



## Recipe Collection

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**HEALTHY  
TASTES  
GREAT**

### Inside:

- BREAKFASTS  
THAT GIVE  
YOU A BOOST

- SOUP AND  
SALAD CHOICES  
YOU'LL LOVE

- 5 FAST, DELICIOUS  
WEEKNIGHT  
DINNERS

- AMAZING  
GUILT-FREE  
SWEETS

AT MINDFUL BY SODEXO, we believe that healthy food should taste great. In our cafes you'll find choices that balance nutrition with enticing flavors to create an indulgent way to enjoy health. Our hope is that making healthy choices becomes second nature for you—not only when you're in our cafes, but also at home with your family. That's why we've created the Mindful by Sodexo Recipe Collection. Here, you'll find crowd-pleasing dishes that are easy to make, good for you, and delicious. Enjoy!

## Mindful Recipe Collection

BREAKFAST	SOUPS & SALADS	MAIN COURSE	DESSERT
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# Kale and Sun-Dried Tomato Frittata With Potatoes



*Today's most popular superfood, kale, is now making an appearance on the breakfast table. Whip up this supersimple frittata for a nutrient-rich start to your day.*

## INGREDIENTS

- 6 large egg whites
- 5 large eggs
- ¼ teaspoon ground black pepper
- ½ teaspoon salt, divided
- ½ cup drained oil-packed sun-dried tomatoes, thinly sliced
- ½ cup low-fat four-cheese Mexican blend
- 2 scallions, finely chopped
- 1 tablespoon olive oil, divided
- 2 medium russet potatoes, cut into ½-inch cubes
- 1 medium yellow onion, finely chopped
- 3 cups packaged sliced kale

## DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In a medium bowl, whisk together egg whites, eggs, pepper, and ¼ teaspoon salt until combined. Stir in sun-dried tomatoes, cheese, and scallions. Set aside.
3. In a 10-inch ovenproof nonstick skillet, warm ½ tablespoon oil over medium-high heat. Add potatoes and remaining ¼ teaspoon salt, stirring constantly and sautéing until potatoes are golden and just tender, about 5 to 6 minutes. Transfer potatoes to a dish and set aside.
4. Warm remaining ½ tablespoon oil in the skillet over medium-high heat. Add onion and, stirring pretty constantly, cook until golden, about 3 to 4 minutes. Stir in kale, mixing with

onion, and cook until wilted, about 2 to 3 minutes.

5. Stir egg mixture again; then, still over medium-high heat, pour egg mixture over the vegetables in the pan. Tilt the pan to make sure the eggs settle evenly over all the vegetables. Cook for 1 or 2 minutes, until you see the eggs at the edges of the pan beginning to set. Remove from heat.
6. Transfer the pan to the oven and bake until the eggs in the center are set, about 12 minutes. Cool for a few minutes, then slice in half and cut each half into three wedges. Serve.

## NUTRITION FACTS

SERVES 6

SERVING <b>221g</b>	CALORIES <b>203</b>
CARBS <b>19g</b>	PROTEIN <b>11g</b>
FAT <b>10g</b>	SAT. FAT <b>2g</b>
SODIUM <b>344mg</b>	FIBER <b>3g</b>

# Peanut Butter and Banana Whole Wheat Pancakes



*We're giving classic pancakes a tasty twist—and a nutrition boost, by reducing the sugar and increasing the protein and fiber. This stack is the perfect Sunday-morning indulgence.*

## INGREDIENTS

- 2 cups reduced-fat buttermilk
- 1/3 cup smooth natural peanut butter
- 3 egg whites
- 2 tablespoons honey
- 1 1/2 cups whole wheat flour
- 1/4 cup quick-cooking oats
- Pinch of kosher salt
- 1 teaspoon baking soda
- 1 1/2 cups chopped banana (about 2 large bananas)
- 3 tablespoons maple syrup, for serving
- 1/4 cup walnuts (optional garnish)

## DIRECTIONS

1. In a medium bowl, add buttermilk, peanut butter, egg whites, and honey, stirring together with a spatula to combine. In a small bowl, add flour, oats, salt, and baking soda. Add dry ingredients to the wet ingredients, using a spatula to stir together until just combined. (Some lumps in the pancake mixture are good because it means the batter hasn't been overmixed.)
2. Let the batter rest for about 10 minutes. Then gently stir in the chopped bananas.

