



Chicken Rice Bowl

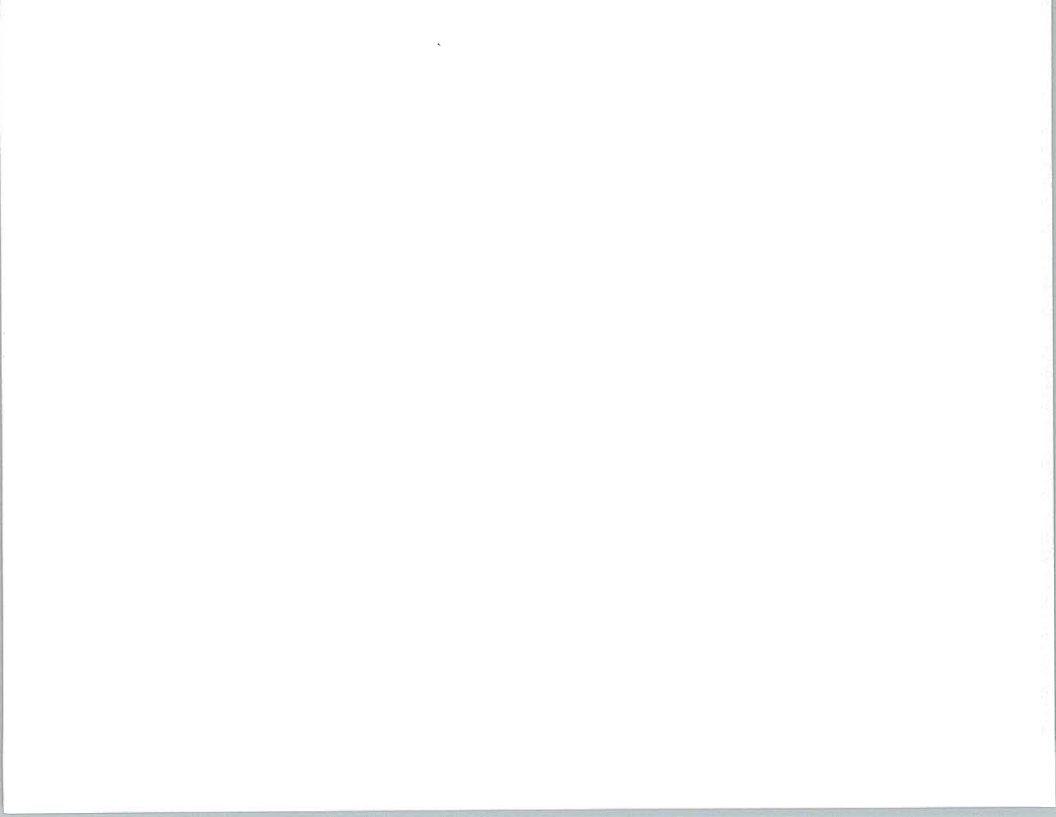
Ingredients

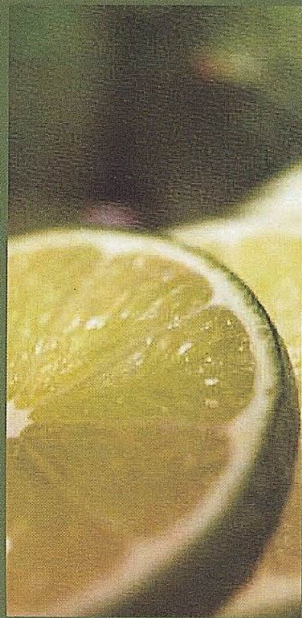
- ½ cup cooked brown rice
- 1-2 cups greens
- ½ cup shredded or cubed cooked chicken
- ¼ cup black beans, rinsed
- ½ cup diced tomatoes
- ¼ cup sliced avocado

Directions

Lay a bed of brown rice on your plate. Top with vegetables and chicken. Drizzle with basil or cilantro dressing.

Without dressing: 345 calories, 10 grams fat, 35 grams carbohydrate, 9 grams fiber, 27 grams protein.





Lime Cilantro Dressing

Ingredients

- 1 cup fat-free Greek yogurt
- 2 tbsps. mayonnaise
- 1 cup loosely packed cilantro leaves
- 2 cloves of garlic (or you can use a pinch of garlic powder if you prefer)
- ¼ cup freshly squeezed lime juice
- ½ tsp. cumin
- ½ tsp. salt
- ¼ tsp. black pepper

Directions

Place garlic, cilantro, and lime juice in food processor (or blender). Blend until all ingredients are minced. Add the yogurt, cumin, salt, and pepper, and blend until all ingredients are mixed.

