



Top 12 of 12

Recipes for long term weight loss success

By Colleen Fields

Colleen's Kitchen: Recipes for Long Term Weight Loss Success
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Welcome to my Kitchen!

At 38 years old, I tipped the scales at 300+ pounds, and I struggled with diabetes and high blood pressure. This was my reality.



Me in July 2009

How did I get here? A broken, abusive marriage left my self-esteem in tatters and two kids to raise solely on my own. I worked full-time during the day and in the evening shuttled my kids to baseball, dance, gymnastics, swimming, scouts, or whatever activity they had going on. Then it was a quick trip through the local drive-thru, home to do homework and off to bed we went. There was simply no time to think about me and, before I knew it, it showed.

I tried practically every diet out there. I would lose some weight but then as soon as I went off the diet, it came right back. After too many of these cycles, I gave up. I believed there was something genuinely wrong with my body, it was incapable of losing weight and that was the life I was destined for.

Then in the fall of 2009, everything changed. My daughter went off to college and my son began struggling in school and life. As my carefully controlled world fell apart, I realized that to get things back under control, I first had to take control of *my own* life.

Still believing something was wrong with my body, my first stop was my doctor. She referred me to their obesity program, which is a nice way of saying bariatric surgery program. **Spoiler alert: I did not go through with the surgery.**

To begin the program, I had to attend an 8 week long class on healthy weight management, which I started in January 2010. I have to admit that the first two classes were boring, I went and just checked the box on the attendance roster. Then by the third class something clicked. I learned how to set realistic goals, I started seeing the connections between my emotional state and eating habits, I began to understand the pattern of my eating behaviors, I learned the importance of portion sizes and healthy behaviors, and I finally understood that a healthy lifestyle encompasses both food and physical activity, not just one or the other.

By the end of that class, I'd lost 18 pounds. After the class, I kept up my goal setting, food journaling, and physical activity, and I continued meeting with my doctor, nutritionist, and sociologist as required for the program. By the end of August 2010, I had lost 67 pounds and when I was asked to pick a date for my surgery, I decided to forego the surgery and instead continue on the path I was on.

My original, long-term goal that I set for myself in that first class in January 2010 was to reach a size 12 by my 40th birthday in August 2011. I accomplished my goal in July 2011 and I have maintained my weight.

So what worked for me? I will tell you up front, there is no magic bullet, no little pill, no miracle solution that will make you skinny overnight. It is a lot of hard work, both physically and mentally, and it will take weeks, months and maybe even years to reach your goal. Just remember, though, you didn't pack on this weight overnight, and it's simply unrealistic to think you'll lose it overnight.

Not just another term for diet...I propose to you the concept of a healthy lifestyle. This is a shift that you must, and will, make mentally if you truly want to be healthy. To me, a healthy lifestyle means anything in moderation. It means making smarter choices, finding opportunities for activity, creating a balance between work and life, and above all taking control of my body.

I can say this because I have been where you are. I was 300+ pounds, morbidly obese, battling diabetes and high blood pressure, and I wasn't even 40 yet. Like you, I tried all the latest diets without success. It wasn't until I took control of my body and made that shift from a diet to a healthy lifestyle that I was able to change my life. Today, I am half my size, going from a size 26W to a 12. I no longer take any medications, I am not only fit but I have also become a runner, and for the first time since high school I enjoy shopping for clothes.



*Running my first
5k in June 2011*

One of the keys to my weight loss success has been finding creative ways to make calorie friendly meals that are still flavorful and filling. I have always loved to cook, and as I continued on my journey I struggled to find “healthy” cookbooks or cooking shows that didn’t focus on deprivation or flavorless food.

And so I now seek to share my recipes with you in the hopes that my journey might inspire and assist your own. Because if I can do it, anyone can.

