GREEN RICE

2 cups chicken stock or water
1 cup raw rice
½ cup chopped green pepper & jalapeno
3 tablespoon chopped parsley
1 tsp low fat margarine
¼ tsp salt
1 bay leaf

Preheat oven 350 degrees
Spray 1 ¼ quart baking dish nonstick vegetable cooking spray. Combine all ingredients and mix well.
Bake, covered for 30 minutes, stirring once halfway through the cooking time. Remove the bay leaf before serving.
Per serving- calories 177, Fat 1 gm, CHOL mg 0, sodium 222mg
Martha Lynn Lewis

SAUTÉED CHICKEN & MUSHROOMS

1 tsp granulated garlic
½ teaspoon paprika
¼ teaspoon salt, white pepper, ground thyme,
2 boneless chicken breast halves, skinned cut in 1-inch strips
1 Tablespoon cornstarch
1 ½ cups Chicken stock
1 cup sliced fresh mushrooms
½ cup chopped green onions
1 Tablespoon dehydrated onion
1/8 teaspoon browning and seasoning sauce

In a small bowl, combine the garlic, paprika, salt, white pepper, and thyme; mix well and sprinkle over the chicken. Spray the inside of a large skillet with nonstick vegetable cooking spray and place over high heat. Add the chicken and sauté for 10 minutes, stirring often and scraping the bottom of the skillet with a wooden spoon. Dissolve the cornstarch in 1 cup of the stock and add it to the mixture. Stir in the mushroom, green onions, dehydrated onion, browning sauce and the remaining ½ cup stock. Reduce the heat, cover and simmer for 30 minutes, stirring often.
Martha Lynn Lewis

Yogurt Fruit Dip

1 C. yogurt (plain - low-fat, Greek)
¼ C. honey or maple syrup
½ tsp. vanilla extract
Pinch cinnamon
1 Tab. chia seeds (opt.)
Rosemary Armstrong (gimmedelicious.com)
**Mustard-Glazed Salmon**

Prep 15 min. Cook 10 min. Total 25 Min.  
Serves 6

6 (4 oz.) salmon fillets  
¼ tsp. pepper  
2 Tab. Whole-grain Dijon mustard  
2 Tab. Honey  
2 tsp. chopped fresh or dried rosemary

Preheat oven to 450 degrees. Place salmon, skin side down, on a foil-lined rimmed baking sheet coated with cooking spray; sprinkle with pepper.  
Stir together mustard, honey, and rosemary; brush over fillets.

Bake 10-13 min. or until fish flakes with fork.  
Linda Burch

**Roasted Cauliflower**

Preheat oven to 425 degrees.  
Separate flowerets and cut into desired size. Wash; dry with a tea towel. 
Place on a rimmed baking sheet.  
Drizzle with olive oil; sprinkle salt and pepper. Toss to coat evenly.  
Roast 30 minute, or to desired doneness, turning once or twice.  
I like it browned and crispy.  
Rosemary Armstrong

**Raspberry Almond Overnight Oats**

Prep: 8 min.  
Cook time: 8 hours  
Total time 8 hr. 10 min.

½ C. rolled oats  
½ C. milk or almond milk  
½ C. frozen raspberries  
1 tsp. chia seeds  
3 tsp. pure maple syrup  
1 Tab. Sliced almonds

1 – Place rolled oats, milk raspberries, chia seeds and 2 tsp. maple syrup in a pint sized Mason jar. Stir until everything is mixed together and oats are covered in liquid.  
2 – Cover and store in the refrigerator overnight, 5-8 hours.  
3 – In the morning, stir in extra milk to loosen up the oats and to get the consistency you like.  
4 – Stir in almonds and serve.  
Can be made up to 3 days ahead of time. 1 Serving  
Rosemary Armstrong (Organize Yourself Skinny)
Shiitake and Asparagus Sauté with Poached Eggs

2 Tab. Olive oil
1/3 C. thinly sliced shallots
1 Tab. Chopped fresh thyme
2 C. sliced shiitake mushroom caps (about 6 oz.)
5 oz. trimmed fresh asparagus
3 cloves garlic, thinly sliced
½ C. unsalted chicken stock
2 tsp. unsalted butter
2 tsp. fresh lemon juice
3/8 t. kosher salt
½ tsp/ black pepper, divided
1 tsp. white vinegar
2 large eggs

Process
1 – heat oil in large skillet over med.-high. Add shallots, thyme, mushrooms and cook 4 Min. til lightly browned. Add asparagus and garlic; cook 2 min. Add stock; cook 2-3 min. or until liquid is reduced to 2 Tab. Remove pan from heat; stir in butter, lemon juice, salt and ¼ tsp. pepper,
2 – Fill a skillet 2/3 full of water. Add vinegar; bring to a simmer. Break each egg into a custard cup, and pour gently into the skillet; cook 3 min., or to desired doneness.
3 – Divide mushroom and asparagus between 2 plates. Top each serving with 1 egg. sprinkle remaining ¼ tsp. pepper over eggs. Serves 2

Rosemary Armstrong (Cooking Light)

Rosemary’s Guacamole For A Crowd

Mash together with a pastry cutter:
15 small ripe avocados
3 ½ limes, juiced
1 ½ Tab. Coarse sea salt
Stir in:
¾ C. finely diced Spanish onion
1 (+) C. seeded, diced Roma tomato (about 2)
½ C. coarsely chopped cilantro leaves & stems – packed
Refrigerate (with 4-5 seeds). Remove seeds before serving.

Lemony Veggies

Cut vegetables into pieces. Use whatever you have - squash, bell peppers, cauliflower, broccoli, carrots, asparagus, etc. Steam to desired doneness
Toss with olive oil and lemon juice.

Marie Helmy