

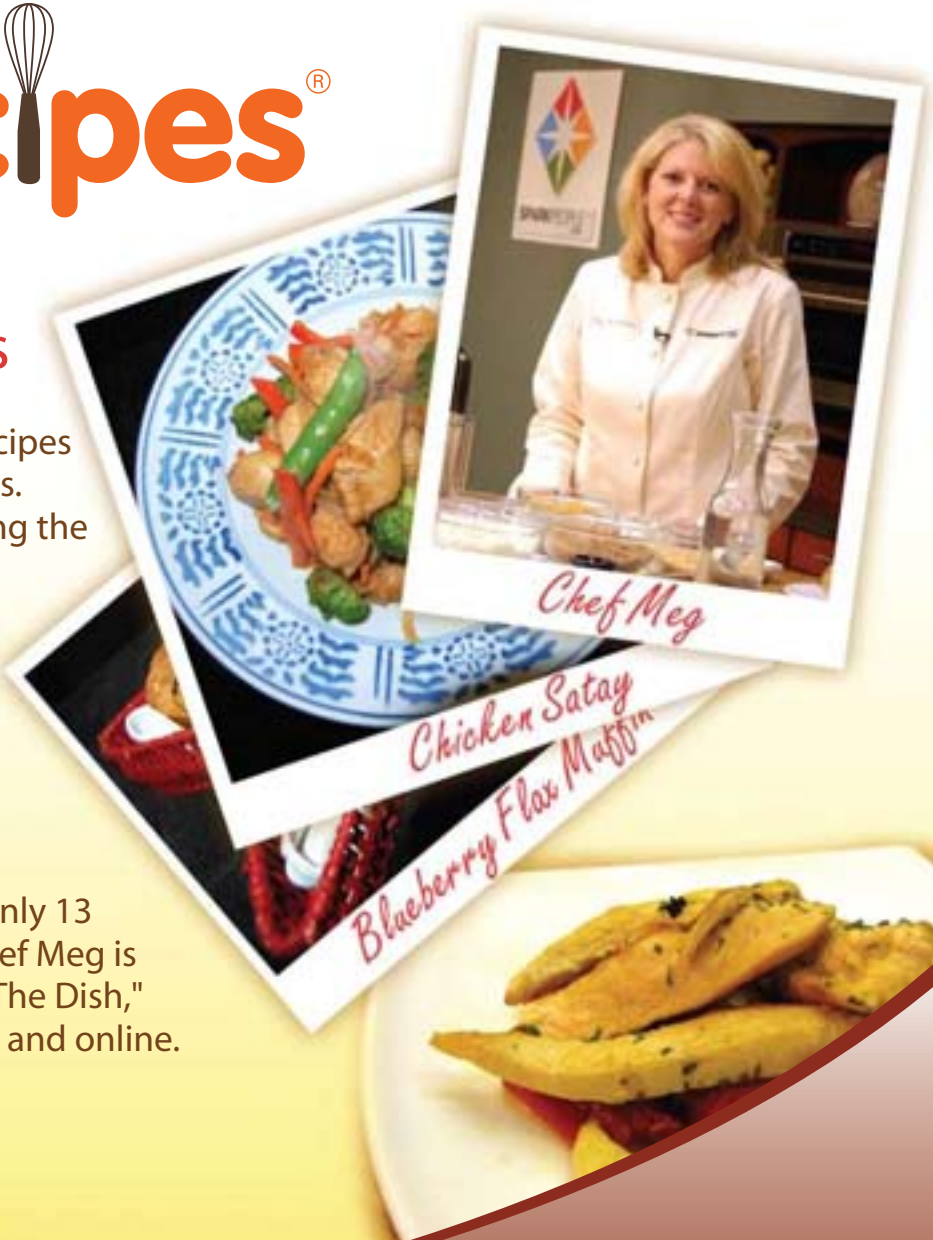
SparkRecipes®

Chef Meg's Recipes and Makeovers

Chef Meg Galvin is working with SparkRecipes to make over some of your favorite recipes. She's ditching the fat and calories, boosting the nutrition and keeping all the flavor.

She's developing healthy recipes, testing some of our best member-submitted dishes and teaching the fundamentals of cooking through informative and entertaining videos and articles.

