

# New Year, New You

## 9 Recipes for Under 400 Calories & less than \$4



Jump start your New Year with these delicious recipes that will help you lose weight and save money.

# Portion Control Recipe

## Chicken with Feta, Tomatoes and Couscous

Serves 6

Total Cost: \$16.20, Cost per Serving: \$2.70

### Ingredients

2 pounds boneless, skinless chicken breasts  
1/2 teaspoon salt  
1/2 teaspoon pepper  
3 teaspoons olive oil, divided  
2 teaspoons minced garlic  
2 teaspoons dried basil  
1 teaspoon dried oregano  
1 pint grape tomatoes  
3 cups cooked couscous  
1/2 medium cucumber, finely diced  
2 ounces crumbled reduced-fat feta cheese

### Cooking Instructions

1. Season chicken with salt and pepper. Heat 2 teaspoons oil in a large skillet over medium-high heat, and cook chicken 4 to 5 minutes on each side, or until done. Remove from pan and keep warm.
2. Add remaining 1 teaspoon oil to pan; add garlic, basil, oregano, and tomatoes. Cook over medium-high heat 3 to 5 minutes, or until tomatoes soften.
3. Meanwhile, cook couscous according to package directions.
4. Place 1/2 cup cooked couscous on each of 6 plates. Slice chicken, and divide evenly among plates. Top with tomato mixture, cucumber, and feta cheese.

Nutritional Information (per serving): Calories: 320, Total Fat: 7.8 g, Saturated Fat: 2.1 g, Cholesterol: 100 mg, Sodium: 507 mg, Total Carbohydrates: 22 g, Dietary Fiber: 2.4 g, Sugars: 2 g, Protein: 38 g

# Clean Eating Recipe

## Horseradish Crusted Tilapia with Garlic Roasted Red Potatoes

Serves 6

Total Cost: \$17.26, Cost per Serving: \$2.88

### Ingredients

#### Tilapia:

3 tablespoons light mayonnaise  
2 tablespoons Parmesan cheese  
1 tablespoon lemon juice  
2 teaspoons Dijon mustard  
1 teaspoon horseradish  
6 (6 ounce) tilapia fillets  
1/4 cup whole wheat breadcrumbs  
2 teaspoons butter

#### Potatoes:

1 pound red potatoes, cut into wedges  
2 tablespoons olive oil  
2 cloves garlic, chopped  
1/2 teaspoon salt  
1/2 teaspoon pepper

### Cooking Instructions

1. In a small bowl, combine mayonnaise, Parmesan cheese, lemon juice, Dijon mustard, and horseradish. Spread mixture evenly over both sides of tilapia filets, and coat lightly with breadcrumbs.
2. Heat butter in a skillet, and cook fish over medium heat 4 minutes per side, or until browned and fish flakes easily with a fork.
3. Heat oven to 375iF. Toss potatoes with olive oil, garlic, salt and pepper. Bake on a rimmed baking sheet for 45 minutes, stirring once halfway through cooking time. Serve potatoes with tilapia.

Nutrition Information (per serving): Calories: 319, Total Fat: 12.1 g, Saturated Fat: 3.3 g, Cholesterol: 94 mg, Sodium: 444 mg, Total Carbohydrates: 16 g, Dietary Fiber: 1.7 g, Sugars: 1.5 g, Protein: 37 g

# Clean Eating Recipe

## Flank Steak with Tomato, Corn, and Black Bean Salad

Serves 6

Total Cost: \$19.25, Cost per Serving: \$3.21

### Ingredients

#### Steak:

1 1/2 pounds flank steak  
1/4 cup white vinegar  
3 tablespoons low sodium soy sauce  
3 cloves garlic, minced  
2 tablespoons lime juice  
1/4 cup olive oil  
1/2 teaspoon salt  
1/2 teaspoon pepper  
3/4 teaspoon chili powder  
3/4 teaspoon dried oregano  
3/4 teaspoon ground cumin  
3/4 teaspoon paprika  
2/3 cup chopped onion  
1/2 cup fresh chopped cilantro

#### Salad:

2 tomatoes, chopped  
3 ears corn, kernels removed  
15 ounce can black beans, drained and rinsed  
1/2 cup fresh chopped cilantro  
1/3 cup chopped onion  
1 tablespoon olive oil  
1/4 teaspoon salt  
1/4 teaspoon pepper

### Cooking Instructions

1. Combine flank steak, vinegar, soy sauce, garlic, lime juice, 1/4 cup olive oil, 1/2 teaspoon salt, 1/2 teaspoon pepper, chili powder, oregano, cumin, paprika, 2/3 cup chopped onion and 1/2 cup cilantro. Marinate 2 - 6 hours. Grill over medium heat 4 minutes per side. Slice on bias.
2. Combine tomatoes, corn, black beans, 1/2 cup cilantro, 1/3 cup chopped onion, and 1 tablespoon olive oil. Season with 1/4 teaspoon salt and 1/4 teaspoon pepper. Serve salad alongside steak.

