

MENU #9

Summer 2009

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	¾ cup Better-Than-Instant Oatmeal* ½ Grapefruit	Fruity Cottage Cheese Omelette*	1 toast with 1 egg as French Toast (made with milk)	Healthy BLT Egg Wrap*	¾ cup Kashi Go Lean cereal ½ cup berries	1/2 Multigrain English muffin 2 Tbsp natural peanut butter ½ cup grapes	1 - 4" Barley pancake* 1 egg 2 slices back bacon ½ cup fruit
Lunch	Chicken Primavera w Shanghai Noodles* , spinach salad	Broccoli, Apricot, Red Pepper Salad* 1 cup Quinoa Pilaf* Slices of Roasted Turkey	Cottage Cheese-Bean Salad: 1 cup three bean salad, cottage cheese, light Italian dressing, Ryvita crackers	Fettucine w Tuna & Fresh Tomatoes* , spring salad mix	Quinoa Wraps With Hoisin Vegetables* , 1 cup steamed brown rice, Medley of raw veggies	Grilled Bison Burger, Kasha With Beans & Salsa Dressing* , Yogurt	Open-Faced Chicken Souvlaki Pitas* , Tossed Salada
Supper	Tangy Meatballs with Rice & Vegetables* , whole wheat buns, Chickpea, Artichoke & Celery Salad*	Turkey Macaroni Chili* , whole wheat bun, Raw veggies with low fat dip	Lime Marinated Chicken Breast* , 1 cup baked potato wedges, Spring Salad	Easy Salsa Chicken* Sautéed Zucchini, Peppers, Onions & Tomatoes 1 c whole wheat couscous or quinoa	Salmon W Lemon-Ginger Sauce* , 1 cup New Potatoes mixed with olive oil & chives, 5 Quick Veggie Toss*	Updated Sloppy Joes* loaded with veggies	1/3 of Recipe: Asian Beef or Pork with Snow Peas* Spring Barley Risotto With Grilled Peppers*
Snacks for the day	V8 Vegetable Juice Low-Fat Cheese Stoned Wheat Thin Crackers Grapes	Cottage Cheese & Peaches 3 Dare Simple Pleasure Cookies	Yogurt Fig Newtons Nectarine	2 c Air Popped Popcorn Smoothie (1 cup milk, 1/3 cup yogurt, ½ cup fruit, ice)	Kashi Bar Baby Carrots Apple	Raw Vegetables with Low-Fat Dip 1/3 c Trail Mix Skinny Latte	Vector Bar Plums Hummus w Ryvitta Crackers

Better-than-Instant Oatmeal*

What You Will Need:

3 cups milk or unsweetened soy beverage
1 cup quick-cooking rolled oats
2 Tbsp packed brown sugar or pure maple syrup
1 Tbsp ground flaxseed
2 tsp wheat germ
1 tsp butter
½ tsp ground cinammon
pinch salt
1/3 cup raisins or dried cranberries
chopped almonds, walnuts or pecans

How to Prepare:

Combine milk, oats, brown sugar, flaxseed, wheat germ, margarine, cinammon and salt in a large saucepan over medium-low heat. Cook, stirring often, for 10 to 15 minutes or until thick and bubbly. Remove from heat and add raisins. Let stand for 2 minutes and top with nuts to serve. Makes 4 servings

Nutrients Per Serving:

230 Calories, 32g carbohydrate, 2.7g fibre, 10.3g protein, 6.9g fat, 236mg calcium

*page 49 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Chicken Primavera with Shanghai Noodles*

What You Will Need:

- 1 tsp olive oil
- 3 (450 g) boneless, skinless chicken breasts, cut into strips
- 1 Tbsp cornstarch
- 1 can (284 ml) chicken broth
- 2 Tbsp soy sauce
- 1 tsp each: minced garlic, ground ginger
- 1 Tbsp brown sugar
- 1 small onion
- 1-2 cups broccoli florets
- 1 green pepper, chopped
- 1 red pepper, chopped
- 10 mushrooms, chopped

How to Prepare:

1. Heat the oil, add the chicken strips and cook until the chicken is no longer pink.
2. In a bowl add the cornstarch and gradually whisk in the broth & soy sauce; add the garlic, ginger and brown sugar. Set aside.
3. Cut the veggies and add to the cooked chicken. Toss for 2-3 minutes.
4. Rinse the noodles in a colander under warm water, separating them with your fingers. Add the noodles to the sauce and stir until hot.

