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Week 2 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 Yo (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.

APRICOT CHICKEN & GREEN BEANS WITH ALMOND SLIVERS
2 servings

Chicken Ingredients:
2 skinless, boneless chicken breast halves (about 4 ounces each)
4 dried apricots, chopped
2 tablespoons white wine
2 shallots, chopped
1 tablespoon olive oil
1/8 teaspoon ground cinnamon

Green Bean Ingredients:
1 cup thin green beans
3 shallots, thinly sliced
1 tablespoon olive oil
1 teaspoon wine vinegar
1 teaspoon maple syrup
1/4 cup slivered almonds
Salt and pepper (optional)

For chicken, heat oven to 375F. Place chicken in glass baking dish. Saute remaining ingredients together until tender; transfer to blender (or food processor) and puree. Spoon over chicken and bake until chicken is cooked through, 15 to 20 minutes. Meanwhile, for beans, steam or blanch beans until tender but still firm and bright green. Sauté shallots in olive oil, vinegar and maple syrup until translucent. Add almonds and brown slightly; toss with beans. Season to taste with salt and pepper if desired. Serve alongside chicken.

What's In It for Yo (per serving)
Daily calories 407
Total fat (g) 23.15
Saturated fat (g) 3.13
Healthy fats (g) 1
Fiber (g) 4.24
Carbohydrates (g) 22.02
Sugar (g) 4.27
Protein (g) 27.72
Sodium (mg) 61
Calcium (mg) 88.97
Magnesium (mg) 7
Selenium (mcg) 21
Potassium (mg) 461

ARUGULA & WATERMELON SALAD
2 servings

Dressing Ingredients:
1 tablespoon olive oil
1 tablespoon balsamic vinegar

What's In It for Yo (per serving)

1 small shallot, minced
Salt and freshly ground black pepper (optional)

Salad Ingredients:

1 large bunch of arugula (3 cups packed) washed and dried
1 cup cubed seedless watermelon
1/2 cup (2 ounces) crumbled low-fat feta cheese

Combine oil, vinegar and shallot; mix well. Season to taste with salt and pepper if desired; let stand 5 minutes. Arrange arugula on two serving plates. Arrange watermelon and cheese over arugula; drizzle with dressing.

Daily calories	148.
Total fat (g)	10.08
Saturated fat (g)	
Healthy fats (g)	5
Fiber (g)	0.82
Carbohydrates (g)	5
Sugar (g)	6.59
Protein (g)	7.39
Sodium (mg)	381.5
Calcium (mg)	107.5
Magnesium (mg)	2
Selenium (mcg)	0.4
Potassium (mg)	211

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 Yo	
(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)	48.65
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, quartered1 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 Yo	
(per serving)	
Daily calories	474.
Total fat (g)	11.05
Saturated fat (g)	1.97
Healthy fats (g)	8
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) 1.18
Selenium (mcg) 0.32
Potassium (mg) 221

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) 1.1
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) 4.88
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) 741

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 cauliflower mixture.

GRILLED SHRIMP, PEANUT SAUCE & SESAME SNOW-PEAS 2 servings

Peanut Sauce Ingredients:

1 tablespoon natural peanut butter
1 tablespoon canned light coconut milk
1 teaspoon fresh lime juice
Pinch of cayenne pepper
1 teaspoon honey
1/4 teaspoon soy sauce
1/4 cup water
1 clove garlic, peeled
10 medium uncooked shrimp, peeled and deveined

Snow Pea Ingredients:

1 cup fresh snow peas
1 clove garlic, minced
1 teaspoon sesame seeds
1 teaspoon olive oil
1/2 teaspoon toasted sesame oil

Prepare grill. Place all ingredients for peanut sauce except shrimp in blender or food processor; puree. Pour mixture over shrimp; let stand 15 minutes. Thread shrimp onto skewers; discard any excess marinade not clinging to shrimp. Grill 2 to 3 minutes per side or until shrimp are opaque. Meanwhile, blanch snow peas in boiling water 2 minutes; drain and rinse with cold water. Cook garlic and sesame seeds in olive and sesame oils 2 minutes. Add drained snow peas; heat through, tossing well. Serve with shrimp.

What's In It for You (per serving)
Daily calories 119
Total fat (g) 6.98
Saturated fat (g) 1.18
Healthy fats (g) 5.80
Fiber (g) 1.33
Carbohydrates (g) 14.00
Sugar (g) 3.09
Protein (g) 8.42
Sodium (mg) 82.27
Calcium (mg) 48.62
Magnesium (mg) 21.00
Selenium (mcg) 12.00
Potassium (mg) 14.00

LISA'S GAZPACHO 4 servings (about 1/2 cup each)

1 can (28 ounces) crushed or diced tomatoes, undrained
1 cup tomato juice
1 cup each: diced (1/4 inch) unpeeled cucumber, red or orange bell pepper
1/4 cup red onion, finely chopped
2 green onions, finely chopped
1 bunch cilantro leaves, chopped
3 tablespoons red wine vinegar or apple cider vinegar
3 tablespoons extra-virgin olive oil
2 dashes (or to taste) hot red pepper sauce
2 garlic cloves, minced
Salt and freshly ground black pepper (optional)
Optional garnishes: chopped fresh parsley, diced avocado

Place all ingredients except salt, pepper and garnishes in large bowl and combine. Coarsely puree about half the mixture in a blender or food processor and return it to the bowl; stir well. Season to taste with salt and pepper if desired. Refrigerate for at least 2 hours and up to 8 hours before serving. Garnish as desired.

