

Shrimp Pad Thai

1 (8 ounce) package rice noodles	1 onion, diced
1 1/2 teaspoons vegetable oil	12 medium fresh shrimp, peeled and deveined
1 teaspoon minced garlic	1 tablespoon fish sauce
1 tablespoon ketchup	1 tablespoon lemon juice
1 tablespoon white sugar	2 eggs, lightly beaten
1 tablespoon white wine vinegar	1/2 cup unsalted dry-roasted peanuts, chopped
1/4 pound bean sprouts	1/4 cup coarsely chopped cilantro
1 lemon, sliced	

In a medium bowl, soak the noodles in cold water for 15 min; drain. Cover noodles with hot water, and soak for 15 minutes; drain. Rinse with cold water, drain, and set aside. Heat oil in a wok or large heavy skillet over medium heat. Saute onion and garlic until onion is soft and translucent, about 5 minutes. Add shrimp, and cook until pink. Stir in ketchup, fish sauce, sugar, lemon juice and vinegar. Pour in the beaten egg, and cook without stirring until egg is partially set. Add drained noodles, 1/4 pound bean sprouts, and 1/2 cup peanuts. Mix while cooking until noodles are tender.

As part of a healthy diet, an adult consuming 2,000 calories daily should aim for:

- Fruits and vegetables: At least 4.5 cups a day
- Fish (preferably oily fish): At least two 3.5-ounce servings a week
- Fiber-rich whole grains: At least three 1-ounce-equivalent servings a day
- Sodium: Less than 1,500 mg a day
- Sugar-sweetened beverages: No more than 450 calories (36 ounces) a week

Calculate your calorie goal

Your current weight x 12 = calories per day needed to maintain your current weight. To lose 1 pound per week: Cut 500 calories per day. To lose 2 pounds per week: Cut 1,000 calories per day.

Don't go under 1,200 calories per day.

Chinese Chicken Congee (Rice Porridge)

- 3 1/2 to 4-lb chicken, cut into serving pieces, including back and giblets (exclude liver)
- 10 cups water
- 3 tablespoons Chinese rice wine or medium-dry sherry
- 3 (1/4-inch-thick) slices fresh ginger
- 3 scallions, halved crosswise and smashed with fat side of a heavy knife
- 1/2 teaspoon salt
- 1 cup long-grain rice

Accompaniment: fine juliene of fresh ginger, thinly sliced scallions, and Asian sesame oil
Bring chicken and water to a boil in a 5-quart heavy pot, skimming froth. Add wine, ginger, scallions, and salt and cook at a bare simmer, uncovered, 20 minutes, or until breast meat is just cooked through. Transfer 1 breast half with tongs to a bowl and continue to cook stock at a bare simmer, skimming froth as necessary, 2 hours and 40 minutes. Meanwhile, cool chicken breast long enough to remove skin and bones, returning skin and bones to stock. Cool breast meat completely and tear into shreds. Chill shreds, covered, and bring to room temperature before serving. Pour stock through a large sieve into a large bowl and discard solids. (you should have about 8 cups: if less, add water; if more, cook longer after adding rice.) Return stock to cleaned pot and add rice. Bring to a boil and stir. Reduce heat to low and simmer, covered until consistency of oatmeal, about 1 3/4 hours, stirring frequently during last 1/2 hour of cooking. (Congee will continue to thicken as it stands. thin with water if necessary.) Season congee with salt. Serve topped with chicken and accompaniments.

Purple Party Parfait Smoothie

1 cup frozen blueberries without sugar, 1 cup frozen strawberries, without sugar, 1/2 cup fat-free cottage cheese, 1 1/2 cups green grapes, 1 kiwi for garnish (optional)

Place the blueberries, strawberries, and cottage cheese in a food processor and blend until smooth. Place the grapes in a cup or bowl and spoon blended mixture over the grapes. Garnish with kiwi.

Serves 6. 1/2 cup of fruit per serving