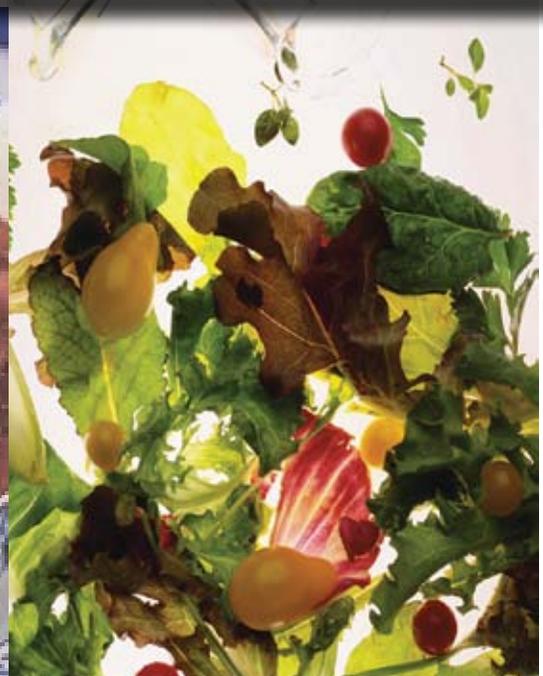
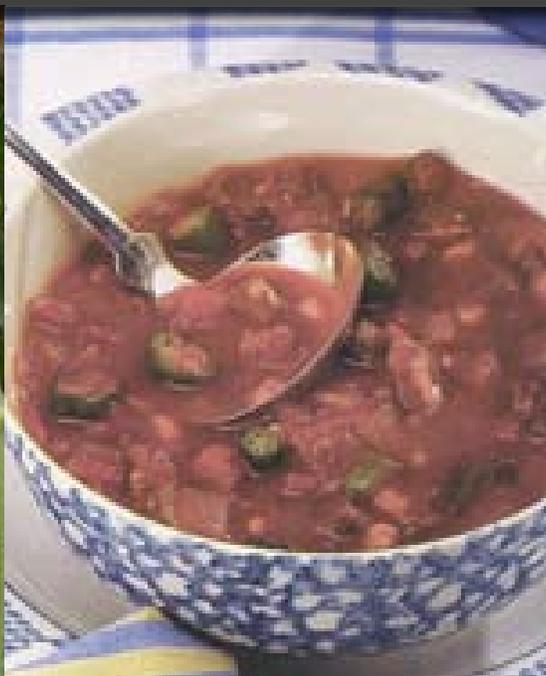


# Metabolic Medical Centers



## August Recipes Summer Soups & Salads

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- Cold Tomato and Cucumber Soup
- Cold Tomato Soup
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Metabolic Medical Centers  
WEIGHT LOSS ACCELERATED



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at our [foodies4mmc](#) recipe blog

# 3 Bean Salad

**Serves 6 Time 1 Hour 10 minutes (Plus cooling)**

Excellent for a party or a “bring a dish” event.

## Ingredients

|                  |                                      |
|------------------|--------------------------------------|
| <b>1/2 Cup</b>   | white vinegar                        |
| <b>1</b>         | juice of whole lemon                 |
| <b>1 tsp</b>     | Splenda                              |
| <b>1/4 tsp</b>   | crushed coriander seeds              |
| <b>1 small</b>   | red bell pepper, sliced thin         |
| <b>1/2 small</b> | red onion, sliced in thin half moons |
| <b>1/2 lb</b>    | snap green beans, trimmed and halved |
| <b>1/2 lb</b>    | pole beans, trimmed and halved       |
| <b>1/2 lb</b>    | wax beans, trimmed and halved        |
| <b>1 tsp</b>     | dijon mustard                        |
| <b>1/4 Cup</b>   | olive oil                            |
| <b>2 Tbsp</b>    | fresh cilantro                       |
|                  | Kosher salt and fresh ground pepper  |

## Cooking Instructions

1. Bring a large pot of salted water to a rolling boil.
2. In the meantime, make the brine: combine the vinegar, half the lemon juice, 1/2 Cup of water, Splenda, coriander, 1 teaspoon salt and pinch of pepper in a saucepan. Bring to a boil and cook 1-2 minutes.
3. Place the bell pepper and onion in a bowl, pour the hot brine vinegar mixture into the bowl over the peppers and onions and let it cool to room temperature.
4. Cook all the beans in the salted boiling water for 3 to 4 minutes. Drain and rinse with cold water..
5. Reserve about 1/4 Cup of the vinegar mixture, then drain the bell pepper and onion and add this to the beans. Whisk the reserved vinegar mix with the remaining lemon juice and mustard, then slowly whisk the oil until it's all smooth.
6. Cover and refrigerate at least 1 hour. When ready to serves sprinkle with fresh cilantro and cracked black pepper.

