

Lavender Roasted Potatoes

Makes 6 servings

Ingredients:

- 2½ pounds thin-skinned potatoes (such as new or red)
- 1½ tablespoons olive oil
- 1 tablespoon dried lavender (designated for culinary use)
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Scrub potatoes well to remove any dirt. Do not peel. With a paring knife, remove eyes and/or brown spots. Cut into bite-sized pieces.
3. Toss potatoes in a bowl with olive oil. When potatoes are coated, add lavender, salt and pepper.
4. Spread into a single layer on a baking sheet. Bake for 30 minutes, stirring halfway through to ensure even browning.

Nutrition information per serving: 180 calories; 3.5g fat; 33g carbohydrate; 4g protein; 4g fiber, 210mg sodium.

(Adapted from www.boulderlocavore.com)

Grilled Pork Tenderloin with Oregano

Makes 6 to 8 servings

Ingredients:

- 2 pounds pork tenderloin
- ¼ cup lemon juice
- 2 tablespoons fresh oregano, chopped (or 2 teaspoons dried)
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions:

1. In a 1-gallon resealable plastic bag, combine lemon juice with 1 tablespoon fresh oregano (or 1 teaspoon dried). Add tenderloin, turning to coat. Seal bag, pressing out excess air. Refrigerate tenderloin for 30 minutes.
2. Remove tenderloin from bag and discard marinade. In a small bowl, mix olive oil, salt, pepper and remaining oregano. Massage mixture all over tenderloin.
3. Place tenderloin on a grill over medium heat and cook about 20 minutes. Test tenderloin with a meat thermometer to ensure internal temperature reaches 145 degrees Fahrenheit. Remove to a platter and let meat rest for at least 3 minutes. Slice thinly and serve.

Nutrition information per serving: 180 calories, 7g fat, 1g carbohydrate, 27g protein, 0g fiber, 230mg sodium.

(Adapted from www.goodhousekeeping.com)



Avocado Lime Salad Dressing with Cilantro

Makes 10 servings (2 tablespoons per serving)

Ingredients:

- 1 avocado
- ½ cup plain fat-free Greek yogurt
- ¼ cup lime juice
- ¼ cup fresh cilantro, chopped
- 1 to 2 cloves garlic
- 2 tablespoons olive oil
- 2 tablespoons white vinegar (can substitute apple cider vinegar or white wine vinegar)
- ½ teaspoon salt
- ½ teaspoon black pepper

Directions:

1. Place all ingredients in a blender or food processor. Blend until smooth.

Nutrition information per serving: 70 calories; 6g fat; 3g carbohydrate; 2g protein; 1g fiber, 120mg sodium.

(Adapted from www.insidebrucrewlife.com)

Garden-fresh Pasta Salad

Makes 6 servings

Ingredients:

- ½ pound whole-wheat pasta (such as penne, fusilli, shells or bow-tie)
- 2 pints cherry tomatoes, halved
- 12 large fresh basil leaves, thinly sliced
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup grated Parmesan cheese (1½ to 2 ounces)

Directions:

1. Cook pasta according to package directions. Rinse with cold water and drain.
2. In a large bowl, mix tomatoes, basil, garlic, olive oil, salt and pepper. Let stand 30 minutes to marinate.
3. Add pasta and Parmesan cheese. Toss gently before serving.

Nutrition information per serving: 220 calories; 6g fat; 33g carbohydrate; 9g protein; 5g fiber, 340mg sodium.

(Adapted from www.foodnetwork.com)



Cheddar Chive Biscuits

Makes 12 servings (1 biscuit per serving)

Ingredients:

- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 2 tablespoons granulated sugar
- 1 cup reduced-fat shredded cheddar cheese
- ½ cup chives, chopped
- ⅓ cup canola oil
- ¾ cup skim milk

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Sift flour, baking powder and sugar together in a mixing bowl. Stir in grated cheddar cheese and chives.
3. Make a well in the center of the mixture and add oil and milk. Stir gently to form a soft ball of dough. Turn out onto a lightly floured work surface and knead gently six to eight times. Roll or pat to ¾ to 1 inch thick. Cut out with a biscuit cutter. Place on an ungreased baking sheet.
4. Bake 15 to 20 minutes or until golden brown.

Nutrition information per serving: 170 calories, 8g fat, 20g carbohydrate, 1g fiber, 5g protein, 260 mg sodium.

White Bean and Parsley Dip

Makes 8 servings

Ingredients:

- 1 15-ounce can cannellini beans (or other white beans), drain and reserve liquid
- 2 tablespoons olive oil
- 1 to 2 tablespoons reserved liquid from canned beans
- ½ cup fresh parsley, chopped
- 2 cloves garlic
- 2 tablespoons lemon juice
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions:

1. Combine all ingredients in a food processor. Process until smooth.
2. If the mixture is too thick, add 1 to 2 tablespoons of the reserved liquid from the canned beans. Process again until the liquid is incorporated.
3. Serve with sliced fresh vegetables or whole-grain crackers for dipping.

Nutrition information per serving: 100 calories; 3.5g fat; 11g carbohydrate; 4g protein; 5g fiber, 250mg sodium.



