

Steamed Broccoli with Lemon Zest

Servings: 6

2 Bunches Broccoli, stalks peeled and each bunch cut into spears
1 Tablespoon Olive Oil
1/2 Teaspoon Salt
Freshly Ground Black Pepper, to taste
1 Tablespoon Lemon Zest

Steam Broccoli for approximately 5 minutes, or until crisp-tender.

While broccoli steams, measure out the seasonings. When broccoli is cooked, drain and toss with seasonings. Transfer to a serving dish and serve hot.

Per Serving: 77 Calories; 3g Fat (28.3% calories from fat); 6g Protein; 11g Carbohydrate; 0mg Cholesterol; 232mg Sodium; 6g Dietary Fiber. Exchanges: 2 Vegetable; 0 Fruit; ½ Fat.

Copyright © 2006 The Regents of the University of Michigan, Ann Arbor, Michigan, 48109 032306



Soba Noodle Salad with Fresh Veggies

Servings: 6

1/2 Pound Soba Noodles
1 Cup Edamame, Shelled
1 Cup Shredded Carrots
1 Bunch Scallions, thinly sliced on the diagonal
1/2 Cup Radishes, thinly sliced
1 Yellow Bell Pepper, cut julienne
1/2 Cup Shiitake Mushrooms, stemmed and thinly sliced
1/4 Cup Cilantro, chopped
Dressing:
3 Tablespoons Fresh Lime Juice
3 Tablespoons Low Sodium Soy Sauce
2 Tablespoons Honey
1 Teaspoon Chili Paste
1 Tablespoon Dark Sesame Oil

Cook the soba noodles according to package directions. Add the edamame to the noodles in the last 5 minutes of cooking time. Drain and rinse under cool running water.

In a large bowl, combine noodles and edamame with the remaining salad ingredients.

In a small bowl whisk together the dressing ingredients. Pour dressing over salad and toss well.

Per Serving: 307 Calories; 4g Fat (12.3% calories from fat); 13g Protein; 60g Carbohydrate; 0mg Cholesterol; 629mg Sodium; 6g Dietary Fiber. Exchanges: 3 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Fresh Berries Splashed with Orange Juice

Servings: 6

- 1 Pint Strawberries, sliced
- 1 Pint Raspberries, or substitute any fresh Luscious berries in season
- 2 Tablespoons Passion Fruit Syrup, optional (or 2 tablespoons confectioner's sugar)
- 3 Cups Fresh Orange Juice (6 oranges freshly squeezed)
- Light Sprinkle of Freshly Grated Nutmeg

Wash the berries and pick them over to remove any foreign bodes. Slice the strawberries. Divide the berries between 6 small bowls. Drizzle 1 teaspoon of passion fruit syrup over each bowl of berries (if desired). Cover with orange juice. Top with a light sprinkle of freshly ground nutmeg and serve.

Per Serving: 85 Calories; trace Fat (4.2% calories from fat); 1g Protein; 20g Carbohydrate; 0mg Cholesterol; 5mg Sodium; 1g Dietary Fiber. Exchanges: 1Fruit; 0 .

Copyright © 2006 The Regents of the University of Michigan, Ann Arbor, Michigan, 48109 032306

