

## More Winning *FirstLine Therapy* Recipes *from our 2006 FLT Recipe Contest!*

### Mediterranean Flavor

#### Mediterranean Shrimp (serves 4)

198 calories, 9 g carbohydrates, 17 g protein, 8 g fat per serving

Honorable Mention submitted by Katie McCann of  
British Columbia, Canada

- 4 tsp. olive oil
- 2 cups finely chopped peeled eggplant
- 1 red onion, chopped
- 3 garlic cloves, minced
- 6 plum tomatoes, finely chopped
- 1 cup water
- 1 tbsp. chopped oregano or marjoram
- ¾ lb medium shrimp, peeled & de-veined
- 1/3 cup crumbled, lowfat feta cheese
- 2 tbsp. chopped flat-leaf parsley

Heat the oil in a non-stick skillet. Add the eggplant and sauté until lightly browned. Stir in the onion and garlic and sauté until fragrant. Add the tomatoes, oregano, and water and bring to a boil. Reduce heat and simmer, stirring occasionally, until most of the liquid evaporates. Add the shrimp to the vegetables and cook, stirring frequently, until they turn pink. Serve sprinkled with the feta and parsley.

*Recipe Idea: If you have any leftovers wrap them in a whole sprouted tortilla and savor the flavor!*

### Asian Flavor

#### Asian Salmon (serves 2)

Honorable Mention submitted by Dr. Matt French of Phoenix, AZ

- 2 salmon fillets (5- 6 oz. each)
- 1 cup cooked quinoa
- 2 cups coarsely chopped bok choy
- ½ cup sliced shitake mushrooms
- 2 scallions, chopped
- 1 tbsp. vegetable oil
- 1 tsp. grated fresh ginger root
- 1 garlic clove, pressed
- 2 tbsp. soy sauce
- 2 tsp dark sesame oil



Preheat oven to 450. Take two 12 x 24 sheets of aluminum foil and fold each sheet over to make a double thick square. Brush a little oil on the center of each square. Rinse the fish and prepare all of the ingredients.

Spread half of the quinoa on the center of each foil square and then layer the greens, shitake mushrooms, fish and scallions on top. In a small bowl, combine the vegetable oil, grated ginger, garlic, soy sauce, and sesame oil. Pour half of the sauce over each serving. Fold the foil into airtight packets. Bake for 20 minutes. Carefully avoiding the steam that will be released, open a packet and check that the fish is cooked. To serve, open the foil packets and transfer to a plate or bowl.

*Kitchen Saver: Easy recipe with little clean up!*

## ***Mediterranean Flavor***

### **Mediterranean Tilapia** (serves 2)

Honorable Mention submitted by Carla Corina of Schenectady, NY

- 2 tilapia filets
- 1 tbsp. vegetable oil “butter” spread  
(optional, or just increase olive oil)
- ½ -1 tbsp. olive oil
- Pinch of salt
- Freshly ground black pepper to taste
- ½ tablespoon dried parsley
- 1 clove garlic, pressed
- 12-15 Spanish olives, sliced
- 2-3 tbsp. sun-dried tomatoes, diced
- 1 fresh plum tomato, diced (not too small)

Combine “butter” spread, oil, salt, pepper, lemon juice, and parsley in skillet over medium heat. Once “butter” spread is melted, add crushed garlic and sauté tilapia 3-5 minutes. Cover and simmer a few more minutes.

