Baba Ghanoush with Pita Bread

Ingredients:
- Cooking spray
- 1 bulb garlic (about 8 cloves)
- 2 eggplants, sliced lengthwise
- 1 red bell pepper, halved and seeded
- Juice of 1 lemon (about 4 tablespoons)
- 1 tablespoon chopped fresh basil
- 1 tablespoon olive oil
- 1 tablespoon black pepper or to taste
- 2 rounds of whole wheat pita

Directions:
1. Prepare grill by spraying cold grill with cooking spray.
2. Slice top off garlic bulb, wrap in foil and place on cooler part of grill. Roast for 20 to 30 minutes. On hot part of grill, place eggplant slices and bell pepper. Grill for 2 to 3 minutes a side.
3. Squeeze roasted garlic out of bulb and place in food processor. Add grilled eggplant and red bell pepper. Add lemon juice, basil, pepper and olive oil. Pulse until smooth. Place dip in serving bowl.
4. Warm bread on grill for a few seconds on each side. Serve with dip.

Serving size:
½ pita and 2 tablespoons dip

Yield: 4 servings

Per serving: 202 calories, 38 g carbohydrate, 7 g protein, 4 g fat, 1 g saturated fat, 13 g fiber, 8 g sugar, 178 mg sodium, 144 mg phosphorus, 791 mg potassium

Turkey Bacon Wrapped Jalapeno Poppers

Ingredients:
- Cooking spray
- 10 medium-large jalapeño peppers
- ¾ cup light cream cheese
- ⅓ cup shredded low fat sharp cheddar
- 5 medium scallions, green part only, sliced
- 10 pieces turkey bacon

Directions:
1. Preheat the oven to 375 degrees F. Coat a baking sheet with cooking spray and set aside.
2. Cut each pepper in half, lengthwise, and remove the ribs and seeds (if you like it spicy, leave these in or only remove some of them). NOTE: Wear gloves or use a sandwich baggie to protect your hands while handling the peppers. Wash your hands immediately after.
3. Lay the peppers cut side up on a sheet pan.
4. In a small bowl, mix together the cream cheese, shredded cheddar, and scallions. Fill each pepper half with 1 Tbsp of the cream cheese mixture.
5. Cut each piece of turkey bacon in half, lengthwise. Wrap each pepper with a strip of turkey bacon and place seam side down on the baking sheet or secure the bacon with a toothpick.
6. Bake the poppers for 20 minutes. Let them cool to room temperature before serving.

Serving size: 1 popper
Yield: 20 servings
Per serving:
- 59 calories
- 2 g carbohydrate
- 4 g protein
- 4 g fat
- 2 g saturated fat
- 0 g fiber
- 1 g sugar
- 237 mg sodium
- 63 mg phosphorus
- 81 mg potassium

Stuffed Mushrooms

Ingredients:
• Cooking spray
• 18 large cremini mushrooms
• ¾ cup plain dry bread crumbs, divided
• 2 tablespoons grated Parmesan cheese
• 1 large onion, finely chopped
• 1 small red bell pepper, finely chopped
• 2 tablespoons fresh minced parsley
• ¼ teaspoon pepper

Directions:
1. Preheat the oven to 400 degrees F. Remove stems from mushrooms and finely chop stems. Mix 2 tablespoons bread crumbs and Parmesan in small bowl, set aside.

2. Lightly coat large nonstick skillet with nonstick cooking spray and set over medium heat. Stir in onion, red pepper, mushroom stems and parsley, and cook until soft, about 5 minutes. Stir in remaining bread crumbs and black pepper. Remove from heat. Add 1 teaspoon of water at a time until you have stuffing that is moist enough to mound.

3. Mound stuffing in mushrooms and arrange, stuffing-side up, in a 13 x 9-inch baking dish. Sprinkle with the Parmesan mixture. Bake until heated through, about 9 minutes.

