

Poached Salmon with Piccata Sauce

Poaching is an easy way to cook fish. The poaching liquid should have flavor so use all wine, broth, or stock or combine with some water. If you are not a salmon lover, you can substitute a firm white fish such as halibut, cod, or grouper.

Serves: 2

8 ounces center-cut wild salmon fillet, skinned, cut in two portions

½ cup dry white wine, divided

1 tsp olive oil

1 small shallot, minced

1 tbsp fresh lemon juice

2 tsp capers, drained

2 tbsp light sour cream

2 tsp chopped fresh dill

Directions

1. Place salmon in a medium skillet. Add ¼ cup wine and enough water to just cover the salmon. Bring to a boil over high heat. Reduce heat to a simmer, turn salmon over, cover and cook for 5 more minutes. Remove from the heat.
2. Meanwhile, heat olive oil in a small skillet over medium high heat. Add shallot and cook, stirring until fragrant, about 30 seconds. Add the remaining ¼ cup wine; boil until slightly reduced, about 1 minute. Stir in lemon juice and capers and cook for 1 more minute. Remove from heat and stir in sour cream.
3. Serve the salmon topped with the sauce and garnish with the chopped dill.

Per serving: 220 calories, 21g protein, 7g fat (2g saturated), 50mg cholesterol, 7g carbohydrate, 0g fiber, 3g sugar, 160 mg sodium

% Daily Value: Vitamin A 6%, Vitamin C 10%, Calcium 8%, Iron 6%

Recipe adapted from Eating Well Serves Two

Basil-Oregano Bean & Chicken Salad

If you're looking for ways to increase your fiber, you can't go wrong with beans, plus they are good source of protein. You can serve this as a side dish by omitting the chicken and making it 6 servings.

Serves: 4

3 tbsp olive oil
3 cloves garlic, finely chopped
2 tbsp red wine vinegar
1 cup loosely packed fresh basil leaves, finely chopped
2 tbsp loosely packed fresh oregano leaves, finely chopped
¼ tsp sugar
One 14.5 oz can no-salt added black beans, drained
One 14.5 oz can no-salt added cannellini beans, drained
6 oz cooked, diced chicken breast
Salt and pepper to taste

Directions:

1. In a small skillet heat oil over medium low heat. Add the garlic and cook for 10 minutes, adjusting the heat to cook but not brown the garlic. Remove from the heat and allow to cool.
2. Combine the garlic, vinegar, basil, oregano, and sugar in a small bowl.
3. Stir the beans and chicken together. Add the dressing and mix well.
4. Serve at room temperature or slightly chilled.

Per serving: 330 calories, 24g protein, 13 fat (2 g saturated), 35mg cholesterol, 29g carbohydrate, 9g fiber, 1g sugar, 75mg sodium

% Daily Value: Vitamin A 10%, Vitamin C 6%, Calcium 10%, Iron 20%

Fresh Herb Mayonnaise

This makes a great sandwich spread or use it in deviled eggs or tuna salad. If you want to make it into a dip just add some nonfat plain Greek yogurt.

Serves: 16 (1 tbsp)

- 1 cup light mayonnaise
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped fresh chives
- 1 tbsp chopped fresh basil
- 1 tbsp chopped fresh dill
- 1 tbsp chopped fresh oregano

Directions

Combine all ingredients and chill.

Per serving: 35 calories, 0g protein, 4 fat (1 g saturated), 0mg cholesterol, 1g carbohydrate, 0g fiber, 1g sugar, 110mg sodium

% Daily Value: Vitamin A 2%, Vitamin C 2%, Calcium 10%, Iron 0%

Recipe adapted from myrecipes.com

Pasta with Artichoke Sauce

This makes a great side dish with chicken or pork. Dry jack cheese is Monterey jack cheese that has been aged from 10 months to 4 years. It has a slightly nutty and mild flavor. You can find this cheese in the specialty cheese counter at your grocery store.

Serves: 8 as a side dish

6 oz dry whole penne, rigatoni, or fusilli pasta

1 tbsp butter

2 cloves garlic, minced

1 cup low sodium chicken broth

4 oz Neufchâtel cheese, cut into chunks

½ cup grated dry jack cheese

14 oz can artichoke hearts packed in water, drained, and quartered or 10 oz frozen artichoke hearts, cooked and drained

1 tbsp fresh oregano leaves

1 tbsp fresh thyme leaves

2 tbsp chopped fresh parsley

4 cups fresh baby spinach

Directions:

1. Cook pasta according to package directions. Drain and keep warm while making the sauce.
2. In a large skillet, melt butter over medium heat. Add garlic and cook about 30 seconds.
3. Stir in broth and Neufchâtel cheese; stir cooking until cheese melts.
4. Add dry jack cheese and artichoke hearts; stir and cook until cheese melts.
5. Stir in oregano, thyme, parsley, and spinach. Cook just until spinach wilts and is still bright green, about 1 to 2 minutes.

