



Fit & Flavorful
Artichoke Dip
Recipe by Executive Chef Mark Beland



Calories: 119 Protein: 8g Carbohydrates: 16g Total Fat: 3.5g
Saturated Fat: 2g Unsaturated Fat: 1.5g Trans Fat: 0g
Cholesterol: 10mg Sodium: 173mg Fiber: 6g

Yield: 8 servings

Mayo Clinic Exchange: 1 vegetable, ½ fat, 1 carbohydrate

Ingredients

2 cups artichoke hearts
1 tablespoon black pepper
4 cups spinach, chopped
1 tsp thyme, minced
2 cloves garlic, minced
1 tablespoon parsley, minced
1 cup prepared white beans
2 tablespoon parmesan cheese
½ cup low-fat sour cream

Preparation

Mix all ingredients together. Put in glass or ceramic dish and bake at 350 degrees for 30 minutes. Serve with whole grain bread, crackers, or vegetables.



Fit & Flavorful
Artichoke Stuffed Belgian Endive
Recipe from Executive Chef Nick Weimer



Calories: 91 Protein: 3.3g Carbohydrates: 13.0g Total Fat: 3.8g
Saturated Fat: 0.6 g Unsaturated Fat: 3.2g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 74.0mg Fiber: 7.7g

Yield: 4 servings

Mayo Clinic Exchange: 2 vegetable, 1 fat

Ingredients

2 Belgian Endive
1 ½ cups artichoke hearts (canned), roughly chopped
½ small red onion, diced
3 oz. spinach, chiffonade
2 rib celery, diced
1 tomato, diced
1 Tbsp. olive oil
1 Tbsp. basil, minced
½ Tbsp. oregano, minced
1 tsp. black pepper
2 Tbsp. red wine vinegar

Preparation

Remove leaves from Endive and wash thoroughly and allow to dry. Place all other ingredients into a mixing bowl and mix thoroughly. Place spoonful of artichoke mixture into each endive leaf. Suggested serving size ¼ cup per leaf. Arrange on serving platter, enjoy.



Fit & Flavorful

Avacado Dip

Recipe from Mayo Clinic Cookbook

Calories: 65 Protein: 2gm Carbohydrates: 4gm Total Fat: 5gm
Saturated Fat: 1gm Monounsaturated Fat: 3gm Polyunsaturated Fat: 1gm
Cholesterol: 0mg Sodium: 27mg Fiber: 2gm
(Mayo Clinic Pyramid Servings: 1 fruit & 1 fat)

Yield: 4 servings

Ingredients

1/2 cup fat-free sour cream
2 teaspoons chopped onion
1/8 teaspoon hot sauce
1 ripe avocado, peeled, pitted and mashed

Preparation

In a small bowl, combine the sour cream, onion, hot sauce and avocado. Mix to blend the ingredients evenly. Serve with baked tortilla chips or sliced vegetables.



Fit & Flavorful
Baba Ganoush
Recipe by Executive Chef Mark Beland



Calories: 110 Protein: 3g Carbohydrates: 18g Total Fat: 4g
Saturated Fat: 0.5g Unsaturated Fat: 3.5g Trans Fat: 0g
Cholesterol: 0mg Sodium: 85mg Fiber: 4g

Yield: 4

Mayo Clinic Exchange: 1 carbohydrate, 1 vegetable, 1 fat

Ingredients

1 bulb garlic
2 Eggplants, sliced lengthwise
1 red bell pepper, halved and seeded
1 lemon
1 Tbsp. basil, chopped
1 Tbsp. black pepper
1 Tbsp. olive oil
1 round of flatbread or pita

Preparation

Slice top off garlic bulb, wrap in foil and place on cooler part of grill. Roast garlic for 20-30 minutes. On hot part of grill, place eggplant slices and bell pepper. Grill for 2-3 minutes per side. Place grilled eggplant and pepper in food processor with roasted garlic (squeeze out of paper), juice of lemon, basil, pepper and olive oil. Pulse until smooth. Place finished product in serving bowl. Toss bread on grill for a few seconds per side to warm. Tear pieces of bread to dip.



Fit & Flavorful Bean Dip

Recipe by Executive Chef Mark Beland



Calories: 76 Protein: 7gm Carbohydrates: 7.7gm Total Fat: 1.7gm
Saturated Fat: 0.5gm Unsaturated Fat: 1.2gm
Cholesterol: 0 mg Sodium: 19.5mg Fiber: 2.4gm
(Mayo Clinic Pyramid Servings: 1/2 protein; 1 vegetable)

Yield: 10 servings

Ingredients

1 tsp. canola oil	2 c. spinach
1-1/2 c. onion diced	1Tbs. black pepper
4 cloves garlic minced	1 Tbs. paprika
1 c. pinto beans, cooked	½ can light beer
½ c. black beans, cooked	1 Tbs. Cumin seed

Preparation

Add the oil to a hot pan. Sauté onion and garlic in the pan until soft, add pinto beans and mash. Mix in black beans, spinach and spices. Serve with baked chips and extra veggies to top (lettuce, peppers, tomatoes, etc.)



