FIVE INGREDIENTS OR LESS

Presented by
The UK Health & Wellness Program

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Five Ingredient or Less Recipes

This cookbook contains a collection of recipes that were handpicked for you by the staff at the UK Health and Wellness Program. These recipes require only FIVE ingredients or LESS! These easy recipes include quick-fix meal ideas for any occasion, from weeknight dinners to potlucks to dinner parties. Each of these recipes can be prepared in 5 to 40 minutes and, since they require just a few simple ingredients, the recipes are budget-friendly too! We hope these recipes inspire you to say “Yes! I can get a healthful meal on the table. No sweat!”

Five ingredient or less recipes do not count the following ingredients in the lists because most households have these ingredients already on hand:

- Salt
- Pepper
- Oil
- Water
- Cooking spray
ENTREES

Individual Salsa Meat Loaves
Cornmeal-Crustec Chicken Tenders with Honey Mustard Sauce
Chili-Lime Shrimp
Chicken Egg Rolls
Balsamic Chicken with Roasted Tomatoes
Beef Tenderloin Steaks with Red Wine-Mushroom Sauce
Bourbon Glazed Salmon
Gemelli with Broccoli, Bacon, and Chickpeas
Refried Bean Poblanos with Cheese
Individual Salsa Meat Loaves

Prep time: 10 Minutes; Cook Time: 30 minutes
Yield: 4 servings (serving size: 1 meat loaf)

Ingredients

- 1 egg or 2 large egg whites
- 1/3 cup quick-cooking oats
- 1/2 cup plus 2 tablespoons chipotle salsa, divided
- 2 tablespoons plus 2 tablespoons ketchup, divided
- 1 pound ground beef, extra lean
- Cooking spray

Preparation

1. Preheat oven to 350°.
2. Combine egg whites in a large bowl, stirring well with a whisk. Stir in oats, 1/2 cup salsa, and 2 tablespoons ketchup. Add beef; mix well. Divide beef mixture into 4 equal portions, shaping each into an oval-shaped loaf. Coat a foil-lined rimmed baking sheet with cooking spray. Place loaves on prepared pan.
3. Bake for 30 minutes, until beef reaches an internal temperature of 160 degrees.
4. Combine remaining 2 tablespoons salsa and remaining 2 tablespoons ketchup in a small bowl; spread mixture evenly over loaves.

Tip: Making meat loaf in single-serving portions reduces the cooking time by half and keeps the meat juicy.

Nutritional Information Per Serving:
Calories: 190 Calories from fat: 26% Fat: 6g Saturated fat: 2.1g Monounsaturated fat: 2.1g Polyunsaturated fat: 0.7g Protein: 25g Carbohydrate: 10.9g Fiber: 1.7g Cholesterol: 60mg Iron: 2.2mg Sodium: 548mg Calcium: 7mg

Adapted from Cooking Light Fresh Food Fast Cookbook, Oxmoor House 2009
Cornmeal-Crusted Chicken Tenders with Honey Mustard Sauce

Prep Time: 20 minutes; Cook Time: 6-8 minutes
Yield: 4 servings

Ingredients

- 1 pound chicken tenders
- Salt and pepper
- ½ cup yellow cornmeal (may need more or less)
- Canola oil
- ¼ cup nonfat plain yogurt, preferably Greek-style
- 2 tablespoons Dijon mustard
- 2 tablespoons honey

Preparation

1. Sprinkle chicken tenders with salt and pepper. Place cornmeal in a medium bowl. Using one piece of chicken at a time, coat tenders evenly with cornmeal (discard any leftover cornmeal).
2. Pour enough oil into a nonstick skillet to just cover the bottom. Heat oil over medium-high heat. Reduce heat to medium and cook the chicken, turning once or twice, until browned and just cooked through, 6 to 8 minutes total (thinner nuggets will cook faster than thicker ones).
3. To prepare sauce: Combine yogurt, mustard, honey and pepper in a small bowl. Serve the sauce with the tenders.

