5 Layer Dip
Serves 12
Ingredients
- 6 (8-inch) flour tortillas
- Cooking spray
- 1/2 teaspoon paprika
- 2 teaspoons fresh lime juice
- 1/2 teaspoon ground cumin
- 1 (16-ounce) can organic refried beans (such as Amy's or Eden Organic)
- 1 cup organic bottled salsa (such as Muir Glen)
- 2/3 cup frozen whole-kernel corn, thawed
- 1/4 cup chopped green onions
- 2 tablespoons chopped black olives
- 3 ounces preshredded 4-cheese Mexican blend cheese (about 3/4 cup)
- 3/4 cup (6 ounces) light sour cream
- 2 tablespoons chopped fresh cilantro

Directions
1. Preheat oven to 350°.
2. Cut each tortilla into 8 wedges, and arrange wedges in single layers on 2 baking sheets. Lightly spray wedges with cooking spray; sprinkle with paprika. Bake at 350° for 15 minutes or until lightly browned and crisp. Cool.
3. Combine juice, cumin, and beans in a medium bowl, stirring until well combined. Spread mixture evenly into an 11 x 7-inch glass or ceramic baking dish coated with cooking spray. Spread salsa evenly over beans. Combine corn, onions, and olives; spoon corn mixture evenly over salsa. Sprinkle cheese over corn mixture. Bake at 350° for 20 minutes or until bubbly. Let stand 10 minutes. Top with sour cream; sprinkle with cilantro. Serve with tortilla chips.

Nutrition Facts per serving: 162 calories, 5.6 g fat (2.4 g saturated fat), 23.2 carbohydrates, 6.8 g protein, 2.8 g fiber

Honey Ginger Chicken Bites
Serves 12
Ingredients
- 2/3 cup honey
- 2 tablespoons minced peeled fresh ginger
- 2 tablespoons fresh lemon juice
- 2 tablespoons cider vinegar
- 2 tablespoons low-sodium soy sauce
- 2 teaspoons dark sesame oil
- 1 teaspoon grated orange rind
- 1 teaspoon Worcestershire sauce
- 4 garlic cloves, minced
- 1 1/4 pounds skinless, boneless chicken thighs, cut into bite-sized pieces (about 16 thighs)
- Cooking spray
- 1 teaspoon salt
1/4 teaspoon black pepper
2 teaspoons cornstarch
2 teaspoons water
2 teaspoons sesame seeds, toasted (optional)

Directions
1. Combine first 9 ingredients in a large zip-top plastic bag; seal and shake well. Add chicken; seal and toss to coat. Refrigerate at least 2 hours or overnight, turning occasionally.
2. Preheat oven to 425°.
3. Remove chicken from bag, reserving marinade. Arrange chicken in a single layer on the rack of a broiler pan coated with cooking spray. Sprinkle chicken with salt and pepper. Bake at 425° for 20 minutes, stirring once.
4. While chicken is cooking, strain marinade through a sieve into a bowl; discard solids. Place marinade in a saucepan; bring to a boil. Cook 3 minutes; skim solids from surface. Combine cornstarch and water in a small bowl; stir with a whisk. Add cornstarch mixture to pan, stirring with a whisk; cook 1 minute. Remove from heat; pour glaze into a large bowl.

Nutrition Facts per serving: 179 calories, 4.4 g fat (1 g saturated fat), 17 carbohydrates, 18.2 g protein, .1g fiber

Parmesan Crusted Zucchini Fries
Serves 4
Ingredients
- 1/3 cup (about 1 1/2 ounces) finely shredded fresh Parmesan cheese
- 1/3 cup panko (Japanese breadcrumbs)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried basil
- 1/8 teaspoon ground red pepper
- 1 large egg, beaten
- 3 small zucchini (1 1/4 pounds)
- Cooking spray
- 1/2 cup tomato-basil pasta sauce

Directions
1. Preheat oven to 450°.
2. Combine first 5 ingredients in a small shallow bowl. Place egg in a separate shallow bowl.
3. Trim ends from zucchini; cut each zucchini in half crosswise. Quarter each zucchini half lengthwise to make 24 zucchini sticks. Dip zucchini in egg; dredge in panko mixture; pressing to coat. Place zucchini on a baking sheet coated with cooking spray. Coat tops of zucchini with cooking spray.
4. Bake at 450° for 20 minutes or until golden brown. Serve immediately with pasta sauce.

Nutrition Facts per serving: 94 calories, 3.9 g fat (1.6 g saturated fat), 9.3 carbohydrates, 6.4 g protein, 1.8g fiber