

Lemon Zucchini Bread

3 cups flour
1 tsp baking powder
1 tsp ground cinnamon
1/2 tsp of salt (optional)
1/4 tsp baking soda
1/2 cup egg substitute
1/3 cup canola oil
1 tsp lemon rind
2 tsps vanilla extract
1 large egg, lightly beaten
1 1/2 cups sugar (I use 1 cup)
3 cups of shredded zucchini
cooking spray

Preheat oven to 350 degrees. Combine flour, baking powder, cinnamon, salt and baking soda in a med. bowl and set aside. Using a large spoon, combine the egg substitute, canola oil, lemon rind, vanilla and egg in medium to large bowl. Add in sugar to egg mixture until it is combined and smooth. Slowly add flour 1/2 cup at a time to wet mixture til combined. Stir in zucchini until combined.

Divide batter into two 8 X 4 bread pans sprayed with cooking spray. Bake at 350 for 1 hour.



NUTRITIONAL INFORMATION:
CALORIES: 118/slice



Grilled Fish Tacos with Pineapple Salsa

1 pound fresh or frozen sea bass, salmon, or red snapper fillets, about 1 inch thick
2 teaspoons olive oil
6 6-inch corn tortillas
3/4 cup fresh or canned juice-pack chopped pineapple
1/3 cup refrigerated fresh salsa or bottled salsa
1/4 cup chopped green sweet pepper
1 tablespoon snipped fresh cilantro
1 cup baby salad greens
Lime wedges (optional)

Grilling the fish skin-side down until the last minute makes turning it a cinch.

SERVINGS: 6 servings
CARB GRAMS PER SERVING: 15

Nutrition Facts Per Serving:

Servings: 6

Calories 159

Total Fat (g) 4

Saturated Fat (g) 1

Monounsaturated Fat (g) 2

Polyunsaturated Fat (g) 1

Cholesterol (mg) 31

Sodium (mg) 93

Carbohydrate (g) 15

Total Sugar (g) 3

Fiber (g) 2

Protein (g) 16

Vitamin C (DV%) 26

Calcium (DV%) 3

Iron (DV%) 4

Diabetic Exchanges

Starch (d.e.) 1

Lean Meat (d.e.) 2

1. Thaw fish, if frozen; rinse fish and pat dry with paper towels. Brush fish with oil. Wrap tortillas in foil.

2. For a charcoal grill, arrange medium-hot coals around a drip pan. Test for medium heat above the drip pan. Place fish, skin side down, over drip pan. Cover and grill for 15 to 25 minutes or until fish flakes easily when tested with a fork. Using a wide metal spatula, turn fish; grill about 1 minute more or until lightly browned. Add tortilla packet to grill for the last 10 minutes of grilling time, turning packet once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Adjust for indirect grilling. Place fish, skin side down, on grill rack over burner that is off. Cover and grill as above, adding tortilla packet as directed.) Remove fish and tortillas from grill. Cool fish slightly. Remove skin and discard. Break fish into bite-size pieces.

3. Meanwhile, in a small bowl, combine pineapple, salsa, sweet pepper, and cilantro. To serve, divide greens among tortillas. Top with fish and pineapple mixture. If desired, serve with lime wedges. Makes 6 servings.

Courtesy of Helen Long, Nutritionist

Yang's Fitness Center

5 Dundee Park ~ Andover, MA ~ 978.475.2020

www.YangsFitnessCenter.com