

Fit-4-Life - Healthy Cooking Demonstration – April 6, 2010

Recipes courtesy of Chef Christina Dimacali of Clean Your Plate, Philadelphia www.CYPlate.com

Simple Braised Bok Choy

Makes 6 side dish servings

2 teaspoons canola oil

1 ½ - 2 pounds baby bok choy, halved and quartered long ways

½ cup vegetable broth

salt

lemon juice

Directions:

1. In a large saute pan heat 2 teaspoons oil over medium high heat. When the oil begins to sizzle add one layer of bok choy. Brown the vegetable on multiple sides. Remove the cooked bok choy from the pan. Repeat browning method with any remaining vegetables.
2. Place all the browned bok choy in the pan. Reduce heat to medium. Add one tablespoons of broth and cover the pan partially. Every two minutes, sauté the vegetable, add a couple tablespoons of broth, and partially cover the pan, allowing the broth to evaporate between additions. Cook, until the vegetable is bright green and fork tender, approximately 2 - 8 minutes total.
3. Repeat steps 1 and 2 with any remaining bok choy. Season with a pinch of salt and a squirt of lemon juice.

Nutritional info: 32 cal, 24g carbs, 1.07g fat (0.13g sat. fat), 1.6g protein, 1.4g fiber

Marinated Balsamic Strawberries

Serves 6

1 quart strawberries hulled and sliced

¼ cup good balsamic vinegar

2 teaspoons sugar (or sugar substitute)

black pepper

3 cups low fat frozen vanilla yogurt (optional)

Directions:

1. In a large bowl, whisk together the balsamic vinegar and sugar. Add the strawberries and allow marinating for 20 minutes.
2. Stir in a pinch of black pepper. Serve as is or on frozen vanilla yogurt.

Nutritional info (without yogurt): 102 cal, 24g carbs, 0.82g fat (0.04g sat. fat), 1.9g protein, 5.5g fiber

Healthy Take Out - Veggie Fried Rice

Makes 6 side dish servings

Chinese take-out fried rice is brown with vegetables for texture and flavor. Sneak in tofu for the egg!

1 teaspoon canola or peanut oil	2 Tablespoons soy sauce
2 medium carrots, diced	1 Tablespoon toasted sesame oil
2 ribs of celery, chopped	¼ - ½ teaspoon crushed red pepper
1 cup diced onion	3 cups <u>cooked</u> brown rice (made from 1 cups dry brown rice + 1 ¾ c. water)
3 garlic cloves minced	3 green onions, sliced
*8 ounces firm tofu cut into bite sized cubes	½ cup red pepper, minced
¾ cup edamame	

Directions:

1. In a large skillet, heat the oil over high heat. Add the carrots and sauté for 3 minutes.
2. Add the celery, onion and garlic. Turn the heat down to medium high and sauté for 3 minutes or just until carrots are crisp but firm and onions start to color.
3. Stir in the tofu, edamame, soy sauce, sesame oil and crushed red pepper.
4. Stir in the rice. Cook for 3 – 5 minutes until rice is cooked through. Just before serving, add the green onions and red pepper.

*You can also substitute 8 ounces shredded prepared chicken breast instead of tofu.

Nutritional info: 206 cal, 32g carbs, 5.3g fat (0.8g sat. fat), 8.5g protein, 4.6g fiber