

Heart Smart Recipes for Your Health!



BlueCross BlueShield
of Mississippi

It's good to be Blue.

Grilled Flank Steak Soft Tacos with Avocado-Lime Salsa

Ingredients

Steak:

- 1 Tbsp. chili powder
- 2 tsp. grated lime rind
- ½ tsp. salt
- ½ tsp. chipotle chile powder
- ¼ tsp. freshly ground black pepper
- 1 (1-lb.) flank steak, trimmed
- cooking spray

Remaining ingredients:

- 8 (6-in.) corn tortillas
- 2 c. very thinly sliced green cabbage

Directions

1. To prepare steak, combine first five ingredients in a small bowl. Score a diamond pattern on both sides of steak. Rub chili powder mixture evenly over steak. Cover and chill one hour.
2. Prepare grill to medium-high heat.
3. Place steak on a grill rack coated with cooking spray; grill eight minutes on each side or until desired degree of doneness. Remove from heat; let stand 10 minutes. Cut steak diagonally across grain into thin slices.
4. To prepare salsa, combine avocado and next seven ingredients (through pepper sauce) in a medium bowl.
5. Warm tortillas according to package directions. Spoon steak mixture evenly over each of eight tortillas. Top each taco with ¼ c. salsa and ¼ c. cabbage.

Nutritional Information Amount Per Serving

Calories: 353; Fat: 16g; Saturated fat: 4.3g; Monounsaturated fat: 7.6g; Polyunsaturated fat: 1.7g; Protein: 27.9g; Carbohydrate: 27.7g; Fiber: 6.8g; Cholesterol: 40mg; Iron: 2.5mg; Sodium: 593mg; Calcium: 78mg

Source: Cooking Light

Salsa:

- 1 c. diced peeled avocado
- ¾ c. finely chopped tomato
- ½ c. finely chopped Vidalia or other sweet onion
- ¼ c. chopped fresh cilantro
- ½ tsp. grated lime rind
- 2 Tbsp. fresh lime juice
- ¼ tsp. salt
- ¼ tsp. hot pepper sauce (such as Tabasco)

White Bean and Turkey Chili

Ingredients

- 1 Tbsp. canola oil
- 2 c. diced yellow onion (about 2 medium)
- 1½ Tbsp. chili powder
- 1 Tbsp. minced garlic
- 1½ tsp. ground cumin
- 1 tsp. dried oregano
- 3 (15.8-oz.) cans Great Northern beans, rinsed and drained
- 4 c. fat-free, less-sodium chicken broth
- 3 c. chopped cooked turkey
- ½ c. diced seeded plum tomato (about 1)
- ½ c. chopped fresh cilantro
- 2 Tbsp. fresh lime juice
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- 8 lime wedges (optional)

Directions

1. Heat oil in a large Dutch oven over medium-high heat. Add onion; sauté 10 minutes or until tender and golden. Add chili powder, garlic, and cumin; sauté for two minutes. Add oregano and beans; cook for 30 seconds. Add broth; bring to a simmer. Cook 20 minutes.
2. Place 2 c. of bean mixture in a blender or food processor, and process until smooth. Return pureed mixture to pan. Add turkey, and cook five minutes or until thoroughly heated. Remove from heat. Add diced tomato, chopped cilantro, lime juice, salt and pepper, stirring well. Garnish with lime wedges, if desired.

Nutritional Information Amount Per Serving

Calories: 286; Calories from fat: 19%; Fat: 6g; Saturated fat: 1.2g; Monounsaturated fat: 2.1g; Polyunsaturated fat: 1.6g; Protein: 32.4g; Carbohydrate: 24.3g; Fiber: 5.5g; Cholesterol: 85mg; Iron: 4.8mg; Sodium: 435mg; Calcium: 105mg

Source: Cooking Light

Sesame Brown Rice Salad with Shredded Chicken and Peanuts

Ingredients

- 1 c. long-grain brown rice
- 2 c. shredded cooked chicken breast
- ½ c. shredded carrot
- ½ c. sliced green onions
- ¼ c. dry-roasted peanuts, divided
- 1 Tbsp. chopped fresh cilantro, divided
- ½ tsp. salt
- 2 Tbsp. fresh lime juice
- 4 tsp. canola oil
- 1 tsp. dark sesame oil
- 2 garlic cloves, minced

Directions

1. Cook rice according to package directions, omitting salt and fat. Transfer rice to a large bowl; fluff with a fork. Cool. Add chicken, carrot, onions, 2 Tbsp. peanuts, 2 tsp. cilantro, and salt to rice; toss to combine.
2. Combine juice and remaining ingredients in a small bowl. Drizzle oil mixture over rice mixture; toss to combine. Place 1½ c. salad on each of four plates. Sprinkle each serving with 1½ tsp. remaining peanuts and ¼ tsp. remaining cilantro.

Nutritional Information Amount Per Serving

Calories: 393; Calories from fat: 30%; Fat: 13.3g; Saturated fat: 2g; Monounsaturated fat: 6.3g; Polyunsaturated fat: 4g; Protein: 27.8g; Carbohydrate: 40.2g; Fiber: 4g; Cholesterol: 60mg; Iron: 1.7mg; Sodium: 424mg; Calcium: 44mg

Source: Cooking Light