A World Master Chef since 2005 - one of only 13 women in the world to hold that title - Chef Meg is the host of the regional television show "The Dish," which is aired on a Cincinnati CBS affiliate and online.



We've gathered 20 of her newest recipes in this convenient, downloadable and printable cookbook.

It's divided into two sections: her original recipes and her makeovers.

For complete nutrition info, click on each recipe title, which will take you to SparkRecipes.com.

Bon appétit!





Baked Chicken with Garlic and Sun Dried Tomatoes

Ingredients

1 lb chicken breasts, boneless, cut into 4 oz portions
 1 oz vegetable or olive oil
 20 whole garlic cloves, peeled
 1 medium yellow or white onion, cut in half root to tip then sliced thin

1/2 c sun dried tomatoes, chopped, (not packed in oil)
 1/4 cup white wine
 1/2-3/4 cup chicken stock
 1 teaspoon dried oregano
 white pepper to taste

Directions

Preheat oven to 325 degrees.

Rinse the chicken under cold running water and pat dry. Crush two of the 20 garlic cloves. Place an ovenproof skillet over moderate heat. Once warm add oil. Once oil is hot add crushed garlic to pan then place chicken in the pan on top of the garlic. Toss in remaining garlic cloves. Cook chicken for about 8 minutes or until it will release itself easily from the pan then flip to cook the other side. Continue to cook for 4 minutes. Remove the chicken from the skillet. Set aside.

Place onions and tomatoes over the caramelized garlic. Allow the onions and tomatoes to sweat in the pan for 3-4 minutes. Reduce heat and add wine. With a spoon stir the pan to remove the browned bits from the bottom of the pan. This deglazing technique will remove the flavor stuck to the bottom of the pan and release it to the vegetables. Add chicken back to the skillet. Add stock just until the liquid level reaches halfway up the sides of the chicken. Add oregano and pepper to taste. Cover with tight fitting lid and place in oven. Bake 30 minutes.

Number of Servings: 4 Calories: 256.5 Total Fat: 8.9 g

Chicken and Vegetable Satay

Ingredients

Marinade:

1 T coconut milk
 1 T brown sugar
 2 T soy sauce, low-sodium
 2 cloves garlic, chopped
 1 t cumin
 1 lemon, juiced

Sauce:

1/4 c natural, no salt-added peanut butter
 1 lemon, juiced
 1/4 teaspoon red pepper flakes
 1 T hot curry paste
 (use mild if you don't like much heat)
 3 T soy sauce, low-sodium
 1 T light coconut milk
 1/2-3/4 c water

Vegetables and Chicken:

16 oz chicken breast, boneless and skinless, diced into 3/4 inch cubes
 1 T peanut oil
 2 c carrots, shredded
 1 onion, sliced
 1 c mushrooms, sliced
 1 c broccoli florets
 1 c sugar snap peas
 1 red pepper, sliced



Directions

Prepare marinade by placing all ingredients in a glass dish. Toss diced chicken into the dish and coat in the marinade. Refrigerate for at least 30 minutes or overnight. Prepare the sauce by combining all ingredients into a small saucepan. Start with 1/2 cup of warm water and add more if mixture seems thick. Place on the stove over low heat to warm. Remove the chicken from the refrigerator and stir fry in 1 tablespoon of peanut oil in a wok or flat bottomed pan. Stir fry over high heat until meat is completely cooked, remove from pan and reserve. While wok or flat bottomed pan is still hot, add onions and carrots. Stir fry for 2-3 minutes. Add mushrooms, broccoli, snap peas, pepper. Continue to stir fry for 3-4 minutes. Add chicken back into the wok along with the sauce. Heat mixture for 1 - 2 minutes or until the chicken is hot. Makes 6 two cup servings.

