

## **DINNER**

If you're craving a flavorful, homemade dish with an oriental flare, but want to be calorie conscious, this is the recipe for you! It's perfect for eating dinner with a buddy or treating a significant other!

### *Shrimp and Shitake Stir-Fry*

Makes 2 servings, 2 cups/serving. Prep time: 35 minutes

- 1/4 cup dry sherry
- 2 tablespoons oyster sauce
- 1 teaspoon hot sauce
- 1/2 teaspoon cornstarch
- 3 teaspoons canola oil divided
- 8 ounces raw shrimp, peeled and deveined
- 2 tablespoons minced garlic
- 1 tablespoon minced fresh ginger
- 4 ounces shiitake mushroom caps, sliced
- 1 cup halved cherry tomatoes
- 1 cup snow peas, strings and stems removed, cut in half
- 1/2 teaspoons toasted sesame oil

Combine sherry, oyster sauce, hot sauce, and cornstarch in a small bowl. Heat 2 teaspoons of the oil in a large non-stick skillet over medium-high heat. Add shrimp in a single layer and cook, turning them once, until pink and curled, 1-2 minutes per side. Transfer to a plate. Add the remaining 1 teaspoon of oil, garlic, and ginger to the pan; cook, stirring constantly, until fragrant but not browned, 15 to 30 seconds. Add the mushrooms, tomatoes, and snow peas, and cook, stirring constantly for 30 seconds. Continue cooking, stirring once or twice until the vegetable are beginning to soften, about 1 minute more. Add the oyster sauce mixture and stir to coat. Cover and cook until the sauce is thickened, about 1 minute. Add the shrimp, cover and cook until the vegetables are tender-crisp, 30 seconds to 1 minute more. Remove from the heat and stir in sesame oil.

### Nutritional Information

- 273 calories, 10 g fat, 168 mg cholesterol, 22 g carbohydrate, 22 g protein, 4 g fiber, 346 mg sodium, 649 mg potassium
- Vitamin C (80% daily value), Iron (25% daily value), Vitamin A (20% daily value), Potassium (18% daily value)

There are many nutritional pluses to this tasty dish. The four ounces of shrimp per serving packs a hefty 24 grams of protein, without being high in calories or carbohydrates. Shrimp also contain lots of tryptophan, which is an amino acid

crucial to regular sleep patterns and your body's ability to stabilize your mood. The vegetables deliver a great amount of vitamins and minerals. The entire serving gives you 80% of your vitamin C for the day, which helps your body repair tissues all over your body. This means if you exercised at all, this dish will aid your muscle recovery process!

#### Sources

- <http://www.livestrong.com/article/262296-what-is-the-nutritional-value-of-shrimp/>
- Romanoff, Jim. *Eating Well Serves Two: 150 Healthy in a Hurry Suppers*. Woodstock, VT: Countryman, 2006. Print.
- <http://health.nytimes.com/health/guides/nutrition/vitamin-c/overview.html>

## **LUNCH**

Salads often make for great light lunches in the summer time, but can sometimes be rather boring. Take this salad recipe and make your afternoon a bit more exciting! The type of salsa you use can vary the heat of the Tex-Mex Taco Salad and tortilla chips and lime wedges are natural sides.

### *Tex- Mex Taco Salad*

Makes 2 servings

Prep time: 30 minutes

½ cup salsa  
2 tablespoons reduced-fat sour cream  
½ teaspoon canola oil  
1 small onion, chopped  
2 cloves garlic, minced  
8 ounces lean ground beef or turkey  
1 large plum tomato, diced  
½ cup canned kidney beans, rinsed  
1 teaspoon ground cumin  
1 teaspoon chili powder  
1/8 teaspoon salt, or to taste  
2 tablespoons chopped fresh cilantro  
4 cups shredded romaine lettuce  
¼ cup shredded sharp Cheddar cheese

1. Combine salsa and sour cream in a large bowl.

2. Heat oil in a medium nonstick skillet over medium heat. Add onion and garlic and cook, stirring often, until softened, 1 to 2 minutes.
3. Add beef or turkey and cook, stirring often, until cooked through, 3 to five minutes.
4. Add tomato, beans, cumin, chili powder and salt; cook, stirring, until the tomato begins to break down, about 2 minutes.
5. Remove from the heat, stir in cilantro and 2 tablespoons of the salsa mixture.
6. Add lettuce to the remaining salsa mixture and toss to coat. Divide the lettuce between 2 plates, top with the cooked meat and sprinkle with cheese.