Fit & Flavorful
Brie and Apple Baguette
Recipe from Executive Chef Mark Beland



Calories: 121 Protein: 5.0g Carbohydrates: 16.2g Total Fat: 4.3g
Saturated Fat: 2.6g Unsaturated Fat: 1.7g Trans Fat: 0g
Cholesterol: 14.2mg Sodium: 193.7mg Fiber: 1.6g

Mayo Clinic Exchange (1 carbohydrate, 1 fat)

Yield: 24 (serving size = 2 pieces)

Ingredients

1 large baguette
12 oz. Brie cheese
9 apples
Flat Leaf Parsley

Preparation

Slice baguette in ½ inch slices
Cut ½ oz. slice of brie cheese
Slice favorite apple into 16 segments; treat in an acid bath made from ¼ cup of lemon juice mixed with 1 cup of water. Drop the apple segments into the acid bath, and drain. This is to keep the apple from discoloration.
Fan three slices of apple on bread slice, place cheese over top and garnish with parsley leaf



Fit & Flavorful
Buffalo Chicken Strips
Recipe by Executive Chef Mark Beland



Calories: 117 Protein: 15.9gm Carbohydrates: 7.4gm Total Fat: 1.9gm
Saturated Fat: 0.4gm Unsaturated Fat: 1.5gm
Cholesterol: 32.9mg Sodium: 135.8mg Fiber: 1.1gm
(Mayo Clinic Pyramid Servings: 1 protein)
Yield: 10 servings

Ingredients

¼ c. flax meal ¼ c. flour
½ c. wheat bread crumbs 2 egg whites, beaten
1 lb. chicken breast cut in strips

Preparation

Mix flax and bread crumbs. Toss chicken breast strips to coat in flour. Roll in beat egg whites. Press in bread crumb mix. Bake on wire rack in oven at 475 degrees for 6-8 minutes, until golden and crispy.



Fit & Flavorful
Cheese and Crackers
Recipe from Executive Chef Nick Weimer



Calories: 39 Protein: 1.5g Carbohydrates: 2.5g Total Fat: 2.7g
Saturated Fat: 1.1g Unsaturated Fat: 1.6g Trans Fat: 0g
Cholesterol: 6.3mg Sodium: 52.2mg Fiber: 0.5g

Yield: 32 servings

Mayo Clinic Exchange: 1/8 fruit, 1/4 protein/dairy, 1/8 fat

Ingredients

1 small wheel of brie cheese (8oz)
1 cup cranberries
1 apple, diced
1/4 cup pecans, chopped and toasted
1 small package whole grain crackers

Preparation

Place brie on an oven safe plate. Place in 250 degree oven for 3-5 minutes until just soft. Toss cranberries, apples and pecans together and place over top of brie. Serve with crackers. Suggested serving size 1/2 tablespoon per cracker.



Fit & Flavorful
Chicken Bites



Recipe from Executive Chef Tim Cockram

Calories: 164 Protein: 20.2g Carbohydrates: 10.3g Total Fat: 4.3g
Saturated Fat: 0.6g Trans Fat: 0g
Cholesterol: 56.0mg Sodium: 312.0mg Fiber: 2.3g

Yield: 3 servings (6 chicken bites and vegetables evenly divided)

Mayo Clinic Exchange: 1 protein/dairy, 1 vegetable, ½ carbohydrate

Ingredients

2 boneless skinless chicken breast halves (10 ounces) cut into 1” cubes
1 scallion, finely chopped
2 ½ tablespoons mild cayenne pepper sauce
1/8 cup whole wheat flour
1 tsp. Canola oil
3 ribs celery, cut into 2” sticks
1 cup baby carrots
Pan spray

Preparation

Preheat the oven to 400 degrees. In a medium bowl, toss together the chicken cubes, scallion, and 1 tablespoon of the pepper sauce. Coat lightly in flour and spread on sprayed baking sheet. Bake for 15 minutes or until cooked through to 165 degrees for 15 seconds.

Meanwhile in a small bowl, toss together the remaining 1 ½ tablespoons pepper sauce and oil. Brush the chicken cubes with the pepper sauce. Place the celery and carrots on the platter and serve with the blue cheese dressing.



Fit & Flavorful

Crudite: Grape Tomatoes in Parmesan

Recipe by Chef Richard Johnson

Calories: 31 Protein: 2gm Carbohydrates: 2gm Total Fat: 2gm
Saturated Fat: 1gm Monounsaturated Fat: 1gm Polyunsaturated Fat: 0gm
Cholesterol: 3mg Sodium: 57mg Fiber: 1gm
(Mayo Clinic Pyramid Servings: 1 vegetable)

Yield: 8 servings

Ingredients

- 1 pound of Grape Tomatoes
- 1 teaspoon olive oil
- 1 ounce grated parmigiano reggiano
- 2 Tablespoon fresh Basil Chiffonade

Preparation

Wash and dry tomatoes. Gently toss with olive oil to coat. Add parmesan and basil, toss. Serve.



Fit & Flavorful
Cumin Vegan Meatballs
Recipe from Executive Chef Tim Cockram



Calories: 197 Protein: 4.9g Carbohydrates: 19.9g Total Fat: 11.6g
Saturated Fat: 1.0g Trans Fat: 0.0g
Cholesterol: 0.0mg Sodium: 10.6mg Fiber: 2.9g

Yield: Approx. 6 servings (serving size 4 oz, approx.. 1 oz per meatball)

MC Healthy Weight Pyramid serving: 2 fat, 1 carbohydrate

Ingredients

Optional ingredients for maximum excitement

- 2 tablespoons canola oil
- 1 medium onion, chopped (1/2 cup)
- 2 garlic cloves minced (2 Tbsp)
- ½ cup toasted walnut halves
- 1 cup cooked brown rice
- 1 cup cooked quinoa
- 2 tablespoons fresh ground cumin
- 4 tablespoons chickpea flour

Zest of one orange

Preparation

Preheat oven to 375 degrees. Prepare a parchment-lined cookie sheet. In a large frying pan over medium heat, heat oil. Add onion and garlic and sauté until onions are golden, about 10 minutes (remove from heat and if desired, add zest of one orange). In a food processor combine remaining ingredients and process until almost smooth. Add onion-garlic mixture and process until combined. Using a small ice cream scoop or tablespoon, scoop out mounds of mixture, roll into balls, and place on cookie sheet. Bake for 30 to 35 minutes until tops are browned.

Technique: Using high heat we can caramelize the natural sugar in the food to develop rich exciting flavors.

Taste: A little citrus goes a long way, natural acidity enhances flavor and reduces dependency on salt.

Try: If you can't find chickpea flour, substitute whole wheat flour; try sesame oil for a different taste.

Nutrition nugget: Whole grains, such as brown rice, provide health promoting nutrients including fiber, among others.



