

QUICK AND HEALTHY MEALS FOR THOSE *On the Go!*

WEEK 1

Monday

Hot Chicken Hero

(Recipe provided by [More Healthy Homestyle Cooking](#) by Evelyn Tribole)

Spread

- 1 garlic clove
- 1 7-ounce jar roasted red peppers, drained
- ½ cup fat-free mayonnaise

Sandwiches

- 4 boneless, skinless chicken breast halves (1 pound total)
- 4 slices reduced-fat provolone or mozzarella cheese
- 4 French rolls, split
- 4 teaspoons fresh basil, chopped

To make the spread: In a small food processor or blender, pulse the garlic until finely chopped. Add the peppers and mayonnaise and puree until smooth.

To make the sandwiches: Coat a large nonstick skillet with nonstick spray and warm over medium heat. When the skillet is hot, add the chicken and cook for 4 minutes on each side, or until golden brown. Top each chicken breast with a slice of cheese. Cover both halves of the roll with pepper spread. Place a chicken breast on bottom half. Sprinkle with basil. Top with the top halves of the roll.

Serves 4. Ready in under 30 minutes. Calories: 410 Fat: 9 grams Sodium: 835 mg

Tuesday

Indonesian-Style Fruit Salad

- 1 small jalapeno chili, finely chopped
- ¼ cup freshly squeezed lime juice
- 3 tablespoons honey
- 2 medium-size Delicious apples
- 1 small honeydew melon
- 2 pints fresh strawberries
- 4 kiwi fruits
- 2 medium size mangoes
- 4 cups fresh pineapple chunks or juice-packed pineapple chunks, drained
- ½ cup fresh or packaged shredded unsweetened coconut
- ¼ cup chopped roasted peanuts

To make the dressing: Combine the jalapeno with 3 tablespoons of the lime juice and honey; set aside.

For the salad: Core but do not peel the apples and cut them into ½-inch cubes. Place them in a small bowl and toss with the remaining lime juice. Cut the honeydew melon into balls or 1-inch cubes; you should have about 4 cups. Place the melon in a large bowl. Wash, hull and quarter the strawberries and add them to the bowl. Peel the kiwi fruits and mangoes, cut them into bite-size pieces and add them to the bowl. Add the apples, pineapple chunks and dressing, and toss well. Divide the salad among 6 plates, sprinkle with coconut and peanuts and serve.

Serves 6. Calories: 354 Fat: 7 grams Sodium: 126 mg

Wednesday

Vegetable Chicken Stir Fry

4 boneless skinless chicken breasts
2 tablespoons olive oil
2 cups frozen vegetables (Broccoli, Carrots)
2 cloves garlic minced
1 can tomato soup
1 Tablespoon soy sauce
1 Tablespoon red wine vinegar

Cut chicken into cubes. In large skillet heat 1 Tbsp. olive oil. Stir fry chicken until cooked. Remove from skillet, set aside. In same skillet in remaining oil stir in vegetables with garlic until tender. Stir in soup, soy sauce, and vinegar. Bring to boil. Return chicken to skillet. Heat through, stirring occasionally. Serve over rice.

Serves 4. Ready in 40 minutes. Calories: 280 Fat: 10 g Sodium: 837 mg

Thursday

Baked Pasta

8 ounces Penne pasta
2 medium zucchini, thinly sliced
1 jar (26-28 ounces) tomato pasta sauce
1/2 teaspoon salt
3/4 cup part-skim shredded mozzarella cheese (about 3-ounces)
2 Tablespoons Italian seasoned breadcrumbs
2 Tablespoons grated Parmesan cheese

Preheat oven to 400°. Cook pasta according to package directions, adding zucchini during last 4 minutes of cooking; drain well. In 2-quart casserole dish, combine pasta, zucchini, pasta sauce and salt. Top with mozzarella cheese, breadcrumbs and Parmesan cheese. Cover with aluminum foil and bake 15 minutes. Remove foil and bake an additional 10 minutes. Let stand 5 minutes before serving.

