

Almond and Lemon Crusted Fish with Spinach

Ingredients:

- Zest and juice of 1 lemon, divided
- ½ cup sliced almonds, coarsely chopped
- 1 tablespoon finely chopped fresh dill or 1 teaspoon dried
- 1 tablespoon plus 2 teaspoons extra-virgin olive oil, divided
- ½ teaspoon kosher salt
- Freshly ground pepper to taste
- 1 ¼ pounds cod or halibut, cut into 4 portions
- 4 teaspoons Dijon mustard
- 2 cloves garlic, slivered
- 1 pound baby spinach
- Lemon wedges for garnish

**Directions:**

1. Preheat oven to 400 degrees F. Coat a rimmed baking sheet with cooking spray.
2. Combine lemon zest, almonds, dill, 1 tablespoon oil, ½ teaspoon salt and pepper in a small bowl. Place fish on the prepared baking sheet and spread each portion with 1 teaspoon mustard. Divide the almond mixture among the portions, pressing it onto the mustard.
3. Bake the fish until opaque in the center, about 7 to 9 minutes, depending on thickness.
4. Meanwhile, heat the remaining 2 teaspoons oil in a large pot over medium heat. Add garlic and cook, stirring, until fragrant but not brown, about 30 seconds. Stir in spinach, lemon juice and season with pepper. Cook, stirring often, until the spinach is just wilted, 2 to 4 minutes. Cover to keep warm. Serve the fish with the spinach and lemon wedges, if desired.

Serving size: ¼ of recipe

Yield: 4 servings

Per serving: 244 calories; 12 g fat; 1 g saturated fat; 4 g fiber; 8 g carbohydrates; 2 g sugar; 27 g protein; 300 mg sodium; 315 mg phosphorous; 1000 mg potassium

Recipe source: EatingWell Recipe Contributor, M. P. (2011, January). Almond-&-Lemon-Crusted Fish with Spinach Recipe. Retrieved September 13, 2018, from <http://www.eatingwell.com/recipe/252355/almond-lemon-crusted-fish-with-spinach/>

Pineapple and Black Bean Fajitas

- Ingredients:**
- 1 (15-ounce) can black beans, rinsed
 - 1 tablespoon finely chopped chipotles in adobo
 - ¼ small pineapple, cored and cut into thin, ½-inch pieces
 - 2 small red peppers, sliced
 - 1 small red onion, thinly sliced
 - 8 small corn tortillas, warmed
 - Fresh cilantro, for serving
 - Sour cream, for serving
- Directions:**
1. Heat oven to 425 degrees F or an outdoor grill to medium-high. Tear off four 12” squares of foil and arrange on two baking sheets.
 2. Toss together the beans and chipotles, then divide among the pieces of foil. Top with the pineapple, peppers and onion. Cover with another piece of foil and fold each edge up and over three times. Roast or grill (covered) for 15 minutes.
 3. Transfer each packet to a plate. Using scissors or a knife, cut an “X” in the center and fold back the triangles. Spoon the mixture into tortillas and top with cilantro and sour cream, if desired.
- Serving size:** 2 tacos
- Yield:** 4 servings
- Per serving:** 229 calories; 2 g fat; 0 g saturated fat; 48 g carbohydrates; 5 g sugar; 9 g protein; 10 g fiber; 280 mg sodium; 95 mg phosphorous; 425 mg potassium
- Recipe source:** Woman’s Day Kitchen. (2018, March 22). Pineapple and Black Bean Fajitas. Retrieved September 13, 2018, from <https://www.womansday.com/food-recipes/food-drinks/recipes/a55764/pineapple-and-black-bean-fajitas-recipe/>

BBQ Chicken with Peach and Feta Slaw

Ingredients:

- 5 tablespoons olive oil, divided
- 2 tablespoons sherry vinegar
- ½ teaspoon no salt seasoning, such as Mrs. Dash, divided
- ½ teaspoon freshly ground black pepper, divided
- 1½ cups sliced fresh peaches (about 2 medium)
- 1 (12-ounce) package broccoli slaw
- 3 (6-ounce) skinless, boneless chicken breasts, cut crosswise into 1-inch strips
- ¼ cup barbecue sauce
- 1 tablespoon chopped fresh chives
- 1 ounce feta cheese, crumbled (about ¼ cup)



Directions:

1. Combine 4 tablespoons oil, vinegar, ¼ teaspoon no salt seasoning, and ¼ teaspoon pepper in a large bowl, stirring with a whisk. Add peaches and slaw to vinegar mixture; toss gently to coat.
2. Sprinkle chicken evenly with remaining ¼ teaspoon pepper and remaining ¼ teaspoon no-salt seasoning. Heat remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add chicken to pan; cook 6 minutes or until done. Place chicken in a large bowl. Add barbecue sauce to bowl; toss.
3. Divide slaw mixture evenly among 4 plates; top evenly with chicken strips. Sprinkle with chives and feta cheese.