Fit & Flavorful
Fresh Fruit Nachos
Recipe from Executive Chef Nick Weimer



Calories: 110 Protein: 3.5g Carbohydrates: 20.9g Total Fat: 2.0g
Saturated Fat: 0.2g Unsaturated Fat: 1.8g Trans Fat: 0g
Cholesterol: 0.5mg Sodium: 71.4mg Fiber: 4.4g

Yield: 4 servings

Mayo Clinic Exchange: ½ fruit, 1 carbohydrate, ¼ fat

Ingredients

2 cups fresh fruit (anything you have in your garden)
2 10" whole wheat tortillas
½ tsp. cinnamon
2 tsp. turbinado sugar
1 T. almonds, sliced or slivered and toasted
2 T. low fat yogurt or low fat crème fraiche

Preparation

Cut tortillas into triangles and spread over a cookie sheet. Mix turbinado sugar and cinnamon together and sprinkle evenly over tortillas. Bake at 350 for 8-10 minutes or until sugar melts and tortillas begin to brown and crisp. Allow to cool and arrange on a plate. Slice fruit into bite size pieces and spread over tortilla chips. Add the yogurt or crème fraiche to the top or side.



Fit & Flavorful

Grilled & Chilled Rhubarb & Berry Soup Shooters

Recipe from Executive Chef Tim Cockram



Calories: 70 Protein: 2.2g Carbohydrates: 15.2g Total Fat: 0.5g
Saturated Fat: 0.1g Trans Fat: 0.0g
Cholesterol: 0.3mg Sodium: 15.7mg Fiber: 2.6g

Yield: Approx. 8 servings (1/2 cup servings)

MC Healthy Weight Pyramid serving: 1 fruit

Ingredients

1 pound rhubarb, diced
1 cup fresh raspberries
1 cup fresh strawberries, hulled and diced
½ cup apple juice
2 cups orange juice
½ tsp. Chinese five-spice
1 stick cinnamon (3")
½ tsp. freshly grated nutmeg
½ cup plain non-fat yogurt

Preparation

Preheat grill on medium heat. Place the rhubarb stems on grill and cook for 4-5 minutes or until slightly marked. Allow the rhubarb to chill then slice and place in a stock-pot with the raspberries, strawberries, apple juice, orange juice, cinnamon, Chinese five-spice, and nutmeg. Cover and cook on medium for 15-20 minutes until rhubarb is soft. Remove the cinnamon stick and pour the mixture into a blender; blend until smooth. Pour the mixture through a fine strainer, pressing with a spoon. Refrigerate until thoroughly chilled. Spoon into serving bowls, top with a tablespoon of yogurt and garnish with the berries as desired.

Garnish:

1 tablespoon of yogurt per serving
Raspberries
Strawberry slices



Fit & Flavorful
Grilled Anti Pasto

Recipe from Executive Chef Mark Beland



Calories: 90	Protein: 2.7g	Carbohydrates: 11.6g	Total Fat: 3.9g
Saturated Fat: 0.5g		Unsaturated Fat: 3.4g	Trans Fat: 0g
Cholesterol: 0 mg		Sodium: 146.1mg	Fiber: 3.6g

Yield: 5 servings – 1 cup per serving

Mayo Clinic Exchange: 2 vegetables, 1 fat

Ingredients

1 pound red bell pepper, sliced	½ cup artichoke hearts, quartered
1 cup mushrooms, cleaned	½ cup cherry tomatoes
1 cup broccoli florets	1 Tablespoon olive oil
2 cups Chard, julienne	¼ cup olives (Nicoise, Greek, green, etc.)
1 clove garlic, minced	2 Tablespoons Italian parsley, chopped
2 Tablespoons Basil, chiffonade	2 Tablespoons aged balsamic vinegar

Preparation

Toss the red bell pepper, mushrooms, broccoli, artichoke hearts and tomatoes in oil. Grill or broil for 3-5 min, until lightly caramelized. Chill for use later.

Next, toss the **chilled** grilled vegetables with the remaining ingredients. Serve and enjoy!



Fit & Flavorful
Grilled Vegetables
Recipe from Chef Richard Johnson



Calories: 78 Protein: 2gm Carbohydrates: 8gm Total Fat: 5gm
Saturated Fat: <1gm Unsaturated Fat: 4gm Trans Fat: 0gm
Cholesterol: 0mg Sodium: 12mg Fiber: 2gm
(Mayo Clinic Pyramid Servings: 1 vegetable and 1 fat)
Yield: 4 servings

Ingredients

Marinade:

4 tsp canola oil
2 Tbsp balsamic vinegar
2 tsp fresh thyme
2 tsp fresh rosemary
1 tsp freshly ground black pepper

Vegetables:

1 medium zucchini, cut into large pieces
1 medium yellow squash, cut into large pieces
1 green bell pepper, cut into 1 inch pieces
1 red bell pepper, cut into 1 inch pieces
1 small onion, quartered with stem attached
4 roma tomatoes, cut in half

Preparation

For marinade, combine all ingredients in a large bowl and mix well.

Cut Vegetables. Add to marinade and toss to coat.

Marinate 30 minutes tossing every 10 minutes.

Grill to desired texture and flavor.



Fit & Flavorful
Mini Chicken Burgers
Recipe by Executive Chef Mark Beland



Calories: 183 Protein: 30.1gm Carbohydrates: 9.5gm Total Fat: 2.2gm
Saturated Fat: 0.5gm Unsaturated Fat: 1.7gm
Cholesterol: 71.9mg Sodium: 119mg Fiber: 2.1gm
(Mayo Clinic Pyramid Servings: 1 carbohydrate, 1 protein)

Yield: 4 servings

Ingredients

10 oz. chicken breast ground	1 Tbs. black pepper
1 Tbs. minced garlic	1 Tbs. balsamic vinegar
½ c. minced onion	1 fresh chili pepper minced
1 Tbs. fennel seed crushed	

Preparation

Mix all together, let set for one hour. Form into 2 oz. patties. Grill or broil in oven until a minimum internal temp. of 165 degrees is obtained.