Makes about 10 servings. Serving size: 2 tablespoons.
25 calories, 1 gram fat, 2 grams carbohydrate, 2 grams protein.





Lemon Basil Dressing

Ingredients

- 1 cup fat-free Greek yogurt
- 2 tbsp. mayonnaise
- 1 cup loosely packed basil leaves
- 2 cloves of garlic (or you can use a pinch of garlic powder if you prefer)
- ¼ cup freshly squeezed lemon juice
- ½ tsp. salt
- ¼ tsp. black pepper

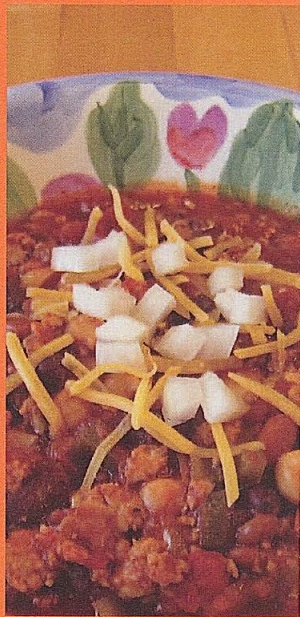
Directions

Place ingredients in food processor (or blender). Blend until well mixed and creamy.

Makes about 10 servings. Serving size: 2 tablespoons.

25 calories, 1 gram fat, 2 grams carbohydrate, 2 grams protein.





Easy Crockpot Chili

Ingredients

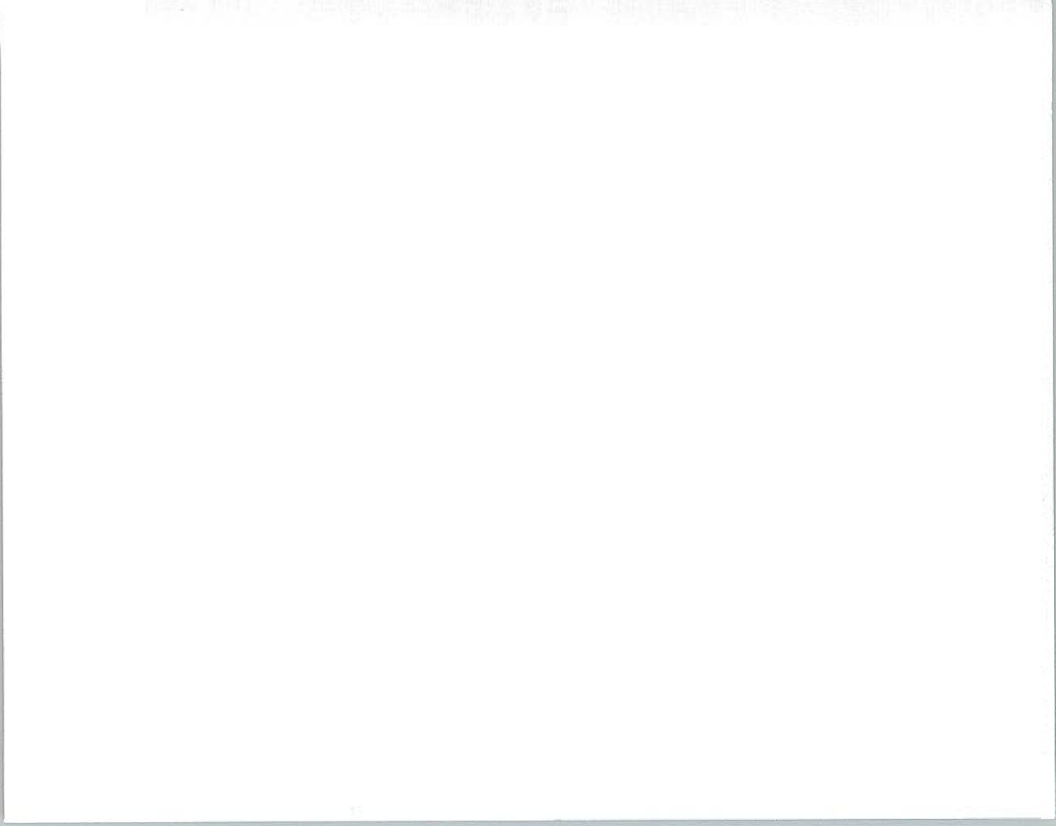
1 lb ground chicken	1 can (15 oz) "no salt added" diced tomatoes, with juice
6 cloves minced garlic	1 can (7 oz.) chilies, with juice
1 large white onion, chopped	1 large green pepper, chopped
1 tbsp. olive oil	1 ½ tsp. ground cumin
1 can (15 oz) pinto beans	4 tbsp. chili powder
1 can (15 oz) kidney beans	½ tsp. oregano
1 can (15 oz) "no salt added" tomato sauce	Pepper to taste