What's In It for You (per serving)
Daily calories 377
Total fat (g) 16.76
Saturated fat (g) 5.24
Healthy fats (g) 11.52
Fiber (g) 6.6
Carbohydrates (g) 48.91
Sugar (g) 34.07
Protein (g) 13.39
Sodium (mg) 879.7
Calcium (mg) 267.8
Magnesium (mg) 31.00
Selenium (mcg) 1.1
Potassium (mg) 97.00

CARROT AND YOGURT SALAD 2 servings

4 carrots, shredded
1 small bunch cilantro, chopped
1 cup low-fat Greek style yogurt
1/4 cup golden raisins
1 garlic clove, minced
1 teaspoon lemon juice
Dash of Worcestershire sauce
Salt and freshly ground black pepper (optional)

Combine all ingredients except salt and pepper in a bowl; mix well. Season to taste with salt and pepper if desired.

MEDITERRANEAN CHICKEN AND HERBED WHITE BEANS 2 servings

Chicken ingredients:
2 bone-in chicken thighs without skin
1 tomato, chopped
1/2 onion, chopped

What's In It for You (per serving)
Daily calories 458

8 pitted calamata olives, halved
 1 tablespoon olive oil
 1 teaspoon wine vinegar or balsamic vinegar
 1 small bunch fresh basil, chopped

Bean Ingredients:

1 tablespoon olive oil
 2 cloves garlic, minced
 1 can (15 or 16 ounces) white beans, rinsed and drained
 1 tomato, chopped
 1/4 cup chopped fresh mixed herbs, your choice
 1 teaspoon red wine vinegar or balsamic vinegar
 Salt and pepper (optional)

For chicken, heat oven to 375F. Place each chicken thigh on a large square of aluminum foil. Combine remaining chicken ingredients; spoon over chicken. Fold foil up and over chicken sealing edges forming a packet. Bake 25 minutes or until chicken is cooked through. Meanwhile, for beans, heat oil in a medium saucepan over medium heat. Add garlic; cook 2 minutes. Add remaining ingredients; cook 5 minutes or until heated through. Carefully open chicken packets and transfer mixture to two serving plates; serve beans alongside chicken.

Total fat (g)	24.59
Saturated fat (g)	
Healthy fats (g)	19.25
Fiber (g)	10.33
Carbohydrates (g)	36.62
Sugar (g)	8.37
Protein (g)	24.86
Sodium (mg)	504.7
Calcium (mg)	122.5
Magnesium (mg)	91
Selenium (mcg)	17
Potassium (mg)	10

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 Yo (per serving)
Daily calories 195
Total fat (g) 4.54
Saturated fat (g) 2.71
Healthy fats (g) 2
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
Selenium (mcg) 1
Potassium (mg) 25

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 Yo (per serving)
Daily calories 499
Total fat (g) 5.33
Saturated fat (g) 0.77
Healthy fats (g) 3
Fiber (g) 15.32
Carbohydrates (g) 105.75
Sugar (g) 24.94
Protein (g) 19.17
Sodium (mg) 930.5
Calcium (mg) 217.0
Magnesium (mg) 150.49
Selenium (mcg) 64
Potassium (mg) 1474.91

Simon's Popcorn

4 servings

1/2 cup popcorn kernels
 Butter-, olive oil-, or garlic-flavored cooking spray
 Garlic salt, or cinnamon and sugar (optional)

Place popcorn in a 2 1/2-quart microwave-safe container; cover and cook at high power 4 to 5 minutes or until popcorn is popped but not

What's In It for Yo (per serving)
Daily calories 85
Total fat (g) 1

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.

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

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

TURKISH SHEPHERD SALAD 2 servings

1 small cucumber
1 tomato
1 small sweet onion
1 teaspoon olive oil
1 Tablespoon red wine vinegar
Salt and pepper (optional)
1/2 cup (2 ounces) crumbled low-fat feta cheese

Coarsely chop cucumber, tomato and onion; transfer to a bowl. Add oil and vinegar; toss well. Season to taste with salt and pepper, if desired. Transfer to serving plates; top with cheese.

What's In It for Yo (per serving)
Daily calories 107
Total fat (g) 5.55
Saturated fat (g) 2.35
Healthy fats (g) 2
Fiber (g) 1.94
Carbohydrates (g) 4
Sugar (g) 4.55
Protein (g) 7.44
Sodium (mg) 376.4
Calcium (mg) 76.23
Magnesium (mg) 2
Selenium (mcg) 0.2
Potassium (mg) 33

Source: YOU: On a Diet

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