Fresh Corn, Tomato and Avocado Salad with Shrimp

Ingredients:
- 1 pound medium or large shrimp, peeled and deveined
- 2 cups cherry tomatoes, halved
- 2 avocado, peeled and cubed
- 2 ears corn, kernels sliced off
- 3 ounces feta cheese
- ¼ cup fresh basil, slivered
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- ⅛ teaspoon salt
- ¼ teaspoon black pepper

Directions:
1. Pan-fry, steam or grill the shrimp until they are pink, 3-4 minutes total.
2. Combine all the ingredients, except the shrimp, in a large serving bowl. Serve the shrimp on top of the salad.

Serving size:
1 ½ cups

Yield:
8 servings

Per serving:
195 calories, 12 g carbohydrate, 17 g protein, 10 g fat, 2 g saturated fat, 4 g fiber, 3 g sugar, 440 mg sodium, 260 mg phosphorus, 460 mg potassium

Adapted from:
Chickpea Tabbouleh

Ingredients:
- ½ cup uncooked bulgur wheat
- 1 cup hot water (to cover and soak bulgur)
- 2 bunches fresh parsley, thick stems removed
- 4 tablespoons fresh mint, minced
- ½ cup cucumber, peeled, seeded and diced
- 3 green onions (scallions), chopped
- 3 small tomatoes, diced
- ½ medium red bell pepper, diced
- 1 can (15 ounces) chickpeas, drained and rinsed
- 3 tablespoon fresh lemon juice
- 3 tablespoon olive oil
- 1 teaspoon salt

Directions:
1. Rinse the bulgur wheat and add it to a small bowl. Pour hot water over the bulgur, cover and let soak for about 20 minutes, until doubled in size. Drain excess liquid, if any, and place the bulgur in a large bowl.

2. Chop the parsley to a medium-fine consistency. Add the parsley to the bulgur wheat, and add all the remaining salad ingredients (through chickpeas). Cover and set aside.

3. For the vinaigrette, in a small bowl, whisk together lemon juice, olive oil and salt. Taste and adjust any ingredients as needed. Pour over salad to combine.

Serving size: 1 cup
Yield: 10 servings
Per serving: 95 calories, 12 g carbohydrate, 3 g protein, 4 g fat, 0 g saturated fat, 3 g fiber, 3 g sugar, 110 mg sodium, 58 mg phosphorus, 280 mg potassium

Steamed Carrots with Garlic-Ginger Butter

Ingredients:
• 1 pound baby carrots with tops, peeled
• 2 garlic cloves, minced
• 1 tablespoon butter
• 1 teaspoon minced peeled fresh ginger
• 1 tablespoon chopped fresh cilantro
• ½ teaspoon grated lime rind
• 1 tablespoon fresh lime juice
• ¼ teaspoon salt

Directions:
1. Steam carrots, covered, 10 minutes or until tender.

Serving size: ¼ of recipe
Yield: 4 servings
Per serving: 69 calories, 10 g carbohydrate, 1 g protein, 3 g fat, 2 g saturated fat, 3 g fiber, 6 g sugar, 257 mg sodium, 44 mg phosphorus, 383 mg potassium

Cauliflower Rice

Ingredients:
• Cooking spray
• 1 head cauliflower
• ¼ tsp salt
• ¼ tsp black pepper
• ¼ cup chopped fresh parsley (or 2 teaspoons dried parsley)

Directions:
1. Cut the cauliflower into florets. In batches, add cauliflower to food processor (or blender) and gently pulse until cauliflower becomes the texture of rice. Be careful not to over-pulse.

2. Coat a large skillet with cooking spray and add cauliflower, salt and pepper. Sautee over medium heat for 5 minutes until cauliflower is tender, stirring occasionally. Top with chopped parsley.

Serving size: about 1 cup
Yield: 4 servings
Per serving: 53 calories, 11 g carbohydrate, 4 g protein, 0 g fat, 0 g saturated fat, 5 g fiber, 5 g sugar, 192 mg sodium, 93 mg phosphorus, 646 mg potassium

Acorn Squash with Apples

Ingredients:
- 1 Granny Smith apple, peeled, cored and sliced
- 2 tablespoons brown sugar
- 1 small acorn squash, about 6 inches in diameter
- 2 teaspoons butter

Directions:
1. In a small bowl, mix together the apple and brown sugar. Set aside.
2. Pierce the squash several times with a sharp knife to let the steam escape during cooking. Microwave on high until tender, about 5 minutes. Turn the squash after 3 minutes to ensure even cooking.
3. Place the squash on a cutting board and cut in half. Scrape the seeds out of the center of each half and discard the seeds. Fill the hollowed squash with the apple mixture.
4. Return the squash to the microwave and cook until the apples are softened, about 2 minutes.
5. Transfer the squash to a serving dish. Top each half with 1 tsp butter and serve right away.

Serving size: ½ squash
Yield: 2 servings
Per serving: 204 calories, 40 g carbohydrate, 2 g protein, 4 g fat, 3 g saturated fat, 6 g fiber, 6 g sugar, 46 mg sodium, 89 mg phosphorus, 858 mg potassium

Quinoa Risotto with Arugula and Parmesan

**Ingredients:**
- 1 tablespoon olive oil
- ½ yellow onion, chopped
- 1 garlic clove, minced
- 1 cup quinoa
- 2 ¼ cups low-sodium vegetable stock or broth
- 2 cups chopped, stemmed arugula
- 1 small carrot, peeled and finely shredded
- ½ cup thinly sliced fresh shitake mushrooms
- ¼ cup grated Parmesan cheese
- ¼ teaspoon salt
- ¼ teaspoon black pepper

**Directions:**
1. In a large saucepan, heat the olive oil over medium heat. Add the onion and sauté until soft and translucent, about 4 minutes. Add the garlic and quinoa and cook for about 1 minute, stirring occasionally. Don’t let the garlic brown.

2. Add the stock and bring to a boil. Reduce the heat to low and simmer until the quinoa is almost tender to the bite but slightly hard in the center, about 12 minutes. The mixture will be brothy. Stir in the arugula, carrot and mushrooms and simmer until the quinoa grains have turned from white to translucent, about 2 minutes longer.

3. Stir in the cheese and season with the salt and pepper. Serve right away.

**Serving size:** about 1 cup

**Yield:** 6 servings

**Per serving**

161 calories, 22 g carbohydrate, 6 g protein, 5 g fat, 1 g saturated fat, 3 g fiber, 2 g sugar, 211 mg sodium, 192 mg phosphorus, 360 mg potassium