

[Print Now](#)[Close this window](#)**YOU: On a Diet**

Week 1 Recipes adapted from *YOU: On a Diet*, by RealAge doctors Michael Roizen, MD, and Mehmet Oz, MD.

GARDEN HARVEST SOUP
10 servings (about 1 cup each)

1 tablespoon olive oil
1 medium onion, chopped
1 carrot, chopped
4 cloves garlic, thinly sliced
1 red bell pepper, chopped
2 quarts (8 cups) low salt vegetable or chicken stock or broth
1 can (28 ounces) whole, crushed or diced tomatoes, undrained
2 cups water
1 small head cabbage thinly sliced
1/2 teaspoon hot red pepper sauce (optional)
Salt and freshly ground black pepper (optional)
Chopped parsley or cilantro (optional)

Heat a large saucepan over medium-high heat. Add oil, then onion; cook 5 minutes, stirring occasionally. Stir in carrot, garlic, and bell pepper; cook until tender. Add stock, tomatoes, water and cabbage; simmer uncovered 20 minutes. Season to taste with hot sauce, salt and pepper if desired. Garnish with parsley or cilantro, if desired.

What's In It for You (per serving)
Daily calories 150
Total fat (g) 7.26
Saturated fat (g) 1.16
Healthy fats (g) 5.1
Fiber (g) 4.66
Carbohydrates (g) 17.27
Sugar (g) 8.6
Protein (g) 7.67
Sodium (mg) 265.3
Calcium (mg) 121.5
Magnesium (mg) 5
Selenium (mcg) 1.3
Potassium (mg) 85

CUCUMBER SALAD
2 servings

1 tablespoon rice wine vinegar
1 teaspoon olive oil
1/2 teaspoon toasted sesame oil
1/2 teaspoon soy sauce
Dash cayenne pepper
2 cucumbers, cut into 1/4-inch thick slices
1/2 bunch chives, minced
1 teaspoon sesame seeds

Combine vinegar, olive oil, sesame oil, soy sauce and cayenne pepper in a medium bowl; mix well. Add cucumbers, chives and sesame seeds; mix well.

ASIAN SALMON WITH BROWN RICE PILAF
4 servings

Brown Rice:
1 tablespoon olive oil
1/2 onion, chopped
1/2 red bell pepper, chopped
2 cups water
1 cup short grain brown rice
1/4 cup finely chopped parsley
Salt and freshly ground black pepper (optional)

Salmon Ingredients:
2 skinless salmon fillets (about 4 ounces each)
1 tablespoon olive oil
1 clove garlic, pressed or minced
1 tablespoon grated fresh ginger root
1 teaspoon soy sauce
1 teaspoon maple syrup
2 green onions, chopped

For rice, heat oil in a medium saucepan. Add onion and bell pepper; cook 3 minutes. Add water and rice; bring to a boil. Reduce heat; cover and simmer 50 minutes or until rice is tender and liquid is absorbed. Fluff with fork; stir in parsley. Season with salt and pepper, if desired. Meanwhile, place salmon in a pie plate or shallow dish. Combine remaining salmon ingredients; mix well. Pour marinade over salmon; let stand 15 to 20 minutes. Heat a ridged grill pan over medium heat until hot. Add salmon, discarding marinade; cook 3 to 4 minutes per side or until salmon is opaque and firm to the touch. Serve with brown rice.

What's In It for You (per serving)
Daily calories 466
Total fat (g) 20.17
Saturated fat (g) 3.41
Healthy fats (g) 14.57
Fiber (g) 2.77
Carbohydrates (g) 42.52
Sugar (g) 2.36
Protein (g) 27.25
Sodium (mg) 154.7
Calcium (mg) 48.63
Magnesium (mg) 3
Selenium (mcg) 41
Potassium (mg) 61

CHICKEN KABOB WITH TABBOULEH (or brown rice)
2 servings

Chicken Ingredients:

2 skinless, boneless chicken breast halves (about 4 ounces each), cut into 1-inch cubes
 1 teaspoon dried oregano
 1/2 teaspoon dried sage
 1 crushed red chile pepper (optional)
 1 onion, quartered 1 tomato, quartered
 1 bell pepper, seeded, stemmed, quartered
 4 button mushrooms

