

LOW-FAT SUGAR COOKIES



Time: short, makes 4 servings or 30 cookies

5 tablespoons butter
3/4 cup sugar
1 egg
1 teaspoon vanilla extract
1 2/3 cups flour
1 teaspoon baking powder
1/4 teaspoon salt

1. Beat butter and sugar until creamy.
2. Add egg and vanilla, mixing well.
3. In another bowl, whisk together flour, baking powder and salt.
4. Gradually stir flour mixture into butter and sugar until dough forms.
5. Bake at 350 degrees for 10 minutes.

Nutrition Facts

Calculated for 1 serving
Recipe makes 4 servings

Calories 300
Calories from Fat (90)

Amount Per Serving

Total Fat 10g

Saturated Fat 6g

Trans Fat ?

Sodium 190 mg

Total Carbohydrate 17 g

Dietary Fiber 6 g

Protein 6 g



GREAT RECIPES

Healthful meal ideas that are just plain good!

LITE ICED MOCHA



Easy, makes 1 servings

1 ½ cups cold decaf coffee
1/3 cup fat free half and half
1/3 cup low fat milk
2 tbsp chocolate syrup
2 tbsp Splenda

1. Pour coffee into an ice cube tray and freeze.
2. Put the coffee cubes, half and half, milk and chocolate syrup in a blender and blend until smooth.
3. Enjoy!

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 90

Calories from Fat (0)

Amount Per Serving

Total Fat 0g

Saturated Fat 0g

Trans Fat ?

Sodium 90 mg

Total Carbohydrate 18 g

Dietary Fiber .3
g

Protein 5g

ICE CREAM SANDWICHES



Easy, makes 2 servings

¼ cup light ice cream
4 chocolate wafers

1. Using a small ice cream scoop place about 2 tbsp of ice cream on a chocolate wafer.
2. Top with the second one and press together gently.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 159

Calories from Fat (45)

Amount Per Serving

Total Fat 5g

Saturated Fat
2g

Trans Fat ?

Sodium 163 mg

Total Carbohydrate ?

Dietary Fiber ?

Protein ?

BREAKFAST

The most important meal of the day!

LOW FAT BREAKFAST EGG ROLL



20 min (10 min prep) makes 6 servings

- 6 egg roll wraps
- 1 (8 ounce) carton egg substitute (enough to equal 6 regular eggs)
- 6 tablespoons skim milk
- ½ cup fat-free cheddar cheese, shredded
- ¼ cup cremini mushrooms, diced
- 6 tablespoons nonfat sour cream, divided
- 1 tablespoon salt
- Pepper, to taste

- Heat skillet with cooking spray.
- Place egg roll skin on clean, dry surface.
- Add 1 tbsp of sour cream in middle of skin.
- Sprinkle some of the mushrooms on top of sour cream, followed by a pinch of salt.
- In ramekin, mix together enough egg substitute to equal 1 egg with 1 tbsp of milk.
- Add pinch of salt and pepper.
- Microwave for 50 seconds, on high.
- Break up scrambled egg with fork and place egg evenly on top of mushrooms and sour cream.

- Sprinkle eggs with shredded cheese and a little more mushroom.
- Add another pinch of salt on top of mushrooms (this helps mushrooms to soften).
- Moisten edges of egg roll skin and wrap up, envelope-style, making certain all edges are well sealed.
- Cook in skillet until golden.

Nutrition Facts

Calculated for 1 **serving** (103g)
Recipe makes 6 servings

Calories 145

Calories from Fat 17 (12%)

Amount Per Serving	%DV
Total Fat 2.0g	3%
Saturated Fat 0.5g	2%
Polyunsat. Fat 0.8g	
Monounsat. Fat 0.4g	
Trans Fat 0.0g	
Cholesterol 4mg	1%
Sodium 1433mg	59%
Potassium 214mg	6%
Total Carbohydrate 22.0g	7%
Dietary Fiber 0.6g	2%
Sugars 1.4g	
Protein 9.0g	18%

CHERRY VANILLA SMOOTHIE



Time: short, makes 1 servings

- 1 medium frozen banana
- ½ cup frozen sweet cherries
- ¾ cup plain low fat yogurt
- sugar substitute

- Process banana until smooth in blender or food processor.
- Add cherries and yogurt.
- Serve immediately.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 1 servings

Calories 155

Calories from Fat (18)

Amount Per Serving

Total Fat 2g

Saturated Fat 1g

Trans Fat ?


Sodium 114 mg

Total Carbohydrate 35 g

Dietary Fiber 3 g

Protein 5 g

BANANA BREAD PUDDING

 45-50 min, makes 10 servings

2 ripe medium bananas
5 large eggs
2/3 cup firmly packed brown sugar
6 cups skim milk
1 1/2 teaspoons vanilla extract
12 cups white bread cubes
1/2 cup raisins

1. Preheat oven to 325 degrees F.
2. Lightly butter a 13 x 9-inch baking dish.
3. In a large bowl, mash the bananas until smooth.
4. Whisk in the eggs until combined. Add the brown sugar, milk and vanilla; mix until well-blended.
5. Add the bread cubes and raisins; toss to moisten the cubes with the mixture.
6. Scrape the mixture into the prepared dish.
7. Bake for 45 to 50 minutes, or until the mixture is set.
8. Serve warm.
9. Cover and refrigerate any leftovers for up to 3 days for best quality and safety.
10. Reheat to serve.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 10 servings

Calories 240

Calories from Fat 36

Amount Per Serving

Total Fat 4g

Saturated Fat ?
Polyunsat. Fat ?
Monounsatur. Fat ?
Trans Fat ?

Cholesterol ?

Sodium 255mg


Potassium ?

Total Carbohydrate 43g

Dietary Fiber 1g
Sugars ?

Protein 9g

CHOCO-LOWFAT MUFFINS

 30 min (10 min prep) makes 14 servings

1½ cups flour
¾ cup granulated sugar
¼ cup cocoa
2 teaspoons baking powder
1 teaspoon baking soda
½ teaspoon salt
2/3 cup low-fat vanilla yogurt
2/3 cup skim milk
½ teaspoon vanilla extract
powdered sugar (optional)

1. Heat oven to 350°F Line muffin cups (2-1/2 inches in diameter) with paper bake cups.
2. Stir together flour, granulated sugar, cocoa, baking powder, baking soda and salt in medium bowl; stir in yogurt, milk and vanilla just until combined. Do not beat. Fill muffin cups 2/3 full with batter.
3. Bake 15 to 20 minutes or until wooden pick inserted in center comes out clean. Cool slightly in pan on wire rack. Remove from pans. Sprinkle powdered sugar over tops of muffins, if desired. Serve warm.
4. Store, covered, at room temperature or freeze in airtight container for longer storage.

Nutrition Facts

Calculated for **1 serving** (57g)
Recipe makes 14 servings

Calories 110

Calories from Fat 3 (3%)

Amount Per Serving

	%DV
Total Fat 0.4g	0%
Saturated Fat 0.1g	0%
Polyunsat. Fat 0.1g	
Monounsatur. Fat 0.1g	
<i>Trans</i> Fat 0.0g	

Cholesterol 0mg **0%**

Sodium 238mg **9%**

Potassium 59mg **1%**

Total Carbohydrate 24.1g **8%**

Dietary Fiber 0.7g 2%
Sugars 13.0g

Protein 2.6g **5%**

LOW FAT PANCAKES



35 min (15 min prep) makes 30 servings

- 1 ½ cups sifted flour
- 1 cup whole wheat flour
- ¼ cup quick-cooking (or instant) oats
- 2 tablespoons Splenda sugar substitute
- 1 teaspoon salt
- 1 teaspoon baking soda
- 4 teaspoons baking powder
- 1 egg, slightly beaten
- 1 egg white
- 4 tablespoons applesauce
- 3 cups low-fat buttermilk or skim milk
- ½ cup of flavored low-fat plain yogurt
- 1 orange, zest of

1. Sift dry ingredients into medium bowl.
 2. Mix together wet ingredients and add to dry ingredients.
 3. Stir only until dry ingredients have disappeared.
 4. Do not over mix.
 5. If you find the mix is too liquid, add more flour.
- Cook on a hot griddle, flipping as needed.

