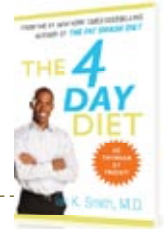




4 Free Recipes from **The 4 Day Diet™**

Make dieting delicious with healthy meals from Dr. Ian's new book.



EGG WHITE OMELET WITH BASIL PESTO AND FRESH FRUIT



SERVES 4

- 1 cup basil leaves
- 1 tomato, chopped
- 2 cloves garlic, peeled and minced
- 1 tablespoon pine nuts (pignoli, toasted recommended but you can try others)
- Salt to taste
- 18 egg whites
- Pepper to taste
- 2 tablespoons olive oil
- 1 cup fresh fruit

To make the pesto: Rinse and drain the basil leaves. In a blender or food processor, combine the basil, tomato, garlic, pine nuts, and 1¼ teaspoons salt. Puree until smooth. Make sure you get all the ingredients at the side of the processor into the blend.

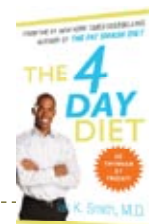
To make each omelet: Whisk together the egg whites, salt, and pepper. In a nonstick omelet pan, heat one-fourth of the oil and pour in one-fourth of the egg white mixture. Cook until just set, stirring constantly with a rubber spatula. Fold over, drizzle with one-fourth of the pesto, and serve with ¼ cup fresh fruit.

PER SERVING (EXCLUDING UNKNOWN ITEMS): 160 calories; 8 g fat (45.6% calories from fat); 17 g protein; 5 g carbohydrate; 1 g dietary fiber; 0 mg cholesterol; 815 mg sodium.



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STUFFED SWEET PEPPERS WITH CHICKEN AND TOMATOES



SERVES 4

- 1 large leek, cut in half lengthwise and then crosswise into thin slices
- 2 whole skinless and boneless chicken breasts, cut into small cubes
- 1 clove garlic, peeled and crushed
- 1 large firm, ripe red tomato, peeled, seeded, and chopped
- 2 small zucchini, washed and cut into small cubes
- 1 tablespoon fresh tarragon
- 2 tablespoons chopped Italian parsley
- 2 ounces reduced-fat Havarti cheese, grated
- 1 cup finely ground whole wheat bread crumbs
- Salt and freshly ground pepper
- Extra virgin olive oil
- 2 large sweet bell peppers, red or yellow, cut in half lengthwise, cored, and seeded

Preheat oven to 350°F.

In a colander, rinse the leek slices well under warm water to remove grit. In a large bowl, combine the leek, chicken, garlic, tomato, zucchini, tarragon, parsley, cheese, and ½ cup bread crumbs. Add salt and pepper to taste. Toss with ¼ cup olive oil.

Grease the bottom of an ovenproof dish with 1 tablespoon olive oil.

Stuff the pepper halves with the chicken-vegetable mixture, top with the remaining ½ cup bread crumbs, and place in a baking dish. Drizzle olive oil over each stuffed pepper.

Bake in the upper third of the oven until the peppers are tender (45 minutes).

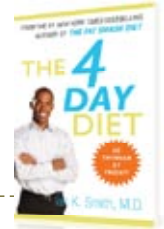
Remove from the oven and moisten with juices from the pan. Serve immediately or at room temperature.

PER SERVING (EXCLUDING UNKNOWN ITEMS): 447 calories; 23 g fat (44.7% calories from fat); 37 g protein; 27 g carbohydrate; 5 g dietary fiber; 90 mg cholesterol; 389 mg sodium.



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CARROT AND SAFFRON SOUP



SERVES 4 — This soup makes a wonderful lunch.

- 1 pound carrots
- 2 stalks celery
- 1 pound leeks
- 1 tablespoon canola oil
- ½ teaspoon saffron threads
- Water
- 1 cup white wine
- 2 teaspoons salt
- ½ teaspoon white pepper
- 3 cups skim milk

Peel and grate the carrots. Finely chop the celery. Slit the leeks and wash well under cold water, separating the leaves and making sure all sand is removed. Shake off the water and then slice the leeks finely.

Place the canola oil in a heavy saucepan and add the leeks. Stir to coat with the oil and then turn the heat very low. Cover the pan and sweat the leeks for about 8 minutes, until soft but not brown. Add the carrots and celery, stir well, cover, and cook 5 minutes more.

Meanwhile, toast the saffron in a small, dry pan for about 1 minute, to make it brittle enough to grind to a powder in a mortar and pestle. Dissolve the ground saffron in 2 tablespoons hot water and add to the vegetables in the pan. Add 3 cups water, wine, salt, and pepper.

Cook, covered, for 10 minutes, or until the carrots are very tender. Add the milk and heat through without boiling. Taste and correct the seasoning.

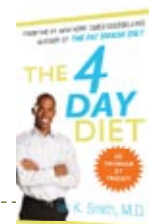
Serve hot.

PER SERVING (EXCLUDING UNKNOWN ITEMS): 213 calories; 4 g fat (20.4% calories from fat); 8 g protein; 28 g carbohydrate; 4 g dietary fiber; 3 mg cholesterol; 1106 mg sodium.



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SOY-GLAZED ROASTED SALMON WITH QUINOA, CUCUMBER, AND MINT SALAD



SERVES 4

- | | |
|--------------------------------------|--|
| 1 cup quinoa (raw whole grain) | 1 red bell pepper, seeded and diced |
| 2½ cups vegetable stock | ½ cup minced mint leaves |
| 2 tablespoons lemon juice | 1 cup low-sodium soy sauce |
| 2 tablespoons extra-virgin olive oil | ¼ cup honey |
| 2 cloves garlic, peeled and minced | ½ teaspoon peeled and minced garlic |
| Salt and pepper to taste | 1 pound salmon fillet, cut into 4 steaks |
| 1 cucumber, peeled and sliced | |

To make the salad: Cook the quinoa in the stock, stirring occasionally, until it fluffs up, about 15 minutes. While the quinoa is cooking, whisk together the lemon juice, olive oil, garlic, cloves, salt, and pepper to make a dressing. When the quinoa has finished cooking, allow it to cool slightly and toss with the cucumber, bell pepper, mint, and dressing. Refrigerate to cool.

To make the soy glaze: Combine the soy sauce, honey, and minced garlic in a small saucepan. Stir the mixture over medium-high heat until the glaze is reduced by about one-third, about 10 minutes.

Pour one-third of the glaze into a small bowl and set aside. Pour the remainder into a shallow 2- to 3-quart baking dish. Set the salmon pieces in the dish, skin side up, and let marinate for 15 minutes, then turn over.

To make the fish: Bake the salmon in a 450°F oven until the salmon is opaque at the edges but still translucent in the center, 15 to 20 minutes. Cut to test. Remove from the oven. Set the oven to broil. Brush the salmon with half of the reserved glaze and broil 6 inches from the heat until the salmon steaks are opaque but still moist-looking in the center of the thickest part, about 3 minutes.

PER SERVING (EXCLUDING UNKNOWN ITEMS): 582 calories; 16 g fat (23.9% calories from fat); 37 g protein; 75 g carbohydrate; 7 g dietary fiber; 61 mg cholesterol; 3508 mg sodium.