Serves 6. Ready in 35 minutes. Calories: 347 Fat: 10 g Sodium: 1,072 mg

Friday

Hot Chicken Salad

(Recipe provided by "Trim & Terrific One-Dish Favorites" by Holly Clegg)

3 cups cooked chicken breasts, cubed
1 10-3/4-ounce can fat-free cream of mushroom soup
¼ cup light mayonnaise
1 cup celery, chopped
1/8 teaspoon pepper
1 cup cooked rice
½ cup green onions, sliced
2 large hard-boiled eggs, whites only, chopped

Preheat oven to 375 degrees. Mix all ingredients in a large bowl. Place in a 1-1/2 quart casserole dish coated with nonstick cooking spray. Bake, covered, for 25 minutes. Uncover and bake 5 minutes longer.

Serves 4. Calories: 363 Fat: 10.9 grams Sodium: 612

WEEK 2

Monday

Spaghetti with Tomatoes & Garlic

(Recipe provided from "High-Flavor, Low-Fat Italian Cooking" by Steve Raichlen)

8 ounces spaghetti
12 large red, ripe tomatoes, finely chopped with their juices
12 large basil leaves, thinly slivered plus 4 whole sprigs for garnish
2 cloves garlic, minced
1 tablespoon drained capers
1-1/2 tablespoons extra-virgin olive oil
Salt and freshly ground black pepper to taste
2 to 4 tablespoons freshly grated Parmesan cheese

Cook the spaghetti in 4 quarts of rapidly boiling water until al dente, about 8 minutes. Drain the pasta in a colander and return it to the pot. Stir in the chopped tomatoes (with their juices), slivered basil, garlic, capers and olive oil. Cover over high heat until the sauce and pasta are thoroughly heated, about 2 minutes. Add salt and pepper to taste. Transfer the pasta to bowls or soup plates and garnish each serving with a sprig of basil. Serve the cheese on the side.

Make 4 servings. Calories: 326 Fat: 1 gram Sodium: 65 mg

Tuesday

Home-style Ham Casserole

(Recipe provided from "Simply Casseroles" by Kim Lila)

Vegetable cooking spray
6 large red potatoes, peeled and thinly sliced
1 pound cooked lean ham, cut into 1-inch cubes
1 small green bell pepper, seeded and finely chopped
3 scallions, finely chopped (include green tops)
1 4-ounce package shredded, reduced-fat Cheddar cheese
2 tablespoons margarine
3 tablespoons flour
¾ teaspoon powdered mustard
2 cups skim milk
1/8 teaspoon black pepper, freshly ground
¼ teaspoon paprika
½ cup unseasoned bread crumbs

Preheat oven to 375 degrees. Coat a 2-quart casserole with cooking spray and arrange half of the sliced potatoes on the bottom, overlapping. In a medium bowl, combine ham, bell pepper and scallions. Evenly scatter over potatoes; top with remaining potato slices and sprinkle with cheese. In a small saucepan, melt margarine and blend in flour and mustard. Slowly add milk and continue to stir over medium heat until sauce thickens; mix in black pepper and paprika. Pour sauce evenly over potatoes and ham. Top with bread crumbs. Cover and bake for 45 minutes; uncover and continue to bake for an additional 30 minutes or until potatoes are fork tender and golden brown.

Serves 6. Calories: 448 Fat: 11.2 grams Sodium: 1,294 mg

Wednesday

Linguini Asparagus

(Recipe provided from "Joslin Diabetes Healthy Carbohydrate Cookbook" by Bonnie Sanders Polin)

8 ounces dried or fresh linguine
Butter-flavored cooking spray
1 tablespoon olive oil
1 bunch scallions, white part and 1-inch green, thinly sliced
1 pound thin asparagus, tough ends removed, sliced into 1-inch pieces on the diagonal
1 tablespoon fresh tarragon, chopped, or 1 teaspoon crushed-dried
1 tablespoon toasted walnuts, chopped
1 teaspoon lemon zest, grated
3 tablespoons fresh lemon juice
2 tablespoons flat-leaf parsley, chopped
2 tablespoons Parmesan cheese, grated
Freshly ground pepper to taste

Bring a large kettle of water to a boil and cook the linguine according to package directions. Drain and lightly coat the linguine with cooking spray. In a nonstick skillet, heat the olive oil until very hot. Add the scallions and asparagus; cook, stirring, until the asparagus is crisp-cooked, about 3 minutes. Lower the heat and add the tarragon, toasted walnuts and reserved linguine. Sprinkle with the lemon zest, lemon juice and parsley. Toss, then sprinkle with Parmesan cheese and toss again. Top with freshly ground pepper to taste.

