

Cate's Springtime Risotto Soup

Courtesy of : <http://www.health.com/health/gallery>

- 1 tablespoon olive oil
- 2 cups chopped onion
- 2 teaspoons grated lemon rind
- $\frac{3}{4}$ cups Ambrosio rice or short grain rice
- 3 (14 $\frac{1}{2}$ ounce) can fat free, less sodium chicken broth
- 2 cups (1 inch) sliced asparagus (about 1 pound)
- 2 cups coarsely chopped spinach
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{2}$ cup (2 ounces) grated fresh Parmesan cheese



*Recipe calls for chicken broth and parmesan cheese. Sneaky source of gluten as they are usually coated with flour. So, be sure to read the list of ingredients. Buying blocks of cheese and shredding it yourself can be safer.

1. Heat oil in a large saucepan over medium –high heat.
2. Add onion: sauté 2 minutes. Add lemon rind; sauté 2 minutes. Add rice: sauté 3 minutes.
3. Stir in broth, and bring to a boil. Cover, reduce heat, and simmer 10 minutes. Stir in asparagus, spinach, and nutmeg; cook uncovered, 2 minutes or until asparagus is crisp-tender.
4. Top each serving with cheese. Serve immediately

Per serving: 320 calories; 7.5 g fat(2.9g sat.,3.6 g mono);10mg cholesterol; 46.2g carbohydrates; 14.9g protein; 4.1g fiber; 815mg sodium;

Mariska's Heart Fudge Chip Muffins

Courtesy of : <http://www.health.com/health/gallery>

- Cooking spray
- 1 cup applesauce
- 1 teaspoon canola oil
- ½ cup turbinado sugar
- 1 teaspoon vanilla extract
- ¼ tsp. almond extract
- ¾ cup oat flour
- 1/3 cup unsweetened cocoa
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1/8 teaspoon ground cinnamon
- ½ cup semisweet dairy-and gluten-free chocolate chips(such as sunspire)
- Powdered sugar(optional)



1. Preheat oven to 350 degrees. Place paper liners in muffin tin: coat with cooking spray.
2. Combine applesauce and next 3 ingredients. In separate bowl, whisk together with the next 6 ingredients. Add oat mixture to applesauce mixture; stir until blended. Stir in chocolate chips.
3. Spoon batter into muffin cups. Bake for 20-22 minutes, rotating the pan a half-turn after 10 minutes. Muffins are done when tops area firm to the touch.
4. Cool slightly. Top with powdered sugar, if desired.

Per serving: 154 calories;5g fat (2g sat., 1g mono.);0mg cholesterol; 30g carbohydrates; 2g protein; 3g fiber; 331mg sodium

Grilled Tuna with Olive Relish

Courtesy of: <http://www.eatingwell.com/recipes>

- Olive relish
- ½ cup finely chopped fresh parsley
- 1/3 cup chopped pitted imported black olives, such as kalamata
- ¼ cup finely chopped celery
- 1 small garlic clove, minced
- ½ teaspoon dried oregano
- 1 tablespoon lemon juice
- 1 tsp. extra virgin olive oil
- 1/4 tsp. salt
- 1/8 tsp. freshly ground pepper
- Lemon wedges for garnish



1. To prepare olive relish: Combine parsley, olives, celery, garlic, oregano, lemon juice, salt and pepper in a small bowl.
2. To grill tuna: preheat grill to medium- high
3. Rub tuna all over with olive oil and season with salt and pepper. Grill the tuna until seared on both sides and just cooked through, about 4 minutes per sides.
4. Serve with olive relish and lemon wedges.

Per serving: 184 calories; 5g fat(1gsat,3g mono)60g cholesterol; 31 g protein;1g fiber; 266mg sodium

Southern Tofu Scramble

Courtesy of: <http://www.eatingwell.com/recipes>

- 3 teaspoons canola oil, divided
- 1 14-ounce package firm water packed tofu, rinsed and crumbled
- 1 ½ teaspoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon salt, divided
- 1 small zucchini, diced
- ¾ cup frozen corn, thawed
- 4 scallions, sliced
- ½ cup shredded Monterrey cheese
- ½ cup prepared salsa
- ¼ cup chopped fresh cilantro



1. Heat 1 ½ tps. oil in a large non-stick skillet over medium heat. Add tofu, chili powder, cumin, and ¼ tsp. salt and cook, stirring until the tofu begins to brown, 4 to 6 minutes. Transfer to bowl.
2. Add remaining 1 1/2 tps. oil to pan. Add zucchini, corn, scallions and the remaining 1/4 tsp. salt. Cook, stirring, until the vegetables are just tender, about 3 minutes.
3. Return the tofu to the pan and cook, stirring until heated through, about 2 minutes more.
4. Remove from the heat and stir in cheese until just melted.
5. -Top each serving with 2 teaspoons salsa and 1 tablespoon cilantro.

Per serving: 202 calories;;12g fat(4g sat; 5 g mono); 13 mg cholesterol; 12g carbohydrates; 13 g protein; 3 g fiber,501 mg sodium;