Serve on small whole wheat rolls with lettuce, tomato.



Fit & Flavorful
Pan Seared Scallops with
Blistered Baby Tomatoes
Recipe by Executive Chef Mark Beland



Calories-607 Protein-43 gm Carbohydrates-62 gm Total Fat-22
saturated fat-5 gm monounsaturated fat-12 gm polyunsaturated fat-3gm,
Cholesterol-73 mg Sodium-732 mg Fiber-15 gm

Yield: 2 servings

(serving size: 3 oz scallops, 1 artichoke, pasta, tomato sauce)

Mayo Clinic Exchange: 3 vegetable, 1.5 protein/dairy,
4 fat, 3 carbohydrates

Ingredients

¼ pound uncooked whole wheat Angel Hair
Pasta
2 Tablespoons olive oil (divided)

2 cups grape tomatoes, washed
¾ teaspoon fresh garlic, minced
2 tablespoons fresh basil, chopped
2 tablespoons fresh lemon juice
1/8 teaspoon red pepper flakes
1 oz Parmigiano Reggiano , finely grated

Preparation

In a pot, bring 4 quarts of water to a boil. Add Angle Hair Pasta and stir until water boils again. Cook about 7 to 10 minutes or until desired tenderness. Do not overcook. Pour into colander to remove water.

Add 2 tablespoons olive oil to a large skillet and place over medium heat. Add tomatoes, garlic and red pepper flakes, sauté until tomatoes are tender. Toss with pasta, lemon juice, additional olive oil, and fresh basil. Top with grated cheese.

2 fresh artichokes

1 lemon

2 cloves fresh garlic

1/8 tsp salt

Black pepper to taste

Boil artichokes with lemon, garlic salt and black pepper until stems are easily pierced with a knife. (About 30 minutes.) Peel back outer leaves to remove center core. Scoop out fibers with a spoon and discard.

8 oz sea scallops.

1/2 tsp olive oil

Black pepper to taste.

Brush scallops with oil, season with black pepper. Sear in a hot skillet about 1.5 minutes on each side. Serve over pasta.



Fit & Flavorful
Pickled Asparagus
Recipe by Executive Chef Mark Beland



Calories: 96 Protein: 6g Carbohydrates: 16g Total Fat: 1.5g
Saturated Fat: 0g Unsaturated Fat: 1.5g Trans Fat: 0g
Cholesterol: 10mg Sodium: 22mg Fiber: 7.5g

Yield: 2 servings

Mayo Clinic Exchange: 1 vegetable, 1 carbohydrate

Ingredients

1 pound fresh asparagus
¼ cup white wine vinegar
¼ cup pearl onions
¼ cup cider vinegar
1 sprig fresh dill
1 cup water
2 whole cloves
3 cloves garlic, whole
8 whole black peppercorns
¼ tsp red pepper flakes
6 whole coriander seeds

Preparation

Combine all ingredients in air tight container. Refrigerate for 4 weeks. Could also be canned.



Fit & Flavorful
Potato Cakes
Recipe by Executive Chef Mark Beland



Calories: 127 Protein: 7g Carbohydrates: 19.3g Total Fat: 2.6g
Saturated Fat: 1.4g Unsaturated Fat: 1.2g Trans Fat: 0g
Cholesterol: 6.6mg Sodium: 162.1mg Fiber: 2g

Yield: 8 servings

Mayo Clinic Pyramid Servings: 1 carbohydrate, ½ protein/dairy

Ingredients

2 large russet potatoes (2-3 in. diam.) 1 Tbsp. black pepper
1 sweet potato 2 oz grated parmesan cheese (1/4 cup)
1 yellow onion
1 rib celery
2 cloves garlic
4 egg whites
½ cup rolled oats
½ tsp. nutmeg

Preparation

Wash potatoes thoroughly. Bake potatoes at 350 degrees for 1 hour or until soft. Let cool slightly and mash. Dice the onion, celery, garlic and sweet potato into very small pieces. Add to mashed potatoes. Add egg whites, oats and spices. Mix thoroughly. Form into 8 small pucks and bake at 350 degrees for 45 minutes. Remove from oven and turn over to broil. Top each cake with shredded parmesan and place under broiler until cheese is golden and crusty.



Fit & Flavorful
Queso Dip



Recipe from Executive Chef Tim Cockram

Calories: 34 Protein: 1.7g Carbohydrates: 2.0g Total Fat: 2.0g
Saturated Fat: 1.1g Trans Fat: 0g
Cholesterol: 5.6mg Sodium: 68.7mg Fiber: 0.3g

Yield: 40 servings (2 Tablespoons per serving)

Mayo Clinic Exchange: 1/3 protein/dairy

Ingredients

2 tsp. canola oil	3 Tbsp. cornstarch
1 medium onion, chopped	1 ¾ c. shredded sharp cheddar
2 cloves garlic, minced	2 Tbsp. lime juice
½ lb. fresh spinach, rinsed and drained	
1 10-oz. can diced tomatoes with green chiles	
1 tsp. chili powder	
2 Tbsp. Chopped fresh cilantro	
½ c. pale ale or other light colored beer	
1 ½ c. low-fat milk (1%), divided	

Preparation

Heat oil in large saucepan over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, 4 to 5 minutes. Stir in spinach, tomatoes, chili powder and cilantro and sauté for 2 minutes or until caramelized. Add beer and cook until reduced slightly, about 1 minute. Add 1 cup milk and bring to a simmer.

Meanwhile, whisk the remaining ½ cup milk and cornstarch in a small bowl. Add to the pan and cook, stirring vigorously until bubbling and thickened, 1 to 2 minutes. Reduce heat to low, add cheese and cook, stirring, until melted. Finish with lime juice. Serve warm with fresh vegetables, whole grain crackers, etc...



