



Week Five

Regular Recipes

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# Scrambled Eggs with Smoked Salmon

## Ingredients

- 1 tbsp butter
- 8 stalks asparagus, woody bottoms removed, chopped into 1" pieces
- salt and black pepper to taste
- 8 eggs
- 2 tbsp fat-free milk
- 1/4 cup crumbled fresh goat cheese
- 4 oz smoked salmon, chopped

## Directions

1. Heat the butter in a large nonstick skillet or sauté pan over medium heat.
2. When the butter begins to foam, add the asparagus and cook until just tender. Season with salt and pepper.
3. Crack the eggs into a large bowl and whisk with the milk. Season with a few pinches of salt and pepper and add to the pan with the asparagus.
4. Turn the heat down to low and use a wooden spoon to constantly stir and scrape the eggs until they begin to form soft curds. A minute before they're done, stir in the goat cheese.
5. Remove from the heat when the eggs are still creamy and soft and fold in the smoked salmon.

# BREAKFAST

# Beef, Orange, and Gorgonzola Sandwich

## Ingredients

- 2 tablespoons cider vinegar
- 1 1/2 teaspoons extra virgin olive oil
- 1/2 teaspoon grated orange rind
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 cup fresh orange sections (about 2 oranges)
- 4 (2-ounce) Italian or French rolls
- 2 cups thinly sliced Basic Grilled Flank Steak (about 8 ounces)
- 1 cup bagged prewashed baby spinach
- 1/4 cup (1 ounce) crumbled Gorgonzola or other blue cheese

## Directions

1. Combine first 5 ingredients, stirring with a whisk.
2. Pat orange sections dry with a paper towel.
3. Slice each roll in half.
4. Layer bottom of each roll with 1/2 cup Basic Grilled Flank Steak, 1/4 cup baby spinach, 1 tablespoon cheese, and 1/4 cup orange sections.
5. Drizzle each serving with about 2 teaspoons vinaigrette; top with top halves of rolls.
6. Wrap in aluminum foil or wax paper; chill.

Serving Size	Calories	Fat	Protein	Sodium
1 sandwich	318 per serving	10.2g per serving	21.6g per serving	533mg per serving

# LUNCH

# Lemony Fusilli

## Ingredients

- 3 teaspoons salt
- 8 ounces whole wheat fusilli
- 2 tablespoons olive oil
- 2 slender zucchini, halved lengthwise, sliced into 1/4-inch thick pieces
- 5 scallions, chopped
- 1/4 cup pine nuts
- 1 lemon, rind peeled in strips
- Small pinch red pepper flakes
- 12 ounces boneless, skinless chicken breasts, cut into bite-size pieces
- 5 large basil leaves, sliced
- 1/4 cup grated Parmesan (optional)

## Directions

1. Bring a large pot of water with 2 teaspoons of the salt to a boil; add the fusilli. Cook until al dente.
2. Warm 1 tablespoon of the olive oil in a large skillet over high heat. Add the zucchini, scallions, pine nuts, lemon peel, red pepper flakes, and 1/2 teaspoon of the salt; cook, tossing frequently, until zucchini is well browned and tender, about 5 minutes.
3. Use a slotted spoon to transfer zucchini to a serving bowl. Remove lemon peel from pan. Mince 1/2 teaspoon of the peel and discard the rest. Squeeze half the lemon over the zucchini.
4. Turn heat to medium-high and swirl in remaining olive oil. Add the chicken, minced lemon peel, and remaining salt; cook, stirring, until golden, about 7 minutes.
5. Drain fusilli, reserving 1/4 cup of the cooking water. Add fusilli, zucchini, and reserved cooking water to skillet. Cook 1 to 2 minutes. Transfer to a bowl and top with the basil and, if using, Parmesan.

Serving Size	Calories	Fat	Protein	Sodium
1/4 of recipe	426 per serving	14g per serving	32g per serving	258mg per serving

# DINNER