



Raspberry-Mustard Glazed Ham

½ C Raspberry jam, seedless 2 pounds lean cooked ham, smoked
 ¼ tsp coarsely ground black pepper ½ tsp red wine vinegar or apple cider vinegar
 ¼ C Dijon mustard, grainy variety (w/whole mustard seeds)

Preheat oven to 325°F. Line a small baking pan with nonstick aluminum foil or
 Coat with cooking spray.

To make glaze, in a small bowl, stir together jam, mustard, pepper and vinegar
 Until blended; reserve half (about 1/3 cup) to serve with ham.

Score ham with a knife by making several crisscross cuts in top of ham about
 1/8-inch deep each; place ham in prepared pan and brush with some glaze.
 Bake for 1 hour, brushing with glaze every 15 minutes. Thinly slice ham and
 Serve with reserved glaze.

Yields about 3½ ounces ham and 1 tablespoon glaze per serving.



Chicken Teriyaki with Broccoli

Cooking spray 2 medium cloves garlic, minced
 2 Tbsp teriyaki sauce ½ C fat-free chicken broth
 4 med scallions, chopped (both green+white parts)
 4 C fresh broccoli florets, steamed until crisp-tender
 1 pound uncooked boneless, skinless chicken breast, cut into 1" cubes
 2 C cooked brown rice, regular or instant, kept hot

Coat a large nonstick skillet w/cooking spray & set pan over med-high heat.
 When hot, add garlic; cook, stirring, about 1 minute Add chicken & cook until
 golden brown on all sides, stirring often, about 5 minutes.

Add scallions; cook until soft, stirring, abt 2 min. Add broth & teriyaki sauce.
 Simmer until chicken is cooked thru & sauce reduces slightly, about 5 minutes.

Spoon ½ C cooked rice into each of 4 shallow bowls; spoon 1 C chicken mixture
 & ½ C broccoli over each serving. *Makes 4 servings.*



Grilled Salmon with Mustard-Herb Crust

3 Tbsp rosemary, fresh leaves, chopped 3 Tbsp thyme, fresh leaves, stemmed
 1 tsp black pepper, freshly ground 2 sprays cooking spray
 1½ pound Atlantic salmon fillets, w or w/o skin (4 5-oz pieces)
 4 Tbsp Dijon mustard, regular or grainy variety

Prepare the grill for direct, medium-heat cooking.

Mix the rosemary, thyme and pepper in a small bowl. *Makes 4 servings.*

Spray bottom of fish fillets w/nonstick spray (spray piece of fillet where
 skin would have been, usually w/some gray-brown mottling on it).

Spread 1 T mustard, then sprinkle about 1½ T herb mixture on top of each fillet.

Place herb side up on grate directly over heat. Cover grill & cook until fish flakes
 when gently scraped w/fork, appx 12 min. Transfer to plates w/ a wide spatula.

NOTE: Salmon fillets are often sold w/skin on, but you can ask at the meat/fish
 counter to have it removed. Don't overcook them – watch carefully.



Fresh Strawberry Pie

2 lbs strawberries, hulled and sliced (save 3 small berries for garnish)
 ¾ C sugar, granulated ¼ C cornstarch
 1 C fat-free Greek vanilla yogurt 1 tsp lemon zest, finely grated
 ½ C cranberry juice cocktail or cranberry-strawberry juice
 6 oz Ready Crust (25% Less-Fat Graham Cracker Ready Pie Crust)

Combine 3C sliced strawberries, sugar and juice in a medium saucepan.

Mash berries in pan with a potato masher; stir in cornstarch and bring
 mixture to boil over med-hi heat. Reduce heat to med-low and cook,
 stirring often, until very thick, about 1 minute. Remove from heat; let
 cool slightly and cover loosely w/plastic lid from pie crust. Refrig until set,
 at least 4 hours (pie can be frozen for a little while for ease of slicing).

To serve, stir yogurt+lemon zest together in a medium bowl until blended.
 Spread on top of pie, leaving a border around edge for filling to show. Slice
 extra berries to arrange as a pretty garnish on top. *Slice into 10 servings.*



Berry Fruitie Smoothie

1 small banana, cut up and frozen

1/4 cup raspberries

1 cup orange juice

1/3 cup nonfat, sugar free [vanilla yogurt](#)

Combine all ingredients in a blender and blend until smooth.

Pour into two glasses to serve.

Serves: 2 - [Nutrition Information](#) Per Serving:

Calories 139	total fat 1	sat fat 0
Protein 4	fiber 3	sodium (mg) 31
Carbs 31	ww pts 2	

Orange Flip Freeze

1 6-oz. can undiluted frozen orange juice concentrate

1 cup water

1 cup nonfat [milk](#)

1 tsp. vanilla

10 ice cubes

Place all ingredients in a food processor or blender and process until smooth. Pour into glasses to serve.

Serves: 4 - [Nutrition Information](#) Per Serving:

Calories 92	total fat 0	sat fat 0
Protein 3	fiber 0	sodium (mg) 33
Carbs 20	ww pts 2	



