Cranberry Brie
Serves 8 (1 oz cheese and 5 crackers/ serving)

- 1 (8-ounce) round Brie cheese
- 2 tablespoons dried cranberries
- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped walnuts, toasted
- 40 low-sodium 100 percent whole-wheat crackers (such as Triscuit)

Preheat oven to 350°. Using a serrated knife, remove topmost rind from cheese; discard rind. Place cheese, cut side up, in a small ovenproof baking dish; sprinkle with cranberries and thyme. Top evenly with nuts. Bake at 350° for 15 minutes or until cheese is soft and warm. Serve immediately with crackers.

Nutrition: Calories 188, Fat 11.6 g, Sat fat 5.6 g, Mono fat 2.4 g, Poly fat 0.7 g, Protein 7.9 g, Carbohydrate 15 g, Fiber 2.1 g, Cholesterol 28 mg, Iron 1.1 mg, Sodium 291 mg, Calcium 54 mg

Mediterranean Salmon
Serves 2 (1 fillet/ serving)

- 2 - 4 oz boneless salmon fillets
- 1 cloves garlic, minced (or use jarred)
- 3/4 cup grape tomatoes
- 3/4 cup diced zucchini
- 2 green onions, diced,
- 1 tablespoons lemon juice
- 1/4 teaspoon of salt and pepper
- 2 tablespoons of feta cheese
- handful of fresh basil, chopped
- OPTIONS
  - olives, white navy beans,
  - chickpeas, red bell pepper
- ALSO:
  - tin foil sprayed with olive oil

Preheat oven to 425 F. Combine tomatoes, zucchini, onions, lemon juice, garlic, salt and pepper in a bowl and mix well. Place salmon on separate foil pieces and spoon mixture over top. Fold each foil piece into a slight tented but tightly sealed packet. Place foil on oven racks and bake for 20 minutes. (may require longer if salmon is particularly thick) Let sit for 5 minutes. Open packets (careful, they are hot!) and garnish with feta cheese and basil and serve immediately.
**Oven Roasted Asparagus**
*Serves 2 (about 1 cup/ serving)*

- 1/2 lb fresh asparagus
- 1/2 Tbsp olive oil
- 1 Tbsp parmesan cheese
- 4 tsp garlic powder
- Black pepper (to taste)
- 1/2 Tbsp lemon juice

Preheat an oven to 425 degrees F (220 degrees C). Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, and pepper. Arrange the asparagus onto a baking sheet in a single layer. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

**Cranberry, Mushroom Rice**
*Serves 2 (1 cup/ serving)*

- Rice-a-Roni wild rice
- 1 2/3 cup water
- 1 tablespoon margarine
- 1 cup mushrooms, sliced
- 1/4 cup dried cranberries
- 1/4 cup almonds

In a large skillet, combine rice mix, special seasonings (included in box), and the rest of the ingredients. Bring to a boil, cover and reduce heat to low. Simmer 25-30 minutes or until rice is tender. Let stand 3 minutes before serving.

Nutrition: 240 calories, Total fat 6 g, sodium 840 mg, carbs 43 g, fiber 1 g, folate 15%

**Chocolate Covered Strawberries**
*Serves 2 (4 strawberries/ serving)*

- 1/2 pound strawberries
- 3 oz dark chocolate chips

Place chocolate chips in a microwavable bowl and microwave on high power for 1 minute. Remove, stir, and microwave for 10 seconds more until the chocolate has melted. Allow the chocolate to cool slightly to thicken. Holding the strawberry by the stem, dip the bottom half of each strawberry in the melted chocolate.