Tip: Tossing chicken tenders with cornmeal gives these chicken nuggets great crunch without deep-frying.

Nutritional Information Per Serving:
Calories 184; 5 g Fat; 1 g Sat; 3 g Mono; 67 mg Cholesterol; 9 g Carbohydrates; 26 g Protein; 2 g Fiber; 452 mg Sodium; 70 mg Potassium

Adapted from Eating Well July/August 2010
Chili-Lime Shrimp

Prep Time: 4 minutes; Cook Time: 6 minutes
Yield: 4 servings (serving size: 1 cup)

Ingredients

- Cooking spray
- 1/2 cup chopped green onions,
- 24 oz. frozen shrimp (peeled, cooked, and deveined), thawed
- 1 teaspoon chili powder
- 2 tablespoons lime juice
- 2 tablespoons butter
- 1/2 teaspoon salt

Preparation

1. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add 1/2 cup onions; coat onions with cooking spray. Cook 1 minute, stirring occasionally.
2. Add shrimp and chili powder; cook 4 minutes or until shrimp are heated through, stirring occasionally.
3. Remove from heat. Add lime juice, butter, and salt, and stir until butter melts. Serve over rice, if desired.

Nutritional Information Per Serving:
Calories: 186; Calories from fat: 34% Fat: 7g Saturated fat: 4g Monounsaturated fat: 1.7g Polyunsaturated fat: 0.8g Protein: 27.5g Carbohydrate: 2g Fiber: 0.5g Cholesterol: 267mg Iron: 4.3mg Sodium: 644mg Calcium: 67mg

Adapted Cooking Light Fresh Food Fast, Oxmoor House 2009
Karen’s Chicken Egg Rolls

Ingredients

- 1 package egg roll wrappers (see Tip)
- 1 pound ground chicken
- ¼ cup sweet chili sauce (see Tip)
- 16 oz bag of slaw cabbage (shredded cabbage and carrots)
- Sweet and sour dipping sauce
- Canola or peanut oil

Preparation

1. In a skillet, brown ground chicken over medium high heat.
2. When the chicken is almost done, add slaw cabbage to skillet. Cook chicken and cabbage together until cabbage starts to wilt.
3. Remove from heat and stir in sweet chili sauce.
4. To assemble egg rolls: Use about 2-3 tablespoons of cabbage/chicken filling per egg roll and follow the instructions below.

To cook egg rolls:

1. In a large skillet, add enough oil to cover the bottom of the pan. Heat oil over medium-high heat. When oil is hot, add egg rolls. Cook until bottom of egg rolls are browned (about 3 minutes) and then flip and brown the other side of the egg rolls.
2. When done, remove egg rolls from pan and place on paper towels to absorb excess oil. Serve with sweet and sour dipping sauce.

Tips:

- Egg roll wrappers are typically found in the refrigerated section of the grocery store, often with the tofu. They are different from spring roll wrappers, which will not work for this purpose! In Lexington, we have purchased egg roll wrappers at Whole Foods Market and Kroger Marketplace.
- Sweet chili sauce is a dipping sauce that can be found in the Asian foods section of your grocery store.

Recipe from Karen Bryla McNees
Balsamic Chicken with Roasted Tomatoes

Total Time: 20 minutes
Yield: 4 servings (serving size: 1 chicken breast half and about 1/4 cup tomatoes)

Ingredients

- 1 pint grape tomatoes
- 1 tablespoon honey
- 1 1/2 teaspoons olive oil
- 1/2 teaspoon salt, divided
- 4 (6-ounce) skinless, boneless chicken breast halves
- 1/2 teaspoon freshly ground black pepper
- Cooking spray
- Balsamic vinaigrette salad spritzer (such as Wish-Bone)

Preparation

1. Preheat oven to 450°.
2. Combine first 3 ingredients in a small bowl; place tomato mixture on a foil-lined jelly-roll pan. Bake for 12 minutes or until tomato skins burst and begin to wrinkle, stirring once. Transfer tomatoes to a bowl, scraping juices into bowl. Stir 1/4 teaspoon salt into tomato mixture.
3. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet. Sprinkle chicken evenly with 1/4 teaspoon salt and pepper.
4. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add chicken; cook 3 to 4 minutes on each side. Place chicken on individual plates; coat each breast half with 2 to 3 sprays of balsamic spritzer. Spoon tomatoes evenly over chicken.

