

Taper Informational Book
with Recipes

Important Nutrient Information

Here is some helpful information to help with preparing foods and eating healthy during the swim season and during taper.

The important nutrients to consider for a swimmer are Proteins, Carbohydrates, Fats, Antioxidants and Glutamine.

Protein:

Protein is used to increase muscle mass. Before, during and after you swim you should consume healthful proteins such as milk, egg whites, meats, fish and soy.

Carbohydrates:

Soon after exercise you should eat moderate to high glycemic index (GI) carbs such as cranberries, raisins, and figs; fresh apricots, cantaloupe, cherries, papaya, and pineapple.

Beyond two hours after swimming you should eat healthy low GI carbs such as multigrain bread, pumpernickel bread, whole grains like barely, steel cut oats, quinoa, and all vegetables. Other low GI foods are Basmati rice, nonsweetened dairy, legumes, apples, berries, oranges, and plums.

Fats:

Do not eat fats after swimming they delay stomach emptying, which diminishes glycogen storage capacity. After two hours enjoy healthful fats such as nuts, seeds, avocados and olives.

Stay healthy by eating antioxidant rich foods and foods high in glutamine.

Antioxidant Rich Foods:

Keep muscles healthy by eating antioxidant-rich foods like legumes, beans, berries, prunes, raisins, plums, oranges, nuts, kale, beets, red peppers and broccoli.

Glutamine:

Glutamine is an important amino acid essential to proper immune function. Replenishing your glutamine is paramount to preventing illness. Good sources of glutamine are beef, pork, poultry, milk, yogurt, cottage cheese, ricotta cheese, and raw spinach, raw parsley and cabbage.

**The main thing to take away from this is to incorporate non-processed whole foods for every meal. Nothing fried or in cream sauces.

Stay Hydrated!!!!!! Drink plenty of liquids!!!!!! No soda!!

Two to three days prior to the meet stop eating any kind of dairy including milk, yogurt, cheese, etc.

Healthy food list

Meats/Protein:

Chicken

Pork (not bacon)

Turkey

Beef/Lean

Fish

Beans

Soy

Nuts

Nut butters

Eggs

Carbs:

Whole Wheat Pasta

Basmati Rice

Whole Wheat Bread

Pumpernickel bread

Barely

Oats/Steel Cut

Quinoa

Beans

Yogurt

Most Fruits

Potatoes

Dairy:

Milk

Yogurt

Cheese

Cottage Cheese

Ricotta Cheese

Vegetables:

Spinach

Parsley

Romaine Lettuce

Butter Lettuce

Cabbage

Potatoes

Corn

Broccoli

Tomatoes

Carrots

Kale

Beets

Peppers

Onions

Peas

Cucumber

Celery

Avocado

Oils:

Olive oil

Olives

Avocado

Almond oil

Pumpkin Seeds

Sunflower Seeds

Nuts

Fruits:

Apples

Oranges

Bananas

Strawberries

Blackberries

Blueberries

Melon

Pineapple

Raisins

Grapes

Cranberries

Plums

Prunes

Papayas

Apricots

Figs

Cherries

Mangos

Pears

Foods to Avoid:

High fructose corn
syrup

High fat meats such as
bacon, sausage, salami

High fat, high sugar
sweets

Fast food, Subway is
alright if you stay with

wheat bread and

minimize cheese and
mayo

Breakfast Ideas

Remember NO dairy 2-3 days prior to the big meet!!

Breakfast 1:

Steel Cut Oatmeal (you can stir in
nuts for added protein)

Berries

Milk

Breakfast 2:

Whole-wheat waffles topped with
peanut or almond butter

Cantaloupe

Milk

Breakfast 3:

Eggs

Whole-wheat toast (no butter if
during taper)

Fruit (berries, orange, or melon)

Milk

Breakfast 4:

Whole-wheat pancakes (no butter or
syrup if during taper)

Berries

Milk

Breakfast 5:

Two egg omelet with any vegetable
filling (tomato, spinach, onion,
mushrooms, peppers etc.) and

Cheese

Fruit (berries, orange or melon)

Whole-wheat toast (no butter if
during taper)

Milk

Breakfast 6:

Whole-grain Cereal

Berries or other fruit

Milk

Breakfast 7:

Bran or Whole grain muffin

Fruit

Milk

Breakfast 8:

Fruit smoothie

Nuts

Breakfast 9:

Hard-boiled eggs

Fruit

Whole-wheat toast (no butter if
during taper)

Milk

Breakfast 10:

Yogurt (non sweetened is best)

Mix in fresh berries

Nuts

Milk or Juice

Breakfast 11:

Whole grain English muffins with
peanut butter

Berries

Milk

Breakfast 12:

Make a breakfast wrap:

Whole-wheat tortillas; roll in lean
turkey and cheese, scrambled eggs,
with diced peppers, spinach and
onions.