Nutrition Facts

Calculated for **1 serving** (43g)
Recipe makes 30 servings

Calories 55

Calories from Fat 5 (9%)

Amount Per Serving	%DV
Total Fat 0.6g	0%
Saturated Fat 0.2g	1%
Polyunsat. Fat 0.1g	
Monounsat. Fat 0.2g	
Trans Fat 0.0g	
Cholesterol 8mg	2%
Sodium 199mg	8%
Potassium 71mg	2%
Total Carbohydrate 10.3g	3%
Dietary Fiber 0.8g	3%
Sugars 1.6g	
Protein 2.5g	5%

BLUEBERRY COBBLER



50 min, makes 6 servings

- 2/3 cup flour
- 1/3 cup sugar
- 1 1/2 cups baking powder
- 1/4 teaspoon salt
- 2/3 cup skim milk
- 2 cups blueberries
- cooking spray (as needed to coat pan)

1. Combine dry ingredients in a bowl.
2. Add milk and whisk until smooth.
3. Lightly spray a casserole dish with cooking spray.
4. Pour in batter and sprinkle blueberries on top.
5. Bake in a preheated 350 degree oven for 40 minutes or until lightly browned.
6. Serve and eat.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 6 servings

Calories 200

Calories from Fat (0)

Amount Per Serving
Total Fat 0.0 g
Saturated Fat 0.0g
Trans Fat 0.0g
Sodium 350 mg
Total Carbohydrate 46 g
Dietary Fiber 2g
Protein 4 g

CRUST-LESS PUMPKIN PIE



6 hours, makes 8 servings

- 1/4 cup packed brown sugar
- 1/4 cup quick cooking oats
- 1 tablespoon margarine, softened
- 1 can (16 ounces) pumpkin (not pumpkin pie mix)
- 1 (12 ounce) can evaporated fat-free milk
- 3 egg whites
- 1/2 cup granulated sugar
- 1/2 teaspoons all-purpose flour
- 1 1/2 teaspoons pumpkin pie spice
- 3/4 teaspoon baking powder
- 1/8 teaspoon salt
- 2 teaspoons grated orange peel

1. Heat oven to 350°F. Spray 10-inch pie plate with cooking spray.
2. In small bowl, mix brown sugar, oats and margarine; set aside.
3. In blender or food processor, place remaining ingredients in order listed.
4. Cover; blend until smooth.
5. Pour into pie plate. Sprinkle with topping.
6. Bake 50 to 55 minutes or until knife inserted in center comes out clean.
7. Cool 15 minutes.
8. Refrigerated until chilled, about 4 hrs.

Nutrition Facts

Calculated for **1 serving**

Recipe makes 8 servings

Calories 190

Calories from Fat (20)

Amount Per Serving

Total Fat 2 g

Saturated Fat 0.0g

Trans Fat 0.0g

Sodium 170 mg

Total Carbohydrate 37 g

Dietary Fiber 2g

Protein 6 g

EASY BREAKFAST RICE PUDDING



11 min (3 min prep) makes 3 servings

- 3 cups cooked brown rice or white rice
- 1/4 cup maple syrup
- 1 cup skim milk, rice milk, or soymilk
- 1/2 cup chopped nuts (optional)
- 1 teaspoon cinnamon

1. Put all in saucepan.
2. Bring to a boil.
3. Simmer, stirring occasionally, 5-8 minutes or till of desired consistency.

Nutrition Facts

Calculated for **1 serving** (490g)

Recipe makes 2 servings

Calories 513

Calories from Fat 63 (12%)

Amount Per Serving

Total Fat 7.0g

Saturated Fat 3.3g

Polyunsat. Fat 1.1g

Monounsat. Fat 2.2g

Trans Fat 0.0g

Cholesterol 17mg

Sodium 66mg

Potassium 503mg

Total Carbohydrate 102.4g

Dietary Fiber 5.9g

Sugars 24.0g

Protein 10.8g

%DV

10%

16%

5%

2%

14%

34%

23%

21%

QUICK & EASY "LITE" BREAKFAST



9 min (5 min prep) makes 1 serving

2 rice cakes (you know, those things that look like styrofoam)
4 slices tomatoes
1 teaspoon parmesan cheese, grated
hot sauce to taste
salt and pepper to taste

1. Place tomato slices on the rice cakes.
2. Sprinkle with hot sauce (as much or as little as you want), salt & pepper.
3. Drizzle with parmesan.
4. Broil for about 3-4 minutes.

Nutrition Facts

Calculated for 1 **serving** (107g)
Recipe makes 1 servings

Calories 91

Calories from Fat 10 (11%)

Amount Per Serving	%DV
Total Fat 1.1g	1%
Saturated Fat 0.4g	2%
Polyunsat. Fat 0.3g	
Monounsat. Fat 0.4g	
Trans Fat 0.0g	
Cholesterol 1mg	0%
Sodium 88mg	3%
Potassium 243mg	6%
Total Carbohydrate 17.9g	5%
Dietary Fiber 1.7g	6%
Sugars 2.3g	
Protein 2.8g	5%

WARM CINNAMON-ORANGE CIDER



5 min, makes 8 servings

1/2 bottle (64 ounces) apple cider

2 cups orange juice
1 1/2 teaspoons red cinnamon candies

2 tablespoon whole allspice
2 tablespoons honey

1. Heat apple cider, orange juice, candies and allspice to boiling; reduce heat.
2. Cover and simmer 5 minutes.
3. Remove allspice.
4. Stir in honey.
5. Serve warm.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 8 servings

Calories 110

Calories from Fat (10)

Amount Per Serving

Total Fat 0 g

 Saturated Fat 0.0g

 Trans Fat 0.0g

Sodium 5 mg

Total Carbohydrate 28 g

 Dietary Fiber 0g

Protein 0 g

FIBER ONE CRUNCHY FUDGE COOKIES



1 hour, makes 3.5 dozen cookies

- 1 box fudge brownie mix
- 2 cups fiber one original bran cereal
- 2 tablespoons miniature semisweet chocolate chips
- 1/8 teaspoon ground cinnamon
- 1/3 cup water
- 1 tablespoon vegetable oil
- 2 teaspoon vanilla
- 1 egg

1. Heat oven to 350°F.
2. Spray cookie sheet with cooking spray.
3. In large bowl, mix all ingredients with spoon.
4. Onto cookie sheets, drop dough by rounded tablespoonfuls 2 inches apart.
5. Bake 10-12 minutes until set. Cool 2 minutes; remove from cookie sheets to cooling rack.
6. Cool completely.
7. Store in tightly covered container.
8. Freeze up to 2 months if desired.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 3.5 dozen

Calories 70

Calories from Fat (10)

Amount Per Serving

Total Fat 1 g

Saturated Fat 0.0g

Trans Fat 0.0g

Sodium 55 mg

Total Carbohydrate 13 g

Dietary Fiber 2g

Protein 0 g

LOW FAT BANANA RAISIN FRENCH TOAST



25 min (10 min prep) makes 2 servings

- 4 slices cinnamon raisin bread
- 2 large egg whites
- 1/4 cup skim milk
- 1/4 cup nonfat plain yogurt
- 1 1/2 tablespoons maple syrup or honey
- 1 teaspoon butter
- 1 ripe banana
- 2 teaspoons frozen orange juice concentrate

1. Mash Banana coarsely with a fork.
2. Stir in orange concentrate.
3. Spread banana mixture over 2 slices of bread and top with the other two slices so you have two sandwiches.
4. In a pie plate whisk together the egg whites and milk.
5. Soak sandwiches for 20 seconds on each side.
6. Transfer sandwiches to a plate.
7. Stir together the yogurt and maple syrup set aside.
8. Melt a 1/2 tsp butter in a non stick skillet, low heat.
9. With a spatula place the sandwiches in the pan and brown the under side, 5-7 minutes.
10. Flip and slip the other 1/2 tsp of butter under the sandwiches and brown about 5-7 minutes.

Nutrition Facts

Calculated for **1 serving** (228g)
Recipe makes 2 servings

Calories 306

Calories from Fat 41 (13%)

Amount Per Serving

Total Fat 4.6g **7%**

Saturated Fat 1.9g 9%

Polyunsat. Fat 0.5g

Monounsat. Fat 1.8g

Trans Fat 0.0g

Cholesterol 6mg **2%**

Sodium 314mg **13%**

Potassium 586mg **16%**

Total Carbohydrate 57.2g **19%**

Dietary Fiber 3.8g 15%

Sugars 23.8g

Protein 11.5g **22%**

LOW-FAT LOW SUGAR BRAN PINEAPPLE MUFFINS



23 min (5 min prep) makes 6 servings

- 1 cup all-bran cereal (I use All Bran)
- ½ cup whole wheat flour
- 2 teaspoons baking powder
- 2 egg whites
- ½ cup skim milk
- ¼ cup sugar substitute
- ¼ cup pineapple chunks

1. Combine milk and bran cereal and set aside for 5 minutes.
2. Combine flour, baking powder, and salt.
3. Add to bran, then add egg white.
4. Mix in pineapple chunks.
5. Divide into 6 sprayed muffin cups.
6. Bake at 400°F for 18 minutes or to test.