Nutrition Information (per serving): Calories: 393, Total Fat: 18.7 g, Saturated Fat: 4.1 g, Cholesterol: 70 mg, Sodium: 870 mg, Total Carbohydrates: 26 g, Dietary Fiber: 5 g, Sugars: 6 g, Protein: 31 g

# Clean Eating Recipe

## Thai Pork Lettuce Wraps with Chili-Lime Grilled Corn

Serves 6

Total Cost: \$12.13, Cost per Serving: \$2.02

### Ingredients

#### Lettuce Wraps:

1 head butter lettuce  
2 teaspoons peanut oil  
1/2 cup chopped onion  
1/4 cup chopped ginger  
2 tablespoons minced garlic  
1 pound lean ground pork  
1/3 cup lime juice  
1/3 cup chopped lightly roasted peanuts  
1/4 cup fresh chopped cilantro  
1 hot red chili, minced  
1/4 teaspoon salt

#### Corn:

6 ears corn  
2 tablespoons butter  
1 tablespoon chili powder  
2 limes, cut into wedges  
1/8 teaspoon salt

### Cooking Instructions

1. Separate lettuce leaves; rinse lightly and dry. Heat oil in a large skillet over medium heat, and saute onion, ginger, and garlic 3 - 5 minutes. Add pork and cook until done, about 5 - 7 minutes. Drain excess fat from pan. Add lime juice, peanuts, cilantro, chili, and 1/4 teaspoon salt, and cook an additional 2 minutes. Transfer to a bowl, and serve filling on top of lettuce leaves.
2. Clean silks from corn, leaving husks intact. Replace husks, and grill corn over medium heat 5 - 7 minutes. Rub warm corn with butter; sprinkle with chili powder, lime juice, and 1/8 teaspoon salt.

Nutrition Information (per serving): Calories: 388, Total Fat: 23.7 g, Saturated Fat: 7.7 g, Cholesterol: 62 mg, Sodium: 278 mg, Total Carbohydrates: 26 g, Dietary Fiber: 3.4 g, Sugars: 8 g, Protein: 20 g

# Clean Eating Recipe

## Mushroom Tart with Spinach and Pear Salad

Serves 6

Total Cost: \$13.59, Cost per Serving: \$2.27

### Ingredients

#### Tart:

2 tablespoons butter  
1/2 cup chopped yellow onion  
2 cloves garlic, minced  
8 ounces sliced mushrooms  
2 cups 2% plain Greek yogurt  
6 eggs  
1/2 cup grated Parmesan cheese  
1 tablespoon whole milk  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 teaspoon hot sauce, optional

#### Salad:

5 ounces baby spinach  
2 Bosc pears, thinly sliced  
2 shallots, thinly sliced  
4 tablespoons olive oil  
2 tablespoons white wine vinegar  
1 teaspoon Dijon mustard  
1 clove garlic, minced  
1/8 teaspoon salt  
1/8 teaspoon pepper

### Cooking Instructions

1. Preheat oven to 350 F. Heat butter in a skillet over medium heat. Add onion, and cook 7-10 minutes, or until soft. Add garlic and continue to cook for 2 minutes. Add mushrooms, and cook 3 - 5 minutes, stirring often.
2. In a medium bowl, whisk together yogurt, eggs, Parmesan cheese, milk, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Add mushroom mixture and stir to combine. Add Tabasco if desired. Pour into a 9-inch pie plate coated with cooking spray, and bake 25 - 30 minutes, or until set. Cool 5 - 10 minutes before slicing.
3. In a large bowl, combine spinach, pears, and shallots. In a small bowl, whisk together olive oil, vinegar, Dijon mustard, 1 clove garlic, 1/8 teaspoon salt, and 1/8 teaspoon pepper. Pour dressing over salad, and toss to coat evenly. Serve alongside mushroom tart.

Nutrition Information (per serving): Calories: 344, Total Fat: 22.4 g, Saturated Fat: 8.3 g, Cholesterol: 211 mg, Sodium: 607 mg, Total Carbohydrates: 20 g, Dietary Fiber: 4 g, Sugars: 11 g, Protein: 19 g

# Clean Eating Recipe

## Oregano Chicken and Orzo with Olives, Tomatoes, Spinach and Feta

Serves 6

### Ingredients

#### Chicken:

6 boneless, skinless chicken breasts  
1 teaspoon kosher salt  
1 teaspoon black pepper  
2 teaspoons dried oregano  
4 cloves garlic, minced  
2 tablespoons olive oil  
Juice of 2 lemons

#### Orzo:

1 pound whole wheat orzo  
4 ounces Greek olives, pitted  
2 tomatoes, seeded and chopped  
2 cups fresh baby spinach  
1/2 cup crumbled feta  
3 tablespoons olive oil  
Salt and pepper to taste

### Cooking Instructions

1. Combine salt, pepper, oregano, garlic, lemon juice and olive oil in a zip-top plastic bag.
2. Add chicken, and marinate for 2 hours.
3. Preheat grill to medium-high heat. Remove chicken from marinade, and grill for 8 - 10 minutes on each side, or until done.
4. Cook orzo according to package directions. Combine cooked orzo, olives, tomatoes, spinach, feta, and olive oil in a large bowl. Season to taste with salt and pepper. Refrigerate for 2 - 8 hours before serving.

