New Year, New You

9 Recipes for Under 400 Calories & less than $4

Jump start your New Year with these delicious recipes that will help you lose weight and save money.

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Portion Control Recipe

Chicken with Feta, Tomatoes and Couscous

Serves 6
Total Cost: $16.20, Cost per Serviing: $2.70

Ingredients
2 pounds boneless, skinless chicken breasts
1/2 teaspoon salt
1/2 teaspoon pepper
3 teaspoons olive oil, divided
2 teaspoons minced garlic
2 teaspoons dried basil
1 teaspoon dried oregano
1 pint grape tomatoes
3 cups cooked couscous
1/2 medium cucumber, finely diced
2 ounces crumbled reduced-fat feta cheese

Cooking Instructions
1. Season chicken with salt and pepper. Heat 2 teaspoons oil in a large skillet over medium-high heat, and cook chicken 4 to 5 minutes on each side, or until done. Remove from pan and keep warm.
2. Add remaining 1 teaspoon oil to pan; add garlic, basil, oregano, and tomatoes. Cook over medium-high heat 3 to 5 minutes, or until tomatoes soften.
3. Meanwhile, cook couscous according to package directions.
4. Place 1/2 cup cooked couscous on each of 6 plates. Slice chicken, and divide evenly among plates. Top with tomato mixture, cucumber, and feta cheese.

Nutritional Information (per serving): Calories: 320, Total Fat: 7.8 g, Saturated Fat: 2.1 g, Cholesterol: 100 mg, Sodium: 507 mg, Total Carbohydrates: 22 g, Dietary Fiber: 2.4 g, Sugars: 2 g, Protein: 38 g
Horseradish Crusted Tilapia with Garlic Roasted Red Potatoes

Serves 6
Total Cost: $17.26, Cost per Serving: $2.88

Ingredients

Tilapia:
3 tablespoons light mayonnaise
2 tablespoons Parmesan cheese
1 tablespoon lemon juice
2 teaspoons Dijon mustard
1 teaspoon horseradish
6 (6 ounce) tilapia fillets
1/4 cup whole wheat breadcrumbs
2 teaspoons butter

Potatoes:
1 pound red potatoes, cut into wedges
2 tablespoons olive oil
2 cloves garlic, chopped
1/2 teaspoon salt
1/2 teaspoon pepper

Cooking Instructions

1. In a small bowl, combine mayonnaise, Parmesan cheese, lemon juice, Dijon mustard, and horseradish. Spread mixture evenly over both sides of tilapia filets, and coat lightly with breadcrumbs.

2. Heat butter in a skillet, and cook fish over medium heat 4 minutes per side, or until browned and fish flakes easily with a fork.

3. Heat oven to 375°F. Toss potatoes with olive oil, garlic, salt and pepper. Bake on a rimmed baking sheet for 45 minutes, stirring once halfway through cooking time. Serve potatoes with tilapia.

Nutrition Information (per serving): Calories: 319, Total Fat: 12.1 g, Saturated Fat: 3.3 g, Cholesterol: 94 mg, Sodium: 444 mg, Total Carbohydrates: 16 g, Dietary Fiber: 1.7 g, Sugars: 1.5 g, Protein: 37 g
Clean Eating Recipe
Flank Steak with Tomato, Corn,
and Black Bean Salad

Serves 6
Total Cost: $19.25, Cost per Serving: $3.21

Ingredients
Steak:
1 1/2 pounds flank steak
1/4 cup white vinegar
3 tablespoons low sodium soy sauce
3 cloves garlic, minced
2 tablespoons lime juice
1/4 cup olive oil
1/2 teaspoon salt
1/2 teaspoon pepper
3/4 teaspoon chili powder
3/4 teaspoon dried oregano
3/4 teaspoon ground cumin
3/4 teaspoon paprika
2/3 cup chopped onion
1/2 cup fresh chopped cilantro

Salad:
2 tomatoes, chopped
3 ears corn, kernels removed
15 ounce can black beans, drained and rinsed
1/2 cup fresh chopped cilantro
1/3 cup chopped onion
1 tablespoon olive oil
1/4 teaspoon salt
1/4 teaspoon pepper

Cooking Instructions
1. Combine flank steak, vinegar, soy sauce, garlic, lime juice, 1/4 cup olive oil, 1/2 teaspoon salt, 1/2 teaspoon pepper, chili powder, oregano, cumin, paprika, 2/3 cup chopped onion and 1/2 cup cilantro. Marinate 2 - 6 hours. Grill over medium heat 4 minutes per side. Slice on bias.
2. Combine tomatoes, corn, black beans, 1/2 cup cilantro, 1/3 cup chopped onion, and 1 tablespoon olive oil. Season with 1/4 teaspoon salt and 1/4 teaspoon pepper. Serve salad alongside steak.

