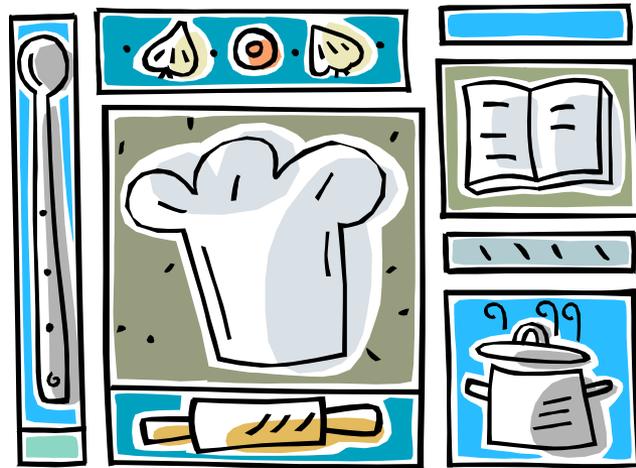


# The *Speedy* Chef Cooking Class



*Lauren King, MS, RD*

*Semper Fit Health Promotion*

*September, 2011*



# Today's Recipes



- Sautéed Tilapia Tacos
- Mini White Pizzas with Vegetables
- Chicken and Black Bean Lettuce Cups
  - Tex-Mex “Sour Cream”
- Hazelnut Sugar Cookie S'mores

All recipes can be completed in under 28 minutes  
and have 5 ingredients or less!  
*(cooking spray, salt, and pepper are freebies)*

# Sautéed Tilapia Tacos

- **Prep: 12 minutes; Cook: 16 minutes**

- **Ingredients**

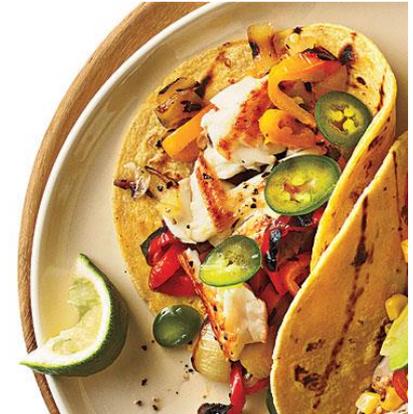
- 4 (5-ounce) tilapia filets
- 8 (small, 6-inch) whole wheat tortillas
- 1 small, white onion, sliced
- 1 (8 oz. ) package of mini bell peppers, sliced
- 1 small jalapeno pepper, thinly sliced (discard seeds for less heat)
- Salt, pepper, and olive oil cooking spray

- **Directions**

- Thinly slice onion, bell peppers, and jalapeno pepper
- Spray a sauté pan with cooking spray, put on medium-high heat and add peppers, onion slices, and a few jalapeno slices (more dependant on desired heat level). Cover and sauté until tender, about **10** minutes. Remove from heat, put in small bowl, and sprinkle with  $\frac{1}{4}$  tsp salt and  $\frac{1}{4}$  tsp pepper. Set aside.
- Sprinkle tilapia with  $\frac{1}{2}$  tsp salt and  $\frac{1}{2}$  tsp pepper. Spray same sauté pan again with cooking spray, add fish skin side down, and cook over medium high heat. Cook for 3-4 minutes on each side or until fish flakes easily when tested with a fork.
- Warm tortillas according to package directions.
- When ready to serve, fill tortillas evenly with fish and vegetable mixture.
- Optional: Top with freshly squeezed lime juice and 1-2 Tbsp Tex-Mex sour cream (additional recipe)

- **Yield: 4 servings (serving size: 2 tacos)**

- 1 serving = 292 Total Calories; 4.4 gm Fat (1.2gm Sat, 1.2gm Mono, 1.3gm Poly); 32.6 gm Protein; 32 gm Carb; 4.8 gm Fiber; 71 mg Chol; 526 mg Sodium; 1.9 mg Iron; 120 mg Calcium