Serving size: 3 mushrooms
Yield: 6 servings
Per serving: 98 calories, 17 g carbohydrate, 5 g protein, 1 g fat, 0 g saturated fat, 2 g fiber, 5 g sugar, 136 mg sodium, 125 mg phosphorus, 392 mg potassium

White Bean Dip

Ingredients:
• 1 can (15 ounces) white (cannellini) beans, rinsed and drained
• 1 bulb garlic (about 8 cloves), roasted
• 2 tablespoons olive oil
• 2 tablespoons lemon juice

Directions:
1. Preheat the oven to 350 degrees F.
2. To roast garlic, cut off the tops of 1 head of garlic, exposing the cloves. Spray the garlic generously with cooking spray. Wrap in aluminum foil also sprayed with cooking spray and roast about 30 minutes.
3. In a blender or food processor, add the beans, roasted garlic, olive oil and lemon juice.
4. Blend until smooth.
5. Serve on top of thin slices of toasted French bread, pita triangles, or on top of red (sweet) bell peppers cut into squares.

Serving size: 2 tablespoons dip

Yield: 8 servings

Per serving
110 calories, 15 g carbohydrate, 5 g protein, 4 g fat, 1 g saturated fat, 6 g fiber, 0 g sugar, 4 mg sodium, 93 mg phosphorus, 260 mg potassium

Broccoli Cheese Bites

**Ingredients:**
- Cooking spray
- 2 heads broccoli, trimmed (about 1 ½ pounds)
- 1 egg
- 1 egg white
- ½ cup reduced-fat shredded cheddar cheese
- ½ cup bread crumbs
- ½ cup onion, chopped
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

**Directions:**
1. Preheat the oven to 400 degrees F. Coat one large (or two small) baking sheets with cooking spray. Set aside.
2. Steam the broccoli for approximately 10 to 12 minutes, until soft. Set aside to cool (for about 10 minutes).
3. Add the broccoli and remaining ingredients to a blender or food processor and pulse to combine. Do not overmix; the mixture should be slightly chunky, not a paste. Let the mixture rest for 10 minutes.
4. After resting the mixture, stir it, and scoop and drop by tablespoonfuls onto the prepared baking sheet.
5. Lightly spray the top of each ball with cooking spray. Bake for 15 minutes. Turn the pieces over and bake an additional 10 minutes, or until golden brown.

**Serving size:** 5 pieces

**Yield:** 6 servings

**Per serving**
- 123 calories, 14 g carbs, 11 g protein, 4 g fat, 2 g saturated fat, 3 g fiber, 4 g sugar, 294 mg sodium, 138 mg phosphorus, 448 mg potassium

Lime Dijon Shrimp

Ingredients:
- 1 medium red onion, chopped
- ½ cup fresh lime juice, plus lime zest as garnish
- 2 tablespoons capers
- 1 tablespoon Dijon mustard
- ½ teaspoon hot sauce
- 1 cup water
- ½ cup rice vinegar
- 3 whole cloves
- 1 bay leaf
- 1 pound uncooked shrimp, peeled and deveined (about 24)

Directions:
1. In a shallow baking dish, combine the onion, lime juice, capers, mustard and hot sauce. Set aside.
2. In a large saucepan, add the water, vinegar, cloves and bay leaf. Bring to a boil and add the shrimp. Cook for 1 minute, stirring constantly. Drain and transfer the shrimp to the shallow dish containing the onion mixture, making sure to discard the cloves and bay leaf. Stir to combine. Cover and refrigerate until well-chilled, about 1 hour.
3. To serve, divide the shrimp mixture among individual small bowls and garnish each with lime zest. Serve cold.

Serving size: about 3 shrimp
Yield: 8 servings
Per serving: 73 calories, 3 g carbohydrate, 12 g protein, 1 g fat, 0 g saturated fat, 0 g fiber, 1 g sugar, 176 mg sodium, 124 mg phosphorus, 147 mg potassium