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California Mixed Greens and Avocado Salad with Ginger Miso Dressing

Ingredients

Ginger Miso Dressing

- 1/3 cup plain tofu
- 1/3 cup low-fat plain soy milk
- 1 tbsp. minced ginger
- 1 tsp. reduced-sodium soy sauce
- 1 tsp. light miso
- 1 tbsp. Dijon mustard
- 1 tbsp. chopped cilantro
- 1 tbsp. chopped green onions

California Mixed Greens and Avocado Salad

- 12 oz. mixed greens
- 1 avocado, pitted, peeled, and cut into 16 thin slices
- 1 tbsp. fresh lemon juice
- 1 cup grape tomatoes, cut in half
- 1/4 cup julienned red onion



High
Fiber



Heart-
Healthy Fat



Low
Cholesterol

Directions

Ginger Miso Dressing

1. Combine tofu, soy milk, ginger, soy sauce, miso, and Dijon mustard in a food processor and blend until smooth and creamy.
2. Transfer to a bowl and stir in cilantro and green onions.
3. Cover and refrigerate for at least 1 hour prior to serving.

California Mixed Greens and Avocado Salad

1. In a small bowl, combine avocado slices and lemon juice to prevent browning. Set aside.
2. In a large bowl, combine mixed greens, tomatoes, and red onion.
3. Add the desired amount of dressing and toss to coat all ingredients.
4. Divide the salad onto 6 plates. Arrange slices of avocado on top of each salad. Drizzle with more dressing as desired. Serve immediately.

Nutrition Information per Serving

Serves 6

Calories	76
Protein	3 g
Carbohydrates	7 g
Total Fat	5 g
Monounsaturated Fat	3 g
Sodium	131 mg
Dietary Fiber	3 g

Easy Minestrone Soup

Ingredients

- ¾ cup pasta — spirals or shells
- 1 large, white onion, peeled and chopped
- 6 cups chicken stock (or vegetable stock)
- 16 oz. can of tomato sauce or soup
- ½ tsp. oregano
- 1 large potato, peeled and chopped
- 1 carrot, chopped
- 1 cup frozen peas
- 16 oz. red kidney beans, drained (or mixed beans)
- 2 tbsp. fresh parsley, chopped

Directions

1. Combine pasta, onion, chicken stock, pasta sauce or soup, oregano, potato, and carrot in a saucepan. Boil uncovered for 15 minutes.
2. Add peas and kidney beans and cook uncovered for 10 minutes — reducing heat to low.
3. Add parsley, stir, and serve.



High
Fiber



Low
Cholesterol

Nutrition Information per Serving

Serves 6

Calories	250
Protein	13 g
Carbohydrates	49 g
Total Fat	2 g
Monounsaturated Fat	0 g
Sodium	665 mg
Dietary Fiber	10 g

used low sodium chicken broth

Edamame and Asparagus Salad

Ingredients

- 1 cup asparagus
- 1 cup shelled edamame (buy frozen and cook according to package directions)
- 1 handful freshly chopped fresh mint
- 3 tbsp. olive oil
- ½ cup shaved Pecorino Romano cheese
- Salt and pepper to taste

Directions

1. Put 1 cup of asparagus tips in a pan of boiling salted water and boil for 2–3 minutes.
2. Drain and rinse under cold water. Place asparagus and 1 cup of prepared shelled edamame in a small salad bowl and add a small handful of finely chopped fresh mint.
3. Pour on 3 tbsp. of olive oil and add some salt and pepper. Add ½ cup of shaved Pecorino Romano cheese.