Fit & Flavorful
Roasted Garlic Hummus
Recipe from Executive Chef Tim Cockram



Calories: 81 Protein: 2.7g Carbohydrates: 9.6g Total Fat: 4.0g
Saturated Fat: 0.5g Unsaturated Fat: 3.5g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 93.2mg Fiber: 1.7g

Yield: 8 servings (1/4 cup servings)

Mayo Clinic Exchange: 1/3 protein, 1 fat

Ingredients

1 cup canned garbanzo beans, drained
2 tablespoons and 2 teaspoons tahini
2 tablespoons fresh lemon juice
1 bulb garlic roasted
1 ½ teaspoons olive oil
½ pinch paprika
½ teaspoon minced fresh parsley
2 tsp. cumin
2 tsp. coriander

Preparation

Place the garbanzo beans, tahini, lemon juice, spices and garlic in a blender or food processor. Blend until smooth, transfer mixture to a serving bowl. Drizzle olive oil over the garbanzo bean mixture. Sprinkle with parsley.



Fit & Flavorful
Salmon Pita



Recipe from Executive Chef Mark Beland

Calories: 380 Protein: 28.8g Carbohydrates: 42.1g Total Fat: 11.7g
Saturated Fat: 4.3g Unsaturated Fat: 7.4g Trans Fat: 0g
Cholesterol: 66.6 mg Sodium: 700.4mg Fiber: 6.1g

Yield: 4 servings –

3 ounce salmon, 1 pita and approx. $\frac{3}{4}$ cup of vegetable filling

Mayo Clinic Exchange: 1 $\frac{1}{2}$ protein, 2 $\frac{1}{2}$ carbohydrate, 1 vegetable

Ingredients

12 oz salmon filet, chopped	4 whole wheat pitas
3 oz. feta cheese crumbles	$\frac{1}{2}$ cup artichoke hearts, chopped
3 cloves garlic, minced	
2 cups spinach, chopped	$\frac{1}{2}$ cup tomatoes, chopped
$\frac{1}{2}$ cup red onion, chopped	$\frac{1}{4}$ cup Greek plain nonfat yogurt mixed with juice of one lemon

Preparation

Evenly distribute salmon, feta cheese, artichoke hearts and garlic over pitas on baking sheet. Place under broiler until salmon is cooked to 145 degrees, and feta cheese begins browning.

Next, mix the spinach, onion, tomatoes and yogurt. Evenly distribute the vegetable mixture over the pitas and enjoy!



Fit & Flavorful
Roasted Peppers and Onions
Recipe from Executive Chef Mark Beland



Calories: 104 Protein: 2.7g Carbohydrates: 15.5g
Saturated Fat: 0.6g Unsaturated Fat: 3.9g
Cholesterol: 0 mg Sodium: 9.7mg

Total Fat: 4.5g
Trans Fat: 0g
Fiber: 4.9g

Yield: 5 servings – 1 cup per serving

Mayo Clinic Exchange: 2 fruits, 1 fat

Ingredients

2 red bell peppers	4 poblano peppers
2 anaheim peppers	4 jalepeno peppers
1 red onion	2 cloves garlic
1 Tablespoon oregano	1 Tablespoon olive oil
1 tsp black pepper	

Preparation

Quarter all peppers; remove seeds and ribs, place in mixing bowl. Trim onion and cut in quarters, pull layers apart. Place in bowl with peppers. Mince garlic and oregano. Toss onions and peppers with garlic, oregano, pepper and oil. Roast on cooler section part of grill or broiler for 10-15 min, until browned.



Fit & Flavorful
Salmon Salad Crostini
Recipe from Executive Chef Nick Weimer



Calories: 142 Protein: 8.9g Carbohydrates: 20.8g Total Fat: 2.5g
Saturated Fat: 0.5g Unsaturated Fat: 2.0g Trans Fat: 0g
Cholesterol: 13.9mg Sodium: 275.1mg Fiber: 1.2g

Yield: 12 servings

Mayo Clinic Exchange: ½ protein, ¼ vegetable, 1 carbohydrate, ¼ fat

Ingredients

8 oz. Salmon, cooked and cooled
1 rib celery, diced
1 small carrot, diced
1 small onion, diced
½ English cucumber, diced
1 Tbsp. tarragon, minced
1 tsp. black pepper
1 Tbsp. Dijon mustard
¼ cup low calorie mayonnaise
Zest and juice of 1 small lemon
12 slices of mini bread loaf cut in half and toasted

Preparation

Mix all ingredients except bread together in a bowl. Place spoonful of salmon on one side of toasted bread. Arrange on serving platter, enjoy.



Fit & Flavorful
Seafood Stuffed Peppers
Recipe by Executive Chef Nick Weimer



Calories: 342 Protein: 23.9g Carbohydrates: 51.1g Total Fat: 8.1g
Saturated Fat: 1.1g Unsaturated Fat: 7.0g Trans Fat: 0g
Cholesterol: 119.1mg Sodium: 596.4mg Fiber: 13.5g

Yield: 4 servings

Mayo Clinic Pyramid Servings: 1 protein, 2 carbohydrates, 3 vegetable, ¼ fat

Ingredients

4 poblano peppers	2 small carrots, diced (1/2 cup)
1 6 oz. can crab meat, (drain/squeeze)	2 ribs celery, diced (1/2 cup)
8 oz. cooked salad shrimp	1 cup cooked brown rice
1 tsp. canola oil	4 medium tomatoes, diced
2 T. garlic, minced	2 oz. water
1 small yellow onion, diced (1/2 cup)	3 T. homemade Cajun seasoning
	Juice of 1 lime

Preparation

Sauté onion, carrot, and celery in canola oil over medium-high heat until caramelized. Mix together in a bowl: crab meat, shrimp, rice, spices, lime juice and vegetables. Remove tops of poblano peppers and stuff with mixture. Bake at 375° for 30 minutes, or until pepper skins begin to blister and filling reaches 165°. While peppers are baking place tomatoes and water in a small saucepan on medium-low heat with a lid. Stir occasionally until tomatoes break down into sauce. Blend or mash to desired consistency then pour over peppers. Enjoy!



