



# Southwest Caesar Salad with Grilled Chicken

Number of Servings: 1

Calories Per Serving: 257

CPF Ratio: 34-38-28

## Cooking Instructions

Gather the following recipes: Grilled Marinated Chicken Breast\*, Roasted Corn, Whole-Wheat Garlic Croutons, and Caesar Salad Dressing. Follow directions, and then assemble salad. Spread spinach\*\* on plate. Slice chicken breast and spread over spinach. Sprinkle with roasted corn, croutons, and parmesan cheese. Pour salad dressing over salad. Serve peppers on side.

### Recipe Exchanges for Single Serving:

1 Bread & Cereal  
 1 Vegetable  
 1 Fat  
 2 Meats

Nutrition Tidbit: Full of cancer-fighting antioxidants and fiber, low in fat, but very filling and satisfying! All ingredients can be made in advance, and available to quickly grab, eat and run!

\* Store-bought prepared chicken can be substituted, or other protein source, e.g. shrimp, salmon, soy burger, etc.

\*\* Purchased pre-washed to ease prep time

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
SPINACH, RAW		2 cups	60
ROASTED CORN		1 serving	28
GARLIC CROUTONS	Whole-wheat	1 serving	19
SALAD DRESSING	Caesar	1 serving	58
PARMESAN CHEESE	GRATED	1 tbsp	5
HOT BANANA PEPPERS		1/2 oz	14
CHICKEN BREAST	Grilled, Marinated	1 serving	76
Recipe Total:			260
Single Serving Total:			260

Nutrition Information	
Serving Size: (260g)	
Servings: 1	
Amount Per Serving	
<b>Calories</b> 257	Calories from Fat 73
% Daily Value*	
<b>Total Fat</b> 8g	<b>13%</b>
Saturated Fat 2g	11%
<b>Cholesterol</b> 48mg	<b>16%</b>
<b>Sodium</b> 791mg	<b>33%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 5g	19%
Sugars 9 g	
<b>Protein</b> 25 g	
Vitamin A 83%	Vitamin C 40%
Calcium 18%	Iron 18%
* Percent Daily Values are based on a 2,000 calorie diet	



# Grilled Marinated Chicken Breast

**Number of Servings:** 4  
**Calories Per Serving:** 82  
**CPF Ratio:** 4-86-10

### Cooking Instructions

Marinate chicken breast in light soy sauce. Sprinkle with garlic powder. Grill on barbeque or in oven until done.

Serve in a salad or as a sandwich or side-dish.

### Recipe Exchanges for Single Serving:

2 Lean Meats

### Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
CHICKEN BREAST	boneless, raw	4 breasts	284
SOY SAUCE, LIGHT		1 tbsp	18
GARLIC POWDER		1/4 tsp	1
Recipe Total:			303
Single Serving Total:			76

Nutrition Information	
Serving Size: 1/4 of recipe (76g)	
Servings: 1	
Amount Per Serving	
<b>Calories</b> 82	Calories from Fat 8
% Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	1%
<b>Cholesterol</b> 41mg	14%
<b>Sodium</b> 182mg	8%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 0g	0%
Sugars 1 g	
<b>Protein</b> 17 g	
Vitamin A 0%	■ Vitamin C 1%
Calcium 1%	■ Iron 3%
<small>% Percent Daily Values are based on a 2,000 calorie diet</small>	



# Caesar Salad Dressing

**Number of Servings:** 13

**Calories Per Serving:** 55

**CPF Ratio:** 15-15-70

## Cooking Instructions

Blend tofu in food processor until of creamy consistency, and set aside. Mix crushed garlic and anchovy paste in a small bowl. Add olive oil, lemon juice, vinegar, Worcestershire, mustard and milk (can use skim milk if don't have buttermilk). Mix well, then stir in blended tofu. Makes approximately 3 1/4 cups.

Recipe Exchanges for Single Serving:

1 Fat

**Nutrition Lesson:** Low in fat and high in antioxidants, and DELICIOUS! (No preservatives, therefore, shelf life is limited.)