Serves 4. Calories: 247 Fat: 7 grams Sodium: 166 mg

Thursday

Grilled Herb and Almond Mahi Mahi

1 3 ½ pound Mahi mahi fillet
½ teaspoon salt
½ teaspoon freshly ground black pepper
2 tablespoons grated lemon rind
1 tablespoon grated orange rind
1 tablespoon fresh chives
1 teaspoon rosemary
1 teaspoon oregano
1 lemon, cut in slices
¼ cup toasted slivered almonds

Preheat oven to 450 degrees. Sprinkle mahi mahi with salt and pepper. Combine grated rinds; spread over fish. Arrange chives, rosemary and oregano horizontally across fish. Place fish on grill until cooked. Sprinkle slivered almonds over fish. Garnish with lemon slices.

Serves 6. Calories: 264 Fat: 4.8 grams Sodium: 427.5 mg

Friday

Grilled Beef Fajitas

(Recipe provided by weightwatchers.com)

2 medium onions, vidalia, thickly sliced
2 medium summer squash, yellow, sliced lengthwise
1 serving cooking spray (5 one-second sprays)
1/8 tsp. table salt
8 oz raw lean flank steak
1/8 tsp. black pepper
1/2 cup salsa
4 medium fat-free flour tortillas

Preheat grill or grill pan. When hot, grill onion slices until soft and browned, about 5 minutes. Coat squash slices with cooking spray, salt them and grill until soft, about 3 to 5 minutes. Season steak with salt and pepper on both sides; grill until cooked through about 3 to 6 minutes. Remove from grill and slice into strips against the grain. To assemble fajitas, put 2 tablespoons of salsa on each tortilla. Top each with 1/4 of onions, squash and beef; roll up and serve.

Serves 4.

WEEK 3

Monday

Chicken-Kiwi Salad

(Recipe provided from "Trim & Terrific One-Dish Favorites" by Holly Clegg)

¼ cup lime juice
2 Tbsp honey
2 Tbsp low-salt soy sauce
½ tsp ground ginger
2 lbs. cooked, skinless, boneless, chicken breast, sliced
4 kiwis, peeled and thinly sliced
1 8-ounce can sliced water chestnuts, drained
¼ cup red onion, chopped
8 cups romaine lettuce, washed and torn

In a small bowl, combine lime juice, honey, soy sauce and ginger. Pour 1/3 cup dressing over cooked chicken in a large bowl and place in the refrigerator to marinate for at least 1 hour. Set aside remaining dressing. Mix kiwis, water chestnuts and red onion with marinated chicken slices. Line a serving bowl with romaine lettuce. Combine chicken mixture, remaining dressing and torn lettuce. Toss gently.

Serves 4. Calories: 50 Fat: 0.8 grams fat Sodium: 458 mg

Tuesday

Fast Ham & Corn Casserole

Vegetable cooking spray
¾ pound cooked lean ham, cut into 1-inch cubes
1 small yellow onion, finely chopped
1 small red bell pepper, seeded and finely chopped
1 15-ounce can cream-style corn
1 10-ounce package frozen corn, thawed and drained
½ cup skim milk
1 8-ounce package seasoned bread cubes
3 Tbsp. margarine, melted
1 Tbsp. Worcestershire sauce

Preheat oven to 350 degrees. Coat a 2-quart casserole with cooking spray. In the casserole, mix ham, onion, bell pepper, cream-style corn, frozen corn and milk. Spread bread cubes over the top. Add Worcestershire to the melted margarine and drizzle over bread cubes. Bake, uncovered, for 35 minutes or until brown and bubbly.

Serves 4. Calories: 565 Fat: 14.8 grams Sodium: 1,926 mg

Wednesday

Chicken Stir Fry

(Recipe provided by A La Carte for the Heart Cookbook)

2 boneless, skinless chicken breasts
1 Tablespoon olive oil
2 cloves garlic, crushed
1 teaspoon reduced-sodium soy sauce
1 teaspoon Worcestershire sauce
1/8 teaspoon pepper
1/8 teaspoon tarragon
1 box long grain and wild rice
1 cup broccoli florets
1 cup carrots, sliced
1 cup zucchini, sliced
1 cup mushrooms, sliced

Cut chicken into 1-inch pieces. Sauté in oil with crushed garlic. Add soy sauce, Worcestershire sauce, pepper, and tarragon. Cook rice according to instructions on box. Add chopped vegetables to chicken. Stir occasionally. Simmer covered until vegetables are tender. Add cooked rice and continue to cook for 5-10 minutes.