Tip: The juices escaping from the roasting tomatoes combine with the honey and olive oil to make a syrupy glaze to coat the tomatoes and the chicken.

Nutritional Information Per Serving:
Calories 238; Calories from fat: 16%; Fat: 4g; Saturated fat: 0.8g; Monounsaturated fat: 1.8g; Polyunsaturated fat: 0.8g; Protein: 40g; Carbohydrate: 7.7g; Fiber: 1g; Cholesterol: 99mg; Iron: 1.5mg; Sodium: 431mg; Calcium: 28mg

Adapted Cooking Light Fresh Food Fast, Oxmoor House 2009
Beef Tenderloin Steaks with Red Wine Mushroom Sauce

Total time:
Yield: 4 servings (serving size: 1 steak and 1/4 cup sauce)

Ingredients

- 4 (4-ounce) beef tenderloin steaks, trimmed, 1/2” thick (can also use top sirloin filets that are up to 1” thick)
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Butter-flavored cooking spray
- 1 (8-ounce) package pre-sliced baby Portobello mushrooms
- 1 cup dry red wine
- 2 tablespoons butter
- 1 teaspoon minced fresh rosemary

Preparation

1. Heat a large nonstick skillet over medium-high heat. Sprinkle steaks with salt and pepper; coat with cooking spray.
2. Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness. Transfer steaks to a serving platter; keep warm.
3. Add mushrooms to pan. Coat mushrooms with cooking spray; sauté 3 minutes or until browned.
4. Stir in wine, scraping pan to loosen browned bits. Cook until liquid almost evaporates (takes about 10 minutes).
5. Remove pan from heat; add butter and rosemary, stirring until butter melts. Pour sauce over steaks.

Tip: Stirring the mushrooms constantly helps release their juices, allowing them to caramelize quickly.

Nutrition Information Per Serving:
Calories: 24; Calories from fat: 46%; Fat: 13g; Saturated fat: 6g; Monounsaturated fat: 4g; Polyunsaturated fat: 0.9g; Protein: 23.3g; Carbohydrate: 3.8g; Fiber: 0.9g; Cholesterol: 74mg; Iron: 1.9mg; Sodium: 235mg; Calcium: 24mg

Adapted from Cooking Light Fresh Food Fast, Oxmoor House 2009
Helen’s Bourbon Glazed Salmon

Total Time: 30 minutes
Yields: 4 (serving size: 4oz)

Ingredients

- 1 pound fresh salmon
- 1/2 tablespoon sea salt
- 1 teaspoon black pepper
- 1 small bottle bourbon (about 3 ounces)
- 1/4 cup brown sugar
- ¼ teaspoon minced garlic
- 2 tablespoons orange juice

Preparation

1. Preheat the broiler in your oven.
2. Combine the bourbon, sugar, garlic, and orange juice in a small saucepan and whisk. Heat over high heat and allow it to come to a boil.
3. Reduce to a simmer and let simmer for 8-10 minutes, or until mixture reduces by about half.
4. Pour mixture in a bowl and let sit at room temperature while the salmon cooks. The glaze will thicken a bit at this time.
5. Pat the salmon dry and season it with the salt and pepper on both sides. Lay it on a baking sheet lined with parchment paper.
6. Broil for about 5-6 minutes on each side, until the top develops a crispy crust. If your salmon is very thick, you may need to cook a little longer (approximately 8 minutes on the first side).
7. Remove the salmon from the oven and brush it with the bourbon glaze.