Fit & Flavorful
Smoked Salmon Lavosh
Recipe from Executive Chef Mark Beland



Calories: 77 Protein: 5.6g Carbohydrates: 10.0g Total Fat: 1.5 g
Saturated Fat: 0.3g Unsaturated Fat: 1.2g Trans Fat: 0g
Cholesterol: 10.1mg Sodium: 118.0mg Fiber: 0.5g
Mayo Clinic Exchange (1 carbohydrate)
Yield: 36 servings (1 piece per serving)

Ingredients

18 oz. cooked salmon
½ fresh squeezed orange juice (2-3 oranges)
15 oz. lavosh
Fennel greens

Preparation

Bring orange juice to boil, reduce to syrup (approximately 3 tbsp.). Break lavosh into 2 x 2 pieces , place ½ oz. salmon on lavosh, drizzle ¼ tsp. orange syrup over salmon, garnish with fennel greens.



Fit & Flavorful
Sour Cream Vegetable Dip
Recipe from Executive Chef Nick Weimer



Calories: 65 Protein: 2.1g Carbohydrates: 8.9g Total Fat: 2.6g
Saturated Fat: 0.6g Unsaturated Fat: 2.0g Trans Fat: 0g
Cholesterol: 5.5mg Sodium: 78.8mg Fiber: 0.1g

Yield: 6 servings

Mayo Clinic Exchange: 1 ½ fats

Ingredients

¾ cup fat free sour cream
¼ cup low calorie mayonnaise
1 medium shallot, minced (1/4 cup)
2 Tbsp. tarragon, minced
Black pepper to taste
Juice of ½ lemon

Preparation

Place all ingredients in a bowl and mix thoroughly.



Fit & Flavorful
Spicy Peanut Spring Roll
Recipe by Executive Chef Mark Beland



Calories: 375 Protein: 14g Carbohydrates: 68g Total Fat: 5g
Saturated Fat: 1g Unsaturated Fat: 4g Trans Fat: 0g
Cholesterol: 9mg Sodium: 715mg Fiber: 5g

Yield: 4 servings (Entrée = 3 rolls)

Mayo Clinic Exchange: 1 ½ vegetables, 4 carbohydrates, 1 fat

Ingredients

2 c. Napa cabbage, shredded	¼ c. peanuts, chopped
1 c. celery, sliced thin	2 cloves garlic, minced
1 c. carrot, shredded	1 tsp. low-sodium soy sauce
1 red Fresno pepper, minced	1 tsp. black pepper
1 c. leek, sliced thin	1 Tbsp. fresh ginger, grated

12 egg roll wraps
1 egg white

Preparation

Toss all ingredients together (except wrap and egg white). Let set together for minimum of one hour. Lay out wraps on flat surface, brush with beaten egg white. Spoon out vegetable mix evenly. If liquid has pooled in bowl, take care to drain excess. Roll according to diagram on package. Bake in 450 degree oven for 10-15 minutes, until golden brown.



Fit & Flavorful
Spicy Shrimp Cocktail
Recipe by Executive Chef Mark Beland



Calories: 101 Protein: 17.8gm Carbohydrates: 3.2gm Total Fat: 1.6gm
Saturated Fat: 0.3gm Unsaturated Fat: 1.3gm
Cholesterol: 129.3mg Sodium: 215.6mg Fiber: 0.6gm
(Mayo Clinic Pyramid Servings: 1 protein, ½ sweet)

Yield: 2 servings

Ingredients

Shrimp

2 bay leaves
Juice of 1 lemon (freshly squeezed)
8 black peppercorns
1 Tbsp. crushed red pepper
6 shrimp (16-20 ct.), peeled & deveined

Cocktail Sauce

¼ c. crushed tomato
½ tsp. black pepper
1 Tbsp. horseradish
½ tsp. chili paste
½ tsp. brown sugar
½ tsp. vinegar

Preparation

Shrimp:

Bring 1 quart of water to a boil.
Add the bay leaves, lemon juice, black peppercorns and the crushed red pepper.
Add the shrimp last.
Remove from heat and let stand for 5 min.
Fill pot with ice to chill and transfer to the refrigerator to cool completely. Keep shrimp refrigerated until you are ready to serve.
To serve: Remove shrimp from pot and rinse with clean water immediately before serving.

Cocktail Sauce:

Combine all ingredients.
To serve: Fill cocktail or wine glass with sauce and hang shrimp around rim of glass.



Fit & Flavorful
Stuffed Artichoke with Feta Cheese
Recipe from Executive Chef Tim Cockram



Calories: 64 Protein: 2.6g Carbohydrates: 8.3g Total Fat: 2.3g
Saturated Fat: 0.8g Trans Fat: 0.0g Fiber: 3.2g
Cholesterol: 7.7mg Sodium: 119.3mg

Yield: 6 servings (3 artichoke pieces approx. ½ cup)

Mayo Clinic Exchange: 1 vegetable, ½ carbohydrate

Ingredients

1 nine ounce box frozen artichoke hearts, halved
1 teaspoon canola oil
¼ cup onion, diced
¼ cup roasted red pepper, diced
¼ cup cooked chopped spinach
1 teaspoon lemon juice
¼ cup whole wheat bread crumbs
1 ounce feta cheese, frozen

Preparation

Preheat broiler.

Prepare artichoke hearts according to package directions.

Heat oil in pan. Sauté the diced onions and peppers until translucent. Next add spinach and lemon juice.

Top each artichoke heart with the spinach mixture and bread crumbs. Grate the frozen feta cheese and broil until cheese melts, 1 to 2 minutes.

Serve immediately.



