

DINNERS Under 300 Calories



ARUGULA RICOTTA PIZZA

No need to call for delivery when you can make these delicious flatbread pizzas at home. With just a few ingredients you can have a healthy, high protein, high fiber pizza in minutes.

4 whole grain flatbreads
½ cup part-skim ricotta cheese
1 cup cherry tomatoes, *halved (assorted colors)*
2 Tbsp white balsamic vinegar
1 Tbsp olive oil
⅛ tsp salt
1 tsp fresh lemon juice
1 cup baby arugula
1 Tbsp balsamic glaze
Black pepper to taste

Preheat oven to 425°F.

Arrange flatbreads on 2 baking sheets. Cover each flatbread with a layer of the ricotta cheese and the tomatoes. Bake for about 10 minutes, or until the cheese is melted.

In a small bowl, whisk together the white balsamic vinegar, oil, salt and lemon juice. In a bowl, toss the arugula with the dressing.

Top the pizza with the arugula and a drizzle of the balsamic glaze. Season with black pepper to taste. Serve immediately.

Yield: 4 servings | **Serving size:** 1 pizza

Nutrition Facts (per serving): Calories: 185; Fat: 8g; Saturated Fat: 2g; Cholesterol: 15mg; Sodium: 359mg; Carbohydrates: 17g; Fiber: 8g; Protein: 12g



CHICKEN PARMESAN

Chicken Parmesan is often pan-fried first, then baked. This baked Chicken Parmesan recipe cuts down on high-fat oil and keeps the chicken moist, too.

- 2 tsp olive oil
- ½ onion, chopped
- 1 garlic clove, minced
- ½ cup tomato sauce
- 1 tsp chopped fresh basil
- Black pepper to taste
- 1 egg, lightly beaten
- ¼ cup whole wheat Italian bread crumbs
- 4 boneless skinless chicken breasts (4 oz each), pounded
- ½ cup shredded part-skim mozzarella cheese
- 2 Tbsp grated Parmesan cheese

Preheat oven to 375°F. Coat a baking sheet with nonstick cooking spray.

In a small saucepan, heat oil over medium-high heat. Add the onion and sauté for 2 minutes. Add the garlic and sauté for 30 seconds. Add the tomato sauce, basil and pepper. Reduce heat to low and cook, stirring occasionally, for 15 minutes. Remove from heat and set aside.

Place egg and bread crumbs in separate shallow bowls. Dip chicken breasts into egg and then dredge in bread crumbs.

Arrange chicken breasts on baking sheet. Bake for 20 to 25 minutes, or until chicken is cooked through.

Spread half of the tomato sauce in a casserole dish. Place baked chicken on tomato sauce and spread remaining sauce over chicken. Sprinkle mozzarella and Parmesan over chicken. Cover with foil.

Bake for an additional 3 to 5 minutes, or until cheese is melted.

Yield: 4 servings | **Serving size:** 4 oz chicken

Nutrition Facts (per serving): Calories: 263; Fat: 9g; Saturated Fat: 3g; Cholesterol: 120mg; Sodium: 246mg; Carbohydrates: 9g; Fiber: 0; Protein: 34g



SKIRT STEAK TACOS

These easy skirt steak tacos are perfect dinnertime fare. If you're looking for a gluten-free option, swap the soy sauce with some tamari. Marinate the meat the night before so the steak is ready to cook when you are.

2 Tbsp reduced-sodium soy sauce	1½ lbs skirt steak, <i>cut into 1-inch pieces</i>
2 Tbsp fresh lime juice	12 white corn tortillas, <i>warmed</i>
2 Tbsp olive oil	½ cup diced red onion
3 garlic cloves, <i>minced</i>	½ cup chopped fresh cilantro
2 tsp chili powder	1 avocado, pitted, <i>peeled and chopped</i>
1 tsp ground cumin	1 small tomato, <i>diced</i>
1 tsp dried oregano	1 lime, <i>cut into wedges</i>
1 Tbsp chili garlic sauce	

In a large glass or ceramic bowl, combine the soy sauce, lime juice, 1 tablespoon of the oil, garlic, chili powder, cumin, oregano and chili garlic sauce. Add the steak and marinate for at least 1 hour or overnight, stirring occasionally.

In a large skillet, heat the remaining 1 tablespoon oil over medium-high heat. Add the steak and marinade, and cook, stirring often, until steak has browned and marinade has reduced, about 5 to 6 minutes, or until desired doneness.

Serve the steak in the tortillas, topped with red onion, cilantro, avocado, tomato and a squeeze of lime juice.