Nutrition Information (per serving): Calories: 393, Total Fat: 18.7 g, Saturated Fat: 4.1 g, Cholesterol: 70 mg, Sodium: 870 mg, Total Carbohydrates: 26 g, Dietary Fiber: 5 g, Sugars: 6 g, Protein: 31 g

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Clean Eating Recipe

Thai Pork Lettuce Wraps with Chili-Lime Grilled Corn

Serves 6

Total Cost: $12.13, Cost per Serving: $2.02

Ingredients

Lettuce Wraps:
1 head butter lettuce
2 teaspoons peanut oil
1/2 cup chopped onion
1/4 cup chopped ginger
2 tablespoons minced garlic
1 pound lean ground pork
1/3 cup lime juice
1/3 cup chopped lightly roasted peanuts
1/4 cup fresh chopped cilantro
1 hot red chili, minced
1/4 teaspoon salt

Corn:
6 ears corn
2 tablespoons butter
1 tablespoon chili powder
2 limes, cut into wedges
1/8 teaspoon salt

Cooking Instructions

1. Separate lettuce leaves; rinse lightly and dry. Heat oil in a large skillet over medium heat, and saute onion, ginger, and garlic 3 - 5 minutes. Add pork and cook until done, about 5 - 7 minutes. Drain excess fat from pan. Add lime juice, peanuts, cilantro, chili, and 1/4 teaspoon salt, and cook an additional 2 minutes. Transfer to a bowl, and serve filling on top of lettuce leaves.

2. Clean silks from corn, leaving husks intact. Replace husks, and grill corn over medium heat 5 - 7 minutes. Rub warm corn with butter; sprinkle with chili powder, lime juice, and 1/8 teaspoon salt.

Nutrition Information (per serving): Calories: 388, Total Fat: 23.7 g, Saturated Fat: 7.7 g, Cholesterol: 62 mg, Sodium: 278 mg, Total Carbohydrates: 26 g, Dietary Fiber: 3.4 g, Sugars: 8 g, Protein: 20 g

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Clean Eating Recipe
Mushroom Tart with Spinach and Pear Salad

Serves 6
Total Cost: $13.59, Cost per Serving: $2.27

Ingredients

Tart:  
2 tablespoons butter  
1/2 cup chopped yellow onion  
2 cloves garlic, minced  
8 ounces sliced mushrooms  
2 cups 2% plain Greek yogurt  
6 eggs  
1/2 cup grated Parmesan cheese  
1 tablespoon whole milk  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 teaspoon hot sauce, optional

Salad:  
5 ounces baby spinach  
2 Bosc pears, thinly sliced  
2 shallots, thinly sliced  
4 tablespoons olive oil  
2 tablespoons white wine vinegar  
1 teaspoon Dijon mustard  
1 clove garlic, minced  
1/8 teaspoon salt  
1/8 teaspoon pepper

Cooking Instructions

1. Preheat oven to 350 F. Heat butter in a skillet over medium heat. Add onion, and cook 7-10 minutes, or until soft. Add garlic and continue to cook for 2 minutes. Add mushrooms, and cook 3 - 5 minutes, stirring often.
2. In a medium bowl, whisk together yogurt, eggs, Parmesan cheese, milk, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Add mushroom mixture and stir to combine. Add Tabasco if desired. Pour into a 9-inch pie plate coated with cooking spray, and bake 25 - 30 minutes, or until set. Cool 5 - 10 minutes before slicing.
3. In a large bowl, combine spinach, pears, and shallots. In a small bowl, whisk together olive oil, vinegar, Dijon mustard, 1 clove garlic, 1/8 teaspoon salt, and 1/8 teaspoon pepper. Pour dressing over salad, and toss to coat evenly. Serve alongside mushroom tart.

Nutrition Information (per serving): Calories: 344, Total Fat: 22.4 g, Saturated Fat: 8.3 g, Cholesterol: 211 mg, Sodium: 607 mg, Total Carbohydrates: 20 g, Dietary Fiber: 4 g, Sugars: 11 g, Protein: 19 g

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Clean Eating Recipe
Oregano Chicken and Orzo with Olives, Tomatoes, Spinach and Feta

Serves 6

Ingredients
Chicken:
6 boneless, skinless chicken breasts
1 teaspoon kosher salt
1 teaspoon black pepper
2 teaspoons dried oregano
4 cloves garlic, minced
2 tablespoons olive oil
Juice of 2 lemons

Orzo:
1 pound whole wheat orzo
4 ounces Greek olives, pitted
2 tomatoes, seeded and chopped
2 cups fresh baby spinach
1/2 cup crumbled feta
3 tablespoons olive oil
Salt and pepper to taste

Cooking Instructions
1. Combine salt, pepper, oregano, garlic, lemon juice and olive oil in a zip-top plastic bag.
2. Add chicken, and marinate for 2 hours.
3. Preheat grill to medium-high heat. Remove chicken from marinade, and grill for 8 - 10 minutes on each side, or until done.
4. Cook orzo according to package directions. Combine cooked orzo, olives, tomatoes, spinach, feta, and olive oil in a large bowl. Season to taste with salt and pepper. Refrigerate for 2 - 8 hours before serving.
Serves 4

