

*Mona Mourad Smith, RD, CD, CPT*

## Asian Chicken

**Serves: 4**

### Chicken

4 (4-oz) boneless, skinless chicken breasts      1 tsp canola oil

### Marinade

2 Tbsp pineapple juice      1 ½ tsp light sesame oil  
1 ½ tsp chopped ginger      1 ½ tsp chopped garlic  
¼ tsp red pepper flakes

Place chicken in a shallow dish. Combine marinade ingredients with 1 Tbsp water; pour over meat. Chill covered 1-2 hours. Remove chicken from marinade; drain excess. Heat canola oil in a large skillet over medium-high heat. Cook chicken until no longer pink in the center, about 4 minutes per side. Serve with roasted corn & sugar snap pea salad.

**Nutrition Facts Per Serving:** Calories: 148, Total Fat: 3.7g, Saturated Fat: 0.5g, Carbohydrates: 3g, Fiber: 0.3g, Protein: 24g

*Mona Mourad Smith, RD, CD, CPT*

## Asian Chicken

**Serves: 4**

### Chicken

4 (4-oz) boneless, skinless chicken breasts      1 tsp canola oil

### Marinade

2 Tbsp pineapple juice      1 ½ tsp light sesame oil  
1 ½ tsp chopped ginger      1 ½ tsp chopped garlic  
¼ tsp red pepper flakes

Place chicken in a shallow dish. Combine marinade ingredients with 1 Tbsp water; pour over meat. Chill covered 1-2 hours. Remove chicken from marinade; drain excess. Heat canola oil in a large skillet over medium-high heat. Cook chicken until no longer pink in the center, about 4 minutes per side. Serve with roasted corn & sugar snap pea salad.

**Nutrition Facts Per Serving:** Calories: 148, Total Fat: 3.7g, Saturated Fat: 0.5g, Carbohydrates: 3g, Fiber: 0.3g, Protein: 24g

*Mona Mourad Smith, RD, CD, CPT*

## **Catfish Tacos w/Tomato & Avocado Salsa** Serves: 4

1 cup chopped tomatoes	½ cup chopped peeled avocado
5 Tbsp fresh lime juice	3 Tbsp chopped green onion
3 Tbsp chopped fresh cilantro	3 tsp minced jalapeno
1 lb catfish fillets	1 Tbsp ancho chile pepper
½ Tbsp white pepper	2 minced garlic cloves

For salsa: mix tomatoes, avocado, 2 Tbsp lime juice, onion, cilantro & 2 tsp jalapenos in small bowl. Place fish in single layer on small rimmed baking sheet. Mix garlic, 3 Tbsp lime juice & 1 tsp jalapeno in another small bowl. Drizzle half of lime juice mixture over fish; reserve remainder. Sprinkle fish with ancho chiles & white pepper; let stand 15 minutes. Preheat broiler. Broil fish just until opaque in center, about 6 minutes. Cut fish into 1-inch pieces. Warm tortillas. Top with ½ cup lettuce, then fish pieces. Drizzle with reserved lime juice mixture. Spoon salsa over.

**Nutrition Facts Per Serving:** Calories: 256, Total Fat: 7g, Saturated Fat: 3g, Fiber: 3g

*Mona Mourad Smith, RD, CD, CPT*

## **Catfish Tacos w/Tomato & Avocado Salsa** Serves: 4

1 cup chopped tomatoes	½ cup chopped peeled avocado
5 Tbsp fresh lime juice	3 Tbsp chopped green onion
3 Tbsp chopped fresh cilantro	3 tsp minced jalapeno
1 lb catfish fillets	1 Tbsp ancho chile pepper
½ Tbsp white pepper	2 minced garlic cloves

For salsa: mix tomatoes, avocado, 2 Tbsp lime juice, onion, cilantro & 2 tsp jalapenos in small bowl. Place fish in single layer on small rimmed baking sheet. Mix garlic, 3 Tbsp lime juice & 1 tsp jalapeno in another small bowl. Drizzle half of lime juice mixture over fish; reserve remainder. Sprinkle fish with ancho chiles & white pepper; let stand 15 minutes. Preheat broiler. Broil fish just until opaque in center, about 6 minutes. Cut fish into 1-inch pieces. Warm tortillas. Top with ½ cup lettuce, then fish pieces. Drizzle with reserved lime juice mixture. Spoon salsa over.

**Nutrition Facts Per Serving:** Calories: 256, Total Fat: 7g, Saturated Fat: 3g, Fiber: 3g

*Mona Mourad Smith, RD, CD, CPT*

## Five Spice Shrimp w/Rice

Serves: 4

2 tsp olive oil	1 large chopped onion
1-inch piece ginger	2 cloves garlic
1 tsp Chinese five spice powder	1 tsp turmeric powder
1 tsp ground cumin	1 tsp ground coriander
2 medium pureed tomatoes	1 lb large shelled & deveined shrimp

Heat oil in a large sauté pan over medium-high heat. Sauté onion until golden brown, about 3 minutes. Grind ginger & garlic into a paste; add it & remaining spices & tomatoes to pan; simmer 5 minutes. In a separate pan, sauté shrimp 30 seconds. Add sauce & stir continuously on high heat, 2 or 3 minutes, until most of the liquid evaporates. Serve over rice. Garnish with coriander.

