

## Side Dishes:

Tip: Remember the MyPlate when building healthy meals. Try to have a large amount of vegetables with a smaller portion of a healthy grain and protein.

### Crispy Baked Potato Wedges

Courtesy of: "Food.com" [<http://www.food.com/recipe/crispy-baked-potato-wedges-low-fat-157849>]

*Note: can substitute other vegetables (broccoli, squash, asparagus, etc.) for potato and other seasonings for rosemary. Lower cooking time for different vegetables, check occasionally.*

Serves: 6

Total Time: 50 min

Prep Time: 10 min

Cook Time: 40 min

#### Ingredients

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- 6 potatoes, scrubbed
- sea salt, to taste
- 1 tablespoon fresh rosemary, chopped
- cooking spray

#### Directions

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1. Preheat oven to 400 degrees.
2. Spray baking sheet with non stick cooking spray.
3. Cut potatoes into wedges, and place onto baking sheet.
4. Lightly spray the potato wedges with non stick spray until evenly coated.
5. Sprinkle generously with sea salt and chopped rosemary.
6. Bake in oven for 35-45 minutes until crisp and golden, turning occasionally.

## Lemon-parmesan broccoli

Courtesy of: "MyRecipeis.com" [<http://www.myrecipes.com/recipe/lemon-parmesan-broccoli-50400000115791/>]

Serves: 6 (2/3 cup each)

Total Time: 50 min

Prep Time: 10 min

Cook Time: 40 min

### Ingredients

- 12 ounces broccoli florets (5 cups raw)
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, minced
- 1/2 teaspoon grated lemon rind
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon kosher salt
- 3 tablespoons shaved fresh Parmesan

### Directions

1. Arrange broccoli in a steamer. Steam, covered, 4 minutes or until crisp-tender.
2. Place broccoli in a large bowl.
3. Heat a small skillet over medium-high heat. Add oil and garlic; cook 2 minutes or until garlic is fragrant.
4. Add oil mixture, rind, juice, and salt to broccoli; toss to coat.
5. Sprinkle broccoli mixture with cheese.

### Variations:

*Spicy Chile and Garlic variation:* Prepare base recipe through step 1. Heat a skillet over medium-high. Add 2 tablespoons olive oil, 1 1/2 teaspoons crushed red pepper, and 4 sliced garlic cloves; cook 2 minutes. Add 1 tablespoon lemon juice. Pour over broccoli. Sprinkle with 1 teaspoon grated lemon rind and 1/4 teaspoon kosher salt.

Serves 6 Calories 61; Fat 4.8g (sat 0.7g); Sodium 96mg

*Dijon, Thyme, and Pine Nut variation:* Prepare base recipe through step 1. Combine 1 tablespoon minced shallots, 2 tablespoons olive oil, 1 tablespoon fresh lemon juice, 1 tablespoon Dijon mustard, and 2 teaspoons chopped fresh thyme in a bowl; stir with a whisk. Add broccoli and 2 tablespoons toasted pine nuts to oil mixture; toss.

1. Serves 6 Calories 79; Fat 6.6g (sat 0.8g); Sodium 76m

*Cheddar-Beer Sauce variation:* Whisk 1/4 cup beer and 1 1/2 tablespoons flour in a bowl. Combine 3/4 cup fat-free milk and 1/4 cup beer in a pan; bring to a simmer. Stir in flour mixture; bring to a boil. Reduce heat; simmer 2 minutes. Add 3/4 cup reduced-fat cheddar, 1 tablespoon chives, 1/2 teaspoon grated lemon rind, and 1/4 teaspoon kosher salt.

Serves 6 Calories 79; Fat 3.3g (sat 1.8g); Sodium 227mg

## Quinoa with Latin Flavors

(For a simpler dish, simply cook quinoa according to package directions and flavor with herbs)

Courtesy of: "[fitnessmagazine.com](http://fitnessmagazine.com)"

[<http://www.fitnessmagazine.com/recipes/recipecomdetail.jsp?recipeId=25113181>]

Serves: 6 (2/3 cup)  
Prep time: 30 minutes  
Total time: 45 minutes

### Ingredients

1 cup quinoa, (see Note)  
2 teaspoons canola oil  
1 medium onion, chopped  
1 4-ounce can chopped green chiles  
2 cloves garlic, minced  
1 14-ounce can reduced-sodium chicken broth, or vegetable broth  
1/4 cup pepitas, toasted (see Note)  
3/4 cup coarsely chopped fresh cilantro  
1/2 cup chopped scallions  
2 tablespoons lime juice  
1/4 teaspoon salt

### Directions

1. Toast quinoa in a large dry skillet over medium heat, stirring often, until it crackles and becomes aromatic, 3 to 5 minutes.
2. Transfer to a fine sieve and rinse thoroughly.
3. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes.
4. Add chiles and garlic; cook, stirring, for 30 seconds.
5. Add the quinoa and broth; bring to a simmer.
6. Reduce heat to maintain a gentle simmer, cover and cook until the quinoa is tender and most of the liquid has been absorbed, 20 to 25 minutes.
7. Add pepitas, cilantro, scallions, lime juice and salt to the quinoa; mix gently and fluff with a fork.

### Nutritional Facts per serving

Calories	181
Total Fat	6 g
Saturated Fat	1 g

Monounsaturated Fat	2 g
Carbohydrates	27 g
Cholesterol	1 mg
Protein	7 g
Fiber	3 g
Sodium	196 mg
Potassium	379 mg

Daily Values: Vitamin C 25%, Iron 20%.

*Tips:*

*Notes: Quinoa, a delicately flavored grain that was a staple in the ancient Incas' diet, is available in most natural-foods stores and the natural-foods sections of many supermarkets. Toasting the grain before cooking enhances the flavor, and rinsing removes any residue of saponin, quinoa's natural, bitter protective coating.*

*Hulled pumpkin seeds, also known as pepitas, are dusky green and have a delicate nutty flavor. They can be found in the health-food or bulk sections of many supermarkets.*

*To toast nuts & seeds on the stovetop: Toast in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 3 to 5 minutes.*