Tabbouleh Ingredients:

3/4 cup bulgur wheat
 1 1/2 cups boiling water
 1 chopped tomato
 1 bunch green onions, chopped
 1 large bunch parsley, finely chopped
 1 small bunch fresh mint leaves, finely chopped
 2 tablespoons lemon juice
 1 tablespoon olive oil
 Salt and freshly ground black pepper (optional)

For chicken, prepare grill. Toss chicken with oregano, sage, and, if desired, chile pepper. Alternately thread chicken and vegetables onto metal skewers. Cook on covered grill 3 to 4 minutes per side or until chicken is cooked through and vegetables are tender. Meanwhile, for Tabbouleh, place bulgur in medium bowl; add boiling water and mix well. Let stand until all water is absorbed, about 30 minutes. (Pour off any excess water.) Add remaining ingredients except salt and pepper; mix well. Season with salt and pepper, if desired. Serve Tabbouleh with grilled chicken and vegetables.

What's In It for You (per serving)	
Daily calories	474
Total fat (g)	11.05
Saturated fat (g)	1.97
Healthy fats (g)	8.08
Fiber (g)	17.11
Carbohydrates (g)	65.06
Sugar (g)	11.21
Protein (g)	35.14
Sodium (mg)	102.8
Calcium (mg)	183.5
Magnesium (mg)	168.41
Selenium (mcg)	25
Potassium (mg)	1350.89

Cinnamon Apple Sauté
 2 servings

2 small apples, such as Jonagold or Ambrosia
 1 tablespoon apple butter
 1 tablespoon unsweetened apple juice or cider, preferably organic
 1/2 teaspoon ground cinnamon
 6 walnut halves, toasted, coarsely chopped
 1/4 cup nonfat or low-fat vanilla frozen yogurt

Cut apples into quarters; discard stems, core, and seeds. Cut apple quarters into thin slices. Heat a large nonstick skillet over medium-high heat until hot. Add apples; cook until apples begin to brown, about 4 minutes, tossing occasionally. Stir in apple butter, apple juice, and cinnamon; continue to cook 5 to 8 minutes or until apples are tender and sauce thickens, tossing frequently. Transfer to serving plates; top with nuts. Serve with frozen yogurt.

What's In It for You (per serving)	
Daily calories	155
Total fat (g)	4.17
Saturated fat (g)	0.41
Healthy fats (g)	3.76
Fiber (g)	3.41
Carbohydrates (g)	29.69
Sugar (g)	15.21
Protein (g)	2.76
Sodium (mg)	22.91
Calcium (mg)	71.18
Magnesium (mg)	14
Selenium (mcg)	0.3
Potassium (mg)	22

Cinnamon Baked Apples with Tangerines and Cranberries
 4 servings

2 large baking apples, such as MacIntosh or Rome Beauty
 1-1/4 cups unsweetened apple juice, preferably unfiltered organic
 1/2 cup (2 ounces) dried cranberries
 1/4 teaspoon ground cloves
 1/4 teaspoon ground cinnamon
 2 seedless clementines or tangerines, peeled, separated into segments

Heat oven to 400F. Cut apples lengthwise in half; cut out and discard core, seeds, and stems. Place 1/4 cup of the apple juice in an 8-inch baking dish or casserole. Place apples cut side down over juice. Bake 15 to 18 minutes or until apples are tender. Meanwhile, simmer remaining 1 cup apple juice in a small saucepan over medium-high heat 5 minutes. Add cranberries, cinnamon and cloves; reduce heat and simmer uncovered 10 minutes, or until cranberries are plumped, stirring occasionally. Remove from heat; stir in clementine sections. Arrange apple halves cut sides up on serving dishes. Pour any remaining liquid from dish into cranberry mixture; spoon over apples.