High
Fiber



Good Source
of Protein



Heart-
Healthy Fat



Low Carb

Nutrition Information per Serving

Serves 4

Calories	254
Protein	13 g
Carbohydrates	5 g
Total Fat	21 g
Monounsaturated Fat	10 g
Sodium	540 mg
Dietary Fiber	3 g

Insalata di Zucchini Nastro con le Olive Verdi, Menta e Pecorino Romano

(Zucchini Ribbon Salad with Green Olives, Mint, and Pecorino)

Ingredients

1½ lbs. zucchini (3 large or 6 medium)
¼ cup extra virgin olive oil
2 tbsp. freshly squeezed lemon juice
1 cup green olives, pitted and sliced
⅔ cup loosely packed, fresh, flat-leaf parsley leaves, chopped
½ cup loosely packed, fresh mint leaves, chopped
Block of aged Pecorino Romano for shaving garnish
Kosher salt and freshly ground black pepper to taste



Heart-
Healthy Fat



Low
Cholesterol



Low Carb

Directions

1. Trim ends of zucchini. Slice the zucchini lengthwise into ⅛ in. thick ribbons. Toss ribbons with about 1 tsp. salt, place in a colander set over a bowl, and set aside for 10 minutes. The zucchini will wilt and soften as the salt leaches out moisture.
2. Rinse zucchini under cold running water, pat dry, and place in large bowl. Add olive oil, lemon juice, olives, parsley, and mint to coat the zucchini evenly. Taste for seasoning and add more salt if needed. Be careful not to over season, as the olives are salty.
3. Arrange salad on a platter, distributing olives evenly. Using a vegetable peeler, shave curls of Pecorino Romano over the salad.
4. Finish with a grind of pepper and serve immediately—the salad becomes soggy if it sits too long.

Nutrition Information per Serving

Serves 8

Calories	97
Protein	1 g
Carbohydrates	5 g
Total Fat	9 g
Monounsaturated Fat	6 g
Sodium	157 mg
Dietary Fiber	2 g

Kale Salad with Apples and Walnuts

Ingredients

- 2 tbsp. cider vinegar
- 1 tbsp. walnut oil
- ½ tsp. kosher salt
- ½ tsp. brown sugar
- ¼ tsp. freshly ground black pepper
- 6 cups kale leaves, torn
- 1 cup Granny Smith apple, thinly sliced
- 1 cup celery, thinly sliced
- ¼ cup red onion, thinly sliced
- ½ cup walnuts, toasted

Directions

1. Combine vinegar, walnut oil, kosher salt, brown sugar and pepper in a large bowl. Add kale and toss. Let stand 10 minutes.
2. Add apple, celery, onion and toasted walnuts; toss again and divide among salad plates.



High
Fiber



Heart-
Healthy Fat



Low
Cholesterol

Nutrition Information per Serving

Serves 4

Calories	202
Protein	4 g
Carbohydrates	18 g
Total Fat	13 g
Monounsaturated Fat	4 g
Sodium	147 mg
Dietary Fiber	4 g

Mediterranean Bean Soup and Garlic Toast

Ingredients

Mediterranean Bean Soup

3 tbsp. extra-virgin olive oil
½ cup chopped onions
½ cup chopped leeks
1 large russet potato, peeled and diced
2 cloves garlic, finely chopped
5 cups low-sodium vegetable stock
14 oz. canned cannellini beans (low sodium or no salt added), liquid reserved
6 oz. savoy cabbage, shredded
3 tbsp. chopped parsley
2 tbsp. chopped fresh oregano
2 oz. shaved Parmesan cheese
1 tsp. ground black pepper

Garlic Toast

4 slices French bread
1 tsp. olive oil
2 cloves garlic, peeled, bruised (crushed)



High
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Good Source
of Protein



Heart-
Healthy Fat



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Cholesterol

Directions

Mediterranean Bean Soup

1. Heat the oil in a skillet. Add the onions, leeks, potatoes, and garlic, and cook for 4–5 minutes. Add the vegetable broth and the remaining liquid from the beans.
Cover and simmer for 15 minutes. Stir in the cabbage and beans with half of the parsley and oregano. Season with pepper and cook for 10 minutes more. Spoon about ⅓ of the soup into a food processor and process until fairly smooth. Return the soup to the pan.
2. Ladle the soup into bowls. Sprinkle with the remaining herbs and Parmesan cheese.

Garlic Toast

1. Preheat oven to 375°F.
2. Drizzle olive oil over sliced French bread.
3. Rub both sides of each slice with crushed garlic.
4. Toast in the oven for 3–4 minutes or until brown on both sides.

