

# POWER FOOD FAVORITES

Recipes for the *PointsPlus*<sup>™</sup> program





## CREAMY SCRAMBLED EGGS WITH SCALLIONS AND TOMATOES

3 **PointsPlus™** values | 3 servings

An incredibly indulgent breakfast or brunch. Wrap in whole wheat tortillas for a comfort-food lunch.

- |                             |                                    |  |
|-----------------------------|------------------------------------|--|
| 1 spray cooking spray       | ▲ ½ cup scallions, sliced          | ▲ ¾ cup tomatoes, diced                |
| ▲ 4 large <b>EGGS</b>       | ½ tsp table salt                   | 2 oz light cream cheese, cut into bits |
| ▲ 4 large <b>EGG</b> whites | ⅛ tsp black pepper, freshly ground |  |

Coat a medium nonstick skillet with cooking spray; heat over medium heat.

In a medium bowl, whisk together eggs, egg whites, scallions, salt and pepper until blended. Add egg mixture to skillet; cook, gently turning mixture with a heat proof spatula or wooden spoon, until eggs start to set, about 2 minutes.

Stir in tomatoes and cheese; cook over low heat, gently stirring, just until eggs set, about 1 minute more (there should still be some creamy pieces of cheese). Yields about ¾ cup per serving.

*NOTE: Season to taste before serving, if desired.*



## TROPICAL CHICKEN SALAD WITH ORANGE VINAIGRETTE

7 **PointsPlus™** values | 2 servings

Tropical fruit and cucumber make this main dish salad super-refreshing. The next time you're grilling chicken breasts, make extra for this recipe.

- |                                    |   |  |
|------------------------------------|---|--|
| 2 Tbsp orange juice                | ▲ 4 cups mixed baby greens                      | ▲ ¾ cup cucumbers, seedless, cut into chunks   |
| 1 Tbsp rice wine vinegar           | ▲ 5 oz cooked boneless, skinless chicken breast | ¼ cup mint leaves, fresh, cut into thin strips |
| 2 tsp olive oil                    | ▲ ¾ cup pineapple, fresh, cut into chunks       | ▲ ¼ cup red onions, thinly sliced              |
| ¼ tsp table salt                   | ▲ ¾ cup <b>MANGOES</b> , fresh, cut into chunks |  |
| ¼ tsp black pepper, freshly ground |   |  |

In a large bowl, stir together orange juice, vinegar, oil, salt and pepper until blended.

Add salad greens, chicken, pineapple, mango, cucumber, mint and onion; toss to mix and coat. Serve immediately. Yields about 3 cups per serving.

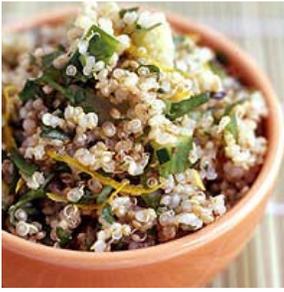
*NOTE: You can buy precooked chicken strips if you prefer. Give this salad a Cuban spin by adding a sprinkle of cumin to the dressing and swapping out the mint for fresh cilantro.*

### ABOUT EGGS

- + Eggs get a bad rap for containing cholesterol, but it's the good kind — dietary cholesterol — that your body needs, not the bad cholesterol that causes heart disease.
- + Research shows that healthy people can eat an egg a day without increasing their risk of heart disease.
- + Eggs contain 13 essential nutrients, many of which are concentrated in the yolk.

### ABOUT MANGOES

- + Mangoes are a great source of vitamins A and C, and the antioxidant beta-carotene.
- + For firm, ripe mangoes, you can remove the entire peel with a sturdy vegetable peeler and cut the flesh off the pit, or just eat it like an apple out of hand.
- + Add diced mango to fresh or jarred salsa for a tropical twist.
- + Cubed mango is a wonderful addition to fruit smoothies.



### TOASTED QUINOA SALAD WITH LEMON AND HERBS 5 **PointsPlus™** values | 6 servings

This light, refreshing salad is a perfect match for grilled or roasted poultry or fish. The longer it stands, the more the flavors blend.

