholesterol: 52.5mg Sodium: 296.2mg Fiber: 5.5g

Yield: 6 servings

Mayo Clinic Exchange: 1 ½ protein, 3 fat, 1 carbohydrate, ½ vegetable

Ingredients

Wrap:

3 c. cooked turkey (or chicken) diced fine
1 c. tomatoes chopped fine
1 avocado peeled and chopped
½ c. black beans
½ c. celery chopped fine
¼ c. crumbled bleu cheese
½ c. dressing
6 (10-inch) whole wheat flour tortillas
2 c. baby spinach leaves (place in large Ziploc bag)

Dressing:

¼ c. water
¼ c. red wine vinegar
1 Tbsp. honey
1 ½ tsp. lemon juice
½ tsp. Worcestershire sauce
¾ tsp. dry mustard
½ clove garlic – minced
½ c. extra virgin olive oil

Preparation

In bag or container, combine turkey, tomatoes, avocados, beans, celery and blue cheese. In bag or container, mix salad dressing ingredients. Lightly drizzle ½ of prepared dressing over turkey mixture and stir to coat. Refrigerate up to 2 days.

To prepare wrap sandwiches, fill flour tortillas with baby spinach leaves and turkey mixture. Fold up bottom edge and fold in sides, cut in half and serve.

Dressing: combine ingredients except the oil and blend well. Add oil and whisk thoroughly to blend (or use a jar with lid & shake well). Chill at least 30 minutes. When ready to use bring to room temperature and shake well. Makes 1 ½ cup (1/2 of this mixture to be used in this recipe. Reserve remainder for salads or other sandwiches).



Fit & Flavorful
Turkey Roulade

Recipe by Executive Chef Mark Beland



Calories: 170 Protein: 30g Carbohydrates: 5g Total Fat: 3g
Saturated Fat: 1g Unsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 56mg Sodium: 87mg Fiber: 2g

Yield: 4

Mayo Clinic Exchange: 1 ½ protein

Ingredients

1 c. yellow onion, sliced
1 tsp. olive oil
1 turkey breast (approx. 18 oz. raw)
1 Tbsp. black pepper
1 Tbsp. paprika
2 Tbsp. roasted garlic
1 tsp. fennel seed, ground
1 Tbsp. fresh thyme
1 Tbsp. fresh sage, minced

Preparation

Sauté sliced onion in olive oil for 15 minutes, until deep brown. Butterfly turkey breast, remove skin and rib cage. Season both sides with paprika and pepper. Distribute garlic, fennel, herbs and caramelized onions on one side of flattened breast. Roll breast, keeping tight as possible, tie or truss with butchers twine. Bake at 350 degrees for 60-80 minutes, until internal temperature of 165 degrees. Let rest covered lightly with foil for 20 minutes before slicing.



Fit & Flavorful
Vegetable Kabob

Recipe by Executive Chef Mark Beland



Calories: 50 Protein: 3g Carbohydrates: 10g Total Fat: 0.5g
Saturated Fat: 0g Unsaturated Fat: 0.5g Trans Fat: 0g
Cholesterol: 0mg Sodium: 8mg Fiber: 3g

Yield: 6 kabobs

Mayo Clinic Exchange: 2 vegetables

Ingredients

2 red bell peppers 2 summer squash
2 cloves garlic 1 green bell pepper
1 Tbsp. black pepper 1 mint mushrooms
1 tsp. fennel seed 1 large onion
1 tsp. cumin seed
2 tsp. smoked paprika
1 tsp. dark honey or molasses
1 Tbsp. dried Chipotle peppers

6 – 10 or 12 in. bamboo skewers (soaked in cold water for 30 min.)

Preparation

Put garlic, 1 red bell pepper, spices, parsley, honey, and Chipotle peppers in blender, puree until completely smooth. Chop remaining vegetables in 1 inch cubes (you may want to leave mushrooms whole). Alternate ingredients on skewer, leave about one inch on either end. Baste liberally with pepper sauce and marinade for 1-2 hours. Grill on hot part of grill.



