

California Mixed Greens & Avocado Salad with Ginger Miso Dressing

Ingredients

Ginger Miso Dressing

1/3 cup plain tofu
1/3 cup low-fat plain soy milk
1 tbsp. minced ginger
1 tsp. reduced-sodium soy sauce
1 tsp. light miso
1 tbsp. Dijon mustard
1 tbsp. chopped cilantro
1 tbsp. chopped green onions

California Mixed Greens and Avocado Salad

12 oz. mixed greens
1 avocado, pitted, peeled, and cut into 16 thin slices
1 tbsp. fresh lemon juice
1 cup grape tomatoes, cut in half
1/4 cup julienned red onion



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Directions

Ginger Miso Dressing

- 1. Combine tofu, soy milk, ginger, soy sauce, miso, and Dijon mustard in a food processor and blend until smooth and creamy.
- 2. Transfer to a bowl and stir in cilantro and green onions.
- 3. Cover and refrigerate for at least 1 hour prior to serving.

California Mixed Greens and Avocado Salad

- 1. In a small bowl, combine avocado slices and lemon juice to prevent browning. Set aside.
- 2. In a large bowl, combine mixed greens, tomatoes, and red onion.
- 3. Add the desired amount of dressing and toss to coat all ingredients.
- 4. Divide the salad onto 6 plates. Arrange slices of avocado on top of each salad. Drizzle with more dressing as desired. Serve immediately.

Nutrition Information per Serving

Serves 6

Calories	76
Protein	3 g
Carbohydrates	7 g
Total Fat	5 g
Monounsaturated Fat	3 g
Sodium	131 mg
Dietary Fiber	3 g

Mediterranean Bean Soup & Garlic Toast

Ingredients

Mediterranean Bean Soup

3 tbsp. extra-virgin olive oil
½ cup chopped onions
½ cup chopped leeks
1 large russet potato, peeled and diced
2 cloves garlic, finely chopped
5 cups low-sodium vegetable stock
14 oz. canned cannellini beans (low sodium or no salt added), liquid reserved
6 oz. savoy cabbage, shredded
3 tbsp. chopped parsley
2 tbsp. chopped fresh oregano
2 oz. shaved Parmesan cheese
1 tsp. ground black pepper

Garlic Toast

4 slices French bread
1 tsp. olive oil
2 cloves garlic, peeled, bruised (crushed)



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Directions

Mediterranean Bean Soup

1. Heat the oil in a skillet. Add the onions, leeks, potatoes, and garlic, and cook for 4–5 minutes. Add the vegetable broth and the remaining liquid from the beans. Cover and simmer for 15 minutes.
2. Stir in the cabbage and beans with half of the parsley and oregano. Season with pepper and cook for 10 minutes more. Spoon about $\frac{1}{3}$ of the soup into a food processor and process until fairly smooth. Return the soup to the pan.
3. Ladle the soup into bowls. Sprinkle with the remaining herbs and Parmesan cheese.

Garlic Toast

1. Preheat oven to 375° F.
2. Drizzle olive oil over sliced French bread.
3. Rub both sides of each slice with crushed garlic.
4. Toast in the oven for 3–4 minutes or until brown on both sides.

Nutrition Information per Serving

Serves 4

Calories	390
Protein	14 g
Carbohydrates	47 g
Total Fat	16 g
Monounsaturated Fat	10 g
Sodium	235 mg
Dietary Fiber	7 g

Paella with Chicken, Leeks, & Tarragon

Ingredients

- 1 tsp. extra-virgin olive oil
- 1 small onion, sliced
- 2 leeks (white only), thinly sliced
- 3 garlic cloves, minced
- 8 oz. boneless, skinless chicken breast, cut into strips ½ in. wide and 2 in. long
- 2 large tomatoes, chopped
- 1 red pepper, sliced
- ⅔ cup long-grain brown rice
- 1 tsp. tarragon to taste
- 2 cups fat-free, unsalted chicken broth
- 1 cup frozen peas
- ¼ cup chopped fresh parsley
- 1 lemon, cut into 4 wedges



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Directions

1. In a large, nonstick frying pan, heat the olive oil over medium heat. Add the onions, leeks, garlic, and chicken strips. Sauté until the vegetables are translucent and chicken is slightly browned, about 5 minutes.
2. Add the tomatoes and red pepper slices and continue to sauté for another 5 minutes. Add rice, tarragon, and broth, and combine well. Bring to a boil.
3. Reduce heat, cover, and simmer about 10 minutes.
4. Stir in peas and continue to simmer uncovered until broth is absorbed and the rice is tender, 45–60 minutes.
5. To serve, divide onto individual plates. Garnish each with 1 tbsp. parsley and 1 lemon wedge.