- 2 tsp olive oil, extra-virgin, divided
- ▲ 10 oz uncooked **QUINOA**
- 1¼ cups water
- ¼ cup fresh lemon juice, about the juice of 2 lemons
- 2 tsp lemon zest, about the zest of 1 lemon
- ¼ cups parsley, fresh, chopped
- ▲ ¼ cup watercress, fresh, chopped
- 1 Tbsp thyme, fresh, chopped
- ▲ 2 medium stalks celery, diced
- ▲ 1 medium cucumber, diced

Heat 1 teaspoon of oil in a nonstick skillet over medium heat. Toast quinoa in oil until fragrant, about 5 minutes. Add water; cover, reduce heat to low and let steam for 15 minutes.

Place toasted, steamed quinoa in a large bowl and add remaining ingredients; mix well. Let mixture rest for 15 minutes to an hour to allow flavors to combine. Serve at room temperature. Yields about 1 cup per serving.



### BARLEY WITH MUSHROOMS AND ONIONS 4 **PointsPlus™** values | 3 servings

Our inspiration for this recipe comes from mushroom-barley soup. It's a wonderful side dish in place of potatoes or rice.

- 2 sprays cooking spray
- ⅔ Tbsp unsalted butter
- ▲ 1 cup Spanish onion, finely chopped
- ▲ ½ pound cremini **MUSHROOMS**, shredded (also known as baby Bella)
- ▲ 3 cups vegetable broth, or mushroom broth
- ▲ 1 cup uncooked **BARLEY**
- 1 tsp table salt, or to taste

Coat a heavy saucepan with cooking spray and set over medium-high heat; melt butter in pan.

Add onion; cook, stirring occasionally, about 5 minutes. Add mushrooms; cook, stirring a few times, until mushrooms release their moisture, about 5 minutes.

Add broth, barley and salt; bring to a boil. Partially cover pan and reduce heat to low; simmer until barley is tender, stirring occasionally, about 60 to 75 minutes. Yields about 1 cup per serving.

### ABOUT QUINOA

- + Although quinoa looks like a grain and is used like one, it's not an actual grain. Quinoa is a relative of spinach, Swiss chard and other leafy greens and is referred to by some as a "supergrain" due to its nutrition profile.
- + It's a great source of protein, is high in iron, potassium and riboflavin, and also provides good amounts of other vitamins and minerals.
- + You have to rinse quinoa under running water, until the water runs clear, to wash away any bitter-tasting saponins it contains.
- + Some stores carry pre-rinsed quinoa which can save you a lot of time.
- + Toast quinoa before you simmer or bake it for a delicious roasted flavor.

### ABOUT BARLEY

- + Barley is typically simmered in water or broth, and served like rice or couscous. But it can also be baked into casseroles and stirred into soups.
- + Pearl barley cooks in about 55 minutes.
- + Instant pearl barley, AKA quick barley since it's been precooked, only takes about 10 to 12 minutes to prepare.
- + Try some as a binder in your favorite meatloaf recipe.

### ABOUT MUSHROOMS

- + Many types of mushrooms are a good source of protein.
- + Despite their lack of color — which often indicates nutrient content in vegetables — they are a good source of B vitamins, copper and other minerals.
- + Do not soak mushrooms in water. To clean them, simply rub lightly with a damp cloth.
- + When a recipe calls for mushroom caps, look for mushrooms with short stems so you're not paying for parts of the mushroom you're not planning on using.



## CREAMY MEXICAN DIP

1 **PointsPlus™** value | 8 servings

Perfect for a party. Serve with fresh vegetables as well as chips for a total crowd pleaser.

▲ 1 cup plain <b>FAT-FREE GREEK YOGURT</b>	fresh, chopped	<b>Garnish</b>
½ cup salsa, hot chipotle variety suggested	▲ ¼ cup red onion, chopped	¼ cup avocado, diced
¾ cup avocado, diced	½ tsp ground cumin	1 Tbsp cilantro, fresh, chopped
⅓ cup cilantro,	½ tsp table salt, or more to taste	1 Tbsp red onion, chopped

In a medium bowl, stir together yogurt and salsa until blended; stir in remaining ingredients except garnishes. Cover and refrigerate up to 1 day.

When ready to serve, transfer to a serving bowl and sprinkle with garnishes. Yields about ¼ cup per serving.

