

Herb Marinated Chicken

Prepare marinade:

½ cup mixed fresh herbs, tightly packed

Freshly ground black pepper

¼ teaspoon salt, may omit for lower sodium

Juice of one lemon

2 tablespoons olive oil

2 cloves garlic, pressed

20 oz. package boneless skinless chicken breasts (or fish or other meat or vegetables as you like)

Start with a handful of fresh herbs, any combination you like of oregano, marjoram, thyme, rosemary, mint, chives or garlic chives, or basil. Wash the herbs, remove stems, and chop finely by hand or in the food processor. Combine with other ingredients in a resealable zip top bag, or in a shallow dish. Trim any fat from a 20 oz. package of fresh boneless skinless chicken breasts and add to marinade. Refrigerate for at least 20 minutes, turning occasionally. Drain and discard marinade, do not use for basting. Grill or broil the chicken as you prefer. Any other meat or fish or vegetables are also good with this marinade. Nutrition info. per ¼ of recipe using chicken: 220 calories, 10 gm fat, 2 gm sat. fat, 80 mg. cholesterol, 210 mg. sodium (70 mg. if you omit the salt), 2 gm carbs, and 29 gm protein. Note: Nutrition information for a marinade is only an estimate because it is difficult to estimate how much of the marinade actually is used. This nutrition info. includes all of the marinade. Recipe from Wisconsin State Journal.

Roasted Pork Tenderloin with Oregano-Coriander Rub

1 pork tenderloin, about 1 pound
1 teaspoon dried oregano, crushed
1 teaspoon ground coriander
½ teaspoon dried thyme, crushed
½ teaspoon ground cumin
½ teaspoon curry powder
¼ teaspoon coarse salt, such as Kosher salt
2 tablespoons chopped fresh parsley for garnish

Prepare dry rub: In small bowl, combine oregano, coriander, thyme, cumin, curry powder, and salt. Moisten pork tenderloin with water; coat with dry rub. Place in shallow dish and allow to marinate in refrigerator for 8 hours or overnight. Place roast on rack in shallow roasting pan and roast in 450 degree oven for about 30 minutes, or until meat thermometer reads 160 degrees, which may take about 25 to 30 minutes. Remove from oven and let rest for 10 minutes before slicing. Sprinkle with parsley. Makes about 4 servings. Nutrients per 4 oz. cooked serving (about ¼ of recipe): 170 cal, 4 gm fat, 1.5 gm saturated fat, 85 mg. cholesterol, 190 mg. sodium, 1 gm carbs, and 30 grams protein. Recipe from Pork Producers.

Homemade Seasoned Salt

A seasoned salt can be lower in sodium than an equivalent amount of plain salt, and add lots more flavor at the same time. A $\frac{1}{4}$ teaspoon of plain salt is about 590 mg. sodium, and a $\frac{1}{4}$ teaspoon of this homemade seasoned salt is about 340 mg. This seasoned salt has that barbecue flavor that we all crave, especially good on hamburgers or chicken.

1/3 cup table salt

2 tablespoons white sugar

2 teaspoons smoked paprika (available in spice shops, such as Penzey's)

1 teaspoon garlic powder

1 and $\frac{1}{2}$ teaspoons onion powder

$\frac{1}{2}$ teaspoon ground white pepper

$\frac{1}{2}$ teaspoon ground turmeric

$\frac{1}{4}$ teaspoon ground thyme

In a small bowl, combine all the ingredients until thoroughly mixed. Store in a shaker jar. Nutrition information per $\frac{1}{4}$ teaspoon: 340 mg. sodium, no calories or fat. Recipe from www.allrecipes.com.

Curry-Cajun Spiced Chicken

This easy one-pan main dish has lots of flavor. It is a good example of 'fusion' cooking, combining flavors from 2 different cultures. Serve it with rice or pasta to soak up the sauce!

1/3 cup honey
3 Tbsp. water
3 Tbsp. prepared mustard
2 Tablespoons melted butter
2 to 3 teaspoons Cajun seasoning
2 to 3 teaspoons curry powder
1 teaspoon lemon juice
1 clove garlic, minced or pressed
About 1 and ½ lbs. of boneless, skinless chicken breast halves
Hot cooked rice

Method: In a 3-quart rectangular baking dish, combine honey, water, mustard, melted butter, and seasonings. Stir well. Add chicken breast halves and turn to coat with sauce. Arrange in a single layer. Bake, uncovered, in a 350 degree oven, for about 30 minutes. or till chicken is tender and no longer pink. Serve chicken and sauce over hot cooked rice. Nutrition information for 1/6 of recipe including ½ cup of rice: 438 calories, 11 gm total fat, 2 gm sat. fat, 89 mg. cholesterol, 389 mg sodium, 47 gm carbs, and 35 gm protein. Recipe from Better Homes and Gardens.

Rosemary and Chive Roasted Potatoes

These flavorful potatoes smell wonderful while roasting in the oven! New potatoes from the farmer's market are especially good.

4 medium potatoes, scrubbed and unpeeled (about 1 ¼ lbs.)

2 Tablespoons extra virgin olive oil

2 Tablespoons chopped fresh chives

¼ teaspoon seasoned salt (see homemade recipe, or use commercial seasoned salt)

1/8 teaspoon black pepper, or to taste

Drizzle olive oil in baking pan. Cut potatoes in cubes and add to baking pan. Season with herbs and seasoned salt and pepper, and toss to coat evenly. Bake in 450 degree oven for about 20-25 minutes, or until potatoes are tender and lightly brown. Makes 4 servings.

Nutrition info. per ¼ of recipe: 170 calories, 7 gm total fat, 1 gm sat. fat, 0 cholesterol, 90 mg. sodium, 26 gm carbohydrate, 2 gm dietary fiber, and 3 gm protein. Recipe adapted from Betty Crocker.