

FIT for EATING

A PROJECT OF THE TEXAS ROUND-UP AND
THE GOVERNOR'S COMMISSION FOR WOMEN



www.texasroundup.org

BEEF AND BEAN CHILI

- 2 lb lean beef stew meat, trimmed of fat, cut in 1-inch cubes
- 3 T. vegetable oil
- 2 Cups water
- 2 t. garlic, minced
- 1 large onion, finely chopped
- 1 T. flour
- 2 t. chili powder
- 1 green pepper, chopped
- 2 lb (or 3 Cups) tomatoes, chopped
- 1 T. oregano
- 1 t. cumin
- 2 Cups canned kidney beans

Brown meat in large skillet with half of vegetable oil. Add water. Simmer covered for 1 hour until meat is tender. Heat remaining vegetable oil in second skillet. Add garlic and onion, and cook over low heat until onion is softened. Add flour and cook for 2 minutes. Add garlic-onion-flour mixture to cooked meat. Add remaining ingredients to meat mixture. Simmer for ½ hour.

*Meredith Burk, MS, RD, LD
Houston, Texas*

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BAKED APPLE TREAT

2 Apples (Your favorite variety)
6 oz. Fat Free vanilla yogurt
1/8 t. apple pie spice (with nutmeg)
1/8 t. cinnamon
Dash of salt
3 pkg. of Splenda
3 T. sugar free maple syrup
Zero Cal. Butter spray
1/3 Cup Quick Cooking Oatmeal flakes
1/8 Cup Toasted Wheat germ

Preheat oven to 350. Spray an 8-inch baking dish with cooking spray. Slice apples and combine the first 7 ingredients in a bowl and stir until moistened. Fold on Oatmeal flakes. Bake 20 minutes. Add Toasted Wheat Germ and bake for another 5 min. Remove from oven and top with Zero Cal. Butter spray. Serve warm.

*Betty Davis
Arlington, Texas*

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GRILLED MAHI MAHI TACOS

1 large Mahi Mahi filet
1 Ripe, juicy Cantaloupe
3 - 5 Green Onions
1/4 Cup or more Cilantro
Tiny pinch of Kosher salt
Flour Tortillas

Cut canteloupe in to small cubes and combine with finely chopped green onions and minced cilantro. Salt if desired. Let rest in refrigerator for at least 1 hour. Grill Mahi Mahi, skin side down for about 15 minutes or until completely done. Heat tortillas. Stuff heated tortilla with Mahi Mahi and Cantaloupe "salsa".

Anna Rae Gilder
Bastrop, Texas

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Pilgrim's Pride Cool Craisian Chicken Salad

6 (eight ounce) chicken breast
2 quarts water
1 T. salt
1 t. pepper
½ t. granulated garlic

½ cup low fat Mayonnaise
1 t. paprika
3 leaves fresh basil chopped fine (or 1 T. dried basil)
2 cups dried craisians
2 cups seedless grapes halved (Green or red)
1 ½ cup Celery (diced ¼")
1 green onion (split and chopped)
¾ cup green bell pepper, (diced ½")
1 ¾ cups of toasted (walnuts or pecans)
1 t. season salt
½ t. coarse black pepper to taste
Optional: (a pinch of white pepper and/or crushed red pepper will add zing)

Place water, three spices and chicken breast in a sauce pot. Bring to a boil and cook until chicken is finished (about 4-6 minutes after water starts boiling) Drain water, place chicken in refrigerator. After chicken has cooled, cut into ¾" chunks. In a large bowl whisk together the mayo, paprika and season salt. Using a rubber spatula, fold in the dried Craisians, celery, bell pepper, green onions, walnuts, grape halves & cubed chicken. Mix thoroughly. If desired, add black, white or red pepper to taste. Place mixture in refrigerator for a minimum of 1 hour. Serve on bed of lettuce, in pita, wraps, on croissants or just as sandwiches. This also makes a good and unusual appetizer when rolled in a leaf lettuce or flavored tortilla wraps.

