

## Love That! Brenda Novak's Every Occasion Cookbook

Monday 27th, April 2015 / 14:10 Written by [Johnnie De La Garza](#)



*Halibut Tacos*

*Credit for all images on this post: Alexa Novak*

**Love That! is Filled With Easy Tasty Meals the Whole Family Will Love**

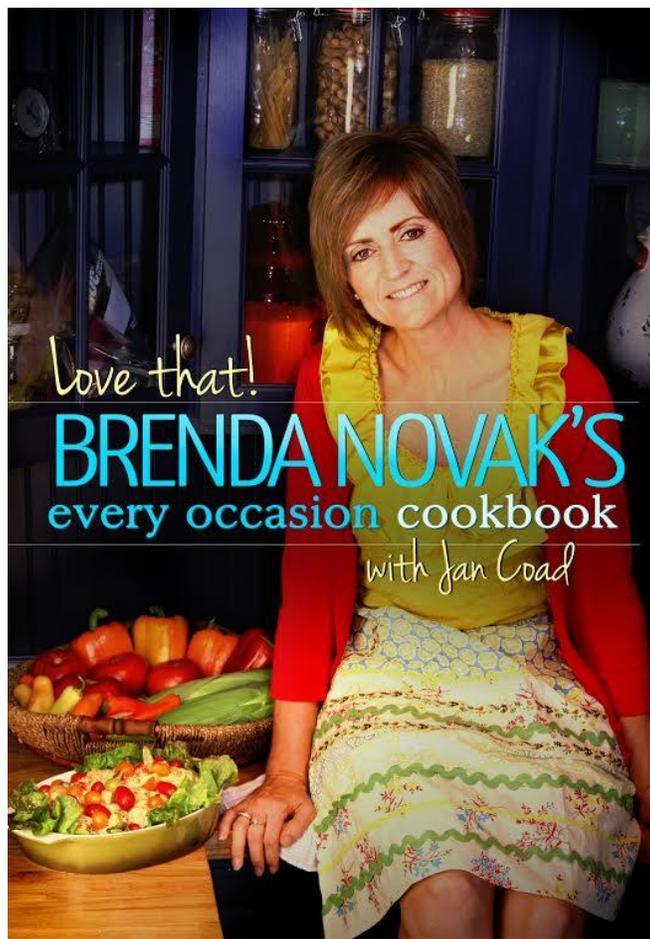
*All the proceeds from the sale of this book go toward the Diabetes Research Institute*

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Brenda's youngest son has diabetes and as she says, she would like nothing more than to see a cure in her lifetime. Brenda Novak's Annual Online Auction for Diabetes Research is a 501c3. She's been running the charity for more than ten years and has raised \$2.4 million for this cause. The proceeds of her efforts for this year are going to the Diabetes Research Institute at the University of Miami, because she thinks they are currently the best bet for a cure ([diabetesresearch.org](http://diabetesresearch.org)). If you'd like to learn more about what Brenda is doing this year, please feel free to visit <http://brendanovakforthecure.org>

The meals included in this cookbook are not just healthy for someone with diabetes, they are a healthy way of cooking that everyone can enjoy.

Here are a couple of recipes from Love That! Brenda Novak's Every Occasion Cookbook for you to try. Most of the recipes in this cookbook include beautiful color images that will have your mouth watering and your stomach growling when flipping through its pages. Brenda also includes nutritional information at the bottom of each recipe. This information is always a nice thing to know especially if you are on a special diet.

## Stuffed Chicken Breasts



Homemade tomato sauce:

- 1 Tbsp. extra-virgin olive oil
- 3 large tomatoes, peeled and chopped
- 1 small onion minced
- 1 red bell pepper, minced
- 2 cloves garlic, minced
- 1/2 cup Cabernet Sauvignon or other red wine
- 4 Chicken breasts (about 1 lb.)
- 1 tsp. fresh rosemary, chopped
- 1/2 cup fat-free ricotta cheese
- 1/2 cup fat-free sour cream
- 1 egg, beaten
- 1 cup mozzarella cheese, grated
- Fresh mozzarella cheese balls, sliced into 4 slices

In a saucepan, begin the tomato sauce by combining only the olive oil, onion and garlic. Toss until onion is translucent and add red wine. Add in tomatoes and bell pepper, and stir while heating. Cook for 20 minutes on low. As the sauce cooks down, it will thicken. Turn temperature to warm and prepare the chicken breasts.

Slit chicken breasts for stuffing, and set aside. Mix rosemary, ricotta cheese, sour cream, egg and grated mozzarella. Spoon 1/4 of this mixture into each chicken breast. Cover each stuffed breasts with tomato sauce and top with a slice of fresh mozzarella. Bake at 350° F for 50-60 minutes or until chicken is cooked through.

4 Servings

Each Serving: Cal: 492 Carb: 19 g Fat: 21 g Protein: 52 g Sodium: 593 mg Sugar: 13 g

## Halibut Tacos



### Marinade:

1/2 red onion, chopped

3 Tbsp. lime juice

1/2 tsp. salt

1/4 tsp. pepper

### Yogurt-lime Sauce:

1 cup plain low-fat yogurt

1 Tbsp. lime juice

1/2 tsp. sugar

1/4 tsp. salt

1 tsp. chili powder

1 tsp. cumin

1 tsp. chipotle powder

Dash of hot sauce

Taco fillers:

1 1/2 lbs. skinless halibut fillets

8- 6" corn tortillas

2 cups shredded cabbage

2 avocado, cubed

1/4 cup fresh

cilantro, chopped

Cucumber-Orange Salsa:

1 cucumber, peeled and diced

2 oranges, peeled and diced

1 jalapeno, chopped

Juice of 1 lime

2 Tbsp. fresh

cilantro, chopped

2 Tbsp. red onion, minced

1/4 tsp. salt

1 tsp. honey

First prepare marinade. Place halibut in shallow dish and cover with marinade. Refrigerate 20 minutes.

Mix the yogurt lime sauce together, cover and chill.

Next mix the cucumber-orange salsa and cover and chill.

Heat grill to medium-high. Spray cooking spray on a paper towel and wipe on grill. Cook the halibut 4 minutes on each side or until done. Portion halibut into 8 equal pieces. Warm the tortillas. Top each tortilla with approximately 2 ounces of fish, 1/4 cup of cabbage, 2

Tbsp. yogurt-lime sauce, 2 avocado slices and 1 1/2 teas. of cilantro. Serve with cucumber-orange salsa.

8 Servings (1 taco with yogurt- lime sauce and cucumber-orange salsa per serving)

Each Serving: Cal: 291 Carb: 26 g Fat: 9 g Protein: 26 g Sodium: 351 mg Sugar: 10 g

*\*\*This post is sponsored by Love that! Brenda Novak's Every Occasion Cookbook.*

## **About Brenda Novak**



*New York Times & USA Today* Bestselling Author Brenda Novak is the author of fifty books. A four-time Rita nominee, she has won many awards, including the National Reader's Choice, the Bookseller's Best, the Book Buyer's Best, the Daphne, and the Holt Medallion. She also runs Brenda Novak for the Cure, a charity to raise money for diabetes research (her youngest son has this disease). To date, she's raised \$2.4 million. For more about Brenda, please visit [www.brendanovak.com](http://www.brendanovak.com).