

Healthy Recipes for June 2009

Grilled Filet Mignon with Herbed Butter and Texas Toast

from *Eating Well Magazine*, June/July 2006

Ingredients:

1 tablespoon whipped or regular butter, slightly softened
3 teaspoons extra-virgin olive oil, divided
1 tablespoon minced fresh chives or shallot
1 tablespoon capers, rinsed and chopped
3 teaspoons minced fresh marjoram or oregano, divided
1 teaspoon freshly grated lemon zest, divided
1 teaspoon lemon juice
3/4 teaspoon kosher salt, divided
1/2 teaspoon freshly ground pepper, divided
1 tablespoon minced fresh rosemary
2 cloves garlic (1 minced, 1 peeled and halved)
1 pound filet mignon, about 1 1/2 inches thick, trimmed and cut into 4 portions
4 slices whole-grain bread
4 cups watercress, trimmed and chopped

Directions:

1. Preheat grill to high.
2. Mash butter in a small bowl with the back of a spoon until soft and creamy. Stir in 2 teaspoons oil until combined. Add chives (or shallot), capers, 1 teaspoon marjoram (or oregano), 1/2 teaspoon lemon zest, lemon juice, 1/2 teaspoon salt and 1/4 teaspoon pepper. Cover and place in the freezer to chill.
3. Combine the remaining 1 teaspoon oil, 2 teaspoons marjoram (or oregano), 1/2 teaspoon lemon zest, 1/4 teaspoon salt and pepper, rosemary and minced garlic in a small bowl. Rub on both sides of steak. Rub both sides of bread with the halved garlic clove; discard the garlic.
4. Grill the steak 3 to 5 minutes per side for medium-rare. Grill the bread until toasted, 30 seconds to 1 minute per side. Divide watercress among 4 plates. Place 1 toast on each serving of watercress and top with steak. Spread the herb butter on top of the steaks and let rest for 5 minutes before serving. Serves 4.

Nutrition Information: Per serving: 303 calories; 14 g fat (5 g sat, 6 g mono); 80 mg cholesterol; 15 g carbohydrate; 29 g protein; 5 g fiber; 438 mg sodium; 462 mg potassium. Nutrition bonus: Zinc (46% daily value), Selenium (44% dv), Vitamin C (28% dv), Iron (17% dv).

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Creamy Chopped Cauliflower Salad

Ingredients:

5 tablespoons reduced-fat mayonnaise
2 tablespoons cider vinegar
1 small shallot, finely chopped
1/2 teaspoon caraway seeds (optional)
1/4 teaspoon freshly ground pepper
3 cups chopped cauliflower florets (about 1/2 large head)
2 cups chopped heart of romaine
1 tart-sweet red apple, chopped

Directions:

Whisk mayonnaise, vinegar, shallot, caraway seeds (if using) and pepper in a large bowl until smooth. Add cauliflower, romaine and apple; toss to coat. Serves 6.

Nutrition Information: Per serving: 54 calories; 2 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 9 g carbohydrate; 2 g protein; 2 g fiber; 128 mg sodium; 257 mg potassium. Nutrition bonus: Vitamin C (53% daily value), Vitamin A (22% dv), Folate (15% dv).

Almond Crème with Strawberries

from *Eating Well Magazine*, May/June 1997

Ingredients:

1/4 cup slivered almonds
2 cups strawberries, rinsed
1 cup part-skim ricotta
2 tablespoons sugar or Splenda Granular
1/4 teaspoon almond extract

Directions:

1. Toast almonds in a small, dry skillet over medium-low heat, stirring constantly, until golden and fragrant, 2 to 3 minutes. Transfer to a plate to cool.
2. Hull strawberries, slice and divide among 4 dessert plates. Mix ricotta with sugar (or Splenda) and almond extract until smooth. Spoon over the berries and sprinkle with the toasted almonds. 4 Servings.

Nutrition Information: Per serving: 189 calories; 9g fat (3 g sat, 4 g mono); 19 mg cholesterol; 17 g carbohydrate; 9 g protein; 2 g fiber; 79 mg sodium. Nutrition bonus: Vitamin C (82% daily value), Calcium (19% dv).

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