Nutrition Facts

Calculated for **1 serving** (70g)
Recipe makes 6 servings

Calories 105	
Calories from Fat 6 (6%)	
Amount Per Serving	%DV
Total Fat 0.7g	1%
Saturated Fat 0.1g	0%
Polyunsat. Fat 0.3g	
Monounsat. Fat 0.1g	
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 174mg	7%
Potassium 207mg	5%
Total Carbohydrate 24.0g	7%
Dietary Fiber 4.2g	16%
Sugars 9.9g	
Protein 4.8g	9%

LIGHT & EASY PUMPKIN CUSTARD PIE



1½ hr, makes 12 servings

- 1/3 cup granulated sugar
- 1/3 cup dark brown sugar, packed
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- pinch of ground cloves
- 1 1/2 cups canned pumpkin
- 1 teaspoon vanilla extract
- 1 1/4 cups (canned) evaporated skim milk
- 2 teaspoons orange zest (orange peel), finely chopped
- 3 egg whites, lightly beaten
- 1/4 cup Meyers rum
- Single pie crust

1. Preheat oven to 425 degrees.
2. In a large mixing bowl, combine sugars, cinnamon, nutmeg, and cloves on lowest speed.
3. Beat in the pumpkin, vanilla, evaporated milk, orange peel, and egg whites.
4. Beat with electric mixer until nice and smooth.
5. Fold in the rum.
6. Pour into prepared 9-inch, deep dish, unbaked pie crust and bake for 10 minutes.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 12 servings

Calories 161	
Calories from Fat 47.7	
Amount Per Serving	
Total Fat 5.3g	
Saturated Fat 1.4g	
Polyunsat. Fat ?	
Monounsat. Fat ?	
Trans Fat ?	
Cholesterol 1mg	
Sodium 129mg	
Potassium ?	
Total Carbohydrate 22g	
Dietary Fiber 1.2g	
Sugars ?	
Protein 4g	

7. Reduce heat to 325-degrees and bake for 45 minutes more or until knife inserted in the filling comes out clean.
8. Let cool and refrigerate until served.
9. Serve with a little dollop of light Cool Whip.

CHRISTMAS LOW FAT WHITE-CHOCOLATE WALNUT BROWNIE BISCOTTI



1½ hours (15 min prep) makes 24 servings

2 tablespoons butter (softened)
¾ cup sugar
1 egg
1 egg white
1 2/3 cups white flour
1/3 cup unsweetened cocoa
2 teaspoons baking powder
¼ cup white chocolate chips
¼ cup chopped walnuts

1. Preheat your oven to 350°F.
2. Combine your dry ingredients with a whisk or fork.
3. Beat butter, sugar, egg, egg white, and vanilla in a mixer until smooth.
4. Add the dry ingredient mixture to the wet ingredients and stir gently just until combined.
5. Fold in white chocolate and walnuts.
6. Divide the dough into two even pieces and shape each section of dough into a rectangle that is about 3.5"x8".
7. Place each log a few inches apart onto a sprayed cookie sheet.
8. Brush with an egg white/water mixture and top with coarse red and green sugars.
9. Bake for 25 minutes or until the top starts to show cracks.
10. Cool for 10 minutes while lowering the temperature of the oven to 275°F.

Nutrition Facts

Calculated for **1 serving** (27g)
Recipe makes 24 servings

Calories 104

Calories from Fat 33 (31%)

Amount Per Serving

Total Fat 3.7g
Saturated Fat 1.8g
Polyunsat. Fat 0.7g
Monounsat. Fat 0.9g
Trans Fat 0.0g
Cholesterol 12mg
Sodium 71mg
Potassium 52mg
Total Carbohydrate 16.6g
Dietary Fiber 0.7g
Sugars 9.2g
Protein 2.0g

%DV
5%
8%
4%
2%
1%
5%
2%
4%

11. On a cutting board, begin to cut diagonal slices about 3/4" thick or as desired using a SHARP knife. Salvage the ends as much as possible for bite size pieces.
12. Place pieces cut side up and cook at 275F for another 20 minutes.
13. Flip cookies and bake for another 20 minutes.
14. Turn off the oven. Let cool on the baking sheet in the oven with the door open. (This lets them get nice and crispy)

OAT BRAN CEREAL



15 min, makes 2 servings

½ cup grapefruit juice
½ cup water
¼ teaspoons cinnamon
5 dried plums
1 teaspoons sugar
¼ cup oat bran

1. Bring all ingredients except oat bran to a simmer.
2. Simmer for one minute.
3. Add oat bran.
4. Simmer for two minutes.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 2 servings

Calories 224

Calories from Fat 18

Amount Per Serving

Total Fat 2g
Saturated Fat 0.4g
Polyunsat. Fat 0g
Monounsat. Fat 0g
Trans Fat 0g
Cholesterol 0mg
Sodium 5mg
Potassium 643mg
Total Carbohydrate 58.4g
Dietary Fiber 0g
Sugars 31.8g
Protein 5.6g

CINNAMON MAPLE GRANOLA



50 min, makes 2 servings

- 1 cup old fashioned oat
- ½ cup chopped walnuts
- ¼ flaked coconut
- ¼ cup pure maple syrup
- 1 tablespoons corn syrup
- 1 teaspoons ground cinnamon
- 1 teaspoons vanilla extract

1. Combine oats, walnuts and coconut in a greased 13-in. 9-in. x 2-in. baking pan; set aside.
2. In a saucepan over medium heat, combine syrups and cinnamon; bring to a boil.
3. Cook and stir for 1 minute.
4. Remove from the heat; stir in vanilla.
5. Pour over oat mixture and toss to coat.
6. Bake at 275 degrees

Nutrition Facts

Calculated for **1 serving**
Recipe makes 2 servings

Calories 265

Calories from Fat 111.6

Amount Per Serving

Total Fat 12.4g
Saturated Fat 2.5g
Polyunsat. Fat 0g
Monounsat. Fat 0g
Trans Fat 0g

Cholesterol 0mg

Sodium 15mg

Potassium 195mg

Total Carbohydrate 35.5g

Dietary Fiber 3.5g

Sugars ?

Protein 5.6g

4TH OF JULY STRAWBERRY ICE CREAM



1 hour (1 hour prep) makes 1 gallon

- 2 cups coarsely chopped and mashed fresh strawberries
- ½ cup sugar
- 1 (14 ounce) can fat-free sweetened condensed milk
- 1 cup 1% low-fat milk
- 1 cup low-fat buttermilk
- 1 teaspoon vanilla extract
- 1 cup fresh blueberries, for garnishing
- Light whipped topping, for garnishing

1. Begin by chopping/mashing strawberries and adding sugar to decrease bitterness of fruit.
2. (If berries are ripe, you may not need to add sugar.) Set aside.
3. Combine milks and vanilla in a large bowl.
4. Fold strawberries into milk mixture and chill in refrigerator until cold.
5. Pour into ice cream maker and process per manufacturers' directions.
6. Serve immediately and garnish with blueberries and a small dollop of whipped topping.

Nutrition Facts

Calculated for **1 gal** 2054g (Recipe makes 1 gal)

Calories 580

Calories from Fat 52 (9%)

Amount Per Serving

	%DV
Total Fat 5.9g	9%
Saturated Fat 3.0g	14%
Polyunsat. Fat 0.8g	
Monounsat. Fat 1.5g	
Trans Fat 0.0g	

Cholesterol 22mg **7%**

Sodium 369mg **15%**

Potassium 1295mg **37%**

Total Carbohydrate 117.6g **39%**

Dietary Fiber 9.2g 36%

Sugars 102.8g

Protein 19.3g **38%**

LOWFAT CHOCOLATE LAYER CAKE



30 min (10 min prep) makes 8 servings

- 1 ½ cups flour
- 1 cup cocoa powder
- 2 teaspoons baking powder
- 1 teaspoon baking powder
- 1 teaspoon baking powder
- 1 1/3 cups granulated sugar
- 1 ¼ cups fat-free buttermilk
- ¾ cup prune puree or prune baby food
- 4 egg whites
- 1 teaspoons vanilla
- ½ cup raspberry jam
- ½ cup confectioners' sugar

1. Preheat oven to 350.
2. Spray two 9-inch cake pans with nonstick spray.
3. In a mixing bowl, whisk together the flour, cocoa, baking powder, baking soda and sugar.
4. In a separate bowl, whisk together the buttermilk, prune puree or babyfood, egg whites and vanilla.
5. Pour wet ingredients into dry and mix until just combined.
6. Divide the batter evenly between the two cake pans.

7. Bake about 20 minutes, until top is springy and a knife inserted in the center comes out clean.
8. Cool in the pans on a wire rack for 5-10 minutes.
9. Turn cakes out onto racks and cool completely.
10. Slice the rounded top off of one of the cakes to create a flat surface.
11. Spread the flat surface with the raspberry jam.
12. Place the other cake on top.
- Sift confectioners sugar liberally over the top.

