**Shrimp with Spinach, Garlic and Smoked Paprika**

1 ¼ pounds large shrimp (about 20 per pound), peeled and deveined, tails on  
3 large cloves garlic  
5 cups lightly packed baby spinach leaves (5 ounces)  
3 tablespoons olive oil  
2 teaspoons smoked paprika  
¼ teaspoon salt  
Pinch cayenne pepper

Rinse the shrimp and pat dry with a paper towel. Thinly slice the garlic. Coarsely chop the spinach.

Place the oil in a large non-stick skillet and heat over a medium-high heat. Reduce the heat to medium-low, add the garlic and cook, stirring frequently, until the garlic is golden, about 5 minutes. Watch closely so the garlic does not burn. Transfer the garlic to a small dish using a slotted spoon, leaving the oil in the skillet.

Raise the heat on the skillet to medium-high, add the shrimp, paprika, salt and cayenne and cook until the shrimp turns pink and is nearly cooked through, about 3 minutes. Stir in the spinach and return the garlic to the pan and cook until the shrimp is opaque throughout and the spinach is wilted, 1-2 minutes more.

Makes 4 servings.

**Chicken With Mango Barbeque Sauce**

2 tablespoons olive oil

1 onion, diced (about 1 cup)

1 red pepper, diced (about 1 cup)

3 cloves garlic, coarsely chopped

1 teaspoon salt freshly ground black pepper

1/2 teaspoon ground allspice

1/3 cup red wine vinegar

3 tablespoons molasses

2 tablespoons Worcestershire sauce

2 tablespoons lime juice

1/4 cup low-sodium tomato sauce

1 mango, diced (about 1 1/2 cups)

2 to 3 jalapenos, minced

2 boneless, skinless chicken breasts (about 3/4 pound each)

Heat the oil in a medium-sized skillet over medium-high. Add the onions and cook until translucent, about 2 minutes. Add the red peppers, garlic, salt and pepper, and allspice and cook for 2 minutes more. Stir in the vinegar, molasses, Worcestershire sauce, lime juice and tomato sauce and cook for 1 minute more. Transfer the mixture into a bender and add the mango and jalapeno. Blend until smooth.

Put 1 cup of the barbeque sauce into a resealable plastic bag with the chicken and marinate for 1 hour.

Preheat the broiler. Put the chicken on a broiler pan and discard the marinade. Broil the chicken on high for about 12 minutes, turning once. Let the meat rest for 10 minutes before slicing. Spoon about 1/2 cup of barbeque sauce over the meat slices and serve.

**Mango Salsa**

1 mango, diced

1 avocado, diced

Juice of 1 fresh lime

½ cup of chopped fresh cilantro

¼ t. salt (or to taste)

2 T. olive oil

Combine all of the above.

**Herb Marinated Pork Tenderloin**

1/4 cup soy sauce

1/4 cup Worcestershire sauce

1/4 cup canola or vegetable oil

1 teaspoon dried thyme

1 teaspoon dried marjoram

1 teaspoon ground ginger

1 teaspoon rubbed sage

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon salt

1 teaspoon pepper

2 pounds pork tenderloin, trimmed of fat

Place all marinade ingredients in a freezer zip bag and mix them well.

Prick tenderloin with a fork and place in marinade bag. Zip closed, roll around to coat and chill for at least two hours.

Preheat oven to 350 degrees F.

Remove pork from marinade and place pork in a roasting pan. Bake 40 minutes, or until meat thermometer reaches 145 to 150 degrees.  Let the pork rest for 3 to 5 minutes, then slice and serve.

**Broccoli-Cheddar Soup**

2 teaspoons olive oil

1 medium onion, chopped

1 clove garlic, minced

1/2 teaspoon ground nutmeg

1 large head broccoli, florets and tender part of stems, chopped (about 6 cups)

3 cups low-sodium chicken broth

2 cups low-fat (1%) milk

2 tablespoons all-purpose flour

1 1/4 cups lightly packed shredded extra sharp cheddar cheese (5 ounces)

1/2 teaspoon salt, plus more to taste

1/4 teaspoon freshly ground black pepper, plus more to taste

Heat the oil in a soup pot over medium heat. Add the onion and cook, stirring, until softened and translucent, about 4 minutes. Add the garlic and nutmeg and cook for 30 seconds. Add the broccoli and chicken broth and bring the mixture to a boil. Reduce the heat to medium low and cook until the broccoli is tender, about 5 minutes. Remove from the heat and cool slightly, about 15 minutes.

