

Recipe :

Tomato Spinach Soup

A simple tomato with spinach soup.

Ingredients:

- One can of crushed tomatoes
- One can of diced tomatoes
- Three ounces of fresh chopped spinach
- One cup of finely chopped onions
- Half a cup of chopped celery
- Two finely chopped garlic cloves
- Two tablespoon of olive oil
- Quarter of a cup of chopped basil
- One tablespoon of dried thyme
- One tablespoon of dried oregano
- Two cups of low sodium and fat free vegetable broth
- One tablespoon of balsamic vinegar
- Ground black pepper

The cooking:

First heat up the oil in the pot and add in the garlic, celery and onion. Then saute them until they are softened. After that, sprinkle the oregano and thyme over them. Then add in the diced and crushed tomatoes along with the vegetable broth. Also add in the spinach and basil. Stir until wilted. Then bring it to a boil, reduce the heat and let it simmer for 20 minutes. After that, add in the balsamic vinegar and season with black pepper.

Cauliflower Soup

This cauliflower soup like the other vegetable in it's family, makes a good base for soup.

Ingredients:

- One medium sized potato, cut into one inch pieces
- One medium sized cauliflower, trim it and cut into smaller pieces
- One thinly sliced celery stick
- Two crushed garlic cloves
- One medium size onion, chopped finely
- One tablespoon of dried thyme
- Two table spoon of canola olive oil
- Quarter cup of chopped fresh parsley
- Four cups of fat free and low sodium broth
- Grounded black pepper

The cooking:

First heat up the oil in a pot. Then add in the garlic, celery and onions so you can saute and cook until they are softened, which usually take around 5 minutes. Then sprinkle thyme over the vegetables. After that, add in the potato and cauliflower followed by the broth. Bring the mixture to a boil first before lowering the heat. Then add in the parsley and stir. Cover the pot and let it simmer until the potato and cauliflower are softened, which takes around 30 minutes.

Broccoli Soup

This broccoli soup is low fat while filling. You can add more body to it by adding in potato and low-fat milk.

Ingredients:

- Half an onion, finely chopped
- One stalk of finely chopped celery
- One medium sized potato, peeled and turn into cubes
- Four cups of chopped broccoli with their stems
- Two table spoon of olive oil
- One and a half cups of low fat milk or nonfat milk
- Two cups of fat free and low sodium vegetable or chicken broth

The Cooking:

First pour the oil into the pot and heat it up. Then add in the celery and onions and saute them for a few minutes until the onions softened. After that, add in the broccoli and potato first, then the milk and broth. Bring the mixture to a boil. Then reduce the heat, cover the pot and let it simmer for 20 minutes to let the vegetables tenderize. After that, turn off the heat and let the mixture cool down. Pour them into a blender and blend until they become smooth. Then pour them back to the pot to heat them up before serving.

Carrot-Tomato soup

A carrot with tomato soup mixed with zucchini.

Ingredients:

- Four medium sized carrots, already peeled and sliced
- Two garlic cloves, chopped finely
- One medium sized onion, chopped finely
- One medium size zucchini, cut into half following it's length and then sliced
- A 14.5 ounce of canned diced tomatoes with it's juices
- One tablespoon of coriander
- One cup of fresh, roughly chopped cilantro
- Three cups of low sodium and fat free chicken broth

The Cooking:

First heat up two tablespoon of canola oil in a pot with medium heat. Then throw in the garlic and onions so you can saute them until they are softened. Then add in the coriander and mix them well. After that, add in the zucchini and carrots first, then followed by the broth and canned tomatoes. Continue mixing until the mixture boils. Then you reduce the heat, cover the pot and let it simmer for around 20 minutes. After that, the fresh cilantro, stir and let it simmer for another five more minutes. Then take the mixture into a blender. Blend the mixture until it becomes smooth in batches.

Pears with Butternut Squash Soup

This is a mildly sweet soup with a taste of spice. A good soup to be drank during the fall and winter.