Serves 4-6.

***Source:** Life's on Fire – Cooking for the Rushed.

Tangy Meatballs (or Ground Poultry) with Rice & Vegetables*

What You Will Need:

6 Litres of water (to cook the meatballs)
1.5 – 2 cups dry brown rice
3 – 4 cups chicken stock to cook the rice
1.5 lbs (675 g) extra lean ground beef (or ground poultry or ground round-tofu)
1 cup ketchup
½ cup brown sugar
¾ cup water
1 Tbsp Worcestershire sauce
1 small onion
2 cups frozen corn
2 cups frozen peas
¼ cup water
½ tsp dried basil

How to Prepare:

1. Bring 6 litres of salted water to a boil.
2. Combine the 3-4 cups of chicken stock & dry rice in a saucepan; bring to a boil then simmer for 45-60 minutes.
3. Form tight meatballs with the meat or poultry or veggie ground round; gradually add to the boiling, salted water; toss the meatballs occasionally to ensure all have been submerged. Boil for 7 minutes after the last meatball has been added to the water & the water has reached a full boil.
4. In a mixing bowl combine: ketchup, brown sugar, ¾ cup water, Worcestershire sauce & basil. Chop the onion and add to this sauce.
5. Drain the meatballs and add the sauce to the meatball pot. Bring to a boil, add the corn & peas; cover & reduce heat to a high simmer for 15 minutes.
6. Serve the meatballs/veggie mixture over top of the cooked rice.

Makes 4-6 servings.

*Source: **Life's on Fire – Cooking for the Rushed**, by Sandi Richard.

Chickpea, Artichoke & Celery Salad*

What You Will Need:

2 jars (170 ml/6 oz each) marinated artichokes, drained & quartered
1/3 cup drained oil-packed sun-dried tomatoes, chopped
1 can (540 ml/19 oz) chickpeas
2 cups thinly sliced celery
1 sweet yellow or green pepper, chopped
1 sweet pepper, chopped

Dressing:

1/3 cup olive oil
2 Tbsp lemon juice
1 Tbsp Dijon mustard
1/2 tsp each salt & pepper
1/2-1 tsp Italian herb seasoning

How to Prepare:

Whisk together dressing ingredients then add artichokes, peppers, celery, chickpeas & sun-dried tomatoes. Makes 6-8 servings; each: 204 calories, 5 grams protein, 13 grams fat, 20 grams carbohydrates.

*Canadian Living, July 2006.

Fruity Cottage Cheese Omelette*

What You Will Need:

4 eggs (or 2 egg whites for every egg)
1/4 cup water
Cooking Spray
1/2 cup 0-1% Cottage Cheese
1/3 cup drained fruit salad / or diced fresh fruit

How to Prepare:

1. Spray 10" non-stick skillet with cooking spray. Heat over medium heat.
2. Mix eggs with water, pour egg mixture into skillet, as begins to "set" lift edges with spatula. Cook until bottom is set and top is almost set.
3. Spread cottage cheese evenly in middle of omelette. Place fruit over cottage cheese. Fold each side of omelette towards centre to cover fruit salad.

Makes 2 servings.