Nutrition Information per Serving

Serves 4

Calories	390
Protein	14 g
Carbohydrates	47 g
Total Fat	16 g
Monounsaturated Fat	10 g
Sodium	235 mg
Dietary Fiber	7 g

Tuscan Breakfast Frittata

Ingredients

8 large egg whites
½ tsp. cream of tartar
¼ tsp. freshly ground black pepper
⅓ cup oil-packed sun-dried tomatoes,
drained and chopped (reserve 2 tsp. oil)
3 cups arugula
1½ tsp. olive oil
4 oz. soft goat cheese
2 tsp. sun-dried tomato oil
Fresh parsley, chopped for garnish

Directions

1. Preheat oven to 400°F.
2. Place egg whites in a large bowl; beat with a mixer at high speed until foamy. Add cream of tartar and pepper; beat until soft peaks form. Gently fold in tomatoes and onions.
3. Heat olive oil in a 10-inch ovenproof nonstick skillet over medium-high heat. Spread egg white mixture evenly in pan; crumble soft goat cheese on top. Drizzle with tomato oil. Bake at 400°F for 15 minutes or until golden.
4. Loosen with a spatula; slide onto a platter, garnish with parsley and serve immediately.



Good Source
of Protein



Low
Cholesterol



Low Carb

Nutrition Information per Serving

Serves 6

Calories	127
Protein	9 g
Carbohydrates	7 g
Total Fat	7 g
Monounsaturated Fat	3.5 g
Sodium	233 mg
Dietary Fiber	1.5 g

Curried Chicken Salad

Ingredients

½ cup precooked chicken or canned chicken
½ tsp. curry powder
2 tbsp. chopped celery
2 tbsp. chopped red onion
¼ cup chopped red pepper
1 tbsp. mayonnaise or plain Greek yogurt
¼ tsp. garlic salt
Chopped parsley, for garnish
Chopped almonds, for garnish

Directions

1. Mix all of the ingredients together (except for the garnishes).
2. Refrigerate for 30 minutes to allow flavors to blend.
3. Serve with parsley and almond garnish. This can be eaten with chopped vegetables or crackers.



Good Source
of Protein



Low Carb

Nutrition Information per Serving

Serves 1

Calories	148
Protein	24 g
Carbohydrates	5 g
Total Fat	3 g
Monounsaturated Fat	1 g
Sodium	310 mg
Dietary Fiber	2 g

*parsley & almonds not included,
used Greek yogurt*

Paella with Chicken, Leeks, and Tarragon

Ingredients

- 1 tsp. extra-virgin olive oil
- 1 small onion, sliced
- 2 leeks (white only), thinly sliced
- 3 garlic cloves, minced
- 8 oz. boneless, skinless chicken breast, cut into strips ½ in. wide and 2 in. long
- 2 large tomatoes, chopped
- 1 red pepper, sliced
- ⅔ cup long-grain brown rice
- 1 tsp. tarragon to taste
- 2 cups fat-free, unsalted chicken broth
- 1 cup frozen peas
- ¼ cup chopped fresh parsley
- 1 lemon, cut into 4 wedges

Directions

1. In a large, nonstick frying pan, heat the olive oil over medium heat. Add the onions, leeks, garlic, and chicken strips. Sauté until the vegetables are translucent and chicken is slightly browned, about 5 minutes.
2. Add the tomatoes and red pepper slices and continue to sauté for another 5 minutes. Add rice, tarragon, and broth, and combine well. Bring to a boil.
3. Reduce heat, cover, and simmer about 10 minutes.
4. Stir in peas and continue to simmer uncovered until broth is absorbed and the rice is tender, 45–60 minutes.
5. To serve, divide onto individual plates. Garnish each with 1 tbsp. parsley and 1 lemon wedge.