What's In It for You (per serving)	
Daily calories	156
Total fat (g)	0.4
Saturated fat (g)	0.07
Healthy fats (g)	0.33
Fiber (g)	4.08
Carbohydrates (g)	40.25
Sugar (g)	34.16
Protein (g)	0.62
Sodium (mg)	4.44
Calcium (mg)	27.35
Magnesium (mg)	1
Selenium (mcg)	0.1
Potassium (mg)	27

CURRIED SPLIT PEA
 8 servings (about 1 cup each)

1 tablespoon olive oil
 1 onion, chopped
 1 carrot, chopped
 4 cloves garlic, sliced
 1 quart (4 cups) low salt vegetable stock or broth
 1 quart (4 cups) water
 1 cup yellow split peas
 1 teaspoon curry powder
 1 teaspoon ground cumin
 1/2 bunch parsley, chopped

Heat oil in a large saucepan over medium-high heat. Add onion; cook 5 minutes, stirring occasionally. Add carrot and garlic; cook until softened, about 5 minutes. Add remaining ingredients except parsley; bring to a boil. Reduce heat; simmer uncovered 30 minutes or until peas are tender. Ladle into shallow bowls; garnish with parsley.

What's In It for You (per serving)	
Daily calories	178
Total fat (g)	5.65
Saturated fat (g)	0.77
Healthy fats (g)	4
Fiber (g)	9.99
Carbohydrates (g)	26.21
Sugar (g)	7.4
Protein (g)	8.57
Sodium (mg)	187.1
Calcium (mg)	74.25
Magnesium (mg)	51
Selenium (mcg)	1.7
Potassium (mg)	74

MEDITERRANEAN CAULIFLOWER SALAD

4 servings

1 head cauliflower, blanched for 5 minutes
 1 small can anchovies, drained, chopped (optional)
 1 tablespoon drained capers
 2 tablespoons fresh lemon juice
 1 tablespoon olive oil
 1 clove garlic, pressed or minced
 1 tablespoon chopped fresh oregano or 1 teaspoon dried

Drain cauliflower and break into small pieces. Combine cauliflower, anchovies if desired and capers in a medium bowl. Combine remaining ingredients; toss w cauliflower mixture.

Pineapple-Banana Quick Blaster

2 servings

1 large ripe banana
 1/2 cup soy milk
 1 can (4 ounces) crushed pineapple in juice, undrained
 1/2 cup "pineapple-passion" sorbet, such as Select brand (a Safeway brand)
 1 tablespoon soy protein powder (8 gm protein)

Peel banana; break into chunks. Combine all ingredients in blender container. Cover; blend until fairly smooth.

What's In It for You (per serving)	
Daily calories	192.83
Total fat (g)	1.1
Saturated fat (g)	0.09
Healthy fats (g)	0.48
Fiber (g)	2.72
Carbohydrates (g)	38.03
Sugar (g)	28.36
Protein (g)	10.61
Sodium (mg)	25.75
Calcium (mg)	63.84
Magnesium (mg)	28.3
Selenium (mcg)	1.18
Potassium (mg)	376.61

QUICK BLACK BEAN SOUP

8 servings (about 1-1/4 cups each)

1 tablespoon olive oil
 1 onion, chopped
 3 garlic cloves, sliced
 1 carrot, chopped
 2 stalks celery, chopped
 2 quarts (8 cups) low salt vegetable stock or broth
 2 cans (15 or 16 ounces each) black beans, rinsed and drained
 1 teaspoon ground coriander
 1/4 teaspoon cayenne pepper
 1 tablespoon balsamic vinegar
 1 bunch cilantro leaves, chopped

Heat oil in a large saucepan over medium-high heat. Add onion; cook 5 minutes, stirring occasionally. Add garlic, carrot and celery; cook until soft, about 5 minutes. Add stock, beans, coriander and cayenne pepper; simmer uncovered 10 minutes. Stir in vinegar. Transfer to blender or food processor; process to desired consistency. Reheat if necessary. Ladle into shallow bowls; garnish with cilantro.

