

Curried Vegetable Couscous

Serves 6

Ingredients:

4 inch piece celery stalk, cut into 1 inch pieces
4 inch piece carrot, peeled and cut into 1 inch pieces
½ yellow onion, coarsely chopped
½ red bell pepper, seeded and coarsely chopped
1/3 inch piece fresh ginger, about 1 inch in diameter, peeled and thinly sliced
1 clove garlic
1 tablespoon extra virgin olive oil
1 teaspoon curry powder
1 cup whole wheat couscous
2 cups vegetable stock or broth
½ teaspoon salt
2 tablespoons chopped fresh cilantro

Directions:

In a food processor, combine the celery, carrot, onion, bell pepper, ginger and garlic. Pulse until the vegetables are very finely minced. Don't puree. Set aside.

In a large nonstick sauté or frying pan, heat the olive oil over medium heat. Add the minced vegetables and sauté until they begin to soften, about 3 minutes. Add the curry powder and sauté until fragrant, about 1 minute longer.

Add the couscous and stock and stir well. Bring the mixture to a boil over high heat. Reduce the heat to very low and cover the pan. After 5 minutes, remove from the heat.

Uncover and fluff the couscous with a fork. Add the salt and cilantro and toss to mix. Transfer to a serving bowl and serve immediately.

Nutritional Analysis:

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|----------|-----|-------------|-----|
| Calories | 189 | Total Fat | 3g |
| Sat Fat | <1g | Cholesterol | 0mg |
| Carbs | 35g | Protein | 6g |

Recipe from www.mayoclinic.com

Mahi-Mahi with macadamia nut crust

Serves 4

Ingredients:

¼ cup fresh whole grain bread crumbs
3 tablespoons macadamia nuts, finely chopped
1 tablespoon finely chopped fresh flat leaf parsley
½ teaspoon grated lemon zest
½ teaspoon salt
¼ cup fat free milk

4 mahi-mahi fillets, each 5 ounces and about 1 inch thick
¼ teaspoon freshly ground black pepper

Directions:

Place a rack in the upper third of the oven and preheat to 450F. Place a small wire rack in a shallow nonstick baking pan.

On a plate, stir together the bread crumbs, nuts, parsley, lemon zest and ¼ teaspoon of the salt. Pour the milk into a shallow dish. Dip each fillet in the milk and then dredge in the nut mixture, coating completely and pressing lightly so the mixture adheres well.

Place the fillets on the rack in the baking pan, making sure that they don't touch. Sprinkle evenly with the remaining ¼ teaspoon salt and the pepper.

Bake until the fish is opaque throughout when tested with the tip of a knife and the crust is golden brown, 10 to 12 minutes. Transfer to warmed individual plates and serve immediately.

Nutritional Analysis:

| | | | |
|----------|-----|-----------|-------|
| Calories | 180 | Total Fat | 6g |
| Sat Fat | 1g | Sodium | 462mg |
| Carbs | 3g | Protein | 28g |

Recipe from www.mayoclinic.com

Yogurt-almond ice cream

Serves 6

Ingredients:

2 cups fat free plain yogurt, without gum additives or stabilizers
1 cup low fat vanilla soy milk, chilled
1/3 cup honey
1 tablespoon canola oil
¼ cup coarsely chopped almonds

Directions:

Place a bowl in the freezer to chill.

In another bowl, whisk together the yogurt, soy milk, honey and canola oil until well blended. Pour the mixture into an ice cream maker and prepare according to the manufacture's instructions.

When the ice cream is firm, transfer to a chilled bowl and add the nuts. Stir gently to distribute evenly. Serve immediately or store in the freezer until ready to serve.

Nutritional Analysis:

| | | | |
|----------|------|-------------|-----|
| Calories | 173 | Total Fat | 5g |
| Sodium | 75mg | Cholesterol | 2mg |

Carbs 26g Protein 7g
Recipe from www.mayoclinic.com