High
Fiber



Good Source
of Protein

Nutrition Information per Serving

Serves 4

Calories	345
Protein	22 g
Carbohydrates	48 g
Total Fat	7 g
Monounsaturated Fat	3 g
Sodium	100 mg
Dietary Fiber	5 g

Herb and Parmesan-Crusted, Baked Fish

Ingredients

- ¼ cup fresh breadcrumbs
(or you can use Panko pre-made breadcrumbs)
- 1 tbsp. of fresh parsley, chopped
- 2 tsp. pre-grated Parmesan cheese
- ¼ tsp. lemon zest
- 2 tsp. olive oil
- Salt and pepper to taste
- 5 oz. Firm white fish fillet — cod, halibut, or swordfish

Directions

1. Preheat the oven to 375°F.
2. Combine the breadcrumbs, parsley, Parmesan, lemon zest, and olive oil in a bowl.
3. Season with salt and pepper. Mix well.
4. Place the fish fillet in the breadcrumb mixture and cover all sides with it, pressing with your fingers. Place the fish on a baking sheet lightly sprayed with cooking spray or lined with baking paper.
5. Bake in the oven for 15 minutes or until the crumbs are golden and the fish is cooked through.
6. Serve with a green vegetable or salad.



Good Source
of Protein



Heart-
Healthy Fat

Nutrition Information per Serving

Serves 1

Calories	265
Protein	28 g
Carbohydrates	10 g
Total Fat	11 g
Monounsaturated Fat	7 g
Sodium	186 mg
Dietary Fiber	0 g

Grilled Salmon with Sautéed Green Beans and Walnuts

Ingredients

Grilled Salmon

- 4 salmon fillets (~5 oz. each)
- 1 tbsp. chopped fresh parsley
- 2 tbsp. chopped fresh thyme
- 2 tbsp. chopped fresh basil
- 2 tsp. black pepper
- 2 tbsp. chopped green olives
- 2 tbsp. lemon juice
- 1 tbsp. olive oil
- 4 lemon slices

Sautéed Green Beans and Walnuts

- 1 lb. green beans, cooked
- 1 tsp. black pepper
- ½ cup chopped walnuts
- 1 tsp. olive oil
- 1 tbsp. minced shallots



High
Fiber



Good Source
of Protein



Heart-
Healthy Fat



Low Carb

Directions

Grilled Salmon

1. In a medium bowl, combine parsley, thyme, basil, black pepper, green olives, lemon juice, and olive oil.
2. Marinate the salmon in the mixture for 1 hour prior to grilling.
3. Preheat a gas grill.
4. Place the fish on the hot grill. When the edges turn white (after ~3–4 minutes), turn the fish over and cook for another 3 minutes or until the internal temperature reaches 145°F.
5. Serve with fresh lemon slices and sautéed green beans (recipe below).

Sautéed Green Beans and Walnuts

1. In a heated saucepan, add olive oil and shallots. Cook for 2 minutes.
2. Add walnuts and green beans and sauté for an additional 5 minutes.
3. Season with black pepper and serve with salmon.

Nutrition Information per Serving

Serves 4

Calories	331
Protein	34 g
Carbohydrates	13 g
Total Fat	20 g
Monounsaturated Fat	6 g
Sodium	105 mg
Dietary Fiber	5 g

Maple Glazed Salmon

Ingredients

- 1 tsp. paprika
- ½ tsp. chili powder
- ½ tsp. ground ancho chile powder
- ¼ tsp. ground cumin
- ½ tsp. kosher salt
- 4 6-oz. wild salmon fillets
- Nonstick cooking spray
- 2 tbsp. pure maple syrup

Directions

1. Preheat broiler.
2. Combine first 6 ingredients; rub spice mixture evenly over flesh side of fillets.
3. Place fish on a broiler pan coated with cooking spray; broil 6 minutes or until desired degree of doneness. Brush fillets evenly with syrup; broil 1 minute.



Good Source
of Protein



Heart-
Healthy Fat



Low Carb

Nutrition Information per Serving

Serves 4

Calories	348
Protein	35 g
Carbohydrates	8 g
Total Fat	20 g
Monounsaturated Fat	7 g
Sodium	354 mg
Dietary Fiber	0 g

Miso Glazed Sablefish

Ingredients

- ½ cup mirin
- ½ cup sake
- ¼ cup sugar
- 1 cup white miso paste
- 6 (5 oz.) sablefish fillets (aka black cod)

Directions

Marinade

1. In a medium saucepan, combine the mirin, sake and sugar. Heat to dissolve the sugar. Once the sugar has dissolved, remove from the heat and whisk in the miso. Set aside to cool.
2. Once cool, immerse the fish filets in the marinade and set aside for up to 3 days.

