



Ascension

Bariatric Bites

Bariatric Cook Book

By: Mary McKee

Kitchen Favorites

Breakfast

Salad

Main Dish

Side Dish

Dessert/Beverages

What's In Your Pantry?

KITCHEN FAVORITES (AND TIME SAVERS)



Crock Pot



Instant Pot



Spiralizer



Avocado Slicer



Sharp Kitchen Knife



Mandoline



Salsa Maker



Immersion Blender



Tomato Knife

Avocado Toast With Egg

Category: Breakfast

Ingredients:

- 1 Small Avocado, Diced
- 2 Slices Hearty, Whole Grain Bread, Toasted
- 2 Eggs, Fried (Non Stick Pan, so no fat needed)
- Tajin Seasoning to Taste
- 1 tsp. Balsamic Vinegar

Directions:

1. Add the Balsamic Vinegar and Tajin Seasoning to the avocado and mash well.
2. Spread the avocado on toast, and top with a fried egg.

Yield: 2 Servings

Nutrition: (Per serving)

- Calories: 264
- Carbs: 19 gm
- Protein: 11 gm
- Fat: 16 gm
- *Mostly good monounsaturated fats!*

Blueberry Breakfast Quinoa

Category: Breakfast

Ingredients:

- ½ Cup Dry Quinoa (Rinsed Well)
- ½ tsp. Cinnamon
- ¼ Cup Chopped Walnuts or Pecans
- ¾ Cup Skim Milk
- ¼ tsp. Vanilla Extract
- 1 Cup Blueberries

Directions:

1. Place the quinoa and milk in a small saucepan over medium heat.
2. Bring to a boil, then reduce heat to a simmer.
3. Cook until most of the liquid has been absorbed - about 15-20 minutes.
4. Stir in cinnamon, vanilla, walnuts, and blueberries.

You can eat this meal hot or store it in the fridge and eat it cold.

Variations:

- Stir in a dollop of vanilla or coconut Greek yogurt.
- Use a variety of different fruits instead of blueberries:
Raisins, craisins, raspberries, sliced bananas, mango chunks, etc.

Yield: 2 Servings

Nutrition: (Per serving)

- Calories: 327
- Carbs: 48 gm
- Protein: 9 gm
- Fat: 11 gm
- Fiber: 6 gm

Breakfast Burrito

Category: Breakfast

Ingredients:

- 6 Eggs
- ¼ Cup Diced Green Onion
- ½ Cup Part Skim, Shredded Mozzarella Cheese
- 6 Low Carb, High Fiber Tortillas (8 Inch)
- 1 Small Tomato, Diced
- ¼ Cup Diced Green Pepper
- Pepper

Directions:

1. Sauté the vegetables in a pan until soft.
2. Add the eggs and pepper and cook until eggs are done.
3. Spoon ⅓ of the egg mixture into the middle of each tortilla and sprinkle ⅓ of cheese on top.
4. Fold the edges in.
5. Wrap each tortilla individually in tin foil and freeze.
6. To cook, place the breakfast burrito (without the tin foil) in the microwave and cook for approximately 45 seconds.

Note-Cooking time may vary depending on your microwave.

Variations:

- Top with salsa.
- Hawaiian: Add diced Canadian bacon and crushed pineapple.
- Mexican: Sprinkle taco seasoning into the egg mixture and use reduced fat Mexican cheese instead of mozzarella.

Yield: 6 Individual Breakfast Burritos

Nutrition: (Per Burrito)

- Calories: 125
- Carbs: 18 gm
- Protein: 13 gm
- Fat: 5 gm

- Fiber: 11 gm

Broccoli Cheddar Quinoa Egg Muffins

Category: Breakfast

Ingredients:

- 3 Eggs
- ½ tsp. Italian Seasoning
- ½ tsp. Garlic Powder
- 2 Cups Cooked Quinoa
- 2 Cups Cooked Broccoli, Chopped
- 1 Cup Reduced Fat Shredded Cheddar Cheese
- Salt and Pepper

Directions:

1. Preheat the oven to 400 degrees.
2. Whisk together the eggs, Italian seasoning and garlic powder.
3. Add the quinoa, chopped broccoli and cheese. Stir well.
4. Scoop into prepared standard muffin tin.
5. Bake for 20-25 minutes until cooked through.

Yield: 12 Muffins

Nutrition: (Per Muffin)

- Calories: 80
- Carbs: 8.5 gm
- Protein: 5 gm
- Fat: 3 gm
- Fiber: 1 gm

Crockpot Breakfast Casserole

Category: Breakfast

Ingredients:

- 10 oz. Frozen Hash Browns (Choose one with 0 Gm Fat)
- 10 oz. Canadian Bacon Slices
- ½ Cup Chopped Onion
- ½ Cup Chopped Green Peppers
- ¾ Cup Reduced Fat Shredded Cheddar Cheese
- 6 Eggs
- ⅔ Cup Skim Milk
- 1 tsp. Chili Powder
- ½ tsp. Black Pepper
- ½ Cup Salsa

Directions:

1. Scatter hash browns on the bottom of the crock pot.
2. Top with Canadian bacon slices, then onions and green peppers.
3. Spread shredded cheese over the top.
4. Crack 6 eggs into a bowl and add the milk and spices. Whisk together, then pour over the top of the crock pot mixture and let it soak in.
5. Cover and cook on low for 6-7 hours.
6. Serve with salsa!

Yield: 6 Servings

Nutrition: (Per Serving)

- Calories: 286
- Carbs: 30 gm
- Protein: 19 gm
- Fat: 10 gm
- Fiber: 1.5 gm

Fruit and Yogurt Parfait

Category: Breakfast

Ingredients:

- 1 container (about 5 oz) Greek Yogurt (with no added sugar)
- 1/4 c berries, fresh or frozen
- 2 Tbsp. Grape Nuts cereal

Directions:

1. Combine all ingredients in a bowl. Stir well.

Yield: 1 Serving

Nutrition: (Per Serving)

- Calories: 165
- Carbs: 26 gm
- Protein: 16 gm
- Fat: 0 gm
- Fiber: 3 gm

Fun, Flavorful Frittata

Category: Breakfast

Best cooked in a cast iron fry pan, but any OVEN-SAFE fry pan will do.

Ingredients:

- 6 Eggs
- 1/4 Cup Evaporated Skim Milk
- 1/2 Cup Chopped Onion
- 1/2 Cup Chopped Green Pepper
- 1/2 Cup Cherry Tomatoes, Cut in Half
- 1/2 Cup Sliced, Cooked Potatoes (Or Canned Sliced Potatoes)
- 1 Cup Reduced Fat Shredded Cheddar Cheese
- 1/4 tsp. Each of: Pepper, Thyme, and Parsley Flakes

Directions:

1. Preheat the oven to 400 degrees.
2. Whisk eggs and evaporated milk together and set aside.
3. In an oven safe fry pan, heat vegetables, potatoes and spices until soft (about 3 minutes)
4. Sprinkle cheese into the vegetables, then pour the egg mixture over it all and make sure it settles evenly over all the vegetables.
5. Bake at 400 for 8-10 minutes until the eggs are set. Insert a clean knife into the middle of the frittata and if it comes out clean, it is done.

Variations:

- Mexican: Use taco seasoning, Mexican cheese and a can of southwestern vegetables.
- Greek: Use red onion, cherry tomatoes, Greek Seasoning and low-fat Feta cheese.
- Bump up the Protein: Lean meats such as turkey sausage or canadian bacon can be added as well.
- Whatever you like: A good formula to follow is... 6 eggs, 1/4 c evaporated skim milk, 1 cup of cheese and 2 cups of (veggies/potatoes/ meat combined) and whatever seasoning you like.

Yield: 6 Serving

Nutrition: (Per Serving)

- Calories: 166, Carbs: 7gm, Protein: 12gm, Fat: 10gm, Fiber: 1gm

Greek Breakfast in A Bottle

Category: Breakfast

Ingredients:

- 10 Cherry Tomatoes, Halved
- 1 Green Onion, Sliced
- 5 Kalamata Olives, Sliced
- ¼ Cup Reduced Fat Feta Cheese Crumbles
- 2 Eggs
- Greek Seasoning to Taste

Directions:

1. Sliced the tomatoes, onion and olives and place in a 16 oz. Mason Jar.
2. Add the feta cheese, eggs and seasonings.
3. Screw on the lid of the mason jar.
4. Shake the jar well until all ingredients are well mixed.
5. Take the cover and metal ring off the jar before placing it in the microwave.
6. Microwave for 2 minutes.
7. Let stand for 5 minutes before eating.

This meal can be prepared beforehand and refrigerated after step 3 until meal time.

Variations:

- Use Basil, Pepper, or Lemon Pepper instead of Greek Seasoning.

Yield: 1 Serving

Nutrition: (Per Serving)

- Calories: 323
- Carbs: 11 gm
- Protein: 25 gm
- Fat: 19 gm
- Fiber: 2 gm

Not Fast Food Breakfast sandwich

Category: Breakfast

Ingredients:

- 6 eggs
- 1/2 c skim milk
- 3 oz sliced ham
- 6 slices reduced fat cheddar cheese (or 1 1/2 c reduced fat shredded cheese)
- 3 English muffins (choose Light version if you can)

Directions:

1. Preheat the oven to 350 degrees.
2. Spray a 8x8 baking dish with cooking spray.
3. Whisk the eggs and milk together and pour into the baking dish and cook for about 15 min, until firm.
4. Toast an english muffin and use 1/2 of the english muffin (this is an open face sandwich).
5. Slice the cooked egg mixture into 6 pieces.
6. Layer the egg, 1/2 oz ham slice, and 1 slice (or 1/4 c shredded cheese).
7. Heat in the microwave for about 30 seconds until the cheese starts to melt.

Yield: 6 Serving (Open Face Breakfast Sandwiches)

Nutrition: (Per Serving)

- Calories: 236
- Carbs: 14 gm
- Protein: 18 gm
- Fat: 12 gm
- Fiber: 4 gm

Serve with some fresh fruit for a healthy meal!

Overnight Oats

Category: Breakfast

Ingredients:

- ½ Cup Old Fashioned Oats
- ½ Cup Skim Milk
- ¼ Cup Greek Vanilla Yogurt
- ¼ tsp. Vanilla Extract
- 1 tsp. Chia Seeds

Directions:

1. Mix all the ingredients in a Mason Jar.
2. Let sit in the refrigerator overnight.
3. Grab and go the following morning.

You can eat this meal hot or cold.

Variations:

- Add cinnamon, brown sugar, Splenda, and chopped walnuts.
- Add peanut butter powder, cocoa powder and a packet of sweetener.
- Add unsweetened flavored applesauce.
- Add your favorite berries.
- Pina Colada: Substitute coconut yogurt for the vanilla yogurt and add crushed pineapple.

Be creative!!

Yield: 2 Serving

Nutrition: (Per Serving, for Basic Recipe)

- Calories: 130 gm
- Carbs: 21 gm
- Protein: 8.5 gm
- Fat: 1.5 gm
- Fiber: 5 gm (More if you add fruit)

Protein Pancakes

Category: Breakfast

Ingredients:

- ½ Cup Oatmeal (Not the Instant Packages)
- ½ Cup Low Fat Cottage Cheese
- 2 Eggs
- 2 Packets Stevia (or Splenda or Equal)
- Dash of Cinnamon

Directions:

1. Spray skillet with Pam and bring to medium heat.
2. Combine all ingredients together in a bowl, and use a food processor, or an immersion blender to mix it well.
3. Cook for about 2 minutes per side.

Can top with sliced berries and vanilla Greek yogurt!

Yield: 2 Serving (Makes two 4 inch pancakes per serving)

Nutrition: (Per Serving, for Basic Recipe)

- Calories: 178 gm
- Carbs: 16gm
- Protein: 15gm
- Fat: 6gm
- Fiber: 2gm

Quinoa Breakfast Casserole

Category: Breakfast

Ingredients:

- 1 ¾ Cup Cooked Quinoa (Or Use 1 Boil-In-Bag Quinoa Prepared According to Package Directions)
- 4oz. Low-Fat Turkey Sausage (Pre-Cooked) Links or Patties
- ¼ Cup Chopped Onion
- ¼ Cup Chopped Green Pepper
- 1 Cup Spaghetti Sauce
- 4 Eggs

Directions:

1. Cook quinoa and set aside.
2. Heat turkey sausage according to package directions, then cut into bite sized pieces.
3. Add turkey sausage, onion, green pepper, and spaghetti sauce to the quinoa and mix well.
4. Heat in the microwave until warm throughout.
5. Split into 4 servings.
6. Cook each egg to over-medium and place an egg on top of each serving.

Yield: 4 Servings

Nutrition: (Per Serving)

- Calories: 254
- Carbs: 24gm
- Protein: 17gm
- Fat: 10gm
- Fiber: 6gm

Chuck's Make Ahead Bean Salad

Category: Salad

Ingredients:

- 1 Can Kidney Beans, Rinsed and Drained
- ½ Red Onion, Chopped Small
- 1 Hard Boiled Egg
- ½ Cucumber, Chopped Small
- 1 Stalk Celery, Chopped Small
- 1/3 Cup Low-Fat Mayonnaise
- Salt and Pepper to Taste

Directions:

1. Rinse and drain the kidney beans and place in a bowl.
2. Add the chopped cucumber, onion, and celery.
3. Stir in the mayonnaise, and salt and pepper. Mix well.
4. Grate the hardboiled egg on top and mix in.
5. Refrigerate overnight – it tastes even better the next day!

Variations:

- Substitute black beans for kidney beans.
- Add ¼ tsp. of dill weed.