(This recipes was adjusted from the Caesar Salad with Creamy Dressing in the *Phytopia Cookbook* by Barbara Gollman & Kim Pierce; If you like this recipe, you will find even more great recipes in this wonderful cookbook available at: <http://www.healthstepsrx.com/shops/phytopia.htm>)

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
ANCHOVY PASTE		4 tsp	20
GARLIC, RAW		5 cloves	15
OLIVE OIL	salad or cooking	3 tbsp	41
LEMON JUICE	fresh or bottled	3 tbsp	46
VINEGAR	red wine	5 tbsp	80
WORCESTERSHIRE SAUCE		5 tsp	28
MUSTARD, PREPARED	Dijon	5 tsp	25
BUTTERMILK, low fat	fluid	2/3 cups	163
TOFU, SOFT	silken	12 oz	336
Recipe Total:			754
Single Serving Total:			58

Nutrition Information	
Serving Size: one serving = 4 T (58g)	
Servings: 1	
Amount Per Serving	
<b>Calories</b> 55	Calories from Fat 39
% Daily Value*	
<b>Total Fat</b> 4g	<b>7%</b>
Saturated Fat 1g	<b>3%</b>
<b>Cholesterol</b> 3mg	<b>1%</b>
<b>Sodium</b> 165mg	<b>7%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>2%</b>
Sugars 1 g	
<b>Protein</b> 2 g	
Vitamin A 1%	■ Vitamin C 2%
Calcium 3%	■ Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet	



# Roasted Corn

Number of Servings: 8  
 Calories Per Serving: 30  
 CPF Ratio: 80-11-9

## Cooking Instructions

Spray cooking sheet with nonfat olive oil cooking spray and spread corn on cooking sheet. Light spray with cooking spray and roast in 350 degree oven for 15 minutes (may also season with garlic, or onion powder or other seasoning of choice.) Turn corn and roast until lightly brown. Let cool.

Use in salads or soups (or just eat as a crispy snack)

Store in ziploc bag in refrigerator.

## Recipe Exchanges for Single Serving:

½ CHO

Nutrition Tidbit: This is an especially healthy ingredient for people with diabetes to keep on-hand, to meet their "high fiber" carbohydrate needs, instead of unhealthy "refined" products, e.g. crackers or chips.

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
CORN, FROZEN, BAG	organic	2 cups	227
NONFAT COOKING SPRAY		4 items	0
Recipe Total:			227
Single Serving Total:			28

Nutrition Information	
Serving Size: 4T (28g)	
Servings: 1	
Amount Per Serving	
<b>Calories</b> 30	Calories from Fat 3
% Daily Value*	
<b>Total Fat</b> 0g	<b>1%</b>
Saturated Fat 0g	1%
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 2g	7%
Sugars 5 g	
<b>Protein</b> 1 g	
Vitamin A 1%	Vitamin C 1%
Calcium 1%	Iron 1%
* Percent Daily Values are based on a 2,000 calorie diet	



# Whole-Wheat Garlic Croutons

Number of Servings: 25  
 Calories Per Serving: 52  
 CPF Ratio: 72-12-17

## Cooking Instructions

Preheat oven to 400 degrees. Cut sliced bread into 1/2 inch cubes. Place on baking sheet that has been sprayed with nonfat olive oil cooking spray and lightly spray bread cubes with cooking spray. Dust with garlic powder or other seasoning to taste. Bake for 5 minutes, then stir, and continue to bake for an additional 2 minutes. Remove from the oven and allow to cool. Bread cubes should be crisp. (Store in ziploc bag.)

Nutrition Tidbit: This is worth the preparation time in order to assure you get "whole grain" croutons, and croutons prepared without added "unhealthy" fat (something usually not found in the prepared, store-bought product).

## Recipe Exchanges for Single Serving:

3/4 CHO

(From the *Phytopia Cookbook* by Barbara Gollman & Kim Pierce. If you like this great simple and healthy idea, see other healthy recipe and cooking ideas in the *Phytopia Cookbook*, available at: <http://www.HealthStepsRx.com/shops/phytopia.htm>)

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
WHOLE WHEAT BREAD	3 grams fiber per slice	10 slices	460
GARLIC POWDER		1 tsp	3
COOKING SPRAY	non-fat	5 items	0
Recipe Total:			463
Single Serving Total:			19

Nutrition Information	
Serving Size: 1/25 of recipe-approximately 2T (19 Servings: 1)	
Amount Per Serving	
<b>Calories</b> 52	Calories from Fat 9
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	1%
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 64mg	<b>3%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 1g	4%
Sugars 1 g	
<b>Protein</b> 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 3%
* Percent Daily Values are based on a 2,000 calorie diet	