Nutrition Facts

Calculated for 1 **servings** (113g)
Recipe makes 8 servings

Calories 334

Calories from Fat 15 (4%)

Amount Per Serving

	%DV
Total Fat 1.8g	2%
Saturated Fat 0.9g	4%
Polyunsat. Fat 0.2g	
Monounsat. Fat 0.5g	
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 284mg	11%
Potassium 232mg	6%
Total Carbohydrate 78.7g	26%
Dietary Fiber 4.4g	17%
Sugars 50.7g	
Protein 6.4g	12%

SCALLOP AND HAM POTATOES



50 min, makes 3 servings

- 3 Large potatoes
- 2 cups of cooked ham
- 1 can of cream of potato soup
- 2 cups of cheddar cheese
- Salt and pepper to taste

1. In a med bowl, mix milk and soup until smooth. Set aside.
2. Peel and slice potatoes into 1/4 inches slices.
3. Arrange half the potato slices in a layer in a greased, shallow baking dish.
4. Top potatoes with salt, pepper, half the soup mixture, half the ham, and then half the cheese.
5. Repeat for second layer.

Nutrition Facts

Calculated for 1 **servings**
Recipe makes 3 servings

Calories 310

Calories from Fat 132.3

Amount Per Serving

Total Fat 14.7g
Saturated Fat 1.5g
Polyunsat. Fat 0g
Monounsat. Fat 0g
Trans Fat 0g
Cholesterol 42mg
Sodium 174mg
Potassium 550mg
Total Carbohydrate 32.1g
Dietary Fiber 5g
Sugars 2g
Protein 12.6g

ORANGE-BANANA SMOOTHIE



5-8 min, makes 1 serving

3/4 cup orange juice
1/2 cup sliced banana
2 teaspoons packed brown sugar
1/8 teaspoon almond extract
ice cubes

1. Combine orange juice, banana, brown sugar, and almond extract in a blender.
2. Add ice cubes and blend until thick and smooth. Pour into a serving glass.

Nutrition Facts

Calculated for 1 serving
Recipe makes 1 servings

Calories 190

Calories from Fat 9

Amount Per Serving

Total Fat 1g

Saturated Fat 0g
Polyunsat. Fat 0g
Monounsatur. Fat 0g
Trans Fat 0g

Cholesterol 0mg

Sodium 6mg

Potassium 0mg

Total Carbohydrate 24g

Dietary Fiber 2g
Sugars ?

Protein 2g

DESSERTS

A little sweetness but yummy goodness!

HEALTHIFIED GRAVY



25 min, makes 8 servings

2 cups reduced-sodium chicken broth
1 small onion, coarsely chopped
1 medium carrot, coarsely chopped
1 stalk celery, coarsely chopped
1/2 cup cold water
1 teaspoon reduced sodium soy sauce
1/4 cup all-purpose flour

1. In 2-quart saucepan, heat broth, onion, carrot, and celery to boiling; reduce heat.
2. Cover; simmer 15 minutes.
3. Pour broth through strainer, pressing vegetables lightly to extract juice.
4. Return broth to saucepan; discard vegetables.
5. In small bowl, stir water, soy sauce, flour and poultry seasoning with wire whisk until smooth.
6. Gradually stir flour mixture into broth in saucepan.
7. Heat to boiling. Cook about 1 minute, stirring constantly, until thick and bubbly.

Nutrition Facts

Calculated for 1 serving

Recipe makes 8 servings

Calories 20

Calories from Fat (0)

Amount Per Serving

Total Fat 0.0 g

Saturated Fat

0.0g

Trans Fat 0.0g

Sodium 160 mg

Total Carbohydrate 3 g

Dietary Fiber 0.0g

Protein 1.0 g

EGG-WHITE OMELET WITH VEGETABLE-CHEDDAR FILLING



15 min, makes 1 serving

3 large egg whites
1 teaspoon water
2 teaspoons chopped fresh dill (optional)
1/8 teaspoon salt
1/8 teaspoon freshly ground pepper
1/2 cup loosely packed, thinly sliced fresh spinach
1 plum tomato, chopped
2 tablespoons shredded nonfat cheddar cheese
Vegetable cooking spray

1. Whisk egg whites, water, dill (if using), salt, and pepper together in a medium bowl until soft peaks form.
2. Toss spinach, tomato, and cheddar together in a small bowl.
3. Lightly coat an omelet pan or small skillet with cooking spray and heat over medium heat 1 minute.
4. Pour egg mixture into pan and cook until eggs begin to set on bottom.
5. Spread filling over half of omelet, leaving a 1/2-inch border and reserving 1 tablespoon mixture for garnish.
6. Lift up omelet at edge nearest handle and fold in half, slightly off-center, so filling peeks out.
7. Cook 2 minutes. Slide omelet onto a serving plate and garnish with reserved filling.

Nutrition Facts

Calculated for 1 serving (70g)

Recipe makes 1 servings

Calories 110

Calories from Fat 4.5

Amount Per Serving

Total Fat 0.5g

Saturated Fat 0g

Polyunsat. Fat 0g

Monounsat. Fat 0g

Trans Fat 0g

Cholesterol 3mg

Sodium 906mg

Potassium 0mg

Total Carbohydrate 8g

Dietary Fiber 1g

Sugars ?

Protein 18g

MEXICAN BREAKFAST WRAP



Time: long, makes 4 servings

- 1 cup green bell pepper (chopped)
- 1 cup onion (chopped)
- 1 3/4 cups fat-free egg product
- 1/3 cup fat-free (skim) milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

- 4 fat free flour tortillas
- 1/2 cup fat-free cheddar cheese (shredded)
- 1/4 cup chunky-style salsa

1. Spray 10 inch skillet with cooking spray, heat over medium high.
2. Add bell peppers and onions, heat and cover for 4-6 minutes, stirring occasionally until tender.
3. In medium bowl, mix egg product, milk, salt and pepper until blended.
4. Spray vegetables and skillet with cooking spray.
5. Pour egg product mixture over vegetables; cook until set, stir occasionally gently.
6. Meanwhile, heat tortillas as directed on package.
7. To serve place warm tortilla on plate.
8. Spoon scrambled egg mixture on tortilla.
9. Top with cheese and salsa and roll up tortilla.

Nutrition Facts

Calculated for **1 serving**
Recipe makes servings 4

Calories 280

Calories from Fat (10)

Amount Per Serving

Total Fat 1g

Saturated Fat
0.0g

Trans Fat 0.0g

Sodium 1290mg

Total Carbohydrate 45g

Dietary Fiber 5g

Protein 22g

EASY MEXICAN CHICKEN AND BEANS



30 min, makes 4 servings

- 1 pound chicken breast strips for stir-fry
- 1 package taco seasoning mix
- 1 (15 ounce) can black or pinto beans, rinsed, drained
- 1 (11 ounce) can whole kernel corn with red and green peppers (untrained)
- 1/4 cup water
- flour tortillas (optional)

1. Spray 10-inch skillet with cooking spray.
2. Cook chicken in skillet over medium-high heat 8-10 minutes, stirring occasionally, until no longer pink in center.
3. Stir in seasoning mix, beans, corn and water.
4. Cook over medium-high heat 8-10 minutes, stirring frequently, until sauce is slightly thickened.
5. Serve with tortillas.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 4 servings

Calories 360

Calories from Fat (45)

Amount Per Serving

Total Fat 4.5g

Saturated Fat 1.5g

Trans Fat 0.0g

Sodium 430 mg

Total Carbohydrate 44 g

Dietary Fiber 8g

Protein 36 g

GRILLED RASPBERRY-GLAZED CHICKEN



35 min, makes 6 servings

- 1/2 cup raspberry jam
- 1 tablespoon Dijon mustard
- 6 boneless skinless chicken breast
- 1 1/2 cups fresh raspberries or frozen organic raspberries

1. Heat gas or charcoal grill. In small bowl, mix jam and mustard.
2. Carefully brush grills rack with canola or vegetable oil.
3. Place chicken on grill over medium heat.
4. Cover grill; cook 20 to 25 minutes, brushing occasionally with jam mixture and turning once, until juice of chicken is clear when center of thickest part is cut (170°F).
5. Discard remaining jam mixture.
6. Serve chicken topped with raspberries.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 6 servings

Calories 250

Calories from Fat (40)

Amount Per Serving

Total Fat 4.5g
Saturated Fat 1.0g
Trans Fat 0.0g

Sodium 140 mg

Total Carbohydrate 22 g
Dietary Fiber 2g

Protein 30 g

BLUEBERRY-BRAN PANCAKES



Time: long, servings unknown

- 1 cup Fiber One cereal
- 1 egg
- 1 1/4 cups buttermilk or milk
- 2 tablespoons vegetable oil
- 1 cup all-purpose flour
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup fresh or frozen (thawed) berries (Blue berries and strawberries)

1. If desired, crush cereal by placing in re-sealable food storage plastic bag; seal bag and crush with rolling pin or meat mallet.
2. In medium bowl, beat egg with wire whisk or fork.
3. Beat in buttermilk, oil and cereal; let stand about 5 minutes or until cereal is softened.
4. Beat in remaining ingredients except blueberries. Gently stir in 1/2 cup blueberries.
5. Heat griddle or skillet over medium heat or to 375° F. Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating).
6. For each pancake, pour 1/4 cup batter onto hot griddle (if batter is too thick, stir in additional milk, 1 tablespoon at a time, until as thin as desired).
7. Cook pancakes until puffed and full of bubbles but before bubbles break.
8. Turn; cook other side until golden brown.