Yield: 6 (1/2 cup) Servings

Nutrition: (Per Serving)

- Calories: 120
- Carbs: 18gm
- Protein: 7gm
- Fat: 2gm
- Fiber: 6gm

Corn and Black Bean Salad

Category: Salad

Ingredients:

- ⅓ Cup Lime Juice
- 1 ½ tsp. Minced Garlic
- ½ tsp. Salt
- 2 Tomatoes, Chopped
- ½ Red Onion, Chopped
- ½ Cup Chopped Cilantro
- ¼ Cup Olive Oil
- ⅛ tsp. Cayenne Pepper
- 2 Can Black Beans, Drained and Rinsed
- 1 Bell Pepper, Chopped
- 1 ½ Cup Frozen Corn, Thawed
- 1 Avocado Cubed, if Desired

Directions:

1. Combine lime juice, olive oil, garlic, salt and cayenne pepper in a small jar, cover and shake well. Set aside.
2. Chop the tomatoes, onions and bell pepper by hand or with a salsa maker.
3. Pour into a bowl.
4. Add the black beans, corn, cilantro (and avocado if desired).
5. Pour the dressing over the top and stir well.

Yield: 12 Servings

Nutrition: (Per Serving)

- Calories: 120
- Carbs: 14gm
- Protein: 5gm
- Fat: 5gm
- Fiber: 6gm

Cucumber Tomato and Pepper Salad

Category: Salad

Ingredients:

- 1 Cucumber
- 2 Ripe Tomatoes
- 1 Green, Orange, or Red Pepper
- ½ cup Lite Italian Dressing

Directions:

1. Slice cucumber and then cut the slices in half.
2. Chop the tomatoes and the pepper into medium size chunks.
3. Mix all vegetables together and pour the Italian dressing over the top and toss well.
4. Chill for 30 minutes before serving.

Yield: Appx. 8-10 (1/2 Cup) Servings

Nutrition: (Per Serving)

- Calories: 15
- Protein: Minimal amounts
- Fat: Minimal amounts
- Loaded with Vitamin A and Vitamin C

Mexican Street Corn Salad

Category: Salad

Ingredients:

- 12oz Package Frozen Sweet Corn (About 2 ½ Cups of Corn)
- ¼ Cup Diced Jalapeno Pepper
- ¾ Cup Red Pepper, Diced (About ¾ of a pepper)
- ¾ Cup Green Onions, Chopped
- ¼ Cup Plain, NonFat Greek Yogurt
- ¼ Cup Low Fat Mayonnaise
- ¾ tsp. Pepper
- ¾ tsp. Paprika
- ¾ tsp. Cumin
- 3 Tbsp Lime Juice
- ¾ Cup Shredded Mozzarella Cheese (Made with 2% milk) or Queso Cotija or Queso Blanco or Reduced Fat Feta Cheese
- ¾ Cup Chopped Cilantro

Directions:

1. Preheat the oven to 400 degrees. Place the frozen corn in a baking dish and roast it for 10-12 min.
2. Remove from the oven and put in the refrigerator to cool.
3. In a large bowl, combine the mayo, greek yogurt, pepper, paprika, cumin and lime juice. Mix well
4. Fold in the corn, red pepper, jalapeno and onions.
5. Gently fold in the cheese and cilantro.
6. Chill until ready to eat.

Yield: 9 ½ Cup Servings

Nutrition: (Per Serving)

- Calories: 94
- Carbs: 14gm
- Protein: 5gm
- Fat: 2gm
- Fiber: 2gm

Quinoa and Black Bean Salad

Category: Salad

Ingredients:

- 1 cup Dry Quinoa, 2 cups Water
- 2 ½ Tbsp. Lime Juice
- ½ Tbsp. Cumin
- 1 tsp. Sea Salt
- 2 ½ Tbsp. Olive Oil
- 1 Can Black Beans, Drained
- 2 tsp. Red Wine Vinegar
- ½ tsp. Pepper
- ½ Red Pepper, Diced
- ½ Orange Pepper, Diced
- ½ Yellow Pepper, Diced
- 1 Cup Frozen Corn, Thawed
- 1 Small Bunch Cilantro, Chopped

Directions:

1. A few hours prior to making the salad, boil 2 cups of water, add the quinoa, return to boil then turn heat to simmer for 15-20 minutes. Fluff with a fork and place in the fridge to cool.
2. To make the salad, first combine the lime juice, cumin and salt in a bowl, whisk to blend.
3. Slowly add the olive oil, whisking continuously. Set aside.
4. Combine the black beans, red wine vinegar and pepper in a bowl and mix well. Set aside.
5. Combine the cooled quinoa, diced peppers, corn, cilantro, bean mixture and the dressing, toss gently to blend.

This meal can be eaten right away, but it also keeps well for several days in the refrigerator.

Yield: 15 (1/2 Cup) Servings

Nutrition: (Per Serving)

- Calories: 107
- Carbs: 17gm
- Protein: 3gm
- Fat: 3gm
- Fiber: 3gm

Red, White, and Blue Salad

Category: Salad

Ingredients:

- 3 Cups Cubed Watermelon
- 2 Cups Sliced Strawberries
- 1 Cup Blueberries
- ½ Cucumber, Quartered and Seeded
- 4 oz. Low Fat Feta Cheese
- 5-6 Leaves of Fresh Mint

Directions:

1. Toss everything except the mint leaves together.
2. Snip the mint leaves over the top of the salad and toss well.
3. Refrigerate for 30 minutes before serving for best results.

Yield: Appx. 14 (1/2 Cup) Servings

Nutrition: (Per Serving)

- Calories: 40
- Carbs: 6 gm
- Protein: 2 gm
- Fat: 1 gm
- Fiber: 1 gm

Spinach Pomegranate Salad

Category: Salad

Ingredients:

- 5oz. Baby Spinach (Washed)
- ½ Small Red Onion, Chopped
- 1 Pomegranate, Seeded (Or ¾ - 1 cup Pomegranate Arils)
- ¼ Cup Toasted Almonds
- ½ Cup Reduced Fat Feta Cheese
- Light Balsamic Vinaigrette Dressing to Taste

Directions:

1. First toast the sliced almonds (about 4 minutes at 400 degrees and let cool).
2. Mix together the spinach, chopped onion, pomegranate arils, feta cheese and then add the toasted onions.
3. Combine well.
4. Add light balsamic vinaigrette dressing to taste.

Variations:

- Use dried cherries or frozen cherries instead of pomegranates and use cherry vinaigrette dressing.
- Add slices of apple to the salad and use a low-cal Poppy Seed dressing.

Yield: 6 servings

Nutrition: (Each Serving, Excluding the Dressing)

- Calories: 88
- Carbs: 7gm
- Protein: 6gm
- Fat: 4gm
- Fiber: 3gm

Strawberry Avocado Farro Summer Salad

Category: Salad

Ingredients:

- 1 Cup Uncooked Farro
- 2 ½ Cups Water (Or Vegetable Stock)
- ½ lb. Strawberries, Hulled and Sliced
- 1 Ripe Avocado, Diced
- ½ Cup Fresh Basil Leaves
- 2 oz. Reduced Fat Feta Cheese
- 2 Tbsp Red Wine Vinegar
- 1 ½ Tbsp. Olive Oil
- 1 ½ tsp. Honey
- Pinch of Pepper

Directions:

1. In a medium saucepan, bring water or stock to a boil.
2. Add farro and simmer, covered for 25-30 min. Let farro cool completely
3. Add cooled farro to a large bowl with sliced strawberries, avocado and feta cheese.
4. Snip fresh basil into small pieces with kitchen shears and add to the salad.
5. In a small bowl, whisk together the olive oil, red wine vinegar, honey and pepper.
6. Pour over the salad. Gently toss to coat.
7. Refrigerate if not serving immediately.

Yield: 12 Servings

Nutrition: (½ Cup)

- Calories: 104
- Carbs: 14 gm
- Protein: 3 gm
- Fat: 4 gm
- Fiber: 2 gm

Watermelon Arugula salad

Category: Salad

Ingredients:

- 6 Cups Baby Arugula, Washed and Dried
- 3 Cups Watermelon, Cut into 1/2" Cubes
- 1 Small English Cucumber, Sliced Thin
- ¼ Cup Low Fat Feta Cheese Crumbles
- 2 Tbsp Pepitas (Pumpkin Seeds)
- 2 Tbsp Skinny Girl Balsamic Vinaigrette Dressing (or other Light Balsamic Vinaigrette Dressing)

Directions:

1. Combine all ingredients(except dressing) in a salad bowl.
2. Drizzle dressing over the top.
3. Serve immediately.

Yield: 6 Servings

Nutrition:

- Calories: 50
- Carbs: 7 gm
- Protein: 2 gm
- Fat: 1.5 gm
- Fiber: 1 gm

Winter WOW Salad

Category: Salad

Ingredients:

- 6 oz. Kale, Ripped into Bite Size Pieces
- 15 Brussel Sprouts
- 4 Tbsp. Balsamic Vinegar
- 2 Tbsp.. Bacon Bits (You can buy a small bag at Pick 'n Save)
- ½ Red Onion, Chopped
- 4 oz. Cranberry White Cheddar Cheese (From Aldi's)
- Light Balsamic Vinaigrette Dressing

Directions:

1. Place the kale in a salad bowl.
2. Pour the balsamic vinegar and the bacon bits into a small pan and bring to a boil. Turn down the heat to low/medium and cook for about 20 min (this makes a balsamic glaze).
3. Add this to the kale, then add the chopped onion and the cheese, cut into small chunks. Mix well.
4. Drizzle the balsamic vinaigrette dressing onto the salad and serve immediately.

Variations:

- Cube and roast 1/2 sweet potato, and add to the salad.
- Add cooked chicken to the salad to turn it into a full meal
- Add chopped walnuts

Yield: 6 Servings

Nutrition:

- Calories: 120
- Carbs: 8 gm
- Protein: 8 gm
- Fat: 6 gm
- Fiber: 2 gm

Apple Chip and Chicken Salad

Category: Main Dish

Ingredients:

- 2 Small Boneless, Skinless Chicken Breasts, Cooked and Sliced (6oz Total)
- 5oz. Mixed Greens
- ½ Small Red Onion, Sliced Thin
- 2 Medium Tomatoes, Chopped
- ½ Cup Toasted Pecan Halves*
- ½ Cup Reduced Fat Feta Cheese Crumbles
- 1 - 2.5 oz Bag Apple Chips (preferably look for ones that have no fat)

Dressing:

- 2 Tbsp. Olive Oil
- 1 Tbsp. White Balsamic Vinegar (Or Apple Cider Vinegar)
- 2 tsp. Honey, 1 tsp. Dijon Mustard
- 1/4 tsp. Pepper
- 1/8 tsp. Garlic Powder

Directions:

1. Cook and slice chicken (or heat the frozen precooked sliced chicken).
2. In a salad bowl, combine the mixed greens, onions, tomatoes, and toasted pecans.
3. Top with chicken, feta cheese and apple chips.
4. To make the dressing, whisk together all ingredients in a bowl, then drizzle over the salad.

*To toast pecan halves, preheat the oven to 350 degrees, place pecans on a baking pan and toast pecan halves for 5-6 min.

Yield: 4 servings

Nutrition: (Per Serving)

- Calories: 285
- Protein: 25gm
- Fat: 23gm
- Fiber: 4gm

Asian Shrimp and Vegetables

Category: Main Dish

Ingredients:

- 2 Cups Frozen (or Fresh) Shrimp (Tails Off)
- 1 16oz Bag Frozen Asian Vegetables (With Sauce)
- ½ Cup Chopped Green Onions
- ½ Cup Dry Brown Rice/Quinoa or Brown Rice
- 1 Cup Water
- Garlic Powder and Pepper to Taste

Directions:

1. Place frozen shrimp in a crock pot.
2. Add the frozen vegetables (and the sauce packet), the green onions, rice/quinoa, water and spices. Mix well.
3. Cook on high for 2 hours, stirring once or twice.
4. If desired, add chili garlic sauce when serving.

This can be made in a wok or fry pan if desired- cooking the rice/quinoa separately and cooking the shrimp and veggies until hot.

Yield: 24 (1 Cup Servings)

Nutrition: (Per Serving)

- Calories: 180
- Carbs: 19gm
- Protein: 20gm
- Fat: 2gm
- Fiber: 4gm

Avocado Tuna Salad

Category: Main Dish

Ingredients:

- ½ Large Avocado (or About ⅓– ½ Cup Guacamole)
- 5oz Can Tuna, Water Packed
- ¼ Green Pepper, Chopped
- ¼ Onion, Chopped
- ¼ Lemon (Juiced)
- Salt and Pepper or Seasoning of Your Choice

Directions:

1. Place avocado in a medium sized mixing bowl and mash with a fork until you've reached a smooth consistency.
2. Add tuna, chopped green peppers, chopped onion.
3. Mix ingredients together.
4. Drizzle lemon juice and top with seasonings.
5. Enjoy straight from the bowl, with a healthy low-fat cracker, in a lettuce wrap, or a low carb tortilla.

Yield: 2 Servings

Nutrition: (Per Serving)

- Calories: 126
- Carbs: 5gm
- Protein: 13gm
- Fat: 6gm
- Fiber: 2.5gm

BBQ Hawaiian Chicken Wrap

Category: Main Dish

Ingredients:

- 12 oz Can Chunk Chicken
- ½ cup Pineapple Tidbits, Chunks or Fresh
- ¼ red onion, chopped Red Onion
- ¼ Cup No Sugar Added BBQ sauce (Sweet Baby Rays or G Hughes are good ones)
- ½ c shredded, low fat mozzarella cheese
- 4 Lettuce leaves
- Pepper to taste
- Cilantro, if desired
- Carb Control Tortillas

Directions:

1. Mix the chicken, BBQ sauce and pepper(to taste) together and heat through in a pan.
2. Place the tortilla on a plate. Layer with a lettuce leaf, then the chicken, cheese, pineapple, onion and cilantro if desired.
3. Roll it up and Enjoy!