Serves 6. Ready in 25 minutes. Calories: 235 Fat: 4 grams Sodium: 214 mg

Thursday

Spinach Stuffed Sole

Non-stick cooking spray as needed
1 tsp. olive oil
½ lb. Fresh mushrooms, sliced
½ lb. Fresh spinach, chopped
¼ tsp. oregano leaves, crushed
1 clove garlic, minced
1-1/2 lb. sole fillets or other white fish
2 Tbsp. sherry
4 oz. part skim mozzarella cheese, grated

Preheat oven to 400 degrees. Spray a 10x6-inch baking dish with nonstick cooking spray. Heat oil in skillet; sauté mushrooms about 3 minutes or until tender. Add spinach and continue cooking about 1 minute or until spinach is barely wilted. Remove from heat; drain liquid into prepared baking dish. Add oregano and garlic to drained sautéed vegetables; stir to mix ingredients. Divide vegetable mixture evenly among fillets, placing filling in center of each fillet. Roll fillet around mixture and place seam-side down in prepared baking dish. Sprinkle with sherry, then grated mozzarella cheese. Bake 15-20 minutes or until fish flakes easily. Lift out with a slotted spoon.

Serves 4. Calories: 262 Fat: 8 grams Sodium: 312 mg

Friday

Very Lemony Chicken

1-1/2 lb. Chicken breast, skinned and fat removed
1/2 C fresh lemon juice
2 Tbsp. white wine vinegar
1/2 C fresh sliced lemon peel
3 tsp. chopped fresh oregano or 1 tsp. dried oregano, crushed
1 medium onion, sliced
1/4 tsp. salt
Black pepper to taste
1/2 tsp. paprika

Place chicken in 13x9x2-inch glass baking dish. Mix lemon juice, vinegar, lemon peel, oregano, and onions. Pour over chicken, cover and marinate in refrigerator several hours or overnight, turning occasionally. Sprinkle with salt, pepper, and paprika. Cover and bake at 325 degrees for 30 minutes. Uncover and bake 30 minutes more or until done.

Serves 4. Calories: 154 Fat: 5 g Sodium: 202 mg

WEEK 4

Monday

20-minute Chicken Creole

Nonstick cooking spray as needed

4 medium chicken breast halves, skinned, boned, and cut into 1-inch strips

1 can (14 oz) tomatoes, cut

1 C low-sodium chili sauce

1-1/2 C green peppers, chopped (1 large)

1/2 C celery, chopped

1/4 C onion, chopped

2 cloves minced garlic

1 Tbsp. fresh basil or 1 tsp. dried

1 Tbsp. fresh parsley or 1 tsp. dried

1/4 tsp. crushed red pepper

1/4 tsp. salt

Serves 4. Calories: 255 Fat: 3 g Sodium: 465 mg

Tuesday

Crispy Oven-Fried Chicken

(Recipe provided by American Heart Association Low-Fat, Low-Cholesterol Cookbook)

Vegetable oil spray, butter-flavored or original

4 cups wheat-flake or corn-flake cereal, lightly crushed (4 to 5 ounces)

1 clove garlic, crushed or 1/2 teaspoon bottled minced garlic (optional)

1 tsp. ground ginger, or to taste

1 tsp. paprika

1/4 tsp. salt (optional)

Freshly ground pepper to taste

12 pieces chicken (about 3 1/2 pounds), skinned, all visible fat removed

Preheat oven to 350 degrees. Spray a baking sheet with vegetable oil spray. Set aside. Place cereal in a pie pan or on a piece of foil. Stir in garlic. Set aside. Combine ginger, paprika, salt, and pepper in a small bowl. Rinse chicken and pat dry with paper towels. Sprinkle seasonings on both sides of each piece. Roll chicken in cereal crumbs to coat. Spray chicken lightly on all sides with vegetable oil spray. Place on prepared baking sheet. Bake for 45-60 minutes, or until chicken is golden brown and tender. Timing will vary according to the thickness of the chicken pieces.