9. Serve topped with blueberries and/or strawberries.

Nutrition Facts

Calculated for **1 serving**
Recipe makes ? servings

Calories 120

Calories from Fat (35)

Amount Per Serving

Total Fat 4g
Saturated Fat 0.5g
Trans Fat 0.0g

Sodium 290mg

Total Carbohydrate 18g
Dietary Fiber 3g

Protein 3g

BAKED APPLES WITH GRANOLA



Time: Intermediate, makes 4 servings

2 large crispy apples
2 tablespoons raisins or sweetened dried cranberries
2 tablespoons packed brown sugar

4 teaspoons butter or margarine

4 granola bars (crushed)
Milk, cream, or fruit-flavored yogurt (optional)

1. Cut apples in half lengthwise.
2. Using spoon, remove and discard cores, making at least a 1-inch indentation in each apple half.
3. In microwavable pie plate, arrange apple halves, cut sides up. If needed, cut thin slices off bottoms to keep halves from tipping.
4. Fill each apple half evenly with raisins and brown sugar; dot with butter.
5. Cover with microwavable plastic wrap, folding back one edge ¼ inch to vent steam.
6. Microwave on high 5-6 minutes or until apples are tender. Top each with granola.
7. Serve with milk.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 4 servings

Calories 230

Calories from Fat (60)

Amount Per Serving

Total Fat 7g

Saturated
Fat 2.5g
Trans Fat
0.0g

Sodium 110 mg

Total Carbohydrate 39
g

Dietary
Fiber 4 g

Protein 2 g

GRILLED CHICKEN AND FRUIT IN FOIL



30 min, makes 4 servings

1 pound uncooked chicken breast strips for stir-fry
2 large firm ripe pears, sliced
1 large cooking apples, sliced
1/2 cup malt Vinegar
2 tablespoons chopped fresh sage leaves
1/2 teaspoon salt

1. Heat gas or charcoal grill.
2. Cut 4 sheets of heavy-duty foil.
3. Place ¼ of the chicken, pears, and apples on center of each sheet.
4. Drizzle each with vinegar; sprinkle with sage and salt.
5. Bring up 2 sides of foil so edges meet.
6. Seal edges, making tight ½-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
7. Place packets on grill over medium heat.
8. Cover grill; cook 10 to 15 minutes, rotating packets ½ turn after 5 minutes, or until chicken is no longer pink in center.
9. Place foil packets on plates.
10. Cut large X across top of each packet; carefully fold back foil.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 4 servings

Calories 230

Calories from Fat (35)

Amount Per Serving

Total Fat 4g

Saturated
Fat 1.0g

Trans Fat 0.0g

Sodium 360 mg

Total Carbohydrate 24 g

Dietary
Fiber 4g

Protein 25 g

SPAGHETTI AND SPICY MEATBALLS



30 min, makes 6 servings

- 16 ounces uncooked spaghetti
- 2 cups cooked white rice or brown rice
- 1/2 cup quick-cooking oats
- 1 medium onion, chopped
- 1/4 cup plain bread crumbs
- 1/4 cup milk
- 2 teaspoons chopped fresh basil leaves
- 2 teaspoons chopped fresh oregano leaves
- 1/4 teaspoon ground red pepper
- 1 egg, beaten
- 1 tablespoon wheat germ
- Vegetable oil
- 2 cups tomato pasta sauce

1. Cook and drain spaghetti as directed on package.
2. In large bowl, mix rice, oats, onion, bread crumbs, milk, basil, oregano, red pepper and egg.
3. Shape into 12 balls.
4. Roll balls in wheat germ.
5. In 10-inch skillet, heat oil over medium heat.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 6 servings

Calories 580

Calories from Fat (90)

Amount Per Serving

Total Fat 9g

Saturated Fat
1.5g

Trans Fat 0.0g

Sodium 970 mg

Total Carbohydrate 106 g

Dietary Fiber
8g

Protein 18g

6. Cook balls in oil about 10 minutes, turning occasionally, until golden brown.
7. Heat pasta sauce until hot. Serve sauce and rice balls over spaghetti.
8. Sprinkle with cheese if desired.

“HEALTHIFIED” RASPBERRY FRENCH TOAST BAKE



Time: Long, makes 4 servings

- 1 loaf (1 lb) soft French Bread
- 4 ounces (1/3 less fat) cream cheese (softened)
- 1/2 cup raspberry preserves
- 1 cup fat-free egg product
- 1 tablespoon sugar
- 1/4 cup salt
- 1 cup fat-free milk
- 1 bag (12 ounce) frozen whole raspberries w/o syrup (thawed)
- 1/3 cup sugar
- 2 teaspoons cornstarch

1. Spray bottom and sides of 13x9-inch (3-quart) glass baking dish with cooking spray.
2. Cut bread into 24 (3/4-inch-thick) slices.
3. Spread 12 slices with cream cheese. Spread remaining bread slices with preserves; place over cream cheese to make 12 sandwiches.
4. Arrange in baking dish, pressing together if necessary to fit.
5. In medium bowl, beat egg product, milk, 1 tbsp sugar, and the salt with wire whisk until blended. Pour over bread in dish. Let stand 15 minutes or until liquid is absorbed.
6. Heat oven to 400°F. Cover dish with foil; bake 10 minutes.
7. Uncover; bake 15 to 20 minutes longer or until golden brown.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 4 servings

Calories 220

Calories from Fat (35)

Amount Per Serving

Total Fat 4g

Saturated Fat
2g

Trans Fat
0.0g

Sodium 360 mg

Total Carbohydrate 40 g

Dietary Fiber
3 g

Protein 8 g

8. Meanwhile, in 2-quart saucepan, mix sauce ingredients until blended.
9. Heat to boiling over medium heat, stirring frequently. Boil 30 second to 1 minute or just until thickened.
10. Place strainer over medium bowl; pour raspberry mixture into strainer.
11. Press mixture with back of spoon through strainer to remove seeds; discard seeds.
12. Serve over French toast.

BAKED MAPLE APPLES



Time: Intermediate, makes 4 servings

4 Medium cooking apples
1 teaspoon butter or no-trans-fat margarine
¼ cup pure maple syrup

¼ tsp ground cinnamon
1 tablespoon chopped nuts (optional)

1. Heat oven to 375°F. Core apples.
2. Peel 1-inch strip of skin from around middle of each apple, or peel upper half of each apple, to prevent splitting.
3. In un-greased 8-inch square glass baking dish, place apples upright. Place ¼ tsp of the butter and 1 tbsp of the syrup in center of each apple.
4. Pour water into baking dish until ¼ inch deep.
5. Bake 30 to 40 minutes, spooning syrup in dish over apples several times, until apples are tender when pierced with a fork.
6. Sprinkle with cinnamon and nuts.

Nutrition Facts

Calculated for 1 serving
Recipe makes 4 servings

Calories 140

Calories from Fat (10)

Amount Per Serving

Total Fat 1g

Saturated Fat 0.5g

Trans Fat 0.0g

Sodium 10 mg

Total Carbohydrate 33 g

Dietary Fiber 3 g

Protein 0 g

LEMONY TURKEY PRIMAVERA SKILLET



30 min, makes 6 servings

1 1/2 cups uncooked bow tie pasta
2 cups fresh asparagus spears, trimmed, cut into 1 inch pieces
1 1/3 cups fresh baby carrots, halved lengthwise
1 cup chicken broth
4 teaspoon cornstarch
1/2 teaspoon garlic-pepper blend
1 pound fresh turkey breast slices
1 cup fresh whole mushrooms, quartered
1 can whole baby corn, drained, rinsed
1 teaspoon grated lemon peel

1. In Dutch oven or large saucepan, cook pasta to desired doneness as directed n package, adding asparagus and carrots during last 2 to 4 minutes of cooking time.
2. Cook until asparagus is crisp-tender. Drain.
3. Meanwhile, in small bowl, combine broth, cornstarch and garlic-pepper blend; mix well. Set aside.
4. Spray 12-inch nonstick skillet with nonstick cooking spray.
5. Heat oven medium-high heat until hot.
6. Add turkey and mushrooms; cook 3 to 5 minutes or until turkey is lightly browned and no longer pink, stirring frequently.

Nutrition Facts

Calculated for 1 serving
Recipe makes 6 servings

Calories 230

Calories from Fat (15)

Amount Per Serving

Total Fat 1.5g

Saturated Fat
0.0g

Trans Fat 0.0g

Sodium 440 mg

Total Carbohydrate 29 g

Dietary Fiber 4g

Protein 24 g

7. Add broth mixture; cook and stir just until mixture begins to thicken.

8. Add cooked pasta and vegetables, corn and lemon peel; cook and stir until thoroughly heated. If desired, season with salt and pepper to taste.