Per Serving : 220 calories, 6 grams carbohydrates, 24 grams protein, 11 grams fat

*Recipe From www.eggs.ca

Broccoli, Apricot and Red Pepper Salad with Low-Fat Creamy Dressing*

What You Will Need:

4 cups broccoli florets
1 chopped carrots
1 cup sliced red bell peppers
 $\frac{3}{4}$ cup sliced water chestnuts
 $\frac{1}{2}$ cup chopped red onions
 $\frac{1}{2}$ cup chopped dried apricots or dates
 $\frac{1}{3}$ cup raisins
2 oz low-fat feta cheese, crumbled

Dressing:

$\frac{1}{4}$ cup chopped fresh dill
 $\frac{1}{4}$ cup light mayonnaise
 $\frac{1}{4}$ cup light sour cream
2 Tbsp freshly squeezed lemon juice
1.5 tsp minced garlic
Freshly ground black pepper to taste

How to Prepare:

1. Steam the broccoli for 3 minutes; rinse under cold water and drain well.
2. In a large serving bowl combine the broccoli, carrots, red peppers, water chestnuts, red onions, apricots, raisins and feta cheese.
3. Dressing: in a small bowl whisk together dill, mayonnaise, sour cream, lemon juice, and garlic. Pour over the vegetables, toss to coat. Season with pepper to taste. Serves 6.

*Source: Canada's Everyday Diabetes Choice Recipes, K.E. Younker, 2003.

Nutrition Facts Per Serving:

181 calories, 31 grams carbs, 5 grams protein, 6 grams fat, 5 grams fibre

Quinoa Pilaf

What You Will Need:

1 Tbsp olive oil
Half onion, chopped
1 stalk celery, diced
2 carrots, finely chopped
½ cup dry quinoa
1 cup hot water or vegetable stock
1 bay leaf
Grated rind from 1 lemon
1 Tbsp fresh lemon juice
½ cup frozen peas, thawed

How to Prepare:

1. In nonstick skillet heat the oil over medium heat; add onion, celery & carrots, cooking occasionally, for 10 minutes.
2. In strainer rinse the quinoa under cold water; drain & add to the pan. Cook, stirring for 1 minute.
3. Add the water, bay leaf, lemon rind, lemon juice and peas; bring to boil. Reduce heat to medium-low; cover & simmer for 15-20 minutes or until liquid is absorbed & quinoa is tender. Discard the bay leaf. Season with salt & pepper.

Makes 2 servings.

From: Anne Lindsay's New Light Cooking.

Turkey Macaroni Chili*

What You Will Need:

- 1 ½ tsp olive or vegetable oil
- 1 tsp minced garlic
- ½ cup finely chopped carrots
- 1 cup chopped onions
- 8 oz (250 g) ground turkey, chicken, beef or bison
- 1 can (19 oz/540 ml) crushed tomatoes
- 2 cups chicken stock
- 1 ½ cups diced potatoes
- ¾ cup canned red kidney beans, rinsed & drained
- ¾ cup corn kernels
- 2 Tbsp tomato paste
- 1 ½ tsp chilli powder
- 1 ½ tsp dried oregano
- 1 ½ tsp dried basil
- 1/3 cup whole wheat macaroni (dry)

How to Prepare:

1. In a large non-stick saucepan heat oil over medium heat; add garlic, carrots & onions; cook for 8 minutes or until softened, stirring occasionally.
2. Add ground turkey or meat & cook; stirring to break it up for 2 minutes or until no longer pink. Drain off any fat. Add tomatoes, chicken stock, potatoes, beans, corn, tomato paste, chilli, oregano & basil; bring to a boil. Reduce heat to low, cover and simmer for 20 minutes.
3. After 20 minutes turn the chilli on high to bring it to boil, add the macaroni; cook for 12 minutes or until pasta is tender but firm. Makes 4-6 servings.

*Source: Canada's Everyday Diabetes Choice Recipes, K.E. Younker, 2003.

Nutrition Facts Per Serving:

364 calories, 56 grams carbohydrates, 20 grams protein, 8 grams fat, 8 grams fibre.

