

Rotisserie Chicken with Peaches, Walnuts, and Basil

Yield: Serves 4



Annabelle Brakey;
Styling: Dan Becker

★★★★☆

Time: 15 minutes. Store-bought cooked chicken takes on a whole new dimension in this light and very flavorful dish.

Ingredients

- 2 tablespoons walnut oil or extra-virgin olive oil
- 1 tablespoon peach jam
- ¼ teaspoon cayenne
- 2 tablespoons sherry vinegar
- ½ teaspoon kosher salt
- 3 ripe yellow peaches, peeled and sliced
- 1 rotisserie chicken, quartered and skinned
- ½ cup basil leaves
- ½ cup crumbled feta cheese
- ¼ cup glazed walnuts or other glazed nuts*, chopped

Directions

Step 1

In a medium bowl, whisk together oil, jam, cayenne, vinegar, and salt. Add peach slices and gently toss to coat with dressing.

Step 2

Arrange chicken on a large platter. Evenly spoon peaches and dressing over chicken. Sprinkle with basil, feta, and walnuts.

Step 3

*Look for glazed walnuts in the nut or produce section of your supermarket.

Step 4

Note: Nutritional analysis is per serving.

Nutrition Facts

Per Serving: 359 calories; calories from fat 53%; protein 27g; fat 21g; saturated fat 5.5g; carbohydrates 20g; fiber 2.3g; sodium 1042mg; cholesterol 115mg.

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- Rotisserie chicken can be high in sodium.
- Costco and Whole Foods rotisserie chickens have slightly less sodium than other brands (but still have quite a bit).
- If you are watching your sodium intake you can substitute other cooked chicken that doesn't have much sodium (Trader Joe's has cooked plain chicken as well as other cooked seasoned chicken in the refrigerated section).

REAL SIMPLE

Minty Chickpea Salad With Couscous

★★★★★

Hands-On: 15 mins

Total: 15 mins

Yield: Serves 4

Ingredients

1 10-ounce box
couscous

1 15.5-ounce can
chickpeas, drained and
rinsed

2 teaspoons grated
orange zest

2 tablespoons extra-
virgin olive oil

kosher salt and pepper

2 pounds beefsteak
tomatoes, cut into
wedges

½ small sweet onion,
thinly sliced

¼ cup fresh mint, torn

¼ cup (2 ounces)
roasted almonds,
roughly chopped

Directions

Step 1

Place the couscous in a medium bowl, pour 1 ½ cups hot tap water over the top, cover, and let sit for 5 minutes before fluffing with a fork.

Step 2

Stir in the chickpeas, orange zest, 1 tablespoon of the oil, and ¼ teaspoon each salt and pepper.

Step 3

In a separate bowl, combine the tomatoes, onion, mint, ½ teaspoon salt, ¼ teaspoon pepper, and the remaining oil.

Step 4

Spoon the couscous and tomato mixture onto a platter and sprinkle with the almonds.

Nutrition Facts

Per Serving: 508 calories; fat 17g; saturated fat 2g; sodium 522mg; protein 18g; carbohydrates 77g; sugars 10g; fiber 10g; iron 3mg; calcium 117mg.

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*The couscous to buy for this recipe is the whole wheat-NOT pearled which has to be cooked.

*Rinsing the canned chickpeas twice greatly reduces the sodium content (this applies to any canned beans or vegetables).



Taste of Home

Orange Chicken Spinach Salad

☆☆☆☆☆

For a salad with refreshing color and crunch, we toss chicken and spinach with mandarin oranges and red onion, then splash everything with a tangy vinaigrette. —Jean Murawski, Grosse Pointe Park, Michigan

TOTAL TIME: Prep/Total Time: 20 min.

YIELD: 4 servings.

Ingredients

6 ounces fresh baby spinach (about 8 cups)

3 cups cubed cooked chicken breasts

1 can (15 ounces) mandarin oranges, drained

1 medium sweet red pepper, chopped

1/2 cup chopped red onion

2 tablespoons orange juice

2 tablespoons cider vinegar

1 tablespoon olive oil

1/2 teaspoon Italian seasoning

1 garlic clove, minced

1/8 teaspoon salt

2 tablespoons crumbled goat cheese

Directions

1. In a large bowl, combine the first five ingredients. In a small bowl, whisk orange juice, vinegar, oil, Italian seasoning, garlic and salt until blended. Drizzle over salad and toss to coat. Top with cheese.

