

Marinated Portobello Mushrooms With Provolone

Serves 2

Ingredients:

2 Portobello mushrooms, stemmed and wiped clean	1/4 teaspoon dried rosemary
1/2 cup balsamic vinegar	1 teaspoon minced garlic
1 tablespoon brown sugar	1/4 cup grated (1 ounce) provolone cheese

Directions:

1. Heat the broiler or grill. Position the rack 4 inches from the heat source. Lightly coat a glass baking dish with cooking spray. Place the mushrooms in the dish, stemless-side (gill-side) up.
2. In a small bowl, whisk together the vinegar, brown sugar, rosemary and garlic. Pour the mixture over the mushrooms. Set aside for 5 to 10 minutes to marinate.
3. Broil (grill) the mushrooms, turning once, until they're tender, about 4 minutes on each side. Sprinkle grated cheese over each mushroom and continue to broil (grill) until the cheese melts. Transfer to individual plates.

Nutrition information:

Serving size: 1 mushroom, calories: 112, total fat: 4 g, saturated fat: 2 g, trans-fat: trace, monounsaturated fat: 1 g, cholesterol: 10 mg, sodium: 140 mg, total carbohydrates: 13 g, dietary fiber: 1 g, total sugars: 11 g, added sugars: 4 g, protein: 6 g

Spanish Potato and Spinach Tortilla with Red Pepper Sauce

Serves 4 (serving size: 1 wedge and 2 tablespoons sauce)

Ingredients:

1/2 cup bottled roasted red bell peppers (about 3 ounces), rinsed and drained	1 cup water
1 tablespoon dry-roasted almonds, coarsely chopped	2 tablespoons half-and-half
2 tablespoons extra-virgin olive oil, divided	1/2 teaspoon freshly ground black pepper
3/4 teaspoon kosher salt, divided	6 large eggs
1/8 teaspoon ground red pepper	2 large egg whites
2 garlic cloves, crushed	2 cups baby spinach leaves
8 ounces red potatoes (about 2 medium), cut into (1/8-inch-thick) slices	

Directions:

1. Preheat broiler to high.
2. Combine bell peppers, almonds, 1 tablespoon oil, 1/4 teaspoon salt, red pepper and garlic in a food processor; pulse until smooth. Set aside.
3. Combine the potatoes and 1 cup water in a skillet over medium-high heat. Bring to a boil. Cover, reduce heat to low, and simmer 4 minutes or until potatoes are just tender. Drain.
4. Combine half-and-half, remaining 1/2 teaspoon salt, black pepper, eggs and egg whites in a medium bowl, stirring well with a whisk. Heat a 10-inch oven-proof skillet over medium-high heat.
5. Add remaining 1 tablespoon oil to pan; swirl to coat. Add potatoes to pan; sauté 4 minutes or until browned.
6. Add spinach; sauté for 1 minute or until spinach wilts. Reduce heat to medium-low.
7. Add egg mixture to pan; cover and cook for 4 minutes, gently shaking pan occasionally. Broil tortilla 4 minutes or until top is lightly browned and center is set.
8. Cool slightly; serve with red pepper sauce.

Nutrition information: calories: 246, fat: 16 g, saturated fat: 3.9 g, monosaturated fat: 8.6 g, polyunsaturated fat: 2 g, protein: 13.3 g, carbohydrates: 13.1 g, fiber: 1.9 g, cholesterol: 282 mg, iron: 2.4 mg, sodium: 579 mg, calcium: 71 mg

Szechuan Tofu With Cauliflower

Serves 4 (serving size: about 1 cup)

Ingredients:

12 ounces extra-firm tofu, drained and cut into 3/4-inch cubes	3 cups cauliflower florets
3 tablespoons cornstarch, divided	2 cups thinly diagonally sliced celery
2 tablespoons canola oil	6 garlic cloves, thinly sliced
1 cup unsalted vegetable stock, divided	1 1/2 tablespoons unsalted ketchup
3 tablespoons reduced-sodium soy sauce	1/2 teaspoon crushed red pepper
1 tablespoon sherry vinegar	1/2 cup thinly sliced green onions
1 1/2 teaspoons hoisin sauce	

Directions:

1. Pat tofu dry with paper towels.
2. Place 7 teaspoons cornstarch in a large bowl. Add tofu; toss to coat.
3. Remove tofu from bowl. Heat oil in a large nonstick skillet over medium-high. Add tofu; cook 6 minutes or until golden and crisp, stirring occasionally.
4. Remove tofu to a plate with a slotted spoon.
5. Combine remaining 2 teaspoons cornstarch and 1/4 cup stock in a bowl, stirring with a whisk until smooth. Stir in remaining 3/4 cup stock, soy sauce, vinegar and hoisin.
6. Add cauliflower to remaining oil in pan; cook 3 minutes or until lightly browned, stirring occasionally.
7. Add celery and garlic; sauté 2 minutes.
8. Add ketchup and pepper; cook 1 minute, stirring to coat.
9. Add stock mixture to pan; bring to a boil. Cook 2 minutes or until liquid is slightly thickened.
10. Add cooked tofu; toss. Top with green onions.

Nutrition information: calories: 271, fat: 12.9 g, saturated fat: 1.7 g, monosaturated fat: 5.5 g, polyunsaturated fat: 5.1 g, protein: 13 g, carbohydrates: 27 g, fiber: 4 g, iron: 2 mg, sodium: 612 mg, calcium: 120 mg, sugars: 5 g

Roasted Chickpea Gyros

Serves 4

Ingredients:

1 15-oz. can chickpeas (or 1 1/2 cups soaked chickpeas if starting from dry), drained and rinsed	4 pita flatbreads
1 tablespoon olive oil	1 cup tzatziki (click for recipe, use 1/3 recipe if you're just making it for these gyros)
1 tablespoon paprika	1/4 red onion, cut into strips
1 teaspoon ground black pepper	2 lettuce leaves, roughly chopped
1/2 teaspoon cayenne pepper	1 tomato, sliced
1/4 teaspoon salt	

Directions:

1. Preheat oven to 400 degrees F.
2. Pat chickpeas dry with paper towel, removing any skins that may come off.
3. Gently toss chickpeas with oil, paprika, black pepper, cayenne pepper and salt.
4. Spread chickpeas onto a greased, rimmed baking sheet, and roast for about 20 minutes, until lightly browned but not hard.
5. Spread some tzatziki onto one side of the pita, then sprinkle in 1/4 of the chickpeas and add veggies. Fold in half and enjoy!

Nutrition information:

Serving size: 1 gyro, calories: 331, calories from fat: 113, total fat: 12.6 g, sodium: 575 mg, carbohydrates: 45 g, dietary fiber: 7.5 g, protein: 11.5 g