

5 Ingredient Fuel

1. Whole-Wheat Penne with Turkey and Asparagus

PREP TIME: 5min
COOK TIME: 15min
SERVES: 4 servings

Ingredients

1 1/2 pounds turkey breast scaloppini cutlets
1/4 cup garlic-flavored olive oil, plus more as needed
1/4 cup white balsamic vinegar, plus more as needed
Coarse salt and freshly ground black pepper
12 ounces whole-wheat, whole-grain penne
1 pound asparagus, cut into 1-inch pieces

Directions

Put the turkey cutlets in a glass bowl and add the garlic-flavored olive oil and vinegar and season with salt and pepper, to taste. Toss to coat, and let stand for 10 minutes.

Preheat a grill pan over medium-high heat. Bring a large pot of water to a boil, over medium heat, and add a generous amount of salt.

Remove the turkey from the marinade, shaking off any excess liquid and transfer to a plate. Drizzle with oil to keep it from sticking and season well with salt and pepper. Grill the cutlets, turning once, until the turkey is cooked through, about 1 1/2 minutes per side. Transfer to a cutting board and chop into bite-sized pieces.

Boil the pasta according to the package instructions. Add the asparagus in the last 2 minutes of cooking time. Carefully remove about 1/2 cup of the cooking water and reserve. Drain the pasta in a colander, add some garlic oil to the bottom of the pot and return the pasta to the pot, off the heat. Add the turkey and any juices released to the cooked pasta and toss to combine.

Season the pasta with salt and pepper, to taste and drizzle with additional olive oil and vinegar, if desired. Add the pasta cooking water, a tablespoon at a time and toss until the pasta is evenly moistened. Transfer to a serving platter or bowl and serve warm, room temperature, or cold right out of the refrigerator.

2. Tart and Crunchy Fresh Tuna Salad

PREP TIME: 5min
COOK TIME: 20min
SERVES: 4 servings

Ingredients

2 large fresh tuna steaks (about 1 1/2 pounds)
2 lemons, thinly sliced, plus 1/2 lemon, zested and juiced, as needed
Kosher salt and freshly ground black pepper
1 cup fat free Greek yogurt
1/2 cup halved red grapes
1/4 cup toasted and chopped walnuts

Directions

Preheat the oven to 350 degrees F.

Put a large sheet of parchment paper on a baking sheet. Arrange the lemon slices on the parchment, slightly overlapping, covering in an area just larger than the size of the tuna steaks. Season the tuna well on both sides with salt and pepper and arrange them directly on the lemon slices. Sprinkle the zest evenly over the tuna. Bring the 2 long sides of parchment together and fold down over the tuna; fold the ends of the parchment and tuck them under the fish like an envelope. Roast in the oven until cooked through, about 18 to 20 minutes; the tuna should flake easily with a fork and is no longer pink in the center.

Open the parchment packet and let the tuna cool until it can be handled, then flake it with a fork. Transfer to a serving bowl along with any cooking juices it has released. Add the yogurt, grapes, and walnuts and stir to combine. Season with salt and pepper and freshly squeezed lemon juice to taste. Serve immediately or refrigerate until ready to eat.

Cook's Note: Serve this healthy salad on butter lettuce leaves, on a slice of toasted seedy whole wheat bread, with fresh cantaloupe slices, or eat straight out of the refrigerator with a fork!

3. Pumpkin Seed Dried Cherry Trail Mix

COOK TIME: 20min
SERVES: About 6 cups

Ingredients

2 cups baby pumpkin seeds (pepitas)
1 cup slivered almonds
3/4 cup raw sunflower seeds
6 tablespoons pure Grade B maple syrup
Coarse salt
1 cup dried cherries or cranberries

Directions

Preheat the oven to 300 degrees F. Line 2 baking sheets with parchment paper or silicone baking mats.

In a large bowl, toss the pumpkin seeds, almonds, and sunflower seeds and the syrup until evenly coated. Spread the nuts and seeds out, in an even single layer, on the lined baking sheets and season with salt to taste. Bake the nuts, stirring several times with spatula or wooden spoon, until just golden, about 20 minutes.

Cool the nuts completely on the pan, then add the cherries and toss to combine. Store cooled trail mix in an airtight container at room temperature.