MASHED POTATOES



45 min, makes 6 servings

5 medium russet potatoes
2 green onions, white and part of green, finely chopped
1/3 cup fat-free half and half
1/4 cup fat-free or light sour cream
1 tablespoon butter
1/2 teaspoon minced or crushed garlic
salt and pepper to taste

1. Pierce each potato several times with a fork and microwave the potatoes on HIGH until they are tender throughout. (about 20 minutes)
2. Peel off skins (and discard) and add the potato flesh to a large mixing bowl along with the green onions, fat-free half and half, sour cream, butter or margarine, and garlic.
3. Beat on low speed until fairly smooth and blended.
4. Add salt and pepper to taste.

Nutrition Facts

Calculated for 1 serving
Recipe makes 6 servings

Calories 187

Calories from Fat 18

Amount Per Serving

Total Fat 2g

Saturated Fat 1.2g

Polyunsat. Fat 0.1g

Monounsat. Fat 0.6g

Trans Fat ?

Cholesterol 6mg

Sodium 55mg

Potassium ?

Total Carbohydrate 37g

Dietary Fiber ?

Sugars ?

Protein 5g

WHOLE-GRAIN BUTTERMILK WAFFLES



Time: long, makes 3 servings

1 cup Fiber One cereal
1 1/4 cups buttermilk
1 egg (slightly beaten)
2 tablespoons vegetable oil
1 teaspoon vanilla
3/4 cup whole wheat or all-purpose flour
1 tablespoon sugar
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
maple syrup (optional)
fresh raspberries (optional)

1. Heat waffle maker. Place cereal in re-sealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).
2. In large bowl, mix cereal and buttermilk; let stand 5 minutes. Stir in egg, oil and vanilla.
3. Stir in remaining ingredients just until smooth. (Batter will be thick).
4. For each waffle, brush hot waffle maker with vegetable oil.
5. Spread batter onto center of hot waffle maker. (Waffle makers vary in size; check manufacturer's directions for recommended amount of batter.) Close lid or waffle maker.
6. Bake about 5 minutes or until steaming stops and waffle is golden brown.

Nutrition Facts

Calculated for 1 serving
Recipe makes 3 servings

Calories 270

Calories from Fat (90)

Amount Per Serving

Total Fat 10g

Saturated Fat

2g

Trans Fat 0.0g

Sodium 520 mg

Total Carbohydrate 36 g

Dietary Fiber 10

g

Protein 8 g

Carefully remove waffle.

7. Serve immediately.

8. Repeat with remaining batter.

9. Serve with maple syrup and raspberries.

MIXED-BERRY COFFEE CAKE



Time: long, makes 6 servings

1/3 cup packed brown sugar
1/2 cup buttermilk
2 tablespoons canola or soybean oil
1 tablespoon vanilla
1 egg
1 cup whole wheat flour
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/8 teaspoon salt
1 cup mixed berries
1/4 cup low-fat granola (slightly crushed)

1. Heat oven to 350°F. Spray 8-inch round cake pan with cooking spray.
2. In large bowl, mix brown sugar, buttermilk, oil, vanilla, and egg until smooth.
3. Stir in flour, baking soda, cinnamon and salt just until moistened.
4. Gently fold in half of the berries.
5. Spoon into pan.
6. Sprinkle with remaining berries and the granola.
7. Bake 28-33 minutes or until golden brown and top springs back when touched in center.
8. Cool in pan on cooling rack 10 minutes.
9. Serve warm.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 6 servings

Calories 160

Calories from Fat (45)

Amount Per Serving

Total Fat 5g

Saturated Fat 0.5g

Trans Fat 0.0g

Sodium 150 mg

Total Carbohydrate 26 g

Dietary Fiber 3 g

Protein 4 g

TURKEY SLOPPY JOES



25min, makes 3 servings

1 tablespoon olive oil
1 cup chopped yellow onion
1 teaspoon chopped/minced garlic
1 cup chopped red onion
1 pound ground turkey
8 ounce tomato sauce
2 teaspoon chili powder
1 teaspoon ground cumin
1/8 ground black pepper
4 sandwich buns

1. In large skillet, heat oil over medium heat, add onion, garlic and bell pepper.
2. Sauté. Add turkey; cook about 5 min.
3. Stir in tomato sauce, water, chili powder, cumin, black pepper, cinnamon and salt.
4. Increase heat. Simmer, stir occasionally until sauce has thickened for about 6 min.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 3 servings

Calories 368

Calories from Fat 135

Amount Per Serving

Total Fat 15g

Saturated Fat ?

Polyunsat. Fat ?

Monounsat. Fat ?

Trans Fat ?

Cholesterol 90mg

Sodium 623mg

Potassium ?

Total Carbohydrate 32g

Dietary Fiber ?

Sugars ?

Protein 26g

PASTA AND SAUSAGE WITH BROCCOLI



25 min, makes 4 servings

½ pound dried pasta
1 bunch broccoli
1 tablespoon olive oil
1 pound turkey-sausage
1 teaspoon garlic
¼ cup water
Grated parmesan cheese (optional)

1. Prepared pasta, adding broccoli.
2. In large skillet, heat oil. Add sausages to pan; cook until browned.
3. Stir in garlic and ¼ cup water.
4. Cook for about 10 min. drain pasta and broccoli; stir into skillet.
5. Sprinkle with cheese.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 4 servings

Calories 454

Calories from Fat 153

Amount Per Serving

Total Fat 17g

Saturated Fat ?

Polyunsat. Fat ?

Monounsat. Fat ?

Trans Fat ?

Cholesterol 70mg

Sodium 787mg

Potassium ?

Total Carbohydrate 47g

Dietary Fiber ?

Sugars ?

Protein 30g

PEACHY YOGURT COOLER



Time: Intermediate, makes 2 servings

½ cup fat-free (skim) milk

1 container 99% fat-free harvest peach yogurt

1 medium fresh peach (peeled, pitted, and up)
Ground nutmeg (optional)

1. In blender, place milk, yogurt, and peach.
2. Cover; blend on high speed about 30 seconds or until smooth.
3. Pour into glasses.
4. Sprinkle with nutmeg.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 2 servings

Calories 130

Calories from Fat (10)

Amount Per Serving

Total Fat 1g

Saturated Fat 0.5g

Trans Fat 0.0g

Sodium 75 mg

Total Carbohydrate 24
g

Dietary Fiber 1 g

Protein 6 g

TRIPLE-BERRY GRANOLA CRISP



Time: long, makes 3 servings

1 bag (8 ounces) frozen organic blueberries
1 bag (10 ounces) frozen organic strawberries
1 bag (10 ounces) frozen organic raspberries
¼ cup sugar
2 tablespoons all-purpose flour
1 ¼ cups organic oats and honey granola
Yogurt (optional)

1. Heat oven to 375°F.
2. In un-greased 8-inch square (2-quart) glass baking dish, mix frozen berries, sugar and flour until fruit coated.
3. Bake 20 minutes.
4. Stir and sprinkle with granola
5. Bake 15-20 minutes longer or until light golden brown and bubbly.
6. Let stand 5-10 minutes before serving.
7. Serve warm with yogurt.

Nutrition Facts

Calculated for 1 **serv**ing
Recipe makes 3 servings

Calories 130

Calories from Fat (15)

Amount Per Serving

Total Fat 2g

Saturated Fat
0g

Trans Fat 0.0g

Sodium 30 mg

Total Carbohydrate 27 g

Dietary Fiber 4
g

Protein 2 g

SPINACH FETTUCCINE WITH SAUCY SHRIMP



Easy, makes 4 servings

12 ounces dry spinach fettuccine
2 cups chunky pasta sauce
1 pound cooked shrimp, shelled, de-veined

1. In large pot, bring water to boil; cook fettuccine.
2. In sauce pan, heat pasta sauce to simmer, add shrimp; cooked until heated through.
3. Drain pasta; add shrimp sauce to pot and toss until combined.

Nutrition Facts

Calculated for 1 **serv**ing
Recipe makes 4 servings

Calories 466

Calories from Fat 56

Amount Per Serving

Total Fat 7g

Saturated Fat ?
Polyunsat. Fat ?
Monounsat. Fat ?
Trans Fat ?

Cholesterol 234mg

Sodium 741mg

Potassium ?

Total Carbohydrate 65g

Dietary Fiber ?
Sugars ?

Protein 35g

CHICKEN RICE DISH



15 min, makes 8 servings

- 1 tablespoon olive oil
- 1 cup frozen green peas
- ½ pound chicken tenders
- ¼ sliced pimiento-stuffed olive
- ½ teaspoons ground pepper
- 1 cup chopped onion
- ½ chopped red bell pepper
- 1 minced garlic
- 1 cup low-fat chicken broth
- 1 cup rice

1. In large skillet, heat olive oil.
2. Sprinkle chicken with pepper, add to skillet.
3. Cook about 2 min over medium heat, turning once to brown .
4. Add onion, bell pepper and garlic: cook about a min. stir in broth and rice.
5. Bring to boil: reduce heat and cover.
6. Cook about 8 min, stir in peas.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 8 servings

Calories 409

Calories from Fat 72

Amount Per Serving

Total Fat 8g

- Saturated Fat ?
- Polyunsat. Fat ?
- Monounsat. Fat ?
- Trans Fat ?