Yield: 4 Servings

Nutrition: (Per Wrap)

- Calories: 210
- Carbs: 30gm
- Protein: 17gm
- Fat: 2.5gm
- Fiber: 12gm

Bean and Cheese Mash

Category: Main Dish

Ingredients:

- 1 Tbsp Olive Oil
- ¼ Cup Chopped Onions
- 1 Small Jalapeno, Seeded and Diced
- 1 tsp. Minced Garlic
- 1 Can Refried Black Beans
- ½ cup Reduced Fat Mexican 4 Cheese Blend or ½ Cup Queso Blanco
- Tajin Seasoning as Desired

Directions:

1. Heat olive oil in a skillet on medium heat.
2. Add the chopped onion and minced jalapeno and sauté until soft – 4 or 5 minutes.
3. Add the garlic and sauté 1 more minute.
4. Add the refried black beans, mix well and heat thoroughly.
5. Then add the cheese and stir until it is completely melted in.
6. Serve hot, with raw vegetables or homemade tortilla chips.

Yield: 5 Servings

Nutrition: (Each Serving)

- Calories: 160
- Carbs: 15gm
- Protein: 7gm
- Fat: 8gm
- Fiber: 5gm

Beans with Kielbasa

Category: Main Dish

Ingredients:

- 1 Green Pepper, Chopped
- 15.5 oz Great Northern Beans
- 15.5 oz Can Pinto Beans
- 15.5 oz can Butter beans(or black beans if you prefer)
- 8 oz Can Tomato Sauce
- 1 Clove Garlic or 1 tsp. minced Garlic
- ½ Cup Chopped Onion
- 15.5oz Can Stewed Tomatoes
- 1 Pound Turkey Kielbasa, Cut into ½ inch slices
- ¼ tsp. Pepper

Directions:

1. Combine all ingredients in a slow cooker.
2. Cover and cook on low for 6-8 hours.

Variations:

- Use a can of diced tomatoes with green chilies instead of stewed tomatoes for more zing!

Yield: 9 (1 cup) Servings

Nutrition: (Per Serving)

- Calories: 188
- Carbs: 24gm
- Protein: 14gm
- Fat: 4gm
- Fiber: 10gm

Beef and Broccoli with a Thai Peanut sauce

Category: Main Dish

Ingredients:

- 14-16 oz Shaved Beef Steak (Aldi's)
- 12oz Bag Frozen Broccoli Florets

Thai Peanut Sauce:

- ¼ c Peanut Butter Powder
- 2 Tbsp Soy Sauce
- 2 Tbsp Lime Juice
- 2 Tbsp Water
- 1 tsp. Brown Sugar Splenda
- 2 tsp. Ground Ginger
- ½ - 1 tsp. Crushed Red Pepper Flakes (use 1/2 tsp. if you want less heat!)
- 2 tsp. Minced Garlic

Directions:

1. Cook broccoli according to directions on the bag.
2. Brown the shaved beef in a skillet.
3. To make the sauce, combine all ingredients, and whisk together.
4. Add the cooked broccoli to the beef and then pour the peanut sauce over the top and mix well.

Variations:

- Can be served over riced cauliflower, brown rice or quinoa.

Yield: 5 Servings

Nutrition: (Per Serving)

- Calories: 181
- Carbs: 6gm
- Protein: 19gm
- Fat: 9gm
- Fiber: 2gm

Buffalo Blue Chicken Wrap

Category: Main Dish

Ingredients:

- 1 Cup Cooked Chicken, Cubed or Shredded
- ½ Cup Plain Non-Fat Greek Yogurt
- 3 Tbsp Buffalo Wing Sauce (Sweet Baby Rays) – *use more if you like it hotter!*
- 2 Tbsp Blue Cheese, Crumbled
- 2 High Protein Wraps

Directions:

1. Mix the plain Greek yogurt and the wing sauce together.
2. Pour that over the cubed or shredded chicken and mix well.
3. Add the blue cheese, mix well.
4. Place half this mixture in each wrap.

Variations:

- Add lettuce, chopped red onion and green pepper slices to each wrap for more crunch.

Yield: 2 Wraps. These are rather large wraps. Bariatric patients under 1-year Post-op should only consume ½ of a wrap.

Nutrition: (Per Wrap)

- Calories: 330
- Carbs: 22gm
- Protein: 38gm
- Fat: 10gm
- Fiber: 10gm

Buffalo Blue Meatloaf

Category: Main Dish

Ingredients:

- 1lb Lean Ground Beef or Turkey (Use 90% lean/10% fat or better)
- ½ Cup Chopped Onions
- ⅓ Cup Oatmeal
- 1 Egg
- Pepper to taste
- 2 Tbsp Wing Sauce (I used Sweet Baby Rays)
- 2 Tbsp Bolthouse Farms Blue Cheese Yogurt Dressing (found in the refrigerated section of the Produce department)
- 1 oz. Blue Cheese Crumbles

Directions:

1. Preheat the oven to 350 degrees.
2. Combine all ingredients (except the blue cheese crumbles) in a bowl and mix together thoroughly.
3. Pat into a loaf pan and bake for approximately 1 hour. About 10 min before done, sprinkle the blue cheese crumbles on top and finish baking.

Yield: 8 (2oz serving)

Nutrition: (Per 2oz Serving)

- Calories:
- Carbs: 4gm
- Protein: 13gm
- Fat: 8gm
- Fiber: 5gm

Chicken and Vegetable Curry Stew

Category: Main Dish

Ingredients:

- 2 - 7oz Chicken Breasts
- ½ Cup Chopped Green Peppers
- 1 Small Yellow Squash, Sliced
- 12oz Lower Fat Coconut Milk
- ½ Cup Chopped Onion
- 1 Small Zucchini, Sliced
- 2 Cup Frozen Broccoli Stir Fry Veggies
- 4oz Can Curry Paste

Directions:

1. Mix all ingredients together in a saucepan over medium heat.
2. Stir occasionally, until hot.
3. Pour over ⅓ cup mashed potatoes and enjoy!

Yield: 8 (½ Cup) Servings

Nutrition: (Per Serving)

- Calories: 70
- Carbs: 6gm
- Protein: 9gm
- Fat: 1gm
- Fiber: 1gm
- ⅓ cup of mashed potatoes (made without fat) will add another 75 calories.

Chicken Caesar Wrap

Category: Main Dish

Ingredients:

- 12.5 oz Can Chunk Chicken Breast
- 2½ Cup Romaine Lettuce, Shredded
- 12 Cherry Tomatoes, Cut in Half
- ¼ Cup Red Onion, Chopped
- ⅓ Cup Reduced Fat Shredded Parmesan Cheese
- ⅓ Cup Bolthouse Farms Creamy Caesar Salad Dressing (Found in the Refrigerated Section of the Produce Department)
- 4 Low Carb Tortillas/Wraps

Directions:

1. In a large bowl, toss all ingredients together, except for the wraps.
2. Mix well.
3. Place a large spoonful of mixture down the middle of the wrap.
4. Roll up and secure with a toothpick, if necessary

Yield: 4 Servings

Nutrition: (Per Serving)

- Calories: 243
- Carbs: 23gm
- Protein: 21gm
- Fat: 7.5gm
- Fiber: 11gm

Chicken Cashew Wrap

Category: Main Dish

Ingredients:

- 1 Can (12 oz) Canned Chicken
- $\frac{3}{4}$ Cup Coleslaw (Bag Mix With No Dressing) or you can use shredded cabbage
- $\frac{3}{4}$ Cup Sugar Snap Peas, Cut Into Bite Sized Pieces
- $\frac{1}{2}$ Red Pepper, Chopped
- $\frac{1}{2}$ Cup Cashews
- $\frac{1}{3}$ Cup of Your Favorite Creamy Low Cal Dressing
- 5 Low Carb Wraps or Protein wraps

Directions:

1. In a large mixing bowl, add the canned chicken, cole slaw, snap peas, red pepper and cashews. Mix well
2. Drizzle dressing over the top and toss well.
3. Layer into each wrap, and roll. Secure with a toothpick if needed

Yield: 5 wraps

Nutrition:

- Calories: 290 using the Protein wraps)
- Carbs: 24 gm
- Protein: 24 gm
- Fat: 11 gm
- Fiber: 11 gm

Chicken Enchiladas

Category: Main Dish

Ingredients:

- 1 Cup Chopped Onion (about 1 small)
- 2 - 12oz Cans Chunk Chicken Breasts (or 2 ½ cups shredded chicken, packed)
- 4oz Can Diced Green Chilis
- 15oz Can Black Beans, Rinsed and Drained
- Black Pepper to Taste
- 8 Low Carb Tortillas
- 2 ½ Cups Reduced Fat Mexican Cheese
- 10oz Can Enchilada Sauce
- Optional Toppings: Shredded Lettuce, Salsa, Plain Greek Yogurt, Avocado, Fresh Cilantro, Chopped Red Onions

Directions:

1. In a non-stick skillet, heat the onions over medium heat until soft, stirring occasionally.
2. Add the chicken and green chilis and season with pepper. Saute for 6-8 min, stirring occasionally.
3. Add in the beans and stir until combined. Remove from heat and set aside.
4. To assemble: Line the inside of the tortilla with enchilada sauce, then add the chicken mixture down the middle of the tortilla, then sprinkle with 2 Tbsp of the shredded cheese. Roll it up and place in a greased 9X13 baking dish. This should make 8 enchiladas. Spread the remaining sauce of the enchiladas, followed by the extra cheese
5. Bake uncovered for 20 min until the enchiladas are cooked through and the tortillas are slightly crispy on the outside.
6. Garnish with any optional toppings

Yield: 8 servings

Nutrition:

- Calories: 302
- Carbs: 27 gm
- Protein: 26 gm
- Fat: 10 gm
- Fiber: 11 gm

Chicken Parmigiana Bake

Category: Main Dish

Ingredients:

- 1 ½ lb Chicken Tenderloins or Chicken Breast, Cut into Chunks
- 1 Tbsp Olive Oil
- 1 Tbsp Minced Garlic (Or 2 -3 Cloves of Garlic, Crushed)
- ¼ tsp. Red Pepper Flakes
- 2 Cups Marinara Sauce
- 1 Tbsp Basil Flakes (Or 1/4 Cup Chopped Fresh Basil)
- 8oz Shredded (2% Milk) Mozzarella Cheese
- ½ Cup Shredded Low Fat Parmesan Cheese
- 1 - 5 oz. package Garlic Croutons (Look for ones that have only 1 gm of fat)

Directions:

1. Preheat the oven to 350 degrees. Coat the bottom of a 9X13 casserole dish with olive oil.
2. Place the chicken chunks on the bottom of the pan and sprinkle with the garlic and red pepper flakes. Pour the marinara sauce over the chicken and sprinkle the basil on top of the sauce.
3. Mix together the mozzarella cheese and the parmesan cheese, then top the chicken mixture with half the cheese mixture, then sprinkle on the croutons and then top that with the rest of the cheese mixture.
4. Bake for 35 min to 1 hour (depending on if your chicken is in smaller hunks or full tenderloins) If you have a meat thermometer, chicken should be at least 160 degrees.

Yield: 6 Servings

Nutrition: (Per Serving)

- Calories: 405
- Carbs: 32gm
- Protein: 40gm
- Fat: 13gm
- Fiber: 2gm

Corned Beef in a Crock Pot

Category: Main Dish

Ingredients:

- 1 Package of Corned Beef ROUND (the brisket is much fattier)-(with the spice packet in it)
- Small Red Potatoes
- Carrot Sticks
- Cabbage, Cut into Wedges
- 2 Chicken Broth (Water can be substituted if you do not have broth)

Directions:

1. Place the corned beef round in the bottom of the crock pot and add the broth (or water).
2. Add the spice packet.
3. Add the carrots, potatoes and cabbage.
4. Cook on low for about 8 hours.

Nutrition: (2oz Serving Corned Beef Round)

- Calories: 62
- Carbs: 1gm
- Protein: 10gm
- Fat: 2gm
- Fiber: 0gm

Nutrition: (1 Small Red Potato, ½ Cup Cooked Carrots, ½ Cup Cooked Cabbage)

- Calories: 183
- Carbs:
- Protein: 4gm
- Fat: 3gm
- Fiber: 4gm

Crab, Mango and Quinoa Salad

Category: Main Dish

Ingredients:

- 1 ½ Cups Cooked Quinoa, Cooled
- 4 Green Onions, Chopped
- 1 Cup Crab Meat, Shredded
- 1 Tbsp Lime Juice
- 2-4 Tbsp Fresh Cilantro, Chopped
- 1 Avocado, Diced
- 1 Mango, Diced (or 1 ¼ Cup Frozen Mango)
- 2 Tbsp Light Mayonnaise
- Pinch of Cayenne Pepper

For Dressing:

- 2 Tbsp Olive Oil
- 1 Tbsp Lemon Juice
- 1 Tbsp Lime Juice
- 1 tsp. Fresh Ginger (or ⅛ tsp. Ground Ginger)
- Salt and Pepper To Taste

Directions:

1. Whisk all the dressing ingredients together in a bowl and set aside.
2. Mix diced avocado, scallions and mango into the cooled quinoa.
3. Mix the crab meat, light mayonnaise, lime juice and cayenne pepper together and mix this mixture into the quinoa mixture.
4. Pour the dressing over it all and stir until combined.