Berries

Milk

Breakfast 13:

Whole-wheat tortillas with peanut
butter and bananas.

Milk

Breakfast 14:
Scrambled eggs
Fruit
Whole-wheat toast (no butter if

during taper)
Milk

Breakfast Recipe

Southwestern Omelet

By Nancy Trone

Stovetop

Ingredients

2 tablespoons chopped fresh cilantro
1/4 teaspoon salt
4 large egg whites
1 large egg
1/2 cup canned black beans, rinsed and drained
1/4 cup chopped green onions
1/4 cup (1 ounce) reduced-fat shredded cheddar cheese
1/4 cup salsa

Directions

Combine first 4 ingredients in a medium bowl, stirring with a whisk.
Combine beans, onions, cheese, and salsa in a medium bowl.
Heat a medium nonstick skillet coated with cooking spray over medium heat. Pour egg mixture into pan; let egg mixture set slightly. Tilt pan and carefully lift edges of omelet with a spatula; allow uncooked portion to flow underneath cooked portion.
Cook 3 minutes; flip omelet. Spoon bean mixture onto half of omelet. Carefully loosen omelet with a spatula; fold in half. Cook 1 minute or until cheese melts. Slide omelet onto a plate; cut in half.

Raspberry Dream Smoothie

By Kate Bares

Ingredients

1 1/2 cups orange juice
3 handfuls raspberries
1 Tbsp. Good quality, thick natural yogurt
4 ice cubes, crushed

Directions

Place all the ingredients in a blender and whizz until smooth.
Pour into two glasses.
Drink.

Light Oat Waffles

By Hannah Anderson

Ingredients

3/4 cup oat bran

1 cup whole wheat pastry flour
2 tsp. baking powder
1 1/2 cups milk
3 Tbsp. peanut or canola oil

1 whole egg, separated
2 egg whites

Add oil, and 1 egg yolk and mix until moistened.
Lightly oil waffle iron and turn on.
Beat the 3 egg whites until stiff and fold into batter.
Pour batter onto hot waffle iron and cook until lightly browned.

Directions

Mix oat bran, flour and baking powder in a large bowl.

Snacks

Snacks are very important to keep your energy throughout the day and before swimming. Remember to pack snacks to take to school. Drink plenty of water throughout the day.

Roasted Almonds: Roast raw almonds in a 350° oven for 10 min. Stir after 5 min.

Roasted Pecans: Roast raw pecans in a 350° oven for 5 min.

Sugar Free Jell-O

Trail Mix: If you don't want to eat plain nuts, mix them up with dried fruits to make your own healthy trail mix.

Yogurt: Mix in fresh fruit.

Fruit Smoothie

Turkey Wrap. Turkey with a whole wheat tortilla, veggies and some mustard.

Apple and Banana with peanut butter

Ants on a log: Celery topped with peanut butter and raisins.

Lunch

Lunch can be very simple. Make sure not to use extra butter or mayo on sandwiches. Stick to whole ingredients. No chips or sweets.

Try to pack a lunch during taper since the school foods are mostly processed. Use lean meats, whole grains, fresh fruit and vegetables. You can pack nuts and yogurt for extra protein. During most of taper you can purchase milk but at least **two to three days prior to the meet cut out all dairy products**. No more yogurt, cheese, or milk should be eaten. This includes cream sauces on pasta. You can always pack 100% juice drinks and water for lunches.

Try to stick to whole foods. What I mean by this is that if it comes in a package it is not a whole food. Bread and yogurt are exceptions but you still need to eat only whole wheat, pumpernickel, or other multigrain bread.

