

Recipe of the Month – May

Breakfast: Apple-Walnut Pancakes

Whip up this recipe for a well-rounded and filling breakfast for one. Double the recipe and make some for a friend!

Prep Time: 10 min

Cook Time: 15 min

Ingredients:

- ¼ cup - whole grain pancake mix (+water per mix instructions)
- 1 tbsp – chopped walnuts
- ½ cup – chopped apple
- ½ cup – plain non-fat Greek yogurt
- 2 tsp – brown sugar

Putting it all together:

1. Mix up the pancake mix per the directions on the box
2. Stir the chopped walnuts into the pancake mix
3. Coat a medium non-stick pan over with cooking spray and heat over a medium heat
4. Pour batter into the skillet and make 2 – 5 inch pancakes (cook about 2 minutes per side – look for the bubbles to appear)
5. While cooking pancakes, combine the yogurt and brown sugar
6. Once pancakes are cooked and slightly cooled, cover with the yogurt-sugar blend and chopped apples

Nutritional Info

This recipe is perfect for one, and it comes in right around 300 calories. The serving of walnuts is a great source of unsaturated fats and Omega-3 fatty acids, which, when part of a healthy diet may help lower cholesterol levels and improve heart health. They've also got protein (4g) and fiber (2g) per 1-ounce serving to keep you full and satisfied after breakfast is over.

Recipe adapted from *Fitness Magazine*

Additional nutrition information from the MayoClinic and The Worlds Healthiest Foods

Lunch: Couscous Salad

Make the couscous the night before (or use leftovers) so that you can throw it together in a “salad” and take for an easy, nutritious lunch the next day. Makes two servings!

Prep Time: 10 min

Cook Time: 5 min

Ingredients:

- 1 cup of cooked couscous
- ½ cup canned chickpeas (garbanzo beans), rinsed and drained
- 1 cup of chopped grape or cherry tomatoes
- 1 tablespoon feta cheese, crumbled
- 1/2 tablespoon minced red onion
- 2 tablespoons chopped fresh parsley
- 1 tablespoon red wine vinegar
- 1 tablespoon fresh lemon juice
- 1/2 tablespoon olive oil
- 1/8 teaspoon salt
- Dash of black pepper
- Optional: 2 tablespoons of sliced olives

Putting it all together:

1. Toss all of your ingredients together in a bowl, mix well!!

Nutritional Info:

One serving has about 150 calories, 6 grams of fat (3 are unsaturated), 5.0 grams of protein and 2.7 grams of fiber.

If you are not familiar with couscous, it is a small granule of semolina flour, and similar to rice in consistency. It does not have much flavor and therefore tends to take on the taste of the food in which it is mixed. It can also be made from whole wheat flour, which helps to boost your daily fiber intake. A cup of couscous contains 8% of your daily requirement of iron, which is required by the body to create new blood cells.

Recipe adapted from: <http://www.myrecipes.com/recipe/couscous-salad-with-chickpeas-tomatoes-10000001571456/>

Information from: <http://www.livestrong.com/article/321854-whole-wheat-couscous-nutrition-facts/>

Dinner: Mango-tastic Tilapia

Try pairing this dish with a side of greens or over brown rice for a yummy and nutritious dinner. The mango salsa gives this dish with a sweet fruity taste, while the fish provides you with a lean source of protein.

Total Time: 30 minutes **(makes four servings)**

- 4 tilapia fillets
- 2 tablespoons olive oil
- 1/4 cup fresh orange juice
- salt and pepper to taste
- Optional: 1 1/2 tablespoons grated orange zest and crushed red pepper flakes to taste

Making the Salsa (or you can purchase your own mango/lime salsa):

- 1 mango - peeled, seeded and diced
- 1 small red onion, finely chopped (or use minced onion)
- 1 avocado - peeled, pitted and diced
- 3 roma tomatoes sliced and diced
- 1 lime, zested and juiced
- 1 jalapeno pepper, seeded and finely chopped
- 1 tablespoon minced fresh ginger root
- 1/4 cup chopped fresh cilantro
- 1 teaspoon kosher salt

Putting it all together:

1. Heat the oven to 400 degrees F
2. In a shallow baking dish, combine the olive oil, orange zest, orange juice, salt, pepper and chili flakes.
3. Rinse the tilapia fillets and pat dry.
4. Place them into the baking dish and turn to coat with the seasonings.
5. Bake for 10 to 12 minutes in the preheated oven, until fish can be flaked with a fork.
6. While the fish cooks, combine the mango, onion, avocado, tomatoes, lime zest and juice, jalapeno, ginger, cilantro and 1 teaspoon kosher salt in a bowl.
7. Stir to blend and set aside at room temperature until fish has finished cooking.
8. Place fillets on a platter and spoon the salsa over them to serve.

Nutritional Info:

This mango-tastic recipe makes four servings, with each serving containing approximately 319 calories, 16 grams of fat and 25 grams of protein, and only 2.5 grams of fat.

Did you know that tilapia is a freshwater fish native to North Africa? And that a 3.5 oz serving contains about 25 grams of protein? Cold water fish are rich in Omega-3s, which help to reduce bodily inflammation (= better heart/body health). Also, the mango in this recipe provides with lots of vitamin C (about 15% of your daily requirement) which helps to keep your skin, hair and nails looking good. Don't forget that it also helps eliminate free radicals, which are linked to the development of cancer.

Recipe adapted from: <http://allrecipes.com/recipe/mango-licious-tilapia/detail.aspx>

Information from: <http://www.webmd.com/diet/features/what-to-know-about-omega-3s-and-fish>,
<http://www.nlm.nih.gov/medlineplus/ency/article/002404.htm> &

A Little Something Extra: **Kitty Chow**

Who doesn't love a handful (or seven) of puppy-chow? All of that wonderful chocolate and peanut butter goodness...but horrible for your waistline. This recipe is a little lighter so you can enjoy your chow without overindulging.

Prep Time: 15 -20 min

Cook Time: None required!

Ingredients:

- 2 cups Fiber 1® Honey Squares
- 1 Tablespoon Peanut Butter
- 1 Tablespoon of Light Butter (try Brummel and Brown yogurt blend)
- 1 Tablespoon Chocolate Cocoa Powder
- 1/2 Tablespoon mini semi-sweet chocolate chips
- 1 packet sugar-free vanilla pudding mix

Putting it all together:

1. In a microwave safe bowl, melt peanut butter, cocoa, butter and chocolate chips together –stir until well blended and microwave for a bit longer if needed
2. Gently stir the cereal until it well coated
3. Toss in the fridge for about 15 minutes
4. Once cooled, put into a ziplock bag and dump packet of vanilla pudding mix into the bag – shake until well covered

This recipe makes about four servings, with each serving coming in around 101 calories. It is incredibly rich so you only need a little bit to get the full impact.

Recipe adapted from:

<http://livinghealth.tumblr.com/post/8544276145/low-cal-puppy-chow-sit-speak-eat>