



Kale Salad with Cranberries, Pecans and Beans

Sautéed kale and chickpea salad with cranberries and garnished with feta cheese

Yield: 8

1 Tbsp	Canola Oil
1 Tbsp	Crushed Garlic Cloves
2 tsp	Mustard Seed
2 tsp	Ground Coriander
1 tsp	Smoked Paprika
1/4 tsp	Kosher Salt
1/8 tsp	Ground Black Pepper
10 oz	Chopped Kale
2 Cup	Cooked Garbanzo Beans
1/2 Cup	Crumbled Feta Cheese
1/2 Cup	Dried Cranberries
2 Tbsp	Fresh Lemon Juice
1 tsp	Grated Lemon Peel
1/2 Cup	Pecan Pieces, Toasted



In a skillet add oil and garlic and cook on medium high heat for 20 seconds. Add the mustard seeds, coriander powder, smoked paprika, salt and pepper and cook for 10 seconds. Add kale and cook until kale wilts slightly, about 30 seconds to one minute. Add chickpeas and mix well. Remove from the heat. Let the mixture cool and then add the feta cheese, toasted pecans, cranberries, the zest of a lemon and lemon juice. **Chef's Notes:** This recipe calls for cooked beans and nutritionals are based on homemade cooked beans with no added salt. Avoid canned beans if possible and if you must use canned, rinse the beans to wash some of the sodium away.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
192.6	6.7	22	10.2	8.3	195.2	2.1	4.6



Shrimp and Pasta with Basil Walnut Pesto

Angel hair pasta sautéed with shrimp, corn and tomatoes with basil walnut pesto

Yield: 6

8 oz	Spaghetti, Barilla Plus
2 Tbsp	Olive Oil
1 lb	Raw Shrimp, Peeled and Deveined
2 Tbsp	Minced Garlic Cloves
6 Cups	Cherry Tomatoes, Halved
3/4 Cup	Chablis Wine
3/4 Cup	Water
2-1/2 Cup	Fresh Corn Kernels
1-1/2 Cup	Green Onions, Sliced
1/4 tsp	Kosher Salt
1/4 tsp	Ground Black Pepper
3/4 Cup	Basil and Walnut Pesto

Basil and Walnut Pesto

Yield: 1-1/2 cup

1 Cup	Olive Oil/Canola Blend
1 Cup	Parsley
1 Cup	Basil
1/4 Cup	Grated Parmesan
1/2	Garlic Clove
1/4 Cup	Walnuts, toasted



Combine all ingredients for the pesto and set aside. Cook pasta according to directions until al dente; drain, rinse and set aside. In a hot sauté pan, drizzle olive oil and cook shrimp half way and remove shrimp from pan to avoid overcooking. Add garlic to the pan and cook for another 30 seconds. Add half of the cherry tomatoes and cook for another minute. Mix the wine and water and pour into the pan. Add corn kernels and scallions. Season with salt and freshly ground black pepper. Mix in cooked pasta and reserved shrimp along with pesto. Stir to mix and heat through. Make sure the shrimp is cooked all the way. Serve immediately.

Chef's Notes: Instead of shrimp, try sliced raw chicken breast. Make the dish vegetarian by adding some sliced mushrooms instead of shrimp. Garnish with fresh basil.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
591.7	34.6	55	26.3	164.3	338.4	3.9	7.7+

+ Indicates partial nutritional value



Bal's No Butter Chicken

Chicken braised in Indian spices and finished with yogurt

Yield: 4

2 Tbsp	Canola Oil
1-1/2 Cup	Chopped Red Onions
2 Tbsp	Minced Garlic Cloves
1 Tbsp	Minced Ginger Root
2 Tbsp	Tomato Paste, Canned
1 Tbsp	Light Brown Sugar
1 Tbsp	Cumin Seeds
1 Tbsp	Garam Masala Spice Blend
1 tsp	Crushed Red Pepper
1 tsp	Turmeric
1/2 tsp	Kosher Salt
1 lb	Chicken Breast, Boneless, Skinless, 1-1/2" Dice
1/4 Cup	Plain Low Fat Yogurt
1/2 Cup	Water



Put a skillet over medium-high heat and add the oil. When it starts to get hot, add the onion, garlic, and ginger and cook for 4 minutes, or until the onion is golden. Add the tomato paste, brown sugar, cumin seeds, garam masala, red chili flakes, turmeric, and salt and cook for 2 minutes. Add the chicken cubes and stir well to coat. Add the yogurt and water and cook, stirring until the chicken is done, about 8 minutes. Serve hot.

Chef's Notes: Serve with rice and vegetables. Try this recipe with shrimp or pork and adjust cooking time accordingly.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
273.2	28.4	15.7	10.8	71.3	443.9	1.6	2.4



Apple Farro Salad with Chicken

Diced apples, grilled chicken, farro and cucumbers tossed with fresh herbs and olive oil

Yield: 4

8 oz	Farro, Dry	4 oz	Gala Apples, Unpeeled
1-1/3 Cup	Water	1/2 Cup	Chopped Parsley
6 oz	Chicken Breast, Skinless Boneless	1/2 Cup	Chopped Basil
1 tsp	Olive Oil, Canola Blend	1/4 tsp	Kosher Salt
1/8 tsp	Kosher Salt	1/8 tsp	Ground Black Pepper
Pinch	Ground Black Pepper	2 Tbsp	Extra Virgin Olive Oil
5 oz	English Hot House Cucumbers	1 Tbsp	Balsamic Vinegar
4 oz	Granny Smith Apples, Unpeeled		



Cook farro in boiling water until tender, about 20 to 40 minutes; add more water if needed. Drain and cool. Place in a bowl. Mix oil with salt and pepper and rub on raw chicken. Grill until cooked through, chill and dice. Place in bowl with cooked farro. Dice unpeeled cucumbers, granny smith and gala apples. Combine all ingredients in the bowl and mix thoroughly.

Chef's Notes: Cook farro like pasta. Cooking time can be shortened by soaking overnight.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
340.6	18.3	46.9	9.2	26.4	285.2	1.4	5.2