

Special Night for Two

You and your special someone can have a romantic date night and still follow your bariatric diet. Here is a meal that follows recommended guidelines and still tastes great. Just remember serving sizes and strategies for eating slowly and carefully.

Bruschetta

Submitted by Terri R.

- 3 small cartons grape tomatoes
- 1 large onion
- 1 bunch cilantro (use top parts only discard lower stem portion)
- 2 jalapeno peppers (seeds removed)
- 4 cloves garlic
- 1 Tbsp lemon juice
- ½ Tsp sea salt

Finely chop the cilantro, peppers and garlic in a food processor. Coarsely chop 2 cartons tomatoes and the onion. Thinly slice the last carton of tomatoes. Place all in a plastic or glass bowl (do not use a metal bowl). Add lemon juice and salt and stir gently. Top a slice of toasted bread or melba toast with 2 tablespoons of bruschetta, broil until heated. The mixture will keep covered in refrigerator for up to 1 week.

Each 2 tablespoon serving provides: 11 calories, 0 protein, 1 gram carbohydrate, 0 grams fat and 47 mg sodium.

Glazed Chicken

Submitted by Cindi E.

16 oz chicken breast, boneless and skinless
3 tablespoons orange juice concentrate, thawed
2 tablespoons lemon juice
1/2 cup chicken broth
3 tablespoons Splenda®
1 1/2 teaspoon cornstarch
1 tablespoon butter
1 tablespoon fresh chives, chopped
1 tablespoon, fresh parsley, chopped
1/4 cup almond slices, toasted

Preheat oven to 425 F. Place chicken on ungreased baking sheet. Brush with 1 tablespoon of orange juice concentrate (leaving the rest for the sauce). Bake for 15–20 minutes or until cooked through (internal temperature of 180). Mix together remaining orange juice, lemon juice and chicken broth in a small saucepan. Mix Splenda and cornstarch together in a small bowl, then add to the saucepan mixture. Heat over medium- high heat and simmer for 8-10 minutes.

Sauce should start to thicken. Remove from heat and whisk butter into sauce. Add chives and parsley. Pour sauce over cooked chicken breasts. Sprinkle with almonds and serve. Makes 4 servings.

Nutritional information per serving: 293 calories; 39 grams protein; 11 grams fat; 7 gram carbohydrate; 125 mg sodium.

Crumb-Topped Green Beans

1 1/4 lb. green beans
1 tbsp. margarine
1/2 cup onion, chopped
1/4 cup Italian-seasoned dry bread crumbs

Steam the green beans, covered, for 12 minutes or until crisp-tender. Melt the margarine in a large nonstick skillet over medium heat. Add chopped onion and bread crumbs, and sauté for 1 minute. Add green beans, and sauté for 4 minutes or until tender. Makes 4 servings

Nutrition information per serving: calories 118; protein 4 grams; fat 4 grams; sodium 279 mg

Chocolate Mousse

1 1/2 cups skim milk, cold
1 pkg. fat-free, sugar-free chocolate instant pudding (4 serving size)
1 cup Cool Whip Lite®, thawed

Pour milk into mixing bowl. Add pudding mix. Beat with wire whisk 2 minutes. Gently stir in whipped topping. Spoon into individual dishes or medium serving bowl. Refrigerate until ready to serve. Garnish if desired. Makes 5 servings.

Nutrition Information per serving: Calories 83; Protein 3 grams; Fat 3 grams; Sodium 311 mg