Ingredients:

- One pound of butternut squash, chopped into one inch pieces
- Two medium sized pears that is peeled, cores cut out and chopped into one inch pieces
- Two tablespoon of olive oil
- One cup of finely chopped onion
- One tablespoon of curry powder
- Three and a half cups of low sodium and fat free chicken broth

The cooking:

First heat up the oil and add in the onions. Saute them until they become soft. Then add in the curry power and saute it with the onions for one minute. After that, add in the pear and butternut squash pieces and saute them for 4 minutes. Then add in the chicken broth and bring the mixture to a boil. After than lower the heat, cover the pot and let it simmer until the pears and squash becomes tender, which takes about 20 minutes. Then pout the mixture into a blender and blend until it becomes smooth.

Cucumber and Cantaloupe Salad

Salad made from cucumber and cantaloupe

Ingredients:

- One cantaloupe, roughly chopped
- Half a large cucumber, peeled and roughly chopped
- Three scallions, sliced thinly
- Quarter cup of lime juice
- Quarter cup of chopped cilantro leaves
- Salt and pepper

The cooking:

First take a small bowl and mixed in properly the salt, pepper and lime juice first. Leave it aside. Then take another bowl and add in the cilantro, green onions, cucumber and cantaloupe. After that, mix in the juice mixture little by little.

Tuna Salad

A light tuna salad that can be made quick

Ingredients:

- Eight cups of hearts of romaine, chopped
- Two medium tomatoes, diced
- 2 small cans of chunk light tuna, already drained
- Half a cup of pimiento- stuffed green olives, sliced
- Quarter cup of lemon juice
- Half a teaspoon of garlic and salt
- Three tablespoons of extra virgin olive oil
- Pepper

The cooking:

Mix the oil, garlic, lemon juice, salt and pepper in a bowl. Then add in the romaine, olives and tomatoes. Toss to coat them. Lastly add in the tuna and toss again.

Barbecued Salmon with Herb Mayonnaise

Healthy fish coated with low carb mayonnaise to keep the moisture.

Ingredients:

- One salmon fillet, weight may vary from half to two pound
- Two tablespoons of lime juice
- One third cup of light mayonnaise
- Quarter teaspoon of herbs you like
- Coarsely ground black pepper and coarse salt

The cooking:

First heat up your barbecue grill. Then wash the salmon fillet and pat it dry with a paper towel. Put the salmon skin down on a piece of aluminum foil. Take a small bowl and whisk in the lime juice, mayonnaise and herbs until it becomes smooth. Then spread it all over the top of the salmon. After that, sprinkle some salt and pepper lightly.

Then take the aluminum foil with the salmon to your grill. Cover the salmon with the lid but open the vents. Cook it for around 10 minutes where the salmon will be slightly opaque at the thickest part. Then take the salmon out and it is ready to be served.

Salmon Burger

A nice tasting salmon burger dressed with lemon cream sauce

Ingredients:

- One small can of salmon, flaked and drained
- Half a cup of onion, chopped
- Three quarter cup of bread crumbs
- Two egg whites, slightly beaten
- One tablespoon of butter
- Salt and pepper

Lemon Cream Sauce:

- One teaspoon of grated lemon zest
- One cup of fat-free sour cream
- Two tablespoon of freshly-squeezed lemon juice
- Half a teaspoon of granulated sugar
- Lemon wedges

The cooking:

First make the lemon sauce. Take a bowl and put in the lemon juice, lemon zest, sugar and sour cream. Mix them until they are properly blended. Then take another bowl, mix in the salmon, onion, egg whites, bread crumbs, salt and pepper. After that, shape them into six patties. Heat up the frying pan over medium heat and melt the butter. Then cook the salmon patties until they are brown on both sides. After that, take them out of the pan and onto the plate. Cover with lemon cream and garnish with lemon wedges. Serve them.

