

Easy Peach Crisp

6 servings, about 1 cup each

Ingredients

- 1 pound frozen peaches
- ½ teaspoon ground cinnamon
- 2 cups nutty granola
- ¼ cup packed brown sugar
- ¼ cup reduced fat margarine, softened
- ¼ cup flour

Preparation

1. Preheat oven to 350° Spray an 8x8 casserole dish with cooking spray. Pour peaches into casserole and stir in cinnamon.
2. Mix together granola, sugar, margarine and flour. Sprinkle over peaches.
3. Bake in oven about 30-35 minutes or until topping is lightly browned.

Portion into single servings of Tupperware containers and freeze for later.

Notes:

Chicken Florentine

4 servings, 1 chicken breast and about 1 ½ cup spinach/sauce

Ingredients

- 4 boneless skinless chicken breasts (chicken may be substituted with 4 large portabella mushrooms)
- 1 pound bag frozen chopped spinach
- 1 (10 ¾ oz.) can low sodium-low fat cream of mushroom soup
- ½ soup can water
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon Italian seasonings
- 4 oz. sundried tomatoes packed in olive oil, coarsely chopped

Preparation

1. Preheat oven to 400° Spray an 8x8 casserole dish with cooking spray. Place chicken breasts into casserole.
2. Mix spinach (no need to thaw, if thawed do not drain or squeeze out any water) and water, soup, onion, garlic and Italian seasonings. Pour mixture over chicken and top with sundried tomatoes.
3. Bake in oven about 20-25 minutes, or until chicken is no longer pink and reads 165° with a meat thermometer at the thickest point.

Portion rice topped with chicken into single servings of Tupperware containers and freeze for later. When reheating microwave at 50% power until warmed throughout to avoid drying out the chicken.

Notes:

Italian Egg Drop Soup

6 servings, about 1 1/2 cups each

Ingredients

- 6 cups reduced-sodium chicken broth (or vegetable)
- 2 cups water
- 1 1/3 cups whole-wheat medium pasta shells or other small pasta (4 ounces)
- 1 7-ounce can chickpeas, rinsed
- 1 bunch scallions, sliced, whites and greens divided
- Pinch of freshly grated nutmeg
- 3 cups chopped arugula, any tough stems removed
- 4 large eggs, lightly beaten
- Freshly ground pepper to taste
- 2 tablespoons lemon juice
- 6 tablespoons freshly grated Parmesan

Preparation

1. Combine broth, water, pasta, chickpeas, scallion whites and nutmeg in a Dutch oven; cover and bring to a boil over high heat. Uncover and boil for half as long as directed by the pasta package, 3 to 5 minutes.
2. Stir in arugula and cook until wilted, about 1 minute. Reduce heat to low. While stirring the soup constantly, slowly add eggs; cook for 2 minutes. (The cooked egg will look like feathery strands.) Season with pepper and stir in the scallion greens and lemon juice. Ladle into 6 bowls and top with Parmesan

Portion into single servings of Tupperware containers and freeze for later.

Notes:

Italian Egg Drop Soup

Italian egg-drop soup, Stracciatella, is traditionally a light soup made with just chicken (or vegetable) broth, eggs and herbs. This recipe has pasta, chickpeas and arugula to make it healthier. Turn it into a meal by serving it with Garlic bread and Caesar salad.

Nutrition Profile

Diabetes appropriate | Low calorie | Low saturated fat | Healthy weight | Heart healthy | vegetarian (if using vegetable broth) |

Chicken Florentine

This fragrant, Italian-flavored casserole takes advantage of quick-cooking ingredients—boneless, skinless chicken breast, frozen spinach and canned soup. It is very easy to prepare. You may even have the ingredients in your kitchen right now. For added nutrition have it with some precooked brown rice readily found at most grocery stores.

Nutrition Profile

Diabetes appropriate | Low calorie | Low carbohydrate | Low cholesterol | Low saturated fat | Healthy weight | Heart healthy | High fiber | High potassium |

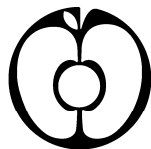
Easy Peach Crisp

Peaches and nuts are a classic—and healthful—combination, especially when you cut back on the saturated fat that typically tops this sweet treat. This version is just as delicious. It's simple using frozen peaches and healthy nutty granola. Add a dollop of vanilla frozen yogurt to finish off this homey dessert beautifully.

Nutrition Profile

Low cholesterol | Low sodium | High fiber

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