5 Key Foundational Cooking Elements in Colleens Kitchen & Essential to Your Success:

- * Portion control
- * Nothing is off limits as long as I’m within my calorie and fat budgets for the day
- * Vegetarian days 1-2 times per week
- * Organic fruits and vegetables whenever possible
- * Whole grain foods

For more information on each of these elements, as well as additional recipes and giveaways, visit me at www.colleens-kitchen.com or like me on Facebook at www.facebook.com/ColleensKitchen1.

Balsamic Glazed Albacore Tuna Steaks



Meaty albacore tuna steaks are glazed and braised with sweet, dense balsamic vinegar then finished off with a rosemary balsamic reduction. Pair this with tender seasonal asparagus, roasted with lemons and a little parmesan cheese for a perfect spring meal. Enjoy!

Ingredients:

- 3 raw albacore tuna steaks - 4 oz. each
- 1/2 tsp fine sea salt
- 1/2 tsp freshly ground black pepper
- 1 tbsp olive oil
- 5 tbsp balsamic vinegar
- 1/4 cup dry red wine
- 2 sprigs rosemary, chopped
- 1 clove garlic, minced
- 1/2 cup clear, salt-free vegetable broth
- 2 tbsp Italian parsley, chopped

Directions:

Preheat oven to 400.

Season each side of the tuna steaks with the salt and pepper. Heat the olive oil in an oven-proof skillet over medium heat. Add the tuna steaks and sear for 1 minute on each side. Drizzle 3 tbsp of the balsamic vinegar over the tuna steaks (1 tbsp per steak). Add the red wine, increase the heat to medium high and bring to a boil then let the wine reduce down by about half.

Add the rosemary, garlic and vegetable broth to the pan. Turn off the stove and move the skillet to the oven. Bake for 10 minutes or until the tuna is cooked through - be careful not to overcook.

Remove from the oven and transfer the tuna steaks to a platter, reserving the liquid in the pan. Heat the pan on medium heat on your stovetop, adding the remaining 2 tbsp of balsamic vinegar. Bring to a boil and reduce down by about half, stirring frequently. Remove from heat.

Serve the tuna steak drizzled with the balsamic reduction from the pan and a sprinkling of the Italian parsley.

Serving Size: Makes 3 servings, 1 steak per person

Nutritional Information: Calories 245.3, Total Fat 11.7g, Cholesterol 0.0mg, Sodium 384.4mg, Total Carbs 4.5g, Dietary Fiber 0.2g, Protein 25.2g

[Click here for a video demonstration of this dish](#)

Baked Coconut Chicken Tenders



These Baked Coconut Chicken Tenders are crispy tender morsels of deliciousness, and dipped in my Honey Wasabi Dipping Sauce they are a little piece of heaven in your mouth. Try them with my Leaner Avocado Wasabi Salad for a perfect partner to the chicken with a marriage of fresh flavors that burst on the palate.

Ingredients:

- 6 boneless, skinless chicken tenderloins pounded to 1/4" thickness and sliced into 4-5 strips each
- 1/4 cup light coconut milk
- 1 egg white, beaten
- 3/4 cup panko bread crumbs
- 3 tbsp unsweetened shredded coconut
- 1/2 cup fresh chopped cilantro

Dipping sauce:

- 1/4 cup honey
- juice of 1 lime
- 1 tsp rice vinegar
- 2 tsp wasabi horseradish

Directions:

Preheat the oven to 425. Spray a baking sheet with nonstick olive oil cooking spray.

Prepare 2 bowls for dredging. Whisk together the coconut milk and egg white in the first dredging bowl and set aside. Mix together the panko bread crumbs, coconut and cilantro in the second dredging bowl and set aside. Take the chicken tenders and dip first in the liquid mixture then in the bread crumb mixture, shaking off excess, then laying in a single layer on the greased baking sheet. Bake for 4 minutes on each side or until golden and crispy and cooked through.

