



presents:

5 recipes for
healthy diets!

Chicken Carne Adovada

Makes: **6 servings**
Active time: **50 mins**
Total time: **2 1/4 hours**

Per serving: 307 calories; 11 g fat (3 g sat , 4 g mono); 99 mg cholesterol; 13 g carbohydrates; 0 g added sugars; 34 g protein; 3 g fiber; 675 mg sodium; 374 mg potassium.

In this dish, succulent chicken thighs are braised in a traditional Mexican mole style sauce, enriched with the use of chicken broth in place of water. The fragrant flavors of onion, garlic, and herbs give this meal a well-rounded savory profile.

As a main dish, chicken adovada is easy to prepare and can be refrigerated or frozen, and reheated without losing its flavor integrity. With only 307 calories per serving, this dish can be paired with Mexican rice, and topped with a bit of avocado for a nutritious and filling 500 calorie meal.

This makes it a great meal to prepare on the weekend for a busy weeknight dinner that can be ready in the time it takes to heat quick-cooking rice. The recipe is also easy to double or triple for larger dinner parties. Chicken adovada is sure to be a hit with your guests.

Ingredients

- 4 ounces whole mild-to-medium-hot dried red New Mexican chilies (16-20 small to medium), stemmed and seeded
- 2 cups reduced-sodium chicken broth, divided
- 1 1/4 cups chopped onion
- 3 cloves garlic, minced
- 2 tablespoons sherry vinegar or cider vinegar
- 1 1/4 teaspoons dried oregano, preferably Mexican
- 1 teaspoon salt
- 2 1/4 pounds boneless, skinless chicken thighs, trimmed and cut into 1-inch cubes



Preparation

1. Preheat oven to 300°F. Coat a large baking dish or Dutch oven with cooking spray.
2. Rinse chilies; spread out on a baking sheet. Toast in the oven until darkened and fragrant, 2 to 4 minutes per side. Let cool, then break each chili into several pieces.
3. Puree half the toasted chilies with 1 cup broth in a blender until only tiny pieces of chili are visible. Pour into the prepared baking dish. Puree the remaining chilies with the remaining 1 cup broth, onion, garlic, vinegar, oregano and salt until smooth. Pour into the baking dish and stir together with the rest of the sauce. Add chicken; stir to coat.
4. Bake until the chicken is tender and the sauce is thick, about 1 1/2 hours.

Chickpea Curry

Makes: **4 servings**

Active time: **30 mins**

Total time: **1 hour**

Per serving(481g): 265 calories; 9.8g protein; 9.2g fat (3.1g saturated); 30.1g carbohydrates; 214mg sodium.

This simple curry recipe is worth its weight in gold. The aromatic flavors of the ground spices work in harmony with the simple tastes of the potatoes and chickpeas to create a hearty, full bodied curry. A from scratch recipe allows each chef to create a masterpiece that is lower in fat and salt than prepared curry pastes, and it can be easily adapted to suit those who desire vegetarian fare. The nutritional value of this curry is extremely high as it is filled with chickpeas high in protein and fiber, tomatoes high in vitamin C, heart healthy garlic, and potatoes filled with potassium and vitamin B6. This curry dish is a wonderful low fat and exotic comfort food, and pairs perfectly with naan bread or brown rice.

Ingredients

- 3 large potatoes or 6 baby potatoes
- 1 tbsp olive oil
- 1 large onion, sliced
- 2 cloves garlic, crushed
- 2 tsp. crushed garlic
- 1 tsp each cumin / turmeric / coriander / Garam masala / cardamom
- 1/2 tsp. chili powder (omit if desired)
- 1 can diced tomatoes
- 2 cups beef or vegetable stock
- 2 cups frozen peas
- 1 can chickpeas, drained and rinsed (aka Garbanzo beans)
- 1/3 cup cooking cream (18% fat)



Preparation

1. In a small bowl, mix all the ground spices and set aside.
2. Heat a medium sized pot with olive oil and sauté the onions on med heat for 5 mins.
3. Add a tsp. more of olive oil and then the mixed spices. Mix around for 30 seconds until aroma has been released. You might need to add 1/4 cup water if too dry.
4. Now stir in the garlic, ginger, and chili powder. To avoid burning, turn the heat down to low.
5. Now add the diced tomatoes, stirring for 1-2 minutes.
6. Once it is simmering add the stock, drained chickpeas and potatoes and continue to simmer for 1/2 hour. After this time, add the frozen peas and cream and simmer a further 10 mins.
7. Serve with rice and/or Naan.