Lime Marinated Chicken Breasts*

What You Will Need:

- 4 skinless, boneless chicken breasts
- 2 limes, juiced and grated rind
- 2 teaspoons of minced garlic
- 1 teaspoon of soy sauce

How to Prepare:

1. Grate the rind off of the limes, then cut the limes in half and squeeze out the lime juice.
2. Optional: cut the limes into quarters and grind them in your garburator to “clean” the blades.
3. In a bowl mix the lime juice, lime rind, minced garlic and soy sauce. Place the chicken breasts into a greased baking dish; pour the marinade over the chicken and let it stand for an hour (if short of time then pierce the chicken with a fork to allow the marinade to be absorb quicker).
4. Bake in 350 degree oven for about 45 minutes – the chicken is done when the juices run clear – it should not be pink.

***Source:** Kelly Anne Erdman, MSc, R.D., University of Calgary Sport Medicine Centre

Healthy BLT Egg Wrap

What You Will Need:

1 slice turkey bacon
1 egg
¼ tsp onion powder
salt and pepper to taste
1 small whole wheat tortilla
1 tsp low fat mayonnaise
leaf lettuce
2 Tbsp diced tomato

How to Prepare:

Cook bacon in non-stick skillet over medium heat, or in microwave; fold in half and set aside. Whisk egg, onion powder, salt and pepper together in a small bowl. Pour into skillet and cook, stirring slightly over medium heat. Cook until eggs are thickened and there is no visible liquid, but eggs are still moist. Spread tortilla with mayonnaise. Place lettuce, bacon, egg and tomato on top. Fold tortilla and serve.

Makes 1 serving

Fettucine with Tuna & Fresh Tomatoes*

What You Need:

12 oz (375 g) whole wheat fettucine or other long whole grain pasta
1 Tbsp olive oil
3 cloves minced garlic (1 Tbsp)
½ tsp each: dried basil, dried thyme
Pinch of hot pepper flakes
Salt
2 Tbsp enriched flour
2 cups 0-1% milk
Grated zest of 1 lemon
2 cans (each 6 oz/170 g) chunk light tuna (NOT Albacore), drained
4 small plum tomatoes, chopped
2 Tbsp freshly squeezed lemon juice
¼ cup whole or chopped black or green olives (optional)
¼ cup chopped fresh basil

How to Prepare:

1. In a large pot boil salted water.
2. In a separate saucepan heat oil, add garlic, basil, thyme, hot pepper flakes & salt for 1 minute.
3. Whisk flour into the saucepan; add the milk & lemon zest. Increase the heat and keep stirring for 2-3 minutes, or until the sauce is thick.
4. Stir in tuna & chopped tomatoes; heat thoroughly, season with salt to taste.
5. Drain the noodles, add the sauce, mix all together; serve with chopped olives on top.

Makes 4 servings.

Nutrition Facts (per svg): 533 cal, 82 g carbs, 5 g fibre, 8 g fat, 32 g protein, good source calcium, vitamins B12, B3, B1 & folate.

***Source:** Dairy Farmers of Canada, 2009 Milk Calendar

Easy Salsa Chicken

What You Will Need:

4 boneless, skinless chicken breasts
1 green pepper, seeded & cut into thin strips
½ white onion, sliced into thin rounds
1 cup (250 ml) chunky salsa
tinfoil
Optional: ¼ cup (60 ml) chopped cilantro

How to Prepare:

1. Preheat oven to 400 degrees. Tear off 4 sheets of tin foil (about 10 x 10 inches).
2. Place each chicken breast on one piece of foil. Top each chicken breast with ¼ of the salsa, then ¼ of the onions and ¼ of the green pepper.
3. Seal each chicken breast in the foil pouch, bake for 25 minutes on a cookie sheet.
4. Garnish with chopped cilantro to serve.