Yield: 4 (1 Cup) Servings

Nutrition: (Per Serving)

- Calories: 329
- Carbs: 36gm
- Protein: 8gm
- Fat: 17gm-*the good kind!*
- Fiber: 6gm

Crock-Pot Cowboy Casserole

Category: Main Dish

Ingredients:

- 1 lb Ground Round or Ground Sirloin or Lean Ground Turkey
- 1 Onion, Chopped
- 4 Medium Potatoes, Sliced
- 1 tsp. Minced Garlic
- 1 Can Kidney Beans, Drained
- 1 15oz Can Diced Tomatoes (With Juice)
- 1 Can Low Fat Cream of Mushroom Soup
- 1/2 tsp. Dried Oregano,
- 1/4 tsp. Black Pepper
- 1 Cup Reduced Fat Cheddar Cheese

Directions:

1. Brown the ground meat and the onions together, then place in the crock pot.
2. Add the rest of the ingredients and stir well.
3. Cover and cook on Low for 6-8 hours, or High for 4 hours

Yield: 6 servings

Nutrition:

- Calories: 367
- Carbs: 47 gm
- Protein: 29 gm
- Fat: 7 gm
- Fiber: 8 gm

Easy Tuna and Green Beans Over Potatoes

Category: Main Dish

Ingredients:

- 3 cans of tuna packed in water
- 1 can french style green beans, drained
- 1 can Fit N Active (or Campbell's Low Fat)cream of Mushroom soup
- 6 oz skim milk
- Pepper if desired

Directions:

1. Mix all ingredients together in a saucepan over medium heat.
2. Stir occasionally, until hot.
3. Pour over 1/3 cup mashed potatoes and enjoy!

Yield: 8 ½ Cup servings

Nutrition:

- Calories: 70
- Carbs: 6 gm
- Protein: 9 gm
- Fat: 1 gm
- Fiber: 1 gm
- ⅓ Cup of Mashed Potatoes (Made without fat) will add another 75 calories.

Fiesta Chicken

Category: Main Dish

Ingredients:

- 6oz Chicken, Cooked and Sliced (or Use Frozen Grilled and Sliced)
- 6 Mini Sweet Peppers
- ½ Cup Sliced Black Olives
- Tajin Seasoning
- 1 Small Zucchini
- 3 Tbsp Shredded Parmesan Cheese

Directions:

1. Heat the chicken until fully cooked.
2. While waiting for the chicken to cook (or reheat), slice the mini sweet peppers.
3. Add them to the chicken.
4. Add the sliced black olives to the chicken and peppers and cook until well heated.
5. Sprinkle with Tajin Seasoning.
6. Make Zoodles out of zucchini *and place the chicken mixture on top of the zoodles.
7. Sprinkle it with shredded parmesan cheese.

**See Zoodle recipe for instructions.*

Yield: 3 Servings

Nutrition: (Per Serving)

- Calories: 150
- Carbs: 7gm
- Protein: 15gm
- Fat: 7gm
- Fiber: 2gm

Greek Chicken with Tzatziki Sauce

Category: Main Dish

Ingredients:

Greek chicken:

- 2 Large, Boneless Skinless Chicken Breasts
- 2 Tbsp Red Wine Vinegar
- 2 Tbsp Lemon Juice
- 1 Tbsp Olive Oil
- 2 Tbsp Greek Seasoning (I use Penzeys)

Tzatziki sauce:

- 1 - 5 oz Container Plain, Nonfat Greek Yogurt
- 1/4 Cucumber (Grated)
- 2 tsp. Minced Garlic
- 1-2 tsp. Dill Weed (Dried)
- 1 tsp. Lemon Juice

Directions:

1. Combine the red wine vinegar, lemon juice olive oil and Greek seasoning together and pour over the 2 chicken breasts. Marinate for 30 min. (If you are in a time crunch, just cook the chicken in a non stick pan with the Greek seasoning)
2. Prepare the tzatziki sauce by mixing all ingredients together and stirring well. Refrigerate.
3. Cook the chicken in a non-stick skillet or on a grill, until the meat thermometer reads 165 degrees.
4. Slice the chicken and serve with tzatziki sauce. Serve over wild rice or in a pita.

Yield: 4 servings

Nutrition: (Per Serving)

- Calories: 150
- Carbs: 3 gm
- Protein: 23 gm
- Fat: 5 gm

Patchwork Stew

Category: Main Dish

Ingredients:

- 1lb Chicken Breasts (or Pork Tenderloin if desired)
- 2 Cups Chicken Broth
- 1 Can (15.5oz) Garbanzo Beans, Drained
- 1 Can (14.5oz) Stewed Tomatoes
- 1 Large Sweet Potato, Peeled and Cubed
- 1 Onion, Chopped
- 2 tsp. Paprika
- 2 tsp. Cumin
- 1 tsp. Dried Basil
- ¼ tsp. Cinnamon
- ⅛ tsp. Pepper

Directions:

1. Place chicken in a crock pot and add all the ingredients to the crock pot.
2. Cover and cook on low for 4-6 hours.
3. Uncover and shred the chicken.

Yield: 6 Serving

Nutrition: (Per Serving)

- Calories: 190
- Carbs: 22gm
- Protein: 20gm
- Fat: 2gm
- Fiber: 5gm

Grilled Tajin Shrimp

Category: Main Dish

Ingredients:

- 6 oz large cooked shrimp (I use frozen shrimp)
- 1 1/2 tsp. olive oil
- 1Tbsp lime juice
- 1 tsp. Tajin seasoning

Directions:

1. Thaw the shrimp, and place in a bowl. Add the olive oil, lime juice and Tajin.
2. Mix well and let marinate for at least 30 min
3. Preheat the grill to a medium temperature.
4. Place the shrimp on the grill and cook for 3-4 min each side.
5. You can sprinkle extra Tajin on the shrimp if desired!

Yield: 1 Serving = 7 large shrimp

Nutrition: (Per Serving)

- Calories: 90
- Carbs: 0 gm
- Protein: 9 gm
- Fat: 1.5gm

Homemade Sloppy Joes made with Ground Turkey

Category: Main Dish

Ingredients:

- 1 lb Lean Ground Turkey
- 1 Cup Diced Onions
- 1 Cup Diced Green/Red Peppers
- 2 tsp. Minced Garlic
- ½ Cup (No Sugar Added) Ketchup
- ¼ Cup (No Sugar Added) BBQ Sauce (I used Sweet Baby Rays Brand)
- 1 tsp. Yellow Mustard
- 1/2 Tbsp Worcestershire Sauce
- 1/2 Tbsp Red Wine Vinegar
- 3 oz Reduced Fat Cheese (Mozzarella, Marble Jack, Pepper Jack, etc.)
- Sandwich Thins

Directions:

1. Brown ground turkey with chopped onions, peppers and minced garlic.
2. Add the ketchup, BBQ sauce, mustard, red wine vinegar, and worcestershire sauce to the ground turkey and mix well. Let simmer for 10 min.
3. Top the sloppy joes lightly with the cheese and let it melt slightly.
4. Serve on a Sandwich Thin (or Sandwich Skinny)

Yield: 6 Servings

Nutrition:

- Calories: 248
- Carbs: 27 gm
- Protein: 27 gm
- Fat: 4.5 gm

Mexican Lasagna

Category: Main Dish

Ingredients:

- 1 Pound Ground Round
- 1 Package Taco Seasoning Mix
- 1 Cup Salsa
- 1 Cup Reduced Fat Shredded Cheddar Cheese
- 2/3 Cup Chopped Onion
- 15.5oz Can Refried Beans
- 1 1/3 Cup Corn (Canned or Frozen)
- 2 Soft Tortilla (Low-Carb)

Directions:

1. Brown the meat with the chopped onion.
2. Add taco seasoning mix and amount of water indicated on the seasoning packaging.
3. In a separate bowl, mix the refried beans and the salsa together.
4. Layer a soft tortilla in a round casserole dish, add half the meat mixture, half the refried bean mixture, half the corn and top with half the shredded cheese.
5. Add another layer of each ingredient.
6. Heat in a 350-degree oven for 45 minutes.

Yield: 8 Servings

Nutrition: (Per Serving)

- Calories: 260
- Carbs: 22gm
- Protein: 18gm
- Fat: 11gm
- Fiber: 6gm

Minestrone Soup

Category: Main Dish

Ingredients:

- 1 Pound Ground Turkey or Lean Ground Turkey Sausage
- 2 Cups Water
- 1 Cup Chopped Celery
- 28oz. Can Diced Tomatoes
- 2 tsp. Basil
- ¾ tsp. Ground Rosemary
- 2 Bay Leaves
- 1 Small Zucchini, Sliced
- 15oz. Can Cannellini beans or Great Northern beans
- 2 Cups Packed Baby Spinach (Or Kale)
- 4 Cups Chicken or Vegetable Broth
- 1 Cup Chopped Onion
- 1 Cup Chopped Carrots
- 2 tsp. Dried Parsley
- 1 tsp. Oregano
- ½ tsp. Thyme
- Pepper to Taste
- 1 Cup Barley
- 15oz. Can Red beans or Kidney beans

Directions:

1. Brown ground turkey meat and place in a crock pot.
2. Add the broth and water.
3. Add the chopped onions, celery, carrots, and diced tomatoes.
4. Add all spices and stir well.
5. Cook on low for 6-8 hours or on high for 3-4 hours.
6. 30 minutes before serving, add both cans of beans, the zucchini and the barley. Continue cooking for 20 minutes.
7. 10 minutes before serving, add the spinach. Let cook the remaining 10 minutes.

Variation:

- Serve with a sprinkle of fresh shredded parmesan cheese.

Yield: 12 Servings

Nutrition: (Per Serving)

- Calories: 187
- Carbs: 28gm
- Protein: 12gm
- Fat: 3gm
- Fiber: 6gm

Moroccan Chicken Salad

Category: Main Dish

Ingredients:

- 2 cups cooked, shredded chicken breast
- 2 Tbsp peanut butter powder mixed with 1 1/2 Tbsp water
- 1/2 c plain, nonfat Greek yogurt
- 1 tsp. dijon mustard
- 1/2 tsp. each of :cumin, cinnamon, turmeric
- Perre to taste 1/3 c chopped green onions
- 2 Tbsp fresh cilantro, chopped (or parsley if you don't like cilantro)
- 1/3 c toasted slivered almonds (or toasted pecans or walnuts if desired)

Directions:

1. In a small bowl, mix peanut butter powder with water until smooth. Add the greek yogurt, dijon mustard, cumin, cinnamon, turmeric and pepper. Mix until smooth. Place the cooked, shredded chicken breast in a large bowl, then add the yogurt mixture. Add in the chopped green onions, cilantro and almonds. Mix well. Refrigerate for at least 1 hour before serving.
2. Serve on bread or in a bun, or in a lettuce cup. Optional: add chopped apricots to the salad if serving in a lettuce cup!

Yield: 5 servings

Nutrition:

- Calories: 155
- Carbs: 4 gm
- Protein: 22 gm
- Fat: 5 gm
- Fiber: 1 gm

Oktoberfest Chicken in a Crock Pot

Category: Main Dish

Ingredients:

- 2lbs Chicken Tenderloins
- 1 Tbsp Paprika
- 2 tsp. Black Pepper
- 1/4 Cup Red Wine Vinegar (or Apple Cider Vinegar)
- 3 Medium Potatoes, Sliced
- 1 Apple, Cubed
- 1 Red Onion, Chopped
- 24 oz Jar of Red Cabbage

Directions:

1. Place the chicken in the crock pot and pour the red wine vinegar over them.
2. Sprinkle it with the paprika and pepper.
3. Add the potatoes, apple, onion and top with the red cabbage.
4. Cook on high for 5-6 hours, or low for 6-8 hours.
5. Shred the chicken when ready to eat, if desired.

Yield: 10 - 1 cup servings

Nutrition:

- Calories: 157
- Carbs: 16 gm
- Protein: 21 gm
- Fat: 1 gm
- Fiber: 3.5 gm

Perfecto Pizza

Category: Main Dish

Ingredients:

- 1 Protein Wrap (Aldi's)
- 1/4 c Pizza sauce
- 2 Tbsp chopped red onion
- 2 Tbsp chopped bell pepper
- 10 slices Turkey pepperoni
- 1/2 c shredded mozzarella cheese (made with 2% milk)

Directions

1. Preheat the oven to 350 degrees. Place the protein wrap in an oven safe skillet. Bake for 3 minutes.
2. Remove from the oven. Spread pizza sauce on the wrap, then layer the chopped vegetables, then turkey pepperoni and then the shredded cheese. Return to the oven and bake for 10 minutes.
3. Cut into slices.

Variation:

- Vegetarian: Add more veggies and a bit more cheese
- Hawaiian: Use Canadian bacon (very lean!) and pineapple tidbits
- Use your imagination for other toppings- just keep them low fat!

Yield: Serving size will depend on how far out from surgery you are.

Nutrition: (Per Pizza)

- Calories: 315
- Carbs: 29
- Protein: 24
- Fat: 11.5
- Fiber: 11

Pineapple Pork Chops in a Crock Pot

Category: Main Dish

Ingredients:

- 4 lean pork chops
- garlic powder, pepper, oregano to taste (about 1/4 tsp. each)
- 1 can pineapple chunks
- 1 Tbsp Brown Sugar Splenda
- 1/3 c chopped onion
- 1/3 c tomato sauce
- 1/4 c raisins

Directions:

1. In a pan on the stove, sprinkle pork chops with garlic powder, pepper and oregano and brown them thoroughly.
2. Transfer the browned pork chops to the crock pot. Add the chopped onions to the crock pot.
3. Open the can of pineapple, saving the juice. Set the pineapple chunks aside.
4. In a mixing bowl, combine 3/4 c of reserved pineapple juice, Brown sugar Splenda, and tomato sauce together. Pour over the chops.
5. Sprinkle raisins over the top.
6. Cook on high for 3 - 3 1/2 hours (until meat thermometer reads 160 degrees)
7. Add Pineapple chunks, then cook for 10 more minutes.