3. Spray a large nonstick pan with cooking spray and warm it over medium-high heat. Portion 1/3 cup amounts of batter on the pan. When bubbles appear on the edges of a pancake, flip it over with a spatula and slightly flatten it with the back of the spatula. Cook until each side is browned, a few minutes per side. Transfer to a plate. Continue with remaining batter, coating the pan with cooking spray when needed, until all the batter has been used.
4. Serve pancakes with maple syrup and walnuts.

## NUTRITION FACTS

SERVES 6

SERVING <b>154g</b>	CALORIES <b>300</b>
CARBS <b>50g</b>	PROTEIN <b>9g</b>
FAT <b>8g</b>	SAT. FAT <b>2g</b>
SODIUM <b>344mg</b>	FIBER <b>3g</b>

# No-Cook Oatmeal With Almonds and Berries



*Skip the stove and enjoy this hearty breakfast classic chilled. The no-hassle trick is to combine the ingredients the night before and let them mingle overnight in the fridge for a yummy wake-up call.*

## INGREDIENTS

2 cups rolled oats  
1½ tablespoons chia seeds (find them in the natural foods section of your grocery store)  
1½ tablespoons honey  
½ teaspoon orange zest

Juice of 1 orange  
½ teaspoon vanilla extract  
2¼ cups low-fat 2 percent milk or unsweetened almond milk  
¼ cup sliced almonds  
1 cup sliced strawberries or blueberries (or any other fruit)

## DIRECTIONS

1. In a large, resealable container, add oats, chia seeds, honey, orange zest, orange juice, and vanilla extract. Stir to combine. Pour in milk and mix to combine. Place in the refrigerator and let it sit overnight.
2. Top oatmeal with almonds and berries and serve. If you'd prefer your oatmeal hot, simply warm it in the microwave for 1 to 2 minutes, stirring halfway through, and then add the toppings.

## NUTRITION FACTS SERVES 4

SERVING <b>247g</b>	CALORIES <b>302</b>
CARBS <b>48g</b>	PROTEIN <b>12g</b>
FAT <b>8g</b>	SAT. FAT <b>2g</b>
SODIUM <b>103mg</b>	FIBER <b>3g</b>

# Grilled Chicken Tortilla Soup



Full of bold and exciting flavors, this delicious (and healthy) twist on classic chicken tortilla soup will have everyone asking for seconds. It's the perfect one-bowl meal for busy weeknights.

## INGREDIENTS

- 8 (6-inch) yellow corn tortillas, julienned into 1/8-inch strips
- 1/2 teaspoon granulated garlic
- Dash ground black pepper
- 8 ounces boneless, skinless chicken breast
- 1 1/2 tablespoons canola-olive oil blend, 80:20
- 2 1/2 ounces yellow onions, fresh, diced
- 3 tablespoons garlic, fresh, minced
- 3/4 teaspoon ancho chili powder
- 1/8 teaspoon chipotle chili powder
- 1 1/2 whole bay leaves
- 1/2 teaspoon ground cumin
- 6 ounces canned tomato puree
- 4 3/4 cups low-sodium chicken broth
- 2 tablespoons + 1 teaspoon cornstarch
- 2 tablespoons water

- 1/2 teaspoon kosher salt
- 2 tablespoons cilantro leaves, fresh, chopped

## DIRECTIONS

1. Evenly coat tortilla strips with vegetable oil spray.
2. Place in a single layer on sheet pans. Do not overcrowd. Bake in preheated 400 degree F oven 5 to 8 minutes, until crisp and lightly browned. Cool quickly. Place tortilla strips in food processor. Process until finely ground. Hold for use.
3. Combine granulated garlic and black pepper until well-blended. Sprinkle the seasoning on chicken to evenly coat. Refrigerate 1 hour.

4. Preheat char broiler over medium heat. Place seasoned breasts on broiler pan, and cook for 2 to 3 minutes on each side.
5. Place chicken on sheet pan. Bake grilled chicken in 400 degree F oven for 13 to 15 minutes, or until fully cooked. Cool quickly. Dice the chicken into 1/2-inch cubes.
6. Heat large stockpot over medium-high heat. Add oil, onions, and garlic. Sauté for 2 to 3 minutes, or until aromatic and lightly browned.
7. Add ancho and chipotle chili powders, bay leaves, and cumin. Sauté for 1 to 2 minutes.
8. Stir in tomato puree and chicken broth. Bring to a simmer.
9. Stir in finely ground tortilla strips until dissolved.
10. Combine cornstarch and water until well-blended. Whisk into soup. Return to a simmer.
11. Stir in chicken and salt. Simmer 2 minutes; remove bay leaves. Keep hot before serving with cilantro.

