

Show #61. Healthy, Happy and Hungry!

Power Breakfast

Fat free granola
Frozen fruit (of your choice)
Fat free vanilla yogurt
Toasted nuts
A splash of juice (of your choice)

Thaw the frozen fruit slightly and add it to a blender with the yogurt and a splash of juice. Blend and if necessary, stop and use a spoon to incorporate the mix.

Pour all of this over the granola.

Add the nuts and enjoy!

You can substitute the frozen fruit with dried cranberries and golden raisins and dried apricots... the possibilities are endless!

Ma Po Tofu

1 1lb package reduced fat firm tofu, cut into 6 slices
½ c fat-free, less-sodium chicken broth
1 tbsp cornstarch
2tbsp low-sodium soy sauce
1 tbsp oyster sauce
1 to 2 teaspoons chili garlic sauce (such as Lee Kum Kee)
4 oz lean ground pork
1 tbsp grated peeled fresh ginger
3 garlic cloves, minced
2 c hot cooked long-grain brown rice
1/3 c chopped green onions

1. Place tofu slices on several layers of paper towels, cover with additional paper towels. Place a dinner plate on top of covered tofu, let stand 30 minutes. Remove plate; discard paper towels. Cut tofu slices into ½ inch cubes.
2. Combine broth, cornstarch, soy sauce, oyster sauce and chili garlic sauce, stirring with a whisk.
3. Heat a large nonstick skillet over medium heat. Add pork, cook 4 minutes or until done, stirring to crumble. Add ginger and garlic, cook 1 minute stirring constantly. Add tofu ... **(need the rest of this recipe!**

Chicken Piccata with Fried Capers

2 tbsp drained nonpareil capers
2 tbsp olive oil
1 lb. Thin chicken breast cutlets
Kosher salt and freshly ground black pepper
1 clove garlic, finely chopped
½ c homemade or low salt chicken broth
2 tbsp fresh lemon juice
½ tsp honey
2 tbsp cold unsalted butter, cut into 3 pieces
1 tbsp chopped fresh flat-leaf parsley

Rinse the capers and pat them dry with paper towels. Heat the oil in a 10-inch nonstick skillet over medium-high heat. When the oil is hot, add the capers and stir-fry until most of them open like flowers and become crisp and slightly brown, 30 to 60 seconds. Remove the skillet from the heat and transfer the capers to a dry paper towel with a soup spoon, tilting each spoonful against the side of the pan to let excess oil drain back into the pan.

Season the chicken cutlets with salt and pepper. Heat the skillet over medium-high heat and sauté the cutlets in batches until golden brown and just cooked through, 1 to 2 minutes per side. Transfer the cooked chicken to a plate and cover to keep warm.

With the pan still over medium high heat, add the garlic and sauté until lightly golden about 30 seconds, add the broth and scrape the pan bottom with a wooden spoon to dissolve any browned bits. Boil the broth until reduced by about half. Stir in the lemon juice and honey. Turn off the heat, add the butter, and swirl the pan until the butter melts and thickens the

sauce. Stir in the parsley and about half of the capers. Adjust the salt and pepper, if needed. Spoon the sauce over the chicken, scatter the remaining capers over it, and serve.

Makes 2 – 3 servings.

The World's Best Chocolate Pudding

1 tsp pure vanilla extract

1 c lightly sweetened whipped cream, optional