

## Grilled Veggie Sandwich

### Ingredients:

- 1 small eggplant, cut in ¼ inch slices
- 1 small zucchini, cut in ¼ inch slices
- 1 red pepper, cut into slices
- 1 small red onion, cut into rings
- 3 tablespoons balsamic vinegar
- ½ teaspoon chopped garlic
- 2 whole grain or multi-grain 6" bread rolls, sliced in half
- Servings: 2

### Directions:

1. Preheat broiler or grill. Spray broiler pan or grill with olive oil
2. Place all the vegetables on the broiler pan or the grill rack, single layer
3. Broil or grill for 8 to 10 minutes or until the vegetables are brown.
4. Remove vegetables to a plate
5. Combine vinegar and garlic and sprinkle on the veggies
6. Serve ½ of the veggies on each multi-grain roll

### Nutrition Information (per serving):

Calories: 175      Carbohydrate: 36 grams (2.5 carbohydrate servings)  
Fat: 1.5 grams      Dietary Fiber: 4 grams  
Protein: 5 grams



## Lee's Rotini Pasta with Lentils

### Ingredients:

- 1 small eggplant, cut in ¼ inch slices
- 2 teaspoons olive oil
- 1 garlic clove, minced
- 1 onion, chopped
- 1 red pepper, chopped
- 2 cups crushed tomatoes
- ½ cup water
- 1 cup cooked lentils
- ½ teaspoon oregano
- ½ teaspoon rosemary
- 1 tablespoon basil
- Serves: 4
- Serving size: 1 ½ cups

### Directions:

1. Spray a large skillet with the olive oil and heat over medium heat.
2. Sauté the garlic until golden brown.
3. Add the rest of the ingredients and bring to a boil. Cook until the onions are tender and most of the liquid has been absorbed about 30 minutes.
4. Cook pasta according to the package directions. Drain in colander and place in a bowl. Mix in lentil sauce.
5. Serve.

### Nutrition Information (per serving):

Calories: 275      Carbohydrate: 15 grams (1 carbohydrate serving)  
Fat: 2 grams      Saturated Fat: 0 grams  
Protein: 12 grams      Dietary Fiber: 9 grams



## Orange Sunrise Muffins

### Ingredients:

- 1 cup plus 1/3 cup of all-purpose flour
- 1/3 cup whole wheat flour
- 1/3 ground flaxseed meal
- ½ cup sugar
- 3 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup orange juice or fat – free milk
- 3 tablespoons canola oil
- 1 egg beaten
- 1 tablespoon grated orange peel
- Serving size: 1 muffin. Recipe makes 12 muffins

### Directions:

1. Heat oven to 400 F.
2. Line 12 muffin cups with paper baking cups.
3. In a medium bowl, combine flours, ground flaxseed meal, sugar, baking powder and salt. Mix well.
4. In a small bowl, combine, orange juice or milk, oil and egg. Blend well.
5. Add juice, oil and egg mixture to the dry ingredients until just moistened.
6. Divide the batter between the 12 muffin cups.
7. Bake at 400 F for 18 to 23 minutes or until light golden brown. Cool 1 minute; Remove from pan and serve warm.

### Nutrition Information (per serving):

Calories: 150      Carbohydrate: 25 grams (1.5 carbohydrate servings)      Protein: 3 grams  
Fat: 4 grams      Dietary Fiber: 3 grams



## Super Fast Salmon Salad

### Ingredients:

- 7 oz. can wild salmon, drained (preferably no salt added)
- ½ cup diced cucumber with skin
- 3 Tbsp. low fat mayonnaise
- ¼ cup sliced green onion
- ¼ cup chopped green pepper
- 2 cups mixed greens, rinsed and drained
- 2 plum tomatoes, quartered
- ¼ tsp. dill (divided into 2)

### Directions:

1. Mix salmon, cucumber, mayonnaise, onion, green pepper in a large bowl.
2. Refrigerate for 4 to 6 hours until ready to serve.
3. To serve: distribute the salad greens on 2 plates and place ½ of the salmon salad in the middle of the greens, place the tomatoes around the plate and top with 1/8 tsp of dill.

### Nutrition Information (per serving):

Calories: 250      Carbohydrate: 12 grams (1 carbohydrate serving)  
Total Fat: 15 grams      Cholesterol: 30 grams  
Saturated Fat: 3.2 grams      Dietary Fiber: 4 grams  
Protein: 28 grams



## Baked Apples

### Ingredients:

- 4 Gala apples, medium (tennis ball size), washed and cored
- 1 teaspoon vanilla extract
- 4 tablespoons light whipped topping
- Serves 4

### Directions:

1. Place the four apples standing in a Microwave safe bowl
2. Sprinkle the vanilla extract, dividing it equally between the 4 apples
3. Cover the bowl with a microwave safe cover
4. Microwave on high power for 4 to 5 minutes or until the apples are soft
5. Serve each apple with 1 tablespoon of light whipped topping

### Nutrition Information (per serving):

Calories: 67

Carbohydrate: 15 grams (1 carbohydrate serving)

Fat: 0.5 grams

Dietary Fiber: 2 grams

