

An Autumn Celebration Menu

- *Moroccan Chicken*
- *Middle Eastern-Style Chickpeas and Barley*
- *Lemon-Sautéed Mustard Greens and Chard*
- *Honey-Glazed Carrots with Cumin and Coriander Seed*

Nutrition Facts	
Servings: 1 meal	
Amount Per Serving	
Calories 491	
Total Fat 17 g	
Saturated Fat 2 g	
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 109 mg	
Sodium 350 mg	
Potassium 1276 mg	
Total Carbohydrate 47 g	
Dietary Fiber 11 g	
Sugars 17 g	
Added Sugars 9 g	
Protein 42 g	
Vitamin A	279%
Vitamin C	58%
Calcium	10%
Iron	20%

Moroccan Chicken

Makes 4 servings

Ingredients

1 tablespoon paprika
¼ teaspoon ground cumin
¼ teaspoon ground ginger
¼ teaspoon turmeric
¼ teaspoon cinnamon
⅛ teaspoon pepper
4 boneless, skinless chicken breasts, trimmed and split lengthwise
2 teaspoons extra-virgin olive oil
1 cup tomato, diced ¼-inch
¼ cup chopped onion
1 clove (about ½ teaspoon) garlic, minced or pressed
¼ cup water
¼ cup tomato sauce

Preparation

In a small bowl, mix paprika, cumin, ginger, turmeric, cinnamon, and pepper. Place the chicken on a plate or pie dish and coat with the spice mixture. Cover and refrigerate chicken at least 1 hour or up to overnight.

In a medium skillet, heat oil over medium-high heat. Add chicken and cook for 5 minutes, until browned. Reduce heat to medium-low. Stir in diced tomato, onion, garlic, water, and tomato sauce. Cover and cook 8 minutes, turn chicken, and cook 5 to 8 minutes more or until chicken is cooked through.

Nutrition information (per serving): 225 calories, 7 grams total fat (1 gram saturated fat, 3 grams monounsaturated fat, 1 gram polyunsaturated fat, 0 grams trans fat), 109 mg cholesterol, 153 mg sodium, 612 mg potassium, 6 grams total carbohydrate, 2 grams fiber, 1 gram sugar (0 grams added sugar), 35 grams protein

Middle Eastern-Style Chickpeas and Barley

Makes 4 main dish or 6 side dish servings

Ingredients

1 tablespoon canola oil
½ cup minced yellow onion
1 stalk celery, diced ¼-inch
½ carrot, peeled and diced ¼-inch
2 cloves garlic, minced
¼ teaspoon ground cumin
¼ teaspoon ground coriander
⅛ teaspoon cinnamon
⅛ teaspoon ground cardamom
¼ teaspoon salt
½ cup barley
½ cup dried chickpeas, soaked in water overnight and drained

Preparation

Heat the oil in a large pot over medium heat. Add onion and sauté for about 5 minutes. Add celery, carrot, and garlic and sauté, stirring, for about 2 minutes. Add cumin, coriander, cinnamon, cardamom, and salt, and continue to cook until fragrant, 1 to 2 minutes. Add the barley and stir for another 1 to 2 minutes. Add the chickpeas plus enough water to cover. Bring to a boil, reduce heat to low, and simmer for about two hours, until the barley and chickpeas are tender but not mushy.

Nutrition information (per side dish serving): 146 calories, 4 grams total fat (0 grams saturated fat, 2 grams monounsaturated fat, 1 gram polyunsaturated fat, 0 grams trans fat), 0 mg cholesterol, 110 mg sodium, 277 mg potassium, 24 grams total carbohydrate, 6 grams fiber, 3 grams sugar (0 grams added sugar), 5 grams protein

Lemon-Sautéed Mustard Greens and Chard

Makes 4 servings

Ingredients

2 teaspoons olive oil

2 cups chard, stems separated and chopped, leaves coarsely chopped

2 cups mustard greens, coarsely chopped

Juice of ½ lemon

Preparation

In a saucepan or skillet, heat oil over medium-high heat. Add the chard stems and cook for 1 to 2 minutes. Add mustard greens and chard leaves, leaving enough room to stir. If all the greens won't fit in the pan, let some wilt down and continue to add until all leaves are wilted. Remove from heat and drizzle with lemon juice.

Nutrition information (per serving): 32 calories, 2 grams total fat (0 grams saturated fat, 2 grams monounsaturated fat, 0 grams polyunsaturated fat, 0 grams trans fat), 0 mg cholesterol, 44 mg sodium, 182 mg potassium, 2 grams total carbohydrate, 1 gram fiber, 1 gram sugar (0 grams added sugar), 1 gram protein

Honey-Glazed Carrots with Cumin and Coriander Seed

Makes 4 servings

Ingredients

¼ teaspoon cumin seeds
¼ teaspoon coriander seeds
12 small carrots or 4 medium carrots, peeled
1 cup cold water
1 tablespoon extra-virgin olive oil
2 tablespoons honey
½ teaspoon minced fresh chives

Preparation

Dry toast the cumin seeds and coriander seeds in a small skillet over medium-high heat, moving the spices constantly until fragrant, about 2 to 3 minutes. Do not let brown or burn. Set aside.

Place the carrots in a pan with the water and cover with a tight-fitting lid. Simmer the carrots over medium heat until just tender but not fully cooked, about 4 to 5 minutes.

Pour off all except ¼ cup of the water. Increase the heat to medium-high, and add the olive oil and honey. Cook until the carrots are tender and the liquid is reduced to syrup. Remove the carrots from the pan, if necessary, to reduce the liquid to a syrupy glaze without overcooking the carrots. Remove from heat, and sprinkle carrots with the toasted seeds and chives just prior to serving.

Nutrition information (per serving): 88 calories, 4 grams total fat (0.5 grams saturated fat, 3 grams monounsaturated fat, 0 grams polyunsaturated fat, 0 grams trans fat), 0 mg cholesterol, 43 mg sodium, 205 mg potassium, 15 grams total carbohydrate, 2 grams fiber, 12 grams sugar (9 grams added sugar), 1 gram protein