Tuna Steak with Apricot

Hearty meal of tuna with it's nutritional oil with apricots and tomatoes

Ingredients:

- One tuna steak, around 150g of weight
- Eight dried apricots
- One medium size tomato
- Half a small red onion
- One tablespoon of balsamic vinegar
- One tablespoon of brandy
- Two table spoon of extra virgin olive oil
- Few leaves of lettuce
- Half a teaspoon of dried thyme
- Ground pepper

The cooking:

First chop finely half of the tomato and dried apricots. Then put them into a blender with vinegar, olive oil, brandy, thyme and a good helping of pepper. Then blend the ingredients until fine. Use the mixture to marinate the tuna for 30 minutes. If you plan to marinate for a long time, then keep it in the fridge and take it out 30 minutes before cooking

After the tuna is properly marinated, slice the onions into strips and fry them lightly for 2 minutes. Then chop up the remainder tomato and fry them together with the rest of the apricots. Then place them on the on the lettuce leaves.

Then take out the fish with the marinate sauce and fry it in the same pan that you used to cook the tomato and apricot. Cook each side for 3 minutes and it is ready to be served.

Vegetable Ratatouille Pasta

A healthy Italian dish served with pasta

Ingredients:

- One large sized aubergine
- One green bell pepper
- One red onion
- Two medium zucchinis
- Quarter bottle of red wine
- One teaspoon of dried thyme
- Two bay leaves
- Three garlic cloves, crushed
- A can of chopped tomatoes
- Two tablespoon of balsamic vinegar
- Pepper

The cooking:

First chop the aubergine, zucchinis, onions and peppers into an inch square pieces. Then fry the onions in a little olive oil for a few minutes. Then add in the rest of the vegetables with garlic and fry them again for a few minutes. Then add in the thyme along with the wine and slowly stir them in low heat. Add in the tomatoes after that and put the bay leaves on top. Then over the pan and let it simmer at low heat for 45 minutes. Stir it occasionally. Then 10 minutes before you serve, stir in the balsamic vinegar. Then serve with around 60g of pasta, sprinkle with low fat Parmesan cheese and put on pasta.

Mustard Chicken

Simple dish of chicken cooked with mustard.

Ingredients:

- Two table spoon of mustard
- Four halved chicken breast, boneless and skinless
- Half a cup of non-fat plain yogurt
- Quarter cup of bread crumbs

The cooking:

First preheat oven in 350 degrees Fahrenheit. Then coat the baking dish with a vegetable spray. Take a small bowl and mix in the mustard and yogurt until they are well blended. Then brush the mixture on both sides of the chicken breast. Then sprinkle bread crumbs on both side of the chicken and pat them lightly. Then put the chicken on the baking dish, cover it and into the oven. Bake for around 25 minutes. During the last 10 minutes, open the cover so the chicken breast can go slightly brown. Then take it out of the oven and serve immediately.

Red Wine Beef Stew

This beef stew will warm you up in cold nights

Ingredients:

- 450g of lean beef
- Seven celery sticks
- Four carrots
- Five garlic cloves
- Two tablespoons of balsamic vinegar
- Half a bottle of red wine
- One stock cube
- Some fresh basil
- Salt and pepper

The cooking:

First peel the carrots and chop it with the celery into one inch long pieces. Then chop the garlic into fine slices. After that, chop the beef into around one inch size chunk and remove any fat you see. Then take a pot, heat it up on high temperature with a tablespoon of sunflower oil. Braise the beef for 30 seconds first and then add in the carrot, garlic and celery. Let it cook for another minute. After that pour in the basil, vinegar, wine, salt and pepper. Dissolve the stock cube in the pot as well. Then turn down to the lowest heat and over the pan. Leave it cook for least 1.5 hours to 2 hours. Then it is ready to serve.