Fit & Flavorful
Stuffed Chili Pepper
Recipe by Executive Chef Mark Beland



Calories: 105 Protein: 8g Carbohydrates: 13g Total Fat: 3g
Saturated Fat: 0.5g Unsaturated Fat: 2.5g Trans Fat: 0g
Cholesterol: 12mg Sodium: 25mg Fiber: 4g

Yield: 4 servings

Mayo Clinic Exchange: 2 vegetables, ½ protein

Ingredients

1 tsp. canola oil
1 c. yellow onion, chopped
½ c. celery, chopped
1 Tbsp. garlic, minced
3 oz. fresh trout or salmon
½ c. prepared Cannellini or Navy beans
1 Tbsp. fresh basil, chopped
½ tsp. fennel seed, ground
1 tsp. black pepper
½ tsp. smoked paprika
12 red Fresno or jalapeño peppers

Preparation

Sauté onion, celery, and garlic until lightly brown. Add trout, continue to sauté until cooked. Add prepared beans, basil and spices. Mix all together.

To prepare peppers: Carve around stem, remove, carefully carve out seeds and ribs. Stuff empty peppers with bean mixture. Grill or broil to cook pepper.



Fit & Flavorful
Swiss Chard Roulade
Recipe from Mayo Clinic Cookbook

Calories: 156 Protein: 4gm Carbohydrates: 31gm Total Fat: 3gm
Saturated Fat: <1gm Monounsaturated Fat: 2gm Polyunsaturated Fat: 1gm
Cholesterol: 0mg Sodium: 61mg Fiber: 4gm
(Mayo Clinic Pyramid Servings: 1 carbohydrate, 1 fruit and 1 vegetable)

Yield: 8 servings

Ingredients

2/3 Cup whole wheat couscous	2 teaspoon fresh chives, diced
1 cup water	2 whole red peppers, roasted.
2 teaspoon olive oil	1 teaspoon fresh ground black pepper
3 Quart water	2 teaspoon Roasted Garlic oil, or olive oil
2 bunches Swiss Chard (4 cups)	2 carrots, julienne
2 tablespoon rice vinegar	2 celery stalks, julienne
1 tablespoon Turbinado Sugar	4 Roma tomatoes, blistered
1 tablespoon molasses	2 cloves fresh garlic
4 tablespoon water	1 tablespoon Balsamic Vinegar
4 Thai Chilies	4 tablespoon fresh basil, chiffonade
6 Plums, 1 ½ cup diced	4 teaspoon fresh mint, chopped
8 teaspoon fresh mint leaves, chopped	

Preparation

Cook couscous according to package directions. Set aside to cool.

In a small sauce pan, combine vinegar, sugar and molasses with water and bring to a simmer, cook three minutes to reduce slightly and completely dissolve sugars. Set aside to cool.

Trim the stems from Swiss Chard, reserve stem pieces for the sauce. Blanch Swiss Chard leaves in rapidly boiling water until just tender. Drain, reserving liquid. Remove swiss chard to paper towel lined sheet pans to dry. Add stem pieces to reserved liquid and reduce to about 1 quart liquid.

Blister Thai chilies in olive oil, set aside. Roast and peel red peppers. Prepare carrots and celery. Dice plums. Blister Roma tomatoes. Dice chives, chiffinade basil, chop mint.

Toss cooked couscous with sugar vinegar mixture. Add one or two finely chopped blistered Thai chilies. Add chives and 8 tsp mint. Add black pepper to taste.

On a piece of parchment paper, lay out a layer of Chard leaves, making sure all holes are covered. Arrange a layer of couscous mixture on top of chard, taking care to leave a one inch boarder around all edges. Arrange lines of red pepper, carrot and celery in the couscous. Fold the sides and leading edge over the filling and roll into a tight log.

Add reduced liquid with chard stems to a blender or food processor, and puree. Add finely chopped fresh garlic, remaining mint, vinegar, roma tomatoes and basil. Puree again.

Finishing options:

* Bake Roulade covered with sauce 350 15 minutes or until thoroughly heated. Serve immediately.

* Cut Roulade "sushi style" and serve chilled with sauce on the side for dipping.



Fit & Flavorful
Tomato Basil Bruschetta
Recipe by Executive Chef Mark Beland



Calories: 106 Protein: 3.5g Carbohydrates: 19g Total Fat: 2g
Saturated Fat: 0.5g Unsaturated Fat: 1.5g Trans Fat: 0g
Cholesterol: 0mg Sodium: 145mg Fiber: 4g

Yield: 6

Mayo Clinic Exchange: 1 vegetable, 1 carbohydrate

Ingredients

2 Tbsp. basil, chopped
1 Tbsp. parsley, chopped
1 tsp. olive oil
2 tsp. balsamic vinegar
1 tsp. black pepper
½ Baguette (whole wheat), sliced
2 cloves garlic, minced
3 tomatoes, diced
½ c. fennel bulb, dried

Preparation

Toast baguette slices in 400 degree oven until lightly brown. Mix all other ingredients together. Spoon mixture evenly over toasted bread.



Fit & Flavorful
Trail Mix



Recipe from Executive Chef Nick Weimer

Calories: 218 Protein: 4.4g Carbohydrates: 35.8g Total Fat: 8.5g
Saturated Fat: 1.7 g Unsaturated Fat: 6.8g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 29.8mg Fiber: 4.2g

Yield: 4 servings – ½ cup servings

Mayo Clinic Exchange: 2 fruit, 1 sweet, 1 fat

Ingredients

½ cup Cheerios or other cereal
2 Tbsp. dark chocolate chips
2 Tbsp. peanut or other nut
2 Tbsp. almonds whole
2 Tbsp. sunflower seeds
¼ cup diced dates
¼ cup dried apricot
¼ cup raisins
¼ cup craisins

Preparation

Mix all together. Yields 4 – ½ cup servings



Fit & Flavorful
Turkey and Bean Quesadilla
Recipe by Executive Chef Mark Beland



Calories: 380 Protein: 20g Carbohydrates: 50g Total Fat: 12g
Saturated Fat: 2g Unsaturated Fat: 10g Trans Fat: 0g
Cholesterol: 24mg Sodium: 375mg Fiber: 11g