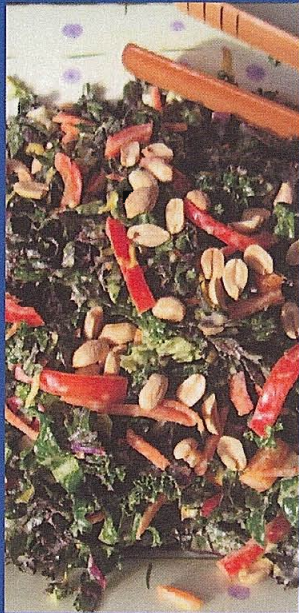
Directions

- Sauté onion and garlic in olive oil. Add meat and cook thoroughly. Set aside.
- Drain and rinse beans to reduce sodium content and place in crockpot. Add chilies, tomato sauce, diced tomatoes, and diced green pepper to the beans. Add chicken and spices. Mix thoroughly. Slow cook at 200°F for 8 to 10 hours.

Serves 10. 190 calories, 6 grams fat, 23 grams carbohydrate, 13 grams protein.

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Vegetable Slaw with Peanut Dressing

Salad Ingredients

2 large bunches of curly kale
(about 6-8 cups sliced)
1 cup jicama
1 cup carrots
1 large red or yellow bell
pepper
½ head of napa cabbage,
very thinly sliced

Dressing Ingredients

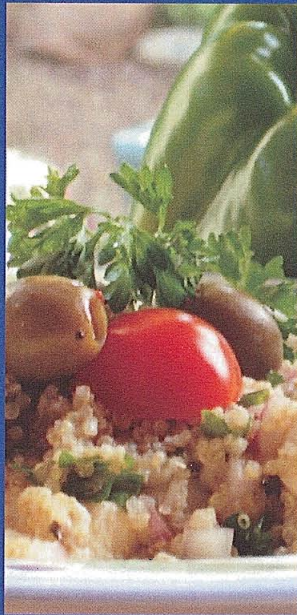
½ cup vegetable oil, such as canola
¼ cup cider vinegar
2 tbsp. packed light brown sugar
½ tsp. coarse salt
3 tbsp. fresh-squeezed lime juice
¼ cup roasted peanuts

Directions

- Rinse kale, discard stems, and thinly slice crosswise. Peel jicama and discard skin. Thinly slice crosswise into matchstick-size pieces. Shred or finely slice carrots. Remove ribs, seeds, and stems from peppers. Slice into matchstick-sized pieces. Slice cabbage into very thin slices. Toss vegetables in a large bowl.
- Using a blender or food processor, puree all of the peanut dressing ingredients (except peanuts) until smooth. Pour over vegetables just before serving. Sprinkle with peanuts.

Serves 8. 260 calories, 19 g fat, 22 g carbohydrate, 5 g protein.





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Greek Quinoa Salad

Ingredients

2 cups low-sodium chicken broth	1 large green bell pepper, diced
1 clove garlic, smashed	½ cup chopped kalamata olives
1 cup uncooked quinoa	½ cup crumbled feta cheese
2 large chicken breasts, cut into bite-size pieces	¼ cup chopped fresh parsley
1 large red onion, diced	¼ cup chopped fresh chives
	⅔ cup fresh lemon juice
	1 tbsp. balsamic vinegar
	¼ cup olive oil

Directions

- Place quinoa and garlic in saucepan with a little olive oil. Toast for about 4 minutes on med-high heat; stirring often. Add chicken broth and bring to boil. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed (15 to 20 minutes).
 - While quinoa is cooking, cut up chicken breast into bite-size pieces. Lightly salt and pepper the chicken, then place in hot skillet with a little olive oil. Cook until slightly brown.
 - Mix ingredients in a large bowl. Drizzle with lemon juice, balsamic vinegar, and olive oil. Serve warm or chilled.
- Serves 4. 510 calories, 26 g fat, 39 g carbohydrate, 34 g protein.