Yield: 3 servings | **Serving size:** 2 tacos

Nutrition Facts (per serving): Calories: 294; Fat: 18g; Saturated Fat: 4g; Cholesterol: 26mg; Sodium: 266mg; Carbohydrates: 20g; Fiber: 4g; Protein: 14g



BEEF BRISKET AND VEGETABLES

A slow-cooker entree is perfect for Passover or any other holiday meal. While this succulent beef brisket is slowly cooking, you can be free to prepare the rest of your feast.

1½ lbs beef brisket	2 parsnips, <i>peeled and cut into 2-inch pieces</i>
⅓ tsp salt	1 head cauliflower, <i>cut into 1-inch chunks</i>
Black pepper, to taste	1 lb small red potatoes
½ tsp garlic powder	2 celery stalks
1 Tbsp olive oil	2 Tbsp chopped fresh parsley
3 garlic cloves, minced	2 Tbsp chopped fresh thyme
1 cup pearl onions	1 Tbsp tomato paste
1 cup button mushrooms	1 tsp Worcestershire sauce
3 cups water	2 bay leaves
3 carrots, <i>peeled and cut into 2-inch pieces</i>	

Season the brisket with the salt, pepper and garlic powder. In a large skillet, heat the oil over medium-high heat. Add the brisket and sear for about 4 minutes on all sides, or until browned. Add the garlic, onions and mushrooms and cook for 1 to 2 minutes, or until garlic is fragrant.

In a 5- to 6-quart slow cooker, place the seared brisket, sautéed onions and mushrooms and water. Cover and cook on high for 2 hours. Add the carrots, parsnips, cauliflower, potatoes, celery, parsley, thyme, tomato paste, Worcestershire sauce and bay leaves. Cover and cook on high for 2 hours more.

Remove the meat, slice and serve over the vegetables with the sauce.

Yield: 6 servings | **Serving size:** 1 cup

Nutrition Facts (per serving): Calories: 186; Fat: 3g; Saturated Fat: 3g; Cholesterol: 61mg; Sodium: 143mg; Carbohydrates: 6g; Fiber: 1g; Protein: 20g



CHICKEN AND BISCUITS

Chicken and biscuits is the ultimate comfort food. This easy recipe is a healthy chicken pot pie alternative that can be served as a hearty lunch or a satisfying dinner.

2 boneless, *skinless chicken breasts (6 oz each), trimmed of fat*

½ cup chopped onion

½ cup chopped celery

½ cup water

3 cups frozen mixed vegetables, *thawed*

1 can (10¼ oz) reduced fat low sodium cream of mushroom soup

1 tsp dried thyme

1⅔ cups reduced-fat biscuit mix

⅔ cup skim milk

1 tsp dried parsley

Preheat oven to 400°F. Lightly coat a baking sheet with nonstick cooking spray. Chop chicken breasts into 1-inch cubes and transfer to baking sheet. Bake for 15 minutes, or until chicken is cooked through.

Coat a 9-inch pie plate with nonstick cooking spray and add cubed chicken, onion, celery, water, mixed vegetables, soup and thyme. Place in oven.

In a bowl, combine biscuit mix, milk and parsley. Mix until blended. With lightly floured hands form dough into 6 biscuits.

Remove chicken and soup mixture from oven and place uncooked biscuits on top of mixture. Return to oven for an additional 10 minutes or until biscuits are lightly golden. Reduce oven temperature to 350°F and bake for an additional 10 to 15 minutes.

Yield: 6 servings | **Serving size:** 1 cup

Nutrition Facts (per serving): Calories: 258; Fat: 4g; Saturated Fat: 0; Cholesterol: 34mg; Sodium: 632mg; Carbohydrates: 36g; Fiber: 2g; Protein: 17g



SPINACH STUFFED SHELLS

If you are looking for a vegetarian entrée, it doesn't get better than this. Stuffed with creamy mozzarella, ricotta cheese and spinach, your guests will never know that these Spinach Stuffed Shells are low fat.

8 oz nonfat ricotta cheese
¾ cup reduced-fat mozzarella cheese
1 package (10 oz) frozen chopped spinach, *thawed and drained*
2 egg whites
Black pepper to taste
¼ tsp cinnamon
2 garlic cloves, minced
1 Tbsp chopped fresh basil
12 jumbo shells, *cooked*
2 cups marinara sauce
2 Tbsp Parmesan cheese

Preheat oven to 350°F.