## NUTRITION FACTS

SERVES 6

SERVING 8 fl oz	CALORIES 140
CARBS 14g	PROTEIN 8g
FAT 6g	SAT. FAT 1g
SODIUM 350mg	FIBER 2g

# Summer Peach Salad With Balsamic Chicken



*This sweet salad tastes light and refreshing, but grilled chicken and sliced almonds pack it with hunger-busting protein to help keep you feeling full and satisfied.*

## INGREDIENTS

### BALSAMIC GARLIC CHICKEN

- 1 3/4 teaspoons balsamic vinegar
- 1/2 tablespoon garlic, fresh, chopped
- 1/8 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon + 1 teaspoon canola oil
- 6 chicken breasts (4 ounces each), boneless, skinless, raw
- 3/4 teaspoon oregano leaves, fresh, chopped
- 3/4 teaspoon thyme leaves, fresh, chopped

## DIRECTIONS

1. Combine vinegar, garlic, salt, pepper, and oil. Whisk until well blended for marinade.
2. Add chicken. Toss until evenly coated. Hold refrigerated for 1 to 2 hours to

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## INGREDIENTS

### SALAD

- 6 cups spring mix lettuce
- 3/4 cup red onions, fresh, sliced thin, divided
- 6 breasts Balsamic Garlic Chicken (recipe below), sliced
- 1/2 pound peaches, fresh, sliced
- 3 tablespoons sliced blanched almonds, toasted
- 6 ounces Honey Lime Cilantro dressing (recipe below)

## DIRECTIONS

1. Place 1 cup spring mix on plate or in appropriate-sized container.
2. Top with 1/8 cup red onions, 1 sliced chicken breast, 3 fresh peach slices, 1/2 teaspoon toasted almonds, and 1 ounce Honey Lime Cilantro dressing.

## NUTRITION FACTS

SERVES 6

SERVING <b>234 grams</b>	CALORIES <b>270</b>
CARBS <b>15g</b>	PROTEIN <b>21g</b>
FAT <b>15g</b>	SAT. FAT <b>1.5g</b>
SODIUM <b>300mg</b>	FIBER <b>2g</b>

# Summer Peach Salad With Balsamic Chicken

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marinate. Drain and discard excess marinade.

3. Place chicken on an oven-safe pan. Sprinkle  $\frac{1}{8}$  teaspoon oregano and  $\frac{1}{8}$  teaspoon thyme over each breast.
4. Preheat char-broiler or grill.

#### To serve:

5. Place chicken on a clean and well-oiled char broiler or grill. Cook for 1 to 2 minutes on each side or until well marked.
6. Transfer to sheet pans. Bake in a preheated 375 degree F standard oven for 5 minutes or until minimum internal temperature is at least 165 degrees F (for 15 seconds). Cool under refrigeration.

#### INGREDIENTS

##### HONEY LIME CILANTRO

##### DRESSING

- $\frac{1}{8}$  cup + 1 tablespoon canola-olive oil blend (80% canola, 20% olive)
- $\frac{1}{8}$  cup +  $1\frac{1}{4}$  teaspoon unseasoned rice vinegar
- $\frac{1}{8}$  cup +  $1\frac{1}{8}$  teaspoon honey
- 1 tablespoon +  $\frac{3}{4}$  teaspoon Dijon mustard
- $\frac{3}{4}$  tablespoon cilantro leaves, fresh, minced
- $\frac{3}{4}$  tablespoon fresh lime juice
- $\frac{1}{4}$  teaspoon Chinese sesame oil
- $1\frac{1}{4}$  teaspoon red peppers, fresh, minced
- $1\frac{1}{4}$  teaspoon yellow onions, fresh, minced
- $\frac{1}{8}$  teaspoon kosher salt
- $\frac{1}{8}$  teaspoon ground black pepper