Nutrition Information per Serving

Serves 4

Calories	345
Protein	22 g
Carbohydrates	48 g
Total Fat	7 g
Monounsaturated Fat	3 g
Sodium	100 mg
Dietary Fiber	5 g

Grilled Salmon with Sautéed Green Beans & Walnuts

Ingredients

Grilled Salmon

4 salmon fillets (~5 oz. each)
1 tbsp. chopped fresh parsley
2 tbsp. chopped fresh thyme
2 tbsp. chopped fresh basil
2 tsp. black pepper
2 tbsp. chopped green olives
2 tbsp. lemon juice
1 tbsp. olive oil
4 lemon slices

Sautéed Green Beans and Walnuts

1 lb. green beans, cooked
1 tsp. black pepper
½ cup chopped walnuts
1 tsp. olive oil
1 tbsp. minced shallots



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Directions

Grilled Salmon

- 1. In a medium bowl, combine parsley, thyme, basil, black pepper, green olives, lemon juice, and olive oil.
- 2. Marinate the salmon in the mixture for 1 hour prior to grilling.
- 3. Preheat a gas grill.
- 4. Place the fish on the hot grill. When the edges turn white (after ~3–4 minutes), turn the fish over and cook for another 3 minutes or until the internal temperature reaches 145° F.
- 5. Serve with fresh lemon slices and sautéed green beans (recipe below).

Sautéed Green Beans and Walnuts

- 1. In a heated saucepan, add olive oil and shallots. Cook for 2 minutes.
- 2. Add walnuts and green beans and sauté for an additional 5 minutes.
- 3. Season with black pepper and serve with salmon.

Nutrition Information per Serving

Serves 4

Calories	331
Protein	34 g
Carbohydrates	13 g
Total Fat	20 g
Monounsaturated Fat	6 g
Sodium	105 mg
Dietary Fiber	5 g

Maple Glazed Salmon

Ingredients

1 tsp. paprika
½ tsp. chili powder
½ tsp. ground ancho chile powder
¼ tsp. ground cumin
½ tsp. kosher salt
4 6-oz. wild salmon fillets
Nonstick cooking spray
2 tbsp. pure maple syrup



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Directions

1. Preheat broiler.
2. Combine first 6 ingredients; rub spice mixture evenly over flesh side of fillets.
3. Place fish on a broiler pan coated with cooking spray; broil 6 minutes or until desired degree of doneness. Brush fillets evenly with syrup; broil 1 minute.

Nutrition Information per Serving

Serves 4

Calories	348
Protein	35 g
Carbohydrates	8 g
Total Fat	20 g
Monounsaturated Fat	7 g
Sodium	354 mg
Dietary Fiber	0 g

Kale Salad with Apples & Walnuts

Ingredients

2 tbsp. cider vinegar
1 tbsp. walnut oil
½ tsp. kosher salt
½ tsp. brown sugar
¼ tsp. freshly ground black pepper
6 cups kale leaves, torn
1 cup Granny Smith apple, thinly sliced
1 cup celery, thinly sliced
¼ cup red onion, thinly sliced
½ cup walnuts, toasted



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Directions

1. Combine vinegar, walnut oil, kosher salt, brown sugar and pepper in a large bowl. Add kale and toss. Let stand 10 minutes.
2. Add apple, celery, onion and toasted walnuts; toss again and divide among 4 salad plates.