School Lunch Ideas

Lunch 1:

Roast Beef Sandwich:

Whole wheat bread, roast beef, avocado slices, spinach, salt and pepper to taste.

Fruit

Fresh Vegetables

Yogurt (not if before the big meet)

Milk/100% Juice

Lunch 2:

Turkey Sandwich:

Whole wheat bread, Turkey, avocado slices, spinach or Alfalfa sprouts, tomato, salt and pepper to taste.

Fruit

Fresh Vegetables

Yogurt (not if before the big meet)

Milk/100% Juice

and vegetables (avocado, tomato, spinach, onion, sliced cucumber, peppers, etc.).

Fruit

Fresh Vegetables

Yogurt (not if before the big meet)

Milk/100% Juice

Lunch 4:

Peanut butter and honey or banana sandwich.

Fruit

Fresh Vegetables

Yogurt (not if before the big meet)

Milk/100% Juice

Fruit ideas: Strawberries, apple, banana, orange, melon, blackberries, blueberries, raspberries.

Fresh Vegetable ideas: Snap peas, broccoli, carrots, celery, Cherry tomatoes.

Lunch 3:

Whole wheat tortilla with lean meat

Dinner

Dinner should be high in carbs and protein and low in bad fats since it follows practice.

You should always try to incorporate as many fruits and vegetables as possible. Soups with bread and pasta dishes are good choices; just remember to stay away from creamy soups and sauces. Soups made with broth are best.

Salads are a great side dish. The only problem with salads is that you tend to cover them with dressing. If you choose to use dressing try the homemade olive oil and balsamic vinegar dressing below.

When making a salad use mixed greens, fresh spinach, romaine, or butter lettuce. There is very little nutritional value in iceberg lettuce.

Dinner and Side Dish Recipes

Green Salad

By Nancy Trone

Ingredients

Mixed greens
Carrots
Celery
Cucumber
Tomato
Avocado (diced)
Craisens
Toasted sunflower seeds

Olive oil and Balsamic Dressing:

1/3 cup Balsamic Vinegar
2/3 cup Olive oil
3 Tablespoons Dijon mustard

Mix in a shaker or blender. Store in refrigerator. Remove from refrigerator about 15-20 min prior to using. It gets really thick.

Make individual bowls of salad for each person. Each person can have whatever ingredients they may want.

Winter Salad

By Nancy Trone

Salad

Green leaf lettuce and Spinach

Top with:

1 apple-cubed

1 pear-cubed

1/4 cup Craisins

1-cup cashews

4 ounces Parmesan cheese or shredded

Swiss

Dressing

Blend in Mixer:

1/4-cup sugar

1/3 cup lemon juice

2 tsp chopped onions

1 tsp Dijon Mustard

1/2 teaspoon salt

Slowly Add:

2/3-cup olive oil

Stir In:

1 tablespoon poppy seeds

Pinto and Black Bean Salad with Grilled Corn and Avocado over Mixed Greens

By Nancy Trone

Servings: 12

Grill/Stovetop

Ingredients

1 cup halved grape or cherry tomatoes

1 tsp. salt, divided

3 ears shucked corn

1 medium white onion, cut into 1/4 inch thick slices

1 jalapeno pepper

1 Tbsp. Olive oil

1/3 cup chopped fresh cilantro

1/3 cup fresh lime juice

1 (15-ounce) can pinto beans, rinsed and drained

1 (15-ounce) can black beans, rinsed and drained

2 diced peeled avocados

Directions

Preheat grill to medium-high heat. (I just use my grill pan on my stovetop)

Place tomatoes in a large bowl, and sprinkle with 1/2 tsp. salt. Let stand 10 min.

Brush corn, onion, and jalapeño evenly with oil. Place vegetables on grill rack coated with cooking spray. Grill corn for 12 minutes or until lightly charred, turning after 6 minutes. Grill onion slices and jalapeño 8 minutes or until lightly charred, turning after 4 minutes. Let vegetables stand 5 minutes.

Cut kernels from cobs. Coarsely chop onion. Finely chop jalapeño; discard stem.

Add corn, onion, and jalapeño to tomato mixture; toss well. Add remaining 1/2 teaspoon salt, cilantro, and next 4 ingredients (through kidney beans) to corn mixture; toss well. Top with avocado.

Serve over a bed of mixed greens.

