



Week Ten

Regular Recipes

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Spinach, Mushroom, & Mozzarella Omelet

Ingredients

- 2 eggs
- 2 egg whites
- 3 tablespoons water
- 1 teaspoon dried Italian seasoning, crushed
- 1/4 teaspoon salt
- 8 ounces mushrooms, sliced
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 clove garlic, minced
- 4 ounces (2 packed cups) spinach leaves, chopped
- 3/4 cup (3 ounces) shredded low-fat mozzarella cheese

Directions

1. Preheat the oven to 200°F. Coat a baking sheet with cooking spray.
2. In a medium bowl, whisk together the eggs, egg whites, water, Italian seasoning, and salt.
3. Coat a large nonstick skillet with cooking spray and place over medium-high heat. Add the mushrooms, onion, pepper, and garlic and cook, stirring often, for 4 minutes, or until the pepper starts to soften. Add the spinach and cook for 1 minute, or until the spinach is wilted. Place in a small bowl and cover.
4. Wipe the skillet with a paper towel. Coat with cooking spray and place over medium heat. Pour in half of the egg mixture. Cook for 2 minutes, or until the bottom begins to set. Using a spatula, lift the edges to allow the uncooked mixture to flow to the bottom of the pan. Cook for 2 minutes longer, or until set. Sprinkle with half of the reserved vegetable mixture and half of the cheese. Cover and cook for 2 minutes, or until the cheese melts. Using a spatula, fold the egg mixture in half. Place on the prepared baking sheet and place in the oven to keep warm.
5. Coat the skillet with cooking spray. Repeat with the remaining egg mixture, vegetable mixture, and cheese to cook another omelet. To serve, cut each omelet in half.

Serving Size	Calories	Fat	Protein	Sodium
¼ of recipe	152 per serving	7.2g per serving	13.9g per serving	429mg per serving

BREAKFAST

Roasted Red Pepper Spread Sandwiches

Ingredients

- 1/2 cup finely chopped seeded cucumber
- 1 (7-ounce) bottle roasted red bell peppers, drained and finely chopped
- 3/4 cup (6 ounces) 1/3-less-fat cream cheese, softened
- 1/3 cup (about 3 ounces) block-style fat-free cream cheese, softened
- 3 tablespoons minced red onion
- 1/4 teaspoon salt
- 1 garlic clove, minced
- 8 (1 1/2-ounce) slices whole-grain bread
- 8 romaine lettuce leaves

Directions

1. Spread cucumber and bell peppers onto several layers of heavy-duty paper towels; let stand 5 minutes to drain excess moisture.
2. Scrape into a medium bowl using a rubber spatula. Add the cheeses, onion, salt, and garlic; stir with a fork until well blended.
3. Spread about 1/2 cup cheese mixture over 4 bread slices; top each serving with 2 lettuce leaves and 1 bread slice.

Serving Size	Calories	Fat	Protein	Sodium
1 sandwich	356 per serving	12g per serving	15g per serving	875mg per serving

LUNCH

Roman-Style Chicken

Ingredients

- 4 skinless chicken breast halves, with ribs
- 2 skinless chicken thighs, with bones
- 1/2 teaspoon salt, plus 1 teaspoon
- 1/2 teaspoon freshly ground black pepper, plus 1 teaspoon
- 1/4 cup olive oil
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 3 ounces prosciutto, chopped
- 2 cloves garlic, chopped
- 1 (15-ounce) can diced tomatoes
- 1/2 cup white wine
- 1 tablespoon fresh thyme leaves
- 1 teaspoon fresh oregano leaves
- 1/2 cup chicken stock
- 2 tablespoons capers
- 1/4 cup chopped fresh flat-leaf parsley leaves

Directions

1. Season the chicken with 1/2 teaspoon salt and 1/2 teaspoon pepper. In a heavy, large skillet, heat the olive oil over medium heat. When the oil is hot, cook the chicken until browned on both sides. Remove from the pan and set aside.
2. Keeping the same pan over medium heat, add the peppers and prosciutto and cook until the peppers have browned and the prosciutto is crisp, about 5 minutes. Add the garlic and cook for 1 minute. Add the tomatoes, wine, and herbs. Using a wooden spoon, scrape the browned bits off the bottom of the pan.
3. Return the chicken to the pan, add the stock, and bring the mixture to a boil. Reduce the heat and simmer, covered, until the chicken is cooked through, about 20 to 30 minutes.
4. If serving immediately, add the capers and the parsley. Stir to combine and serve.

Serving Size	Calories	Fat	Protein	Sodium
1/6 of recipe	266 per serving	13g per serving	28g per serving	1,307mg per serving