

Citrus Glazed Chicken Thighs

- 1 cup orange juice
- 2 Tbs low-sodium soy sauce
- 2 Tbs honey
- 2 tsp bottled minced garlic
- 2 tsp bottled minced ginger
- ½ tsp grated lime rind
- ¼ - ½ tsp ground red pepper

- 12 (2-ounce) skinless, boneless chicken thighs
- Cooking spray
- 1 Tbs all purpose flour

Place first 7 ingredients in a large zip-top bag. Add chicken; seal bag, and marinate in refrigerator 1 hour, turning occasionally. Remove chicken, reserving marinade. Preheat broiler. Place chicken on a foil lined jelly-roll pan coated with cooking spray; broil 8 mins on each side or until done. While chicken cooks, place reserved marinade, flour, and salt in a small saucepan, stirring with a whisk until blended. Bring to a boil over medium-high heat. Reduce heat, and cook for 1 minute or until thickened. Serve sauce with chicken.

Serving: 2 thighs and 2 ½ Tbsp sauce.

Per serving: Calories 189, Fat 4.7g, 48g, Protein 23g, Cholesterol 94mg, Calcium 18mg, Sodium 470 mg, Fiber 0.2g, Carbohydrate 12.1g



Sautéed Spinach with Pine Nuts and Golden Raisins

- 2 tsp extra virgin olive oil
- 2 Tbsp golden raisins
- 1 Tbsp pine nuts
- 2 cloves garlic, minced

- 1- 10 oz bag fresh spinach, stems removed
- 2 tsp balsamic vinegar
- 1/8 tsp salt
- 1 Tbsp shaved Parmesan cheese

Heat oil in large nonstick skillet over med high heat. Add raisins, pine nuts and garlic; cook, stirring, until fragrant, about 30 seconds. Add spinach and cook, stirring, until just wilted, about 2 minutes. Remove from heat; stir in vinegar and salt. Serve immediately, sprinkled with Parmesan cheese. Makes 2 servings.

Per serving: Calories 158, Total Fat 9g, Total Carb 16g, Dietary Fiber 4g, Cholesterol 2mg, Protein 6g, Sodium 310 mg.



Chocolate Fondue

- 3 oz bittersweet chocolate, chopped
- 2 Tbsp half and half
- 1 Tbsp brewed espresso
- ½ teaspoon vanilla extract
- Pinch of salt
- 1 banana, peeled and cut into 8 pieces
- 8 1-ince chunks fresh pineapple
- 4 strawberries

Place chocolate, half and half, espresso, vanilla and salt in a medium microwave safe bowl. Microwave on medium, stirring every 20 seconds, until melted, 1 to 2 minutes. Pour the chocolate mixture into a serving bowl. Serve with fruit. Makes 2 servings.

Per serving: Calories 295, Protein 4g, Total Carb 54g, Dietary Fiber 7g, Total Fat 19g, Saturated Fat 10g



Oven Fried Zucchini Sticks

- Canola oil cooking spray
- ½ cup whole wheat flour
- ½ cup all-purpose flour
- 1 ½ lbs zucchini, cut into sticks

- 2 Tbsp cornmeal
- 1 tsp salt
- ½ tsp freshly ground pepper
- 2 egg whites, lightly beaten

Preheat oven to 475F. Coat a large baking sheet with cooking spray. Combine flours, cornmeal, salt and pepper in a large sealable plastic bag. Dip zucchini in egg white, shake in the bag to coat, and arrange, not touching, on the baking sheet. Coat all exposed sides with cooking spray. Bake on the center rack for 7 minutes. Turn the zucchini and coat any floury spots with cooking spray. Continue to bake until golden and just tender, about 5 minutes more. Serve hot. Makes 4 servings.

Per serving: Calories 108, Protein 6g, Total Carb 22g, Dietary Fiber 4g, Total Fat 1g, Saturated Fat 0g.