Number of Servings: 6 Calories: 237.6 Total Fat: 10.9 g



Island Chicken with Pineapple Salsa

Ingredients

16 ounces boneless, skinless chicken

Marinade:

1 can (8 ounces) unsweetened crushed pineapple, juice only, (reserve fruit for salsa)
 1 T low-sodium soy sauce
 1 T honey
 2 cloves garlic, minced
 1/4 t red pepper flakes

Salsa:

Pineapple from strained can
 3/4 c brown sugar
 1 mango, peeled and diced
 2 kiwis, peeled and diced
 1/4 c red onion, diced fine
 1 lime, juiced
 1 T cilantro, chopped
 1 T jalapeno pepper, diced fine (optional)

Directions

Open pineapple and strain to separate juice from fruit. Place juice in a baking dish. Add soy sauce, honey, garlic and red pepper to the dish and stir. Slice chicken breasts into 4 4-ounce strips. If thick, pound out to flatten with a meat mallet or rolling pin. Place chicken in the marinade and refrigerate for 2 hours or overnight. Prepare salsa by combining all ingredients. Preheat grill to medium heat or turn on broiler and place rack in the middle of the oven, about 6" away from the heat source. Grill or broil chicken for 4-5 minutes per side or until the meat is no longer pink. Serve with fruit salsa.

Makes 4 servings, 3 ounces cooked meat and 1/2 cup of salsa

Number of Servings: 4 Calories: 252.2 Total Fat: 1.8 g

Linguine with Spicy Shrimp Sauce

Ingredients

3 T olive oil
 4 garlic cloves
 1/2 t red pepper flakes
 2 T sun dried tomato paste*
 15 oz Italian-style canned tomatoes
 1 t salt

black pepper to taste
 1/4 c parsley, chopped
 1 oz white wine**
 1 T butter (room temperature)
 12 oz bite-size shrimp, peeled and deveined, heads and tails removed
 8 oz whole-grain linguine

* Found in the international aisle. You can also substitute tomato paste.

** You can substitute low-sodium chicken broth.

Directions

Smash the garlic cloves with the back of a knife on a cutting board. Heat a medium size sauté pan over medium heat. Add olive oil and heat for 1 minute. Add garlic and red pepper flakes. Heat the mixture just until the garlic starts to sizzle. Meanwhile cook pasta in boiling salted water according to package directions. Add sun dried tomato paste to garlic oil mixture. Stir to combine. Add chopped tomatoes. Cook over low heat for 15 minutes, stirring occasionally. Add wine and cook for 1 minute. Add shrimp; cook just until shrimp turns pink. Remove pan from heat and add butter. Swirl or stir pan to melt butter in sauce. Drain pasta and place in warmed serving dishes. Top with shrimp mixture.



Serves 4 (1/2 c cooked pasta, 3 oz shrimp and 1/2 c sauce).

Number of Servings: 4 Calories: 393.5 Total Fat: 13.8 g



Mama's Red Beans and Rice

Ingredients

2 T canola oil	1/2 t red pepper flakes
1 large onion, diced	1 T oregano, dried flakes
1 yellow or red pepper, diced	1 t thyme, fresh or pinch dried
2 cloves garlic, minced	1 bay leaf, whole
1 bunch green onions, sliced, green part reserved for garnish	1 pinch salt
1 lb. turkey smoked sausage	1 t black pepper
3 (15 oz) cans of kidney beans	1 c brown rice
1 (14.5 oz) can diced tomatoes with basil and garlic	1 c water

Directions

Slice sausage in half lengthwise and then into half again. Cut crosswise to dice. Heat oil in a large dutch oven or heavy saucepan. Once hot, add onions, diced pepper, garlic, and white parts of green onion. Cook until tender. Add sausage. Cook just until browned. Add spices, beans, and tomatoes. Stir to combine. Add rice, stir to combine and cook for 1 minute to coat the rice. Add water. Bring to a boil and immediately reduce to a simmer. Cover and continue to cook for 25 minutes or until rice is tender. Remove bay leaf before serving and finish with hot sauce and sliced green onions. Makes 12 hearty one-cup servings.

Vegetarian smoked sausage (found in the refrigerated health food section of most supermarkets) makes a great substitute for the turkey sausage.

Number of Servings: 12 Calories: 212.1 Total Fat: 6.3 g

Mediterranean Chicken with Orzo

Ingredients

16 oz chicken breast, boneless and skinless	2 tomatoes, plum, deseeded and chopped
2 garlic cloves, chopped	1 bell pepper, red or orange
18 oz chicken stock or broth, low sodium	1 c orzo
1 1/2 t Italian seasoning	1 T parsley, chopped
2 zucchini, quartered, sliced in half and chopped	1 T capers, drained and rinsed

Directions

Recipe makes four 3-ounce servings of chicken with one heaping cup of vegetables and orzo.