Nutrition Facts

2-1/2 cups: 270 calories, 8g fat (2g saturated fat), 85mg cholesterol, 199mg sodium, 16g carbohydrate (12g sugars, 3g fiber), 34g protein. **Diabetic Exchanges:** 4 lean meat, 1 vegetable, 1 fruit, 1 fat.



Taste of Home

Brunch Banana Splits

☆☆☆☆☆

My whole family loves bananas, fruit and granola for breakfast. I topped all that with yogurt, nuts and honey and called it a split. This is perfect to serve on a busy morning or a special one! — Nancy Heishman, Las Vegas, Nevada

TOTAL TIME: Prep/Total Time: 10 min.
YIELD: 4 servings.

Ingredients

4 small bananas, peeled and halved lengthwise

2 cups fat-free vanilla Greek yogurt

2 small peaches, sliced

1 cup fresh raspberries

1/2 cup granola without raisins

2 tablespoons sliced almonds, toasted

2 tablespoons sunflower kernels

2 tablespoons honey

Directions

1. Divide bananas among four shallow dishes. Top with remaining ingredients.

Nutrition Facts

1 serving: 340 calories, 6g fat (1g saturated fat), 0 cholesterol, 88mg sodium, 61g carbohydrate (38g sugars, 9g fiber), 17g protein.

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Note: The question was asked during the workshop about using yogurt/dairy with fat rather than non-fat. According to a study from NIH “The findings support a growing body of evidence that suggests dairy fat does not increase the risk of heart disease or overall mortality in older adults”. Click on link for full article. You should always follow your health providers advice for diet based on your individual health conditions.

[Dairy fatty acids not linked to death in older adults | National Institutes of Health \(NIH\)](#)

Easy 4-ingredient cold Southern Banana Pudding recipe + Why I won't use Nabisco wafers

By Christie Dedman [Easy 4-ingredient cold Southern Banana Pudding recipe + Why I won't use Nabisco wafers - Christie Dedman](#)



Ingredients for a large bowl:

2 boxes of instant vanilla pudding mix (don't get all funky and get the French vanilla, it won't taste the same)

6 large bananas (could be more or less according to your preference)

1 large box of vanilla wafers (I always use a store or off brand rather than Nabisco and here's why: Nabisco wafers get too soggy too quick. I've made this dish hundreds of times and I've had the same disastrous results with Nabisco -MUSH) Stick to a firmer, crunchier wafer and the pudding will last longer.

1 large tub of cool whip

Directions:

1. Mix your pudding in a separate bowl and set aside.
2. Slice your bananas into little rounds
3. If you use a large round bowl, it's possible to place all the wafers tops up in a grid pattern around the bowl. This will be your base.
4. Place sliced bananas on the bottom
5. Pour a portion of your pudding mix over the bananas
6. Add a layer of cool whip
7. Repeat until you end with a layer of cool whip on top

Serves: 1 (I'm just kidding)

It's better the second day too. The vanilla wafers will get a little soft, the pudding will take on the banana flavor and the cool whip will be a little firm.

Makes about 14 servings (2/3 cup each)

Nutrition information: Calories 180; Fat 6g; Cholesterol 5mg; Sodium 250mg; Total Carbohydrate 31g; Dietary Fiber less than 1g; Sugars 22g

This has more sugar but is an easy and delicious no-bake dessert!