Quinoa Wraps with Hoisin Vegetables*

What You Will Need:

- 1 cup dry quinoa, rinsed
- 2 cups vegetable or chicken stock
- 1 tsp minced garlic
- 1 tsp minced gingerroot (or ½ tsp powdered ginger)
- ½ cup diced red bell peppers
- ½ cup diced snow peas
- ½ cup diced water chestnuts
- ¼ cup chopped green onions
- ¼ cup hoisin sauce
- ¼ cup light mayonnaise
- 2 Tbsp honey
- ¼ cup chopped fresh coriander or parsley
- 8 – 6 inch whole wheat tortillas
- Optional: add sliced strips of grilled chicken breast

How to Prepare:

1. In a small non-stick skillet toast the dry quinoa over medium-high heat for 2 minutes.
2. In a saucepan over medium-high heat bring the stock to a boil; add the quinoa, reduce heat to medium-low. Cook, covered for 15 minutes or until the grain is tender and liquid is absorbed. Set aside.
3. In a non-stick frying pan spray with Pam (or use small amount of olive oil), heat up on medium-high temperature; cook the garlic, ginger, red peppers, snow peas & water chestnuts for 3 minutes. Add the green onions, cook for 1 more minute. Remove from heat & add the cooked quinoa.
4. In a bowl combine the hoisin sauce, mayo, honey and coriander (or parsley); spread over tortillas. Place about 1/3 cup of the quinoa mixture in the centre of each tortilla, add a few strips of chicken breast if using. Fold the right side over the filling; roll up from the bottom. Serves 8.

*Source: Canada's Everyday Diabetes Choice Recipes, K.E. Younker, 2003.

Nutrition Facts Per Serving:

241 calories, 43 grams carbs, 6 grams protein, 5 grams fat, 3 grams fibre

Salmon with Lemon-Ginger Sauce*

What You Will Need:

- 2 green onions
- 1.5 teaspoons minced fresh gingerroot (or 1 tsp powdered ginger)
- 1 clove minced garlic
- 2 Tablespoons soy sauce
- 1 Tablespoons lemon juice (or 2 tsp lemon concentrate)
- 1 teaspoon grated lemon rind
- 1 teaspoon sugar
- 1 teaspoon sesame oil (could use olive oil but won't taste as good)
- 4 salmon fillets (at least 150 grams/5 oz raw weight)

How to Prepare:

1. Prepare the marinade by mixing the onions, ginger, garlic, soy sauce, lemon juice, lemon rind, sugar and oil.
2. Place the salmon fillets in a single layer in a shallow, greased baking dish. Pour the marinade over top; let stand at room temperature for about 15 minutes (up to 1 hour).
3. Bake, uncovered in a preheated oven (425 degrees) for 13-15 minutes or until the salmon flakes easily with a fork. Makes 4 servings.

* **Source:** Canada's Everyday Diabetes Choice Recipes, Katherine E. Younker

Nutrition Facts per Serving:

237 calories, 3 grams carbs, 31 grams protein, 11 grams fat

5 Quick Veggie Tosses (with Oregano Red Wine Vinaigrette)

For **five quick side dishes** toss any of the following vegetables with **1/3 cup oregano red wine vinaigrette**.

- (1) 4 cups cooked chopped green beans
- (2) 4 cups baby spinach leaves
- (3) 1 romaine heart – 16 leaves, chopped
- (4) 4 cups cooked broccoli florets
- (5) 4 cups shredded Chinese cabbage

Red Wine Vinaigrette:

1/3 cup olive oil 1/3 cup canola oil 3 Tbsp red wine vinegar 2 tsp Dijon mustard 1 clove minced garlic 1 tsp dried oregano 1/2 tsp each salt & pepper

Kasha with Beans and Salsa Dressing

What You Will Need:

Dressing:

- ½ cup chopped fresh coriander (or could use parsley)
- 1/3 cup salsa
- ¼ cup low-fat sour cream
- 3 Tbsp light mayonnaise
- 2 Tbsp water
- 1 tsp minced garlic

Salad:

- 1.5 cups vegetable or chicken stock
- ¾ cup whole grain uncooked kasha (or could use quinoa)
- ½ cup canned red kidney beans, rinsed & drained
- ½ cup canned chickpeas, rinsed & drained
- ½ cup chopped red or white onion

How to Prepare:

1. In a bowl combine all the dressing ingredients, set aside.
2. Prepare the salad by heating the stock in a covered saucepan over high heat. Meanwhile in a separate saucepan toast the dry kasha over medium-high heat for 1 minute. Then add the kasha to the boiling stock, reduce the heat to medium-low, cook, covered for 10 minutes until the kasha is tender and the liquid is absorbed. Set aside to cool.
3. In a serving bowl combine the cooked kasha, kidney beans, chickpeas & onions. Pour the dressing over top and toss to coat well. Serve at room temperature, possibly over top of washed lettuce or spinach leaves.

* **Source:** Canada's Everyday Diabetes Choice Recipes, Katherine E. Younker

Nutrition Facts per Serving:

238 calories, 42 grams carbs, 9 grams protein, 5 grams fat, 3 grams fibre

Seriously Sloppy Joes*

What You Will Need:

Vegetable oil
1 onion, chopped
1 green pepper, chopped
1 lb (500 g) extra lean ground beef or ground bison or ground poultry or ground-round tofu
1 tsp (5 ml) chopped garlic
1 tsp (5 ml) Worcestershire sauce
½ tsp each dried basil & thyme leaves
¼ tsp each salt & pepper
1 cup (250 ml) tomato pasta sauce
¼ cup barbecue sauce
Whole Wheat Buns

How to Prepare:

1. In large skillet heat the oil over high heat; stir-fry onion & green pepper 3 minutes. Remove onion & green pepper from heat.
2. Add the meat and cook until no longer pink. Pour the meat into a colander/drainer and rinse under hot water.
3. Add back the onion & green pepper, then add the garlic, Worcestershire, basil, thyme, salt & pepper. Cook all together for a few minutes.
4. Stir in the pasta & barbecue sauces and keep stirring until all mixture is hot (2-3 minutes).
5. Spread over toasted whole wheat buns.

Makes 4 Servings

Per Serving (without bun): 313 calories, 24 grams protein, 18 grams fat, 12 grams carbohydrates, 2 gram fibre, 42 mg calcium, 3 mg iron, 616 mg sodium.

*From February, 2006 Chatelaine; go to www.chatelaine.com for more quick recipes



Barley Pancakes

What You Will Need:

2 cups Hamilton's barley flour
2 tbsp. granulated sugar
2 tsp. baking powder
1/2 tsp. Salt
2 cups milk or buttermilk
2 eggs slightly beaten

How to Prepare:

In a medium sized bowl combine ingredients in order given. The batter will be thicker than other pancake batters. Do not dilute. Ladle batter onto a hot (380 F.) griddle. When bubbles pop and edges appear dry, turn to brown the other side.

Blueberry Pancakes: Add 1/2 tsp. cinnamon to the flour mixture and stir 1 cup frozen or fresh blueberries into the batter. Makes 10 (4-inch) pancakes.

Recipe from *Donna Hamilton, Hamilton's Barley Flour, Olds, Alberta.* www.hamiltonsbarley.com

Open-Faced Chicken Souvlaki Pitas*

What You Will Need:

1 Tbsp olive oil
2 cloves garlic minced (1/2 Tbsp minced)
1 onion, halved & thinly sliced
1 tsp dried oregano
Salt & pepper
1 lb (450 g) boneless, skinless chicken breasts, cut into 1 inch pieces
2 Tbsp white flour
1.5 cups 0-1% milk
Grated zest of 1 lemon
Eight – 3.5 inch (9 cm) or Four – 6 inch (15 cm) whole wheat pitas
1 cup diced English cucumber
½ cup plain yogurt
2 tomatoes, chopped

How to Prepare:

1. In a large skillet heat the oil over medium-high heat; add the garlic, onions, oregano, salt & pepper. Saute for 3 minutes; add the chicken & sauté for 5 minutes or until lightly browned.
2. Whisk the flour into the milk; stir in the lemon zest. Cook, stirring often for about 5 minutes, or until the sauce is thickened and the chicken is no longer pink inside.
3. Toast or heat the pitas.
4. in a bowl combine the cucumber & yogurt; spoon the chicken and sauce on top of the pitas, add a spoon of the cucumber yogurt mix, then sprinkle with tomatoes.