Meanwhile, in a small saucepan, whisk together the milk and flour until the flour dissolves. Heat the mixture over medium-high heat, stirring constantly, and bring to a gentle boil. Reduce the heat to medium low and cook, stirring occasionally, until the mixture has thickened, about 3 minutes. Add one cup of the cheese and cook, stirring, until melted, 2 minutes more. Remove from the heat and cover to keep warm. Working with about 1 cup at a time, puree the broccoli mixture in a blender until it is mostly smooth but still has some chunks, and then transfer it to another pot. (Alternatively, you can use an immersion blender.) Stir the cheese mixture into the broccoli puree, season with salt and black pepper to taste, and cook over medium-low heat until warmed through, 3 to 5 minutes more. Serve garnished with the remaining cheese.

**Meatballs with Simple Marinara**

5 medium cloves garlic, minced

1 tbsp olive oil

1 28-ounce can crushed tomatoes

1 tbsp tomato paste

3 tbsp dried basil, divided

3 tbsp dried oregano, divided

1/2 tsp freshly ground black pepper, divided

1 large carrot, peeled and grated

1/2 cup grated Parmesan cheese

1 large egg

1 pound lean ground beef (90% lean or higher)

1/2 cup quick cooking oats

¼ t. salt

Heat the oil in a 4 quart saucepan over medium heat. Put half the garlic into the saucepan and cook until fragrant, for 30 seconds. Add the tomatoes and their juice, tomato paste, 2 tsp each of the dried basil and dried oregano, and 1/4 tsp of pepper and bring to a boil. Lower the heat to low and simmer while you make the meatballs.

Lightly beat the egg into a large bowl. Add the carrot, Parmesan cheese, beef, oats, basil and oregano, the remaining garlic, remaining 1/4 tsp pepper and salt to the bowl, and using your hands, mix to incorporate.

Form the meat mixture into 8 meatballs and place them gently into the sauce.

Return the sauce to a boil, cover, lower the heat to medium-low and cook, stirring occasionally, until the meatballs are cooked through, about 15 minutes. Serve garnish with the remaining Parmesan cheese.

**Cheddar-Apple Quesadilla**

1 Granny Smith apple, cored, thinly sliced  
4 whole-wheat flour tortillas (9 inches in diameter)  
1 cup shredded sharp cheddar cheese

Preheat a large nonstick skillet over medium-high heat.

Fan out the apple slices over the bottom half of each tortilla and top with the cheddar cheese. Fold the tortillas in half. Working in batches, place the quesadillas in the skillet and weigh them down with a smaller heavy skillet or an ovenproof plate topped with a heavy can. Cook until the cheese is melted and the tortillas are golden brown, about 1 ½ minutes per side. Cut in half and eat warm. Makes 4 servings.

**Smoky Black Bean Chili**

1 T olive oil

1 medium onion, diced

2 cloves garlic, minced

Two 15-ounce cans black beans, drained and rinsed

Two 14.5-ounce cans crushed fire-roasted tomatoes with their juices

3 large roasted red peppers, drained, rinsed and chopped

1 ½ t ground cumin

1 t ancho chili powder

½ t salt

½ t hot pepper sauce, such as Tabasco

¼ cup reduced-fat sour cream or Greek nonfat yogurt

2 T chopped fresh cilantro

4 lime wedges

Heat the oil in a large saucepan over medium-high heat. Add the onion and cook, stirring occasionally, until softened and translucent, about 3 minutes. Add the garlic and cook for 30 seconds. Add the beans, tomatoes, red peppers, cumin, chili powder, salt, and hot sauce and stir to combine. Increase the heat and bring to a boil. Reduce the heat, cover, and simmer for 15 minutes. Ladle into individual bowls and garnish each with a dollop of sour cream, some cilantro and 1 lime wedge. Makes 4 servings.

**Mini Frittatas with Leeks and Asparagus**

Cooking spray  
1 tablespoon olive oil  
1 medium leek, white part only, chopped (2 cups)  
1 bunch asparagus (1 pound), sliced on the bias into ½-inch pieces (2 cups)  
6 medium white button mushrooms, sliced (4 ounces)  
7 large eggs  
¼ cup 1% low-fat milk  
¼ cup grated Parmesan cheese  
½ teaspoon salt  
1/8 teaspoon freshly ground black pepper

Preheat the oven to 375 degrees. Spray a muffin pan with cooking spray.

Heat the oil in a medium skillet over a medium heat. Add the leek, asparagus and mushrooms and cook, stirring occasionally, until the vegetables have softened, about 6 minutes. Allow to cool slightly.

