

Mexican Polenta pie

6 Servings

A good way to use up the crumbs at the bottom of a bag of tortilla or corn chips!

Ingredients:

¼ cup cornmeal

2 cups water

¼ teaspoon salt

1 egg, slightly beaten

1 (15-16 oz.) can chili beans, drained

¾ cup shredded Pepper Jack cheese

½ cup crushed corn or tortilla chips

Preparation:

1. Heat oven to 375°. Grease pie plate (9- x 1¼-inches). Mix cornmeal, water and salt in 2-quart saucepan. Heat to boiling, stirring constantly; reduce heat to medium. Cook about 6 minutes, stirring frequently, until mixture is very thick; remove from heat. Quickly stir in egg. Let stand 5 minutes.
2. Spread cornmeal mixture in pie plate. Bake uncovered 15 minutes. Spread beans over cornmeal mixture. Sprinkle with cheese and corn chips. Bake uncovered about 20 minutes or until center is set let stand 5 minutes before cutting.

Nutrition facts Cal: 185, Pro: 8g, Carb: 25g, Fat, total: 7g, Chol: 50mg, Sat.fat: 3g, Fiber: 3g, Sodium: 470 mg

Wild Rice with Hazelnuts, Carrots, and Artichokes

4 servings

2 cups wild rice (approx. 6 cups cooked)

2 Tablespoons olive oil

1 red onion, finely chopped

1 garlic clove, crushed

6-8 fresh artichoke hearts, halved or 10-12 good quality canned artichokes

½ cup roasted hazelnuts

4 carrots; cut into julienne strips

2 Tablespoons soy sauce

2 Tablespoons lemon Juice

2 tablespoons chopped cilantro leaves

Salt and pepper

Preparation:

1. Cook rice: Rinse thoroughly. Add to 3 cups boiling water, salted to taste, in a heavy saucepan. Return water to boil; stir. Reduce heat and simmer, covered, 45-50 minutes or just until kernels puff open. Uncover, and fluff with a fork. Simmer 5 additional minutes. Drain any excess liquid and keep warm
2. Meanwhile, heat oil in a large skillet and gently cook the onion and garlic until soft.
3. Add the artichoke hearts, hazelnuts, and carrot and cook over high heat until lightly browned. Then reduce the heat and cook for 5-6 minutes, or until the carrots are slightly soft.
4. Stir in the soy sauce and lemon juice and season with salt and pepper. Stir in the wild rice and cilantro. Adjust the seasoning to taste and serve the rice hot or warm.

Nutrition facts Cal: 397, Pro: 10g, Carb: 57g, Fat, total: 15g, Sat.fat: 2g, Sodium: varies by amount of seasoning

Honey-Ginger Shrimp and Slaw with Quinoa

4 Servings

Ingredients



1 cup quinoa
4 tablespoon honey
4 tablespoon grated ginger
½ c lime juice
⅓ c olive oil
12 ounces shrimp
6-8 cups broccoli slaw

Preparation:

1. Cook quinoa according to package directions.
2. Whisk together honey, ginger, lime juice and olive oil; sauté with shrimp in a skillet over medium heat for 3 minutes.
3. Add broccoli slaw and sauté for another 3 minutes. Top quinoa with slaw and shrimp.

Adapted from All You, JANUARY 2011

<http://www.myrecipes.com/recipe/honey-ginger-shrimp-slaw-50400000109032/>

Buffalo Mac

8 Servings

1 pound fusilli or rotini
1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
1 teaspoon celery seed, crushed
2 teaspoons paprika
¼ teaspoon salt
1 tablespoon olive oil
2 celery ribs, diced
3 cloves garlic, minced
4 tablespoons unsalted butter
3 tablespoons all-purpose flour
2 teaspoons dry mustard
2½ cups 2% milk
½ cup Frank's Red Hot Buffalo Wings Sauce
8 ounces sharp cheddar, shredded
¾ cup crumbled blue cheese
½ cup plain bread crumbs

Preparation:

1. Heat broiler. Bring a large pot of lightly salted water to boiling. Add pasta and cook 8 minutes, or as per package directions; drain.
2. Meanwhile, season chicken with ½ teaspoon of the celery seed, 1 teaspoon of the paprika and the salt. In a large skillet, heat oil over medium-high heat. Brown chicken, 3 to 5 minutes, until cooked through; set aside. Lower heat to medium. Add celery to same skillet; sauté 4 minutes. Add garlic; cook 1 to 2 minutes. Set aside with chicken.
3. In saucepan, melt 3 tablespoons of the butter over medium heat. Sprinkle in flour and mustard powder, whisking for 2 minutes. Pour in milk and sauce, whisking until it boils. Simmer 3 minutes. Remove from heat; stir in cheddar, ½ cup of the blue cheese and remaining teaspoon paprika.
4. Add pasta, celery, garlic and chicken. Place in a broiler-safe dish.
5. Microwave remaining tablespoon butter for 30 seconds. Stir in bread crumbs and remaining ½ teaspoon celery seed; sprinkle over dish with remaining ¼ cup blue cheese. Broil 2 to 3 minutes, or until browned.

Nutrition Facts Per Serving: Cal: 581, Pro: 35g, Carb: 56g, Fat, total: 24g, Chol: 94mg, Sat. fat: 13g, Dietary Fiber: 3g, Sodium: 987mg

Family Circle, Jan. 2012: Buffalo Mac <http://www.familycircle.com/recipe/buffalo-mac/>

Rosemary-Dijon Chicken with Baked Potatoes

6 Servings

Ingredients:

3 Tablespoons reduced-fat sour cream
3 Tablespoons Dijon mustard
1 teaspoon rosemary leaves, crushed
¼ teaspoon white pepper
6 boneless skinless chicken breasts, flattened
6 potatoes for baking

Preparation:

1. Mix all ingredients except chicken in large glass or plastic dish. Add Chicken; turn to coat with marinade. Cover and refrigerate at least 3 hours but no longer than 24 hours.
2. Heat oven to 400°. Scrub potatoes, prick skin with a fork and either rub with olive oil or wrap individually with foil. Place directly on rack in oven. If no using foil lace a pan on the rack below to catch any moisture. Bake 40 minutes.
3. Meanwhile, Spray 13- x 9- x2-inch baking dish, with nonstick cooking spray. Place chicken in pan. Add to the oven 20 minutes after the potatoes have been in and bake uncovered about 20 minutes or until juice of chicken is no longer pink.

Nutrition facts for Chicken only: Cal: 220, Pro: 30g, Carb: 2g, Fat, total: 10g, Chol: 95mg, Sat.fat: 3g, Fiber: 0g, Sodium: 190 mg

Breakfast Pudding

Tastes like butterscotch pudding with an extra punch of nutrition from the Cream of Wheat

2 servings

2 cups 2% milk

¼ cup brown sugar

¼ teaspoon salt

⅓ cup uncooked Cream of Wheat cereal

2 eggs, beaten

1 teaspoon butter (optional)

Preparation:

Place milk, cereal, sugar, eggs and salt in a saucepan. Mix well. Bring to a boil, stirring constantly.

Reduce heat and cook 5 minutes, stirring often. Add butter and remove from heat. Stir and serve.

Nutrition facts Cal: 434, Pro: 18g, Carb: 62g, Fat, total: 12g