

Recipes included in Capital Women's Care 2016 What's Next article

VEGGIE PIZZA

Spread ½ cup reduced-sodium marinara sauce on a 12-inch prebaked whole wheat pizza crust, or use 4 whole wheat English muffin halves. Top with 1 cup fresh, lightly steamed, or grilled vegetables and 6 ounces of shredded part skim mozzarella cheese. Bake at 400 degrees until crust is lightly browned and cheese is melted. Serves 4.

CREAMY PESTO PASTA

In a food processor or blender, puree ½ cup pesto with ½ cup silken tofu or lowfat plain yogurt. Toss with 4 cups of hot pasta and 1 cup of thawed frozen peas. Sprinkle with ¼ cup parmesan cheese. Serves 4.

SOUTHWESTERN CHICKEN AND BROWN RICE BURRITOS

Cook quick brown rice and set aside. In a sauté pan over medium heat, add 1 teaspoon of olive oil, ½ cup diced green onions, and 1 cup diced leftover skinless chicken breast. Stir in ½ teaspoon ground cumin and 1/8 teaspoon salt. Cook until chicken is warmed through. Heat two 6-inch whole-wheat or soft corn tortillas in the microwave. Place ½ cup rice and ½ cup of the chicken mixture in the center of each tortilla. Sprinkle with 1 ½ ounces shredded cheese and fold. Try substituting cooked beans or other leftover lean meats for the chicken.