#### DIRECTIONS

1. Whisk ingredients together until thoroughly blended.
2. Refrigerate until used.



# Asian Pesto Stir-Fried Shrimp and Vegetables



*This Thai-inspired entrée is packed with lean protein, thanks to the shrimp. A zesty pesto sauce adds a punch of unexpected flavor.*

## DIRECTIONS

1. For Asian Pesto, process all ingredients in blender until relatively smooth, 1 minute (mixture will be thick).
2. For stir-fry, toast sesame seeds in dry deep heavy sauté pan or wok over medium heat until fragrant, 2 to 3 minutes, shaking pan occasionally to prevent burning. Remove from pan and set aside.
3. Heat same pan over high heat. When smoking, add peanut or canola oil, swirling to coat. Add shrimp and cook until bright pink all over, 1 to 2 minutes. Add asparagus, bell pepper, and toasted sesame oil, tossing to coat, 1 minute. Add pesto and cook until shrimp are cooked through and glazed with sauce, about 30 seconds. Serve with lime wedges.

## INGREDIENTS

### ASIAN PESTO

- ½ cup packed basil leaves and small stems, preferably Thai
- ½ cup packed cilantro leaves and small stems
- ⅓ cup packed mint leaves and small stems
- ¼ cup roasted unsalted peanuts
- 2 cloves garlic
- 1½ teaspoons peeled, chopped fresh ginger
- 1½ tablespoons fish sauce
- 1½ tablespoons peanut oil or canola oil
- Zest and juice of ½ small lime, plus 6 lime wedges for serving
- 2 teaspoons sugar
- ¼ teaspoon red pepper flakes
- ¼ teaspoon salt

### STIR-FRY

- 1½ teaspoons sesame seeds
- 1 tablespoon peanut oil or canola oil
- 12 ounces medium raw shrimp, peeled and deveined
- 8 ounces asparagus, cut into 1-inch pieces
- 1 red bell pepper, cut into 1-inch strips
- 1 teaspoon toasted sesame oil

## NUTRITION FACTS

SERVES 6

SERVING <b>157g</b>	CALORIES <b>170</b>
CARBS <b>9g</b>	PROTEIN <b>11g</b>
FAT <b>11g</b>	SAT. FAT <b>2g</b>
SODIUM <b>777mg</b>	FIBER <b>3g</b>

# Chicken and Vegetables With Herbed Dumplings



*We've given this comforting Southern classic a healthy makeover by adding in whole wheat flour and a hearty dose of veggies, and cutting out extra fat. It has all the taste, with none of the guilt.*

## DIRECTIONS

1. In medium bowl, make dumplings: Add both flours, salt, baking powder, and herbs. Add beaten egg and buttermilk, stirring until combined with dry ingredients. Reserve.
2. In 7- or 8-quart Dutch oven, add chicken broth and water. Bring to boil over high heat. Add chicken cutlets, letting them poach in boiling liquid until cooked through, about 3 to 4 minutes. Use tongs to transfer chicken from broth to small bowl. When cool enough to handle, cut chicken into small pieces.
3. Cook vegetables and pepper 5 minutes. Use teaspoon to drop spoonfuls of dough into simmering liquid; aim for 12 dumplings.
4. Reduce heat to medium-low; cover with lid. Cook undisturbed until dumplings are puffy, about 10 minutes. Add in reserved chicken and serve.

## INGREDIENTS

### HERBED DUMPLINGS

- $\frac{3}{4}$  cup all-purpose flour
- $\frac{3}{4}$  cup whole wheat flour
- $\frac{1}{4}$  teaspoon kosher salt
- $1\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{2}$  cup finely chopped fresh herbs like parsley, chives, and dill
- 1 egg, beaten
- $\frac{3}{4}$  cup low-fat buttermilk

### CHICKEN AND VEGETABLE STEW

- 4 cups low-sodium chicken broth
- 1 cup water
- 1 pound thinly sliced skinless, boneless chicken breast cutlets
- 1 cup finely chopped onion
- 1 cup finely chopped celery
- 1 cup peeled, sliced carrots
- 1 cup peeled, finely chopped parsnips
- 1 cup frozen peas
- 1 (6-ounce) container mushrooms, sliced
- $\frac{1}{4}$  teaspoon freshly ground pepper

## NUTRITION FACTS

SERVES 4

SERVING <b>728g</b>	CALORIES <b>460</b>
CARBS <b>60g</b>	PROTEIN <b>40g</b>
FAT <b>7g</b>	SAT. FAT <b>2g</b>
SODIUM <b>408mg</b>	FIBER <b>8g</b>