Serves 6. Calories: 235 Fat: 6 g Sodium: 206 mg

Wednesday

Toasted Ravioli with Italian Salsa

(Recipe provided by American Heart Association Low-Fat, Low-Cholesterol Cookbook)

16 ounces frozen beef ravioli (30 pieces)
Vegetable oil spray
¼ cup nonfat or low-fat Italian salad dressing
½ cup dried breadcrumbs
1 ½ tsp. salt-free Italian herb seasoning
Vegetable oil spray
Italian Salsa
14.5-ounce can no-salt-added tomatoes with juice
½ small red onion, quartered
1 hot banana or ½ green bell pepper, seeded and ribs removed
1 Tbsp. Chopped fresh oregano or 1 tsp. dried
1 Tbsp. chopped fresh basil or 1 tsp. dried
1 clove garlic, halved, or ½ tsp. bottled minced garlic
1 tsp. balsamic vinegar or red wine vinegar
¼ tsp. sugar

Cook ravioli according to package directions, omitting salt and oil. Drain and cool for at least 10 minutes. Meanwhile, lightly spray 2 baking sheets with vegetable oil spray. Set aside. Using a pastry, lightly coat top of each of the ravioli with dressing. Place on baking sheets. Mix breadcrumbs and herb seasoning. Sprinkle over ravioli. The ravioli can be refrigerated for up to 8 hours at this point. Place all salsa ingredients in a blender or food processor and process for 15 to 20 seconds. Set aside (Salsa will keep in the refrigerator for up to 4 days.) Preheat oven to 400 degrees. Lightly spray tops of ravioli with vegetable oil spray. Bake the ravioli for 9 to 11 minutes. Drizzle the salsa over the ravioli or use the salsa for dipping.

Serves 5. Calories: 126 Fat: 2 g Sodium: 220 mg

Thursday

Chicken-Vegetable Stir-Fry

(Recipe provided by American Heart Association)

1 lb. boneless, skinless chicken breasts, all visible fat removed
1 ½ Tbsp. Low-sodium soy sauce
1 Tbsp. Grated fresh gingerroot or 1 tsp. ground ginger
1 tsp. acceptable vegetable oil
2 medium green, red, or yellow bell peppers, or any combination, cut into 1-inch strips
4 green onions (green and white parts), cut into 1-inch strips
¾ cup pineapple chunks, fresh or canned in their juice, ¼ cup of juice reserved
2/3 cup low-sodium chicken broth
¼ cup pineapple juice or juice reserved from canned pineapple
1 ½ Tbsp. Cornstarch
1 Tbsp. Sesame seeds, toasted

Rinse chicken breasts and pat dry with paper towels. Cut breasts into 1-inch cubes. Marinate in soy sauce and ginger for 30-45 minutes, stirring occasionally. In a nonstick wok or skillet, heat oil over high heat. Add chicken and stir-fry for 2 minutes. Using a slotted spoon, remove chicken, leaving juices in the pan. Add peppers and onions and stir-fry for 1 minute. Add pineapple and chicken and stir-fry for 2 to 3 minutes. Vegetables should be tender-crisp. Pour broth and pineapple juice into a small bowl. Add cornstarch, stirring to dissolve. Stir into chicken mixture.

Boil for about 1 minute, or until thickened and smooth. Put on serving dish and sprinkle with sesame seeds.

Serves 6. Calories: 147 Fat: 4 g Sodium: 477 mg

Friday

Mango-Chicken Salad

¾ oz garlic-flavored salad dressing mix
¼ cup white vinegar
2 oz frozen orange juice concentrate, prepared with 4 oz water
1 serving cooking spray (5 one-second sprays)
6 oz boneless, skinless chicken breasts
1 tsp. lemon pepper seasoning
¼ cup slivered almonds
10 oz mixed green, ready-to-eat
4 medium celery stalks, chopped
4 medium scallions, chopped
2 medium mangoes, chopped and cubed

To make salad dressing, combine salad dressing mix with vinegar and ½ cup orange juice in a small bowl. Refrigerate for at least 1 hour. Preheat oven to 350 degrees. Coat a small baking pan with cooking spray. Place chicken breasts in pan; pour remaining ¼ cup orange juice over chicken and sprinkle with lemon pepper seasoning. Bake chicken for 30 minutes, cool and dice into ½ - inch pieces. While chicken is cooking, place almonds on a jelly roll pan and bake in oven alongside chicken for 10 minutes; cool and set aside. Toss salad greens, celery, scallions and chicken with dressing; divide among 4 plates. Top each with ¼ of mango and 1 tablespoon of almonds.

Serves 4.