In a large bowl, combine cheeses, spinach, egg whites, pepper, cinnamon, garlic and basil.

Using a teaspoon, spoon mixture into cooked jumbo shells.

Spread ½ cup marinara sauce on the bottom of a 13 x 9-inch baking dish. Place shells, open side up, into dish and pour remaining 1½ cups marinara sauce on top. Sprinkle with Parmesan cheese. Cover loosely with foil and bake for 30 minutes. Let stand for 4 minutes before serving.

Yield: 6 servings | **Serving size:** 2 stuffed shells

Nutrition Facts (per serving): Calories: 202; Fat: 5g; Saturated Fat: 2g; Cholesterol: 18mg; Sodium: 587mg; Carbohydrates: 25g; Fiber: 1g; Protein: 13g



PASTA CARBONARA

Enjoy this quick and easy pasta carbonara any night of the week. Turkey bacon and whole grain fettuccine make this typically high-fat pasta dish a healthy dinner.

- 1 lb whole grain fettuccine
- ½ cup Romano cheese
- 2 Tbsp extra virgin olive oil
- ¾ lb extra lean turkey bacon, *cut into bite-size pieces*
- 3 garlic cloves, *minced*
- 1 scallion, *minced*
- ½ cup peas
- ½ tsp crushed red pepper flakes
- 1 cup dry white wine
- 2 egg yolks
- 1 Tbsp chopped fresh parsley, *plus additional for garnish*

Bring a large saucepan of water to a boil. Add pasta. Cook until al dente and drain in a colander, reserving 1 cup pasta water. Set pasta water aside. In a large bowl, toss pasta with Romano cheese.

Meanwhile, in a large skillet, heat 1 tablespoon of the oil over medium heat until hot. Add turkey bacon and cook until bacon begins to brown. Add the remaining 1 tablespoon of olive oil and heat until hot. Add the garlic, scallion, peas, red pepper and wine. Mix together; simmer for 2 to 3 minutes.

In a bowl, stir together egg yolks and reserved pasta water until combined. Add turkey bacon mixture and stir to combine. Pour sauce over pasta and toss to coat evenly. Garnish with additional parsley, if desired.

Serve immediately.

Yield: 12 servings | **Serving size:** ½ cup

Nutrition Facts (per serving): Calories: 234; Fat: 6g; Saturated Fat: 2g; Cholesterol: 58mg; Sodium: 281mg; Carbohydrates: 30g; Fiber: 3g; Protein: 13g



SHRIMP AND CAULIFLOWER "GRITS"

Our shrimp and grits is a healthy spin on a classic Southern favorite. This version swaps in cauliflower rice mixed with creamy coconut milk and cheddar cheese for a smooth "grits" base topped with garlic shrimp.

1 lb shrimp, <i>peeled and deveined</i>	1 cup spinach leaves
2 Tbsp olive oil	$\frac{3}{4}$ cup coconut milk
2 garlic cloves, <i>minced</i>	$\frac{1}{2}$ cup shredded cheddar cheese
2 cups frozen sweet corn	$\frac{1}{8}$ tsp salt
1 cup chopped onion	Black pepper to taste
3 cups cauliflower rice	Crushed red pepper flakes, <i>optional</i>
$\frac{1}{2}$ tsp smoked paprika	2 Tbsp chopped fresh basil
1 jalapeño pepper, <i>seeded and sliced</i>	

Rinse shrimp and pat dry. In a skillet, heat 1 tablespoon of the oil over medium heat. Add half of the garlic and the shrimp and cook until the shrimp turn pink, about 3 minutes. Remove shrimp from skillet and set aside.

In another skillet, heat the remaining 1 tablespoon oil over medium-high heat. Add the corn, onion and remaining garlic and sauté for 2 to 3 minutes, or until the vegetables begin to soften. Add the cauliflower rice, paprika, jalapeño, spinach and coconut milk and stir. Reduce the heat to medium low, cover and cook for 5 minutes. Stir in the cheddar cheese and cook until the cheese is melted, about 2 minutes.

Remove the skillet from the heat. Season with the salt and black pepper to taste. Garnish with red-pepper flakes, if desired, and basil.

Yield: 6 servings | **Serving size:** $\frac{3}{4}$ cup

Nutrition Facts (per serving): Calories: 246; Fat: 11g; Saturated Fat: 4g; Cholesterol: 124mg; Sodium: 269mg; Carbohydrates: 16g; Fiber: 3g; Protein: 20g



Eighty Percent of Heart Disease Is Preventable Could You Be At Risk?



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