



MINUTES

green pea pesto crostini with prosciutto

Offering a bright pop of color and requiring next to no prep time, these tasty little toasts are equally ideal for special spring gatherings and casual afternoon snacking. You can

assemble them up to 45 minutes before serving and they won't sog out.

- 1 (8-ounce) bag frozen green peas, thawed
- 1 cup fresh basil leaves
- 2 tablespoons extra-virgin olive oil
- 12 (1/4-inch-thick) slices French bread baguette, toasted
- 1/4 cup part-skim ricotta cheese
- 1/2 ounce very thinly sliced prosciutto, torn into 12 equal pieces
- 1/4 teaspoon freshly ground black pepper

1. Combine green peas, basil, and olive oil in the bowl of a food processor; pulse 8 to 10 times or until the mixture is almost smooth.

2. Spread pea mixture evenly over toasted baguette slices. Top each slice with 1 teaspoon ricotta cheese and 1 piece of prosciutto. Sprinkle evenly with black pepper.

SERVES 6 (serving size: 2 crostini)
CALORIES 131; **FAT** 6g (sat 1.3g, mono 3.6g, poly 0.7g); **PROTEIN** 6g; **CARB** 14g; **FIBER** 2g; **CHOL** 5mg; **IRON** 1mg; **SODIUM** 190mg; **CALC** 55mg

Recipes by Kate Parham Kordsmeier



TERIYAKI SALMON RICE BOWLS

Add mushrooms, shredded carrots, or any veggies you have on hand to add even more color and crunch.

- 1 1/2 tablespoons extra-virgin olive oil, divided
- 1 red bell pepper, thinly sliced
- 4 (4-ounce) salmon fillets
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup lower-sodium teriyaki sauce, divided
- 2 (8 1/2-ounce) pouches precooked brown rice (such as Uncle Ben's)
- 2 green onions, sliced

1. Heat a medium skillet over medium-high heat. Add 1 1/2 teaspoons oil. Add bell pepper to pan; sauté 2 minutes. Remove bell pepper from pan; set aside.

2. Add remaining 1 tablespoon oil to pan. Sprinkle salmon with salt and pepper. Add to pan; cook 3 minutes. Turn salmon, and brush with 2 tablespoons teriyaki sauce. Cook 3 minutes.

3. Prepare rice according to package directions.

4. Divide rice among 4 bowls. Top each with bell pepper and 1 salmon fillet; drizzle remaining 2 tablespoons teriyaki sauce over bowls. Sprinkle with onions.

SERVES 4 (serving size: 2/3 cup rice, 1/3 cup bell pepper, and 1 salmon fillet)

CALORIES 469; **FAT** 23g (sat 4.2g, mono 8.8g, poly 5.8g); **PROTEIN** 29g; **CARB** 39g; **FIBER** 3g; **CHOL** 62mg; **IRON** 2mg; **SODIUM** 693mg; **CALC** 17mg

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veggie lettuce wraps

Because of their strength and malleability, Bibb lettuce leaves are some of the best for loaded lettuce wraps. It's worth picking up a couple of heads if you only have iceberg or romaine in your crisper.

- 2 tablespoons dark sesame oil, divided
- 1½ tablespoons minced peeled fresh ginger
- 1½ tablespoons minced garlic
- 2 (4-ounce) packages presliced shiitake mushroom caps
- 3 tablespoons lower-sodium soy sauce, divided
- 1 (8-ounce) package extra-firm water-packed tofu, drained, cubed, and patted dry
- 1 cup chopped asparagus
- ½ cup chopped red bell pepper
- ½ cup cooked shelled edamame
- ⅓ cup thinly sliced green onions
- 2 teaspoons rice vinegar
- ½ teaspoon freshly ground black pepper
- 1 (8½-ounce) pouch precooked brown rice (such as Uncle Ben's)
- 16 Bibb lettuce leaves
- ¼ cup chopped dry-roasted peanuts

1. Heat a large skillet over medium-high heat. Add 1 tablespoon oil. Add ginger, garlic, and mushrooms; sauté 5 minutes. Place mixture in a large bowl; add 1 tablespoon soy sauce. Add 1 tablespoon oil to pan; swirl to coat. Add

tofu, asparagus, and bell pepper; sauté 2 minutes. Add edamame and onions; sauté 2 minutes. Add tofu mixture, 2 tablespoons soy sauce, vinegar, and pepper to mushroom mixture.

