

Caprese Chicken Burger

Servings: 2

Adapted from Morningstar Farms and *Cooking Light* April 2011

Ingredients

1/3 cup fresh basil leaves
1 teaspoon balsamic vinegar
1/2 package ground chicken breast
1/4 cup breadcrumbs
1 egg white
Cooking spray
1/4 cup shredded mozzarella, divided
2 hamburger buns
1 Roma tomato, sliced thin
1/2 teaspoon black pepper

Preparation

- 1) Preheat oven to 375°.
- 2) In small bowl toss together basil leaves and vinegar. Set aside.
- 3) In a bowl, mix together chicken, pepper, egg white, and breadcrumbs. Divide into two portions and form two 1/4 inch-thick patties.
- 4) Heat an ovenproof skillet over medium-high heat. Coat pan with cooking spray. Add patties to pan and cook for 3 minutes. Turn patties, and place pan in oven. Bake at 375° for 8 minutes.
- 5) Top each patty with cheese and bake 1 minute longer.
- 6) Top roll bottom with chicken patty, basil leaves and tomato and add top.

Twice Baked Butternut Squash

Servings: 2

Slightly adapted from

<http://www.themeltaways.com/2012/09/20/twice-baked-butternut-squash/>

Ingredients

1 small butternut squash
1/4 cup diced onion
1/4 cup fat free plain yogurt
1 teaspoon olive oil
1 egg white, lightly beaten

1 teaspoon minced garlic
1/2 teaspoon dry mustard
1/2 teaspoon ground cumin
1/4 cup shredded cheese
1/3 teaspoon salt
1/4 teaspoon pepper
1/4 cup breadcrumbs
1/4 teaspoon dried thyme

Preparation

- 1) Cut squash lengthwise and scoop out the seeds and membranes. Place face down on a cookie sheet, add about 1/4 inch water and bake at 350 for 30 minutes (may vary depending on the size of the squash). Remove from oven and allow to cool until they are comfortable to hold in your hand.
- 2) Scoop out the cooked squash into a mixing bowl and return the hollowed out skins to the baking sheet, hollow side up.
- 3) In a saute pan, cook the onions and garlic in the olive oil until softened (about 5 minutes) then add to the mixing bowl. Add cumin, mustard, yogurt, egg white and cheese to the mix and stir until well combined.
- 4) Fill the skins with the mixture, top with breadcrumbs and sprinkle with thyme bake at 350 for 15-20 minutes, or until heated through and breadcrumbs are toasted.