Nutrition Information per Serving

Serves 4

Calories	202
Protein	4 g
Carbohydrates	18 g
Total Fat	13 g
Monounsaturated Fat	4 g
Sodium	147 mg
Dietary Fiber	4 g

Tuscan Breakfast Frittata

Ingredients

8 large egg whites
½ tsp. cream of tartar
¼ tsp. freshly ground black pepper
⅓ cup oil-packed sun-dried tomatoes,
drained and chopped (reserve 2 tsp. oil)
3 cups arugula
1½ tsp. olive oil
4 oz. soft goat cheese
2 tsp. sun-dried tomato oil
Fresh parsley, chopped for garnish



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Directions

- 1. Preheat oven to 400°F.
- 2. Place egg whites in a large bowl; beat with a mixer at high speed until foamy. Add cream of tartar and pepper; beat until soft peaks form. Gently fold in tomatoes and onions.
- 3. Heat olive oil in a 10-inch ovenproof nonstick skillet over medium-high heat. Spread egg white mixture evenly in pan; crumble soft goat cheese on top. Drizzle with tomato oil. Bake at 400°F for 15 minutes or until golden.
- 4. Loosen with a spatula; slide onto a platter, garnish with parsley and serve immediately.

Nutrition Information per Serving
Serves 6

Calories	127
Protein	9 g
Carbohydrates	7 g
Total Fat	7 g
Monounsaturated Fat	3.5 g
Sodium	233 mg
Dietary Fiber	1.5 g

Decadent Chocolate Olive Oil Cake

Ingredients

Nonstick cooking spray
2/3 cup extra-virgin olive oil
1/4 cup plus 2 tbsp. unsweetened cocoa powder
1/3 cup plus 1 tbsp. boiling water
2 tsp. pure vanilla extract
1 1/2 cups almond meal
1/2 tsp. baking soda
1/8 tsp. salt
1/2 cup superfine sugar
1/2 cup unsweetened applesauce
2 large eggs plus 2 egg whites



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Directions

1. Preheat oven to 325°F. Spray a 9-in. springform cake pan with a nonstick cooking spray and line base of pan with parchment paper.
2. Sift cocoa powder into a bowl and whisk in boiling water and vanilla until they form a smooth paste; set aside to cool.
3. In a small bowl, combine almond meal, baking soda and salt.
4. Put sugar, applesauce, olive oil, eggs and egg whites into bowl of a freestanding mixer with a paddle attachment (or use another bowl and whisk). Beat vigorously until mixture thickens and turns creamy, about 3 minutes.
5. Reduce mixer speed and beat in cocoa mixture. Slowly add almond-meal mixture and process until blended.
6. Scrape down sides of bowl with a spatula to mix thoroughly and pour batter into prepared cake pan. Bake until sides of cake are set and the very center still looks slightly damp (~ 40–45 minutes). A toothpick should come up mostly clean but with a few sticky crumbs.
7. Let cake cool in its pan on a wire rack for 10 minutes.
8. Ease sides of cake with a small metal spatula and spring cake out of pan. Leave to cool completely or serve warm.

Optional: top with berries or coarsely chopped nuts.

Nutrition Information per Serving

Serves 12

Calories	250
Protein	5 g
Carbohydrates	14 g
Total Fat	20 g
Monounsaturated Fat	13 g
Sodium	40 mg
Dietary Fiber	2 g

Trenette col Pesto

(Trenette with Potatoes and Pesto)

Ingredients

2 cups fresh basil leaves
2 tbsp. pine nuts
2 cloves garlic, lightly crushed with a heavy knife handle and peeled
½ cup freshly grated Parmesan cheese
1 oz. freshly shaved Parmesan cheese
2 tbsp. freshly grated Pecorino Romano cheese
½ cup olive oil
3 tbsp. butter, softened to room temperature
3 medium potatoes, peeled and thinly sliced
12 oz. fresh green beans, cooked
2 cups Fettuccine as required
Salt to taste



RECIPE FROM

Lee Domanico, Chief Executive Officer



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Directions

1. Using a rotary movement, grind basil, pine nuts, garlic, and coarse salt along sides of a large mortar with a hardwood pestle until mixture becomes a paste.
2. Add both grated cheeses, continuing to grind with pestle until evenly blended.
3. Add olive oil, a few drops at a time at first, beating into the mixture with a wooden spoon.
4. Beat in the butter with the spoon.
5. Add 1½ tbsp. salt to 4–5 quarts water. Boil the sliced potatoes until nearly tender. Add fettuccine and cook al dente. Add 1–2 tbsp. hot water from pasta pot to pesto. Drain fettuccine and potatoes, transfer to warm platter, and toss with the pesto and cooked green beans. Finish with shaved Parmesan cheese (1 oz. per person).