Individual No-Bake Strawberry Cheesecakes Recipe | Rachael Ray | Food Network

Individual No-Bake Strawberry Cheesecakes



Recipe courtesy of Rachael Ray

Show: 30 Minute Meals Episode: Cheap and Easy Entertaining

Level: Easy

Total: 10 min

Prep: 10 min

Yield: 6 servings

Ingredients:

- 12 strawberries
- 12 ounces softened cream cheese, 1 1/2 (8-ounce) bricks
- 2/3 cup sour cream
- 1 cup confectioners' sugar
- 1 teaspoon vanilla extract
- 6 individual graham cracker crusts, available on baking aisle

Directions:

Coarsely chop 6 berries and place in food processor. Add cream cheese, sour cream, confectioners' sugar, vanilla extract and process until smooth. Using a rubber spatula, fill pie tins. Garnish cheesecakes with slices of remaining berries.



Below are a few more tried-and-true no-cook recipes that Ifeanyi recommends!

Bean salad with balsamic vinaigrette

By Mayo Clinic Staff

Dietitian's tip:

Beans are an excellent source of soluble fiber, the type of fiber that can help control blood cholesterol and blood sugar levels.

Number of servings

Serves 6

Ingredients

For the vinaigrette:

- 2 tablespoons balsamic vinegar
- 1/3 cup fresh parsley, chopped
- 4 garlic cloves, finely chopped
- Ground black pepper, to taste
- 1/4 cup extra-virgin olive oil

For the salad:

- 1 can (15 ounces) low-sodium garbanzo beans, rinsed and drained
- 1 can (15 ounces) low-sodium black beans, rinsed and drained
- 1 medium red onion, diced
- 6 lettuce leaves
- 1/2 cup celery, finely chopped

Directions

To make the vinaigrette, in a small bowl, whisk together the balsamic vinegar, parsley, garlic and pepper. While whisking, slowly add the olive oil. Set aside.

In a large bowl, combine the beans and onion. Pour the vinaigrette over the mixture and toss gently to mix well and coat evenly. Cover and refrigerate until served.

To serve, put 1 lettuce leaf on each plate. Divide the salad among the individual plates and garnish with chopped celery. Serve immediately.

Nutritional analysis per serving: Serving size: About 1 cup Total carbohydrate 22 g; Dietary fiber 8 g; Sodium 174 mg; Saturated fat 1 g; Total fat 10 g; Trans fat 0 g; Cholesterol 0 mg; Total sugars 4 g; Protein 7 g; Monounsaturated fat 7 g; Calories 206; Added sugars 0 g

Tofu Salad

En Español

Serving Size: 3/4 cup

Yield: 4 servings

Ingredients:

3/4 pound firm tofu
2 Tablespoons mayonnaise, reduced calorie
3 teaspoons brown mustard
1/2 teaspoon soy sauce, low sodium
1/2 cup diced celery
1 Tablespoon diced onion
1/2 seeded and diced green pepper
1 Tablespoon minced parsley

Instructions:

1. Prepare tofu by draining the water from the package and placing tofu between two plates. Put a heavy object on top and let stand for 10 to 15 minutes. Drain the water that collects on the bottom plate every few minutes.
2. In a small bowl, mix the mayonnaise, mustard and soy sauce.
3. In a medium bowl, combine the diced tofu, celery, onion, pepper, and parsley; stir in the mayonnaise mixture and toss gently to coat.
4. Refrigerate covered until the flavors are blended - at least one hour.
5. Use as a sandwich filling or on top of whole grain crackers.

Cost:

Per Recipe: \$ 2.05

Per Serving: \$ 0.51

Nutrition Facts

Serving Size 3/4 cup prepared salad,
1/4 of recipe (129g)

Servings Per Container

Amount Per Serving

Calories 90 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 160mg 7%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Sugars 2g

Protein 5g

Vitamin A 4% • Vitamin C 25%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a diet of 2,000 calories
per day. Your daily values may be higher or lower
depending on your calorie needs.

| | Calories - 2,000 | 2,500 |
|--------------------|-------------------|---------|
| Total Fat | Less Than 65g | 65g |
| Saturated Fat | Less Than 20g | 25g |
| Cholesterol | Less Than 300mg | 300 mg |
| Sodium | Less Than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

About.com Busy Cooks

Mexican Chicken Salad

User Rating

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By Linda Larsen, About.com

Try using jalapeno cheese instead of cheddar cheese in this easy and delicious no cook salad recipe.