Fish

1. Preheat the broiler. Remove any excess marinade from the fish and set the fish on the broiler pan. Broil for 8–10 minutes or until the fish is opaque throughout. If the fish browns too quickly under the broiler, turn the broiler off and finish cooking the fish in a 425°F oven.



Good Source
of Protein



Heart-
Healthy Fat

Nutrition Information per Serving

Serves 6

Calories	482
Protein	22 g
Carbohydrates	39 g
Total Fat	23 g
Monounsaturated Fat	11 g
Sodium	1353 mg
Dietary Fiber	1 g

Pesce Spada alla Griglia

(Grilled Swordfish)

Ingredients

2 lbs. swordfish steaks, sliced $\frac{3}{8}$ – 1 in. thick
 $\frac{1}{4}$ cup olive oil
1 lemon
1 tbsp. finely chopped fresh mint
1 tsp. dried oregano
Salt and freshly ground black pepper to taste

Directions

1. Place the swordfish in a 9 x 12 in. ceramic or glass baking pan.
Combine the remaining ingredients and pour over the swordfish.
Leave to marinate in the refrigerator, covered, for 4 hours, turning once or twice.
2. Remove fish 15 minutes before grilling.
3. Prepare a hot charcoal fire or preheat a gas grill for 15 minutes on high.
Remove the swordfish from the marinade, reserving the marinade.
Place the swordfish on the grill and cook, basting with the marinade, until deep black grid marks appear.
4. Grill the $\frac{3}{8}$ in. steaks 4 minutes on each side and the thicker steaks 6 minutes on each side.



Good Source
of Protein



Heart-
Healthy Fat



Low Carb

Nutrition Information per Serving

Serves 6

Calories	302
Protein	30 g
Carbohydrates	2 g
Total Fat	19 g
Monounsaturated Fat	11 g
Sodium	123 mg
Dietary Fiber	1 g

Decadent Chocolate Olive Oil Cake

Ingredients

Nonstick cooking spray
2/3 cup extra-virgin olive oil
1/4 cup plus 2 tbsp. unsweetened cocoa powder
1/3 cup plus 1 tbsp. boiling water
2 tsp. pure vanilla extract
1 1/2 cups almond meal
1/2 tsp. baking soda
1/8 tsp. salt
1/2 cup superfine sugar
1/2 cup unsweetened applesauce
2 large eggs plus 2 egg whites

Directions

1. Preheat oven to 325°F. Spray a 9-in. springform cake pan with a nonstick cooking spray and line base of pan with parchment paper.
2. Sift cocoa powder into a bowl and whisk in boiling water and vanilla until they form a smooth paste; set aside to cool.
3. In a small bowl, combine almond meal, baking soda and salt.
4. Put sugar, applesauce, olive oil, eggs and egg whites into bowl of a freestanding mixer with a paddle attachment (or use another bowl and whisk). Beat vigorously until mixture thickens and turns creamy, about 3 minutes.
5. Reduce mixer speed and beat in cocoa mixture. Slowly add almond-meal mixture and process until blended.
6. Scrape down sides of bowl with a spatula to mix thoroughly and pour batter into prepared cake pan. Bake until sides of cake are set and the very center still looks slightly damp (~ 40–45 minutes). A toothpick should come up mostly clean but with a few sticky crumbs.
7. Let cake cool in its pan on a wire rack for 10 minutes.
8. Ease sides of cake with a small metal spatula and spring cake out of pan. Leave to cool completely or serve warm.

Optional: top with berries or coarsely chopped nuts.



Heart-
Healthy Fat

Nutrition Information per Serving

Serves 12

Calories	250
Protein	5 g
Carbohydrates	14 g
Total Fat	20 g
Monounsaturated Fat	13 g
Sodium	40 mg
Dietary Fiber	2 g



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