*NOTES: This dip combines all those favorite Mexican flavors like salsa, avocado and cilantro using fat-free Greek yogurt instead of sour cream.*

*It also makes a wonderful topping for tacos or other Mexican foods — and then you don't have to set out separate bowls of salsa, sour cream, avocado, cilantro and onion.*



## SHRIMP AND AVOCADO APPETIZERS

1 **PointsPlus™** value | 12 servings

These are amazing! So easy, so elegant. The wasabi mayo gives a bit of heat and the avocado lends delicious, buttery texture.

¼ cup reduced-calorie mayonnaise	▲ ½ large cucumber, seedless, cut into 24 ¼-inch-thick slices	▲ 8 oz cooked <b>SHRIMP</b> , about 24 small, peeled and deveined
1 tsp wasabi powder, or wasabi paste	½ medium avocado, quartered and then cut into 24 slices	▲ 2 Tbsp radishes, finely chopped
½ tsp soy sauce		24 piece mint leaves

To make wasabi mayonnaise, in a small bowl, stir together mayonnaise, wasabi powder (or paste) and soy sauce until smooth.

To assemble appetizers, place cucumber slices on a serving platter and spread each with ½ teaspoon of wasabi mayonnaise. Place a slice of avocado on top and then top each with a shrimp; sprinkle with radish and top with a mint leaf. Yields 2 appetizers per serving.

*NOTE: We prefer the flavor of the wasabi mayo when made with wasabi paste, but if you can't find it, wasabi powder works well, too.*

### ABOUT **FAT-FREE PLAIN GREEK YOGURT**

- + Greek yogurt has more protein than regular yogurt (but slightly less calcium) making it thicker and creamier.
- + It's an excellent substitute for sour cream in dip recipes and also makes a wonderful base for salad dressings and creamy soups.
- + Serve a spoonful of Greek yogurt over a baked potato, sprinkled with chopped scallions and Canadian bacon; or mix some with fresh fruit.

### ABOUT **SHRIMP**

- + Shrimp are low in fat and calories but higher in dietary cholesterol than most seafood.
- + Dietary cholesterol does not raise your blood cholesterol levels in the same way that saturated fat and trans fats do.
- + Shrimp is typically frozen soon after it's caught, so the "fresh" shrimp you buy at the store has been frozen and thawed.
- + To save money, buy frozen shrimp and thaw them yourself at home.



## LEMON CHICKEN WITH BROCCOLI

4 **PointsPlus™** values | 4 servings

An easy weeknight dinner. Great with a side of angel hair pasta, rice or couscous.

- 2 Tbsp all-purpose flour
- ½ tsp table salt, divided
- ¼ tsp black pepper, freshly ground
- ▲ 12 oz uncooked boneless, skinless chicken breast, thinly sliced
- 2 tsp olive oil
- 1 Tbsp fresh lemon juice
- ▲ 1½ cups fat-free, reduced-sodium chicken broth, divided
- 2 tsp minced garlic
- ▲ 2½ cups **BROCCOLI**, small florets
- 2 tsp lemon zest, or more to taste
- 2 Tbsp parsley, fresh, chopped

On a plate, combine 1½ tablespoons of flour, ¼ teaspoon of salt and pepper; add chicken and turn to coat.

Heat oil in a large nonstick skillet over medium-high heat. Add chicken and cook, turning as needed, until lightly browned and cooked through, about 5 minutes; remove to a plate.

Put 1 cup of broth and garlic in same skillet; bring to a boil over high heat, scrapping up browned bits from bottom of pan with a wooden spoon. Add broccoli; cover and cook 1 minute.

In a small cup, stir together remaining ½ cup of broth, ½ tablespoon of flour and ¼ teaspoon of salt; add to skillet and bring to a simmer over low heat.

Cover and cook until broccoli is crisp-tender and sauce is slightly thickened, about 1½ minutes. Stir in chicken and lemon zest; heat through.

Remove skillet from heat and stir in parsley and lemon juice; toss to coat. Yields about 1 cup per serving.



## ROASTED SWEET POTATO WEDGES

3 **PointsPlus™** values | 4 servings

Both salty and sweet, crisp on the outside with an underlying hint of rosemary. Great with regular potatoes, too.

