

# Chicken Pesto Pizza

## Ingredients

- 2 teaspoons active dry yeast
- 1 cup warm water (110° to 115°)
- 2-3/4 cups bread flour
- 1 tablespoon plus 2 teaspoons olive oil, divided
- 1 tablespoon sugar
- 1-1/2 teaspoons salt, divided
- 1/2 pound boneless skinless chicken breasts, cut into 1/2-inch pieces
- 1 small red onion, halved and thinly sliced
- 1 yellow peppers, julienned
- 1/2 cup sliced fresh mushrooms
- 1 cup raw baby spinach
- 3 tablespoons prepared pesto
- 1-1/2 cups shredded part-skim mozzarella cheese
- 1/4 teaspoon pepper



## Directions

- In a large bowl, dissolve yeast in warm water. Beat in 1 cup flour, 1 tablespoon oil, sugar and 1 teaspoon salt. Add the remaining flour; beat until combined.
- Turn onto a lightly floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a bowl coated with cooking spray, turning once to coat top. Cover and let rise in a warm place until doubled, about 1 hour.
- In a large nonstick skillet over medium heat, cook the chicken, onion, peppers and mushrooms in remaining oil until chicken is no longer pink and vegetables are tender. Remove from the heat; set aside.
- Punch dough down; roll into a 15-in. circle. Transfer to a 14-in. pizza pan. Build up edges slightly. Spread with pesto. Top with chicken mixture and cheese. Sprinkle with pepper and remaining salt.
- Bake at 400° for 18-20 minutes or until crust and cheese are lightly browned. Freeze option: Securely wrap and freeze unbaked pizza. To use, unwrap pizza; bake as directed, increasing time as necessary.

## Nutrition Facts

1 slice: 293 calories, 10g fat, 35g carbohydrate, 18g protein.

**Note: using individual naan bread**

# Florentine Eggs Benedict



## Ingredients:

1 cup water

4 eggs

1/3 cup plain fat-free yogurt

3 tablespoons light mayonnaise or 3 tablespoons salad dressing

2 teaspoons cornstarch

1 teaspoon prepared mustard

1 dash ground red pepper

1/4 cup skim milk

Salt/pepper

English muffin

1 large tomatoes, sliced

12 large spinach leaves, stems removed

2 ounces smoked turkey or 2 ounces chicken, very thinly sliced

## Directions

For eggs, boil water. Gently break eggs into water. Prick each yolk and white. Cover with waxed paper; cook on high for 2 minutes. Let eggs stand, covered, while preparing sauce.

For sauce, stir together yogurt, mayonnaise dressing, cornstarch, mustard, and red pepper; stir in milk. Cook uncovered until slightly thickened and bubbly, stirring after every minute. Season to taste with salt and pepper. cover; set aside.

Arrange bread and top each with one slice of tomato, 3 spinach leaves, and 1/4 of the turkey. With a slotted spoon, remove eggs from water; place on top of the turkey slices. Spoon some sauce over each serving.

**Nutrition:** Servings Per Recipe: 4

Amt. Per Serving: Calories 164.3, Total Fat 9.3 g, Total Carbohydrate 8.3 g, Protein 11.9 g

# Chicken and Veggie Pasta Salad

Yield: 6-8 servings

## Ingredients:

12 ounces dry pasta

2-3 tablespoons olive oil

1 zucchini, cut into bite-sized pieces

3 cups chopped broccoli florets (about 1 small head of broccoli)

2 bell peppers, cored and diced into bite-sized pieces

1 cup cherry or grape tomatoes, halved

3 cloves garlic, peeled and minced

salt and pepper

half a small red onion, peeled and thinly-sliced

1/2 cup white balsamic vinaigrette (or any favorite balsamic or Italian dressing)

optional topping: grated Parmesan cheese



## Directions:

Cook the pasta in a large stockpot of generously-salted water al dente according to package directions. Drain pasta and rinse under cold water for about 20-30 seconds until no longer hot. Set aside.

Chop all veggies.

When the pasta is cooked add the veggies together in the large bowl and drizzle with the vinaigrette. Toss until the pasta and veggies are evenly coated with the vinaigrette and toss and then top with extra Parmesan if you'd like.

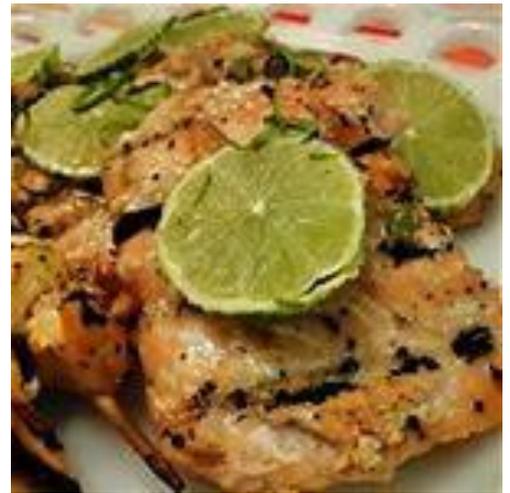
Serve immediately or refrigerate in a sealed container for up to 3 days.

**Note: Adding rotisserie chicken to salad**

# Margarita Salmon

## Ingredients:

6 (5 ounce) salmon fillets  
3 tablespoons fresh lime juice  
3 tablespoons orange blossom honey  
1 pinch brown sugar  
2 tablespoons extra virgin olive oil  
salt and pepper to taste  
lime slices for garnish



## Directions

Place salmon fillets in a 9x13 inch baking dish. In a small bowl, stir together the lime juice, honey, brown sugar, and olive oil. Pour over the salmon. Cover and refrigerate for 30 minutes to marinate.

Preheat the oven to 450 degrees. Season the salmon with salt and pepper.

Bake for 15 minutes in the center of the preheated oven, or until fish flakes easily with a fork. Garnish with lime slices and serve immediately.

## Nutrition Facts

Per Serving: 308 calories; 18.2 g fat; 11.1 g carbohydrates; 24.7 g protein;

**Note: Served with rice and asparagus**

# Healthy Banana Pancakes

## Ingredients

- 2 medium bananas
- 1/2 cup almond milk (or milk of your choice)
- 2 eggs
- 1 cup flour
- 1 tsp baking powder
- 1/2 tsp baking soda



## Instructions

Puree the bananas with potato masher or fork.

Add almond milk, eggs and whisk until smooth.

Add flour, baking powder and baking soda. Mix the batter gently and try not to over mix. A few lumps are fine. If the mixture looks too thin, add a little extra flour.

Heat up a non-stick skillet on medium heat. Using 1/4 cup as a measure, scoop the batter onto the skillet.

In about 1 minute you should see some bubbles appear. Flip the pancake over and fry for another minute. Repeat this step with the remaining batter. You should have 6 pancakes.

Garnish with fresh bananas and drizzle with maple syrup.

Nutrition: Serves 6/Amount Per Serving: Calories 140, Total Fat 2g, Total Carbohydrates 26g, Protein 5g