Nutrition Information per Serving

Serves 8

Calories	328
Protein	8 g
Carbohydrates	23 g
Total Fat	24 g
Monounsaturated Fat	12 g
Sodium	244 mg
Dietary Fiber	3 g

Pesce Spada alla Griglia

(Grilled Swordfish)

Ingredients

2 lbs. swordfish steaks, sliced $\frac{3}{8}$ – 1 in. thick
¼ cup olive oil
1 lemon
1 tbsp. finely chopped fresh mint
1 tsp. dried oregano
Salt and freshly ground black pepper to taste



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Lee Domanico, Chief Executive Officer



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Directions

1. Place the swordfish in a 9 x 12 in. ceramic or glass baking pan. Combine the remaining ingredients and pour over the swordfish. Leave to marinate in the refrigerator, covered, for 4 hours, turning once or twice.
2. Remove fish 15 minutes before grilling.
3. Prepare a hot charcoal fire or preheat a gas grill for 15 minutes on high. Remove the swordfish from the marinade, reserving the marinade. Place the swordfish on the grill and cook, basting with the marinade, until deep black grid marks appear.
4. Grill the $\frac{3}{8}$ in. steaks 4 minutes on each side and the thicker steaks 6 minutes on each side.

Nutrition Information per Serving

Serves 6

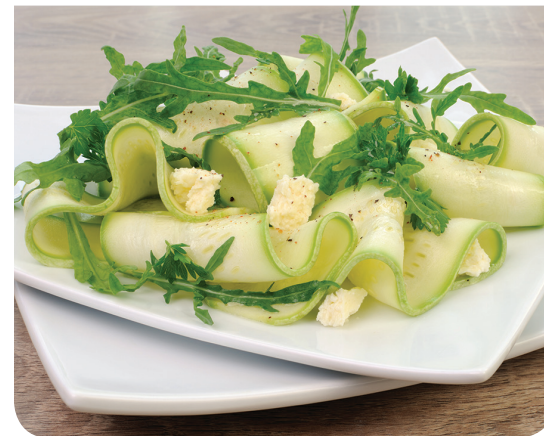
Calories	302
Protein	30 g
Carbohydrates	2 g
Total Fat	19 g
Monounsaturated Fat	11 g
Sodium	123 mg
Dietary Fiber	1 g

Insalata di Zucchine Nastro con le Olive Verdi, Menta e Pecorino Romano

(Zucchini Ribbon Salad with Green Olives, Mint, and Pecorino)

Ingredients

1½ lbs. zucchini (3 large or 6 medium)
¼ cup extra virgin olive oil
2 tbsp. freshly squeezed lemon juice
1 cup green olives, pitted and sliced
⅔ cup loosely packed, fresh, flat-leaf parsley leaves, chopped
½ cup loosely packed, fresh mint leaves, chopped
Block of aged Pecorino Romano for shaving garnish
Kosher salt and freshly ground black pepper to taste



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Directions

1. Trim ends of zucchini. Slice the zucchini lengthwise into $\frac{1}{8}$ in. thick ribbons. Toss ribbons with about 1 tsp. salt, place in a colander set over a bowl, and set aside for 10 minutes. The zucchini will wilt and soften as the salt leaches out moisture.
2. Rinse zucchini under cold running water, pat dry, and place in large bowl. Add olive oil, lemon juice, olives, parsley, and mint to coat the zucchini evenly. Taste for seasoning and add more salt if needed. Be careful not to over season, as the olives are salty.
3. Arrange salad on a platter, distributing olives evenly. Using a vegetable peeler, shave curls of Pecorino Romano over the salad.
4. Finish with a grind of pepper and serve immediately—the salad becomes soggy if it sits too long.