**Nutrition Facts Per Serving:** Calories: 290, Total Fat: 4.9g, Saturated Fat: 0.8g, Carbohydrates: 35g, Fiber: 2.1g, Protein: 26g

*Mona Mourad Smith, RD, CD, CPT*

## Five Spice Shrimp w/Rice

Serves: 4

2 tsp olive oil	1 large chopped onion
1-inch piece ginger	2 cloves garlic
1 tsp Chinese five spice powder	1 tsp turmeric powder
1 tsp ground cumin	1 tsp ground coriander
2 medium pureed tomatoes	1 lb large shelled & deveined shrimp

Heat oil in a large sauté pan over medium-high heat. Sauté onion until golden brown, about 3 minutes. Grind ginger & garlic into a paste; add it & remaining spices & tomatoes to pan; simmer 5 minutes. In a separate pan, sauté shrimp 30 seconds. Add sauce & stir continuously on high heat, 2 or 3 minutes, until most of the liquid evaporates. Serve over rice. Garnish with coriander.

**Nutrition Facts Per Serving:** Calories: 290, Total Fat: 4.9g, Saturated Fat: 0.8g, Carbohydrates: 35g, Fiber: 2.1g, Protein: 26g

*Mona Mourad Smith, RD, CD, CPT*

## **Roasted Butternut Squash Soup** **Serves: 6**

2 Tbsp olive oil  
4 minced garlic cloves  
2½ lb butternut squash, peeled, seeded, cut into 1-inch pieces  
5½ cups low-sodium chicken broth  
½ tsp grated orange peel

2¼ cup chopped onions  
1 Tbsp smoked paprika  
3 tsp chopped fresh thyme

Heat oil in large pot over medium-high heat. Add onions; sauté until tender, about 12 minutes. Add garlic; stir 1 minute. Add squash & broth; bring to boil. Reduce heat; cover & simmer until squash is soft, about 40 minutes. Cool slightly. Working in batches, puree soup in blender until smooth. Return puree to pot. Add 1 tsp thyme, orange peel & smoked paprika. Simmer 3 minutes. Cool slightly. Sprinkle with remaining 2 tsp thyme & serve. Garnish with lite sour cream if desired.

**Nutrition Facts Per Serving:** Calories: 185, Total Fat: 7g, Saturated Fat: 1g, Carbohydrates: 17g, Fiber: 8g

*Mona Mourad Smith, RD, CD, CPT*

## **Roasted Butternut Squash Soup** **Serves: 6**

2 Tbsp olive oil  
4 minced garlic cloves  
2½ lb butternut squash, peeled, seeded, cut into 1-inch pieces  
5½ cups low-sodium chicken broth  
½ tsp grated orange peel

2¼ cup chopped onions  
1 Tbsp smoked paprika  
3 tsp chopped fresh thyme

Heat oil in large pot over medium-high heat. Add onions; sauté until tender, about 12 minutes. Add garlic; stir 1 minute. Add squash & broth; bring to boil. Reduce heat; cover & simmer until squash is soft, about 40 minutes. Cool slightly. Working in batches, puree soup in blender until smooth. Return puree to pot. Add 1 tsp thyme, orange peel & smoked paprika. Simmer 3 minutes. Cool slightly. Sprinkle with remaining 2 tsp thyme & serve. Garnish with lite sour cream if desired.

**Nutrition Facts Per Serving:** Calories: 185, Total Fat: 7g, Saturated Fat: 1g, Carbohydrates: 17g, Fiber: 8g

*Mona Mourad Smith, RD, CD, CPT*

## **Roasted Corn & Sugar Snap Pea Salad** Serves: 4

1 ¼ cup frozen corn	½ cup chopped sugar snap peas
¼ cup chopped red onion	¼ cup small-diced red bell pepper
1 Tbsp chopped fresh cilantro	1 Tbsp light mayonnaise
1 Tbsp lemon juice	1 ½ tsp grated ginger
1/8 tsp ground black pepper	

Combine all ingredients in a bowl. Cover and chill in refrigerator until ready to serve. Serve with Asian Chicken.

**Nutrition Facts Per Serving:** Calories: 97, Total Fat: 2.9g, Saturated Fat: 0.4g, Carbohydrates: 16.6g, Fiber: 2.4g, Protein: 3.8g

*Mona Mourad Smith, RD, CD, CPT*

## **Roasted Corn & Sugar Snap Pea Salad** Serves: 4

1 ¼ cup frozen corn	½ cup chopped sugar snap peas
¼ cup chopped red onion	¼ cup small-diced red bell pepper
1 Tbsp chopped fresh cilantro	1 Tbsp light mayonnaise
1 Tbsp lemon juice	1 ½ tsp grated ginger
1/8 tsp ground black pepper	

Combine all ingredients in a bowl. Cover and chill in refrigerator until ready to serve. Serve with Asian Chicken.