Place washed chicken in a plastic bag or on a cutting board. Pound out with a meat mallet, rolling pin, or flat side of pan to even the flesh to 3/4 inch of thickness. Spray a 10-inch skillet with cooking spray; heat over medium high heat. Add chicken; saute for 5-7 minutes or until meat is browned on both sides. Add garlic, seasonings, and broth to skillet. Bring to a simmer. Add orzo and cover with a tight fitting lid. Simmer for 6 minutes. Stir in vegetables and continue to simmer for an additional 2 minutes. Toss in drained capers and chopped parsley.

Number of Servings: 4 Calories: 325.1 Total Fat: 2.4 g





Tex Mex Calzones

Ingredients

1 pound ground turkey, extra lean	1/2 c red bell pepper, chopped fine	1 c Mexican blend cheese, shredded
1/2 c onion, chopped fine	3/4 c salsa verde, fire roasted	1 egg white, beaten
2 garlic cloves, minced	1 (11 oz) can pizza dough, refrigerated,	1 1/2 t dark chili powder
3/4 t ground cumin	thin crust (use whole wheat if you can find it)	

Directions

Preheat oven to 425 degrees. Adjust oven rack to upper third of the oven. Heat a large skillet over medium high heat. Add ground turkey and cook 5 minutes, stirring to crumble. Add onion and garlic; continue to cook for an additional 4-5 minutes or until onions are translucent. Add spices and cook for 1 minute to bring out the flavors in the spices. Add chopped pepper; continue to cook 1 minute. Remove mixture from heat and stir in salsa. Unroll dough and divide into 4 equal portions. Working with one rectangle at a time place, 1/2 cup of turkey mixture on half of the dough then top with 2 tablespoons of cheese. Using a pastry brush or fingers, brush the egg mixture on the border of the dough. Fold dough over turkey mixture and press with a fork to seal. If you prefer a crisp crust, brush some additional egg wash over the top of the calzone. Bake 10-12 minutes or until golden brown.

Lower Carb Suggestion: Individual Serving Place 1/2 cup of turkey mixture into an oven safe ramekin dish. Top with cheese and a quarter size portion of the dough. Bake 10 minutes.

Number of Servings: 4 Calories: 413.7 Total Fat: 14.1 g

Spinach and Tomato Pasta Salad

Ingredients

8 oz small pasta, such as ditalini or orzo	2 T capers, drained
8 oz feta cheese, crumbled	1/4 t black pepper
16 oz grape tomatoes	2 T Parmesan or Manchego cheese, shredded
4 c baby spinach	

Directions

Cook pasta according to package directions until it is al dente (firm to bite). While the pasta is cooking, place spinach, feta, and capers in a large bowl. Before draining pasta, add 1/4 cup of the pasta cooking liquid to the mixture; toss to combine. Place the tomatoes in the bottom of a colander. Once pasta is cooked, drain it over the tomatoes for a quick blanch. Toss tomatoes and pasta with the spinach mixture. Season with black pepper and garnish with shredded cheese.

Makes six-2 cup servings.

Number of Servings: 6 Calories: 267.1 Total Fat: 8.9 g

Taco Soup

Ingredients

16 oz lean ground beef	14 oz diced tomatoes with green chilies	4 oz green chilies, chopped
1/2 C yellow onion, chopped	14 oz kidney beans, dark, drained	1/2 C garbanzo beans, smashed
1 recipe taco seasoning	1 C water	
14 oz tomato sauce	1 C corn, frozen	

Directions

Brown ground beef and chopped onion over medium heat in a saucepan, stirring occasionally. Drain mixture and blot away excess grease. Add spices cook for 1 minute. Add tomato paste and cook additional minute while stirring. Add diced tomatoes, kidney beans, and water. Simmer for 10 minutes. Add corn, green chilies, and mashed garbanzo beans, simmer an additional 5 minutes. Garnish with chopped cilantro, chips, cheese, or sour cream.