--Nutritional Information

343 calories, 13 g fat, 81 mg cholesterol, 26 g carbohydrate, 32 g protein, 8 g fiber, 851 mg sodium, 737 mg potassium

Vitamin A (150% daily value), Vitamin C (70% daily value), Zinc (30% daily value), Iron (25% daily value), Potassium (21% daily value)

There is a well-known rumor that turkey is the better meat over beef because it has fewer calories. While this is generally true, beef, when the right cut is chosen, can actually have fewer calories. The main difference between the two meats is the fat content. Beef can have up to 16 g of fat per serving whereas turkey generally only has about 4 g. Both turkey and beef have all the essential amino acids that are required daily, so they are comparable in that respect. One final difference is that beef has more iron, whereas turkey has less cholesterol. Both types of meat have their pros and cons, but as long as you monitor the fat content and portion size, eating both is perfectly fine.

--Sources

Romanoff, Jim. *EatingWell Serves Two: 150 Healthy in a Hurry Suppers*. Woodstock, VT: Countryman, 2006. Print.

<http://www.livestrong.com/article/543819-turkey-vs-beef-protein/>

**BREAKFAST**

If your mornings are rushed, but you realize the importance of not skipping breakfast, then this smoothie is for you! It's a quick and delicious way to consume important daily nutrients, such as fiber, protein, and calcium, on your way out of the door to class or work.

Makes 2 servings

Prep time: 2 minutes

### Banana Smoothie

1 banana  
6 ounces frozen vanilla yogurt  
¼ teaspoon vanilla extract  
2 cups fat free milk

Mix all the ingredients in a blender until they're smooth and enjoy!

#### --Nutritional Information

This is a very basic smoothie recipe, but there are two great things about it. First, you can make it your own by using different flavored frozen yogurt (maybe strawberry or chocolate) and mixing in different fruits in addition to the banana (maybe blueberries or raspberries). This adds even more vitamins and minerals! Second, frozen yogurt does have nutritional value! The carbohydrates provide your body with glucose, which is what we use for energy through out the day. Also, the beneficial bacteria found in yogurt helps you to absorb nutrients and you're your immune system stronger. The living bacteria help aid in digestion, too, by making it easier and faster.

#### --Sources

<http://www.skinnytaste.com/2008/04/healthy-banana-smoothie-25-pts.html>

<http://www.buzzle.com/articles/frozen-yogurt-nutrition-facts.html>

### **DESSERT**

Are you tired of eating plain 'ole ice cream for dessert? Are you looking for a way to eat smart this summer without having to ditch after-dinner sweets? Look no further than these Sautéed Pear Sundaes. By adding a little fruit to your frozen treat, you can bring a little bit of spice and responsibility to every dessert.

#### *Sautéed Pear Sundaes*

Makes 2 servings. Prep time: 10 minutes

- 1 teaspoon butter

- 1 sliced pear
- 2 teaspoons brown sugar
- 1/8 teaspoon ground cinnamon
- pinch of ground ginger

Melt butter in a small nonstick pan. Add sliced pear and cook, stirring occasionally until golden and tender. Sprinkle with brown sugar, cinnamon, and ginger, stirring until the sugar melts. Serve over scoops of nonfat frozen yogurt

Nutritional Information (sautéed pears only, doesn't not include calories from the frozen yogurt)

- 160 calories, 2 g fat, 5 mg cholesterol, 35 g carbohydrates, 3 g protein, 3 g fiber, 41 mg sodium, 220 mg potassium

Pears are a great source of vitamins and minerals, and is a fruit containing some of the most dietary fiber. Fiber is an indigestible carbohydrate that is found in plants. Our bodies cannot break it down, but it has many important physiological functions. It can help lower cholesterol, which lowers risk of heart disease, as well as helping you feel more full (increasing satiety), which helps prevent obesity and diabetes. Fiber also has a very high capacity for water, making it a preventative of constipation and a promoter of bowel regularity.

#### Sources

- Romanoff, Jim. *Eating Well Serves Two: 150 Healthy in a Hurry Suppers*. Woodstock, VT: Countryman, 2006. Print.
- <http://nutritiondata.self.com/facts/fruits-and-fruit-juices/2005/2>
- "Fiber Facts" by the Student Nutritional Awareness Campaign (S.N.A.C) at the University of California (.pdf)