Yield: 2 servings

Mayo Clinic Pyramid Servings: 3 carbohydrate, 1 vegetable, 1 protein, 1 fat

Ingredients

2 – 12 inch whole wheat tortillas ½ c. tomato, chopped
1.5 oz. reduced fat cheddar cheese ½ c. red pepper
½ c. black beans ½ c. onion
2 oz. extra lean ground turkey breast
1 Tbsp. cumin seed, ground
1 tsp. black pepper
1 tsp. paprika
1 c. romaine, chopped/1 c. cabbage

Preparation

Brown turkey and add spices. Puree black beans and vegetables together. Heat large skillet or sauté pan over medium high heat, place one tortilla in pan, add cheese, beans, veggie mixture and turkey. Cover with second tortilla. Cook until tortilla is brown and crispy and cheese is melted.



Fit & Flavorful
Vegetable Kabob



Recipe by Executive Chef Mark Beland

Calories: 50 Protein: 3g Carbohydrates: 10g Total Fat: 0.5g
Saturated Fat: 0g Unsaturated Fat: 0.5g Trans Fat: 0g
Cholesterol: 0mg Sodium: 8mg Fiber: 3g

Yield: 6 kabobs

Mayo Clinic Exchange: 2 vegetables

Ingredients

2 red bell peppers	2 summer squash
2 cloves garlic	1 green bell pepper
1 Tbsp. black pepper	1 mint mushrooms
1 tsp. fennel seed	1 large onion
1 tsp. cumin seed	
2 tsp. smoked paprika	
1 tsp. dark honey or molasses	
1 Tbsp. dried Chipotle peppers	

6 – 10 or 12 in. bamboo skewers (soaked in cold water for 30 min.)

Preparation

Put garlic, 1 red bell pepper, spices, parsley, honey, and Chipotle peppers in blender, puree until completely smooth. Chop remaining vegetables in 1 inch cubes (you may want to leave mushrooms whole). Alternate ingredients on skewer, leave about one inch on either end. Baste liberally with pepper sauce and marinade for 1-2 hours. Grill on hot part of grill.



Fit & Flavorful
Watermelon pickles
Recipe from Chef Richard Johnson



Calories: 25 Protein: 0.5gm Carbohydrates: 3.5gm Total Fat: 0gm
Saturated Fat: 0gm Unsaturated Fat: 0gm Trans Fat: gm
Cholesterol: 0mg Sodium: 2mg Fiber: 0.2gm
(Mayo Clinic Pyramid Servings: ½ Fruit)

Yield: 4 servings

Ingredients

6 c. Fleischmann's white wine
vinegar
½ c. white granulated sugar
12 Garlic cloves
6 pieces fresh dill weed
3 lbs. watermelon rind

Preparation

Cut the green skin from the watermelon rind. Cut the rind into small cubes, or desired shape.

Simmer in warm pickling brine until tender.

Transfer to sterilized jars. Add enough pickling juice to cover rind, leaving 1/2 inch head space. Clean jar rim, add lid and band. Can in a hot water bath 15 minutes.



Fit & Flavorful
Whole Grain Pizza
Recipe by Executive Chef Mark Beland



Calories: 280 Protein: 15g Carbohydrates: 40g Total Fat: 7g
Saturated Fat: 3g Unsaturated Fat: 4g Trans Fat: 0g
Cholesterol: 11mg Sodium: 390mg Fiber: 7g

Yield: 1 pizza (8 slices)

Mayo Clinic Pyramid Servings: 2 carbohydrates, 2 vegetables, ½ protein, ½ fat

Dough:

1 Tbsp. honey
2 ¼ Tsp. active dry yeast
1 c. warm water
1 Tbsp. olive oil
1 ½ c. whole wheat flour
¼ c. buckwheat flour
¼ c. barley flour
4 tsp. gluten
2 Tbsp. oats

Marinara Sauce:

6 oz. canned tomato paste
4 red tomatoes
2 garlic cloves minced
1 c. yellow onions chopped
2 celery stalks chopped
¼ c. parsley chopped
2 Tbsp. basil chopped
2 Tbsp. balsamic vinegar

Toppings:

2.5 oz. each of Mozzarella and Parmigiano cheese
3 c. fresh veggies of your choice

Preparation

Dough: Dissolve honey and yeast in warm water, let sit 5 minutes. Mix dry ingredients together, add oil and water yeast mixture. Knead together for 10-15 minutes for optimal texture; electric mixer is helpful but not necessary. Let rise in refrigerator for minimum one hour, up to 24 hours. Roll out on floured surface to desired thickness. Top as desired, bake for 15-25 minutes at 400 degrees depending on thickness.

Sauce: Add all ingredients to blender/food processor. Run until smooth, with fine pieces. Put contents in sauce pot and simmer for 30 minutes.

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Fit & Flavorful
Whole Wheat Soda Bread
Recipe by Executive Chef Mark Beland



Calories: 80 Protein: 4.8g Carbohydrates: 14.3g Total Fat: 0.9g
Saturated Fat: 0.2g Unsaturated Fat: 0.7g Trans Fat: 0g
Cholesterol: 0.8mg Sodium: 153.5mg Fiber: 2.3g

Yield: 8 servings

Makes 1 loaf (approximately 15 ½ inch slices)

Mayo Clinic Pyramid Servings: 1 carbohydrate

Ingredients

2 c. whole wheat flour	1 tsp. baking powder
¼ c. flax seed meal	½ tsp. baking soda
¼ c. millet meal	1 tsp. caraway seed, crushed
2 Tbsp. wheat gluten	1¼ c. low fat buttermilk or skim milk
½ tsp. kosher salt	2 egg whites

Preparation

Sift together dry ingredients. Mix with wet until well moistened. Form in (5-inch by 8-inch) loaf pan and bake at 350 degrees for 50-6- minutes. Test for doneness with skewer.