- ▲ 2 large **SWEET POTATOES**, washed and patted dry
- 1 tsp olive oil
- ¼ tsp table salt
- ¼ tsp dried rosemary, crushed
- 1 rosemary sprig, for garnish (optional)

Preheat oven to 425°F.

Cut each potato into 8 lengthwise wedges and place on a nonstick baking sheet. Drizzle with oil; sprinkle with salt and dried rosemary. Roast for 15 minutes; toss and roast until potatoes are tender, about 15 to 20 minutes more.

Spoon potato wedges onto a serving plate and garnish with fresh rosemary. Yields 4 wedges per serving.

## ABOUT CHICKEN

- + It's one of the most versatile animal proteins, thanks to its mild flavor and ability to be prepared in so many ways.
- + Thinly slice, season and bake; or cube and stir-fry with seasonal vegetables.
- + When baking or grilling chicken breasts, pound them between wax paper first until they're ¼ inch-thick — they'll cook more quickly, and give you a larger-looking portion!
- + To be sure your chicken is cooked all the way through, cook it to an internal temperature of 165°F.

## ABOUT BROCCOLI

- + Broccoli is loaded with vitamin C and it's a good source of beta-carotene.
- + To preserve these nutrients, cook the broccoli quickly, in as little liquid as possible. Steaming is the best way to do this.
- + And don't just use the florets — thinly slice the stalks and sauté them with your favorite Asian sauce and seasonings for a slightly crunchy treat.

## ABOUT SWEET POTATOES

- + Despite their sugary taste, sweet potatoes have the same calories as regular potatoes.
- + They're an excellent source of beta-carotene and rich in vitamins A and C.
- + They're also loaded with fiber. In fact, one sweet potato has more fiber than a bowl of oatmeal.
- + Store raw sweet potatoes at room temperature for about 1 week. After that time, they tend to get mushy.



## ROASTED SIRLOIN BEEF

7 **PointsPlus™** values | 6 servings

When it's not BBQ season, cook this on a stove-top grill pan. Leftovers make fabulous steak sandwiches.

- |   |   |   |
|---|---|---|
| 3 Tbsp unpacked brown sugar                             | ▲ 1 large Vidalia onion, cut into ½-inch-thick slices | ¼ tsp black pepper, freshly ground      |
| 4½ tsp balsamic vinegar                                 | ▲ 2 medium red onions, cut into ½-inch-thick slices   | ▲ 1¼ pounds raw <b>LEAN FLANK STEAK</b> |
| ▲ 3 medium onions, yellow, cut into ½-inch-thick slices | 1 tsp table salt, divided                             |   |

Preheat grill to medium.

In a small bowl, combine sugar and vinegar; brush over onions and then sprinkle onions with ½ teaspoon of salt. Either skewer onions on metal skewers or place in a grill basket; grill onions until soft and caramelized, turning occasionally, about 45 minutes.

Sprinkle steak with remaining ½ teaspoon of salt and pepper; place on grill 30 minutes after onions. Cook 15 minutes, turning once, until medium rare, or longer for desired degree of doneness. Let steak rest for 10 minutes before thinly slicing against the grain. Yields about 4 ounces of steak and ⅔ cup of onions per serving.



## SPINACH WITH TOMATOES AND FETA

3 **PointsPlus™** values | 4 servings

This Greek-inspired side dish is simple to make yet wows with flavor. Leftovers make a fabulous omelet filling.

- |                         |                                      |                                     |
|-------------------------|--------------------------------------|-------------------------------------|
| 1½ tsp olive oil        | ▲ 18 oz <b>SPINACH</b> , baby leaves | ▲ 1 cup grape tomatoes, cut in half |
| ▲ ¾ cup onions, chopped | ¼ tsp table salt                     | ½ cup crumbled feta cheese          |
| 2 tsp minced garlic     |                                      |                                     |

Heat oil in a large deep pot over medium-high heat. Add onions; cook, stirring often, until light golden and tender, about 7 to 8 minutes.

Add garlic; cook, stirring, until fragrant, about 30 seconds.

Add spinach and salt; cook, tossing, until spinach wilts, about 2 to 4 minutes.

