Everyday Recipes



California Avocado-Bean Salad with Salsa Verde

Serves 6 | Serving Size: 1 cup

1 (15-oz) can organic black beans, well-drained

1 (15-oz) can organic cannellini or other white beans, well-drained

1 cup diced red onion

1 1/3 cups diced red or yellow bell pepper

1 large jalapeño pepper with or without seeds, minced (optional)

1/4 cup chopped fresh cilantro

²/₃ cup commercially made tomatillo sauce (salsa verde)

1 Hass avocado, peeled and diced

1/4 tsp sea salt, or to taste

1. In large bowl combine the beans, onion, bell pepper, jalapeño (if using), and cilantro.

2. Stir in the tomatillo sauce. Then add the avocado and salt and stir gently. Serve as a salad.

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Exchanges/Choices: Calories 150

1 Starch Total Fat 5 g

1 Vegetable Saturated Fat 1 g

1 Fat Cholesterol 0 mg

Sodium 150 mg

Total Carbohydrate 22 g Dietary Fiber 6 g Sugars 4 g Protein 6 g

Turkey Artichoke Wraps

Serves 4 | Serving Size: 1 wrap | Prep Time: 15 minutes

6 Tbsp light cream cheese with chives and onions

6 whole-wheat tortillas*

12 oz smoked deli-style turkey breast lunch meat

1 14-oz can quartered artichoke hearts, drained

3 plum tomatoes, thinly sliced

Spread 1 Tbsp cream cheese on 1 tortilla. Add 2 oz turkey meat, 2 oz artichoke hearts, and 3 tomato slices. Fold in the left and right side of the tortilla until the edges are about 1 inch apart and then roll from the top down.

*Each tortilla should have 30 g carbohydrate and 4 g dietary fiber per serving.

Nutrition Bonus: If you like, mix up this recipe by trying any of the flavored low-carb tortillas, such as spinach.

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Exchanges/Choices:

2 Starch

1 Vegetable

1 Lean Meat

1 Fat

Calories 270

Calories from fat: 65

Total Fat 7 g

Saturated Fat 1.8 g

Trans Fat 0 g

Cholesterol 25 mg

Sodium 1005 mg
Total Carbohydrate 35 g
Dietary Fiber 5 g
Sugars 4 g
Protein 16 g

Roasted Wild Salmon Fillet with Orange-Miso Sauce

Serves 4 | Serving size: 1 filet plus 3 Tbsp sauce

1 (5.3-oz) container fat-free Greek yogurt or ½ cup yogurt cheese

1 ½ tsp orange zest (grated peel; divided use)

3 Tbsp orange juice

1 Tbsp mellow white miso

2 tsp Dijon mustard

1 tsp grated fresh ginger root

1/4 tsp toasted sesame oil

1/4 tsp sea salt, or to taste

16 oz Alaskan Wild King salmon center-cut filet with skin, cut into 4

(4-oz) portions

2 tsp naturally brewed reducedsodium soy sauce

2 Tbsp finely chopped pine nuts

1. Preheat the oven to 400°F. In a medium bowl, whisk the yogurt, ¾ tsp zest, orange juice, miso, mustard, ginger, oil, and salt and set aside.

2. Line a large baking sheet with parchment paper. Place the salmon on the sheet, skin side down. Brush the salmon with soy sauce and pat nuts onto the salmon with your fingers. Roast uncovered for 10 minutes or until done as desired.

3. Spoon the Orange-Miso Sauce onto 4 plates. Place the salmon on top of the sauce and sprinkle with remaining orange zest.

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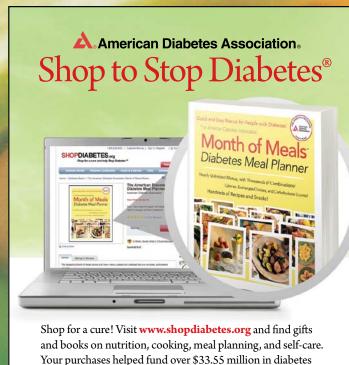
Exchanges/Choices:

1/2 carbohydrate

4 lean meat

Calories 250 Total Fat 11 g Saturated Fat 1 g Cholesterol 70 mg Sodium 480 mg

Total Carbohydrate 6 g Dietary Fiber 2 g Sugars 4 g Protein 30 g



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