

Fried Plantain

1 ripe plantain

Oil for frying

Heat oil in frying pan over moderate heat. Peel and cut the plantain into ½ inch slices, cutting diagonally across the fruit. Fry until golden brown on each side. Serve warm. Makes 2 servings.

Each serving provides 152 calories, .6 grams protein, 14 grams carbohydrate, 11 grams fat, 2 milligrams sodium, 1 gram fiber.

Grilled Hawaiians

3 tablespoons butter or margarine

8 slices whole wheat bread

4 slices Swiss cheese

8 slices thinly sliced cooked ham

1 8-ounce can crushed pineapple, drained

Heat a large skillet over medium-high heat. Spread butter onto one side of each slice of bread. Place up to 4 of the slices of bread, butter side down in the skillet. Top each piece with one slice of cheese, two slices of ham, and about 2 tablespoons of the crushed pineapple. Place remaining slices of bread on top with the butter side up. When the bottom of the sandwich is golden brown, flip sandwiches, and cook until browned on the other side, about 1 minute. Repeat steps with remaining ingredients, if all four sandwiches do not fit into your skillet. Makes 4 servings.

Each serving provides 490 calories, 22 grams protein, 36 grams carbohydrate, 29 grams fat, 1185 milligrams sodium, 2 grams fiber.

Spicy Polynesian Wrap

2 pounds skinless, boneless chicken breast, cut into 1 inch strips

1 (14-ounce) can coconut milk	1 cup uncooked rice
2 cups water	1 ½ cups flour
1 ½ tablespoons curry powder	1 tablespoon garlic salt
¾ cup vegetable oil	2 limes
10 (10-inch) flour tortillas	½ cup shredded coconut

½ cup chopped green onions

Place the chicken and coconut milk in a bowl and marinate in the refrigerator for 1 hour. In a pot, bring the rice and water to a boil. Cover, reduce heat to low and simmer 20 minutes. In a small bowl, mix the flour, curry powder, and garlic salt. Drain the chicken and discard the marinade. Dredge chicken in the flour mixture to coat. Heat the oil in a skillet over medium heat, and cook the coated chicken strips 5 minutes per side or until golden brown and juices run clear. Squeeze lime juice over chicken, and discard limes. On each tortilla, place equal amounts of rice, chicken, coconut and green onions. Wrap burrito style. Makes 10 servings.

Each serving provides 735 calories, 31 grams protein, 71 grams carbohydrate, 36 grams fat, 1046 milligrams sodium, 5 grams fiber.

Roasted Yams

1 large yam, peeled and cut into ¼ inch thick slices	1/2 teaspoon salt
1 teaspoon black pepper	2 tablespoons olive oil

Preheat oven to 350 degrees. Line a baking sheet or baking dish with aluminum foil. Arrange slices of potato in the prepared pan so they are overlapping slightly. Season with salt and pepper and then drizzle olive oil over them as evenly as possible. Bake in the preheated oven until potatoes are tender and have begun to wrinkle around the edges, about 30 minutes. Makes 2 servings.

Each serving provides 388 calories, 3 grams protein, 63 grams carbohydrate, 12 grams fat, 440 milligrams sodium, 9 grams fiber.

Stir-Fried Shrimp with Snow Peas and Ginger

1 ½ teaspoons salt	2 cups cold water
1 pound shrimp, peeled and deveined	1/3 cup chicken broth
2 teaspoons vinegar	1 ½ teaspoons soy sauce
1 ½ teaspoons cornstarch	¾ teaspoon sugar
1/8 teaspoon pepper	1 tablespoon vegetable oil
2 tablespoons minced garlic	1 teaspoon minced ginger
2 teaspoons vegetable oil	6 ounces snow peas, strings removed
2 tablespoons chopped fresh chives	¼ teaspoon salt

In a large bowl, stir salt into water until dissolved. Add shrimp and set aside 5 minutes. Rinse shrimp and dry on paper towel. Discard salt water. In a small bowl, mix together broth, vinegar, soy sauce, cornstarch, sugar and pepper. Set aside. Heat 1 tablespoon oil in a large skillet over high heat. Cook shrimp, turning constantly, until pink on all sides, about 1 minute. Stir in garlic, ginger, and 2 teaspoons oil. Stir in snow peas, chives and ¼ teaspoon salt; stir-fry 1 minute more. Stir broth mixture into skillet and continue cooking until sauce thickens. Serve immediately. Makes 4 servings.

Each serving provides 207 calories, 24 grams protein, 7 grams carbohydrates, 7 grams fat, 1040 milligrams sodium and 1 gram fiber.

Spicy Bok Choy in Garlic Sauce

1 pound bok choy	2 tablespoons vegetable oil
¼ cup water	1 teaspoon grated ginger
2 cloves garlic, minced	1 tablespoon oyster sauce (optional)
1 tablespoon light soy sauce	1 tablespoon brown sugar
1/8 teaspoon crushed red pepper flakes	

Trim off the ends of the bok choy and chop, keeping the white parts separate from the green as they need to cook longer. Rinse and pat dry. Set aside. In a small bowl, stir together the water, ginger, garlic, oyster sauce, soy sauce, brown sugar and red pepper flakes. Set aside. Heat the oil in a large skillet over medium high heat. Add the bok choy stems first; stir fry for a few minutes or until the pieces start to turn a pale green. When stems are almost cooked, add the leaves; cook and stir until leaves are wilted, 1 to 2 minutes. Remove from the heat and transfer the bok choy to a serving dish. Pour the sauce into the skillet and cook over medium high heat, stirring constantly until sauce has thickened slightly, about 3 minutes. Pour over the bok choy and toss lightly to coat. Makes 4 servings.

Each serving provides 93 calories, 2 grams protein, 7 grams carbohydrate, 7 grams fat, 236 milligrams sodium, and 1 gram fiber.