# Turkey Bolognese With Whole Wheat Spaghetti



*Craving Italian tonight? Try our healthy twist on classic spaghetti Bolognese. This version is loaded with lean protein, filling fiber, and plenty of flavor.*

## INGREDIENTS

- 1½ cups Roasted Red Pepper Sauce (recipe follows)
- 2 teaspoons canola or olive oil
- ¼ cup each finely chopped carrot, green bell pepper, and onion
- ½ pound ground turkey
- 1¼ cups fresh spinach leaves
- 8 ounces whole wheat spaghetti
- 1 tablespoon shredded Parmesan cheese

## DIRECTIONS

1. Prepare Roasted Red Pepper Sauce as directed.
2. Heat oil in large skillet on medium high heat. Add carrot, green bell pepper, and onion; sauté 5 minutes or until tender. Add ground turkey; cook until no longer pink. Stir in spinach just until wilted. Stir in Roasted Red Pepper Sauce. Reduce heat to low and simmer 5 minutes.
3. Meanwhile, cook spaghetti as directed on package. Drain well.
4. Serve Turkey Bolognese over cooked spaghetti. Sprinkle with cheese.

## ROASTED RED PEPPER SAUCE

1. Place 1 cup chopped red bell pepper and ½ cup cauliflower florets in a single layer on baking sheet sprayed with no-stick cooking spray.
2. Roast in preheated 425 degree F oven 15 to 20 minutes until tender.
3. Heat ½ teaspoon canola or olive oil in large skillet on medium-high heat. Add 1 teaspoon minced garlic and roasted bell pepper and cauliflower; sauté 5 minutes.
4. Stir in ⅔ cup reduced sodium vegetable broth and 1 tablespoon apple cider vinegar. Reduce heat to low and simmer 5 minutes.
5. Place mixture in bowl of food processor with 2 teaspoons canola or olive oil, ½ teaspoon each finely chopped fresh oregano and thyme leaves, and ⅛ teaspoon ground white pepper; cover. Process until smooth. Use immediately or refrigerate until ready to use.

## NUTRITION FACTS

SERVES 4

SERVING <b>248g</b>	CALORIES <b>200</b>
CARBS <b>20g</b>	PROTEIN <b>10g</b>
FAT <b>10g</b>	SAT. FAT <b>2g</b>
SODIUM <b>250mg</b>	FIBER <b>3g</b>

# Roasted Delicata Squash Stuffed With Spicy Quinoa



*Full of fiber and vitamins, this winter squash (easy to spot thanks to its distinctive green stripes) is the perfect partner for hearty, protein-packed quinoa.*

tender, 4 minutes. Add roasted red peppers and garlic and cook 1 minute. Stir in rinsed quinoa, chipotle peppers, paprika, remaining  $\frac{1}{2}$  teaspoon salt and remaining  $\frac{1}{4}$  teaspoon pepper. Cook 1 minute, then stir in broth and bring to a boil over high heat. Reduce heat to low; cover and simmer until quinoa is tender and liquid is absorbed (mixture will be moist), 15 to 20 minutes. Remove from heat and stir in beans, cilantro, and toasted pine nuts.

4. Remove squash to work surface and carefully discard water from pans. Set squash cut side up on pan and fill with quinoa mixture. Sprinkle with cheese.
5. Return stuffed squash to oven and roast until squash is tender and tops are lightly browned, about 15 minutes. Sprinkle with remaining cilantro. Cut squash in thirds and serve 2 pieces squash per serving.

## INGREDIENTS

- 4 medium delicata squash
- 1 teaspoon salt, divided
- $\frac{1}{2}$  teaspoon black pepper, divided
- 1 cup quinoa
- $\frac{1}{4}$  cup pine nuts
- 1 tablespoon olive oil
- $\frac{1}{2}$  onion, finely chopped
- $\frac{1}{2}$  cup jarred roasted red peppers, finely chopped
- 1 clove garlic, minced
- 1-2 canned chipotle peppers, drained and finely chopped
- $\frac{1}{2}$  teaspoon smoked paprika
- 2 cups low-sodium vegetable broth
- $\frac{3}{4}$  cup cooked or canned small white beans, rinsed and drained
- 2 tablespoons finely chopped cilantro, plus some for garnish
- $\frac{3}{4}$  cup crumbled queso cheese or feta