# Mini White Pizzas with Vegetables

- **Prep: 10 minutes; Cook: 10-12 minutes**

- **Ingredients**

- 4 (6-inch) whole wheat pitas
- 1 medium zucchini, thinly sliced
- ¼ cup red onion, thinly sliced
- ¼ cup (4 Tbsp) herb infused, olive oil
- ½ cup (8 Tbsp) shredded, parmesan cheese
- Salt, pepper, and olive oil cooking spray



- **Directions**

- Thinly slice zucchini and red onion. Spray a sauté pan with cooking spray. Add zucchini, onion, ¼ tsp pepper, and a pinch of salt. Cook on medium-high heat, cover, and sauté until vegetables are slightly tender, about 8-10 minutes.
- Preheat broiler. Spray a cookie sheet with cooking spray. Place pitas on a cookie sheet (4 at a time) and broil for 1 minute (pitas can burn easily, do not walk away from the oven).
- Remove pitas from oven and lightly brush olive oil onto each pita (1 Tbsp oil/pita).
- Top each pita evenly with cooked vegetables then top each with 2 Tbsp parmesan cheese.
- Broil for another 1-2 minutes or until edges are slightly brown and cheese melts.

- **Yield: 4 servings (serving size: 1 pizza)**

- 1 serving = 354 Total Calories; 16 gm Fat (3.7gm, 10.8gm Mono, 1.2gm Poly); 11 gm Protein; 41 gm Carb; 7 gm Fiber; 8 mg Chol; 510 mg Sodium; 2.5 mg Iron; 153 mg Calcium

# Chicken and Black Bean Lettuce Cups

- **Prep:** 7-8 minutes; **Cook:** 90 seconds

- **Ingredients**

- 2 cups shredded Rotisserie chicken (approx. 2 breasts)
- 1 (8.8 oz) package microwaveable, brown rice (Ex. Uncle Ben's Ready Rice- Whole Grain Medley or Sante Fe)
- 1 (15 oz) can reduced-sodium Black Beans
- 1 cup fresh salsa, preferably medium or hot
- 12 Iceberg lettuce leaves
- **Optional:** Tex-Mex sour cream (additional recipe)



- **Directions**

- Take chicken off-the-bone and shred.
- Gently drain and rinse canned black beans in a colander over cold, running water.
- Prepare rice according to package directions.
- Add shredded chicken, drained beans, cooked rice, and salsa in a large bowl and mix gently.
- Place lettuce cups upwards on a platter. Spoon chicken mixture evenly into lettuce cups.
- **Optional:** Top each lettuce cup with 2 Tbsp Tex-Mex sour cream.

- **Yield:** 6 servings (serving size: 2 lettuce cups with 2 Tbsp sour cream)

- 1 serving = 211 Total Calories; 5.3 gm Fat (2.1gm Sat, 1.3gm Mono, 0.5gm Poly); 18.6 gm Protein; 21.4 gm Carb; 3.3 gm Fiber; 48 mg Chol; 183 mg Sodium; 1.6 mg Iron; 52 mg Calcium

# Tex-Mex “Sour Cream”

- **Prep: 5 minutes**
- **Ingredients**
  - 6 oz container of Fat-free, Plain, Greek yogurt
  - 1 Tbsp fresh cilantro, chopped
  - 1 Tbsp fresh lime juice
  - ½ tsp. ground cumin
  - ¼ tsp chili powder
- **Directions**
  - Chop fresh cilantro.
  - Combine all ingredients into a small bowl and stir well.
- **Yield: ¾ cup (serving size: 2 Tbsp sour cream)**
  - 1 serving = 25 Total Calories; 0 gm Fat; 4 gm Protein; 1.5 gm Carb; 0 gm Fiber; 0 mg Chol; 20 mg Sodium; 0 mg Iron; 25 mg Calcium