Chicken Fajita Soup

By Nancy Trone

Servings: 4

Stovetop

Ingredients

1 pound thin chicken cutlets cut into thin strips
 Juice of 2 limes, divided
 1 tablespoon coriander
 1 tablespoon cumin
 Salt and freshly ground black pepper
 2 tablespoons olive oil
 3 large or 4 medium bell peppers, seeds removed and sliced
 1 to 2 large red onions, sliced
 3 large cloves garlic, grated or finely chopped
 6 sprigs of thyme, leaves
 1 cup additional chicken stock
 1 15-ounce can stewed tomatoes
 1 quart chicken stock
 Hot sauce to taste
 6 whole-wheat flour tortillas (6- to 8-inches in diameter)
 2 handfuls cilantro leaves, roughly chopped
 1 ripe avocado, diced

Directions

In a shallow bowl combine the chicken strips with the juice of 1 lime, coriander, cumin, salt and pepper. Let the chicken marinate while you cut the veggies for the soup.

Place a large soup pot over medium-high heat with 2 tablespoons oil. Heat the oil until it just starts to smoke and carefully add the marinated chicken to the pot, spreading it out in an even layer (the oil can have a nasty attitude and spit at you so be careful). Let it brown up completely on one side before moving the pieces.

Add the peppers, onion, garlic and thyme to the pot and cook a couple of minutes, until the veggies just start to get tender. Add the 1 cup stock, scraping up any brown bits on the bottom of the pot; then the stewed tomatoes, chicken stock and some hot sauce to taste. Bring up to a bubble and simmer while you prepare the tortillas.

If you have a gas cooking range, turn the flame to medium and, using tongs, place the tortilla right on top of the flame. Turn it and flip it until it starts to blister on both sides. If you don't have a gas range, place a medium to large dry skillet over high heat and blister them in the skillet on both sides.

Once all the tortillas have been blistered, cut into short thin strips.

Divide the strips between 4 serving bowls and reserve while you finish the soup.

Ladle the soup over the tortillas and top with some cilantro, diced avocado and additional lime juice.

By Nancy Trone

Servings: 6

Stovetop

Ingredients

Cooking spray
 1 cup thinly sliced celery
 3/4 cup diced carrot
 1/2 cup chopped onion
 2 garlic cloves, minced
 4 cups fat-free, less-sodium chicken broth
 3 cups Basic Marinara (recipe page 9)
 1 cup canned chickpeas (garbanzo beans),
 rinsed and drained
 3/4 cup uncooked ditalini (very short tube-
 shaped macaroni)
 1/2 teaspoon freshly ground black pepper
 8 ounces skinless, boneless chicken thighs,
 cut into 1/2-inch pieces
 6 tablespoons shaved fresh Parmesan cheese

Directions

Heat a Dutch oven over medium heat.
 Coat pan with cooking spray.
 Add celery, carrot, and onion to pan; cook 12
 minutes or until tender, stirring occasionally.
 Add garlic; cook 30 seconds, stirring
 constantly.
 Add broth and next 4 ingredients (through
 pepper); bring to a boil.
 Reduce heat, and simmer 12 minutes or
 until pasta is tender.
 Add chicken to pan; cook 3 minutes or until
 chicken is done.
 Sprinkle with cheese.

Split Pea Soup with Carrots and Celery

By Nancy Trone

Ingredients

1 cup dry green split peas
 5 cups water
 4 bay leaves
 1 cup diced onion
 1/2 cup white wine
 2 teaspoon freshly minced garlic
 1 tablespoon dried thyme
 1/2 teaspoon dried rosemary, slightly
 crushed
 1/4 teaspoon freshly ground black pepper
 1 cup diced carrots
 1 cup diced celery
 1 cup diced red bell peppers
 1/2-cup vegetable stock
 1 tablespoon freshly chopped basil
 1 tablespoon freshly chopped Italian parsley
 Salt

Directions

Cook split peas in water with bay leaves until
 most of the water is absorbed. (Takes about
 45 minutes)

While the peas are cooking, braise the
 onions in a separate pot in the white wine.
 Add the garlic, thyme, rosemary, and black
 pepper to the pot.

When the onions become translucent, add
 the carrots and celery. Continue cooking
 until all the vegetables are done.

