

Whole Wheat Penne with Smoked Salmon, Peas and Sun-Dried Tomato Cream Sauce

8 oz whole wheat penne pasta (such as Bella Terra Organic)
1 cup frozen sweet peas
1 (4 oz) smoked salmon filet, skin removed and flaked coarsely with a fork
6 tablespoons half-and-half
2 tablespoons sun-dried tomato pesto
½ teaspoon all-purpose flour
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
¼ cup (about 1 oz) shaved Parmesan cheese

Cook pasta to “al dente” following package directions, omitting any salt and oil/butter. Drain and set aside.

Meanwhile, place a medium non-stick skillet over medium-high heat. Add peas and salmon to skillet; sauté until warmed through, about 3-4 minutes. Combine half-and-half, tomato pesto, flour, salt and pepper in a small bowl. Add half-and-half mixture to skillet and cook until sauce is slightly thickened, 1-2 minutes. Pour sauce over pasta and toss gently to coat. Top with the shaved Parmesan and serve immediately. Makes about 4 servings.

Recipe by Sally Stegemann, registered dietitian, Women’s Wellness Center

One-Dish Chicken and Couscous with Broccoli, Raisins, and Almonds

1 tablespoon olive oil
1 cup chopped red onion
1 large (about 8 oz) boneless, skinless chicken breast cut into 1” pieces
1 ½ cups water or lower-sodium chicken broth
1 cup whole wheat couscous
¼ cup raisins or dried cranberries
1 large broccoli crown, cut into florets (about 3 cups)
¼ cup slivered almonds, toasted
salt and freshly ground black pepper to taste

Heat olive oil in a large non-stick skillet over medium-high heat. Sauté onions and chicken until onions are tender and chicken is cooked, about 5 minutes. Add water or broth to skillet and bring to a boil. Add couscous and raisins (you may also add the broccoli now if you enjoy very crisp broccoli), cover and remove from heat; let stand 5-10 minutes or until liquid is absorbed. Meanwhile (if you did not already add broccoli to skillet), place broccoli florets in a microwave safe dish with 1 tablespoon water, cover and steam for 4 minutes. Drain broccoli. Add broccoli and almonds to couscous, season with salt (if you cooked couscous in water) and pepper, and serve. Makes about 4 servings.

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Three Bean Vegetarian Chili

1 tablespoon canola oil
1 cup chopped onion
1 cup chopped red bell pepper
1 clove garlic, minced
1 teaspoon brown sugar
½ teaspoon chili powder
½ teaspoon ground chipotle chili pepper
½ teaspoon ground cumin
½ teaspoon dried oregano
¼ teaspoon salt
¼ teaspoon black pepper
2 (16 oz) cans stewed tomatoes, undrained and coarsely chopped
1 can black beans, rinsed and drained
1 can kidney beans, rinsed and drained
1 can pinto beans, rinsed and drained

(Three Bean Vegetarian Chili contd)

Heat oil in a large saucepan or Dutch oven over medium high heat. Add onion, bell pepper and sauté for about 5 minutes or until vegetables are just tender. Add garlic and sauté for an additional 30 seconds. Add brown sugar and remaining ingredients; bring to a boil. Reduce heat, cover and simmer for 30 minutes, stirring occasionally. Serve with shredded cheddar cheese, reduced-fat sour cream and chopped green onions if desired. Makes about 4 servings.

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