Cucumber, Tomato and Mint Salad

Makes 6 servings

Ingredients:

- 1/3 cup red wine vinegar
- 1 tablespoon granulated sugar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 large cucumbers, peeled, seeded and chopped
- 3 large tomatoes, seeded and chopped
- 1/2 cup red onion, chopped
- 1/2 cup fresh mint, chopped
- 1 tablespoon olive oil

Directions:

1. In a large bowl, combine vinegar, sugar, salt and pepper. Mix in cucumbers and marinate 1 hour, stirring occasionally.
2. Gently toss tomatoes, onion, mint and olive oil with the marinated cucumbers.

Nutrition information per serving: 60 calories; 2.5g fat; 10g carbohydrate; 2g protein; 2g fiber, 200mg sodium.

(Adapted from www.allrecipes.com)

White Fish with Tarragon Sauce

Makes 4 servings

Ingredients:

- 1 to 1 1/2 pounds white fish (such as cod, sole, tilapia, etc.), cut into 4 equal fillets
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil
- 1 tablespoon butter
- 2 tablespoons lemon juice
- 2 tablespoons fresh tarragon, chopped

Directions:

1. Season both sides of fish fillets with salt and pepper.
2. In a large skillet or frying pan, heat olive oil over medium-high heat. Place fish in the skillet and cook 3 to 5 minutes or until brown on the bottom. Turn and cook an additional 3 to 5 minutes. Test each fillet with a meat thermometer to ensure internal temperature reaches 145 degrees Fahrenheit. Remove fish to a platter.
3. Add butter, lemon juice and tarragon to skillet and stir gently for about 30 seconds or until the sauce is warm. Pour sauce over fish and serve.

Nutrition information per serving: 160 calories; 6g fat; 1g carbohydrate; 24g protein; 0g fiber; 330mg sodium.

(Adapted from www.food.com)



Chamomile Cantaloupe Smoothie

Makes 4 servings

Ingredients:

4 cups cantaloupe, chopped
2 cups vanilla soy milk (can use almond or rice milk)
1 tablespoon dried chamomile flowers
(or 2 tablespoons fresh)
1 cup ice cubes

Directions:

1. Place all ingredients together in a blender and process until smooth.

Nutrition information per serving: 130 calories, 2.5g fat, 25g carbohydrate, 5g protein, 2g fiber, 100mg sodium

(Adapted from www.sweetroots.blogspot.com)

Lemon Thyme Chicken Burgers

Makes 4 servings

Ingredients:

1 pound ground chicken breast or ground turkey breast
2 tablespoons fresh thyme, chopped
Zest of 1 lemon (about 2 teaspoons)
½ cup breadcrumbs or cracker crumbs
2 teaspoons Dijon mustard
1 tablespoon lemon juice ¼ teaspoon pepper
1 egg, lightly beaten 4 whole-wheat rolls
¼ cup onion, minced 8 tomato slices
½ teaspoon salt 8 large lettuce leaves (optional)

Directions:

1. In a large bowl, place all ingredients except whole-wheat rolls, tomato and lettuce. With clean hands, gently mix until all ingredients are combined. Form mixture into 4 patties of equal size.
2. Preheat grill or large skillet to medium-high. Cook patties for about 5 to 6 minutes per side. Test each patty with a meat thermometer to ensure internal temperature reaches 165 degrees Fahrenheit.
3. Serve each burger on a whole-wheat roll topped with lettuce and tomato, if desired.

Nutrition information per serving: 300 calories, 5g fat, 34g carbohydrate, 33g protein, 4g fiber, 480mg sodium

(Adapted from www.metronews.ca)



Crisp Rosemary Flatbread Crackers

Makes 12 servings (2 crackers per serving)

Ingredients:

1 cup all-purpose flour	2 tablespoons fresh rosemary, coarsely chopped (or 2 to 3 teaspoons dried)
¾ cup whole-wheat flour	
1 teaspoon baking powder	⅓ cup olive oil
¾ teaspoon salt	Nonstick baking spray
½ cup water	

Directions:

1. Preheat oven to 450 degrees Fahrenheit.
2. Sift together all-purpose flour, whole-wheat flour, baking powder, salt and rosemary in a mixing bowl. Make a well in the center. Add the water and olive oil, gradually stirring until a shaggy dough forms.
3. Turn dough out onto a work surface and gently knead four to five times to bring the dough together into a soft, smooth ball.
4. Divide the dough into six equal pieces. Work with one piece at a time and keep the other pieces covered with plastic wrap.
5. Divide the first piece of dough into four equal pieces. With a rolling pin, roll each piece into a circle or oval about 5 inches across. Place dough onto a baking sheet coated with nonstick spray. Prick each piece of dough several times with a fork.
6. Repeat step 5 for each of the remaining pieces of dough.
7. Bake for 4 to 6 minutes or until lightly browned. Transfer to a wire rack to cool.

Nutrition information per serving: 100 calories, 5g fat, 14g carbohydrate, 2g protein, 1g fiber, 190mg sodium.

(Adapted from the Washington Post, from Gourmet, July 2008)