Fit & Flavorful
Vegetable Stuffed Chicken with
Pomegranate Balsamic Glaze
Recipe by Executive Chef Mark Beland



Calories: 224 Protein: 27.9g Carbohydrates: 16.4g Total Fat: 4.6g
Saturated Fat: 1.1g Unsaturated Fat: 3.5g Trans Fat: 0g
Cholesterol: 172.3mg Sodium: 126mg Fiber: 4g

Yield: 2 servings

Mayo Clinic Exchange: 1 ½ protein, 2 vegetables

Ingredients

Chicken:

2 – 3 oz. chicken breasts or one whole chicken
1 carrot
1 leek
1 parsnip
2 ribs of celery
5 tsp. olive oil
1 tsp. paprika

Pomegranate Balsamic Glaze:

2 Tbsp. pomegranate juice
2 Tbsp. balsamic vinegar

Preparation

Chicken: Preheat oven to 350 degrees. If using a whole chicken: remove breasts from chicken and proceed. Place one breast at a time onto a 2-foot sheet of plastic wrap, lightly sprinkle with water. Fold plastic-wrap in half, keeping the breast in middle. Gently pound breast with mallet, hammer or something heavy and flat; working from the middle out, taking care not to strike too hard and tear the breast. Work until uniform thickness of ½ inch. Set aside, repeat with the other breast. Wash and cut carrot, leek parsnip, celery into long strips ¼ inch in width. Bundle vegetables in two equal piles of mixed vegetables; trim to 4 inch lengths. Take the bundle and place it in the center of the flattened chicken breast. Season the breast and vegetables with black pepper. Repeat the procedure with the other breast and bundle of vegetables. Fold in the sides of the chicken breast and roll like an egg roll. Place on parchment paper lined sheet pan with seam down. Season the outside of the chicken breast with the olive oil and paprika. Bake for 40 min. or until internal temp of 165 degrees. Allow chicken to rest for 3-5 minutes. To serve: cut at a diagonal to display the vegetable center.

Pomegranate Balsamic Glaze: Cook over high heat until mixture is reduced to 2 Tbsp., drizzle ½ of the mixture decoratively across the plate; place the cooked stuffed chicken breast atop of the glaze. Pour remaining portion of the mixture on top of the chicken breast.



Fit & Flavorful
Vegetable Stuffed Pork Loin
Recipe by Executive Chef Mark Beland



Calories: 200 Protein: 20g Carbohydrates: 8g Total Fat: 9g
Saturated Fat: 2g Unsaturated Fat: 7g Trans Fat: 0g
Cholesterol: 65mg Sodium: 90mg Fiber: 3g

Yield: 5 servings

Mayo Clinic Pyramid Servings: 1 ½ protein, 1 vegetable

Ingredients

- 1 center cut pork loin, trimmed and rolled and cut to ½ inch (about 2 lbs.)
- 2 carrots, trimmed and cut in ¼ inch thick strips
- 2 ribs celery, trimmed and cut in ¼ inch thick strips
- 2 red peppers, trimmed and cut in ¼ inch thick strips
- 2 Tbsp. garlic, minced
- 2 Tbsp. olive oil
- 2 Tbsp. paprika
- 2 Tbsp. black pepper
- 3 Tbsp. garlic, minced

Preparation

Lay pork out, bundle up strips of vegetables at one end with garlic. Fold short side of pork over vegetables, continue to roll whole loin. Truss with butchers twine, rub with oil and season. Roast at 350 degrees for 1 – 1.5 hours, until internal temperature of 165 degrees.



Fit & Flavorful
Vegetarian Shepherd's Pie
Recipe from Executive Chef Tim Cockram



Calories: 340 Protein: 12.5g Carbohydrates: 54.1g Total Fat: 8.6g
Saturated Fat: 0.8g Trans Fat: 0g
Cholesterol: 1.2mg Sodium: 89.2mg Fiber: 11.3g

Yield: 4 servings (about 2 cups each)

Mayo Clinic Exchange: 1 protein/dairy, 1 vegetable, 2 carbohydrates, 1 ½ fat

Ingredients

1 lb Yukon Gold or white potatoes cut into 1-inch chunks	1 tsp. chopped fresh thyme
½ cup low fat buttermilk	3 T. 50/50 flour
2 T. canola oil, divided	1 10oz. unsalted vegetable stock
½ tsp. freshly ground pepper, divided	4 oz. stout beer, such as Guinness
1 large onion, finely diced	1 ½ cups cooked or canned (rinsed) lentils (see Tip)
½ cup finely diced carrot	
3 cloves garlic	
4 oz. kale – chiffonade	
¾ cup frozen corn kernels, thawed	