In a small pan, heat all of the dipping sauce ingredients over medium heat, whisking until the ingredients have combined and the wasabi horseradish has just about dissolved. Remove from heat and let cool. Makes approximately 2 tbsp of dipping sauce per person.

Serving Size: Makes 4 servings

Nutritional Information: Calories 207.5, Total Fat 4.4g, Cholesterol 12.5mg, Sodium 214.0mg, Total Carbs 27.2g, Dietary Fiber 0.9g, Protein 16.2g

[Click here for a video demonstration of this dish!](#)

Savory Goat Cheese and Pear Tart



Today I have a delicious and low-fat savory tart for you. By using a phyllo (aka fillo) dough crust, I've leaned out the recipe while keeping it delicious with creamy goat cheese, sweet red anjou pear, caramelized shallots, and fragrant fresh rosemary. Try it with a simple green salad on the side for a quick and tasty meal. Enjoy!

Ingredients

- 2 shallots, peeled and thinly sliced
- 3 sheets whole wheat phyllo (fillo) dough
- 4 oz. plain chevre/goat cheese, crumbled
- 1 medium red d'anjou pear, cored and thinly sliced
- 1 sprig fresh rosemary, finely chopped

Directions

Preheat the oven to 375.

Coat a skillet with non-stick olive oil cooking spray and heat on medium heat. Add the shallots and saute until they are caramelized. Remove from heat.

Spray a large baking sheet with non-stick olive oil cooking spray and lay down 1 sheet of the fillo dough. Spray that sheet with the spray and lay the second sheet on top of it, repeat for the third sheet. Sprinkle the entire surface with the goat cheese crumbles. Arrange the pears over the cheese in a single layer. Sprinkle the caramelized shallots over the pears then finally sprinkle with the rosemary. Fold over the ends of the fillo dough if they are hanging off the baking sheet a bit. Bake for 15-20 minutes until the cheese is melted and the dough is browned. Slice into 6 equal pieces and serve immediately.

Serving Size: Makes 6 servings

Nutritional Information: Calories 112.7, Total Fat 4.4g, Cholesterol 16.7mg, Sodium 124.2mg, Total Carbs 13.5g, Dietary Fiber 1.2g, Protein 4.7g

[Click here for a video demonstration of this dish](#)

Ensalada Rusa



This recipe is my healthy re-creation of a fantastic dish I had in a local restaurant. I've roasted red potatoes and sliced fennel then combined them with peppery arugula, tender green peas, and hearty albacore tuna all topped with a creamy tarragon aioli. It's a delicious and filling entree salad that has become one of my family's favorites. I hope you enjoy it as much as I do

Ingredients

- 1 whole bulb of garlic (about 8-10 cloves total)
- 3 tbsp + 1 tsp olive oil
- 1 pound red potatoes, cubed
- 1 bulb fresh fennel, trimmed - cut the bulb in half across the width then slice each half into thin slices like an onion
- 1 tbsp + 2 tsp tarragon champagne vinegar
- 3/4 cup nonfat, plain Greek yogurt
- 1/2 tsp coarse sea salt
- 1/2 tsp freshly ground black pepper
- 2 tbsp fresh tarragon, chopped
- 4 oz. fresh arugula
- 1 cup frozen petite peas, thawed
- 2 cans (5 oz. each) albacore tuna in water with no salt added, drained

Directions

Preheat oven to 425.

Dressing:

Take the bulb of garlic and slice off the very top to expose the tops of most of the cloves. Put into a garlic roaster or some sort of small, covered baking dish. Drizzle 1 tsp of the olive oil over the top. Cover and roast for 20-25 minutes until the cloves are nice and gooey.

Squeeze each clove of the roasted garlic into a food processor, making sure not to get any of the papery shell of the garlic in there. Add the remaining 2 tsp of the tarragon champagne vinegar and 2 tbsp of olive oil, sea salt, black pepper, chopped fresh tarragon, and greek yogurt. Pulse until the dressing is well combined.