Add the red pepper and cook for 2 to 3
 minutes.

Turn off the heat and set aside until the peas
 are cooked.

When the peas are done, remove the bay
 leaves and run peas through blender or food
 processor.

Combine this with the vegetables and stir.
 Gradually add the vegetable stock until you
 are satisfied with the texture.
 Add the fresh basil and parsley. Salt to taste

Basic Marinara Sauce

By Nancy Trone

Yields: 12 cups

Use this Marinara sauce over pasta and in recipes.

Stovetop

Ingredients

3 tablespoons olive oil
 3 cups chopped yellow onion (about 3 medium)
 1 tablespoon sugar
 3 tablespoons minced garlic (about 6 cloves)
 2 teaspoons salt
 2 teaspoons dried basil
 1 1/2 teaspoons dried oregano
 1 teaspoon dried thyme
 1 teaspoon freshly ground black pepper
 1/2 teaspoon fennel seeds, crushed
 2 tablespoons balsamic vinegar
 2 cups fat-free, less-sodium chicken broth
 3 (28-ounce) cans no-salt crushed tomatoes

Directions

Heat oil in a large Dutch oven over medium heat. Add onion to pan; cook 4 minutes, stirring frequently.

Add sugar and next 7 ingredients (through fennel seeds); cook 1 minute stirring constantly.

Stir in vinegar; cook 30 seconds.

Add broth and tomatoes; bring to a simmer.

Cook over low heat for 55 minutes or until sauce thickens, stirring occasionally.

Hint

Cook at a low simmer-just a few bubbles every few seconds will yield the deepest taste.

Store in refrigerator up to 5 days.

Store in freezer up to 4 months.

Thaw in refrigerator overnight, heat in saucepan or microwave.

Chicken in Orange Sauce

By Kate Bares

Ingredients

4 skinless boneless chicken breasts
 3/4 cup orange juice
 1/4 cup brown sugar
 1/2 teaspoon ginger
 2 Tablespoons soy sauce

Directions

Combine orange juice, brown sugar, ginger and soy sauce in a microwave safe bowl. Heat until just warm, about 1 minute on high.

Place chicken in a baking dish and cover with sauce.

Bake at 350° and baste with the sauce every 10 minutes until done.

Serve over rice.

Basmati Rice

You can always just cook plain **Basmati Rice**. This takes 15 minutes. It is naturally buttery. You do not need to add butter to make it taste good. Minute rice or any other processed rice is not nutrient rich. Once you start using basmati rice you will never go back to minute rice. They do make brown basmati rice but I recommend starting with the white version.

Herbed Basmati Rice

By Nancy Trone

Servings: 6 (serving size 2/3 cup)

Stovetop

Ingredients

1 teaspoon olive oil
 Cooking spray
 1 cup uncooked basmati rice
 1 garlic clove, minced
 1 cup water
 1 cup fat-free chicken broth
 1/4 teaspoon salt
 1/4 cup chopped green onions
 1/4 cup pine nuts, toasted
 3 tablespoons grated fresh Parmesan cheese
 1 tablespoon chopped fresh basil
 1 teaspoon chopped fresh thyme
 1/2 teaspoon freshly ground black pepper

Directions

Heat olive oil in a medium skillet coated with cooking spray over medium-high heat. Add rice and garlic to pan: sauté 2 minutes or until rice is lightly toasted. Add 1 cup water, broth, and salt to pan; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and rice is tender. Remove from heat; let stand 5 minutes. Stir in onions, nuts, Parmesan cheese, basil, thyme, and pepper.

Beef Daube Provençal

By Nancy Trone

Stovetop, 300° oven

Ingredients

2 teaspoon olive oil
12 garlic cloves, crushed
1 (2 lb) boneless chuck roast, trimmed and cut into 2-inch cubes
1 1/2 tsp salt, divided
1/2 teaspoon freshly ground black pepper, divided
1 cup red wine
2 cups chopped carrot
1 1/2 cups chopped onion
1/2 cup less-sodium beef broth
1 tablespoon tomato paste
1 teaspoon chopped fresh rosemary
1 teaspoon chopped fresh thyme
Dash of ground cloves
1 (14.4 ounce) can diced tomatoes, undrained
1 bay leaf
3 cups hot cooked medium egg noodles

Directions

Heat olive oil in a small Dutch oven over low heat. Add garlic to pan; cook for 5 min or until garlic is fragrant, stirring occasionally. Remove garlic with a slotted spoon; set aside.

