

# Golden Door Breakfast Burrito With Roasted Salsa Mexicana

Start your day off with  
a breakfast high in  
fiber!

Serves: 6  
Prep Time: 20 mins.  
Cook Time: 15 mins.  
Nutrition Score per serving:  
Nutrition Score per serving (1 burrito, 3  
tablespoons salsa): 224 calories, 38%  
fat (9 g; 3 g saturated), 35% carbs (20  
g), 27% protein (15 g), 11 g fiber, 118  
mg calcium, 2 mg iron, 429 mg  
sodium.

## Salsa

2 tomatoes, quartered  
1/2 red onion, coarsely chopped  
2 tomatillos, papery skin removed and  
halved  
1 jalapeño chile pepper, halved  
lengthwise and seeded  
1 clove garlic, peeled and halved  
1/2 teaspoon olive oil  
Salt and ground black pepper to taste  
Juice of 1/2 lime  
1 tablespoon chopped fresh cilantro

## Burrito

2 teaspoons olive oil, divided  
2 tablespoons finely diced red onion  
1/2 cup sliced white or cremini  
mushrooms  
2 tablespoons seeded, finely diced  
Anaheim chile peppers  
2 tablespoons seeded, finely diced  
tomatoes  
1 cup trimmed, thinly sliced spinach  
leaves  
Salt to taste  
6 eggs  
6 egg whites  
1/4 cup crumbled feta cheese  
6 8-inch whole-wheat tortillas  
Fresh, chopped cilantro



## Directions

•To prepare the salsa, preheat oven to 400 F. In a small bowl, combine tomatoes, onion, tomatillos, jalapeño and garlic. Add olive oil, salt and black pepper; toss to coat. Place mixture on baking sheet and roast 15 minutes, until softened and lightly browned. Transfer to a blender and process to a coarse consistency. Place mixture in a bowl and stir in lime juice and cilantro. (Can be kept in the refrigerator, covered, for up to 5 days, and frozen for up to 3 months.)

•To make the burrito, brush a large skillet with 1 teaspoon of the olive oil and set pan over medium-high heat. Add onion and cook 2-3 minutes, until softened, stirring frequently. Add mushrooms and peppers and cook until mushroom liquid is almost evaporated. Add tomatoes and spinach and cook 2-3 minutes, until spinach begins to wilt, stirring frequently. Season with salt. Set mixture aside in a bowl.

•In a medium bowl, whisk together eggs and egg whites until blended.

•Brush the same skillet with remaining olive oil and set pan over medium heat. Add beaten eggs and cook 1-1 1/2 minutes, until eggs are scrambled but still wet, stirring constantly. Stir in cooked vegetable mixture. Sprinkle feta cheese over top and season with salt, if desired. Transfer mixture to a bowl and set aside.

•Preheat the same skillet over medium heat. Place tortillas in skillet and cook 20 seconds per side, until hot. Put tortillas on a flat surface and spoon 1/2 cup of cooked egg mixture onto center of each tortilla. Drizzle 2 tablespoons salsa over each serving and roll tortillas into 11 1/2-inch cylinders. Serve immediately, or cover with a clean kitchen towel and place on a baking pan in a 200 F oven for up to 20 minutes. (You can refrigerate the egg mixture for up to 3 days; freezing is not recommended.)



# MARINATED BEEF KEBABS WITH VEGGIES

## THIS SATISFYING, MEATY MEAL IS PACKED WITH PROTEIN.

### Directions

Trim any visible fat from beef. Cut beef into 48 1-1/2- to 2-inch cubes. Peel onion, cut in half, and grate on the large holes of box grater, until there is a heaping 1/4 cup of grated onion and onion juice.

Pour yogurt into a large bowl and add onion and its juice. Stir in cilantro, cumin, and black pepper. Add beef and mix thoroughly. Cover and refrigerate. Marinate for 6 hours, turning once or twice. (If using chicken, marinate for 4 hours. Do not exceed the recommended marinating time because the acid in yogurt will "cook" the protein in the meat and make it tough.)

Heat outdoor grill or preheat broiler. Skewer meat onto 12-inch metal or bamboo skewers. (If using bamboo skewers, soak them in water for at least 15 minutes so they are thoroughly saturated.) Alternate meat with vegetables until skewer is nearly full. Grill or broil for 3 minutes on each side. (If using chicken, cook for 2 minutes on each side.) Sprinkle lightly with salt. Serve with lemon wedges and chopped cilantro, if desired.

### The Technique: Low-fat Marinating

The easiest way to reduce the fat in your favorite meat recipes is to use a leaner cut. But the tradeoff is that in some recipes, lean meat is tougher to marinate than a higher-fat cut, and you end up with a not-so-flavorful entree. The solution? Replace the high-fat olive oil marinade traditionally used to soften meat with a moisturizing mixture of nonfat yogurt. Yogurt is slightly acidic, which helps break down protein tissues in beef, chicken, fish and other meats, allowing spices to penetrate. Since yogurt marinates faster than oil, the meat will be ready for the grill before you know it.

Serves: 6

Prep Time: 4-6 hours marinating

Cook Time: 5-8 minutes

### Nutrition Score per serving:

(2 kebabs) 18 g carbs (21%), 10 g fat (23%), 4 g fiber, 52 g protein (56%), 4 g saturated

3	pounds sirloin tri-tip beef fillets or skinless, boneless chicken breasts
1	medium-large onion
2	cups plain nonfat yogurt
2	tbsp cilantro, finely-chopped
1	tspn ground cumin
1/2	tspn freshly ground black pepper
2	medium zucchini, sliced into 1-inch-thick pieces
1	medium red bell pepper, chopped into 1-inch squares
1	medium yellow bell pepper, chopped into 1-inch squares
12	medium button mushrooms
3	plum tomatoes, quartered
1	medium onion, sliced into 1-inch squares
1/2	tspn salt



# **MOLLIE'S GAZPACHO**

## **TRY A LOW SODIUM SOUP!**

### **Ingredients**

1 pound very ripe tomatoes  
1 1/2 cups cucumber chunks, peeled and seeded  
1/2 cup chopped red bell pepper  
& 1/2 cup parsley leaves  
1 medium clove garlic  
1/4 heaping teaspoon cumin  
1/2 teaspoon salt, or to taste  
1 teaspoon red wine vinegar or cider vinegar  
1 teaspoon light honey  
2 teaspoons fresh lemon juice  
1 tablespoon extra virgin olive oil  
Cayenne pepper to taste

### **Directions**

Core the tomatoes, and cut them into large chunks. (Peeling and seeding are unnecessary.)

Place the tomatoes in a blender or food processor with all the remaining ingredients except the cayenne. Purée until it is as smooth as you like it.

Transfer to a container, and add cayenne. Cover and chill. Serve cold.

Serves: 4

Prep Time: 10 minutes

Cook Time: 10 minutes

**Nutrition Score per  
serving:**

(about 1 cup) 71  
calories, 4 g fat (40% of  
calories), <1 g  
saturated fat, 9 g carbs,  
4 g protein, 2 g fiber, 31  
mg calcium, 1 g iron,  
303 mg sodium

Thickened with vegetables rather than with the traditional bread used by Spanish cooks, this refreshing soup has enough heft to make it meal-worthy. If you prefer a smooth texture, use a blender. A food processor will produce a chunkier soup.