Makes 4-8 pitas (depending on size of pitas)

Additions: could add 2 Tbsp tahini sauce, crumbled feta cheese, and/or chopped black olives

Nutrition Facts per serving: 409 calories, 34 g protein, 6 g fibre, 52 g carbs, 8 g fat

***Source:** Dairy Farmers of Canada, 2009 Milk Calendar

Asian Beef (or Pork) with Snow Peas

What You Will Need:

450 g (1 lb) flank or sirloin steak or Lean Pork

Marinade:

- 1 Tbsp cornstarch
- 1 Tbsp soy sauce
- 2 Tbsp water
- 1 Tbsp red wine
- ½ tsp sugar

Stir-Fry Sauce:

- 1 tsp Cornstarch
- 2 tsp Oyster Sauce (or Hoisin Sauce or Teriyaki)
- 1 tsp Sesame Oil
- ½ tsp sugar
- 1 Tbsp water
- 1 Tbsp Ginger-Sesame Sauce (or Szechuan, Peanut Satay or Thai)
- 1 Tbsp prepared Garlic
- ¾ cup chicken Broth

2 Green Onions, sliced into 1" strips.

600 g (3 cups) snow peas (fresh or frozen), washed

(Could also add other vegetables like sliced celery, cauliflower, broccoli, carrots, mushrooms, water chestnuts, baby corn, etc.)

How to Prepare:

1. Combine the marinade ingredients and add to sliced meat (slice in 2" strips).
2. Ideally, marinate at least 20 minutes.
3. Meanwhile combine the stir fry sauce ingredients.
4. Stir fry the meat for 4 minutes, add the stir fry sauce and the onions & snow peas (and possibly other veggies); cook for another 4-6 minutes.

Makes 2-3 servings.

From: Cooking for the Rushed – The Healthy Family by Sandi Richard.

Barley Risotto with Grilled Peppers

What You Will Need:

- 1 medium red bell pepper
- 1 medium yellow bell pepper
- 3 ½ cups vegetable or chicken stock
- 1 cup pearl barley
- 1 cup chopped onions
- 2 tsp minced garlic
- 3 Tbsp grated low-fat parmesan cheese
- ¼ tsp freshly ground black pepper

How to Prepare:

1. Pre-heat the oven BROILER. Keep the peppers whole and place them on a baking sheet under the broiler, turning occasionally, for about 20 minutes until the peppers are charred on all sides. Remove them from the oven & once peppers have cooled then peel, stem, and core the peppers. Cut them into chunks and set aside.
2. In a saucepan under medium-high heat combine 2 cups of the stock with barley; cover the pot. Bring to a boil; reduce heat to low. Cook covered, stirring occasionally for 30 minutes until the barley is tender but firm. Set aside
3. In a large non-stick fry pan add small amount olive oil, sautee the onions and garlic over medium-high heat for 4 minutes until softened. Add the remaining stock (1.5 cups); bring to a boil. Add the cooked barley and roasted peppers; bring to a boil, stirring often. Reduce heat to medium-low; cook, stirring often for 10 minutes or until the barley is creamy. Add extra stock as needed.
4. Add parmesan cheese & pepper before serving. Makes 4 servings.

* **Source:** Canada's Everyday Diabetes Choice Recipes, Katherine E. Younker

Nutrition Facts per Serving:

231 calories, 51 grams carbs, 7 grams protein, 1 gram fat, 6 grams fibre