
MINI ICE CREAM SANDWICHES

What's more fun than an ice cream sandwich? Mini ice cream sandwiches! They are cold, creamy, crunchy morsels you can eat in two bites. A whimsical treat that is great for a party, or when you just feel like you need one.

24 vanilla wafer cookies (1[1/2] inches in diameter)

[1/2] cup light vanilla ice cream or frozen yogurt, softened at room temperature

1 ounce dark or bittersweet chocolate (60% to 70% cocoa solids), finely chopped

Line a shallow storage container with wax paper. Put a small scoop of ice cream (about 2 teaspoons) on a cookie and top with another cookie. Roll the ice cream sandwich in the chopped chocolate so the chocolate adheres to the ice cream. Place in the wax paper-lined container. Repeat with the remaining ingredients until you have 12 ice cream sandwiches.

Cover and place in the freezer to set for at least 30 minutes, or freeze for up to 1 week.

Makes 4 servings

Serving size: 3 ice cream sandwiches

Per Serving:

Calories 220; Total Fat 8 g (Sat Fat 3 g, Mono Fat 0 g, Poly Fat 0 g); Protein 4 g; Carb 35 g; Fiber 1 g; Cholesterol 10 mg; Sodium 170 mg

GARLIC-BASIL SHRIMP

This recipe wins hands down the easy, fast and delicious category. It takes just 6 minutes to cook, you hardly have to chop a thing, and you get a plateful of garlicky shrimp and warm plump tomatoes in a lovely light sauce.

2 tablespoons olive oil
1[1/4] pounds large shrimp (20 to 25 per pound), peeled and deveined
3 cloves garlic, minced
[1/8] teaspoon crushed red pepper flakes, or more to taste
[3/4] cup dry white wine
1[1/2] cups grape tomatoes, halved
[1/4] cup finely chopped fresh basil
Salt and freshly ground black pepper to taste
3 cups cooked orzo pasta (preferably whole-wheat)

Heat the oil in a large heavy skillet over medium-high heat until hot but not smoking, then add the shrimp and cook, turning over once, until just cooked through, about 2 minutes. Transfer with a slotted spoon to a large bowl.

Add the garlic and red pepper flakes to the oil remaining in the skillet and cook until fragrant, about 30 seconds. Add the wine and cook over high heat, stirring occasionally, for 3 minutes. Stir in the tomatoes and basil and season the sauce with salt and pepper. Return the shrimp to the pan and cook just until heated through. Serve with the orzo.

Makes 4 servings

Serving size: 1 cup shrimp mixture and [3/4] cup cooked orzo

Per Serving:

Calories 380; Total Fat 10 g (Sat Fat 1.5 g, Mono Fat 5.5 g, Poly Fat 2 g); Protein 35 g; Carb 35 g; Fiber 4 g; Cholesterol 215 mg; Sodium 490 mg

Excellent source of: Copper, Iron, Magnesium, Manganese, Niacin, Phosphorus, Protein, Selenium, Vitamin B12, Vitamin D, Vitamin K

Good source of: Calcium, Fiber, Potassium, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Zinc

WHEAT BERRY SALAD WITH LEMON-CUMIN GRILLED CHICKEN

This hearty salad is bursting with harvest flavors and chock-full of exciting textures—chewy yet tender wheat berries, sweet-tart dried cherries, crunchy walnuts, and crisp celery. Served over leafy spinach and topped with cumin-scented chicken, this is a power lunch that will fill you up without slowing you down.

- 1 cup hard wheat berries
- [1/2] cup chopped walnuts
- 2 stalks celery, finely chopped
- [1/3] cup finely chopped parsley
- [1/3] cup tart dried cherries, chopped
- 1 small scallion (white and green parts), chopped
- 2 tablespoons olive oil
- 1 tablespoon plus 1 teaspoon fresh lemon juice, plus 4 lemon wedges for serving
- Salt and freshly ground black pepper to taste
- 4 cups lightly packed baby spinach leaves
- 1 recipe Lemon-Cumin Grilled Chicken Breast (recipe follows)

In a medium-size pot, combine the wheat berries and enough water to come 2 inches above the wheat berries. Bring to a boil, then reduce the heat to a simmer. Cook, uncovered, until tender, about 1 hour. Drain and let cool.

Meanwhile, toast the walnuts in a medium-size dry skillet over medium-high heat, stirring occasionally, until fragrant, 2 to 3 minutes.

In a large bowl, combine the wheat berries, toasted walnuts, celery, parsley, dried cherries, scallions, olive oil, and lemon juice. Season with salt and pepper. This salad will keep up to 5 days in an airtight container in the refrigerator.

To serve, place 1 cup of spinach leaves on each plate or in to-go containers. Mound [3/4] cup of the wheat berry salad on top of each serving and top that with slices of the Lemon-Cumin Grilled Chicken. Place a lemon wedge on the side of each serving. Right before eating, squeeze the lemon wedges on top.

Makes 4 servings

Lemon-Cumin Grilled Chicken

A touch of aromatic cumin and a citrus punch take basic grilled chicken to the next level. Pack it in your lunch box on top of the wheat berry salad.

1¼ pounds skinless boneless chicken breasts

1 teaspoon ground cumin

½ teaspoon salt

¼ teaspoon freshly ground black pepper

2 teaspoons olive oil

Cooking spray

2 tablespoons fresh lemon juice

Put the chicken between 2 pieces of plastic wrap and pound it slightly with a mallet or rolling pin so it is an even thickness of about ½ inch.

In a small bowl, combine the cumin, salt, and pepper. Rub the chicken breasts on both sides with olive oil and then rub the spice mixture on both sides.

Spray a grill or nonstick grill pan with cooking spray and heat over medium-high heat. Grill the chicken until grill marks have formed and the chicken is cooked through, 3 to 4 minutes per side. Remove from the heat, let rest for 5 minutes, then slice into ½-inch-thick slices and drizzle with the lemon juice. The chicken will keep for up to 3 days in an airtight container in the refrigerator.

Makes 4 servings

Serving size: about 7 slices chicken

Serving size: ¾ cup wheat berry salad, 1 cup spinach, and 7 slices chicken

Per Serving: Calories 550; Total Fat 23 g; Sat Fat 3 g; Mono Fat 9 g; PolyFat 8.5 g; Protein 39 g; Carb 48 g; Fiber 8 g; Cholesterol 80 mg; Sodium 420 mg

Excellent source of: Fiber, Iron, Manganese, Niacin, Phosphorus, Protein, Selenium, Protein, Vitamin A, Vitamin B, Vitamin C, Vitamin K, Copper, Magnesium, Pantothenic Acid, Potassium