Add tomatoes; cook, stirring, until tomatoes soften, about 1 to 2 minutes.

Remove from heat and drain off any extra liquid; stir in feta. Yields about ¾ cup per serving.

### ABOUT FLANK STEAK

- + Flank steak is a leaner cut of meat since it comes from a muscular part of the cow.
- + It's not a very tender cut of meat as a result, but is fabulous in slow-cooker stews and soups since the long cooking times in liquid help soften the meat.
- + When grilling flank steak, let it sit a few minutes before eating so some of its juices are reabsorbed.
- + Slice your steak across the grain so it's not too tough to eat.

### ABOUT SPINACH

- + This leafy green is a good source of vitamins A and C, and an excellent source of the B vitamin, folacin (AKA folic acid), which helps produce healthy red blood cells and prevent some types of anemia.
- + Folic acid also plays a crucial role in preventing neural tube defects during the early stages of pregnancy.
- + Though spinach is high in iron, a good deal of the iron is not usable by the body.
- + Thoroughly rinse fresh spinach in cool water to get rid of any grit; dry in a salad spinner.



## BLACK BEAN BROWNIES

4 **POINTS**® values | 24 servings

Black beans add fiber and moisture to this lightened up treat. They're rich and delicious, full of chocolaty goodness.

2 sprays cooking spray, flour-variety recommended	½ cup unsalted butter	1 tsp vanilla extract
▲ ½ cup canned <b>BLACK BEANS</b> , rinsed and drained	4 oz bittersweet chocolate	⅛ tsp table salt
¼ cup black coffee, strong	▲ 4 large eggs	1 cup all-purpose flour
	1¼ cup sugar	

Preheat oven to 350°F. Coat a 9- x 13-inch pan with cooking spray; line with aluminum foil and coat foil with cooking spray.

In a blender or mini food processor, process beans with coffee until smooth; set aside.

In a double boiler over very low heat, melt butter and chocolate.

Meanwhile, in a medium bowl, using an electric mixer, beat eggs and sugar until light and fluffy. With mixer on low speed, add melted chocolate to eggs; incorporate well. Add black bean mixture, vanilla and salt; mix well. Add flour; combine thoroughly on low speed.

Pour batter into prepared pan and bake until a tester inserted in center of brownies comes out clean, about 25 to 30 minutes. Remove pan to a cooling rack. After 10 minutes, remove brownies from pan by pulling up on foil and placing brownies on cooling rack to cool more. Cut into 24 pieces and serve. Yields 1 piece per serving.



## DARK CHOCOLATE CAKE

6 **PointsPlus**™ values | 14 servings

This cake's a winner. It's like a rich devil's food cake but it's slimmed down by adding a secret ingredient: canned sauerkraut.

1 spray cooking spray	⅔ cup unsweetened cocoa	▲ 1 cup <b>SAUERKRAUT</b> , pureed until smooth
2 cups all-purpose flour	½ cup butter, melted	1 tsp unsweetened cocoa
1½ cup sugar	1½ cup hot water	
1½ tsp baking soda	1 tsp vanilla extract	

Preheat oven to 350°F. Coat a Bundt pan with cooking spray.

In a large mixing bowl or in the bowl of an electric mixer, combine flour, sugar, baking soda and ⅔ cup of cocoa. Add melted butter, hot water and vanilla extract; mix well. Add sauerkraut and blend thoroughly.

Pour batter into prepared pan; bake in center of oven until a tester inserted in center of cake comes out clean, about 55 to 60 minutes. Cool cake in pan for about 20 minutes and then turn out onto a baking rack to cool completely. Sprinkle with 1 teaspoon of cocoa powder before slicing into 14 pieces. Yields 1 slice per serving.

### ABOUT BLACK BEANS

- + Black beans are earthy and soft, high in fiber and a good source of protein.
- + They're a common ingredient in Mexican and Latin cooking — in soups, salsas and rice dishes.
- + They also help lend very low-fat moisture to baked goods when pureed and added to dark-colored batters.

### ABOUT SAUERKRAUT

- + It's rich in vitamin C.
- + You can't taste the sauerkraut but will appreciate the moistness it gives to this cake.
- + If you don't want to puree it, finely chop it — the small pieces will almost seem like coconut