Asian Chicken Salad

Makes four servings | Per 1-cup serving: 374 calories; 25g fat; 21g protein, 19g carbohydrate; 9g sugar; 8g fiber.

**Salad**
- 1 large carrot, peeled
- 3 cups napa cabbage, shredded
- 3 cups romaine lettuce, shredded
- 1 small red bell pepper, thinly sliced
- 3 green onions, chopped
- 2 tablespoons fresh mint or Thai basil, chopped
- ¾ cup mandarin orange slices
- ½ cup slivered almonds, toasted
- 1 tablespoon white or black sesame seeds, toasted
- 2 cups sliced or shredded chicken
- ½ cup chow mein noodles, for garnish

1. Using a vegetable peeler, shave the carrot into a large salad bowl. Mix in the cabbage, lettuce, bell pepper, green onions, mint, oranges, almonds and sesame seeds.

2. In a small bowl, whisk together the oil, soy sauce, vinegar and sugar; season with salt and pepper to taste.

3. Pour the dressing over the salad and toss well. Top each serving with half a cup of chicken. Garnish with chow mein noodles and serve.

**Dressing**
- ¼ cup peanut or vegetable oil
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons rice vinegar
- ½ teaspoon granulated sugar (optional)
- Salt and pepper

For a shortcut, use store-bought rotisserie chicken to make it a quick weeknight dinner.
Quick Sausage and Zucchini Soup

Per 1-cup serving: 153 calories; 7g fat; 7g protein; 16g carbohydrate; 2g fiber.

- ½ pound bulk Italian sausage
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 3 cups beef broth
- 1 can (14-½ oz.) diced tomatoes, undrained
- 1 tablespoon minced fresh basil
  (or 1 teaspoon dried basil)
- 1 tablespoon minced fresh parsley
  (or 1 teaspoon dried parsley flakes)
- 1 medium zucchini, cut into ½-inch pieces
- ½ cup uncooked orzo pasta

1. Cook sausage, onion and pepper together in a large saucepan until vegetables are tender and sausage is no longer pink, about five minutes. Break up sausage into crumbles, then drain.

2. Add broth, tomatoes, basil and parsley and bring to a boil. Stir in pasta and zucchini. Cover and cook for 10-12 minutes or until zucchini and pasta are tender.

While the recipe calls for orzo, you can experiment with different pastas, depending on what you have in your pantry.
Stir-fry Beef and Broccoli

Makes four servings | Per serving: 285 calories; 6g fat; 8g protein, 50g carbohydrate.

- 3 tablespoons cornstarch, divided
- 2 tablespoons water, divided
- ½ teaspoon garlic powder
- 1 pound chuck (or your choice of) steak, cut into thin, 3-inch strips
- 2 tablespoons vegetable oil, divided
- 4 cups broccoli florets
- 1 small onion, cut into wedges
- ½ cup reduced sodium soy sauce
- 2 tablespoons brown sugar
- 1 teaspoon ground ginger
- ½ cup water

1. Combine 2 tablespoons cornstarch, 2 tablespoons water and garlic powder in large bowl, stir until smooth. Add beef and toss.
2. Heat 1 tablespoon oil in large skillet or wok, stir-fry beef at medium-high heat until beef reaches desired doneness. Remove beef from pan and set aside.
3. Add remaining 1 tablespoon oil to pan, stir-fry broccoli and onion for 4-5 minutes.
4. Return beef to pan.
5. Combine soy sauce, brown sugar, ginger, remaining cornstarch and ½ cup water until smooth; add to pan.
6. Cook entire mixture for 2 minutes, stirring frequently.
7. Serve on its own or over rice.

This quick, healthy recipe can be tossed together in under 30 minutes on a busy weeknight.
Peanut Butter ‘Cookie Dough’ Bites
Makes about 18 cookies | Per cookie: 60 calories; 4g fat; 2g protein, 5g carbohydrate.

- ½ cup peanuts
- ½ cup golden raisins
- ¼ cup peanut butter
- 1 teaspoon vanilla
- 2 teaspoons water

1. Place peanuts in blender or food processor and blend until fine.

2. Add raisins, peanut butter, vanilla and water to blender and pulse until smooth. Add another teaspoon or two of water if the mixture becomes too thick for your blender to handle.

3. Form into about 18 small balls placed on a cookie sheet, press twice with fork to add a crisscross pattern. Work in a little bit of flour while forming, if you’d like to degrease the balls a bit.

These simple peanut butter bites taste like peanut butter cookie dough yet have no added sugar. The best part: They’re simple and quick to make.