**Nutrition Facts Per Serving:** Calories: 97, Total Fat: 2.9g, Saturated Fat: 0.4g, Carbohydrates: 16.6g, Fiber: 2.4g, Protein: 3.8g

*Mona Mourad Smith, RD, CD, CPT*

## Mixed Mexican-Spiced Nuts

**Yields: 2 cups**

### Nut Mix

2/3 cup(3 ounces) unsalted roasted peanuts

1¼ cups(4½ ounces) almonds

¼ cup (1 ounce) raw pumpkin seeds

### Spice Mix

1 tsp salt

1 Tbsp sugar

¼tsp ground cumin

¼ tsp ground cinnamon

1/8 tsp garlic powder

¼ tsp cayenne pepper

### Glaze

1 tsp brown sugar substitute

2 Tbsp water

1 Tbsp unsalted butter

Heat the oven to 350°F. Line a rimmed baking sheet with parchment paper & spread almonds out. Toast for 4 minutes & rotate the pan; add peanuts & pumpkin seeds. Continue to toast until color deepens slightly, about 4 more minutes. Cool. Stir spice mix ingredients above in a medium bowl; set aside. Bring glaze ingredients above to a boil in a medium saucepan over medium-high heat, whisking constantly. Stir in toasted nut mix & cook, stirring constantly with a wooden spoon, until nuts are shiny & almost all the liquid has evaporated-1½ minutes. Transfer glazed mixture to the bowl with the spice mix; toss well to coat. Lay nuts flat to cool. (Nuts can be stored in airtight container for up to 5 days.)

*Mona Mourad Smith, RD, CD, CPT*

## Mixed Mexican-Spiced Nuts

**Yields: 2 cups**

### Nut Mix

2/3 cup(3 ounces) unsalted roasted peanuts

1¼ cups(4½ ounces) almonds

¼ cup (1 ounce) raw pumpkin seeds

### Spice Mix

1 tsp salt

1 Tbsp sugar

¼tsp ground cumin

¼ tsp ground cinnamon

1/8 tsp garlic powder

¼ tsp cayenne pepper

### Glaze

1 tsp brown sugar substitute

2 Tbsp water

1 Tbsp unsalted butter

Heat the oven to 350°F. Line a rimmed baking sheet with parchment paper & spread almonds out. Toast for 4 minutes & rotate the pan; add peanuts & pumpkin seeds. Continue to toast until color deepens slightly, about 4 more minutes. Cool. Stir spice mix ingredients above in a medium bowl; set aside. Bring glaze ingredients above to a boil in a medium saucepan over medium-high heat, whisking constantly. Stir in toasted nut mix & cook, stirring constantly with a wooden spoon, until nuts are shiny & almost all the liquid has evaporated-1½ minutes. Transfer glazed mixture to the bowl with the spice mix; toss well to coat. Lay nuts flat to cool. (Nuts can be stored in airtight container for up to 5 days.)

*Mona Mourad Smith, RD, CD, CPT*

## **Shrimp Salad Crunches**

**Yields: 48**

¾ pound (1½ cups) salad shrimp, thawed	½ cup lite cream cheese-room temp.
2 Tbsp chopped fresh cilantro	1 Tbsp plus 2 tsp lime juice
1 tsp chipotle powder	½ tsp minced garlic
½ tsp dried oregano	¼ tsp salt
½ cup frozen corn kernels	1/3 cup diced red bell pepper
1 bag baked tortilla scoops or Athens Mini Fillo Shells	

Coarsely chop shrimp and set aside. Stir together the cream cheese and the next 6 ingredients in a medium bowl. Add the corn and peppers. Refrigerate until chilled. Fill each scoop/shell with 1 teaspoon of the shrimp mixture. Garnish with a cilantro leaf.

*Mona Mourad Smith, RD, CD, CPT*

## **Shrimp Salad Crunches**

**Yields: 48**

¾ pound (1½ cups) salad shrimp, thawed	½ cup lite cream cheese-room temp.
2 Tbsp chopped fresh cilantro	1 Tbsp plus 2 tsp lime juice
1 tsp chipotle powder	½ tsp minced garlic
½ tsp dried oregano	¼ tsp salt
½ cup frozen corn kernels	1/3 cup diced red bell pepper
1 bag baked tortilla scoops or Athens Mini Fillo Shells	

Coarsely chop shrimp and set aside. Stir together the cream cheese and the next 6 ingredients in a medium bowl. Add the corn and peppers. Refrigerate until chilled. Fill each scoop/shell with 1 teaspoon of the shrimp mixture. Garnish with a cilantro leaf.