Nutritional Information Per Serving:
Calories: 208; Fat: 2.5g; Saturated Fat: 0.5g; Cholesterol: 45mg; Sodium: 275.6mg; Potassium: 692.6mg; Carbohydrates: 14.4g; Fiber: 1.0g; Protein: 19.1g; Vitamin C: 4.2%; Calcium: 1.5%; Iron: 5.5%

Recipe from Helen Moseley
Gemelli with Broccoli, Bacon, and Chickpeas

Total time: 35 minutes
Yield: 4 servings (serving size: 1 3/4 cups)

Ingredients

- 1 (16-ounce) package of precut broccoli florets
- 8 ounces uncooked gemelli pasta
- 6 slices center-cut bacon
- 3 garlic cloves, thinly sliced
- 1 (15-ounce) can no-salt-added chickpeas (garbanzo beans), rinsed and drained
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Preparation

1. Bring 4 quarts water to a boil in a large pot.
2. Add broccoli to pan; cook 2 minutes. Remove with a slotted spoon; drain well. Coarsely chop. Return water to a boil.
3. Add pasta to pan; cook according to package directions, omitting salt and fat. Drain in a colander over a bowl; reserve 3/4 cup pasta water.
4. Cook bacon in a large skillet over medium heat until crisp. Remove bacon from pan, reserving 1 tablespoon drippings in pan; crumble bacon. Increase heat to medium-high.
5. Add garlic and chickpeas to drippings in pan; sauté 2 minutes or until garlic is golden.
6. Stir in broccoli, 1/2 teaspoon salt, and 1/4 teaspoon freshly ground black pepper; cook 3 minutes or until broccoli is heated. Stir in pasta, 3/4 cup pasta water, and bacon; toss well.

Tips:

- If you can’t find gemelli pasta, substitute rotini or whole wheat rotini pasta instead.
- The original recipe called for broccoli rabe, which is a nonheading variety of broccoli. It has long, thin, leafy stalks topped with small florets that look like tiny broccoli florets. Broccoli rabe is often described as having a nutty flavor and the leaves are slightly bitter. If you can find broccoli rabe, use 1 pound in place of broccoli.

Nutritional Information Per Serving:
Calories: 357; Fat: 7g, Saturated fat: 2.2g; Monounsaturated fat: 2.6g; Polyunsaturated fat: 1.1g; Protein: 17.9g; Carbohydrate: 57.4g; Fiber: 4.4g; Cholesterol: 11mg; Iron: 3.7mg; Sodium: 537mg; Calcium: 88mg

Adapted from Cooking Light SEPTEMBER 2010
Refried Bean Poblanos with Cheese

Prep Time: 7 minutes  
Cook Time: 6 minutes

Ingredients

- 4 medium poblano chiles, halved and seeded
- 1 (16-ounce) can fat-free refried beans
- 1 (8.8-ounce) pouch microwaveable cooked long-grain rice (such as Uncle Ben's Original Ready Rice)
- 1/2 cup picante sauce
- 1 cup (4 ounces) shredded reduced fat Mexican blend cheese
- Chopped fresh cilantro (optional)

Preparation

1. Place chile halves, cut sides up, on a round microwave-safe plate. Cover with wax paper; microwave at HIGH 3 minutes.
2. While chiles cook, combine beans, rice, and picante sauce in a medium bowl, stirring well.
3. Remove chile halves from microwave and pat dry with a paper towel. Spoon bean mixture evenly into chile halves.
4. Cover with wax paper; microwave at HIGH 2 minutes.
5. Uncover chiles, sprinkle each half with 2 tablespoons cheese, and microwave at HIGH 1 to 2 minutes or until cheese melts.
6. Sprinkle evenly with cilantro, if desired.

Tip: If you have more time, try roasting the chiles in the oven until soft and complete the recipe in the oven for a more developed texture.