Nutrition Information per Serving

Serves 8

Calories	97
Protein	1 g
Carbohydrates	5 g
Total Fat	9 g
Monounsaturated Fat	6 g
Sodium	157 mg
Dietary Fiber	2 g

Miso Glazed Sablefish

Ingredients

½ cup mirin
½ cup sake
¼ cup sugar
1 cup white miso paste
6 (5 oz.) sablefish fillets (aka black cod)



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RECIPE FROM

Liz Kolcun, President & Chief Development Officer
MarinHealth Foundation



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Directions

Marinade

1. In a medium saucepan, combine the mirin, sake and sugar. Heat to dissolve the sugar. Once the sugar has dissolved, remove from the heat and whisk in the miso. Set aside to cool.
2. Once cool, immerse the fish filets in the marinade and set aside for up to 3 days.

Fish

1. Preheat the broiler. Remove any excess marinade from the fish and set the fish on the broiler pan. Broil for 8–10 minutes or until the fish is opaque throughout. If the fish browns too quickly under the broiler, turn the broiler off and finish cooking the fish in a 425 °F oven.

Nutrition Information per Serving

Serves 6

Calories	482
Protein	22 g
Carbohydrates	39 g
Total Fat	23 g
Monounsaturated Fat	11 g
Sodium	1353 mg
Dietary Fiber	1 g

Edamame & Asparagus Salad

Ingredients

1 cup asparagus
1 cup shelled edamame (buy frozen and cook according to package directions)
1 handful freshly chopped fresh mint
3 tbsp. olive oil
½ cup shaved Pecorino Romano cheese
Salt and pepper to taste



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RECIPE FROM

Liz Kolcun, President & Chief Development Officer
MarinHealth Foundation



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Directions

1. Put 1 cup of asparagus tips in a pan of boiling salted water and boil for 2–3 minutes.
2. Drain and rinse under cold water. Place asparagus and 1 cup of prepared shelled edamame in a small salad bowl and add a small handful of finely chopped fresh mint.
3. Pour on 3 tbsp. of olive oil and add some salt and pepper. Add ½ cup of shaved Pecorino Romano cheese.

Nutrition Information per Serving

Serves 4

Calories	254
Protein	13 g
Carbohydrates	5 g
Total Fat	21 g
Monounsaturated Fat	10 g
Sodium	540 mg
Dietary Fiber	3 g

Winter Beef Stew & Extra Crusty Country Bread

Ingredients

2 lbs. cubed beef
2½ cups red wine
(Cotes du Rhone or Burgundy)
2 tbsp. garlic, minced
1 tsp. salt
½ tsp. pepper
½ cup Worcestershire sauce
2 oz. (each) diced 1-in. white potatoes
(semi-peeled), carrots, onions, celery,
turnips, rutabagas

1 tbsp. chopped parsley
2 oz. green peas
2 cups canned, diced tomatoes
(including purée)
2 tbsp. olive oil
½ in. thick sliced country bread
1 tbsp. butter



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RECIPE FROM

Liz Lang, Chief Human Resources Officer



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Directions

The day before

1. Marinate beef in red wine overnight.

The next day

1. Drain beef until dry. Heat olive oil in a braising pan. Add cubed beef and brown on all sides.
2. Add garlic and cook for 2 minutes. Next, add onions and cook for another 2 minutes or until translucent. Then, add canned, diced tomatoes (including purée), enough water to cover the beef, and Worcestershire sauce. Simmer for 1 hour and 20 minutes.
3. Add the rest of the vegetables and only half of the potatoes. Cook for about 20 minutes until the vegetables and meat are tender.
4. While the vegetables and beef are cooking, steam or boil the potatoes and purée for 15 minutes until tender. Then, add the puréed potatoes to the stew to thicken to desired consistency. Season with salt and pepper.

Extra Crusty Country Bread

1. Melt butter in microwave or on stove top in a sauce pan. Pour butter on both sides of the bread.
2. Place bread on a baking sheet and toast in the oven until crusty.
3. Pour stew into a bowl and serve with extra crusty country bread. Garnish with chopped parsley.