What's In It for You (per serving)	
Daily calories	305
Total fat (g)	16.29
Saturated fat (g)	3.76
Healthy fats (g)	11.02
Fiber (g)	10.59
Carbohydrates (g)	33.16
Sugar (g)	10.83
Protein (g)	13.09
Sodium (mg)	1259

Calcium (mg)	193.2
Magnesium (mg)	42.5
Selenium (mcg)	1.0
Potassium (mg)	961

GREEK SALAD

2 servings

Dressing Ingredients:

1 tablespoon olive oil
 1 tablespoon red wine vinegar
 1 tablespoon lemon juice
 1/2 teaspoon dried oregano
 1 clove garlic, minced
 1/2 teaspoon honey
 Salt and freshly ground black pepper (optional)

Salad Ingredients:

1 head romaine lettuce, torn
 1 tomato, quartered
 4 pepperocini peppers
 1 small cucumber, sliced
 1/2 cup (2 ounces) crumbled low fat feta cheese
 Several sprigs fresh dill, chopped
 1/2 green bell pepper, sliced into rings
 8 calamata olives

Combine all dressing ingredients except salt and pepper; mix well. Season to taste with salt and pepper if desired; let stand 5 minutes. Combine all salad ingredients in large bowl; toss with dressing.

Roasted Pears with Raspberry Coulis, Chocolate, and Pistachios

2 servings

1 large red pear
 1/2 cup white wine (high quality)
 6 ounces frozen unsweetened raspberries, thawed, or 1 cup fresh raspberries
 1 tablespoon mini semi-sweet chocolate chips
 1-1/2 tablespoons coarsely chopped pistachios, toasted

Heat oven to 400F. Cut pear in half; remove core with a melon baller or metal measuring teaspoon. Arrange pear halves, cut side down, in a shallow baking dish. Pour wine over pears. Bake 18 to 20 minutes or until pears are tender when pierced with the tip of a sharp knife. Meanwhile, puree raspberries in food processor; strain and discard seeds. Transfer roasted pears to serving plates, cut sides up; sprinkle chocolate chips over the pears (the heat of the pears will melt the chips). Combine pureed raspberries and liquid remaining in baking dish in a small saucepan. Cook over high heat until sauce is slightly thickened. Spoon sauce over and around pears; sprinkle with pistachios. Serve warm or at room temperature.

What's In It for You (per serving)	
Daily calories 195	
Total fat (g)	4.54
Saturated fat (g)	0.77
Healthy fats (g)	2.77
Fiber (g)	5.32
Carbohydrates (g)	29.51
Sugar (g)	17.88
Protein (g)	2.71
Sodium (mg)	5.65
Calcium (mg)	27.25
Magnesium (mg)	21.6
Selenium (mcg)	1
Potassium (mg)	25.6

ROYAL PROVENCE PASTA

2 servings

6 ounces whole wheat rigatoni or linguini pasta
 1 small dried ancho or pasilla chile pepper
 1 cup (4 ounces) diced (1/2-inch cubes) unpeeled eggplant
 1 teaspoon olive oil
 1 small yellow onion, coarsely chopped
 1 yellow or orange bell pepper, coarsely chopped
 3 cloves garlic, sliced
 2 cans (14-1/2 ounces each) stewed tomatoes, undrained, coarsely chopped
 1 cup packed mesclun or mixed spring salad greens
 1 teaspoon chopped fresh thyme or lemon thyme
 Salt and pepper (optional)

Cook pasta according to package directions omitting salt and fat. Meanwhile, heat a large, deep skillet over medium heat until hot. Add the chile pepper; cook, turning occasionally until fragrant and toasted, about 2 minutes. When the chile pepper is cool enough to handle, discard its stem and set the seeds aside for a garnish. Chop the chile pepper. Add eggplant to hot skillet; cook until browned, about 4 minutes, stirring frequently. Add oil, then chopped onion, bell pepper, and garlic; cook 3 minutes, stirring occasionally. Add tomatoes and chopped chile pepper. Reduce heat; simmer uncovered 10 minutes or until vegetables are tender and sauce thickens. Remove from heat; stir in salad greens. Season to taste with salt and pepper, if desired. Drain pasta; transfer to two serving plates and top with sauce.

