



Recipes April 25

Grilled Chicken with Lemon Pepper Orzo #1

1/4 cup plain fat-free Greek yogurt, at room temperature
1 tablespoon extra-virgin olive oil
1 large clove garlic, minced
Juice and zest of 1 lemon
Kosher salt and freshly ground black pepper
1 lb boneless skinless chicken thighs
1 cup whole wheat or other whole grain orzo
1 cup frozen petite peas, thawed and patted dry
2 ounces finely crumbled goat cheese, at room temperature
4 tablespoons chopped fresh herbs, such as basil and tarragon

Whisk together the yogurt, 2 teaspoons of the oil, garlic, lemon juice and 1/2 teaspoon each salt and pepper in a medium bowl until well combined. Bring a pot of water to a boil and preheat an outdoor or indoor grill to medium heat. Rub the chicken thighs with the remaining 1 teaspoon oil and sprinkle with 1/2 teaspoon pepper and 1/4 teaspoon salt. Grill until nicely marked and cooked through, 10 to 12 minutes per side. Transfer to a cutting board and let stand for at least 5 minutes.

Add the orzo to the boiling water and cook according to package directions for al dente, stirring in the peas the last minute of cooking. Drain the orzo and peas, reserving 1 cup of the cooking liquid. Stir the orzo and peas into the yogurt mixture, along with the goat cheese, 3 tablespoons of the fresh herbs and at least 3/4 cup of the cooking liquid, until well combined. Transfer to a platter.

Thinly slice the chicken and arrange on top of the orzo. Sprinkle with the lemon zest and the remaining 1 tablespoon fresh herbs and serve.

Citrus Poached Salmon with Asparagus #2

1 lb fresh or frozen skinless salmon fillets
1 lemon
2 orange
1 cup water
1 pound asparagus spears, woody bases removed
2 tablespoons snipped fresh parsley
1 tablespoon melted butter
1/4 teaspoon salt
1/4 teaspoon salt ground black pepper
Fresh parsley leaves (optional)

Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Finely shred 1 teaspoon peel from lemon; set aside. Squeeze juice from the lemon and orange; combine juices. Measure 1/4 cup juice for dressing and set aside.

Pour the remaining juice into a large skillet; add water. Bring to boiling. Add salmon; reduce heat to medium. Simmer, covered, for 4 minutes. Lay asparagus atop salmon. Simmer 4 to 8 minutes more or until fish begins to flake when tested with a fork and asparagus is crisp tender.

Meanwhile, in a small bowl combine reserved 1/4 cup juices, snipped parsley, butter, reserved lemon peel, salt and pepper.

To serve, drizzle dressing mixture over salmon and asparagus. Garnish with additional fresh parsley leaves, if desired.

Black Eyed Peas with Smoked Tofu #3

1 cup brown rice
1 teaspoon canola oil
1/2 cup chopped onion
2 cups fat-free, lower-sodium chicken broth
2 cups water
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1 (1-pound) bag frozen black-eyed peas, thawed
1 (12-ounce) bunch fresh turnip greens, trimmed and coarsely chopped
7 oz smoked tofu
2 tablespoons pepper vinegar

Put rice and 2 1/2 cups water with a pinch of salt into a small pot and bring to a boil over medium-high heat. Reduce heat to medium-low, cover pot and simmer until liquid is completely absorbed and rice is just tender, about 40 minutes. No peeking until then; valuable steam escapes! Set covered pot aside off of the heat for 10 minutes then uncover and fluff rice with a fork.

In a medium skillet warm the oil and add onions, sauté 4 minutes, stirring occasionally. Stir in broth and the next 5 ingredients (through greens); bring to a boil. Reduce heat, and simmer for 50, add the tofu and continue to cook for an additional 5 minutes or until peas are tender, stirring occasionally and skimming as necessary. Stir in vinegar. Ladle about 1 1/3 cups pea mixture into each of 4 bowls with the rice and serve.

Thai Vegetable Stir Fry with Pork #4

2 tablespoons olive oil
1 tablespoon reduced-sodium soy sauce
1/2 teaspoon garlic powder
1/2 teaspoon finely chopped fresh ginger or 1/4 teaspoon ground ginger
1/2 teaspoon ground black pepper
1/2 teaspoon ground cardamom
1/2 teaspoon chili powder
1 1/2 pounds pork loin,* cut into bite-size strips

2 cups broccoli florets
1 cup thinly sliced carrots
1 cup cauliflower florets
2 tablespoons white vinegar
1 tablespoon curry powder
2 cups hot cooked brown rice

In a very large skillet, combine oil, soy sauce, garlic powder, ginger, pepper, cardamom, and chili powder. Add half of the pork; stir-fry pork over medium-high heat for 3 minutes. Using a slotted spoon, remove pork from skillet. Repeat with the remaining half of the pork. Return all of the pork to the skillet. Add broccoli, carrot, cauliflower, vinegar, and curry powder to pork mixture. Bring to boiling; reduce heat. Cover and simmer for 3 to 5 minutes or until vegetables are crisp-tender, stirring occasionally. Serve pork and vegetables over brown rice. Makes 6 servings.

Chili Soup with Avocado Relish #5

2 tablespoons taco chili seasoning
1 tablespoon canola oil, divided
1 pound skinless, boneless chicken breasts, cut into 1/2-inch-wide strips
2 cups chopped yellow onion
1 cup chopped red bell pepper
1 cup chopped green bell pepper
1 cup chopped yellow bell pepper
1 tablespoon minced garlic
1/2 teaspoon salt
2 cups fresh corn kernels
1 (32-ounce) carton fat-free, less-sodium chicken broth
1 (28-ounce) can fire-roasted crushed tomatoes, undrained
2 tablespoons fresh lime juice
Relish:
1/2 cup chopped fresh cilantro
1/3 cup chopped green onions
1 teaspoon grated lime rind
3 ounces queso fresco, crumbled
1 diced peeled avocado

To prepare soup, heat 2 teaspoons oil in a large nonstick saucepan over medium-high heat. Add chicken; sprinkle 1 1/2 tablespoons spice blend over chicken. Sauté 8 minutes or until done; cool. Chop chicken; set aside. Heat remaining 1 teaspoon oil in pan over medium-high heat; add onion, bell peppers, garlic, and 1/2 teaspoon salt. Sprinkle vegetable mixture with remaining spice blend; sauté 8 minutes or until vegetables are tender. Stir in chicken, corn, broth, and tomatoes; bring to a boil. Reduce heat; simmer 15 minutes. Add lime juice. To prepare relish, combine chopped cilantro and next 4 ingredients (through avocado). Ladle 1 1/4 cups soup into bowls; top with 1/4 cup relish.