Meanwhile, in a medium bowl, whisk the eggs and milk together. Stir in the Parmesan cheese, the cooked vegetables, salt and pepper.

Distribute the mixture evenly into the muffin pan. Bake until set in the center, 18-20 minutes. Serve warm or at room temperature.

To refrigerate: Allow to cool at room temperature for 30 minutes. Then transfer frittatas to an airtight container and refrigerate for up to 3 days.

To reheat:  
In the oven: Place on a baking tray or on foil and warm in a 350 degree oven, uncovered,  
for 5-8 minutes.

In the microwave: Place on a microwave safe plate, cover with a vented, domed cover and microwave for 30 seconds per portion.

Makes 6 servings  
Serving size: 2 mini frittatas

**Grilled Zucchini Roll-ups with Herbs and Cheese**

3 small zucchini (about ½ pound each), cut lengthwise into ¼-inch thick slices  
1 tablespoon olive oil  
1/8 teaspoon salt, plus more to taste  
Pinch of freshly ground black pepper, plus more to taste  
1 ½ ounces fresh goat cheese, preferably reduced-fat  
1 tablespoon minced fresh parsley  
½ teaspoon fresh lemon juice  
2 ounces baby spinach leaves (2 cups lightly packed)  
1/3 cup fresh basil leaves

Preheat a grill or grill pan over medium heat.

Discard the outermost slices of zucchini and brush the rest with the oil on both sides. Sprinkle with the salt and pepper. Grill until tender, about 4 minutes per side. You can make the grilled zucchini a day ahead and store in an airtight container in the refrigerator.

In a small bowl, combine the goat cheese, parsley, and lemon juice, mashing them together with a fork. Put ½ teaspoon of the cheese mixture about ½-inch from the end of the zucchini slice. Top with a few spinach leaves and one small or half of a large basil leaf. Roll up and place seam side down on a platter. Repeat with the rest of the zucchini slices. You can make these up to a day before you are ready to serve and store them in an airtight container in the refrigerator.

Serves 4

Serving size: Makes 16 roll-ups; 4 rolls per serving

**Minestrone Soup**

2 tablespoons extra-virgin olive oil

1 large onion, diced

4 cloves garlic, minced

2 stalks celery, diced

1 large carrot, diced

1/3 pound green beans, trimmed and cut into 1/2-inch pieces (about 1 1/2 cups)

1 teaspoon dried oregano

1 teaspoon dried basil

Kosher salt and freshly ground pepper

1 28-ounce can no-salt-added diced tomatoes

1 14-ounce can crushed tomatoes

6 cups low-sodium chicken broth

1 15-ounce can low-sodium kidney beans, drained and rinsed

1 cup elbow pasta

1/3 cup finely grated parmesan cheese

2 tablespoons chopped fresh basil

Heat the olive oil in a large pot over medium-high heat. Add the onion and cook until translucent, about 4 minutes. Add the garlic and cook 30 seconds. Add the celery and carrot and cook until they begin to soften, about 5 minutes. Stir in the green beans, dried oregano and basil, 3/4 teaspoon salt, and pepper to taste; cook 3 more minutes. Add the diced and crushed tomatoes and the chicken broth to the pot and bring to a boil. Reduce the heat to medium low and simmer 10 minutes. Stir in the kidney beans and pasta and cook until the pasta and vegetables are tender, about 10 minutes. Season with salt. Ladle into bowls and top with the parmesan and chopped basil.

**Greek-style Spinach and Rice**

¼ cup olive oil

1 medium onion, diced

1 T tomato paste

Two 10-ounce packages frozen chopped spinach

½ cup lightly packed fresh dill fronds, chopped

1 cup instant (parboiled) brown rice

½ t salt

¼ t freshly ground black pepper

1 medium lemon

2 ounces feta cheese (1/3 cup crumbled), optional

Bring 2 cups of water to a boil. While the water is heating, heat the oil in a medium saucepan over medium-high heat. Add the onion to the pan and cook, stirring until softened, about 3 minutes. Stir in the tomato paste and cook until it is dissolved, 1 minute more.

Add the spinach and the boiling water to the saucepan, turn the heat to high, cover, and cook, breaking the spinach up with a spoon occasionally, until it is thawed, about 5 minutes.

Add the dill, rice, salt, and pepper to the spinach, return to a boil, then decrease the heat to medium-low, cover, and cook without stirring until the rice is tender and most of the liquid is absorbed, about 12 minutes. Remove from the heat and let sit covered, for 2 minutes, then squeeze in the juice from the lemon (about 3 tablespoons) and stir. Serve sprinkled with feta cheese, if desired.