*For more recipes see www.pilgrimspride.com
Pilgrim's Pride Corporation
Pittsburg, Texas*

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Healthy Skillet Meal

- 1 lb. extra lean ground turkey
- 1 small can tomato sauce
- 1 can diced tomatoes already seasoned with basil, oregano, and garlic
- 1 zucchini sliced
- 1 yellow squash sliced
- 1 broccoli crown, separate the florets
- Skim mozzarella shredded cheese
- Salt and pepper to taste

Brown the turkey meat in a large skillet. Add the tomato sauce, diced tomatoes, zucchini, squash, and broccoli. Add ½ cup water and mix well. Bring to a boil, then lower to a simmer and cover for 30 minutes. Serve and top with mozzarella cheese.

*Anna Nellis
Houston, Texas*

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Tomato-based Veggie Soup

- 1 large can whole stewed tomatoes
- 1 small can whole stewed tomatoes
- 2 stalks celery chopped
- 1 small onion chopped
- 1 bag of shredded cabbage (like the kind to make for coleslaw)
- ¼ pound fresh green beans (or you can use the canned kind)
- 1 can of whole kernel corn
- 3 T. olive oil
- Garlic minced (optional)
- Seasoned salt or salt substitute (e.g. Mrs. Dash) to taste
- Cilantro or parsley for garnish

In a large pot, heat up olive oil. Add onions, celery, and garlic to the oil and cook until onions start to turn clear. Put the canned tomatoes in a blender to liquefy them. Add the liquefied tomatoes, cabbage, green beans, and corn into the pot and stir. Heat to a boil, then lower to a simmer and cover for 30 minutes. Add the seasoned salt or salt substitute and stir. Cook for another 10-15 minutes covered. Serve and garnish with cilantro or parsley. You can also top with a spoonful of low-fat sour cream.

*Anna Nellis
Houston, Texas*

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Asian Honey Glazed Salmon

- 2-1/2 T. hoisin sauce
- 2 T. olive oil
- 2 T. rice vinegar
- 2 T. fresh cilantro, chopped
- 1 T. honey
- 1 T. soy sauce
- 1 t. fresh ginger, chopped
- 3/4 t. prepared hot mustard
- 1/2 t. chili paste
- 4 salmon steaks

Preheat grill. Mix the hoisin sauce, olive oil, vinegar, cilantro, honey, soy sauce, ginger, mustard and chili paste in a shallow glass dish. Add salmon and coat with mixture. Cover and refrigerate 45 minutes or up to 6 hours. Grill steaks over medium heat for 10 minutes, turning once. Brush several times with extra marinade.

*Jennifer Neily, MS, RD, LD
Dallas, Texas*

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Nut Snack

Combine 1 cup of raw nuts each (cashews, almonds, pecans)
Add 3/4 cup rolled oats
Sprinkle to coat with cinnamon and honey
Mix with wooden spatula in 13 X 9 pan
Bake at 350 for 15 minutes

Drizzle honey and mix with unsweetened raisins or dried fruit.

*Valerie Philibert
Bedford, Texas*

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Mexican Cornbread

- 2 eggs
- ¼ cup canola oil
- 1 cup buttermilk
- 1 cup shredded reduced fat cheese
- 1 (8 oz) or ½ can of 15 ¾ oz can cream style corn
- 1-2 fresh jalapeno peppers, seeded and minced
- 1 cup cornmeal
- ½ cup all purpose flour
- 1-2 T. sugar (optional)
- 2 t. baking powder
- ½ t. baking soda
- ½ t. salt

Preheat oven to 350 degrees. Spray 8 inch square dish or cast iron skillet with nonfat pan spray. In a small bowl, beat eggs. Mix in canola oil and buttermilk. Stir in shredded cheese, creamed corn, and jalapeno. In a large bowl, whisk together cornmeal, flour, baking powder, soda and salt. Stir the egg mixture into the dry ingredients. Mix well. Pour batter into pan. Bake for 30-35 minutes or until center is set and top is golden brown.