Salad:

Whisk together 1 tbsp of the olive oil and 1 tbsp of the tarragon champagne vinegar. Toss with the potatoes and fennel. Spread into a single layer on a baking sheet coated with a little olive oil cooking spray. Roast in the oven for 30 minutes, tossing about every 10 minutes to ensure the potatoes roast evenly on all sides. Remove from oven and let cool for about 10 minutes before assembling the salad.

In a large salad bowl, combine the arugula, peas, tuna, and roasted potatoes and fennel. Add the dressing and toss to ensure everything is well coated.

Serve immediately.

Serving Size: Makes 4 servings of about 2 cups each

Nutritional Information: Calories 361.0, Total Fat 13.3g, Cholesterol 31.3mg, Sodium 369.2mg, Total Carbs 34.7g, Dietary Fiber 5.5g, Protein 29.0g

[Click here for a video demonstration of this dish](#)

Roasted Harvest Vegetable and Quinoa Bake



Roasted butternut squash and sweet potatoes combine with nutritious quinoa, earthy sage, and creamy gorgonzola cheese for an easy, healthy meal.

Ingredients

- 2 cups homemade, salt free chicken or vegetable broth
- 1 cup white quinoa, rinsed in cold water and drained
- 1/2 lb. butternut squash, peeled, seeded and cubed
- 2 small sweet potatoes, peeled and cubed
- 1 tbsp olive oil
- 1 tbsp chopped fresh sage
- pinch of coarse sea salt
- 2 oz. gorgonzola cheese, crumbled

Directions

Preheat the oven to 450.

Cook the quinoa in the chicken broth according to package directions.

Toss the squash and sweet potatoes with the olive oil, sage and sea salt then roast in the oven for 15 minutes in a single layer in a deep dish pan or cast iron skillet. Remove from the oven and stir in the quinoa and the gorgonzola cheese. Bake for 15 more minutes or until the cheese is melted and bubbly. Let sit for 5 minutes then serve.

Serving Size: Makes 4 Servings

Nutritional Information: Calories 334.9, Total Fat 10.6g, Cholesterol 12.5mg, Sodium 194.8mg, Total Carbs 49.5g, Dietary Fiber 6.4g, Protein 12.3g

[Click here for a video demonstration of this dish](#)

Sausage and Lentil Soup



When the cool, crisp autumn weather comes on, I find myself craving warm, hearty soups. My twist on the classic French sausage and lentil soup, coupled with a slice of warm crusty bread and a simple side salad, is the perfect antidote to a chilly evening. By using a chicken chorizo sausage, I've lowered the fat content and added a bit of spicy heat to the soup. I've also used a red split lentil instead of the French green puy lentils which cook up faster and become so tender that it makes the soup deliciously thick and creamy. Give it a try and see what you think!

Ingredients

- 1 small sweet onion, diced
- 2 medium stalks celery, halved lengthwise and diced
- 2 medium carrots, halved lengthwise and diced
- pinch of coarse sea salt
- 1/2 lb. bulk, raw chicken chorizo sausage
- 6 cups salt free chicken broth
- 1 1/4 cups red split lentils

Directions

Heat a dutch oven or stockpot over medium heat and coat with olive oil nonstick cooking spray. Add the onion, celery, carrots and salt and cook until the onion is transparent. Add the sausage and continue cooking until the sausage is browned and crumbly. Stir in the chicken broth and with the back of a wooden spoon deglaze the pan. Add the lentils and bring the soup to a boil. Reduce heat to low, cover and simmer for 25-30 minutes or until the lentils have become creamy and thickened the soup. Serve topped with a sprinkling of freshly chopped Italian (flat-leaf) parsley.