Nutritional Information Per Serving:
Calories: 303; Calories from fat: 19%; Fat: 6g; Saturated fat: 3.1g; Monounsaturated fat: 0.0g; Polyunsaturated fat: 0.1g; Protein: 17g; Carbohydrate: 45.4g; Fiber: 7.7g; Cholesterol: 10mg; Iron: 0.7mg; Sodium: 960mg; Calcium: 232mg

Adapted from Cooking Light Fresh Food Fast, Oxmoor House 2009
Soups, Sandwiches & Sides

Turkey Sausage-Gnocchi Soup
Southwestern Chicken and White Bean Soup
Pear-Walnut Sandwiches
Lemon-Parmesan Broccoli
Creamy Butternut Squash Risotto
Oven-Roasted Sweet Potatoes and Onions
Red Pepper & Goat Cheese Frittata
Sausage Gnocchi Soup

Total Time: 20 minutes
Yield: 7 servings (serving size: 1 cup soup and about 1 tablespoon cheese)

Ingredients

- 8 -10 oz Italian flavored chicken or turkey sausage links, sliced
- 2 cups water
- 1 (16-ounce) package vacuum-packed gnocchi (such as Bellino or Vigo)
- 1 (14-ounce) can fat-free, less-sodium beef broth
- 1 (14 1/2-ounce) can Italian-style stewed tomatoes, undrained and chopped
- 1/2 cup (2 ounces) grated fresh Parmesan cheese
- Salt and pepper to taste

Preparation

1. Brown sliced sausage in a large pan over medium-high heat.
2. Add 2 cups water and next 3 ingredients to pan; bring to a boil. Reduce heat, and simmer 4 to 5 minutes or until gnocchi float to the top of pan. Add salt and pepper to taste.
3. Ladle soup into bowls; sprinkle each serving evenly with cheese.

Tip: Gnocchi are small, quick-cooking dumplings usually made from potatoes. Look for shelf-stable vacuum-packed packages of gnocchi with the dried pasta in your local supermarket.

Nutritional Information Per Serving:
Calories: 182; Calories from fat: 21%; Fat: 4g; Saturated fat: 1.7g; Monounsaturated fat: 0.0g; Polyunsaturated fat: 0.0g; Protein: 10.5g; Carbohydrate: 25.1g; Fiber: 0.5g; Cholesterol: 22mg; Iron: 0.7mg; Sodium: 809mg; Calcium: 134mg

Adapted Cooking Light Fresh Food Fast, Oxmoor House 2009
Southwestern Chicken and White Bean Soup

Prep Time: 2 minutes; Cook Time: 13 minutes
Yield: 6 servings (serving size: 1 cup)

Ingredients

- ½ of a rotisserie chicken, shredded
- 1 tablespoon reduced sodium taco seasoning
- Cooking spray
- 2 (14-ounce) cans fat-free, less-sodium chicken broth or stock
- 1 (16-ounce) can cannellini beans or other white beans, rinsed and drained
- 1/2 cup green salsa
- Light sour cream (optional)

Preparation

1. Combine chicken and taco seasoning; toss well to coat. Heat a large saucepan over medium-high heat. Coat pan with cooking spray. Add chicken; sauté 2 minutes or until chicken is heated through. Add broth.
2. Place beans in a small bowl and mash until only a few whole beans remain (you can also mash the beans right in the saucepan).
3. Add beans and salsa to pan, stirring well. Bring to a boil. Reduce heat; simmer 10 minutes or until slightly thick. Serve with sour cream, if desired.

Nutritional Information per Serving:
Calories: 134 Calories from fat: 19%  Fat: 3g  Saturated fat: 0.5g  Monounsaturated fat: 0.6g  Polyunsaturated fat: 0.5g  Protein: 18g  Carbohydrate: 8.5g  Fiber: 1.8g  Cholesterol: 40mg  Iron: 1.1mg  Sodium: 623mg  Calcium: 22mg

Adapted Cooking Light Fresh Food Fast, Oxmoor House 2009
Pear-Walnut Sandwiches

Total Time: 15 minutes
Yield: 4 servings (serving size: 1 sandwich)

Ingredients

- 1/2 cup (4 ounces) tub-style light cream cheese
- 8 (1.1-ounce) slices cinnamon-raisin bread, toasted
- 2 tablespoons finely chopped walnuts, toasted
- 2 Bartlett pears, cored and thinly sliced
- 1 cup alfalfa sprouts

Preparation

1. Spread 1 tablespoon cream cheese evenly over each of 8 bread slices.
2. Sprinkle 1/2 tablespoon walnuts evenly over each of 4 bread slices.
3. Top each evenly with pear slices, sprouts, and 1 bread slice. Cut each sandwich in half diagonally.

