

# **DINNER RECIPES**

## CHILI-RUBBED STEAK TACOS



This is a great choice for a weeknight meal for the family.

Makes 12 servings/tacos

Per serving: 4g sugar, 21g protein, 8g dietary fiber, 41g carbs, 258mg sodium, 46mg cholesterol, 3.5g saturated fat, 16g total fat, 386 calories

### Ingredients

- 1 tablespoon chili powder
- 2 cloves garlic, minced
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- A pinch of cayenne pepper
- 1 ¼ pound top sirloin steaks cut 1-inch thick
- 12 small corn tortillas (5 – 6 inches in diameter)
- 3 cups shredded red cabbage
- ½ cup chopped cilantro leaves
- 1 lime, cut into wedges
- 2 cups avocado lime salsa

### Ingredients for Salsa

- 1 large cucumber peeled, seeded & cut into chunks
- 2 avocados cut into chunks
- ½ red onion, diced
- 2 limes, juiced (about ¼ cup)
- ¼ cup chopped cilantro
- 2 jalapeno chiles, chopped, plus more to taste

## **Directions**

In a small bowl stir together chili powder, garlic, cinnamon, salt and cayenne pepper. Rub spice mixture on both sides of steaks. Grill or broil steaks for 5 to 6 minutes on each side for medium rare, turning once. Remove from grill and let meat sit for 10 to 15 minutes. Carve into thin slices. Warm tortillas by placing them on the grill, for about 30 seconds, turning once. Or place 6 tortillas at a time between 2 moist paper towels and microwave for 45 seconds. Wrap in cloth napkin or place in a tortilla warmer to keep warm. Place the carved steak, warm tortillas, cabbage, cilantro, lime and Avocado Lime Salsa in serving dishes and let diners make their own tacos at the table.

## **Directions for the salsa**

Place cucumber, avocado and onion in a large bowl and add lime juice and salt. Add cilantro and chiles and toss gently.

## TURKEY MEATBALLS WITH QUICK AND SPICY TOMATO SAUCE



Finely grated carrot is the secret weapon inside these meatballs, as it adds volume and moisture to the lean meat. The spicy adobo-spiked tomato sauce gains layers of flavor from fresh herbs and is best served over a tangle of whole-wheat spaghetti.

Makes 6 servings (1 serving = about 1 1/3 cups pasta and sauce, plus 2 meatballs)

Per serving: 6g sugar, 35 g protein, 12.5g fiber, 72 g carbs, 588mg sodium, 62mg cholesterol, 1.5g saturated fat, 7g total fat, 458 calories

### Ingredients for the sauce

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 3 tablespoons tomato paste
- 1 28oz can crushed fire roasted tomatoes
- 1 teaspoon finely minced canned chipotle en adobo and sauce, and more to taste
- 2 teaspoons finely chopped oregano leaves
- 1 sprig fresh rosemary
- Salt
- ¼ cup torn fresh basil leaves

### Ingredients for meatballs

- cooking spray
- 1 pound ground turkey meat
- 1 slice whole wheat bread, crusts removed, pulsed into crumbs
- ¼ cup grated parmesan cheese plus more for serving
- ½ cup finely grated carrot
- ½ cup finely chopped onion
- 2 large cloves garlic, minced
- 2 tablespoons minced fresh parsley, plus more for garnish
- 2 teaspoons minced fresh thyme
- 1 egg, lightly beaten
- ½ teaspoon salt
- Freshly ground black pepper
- 1 box (16oz) whole wheat spaghetti

## Directions

Fill a large stockpot with water and bring to a boil for pasta.

Make Sauce:

In a 4-quart saucepan heat the oil over medium heat. Saute the onions until translucent, about 3 minutes, then add the garlic and cook for 1 minute more. Add tomato paste, tomatoes, chipotles, oregano, rosemary, and salt. Bring all the ingredients to a low boil, reduce heat and cook for approximately 15 minutes, until liquid has evaporated slightly. Season with salt and pepper, to taste. While sauce is cooking, make meatballs.

Preheat the broiler. Spray a baking sheet with cooking spray. Combine the turkey with all other ingredients in a large work bowl. Form into 2 1/2 -inch balls and place on a baking sheet. Broil for 10 minutes, or until browned and almost entirely cooked through.

Meanwhile, remove rosemary sprig from sauce and add fresh basil. Add the meatballs to the sauce, cover, and cook additional 10 minutes, or until sauce has slightly thickened and meatballs have absorbed some of the sauce. While the meatballs are cooking, cook the whole-wheat spaghetti according to package directions.

Drain the pasta and return it to the pot. Add the sauce and meatballs, toss and heat through over medium heat. Divide evenly among 4 pasta bowls and garnish with parsley and 1 tablespoon grated Parmesan.