Increase heat to med-high. Add beef to pan. Sprinkle with salt and pepper. Cook 5 minutes, browning on all sides. Remove beef from pan.

Add wine to pan, and bring to a boil, scraping pan to loosen browned bits. Add garlic, beef, remaining 1 tsp salt, and 1/4 tsp pepper, carrot, and next 8 ingredients (through bay leaf) to pan; bring to a boil.

Cover and bake at 300° for 3-4 hours or until beef is tender. Discard bay leaf. Serve over noodles

Minestrone Soup

By Nancy Trone

Servings: 8 (1 1/2 cup servings)

Stovetop

Ingredients

3 tablespoons olive oil
1 cup white onions, minced
1/2 cup zucchini
1/2 cup frozen green beans, Italian cut
1/4 cup celery, minced
4 teaspoons garlic, minced
4 cups vegetable broth
30 ounces canned red kidney beans, drained
30 ounces canned white beans, drained
14 ounces diced tomatoes, canned
1/2 cup carrots, julienned or shredded
2 tablespoons fresh parsley, minced
1 1/2 teaspoons dried oregano
1 1/2 teaspoons salt
1/2 teaspoon ground pepper
1/2 teaspoon dried basil
1/4 teaspoon dried thyme
3 cups hot water
4 cups fresh spinach, small leaves
1/2 cup shell pasta

Directions

Heat three tablespoons of olive oil over medium heat in a large soup pot.

Sauté onion, celery, garlic, green beans, and zucchini in the oil for 5 minutes or until onions begin to turn translucent.

Add vegetable broth to pot, plus drained tomatoes, beans, carrot, hot water, and spices.

Bring soup to a boil, then reduce heat and allow to simmer for 20 minutes.

Add spinach leaves and pasta and cook for an additional 20 minutes or until desired consistency.

Chicken and Rice

By Nancy Trone

Stovetop

Ingredients

Cooked chicken breast (3-4 breasts)
Olive oil
1 large onion
1 1/2 cups chopped celery
2 cups chopped carrots
Large can Chicken noodle soup and water
Cooked Basmati rice (about 3 cups)

Directions

Cook Basmati rice. You can use already cooked rice if you have some.

Cut chicken into bite size pieces and brown in skillet with olive oil.

Remove chicken and set aside. Add onion, celery, and carrots to pan. Sauté for about 5 min. or until carrots are cooked.

Return cooked chicken to pan with juices. Add can of chicken noodle soup and one can of water.

Bring to a boil. Add rice and mix thoroughly. You can make this thick or thin like a soup. We prefer it thick.

Salt and pepper to taste.

Chicken, Rice and Broccoli

By Nancy Trone

Stovetop

Ingredients

Chicken breast (3-4 breasts)
Olive oil
Fajita spices (I use Penzey Spices)
Cooked Basmati rice (about 3-4 cups)
Broccoli (frozen. In a steam bag is best)
Salt and Pepper

Directions

Cook Basmati rice. You can use already cooked rice if you have some.

Cut chicken into bite size pieces; mix with fajita spices and brown in skillet with olive oil.

Microwave broccoli until done.

Mix rice together with chicken adding a small amount of olive oil if needed. Stir in cooked broccoli.

Salt and pepper to taste.

Capellini al Fresco with Grilled Chicken

By Nancy Trone

Serving: pasta serves 6

Stovetop/Grill

Ingredients

1/2 pound whole wheat vermicelli noodles,
 cooked
 10 Campari tomatoes, quartered (Cherry
 also works)
 1/2 red onion, chopped
 6 garlic cloves, chopped
 .75 oz. pkg. of fresh basil, chopped
 Olive oil
 Salt and Pepper
 Shredded Parmesan
 Chicken Breast (As many as you need for
 your family)

Directions

Cut tomatoes into quarters and place in a bowl of heavily salted water. Let them soak for about a 1/2 hour before cooking.

Cook pasta according to package directions.

Meanwhile coat the bottom of a large skillet with olive oil. Over medium heat sauté onions, garlic, salt, and pepper until tender about 7 minutes.