(Calories not included.)

Number of Servings: 6 Calories: 342.1 Total Fat: 16.8 g





Chef Meg's Baby Spinach Salad with Strawberries and Toasted Almonds

Ingredients

1/3 c almonds, slivered	1 t Dijon mustard
3 c baby spinach	1 t honey
3/4 c strawberries, quartered	3 T extra virgin olive oil
1 T balsamic vinegar	Salt and pepper to taste

Directions

Place the almonds in a dry skillet or saute pan. Cook over low heat, shaking the pan the entire time until the almonds are toasting. Almonds are done when you start to smell a "nutty" scent. Remove almonds from the pan to cool.

(Do not cool in the skillet because they will burn from the heat that remains in the pan.) Wash and dry the spinach.

Prepare the dressing by placing the vinegar, mustard, and honey in a mixing bowl. Slowly whisk in the oil until all is incorporated. Place spinach in a large bowl. Add strawberries, almonds, and dressing. Toss to coat. If desired, season with a pinch of salt and pepper.

Number of Servings: 4 Calories: 162.5 Total Fat: 15.2 g

Chef Meg's Baked Potato Soup

Ingredients

7 large baked potatoes	2 c chicken stock, low sodium
3 T butter, unsalted	4 c skim or 1% milk
1 1/2 c onion, diced fine	1/4 t white pepper
3 cloves garlic, minced	2 bacon strips, cooked and crumbled
1/2 c celery, diced fine	3 T Scallions, chopped
3 T flour	1 c cheddar cheese, shredded

Directions

Remove skin from the baked potatoes and chop into 1-inch cubes. In a large saucepan, heat butter over medium until melted and frothy. Add onions and cook for 2 minutes. Add celery and garlic to the saucepan and continue to "sweat" the vegetables for 3 minutes. Lower the heat slightly so the vegetables do not brown. Add flour to the pan and stir with a wooden spoon and cook for 2 minutes; make sure to scrape the spoon against the bottom and edges of the saucepan to pick up any of the mixture that might of settled on the bottom of the pan. Slowly whisk in the stock until all is incorporated. Add diced potatoes to the mixture. Slowly add the milk. Once the milk is added do not boil the mixture and stir occasionally. Cook soup over medium to low heat for about 20 minutes. While soup is cooking, cook the bacon until crisp in a skillet. Remove bacon from pan and blot excess fat with a paper towel. Crumble bacon and set aside for garnish. If you prefer a smooth soup, puree the mixture using a food processor, blender or immersion blender. Serve in warm bowls with a garnish of chopped scallion, a pinch of bacon, and 3/4 tablespoon of cheese.

Recipe makes 15 one cup servings

Number of Servings: 15 Calories: 259.3 Total Fat: 8.6 g





Chef Meg's Blueberry Flax Seed Muffins

Ingredients

1 T flax seeds	1 t baking powder
1 c blueberries	1/2 t baking soda
1 c quick oats	1/4 t cinnamon
1 c lowfat buttermilk	1 t salt
1 c whole wheat flour	1 whole egg
1/4 c unsweetened applesauce	3/4 c brown sugar

Directions

Preheat oven to 375 degrees. Spray muffin pans with nonstick spray or line with paper liners. Use a clean coffee grinder to roughly grind the flax seeds, trying not to process them into a mealy texture. (You can use pre-ground flax if that's what you have on hand.) Wash and dry the blueberries. In a small bowl, combine the oats and buttermilk, and let stand at room temperature for five minutes. In a medium bowl, combine the flour, baking powder, baking soda, cinnamon, and salt; mix with a fork to blend and set aside. In a large bowl and using a hand mixer, beat the egg, applesauce, brown sugar at medium speed for 3 minutes. Blend in the oat-buttermilk mixture. Stir in the flour mixture only to combine, try not to overwork the mixture. Fold in the blueberries. Fill muffin cups 3/4 full and top with a sprinkle of flax seed. Bake 15 minutes or until a toothpick inserted into the center comes out clean.