# Hazelnut Sugar Cookie S'mores

- **Prep: 5 minutes; Cook: 2 minutes**

- **Ingredients**

- 8 rectangular, Sugar Cookies (ex. Peppersridge Farm Bordeaux)
- 2 Tbsp. chocolate-hazelnut spread (ex. Nutella)
- 2 Tbsp. dried apricots, finely chopped
- 16 miniature marshmallows
- 4 tsp. chopped almonds

- **Directions**

- Chop dried apricots into small pieces.
- Place 4 sugar cookies on a microwave-safe plate. Spread each cookie with 1 tsp chocolate-hazelnut spread then sprinkle each with 1 tsp. chopped apricots and 5 mini marshmallows.
- Microwave on high for 20-30 seconds or until marshmallows puff.
- Take out of microwave. Sprinkle each evenly with chopped almonds and top with remaining cookie.

- **Yield: 4 servings (serving size: 1 s'more)**

- 1 serving = 150 Total Calories; 6.7 gm Fat (2.2gm Sat, 2.1gm Mono, 2.2gm Poly); 2.3 gm Protein; 20.8 gm Carb; 1.3 gm Fiber; 5 mg Chol; 54mg Sodium; 0.7 mg Iron; 15 mg Calcium



# Nutrition Highlights



## Tilapia



- Good news! Being a fast-growing, non-predatory fish, tilapia are less likely to accumulate mercury.
- Since 2000, catfish and tilapia rank as two of the most popular fish consumed in the United States mainly due to their taste, relatively low cost, and ease of cooking.
- The new, 2010 Dietary Guidelines recommend consuming 2 servings per week of seafood.
- A 4 oz. serving of tilapia contains only 144 calories and 3.5 grams of fat. Each serving has 28 grams of protein and is good source of vitamin B12, niacin, selenium, phosphorus, potassium, and Omega-3 and -6 fatty acids.

## Zucchini

- The new guidelines also recommend “shifting to a plant-based diet. Enjoy veggies, beans, fruits, whole grains, nuts and seeds as a greater proportion of your total calories. If you have meat, treat it more as a garnish rather than the main, center-of-the-plate event.” *Dietary Guidelines 2010.*
- When shopping, select zucchini with a slightly prickly, but shiny skin. The skin should be firm and free of cuts and bruises.
- This green veggie is high in dietary fiber and vitamin C and is a good source of manganese.



# Nutrition Highlights



## Black Beans

- Black beans are rich in healthy nutrients. A one-cup serving provides 20% or more of your daily needs for thiamin, iron, magnesium, and phosphorus and is loaded with over 60% the daily value of folate and dietary fiber.
- They can be used as a great meat substitute because of their high protein, iron, and B vitamin content. To make a complete the protein, be sure to eat a whole grain such as bread, rice, and tortillas at the same meal or within the same day.



## Hazelnuts

- According to the Hazelnut Council, hazelnuts are valued for their ultra indulgent flavor and upscale appeal, but don't let their rich flavor fool you- they are also a nutritious nut.
- They are an excellent source of vitamin E, dietary fiber, magnesium, and heart-healthy B vitamins. They are also a high natural source of antioxidants.
- Like all nuts and nut spreads, enjoy in moderation – 21 nuts or 2 Tbsp of spread (one serving) is nutrient dense, around 200 calories.

# All recipes are courtesy of *Cooking Light Magazine*

- **Sautéed Tilapia Tacos.** “5-Ingredient Cooking: S-o-o-o-o Simple!”. *Cooking Light Magazine*, August 2011. pg 85.
- **Mini White Pizzas with Vegetables.** *5-Ingredient 15-Minute Recipes: Cooking Light Magazine*. Special Edition 2011. pg 51.
- **Chicken and Black Bean Lettuce Cups with Tex-Mex Sour Cream.** *5-Ingredient 15-Minute Recipes: Cooking Light Magazine*. Special Edition 2011. pg 67.
- **Hazelnut Sugar Cookie S’mores.** *5-Ingredient 15-Minute Recipes: Cooking Light Magazine*. Special Edition 2011. pg 93.