Recommend for All Programs



Metabolic Medical Centers

# Asian Salmon Salad

**Serves 4 Time 30 minutes**

This recipe calls for salmon, but any fish will be delicious. We encourage you to buy local and eat fresh!.

## Ingredients

|                        |   |
|------------------------|---|
| <b>1 large</b>         | salmon filet (or your favorite fish), skinned, grilled, then flaked |
| <b>1 small package</b> | sprouts   |
| <b>6 oz.</b>           | arugula   |
| <b>8-12 oz.</b>        | fresh spring mix  |
| <b>2</b>               | celery stalks, diced  |
| <b>2 Tbsp.</b>         | lime juice  |
| <b>1 tsp.</b>          | toasted sesame oil  |
|                        | cracked black pepper  |

## Cooking Instructions

1. Grill the salmon over medium high heat, flake and set aside.
2. Toss the sprouts, celery, arugula, and spring mix with lime juice, oil, and pepper.
3. Serve immediately.

Recommend for All programs



# Basil Beef Salad

**Serves 4 Cook Time 20 minutes**

Basil is everywhere during the summer months, might as well use it.

## Ingredients

|                   |   |
|-------------------|---|
| <b>1 Tbsp</b>     | canola oil                              |
| <b>12 oz</b>      | hanger steak, trimmed (or flank steak)  |
| <b>1/4 tsp</b>    | kosher salt                             |
| <b>1/2 tsp</b>    | freshly ground black pepper             |
| <b>3 Tbsp</b>     | low-sodium soy sauce                    |
| <b>2 Tbsp</b>     | rice vinegar                            |
| <b>2 Tbsp</b>     | fresh lemongrass, minced                |
| <b>1 Tbsp</b>     | dark sesame oil                         |
| <b>2 tsp</b>      | fish sauce                              |
| <b>2 tsp</b>      | chile paste                             |
| <b>1 1/2 Cups</b> | loosely packed fresh basil leaves       |
| <b>1 Cup</b>      | English cucumber, sliced thin           |
| <b>3 large</b>    | ripe heirloom tomatoes, cut into wedges |
| <b>2 medium</b>   | shallots, sliced thin                   |

## Cooking Instructions

1. Preheat oven to 425°.
2. Heat a large ovenproof stainless-steel skillet over medium-high heat. Add canola oil to pan; swirl to coat. Sprinkle both sides of steak evenly with salt and black pepper. Add steak to pan; sauté 5 minutes or until browned. Turn steak over. Bake at 425° for 8 minutes or until a thermometer inserted into thickest portion of steak registers 135° or until desired degree of doneness. Remove steak from pan; let stand 10 minutes. Slice across the grain.
3. Combine soy sauce and next 5 ingredients (through chile paste), stirring well. Combine basil and remaining ingredients. Drizzle dressing mixture over basil mixture; toss gently. Divide salad mixture evenly among 4 plates; divide beef evenly among salads.

Recommend for All Programs



# Cold Tomato & Cucumber Soup

**Serves 4 Time 5 Minutes**

## Ingredients

|                |   |
|----------------|---|
| <b>1/2 Cup</b> | fresh cilantro, chopped   |
| <b>1/4 Cup</b> | onion, chopped  |
| <b>1/4 Cup</b> | fresh lime juice  |
| <b>1/4 Cup</b> | fat-free buttermilk   |
| <b>1/4 Cup</b> | reduced-fat sour cream  |
| <b>1 tsp</b>   | salt  |
| <b>1/2 tsp</b> | freshly ground black pepper   |
| <b>5 large</b> | tomatoes (about 2 1/2 pounds), peeled, halved lengthwise, seeded, and chopped |
| <b>1</b>       | jalapeno pepper (optional)  |
| <b>1 Cup</b>   | cherry tomatoes, halved   |

## Cooking Instructions

Place first 9 ingredients in a food processor; process until smooth. Top with cherry tomatoes.