*Shelley Fillipp, M.S., RD/LD
Lubbock, Texas*

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Southwest Stir-Fry

- 1 1-1.5 oz envelope fajita seasoning mix
- ½ cup water
- 1 Tbsp canola or olive oil
- 12 oz skinless, boneless chicken breast valves, cut into 1 inch pieces
- Nonstick cooking spray
- 1 medium yellow or green sweet pepper, cut into squares
- 1 small zucchini, bias slices
- ½ small onion, cut into thin wedges
- 2/3 cup salsa or picante sauce
- 1 t. chili powder
- ½ cup frozen whole kernel corn
- ½ cup cooked or canned black beans, rinsed and drained
- 8 8-inch flour tortillas (optional)
- ½ cup shredded low fat cheese (optional)

For marinade, in a medium mixing bowl combine fajita mix, water, and oil. Rinse Chicken. Add to marinade. Stir to coat. Let stand for 15 minutes. Spray a wok or large skillet with pan spray coating. Preheat over medium heat. Add pepper, zucchini, and onion: stir-fry for 2-3 minutes or until crisp-tender. Remove from wok. Drain Chicken; save marinade for use if needed. Add chicken to wok. Stir-fry for 4-5 minutes or until chicken is nearly done. Return vegetable to wok. Stir together salsa and chili powder. Add salsa mixture, corn and beans to wok. Cook and stir for 1-2 minutes more or until heated through. If desired, serve with warm tortillas, and cheese.

*Shelley Fillipp, M.S., RD/LD
Lubbock, Texas*

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Caesar Salad

6 Cups Torn Romaine Lettuce
½ Cup Caesar Dressing
2 oz. Mini Bagel Chips, Toasted
4 Slices Yellow Tomato
4 Slices Red Tomato
4 t. of Grated Parmesan Cheese,
Baked into Parmesan Crisps

2 Cups Mayonnaise Substitute
1 T. Minced Roasted Garlic
1 ½ t. Minced Garlic
1 T. Anchovy Paste
1 T. Dijon Mustard
1 T. Extra Virgin Olive Oil
½ t. White Miso
1/8 t. Sea Salt
½ t. Fresh Ground Black Pepper
1 t. Minced Parsley

SALAD

Toss romaine with dressing. Garnish with bagel chips, tomatoes and parmesan crisp.

CAESAR DRESSING

In a high powered blender, combine mayonnaise substitute, roasted garlic, garlic, anchovy paste, Dijon, olive oil and miso. Process until all ingredients are incorporated into the mayonnaise substitute. Pulse in the salt and pepper, the finished product should be thick and creamy.

Mayonnaise Substitute

2 Cups Soft Tofu, Drained	1 t. Worcestershire Sauce
2 Cups Plain, Fat Free Yogurt, Drained	½ t. Tabasco Sauce
1 T. Minced Roasted Garlic	1 t. Sea Salt
2 T. Rice Wine Vinegar	½ t. Ground White Pepper

To drain the yogurt, line a strainer with cheese cloth and place over a bowl. Add the yogurt to the cheesecloth, refrigerate for at least 2 hours to drain off liquid. To drain the tofu, place the tofu on a plate and top with another plate with a can on top, this will allow all the water to release from the tofu, allow 2 hours for this process. In a high powered blender, combine yogurt, tofu and roasted garlic. Process until garlic has been blended, about 3 minutes. Add remaining ingredients, process again until combined, about 3 minutes. Adjust seasonings if needed.

Chef Todd Lettman
Omni Hotel Downtown Austin, Texas

Pork Tenderloin with Balsamic Drizzle Served with White Bean and Vegetable Ragù

1 or 2 pork tenderloin
Season Salt
Cracked black pepper

1 cup balsamic vinegar
1 cup red wine
3 T. brown sugar

1 zucchini squash, julienne
1 yellow squash, julienne
1 carrot, julienne
1 onion, thinly sliced
2 t. minced garlic
2 T. Italian seasoning
1 t. salt
2 large tomatoes, chopped
1 can white navy beans, drained and rinsed
1 T. olive oil
2 T. lime juice
3 T. lowfat basil pesto

PORK TENDERLOIN

Remove tenderloin from package. Pat dry. Cover with seasoning. Place on a heated grill pan and grill about 2 minutes on each side. Remove from burner. Place the pork and grill pan in a 350 degree heated oven. Bake until the pork is cooked through. This will take about 25 minutes. Serve with Ratatouille and balsamic drizzle. Pork should be 155 or 160 degrees when checked with a thermometer. Let the pork rest for 10 minutes before serving or cutting.