Nutritional Information Per Serving:
Calories: 335; Calories from fat: 29%; Fat: 11g; Saturated fat: 3.7g; Monounsaturated fat: 0.4g; Polyunsaturated fat: 1.8g; Protein: 8.7g; Carbohydrate: 52.2g; Fiber: 5.9g; Cholesterol: 15mg; Iron: 2mg; Sodium: 363mg; Calcium: 56mg

Adapted from Cooking Light Fresh Food Fast, Oxmoor House 2009
**Lemon-Parmesan Broccoli**

Total time: 8 minutes  
Yield: 6 serving (serving size: 2/3 cup)

**Ingredients**

- 12 ounces broccoli florets (5 cups raw)  
- 2 tablespoons extra-virgin olive oil  
- 2 garlic cloves, minced  
- 1/2 teaspoon grated lemon rind  
- 1 teaspoon lemon juice  
- 1/4 teaspoon salt  
- 6 tablespoons grated Parmesan

**Preparation**

1. Arrange broccoli in a steamer. Steam, covered, 4 minutes or until crisp-tender. Place broccoli in a large bowl.
2. Heat a small skillet over medium-high heat. Add oil and garlic; cook 2 minutes or until garlic is fragrant. Add oil mixture, rind, juice, and salt to broccoli; toss to coat. Sprinkle broccoli mixture with cheese.

**Nutritional Information Per Serving:**  
Calories: 71  Fat: 5.7g  Saturated fat: 1.2g  Monounsaturated fat: 3.3g  Polyunsaturated fat: 0.6g  Protein: 2.9g  Carbohydrate: 3.5g  Fiber: 1.7g  Cholesterol: 3mg  Iron: 0.5mg  Sodium: 146mg  Calcium: 67mg

*Adapted from Cooking Light OCTOBER 2011*
Creamy Butternut Squash Risotto

Total Time: 30 minutes
Yield: 4 servings (serving size: 1 1/4 cups)

Ingredients

- 1 1/4 cups uncooked Arborio rice (risotto) or other medium-grain rice
- 2 teaspoons olive oil
- 2 1/2 cups fat-free, less-sodium chicken broth
- 1 cup water
- 1 (12-ounce) package frozen pureed butternut squash (such as McKenzie's)
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 6 tablespoons grated Parmesan cheese
- Grated Parmesan cheese (optional)

Preparation

1. Thaw frozen squash in the refrigerator the night before cooking squash risotto.
2. Combine rice and oil in skillet over medium heat, stirring to coat until rice is toasted golden brown.
3. Add broth and 1 cup water to rice mixture and bring to a boil.
4. Reduce heat and let simmer until the rice absorbs the liquid.
5. Add squash, salt, pepper, and cheese to risotto. Stir well to combine. Garnish with additional cheese, if desired.

Nutritional Information Per Serving:
Calories: 326; Calories from fat: 20%; Fat: 7g; Saturated fat: 2g; Monounsaturated fat: 2.3g; Polyunsaturated fat: 0.4g; Protein: 10.5g; Carbohydrate: 55.9g; Fiber: 3.3g; Cholesterol: 7mg; Iron: 0.8mg; Sodium: 814mg; Calcium: 98mg

Adapted from Cooking Light Fresh Food Fast, Oxmoor House 2009
Oven-Roasted Sweet Potatoes and Onions

Prep Time: 5 minutes; Cook Time: 35 minutes
Yield: 6 servings (serving size: 1 cup)

Ingredients

- 4 medium sweet potatoes, cut into 2-inch pieces (about 2 1/4 pounds)
- 2 medium sweet onions, cut into 1-inch pieces (about 1 pound)
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- ½ teaspoon pepper

Preparation

1. Preheat oven to 425°.
2. Cut sweet potatoes into 2–inch pieces and onions into 1-inch pieces
3. Combine all ingredients in a 13 x 9-inch baking dish, tossing to coat.
4. Bake at 425° for 35 minutes or until tender, stirring occasionally.