Nutrition Information per Serving

Serves 20

Calories	356
Protein	16 g
Carbohydrates	33 g
Total Fat	16 g
Monounsaturated Fat	5 g
Sodium	627 mg
Dietary Fiber	4 g

Quinoa Veggieballs with Butternut-Truffled Fondue

Ingredients

Quinoa Veggieballs

3 cups cooked quinoa
5 eggs
1 tsp. salt
½ tsp. black pepper
½ cup (each) finely shredded carrots,
grated zucchini, finely shredded spinach
1 tsp. minced garlic
2 tbsp. minced onions, parsley,
and mint (fresh)
½ cup grated Parmesan cheese
1½ cup panko breadcrumbs
1 tbsp. olive oil

Butternut-Truffled Fondue

1 lbs. diced butternut squash
1 tbsp. (each) minced shallots and garlic
1 tbsp. (each) butter and white truffle oil
4 cups vegetable broth
½ cup Chardonnay
¼ tsp. (each) kosher salt and freshly
ground white pepper



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RECIPE FROM

Karin Reese, RN, MS, Chief Nursing Officer



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Directions

Quinoa Veggieballs

- 1. Combine all ingredients (except for the oil) in a medium bowl until well mixed. Add breadcrumbs until mixture holds its shape when formed into balls. Let the mixture rest for 10 minutes.
- 2. Form quinoa balls using 3 oz. scoop. Heat oil in a large skillet over medium-high heat. Working in batches, cook the quinoa balls until nicely browned on all sides. Transfer to a paper-towel-lined platter to drain.

Butternut-Truffled Fondue

- 3. Heat 1 tbsp. of butter in a sauce pan. Add the butternut squash. Sauté for 5 minutes until squash begins to brown. Add shallots and garlic and sauté for 2 more minutes. Add wine and simmer until reduced to half.
- 4. Add vegetable broth and reduce until squash are soft (about 20 minutes). Purée to a sauce consistency and season with salt and pepper. Add quinoa balls and cook until heated through.
- 5. Finish with remaining butter and truffle oil. Garnish with chopped parsley.

Nutrition Information per Serving

Serves 6

Calories	378
Protein	15 g
Carbohydrates	43 g
Total Fat	15 g
Monounsaturated Fat	5 g
Sodium	1370 mg
Dietary Fiber	6 g

Swedish Meatballs

Ingredients

¼ tsp. freshly ground nutmeg
1 cup bread crumbs, dried out
¾ cup milk
6 tbsp. unsalted butter
4 shallots, minced
3 cloves of garlic, minced
1 tsp. caraway seeds, toasted
and ground
1 lb. ground beef
1 lb. ground pork
2 large eggs

½ cup minced parsley, Italian
½ cup minced fresh dill
2 tbsp. flour, all purpose
1½ cups beef broth
1 cup sour cream
¼ cup lingonberry jam
½ tsp. salt
½ tsp. pepper



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RECIPE FROM

Karin Reese, RN, MS, Chief Nursing Officer



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Directions

1. In a medium bowl, combine bread crumbs and milk. Stir with a fork and let stand for 5 minutes.
2. Meanwhile, put 3 tbsp. of butter in a small skillet and let melt over medium heat. Add shallots, garlic, and caraway. Season with salt and pepper. Sauté until softened but not browned (about 2 minutes).
3. Put ground beef and pork in a large bowl, and add the shallot mixture. Next add eggs, parsley, and dill. Season with salt, pepper, and nutmeg.
4. Squeeze milk out of soaked bread crumbs, and add bread to the meat mixture. Mix well using your hands. Form meatballs using 3 oz. scoop. Roll around in moistened hands to shape into cue-ball-size balls.
5. Melt 2 tbsp. of butter in a large skillet over medium heat. When foam starts to subside, add meatballs in batches—don't overcrowd pan. Sauté until well browned on all sides (about 7 minutes). Remove meatballs to a paper-towel-lined platter to drain.
6. Discard most of fat from skillet and return to heat. Add remaining tbsp. of butter to coat the pan. Stir in flour with a wooden spoon to dissolve into the fat. Pour in beef broth with a whisk to loosen the bits from the bottom of the pan. Simmer and stir until the liquid is reduced and sauce starts to thicken. Season with salt and pepper.
7. Lower heat and stir in the sour cream. Return meatballs to the sauce and stir in ¼ cup of the lingonberry jam until meatballs are heated through (about 20 minutes).
8. Garnish with chopped parsley and transfer to a serving platter. Serve meatballs with additional lingonberry jam on the side, boiled potatoes, and salad.