Cholesterol 63mg

Sodium 489mg

Potassium ?

Total Carbohydrate 51g

- Dietary Fiber ?
- Sugars ?

Protein 31g

CITRUS FRUIT BOWL



Time: short, makes 2 servings

- 4 medium navel oranges
- 3 large pink grapefruit
- 1/3 cup dried sweetened cranberries
- Fresh mint leaves (optional)

1. Cut off the peel and membrane between sections of the oranges and grapefruit.
2. Working over a large bowl, cut out the sections of fruit from between the membranes, letting the sections fall into the bowl.
3. Squeeze the juice from the membranes over the fruit; discard the membranes.
4. Add the cranberries and stir to combine.
5. Garnish with the mint, if desired.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 2 servings

Calories 150

Calories from Fat (0)

Amount Per Serving

Total Fat 0g

- Saturated Fat
- 0g
- Trans Fat 0.0g

Sodium 0 mg

Total Carbohydrate 33 g

- Dietary Fiber 5
- g

Protein 2 g

BLUEBERRY ALMOND CEREAL



Easy, makes 1 servings

1 cup high fiber cereal
½ cup vanilla soymilk
1 ½ cup blueberries
1 tsp toasted almonds

1. Add the cold cereal to a bowl.
2. Pour in soymilk.
3. Sprinkle blueberries and almonds over the top.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 320

Calories from Fat (63)

Amount Per Serving

Total Fat 0g

Saturated Fat

0.6g

Trans Fat ?

Sodium 53 mg

Total Carbohydrate 55 g

Dietary Fiber

8.3 g

Protein 11 g

RIGATONI WITH SAUSAGE AND PEPPERS



20 min, makes 2 servings

6 ounces rigatoni
1 tablespoons olive oil
½ pound low-fat smoked sausage
½ cup chopped green bell pepper
½ cup chopped onion
8- ounce jar marinara sauce

1. Cook pasta. In large skillet, heat oil.
2. Cook 5 min, stirring occasionally until peppers and onion are tender and the sausage is heated through.
3. Add sauce:bring to simmer.
4. Stir in the drained pasta.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 2 servings

Calories 505

Calories from Fat 81

Amount Per Serving

Total Fat 9g

Saturated Fat ?

Polyunsat. Fat ?

Monounsat. Fat ?

Trans Fat ?

Cholesterol 12mg

Sodium ?

Potassium ?

Total Carbohydrate 88g

Dietary Fiber ?

Sugars ?

Protein 19g

LEMON ASPARAGUS CHICKEN



15 min, makes 5 servings

1 tablespoon light olive oil
4 boneless skinless chicken breasts
1 can Campbell 's condensed cream of asparagus soup
1/4 cup milk
2 tablespoons fresh lemon juice
salt and pepper
lemon slices (optional)

1. In a lightly oiled skillet brown the chicken about 5 minutes on each side, remove chicken and pour off the fat.
2. In the same skillet combine soup, milk, lemon juice, salt& pepper.
3. Bring to a boil.
4. Return Chicken to the skillet.
5. Reduce heat to low& simmer 5 minutes or until the chicken is fully cooked, stirring frequently.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 5 servings

Calories 295

Calories from Fat 60.3

Amount Per Serving

Total Fat 6.7g

Saturated Fat ?

Polyunsat. Fat ?

Monounsat. Fat ?

Trans Fat ?

Cholesterol 148mg

Sodium 135mg

Potassium ?

Total Carbohydrate ?

Dietary Fiber ?

Sugars ?

Protein ?

HOLIDAY FRENCH TOAST



Intermediate, makes 1 servings

1 slice Ezekiel raisin bread
1/4 cup fat free egg substitute
1 tablespoon butter
1 tablespoon powdered sugar

1. Dip bread into egg substitute.
2. Melt butter in skillet over medium heat.
3. Cook bread on both sides until golden brown.
4. Dust with powdered sugar.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 195

Calories from Fat (54)

Amount Per Serving

Total Fat 6g

Saturated Fat

3g

Trans Fat ?

Sodium 95 mg

Total Carbohydrate 23 g

Dietary Fiber

3 g

Protein 10 g

POWER BREAKFAST



3 minutes, makes 1 serving

½ cup oatmeal
1 cup fat free milk
1 cup mixed berries

1. Cook oatmeal with milk.
2. Add berries

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 310

Calories from Fat (27)

Amount Per Serving

Total Fat 3g

Saturated Fat 1 g

Trans Fat ?

Sodium 55 mg

Total Carbohydrate ?

Dietary Fiber 9 g

Protein 12 g

TURKEY FAJITAS



20 min, makes 6 servings

8 Flour tortillas
2 teaspoons Chili powder
1/2 teaspoons Dried oregano
12 ounces Turkey breast strips
2 teaspoons Vegetable oil, divided
2 Bell peppers (red & green)
1 head lettuce

1. Preheat oven to 225~F.
2. Wrap tortillas in foil and place in oven while making fajita filling.
3. Mix chili powder and oregano on waxed paper.
4. Rub spice mixture into turkey cutlets.
5. In large skillet, heat 1 teaspoon of the oil.
6. Add bell pepper strips and cook over medium-high heat 4-6 minutes, stirring often, until lightly browned and tender-crisp.
7. Remove to a bowl, using a slotted spoon.
8. Heat remaining oil in same skillet.
9. Add cutlets and cook over medium-high heat 4-6 minutes, turning once, until they are browned and no longer pink in center when tested with knife.
10. Cut turkey crosswise into narrow strips.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 6 servings

Calories 287

Calories from Fat 56

Amount Per Serving

Total Fat 7g

Saturated Fat ?

Polyunsat. Fat ?

Monounsat. Fat ?

Trans Fat ?

Cholesterol 53mg

Sodium 338mg

Potassium ?

Total Carbohydrate ?

Dietary Fiber ?

Sugars ?

Protein ?

11. Top each warm tortilla with a lettuce leaf and arrange turkey and bell pepper strips down the middle.

12. Serve with salsa.

PARMASEAN RICE & PASTA PILAF



35 min, makes 4 servings

2 tablespoons olive oil
1/2 cup finely broken vermicelli, uncooked
2 tablespoons diced onion
1 cup of long-grain white rice, uncooked
1-1/4 cup hot chicken stock
1-1/4 cup hot water
1/4 teaspoons ground white pepper
1 bay leaf
2 tablespoons grated Parmesan cheese

1. In a large skillet, heat oil.
2. Sauté vermicelli and onion until golden brown, about 2 to 4 minutes over medium-high heat.
3. Drain off oil.
4. Add rice, stock, water, pepper and bay leaf.
5. Cover and simmer 15 to 20 minutes.
6. Fluff with fork.
7. Cover and let stand 5 to 20 minutes.
8. Remove bay leaf.
9. Sprinkle with cheese and serve immediately.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 4 servings

Calories 172

Calories from Fat 54

Amount Per Serving

Total Fat 6g

Saturated Fat ?
Polyunsat. Fat ?
Monounsat. Fat ?
Trans Fat ?

Cholesterol 4mg

Sodium 193mg

Potassium ?

Total Carbohydrate ?

Dietary Fiber ?
Sugars ?

Protein ?

WHOLE GRAIN BREAKFAST



5 minutes, makes 1 serving

4 large egg whites
2 slices whole wheat toast
1 medium orange

1. Cook egg whites with cooking spray

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 350

Calories from Fat (9)

Amount Per Serving

Total Fat 1g

Saturated Fat
1g
Trans Fat ?

Sodium 305 mg

Total Carbohydrate 50g

Dietary Fiber
10 g

Protein 28 g

SOUTHWEST OMELET WITH FRUIT



Time: short, makes 1 servings

- 2 large eggs
- 1/4 cup green onions
- 1 cup mixed bell peppers
- 1/2 cup mushrooms
- 1 ounce cheddar cheese (low-fat)
- 1 cup watermelon

1. Spray pan with cooking spray.
2. Cook mixed veggies.
3. Add eggs to cooking vegetables.
4. Sprinkle cheese on eggs after finished cooking.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 1 servings

Calories 405

Calories from Fat (171)

Amount Per Serving

Total Fat 0g

Saturated Fat

8g

Trans Fat ?