Recommend for All Programs



# Cold Tomato Soup

**Serves 6 Cook Time 20 minutes**

## Ingredients

|                   |                                  |
|-------------------|----------------------------------|
| <b>1 tsp</b>      | olive oil                        |
| <b>1 Cup</b>      | onion, sliced thin               |
| <b>1/2 tsp</b>    | Splenda                          |
| <b>1 clove</b>    | garlic, sliced                   |
| <b>2 1/2 Cups</b> | cherry tomatoes                  |
| <b>2 Tbsp</b>     | fresh chives, minced and divided |
| <b>1/2 tsp</b>    | salt                             |
| <b>1/4 tsp</b>    | pepper                           |
| <b>1 can</b>      | low-sodium chicken broth         |
| <b>1/4 Cup</b>    | plain, nonfat plain greek yogurt |
| <b>1 Cup</b>      | evaporated skim milk             |

## Cooking Instructions

1. Heat the oil in a saucepan over medium heat. Add onion, Splenda, and garlic; sauté 5 minutes. Add tomatoes, 1 tablespoon chives, salt, pepper, and broth; cover, reduce heat to low, and simmer 20 minutes.
2. Place tomato mixture and yogurt in a food processor, and process until smooth. Pour mixture into a bowl; stir in milk. Cover and chill.
3. Ladle into individual bowls, and top with remaining chives

Recommend for All Programs



# Couscous Salad

## Serves 8 Time 5 minutes

Using whole wheat couscous adds 5.4 extra grams of fiber, keeping you full. This salad served cool is perfect for hot summer nights. This makes an excellent dish to bring to a party.

This recipe is for patients in a Transitional Weight Loss Program (Nutriplus, Balance Your Pyramid) or on a Maintenance Program. This IS NOT a recipe for patients still losing weight. If you have a question about what you may or may not eat on your personalized program, call your Metabolic office.

## Ingredients

|                      |  |
|----------------------|--|
| <b>2 Cup</b>         | low-sodium chicken broth                         |
| <b>1 tsp</b>         | extra-virgin olive oil                           |
| <b>1 tsp</b>         | salt   |
| <b>1 large clove</b> | garlic, minced                                   |
| <b>1 (10 oz)</b>     | box whole wheat couscous                         |
| <b>1 pint</b>        | cherry tomatoes, halved                          |
| <b>1 1/2 Cups</b>    | cucumbers, peeled and chopped                    |
| <b>1/3 Cup</b>       | scallions, chopped                               |
| <b>1/3 Cup</b>       | fresh lemon juice and zest                       |
| <b>2 Tbsp</b>        | fresh mint, chopped                              |
| <b>1 Tbsp</b>        | fresh dill, chopped                              |
| <b>1 (4 oz)</b>      | package low-fat (fat-free) feta cheese, crumbled |

## Cooking Instructions

1. Combine first 4 ingredients in a medium saucepan; bring to a boil. Gradually stir in couscous. Remove from heat. Cover and let stand 5 minutes. Fluff with a fork; cool.
2. Combine couscous, tomatoes, and next 5 ingredients (through dill) in a large bowl; toss well. Add cheese.

Recommend for Nutriplus and Maintenance Programs



# Gezpacho with Fresh Shrimp

**Serves 4 Time 20 Minutes**

## Ingredients

|                       |   |
|-----------------------|---|
| <b>1 lb</b>           | fresh peeled and deveined large shrimp    |
| <b>3/4 Cup</b>        | chopped red bell pepper                   |
| <b>1/4 Cup</b>        | chopped fresh cilantro                    |
| <b>3 Tbsp</b>         | chopped red onion                         |
| <b>2 Tbsp</b>         | fresh lemon juice                         |
| <b>3/4 tsp</b>        | salt                                      |
| <b>1/2 tsp</b>        | hot pepper sauce (optional)               |
| <b>1 lb</b>           | plum or roma tomatoes, seeded and chopped |
| <b>1 medium</b>       | cucumber, peeled and chopped              |
| <b>1 clove</b>        | garlic clove                              |
| <b>1 (6-8 oz) can</b> | can low-sodium V8 juice                   |
| <b>1/4 Cup</b>        | finely chopped red bell pepper            |
| <b>2 Tbsp</b>         | chopped fresh cilantro                    |
| <b>1 Tbsp</b>         | finely chopped red onion                  |
| <b>1 tsp</b>          | fresh lemon juice                         |

## Cooking Instructions

1. To prepare soup, cook shrimp in boiling water 2 minutes or until done. Drain and rinse under cold water; coarsely chop shrimp.
2. Combine 3/4 cup bell pepper and next 9 ingredients (through V8 juice) in a blender; process until smooth. Stir in shrimp.
3. In a separate bowl, combine 1/4 Cup bell pepper and remaining ingredients. Top soup with the bell pepper mixture.