Yield: 4 Servings

Nutrition: (Per Serving)

- Calories: 285
- Carbs: 33
- Protein: 18
- Fat: 9
- Fiber: 2

Pork Tenderloin with a Blackberry Balsamic Sauce

Category: Main Dish

Ingredients:

- 2lb Pork Tenderloin
- 1 Cup Chicken or Vegetable Stock
- ½ tsp. Ground Sage
- Pepper
- 10oz Fresh (or Frozen) Blackberries
- ¼ Cup Balsamic Vinegar
- 2 Tbsp Sugar Free Seedless Blackberry Preserve

Directions:

1. Place pork in a large pan on the stove. Sprinkle pepper over it. Sear the pork over high heat.
2. Spray the bottom of the crock pot with Pam cooking spray. Transfer the pork to the crock pot. Add stock and sage.
3. Cook on low for 8-9 hours (Do not cook on high as the pork will get too dry.)
4. Blackberry sauce: Pulse blackberries in a blender or use a stick blender. In a small pot, bring blackberries and balsamic vinegar to a boil. Reduce heat and simmer for 15-20 minutes, stirring occasionally. If desired, add 2 Tbsp (more or less if desired) sugar free blackberry preserves and stir well. Let thicken for a few minutes. Serve over the tenderloin.
5. If desired, you can shred the pork or serve it in slices.

Yield: 10 Servings

Nutrition: (Per Serving)

- Calories: 143
- Carbs: 5
- Protein: 24
- Fat: 3
- Fiber: 2

Quick and Easy Chicken Tortilla Soup

Category: Main Dish

Ingredients:

- 12 oz can chunk chicken
- 15 oz can whole kernel corn, drained (or 1.5 cups frozen corn)
- 15 oz can black beans, drained
- 10 oz can diced tomatoes with green chilis
- 1 can Low fat cream of chicken soup
- 1 can chicken broth (do not use CONDENSED broth - it will be too salty)
- 1/2 cup chopped onions
- 1/2 tsp. garlic powder
- 1/2 tsp. cumin
- 1/2 tsp. chili powder
- 1 Tbsp Lime juice

Directions:

1. Combine all ingredients together and stir well.
2. Cook over medium heat until well heated - about 20 min. It's even better the next day!
3. Top with tortilla strips, low fat shredded mozzarella cheese, avocado chunks or plain greek yogurt if desired.

Yield: 6 (Generous 1 Cup) Servings

Nutrition: (Per Serving)

- Calories: 175
- Carbs: 25gm
- Protein: 14gm
- Fat: 2gm
- Fiber: 6.5gm

Quick and Easy Pizza Burgers

Category: Main Dish

Ingredients:

- 1 lb Ground Round or Lean Ground Turkey
- ½ Small Red Onion, Chopped
- ½ Green Pepper, Chopped
- Pepper to Taste
- 1/4 tsp. Italian Seasoning
- 1 Cup of Pizza Sauce
- ½ Cup of 2% Milk Mozzarella Cheese, Shredded

Directions:

1. Brown meat.
2. Add chopped onion and green pepper and cook until the veggies are soft.
3. Add pepper and Italian seasoning.
4. Then add Pizza sauce and cook until hot.
5. Place Pizza burger on a bun, toast or Sandwich thin, and top with shredded mozzarella cheese.
6. Serve.

Nutrition: (Per Serving)

- Calories: 244
- Carbs: 7gm
- Protein: 27gm
- Fat: 12gm

Quinoa Stuffed Peppers

Category: Main Dish

Ingredients:

- 6 Bell Peppers: Tops cut off, Stemmed and Seeded
- 4oz Can Green Chilies
- ½ Cup Diced Tomatoes
- ¾ Cup Reduced Fat Shredded Cheese (Cheddar, Colby Jack)
- 2-3 Tbsp Cilantro, Chopped
- 1 tsp. Garlic Powder
- ½ tsp. Chili Powder
- 3 Cup Cooked Quinoa
- 1 Cup Corn
- ½ Cup Black Beans, Drain and Rinse
- ¼ Cup Low Fat Feta Cheese, Crumbled
- 1 ½ tsp. Cumin
- ½ tsp. Onion Powder
- Salt and Pepper to Taste

Directions:

1. Preheat the oven to 350 degrees.
2. Spray 9X13 pan with cooking spray.
3. In a large bowl, combine all remaining ingredients. Mix well.
4. Spoon filling into each pepper.
5. Put stuffed peppers into a 9X13 pan (open side up).
6. Bake for 30min-until peppers are tender and filling is hot.

Yield: 6 servings

Nutrition: (Per Serving)

- Calories: 284
- Carbs: 45gm
- Protein: 12gm
- Fat: 6gm
- Fiber: 7gm
- Good Source Of: Vitamin A, C & B Vitamins, Especially folic acid.

Raspberry Walnut Chicken Salad

Category: Main Dish

Ingredients:

- 1 Cup Leafy Greens
- 2 Tbsp Reduced Fat Feta Cheese
- 2 Tbsp Chopped Walnuts
- ⅔ Cup Fresh Raspberries
- 1 Cup Chopped Raw Veggies of your Choice (Carrots, Peppers, Cukes, Onions, Tomatoes)
- 2oz Grilled Chicken, Cut in Strips

Directions:

1. Combine all ingredients together.
2. Add your favorite low-fat salad dressings-Lite Raspberry Vinaigrette works great for this recipe!

Yield: 1 Large Salad

Nutrition: (Per Serving, Dressing Not Included)

- Calories: 320
- Carbs: 31gm
- Protein: 22gm
- Fat: 12gm
- Fiber: 4gm

Red Pepper Wrap

Category: Main Dish

Ingredients:

- 1 High Protein Red Pepper Hummus Wrap (From Aldi's)
- ¼ Cup Roasted Red Pepper Hummus
- 2 oz. Shaved Ham
- ¼ Cup Low-Fat Shredded Cheddar Cheese
- 1 Small Roma Tomato, Sliced
- 1/3 Small Cucumber, Sliced Thin

Directions:

1. Spread the hummus on the outside part of the wrap.
2. Fold the shaved ham and place it down the middle of the wrap, then sprinkle the cheese over the ham.
3. Place the sliced tomato and cucumber on top of the cheese and wrap it up!

Yield: 2 Servings

Nutrition: (Per ½ Wrap)

- Calories: 250
- Carbs: 16gm
- Protein: 18gm
- Fat: 13gm
- Fiber: 7gm

Ricotta Bake

Category: Main Dish

Ingredients:

- 8oz Light Ricotta Cheese
- ½ Cup Part Skim Shredded Parmesan Cheese
- 1 Egg, Beaten
- 1 tsp. Italian Seasoning
- Pepper to Taste
- ½ Cup Shredded Mozzarella Cheese (Made with 2% Milk)
- ½ cup Marinara sauce

Directions:

1. Preheat the oven to 450 degrees.
2. In a bowl, combine ricotta cheese, parmesan cheese, beaten egg, Italian seasoning and pepper. Mix well.
3. Put 1/3 of the mixture into 3 oven safe individual Pyrex cups.
4. Top each cup with the marinara sauce and then the Mozzarella cheese.
5. Bake at 450 degrees for 20 minutes or until the cheese is golden brown.

Yield: 3 Individual Servings

Nutrition: (Per Serving)

- Calories: 228
- Carbs: 9gm
- Protein: 21gm
- Fat: 12gm
- Fiber: 0gm

Salsa Chicken

Category: Main Dish

Ingredients:

- 4 Small Boneless, Skinless Chicken Breasts
- 1 Can Corn, Drained
- 1 Can Black Beans, Drained
- ½ Cup Chopped Onion/Green pepper
- 1 Large Jar Salsa (Can Use Different Flavors of Salsa)

Directions:

1. Place all ingredients together in a crock pot. Cook on Low for 6-7 hours or High 4-5 hours.

Yield: 5 servings

Nutrition: (Per Serving)

- Calories: 185 calories
- Carbs: 35 gm.
- Protein: 10 gm.
- Fat: 1 gm.
- Fiber: 9 gm.

Shrimp Creole

Category: Main Dish

Ingredients:

- 2 Tbsp Olive Oil
- ½ Cup Chopped Celery
- 1 Tbsp Minced Garlic
- ½ tsp. All Spice
- ¼ tsp. Black Pepper
- ¼ tsp. Dried Thyme
- ½ Cup Tomato Sauce
- ½ Cup Chicken Broth
- Salt if Desired
- ½ Cup Chopped Onion
- ½ Cup Chopped Green Pepper
- 1 Tbsp Chopped Parsley
- Scant ⅛ tsp. Cayenne Pepper
- ¼ tsp. Dried Basil
- 1 Cup Crushed Tomatoes
- ½ Tbsp Brown Sugar Splenda
- 12oz Frozen, Raw, Peeled and Deveined shrimp

Directions:

1. Heat oil in a skillet.
2. Add onions to hot oil and sauté until slightly browned.
3. Add celery and green pepper and continue to sauté until soft (3-4 minutes).
4. Then add all spices and sauté for 1 more minute.
5. Add remaining ingredients except shrimp, and simmer for 30minutes.
6. Add the shrimp and cook for only 3-5 minutes until the shrimp are opaque.
7. Salt to taste if desired.
8. Serve over rice or quinoa if desired.

Yield: 4 Servings

Nutrition: (Per Serving)

- Calories: 180
- Carbs: 4gm
- Protein: 16gm
- Fat: 8gm
- Fiber: 2gm

Shrimp Tacos With Avocado Cilantro Sauce

Category: Main Dish

Ingredients:

- 12oz Bag Of Frozen, Cooked Shrimp (With Tails Off)
- 1 Tbsp Lime Juice
- 2 Tbsp Chili Garlic Sauce
- 1 Bag ColeSlaw
- 1 tsp. Lime Juice
- ½ Cup Bolthouse Farms Cilantro Avocado Dressing
 - (Found in the refrigerated Produce section)

Directions:

1. Thaw the shrimp and add the lime juice and chili sauce and let marinate for 30 minutes.
2. Combine the dressing, minced garlic and lime juice together. Stir well. Add to the cole slaw and mix well. Refrigerate
3. Cook the shrimp over medium heat for a few minutes until it is hot. Do not overcook.
4. Place the shrimp in a taco shell or on a tortilla wrap. Top with slaw mix.

Variation:

- Add a squeeze of fresh lime juice, avocado, or greek yogurt if desired.

Yield: 5 servings

Nutrition: (Per Serving-Not including the tortilla/taco shell)

- Calories: 103
- Carbs: 3gm
- Protein: 16gm
- Fat: 3gm

A tortilla can add 50-100 calories and a taco shell can add 50 calories.

Shrimp in Tikka Masala Sauce

Category: Main Dish

Ingredients:

- 1lb Raw Shrimp, Tails Off, Deveined (Thawed if needed)
- ½ tsp. Turmeric
- ½ tsp. Cumin
- ¼ tsp. Chili Powder
- 15oz Jar Tikka Masala Sauce

Directions:

1. Place thawed shrimp in a bowl and add the Turmeric, cumin and chili powder. Stir well and let sit for a few minutes.
2. Heat a non-stick skillet and place the shrimp in and let cook for 1-2 minutes per side. Remove shrimp.
3. Pour the jar of Tikka Masala sauce into the warm skillet and heat it until hot. Add the shrimp back into the sauce and heat together for another 2-3 minutes, stirring well.
4. Serve over brown rice, quinoa or rice cauliflower.
5. If using precooked shrimp, combine the shrimp and spices, but skip the step where you cook the shrimp, and just place the pre-cooked shrimp into the hot tikka Masala sauce and stir well for 2-3 minutes.

Yield: 5 servings

Nutrition:

- Calories: 135
- Carbs: 9gm
- Protein: 16gm
- Fat: 4gm
- Fiber: 0gm

(Rice, quinoa, or cauliflower rice not included in nutrition information)

Shrimp with Mango Pineapple Slaw

Category: Main Dish

Ingredients:

- 1lb Shrimp, Cooked or Raw - peeled, deveined, tails off
- ¾ Cup White Wine
- 1 tsp. Minced Garlic
- 1 ½ tsp. Ground Ginger

Slaw:

- 6oz Broccoli Slaw
- ½ Red Pepper, Diced
- 1 Green Onion, Diced
- 2 Tbsp Chopped Fresh Cilantro
- ½ Cup Diced Mango
- ½ Cup Pineapple Tidbits
- ¼ Cup Bolthouse Farms Cilantro Avocado Dressing

Directions:

1. Pour the shrimp in a bowl and marinate in the wine, garlic, and ginger.
2. While the shrimp is marinating, make the slaw by combining all the ingredients in a large bowl and mix well. refrigerate.
3. Place the marinated shrimp in a non-stick skillet and cook until done (if using raw shrimp, cook about 3 min on each side). If shrimp is pre-cooked, cook shrimp for about 2-3 minutes, until hot. Drain shrimp
4. To serve, place shrimp over either brown rice, quinoa/ rice mixture or on a tortilla. Put about 1/2 c of slaw mixture on each serving of shrimp.

