

Week Two Recipes



DISCOVERING YOUR BEST



Week 2

Breakfast

Strawberry Parfait



<http://recipes.womenshealthmag.com/Recipe/strawberry-parfaits.aspx>

Ingredients

- 1 lb strawberries add to shopping list
- 2 cups low fat vanilla yogurt
- 6 tbsps muesli cereal

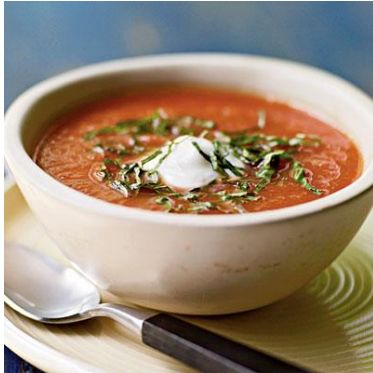
Directions

1. Cut 1 lb strawberries into quarters and divide half among 4 glasses.
2. Divide 1 cup low fat vanilla yogurt and 3 Tbsp muesli cereal evenly among glasses.
3. Repeat with remaining berries and additional 1 cup yogurt and 3 Tbsp muesli. Top with sliced berries.

Serving Size	Calories	Fat	Protein	Sodium
¼ of recipe	169 per serving	2.3g per serving	7.4g per serving	92mg per serving

Lunch

Fresh Tomato Soup



<http://www.myrecipes.com/recipe/fresh-tomato-soup-10000001842368/>

Ingredients

- 2 cups fat-free, less-sodium chicken broth
- 1 cup chopped onion
- 3/4 cup chopped celery
- 1 tablespoon thinly sliced fresh basil
- 1 tablespoon tomato paste
- 2 pounds plum tomatoes, cut into wedges
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 6 tablespoons plain low-fat yogurt
- 3 tablespoons thinly sliced fresh basil

Directions

Combine first 6 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer 30 minutes. Place half of tomato mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat procedure with remaining tomato mixture. Stir in salt and pepper. Ladle 3/4 cup soup into each of 6 bowls; top each serving with 1 tablespoon yogurt and 1 1/2 teaspoons basil.

Serving Size	Calories	Fat	Protein	Sodium
1/6 of recipe	58 per serving	1g per serving	3.1g per serving	382mg per serving

Dinner

Lemon-Thyme Chicken with Sauteed Vegetables



<http://www.fitnessmagazine.com/recipes/quick-recipes/dinner/dinner-in-20-easy-healthy-dinner-recipes/#page=2>

Ingredients

4 tablespoons lemon juice
 1 tablespoon chopped garlic, divided
 1 tablespoon chopped fresh thyme, divided
 Salt
 Freshly ground black pepper
 1 pound chicken breast tenders, lightly pounded
 4 teaspoons canola oil
 1 medium shallot, sliced
 1 1/2 cups frozen shelled edamame, thawed
 1 1/2 cups grape tomatoes, halved
 2 medium zucchini
 1/3 cup crumbled feta

Directions

1. In a ziplock bag, combine 3 tablespoons lemon juice, 2 teaspoons garlic, and 2 teaspoons thyme; season to taste with salt and black pepper. Add chicken tenders, seal the bag, and gently turn to coat. Set aside.

2. Heat 2 teaspoons canola oil in a large skillet over medium-high heat. Add shallot, remaining garlic, edamame, and tomatoes; saute 4 minutes.
3. Use a vegetable peeler to slice zucchini into long ribbons. Add zucchini and remaining lemon juice and thyme to vegetables in skillet; saute 2 to 3 minutes. Transfer to a serving bowl, stir in feta, and season with salt and black pepper to taste.
4. Add remaining oil to skillet. Remove chicken from marinade and saute 2 to 3 minutes a side or until cooked through. Serve with vegetables.

Serving Size	Calories	Fat	Protein	Sodium
¼ of recipe	327 per serving	13g per serving	28g per serving	259mg per serving