Chicken & Spring Vegetable Stir-Fry

A simple chicken with spring vegetables dish for your daily diet

Ingredients:

- Two chicken breast, around 150g each
- 100g broccoli
- 100g baby sweetcorn
- Two medium sized carrots
- Bunch of spring onions
- 34g of ginger
- One tablespoon of olive oil
- Four blocks of egg noodles
- One jar of black bean sauce

The cooking:

First boil some water and add in the noodles. Let it boil and simmer for around 4 minutes until the noodle is ready. Drain and keep warm. Then slice the chicken breast into one inch size. Cut up the broccoli into florets. Then peel the ginger and carrots and cut them into matchsticks. The spring onions should be trim and sliced diagonally. Take a second pot, boil and blanch the sweetcorn and broccoli in the water for 2 minutes. And then drain them well. Take out a pan and heat up some oil. Add in the chicken and stir fry them for around 8 minutes. Put them in a plate and keep them warm. Then heat up the pan with out again and add in the spring onions, ginger, and carrot. Stir first them for 2 minutes before add in the broccoli and sweetcorn and further stir fry them for another 2 minutes. Then add in the chicken, black bean sauce and noodles. Stir fry them to coat and heat through. Then they are ready to be served.

Chicken & Sun-Dried Tomato Orzo

Combination of sun-dried tomatoes and Romano cheese delivers a flavorful dish.

Ingredients:

- One tomato, diced
- Half a cup of sun dried tomatoes, chopped
- Four chicken breasts, boneless, skinless and trimmed
- One garlic clove
- Three teaspoons of marjoram, chopped
- One tablespoon of red-wine vinegar
- Eight ounces of orzo
- One tablespoon with 2 teaspoon of extra virgin olive oil, divided
- One cup of water
- Half cup of Romano cheese, finely shredded
- Quarter teaspoon of salt
- One package of frozen artichoke hearts, thawed
- Quarter teaspoon of ground

The cooking

First cook the orzo in a large saucepan with boiling water until it becomes tender. Usually it takes around 10 minutes. Then drain and rinse the orzo. Then get a blender and put in quarter cup of sun-dried tomatoes, tomato, cup of water, garlic, vinegar, two teaspoons of marjoram and oil. Then blend it until there is a few noticeable chunks remain.

Then season both side of the chicken breast with salt and pepper. Heat up the remaining oil in a large skillet with medium-high heat. Then put in the chicken and adjust the heat. Cook it until it is golden outside and not pink inside, which takes around 3-5 minutes each side. Then put it on a plate and cover with foil to keep it warm.

Get a pan, pour the tomato sauce in and heat it till it boils. Then pour half a cup into a small bowl. After that, add in the last cup of sun-dried tomatoes, orzo, artichoke hearts and six tablespoons of cheese into the pan. Stir the mixture until it is heated through, which takes around 1 - 2 minutes. Then divide among 4 plates. Slice the chicken. Then put sliced chicken on the divided sauce along with two tablespoons of the reserved tomato sauce and sprinkle some marjoram and cheese.

Roasted Halibut with Banana and Orange

A fruity fish dish

Ingredients:

- One pound of halibut or any white-fleshed fish
- Quarter teaspoon of kosher salt
- Half teaspoon of ground coriander
- Two oranges, peeled, segmented, chopped
- Two ripe bananas, diced
- Half teaspoon of grated orange zest
- Quarter cup of fresh cilantro, chopped
- Half teaspoon of ground coriander
- Two tablespoons of lime juice
- Quarter cup of kosher salt

The cooking:

First preheat the oven with 450 degrees Fahrenheit. Then get a baking sheet and lightly coat it with cooking spray. After that cut your fish into 4 portions. Mix the salt and coriander in a small bowl first before sprinkling them evenly on both side of the fish. Then place the fish on the baking sheet. Put in in the oven and let it bake until it is ready, which takes around 10 minutes depending on the size of the fish. While the fish is cooking, get a bowl and mix in the orange zest, bananas, cilantro, chopped oranges, lime juice, salt and coriander. When the fish is ready, put it on the plate and spoon the fruit mixture over the fish.