Per serving: 180 calories, 9g protein, 8 fat (4 g saturated), 20mg cholesterol, 21g carbohydrate, 5g fiber, 1g sugar, 300mg sodium

% Daily Value: Vitamin A 15%, Vitamin C 10%, Calcium 15%, Iron 8%

Tuna and Red Pepper Antipasto

Black-eyed peas rock in this recipe. They are a traditional New Year's food thought to bring one good luck. Eating this legume at other times of the year can help with good health since they are high in fiber and iron. This recipe goes together jiffy quick.

Serves: 2

One 14 oz can no salt added black eyed peas
1 small red pepper, finely diced
One 3 oz can chunk light tuna, drained and flaked
¼ cup finely chopped red onion
2 tbsp fresh lemon juice
2 tbsp chopped fresh parsley
1 tsp chopped fresh rosemary
1 tbsp olive oil
2 tsp capers, drained
Fresh ground pepper
4 butter lettuce leaves

Directions

1. Combine all ingredients in a medium bowl; stir to combine. Season with pepper if desired.
2. Serve on butter lettuce leaves.

Per serving: 280 calories, 20g protein, 10 fat (2 g saturated), 20mg cholesterol, 30g carbohydrate, 8g fiber, 4g sugar, 280mg sodium

% Daily Value: Vitamin A 30%, Vitamin C 100%, Calcium 6%, Iron 20%

Recipe adapted from Eating Well Serves Two

Tarragon Chicken

Tarragon has a unique flavor of anise or licorice and you don't need a lot of it to get the taste of it. You could substitute the tarragon with fresh rosemary or thyme but the taste won't be quite the same.

Serves: 2

8 oz boneless, skinless chicken breast, cut in to 2 portions

¼ tsp salt

Pinch of pepper, divided

4 tsp olive oil, divided

1 small shallot, finely chopped

¼ cup low sodium chicken broth

¼ cup white wine*

2 tsp Dijon mustard

2 tsp light sour cream

2 tsp chopped fresh tarragon

Directions

1. Season chicken on both sides with salt and a pinch pepper. Heat 2 tsp olive oil in a medium skillet over medium-high heat. Add the chicken and cook until browned on both sides, about 3 minutes per side. Transfer to a plate and cover with foil to keep warm.
2. Reduce heat to medium and remaining 2 tsp oil to the pan. Add shallot and cook, stirring until softened, about 1 minute. Add broth and wine. Bring to a simmer and cook until reduced by half, 2 to 3 minutes.
3. Return chicken to the pan with any juices from the bottom of the plate. Reduce heat and simmer until chicken is cooked through, about 4 minutes or 160°F, turning the chicken over halfway through cooking. Transfer the chicken to two plates.
4. Stir the mustard, sour cream, and tarragon in to the sauce. Heat and serve over chicken.

**Note: if you prefer not to use wine, increase broth to ½ cup.*

Per serving: 270 calories, 28g protein, 12 fat (3 g saturated), 75mg cholesterol, 6g carbohydrate, 0g fiber, 1g sugar, 410mg sodium

% Daily Value: Vitamin A 2%, Vitamin C 4%, Calcium 4%, Iron 8%

Recipe adapted from Eating Well Serves Two

Tomato and Sweet Onion Salad

This recipe says summer when the tomatoes are at their peak. Use yellow or orange tomatoes to create a colorful, fresh salad. Serve the same day as prepared since it will not holdover with the same great taste.

Serves: 6

3 medium mixed tomatoes, cut into wedges
2 cups cherry tomatoes, cut in half
½ small sweet onion, thinly sliced
½ cup torn fresh basil leaves
¼ cup ½ inch pieces fresh chives
2 tbsp olive oil
1 tbsp white wine vinegar
½ tsp sugar
Salt and pepper to taste

Directions

Combine all ingredients in a large bowl. Serve or chill up to 6 hours before serving.

Per serving: 70 calories, 1g protein, 5 fat (1 g saturated), 0mg cholesterol, 7g carbohydrate, 2g fiber, 5g sugar, 10mg sodium

% Daily Value: Vitamin A 25%, Vitamin C 35%, Calcium 2%, Iron 4%

Recipe from bon appétit