Serving Size: Makes 4 servings of about 1 1/2 cups each

Nutritional Information: Calories 303.2, Total Fat 8.2g, Cholesterol 37.4mg, Sodium 517.7mg, Total Carbs 32.0g, Dietary Fiber 7.8g, Protein 23.7g

[Click here for a video demonstration of this dish](#)

Chinese Chicken Salad Pitas



This easy make ahead salad is bursting with sweet mandarins, crunchy shredded broccoli and carrots, tangy grilled chicken, and toasted sesame seeds stuffed into a whole grain pita pocket. Try packing it up for a delicious outdoor picnic in the summer sunshine.

Ingredients

- 1 tbsp olive oil
- juice of 1 lime
- 1 tsp dried basil
- 2 cloves garlic, minced
- 1/4 tsp coarse sea salt
- 4 boneless skinless chicken breast tenderloins
- 1 tbsp sesame seeds
- 12 oz. broccoli slaw mix
- 1 can mandarin orange segments, drained and rinsed
- 1 bunch scallions/green onions, diced
- 1/3 cup Newman's Own Low Fat Sesame Ginger Salad Dressing
- 4 whole pieces (8 pockets total) Oroweat Pocket Thins

Directions

Whisk together the olive oil, lime juice, basil, garlic and salt in a medium mixing bowl. Submerge the chicken and make sure it is thoroughly coated. Cook the chicken in an indoor grill pan on medium heat for about 3 minutes per side then remove from heat. Let cool about 5 minutes and dice.

Heat a small skillet over medium heat and add the sesame seeds. Toast until they are just lightly golden in color, remove from heat.

In a large mixing bowl, combine the broccoli slaw mix, mandarin orange segments, scallions, diced chicken and sesame seeds. Pour the salad dressing over all and mix well to coat. Cover and refrigerate 2 hours.

Fill each pita pocket with the chicken salad and serve immediately.

Serving Size: Makes 8 pita pockets, 2 pockets per person

Nutritional Information: Calories 356.8, Total Fat 8.8g, Cholesterol 8.3mg, Sodium 890.4mg, Total Carbs 55.3g, Dietary Fiber 13.2g, Protein 22.4g

[Click here for a video demonstration of this dish](#)

Buffalo Chicken Salad Pitas



Spice up your meal with this tangy, crunchy chicken salad with a subtle hint of creamy, cool blue cheese. Try scooping it into a whole wheat pita pocket for a perfectly portable picnic in the beautiful outdoors. Enjoy!

Ingredients

- 4 cups water
- 3 stalks celery - one whole and 2 diced
- 1/2 onion
- 1 lb. boneless, skinless chicken breasts
- 2 carrots, shredded
- 1/4 cup Frank's Red Hot Buffalo Sauce
- 2 oz. blue cheese crumbles
- 1/2 cup plain, nonfat Greek yogurt
- 1/4 cup light blue cheese dressing
- 4 whole wheat pitas
- 8 leaves lettuce

Directions

Put the water in a pot, add the 1 whole stalk of celery, onion and chicken. Bring to a boil then reduce to a simmer, cover and cook for 20-25 minutes until the chicken is tender.

Remove the chicken from the water and discard the water, celery and onion. Using 2 forks, shred the chicken and put it in a mixing bowl. Combine with the diced celery, carrots, buffalo sauce, blue cheese, Greek yogurt, and blue cheese dressing. Scoop the salad into the pita pockets, top with a leaf of lettuce and serve immediately.

Serving Size: 2 pita pockets (2 pockets = 1 whole pita) filled with 1/2 cup salad each

Nutritional Information: Calories 371.5, Total Fat 7.3g, Cholesterol 76.0mg, Sodium 967.5mg, Total Carbs 36.1g, Dietary Fiber 4.2g, Protein 41.0g

[Click here for a video demonstration of this dish](#)

Creamy Saffron Quinoa with Vegetables



This creamy - yet creamless - vegetarian dish is full of delicious flavor, including exotic saffron, sweet cherry tomatoes, tender zucchini, mild red bell pepper, and crisp cilantro. It's an excellent meatless meal that is high in protein, low in fat and calories, and quick and easy to make. Enjoy!