## Zucchini Ribbon Pasta



Bulk up whole-wheat fettuccine by working zucchini ribbons (mandoline-sliced or thinly cut strips) into your pasta bowl. Sprigs of basil and parsley and large red pepper flakes add ample flavor and round out this dish's rainbow spectrum.

Makes 4 servings (serving size, 2 cups)

Per serving: 22g protein, 14g dietary fiber, 74 g carbs, 240mg sodium, 5mg cholesterol, 3.5g saturated fat, 16g total fat, 490 calories

### Ingredients

3/4lb whole wheat fettucini  
2 medium green zucchini (about 1 pound)  
2 medium yellow zucchini (about 1 pund)  
3 tablespoons olive oil  
4 cloves garlic, chopped  
1 cup low-sodium chicken broth  
¼ cup finely minced parsley, plus more for garnish  
¼ cup (1 ounce) grated parmasen, plus 2 tablespoons  
1/3 cup thinly sliced basil leaves, plus more for garnish  
½ teaspoon red pepper flakes  
½ teaspoon fresh ground black pepper  
salt

## **Directions**

In a large pasta pot, cook pasta "al dente", 1 or 2 minutes less than the package instructions call for. Drain. Meanwhile, slice off ends of zucchini and discard. Cut zucchini in half lengthwise. Using a mandoline, or carefully with a sharp knife, slice zucchini into very thin (about 1/8-inch) slices, trying to keep some skin on each piece for color. Stack slices and cut in half lengthwise. Reserve zucchini ribbons in a large bowl. In the pasta pot, heat the olive oil over low-medium heat. Add garlic and cook until soft and translucent but not browned, about 1 minute. Add zucchini ribbons and 1/4 cup chicken broth, raise heat to medium-high and cook until zucchini is still somewhat firm but just cooked, about 3 minutes. Return pasta to pot and add remaining chicken stock; cook for 2 to 3 minutes, until liquid has mostly absorbed into the pasta. Add 1/4 cup of the Parmesan, parsley, basil, red pepper flakes, black pepper and toss to combine. Season with salt, to taste. Serve garnished with additional parsley, basil and the remaining 2 tablespoons of cheese.

## LEMON CHICKEN WITH ARTICHOKE HEARTS



A fragrant chili powder, cinnamon, garlic and cayenne pepper rub readies lean sirloin steak for grilling in this unbelievably tasty taco recipe. The limey avocado salsa — made lighter with crunchy cucumber — balances all that spice.

Makes 3 to 4 servings

Per serving: 1g sugar, 56g protein, 1g dietary fiber, 11g carbs, 402mg sodium, 132 mg cholesterol, 2g saturated fat, 12g total fat, 423 calories

### Ingredients

- 2 tablespoons of olive oil
- ½ medium yellow onion, finely chopped
- 3 medium garlic cloves, thinly sliced
- 1 ½ lbs boneless chicken meat, large dice
- 1 ½ cups quartered artichoke hearts (canned or jarred but not frozen)
- 2/3 cup dry white wine
- 1/3 cup water
- 1 teaspoon freshly squeezed lemon juice
- ½ cup lightly packed thinly sliced basil leaves
- 1 teaspoon lemon zest



**Directions**

Heat oil in a large frying pan over medium-high heat. When it shimmers, add onion and garlic, season with salt and freshly ground black pepper, and cook until golden, about 4 minutes. Add chicken and cook, stirring rarely, until well browned on all sides, about 5 minutes. Add artichoke hearts and cook until slightly broken down, about 3 minutes.

Add wine, water, and juice and scrape the bottom of the pan to incorporate any browned bits. Cook until alcohol smell is cooked off and sauce is slightly reduced, about 5 minutes. Remove from heat, stir in basil and lemon, and serve.

## MAPLE MUSTARD CHICKEN THIGHS



Five simple ingredients transforms these chicken thighs into a spicy-sweet, super-low-calorie dinner dish. The dark-meat thighs are juicy and packed with nutrients, and with the skin removed, still a healthy option.

Makes 2-4 servings

Per serving: 29g protein, 1.5g dietary fiber, 17g carbs, 840mg sodium, 115mg cholesterol, 1.5g saturated fat, 8g total fat, 260 calories

### Ingredients

4 large bone-in chicken thighs, skins removed (about 1 ½ pounds)  
2 tablespoons grainy French mustard  
2 tablespoons Dijon mustard  
1 clove minced garlic  
½ teaspoon dried marjoram  
2 tablespoons maple syrup

### Directions

Preheat oven to 375 degrees F.

Rinse chicken and pat dry. Combine mustard, garlic, marjoram and maple syrup in a small bowl. Spread about 1 1/2 tablespoons mustard mixture evenly on top of each chicken thigh, being careful to cover as much of the surface as possible to form a "crust." Arrange chicken in a glass baking dish. Bake for 45 to 50 minutes, or until mustard mixture has formed a crust and is slightly hardened, and juices run clear when the chicken is pierced.