

FOOD

BY MAYO
CLINIC STAFF
(MAYOCLINIC.COM)

Weight Management Recipes

Pasta Salad with Vegetables

Ingredients

- 12 ounces farfalle (bow tie) pasta
- 1 tablespoon olive oil
- 1/4 cup low-sodium chicken broth
- 1 garlic clove, chopped
- 2 medium onions, chopped
- 1 can (28 ounces) unsalted diced tomatoes in juice
- 1 pound mushrooms, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 2 medium zucchini, shredded
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 8 romaine lettuce leaves



Directions

1. Fill a large pot 3/4 full with water and bring to a boil.
2. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly. Place pasta in a large serving bowl. Add the olive oil and toss. Set aside.
3. In a large skillet, heat the chicken broth over medium heat. Add the garlic, onions and tomatoes. Saute until the onions are transparent, about 5 minutes. Add the remaining vegetables and saute until tender-crisp, about 5 minutes. Stir in the basil and oregano.
4. Add the vegetable mixture to the pasta. Toss to mix evenly.
5. Cover and refrigerate until well chilled, about 1 hour.

Nutritional Analysis (per serving)

Calories	226	Cholesterol	trace
Protein	9 g	Sodium	53 mg
Carbohydrate	43 g	Fiber	4 g
Total fat	3 g	Potassium	392 mg
Saturated fat	0.5 g	Calcium	39 mg
Monounsaturated fat	1.5 g		

French County Chicken with Mushroom Sauce

Ingredients

- 4 boneless, skinless chicken breasts, each 4 ounces
- 1 tablespoon fresh rosemary (or 1 teaspoon dried rosemary)
- 2 tablespoons olive oil
- 4 shallots, thinly sliced
- 1/4 pound mushrooms, thinly sliced
- 1 tablespoon all-purpose (plain) flour
- 1/4 cup white wine
- 1/2 cup low-sodium chicken stock
- 2 tablespoons chopped parsley



Directions

1. Place the chicken breasts between wax paper and pound with a mallet to flatten. Cut each piece in half lengthwise. Cover with plastic wrap and refrigerate until firm.
2. In a small frying pan, heat 1 tablespoon of the olive oil over medium heat. Add the shallots and saute for about 3 minutes. Add the mushrooms and cook for 2 minutes more, stirring occasionally.
3. In a small bowl, whisk together the flour and wine until all the lumps are gone. Add the flour mixture to the shallots and mushrooms. Stir in the chicken stock and cook over medium-high heat. Stir until the sauce thickens, about 5 minutes. Remove from heat and add the rosemary.
4. In a large, nonstick skillet, heat the remaining 1 tablespoon of olive oil over medium heat. Add the chicken and saute until no longer pink or until a thermometer inserted into the chicken reads 170 F, about 5 minutes.
5. To serve, transfer 2 chicken breast halves onto each plate. Spoon mushroom sauce over the chicken and garnish with parsley. Serve immediately.

Nutritional Analysis (per serving)

Serving size: 2 chicken breast halves

Calories	239	Cholesterol	66 mg
Protein	28 g	Sodium	98 mg
Carbohydrate	6 g	Fiber	0.5 g
Total fat	9 g	Potassium	485 mg
Saturated fat	1 g	Calcium	30 mg
Monounsaturated fat	1.5 g		

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