2. Cook rice according to package directions; add rice to tofu mixture. Spoon ¼ cup tofu mixture into each lettuce leaf. Sprinkle with chopped peanuts.

SERVES 4 (serving size: 4 lettuce wraps)
CALORIES 338; **FAT** 17.9g (sat 2.5g, mono 5.7g, poly 6.4g); **PROTEIN** 16g;
CARB 31g; **FIBER** 6g; **CHOL** 0mg;
IRON 4mg; **SODIUM** 459mg;
CALC 89mg



CREAMY ASPARAGUS AND HEARTS OF PALM PASTA

Adding mozzarella cubes creates slightly melted bombs of gooey goodness.

- 8 ounces uncooked multigrain penne pasta
- 1 tablespoon extra-virgin olive oil
- 1 cup chopped yellow onion
- 5 garlic cloves, minced
- 1¾ cups fat-free milk, divided
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 (14-ounce) can hearts of palm, rinsed, drained, and coarsely chopped
- 2 cups (1-inch) diagonally cut asparagus
- 1 ounce Parmesan cheese, grated (about ¼ cup)
- 2 ounces fresh mozzarella cheese, cubed

1. Cook pasta according to package directions, omitting salt and fat; drain.
2. Heat a large Dutch oven over medium-high heat. Add oil; swirl to coat. Add onion and garlic; sauté 4 minutes. Combine ¼ cup milk and flour; stir with a whisk. Add flour mixture, 1½ cups milk, salt, pepper, and hearts of palm to pan; bring to a simmer. Add asparagus; cook 4 minutes, stirring frequently. Add Parmesan; cook 30 seconds, stirring constantly. Remove from heat; stir in pasta and mozzarella.

SERVES 4 (serving size: 1½ cups)
CALORIES 390; **FAT** 10.6g (sat 3.4g, mono 2.9g, poly 0.5g); **PROTEIN** 21g; **CARB** 55g; **FIBER** 8g; **CHOL** 17mg; **IRON** 18mg; **SODIUM** 544mg; **CALC** 259mg