Ingredients
3 boneless, skinless chicken breasts
6 tablespoons balsamic vinegar, divided
Salt and pepper to taste
1 cucumber, cubed
2 tomatoes, chopped
1 red bell pepper, chopped
1 cup chopped red onion
1/2 cup crumbled feta cheese
1 teaspoon fresh thyme, chopped
1/4 cup olive oil

Cooking Instructions
1. Marinate chicken in 1/4 cup balsamic vinegar, salt and pepper to taste for 1 hour. Grill over medium heat for 10 minutes per side. Cool and cut into cubes.
2. Combine chicken, cucumber, tomatoes, bell pepper, onion and feta in a large bowl. In a small bowl, whisk together thyme, olive oil, 2 tablespoons balsamic vinegar, and salt and pepper to taste. Drizzle dressing over salad, and toss to combine.

Nutrition Information (per serving): Calories: 380, Total Fat: 21 g, Saturated Fat: 5.4 g, Cholesterol: 98 mg, Sodium: 660 mg, Total Carbohydrates: 15 g, Dietary Fiber: 3 g, Sugars: 10 g, Protein: 32 g
Paleo Recipe

Blackened Skirt Steak BLT Salad

Serves 4

Ingredients
1 tablespoon smoked paprika
1 teaspoon ground cumin
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon dried oregano
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1 teaspoon olive oil
1 pound skirt or flank steak, trimmed
4 cups baby mixed greens
2 cups chopped tomatoes
4 pieces bacon, cooked and crumbled
1/2 cup thinly sliced red onion
3 tablespoons red wine vinegar
3 tablespoons extra virgin olive oil
2 teaspoons Dijon mustard
1 teaspoon minced garlic
Salt and Pepper to taste

Cooking Instructions
1. Preheat broiler. Combine paprika, cumin, garlic powder, onion powder, oregano, salt, and pepper in a small bowl. Brush olive oil evenly over steak. Sprinkle both sides with spice mixture, pressing to adhere. Place on a broiler pan. Broil 4 inches from heat for 8-10 minutes, turning once. Remove from oven; let stand 15 minutes before slicing.
2. Combine mixed greens, tomatoes, bacon, and red onion in a large bowl. In a separate bowl, combine vinegar, oil, mustard, garlic, salt, and black pepper. Stir with a whisk and toss with salad mixture. Top salad with steak. Yields 4 servings.

Nutrition Information (per serving): Calories: 380, Total Fat: 25.4 g, Saturated Fat: 6.4 g, Cholesterol: 82 mg, Sodium: 668 mg, Total Carbohydrates: 10 g, Dietary Fiber: 3.7 g, Sugars: 4.3 g, Protein: 29 g
Pork Tenderloin with Peach Salsa and Peppery Slaw

Serves 4

Ingredients
1 pound pork tenderloin, trimmed
2 tablespoons chopped fresh parsley, divided
1 tablespoon lemon zest
1 tablespoon minced garlic, divided
1 1/2 teaspoons olive oil, divided
3/4 teaspoon kosher salt, divided
3/4 teaspoon black pepper, divided
1 1/2 cups chopped fresh peaches
1/4 cup chopped red onion
2 tablespoons lemon juice
1 tablespoon chopped fresh jalapeno
2 cups angel hair slaw
1 cup shredded carrots
1/3 cup cider vinegar
3 tablespoons extra virgin olive oil
1 teaspoon red pepper flakes
1/4 teaspoon ground red pepper
Salt and pepper to taste

Cooking Instructions
1. Preheat grill to medium-high heat. Combine 1 tablespoon parsley, lemon zest, 2 teaspoons garlic, 1 teaspoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a small bowl. Rub mixture evenly over pork. Let stand 30 minutes at room temperature. Grill pork 20-22 minutes or until desired degree of doneness. Remove from grill and let stand 15 minutes before slicing.
2. To prepare salsa, combine peaches, red onion, lemon juice, and jalapeno in a bowl. Stir in remaining 1 tablespoon parsley, 1 teaspoon garlic, 1/2 teaspoon oil and remaining 1/4 teaspoon each salt and pepper.
3. Combine slaw and carrots in a bowl. In a separate bowl, combine vinegar, extra virgin olive oil, red pepper flakes, ground red pepper, and salt and pepper to taste. Pour vinegar mixture over cabbage mixture and toss to combine; let stand 30 minutes.

Nutrition Information (per serving): Calories: 312, Total Fat: 15.2 g, Saturated Fat: 2.6 g, Cholesterol: 74 mg, Sodium: 450 mg, Total Carbohydrates: 17 g, Dietary Fiber: 4 g, Sugars: 3 g, Protein: 26 g

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