

A Structure House Menu Sampler

BALSAMIC DIJON CHICKEN

1 cup balsamic vinegar
½ cup Dijon mustard
¼ cup extra virgin olive oil
½ teaspoon black pepper
2 garlic cloves, crushed
30-ounce chicken breast

1. Preheat oven to 375°.
2. Combine vinegar, mustard, olive oil, black pepper, and garlic; stir well.
3. Add chicken and marinate for 1 to 2 hours.
4. Remove chicken from marinade. Place chicken in baking pan and pour marinade over chicken.
5. Bake for 30 minutes or until done.

YIELD: 6 SERVINGS

NUTRITION INFORMATION

Calories: 288
Protein: 33g
Total Fat: 11g
Saturated fat: 2g
Carbohydrates: 7g
Fiber: less than 1g
Sodium: 582mg

BROCCOLI MUSHROOM CHEDDAR QUICHE

CRUST

20 unsalted saltine crackers, finely crushed
5 teaspoons margarine, softened

FILLING

1 cup sliced mushrooms
1/3 cup broccoli florets, blanched
2 1/2 ounces 2% cheddar cheese, shredded
4 eggs
1/2 cup skim milk
1 1/4 cups 1% cottage cheese
2 teaspoons cornstarch
1 teaspoon thyme

1. Preheat oven to 350°.
2. Make the crust: Crumble crackers and blend with softened margarine. Press mixture into the bottom and up the sides of a 9-inch pie pan.
3. Arrange mushrooms, blanched broccoli, and cheddar cheese evenly in the pie pan.
4. Combine eggs, skim milk, cottage cheese, cornstarch, and thyme in blender or food processor and mix until smooth.
5. Pour over the vegetable mixture.
6. Bake for 45 to 60 minutes or until internal temperature reaches 165°.
7. Remove quiche from oven. Let rest for 15 minutes, then cut into 4 equal portions.

YIELD: 4 SERVINGS

NUTRITION INFORMATION

Calories: 300
Protein: 24g
Fat: 13.5g
Carbohydrates: 21g
Fiber: 2g
Sodium: 560mg

PECAN DIJON TILAPIA

Nonstick cooking spray

¼ cup light mayonnaise

¼ cup Dijon mustard

4 tilapia fillets, 6-ounces each

¼ cup pecans, chopped

1. Preheat oven to 375°. Spray baking sheet lightly with cooking spray.
2. Combine mayonnaise and mustard; stir well.
3. Lay fillets on baking sheet. Spread top of each fillet with 2 tablespoons of the mustard mixture.
4. Sprinkle 1 tablespoon chopped pecans over the coated side of each fillet.
5. Bake for 10 minutes or until fish flakes with a fork.

YIELD: 4 SERVINGS

NUTRITION INFORMATION

Calories: 270

Protein: 35g

Fat: 13g

Carbohydrates: 1g

Fiber: 1g

Sodium: 526mg

PESTO TURKEY SALAD

- ½ cup light mayonnaise**
- ⅓ cup plain, nonfat yogurt**
- ⅓ cup classic pesto (see recipe below)**
- 1½ tablespoons fresh lemon juice**
- ½ teaspoon black pepper**
- 16 ounces low-sodium turkey, chopped**
- 1 cup diced celery**
- ⅓ cup chopped walnuts**

1. In a large bowl combine mayonnaise, yogurt, pesto, lemon juice, and pepper, stirring with a whisk.
2. Stir in the turkey, celery, and walnuts; mix well.

YIELD: 15 ⅓-CUP SERVINGS

NUTRITION INFORMATION

Calories: 90
Protein: 8g
Fat: 6g
Carbohydrates: 1g
Fiber: 0g
Sodium: 82mg

Classic Pesto

- 2 tablespoons chopped pine nuts**
- 2 garlic cloves, peeled**
- 3 tablespoons extra virgin olive oil**
- 4 cups basil leaves (about 4 ounces)**
- ½ cup grated fresh Parmesan cheese**

1. In a food processor mince the pine nuts and the garlic.
2. Add the oil; pulse 3 times.
3. Add basil leaves, Parmesan cheese, and salt; process until pureed, scraping sides of bowl as needed.