Preparation

Position rack in upper third of oven; preheat broiler. Place potatoes in a large saucepan and cover with 2 inches of water. Bring to a simmer over medium-high heat. Reduce heat to medium, partially cover and cook until tender, 10 to 15 minutes. Drain and return the potatoes to the pot. Add buttermilk, 1 T. oil and ¼ tsp. black pepper. Mash with a potato masher until mostly smooth. While the potatoes are cooking, spray an 8-inch square broiler safe baking dish with cooking spray. Heat 1 T. oil in a large skillet over medium high heat. Add onion, carrot, thyme, the remaining oil and ¼ tsp. pepper. Cook until caramelized, about 5 minutes. Next, add garlic and kale, cook for 2 minutes. Cover and cook, stirring occasionally, until softened, 3 to 5 minutes. Sprinkle with flour and stir to coat. Stir in stock and stout. Bring to a simmer and cook, stirring for 1 minute. Stir in lentils and cook, stirring constantly for 2 minutes. Pour the hot lentil mixture in the baking dish. Top with the mashed potatoes, broil, rotating halfway through until the potato is lightly brown, 6 to 10 minutes.

Make ahead tip: Prepare the filling, cover and refrigerate for up to 1 day.



Fit & Flavorful
Veggie Burgers
Recipe from Chef Richard Johnson



Calories: 172 Protein: 6gm Carbohydrates: 29gm Total Fat: 4gm
Saturated Fat: <1gm Unsaturated Fat: 4gm Trans Fat: 0gm
Cholesterol: 0mg Sodium: 69mg Fiber: 3gm
(Mayo Clinic Pyramid Servings: 1 protein and 1 carbohydrate)

Yield: 4 servings

Ingredients

2 tsp canola oil	½ cup cooked buckwheat groats
½ cup chopped green onion	½ cup cooked quinoa
½ cup grated carrots	1 cup (5 oz) mushrooms finely diced
¼ tsp crushed red pepper flakes	1 egg white
2 cloves fresh garlic	2 Tbsp chopped calamata olives
1 cup cooked glutinous black rice	Black pepper to taste

Preparation

Combine all above ingredients in a large bowl and knead until well combined and a firm ball can be formed.

Divide into 4 portions and form into patties.

Grill or bake to an internal temperature of 165.



Fit & Flavorful
Walnut & Goat Cheese Pumpkin Ravioli
Recipe by Executive Chef Mark Beland



Calories: 415 Protein: 18g Carbohydrates: 57g Total Fat: 15g
Saturated Fat: 4g Unsaturated Fat: 11g Trans Fat: 0g
Cholesterol: 11mg Sodium: 156mg Fiber: 12g

Yield: 6

Mayo Clinic Exchange: 2 fat, 2.5 carbohydrates, 1.5 vegetable, 1 protein/dairy

Ingredients

Pasta Dough:

½ c. prepared or canned pumpkin
2 egg whites
3 c. whole wheat semolina flour

Filling:

3 oz. goat cheese
3 oz. chopped walnuts
4 oz. chopped spinach
1 c. shredded carrots

Final:

1 ½ c. chopped tomatoes
2 cloves garlic, minced
2 Tbsp. basil, chopped
1 tsp. olive oil
2 oz. spinach

1 red onion, diced
2 zucchini, sliced
1 tsp. black pepper

Pasta Dough: Mix all ingredients into stiff dough, either by hand or in mixer. If dough is stick add small amounts of flour until stiff and dry. Set aside.

Filling: Mix all together

Assemble pasta: On a lightly floured surface, roll out pasta dough into a rectangular shape with rolling pin to 1/8 inch thickness. Trim edges to make perfect rectangle and cut into two 1/2 inch strips the long way. Make perpendicular cuts 4 inches wide the short way. Brush individual rectangles with beaten egg white. Place tablespoon of filling in middle. Fold over to match up corners, pinch tightly with fingers pressing air out of pocket. Cook in boiling water for 2-3 minutes. Drain well.

Final: Put all ingredients in saucepan and bring to simmer. Cook until vegetables become soft. Add to cooked pasta and toss. Serve on a bed of spinach.



