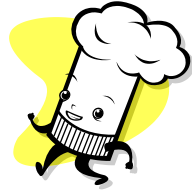


Lemon Chicken with Bell Peppers

Makes: 4 servings Serving size: 1 chicken breast Prep Time: 15 minutes



Ingredients:

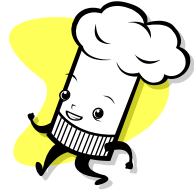
4	4oz bones less, skinless chicken breasts
1 ½ tsp	dried oregano
½ tsp	salt
¼ tsp	ground black pepper
¼ tsp	Cayenne pepper
	Cooking spray
1 ½ cups	Red bell pepper strips
1 tbsp	Grated lemon rind
½ cup	Fresh lemon juice
½ cup	Fat-free reduced sodium chicken broth
1 tbsp	Tomato paste

Directions:

1. Season chicken with oregano, salt, black pepper, and cayenne pepper.
2. Heat a large sauté pan coated with cooking spray over med-high heat. Add chicken and sear on one side for 3 minutes or until lightly browned.
3. Turn chicken over, top with bell peppers, lemon rind, and juice.
4. Cover, reduce heat, and simmer for 15 minutes or until chicken is done.
5. Combining broth and tomato paste in a small bowl. Stir tomato mixture into pan; bring to a boil. Serve pepper mixture with chicken. Serve over rice or noodles.

Ratatouille

Makes: 6 servings Serving size: 1 cup Prep time: 15 minutes



Ingredients:

1 tbsp Olive oil
2 Garlic cloves, minced
1 Medium eggplant, cubed
2 Small zucchini, sliced
1 Green bell pepper, chopped
1 cup Canned crushed tomatoes
½ tsp Salt
¼ tsp Ground black pepper

Directions:

1. Add oil to a large nonstick skillet over medium-high heat. Add garlic and sauté for 30 seconds.
2. Add remaining ingredients and cook 10-15 minutes. Stirring occasionally until vegetables are tender.
3. Serve over a cooked grain: rice, quinoa, or pasta.

Italian Garden Frittata

Makes: 8 servings Serving Size: 1/8 recipe Prep Time: 15 minutes

Ingredients:

8 ounces Uncooked angel hair pasta, broken in half
 Cooking spray
2 Zucchini, diced
1 15-ounce can no-salt-added diced tomatoes, drained
3 Garlic cloves, minced
1 Tsp Dried basil
½ tsp Salt
12 ounces Egg substitute
½ cup Shredded, part-skim mozzarella cheese

Directions:

1. Preheat oven to 300 degrees. Cook pasta according to package directions, omitting salt. Drain.
2. Coat a large oven-safe skillet with cooking spray and saute zucchini over med-high heat for about 8 minutes. Stir frequently.
3. Add diced tomatoes, garlic, basil, and salt. Add cooked pasta and cook 1 minute, tossing to coat.
4. Add egg substitute and cheese and mix well to distribute eggs evenly. Cook 3-5 more minutes.
5. Place in oven and bake for 15 minutes.

Stir-Fried Beef and Noodles

Makes: 6 servings Serving Size: 1/6 recipe Prep Time: 15 minutes

Ingredients:

8 ounces	Uncooked chow mein noodles
2 tbsp	Creamy peanut butter
¼ cup	fat-free, reduced sodium chicken broth
1 tbsp	Lite soy sauce
¼ tsp	Hot peper sauce
2 2 tsp	Canola oil
1 pound	Flank steak, sliced into thin strips against the grain

Directions:

1. Cook chow mein noodles according to directions.
2. In a small bowl, whisk together peanut butter, chicken broth, soy sauce, and hot pepper sauce. Set aside.
3. Add oil to a medium saute pan over high heat. Add beef stips and stir fry for 4 minutes. Add peanut sauce to meat and stir-fry for 2 more minutes.
4. Drain noodles and toss with beef.
5. Serve with steamed veggies: carrots, broccoli and/or snap peas.