Tip: Try substituting minced garlic cloves in place of garlic powder.

Nutrition Information Per Serving:
Calories: 247; Calories from fat: 19%; Fat: 5.1; Saturated fat: 0.7g; Monounsaturated fat: 3.4g; Polyunsaturated fat: 0.6g; Protein: 3.6g; Carbohydrate: 47.8g; Fiber: 6.5g; Cholesterol: 0.0mg; Iron: 1.2mg; Sodium: 255mg; Calcium: 53mg

Adapted from Cooking Light DECEMBER 2002
Red Pepper & Goat Cheese Frittata

Total Time: 40 minutes
Yield: 6 servings

Ingredients

- 8 eggs
- 2 tablespoons finely chopped fresh oregano
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 tablespoons extra-virgin olive oil
- 1 cup sliced red bell pepper
- 1 bunch scallions, trimmed and sliced
- 1/2 cup crumbled goat cheese

Preparation

1. Position rack in upper third of oven; preheat broiler.
2. Whisk eggs, oregano, salt and pepper in a medium bowl. Heat oil in a large, ovenproof, nonstick skillet over medium heat. Add bell pepper and scallions and cook, stirring constantly, until the scallions are just wilted, 30 seconds to 1 minute.
3. Pour the egg mixture over the vegetables and cook, lifting the edges of the frittata to allow the uncooked egg to flow underneath, until the bottom is light golden, 2 to 3 minutes. Dot the top of the frittata with cheese, transfer the pan to the oven and broil until puffy and lightly golden on top, 2 to 3 minutes. Let rest for about 3 minutes before serving. Serve hot or cold.

Tip: To prepare in advance, let cool, cover and refrigerate for up to 1 day; serve cold.

Nutrition Information Per Serving:
Calories: 179; 13 g fat (4 g sat , 7 g mono ); 286 mg cholesterol; 4 g carbohydrates; 11 g protein; 1 g fiber; 326 mg sodium; 200 mg potassium.

Adapted from The Eating Well Healthy in a Hurry Cookbook AUGUST/SEPTEMBER 2006
Pumpkin Mousse
Pumpkin Mousse

 Prep Time: 5 minutes; Cooking time: 0 min
 Yields: 6 servings (serving size: 1/2 cup each)

 Ingredients

- 1 box (3.4 oz.) vanilla instant pudding and pie filling mix
- 1/4 teaspoon pumpkin pie spice or ground cinnamon
- 2/3 cup (5 fl.-oz. can) evaporated milk
- 1 cup canned pumpkin
- 1 1/2 cups thawed frozen whipped topping

 Preparation

1. Combine pudding mix and pie spice in medium bowl.
2. With whisk, add evaporated milk; mix until well blended.
3. Add pumpkin; mix well. Gently fold whipped topping into pudding mixture.
4. Spoon into serving dishes. Top with additional whipped topping and pie spice, if desired. Serve immediately or cover and refrigerate.

 Tip: To reduce the sugar and fat content, choose sugar-free pudding mix, fat free evaporated milk, and/or light whipped topping.

 Nutrition Information Per Serving:
 Calories 135; Total Fat: 3.2g; Saturated Fat: 2.3g; Cholesterol: 8.1mg; Sodium: 265 mg; Potassium: 178.8 mg; Carbohydrates: 24.6g; Fiber: 1.3g; Sugars: 17.9g; Protein: 2.2g; Vitamin A: 128.0%; Vitamin C: 3.6%; Calcium 8.6%; Iron: 3.6%

 Adapted from www.verybestofbaking.com