Gorgonzola & Prune Stuffed Chicken

A simple recipe of chicken breast with a healthy stuffing

Ingredients:

- Quarter cup of whole wheat breadcrumbs
- A third of a cup of Gorgonzola cheese, crumbled
- Half a cup of chopped prunes
- Four chicken breast , boneless, skinless, trimmed
- One teaspoon of thyme, minced
- Half teaspoon of salt
- Half teaspoon of ground pepper
- One shallot, minced
- One tablespoon and one teaspoon of extra virgin olive oil
- One cup of chicken broth, low sodium
- Half cup of red wine
- Four teaspoons of all-purpose flour

The cooking:

Get a small bowl and mix in the breadcrumbs, half teaspoon of thyme, quarter cup of prunes and Gorgonzola. Then make a horizontal cut along the thin edge of the chicken, almost through the opposite side. Stuff about two and a half spoon of the mixture into each chicken breast. Use toothpicks to seal the opening. Season the each side of the chicken breast with salt and pepper.

Then heat up a nonstick skillet with one tablespoon of oil over medium-high heat. Then put the chicken in to cook until it is golden, which takes around 4 minutes per side. Transfer the chicken to a plate. Then add in the last oil, shallot, and the last teaspoon of thyme onto the pan and cook. After a minute later, add in the wine and last cup of prunes. Reduce the heat to medium and continue cooking while scraping up any browned bits. After 2 minutes, the wine should evaporate.

Pour the broth along with some flour into a small bowl and whisk until it becomes smooth. Then pour it back to the pan and continue to cook and stir it until it is thickened, which takes around two minutes.

Then reduce the heat to low, put back the chicken with any sauce into the pan and turn it to coat it with the sauce. Cover the pan and cook the chicken until it is fully cooked. Put it on a plate, take out the toothpick, slice the chicken and top it with the sauce.

Baby Tiramisu

This healthy dessert will make sure you have your cravings checked once a while

Ingredients:

- Half teaspoon of vanilla extract
- Two tablespoons of confectioners sugar
- Half a cup of ricotta cheese, nonfat
- Four table spoon of strong coffee
- One eighth teaspoon of cinnamon, grounded
- Twelve ladyfingers
- Two tablespoon of bittersweet chocolate chips, melted

The cooking:

Take a bowl and mix in the vanilla, ricotta, cinnamon and sugar. Then place six ladyfingers on a loaf pan, Then drizzle the with two tablespoons of espresso. After that, spread the ricotta mixture over the ladyfingers. Then place another layer of ladyfingers and drizzle them with the remaining coffee. Then drizzle with the melted chocolate. Put the mixture into the fridge until the chocolate is set, which takes around 30 minutes.

Spiced Vegetable Omelet

A dish filled with Omega-3 that don require a lot of washing up

Ingredients:

- One tablespoon of golden linseed
- Two tablespoons of milk
- Two large eggs or three medium eggs (discard the yolk of the third egg)
- Half a teaspoon of ground turmeric
- One teaspoon of dried mixed herbs
- Half teaspoon of ground cumin
- One ball of frozen spinach
- A bunch of frozen peas
- One medium cup of mushroom
- Two tablespoon of grated cheese
- Salt and pepper

The cooking:

First put the linseeds into a coffee grinder and pulse the seeds until they are loosely ground. Then whisk the egg in a bowl while adding the ground linseed, milk, herbs, spices, salt and pepper. Keep on whisking until they are all mixed in. Then heat up a non-stick pan with a bit of oil. Pour some of the mixture in and wait 30 seconds before you whisk the mixture again. Add in the frozen spinach. Keep the omelet loose at the edge of the pan. Then add in the frozen peas and sliced mushrooms on the same side of the spinach in the omelet. When the omelet is almost cooked, sprinkle moist cheese over the mushroom and fold the empty side of the omelet over the cheese. Let it cook for another one minute before serving.