Baked Halibut with Creamy Wine Sauce

**INGREDIENTS**

1 (13-oz) can reduced-fat cream of celery soup
1 1/2 tsp Worcestershire sauce
1 tbsp lemon juice
1/4 tsp Dijon mustard
1/8 tsp white pepper
1/4 cup 1% fat milk
1/4 tsp garlic powder
2 tsp dried parsley, divided
2 tbsp white cooking wine
Nonstick vegetable cooking spray
1 1/2 lb halibut fillets
6 cups red potatoes, unpeeled, diced into 3/4" pieces

**INSTRUCTIONS**

Preheat oven to 400F. In a medium bowl, combine cream of celery soup, Worcestershire sauce, lemon juice, mustard, pepper, milk, garlic powder, 1 tsp parsley, and cooking wine. Set aside. Place fillets in a baking dish that has been sprayed with nonstick vegetable cooking spray. Pour soup mixture over fillets. Set aside. Combine red potato pieces, onion, olive oil, salt, and pepper in a large bowl and mix well. Pour into a 9" x 13" baking dish that has been sprayed with nonstick vegetable cooking spray. Cover both dishes and bake together for 35 minutes or until fish flakes easily with a fork and potatoes are soft. Serves 4.

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INGREDIENTS

- Nonstick vegetable cooking spray
- 1 tsp vegetable oil
- 4 (4-oz) chicken breasts, boneless, skinned
- 1 (10 1/2-oz) can chicken broth, reduced sodium
- 1/2 cup onion, sliced
- 1/2 cup celery, sliced
- 1 tsp dried basil
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 tbsp flour
- 2 tbsp water
- 1 cup low-fat sour cream

INSTRUCTIONS

In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add vegetable oil and chicken breasts. Cook 2 minutes on each side until browned. Remove chicken from skillet and set aside. Add broth, onion, celery, basil, salt, and pepper to the skillet. Return chicken to the skillet. Reduce heat and simmer covered for 10 minutes or until chicken is tender and no longer pink inside. In a medium bowl, mix flour with water and add sour cream. Add mixture to the skillet and mix well. Cook over medium heat 5 to 6 minutes until thickened and bubbly. Serve over fettuccini noodles. Sprinkle with Parmesan cheese. Serves 4.

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Crispy Baked Chicken

INGREDIENTS

- 2 cups crispy rice cereal
- 1/4 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp paprika
- 1/4 tsp pepper
- 1/4 tsp salt
- 1/2 tsp dried Italian seasoning
- 1 egg
- 2 tbsp water
- 4, 6-oz boneless, skinned chicken breasts (24 oz)
- Nonstick vegetable cooking spray

» 1 cup long-grain brown rice, cooked according to directions without salt or fat

INSTRUCTIONS

Preheat oven to 350°F. Crush crispy rice cereal in a bowl and add garlic powder, onion powder, paprika, pepper, salt, and Italian seasoning. Mix well. Whisk egg and water in a shallow bowl and coat chicken breast with egg mixture then coat chicken in crushed cereal mixture. Place on a baking sheet that has been sprayed with nonstick cooking spray. Bake uncovered for 1 hour or until done. Serves 4.

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Crispy Oven-Baked Fish with Golden Potatoes

**INGREDIENTS**

- Nonstick vegetable cooking spray
- 1 tsp olive oil
- 5 cups red potatoes cut into thick wedges
- 2 tsp salt-free herb seasoning blend, divided
- 1/4 cup seasoned dry bread crumbs
- 1/2 cup crushed, crisp rice cereal
- 1/2 cup seasoned dry bread crumbs, divided
- 1/2 tsp paprika
- 1 1/2 lbs cod fillets cut into 2 x 4 inch strips
- 2 egg whites

**INSTRUCTIONS**

Preheat oven to 425°F. Coat large cookie sheet with nonstick vegetable cooking spray. In a large bowl combine olive oil and potato wedges with 1 tsp salt-free herb seasoning blend. Mix well. Spread on cookie sheet and bake for 25 to 30 minutes or until golden brown. Meanwhile, combine seasoned dry bread crumbs, crushed rice cereal, Parmesan cheese, dill, 1 tsp salt-free herb seasoning blend, and paprika in a bowl. Mix well. Whisk egg whites with a fork in another bowl. Dip fish strips in egg white and dredge in dry mixture. Arrange on a baking tray sprayed with nonstick vegetable cooking spray. Put in the oven for the last 10 minutes of baking time of the potatoes. Mix lemon juice, grated lemon peel, chopped green onions, yogurt, and sour cream. Serve sauce over fish with potatoes. Serves 4.

