

Healthy & Homemade: Gourmet Meals in 30 Minutes

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Chicken Paillard With Mango Green Salad

Yield: 4 entrée salad portions

Ingredients

4 oz. 4 ea. Boneless, skinless chicken breasts,
2 Tbsp Canola oil.
3 oz Vinaigrette.
12-16 cups Salad greens
½ cup Basil leaves
½ Red onion, medium, thinly sliced
Mango, medium, sliced, or 11 oz. can mandarin oranges
½ cup Dried cranberries or raisins
½ cup Toasted almonds, hazelnuts, cashews, or walnuts
Freshly ground black pepper to taste
Salt to taste

Method

1. Place chicken breasts between two sheets of plastic wrap that are large enough to allow for spreading of the chicken breast during pounding. Pound with the flat side of a meat mallet, or the bottom of a frying pan, until chicken breast is evenly flattened to ¼-inch thick. If you are concerned about pounding on your counter, place the chicken breast sandwiched between sheets of plastic wrap onto a cutting board before pounding.
2. Remove the plastic wrap and brush chicken (or other protein) with oil and season with salt and pepper.
3. Heat a large frying pan over high heat. Add 1 tablespoon of the oil to the pan, swirling it around until the bottom of the pan is evenly coated. Add 2 of the 4oz. or 1 of the 8 oz. chicken breasts to the pan; cook 2 minutes or until golden brown, flip and repeat on the other side. Transfer to a cutting board to rest and repeat with remaining chicken breast, or use two pans to cook all breasts at once. Cut breasts into cube or strips.
4. In a large mixing bowl combine greens, basil leaves, mango (or oranges), red onion, dried cranberries (or raisins). Drizzle with vinaigrette and toss to coat ingredients with a sheen of dressing. (Salads are perfectly dressed when ingredients are

covered in a light coating, but no dressing pools in the bottom of the salad bowl.) Season to taste with salt and pepper.

5. Divide salad among four dinner plates and top with sliced chicken paillard and toasted nuts/seeds of choice.

*Good vinaigrette suggestions include: Basic French, balsamic, lemon, sherry, orange, herbed, raspberry, honey Dijon – use one leftover from another meal or purchase your favorite from the grocery store. Try to avoid those with numerous preservative or ingredients you've never heard of as well as fat-free or low-fat dressings which substitute sweeteners and gums for the oil. Alternatively, you can just use oil and vinegar. A classic vinaigrette uses a ratio of 3 parts oil to 1 part vinegar (i.e. 3 Tablespoons of oil for every 1 Tablespoon of vinegar), but you can use more vinegar and less oil if you prefer more tang or are trying to reduce calories.

Serving Suggestion:

Serve with whole grain pita bread or pita chips.

Variations:

Try substituting the chicken paillard with grilled or seared and sautéed salmon, pork tenderloin. Vegetarian alternatives for the chicken include: chicken analogs (prepared similarly), smoked tofu (sautéed briefly to warm), firm tofu (press between paper towels to remove excess liquid, then proceed with recipe beginning with marinating). For any of these variations, skip the pounding (step #2).

Nutrition Information Per Serving

1 serving = 3 oz. cooked chicken and 3-4 cups salad

Calories 584

Total Fat 38 g Sodium 185 mg 8% DV

Saturated Fat 4 g Potassium 938 mg 27% DV

Trans Fat 0 g Iron 3 mg 17% DV

Cholesterol 66 mg Calcium 143 mg 14% DV

Carbohydrate 31 g Folate 142 mcg 36% DV

Dietary Fiber 6 g Vitamin A 2295 IU 46% DV

Protein 32 g Vitamin C 32 mg 54% DV

Recipe credit

Michelle Hauser, as presented at the April 2008 Healthy Kitchens, Healthy Lives Conference

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Ground Turkey With Spinach And Whole Spices

Turkey-Paalak Ka Keema

Yield: 4 portions

Ingredients

10 oz. Spinach, stemmed and washed (bagged works great!)
2" piece Cinnamon stick
¼ cup Canola oil
8 Whole cloves
8 Green Cardamom pods
3 Whole, dried red chiles
Bay leaves 2 ea.
1 medium Onion, thinly sliced
2" piece Fresh ginger, peeled and finely minced
Fresh, hot green chile, split lengthwise
1½ lb. Ground turkey
1 tsp Salt, or to taste
1 cup Plain yogurt, whisked until smooth
1 tbsp. Dried fenugreek leaves
½ tsp. Garam masala

Method

1. Bring 2 inches water to a boil in a large saucepan. Add the spinach and stir. Cover and steam until wilted, stirring every now and then, about 5 minutes. Drain, cool under cold tap water, drain again and then puree in a blender or food processor; set aside.

2. Combine the oil with the cinnamon stick, cloves, cardamom, red chiles, and bay leaves in a heavy-bottomed casserole over medium-high heat. Cook, stirring, until the cinnamon unfurls, 1 to 2 minutes.

