

Apricot Spinach Salad

Serves 4

Ingredients:

1 can black beans
½ cup dried apricots
1 medium red bell pepper
1 scallion
1 tablespoon cilantro
1 clove garlic
¼ cup apricot nectar
2 tablespoon salad oil
2 tablespoon rice vinegar
1 teaspoon soy sauce
1 teaspoon fresh ginger
4 cups spinach

Directions:

In a medium bowl, combine black beans, apricots, sweet pepper, green onion, cilantro and garlic. In a screw-top jar, combine apricot nectar, oil, rice vinegar, soy sauce and ginger. Cover and shake well. Pour over bean mixture, toss gently to coat. Cover and chill for 2 to 24 hours.

To serve, arrange spinach in a salad bowl. Top with black bean mixture.

Nutritional Info:

Calories	198	Total Fat	7g
Sat Fat	1g	Carbs	31g
Cholesterol	0mg	Protein	9g

Recipe from www.everydayhealth.com

Japanese-Style Fried Tofu and Vegetables

Serves 4

Ingredients:

1 package extra-firm tofu
3 tablespoons tamari
8 scallions
8 ounces fresh pea pods
1 tablespoon toasted sesame oil
1 medium red bell pepper
1 medium yellow bell pepper
2 tablespoons cornmeal
1 tablespoon sesame seeds

Directions:

Cut tofu crosswise into 8 slices. Arrange slices in a single layer on a large plate or shallow baking pan. Pour tamari sauce over tofu, turn slices to coat. Cover and let stand for 1 hour.

Trim ends of green onions, leaving 3 inches of white and light green parts. (Reserve the dark green ends for another use). Cut green onions in half lengthwise, forming 16 strips. Trim ends of pea pods and remove strings, cut pea pods in half lengthwise.

Pour sesame oil into a 12 inch nonstick skillet. Preheat over medium-high heat. Stir fry red and yellow peppers in hot oil for 1 minute. Add green onions and pea pods. Stir fry for 2-3 minutes more or until vegetables are crisp-tender. Remove skillet from heat. Drain tofu, reserving tamari sauce. Stir the tamari sauce into cooked vegetables. Transfer to a serving platter, cover and keep warm.

Carefully dip the tofu slices in cornmeal to lightly coat both sides. In the same skillet cook tofu about 6 minutes or until crisp and heated through, gently turning once. Serve tofu slices over cooked vegetables. If desired sprinkle with sesame seeds.

Nutritional Info:

Calories	198	Total Fat	10g
Sat Fat	1g	Carbs	14g
Cholesterol	0mg	Protein	16g

Recipe from www.everydayhealth.com

Braised Chicken with Mushrooms and Pearl Onions

Serves 4

Ingredients:

¼ cup all purpose flour
1 teaspoon salt
½ teaspoon freshly ground black pepper
2 skinless, bone in chicken breast halves, about ¼ pound total weight, each cut in half crosswise
2 skinless, bone in chicken thighs
2 chicken legs
1 ½ teaspoons olive or canola oil
1 shallot, chopped

1 pound small white button mushrooms, brushed clean
½ pound peeled pearl onions
¼ cup vegetable stock, chicken stock or broth
½ cup port or dry red wine
2 tablespoons balsamic vinegar
2 tablespoons chopped fresh thyme, plus sprigs for garnish

Directions:

In a shallow dish, stir together the flour, ½ teaspoon salt and ¼ teaspoon pepper. Dredge the chicken pieces in the seasoned flour.

In large, heavy saucepan or Dutch oven, heat the oil over medium-high heat. Add the chicken and cook, turning once, until browned on both sides, about 5 minutes total. Transfer to a platter.

Add the shallot to the pan and sauté until softened, about 1 minute. Add the mushrooms and sauté until lightly browned, 3 to 4 minutes. Stir in the onions and sauté until they begin to pick up some brown color, 2 to 3 minutes.

Stir in the stock and wine and deglaze the pan, stirring with a wooden spoon to scrape up any browned bits. Return the chicken to the pan and bring to a boil. Cover; reduce the heat to low and simmer, stirring occasionally until the chicken and vegetables are tender, 45-50 minutes. Stir in the vinegar, chopped thyme and remaining ½ teaspoon salt and ¼ teaspoon pepper.

To serve, divide the vegetables among warmed shallow individual bowls. Top each portion with 2 pieces of chicken, 1 light meat and 1 dark. Garnish with thyme sprigs and serve immediately.

Nutritional Info:

Calories	300	Total Fat	9g
Sat Fat	2g	Carbs	19g
Cholesterol	92mg	Protein	34g

Recipe from www.everydayhealth.com