# Clean Eating Recipe

## Greek Chicken Salad

Serves 4

### Ingredients

3 boneless, skinless chicken breasts  
6 tablespoons balsamic vinegar,  
divided  
Salt and pepper to taste  
1 cucumber, cubed  
2 tomatoes, chopped  
1 red bell pepper, chopped  
1 cup chopped red onion  
1/2 cup crumbled feta cheese  
1 teaspoon fresh thyme, chopped  
1/4 cup olive oil

### Cooking Instructions

1. Marinate chicken in 1/4 cup balsamic vinegar, salt and pepper to taste for 1 hour. Grill over medium heat for 10 minutes per side. Cool and cut into cubes.
2. Combine chicken, cucumber, tomatoes, bell pepper, onion and feta in a large bowl. In a small bowl, whisk together thyme, olive oil, 2 tablespoons balsamic vinegar, and salt and pepper to taste. Drizzle dressing over salad, and toss to combine.

Nutrition Information (per serving): Calories: 380, Total Fat: 21 g, Saturated Fat: 5.4 g, Cholesterol: 98 mg, Sodium: 660 mg, Total Carbohydrates: 15 g, Dietary Fiber: 3 g, Sugars: 10 g, Protein: 32 g

# Paleo Recipe

## Blackened Skirt Steak BLT Salad

Serves 4

### Ingredients

1 tablespoon smoked paprika  
1 teaspoon ground cumin  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1 teaspoon dried oregano  
1/2 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
1 teaspoon olive oil  
1 pound skirt or flank steak, trimmed  
4 cups baby mixed greens  
2 cups chopped tomatoes  
4 pieces bacon, cooked and crumbled  
1/2 cup thinly sliced red onion  
3 tablespoons red wine vinegar  
3 tablespoons extra virgin olive oil  
2 teaspoons Dijon mustard  
1 teaspoon minced garlic  
Salt and Pepper to taste

### Cooking Instructions

1. Preheat broiler. Combine paprika, cumin, garlic powder, onion powder, oregano, salt, and pepper in a small bowl. Brush olive oil evenly over steak. Sprinkle both sides with spice mixture, pressing to adhere. Place on a broiler pan. Broil 4 inches from heat for 8-10 minutes, turning once. Remove from oven; let stand 15 minutes before slicing.
2. Combine mixed greens, tomatoes, bacon, and red onion in a large bowl. In a separate bowl, combine vinegar, oil, mustard, garlic, salt, and black pepper. Stir with a whisk and toss with salad mixture. Top salad with steak. Yields 4 servings.

Nutrition Information (per serving): Calories: 380, Total Fat: 25.4 g, Saturated Fat: 6.4 g, Cholesterol: 82 mg, Sodium: 668 mg, Total Carbohydrates: 10 g, Dietary Fiber: 3.7 g, Sugars: 4.3 g, Protein: 29 g

# Paleo Recipe

## Pork Tenderloin with Peach Salsa and Peppery Slaw

Serves 4

### Ingredients

1 pound pork tenderloin, trimmed	2 tablespoons lemon juice
2 tablespoons chopped fresh parsley, divided	1 tablespoon chopped fresh jalapeno
1 tablespoon lemon zest	2 cups angel hair slaw
1 tablespoon minced garlic, divided	1 cup shredded carrots
1 1/2 teaspoons olive oil, divided	1/3 cup cider vinegar
3/4 teaspoon kosher salt, divided	3 tablespoons extra virgin olive oil
3/4 teaspoon black pepper, divided	1 teaspoon red pepper flakes
1 1/2 cups chopped fresh peaches	1/4 teaspoon ground red pepper
1/4 cup chopped red onion	Salt and pepper to taste

### Cooking Instructions

1. Preheat grill to medium-high heat. Combine 1 tablespoon parsley, lemon zest, 2 teaspoons garlic, 1 teaspoon oil, 1/2 teaspoon salt, and ? teaspoon pepper in a small bowl. Rub mixture evenly over pork. Let stand 30 minutes at room temperature. Grill pork 20-22 minutes or until desired degree of doneness. Remove from grill and let stand 15 minutes before slicing.
2. To prepare salsa, combine peaches, red onion, lemon juice, and jalapeno in a bowl. Stir in remaining 1 tablespoon parsley, 1 teaspoon garlic, 1/2 teaspoon oil and remaining 1/4 teaspoon each salt and pepper.
3. Combine slaw and carrots in a bowl. In a separate bowl, combine vinegar, extra virgin olive oil, red pepper flakes, ground red pepper, and salt and pepper to taste. Pour vinegar mixture over cabbage mixture and toss to combine; let stand 30 minutes.
4. Serve peach salsa over pork and slaw alongside. Yields 4 servings.

Nutrition Information (per serving): Calories: 312, Total Fat: 15.2 g, Saturated Fat: 2.6 g, Cholesterol: 74 mg, Sodium: 450 mg, Total Carbohydrates: 17 g, Dietary Fiber: 4 g, Sugars: 3 g, Protein: 26 g