



Shrimp With Serranos

- 1 cup shredded romaine or whole fresh baby spinach leaves
- 1/4 cup jarred roasted red peppers, drained, patted dry and cut into thin strips
- 1 tablespoon crumbled blue cheese
- 1 (8 inch) whole-wheat flour tortilla

◆ Arrange sliced beef, romaine, roasted pepper strips and blue cheese on tortilla; roll up (tortilla will be very full).

Per serving: 390 calories, 19 g total fat, 6 g sat fat, 775 mg sodium, 21 g carbs, 159 mg calcium, 46 mg chol, 33 g protein, 13 g fiber



Spinach and Lentil Salad With Toasted Walnuts

SERVES 4

Prep time: 30 min **Total time:** 30 min

- 1/2 cup brown or French lentils, rinsed and drained
- 1/2 cup chopped red bell pepper
- 1/3 cup chopped scallion
- 1/4 cup chopped fresh flat-leaf parsley
- 1/4 cup toasted walnuts, chopped

- 6 cups torn spinach leaves, tough stems removed
- 12 ounces cooked, boneless skinless chicken breast, sliced
- 1/4 cup Sonoma Diet Red Wine Vinaigrette (see next recipe)

◆ Bring lentils and 1 cup water to a boil in a small saucepan. Reduce heat, cover and simmer until lentils are tender and most of the liquid is absorbed, 20 to 25 minutes. Drain lentils and place in a medium bowl. Stir in bell pepper, scallion, parsley and walnuts.

◆ Divide spinach among 4 serving

plates. Top with lentil mixture and chicken. Drizzle with vinaigrette.

Per serving: 341 calories, 14 g total fat, 2 g sat fat, 166 mg sodium, 19 g carbs, 79 mg calcium, 72 mg chol, 36 g protein, 10 g fiber



Sonoma Diet Red Wine Vinaigrette

MAKES ABOUT 1/3 CUP (FIVE 1-TABLESPOON SERVINGS)

Prep time: 5 min **Total time:** 10 min

- 2 tablespoons red wine vinegar
- 1 tablespoon finely chopped shallot
- 1 1/2 teaspoons Dijon-style mustard
- 2 tablespoons extra-virgin olive oil
- 1/8 teaspoon coarse salt
- 1/8 teaspoon freshly ground black pepper

◆ Combine vinegar and shallot in a small bowl. Let stand 5 minutes. Whisk in mustard. Add oil in a slow stream, whisking constantly until combined. Whisk in salt and pepper.

Per tablespoon: 51 calories, 5 g total fat, 1 g sat fat, 85 mg sodium, 1 g carbs, 3 mg calcium, 0 chol, 0 protein, 0 fiber



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SERVES 4

Prep time: 25 min

Total time: 25 min

Kitchen cue: Because hot chile peppers contain oils that can burn your skin and eyes, wear rubber or plastic gloves when you are working with them.

1 lb fresh or frozen

CONTINUED

The Danger of Diet Sodas

On the Sonoma Diet, refined sugar is banished in order to help eliminate your cravings for sweets. But that doesn't mean you can load up instead on diet sodas and drinks. Even though artificial sweeteners don't have quite the same negative effect on the metabolism as refined sugar, studies suggest that diet drinks or artificially sweetened drinks do stimulate the appetite. So drink plenty of water, as well as tea and coffee—and eat less.