Yield: 5 servings

Nutrition:

- Calories: 115
- Carbs: 10gm
- Protein: 16gm
- Fat: 1gm
- Fiber: 2gm

(Rice/Quinoa/Tortilla not included in nutrition information)

Slow Cooker Vegan Bean and Quinoa Chili

Category: Main Dish

Ingredients:

- 1 Small Red Onion
- ½ Bunch Fresh Cilantro, Separate Leaves and Stems
- 2 Cups Frozen Corn, Thawed
- 2 Cans of Cooked Black Beans (Rinsed and Drained)
- 2 Cans of Cooked Red Kidney Beans (Rinsed and Drained)
- 1 Cup Dry Quinoa
- 28oz Can Crushed Tomatoes
- 6oz Can Tomato Paste
- 2 ¾ Cups Vegetable Broth
- 2 Tbsp Chili Powder
- 2 tsp. Cumin
- 1 tsp. Cayenne Pepper
- 1 tsp. Salt (Plus More to Taste)
- Optional: Avocado, Cubed (For Garnish)

Directions:

1. Wash and prep produce. Dice the onion into small pieces.
2. Cut off cilantro stems from leaves. Chop stems to add to chili and save leaves for garnish.
3. Add onions, cilantro stems, and all remaining ingredients (except cilantro leaves and avocado) to the slow cooker.
4. Stir well until the tomato paste has completely dissolved into the liquid mixture.
5. Cover the slow cooker and cook on low for 4-5 hours or on high for 2-3 hours.
6. If desired: Add extra salt to taste and garnish with cilantro and avocado.

Yield: 10 (1 Heaping Cup) Servings

Nutrition: (Per Serving)

- Calories: 225
- Carbs: 43gm
- Protein: 12gm
- Fat: 2gm
- Fiber: 10gm

Spicy Shrimp and Grits

Category: Main Dish

Ingredients:

- 3 Cups Skim Milk
- Pinch of Cayenne Pepper
- ½ tsp. Black Pepper
- ¾ Cup (Quick 5 Minute) Grits
- 1 Cup Reduced Fat Shredded Cheddar Cheese
- 1 ½ Tbsp of Bottled Hot Sauce
- 1 Tbsp Olive Oil
- 1 Small Onion, Chopped (Or Frozen Pre-Chopped Onions - Appx. ⅔ Cup)
- 1 ½ Tbsp Minced Garlic
- 16oz Shrimp (Pre-Cooked, Deveined and Tails Off is the Quickest)
- 1 tsp. Garlic Powder
- 1 (10oz Can) Diced Tomatoes With Green Chiles, Drained
- ¾ Cup Reduced Fat Shredded Cheddar Cheese

Directions:

1. Preheat the oven to 350 degrees.
2. Pour the milk into a large microwave safe bowl, with the cayenne pepper and black pepper.
3. Microwave (about 6-7 min), stirring about every 2 minutes, until it is slightly thick.
4. Add 1 cup of shredded cheese and the hot sauce and stir well. Set aside.
5. Heat olive oil in a fry pan over MED heat, and cook and stir the garlic and onion for about 3-5 min (onion should be translucent).
6. Add the shrimp, and cook about 3 min (a few minutes longer if the shrimp is still frozen).
7. Stir in the garlic powder and diced tomatoes with chiles.
8. Spray a 7x11 baking dish with cooking spray. Place about 1/2 the grits in the bottom of the dish, then layer 1/2 of the shrimp mixture, repeat with the rest of the grits and then the shrimp again. Sprinkle the last 3/4 c shredded cheese over the top and bake at 350 degrees for 30 min. Let the casserole set for 10 min before serving.
9. Serve with a salad on the side.

Yield: 8 servings

Nutrition: (Per Serving)

- Calories: 226, Carbs: 20gm, Protein: 23gm, Fat: 6gm, Fiber: 1gm

Taco Salad

Category: Main Dish

Ingredients:

- 1 Pound Lean Ground Sirloin
 - 1 Package Taco Seasoning Mix
 - 1 Small Onion, Chopped
 - ½ Head of Lettuce, Shredded
 - 2 Tomatoes, Chopped
 - 3.8oz Can Sliced Olives, Drained
 - 1 Cup Reduced Fat Shredded Mexican Cheese (Or Cheddar if Desired)
- For Dressing:*
- ½ Cup Hellman's Low-Fat Mayo
 - ½ Cup Taco Sauce Mixed
- For Taco Chips:*
- 1 Carb Control Tortilla Per Person

Directions:

1. Spray each tortilla with cooking spray and using a pizza cutter, cut it into 8 pie shaped pieces.
2. Sprinkle with taco seasoning or Tajin seasoning.
3. Bake at 350 degrees for 6-8 minutes, until lightly browned and crisp.
4. Brown the ground round and drain the fat.
5. Add a package of taco seasoning and 1/3 cup water to the ground round and stir. Heat for 2 minutes. Set aside.
6. Shred the lettuce and add the chopped onion, chopped tomatoes, olives and cheese.
7. Add in the browned taco meat and mix well.
8. Pour the dressing over the salad and mix well.
9. Serve with homemade tortilla chips.

Yield: 8 Servings

Nutrition: (Per Serving - Including 8 Tortilla Chips)

- Calories: 250
- Carbs: 17gm
- Protein: 19gm
- Fat: 11.5gm
- Fiber: 12gm

Taco Soup

Category: Main Dish

Ingredients:

- 1 lb Lean Ground Beef OR 1 lb of 'Beefless Crumbles'
- 1 Onion, Diced (Or use Frozen Chopped Onions)
- 1 4 oz Can Green Chilis
- 2 Cup Chicken Broth
- 1 28 oz Can Diced Tomatoes
- 1 Package Taco Seasoning
- 2 15 oz Cans Black Beans, Drained
- 1 Cup Frozen Corn
- 1 Green Pepper, Diced (Or use Frozen, Chopped Peppers)
- 1 Red Pepper, Diced (Or use Frozen Chopped Peppers)
- 1 Cup Sliced Black Olives
- Optional: Top with reduced fat shredded cheese, diced green onions, avocado chunks, cilantro or plain nonfat greek yogurt if desired.

Directions:

1. Brown lean ground beef with onions in a fry pan. (Omit this step if using Beefless Crumbles)
2. Place the cooked beef in a large saucepan and add the rest of the ingredients.
3. Cook over Medium heat for 30 minutes.

Yield: 12 (1 Cup) Servings

Nutrition: (Per Serving)

- Calories: 175
- Carbs: 26gm
- Protein: 13gm
- Fat: 2gm
- Fiber: 6gm

Taco Tomato

Category: Main Dish

Ingredients:

- 4 Medium Tomatoes
- 8oz Ground Sirloin or Ground Round, Browned
- 2 Tbsp Taco Seasoning, ⅓ Cup Water if Needed
- ½ Cup Reduced Fat, Shredded Cheddar Cheese OR Reduced Fat, Shredded Four Cheese Mexican Blend Cheese
- ½ Cup Plain, Fat Free Greek Yogurt

Directions:

1. Brown ground sirloin.
2. Add taco seasoning and water.
3. Simmer for 10min.
4. Cut out the center of the tomato in a star pattern.
5. Spoon ¼ of the ground meat over the middle of each tomato.
6. Sprinkle cheese over each tomato.
7. Spoon Greek yogurt on top of each tomato.

Yield: 4 Servings

Nutrition: (Per Serving)

- Calories: 200
- Carbs: 7gm
- Protein: 22gm
- Fat: 9gm
- Fiber: 1.5gm
- Good Source Of: Vitamin A & C, Potassium and Phosphorus.

Tuna Melt

Category: Main Dish

Ingredients:

- 5 oz. Can Water Packed Tuna
- 2 Tbsp Low Fat Mayonnaise
- 1 Tbsp Pickle Relish
- 1 Tbsp Chopped Red Onion
- ½ tsp. Dijon Mustard
- Dash Pepper
- ½ tsp. Dill Weed
- ½ Cup Reduced Fat Shredded Mozzarella Cheese
- 2 Slices Ripe Tomato
- 2 Slices, Whole Wheat Bread

Directions:

1. Preheat the oven to 400 degrees.
2. In a medium bowl, mix together the tuna, mayo, pickle relish, onion, dijon mustard, pepper, and dill weed until well mixed. Toast the bread. Spread half the tuna mixture on each slice of bread.
3. Top with a slice of tomato. Top with shredded cheese.
4. Bake on a cookie sheet for about 8 min until the cheese is melted.

Yield: 2 Servings

Nutrition: (Per Serving)

- Calories: 210
- Carbs: 17gm
- Protein: 22gm
- Fat: 6gm
- Fiber: 2gm

White Chicken Chili

Category: Main Dish

Ingredients:

- 1 1/2 Pounds of Boneless, Skinless Chicken Breasts
- 2-15.5oz Cans of Great Northern Beans - Drained
- 12oz Bag (or 2 Cans) Mexican Corn
- 10oz Can Diced Tomatoes with Green Chilis
- 4oz Can Diced Green Chilis
- 32oz Chicken Broth
- ½ tsp. Chili Powder
- ½ tsp. Cumin
- ½ tsp. Black Pepper
- 8oz Neufchatel (or Reduced Fat) Cream Cheese

Directions:

1. Place all ingredients in a crock pot, except Neufchatel cheese.
2. Cook on high for a minimum of 3 hours, or on low for a minimum of 5 hours.
3. When the chicken is tender enough to shred with a fork, cut the Neufchatel into small cubes and add to the crock pot.
4. Stir until it is completely dissolved.

Yield: 11 (1 Cup) Servings

Nutrition: (Per Serving)

- Calories: 200
- Carbs: 19gm
- Protein: 19gm
- Fat: 5gm
- Fiber: 4.5gm

Nutrition: (Per Serving)

- Calories: 260
- Carbs: 29gm
- Protein: 20gm
- Fat: 7gm
- Fiber: 5gm

Zuppa Toscana Soup

Category: Main Dish

Ingredients:

- 16 oz Hot Turkey sausage (Jennie-O)
- 1/2 onion, chopped
- 1 Tbsp minced garlic
- 32 oz chicken broth
- 3 c water (or 2 C water and 1 c white wine)
- 3 med. potatoes, cut into cubes
- 1 can Great Northern beans
- 1/2 tsp. crushed red pepper flakes
- Pepper to taste
- 4 c. Kale, shredded
- 1 c skim milk
- Shredded Parmesan cheese (1 Tbsp per bowl)

Directions:

1. Brown the sausage and onion over Medium heat. Drain.
2. Transfer to a soup pot on Med heat and add garlic, broth, red pepper flakes and pepper, Continue stirring.
3. Add the potato cubes and beans. Cook until potatoes are soft (15 min).
4. Add the kale and simmer for another 10 min, stirring occasionally.
5. Add milk and heat through. Serve with Parmesan cheese.

Yield: 8 (1 ½ Cup) Servings

Nutrition: (Per Serving)

- Calories: 260
- Carbs: 29gm
- Protein: 20gm
- Fat: 7gm
- Fiber: 5gm

Apple Quinoa Casserole

Category: Side Dish

Ingredients:

- ½ cup Uncooked Quinoa
- 1 Large Apple - Peeled and Diced
- 1 Egg
- 2 Tbsp Maple Syrup
- 1 ¼ tsp. Apple Pie Spice
- ⅛ Cup Craisins
- 1 Cup Skim Milk
- ¼ Cup Sliced Almonds

Directions:

1. Preheat the oven to 350 degrees.
2. Spray a casserole dish with cooking spray.
3. In a bowl, mix quinoa and spices together.
4. Pour the quinoa into the casserole dish and then add the diced apples and craisins.
5. Whisk together the milk, egg and maple syrup.
6. Pour over the quinoa and fruit.
7. Lightly stir together.
8. Garnish with sliced almonds.
9. Bake at 350 degrees for 1 hour.

Variations:

- Use a combination of cinnamon, allspice and nutmeg instead of apple pie spice.
- Add a little dollop of light vanilla yogurt on top.

Yield: 6 Servings

Nutrition: (Per Serving)

- Calories: 140
- Carbs: 22gm
- Protein: 5gm
- Fat: 3.5gm
- Fiber: 2gm

Cauliflower Chickpea Curry

Category: Side Dish

Ingredients:

- 1 Head of Cauliflower, cut into bite size pieces
- 1 Can Lite Coconut Milk
- 1 Can Chickpeas (Garbanzo Beans)
- 3 Tbsp Red Curry Paste
- 2 tsp. Minced Garlic
- Salt and Pepper to Taste
- ½ Tbsp Cornstarch mixed into 2 Tbsp water (used to thicken)

Directions:

1. Place cauliflower pieces in a saute pan and saute with a bit of water until slightly soft. Add the can of lite coconut milk and let simmer for about 8 minutes.
2. Whisk in the red curry paste and then add the can of chickpeas. Then add the garlic and salt and pepper. Continue to heat for a few minutes.
3. Then add the cornstarch mixed with water into the pan to thicken the sauce. Serve hot.

Yield: 10 (1/2 cup) Servings

Nutrition: (Per Serving)

- Calories: 86
- Carbs: 11gm
- Protein: 4gm
- Fat: 3gm
- Fiber: 4gm

Cheesy Potatoes

Category: Side Dish

Ingredients:

- 1 30oz Bag Hash Browns
- 2 Cup Grated Reduced Fat Cheddar Cheese
- 1 Cup Plain Nonfat Greek Yogurt
- ½ Cup Light Sour Cream
- 1 Can Healthy Request or Fit 'n Active Cream of Chicken Soup
- ¼ Cup Light Margarine or Butter, Melted
- ½ Cup Chopped Onion

Directions:

1. Preheat the oven to 350 degrees.
2. In a large bowl, mix together the hash browns, cheese, yogurt, light sour cream, cream of chicken soup, melted butter and onions.
3. Mix well and place into a 9X13 baking dish.
4. Bake at 350 for 30 min.