Garlic Chicken

Makes: **4-6 servings**

Active time: **25 mins**

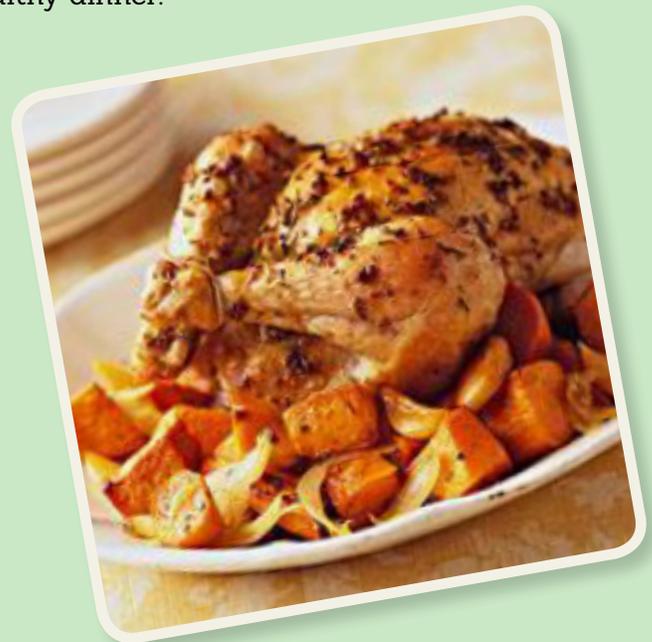
Total time: **2 1/2 hours**

Per serving: cal. (kcal) 393, Fat, total (g) 12, chol. (mg) 119, sat. fat (g) 2, carb. (g) 30, Monosaturated fat (g) 7, Polyunsaturated fat (g) 2, fiber (g) 4, sugar (g) 5, pro. (g) 40, vit. A (IU) 13557, vit. C (mg) 15, Thiamin (mg) 0, Riboflavin (mg) 0, Niacin (mg) 15, Pyridoxine (Vit. B6) (mg) 1, Folate (g) 28, Cobalamin (Vit. B12) (g) 1, sodium (mg) 481, Potassium (mg) 860, calcium (mg) 101, iron (mg) 3, Percent Daily Values are based on a 2,000 calorie diet.

This hearty meal of chicken and sweet potatoes is loaded with delicious heart healthy garlic, which can reduce blood pressure and cholesterol, and even help fight allergies. The sweet potatoes are a great source of complex carbohydrates, fiber, protein, vitamin A and C, and calcium. They're filled with natural sugars that offer a mild sweetness which pairs well with the savory flavors of roasted garlic. Chicken is naturally high in protein, and loaded with B vitamins and selenium which support immune health. The roasted vegetables and chicken are easily prepared together in the same oven, making this dish a great choice for a delicious and healthy dinner.

Ingredients

- 3 heads of garlic
- 2 tablespoons olive oil
- 1 1/2 tablespoons snipped fresh rosemary
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1 3 - 3 1/2 pound whole roasting chicken
- 3 medium sweet potatoes (1 1/2 to 1 3/4 pounds), peeled and cut into 1-inch pieces
- 1 large sweet onion, cut into wedges



