

Eat This, Not That!

Recipes for Healthy, Delicious Substitutions!

Quick Breakfast Taco

Ingredients:

- 2 corn tortillas
- 1 tablespoon salsa
- 2 tablespoons shredded reduced-fat cheddar
- ½ cup liquid egg substitute

Preparation:

1. Top tortillas with salsa & cheese. Heat in the microwave until cheese is melted, about 30 seconds.
2. Meanwhile, coat a small nonstick skillet with cooking spray. Heat over medium heat, add egg substitute and cook, stirring, until eggs are cooked through, about 90 seconds. Divide scrambled eggs between the tacos. Serves 1.



Buffalo Chicken Salad

Ingredients:

- ½ cup crumbled reduced-fat blue cheese + ¼ cup, divided
- 6 tbsp buttermilk
- 4 tsp red wine vinegar, divided
- ¼ tsp freshly ground pepper, divided
- 1lb boneless, skinless chicken breast, cut into ¾ inch pieces
- 2 tbsp all-purpose flour
- 1 tbsp extra-virgin olive oil
- 2 tbsp Frank's Red-Hot sauce
- 8 cups chopped, romaine lettuce
- 3 large carrots, chopped
- 3 large celery stalks, chopped
- 1 large cucumber, peeled, seeded & chopped

Preparation:

1. Combine ½ cup blue cheese in a small bowl with buttermilk, 2 tsp vinegar & 1/8 tsp pepper; mix well, mashing slightly with a fork. Set aside.
2. Place chicken in another bowl; sprinkle with flour and the remaining 1/8 tsp pepper and toss until coated.
3. Heat oil in a large nonstick skillet over medium-high heat until very hot. Add the chicken and cook, turning occasionally until just cooked through (6-7 min). Stir in hot sauce & remaining 2 tsp vinegar and cook, stirring often, until chicken is coated (1 min).
4. Combine veggies in a large bowl; add reserved dressing and toss to coat. Divide salad among 4 plates and top equally with chicken and 1 tbsp of reserved blue cheese.



Tuscan Chicken Pasta

Ingredients:

2 oz whole grain penne
2 chicken breasts, pounded to ¼" thickness
Salt & pepper
1 tsp olive oil
1 clove garlic, crushed
½ tsp dried rosemary
1 cup cannellini beans, rinsed
2 tbsp diced, roasted red pepper
4 cups baby spinach leaves
2 tbsp grated parmesan

Preparation:

1. Cook the pasta, according to package instructions.
2. While the pasta is cooking, season the chicken on both sides with a pinch of salt & pepper and sear it in a skillet over medium-high heat for 3-4 minutes per side. Remove from the skillet and set aside.
3. Add the oil, garlic, rosemary, beans, red pepper and spinach to the skillet. Cook, turning frequently, until the spinach wilts (1-2min).
4. Slice the chicken and drain the pasta; toss them with the bean mixture. Spoon the pasta into two bowls and top each with 1 tbsp of parmesan. Serves 2.



Greek Yogurt Parfait

Ingredients:

3 cups plain fat-free greek yogurt
1 tsp vanilla extract
4 tsp honey
28 clementine segments
¼ cup shelled, unsalted, dry-roasted chopped pistachios

Preparation:

1. Combine yogurt and vanilla in a bowl.
2. Spoon 1/3 cup yogurt mixture into each of 4 small, parfait glasses; top each with ½ tsp honey, 5 clementine sections and ½ tbsp of nuts.
3. Top parfaits with the remaining yogurt mixture (about 1/3 cup each); top each with ½ tsp honey, 2 clementine segments and ½ tbsp nuts. Serve immediately. Serves 4.



Sources: www.eatingwell.com, recipes.menshealth.com, www.shape.com