## DIRECTIONS

1. Preheat oven to 400 degree F. Cut squash in half lengthwise and scrape out seeds and strings. Season with  $\frac{1}{2}$  teaspoon of the salt and  $\frac{1}{4}$  teaspoon of the pepper and place cut side down on rimmed baking sheet or roasting pan. Put pan in oven and pour  $\frac{1}{4}$  inch of hot water into pan. Roast until almost tender, 20 to 30 minutes. Drain water.
2. Meanwhile, rinse quinoa in mesh strainer under running water until water runs clear, 1 minute.
3. In a dry medium saucepan over medium heat, toast pine nuts, shaking pan occasionally to prevent burning, about 5 minutes total. Remove and set aside. Add olive oil to pan and when hot, add onion and cook until

## NUTRITION FACTS

SERVES 6

SERVING <b>274g</b>	CALORIES <b>264</b>
CARBS <b>34g</b>	PROTEIN <b>10g</b>
FAT <b>11g</b>	SAT. FAT <b>3g</b>
SODIUM <b>744mg</b>	FIBER <b>5mg</b>

# Grapefruit BBQ Baked Tilapia With Wild Rice and Stuffed Tomato



*This is a dish that shows just how flavorful healthy food can be. The unique Grapefruit BBQ Sauce will entice your taste buds, while the tilapia gives you a healthy dose of lean protein.*

## INGREDIENTS

- 1 tablespoon + 1½ teaspoon garlic, fresh, minced
- ¾ teaspoon kosher salt
- ¾ teaspoon ground black pepper
- ½ tablespoon rosemary, fresh, chopped
- ½ tablespoon thyme leaves, fresh, chopped
- 1 tablespoon Grapefruit BBQ Sauce (recipe below)
- ¾ tablespoon olive oil
- 6 tilapia fillets (3 to 5 ounces each), raw

## DIRECTIONS

1. Combine garlic, salt, black pepper, rosemary, and thyme. Mix well.
2. Combine Grapefruit BBQ Sauce, olive oil, and garlic mixture to create marinade. Rub mixture onto fillets. Hold refrigerated for 1 hour to marinate.
3. Arrange marinated fillets on parchment-lined oven-safe pan.
4. Bake in a 400 degree F standard oven for 8 to 10 minutes or until fish flakes easily and minimum internal temperature is 145 degrees F (for 15 seconds). Serve with Wild Rice and Stuffed Tomatoes (recipes follow).

## INGREDIENTS

### PLAIN WILD RICE

- 2¼ cups water
- 1½ cups wild rice, raw

## DIRECTIONS

1. Rinse rice under cold running water (not listed).
2. In a pot, add measured water and rice. Bring to a boil. Reduce heat, cover, and simmer for 25 to 30 minutes or until rice is just tender.
3. Remove from heat. Let stand, covered, for 10 minutes. Drain and discard any extra water. Fluff with a fork. Hold hot (140 degrees F or above) for use.

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## NUTRITION FACTS SERVES 6

SERVING <b>294g</b>	CALORIES <b>380</b>
CARBS <b>56g</b>	PROTEIN <b>29g</b>
FAT <b>5g</b>	SAT. FAT <b>1g</b>
SODIUM <b>400mg</b>	FIBER <b>5g</b>

# Grapefruit BBQ Baked Tilapia With Wild Rice and Stuffed Tomato

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## INGREDIENTS

### GRAPEFRUIT BBQ SAUCE

- 2¾ teaspoons ketchup
- 1⅛ teaspoon pink grapefruit juice, fresh
- 2⅝ teaspoons tomato puree, canned
- ¼ teaspoon Dijon mustard
- ⅛ teaspoon chili powder
- ⅛ teaspoon ground cumin
- ¼ teaspoon chipotle peppers with adobo, canned

## DIRECTIONS

Combine all ingredients. Mix to blend well. Refrigerate until ready to use.