3. Add the onion, ginger, and green chili and cook, stirring often, until the onion browns on the edges, about 10 minutes.

4. Add the turkey and cook, stirring, 3 minutes.

5. Add the salt and then the yogurt, a few tablespoons at a time and stirring well after each addition. Stir in the fenugreek leaves, if using, and then the spinach puree. Cook, stirring every now and then, until the mixture is dry, about 5 minutes.

6. Stir in the garam masala, taste for salt, and serve hot.

Note: Keema literally means "minced." In fact, when someone in India verbally or physically bashes another person, they are often said to have made that person into keema. You can make this dish without the fenugreek leaves, too, if you don't have any, but fenugreek is so good in this recipe that I keep a small package in the freezer (where it keeps practically forever) to have on hand for this dish alone. Serve with raita and a homemade Indian bread such as a pooris or parathas, or with toasted pita bread.

Nutrition Information Per Serving

Calories 472

Total Fat 29 g Sodium 1014 mg 42% DV

Saturated Fat 5.5 g Potassium 1023 mg 29% DV

Trans Fat 0 g Iron 4.2 mg 24% DV

Cholesterol 138 mg Calcium 225 mg 23% DV

Carbohydrate 15 g Folate 172 mcg 43% DV

Dietary Fiber 3 g Vitamin A 2043 IU 41% DV

Protein 36 g Vitamin C 88 mg 147% DV

Recipe credit:

Suvir Saran, as presented at the April 2008 Healthy Kitchens, Healthy Lives Conference

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Salmon (Or Tuna) Burgers With Spinach And Lemon

Salmon and tuna are both good sources of omega-3 polyunsaturated fatty acids which have been touted for their numerous health benefits. When purchasing canned fish, be sure to purchase “water-packed” versus “oil-packed” varieties, as the omega-3 fatty acids are soluble in the packing oil. Drained oil-packed tuna, for instance, will contain one-half to two-thirds less omega-3s than its water-packed counterpart, depending on variety.¹ Most canned salmon and light (not white) tunas are lower mercury and more sustainably fished than widely available fish counter or sushi type.

Yield: 5-6 portions

Ingredients

1 lb. Salmon or tuna, canned (packed in 2- 6oz. cans water), drained well OR

Salmon, fresh canned, well chopped

1 unpacked cup Whole grain bread crumbs OR approximately 2 slices whole grain bread

2 Eggs, large OR 3 egg whites

2 cloves Garlic, jarred, crushed OR ½ tsp. Garlic cloves, crushed to a paste

1-1/2 tsp. dried Basil

½ Lemon, large, zest and juice OR approximately 2 Tbsp. lemon juice; zest is optional

¼ - ½ cup Onion, minced

4 oz. Spinach, frozen, thawed and squeezed to remove as much moisture as possible, resulting in ½ cup spinach

Freshly ground black pepper to taste

1 Tbsp. Olive or canola oil

Method

1. Drain canned fish well.
2. Whole grain bread crumbs are available in some markets. If making bread crumbs at home, use 2 slices of whole-grain or sprouted-grain bread and do any of the following: (a) tear into 1” pieces and pulse in a blender or food processor until uniform crumbs result, or (b) chop finely with a knife (rough, large crumbs are OK if using this method).
3. In a medium-sized mixing bowl, stir together eggs, garlic, dried basil, lemon zest and juice, onion and spinach until well combined.
4. Stir in fish and bread crumbs until moistened evenly. Season with freshly ground black pepper. Unless you are using “no salt added” canned fish or fresh fish, you will not need to add salt.
5. Heat a large frying pan over medium-low heat while forming burger mixture into 5- 6 patties. Add the oil to the pan, swirling it around until the bottom of the pan is evenly coated. Cook patties until golden brown, approximately 4-5 minutes per side.

Make sure to leave patties alone during the initial few minutes of cooking so that the proteins can “set” and hold the burgers together; flipping or moving them around multiple times during cooking will cause them to fall apart.

Note: Serve with a fresh cabbage slaw or green salad dressed with vinaigrette. These burgers are great eaten “steak-style” (no bun), but you could also serve on a whole-grain roll, if desired.

Notes for freezing: If you’d like to save extra patties for a later meal, you can put them on a plate or sheet pan in the freezer. Once they’ve frozen through, transfer to an airtight storage bag or container for 1-2 months. To thaw later, do so under refrigeration for 6+ hours.