What's In It for You (per serving)	
Daily calories 499	
Total fat (g)	5.33
Saturated fat (g)	0.77
Healthy fats (g)	3.56
Fiber (g)	15.32
Carbohydrates (g)	105.75
Sugar (g)	24.94
Protein (g)	19.17
Sodium (mg)	930.5
Calcium (mg)	217.6
Magnesium (mg)	150.49
Selenium (mcg)	64.4
Potassium (mg)	

1474.91

Simon's Popcorn

4 servings

½ cup popcorn kernels
Butter-, olive oil-, or garlic-flavored cooking spray
Garlic salt, or cinnamon and sugar (optional)

Place popcorn in a 2½-quart microwave-safe container; cover and cook at high power 4 to 5 minutes or until popcorn is popped but not scorched. After 3 minutes of cooking, if the microwave oven does not have a turntable, use oven mitts to grasp and shake the covered container. Immediately pour the popcorn onto a baking sheet and coat with cooking spray. To further flavor the popcorn, immediately sprinkle on your favorite seasoning blend such as garlic salt, or cinnamon and sugar.

What's In It for You (per serving)
Daily calories 85
Total fat (g) 1
Saturated fat (g)
Healthy fats (g) 0
Fiber (g) 3.5
Carbohydrates (g) 0
Sugar (g) 0.5
Protein (g) 2.5
Sodium (mg) 0
Calcium (mg) 0
Magnesium (mg) 0
Selenium (mcg) 0
Potassium (mg) 65

Sliced Peaches with Raspberries, Blueberries, and Chocolate Chips

2 servings

2 small ripe peaches, sliced
1/2 teaspoon ground cinnamon
Pinch of nutmeg
1/4 cup (1 ounce) fresh raspberries
1/4 cup (1 ounce) fresh blueberries
1-1/2 tablespoons mini semi-sweet chocolate chips

Combine sliced peaches with cinnamon and nutmeg; transfer to two serving plates. Top peaches with raspberries, blueberries, and chocolate chips.

What's In It for You (per serving)
Daily calories 89.48
Total fat (g) 2.81
Saturated fat (g) 1.47
Healthy fats (g) 1.11
Fiber (g) 3.4
Carbohydrates (g) 17.57
Sugar (g) 13.28
Protein (g) 1.4
Sodium (mg) 1.38
Calcium (mg) 19.33
Magnesium (mg) 21.23
Selenium (mcg) 0.47
Potassium (mg) 219.75

SPICY LENTIL SOUP

10 servings

1 tablespoon olive oil
1 medium onion, chopped
1 carrot, chopped
1 red bell pepper, chopped
5 cloves garlic, sliced
2 quarts (8 cups) water
1 cup dried lentils
1 can (28 ounces) crushed tomatoes, undrained
2 bay leaves
2 tablespoons balsamic vinegar
Salt and freshly ground black pepper (optional)

Heat a large saucepan over medium-high heat. Add oil, then onion; cook 5 minutes, stirring occasionally. Stir in carrot, bell pepper, and garlic; cook 3 minutes. Stir in remaining ingredients except salt and pepper; bring to a boil over high heat. Reduce heat; simmer uncovered 18 to 20 minutes or until lentils and vegetables are tender. Season to taste with salt and pepper if desired. Remove bay leaves before serving.

What's In It for You (per serving)
Daily calories 245
Total fat (g) 9.89
Saturated fat (g) 1.42
Healthy fats (g) 7
Fiber (g) 11.13
Carbohydrates (g) 32.14
Sugar (g) 7.9
Protein (g) 13.23
Sodium (mg) 963.1
Calcium (mg) 189.1
Magnesium (mg) 109.85
Selenium (mcg) 7.9
Potassium (mg) 1020.71

HEARTS OF PALM SALAD

2 servings

1 can (16 ounces) hearts of palm, drained
 1 tomato, chopped
 1 shallot, chopped
 6 button mushrooms, sliced
 1 small bunch parsley, chopped
 2 tablespoon red wine vinegar
 1 tablespoon olive oil
 Salt and pepper (optional)

Slice hearts of palm in half lengthwise; arrange on a serving platter. Combine remaining ingredients except salt and pepper; mix well. Season to taste with salt and pepper, if desired. Spoon mixture over hearts of palm.