## INGREDIENTS

### TOMATO HALF BAKED WITH HERBS AND PARMESAN

- 3 tomatoes, fresh, cored, halved crosswise
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- ½ tablespoon olive oil
- ¾ tablespoon garlic, fresh, minced
- 3 tablespoons plain bread crumbs, dry
- ¾ tablespoon grated Parmesan cheese
- ½ teaspoon tarragon leaves, fresh, minced
- ¼ teaspoon basil leaves, fresh, minced
- 1 teaspoon Italian parsley leaves, fresh, minced

## DIRECTIONS

1. Arrange tomato halves, cut side up, in a 2-inch oven-safe pan.
2. Sprinkle with salt and pepper.
3. In a skillet, heat oil.
4. Add garlic. Sauté just until fragrant. Remove from heat.
5. Stir in bread crumbs, cheese, tarragon, basil, and parsley. Sprinkle about 1 ounce over each tomato half, mounding with the rounded part of a spoon. Gently press into tomato.
6. Add enough water (not listed) to cover the bottom of the pan, barely coming a scant ½ inch up the sides of the tomatoes. Bake in a 350 degree F standard oven for 10 to 15 minutes or until minimum internal temperature is 140 degrees F or above. Do not overcook.

# Strawberry Mocha Fondue



*Indulge your chocolate cravings with this decadent dessert. The best part? It's low in calories but high in flavor, so you can savor every bite without any guilt.*

## INGREDIENTS

- 1 cup sugar
- $\frac{3}{4}$  cup brewed espresso or strong coffee
- $\frac{1}{2}$  cup unsweetened Dutch-process cocoa powder
- 8 ounces bittersweet chocolate (about 60 percent cocoa), finely chopped
- 1 teaspoon vanilla extract
- 2 pints strawberries (60 to 72 strawberries)

## DIRECTIONS

1. In medium saucepan over medium-high heat, bring sugar and espresso to simmer.
2. Put cocoa powder in medium microwavable serving bowl and slowly whisk in hot coffee mixture until smooth. Add chocolate to bowl. Let stand until chocolate softens, 5 minutes. Add vanilla and whisk until smooth.

3. Serve with strawberries for dipping. To reheat, microwave in 15-second increments until warm, stirring between increments. Or place bowl on heating pad set to high to keep fondue warm.

## NUTRITION FACTS

SERVES 12

SERVING <b>8 fl oz</b>	CALORIES <b>187</b>
CARBS <b>36g</b>	PROTEIN <b>1g</b>
FAT <b>6g</b>	SAT. FAT <b>5g</b>
SODIUM <b>21mg</b>	FIBER <b>2g</b>

# Meringue Nests With Mixed Berries



*This impressive dessert is a showstopper for entertaining. But don't worry—it only looks hard to make. Try this simple, low-calorie recipe when you really want to wow your guests.*

3. Make nests by dropping meringue into 4 mounds onto prepared baking sheet. Using the back of a spoon, form each mound into 4-inch cups, using back of spoon to make indent in center of each meringue. Place meringues in oven and bake until firm, 2 hours. Turn off heat, leaving meringues in oven (don't open door) for 1 more hour.
4. While meringues are baking, stir together all berries plus remaining 1 tablespoon sugar and lemon juice in medium container. Cover container and refrigerate until needed.
5. To serve, place meringue nests on plates, and fill with berry mixture. Serve immediately.

## INGREDIENTS

- 2 large egg whites
- 1/8 teaspoon cream of tartar
- Pinch of salt
- 1/3 cup granulated sugar, plus 1 tablespoon, divided
- Zest and 2 teaspoons juice from 1 lemon
- 1 (6-ounce) container raspberries
- 1 (6-ounce) container blackberries
- 1 cup blueberries

## DIRECTIONS

1. Preheat oven to 200 degrees F. Line large baking sheet with parchment paper or foil.
2. Put egg whites, cream of tartar, and salt into large bowl or bowl of stand mixer. (Note: Make sure not to get even a drop of yolk into the whites when separating eggs or the meringues won't stiffen.) Using whisk attachment, beat on high speed until soft peaks are formed, around 3 minutes. Slowly pour in 1/3 cup sugar—just about a tablespoon at a time—beating until sugar dissolves and meringue peaks are stiff, about 1 to 2 minutes. Using spatula, gently fold in lemon zest.

## NUTRITION FACTS

SERVES 4

SERVING <b>160g</b>	CALORIES <b>144</b>
CARBS <b>34g</b>	PROTEIN <b>3g</b>
FAT <b>1g</b>	SAT. FAT <b>0g</b>
SODIUM <b>29mg</b>	FIBER <b>6g</b>