



Poached Chicken Salad

Ingredients (4 servings)

1 1/3 Qt	Water
1 1/3 each	Lemon (quartered)
1 clove	Fresh Garlic, sliced
2/3 cup	Sherry Wine
1/3 cup	Onion, diced
1/3 cup	Celery, diced
1 1/3 tsp	Fresh Thyme
1/8 tsp	Bay Leaf, Ground
1/3 tsp	Peppercorns
3/4 tsp	Salt
2 2/3 tsp	Fresh Tarragon
1/3 cup	Lemon Juice
1 1/3 tsp	Dijon Mustard
2 tsp	Wine Vinegar

Combine all poaching ingredients: water, lemons, garlic, sherry, onions, celery and tie together thyme, bay leaves, peppercorns, and tarragon. Reserve some tarragon sprigs for dressing.

Portion chicken in to 4oz pieces. In batches drop chicken into simmering poaching liquid. 12-15 minutes to reach 165 degrees.

While chicken is poaching assemble the lemon vinaigrette. Whisk lemon, dijon, and white wine vinegar with the sugar. Slowly whisk in the olive oil. Season with salt, pepper, and fresh tarragon.

Nutrition facts per 8oz serving: 433 kcal, 23g fat, 19g carbohydrates, 4g fiber, 29g protein, 642mg sodium Side 1

Poached Chicken Salad, cont.

Ingredients (4 servings)

4 4oz	Chicken Breast
1 tsp	Sugar
1/3 cup	Olive Oil
4 oz	Fresh Arugula
1/4 cup	Sun Dried Tomato, julienned
1 1/3 tsp	Parmesan Cheese, shredded
1/4 cup	Artichoke Hearts, quartered

Toss arugula with dressing. Garnish the salad with parmesan cheese, sundried tomatoes and, artichokes. Finish the salad with poached chicken on top. Serve in 4 portions.

Nutrition facts per 8oz serving: 433 kcal, 23g fat, 19g carbohydrates, 4g fiber, 29g protein, 642mg sodium Side 2



West Coast Grain Bowl

Ingredients (4 servings)

1 Cup	Barley
2 Cups	Vegetable Stock
1 Qt	Kale
2 Tbsp	Olive Oil
2 Tbsp	White Balsamic Vinegar
1 tsp	Lemon Juice
1/2 tsp	Lemon Zest
2 tsp	Honey
1/2 cup	Hardboiled Egg
1 Cup	Sliced Radish
1 Cup	Roasted Beets
1/4 cup	Sunflower Seeds
1/2 cup	Diced Red Onion

Bring stock to a simmer and add barley; simmer on low heat for ~30 minutes or until tender. Spread out on sheet pan with parchment paper to cool. Chop the kale. Add vinegar, lemon juice, lemon zest, and honey to bowl and whisk. Gradually add in olive oil to make vinaigrette. Toss the kale in the vinaigrette and reserve. In a bowl, place a 1/2 cup barley, followed by 1 cup of kale. Top with 1oz of the hard boiled egg, 1/4 cup radish, and 1/4 cup beets. Garnish with sunflower seeds and diced red onions.

Nutrition facts per 12oz serving: 411 kcal, 18g fat, 54g carbohydrates, 14g fiber, 14g protein, 212mg sodium



Ratatouille, Pesto and Goat Cheese Pita with Balsamic Glaze

Ingredients (4 servings)

1 lb	Fresh Eggplant
1 medium	Yellow Onions
1 lb	Fresh Zucchini
1 1/2 Cup	Red Peppers
1 Cup	Fresh Mushrooms
1 Tbsp	Olive Oil
1 1/2 tsp	Black Pepper
1 Tbsp	Balsamic Vinegar
1/4 Cup	Honey
1 Oz	Goat Cheese
1 Tbsp	Pesto
4 each	Whole Wheat Pita

Slice vegetables into large julienne pieces. Toss with oil and season with pepper. Place vegetables in pan and cook until tender, about 5 minutes. In a small sauce pot, reduce balsamic vinegar by one half. Whisk in honey and set aside to cool. Top each pita with 1tbsp goat cheese, 1tbsp pesto and place cooked vegetables in center. Drizzle with balsamic glaze. Fold each side of pita over the filling.

Nutrition facts per pita sandwich: 379 kcal, 10g fat, 68g carbohydrates, 31g fiber, 11g protein, 374mg sodium



Recipe Tips

Replacing Butter/Margarine with Healthy Oils – Olive, Canola, Avocado oil

Replacing Sour Cream with Low-Fat, High Protein Greek Yogurt

Choosing Non-Dairy Alternatives or Low-Fat Dairy

Choosing Ground Poultry instead of Ground Beef

Substitute Meat Alternative(s) for Red Meat in Entrees

Substitute Avocado or Eggs for Jam on Toast

Use Herbs & Spices in place of Salt

Replace Refined Sugars with Natural Forms (Honey, Maple Syrup, Coconut Sugar)