Ingredients

- 2 cups homemade, salt free vegetable broth
- Pinch of saffron
- 1 cup tricolor quinoa
- 1 tsp olive oil
- 1 medium sweet onion, chopped
- 1 red bell pepper, chopped
- 1 garlic clove, minced
- Pinch of coarse sea salt
- 1 cup cherry tomatoes, halved
- 2 baby zucchini, shredded
- 4 ozs light cream cheese
- 1/3 cup chopped fresh cilantro

Directions

Put the quinoa in a fine mesh strainer and rinse well under cold water for 1 minute.

Bring the vegetable broth to a boil in a medium pot. Add the saffron and quinoa. Stir, reduce to low, cover and simmer for 25-30 minutes or until the broth is absorbed.

Meanwhile, heat the olive oil in a deep skillet over medium heat. Add the onion, bell pepper, garlic and salt. Cook until the onion is transparent and just lightly browned.

Add the cherry tomatoes and zucchini and cook for 3-5 minutes, just until the vegetables have released some of their juices and there's a little liquid in the bottom of the pan. Stir in

the cream cheese, gently smashing it into the pan with the back of wooden spoon until the vegetable mixture is creamy. Stir in the cooked quinoa and cilantro until well combined. Serve immediately.

Serving Size: Makes 4 servings

Nutritional Information: Calories 266.5, Total Fat 8.5g, Cholesterol 15.0mg, Sodium 211.3mg, Total Carbs 39.1g, Dietary Fiber 4.8g, Protein 10.3g

[Click here for a video demonstration of this dish](#)

Chicken Pot Pie



Even those of us watching our waistline crave a little comfort food now and then. This easy chicken pot pie quiets that craving without overindulging your calorie budget. It's chock full of lean chicken and vitamin rich vegetables, and by using a single layer of puff pastry instead of the traditional two pie crusts, it's lower in fat and calories than your usual chicken pot pie. Give it a try and let me know what you think!

Ingredients:

- 1/2 onion, diced
- 2 medium carrots, peeled and chopped
- 1/4 tsp coarse sea salt
- freshly ground black pepper
- 1 large russet potato, peeled and diced
- 6 crimini (brown) mushrooms, sliced
- 6 boneless, skinless chicken breast tenderloins (or 2 boneless, skinless breasts), diced
- 1/4 cup all-purpose flour
- 1 cup skim milk
- 1 cup homemade, salt free chicken broth
- 1 tbsp tarragon champagne vinegar (can substitute white wine vinegar and increase amount of tarragon below)
- 1/2 tsp dried thyme
- 1/2 tsp dried tarragon
- 1 cup frozen petite peas
- 1/4 cup chopped Italian parsley
- 1 sheet puff pastry, defrosted
- 1 egg white, beaten

Directions:

Preheat oven to 400.

Heat a deep skillet on medium heat and coat with nonstick cooking spray. Add the onion and carrot, tossing to coat with the spray. Add the salt and pepper and cook until the onion is transparent. Add the potato and mushrooms and cook just until the mushrooms have released their water and reduced in size. Add the chicken and cook until the outside is slightly brown but still pink in the middle. Stir in the flour, ensuring the vegetables and chicken are thoroughly coated. Stir in the milk and broth and cook - stirring frequently - until the mixture has reduced down and thickened to the consistency of gravy. Remove from heat and mix in the vinegar, thyme, tarragon, peas and parsley. Turn into a deep round baking dish and set aside.

Use a rolling pin to roll out the puff pastry so that it completely covers your baking dish. Stretch the pastry over the top of the dish and trim off any excess around the edges. Pinch the edges to seal. Use the excess pastry you cut off to cut out designs - such as the leaves and berries seen in the picture - and place in the center of the pie. Pierce the top of the pastry with a knife or fork to create vents. Brush the entire top with the egg white. Bake for 25-30 minutes until browned and cooked through.