Recommend for All Programs



# Grilled Tofu Salad

## Serves 4 Time 45 Minutes (pressing Time for Tofu)

Most tofu dishes require some time to press the water out of the tofu so that it can better absorb the flavors you'll be cooking it with. This is a great recipe if you don't feel like cooking meat but still need to get your protein in for the day, it's lite yet filling.

### Ingredients

|                          |                                  |
|--------------------------|----------------------------------|
| <b>1 (14 oz) package</b> | firm tofu                        |
|                          | cooking spray                    |
| <b>1 Tbsp</b>            | olive oil                        |
| <b>4 tsp</b>             | fresh lemon juice                |
| <b>1/4 Cup</b>           | fresh parsley, chopped           |
| <b>to taste</b>          | salt and pepper                  |
| <b>2 medium</b>          | zucchini, cut long ways          |
| <b>1 small</b>           | eggplant, cut in 1/2-inch rounds |
|                          | lemon wedges for garnish         |

### Cooking Instructions

1. Line a plate with several paper towels. Place tofu on the paper towels, top with another plate weighed down with a heavy skillet. Place in the fridge to drain. (2 hours to 8 hours).
2. Remove the tofu and cut it crosswise into 8 pieces.
3. In a bowl, whisk the oil, lemon juice, parsley, salt and pepper. Spray the grill with non-sick cooking spray and pre-heat to medium high heat.
4. Brush both sides of the tofu, zucchini, and eggplant with the oil mixture and grill about 3 minutes per side until the vegetables have nice grill marks.
5. To make this as a chopped salad, chop the tofu and vegetables into chunks and toss with any remaining oil and lemon mixture. You can also make this as a stacked salad, by layering eggplant, tofu, and zucchini slices and drizzle any remaining dressing across the tops.

Recommend for All Programs



# Honeydew Melon Soup

**Serves 6 Chill Time 1 hour**

Honeydew, cantaloupe, musk melon or watermelon will work well. Find the freshest melon by smelling the stem end. The melon (with the exception of a watermelon) should smell sweet and fresh. It will smell how it tastes.

This recipe is for patients in a Transitional Weight Loss Program (Nutriplus, Balance Your Pyramid) or on a Maintenance Program. This IS NOT a recipe for patients still losing weight. If you have a question about what you may or may not eat on your personalized program, call your Metabolic office.

## Ingredients

|                  |  |
|------------------|--|
| <b>1 (2 lb.)</b> | honeydew melon, peeled, seeded, and cut into 1-inch pieces |
| <b>1/4 Cup</b>   | loosely packed fresh mint leaves                           |
| <b>1/4 Cup</b>   | fresh lime juice (about 3 limes)                           |
| <b>2 tsp.</b>    | Splenda  |
| <b>1/8 tsp.</b>  | salt   |
| <b>6</b>         | lime slices (garnish)                                      |
| <b>6</b>         | thinly sliced fresh mint leaves (garnish)                  |

## Cooking Instructions

1. Combine 1 cup honeydew melon, 1/4 cup loosely packed fresh mint leaves, fresh lime juice, and Splenda in a blender; process until smooth. Add remaining melon and salt; process until smooth.
2. Transfer melon mixture to a bowl; cover and chill at least 1 hour.
3. Ladle about 3/4 cup soup into each of 6 bowls; garnish each serving with 1 thin lime slice and 1 thinly sliced mint leaf.

Recommend for Nutriplus, Transition or Maintenance Programs



# Italian Vegetable Stew

**Serves 6 Time 1 Hour**

## Ingredients

|                   |  |
|-------------------|--|
| <b>1/3 Cup</b>    | fresh basil, chopped   |
| <b>1/3 Cup</b>    | fresh oregano, chopped   |
| <b>6 cloves</b>   | garlic, minced   |
| <b>1 Tbsp</b>     | olive oil  |
| <b>1/4 tsp</b>    | red pepper flakes  |
| <b>12 oz.</b>     | eggplant, peeled and cut into 1/2 inch pieces                                |
| <b>3 Tbsp</b>     | olive oil  |
| <b>1 large</b>    | onion, chopped   |
| <b>2 Tbsp</b>     | tomato paste   |
| <b>2 1/4 Cups</b> | water  |
| <b>1 (28 oz)</b>  | low-sodium whole peeled tomatoes, drained (reserve juice) and chopped coarse |
| <b>2 medium</b>   | zucchini, seeded and cut into 1/2 inch pieces                                |
| <b>2 medium</b>   | bell peppers (red or yellow), stemmed, seeded and cut into 1/2 inch pieces   |
| <b>1 Cup</b>      | fresh basil, shredded  |

