

weekly *recipes*



Pineapple-Ginger Rice with Edamame

- 3/4 cup 365 low-sodium vegetable broth
- 1 tablespoon finely grated ginger
- 2 tablespoons brown rice miso or light yellow miso
- 4 cups 365 cooked brown rice
- 2 cups 365 shelled edamame
- 1 1/2 cups chopped fresh pineapple
- 1/4 cup chopped fresh cilantro

1. In a large, deep skillet, bring broth and ginger to a simmer over medium high heat; simmer for 2 minutes.

2. Remove skillet from heat and whisk in miso. Return to heat, add rice, edamame and pineapple, toss gently and cook until liquid is absorbed and rice is hot throughout, 3 to 5 minutes more.

3. Stir in cilantro and serve.

Nutritional Info:

Per Serving: 180 calories (20 from fat), 2.5g total fat, 0g saturated fat, 0mg cholesterol, 190mg sodium, 33g carbohydrate (5g dietary fiber, 4g sugar), 7g protein

Spicy Grilled Peach and Chicken Kabobs

- 3/4 pound boneless skinless chicken breast (about 1 large), cut into 1 1/2-inch chunks
- 2 ripe peaches, halved, pitted and cut into 8 chunks each
- 1 small red onion, quartered and pulled apart into petals
- 2 tablespoons 365 orange juice or white wine
- 2 teaspoons reduced-sodium tamari sauce
- 3 tablespoons no-sugar-added apricot fruit spread
- 1 1/2 teaspoons minced chipotle in adobo sauce
- 1 teaspoon chopped fresh rosemary
- 1 large rosemary sprig to use as a basting brush

1. Prepare a grill for medium-high heat cooking. On 4 long metal skewers, alternate pieces of chicken, peach and onion.

2. In a small bowl, whisk together juice, tamari, fruit spread, chipotle and chopped rosemary. Grill kabobs, turning frequently, until lightly browned, about 5 minutes. Begin dipping rosemary sprig in tamari mixture and brushing kabobs, turning kabobs frequently, until chicken is cooked through and kabobs are glazed, about 3 minutes more.

Nutritional Info:

Per Serving: 160 calories (20 from fat), 2g total fat, 0.5g saturated fat, 45mg cholesterol, 170mg sodium, 15g carbohydrate (1g dietary fiber, 8g sugar), 18g protein

Summer Harvest Ratatouille

- 3 bell peppers, assorted colors, seeded, cored and cut into thick wedges
- 1 large eggplant, cut into 3/4-inch slices
- 2 medium yellow squash, cut lengthwise into 3/4-inch slices
- 2 medium zucchini, cut lengthwise into 3/4-inch slices
- 1 cup low-sodium vegetable broth or water
- 1/2 cup pitted Niçoise or other black olives
- 5 large tomatoes (about 2 1/2 pounds), seeded and chopped
- 1 large onion, chopped
- 7 cloves garlic, finely chopped
- 1/4 teaspoon crushed red chile flakes
- 3 tablespoons chopped marjoram or oregano
- 1/3 cup chopped fresh parsley
- 1 tablespoon red wine vinegar, or to taste

1. Preheat the oven to 425°F. Line 2 large baking sheets with parchment paper. Place peppers and eggplant on one sheet, squash and zucchini on the second sheet. Roast vegetables, turning them once halfway through cooking and switching trays top to bottom and front to back, until browned, 30 to 40 minutes. Cool vegetables slightly, then coarsely chop.

2. Meanwhile, combine broth and olives in a blender and blend until smooth. Pour into a heavy pot and add tomatoes, onion, garlic and pepper flakes. Bring to a boil, lower heat, cover and simmer until tomatoes are very soft, about 20 minutes.

3. Add roasted vegetables and marjoram to pot; cover and simmer, stirring once or twice, until flavors blend, about 10 minutes. Stir in parsley and vinegar; cook 5 minutes more.

Nutritional Info:

Per Serving: 80 calories (10 from fat), 1.5g total fat, 0g saturated fat, 0mg cholesterol, 90mg sodium, 15g carbohydrate (5g dietary fiber, 8g sugar), 3g protein