SPINACH WALNUT SALAD

2 servings

Dressing Ingredients:

1 tablespoon olive oil
 1 tablespoon white wine vinegar
 1 teaspoon honey
 Dash of cayenne pepper
 Salt and freshly ground black pepper (optional)

Salad Ingredients:

1 large bunch spinach, washed and trimmed
 1/4 cup walnut halves, plain or pan roasted (beware of smoke detector sounds if you do this like Dr. Mike and answer the phone when it rings, and forget what is in pan roasting)
 1/2 orange, cut into segments
 1/2 grapefruit, cut into segments
 2 green onions, chopped

Combine oil, vinegar, honey and cayenne pepper; mix well. Season to taste with salt and pepper, if desired. Toss spinach with dressing and walnuts. Arrange orange and grapefruit sections on top and garnish with green onions.

What's In It for You (per serving)
Daily calories 254
Total fat (g) 16.04
Saturated fat (g) 1.85
Healthy fats (g) 13.18
Fiber (g) 8.35
Carbohydrates (g) 24.53
Sugar (g) 12.18
Protein (g) 10.2
Sodium (mg) 204.4
Calcium (mg) 296.6
Magnesium (mg) 232.75
Selenium (mcg) 3.6
Potassium (mg) 1680.65

Tofu or Turkey Dogs with Sauerkraut

4 servings

4 tofu (meatless) hot dogs (or turkey hot dogs)
 1 cup sauerkraut
 2 tablespoons favorite mustard, such as spicy brown or coarse grained
 Simmer hot dogs in water with sauerkraut until heated through, about 5 minutes. Drain; serve with mustard.

What's In It for You (per serving)
Daily calories 118.49
Total fat (g) 1.1
Saturated fat (g) 0.02
Healthy fats (g) 0.05
Fiber (g) 1.77
Carbohydrates (g) 10.04
Sugar (g) 1.26
Protein (g) 21.65
Sodium (mg) 1309.31
Calcium (mg) 61.3
Magnesium (mg) 25.23
Selenium (mcg) 0.43
Potassium (mg) 330.7

TURKEY ROLL UPS WITH RED BAKED POTATOES

2 servings

Red Potato Ingredients:

1 large russet baking potato, washed, pierced with tip of knife
 2 tablespoons marinara sauce or other red tomato sauce

Turkey roll-up Ingredients:

2 (6 inch) whole-wheat flour tortillas
 4 slices deli roast turkey breast
 4 romaine lettuce leaves

What's In It for You (per serving)
Daily calories 286
Total fat (g) 1.78
Saturated fat (g) 0.02
Healthy fats (g) 0.05

4 slices tomato
2 thin slices red or yellow onion
Mustard or hot peppers (optional)

For red potato, cook potato in microwave on high power 8 to 9 minutes or until fork tender. Slice lengthwise in half; spoon 1 tablespoon sauce over each half. Meanwhile, for turkey roll ups, layer all ingredients on tortillas; roll up.

Fiber (g)	6.18
Carbohydrates (g)	57.83
Sugar (g)	5.25
Protein (g)	16.75
Sodium (mg)	713.5
Calcium (mg)	49.43
Magnesium (mg)	71.5
Selenium (mcg)	0.8
Potassium (mg)	1047.62

VEGETABLE TOFU STIR FRY
2 servings

1 tablespoon olive oil
1/2 teaspoon toasted sesame oil
1/4 teaspoon crushed red pepper flakes
1/2 onion, sliced
2 cloves garlic, sliced
1 cup broccoli florets
1/2 red bell pepper, sliced
6 large button mushrooms, halved
1 teaspoon soy sauce
4 small (2 ounce) blocks baked tofu, cubed
2 green onions, chopped
1 small bunch cilantro, chopped
1 teaspoon sesame seeds

In wok or large skillet heat olive and sesame oils and pepper flakes over medium-high heat. Add onion and garlic; stir-fry 2 minutes. Add broccoli, bell pepper, mushrooms and soy sauce; stir-fry until vegetables are crisp-tender, 2 to 3 minutes. Add tofu, green onions, cilantro and sesame seeds; stir-fry until heated through.

What's In It for Yo (per serving)
Daily calories 299
Total fat (g) 19.09
Saturated fat (g) 2.69
Healthy fats (g) 15.25
Fiber (g) 6.27
Carbohydrates (g) 16.41
Sugar (g) 4.16
Protein (g) 22.8
Sodium (mg) 202.4
Calcium (mg) 836.2
Magnesium (mg) 91.5
Selenium (mcg) 27.5
Potassium (mg) 791.5

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