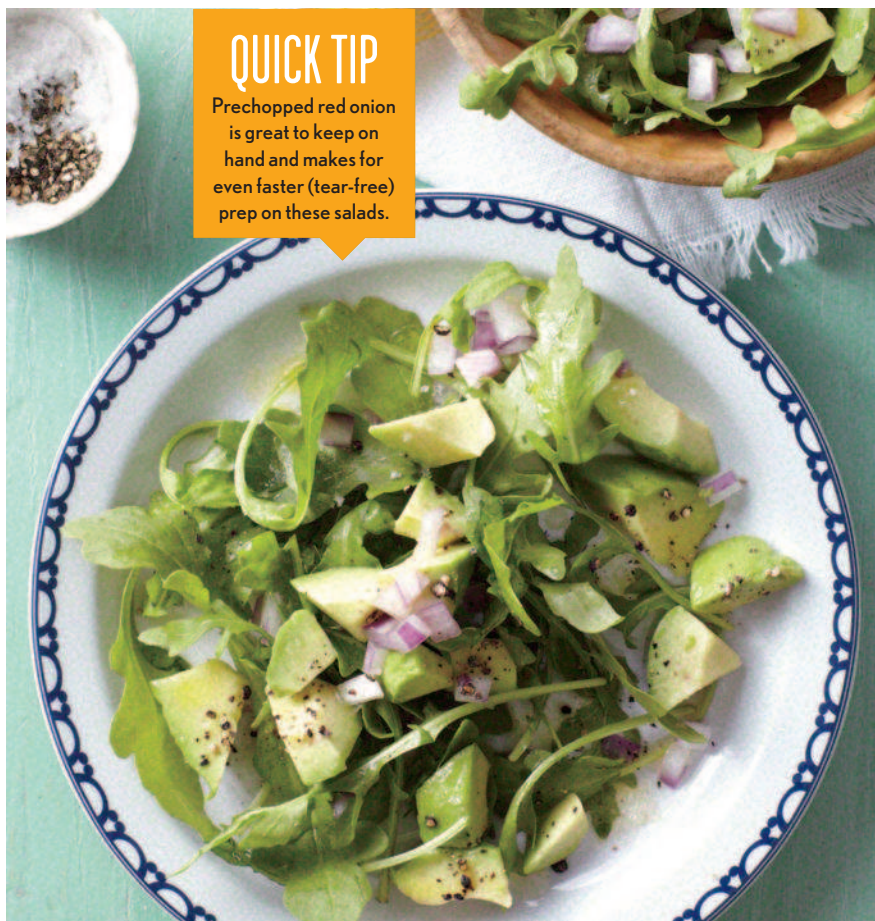


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AVOCADO SIDE SALADS

QUICK TIP

Prechopped red onion is great to keep on hand and makes for even faster (tear-free) prep on these salads.



1
SIMPLE AVOCADO SALAD

- 2 tablespoons chopped red onion
- 1½ tablespoons lime juice
- 1½ tablespoons extra-virgin olive oil
- 1 large diced peeled ripe avocado
- 4 cups baby arugula
- ¼ teaspoon salt
- ¼ teaspoon black pepper

1. Combine onion, lime juice, and olive oil in a small bowl, stirring with a whisk. Add avocado; toss gently to combine. Divide arugula among 4 salad plates; top evenly with avocado mixture. Sprinkle evenly with salt and pepper.

SERVES 4 (serving size: 1 salad)

CALORIES 134; **FAT** 12.6g (sat 1.8g, mono 8.6g, poly 1.5g); **PROTEIN** 2g; **CARB** 6g; **FIBER** 4g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 155mg; **CALC** 41mg

2

SHRIMP AND AVOCADO SALAD

Combine 2 tablespoons chopped red onion, 1½ tablespoons lime juice, 1½ tablespoons extra-virgin olive oil, 1 tablespoon chopped fresh cilantro, ¼ teaspoon salt, and ¼ teaspoon black pepper in a medium bowl; stir with a whisk. Add 4 ounces peeled and deveined boiled shrimp, cut into small pieces, and 1 diced peeled ripe avocado; toss. Divide 4 cups mixed greens among 4 plates.

Arrange shrimp mixture over greens; sprinkle with 1 tablespoon cilantro.

SERVES 4 (serving size: 1 salad)

CALORIES 154; **FAT** 12.9g (sat 1.8g); **SODIUM** 197mg



3

SRIRACHA BLT AVOCADO SALAD

Combine 2 tablespoons chopped red onion, 1½ tablespoons canola mayonnaise, 2 teaspoons Sriracha, and 2 teaspoons lemon juice in a small bowl; stir with a whisk. Combine ½ cup diced tomato, 1 diced peeled ripe avocado, and 2 slices cooked and crumbled bacon in a medium bowl; toss to combine. Divide 4 cups baby spinach leaves among 4 plates; top evenly with avocado mixture. Drizzle with Sriracha mayo; sprinkle with ¼ teaspoon black pepper.

SERVES 4 (serving size: 1 salad)

CALORIES 159; **FAT** 13.2g (sat 2g); **SODIUM** 223mg



4

EDAMAME AND RAMEN AVOCADO SALAD

Combine 2 tablespoons chopped red onion, 1 tablespoon lime juice, 1 tablespoon lower-sodium soy sauce, and 1 tablespoon dark sesame oil; stir with a whisk. Crush noodles from 1 (3-ounce) package ramen noodle soup (discard seasoning). Add ⅓ cup crushed edamame, and 1 diced peeled ripe avocado to soy sauce mixture; toss gently. Divide 4 cups chopped romaine lettuce among 4 plates; top with avocado mixture. Top with sections from 1 clementine.

SERVES 4 (serving size: 1 salad)

CALORIES 161; **FAT** 11.4g (sat 1.6g); **SODIUM** 178mg