Prep Time: 30 minutes

Ingredients:

- 3 cups cooked cubed chicken
- 15 oz. can corn, drained
- 15 oz. can black beans, rinsed and drained
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 cup shredded Cheddar cheese
- 1 cup thick and chunky salsa
- 1/4 cup chopped cilantro
- 3/4 cup oil and vinegar salad dressing

Preparation:

Combine all ingredients except salsa, cilantro and salad dressing and toss gently. Combine salsa, cilantro and salad dressing in small bowl and drizzle over chicken mixture. Toss to coat. Cover and chill for 1-3 hours to blend flavors.

Serves 8

About.com Busy Cooks

Red Bean and Rice Salad

User Rating

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By Linda Larsen, About.com

Red beans and rice are a traditional southern side dish. They are transformed into a cool salad in this recipe. Buy cooked rice at your local Chinese take-out restaurant and you won't have to cook it yourself!

Prep Time: 25 minutes

Ingredients:

- 2 (15 oz.) cans red beans or kidney beans, rinsed and drained
- 2 cups cooked white rice
- 1 green bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 cup chopped peeled, seeded cucumber
- 1 cup chopped red onion
- 1 cup chopped celery
- 1/4 cup red wine vinegar
- 1/2 cup olive oil
- 2 cloves garlic, crushed
- 2 Tbsp. chopped parsley
- 1/2 tsp. salt
- 1 Tbsp. mustard
- 1/8 tsp. pepper
- 1/8 tsp. cayenne pepper

Preparation:

In large bowl, combine beans, rice, cucumber, red onions, and celery and toss to coat. In small jar with screw top lid, combine remaining ingredients, cover jar, and shake well to blend. Pour over salad and mix. Cover and refrigerate salad 2-4 hours to blend flavors. 6 servings

Butter Bean Salad

User Rating ★★ (1 review) [Write a review](#)

By Linda Larsen, About.com

You can add canned tuna, chicken, or seafood to this salad for more protein. Use your family's favorite type of canned bean; chickpeas, kidney beans, or black beans would work well.

Prep Time: 15 minutes

Ingredients:

- 3 Tbsp. apple cider vinegar
- 5 Tbsp. olive oil
- 1/4 tsp. pepper
- 3 Tbsp. chopped fresh parsley
- 2 (15 oz.) cans butter beans, rinsed and drained
- 11 oz. can shoepeg corn, drained
- 14.5 oz. can zesty chili diced tomatoes, drained
- 1 small red onion, chopped

Preparation:

In large bowl, combine vinegar, olive oil, salt, pepper, and parsley and mix well with wire whisk. Add remaining ingredients and toss to coat. Cover and chill 2 hours, or serve immediately. Serves 4-6

About.com Low Fat Cooking

Southwestern Chicken Salad

User Rating

Be the first to write a review

By Fiona Haynes, About.com

This is a great way to use a rotisserie chicken¹. Most of the other ingredients are probably in your pantry or refrigerator already, making this a snap to prepare. It's hard to believe the creamy dressing is fat free, so indulge without feeling guilty.

Ingredients:

- 1/4 cup fat-free mayonnaise
- 1/4 cup plain, non-fat yogurt, drained
- 1 tsp lime juice
- 1 1/2 tsp cumin, or to taste
- 2 cups chopped cooked skinless chicken breast
- 1/2 cup chopped red pepper
- 1/2 cup black beans, drained
- 1/2 cup sweet corn, thawed if frozen, or drained if canned
- 1/4 cup red onion, finely chopped
- 1 medium tomato, chopped



Preparation:

In a small bowl, blend mayonnaise, yogurt, lime juice and cumin. In a separate bowl, combine chicken, pepper, black beans, sweet corn, red onion and tomato. Stir in dressing. Serve on a bed of spinach leaves or make a wrap using a low fat, whole wheat tortilla.

Serves 4.

Per Serving: Calories 166, Calories from Fat 16, Total Fat 1.9g (sat 0.3), Cholesterol 51mg, Sodium 245mg, Carbohydrate 14.6g, Fiber 2.7g, Protein 22.8g