Serving Size: Makes 8 servings

Nutritional Information: Calories 239.9, Total Fat 7.9g, Cholesterol 6.9mg, Sodium 269.5mg, Total Carbs 29.7g, Dietary Fiber 3.3g, Protein 14.1g

[Click here for a video demonstration of this dish](#)

Spicy Shrimp Tacos



These Spicy Shrimp Tacos are the perfect busy weeknight dinner, taking only about 15 minutes to prepare. For a few extra calories and fat grams, try dicing up a fresh avocado with the mango. Delicious!

Ingredients

- 1/2 lb. raw, medium shrimp - peeled and deveined
- 1 tbsp olive oil
- Juice of 2 limes
- 2 cloves garlic, minced
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- Pinch of coarse sea salt
- 1/3 cup nonfat, plain Greek yogurt
- 1 chipotle pepper in adobo sauce, finely diced
- 1/2 cup shredded red cabbage
- 1/2 mango, peeled and diced
- 1/4 cup chopped fresh cilantro
- 4 white corn tortillas

Directions

Prepare a marinade of olive oil, juice of 1 lime, garlic, cumin, coriander and sea salt. Toss with the shrimp in a resealable plastic bag and set aside.

Wrap the corn tortillas in foil and put in a 400F oven for about 5 minutes. Prepare your sauce/topping of greek yogurt, juice of 1 lime, and chipotle pepper. Prep the cabbage, mango and cilantro -- set each aside. Finally, cook the shrimp in a skillet over medium heat for about 2-3 minutes, until the shrimp are just pink.

To assemble the tacos, take 1 warm corn tortilla, lay a little red cabbage across the middle. Add a little mango, add some shrimp, drizzle the sauce across the top, and garnish with a sprinkling of cilantro. Repeat for the remaining 3 tortillas. Eat and enjoy!

Tip: If you have some calories to spare in your daily budget, try dicing half of a small avocado and mixing it with the mango for a creamy, cool burst of deliciousness.

Serving Size: Makes 4 tacos, 2 per person

Nutritional Information (for 2 tacos): Calories 338.9, Total Fat 7.2g, Cholesterol 150.0mg, Sodium 419.7mg, Total Carbs 39.0g, Dietary Fiber 5.1g, Protein 29.5g

(Note: I halved the nutritional value of the marinade since most of it is left over after cooking.)

[Click here for a video demonstration of this dish](#)

Chili Mint Chicken Skewers



These spicy skewers are offset by a cool burst of mint and pair nicely with my Saffron Rice and Roasted Vegetables. Give them a try for your next barbecue!

Ingredients

- 2 tbsp chopped fresh mint
- 1 clove garlic, minced
- 1 tbsp olive oil
- 2 tbsp zinfandel vinegar
- 1/4 tsp coarse sea salt
- 1 chipotle chili pepper in adobo sauce, minced
- 2 tbsp water
- 1 lb. boneless, skinless chicken breast tenderloins (12 tenderloins)

Directions

Whisk together the mint, garlic, olive oil, vinegar, salt, chili pepper and water. Combine with the chicken in a resealable plastic bag or dish, making sure the chicken is well covered in the marinade. Let marinate at least 20-30 minutes. Arrange the chicken pieces on skewers -- 3 tenderloins per skewer for a total of 4 skewers. On a propane barbecue, grill about 3 minutes on each side or until cooked through. Serve garnished with a little fresh chopped mint (optional).

Serving Size: Makes 4 skewers of 3 tenderloins each

Nutritional Information: Calories 159.9, Total Fat 4.1g, Cholesterol 25.0mg, Sodium 425.3mg, Total Carbs 1.2g, Dietary Fiber 0.0g, Protein 28.2g

[Click here for a video demonstration of this dish](#)

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