BALSAMIC DRIZZLE

Bring the balsamic, red wine and brown sugar to a boil. Boil until the sauce has reduced at least by half and is the consistency of syrup.

WHITE BEAN AND VEGETABLE RAGÙ

Sauté julienne squash, carrot and onion in 3 T. oil for 1 minute. You can use olive oil or vegetable oil. Add the garlic, Italian seasoning, salt and tomatoes. Sauté for 3 minutes. Add the navy beans that have been drained and rinsed. Add the lime juice and pesto and serve warm along with the pork.

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Black Bean and Salmon Burritos And Cucumber Salsa

2 cucumbers peeled, seeded and sliced	1 large salmon filet	1 12 oz. carton light sour cream
1 pint cherry tomatoes quartered		1/2 t. basil
1 red bell pepper chopped		1 t. dill
1 yellow bell pepper chopped		
3 jalapeno' seeded and chopped		
1/2 bunch cilantro chopped		
1 purple onion chopped		
1 avocado, chopped		
3 T. lime juice		
1 T. oil		
Salt to taste		

SOUR CREAM SALSA

Toss all ingredients together and chill. Best if served fresh.

SALMON

Spray both sides of the salmon with PAM, then sprinkle with a generous amount of Chile powder and margarita salt. Spray your gas grill or grill pan with PAM or brush with oil before cooking. Grill about 6 minutes per side, start with the skin side down. Squeeze fresh lime juice over cooked fish. Remove silver skin and cut into log size pieces. Keep warm.

SOUR CREAM FILLING

Combine all sour cream ingredients and chill.

To assemble burritos, warm flour tortilla, spoon 2 T. sour cream mixture in center. Then top with warm black beans. Top the center of the filling with the warm grilled salmon. Fold the burrito and place seam side down. Cover with salsa and serve.

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Black Bean and Rice Salad

2 cans chicken broth
1 cup long grain rice

Cook rice in 2 cups of broth with a dash of salt.

Cool and add:

2- 15oz cans black beans, drained and rinsed
2 red bell peppers, diced
1 green bell pepper, diced optional
1 bunch fresh cilantro, chopped
2 T. olive oil
3 T. orange juice
2 T. red wine vinegar
2 t. ground cumin
1 t. chili powder
1 medium onion, diced, optional
A little lime juice to taste

Combine all ingredients, toss well. Serve at room temp.

Connie Weeks
Austin, Texas

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Cream of Tomato Basil Soup

- 1 onion, chopped
- 4 cloves garlic, chopped (I use the garlic packed in water that comes in a jar)
- 1 can diced tomatoes (14.5 ounce)
- 1 can tomato puree (1 lb. 12 ounce)
- 4-1/2 cups chicken broth
- 1/2 t. salt
- 1-1/2 T. sugar
- Dash pepper
- 2 T. dried basil or 5 T. fresh basil
- 1 cup fat free half and half

Combine first 8 ingredients and cook in a stock pot until the vegetable are soft. Remove from the heat and puree with a hand held blender. Stir in the basil and half and half. Serve warm with dollop of pesto and parmesan cheese.

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Salmon with Sesame and Orange Ginger Relish

1/3 cup dry white wine
1/3 cup orange juice
3 T. soy sauce
6 to 8 oz salmon fillets
(fresh if possible)

3 oranges
3 T. chopped cilantro
1/2 cup thin sliced fresh red pepper
1/2 cup thin sliced red onion
2 t. minced peeled fresh ginger
2 T. sesame oil
1/2 t. salt
1/4 t. crushed red pepper (optional)
2 T. toasted sesame seeds for garnish

MARINADE

Whisk first 3 ingredients in small bowl to blend; pour marinade in glass dish and place salmon skin side up over mixture; cover w/ plastic and refrigerate for at least 2 hours and up to 4 hrs.