Fit & Flavorful
Whole Grain Pancakes
Recipe by Executive Chef Mark Beland



Calories: 90 Protein: 3g Carbohydrates: 15g Total Fat: 2g
Saturated Fat: 0g Unsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 12mg Sodium: 120mg Fiber: 2g

Yield: 18 servings

Mayo Clinic Pyramid Servings: 1 carbohydrate

Ingredients

1 c. whole wheat flour	1 Tbsp. Canola oil
¼ c. millet, milled	2 ¼ c. (18 fl. Oz.) Soy milk
½ c. barley flour	3 Tbsp. dark honey
1.5 Tbsp. baking powder	
2 Tbsp. flax seed, milled	
¼ c. rolled oats	
1 large egg	
¼ c. egg beaters	

Preparation

Mix dry ingredients together very well. Mix wet ingredients together very well. Mix two together until just combined. Let rest for 30 minutes in refrigerator. Pre-heat pan on medium heat and ladle 3 oz. of batter. Let cook until small bubbles start to form and edges dry. Flip and cook until brown on that side.



Fit & Flavorful
Whole Grain Pizza
Recipe by Executive Chef Mark Beland



Calories: 280 Protein: 15g Carbohydrates: 40g Total Fat: 7g
Saturated Fat: 3g Unsaturated Fat: 4g Trans Fat: 0g
Cholesterol: 11mg Sodium: 390mg Fiber: 7g

Yield: 1 pizza (8 slices)

Mayo Clinic Pyramid Servings: 2 carbohydrates, 2 vegetables, ½ protein, ½ fat

Dough:

1 Tbsp. honey
2 ¼ Tsp. active dry yeast
1 c. warm water
1 Tbsp. olive oil
1 ½ c. whole wheat flour
¼ c. buckwheat flour
¼ c. barley flour
4 tsp. gluten
2 Tbsp. oats

Marinara Sauce:

6 oz. canned tomato paste
4 red tomatoes
2 garlic cloves minced
1 c. yellow onions chopped
2 celery stalks chopped
¼ c. parsley chopped
2 Tbsp. basil chopped
2 Tbsp. balsamic vinegar

Toppings:

2.5 oz. each of Mozzarella and Parmigiano cheese
3 c. fresh veggies of your choice

Preparation

Dough: Dissolve honey and yeast in warm water, let sit 5 minutes. Mix dry ingredients together, add oil and water yeast mixture. Knead together for 10-15 minutes for optimal texture; electric mixer is helpful but not necessary. Let rise in refrigerator for minimum one hour, up to 24 hours. Roll out on floured surface to desired thickness. Top as desired, bake for 15-25 minutes at 400 degrees depending on thickness.

Sauce: Add all ingredients to blender/food processor. Run until smooth, with fine pieces. Put contents in sauce pot and simmer for 30 minutes.

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Fit & Flavorful
Whole Wheat Pasta with Clams and Tomatoes
Recipe from Executive Chef Nick Weimer



Calories: 330 Protein: 20.8g Carbohydrates: 51.9g Total Fat: 4.4g
Saturated Fat: 0.5g Unsaturated Fat: 3.9g Trans Fat: 0g
Cholesterol: 28.5mg Sodium: 65.6mg Fiber: 9.3g

Yield: 4 servings (2 cups per serving)

Mayo Clinic Exchange: 2 carbohydrate,
1½ vegetable, ½ protein, ½ fat, ¼ sweet

Ingredients

8 ounces whole wheat pasta, dry (your choice)
16-20 littleneck clams
2 tsp. canola oil
1 yellow onion, diced (1 cup)
2 cloves garlic, minced (1 T.)
3 large tomatoes, diced (4 cups)
1 T. tarragon, minced
2 T. Italian parsley
Black pepper to taste
3 ounces white wine

Preparation

Pasta cooked al dente. Note: 8 ounces dry pasta yields approximately 4 cups cooked. In large skillet, heat oil on medium. Sauté yellow onion until lightly brown, add garlic and sauté 2-3 minutes. Add white wine, tomatoes, tarragon, parsley, pepper and clams. Cover and steam 2-3 minutes until clams open. Remove cover, add cooked pasta and cook 5-6 minutes on high heat to reduce liquid.