Yield: 12 Servings

Nutrition: (Per Serving)

- Calories: 177
- Carbs: 20gm
- Protein: 8.5 gm
- Fat:
- Fiber: 2gm

Cinnamon Sweet Potatoes

Category: Side Dish

Ingredients:

- 1 Medium Sweet Potato
- 2 Tbsp Light Vanilla Greek Yogurt (I used Oikos Triple Zero Greek Vanilla Yogurt)
- Cinnamon to taste

Directions:

1. Preheat the oven to 350degrees.
2. Poke 2 holes in the sweet potato with a fork and bake in the oven for about an hour, until it is soft.
3. Scoop the inside of the potato into a bowl and add the yogurt and cinnamon.
4. Mix well until it is smooth.
5. Serve immediately

Yield: 4 servings

Nutrition: (Per Serving)

- Calories: 32 calories
- Carbs: 7 gm.
- Protein: 1 gm.
- Fat: 0 gm.
- Fiber: 1 gm.

Fried Rice (Cauliflower)

Category: Side Dish

Ingredients:

- 3 Eggs, Beaten
- 3 tsp. Minced Garlic
- 1 Head Cauliflower or 12oz Bag of Riced Cauliflower
- ¼ tsp. Red Pepper Flakes
- 1 cup Frozen Peas and Carrots
- ¼ cup Chopped Peanuts and Cashews
- 1 cup Chopped Green Onions, White and Green Separate
- ½ Tbsp Ground Ginger
- 4 Tbsp Light Soy Sauce
- 1 tsp. Sugar
- 1 tsp. Toasted Sesame Oil

Directions:

1. Grate the cauliflower in a food chopper or food processor and set aside.
2. Scramble the eggs in a nonstick pan and set aside.
3. Spray non-stick skillet and add the white part of the green onions, garlic and ginger.
4. Cook, stirring often until softened.
5. Add the grated or riced cauliflower, light soy sauce, red pepper flakes, and sugar.
6. Cook, stirring often for 3 minutes.
7. Add the peas and carrots and continue cooking until the cauliflower “rice” is tender-crisp and the vegetables are warmed through.
8. Stir in the toasted sesame oil, the green part of the scallions, nuts and eggs.
9. Add more soy sauce if desired.
10. Serve hot.

Variations:

- Omit the red pepper flakes if you do not like it spicy.
- For a “one plate meal”- Add cooked chicken or shrimp.

Yield: 10 (1/2 cup) Servings

Nutrition: (Per Serving)

- Calories: 70
- Carbs: 10gm
- Fat: 3.6gm
- Fiber: 2gm
- Protein: 4gm

Lemon Parsley Cauliflower Rice

Category: Side Dish

Ingredients:

- 2 tsp. Olive Oil
- 3 Cloves Garlic (or 1 Tbsp Minced Garlic)
- 12oz Bag Frozen Cauliflower Rice
- Small Pinch of Red Pepper Flakes
- 1/3 cup Chopped Fresh parsley
- Juice of 1 Lemon (or 1 Tbsp Lemon Juice)
- Salt and Pepper to Taste

Directions:

1. In a skillet, heat and garlic in 2 tsp. of olive oil for 10-20 seconds.
2. Add in the bag of cauliflower rice and the crushed red pepper and heat for 5-10 minutes until hot, stirring frequently.
3. Remove to a serving bowl and add the chopped parsley and sprinkle with the lemon juice and mix well.
4. Serve warm.

Variations:

- Omit the red pepper flakes if you do not like it spicy.
- Substitute cilantro for the parsley.
- Zest the lemon and add 1 tsp. of lemon zest to the dish for a stronger lemon taste.

Yield: 6 Servings

Nutrition: (Per Serving)

- Calories: 25
- Carbs: 3gm
- Protein: 1gm
- Fat: 1.5gm
- Fiber: 2gm

Maple-Mustard Pressure-Cooker Brussels Sprouts

Category: Side Dish

Ingredients:

- 2 tsp. Oil (Suggested: Avocado Oil)
- ½ Cup Diced Onion
- 1 Cup Vegetable Stock (Ideally Low-Sodium)
- 2 Tbsp Dijon Mustard
- 16 Medium to Large Brussels Sprouts (1 to 2 inches in diameter), Cut in Thirds
- 2 Tbsp Maple Syrup
- Salt and Freshly Ground Black Pepper

Directions:

1. Add the onion and sauté or dry sauté for a minute or two, until it starts to soften.
2. Whisk together the stock and mustard in a glass measuring cup.
3. Add the Brussel sprouts to the cooker along with the mustard-broth mixture. Stir.
4. Drizzle the maple syrup over the vegetables but do not stir.
5. Lock the lid on the pressure cooker. Bring to low pressure; Cook for 4 minutes.
6. Transfer the sprouts to a bowl. Season with salt and pepper, if desired.

Yield: 4 Servings

Nutrition: (Per Serving)

- Calories: 103
- Carbs: 16gm
- Protein: 3gm
- Fat: 1gm
- Fiber: 3gm

Mashed Squash with Walnuts

Category: Side Dish

Ingredients:

- 1 Medium Butternut Squash
- 2 tsp. Brown Sugar Splenda
- ¼ cup Chopped Walnuts
- I Can't Believe It's Not Butter Pump Spray

Directions:

1. Cut the squash in half, turn face down in a baking dish, add water so that it covers ¼ inch of squash.
2. Cover with wax paper and microwave on high for about 15 minutes (Or until soft all the way through).
3. Let cool a bit, then scoop out the insides of the squash.
4. Add the brown sugar Splenda, a few squirts of the I Can't Believe It's Not Butter, and the walnuts. Mix well.
5. If you have trouble cutting the squash in half, make a few slices in the skin and microwave it for 3-5 minutes which will soften it up, making it easier to cut.

Yield: 8 Servings

Nutrition: (Per Serving)

- Calories: 65
- Carbs: 10.5gm
- Protein: 1gm
- Fat: .5gm
- Fiber: 3gm
- Good Source Of: Vitamin A, Vitamin C and B Vitamins

Megan's Rockin' Guac

Category: Side Dish

Ingredients:

- 4 Small/Medium Avocados
- 1 Roma Tomato, Small Diced
- ¼-⅓ Cup Red Onion, Small Diced
- 1 Lime, Juiced
- ½ tsp. Salt
- ½ tsp. Chili Powder
- ¼ tsp. Cayenne Pepper, More to Taste for Extra Spice
- ¼ tsp. Garlic Powder
- ½ tsp. Cumin
- ⅛-¼ Bunch Cilantro, Chopped

Directions:

1. Remove avocado flesh. Cut the avocados in half and remove the seed.
2. Score the inside of the avocado with a blunt knife and scoop out the flesh with a spoon.
3. Place in bowl and mash to desired consistency with fork.
4. Add diced tomato and onion, lime juice, spices and chopped cilantro to the bowl. Mix.

Tip: To avoid browning, cover in an airtight container with plastic wrap directly on guacamole.

Yield: 12 (1/4 cup) Servings

Nutrition: (Per Serving)

- Calories: 81
- Carbs: 6gm
- Protein: 3gm
- Fat: 7gm
- Fiber: 3gm

Nachos

Category: Side Dish

Ingredients:

- 4 oz Hummus Crisps (Or Low Fat Tortilla Chips)
- ½ Pound Ground Round
- ½ Can Black Beans, Drained
- 1 Package Taco Seasoning
- ½ Cup Reduced Fat Shredded Cheddar Cheese

Directions:

1. Preheat the oven to 350 degrees. Place crisps on a cookie sheet (not overlapping) and bake for 3 minutes then remove from the oven.
2. In a skillet, brown the ground round, and when fully browned, add the black beans and ½ package of taco seasoning. Heat together.
3. Spread the meat/bean mixture over the hummus crisps(or low fat tortillas). Sprinkle the cheese over the meat/ bean mixture.
4. Add any of these toppings you desire: chopped onion, chopped tomato, or pico de gallo, shredded lettuce, avocado, sliced black olives, sliced jalapeno peppers or sliced banana peppers, plain, nonfat greek yogurt

Yield: 4 Servings

Nutrition: (Per Serving-not including whatever toppings you desire)

- Calories: 243
- Carbs: 16gm
- Protein: 20gm
- Fat: 11gm
- Fiber: 6gm

Pico De Gallo

Category: Side Dish

Ingredients:

- 4 Roma Tomatoes
- 1 small Purple Onion
- ½ Jalapeno
- ½ Cup Cilantro
- 2 Cloves of Garlic
- 2 Tbsp Lime Juice
- Pinch of Pepper

Directions:

1. Quarter the tomatoes and the onion and place in the salsa maker.
2. Add the jalapeno (do not add the seeds unless you want it HOT).
3. Add the cilantro, garlic, lime juice and pepper and turn the crank on the salsa maker until you get the consistency that you like.
4. Enjoy on baked tortilla chips, in burritos/tacos, or on top of chicken/fish.

If you do not have a salsa maker, ingredients can be chopped by hand.

Variations:

- Instead of the jalapeno, add ½ cup of pineapple or mango as this goes great with chicken or fish.
- Add corn or black beans to make a great side dish.
- Add salt or cumin if desired.

Salsa Maker Suggestions: Purchase one with 3 blades instead of two and ensure the bottom has grips so it does not slide on your counter.

Yield: (¼ Cup Serving)

Nutrition: (Per Serving)

- Calories: 14 calories
- Carbs: 3 gm.
- Protein: .5 gm
- Fat: 0 gm.
- Fiber: 1 gm.

Pineapple Salsa

Category: Side Dish

Ingredients:

- 1 Can Black Beans, Rinsed and Drained Well
- 2 Cups Pineapple (Or 20oz Can Crushed Pineapple, Well Drained)
- 1/3 Cup Chopped Red Onion
- ½ Cup Chopped Cilantro
- 1 Tbsp Lime Juice

Directions:

1. Drain the black beans.
2. Make sure the pineapple is cut as small as the size of the black beans.
3. Combine all ingredients together and chill.

This is a great topping for grilled chicken or baked fish. It is also wonderful as a side dish!

Yield: 14 (¼ cup) Servings

Nutrition: (Per Serving)

- Calories: 56 calories
- Carbs: 12gm
- Protein: 2gm
- Fat: 0gm
- Fiber: 2gm

Roasted Sweet Potatoes

Category: Side Dish

Ingredients:

- 1 Small Sweet Potato
- A Drizzle of Olive Oil (or Olive Oil Cooking Spray)
- ½ tsp. Cinnamon
- ½ tsp. Cumin
- ½ tsp. Chili Powder

Directions:

1. Preheat the oven to 400 degrees.
2. Peel the sweet potato and cut into bite sized pieces. Drizzle (or spray) lightly the oil on the potatoes and mix until well covered.
3. Combine all spices together and sprinkle over the sweet potatoes and mix until well covered.
4. Bake at 400 degrees for approximately 20 minutes, until potatoes are soft. Serve immediately.

Yield: 2 (1/2 cup) Servings

Nutrition: (Per Serving)

- Calories: 70
- Carbs: 15gm
- Protein: 1.5gm
- Fat: 1gm
- Fiber: 2gm

Roasted Tomato with Parmesan

Category: Side Dish

Ingredients:

- 1 Medium Tomato
- 2 Tbsp Shredded Parmesan Cheese
- 1/8 tsp. Oregano
- 1/16 tsp. Pepper
- ¼ tsp. Olive Oil

Directions:

1. Preheat the oven to 400 degrees.
2. Cut tomato in half and place on foil-covered baking sheet.
3. Sprinkle each half with the shredded Parmesan cheese, oregano, pepper and then drizzle with olive oil.
4. Roast in the oven for 10-15 minutes until the cheese is melted and slightly browned, and the tomato is soft but not mushy.

Variations:

- If you like a bit of more zing, you can add a sprinkle of Roasted red pepper flakes before roasting.

Yield: 2 Servings

Nutrition: (Per Serving)

- Calories: 45
- Carbs: 2gm
- Protein: 2gm
- Fat: 3gm
- Fiber: 1.5gm

Smashed Cauliflower with Parmesan

Category: Side Dish

Ingredients:

- 1 Medium Head Cauliflower
- 2 tsp. Minced Garlic
- 4 Tbsp Low-Fat Shredded Parmesan Cheese
- ½ Cup Chicken Broth
- Sprinkle of Pepper

Directions:

1. Cut up cauliflower into florets and put in a microwave safe bowl with the chicken broth.
2. Cover and cook for about 5 minutes until very tender.
3. Add garlic and pepper and mash until desired consistency.
4. Add parmesan cheese and stir in well.

You can put this in a food processor to make it a very creamy texture if desired.

Yield: 8 (1/2 Cup) Servings

Nutrition: (Per Serving)

- Calories: 31
- Carbs: 3gm
- Protein: 2.5gm
- Fat: 1gm
- Fiber: 1.5gm

Zoodles (Noodles Made from Zucchini)

Category: Side Dish

Ingredients:

- 1 Small Zucchini, No Longer than 8 Inches
- Spaghetti Sauce
- Parmesan Cheese

Directions:

1. Rinse it well.
2. Cut off both ends of the zucchini and position it between the blade end of the machine and crank end. Make sure it is snug!
3. Turn the handle until the whole zucchini has been spiralized.
4. Pour spaghetti sauce over the top and heat in the microwave for about 1 ½ minutes.
5. Stir.
6. Add Parmesan Cheese, if desired.

You can eat zoodles raw or cooked.

Yield: A Generous Cup

Nutrition: (1 Small Zucchini)

- Calories: 20 (Compared to about 200 calories in a cup of cooked spaghetti noodles)
- Carbs: 4gm
- Protein: 1gm
- Fat: 0gm
- Fiber: 1gm
- Good Source Of: Vitamin C and Fiber

**These are made with a Spiralizer machine. This can be purchased for as low as \$10 or as much as \$40+.*

Zucchini & Tomatoes

Category: Side Dish

Ingredients:

- 2 Medium Tomatoes
- 1 Small to Medium Zucchini
- ½ Red Onion
- ½ tsp. Olive Oil
- 1 tsp. Italian Seasoning
- Pepper to Taste (If Desired)

Directions:

1. Slice the zucchini and then place in a non-stick pan on the stove with the olive oil
2. Add the sliced onions and sauté until softened.
3. Dice the tomatoes and add them along with the Italian seasoning and pepper.
4. Cook until vegetables are softened.