YIELD: ¾ CUP

NUTRITION INFORMATION

Calories: 60
Protein: 2g
Fat: 5g
Carbohydrates: 1g
Fiber: 0.5g
Sodium: 63mg

POTATO CRUSTED SALMON

4 6-ounce salmon fillets

4 teaspoons honey mustard (or 2 teaspoons honey plus 2 teaspoons mustard)

8 tablespoons potato flakes, divided

4 teaspoons olive oil

1. Preheat oven to 375°.
2. Coat one side of each salmon fillet with 1 teaspoon honey mustard.
3. Sprinkle 2 tablespoons of potato flakes over the coated side of each salmon fillet.
4. On top of stove heat olive oil in pan over medium heat. Place salmon, coated side down, in oil and let cook for approximately 5 minutes.
5. Line baking pan with parchment paper. Place salmon in baking pan. Bake for 12 to 14 minutes or until the center just becomes flaky.

YIELD: 4 SERVINGS

NUTRITION INFORMATION

Calories: 318

Protein: 34g

Fat: 19g

Carbohydrates: 7g

Fiber: 0.5g

Sodium: 93mg

ROASTED BUTTERNUT SQUASH SOUP

2 pounds butternut squash
¼ cup chopped white onion
¼ cup sliced carrots
¾ teaspoon garlic powder
⅛ teaspoon white pepper
6 cups water
1 bay leaf
6 teaspoons Knorr vegetable base (bouillon)
Parsley

1. Cut butternut squash in half and remove seeds. Peel squash.
2. Crush the bouillon cubes.
3. In a large soup pot add the squash, onions, carrots, garlic powder, pepper, water, bay leaf, and 6 teaspoons of bouillon powder. Stir.
4. Bring to a boil and simmer for 1 hour, or until vegetables are soft.
5. Remove bay leaf and discard.
6. Puree soup in a blender. If any large chunks remain, strain soup back into the pot, then puree the chunks again.
7. Reheat soup to approximately 160°. Serve, garnished with parsley.

YIELD: 6 1-CUP SERVINGS

NUTRITION INFORMATION

Calories: 92

Protein: 2g

Fat: 0g

Carbohydrates: 22g

Fiber: 6g

Sodium: 653mg

MELANIE'S SEASONED ROASTED VEGETABLES

Nonstick cooking spray

1 medium eggplant, sliced

2 medium zucchini (or 1 zucchini and 1 yellow squash), sliced

1 red bell pepper, sliced

1 green bell pepper, sliced

1 sweet onion (such as Vidalia), sliced

4 carrots, sliced

1 tomato, cut into wedges

1 cup sliced mushrooms

3 garlic cloves, minced

2 tablespoons fresh chopped basil

2 tablespoons fresh chopped cilantro

2 tablespoons fresh chopped parsley

¼ cup 2% shredded mozzarella cheese

¼ cup shredded Parmesan cheese

1. Preheat broiler.
2. Line a baking sheet with aluminum foil and spray foil with nonstick cooking spray.
3. Arrange vegetables on prepared baking sheet. Lightly spray vegetables with nonstick cooking spray.
4. Sprinkle garlic, basil, cilantro, and parsley over vegetables.
5. Broil for 10 minutes. Remove pan from oven, turn vegetables over, and sprinkle with cheeses. Broil for an additional 10 minutes or until cheeses melt.
6. Serve warm.