RELISH

To make relish, use a small paring knife to cut & peel the white pith from oranges and cut the orange segments out and into a bowl along w/ the juice of the oranges. Mix the rest of the relish ingredients and let it stand at room temperature until ready to serve. Preheat oven to 450 degrees. Line a rimmed baking sheet w/ foil and brush w/ vegetable oil. Remove fish from the marinade and pat dry w/ a paper towel. Brush the flesh side of the fillets w/ oil and sprinkle w/ fresh cracked pepper (no need to salt due to the high salt content of the soy sauce) Bake flesh side up until the fish is just opaque in the center (about 12 to 15 minutes depending on the size of the salmon). Place the fillet on a plate and top w/ the relish and sprinkle w/ sesame seeds and serve w/ jasmine rice and a fresh green vegetable such as asparagus or fresh sautéed spinach.

*Carol Peterson
Alpine, Texas*

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White Bean Soup with Ham

- 3 cans white navy beans
- 6 cups chicken stock
- 1 ham bone
- 1 onion, chopped
- 3 cloves garlic, chopped
- 2 bay leaves
- ¼ t. cayenne pepper
- 3 oz. light cream cheese
- 2 cup fat-free half-and-half

Cook first 7 ingredients in a stock pot until the onion is soft. Remove the bay leaves and ham bone; add the cream cheese. Puree this in a food processor in batches or in the stock pot with a wand. Return to the stock pot and add the half and half. Warm the soup and serve with crumbled feta or goat cheese on top. Sprinkle with paprika for color.

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Lettuce Wraps

4 cups cooked, shredded or chopped chicken breast
1 can water chestnuts, drained and chopped
 $\frac{3}{4}$ to 1 cup stir-fry oriental sauce
Lettuce
Chopped green onions
Shredded carrots
Broccoli slaw
Red, yellow or orange bell peppers
Chinese noodles
Bean sprouts, fresh
Sliced almonds

$\frac{1}{2}$ cup peanut butter, smooth
 $\frac{1}{2}$ cup hot water
2 T. soy sauce
4 T. brown sugar
 $\frac{1}{4}$ t. cayenne pepper

In a medium size skillet add chopped water chestnuts, cooked chopped chicken, and stir fry sauce. Warm through and set to the side. On a plate place the condiments to be served with the lettuce wraps. Lettuce wraps are assembled and eaten like a taco.

PEANUT BUTTER SAUCE:

Whisk until smooth and drizzle over wraps.

Assemble lettuce like a taco and drizzle with peanut butter sauce.

Becky McKinley

Dining by Design, Amarillo, TX

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Pilgrim's Pride Boneless Chicken Breast with Pecan-Pesto

- 12 Pilgrim's Pride chicken breasts (boneless and skinless)
- 3/4 c pecans
- 1 c fresh parmesan cheese, finely grated
- 2-3 tablespoons minced garlic
- 1 1/2 cups basil leaves (fresh)
- 1 c extra virgin olive oil
- Salt and pepper to taste (black pepper with a touch of white pepper mixed in)
- 1/2 c vegetable oil
- 1 c flour with 4 tablespoon pecans mixed in
- 1/2 shallots, diced thin
- 1 c sliced mushrooms
- 1 t smashed or minced roasted garlic
- 3 T flour
- 1 c dry white wine (room temp)
- 1 pint rich chicken broth
- 1 pint heavy cream

Preheat oven to 225 degrees. Use a food processor to make pecan pesto by combining pecans, Parmesan, 2 T minced garlic and the basil leaves. Chop about 2 minutes with pulse until well blended. Run processor slowly, adding olive oil until it is the consistency of a paste. Do not over process! Add salt and pepper to taste, then set aside. In skillet, heat vegetable oil to medium high heat. Rinse and dry breast, season with salt and pepper, then lightly coat with flour. Sauté chicken breast 3-6 minutes per side, until almost done. Place chicken on baking pan in warmed oven. Use the same skillet and sauté the shallots, remaining garlic and mushrooms until slightly wilted. Add in 1 t flour and blend well. Whisk in white wine and chicken stock. Take to slow boil and immediately reduce to a simmer. Allow to thicken, careful not to scorch. Add 2 oz of pesto made earlier and the heavy whipping cream. Blend well with a whisk and add pepper to enhance flavor. The combination of the fresh chicken and sauce will delight you. Add fresh shredded basil leaves for color, aroma and presentation. Serve with noodles or rice. For more recipes, see www.pilgrimspride.com.

*Pilgrim's Pride Corporation
Pittsburg, Texas*

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