Variations:

- To add a bit of protein, sprinkle shredded parmesan cheese on top.
- A can of diced tomatoes works well in the winter when fresh tomatoes are not available.

Yield: 5 (1/2) Cup Servings

Nutrition: (Per Serving)

- Calories: 30
- Carbs: 4gm
- Protein: 1gm
- Fat: 1gm
- Fiber: 1gm

Better than a Mounds Bar Pudding

Category: Dessert

Ingredients:

- 1 Small Package Sugar Free/Fat-Free Instant Chocolate Pudding Mix
- 2 Cups Skim Milk or 2 cups Fat Free Fairlife Milk
- 1 Container Oikos Triple Zero Greek Coconut Yogurt
- 2 Tbsp Slivered Almonds

Directions:

1. Combine milk and chocolate pudding powder together in a mixing bowl and whisk together for 2 minutes until starting to thicken.
2. Add the Greek coconut yogurt and blend well.
3. Sprinkle the almonds over the top or mix them in.
4. Refrigerate.

Ready in 5 minutes!

Variations:

- Hawaiian: Add pineapple chunks.
- Omit almonds.

Yield: 5 (1/2 cup) Servings

Cinnamon Peaches

Category: Dessert

Ingredients:

- 3/4 Cup Frozen Sliced Peaches, Thawed (about 8 slices) or 1 Small Peach, Sliced into 8 Slices
- 1 tsp. Brown Sugar Splenda
- Scant 1/2 tsp. Cinnamon

Directions:

1. Place sliced peaches into a microwavable bowl.
2. Sprinkle with Brown sugar Splenda and cinnamon and mix well.
3. Heat in the microwave for about 1 min, until hot.

Yield: 2 Servings

Nutrition: (Per Serving)

- Calories: 37
- Carbs: 8
- Protein: 0gm
- Fat: 0gm
- Fiber: 1gm

Chocolate Peanut Butter Pudding

Category: Dessert

Ingredients:

- 1 Small Box Sugar Free Instant Chocolate Pudding Mix
- 2 Cups Cold Skim Milk
- 3 Tbsp Peanut Butter Power (or PB2)
- ¼ Cup Kind Peanut Butter Whole Grain Clusters Granola (If Desired)

Directions:

1. Pour cold skim milk into a bowl.
2. Add pudding mix and whisk for 1 minute.
3. Add peanut butter powder and continue whisking for 1 more minute.
4. Pour pudding into 4 ½ cup servings.
5. Refrigerate.

Variations:

- Sprinkle KIND (brand) Peanut butter granola onto the pudding cups.

Yield: 4 (1/2 cup) Servings

Nutrition: (Per Serving)

- Calories: 85
- Carbs: 12
- Protein: 7gm
- Fat: 1gm
- Fiber: 0gm

Chocolate Raspberry Parfait

Category: Dessert

Ingredients:

- 1 (1.4 oz) box Sugar Free Chocolate pudding mix
- 2 c Fat Free Fairlife milk (skim or 1% milk is fine too)
- 1/2 c Fat Free Whipped topping
- 1 - 6 oz container CarbMaster Raspberry yogurt
- 20 raspberries

Directions:

1. Whisk chocolate pudding mix into 2 cups of milk for 2 minutes.
2. Let stand for 2-3 more minutes until firm.
3. Use 4 clear parfait cups - Layer 1/4 c chocolate pudding in each cup, then layer 2 Tbsp of Whipped topping, then another 1/4 c chocolate pudding, and finally the raspberry yogurt. Top each parfait with 5 raspberries.

Yield: 4 Serving

Nutrition: (Per serving)

- Calories: 100
- Carbs: 15gm
- Protein: 9gm
- Fat: < 1gm

Fruit Infused Water

Category: Beverage

Ingredients:

- 1 Quart Water
- ½ Cup Fresh Fruit - Any Kind
- 2-3 Sprigs of Herbs (Mint, Basil, Sage etc)

Directions:

1. Place fruit and herbs in a quart of water.
2. Refrigerate for anywhere from 8-24 hours.
3. Remove fruit and the herbs before drinking.

Options:

- Blackberry and Sage, Strawberry, Lemon, Basil, Pineapple and Mint, Watermelon and Mint etc

Hot Caramel Cocoa

Category: Dessert

Ingredients:

- 2 Tbsp Cocoa Powder
- 4 Packets Stevia (Or Any Non-Caloric Sweetener)
- 2 Tbsp Fairlife Nonfat Milk
- 1 Cup Fairlife Nonfat Milk
- ¼ tsp. Caramel Extract

Directions:

1. Mix the cocoa powder and the sweetener together and make sure to get the lumps out.
2. Add 2 Tbsp milk to that mixture and whisk together until well mixed.
3. Then add 1 cup of milk to the mixture.
4. Whisk again and heat in the microwave until hot (Appx. 1 minute).
5. Add Caramel extract and stir.

Variations:

- Substitute any other extract for the Caramel extract
 - Mint, Raspberry, etc.

Yield: 1 Serving

Nutrition: (Per serving)

- Calories: 130
- Carbs: 13gm
- Protein: 16gm
- Fat: 1.5gm
- Fiber: 4gm

Roasted Apple Cranberry Relish

Category: Dessert

Ingredients:

- 12 oz bag fresh cranberries
- 3 medium apples, cut into bite sized pieces
- 3 Tbsp Brown Sugar Splenda or Brown Sugar Truvia
- 1/2 tsp. cinnamon
- 1/4 tsp. ground cloves
- 1 tsp. lemon juice

Directions:

1. Preheat the oven to 350 degrees.
2. Wash the cranberries and place them into a 9x13 casserole dish. Place the cubed apple pieces into the dish as well.
3. In a separate small dish, mix together the spices, brown sugar Splenda and lemon juice, then pour over the top of the apples and cranberries and mix until well combined.
4. Roast the fruit in the oven for 45-55 minutes. Stir once after 30 minutes, then again after another 15 min. to check for doneness. Fruit should have a thick, jam-like consistency when done. You can adjust the splenda or lemon juice if desired.
5. Serve warm or refrigerate until later.

Yield: 8 Serving

Nutrition: (Per serving)

- Calories: 78
- Carbs: 19gm
- Protein: 0gm
- Fat: 0gm
- Fiber: 3gm

Skinny Pumpkin Pie or Mousse

Category: Dessert

Ingredients:

- 1 Small Box Sugar Free Vanilla Pudding Mix
- ¼ tsp. Ground Pumpkin Pie Spice
- ½ tsp. Cinnamon
- 1 Can Libby's Pure Pumpkin
- 1 Cup Fat Free Whipped Topping
- 1 Envelope Unflavored Knox Gelatin
- ¼ tsp. Ground Ginger
- 2/3 Cup Fat-Free Fairlife Milk
- 1 Cup Vanilla Greek (80-100 calorie)

Directions:

1. Combine pudding mix, spices (and the Knox gelatin if you are making this as a pie).
2. Add the Fair Life milk and whisk until well blended.
3. Add the pumpkin and mix well.
4. Next add the Greek Yogurt and mix well.
5. Gently fold the whipped topping into the pudding mixture.

Variations:

- For mousse: Spoon into serving dishes and sprinkle a dash of cinnamon on top. If desired, garnish with a small ginger snap.
- For pie: Spoon into a reduced fat graham cracker crust pie. Place a dollop of fat free whipped topping on top.

Yield: Mousse- 1/2 cup serving & Pie-1 Pie (8 Servings)

Nutrition:

Mousse (Per Serving)

- Calories: 75
- Carbs: 14gm
- Protein: 4gm
- Fat: 1gm
- Fiber: 2gm

Pie (Per Serving)

- Calories: 175
- Carbs: 10gm
- Protein: 4gm
- Fat: 1gm
- Fiber: 1gm

Category: Dessert

Ingredients:

- 1 Small Box of Sugar Free Pudding – Cheesecake Flavor
- 2 Cups Skim Milk
- 1 Envelope Knox Gelatin (Unflavored)
- ¼ Cup Boiling Water
- 3 – 5.3oz Dannon Light ‘N Fit Yogurt – Strawberry Cheesecake Flavor
- 1 Reduced Fat Graham Cracker Crust
- 1 Cup Fresh Strawberries – Sliced Thin

Directions:

1. Mix 1 envelope Knox gelatin into boiling water.
2. Stir until fully dissolved (about 5 minutes). Let sit.
3. Whisk the sugar free pudding powder into 2 cups COLD milk until thickened – about 2 minutes.
4. Add the 3 containers of yogurt into the pudding and whisk until mixed well.
5. Add the gelatin into the pudding mixture and mix well.
6. Pour into the graham cracker crust and refrigerate for several hours.
7. Place sliced strawberries around the edges of the pie for garnish.

Yield: 8 Servings

Nutrition: (Per Serving)

- Calories: 175
- Carbs: 26gm
- Protein: 8.5gm
- Fat: 3.5gm
- Fiber: 1gm

If you use Fair Life milk instead of skim or 1% milk, this will have 10gm of protein per serving.

Category: Dessert

Ingredients:

- 1 Small Can Pumpkin (15oz)
- 1 Can Fat-Free Evaporated Milk
- 2 Eggs
- ¼ + ⅛ Cup Powdered Splenda (*The stuff that measures like sugar*)
- ¼ + ⅛ Cup Powdered Stevia (*The stuff that measures like sugar*)
- 1 ½ tsp. Cinnamon
- ½ tsp. Ground Ginger
- ¼ tsp. Ground Cloves
- ¼ tsp. Ground Nutmeg
- Pinch of Salt

Directions:

1. Put all ingredients in a blender and pour into a 9" deep dish pie pan sprayed with non-stick cooking spray.
2. Bake at 425 degrees for 20 minutes then decrease heat to 350 and bake for 40 minutes.

Yield: 8 Servings

Nutrition: (Per Serving)

- Calories: 150
- Carbs: 11gm
- Protein: 5gm
- Fat: 1.5gm
- Fiber: 1gm

Warm Cherry Delight

Category: Dessert

Ingredients:

- 1 cup Frozen, Pitted Cherries, No Sugar Added
- 2 Tbsp Low-Fat Ricotta Cheese
- 2 Tbsp Toasted Slivered Almonds
- Dash of Cinnamon

Directions:

1. Toast the slivered almonds in the oven for about 4 minutes at 400 degrees or until light brown.
2. Heat the cherries in the microwave until warm.
3. Add the ricotta cheese.
4. Sprinkle the slivered almonds on top.
5. Top with a dash of cinnamon.

Yield: 2 (1/2 Cup) Servings

Nutrition: (Per Serving)

- Calories: 100
- Carbs: 14gm
- Protein: 3gm
- Fat: 4gm
- Fiber: 2gm
- Good Source Of: Vitamin A and Fiber

WHAT'S IN YOUR PANTRY?

Having a well-stocked pantry is essential for healthy meal preparation, especially if you are pressed for time!

Protein Sources

Canned chicken	Great Northern beans	Refried beans
Canned tuna	Kidney beans /Chili beans	Refried black beans
Canned shrimp	Black beans	Garbanzo beans
Canned salmon	Pinto beans	Butter beans
Canned crab meat	Cannelloni beans	

Veggies

Green beans	Corn	Peas
French style green beans	Carrots	Mushrooms
Diced Tomatoes	Black olives	Spinach
Stewed tomatoes	Beets	Canned sliced potatoes
Diced tomatoes w/ chilies	Green chilies	Tomato sauce
Tomato juice/ V-8 juice	Mexican corn	

Fruits - Packed in Unsweetened Juice

Peaches	Pears	Fruit Cocktail
Mandarin oranges	Pineapple	Unsweetened applesauce
Raisins	Craisins	Dried Apricots Cherries

Grains

Mashed Potato Flakes	Brown rice	Quinoa/Brown rice
Quinoa	Spaghetti, Soybean spaghetti	Oatmeal
Carb Control tortillas/wraps	Split Peas/Lentils	Barley
Flatbread		

Other

Broth	Spaghetti sauce	Low fat mayo
Salsa	Minced garlic	Evap skim milk
Lowfat Crm of Mushroom soup	Chunky soups (watch fat)	Taco sauce
Taco Seasoning	Chopped walnuts	Sliced Almonds
Brown Sugar Splenda	Chili garlic sauce	Olive oil
Lemon juice	Lime juice	Salad dressings (watch fat)

Spices

Salt and pepper	Tajin seasoning	Chili powder
Cumin	Garlic powder	Onion powder
Thyme	Italian seasoning	Parsley flakes
Cinnamon	Oregano	Basil
Nutmeg	Allspice	Hot sauce

WHAT'S IN YOUR FRIDGE?

Reduced fat shredded cheeses: Cheddar, Mozzarella Mexican, Parmesan
Low fat Feta cheese,
Neufchatel (or Low fat cream cheese)
Non-fat Greek yogurts, Flavored and Plain
Skim or 1% milk
Eggs, Canadian bacon
Carrots, tomatoes, cucumbers, spinach or greens, onions, jalapenos and avocado

WHAT'S IN YOUR FREEZER?

Lean ground beef, turkey or chicken	Chopped onions
Grilled chicken strips	Chopped green peppers
Chicken breasts or tenderloins	Frozen berries, other fruit
Frozen shrimp, salmon or your favorite fish	Broccoli Florets
Turkey Kielbasa	Cauliflower, Brussel Sprouts
Corn, Fire roasted corn	Peas