

Mediterranean Quinoa Salad – Makes 8, 2 cup servings

Ingredients:

2 cups low sodium chicken broth
1 cup quinoa, uncooked
1 cup cherry tomatoes, halved
1 small English cucumber, chopped
1 small red onion, cut crosswise in half, thinly sliced
1/2 cup olive oil Greek feta dressing, divided
10 cups torn romaine lettuce
1/2 cup feta cheese

Directions:

Bring broth and quinoa to boil in saucepan on high heat. Simmer on medium-low heat 15 min or until liquid is absorbed. Cool.

Combine tomatoes, cucumbers and onions in medium bowl. Add 1/4 cup dressing; toss to coat.

Cover platter with lettuce; top with quinoa, tomato mixture, cheese and remaining dressing.

Nutrition information:

1 serving = 170 calories; 10 mg cholesterol; 3g dietary fibre; 7g fat; 430 mg sodium; 22g carbohydrate; 7g protein

Lentil Soup- Makes 6, 1 cup servings

Ingredients:

1 tbsp canola oil
1 large onion
3 cloves of garlic, minced
2 tbsp minced ginger
1 1/2 tbsp curry powder
1 1/2 tsp cinnamon
1 tsp ground cumin
2 bay leaves
1 1/2 cups dry red lentils, rinsed
8 cups chicken stock (low-sodium)
3 tbsp chopped cilantro
2 tbsp lemon juice
salt and pepper to taste

Directions:

Heat oil over medium heat. Add onions and sauté until softened (3 to 5 minutes). Add garlic, ginger, curry powder, cinnamon, cumin and bay leaves. cooking for about 5 minutes, stirring. Stir in lentils and chicken stock and bring to a boil. Reduce heat to low and simmer, partially covered, for about 45 minutes or until the lentils are soft. Remove and discard the bay leaves. Stir in cilantro and lemon juice. Season with salt and pepper.

Optional: serve with a topping of low-fat yogurt.

Nutrition Information:

1 serving = 174 calories; 6g protein; 5g fat; 21g carbohydrate; 15 mg sodium; 1mg cholesterol