Number of Servings: 14 Calories: 119.2 Total Fat: 1.4 g

Chef Meg's Chicken Enchilada Stacker

Ingredients

24 oz chicken breast, boneless and skinless	2 T chunky style salsa, hot (or mild if you prefer less heat)
3 multigrain tortillas or whole-wheat wraps (8")	1/2 c yellow onions, diced fine
1 red bell pepper, roasted and diced	1 c corn, frozen
1 can (15 oz) black beans, drained and rinsed	1 T cumin seed, ground
1 T cilantro, fresh	1 t fennel seed
1 1/2 c enchilada sauce	8 oz Monterey Jack cheese, shredded

Directions

Preheat oven to 375 degrees F. Line 9 inch cheesecake pan with foil. Place chicken into a saucepan. Cover chicken with warm water. Bring liquid to a simmer and gently poach chicken at 180 degrees until chicken reaches 165 degrees. Remove the chicken from the liquid, let cool slightly, and dice. Roast pepper by placing in a 400 degree oven or on the top of a grill. Char the entire pepper. Remove from heat and place in a paper bag to steam for 5 minutes. While pepper is steaming, place beans and cilantro in a food processor and pulse three times (or mash with a potato masher). Combine enchilada sauce and salsa in a mixing bowl. Heat a small saute pan to moderate heat. Spray with pan spray. Add corn, onion, and spices. Cook until corn starts to brown. Remove black skin from the pepper by placing under running water. Dice the pepper. Spray springform pan with pan spray. Line the bottom of the pan with one wrap. Layer with chicken, then diced peppers, black bean mixture, corn mixture, 1/3 of salsa mixture and lastly 1/3 of the cheese. Repeat again and use remaining ingredients except for last 1/3 of cheese and last tortilla. Finally, layer on the last wrap, sauce and cheese. Cover with foil and bake 30 minutes. Remove foil and continue to bake for 15 additional minutes. Allow to stand for 5 minutes before serving.



Number of Servings: 10 Calories: 281.3 Total Fat: 9.5 g



Chef Meg's Grilled Perch with Citrus Salsa, Cilantro Sauce and Salsa Verde

Ingredients

Cilantro Oil:

1 c cilantro leaves
2T olive oil
1 jalapeno chili, de-seeded
1/4 c water

Citrus Salsa:

1 pink grapefruit
1 orange
2 limes
pinch salt
1 t cilantro, chopped

1/4 c salsa verde

1 lb. lean white fish, catfish, or perch
pinch salt
pinch white pepper

Directions

Preheat grill. Prepare cilantro sauce by placing the cilantro in a small food processor or blender. Add jalapeno and oil. Puree. Remove from blender and whisk in water. Set aside.

Segment the fruit over a bowl by taking off the rind and pith (white part) with a knife. Once all the white pith is removed make V shape strokes with a small knife in between each membrane to remove the fruit. Squeeze membrane segments to release any leftover juice. Place the fruit in a small sauce pan and warm. Once warm, toss in reserved teaspoon of chopped cilantro.

Brush grill to clean grates. Season fish with salt and white pepper. Place on grill and cook for 2-3 minutes. Turn and continue to grill for 2 minutes or until fish flakes and becomes firm. Place a serving of fruit salsa onto a plate. Top with 3 ounces of fish. Garnish with cilantro sauce and salsa verde.

Number of Servings: 4 Calories: 240.6 Total Fat: 8.4 g

Chef Meg's Herbed Bulgur and Lentil Salad

Ingredients

1 c dry lentils, preferably French or yellow
2 c water
1 c dry bulgur
1 c boiling water
1/4 c olive oil
1/4 c lemon juice
2 cloves garlic, crushed
1 t salt
2 T mint, chopped
2-3T dill, chopped
fresh black pepper, to taste
1/4 c parsley, chopped
1/3 c red onion, finely minced
1 bell pepper, diced
1 stalk celery, finely chopped

Optional additions

(calories not included in total but are noted below):
1/2 c crumbled feta cheese
(add 25 calories, 2 g fat per appetizer-size serving)
1/2 c nicoise or other black olives
(add 10 calories, 1 g fat)
1 tomato, diced
1/2 c walnuts, toasted and chopped
(add 50 calories, 5 g fat)

Directions

Wash lentils. Place in a medium-sized saucepan, cover with water, and bring just to the boiling point. Turn the heat down, partially cover, and allow to simmer without stirring for 20 minutes or until tender but not mushy. Drain well, and then transfer to a large bowl.