Preparation

1. Preheat oven to 375 degrees F. Separate the cloves of garlic (you should have about 30 cloves) and peel. Mince four of the cloves. Set aside remaining garlic cloves.
2. In a small bowl, combine minced garlic with 1 tablespoon of the olive oil, 1 tablespoon of the rosemary, the ground black pepper, and 1/4 teaspoon of the salt. Rub minced garlic mixture over chicken.
3. Place six of the garlic cloves into the cavity of the chicken. Tie legs to tail. Twist wing tips under back. Place on a rack in a shallow roasting pan. Insert oven-going meat thermometer into center of an inside thigh muscle. Do not allow thermometer tip to touch bone. Roast, uncovered, for 1 1/2 to 1 3/4 hours or until drumsticks move easily in their sockets and meat thermometer registers 180 degrees F.
4. Meanwhile, place sweet potatoes, onion wedges, remaining garlic cloves, 1/2 tablespoon of the rosemary, and 1/4 teaspoon of the salt in a baking pan. Drizzle vegetable mixture with remaining 1 tablespoon olive oil; toss to coat. Place in oven on a separate rack and roast, uncovered, for 50 to 60 minutes or until tender, stirring every 15 minutes.
5. Remove chicken from oven. Cover loosely with foil and let stand 15 minutes before carving. Serve chicken with vegetables. Carve chicken, discarding skin before serving.

Grilled Pork

Makes: 4 servings

Active time: 15 mins

Total time: 30 mins

Easy to prepare and full of flavor, this Caribbean grilled pork will awaken your taste buds. The combination of spices will create a full bodied flavor profile that pairs well with the sharp and sweet citrus flavors in the salsa. Pork is a healthy, lean protein which can be quite bland, but that makes it the perfect candidate for this Caribbean rub.

By making the salsa a day or two before, the flavors of the citrus and cilantro will be able to mingle and the whole dish can be prepared for a quick weeknight dinner in the time it takes to sit through a fast food drive-thru line. Serve the pork alongside brown rice or mixed greens tossed with citrus vinaigrette.

Ingredient

For salsa:

- 1 small pineapple, peeled, cored and diced (about 2 cups/500 mL)
- 1 medium orange, peeled and diced
- 2 Tbsp (30 mL) fresh cilantro, minced
- juice of half a fresh lime
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For meat:

- 1/2 Tbsp (7 mL) brown sugar
- 2 tsp (10 mL) minced garlic
- 2 tsp (10 mL) minced ginger
- 2 tsp (10 mL) ground cumin
- 2 tsp (10 mL) ground coriander
- 1/2 tsp (2 mL) turmeric
- 2 Tbsp (30 mL) canola oil, plus more to oil the grill
- 6 pork loin chops



Preparation

1. Make salsa by combining pineapple, orange, cilantro and lime juice in bowl. Set aside. Can be prepped up to 2 days in advance and refrigerated.
2. Make rub for pork chops: In small bowl, combine brown sugar, garlic, ginger, cumin, coriander and turmeric. Do not omit turmeric as it lends a lovely yellow hue to this dish.
3. Brush both sides of pork chops with canola oil and apply rub to both sides.
4. Preheat barbecue to medium-high. Place pork chops on grill for about 5 minutes per side or until cooked to internal temperature of 160°F (70°C).
5. Serve each chop accompanied with 1/3 cup (75 mL) salsa.

Chicken Lazone

Makes: **4 servings**
Active time: **5 mins**
Total time: **25 mins**

Per serving (285g): Calories: 484; Total Fat: 28.7g; Saturated Fat: 15.5g; Cholesterol: 222mg; Sodium: 985mg; Carbohydrates: 3.1g; Protein: 51g.

This creamy, one-pan chicken dish can be prepared in less than 20 minutes, and offers the many health benefits of chicken which is high in protein and B vitamins. The cream and butter marries with the spices on the chicken and creates a rich flavor profile that carries the health benefits of vitamins A, D, E, K and selenium.

This dish would be perfect served atop whole wheat angel hair pasta or brown rice with a light side salad or roasted asparagus. The simplicity of the recipe makes this the perfect main dish for the beginning chef or a busy home cook.

Ingredients

- 1 teaspoon salt
- 1 1/2 teaspoons chili powder
- 1 1/2 teaspoons onion powder
- 2 teaspoons garlic powder
- 4 whole boneless skinless chicken breasts
- 1/4 cup butter, divided
- 1/2 cup heavy cream



Preparation

1. Combine the seasonings and coat
2. chicken breasts.
3. In a large sauté pan melt half of the butter and cook chicken over medium heat for about 7 to 8 minutes, turning once.
4. Pour the cream into the skillet and lower the heat.
5. Simmer for several minutes, stirring until the sauce thickens then add the remaining butter.
6. When butter is melted place chicken breasts on four plates and top with the sauce.