YIELD: 8 1-CUP SERVINGS

NUTRITION INFORMATION

Calories: 70

Protein: 4g

Fat: 1.5g

Carbohydrates: 12g

Fiber: 4g

Sodium: 75mg

SPINACH CHEDDAR SQUARES

Nonstick cooking spray

1 tablespoon dry bread crumbs

$\frac{3}{4}$ cup shredded reduced-fat cheddar cheese, divided

10-ounce package frozen chopped spinach, thawed and squeezed dry

$\frac{1}{4}$ cup finely chopped sweet red bell pepper

$1\frac{1}{2}$ cups egg substitute

$\frac{3}{4}$ cup fat-free milk

2 tablespoons grated Parmesan cheese

$\frac{1}{2}$ teaspoon dried minced onion

$\frac{1}{2}$ teaspoon garlic powder

$\frac{1}{4}$ teaspoon black pepper

1. Preheat oven to 350°.
2. Spray an 8-inch-square baking dish with nonstick cooking spray.
3. Sprinkle bread crumbs evenly into coated pan. Top with $\frac{1}{2}$ cup cheese, spinach, and the sweet red pepper.
4. In a small bowl, combine eggs, milk, grated Parmesan, onion, garlic powder and black pepper. Pour over the vegetables in the baking pan.
5. Bake, uncovered, 35 minutes. Sprinkle with remaining $\frac{1}{4}$ cup cheddar cheese. Bake 2 to 3 minutes longer or until a knife inserted near the center comes out clean.
6. Let stand for 15 minutes before cutting into 4 pieces.

YIELD: 4 SERVINGS

NUTRITION INFORMATION

Calories: 170

Protein: 21g

Fat: 6g

Carbohydrates: 8g

Fiber: 2g

Sodium: 434mg

SPINACH LASAGNA ROLLS

Nonstick cooking spray

1½ pounds frozen spinach

2 tablespoons Parmesan cheese

1 cup part-skim ricotta cheese

⅛ teaspoon nutmeg

Pinch black pepper

½ teaspoon garlic powder

8 cooked lasagna noodles

1½ cups low-sodium tomato sauce

1. Preheat oven to 350°. Spray a shallow pan with cooking spray.
2. Thaw spinach and squeeze out excess juice until completely dry.
3. In a bowl, mix spinach with cheeses, nutmeg, black pepper, and garlic powder.
4. Spread 1/4 cup of the spinach-cheese mixture along the length of each noodle.
5. Roll up and place seam side down in the prepared pan.
6. Pour tomato sauce over rolled-up noodles. Cover pan with aluminum foil.
7. Bake for 30 to 45 minutes until heated through.

YIELD: 4 SERVINGS

NUTRITION INFORMATION

Calories: 311

Protein: 19g

Fat: 7g

Carbohydrates: 47g

Fiber: 7g

Sodium: 356mg

VEGGIE PITA PIZZA**Nonstick cooking spray** **$\frac{3}{4}$ cup red bell pepper, cut into strips** **$\frac{3}{4}$ cup green bell pepper, cut into strips****1 cup onion slices** **$\frac{3}{4}$ cup mushrooms, sliced****1 teaspoon dried oregano** **$\frac{1}{2}$ teaspoon black pepper** **$\frac{1}{2}$ teaspoon dried thyme****4 6-inch whole wheat pitas****1 cup low-sodium tomato sauce****4 ounces low-sodium mozzarella cheese, shredded****4 teaspoons grated Parmesan cheese**

1. Preheat oven to 400°.
2. Spray a pan with cooking spray.
3. Add peppers, onions, mushrooms, and spices and cook until tender-crisp.
4. Spread each pita with $\frac{1}{4}$ cup of tomato sauce. Top each with $\frac{1}{2}$ cup vegetables, and one quarter of each cheese.
5. Spray a baking sheet with cooking spray. Place each pita pizza on baking sheet.
6. Bake for 10 to 12 minutes, until cheese has melted.
7. To brown cheese, place baking sheet under broiler for about 1 minute.

YIELD: 4 SERVINGS

NUTRITION INFORMATION

Calories: 294

Protein: 17g

Fat: 7g

Carbohydrates: 45g

Fiber: 7g

Sodium: 558mg