Nutrition Information per Serving

Serves 12

Calories	377
Protein	17 g
Carbohydrates	13 g
Total Fat	28 g
Monounsaturated Fat	11 g
Sodium	357 mg
Dietary Fiber	2 g

Curried Chicken Salad

Ingredients

½ cup precooked chicken or canned chicken
½ tsp. curry powder
2 tbsp. chopped celery
2 tbsp. chopped red onion
¼ cup chopped red pepper
1 tbsp. mayonnaise or plain Greek yogurt
¼ tsp. garlic salt
Chopped parsley, for garnish
Chopped almonds, for garnish



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Directions

- 1. Mix all of the ingredients together (except for the garnishes).
- 2. Refrigerate for 30 minutes to allow flavors to blend.
- 3. Serve with parsley and almond garnish. This can be eaten with chopped vegetables or crackers.

Nutrition Information per Serving
Serves 1

Calories	148
Protein	24 g
Carbohydrates	5 g
Total Fat	3 g
Monounsaturated Fat	1 g
Sodium	310 mg
Dietary Fiber	2 g

*parsley & almonds not included,
used Greek yogurt*

Herb & Parmesan-Crusted, Baked Fish

Ingredients

¼ cup fresh breadcrumbs
(or you can use Panko pre-made breadcrumbs)
1 tbsp. of fresh parsley, chopped
2 tsp. pre-grated Parmesan cheese
¼ tsp. lemon zest
2 tsp. olive oil
Salt and pepper to taste
5 oz. Firm white fish fillet — cod, halibut, or swordfish



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Directions

1. Preheat the oven to 375°F.
2. Combine the breadcrumbs, parsley, Parmesan, lemon zest, and olive oil in a bowl. Season with salt and pepper. Mix well.
3. Place the fish fillet in the breadcrumb mixture and cover all sides with it, pressing with your fingers.
4. Place the fish on a baking sheet lightly sprayed with cooking spray or lined with baking paper.
5. Bake in the oven for 15 minutes or until the crumbs are golden and the fish is cooked through.
6. Serve with a green vegetable or salad.

Nutrition Information per Serving

Serves 1

Calories	265
Protein	28 g
Carbohydrates	10 g
Total Fat	11 g
Monounsaturated Fat	7 g
Sodium	186 mg
Dietary Fiber	0 g

Easy Minestrone Soup

Ingredients

¾ cup pasta — spirals or shells
1 large, white onion, peeled and chopped
6 cups chicken stock (or vegetable stock)
16 oz. can of tomato sauce or soup
½ tsp. oregano
1 large potato, peeled and chopped
1 carrot, chopped
1 cup frozen peas
16 oz. red kidney beans, drained (or mixed beans)
2 tbsp. fresh parsley, chopped



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Directions

1. Combine pasta, onion, chicken stock, pasta sauce or soup, oregano, potato, and carrot in a saucepan. Boil uncovered for 15 minutes.
2. Add peas and kidney beans and cook uncovered for 10 minutes — reducing heat to low.
3. Add parsley, stir, and serve.

Nutrition Information per Serving

Serves 6

Calories	250
Protein	13 g
Carbohydrates	49 g
Total Fat	2 g
Monounsaturated Fat	0 g
Sodium	665 mg
Dietary Fiber	10 g

used low sodium chicken broth

Lightened-Up Mac & Cheese

Ingredients

Kosher salt
12 oz. fusilli or other corkscrew pasta
1 tbsp. unsalted butter
1 medium shallot, finely chopped
2 tbsp. all-purpose flour
1 tsp. mustard powder
½ cup skim milk
⅓ cup low-fat sour cream

⅔ cup shredded, part-skim mozzarella cheese
⅔ cup shredded, low-fat Swiss cheese
3 tbsp. grated Parmesan cheese
Freshly ground pepper
¼ cup chopped fresh parsley, basil and/or chives