(Note: If using yellow or pink lentils, adjust cooking time to 15 minutes.)

While the lentils are cooking, place the bulgur in a small bowl. Add boiling water, cover with a plate, and let stand 10 to 15 minutes.

Add everything to the lentils, except tomato chunks, walnuts, and lemon wedges if using. Mix gently but thoroughly. Cover tightly and refrigerate.

Just before serving, top with tomatoes and walnuts. Garnish with lemon wedges.

Number of Servings: 8 Calories: 159.2 Total Fat: 7.1 g





Chef Meg's (Leftover) Chicken Nachos

Ingredients

2 C Chef Meg's Slow Cooker Provencal Chicken and Beans (see next page)
2 oz blue corn chips, about 30 chips
3/4 c tomato salsa
1/2 c monterey jack cheese, shredded

Directions

Preheat oven to 400 degrees. Layer blue chips in an oven proof dish. Top with meat and beans, then the salsa. Top with monterey jack cheese. Place in oven until cheese is bubbly, about 8-10 minutes.

Number of Servings: 4 Calories: 242.7 Total Fat: 9.1 g

Chef Meg's (Leftover) Chicken Tostada

Ingredients

2C Chef Meg's Slow Cooker Provencal Chicken and Beans (see next page)
4 8" corn tostadas (or tortillas)
4 c mixed salad greens
3/4 c tomato salsa
1/2 c monterey jack cheese, shredded

Directions

Preheat oven to broiler setting. Place tortillas on a sheet pan. Place a cup of mixed greens on top of each tostada. Layer on 1/2 cup of the bean mixture then salsa and 1/8 cup (1 ounce) of cheese. Heat under broiler just until the cheese melts.

Number of Servings: 4 Calories: 262.7 Total Fat: 8.6 g



Chef Meg's Taco Seasoning

Ingredients

3 t chili powder
1 t ground cumin
1 t red pepper flakes

Directions

Combine all. Store in closed container.

Number of Servings: 1 Calories: 38.1 Total Fat: 2.1 g





Chef Meg's Roasted Chicken with Herb Oil

Ingredients

1 T rosemary, chopped
1/3 t black pepper
1 t kosher or sea salt
1 T butter, softened

1 T olive oil
1 lemon, cut into quarters
1 3 pound chicken

Directions

Preheat oven to 450 degrees Fahrenheit.

Wash chicken with cold water. Pat dry. Remove wishbone from chicken. Gently lift up chicken skin from the breast and rub oil and butter mixture between the flesh and skin. Season chicken with salt and pepper. Place chicken in roasting pan on a roasting rack or bed of vegetables. Place lemon inside the cavity of the chicken. Tie legs together with cotton string. Roast chicken 20 minutes. Reduce oven temperature to 375 degrees Fahrenheit.

Roast chicken until meat thermometer inserted into thickest part of inner thigh registers 180 -185 degrees Fahrenheit, about 1 hour 15 minutes. Lift chicken and tilt slightly, emptying juices from cavity into pan. Juices should be clear. Transfer chicken to cutting board. Cover chicken with aluminum foil to keep warm and wait 10 minutes before carving.

NOTE: Save about 125 calories and 11 g fat per serving by removing the skin.

Number of Servings: 4 Calories: 401.9 Total Fat: 22.6 g

Chef Meg's Slow Cooker Provencal Chicken and Beans

Ingredients

24 oz boneless, skinless chicken breast
1 yellow bell pepper, diced
1 red bell pepper, diced
1 (16 oz) can cannellini beans, drained and rinsed
1 t dried thyme

1 (14.5 oz) can petite diced tomatoes with basil and oregano or any style of canned tomatoes
1 dash salt
1 dash black pepper
2 t dried basil

Directions

Place all ingredients into a slow cooker, stir and cover with lid; cook on low heat for 7 hours. If you are running late, the mixture will hold for 8 hours, so don't rush.

Makes 6 one cup servings.

Number of Servings: 6 Calories: 212.8 Total Fat: 1.5 g

