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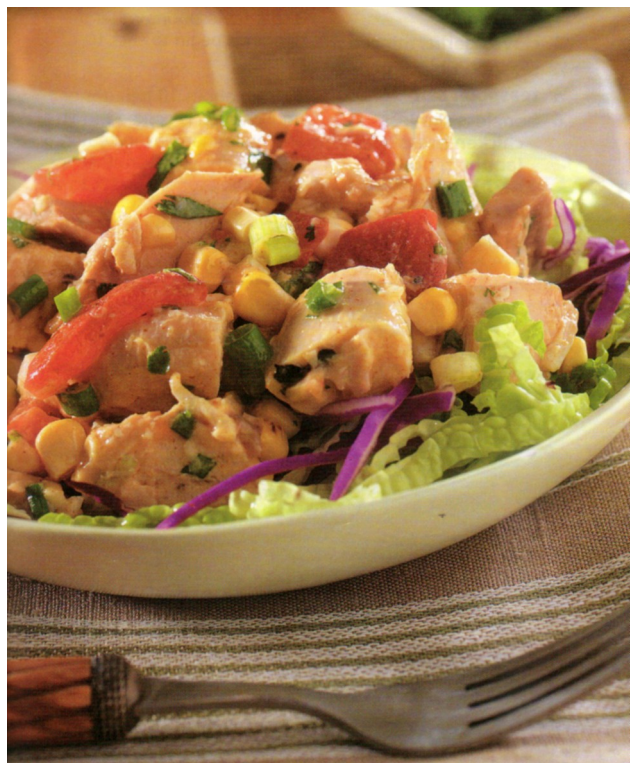
**Healthy Options that Work**

Maria Parham Medical Center's Health & Wellness Program

## **BBQ Chicken Salad with Roasted Corn and Cilantro**

(adopted from Diabetic Cooking)

- 2 ½ cups chopped cooked barbeque chicken (use skinless breasts)
  - ½ cup corn niblets, roasted (roast whole ear of corn on the grill, or place under broiler until browned. Frozen or canned corn can be used as well)
  - 3 canned sweet roasted red peppers, chopped
  - 2 scallions, chopped
  - ¼ cups fresh cilantro, minced
  - 2 tablespoons canola oil
  - 2 tablespoons lime juice
  - 1 teaspoon Dijon mustard
  - 1/8 teaspoon black pepper
  - 1 clove garlic, minced
  - Shredded cabbage
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- In a large bowl combine chicken, corn, red peppers, scallions, and cilantro
  - In a small bowl combine canola oil, lime juice, Dijon mustard, black pepper and garlic; whisk well
  - Spoon dressing over chicken mixture and carefully blend ingredients
  - Divide salad mixture into 4 portions; spoon onto shredded cabbage.



### **Nutrition Information**

Calories	196
Total Fat	12g
Saturated fat	2g
Carbohydrate	11g
Cholesterol	48 mg
Sodium	289 mg



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## **Chicken Fajitas**

- 1/4 cup lime juice
  - 1 or 2 cloves garlic, minced
  - 1 teaspoon chili powder
  - 1/2 teaspoon ground cumin
  - 3 pounds boneless, skinless chicken breasts, cut in 1/4-inch strips
  - 1 large onion, sliced
  - Half a green sweet bell pepper, slivered
  - Half a red sweet bell pepper, slivered
  - 12 whole-wheat 8-inch tortillas
  - 1/2 cup salsa
  - 1/2 cup fat-free sour cream
  - 1/2 cup low-fat shredded cheese
- (serves 12—serving size 1 stuffed fajita)



- Combine the first four ingredients in a large bowl.
- Add chicken strips and stir until chicken is well coated. Marinate for 20 minutes. Cook chicken in pan for 3 minutes or until no longer pink.
- Stir in onions and peppers. Cook 3 minutes, or until done to your liking. Divide mixture evenly among tortillas.
- Top each with 2 teaspoons salsa, 2 teaspoons sour cream and 2 teaspoons shredded cheese.
- Roll up and serve.