Serving size: ¼ of recipe

Yield: 4 servings

Per serving 386 calories; 31 g protein; 16 g carbohydrates; 10 g sugars; 20 g fat; 4 g saturated fat; 275 mg sodium; 3 g fiber; 420 mg phosphorous; 860 mg potassium

Recipe source: MyRecipes. BBQ Chicken with Peach and Feta Slaw. Retrieved September 17, 2018, from <https://www.myrecipes.com/recipe/bbq-chicken-peach-feta-slaw>

Pork Tenderloin with Apples and Onions

- Ingredients:**
- 6 ounces pork tenderloin
 - $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon black pepper
 - $\frac{1}{8}$ teaspoon dried thyme, crushed
 - Nonstick cooking spray
 - $\frac{3}{4}$ cup thinly sliced onion
 - 8 ounces baking apples, cored, halved crosswise and thinly sliced
 - 2 tablespoons water
 - 1 tablespoon cider vinegar
 - $\frac{1}{2}$ teaspoon sugar
 - $\frac{1}{2}$ teaspoon ground cumin (optional)
 - $\frac{1}{4}$ teaspoon salt



- Directions:**
1. Place each piece of meat, cut-side down, between 2 pieces of plastic wrap. Working from center to edges, pound lightly with the flat side of a meat mallet to $\frac{1}{2}$ -inch thickness. Remove plastic wrap. Sprinkle meat with the pepper and thyme.
 2. Lightly coat a large nonstick skillet with cooking spray. Heat over medium heat. Add meat to pan; cook for 6 to 8 minutes or until done (160 degrees F), turning once. Remove meat from pan, reserving drippings. Cover meat and keep warm.
 3. Add onion to the reserved drippings in the pan. Cook for about 4 minutes or until onion is tender, stirring occasionally. Stir in apples, water, vinegar, sugar, cumin (if desired) and salt.
 4. Bring to boiling. Boil gently, uncovered, for 4 to 5 minutes or until the liquid is almost evaporated and the apples are moist and tender, turning apples and onion occasionally. Return the meat to the pan; heat through.

Serving size: $\frac{1}{2}$ of recipe

Yield: 2 servings

Per serving 190 calories; 3 g fat; 1 g sat; 4 g fiber; 23 g carbohydrates; 19 g protein; 16 g sugars; 327 mg sodium; 295 mg phosphorous ; 461 mg potassium

Recipe source: Diabetic Living Magazine. Pork Tenderloin with Apple-Onion Sauce Recipe. Retrieved October 4, 2018, from <http://www.eatingwell.com/recipe/264393/pork-tenderloin-with-apple-onion-sauce/>

Skillet Ratatouille

- Ingredients:**
- 2 (15-ounce) cans unsalted diced tomatoes, divided
 - 2 (15-ounce) cans unsalted chickpeas, rinsed and drained
 - 1 ½ tablespoons extra-virgin olive oil, divided
 - 1 tablespoon minced garlic
 - 1 teaspoon kosher salt, divided
 - 1 cup chopped red onion
 - 1 cup chopped red bell pepper
 - 1 large zucchini, cut into 1-inch pieces (about 8 ounces)
 - 1 large yellow squash, cut into 1-inch pieces (about 8 ounces)
 - 1 small eggplant, peeled and cut into 1-inch pieces (about 5 ounces)
 - 1 tablespoon red wine vinegar
 - ½ teaspoon smoked paprika
 - ½ teaspoon black pepper
 - 2 tablespoons fresh basil leaves (optional)
- Directions:**
1. Drain 1 can tomatoes in a colander over a bowl, reserving ½ cup liquid. Drain remaining 1 can tomatoes; discard liquid. Combine tomatoes, reserved ½ cup liquid, and chickpeas in a bowl.
 2. Heat 1 tablespoon oil in a large skillet over medium-high. Add garlic, ½ teaspoon salt, and next 5 ingredients (through eggplant); sauté 7 to 8 minutes or until slightly tender. Stir in tomato mixture and remaining ½ teaspoon salt; cover, and cook 5 minutes.
 3. Uncover pan; stir in vinegar, paprika, and black pepper. Cook 5 minutes or until vegetable mixture is slightly thickened. Divide vegetable mixture among 4 shallow bowls; drizzle servings evenly with remaining 1 ½ teaspoons oil. Sprinkle with basil leaves, and serve over cooked rice or polenta, if desired.
- Serving size:** 1 ¾ cup
- Yield:** 4 servings
- Per serving** 354 calories; 7 g fat (1 g sat); 13 g fiber; 58 g carbohydrates; 15 g protein; 13 g sugars; 558 mg sodium; 281 mg phosphorous; 1,455 mg potassium
- Recipe source:** Cooking Light, M. D. (2017, August). Skillet Ratatouille. Retrieved October 4, 2018, from <https://www.cookinglight.com/recipes/skillet-ratatouille>