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Lasagna Primavera

**INGREDIENTS**
- 5 lasagna noodles
- 1/2 cup broccoli florets, chopped
- 1/2 cup grated carrots
- 1/2 cup zucchini, chopped
- 1/4 cup water
- Nonstick vegetable cooking spray
- 1 tbsp olive oil
- 1/2 cup onion, chopped
- 1/2 cup green bell pepper, chopped
- 3 cloves garlic, minced
- 1/2 tsp dried oregano
- 1 cup mushrooms, sliced
- 1 (15 1/2-oz) jar marinara sauce
- 1 egg
- 1 cup low-fat cottage cheese
- 1/4 tsp salt
- 6 tbsp grated Parmesan cheese
- 1 cup (4 oz) shredded part-skim mozzarella cheese
- 1 tbsp vegetable cooking spray
- 1/4 tsp salt
- 6 tbsp grated Parmesan cheese
- 1 cup (4 oz) shredded part-skim mozzarella cheese

**INSTRUCTIONS**
Preheat oven to 350F. Prepare noodles according to package directions, without salt or fat. Drain water and set aside. In a small skillet, add chopped broccoli florets, grated carrots, chopped zucchini, and water. Bring to a boil; cover and turn off heat (as an option, you can microwave the vegetables in a covered casserole dish for 7 to 8 minutes). In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil, chopped onion, green bell pepper, garlic, oregano, and mushrooms. Sauté 3 to 4 minutes and add marinara sauce. Lower heat and simmer for 2 minutes and then turn off heat. In a large bowl, mix the cooked vegetables, egg, cottage cheese, salt, and Parmesan cheese. Cut noodles in half crosswise. In an 8” or 9” square baking dish, spread 1/2 cup sauce on the bottom. Top with half the noodles, half the cheese mixture, and half the sauce. Repeat layers, cover, and bake 45 minutes. Sprinkle with mozzarella cheese. Bake uncovered 2 to 3 minutes. Let stand 5 minutes before serving. Serves 4.

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Meat Loaf with Rice Pilaf

INGREDIENTS

» Nonstick vegetable cooking spray
» 2 tsp vegetable oil, divided
» 1/2 cup onion, chopped
» 1/4 cup celery, chopped
» 2 cloves garlic, minced
» 1 tsp thyme
» 1 tsp salt, divided
» 1/2 tsp pepper, divided
» 2 cups mushrooms (1 cup finely chopped and 1 cup sliced)
» 1/2 lb extra lean ground beef (10% fat)
» 1/2 lb ground turkey
» 2 slices whole-wheat bread, cut into small pieces

» 2 egg whites
» 1/2 (14 1/2-oz) can stewed tomatoes, sliced (drained and chopped)
» 1 tbsp dried parsley
» 2 tbsp ketchup
» 1 tsp brown sugar
» 1 1/2 cups instant brown rice, cooked according to package directions without salt or fat
» 5 green onions, chopped
» 1/2 cup red bell pepper, chopped

INSTRUCTIONS

In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add 1 tsp vegetable oil, onion, celery, garlic, thyme, 1/2 tsp salt, 1/4 tsp pepper, and finely chopped mushrooms. Sauté for 5 to 6 minutes until mushrooms are tender. Transfer mixture to a large bowl and let cool. Preheat oven to 350° F. To the bowl add ground beef, ground turkey, whole-wheat bread pieces, egg whites, drained chopped tomatoes, and parsley. Stir until it is combined well. Shape the mixture into an oval loaf in a shallow baking dish. Combine the ketchup and brown sugar in a small bowl and spread over the loaf. Bake 45 to 50 minutes or until done. In a medium skillet, over medium-high heat, add 1 tsp oil, green onions, red bell pepper, and sliced mushrooms. Sauté 4 to 5 minutes until vegetables are tender. Add cooked instant rice and season with 1/2 tsp salt and 1/4 tsp pepper. Serves 4.

