

Minestrone Soup

Serves 4

Ingredients

1 tablespoon extra-virgin olive oil
½ cup chopped onion
1/3 cup chopped celery
1 carrot, diced
1 garlic clove, minced
4 cups fat free, unsalted chicken broth
2 large tomatoes, seeded and chopped
½ cup chopped spinach
1 can chickpeas or red kidney beans, drained and rinsed
½ cup uncooked small shell pasta
1 small zucchini, diced
2 tablespoons fresh basil, chopped

Directions

In a large saucepan, heat the olive oil over medium heat. Add the onion, celery and carrots and sauté until softened, about 5 minutes. Add garlic and continue cooking for another minute. Stir in broth, tomatoes, spinach, beans and pasta. Bring to a boil over high heat. Reduce heat and simmer for 10 minutes. Add zucchini. Cover and cook for 5 minutes more.

Remove from heat and stir in the basil. Ladle into individual bowls and serve immediately.

Nutritional Analysis

Calories	190	Total Fat	4g
Sat Fat	0.5g	Cholesterol	5mg
Protein	9g	Carbs	30g

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Sugar Snap Peas with Fresh Marjoram

Serves 4

Ingredients

2 tablespoons extra-virgin olive oil
¾ pound sugar snap peas, trimmed of stems and strings
1 ½ teaspoons chopped fresh marjoram
1 teaspoon fresh lemon juice
¼ teaspoon grated lemon zest
¼ teaspoon salt
1/8 teaspoon fresh ground black pepper

Directions

In a large frying pan, heat the olive oil over medium heat. Add the peas and sauté until tender-crisp, about 4 to 5 minutes. Stir in the marjoram, lemon juice and zest, salt and pepper and toss gently to mix. Serve immediately.

Nutritional Analysis

Calories	59	Total Fat	2g
Sat Fat	0g	Cholesterol	0mg
Protein	2g	Carbs	7g

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Grilled Chicken Breasts with Roasted Yellow Tomato Sauce

Serves 4

Ingredients

4 yellow tomatoes, halved crosswise and seeded
 1 ½ tablespoons extra-virgin olive oil
 2 garlic cloves, minced
 1 tablespoon balsamic vinegar
 3 tablespoons chopped fresh basil
 ¾ teaspoon salt
 ¼ teaspoon freshly ground black pepper
 4 skinless, boneless chicken breast halves, each about 5 ounces
 2 tablespoons chopped fresh flat leaf parsley
 1 tablespoon chopped fresh thyme

Directions

Prepare a hot fire in a charcoal grill or preheat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Arrange the tomatoes skin side down on the grill rack or skin side up on a broiler pan lined with aluminum foil. Grill or broil until the skins begin to blacken, about 5 minutes. Transfer to a bowl, cover with plastic wrap, and let steam until the skins loosen, about 10 minutes.

In a small frying pan, heat the olive oil over medium heat. Add the garlic and sauté until softened, about 1 minute. Remove from the heat and set aside.

Core and peel the tomatoes. In a blender or food processor, combine the tomatoes, the garlic with the oil, and the vinegar. Pulse until well blended. Stir in 1 tablespoon of the basil, ½ teaspoon of the salt and 1/8 teaspoon of the pepper.

Sprinkle the chicken breasts with the remaining ¼ teaspoon salt and 1/8 teaspoon pepper. In a shallow dish, stir together the parsley, thyme and the remaining 2 tablespoons basil. Dredge the chicken in the herb mixture, coating completely. Grill or broil the chicken, turning once, until browned on both sides and no longer pink on the inside, about 4 minutes on each side.

Transfer the chicken breasts to warmed individual plates. Spoon the tomato sauce on top, dividing evenly. Serve immediately.

Nutritional Analysis

Calories	239	Total Fat	7g
Sat Fat	1g	Cholesterol	82mg
Protein	35g	Carbs	8g

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