



# Lemon and Herb Grilled Chicken

**INGREDIENTS:** Makes 16 servings, 1 half breast of chicken each

- ♥ 1 Tbsp grated lemon peel
- ♥ Juice of 2 large lemons - about 1/2 cup
- ♥ 1/4 Cup olive oil
- ♥ 1/4 Cup chopped, fresh parsley
- ♥ 2 Tbsp minced shallots
- ♥ 1 Tbsp minced garlic
- ♥ 1 Tbsp chopped, fresh thyme
- ♥ 1/2 Tsp salt
- ♥ 1/4 Tsp fresh, ground pepper
- ♥ 8 Boneless, skinless, chicken breasts

**Directions:**

- ♥ Combine all ingredients, except chicken, in bowl.
- ♥ Reserve half of the marinade for brushing.
- ♥ Dip chicken in marinade; place in 3 heavy duty plastic storage bags with marinade. Refrigerate at least 4 hours (overnight if possible).
- ♥ Remove from refrigerator 1 hour before grilling. Prepare grill.
- ♥ Grill over medium heat about 30-40 minutes, turning and brushing with reserved marinade every 5 minutes.

<b>Nutrition Facts</b>	
Serving Size (147g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 27g</b>	
Vitamin A 4%	• Vitamin C 20%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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# Oven Roasted Vegetable Medley

INGREDIENTS: Makes 8 servings, ½ cup each

- ♥ 2 Red bell peppers
- ♥ 1 Green bell pepper
- ♥ 2 Onions
- ♥ 2 Small zucchini
- ♥ 8 Oz white button mushrooms
- ♥ 1 Tbsp salt
- ♥ 1 Tsp Coarsely ground pepper
- ♥ 1/2 Tsp dried oregano
- ♥ 1/2 Tbsp dried basil

## Directions:

- ♥ Wash and dry vegetables. Cube them into large bite-size pieces. Halve mushrooms, if large.
- ♥ Arrange vegetables in baking dish in a single layer. Drizzle with olive oil and toss. Sprinkle with salt, pepper, oregano and basil.
- ♥ Can be served hot or room temperature.

<b>Nutrition Facts</b>	
Serving Size (167g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 40</b>	<b>Calories from Fat 0</b>
<b>% Daily Value*</b>	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 890mg</b>	<b>37%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein 2g</b>	
Vitamin A 20%	Vitamin C 110%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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# Rosemary Roasted Red Potatoes

**INGREDIENTS:** Makes 8 servings, 1 potato each

- ♥ 8 Red-skinned potatoes, about 2 inches long, unpeeled, scrubbed
- ♥ 1 Tbsp fresh rosemary, chopped (1 Tsp crumbled dried)
- ♥ 1 Tbsp olive oil
- ♥ 1 Tsp salt
- ♥ Freshly ground black pepper to taste
- ♥ 2 Large cloves garlic, coarsely chopped

## Directions:

- ♥ Preheat oven to 450 degrees.
- ♥ Cut potatoes in quarters. Place in bowl and add 1-1/2 teaspoon rosemary or 1/2 teaspoon dried. Pour 2-1/2 teaspoons olive oil over them. Using a rubber spatula, toss them until they are well coated and the rosemary is well distributed.
- ♥ Place them in single layer on heavy baking sheet; sprinkle with salt and pepper. Roast for 15 minutes, turning every 5 minutes.
- ♥ In small bowl, mix garlic with remaining 1/2 teaspoon oil. Add to potatoes and continue roasting for 10 to 15 minutes or until potatoes are crisp and browned and easily pierced with fork.
- ♥ Transfer to serving dish, season with fresh pepper and remaining 1-1/2 teaspoon rosemary or 1/2 teaspoon dried.

<b>Nutrition Facts</b>	
Serving Size (174g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 140</b>	<b>Calories from Fat 15</b>
<b>% Daily Value*</b>	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 310mg</b>	<b>13%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
Dietary Fiber 3g	12%
Sugars 2g	
<b>Protein 3g</b>	
Vitamin A 0%	Vitamin C 25%
Calcium 2%	Iron 8%
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	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
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# Antioxidant Fruit Sangria

Adapted from Home Made Simple

**INGREDIENTS:** Makes 10 servings, 8 oz with fruit per serving

- ♥ 1 Ripe pear, cut into 1/2-inch cubes
- ♥ 1 Gala apple, cut chopped into 1/2-inch cubes
- ♥ 1 Cup green grapes, sliced
- ♥ 1 Lime, 1/2 sliced, and 1/2 juiced
- ♥ 2 Cups pomegranate or cranberry juice
- ♥ 3 Cups white grape juice
- ♥ 1 Liter seltzer or club soda, chilled

## Directions:

- ♥ Place pear, apple, grapes, lime and lime juice into a large pitcher.
- ♥ Toss together ingredients and cover with pomegranate juice and grape juice.
- ♥ Serve immediately or let sit refrigerated overnight.
- ♥ Stir in seltzer water just before serving.
- ♥ Use a slotted spoon to add the fruit to your glasses; and then cover the fruit with sangria.

<b>Nutrition Facts</b>	
Serving Size (295g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 100	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 23g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 35%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
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