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Directions

1. Bring a pot of salted water to a boil. Add the pasta and cook as the label directs. Reserve $\frac{3}{4}$ cup of the cooking water, then drain the pasta.
2. Add the butter to the empty pot and melt over medium-high heat. Add the shallot and cook, stirring, until slightly softened, about 2 minutes. Add the flour and mustard powder and cook, stirring, until the flour begins to toast, about 1 minute. Whisk in the milk and the reserved cooking water; cook, whisking, until thick, about 2 minutes.
3. Reduce the heat to medium. Whisk in the sour cream, mozzarella, Swiss cheese and 1 tbsp. Parmesan; continue whisking until melted, about 1 minute. Stir in the pasta, $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ tsp. pepper; transfer to a 2-quart baking dish. Preheat the broiler.
4. Combine the remaining 2 tbsp. Parmesan, the herbs, and salt and pepper to taste, in a small bowl. Sprinkle over the pasta. Broil until golden and bubbly, about 2 minutes.

Nutrition Information per Serving

Serves 4

Calories	510
Protein	27 g
Carbohydrates	74 g
Total Fat	11 g
Monounsaturated Fat	3 g
Sodium	285 mg
Dietary Fiber	3 g

Healthy Lemony Yogurt Loaf Cake

Ingredients

Nonstick baking spray, for coating loaf pan

1½ cups white whole wheat flour

2 tsp. baking powder

¼ tsp. fine salt

¾ cup sugar

Finely grated zest of 1 lemon

½ cup plain low-fat Greek yogurt

¼ cup low-fat milk

¼ cup extra-virgin olive oil

½ tsp. pure vanilla extract

2 large egg whites

1 large egg



Directions

1. Preheat the oven to 350°F. Coat an 8½ x 4½-in. loaf pan with baking spray.
2. Whisk together the flour, baking powder and salt in a medium bowl.
3. Put the sugar and lemon zest in another bowl and rub the lemon zest into the sugar with your fingers. Add the yogurt, milk, olive oil, vanilla, egg whites, and whole egg and vigorously whisk until well blended. Add the flour mixture into the egg mixture and fold until just incorporated.
4. Transfer to the prepared pan. Bake until a cake tester inserted in the center comes out clean, about 50 minutes. Cool in the pan on a wire rack for 5 minutes, and then unmold and cool to room temperature.

Nutrition Information per Serving

Serves 8

Calories	240
Protein	6 g
Carbohydrates	36 g
Total Fat	9 g
Monounsaturated Fat	5 g
Sodium	195 mg
Dietary Fiber	2 g

Oatmeal-Flax Chocolate Chip Cookies

Ingredients

1½ cups all-purpose flour
1 cup quick-cooking oats
¼ cup ground flaxseed
1 tsp. baking soda
½ tsp. salt
½ tsp. ground cinnamon
12 tbsp. unsalted butter, softened

1 cup granulated sugar
¾ cup packed dark brown sugar
2 large eggs
1 tsp. vanilla extract
1 cup semisweet chocolate chips



Directions

1. Preheat the oven to 350°F. Line two baking sheets with parchment paper.
2. Whisk the flour, oats, flaxseed, baking soda, salt and cinnamon in a bowl.
3. Beat the butter, granulated sugar and brown sugar in a large bowl with a mixer on medium-high speed until fluffy, about 4 minutes. Beat in the eggs one at a time, beating well after each addition. Beat in the vanilla. Reduce the mixer speed to low; add the flour mixture and beat until just combined, scraping down the bowl as needed. Stir in the chocolate chips.
4. Drop heaping tablespoonfuls of dough onto the prepared baking sheets, about 2 in. apart. Bake until golden brown, 10 – 12 minutes. Let the cookies cool 3 minutes on the baking sheets, then transfer to racks to cool completely.

Nutrition Information per Serving

Serves 32

Calories	150
Protein	2 g
Carbohydrates	21 g
Total Fat	7 g
Monounsaturated Fat	2 g
Sodium	82 mg
Dietary Fiber	1 g