



I Can't Believe I Ate the Whole Thing

It's that time of year again, when we all say "I shouldn't have eaten that third cannoli!"
 The holidays are an excuse to eat a little more and ignore the extra pounds that seem to appear from nowhere.
 Here are some recipes for the entire family (even the skinny members) that everyone will enjoy
 without adding more to that holiday spread or missing out on taste.

Resolution Tuna Salad

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| <ul style="list-style-type: none"> 3 cans tuna, drained 2 stalks celery, thinly sliced 1 carrot, shredded ¼ cup onion, diced ½ red bell pepper, diced | <ul style="list-style-type: none"> ¼ cup olive oil 3 tbs lemon juice 2 tbs soy sauce 1 tbs Dijon mustard Salt and black pepper to taste |
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- 1 In a large bowl, flake tuna with a fork.
- 2 Add celery, carrot, onion and bell pepper.
- 3 In a small bowl, whisk together oil, lemon, soy and mustard.
- 4 Pour over tuna and stir to combine.
- 5 Season with Salt and Pepper.

Servings: 4

Nutrition Facts

Serving size: ¼ of a recipe (8.5 ounces).
 Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
 Nutrition information calculated from recipe ingredients. One of the recipe's ingredients was not linked. This ingredient is not included in the recipe nutrition data.

Amount Per Serving	
Calories	355.32
Calories From Fat (55%)	196.71
	% Daily Value
Total Fat 22.18g	34%
Saturated Fat 3.55g	18%
Cholesterol 54.18mg	18%
Sodium 833.47mg	35%
Potassium 513.04mg	15%
Total Carbohydrates 6.34g	2%
Fiber 1.68g	7%
Sugar 2.98g	
Protein 31.73g	63%

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Spiced Sweet Roasted Pepper Hummus

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|-------------------------------|------------------------|
| 15 ounces chick peas, drained | 1/2 tsp ground cumin |
| 4 ounces roasted red peppers | 1/2 tsp cayenne pepper |
| 3 tbs lemon juice | 1/4 tsp salt |
| 1.5 tbs tahini | 1 tbs parsley, chopped |
| 1 garlic clove, minced | |

- Blend all ingredients except parsley.
- Process using long pulses to ensure you get a smooth texture.
- Transfer to serving bowl and chill at least 1 hour.
- Sprinkle with parsley and serve at room temperature with pita chips.

Servings: 20

Nutrition Facts

Serving size: 1/20 of a recipe (1.1 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	34.38
Calories From Fat (20%)	6.86
	% Daily Value
Total Fat 0.82g	1%
Saturated Fat 0.11g	<1%
Cholesterol 0mg	0%
Sodium 93.85mg	4%
Potassium 57.13mg	2%
Total Carbohydrates 5.73g	2%
Fiber 1.2g	5%
Sugar 0.07g	
Protein 1.34g	3%

Tips

Can be made up to 3 days ahead of time.

Baked Apples

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| 4 granny smith apples, cored | 1 tsp cinnamon |
| 12 ounces diet raspberry or cream soda | |

- Scoop out core of apples, leaving a base at the bottom and place in baking dish.
- Pour soda over top and into the well of apple.
- Sprinkle with cinnamon
- Bake at 350 for 20 minutes, basting with soda drippings half way through cook time.

Servings: 4

Oven Temperature: 350°F

Cooking Times

Cooking Time: 20 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (4.9 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients. One of the recipe's ingredients was not linked. This ingredient is not included in the recipe nutrition data.

Amount Per Serving	
Calories	73.37
Calories From Fat (3%)	2.03
	% Daily Value
Total Fat 0.24g	<1%
Saturated Fat 0.04g	<1%
Cholesterol 0mg	0%
Sodium 1.45mg	<1%
Potassium 150.46mg	4%
Total Carbohydrates 19.58g	7%
Fiber 3.66g	15%
Sugar 14.35g	
Protein 0.38g	<1%

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