## Cooking Instructions

1. Process the first 5 ingredients in a food processor until finely ground. Garlic & Herb Mix. Set aside.
2. Toss the chopped eggplant with 1 1/2 tsp table salt in a bowl. Line a microwavable large plate with paper towels and spread the eggplant on a single layer evenly over the paper towels. Microwave until dry and slightly shriveled (8-10 minutes depending on microwave), toss once during the cooking process.
3. Heat 2 Tablespoons of oil in a dutch oven (or other large, deep pot) over medium high heat until it starts to shimmer and add eggplant and onion cooking until they are semi-translucent (about 2 minutes). Push these veggie to the sides of the pot and add 1 Tablespoon of oil and the tomato paste. Cook for another 2 minutes.
4. Add 2 Cups of water, tomatoes and their juice, stirring frequently and scraping the browned bits off the bottom of the pan. Reduce the heat to medium-low and gently simmer until the eggplant is totally broken down (20-25 minutes).
5. Meanwhile, in a separate 12 inch skillet, heat the remaining tablespoon of oil over medium heat until smoking. Add zucchini, peppers and 1/2 tsp salt; cook until tender (10-12 minutes). Push these veggies to the side of the pan and add the Garlic & Herb Mix and cook for about 1 minute. Transfer these veggies to a bowl. Add the remaining 1/4 Cup of water to the skillet of the heat and scrape the browned bits.
6. Remove the pot from the heat and stir the reserved vegetables and water from the skillet into the vegetables in the Dutch oven. Cover and let stand 20 minutes. Stir in the basil and season with pepper.

Recommend for All Programs



# Marinated Zucchini Salad

**Serves 8 Time 35 Minutes**

Another easy party recipe or a side with plenty of leftovers for the rest of the week is this wonderful salad.

## Ingredients

|                 |   |
|-----------------|---|
| <b>1/2 Cup</b>  | olive oil                                     |
| <b>1 small</b>  | red onion, sliced in thin half moons          |
| <b>1/3 Cup</b>  | red wine vinegar                              |
| <b>2 tsp</b>    | Splenda                                       |
| <b>to taste</b> | salt and pepper                               |
| <b>6 medium</b> | zucchini, sliced into thin ribbons, or rounds |

## Cooking Instructions

1. In a large skillet, heat the oil over medium-high. Add onion and saute until clear (3 minutes). Add vinegar and Splenda and season to taste with salt and pepper.
2. Transfer to a glass bowl, add the zucchini and toss.
3. Let this marinate at room temperature for at least 30 minutes.

Recommend for all programs



# Red Fish Stew

**Serves 6 Time 17 minutes**

This soup is so easy and quick to make.

## Ingredients

|                        |   |
|------------------------|---|
| <b>1 Tbsp</b>          | olive oil   |
| <b>1 Cup</b>           | onion, chopped  |
| <b>1/4 Cup</b>         | celery, minced  |
| <b>2</b>               | scallions white and green parts, halved lengthwise, sliced thin                     |
| <b>1 tsp</b>           | chili powder  |
| <b>*2 Cups</b>         | water   |
| <b>1 Tbsp</b>          | Worcestershire sauce  |
| <b>3/4 tsp</b>         | salt  |
| <b>1 (14.5 oz) can</b> | no-salt-added diced tomatoes, undrained   |
| <b>1 lb.</b>           | sea bass, flounder, grouper or other white fish, skinless, bonless, cut into chunks |

## Cooking Instructions

1. Heat olive oil in a Dutch oven over medium-high. Add chopped onion, celery, and chili powder; sauté 3 minutes or until tender.
2. Stir in water and next 4 ingredients (water through tomatoes); cook 10 minutes. Add fish; cook 3 minutes or until fish is done. Stir in parsley.

\* Can use 1 Cup of fish stock and 1 Cup of water.

Recommend for All Programs