Season chicken breasts with your favorite spices, and grill. Or, you can cut into bite size pieces and brown in olive oil in a separate skillet until done.

Drain tomatoes and add them to the frying pan.

Salt and pepper again. Cook for an additional 4-5 minutes.

Add freshly chopped basil.

Toss with pasta and chicken if using pieces. Add more olive oil if needed.

Sprinkle with Parmesan cheese.

Top with chicken breast if using whole breasts

Fiesta Chicken Tacos with Mango and Jicama Salad

By Nancy Trone

Servings: 4 (serving size: 2 tacos)

Stovetop

Ingredients

Salad:

¾ cup (3 inch) julienne-cut peeled jicama
 ½ cup sliced peeled ripe mango
 ¼ cup sliced red onion
 1 Tbsp. Fresh lime juice
 ½ tsp. sugar
 1 ½ tsp. chopped fresh cilantro
 ¼ tsp. salt
 Dash of pepper

Tacos:

1 Tbsp. Olive oil, divided
 1 pound skinless, boneless chicken breast,
 cut into thin strips
 ½ tsp. chili powder
 ½ tsp. ground cumin
 1/8 tsp. ground chipotle chile pepper
 1 cup sliced red bell pepper
 1 cup sliced red onion
 ¼ tsp. salt
 8 (6 inch corn tortillas)
 1 cup mixed greens

Directions

To prepare salad, combine first 8 ingredients.

To prepare tacos, heat 2 tsp. oil in a large nonstick skillet over med-high heat. Sprinkle chicken evenly with chili powder, cumin, and chipotle pepper. Add chicken mixture to pan; sauté 3 minutes. Remove from pan.

Heat remaining 1 tsp. oil in pan. Add bell pepper and 1 cup onion; cook 3 minutes or until crisp-tender. Return chicken mixture to pan; cook 2 minutes or until chicken is done. Sprinkle with ¼ tsp. salt.

Heat tortillas according to package directions. Arrange 2 Tbls. Mixed greens, about 1/3 cup chicken mixture, and about 2 Tbls. Salad in each tortilla; fold over.

Quinoa and Pomegranate Salad with Asparagus and Walnuts

By Hannah Anderson

Ingredients

2/3 cup quinoa (makes about 2 cups cooked)
 2/3 lb. asparagus
 1 cup shredded carrots
 1 cup chopped parsley
 1/2 cup finely chopped mint leaves
 1/2 cup finely chopped dill
 1/4 cup finely chopped walnuts
 1/2 cup chopped cilantro, optional
 1/2 cup chopped scallions, green part only, optional
 2 Tbsp. olive oil
 1/2 tsp. salt, or to taste
 Black pepper, to taste
 1 cup pomegranate seeds, divided (use 1 large pomegranate)

Directions

Cook quinoa according to package directions. Drain and cool.

Steam whole asparagus for 3 minutes or until bright green. Remove from pan immediately, drain, and let rest on plate with ice cubes. Slice diagonally into 1/4-inch pieces.

In large bowl, combine quinoa, asparagus, carrots, parsley, mint, dill, walnuts, and cilantro and scallions if using.

In a separate bowl, mix olive oil, lemon juice, salt and pepper. Toss with quinoa mixture and then add 3/4 cup pomegranate seeds. Serve as is for buffet or plate each serving over one cup baby lettuces. Garnish with remaining pomegranate seeds.

Asian-Style Fried Rice and Beans

By Hannah Anderson

Ingredients

1/2 pineapple, peeled, cored and sliced
 1 Tbsp. canola or olive oil
 2 medium carrots, thinly bias-sliced
 4 cloves garlic, minced
 2 tsp. grated fresh ginger
 2 cups cooked brown rice
 1 15 oz. can garbanzo beans (rinsed and drained)
 1 cup frozen peas, thawed
 3 Tbsp. reduced sodium soy sauce
 1/3 cup snipped fresh cilantro
 1 lime, halved

Directions

Quarter pineapple slices. In a 12-inch nonstick skillet heat 2 tsp. of oil over medium heat. Add pineapple, cook about 2 minutes per side or until golden brown. Remove from skillet and set aside. Pour remaining 1 tsp. oil into the hot skillet. Add carrots; cook, stirring frequently, for 5 minutes or until just tender. Add ginger and garlic, cook 1 minute. Stir in brown rice, garbanzo beans, and peas. Add soy sauce. Cook and stir for about 4 minutes. Stir in cilantro. Return pineapple to pan. To serve, squeeze lime over all. Top with additional cilantro. Serve with sautéed chicken breast or fish.