Fit & Flavorful
Whole Wheat Pizza
Recipe from Chef Richard Johnson



Calories: 370 Protein: 12gm Carbohydrates: 52gm Total Fat: 15gm
Saturated Fat: 3gm Monounsaturated Fat: ?gm Polyunsaturated Fat: ?gm
Cholesterol: 8mg Sodium: 393mg Fiber: 6gm
(Mayo Clinic Pyramid Servings: 1 veggie, 2 fats, 2 carbs & 1 protein/dairy)

Yield: 4 servings

Ingredients

Crust:

1 ½ cups whole wheat flour
½ cup unbleached all purpose flour
1 pkg yeast (about 2 tsp)
½ teaspoon salt
1 tablespoon dark honey
¾ cup warm water
2 teaspoons extra virgin olive oil
2 teaspoons yellow cornmeal

Toppings:

2 teaspoons extra virgin olive oil
Mozzarella cheese (1/4 ounce)
Parmigiano cheese (1/8 ounce)
Red onion, Spinach,
Roma tomatoes, Zucchini
Eggplant, Yellow Peppers
Chopped garlic, Fresh basil
Fennel, Fresh rosemary

Preparation

Dissolve honey and yeast in warm water. Let stand 2 minutes to activate. Add flours and salt and mix until water is absorbed. Transfer to a floured surface, and knead 15 minutes until dough is elastic and smooth. Add oil to a bowl and roll dough to coat with oil. Cover and let rest 20 minutes.

Divide dough into four balls. Roll out each ball to about 8" round. Dust pizza pan with cornmeal and place crust on pizza pan. Let rest 10 minutes more before topping.

To build your own pizza, brush each pizza with olive oil and add desired toppings from the list.



Fit & Flavorful
Wild Rice and Squash Salad
Recipe from Executive Chef Nick Weimer



Calories: 98 Protein: 3.1g Carbohydrates: 13.4g Total Fat: 3.9g
Saturated Fat: 0.5g Unsaturated Fat: 3.4g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 20.9mg Fiber: 2.2g

Yield: 4 servings (1 cup)

Mayo Clinic Exchange: ½ carbohydrate, 1 vegetable, ¾ fat

Ingredients

1 cup cooked wild rice
1 ½ cups squash, cubed
3 tsp. olive oil
3 oz. spinach, chiffonade
1 shallot, sliced thin
1 T. Italian parsley, minced
1 tsp. sage, minced
1 tsp. oregano, minced
Black pepper to taste
¼ cup red wine vinegar

Preparation

Toss squash in 1 tsp. olive oil and roast in 400 degree oven for 30-40 minutes or until golden brown on edges, allow to cool to 40 degrees. Toss all ingredients together in a mixing bowl and serve.



Fit & Flavorful
Zucchini and Summer Squash Casserole
Recipe from Chef Mark Beland



Calories: 63	Protein: 4.2g	Carbohydrates: 7.8g	Total Fat: 2.3g
Saturated Fat: 1.2g		Unsaturated Fat: 1.1g	Trans Fat: 0g
Cholesterol: 5.9mg		Sodium: 108.6mg	Fiber: 2.8g

(Exchange 2 vegetable, ½ fat)
Yield: 6 servings

Ingredients

2 zucchini
1 eggplant
4 oz. parmesan
3 clove garlic
2 yellow squash
4 tomatoes
½ cup chopped parsley

Preparation

Layer in 9 x 9 glass baking dish. Alternate squash/eggplant/tomato with garlic and parsley between. Bake at 400 ° for 20 minutes. Top with shredded parmesan.



Fit & Flavorful
Zucchini Spaghetti
Recipe from Executive Chef Nick Weimer



Calories: 67 Protein: 2.4g Carbohydrates: 9.7g Total Fat: 1.7g
Saturated Fat: 0.2g Unsaturated Fat: 1.5g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 14.3mg Fiber: 2.7g

Yield: 4 servings

Mayo Clinic Exchange: ¼ fat, 2 vegetable

Ingredients

4 Lg. zucchini, julienne lengthwise
1 tsp. canola oil
1 sweet onion, julienne
2 oz. white/red wine or vegetable stock
2 Lg. tomatoes, crushed
1 clove garlic, minced
½ T. oregano, minced
1 T. basil, chiffonade
Black pepper to taste

Preparation

Heat a sauté pan to medium and add canola oil and onion. Sauté until light brown and add garlic. Sauté for 1 minute. Add wine or stock to deglaze, add oregano and tomato. Cook 2-3 minutes until tomatoes come to a simmer. Add zucchini and let cook 5-6 minutes, until zucchini is heated through and becomes soft and flexible. Toss ingredients to combine well and add pepper if desired. Split onto four plates and top with chiffonade.