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In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add 2 tsp vegetable oil. Add the pork chops and brown both sides, turning once. Transfer the chops to a plate and set aside. Add 2 tsp vegetable oil and sauté onion, red bell peppers, and mushrooms until tender (3 to 4 minutes). Add tomatoes, artichoke hearts, salt, Dijon mustard, pepper, rice, and water. Place pork chops on top of mixture in skillet. Cover and simmer on low heat, 25 to 30 minutes or until rice is cooked. Serves 4.

### INGREDIENTS

- Nonstick vegetable cooking spray
- 4 tsp vegetable oil, divided
- 4 (6-oz) lean pork chops, boneless
- 1 cup onion, chopped
- 1/2 cup red bell pepper, chopped
- 1 cup mushrooms, chopped
- 1 (14 1/2-oz) can stewed tomatoes, sliced
- 1/2 (13 3/4-oz) can water-packed artichoke hearts, drained, chopped
- 1/2 tsp salt
- 1 tsp Dijon mustard
- 1/8 tsp pepper
- 1 cup long-grain white rice, uncooked
- 1/2 cup water

### INSTRUCTIONS

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Shrimp and Vegetable Jambalaya

**INGREDIENTS**

- 2 1/2 cups chicken broth
- 1 1/4 cups uncooked long-grain white rice
- 1 cup red bell pepper, cut into 1" chunks
- 1 cup green bell pepper, cut into 1" chunks
- 1 (13 3/4-oz) can water-packed artichoke hearts, drained
- 1/4 cup chopped fresh parsley
- 1 tsp chili powder
- 2 cloves garlic, minced
- 1/4 tsp paprika
- 1/4 tsp salt
- Nonstick vegetable cooking spray
- 1 tbsp olive oil
- 1 1/2 lb medium shrimp, raw, peeled, and cleaned

**INSTRUCTIONS**

In a large saucepan combine chicken broth, rice, red and green bell peppers, artichoke hearts, parsley, chili powder, garlic, paprika, and salt. Mix well. Bring to a boil and simmer on low heat for 25 to 30 minutes or until rice is tender. Meanwhile in a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil. When hot, add shrimp, and cook 3 to 4 minutes or until shrimp is cooked and turns pink. Toss cooked rice mixture with cooked shrimp. Serves 4.

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**Turkey Tenderloins with Herb Mushroom Sauce**

**INGREDIENTS**

- 1/2 cup low-sodium chicken broth
- 1, 16-oz boneless turkey breast tenderloin, cut into 4 pieces
- 1 tsp olive oil
- 1 cup chopped onion
- 2 cloves minced garlic
- 1/2 cup chopped celery
- 4 cups sliced mushrooms
- 1/2 cup chopped fresh parsley, divided
- 1/2 tsp poultry seasoning
- 1/2 tsp marjoram
- 1 tsp salt-free herb seasoning blend
- 1/2 cup white cooking wine
- 1 tbsp cornstarch
- 2 tbsp water
- 6 cups red potatoes, cut into 1-inch cubes

**INSTRUCTIONS**

In a large saucepan over medium-high heat, add chicken broth. When boiling, add turkey breast pieces and cook for 5 to 6 minutes, turning once. Remove turkey pieces and set aside. Add olive oil, chopped onion, and garlic to saucepan. Cook 1 minute. Add celery, mushrooms, 1/4 cup fresh parsley, poultry seasoning, marjoram, salt-free herb seasoning blend, and white cooking wine. Cook for 2 minutes and add turkey pieces back. Mix cornstarch with water and add to saucepan. Cover and reduce heat; simmer for 15 minutes. Meanwhile, steam red potato cubes and sprinkle with remaining 1/4 cup fresh parsley. Serve turkey tenderloin pieces with mushroom sauce over potatoes. Serves 4.

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In a large saucepan sprayed with nonstick vegetable cooking spray, over medium-high heat, add vegetable oil. When hot, add beef stew meat and cook 3 to 4 minutes until browned on all sides. Remove beef and set aside. Add beef broth to saucepan with water. Add red potatoes, onions, carrots, balsamic vinegar, dried thyme, pepper, and ketchup. Bring to a boil and add the beef back to the saucepan. Reduce heat to medium-low, cover, and simmer for 30 minutes or until meat is done. Add frozen peas and cook 2 more minutes. Serves 4.