Bean and Sausage Stew

By Hannah Anderson

Ingredients

1 Tbsp. olive oil
 1 13 oz. package of chicken sausage links, sliced 1/4 inch thick (Aidell's Italian is a favorite).
 2 cloves of garlic, thinly sliced.
 1 19-oz can white beans, drained (cannellini, but also kidney, pinto, etc.).
 1 14.5 oz. can low-sodium chicken broth.
 1 14.5 oz. can diced tomatoes, undrained.
 1 bunch of kale.
 (I like to add sliced red peppers, zucchini, or chopped broccoli to add extra veggies)

Directions

Heat the oil in a Dutch oven over medium heat. Add the sausage and cook, until browned, about 3 minutes. Add garlic and cook 2 more minutes. Add beans, broth, and tomatoes. Increase heat to medium-high and bring to a simmer. Add chopped kale and other veggies and cook until veggies have bright color, about 2-3 minutes. Prior to serving in individual bowls, top with coarsely shredded Parmesan or Romano cheese. Serve with crusty wheat bread

Chicken Noodle Soup

By Jessica Rebeschke

Ingredients

Chicken thighs
Chopped onion
chopped carrots
1 bay leaf
1 teaspoon basil
1 teaspoon celery salt
1/2 teaspoon oregano
dash thyme
dash marjoram
1 teaspoon onion powder
1/2 package onion soup mix

Directions

Cover chicken with water, about 2 quarts.
Add remaining ingredients.
Cook 1.5 hours till chicken is tender.
Take chicken out and debone.
Add 1.5 cups uncooked noodles.
Simmer 10 minutes.

Penne and Chicken with Spiced Tomato Sauce

By Nancy Trone

Ingredients

1 tsp. ground fennel seed
1 tsp. dried basil
1/2 tsp. salt
1/2 tsp. ground coriander
1/4 tsp. freshly ground black pepper
1 lb. chicken breast tenders cut into 1 inch pieces
1 Tbsp. olive oil
4 garlic cloves, minced
4 cups canned diced tomatoes, undrained
1 cup white wine
8 ounces uncooked penne
1/4 cup (1 oz.) freshly grated Parmesan cheese
1/4 cup chopped fresh basil

Directions

Combine first 5 ingredients in a small bowl; rub over chicken.
Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 4 min., turning once. Remove from heat; set aside.
Reduce heat to medium. Add garlic; sauté 30 seconds or until garlic is soft. Add tomatoes and wine, scraping pan to loosen browned bits. Bring to a boil. Reduce heat, and simmer 15 minutes. Add chicken, and simmer 5 minutes.
Cook pasta according to package directions, omitting salt and fat. Drain. Toss pasta with sauce in a large bowl. Sprinkle with cheese and basil.

Potato Bean Soup

By Nancy Trone

Servings: 4

Ingredients

2 medium carrots, shredded (1 cup)
 ½ cup sliced celery
 1 clove garlic, minced
 1 Tbsp. butter
 4 cups chicken broth
 3 cups cubed, peeled potatoes
 2 Tbsp. snipped fresh dill or 1 tsp. dried dill weed
 1 15oz can cannelloni beans or great northern beans, rinsed and drained
 ½ cup Fage nonfat yogurt
 1 Tbsp. flour
 1/8 tsp. pepper
 Dash of salt

Directions

In a large saucepan cook and stir carrots, celery, and garlic in hot butter over medium heat for 4 minutes or till tender.

Stir in chicken broth, potatoes, and dill. Bring to boil.

Reduce heat and simmer, covered 20 to 25 minutes or until the potatoes are tender.

With the back of a spoon, lightly mash about half of the potatoes in the broth.

Stir the beans into the potato mixture.

In a small bowl stir together the Fage yogurt, flour, pepper and salt; stir into potato mixture.

Cook and stir till thickened and bubbly.

Cook and stir one minute longer.

Hint: Use FAGE yogurt instead of sour cream in recipes.