

Breakfast

Oatmeal Pancakes

Minutes to Prepare: **10**

Minutes to Cook: **5**

Number of Servings: **4**

Ingredients

- 1 1/4 cup Old Fashioned Quaker Oats
- 1 1/4 cup skim milk (can use substitute buttermilk for half the milk)
- 1 large egg
- 1 Tbsp light olive oil
- 1 cup whole wheat flour
- 1 tsp baking powder

Directions

In a medium bowl, mix oats with milk, let stand 5 minutes. Add egg and oil, then mix. Add dry ingredients and mix until just blended. Drop by 1/4 cup measure, flatten and shape a bit, and cook on hot, nonstick skillet until brown. Flip and cook on the other side until golden.

Optional: For an antioxidant boost, add 1/2 cup blueberries to the batter before cooking (not included in nutrition count).

Top with topping of choice: maple syrup, preserves, yogurt, applesauce, etc (not included in nutrition count.)

Number of Servings: 4

Main Course

Pistachio Crusted Salmon

Minutes to Prepare: **10**

Minutes to Cook: **10**

Number of Servings: **4**

Ingredients

- 4 3-ounce salmon fillets (preferably Wild Alaskan)
- 1 T Dijon mustard
- 1/4 cup breadcrumbs
- 1/2 oz pistachios, shelled (about 25)
- 1 clove garlic, minced
- 1 shallot, minced
- nonstick cooking spray
- salt and pepper to taste

Directions

Makes 4 servings.

Preheat oven to 425 degrees. In a food processor or with a knife, chop pistachios until they are about the size of the bread crumbs. Mix with breadcrumbs, minced garlic and minced shallots and place on a deep plate.

Season fish with salt and pepper. Spread mustard evenly over one side of fillets, then press salmon into mixture on that same side. Place on baking sheet coated with nonstick cooking spray. Bake 10 minutes, or until top is browned and fish is cooked through.

Side dish

Corn & Edamame Succotash

Minutes to Prepare: **25**

Minutes to Cook: **4**

Number of Servings: **6**

Ingredients

- 1 1/2 cups frozen shelled edamame
- 1 Tbs Canola oli
- 1/2 cup chopped red pepper
- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 2 cups fresh corn, about 4 ears
- 3 Tbs dry white wine
- 2 Tbs rice vinegar
- 2 Tbs chopped Fresh Parsley
- 2 Tbs chopped Fresh Basil (I used Cilantro)
- 1/2 tsp salt

Directions

Cook edamame in a large saucepan until tender, about 4 minutes.
Combine edamame and all other ingredients.
Cover and [refrigerate](#) for at least 2 hours to let flavors blend.
Serve chilled.

Dessert

150 Chocolate Mousse

Minutes to Prepare: **35**

Minutes to Cook: **10**

Number of Servings: **6**

Ingredients

1 cup plain nonfat Greek yogurt
1/2 cup cocoa powder, unsweetened, sifted
1/2 teaspoon vanilla extract
1/2 cup semisweet or dark chocolate chips
1/2 cup liquid egg whites, room temperature
1/2 cup sugar

Optional:

diced strawberries, raspberries, segmented oranges or sliced bananas for garnish (nutrition info not included)

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Directions

Place the chocolate chips in a microwave-safe bowl. Microwave in 10-second intervals at medium power until the chips are halfway melted, stirring each time you pause the microwave. The residual heat will melt the chocolate completely. (If you microwave the chocolate until all the chips have melted, the residual heat could cause it to burn.)

Combine the yogurt, cocoa powder, and vanilla extract in a large glass bowl. Microwave for one minute, stirring halfway through. Remove and stir in the melted chocolate.

Add the sugar and two tablespoons of water to a small saucepan set over medium heat. Once the sugar is dissolved, increase the heat to high and boil for one minute. Remove from heat and set aside.

Place the egg whites in a mixing bowl. Using a mixer, whip until soft peaks form.

With the mixer running, add the sugar water to the egg whites in a slow and steady stream. Continue to beat until mixture is cool and stiffer peaks form.

To avoid ending up with scrambled egg whites, you'll need to temper them: Add one large tablespoon of egg mixture to chocolate yogurt mixture, and stir to combine. Fold in the remaining egg mixture using light strokes so as not to deflate the egg whites. Loosely cover and chill for 30 minutes.

Divide the fruit (optional) among six wine glasses, then top with 1/2 cup of mousse.

Serving Size: Makes 6 1/2-cup servings