*Environmental Defense Fund’s Eco-friendly Seafood Selector, <http://www.edf.org/page.cfm?tagID=1521>

Recipe credit:

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Fresh Slaw

Yield: 8 portions

Ingredients

10 cups Cabbage, vegetables and/or fruit of your choice*, shredded

5 Tbsp. Vinegar, your choice

1-2 Tbsp. Brown sugar, or other sweetener, to taste

3 Tbsp. Oil, your choice

Salt and freshly ground black pepper to taste

Optional additions: dried fruits, nuts, seeds, herbs, spices

Classic Oil-and-Vinegar Coleslaw

2 lb. Cabbage, medium head

1-2 ea. Carrot

1 ea. White onion, small

½ tsp. Dry mustard

1 tsp. Celery seed

Method

1. Thinly slice or shred the vegetable or fruit ingredients you will be using in the recipe. Alternatively, you can buy pre-shredded coleslaw mix in the produce section of most grocery stores.

2. Whisk together vinegar and sweetener, until sweetener dissolves; drizzle mixture and oil over shredded ingredients. Toss in optional ingredients/additions; season to taste with salt and pepper. Serve immediately or keep covered in refrigerator for up to 3 days.

3. For Classic Coleslaw, add dry mustard and celery seed to the vinegar mixture.

Note: The following recipe is meant only to be a guideline – experiment with different oils, vinegars, shredded vegetables, chopped fresh and dried fruits, additions of nuts or seeds, herbs and spices, and the sweetening agent. There are infinite variations that can be made to this outline. Cabbage, or other slaws, with a vinegar-and-oil base are good fresh, even better then next day and perfect for potlucks or picnics since they don't contain mayonnaise or other highly perishable ingredients.

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Recipe Variations: See next page!

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Fresh Slaw

Recipe Variations Table – be creative and try your own combinations.

This is 100 different recipes in one!

| Vegetables | Fruits | Nuts/Seeds/Dried Fruit | Herbs/Spices/etc. | Acidic Ingredients |
|---|------------------------------------|--|-----------------------|-----------------------------------|
| Green, Red, Napa or Savoy Cabbage | Apple | Sunflower, sesame, pumpkin, or other seeds | Garlic | Rice Vinegar |
| Carrots | Grapes | Macadamias | Ginger | Apple Cider Vinegar |
| Fennel | Pears | Almonds | Basil | Balsamic Vinegar |
| Sweet Potato | Peaches/ Nectarines | Pecans | Parsley | Red or White Wine Vinegar |
| Jicama | Plums | Walnuts | Cilantro | Lemon, Lime or other citrus juice |
| Onion (Sweet, Red, Yellow or White) | Mango | Figs | Rosemary | White Vinegar |
| Scallion | Tomato | Apricots | Thyme | |
| Cucumber | Avocado | Raisins/Currants | Curry | Oils |
| Bean, radish or other sprouts | Papaya | Olives | Paprika/ground pepper | Olive |
| Red, Green or other colored Bell Pepper | Orange, Grapefruit or other Citrus | Sun-dried tomatoes | Cumin | Canola |
| Pea Pods | | | Coriander | Walnut, hazelnut or other nut oil |
| Spinach | | | Clove | Grapeseed Oil |
| Zucchini or Summer Squash | | | Cinnamon | |
| | | | Nutmeg | |
| | | | Mint | Sesame Oil |
| | | | Dijon Mustard | |
| | | | 5-Spice powder | |

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Garlicky Greens

Yield: 4 side dish portions, or 2 entrée portions

Ingredients

1 lb. Kale, collard greens, broccoli raab, Swiss chard, or other green (stems removed)

2 Tbsp. Olive oil

2-4 cloves Garlic cloves, minced

Pinch Red pepper flakes, crushed (optional)

Salt and freshly ground black pepper to taste

2 tsp. Vinegar, red wine, optional (can substitute lemon juice or other vinegar)

Method

1. Wash greens and shake off excess water, leaving a little behind to provide moisture for cooking.
2. Chop the greens, removing any stems that are wider than ¼". Stems can be easily removed by folding the leaves in half, using the stem as the crease, and then slicing right next to the stem (between the stem and leafy part). This will look like a lot of greens, but will cook down significantly.
3. Heat a large, deep skillet on the stove top, and add olive oil when you hold your hand an inch or two away from the bottom and feel warmth emanating from the pan; swirl to coat the entire surface with the oil.

4. Add enough chopped greens to fill the pan about halfway, allow them to wilt, and then repeat, stirring occasionally, until all of the greens have been added to the pan (usually 2 or 3 batches).

5. Stir in the garlic, red pepper flakes, and a sprinkling of salt and pepper.

6. Cover the pan and allow greens to cook until tender. Very young, tender leaves will take only a few minutes; older, tougher leaves may take up to 15 minutes.

7. Uncover and cook away excess liquid.

8. Remove from heat, stir in vinegar or lemon juice and adjust seasoning with salt and pepper. This can be served immediately (warm) or at room temperature.

Note: A quick, easy way to utilize whichever greens look best at the market. This recipe is quite versatile – it makes a great warm or room temperature side dish, but can be tossed with whole grain pasta that has been coated with olive oil, and served as an entrée.

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