### **Nutrition Information**

Calories: 335  
Cholesterol: 68mg  
Total fat: 9g  
Saturated fat: 2g  
Monounsaturated fat 6g  
Protein: 34g  
Sodium: 675 mg  
Carbohydrate: 30g



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## **Vegetable Stir-Fry**

- 1 lb. fresh broccoli
- 1 tsp. acceptable margarine (no more than 2 g saturated fat per tablespoon)
- 1 tsp. acceptable vegetable oil (no more than 2 g saturated fat per tablespoon, such as corn, canola, olive, safflower, sunflower, soybean, walnut or almond)
- 1 lb. carrots, peeled and thinly sliced
- 12 oz. fresh mushrooms, thinly sliced
- (3½ to 4 cups) 2 to 3 medium green onions, thinly sliced
- (about ⅓ cup)
- 2 tbsp. dry sherry
- 1 tbsp. fresh lemon juice
- 1 tsp. ground nutmeg
- 1 tsp. dried thyme, crumbled
- pepper to taste



Separate broccoli florets so they're of small, uniform size. Peel tough stems; cut stems into 2-inch pieces.

in large skillet or wok, heat margarine and oil over medium heat, swirling to coat bottom.

Stir-fry broccoli, carrots, mushrooms and green onions for 5 minutes, or until vegetables are tender-crisp, stirring constantly. Stir in remaining ingredients.

Recipe reproduced with permission from the new American Heart Association Cookbook, 25th Anniversary edition,



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### **Nutrition Information**

Calories: 65  
Protein: 3g  
Carbohydrates: 11g  
Cholesterol: 0mg  
Total fat: 2g (saturated: 0g, polyunsaturated: 1g, monounsaturated: 0g)  
Fiber: 4g  
Sodium: 57mg

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## **Zucchini Lasagna**

1/2 pound lasagna noodles, cooked in unsalted water  
3/4 cup part-skim mozzarella cheese, grated  
1/4 cup Parmesan cheese, grated  
1 1/2 cups fat-free cottage cheese\*  
2 1/2 cups no-salt-added tomato sauce  
2 tsp. dried basil  
2 tsp. dried oregano  
1/4 cup onion, chopped  
1 garlic clove  
1/8 tsp. black pepper  
1 1/2 cups raw zucchini, sliced



Preheat the oven to 350 F. Lightly spray a 9-by-13-inch baking dish with vegetable oil spray. In a small bowl, combine 1/8 cup of mozzarella and 1 tablespoon of Parmesan cheese. Set aside. In a medium bowl, combine the remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside. Combine tomato sauce with remaining ingredients except zucchini. Spread a thin layer of tomato sauce in the bottom of the baking dish. Add a third of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini. Repeat layering. Add a thin coating of sauce. Top with noodles, sauce and the reserved cheese mixture. Cover with aluminum foil. Bake for 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into six portions.

### **Nutrition Information**

Per serving:  
276 calories,  
5 g fat (2 g saturated)  
11 mg cholesterol  
380 mg sodium\*  
41 g carbohydrates  
5 g fiber  
19 g protein  
\*Use unsalted cottage cheese to reduce the sodium content to 196 mg per serving.



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## **Mediterranean Kabobs**

### For marindae:

2 Tbsp. olive oil

1 Tbsp. garlic, minced (2 to 3 cloves)

2 Tbsp. lemon juice

1 Tbsp. fresh parsley, rinsed dried and chopped  
(or 1 tsp. dried)

1/2 tsp. salt

### For kabobs:

6 ounces top sirloin or other beef steak, cut into  
3/4-inch cubes (12 cubes)

6 ounces boneless, skinless chicken breast cut  
into 3/4-inch cubes (12 cubes)

1 large white onion, cut into 3/4-inch squares (12 pieces)

12 cherry tomatoes, rinsed

1 4-ounce red bell pepper, rinsed and cut into 3/4-inch squares (12 pieces)

12 6-inch skewers (if wood, soak in warm water for 5 to 10 minutes to prevent burning)



Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high. Combine ingredients for marinade, and divide between two bowls (one to marinate the raw meat and one for cooking and serving). Mix the beef, chicken, onion, tomatoes and pepper cubes in one bowl of the marinade. After five minutes, discard remaining marinade. Place one piece each of beef, chicken, tomato, onion, and red pepper on each of the 12 skewers. Grill or broil on each of the four sides for two to three minutes or until completely cooked (to a minimum internal temperature of 145 F for beef and 165 F for chicken). Spoon most of the remaining marinade over the kabobs while cooking. Drizzle the rest of the marinade on top of each kabob before serving (use only the marinade that didn't touch the raw meat or chicken).



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### **Nutrition Information**

Per serving:

202 calories

11 g fat (2 g saturated)

40 mg cholesterol

333 mg sodium\*

9 g carbohydrates

2 g fiber

18 g protein