Sodium 70 mg

Total Carbohydrate 23 g

Dietary Fiber 7

g

Protein 19 g

CHICKEN QUESADILLAS



15 min, makes 3 servings

- 1/2 pound boneless, skinless chicken breast
- 2 tablespoons chopped onion
- 3/4 teaspoon Ground Cumin
- 1/2 teaspoon Oregano Leaves
- 1/2 teaspoon Garlic Powder
- 1 jalapeno pepper, seeded and chopped
- 1 cup chopped tomatoes
- 2 (6-inch) flour tortillas
- 1/4 cup reduced-fat shredded Cheddar cheese

1. Coat a small nonstick skillet with nonstick cooking spray.
2. Add chicken and sauté over medium-high heat 3 minutes.
3. Add onion, spices, jalapeno pepper and tomatoes.
4. Sauté 2 minutes.
5. Remove from heat.
6. Place tortillas on cookie sheet lightly coated with cooking spray.
7. Spoon half of chicken mixture over each tortilla.
8. Top each with 2 tbsp. cheese.
9. Bake in 450 degree F oven 7-9 minutes.
10. Cut each into 6 wedges.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 3 servings

Calories 102

Calories from Fat 18

Amount Per Serving

Total Fat 13.2g

Saturated Fat ?

Polyunsat. Fat ?

Monounsat. Fat ?

Trans Fat ?

Cholesterol 25mg

Sodium 120mg

Potassium ?

Total Carbohydrate ?

Dietary Fiber ?

Sugars ?

Protein ?

LEMON-PEPPER POTATOES



15 min, makes 4 servings

1 1/3 pounds (4 medium) potatoes, cut into 1 1/2-inch cubes
1 1/2 tablespoons butter or margarine, cut into small pieces
1 teaspoon minced garlic
1 tablespoon chopped parsley
1 1/2 teaspoons grated lemon peel
1/4 to 1/2 teaspoon finely ground black pepper
Salt, to taste

1. Place potatoes, butter, lemon juice and garlic in shallow 1 1/2-quart microwave-safe dish; toss.
2. Cover with plastic wrap, venting one corner.
3. Microwave on HIGH 10 to 12 until just tender.
4. Mix in parsley, lemon peel and pepper.
5. Season with salt.

Nutrition Facts

Calculated for 1 **serv**ing
Recipe makes 4 servings

Calories 170

Calories from Fat 36

Amount Per Serving

Total Fat 4g

Saturated Fat ?

Polyunsat. Fat ?

Monounsat. Fat ?

Trans Fat ?

Cholesterol 12mg

Sodium 52mg

Potassium ?

Total Carbohydrate 31g

Dietary Fiber 3g

Sugars ?

Protein 3g

“PANCAKES”



Time: short, makes 1 servings

4 large egg whites
1/3 cup oatmeal
1scoop protein powder
3 individual packets Splenda
1/4 cup sugar free syrup

1. Blend egg whites, oatmeal, protein powder and Splenda in blender.
2. Pour 1/2c. portions in hot skillet.
3. Add sugar free syrup if desired.
4. Fruit can also be added to this dish to add fiber and carbohydrates.

Nutrition Facts

Calculated for 1 **serv**ing
Recipe makes 1 servings

Calories 380

Calories from Fat (27)

Amount Per Serving

Total Fat 3g

Saturated Fat 0g

Trans Fat ?

Sodium 85 mg

Total Carbohydrate 41 g

Dietary Fiber 3 g

Protein 40 g

EGG McMUFFIN



Time: short, makes 1 servings

1/2 cup egg substitute
1 slice low fat Canadian ham
1 slice low fat American cheese
1 whole wheat English muffin

1. Cook egg substitute in microwave for 1.5 minutes.
2. Heat ham according to package.
3. Toast English muffin and place cheese on one side of muffin.
4. Add Canadian ham and egg to English muffin

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 350
Calories from Fat (72)

Amount Per Serving

Total Fat 8g
Saturated Fat
1g
Trans Fat ?

Sodium 625 mg

Total Carbohydrate 23 g
Dietary Fiber 8
g

Protein 32 g

BAKED TALAPIA



25 min, makes 4 servings

4 (6 to 8 ounces each) skinless tilapia fillets, (6 to 8 ounces each)
Coarse salt and ground pepper
3 tablespoons light mayonnaise
1/2 cup finely chopped parsley
2 tablespoons finely chopped fresh dill
Lemon wedges, for serving

1. Preheat oven to 375 degrees.
2. Place fillets on a rimmed baking sheet, flat side down; season generously with salt and pepper.
3. Divide mayonnaise evenly over top of fillets; using a butter knife, spread, coating evenly.
4. Sprinkle fish with parsley and dill.
5. Bake until opaque throughout, about 15 minutes.
6. Serve with lemon wedges.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 4 servings

Calories 305
Calories from Fat (?)

Amount Per Serving

Total Fat 5g
Saturated Fat 1g
Trans Fat ?g

Sodium 305 mg

Total Carbohydrate 4 g
Dietary Fiber 1 g

Protein 59 g

GREEN BEANS WITH PARSLEY AND GARLIC



15 min, makes 4 servings

Coarse salt and ground pepper

- 1 pound green beans,
- 4 teaspoons olive oil
- 2 garlic cloves, minced
- 2 teaspoons grated lemon zest
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoon chopped fresh flat-leaf parsley

1. In a large pot of boiling salted water, cook green beans until crisp tender, about 5 minutes.
2. Drain. In same pot, heat 2 teaspoons oil over medium-low heat.
3. Add garlic; cook until starting to soften, about 2 minutes.
4. Return beans to pot.
5. Add lemon zest and juice, remaining 2 teaspoons oil, and parsley; season with salt and pepper.
6. Toss to coat.
7. Serve immediately.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 4 servings

Calories 163

Calories from Fat (125)

Amount Per Serving

Total Fat 14 g

Saturated Fat ?g

Trans Fat ?g

Sodium 3 mg

Total Carbohydrate 10 g

Dietary Fiber 4 g

Protein 2 g

MAPLE BERRY WAFFLE



Time: short, makes 1 servings

- 1 frozen whole grain waffle
- 1/2 cup plain low-fat yogurt
- 1 cup mixed berries
- 1 tablespoon maple syrup

1. Toast waffle and top with yogurt, berries and maple syrup

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 1 servings

Calories 310

Calories from Fat (45)

Amount Per Serving

Total Fat 5g

Saturated Fat

1.5g

Trans Fat 0.0g

Sodium 105 mg

Total Carbohydrate 63 g

Dietary Fiber 13

g

Protein 12 g

SPICY BREAKFAST SCRAMBLE



Time: short, makes 1 servings

- 1 whole egg
- 2 egg whites
- 1/4 cup black beans
- 2 tablespoons spicy salsa
- 2 tablespoons cheddar cheese
- 1 whole grain tortilla

1. In a pan over medium heat, scramble all ingredients together.
2. Fill tortilla with mixture.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 345

Calories from Fat (81)

Amount Per Serving

Total Fat 9g

Saturated Fat

4g

Trans Fat 0.0g

Sodium 175 mg

Total Carbohydrate 37 g

Dietary Fiber

11 g

Protein 31 g

SPINACH AND SUN-DRIED TOMATOES PASTA



30 min, makes 4 serving

- 1 cup vegetable broth
- 2 dehydrated sun-dried tomatoes
- 1 (8 ounce) package uncooked penne pasta
- 2 tablespoons pine nuts
- 1 tablespoon olive oil
- 1/2 teaspoon crushed red pepper flakes
- 1 clove garlic, minced
- 1 bunch fresh spinach, rinsed and torn into bite-size pieces
- 1/4 cup grated Parmesan cheese

1. In a small saucepan, bring the broth to a boil.
2. Remove from heat.
3. Place the sun-dried tomatoes in the broth 15 minutes, or until softened.
4. Drain, reserving broth, and coarsely chop.
5. Bring a large pot of lightly salted water to a boil.
6. Place penne pasta in the pot, cook 9 to 12 minutes, and drain.
7. Place the pine nuts in a skillet over medium heat.
8. Cook and stir until lightly toasted.
9. Heat the olive oil and red pepper flakes in a skillet over medium heat, and sauté the garlic 1 minute, until tender.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 4 servings

Calories 155

Calories from Fat (36)

Amount Per Serving

Total Fat 4g

Saturated Fat 6g

Trans Fat ?g

Sodium 147.5 mg

Total Carbohydrate 26 g

Dietary Fiber 2 g

Protein 6 g

10. Mix in the spinach, and cook until almost wilted.
11. Pour in the reserved broth, and stir in the chopped sun-dried tomatoes.
12. Continue cooking 2 minutes, or until heated through.
13. In a large bowl, toss the cooked pasta with the spinach and tomato mixture and pine nuts.
14. Serve with Parmesan cheese

BEEF & BEAN MEXICAN LASAGNA



45 min, makes 10 servings

- 1 pound ground sirloin or extra-lean ground beef
- 1 cup chopped sweet or mild onion
- 1 1/2 teaspoons garlic powder
- 1 teaspoon black pepper
- 1 1/2 teaspoons Worcestershire sauce
- 1 packet/envelope taco seasoning
- 10 flour tortillas cut in half
- 14-ounce can enchilada sauce
- 15-ounce can fat-free or vegetarian refried beans
- 12-ounce mild salsa
- 2 1/2 cups shredded, reduced-fat Jack cheese

1. Preheat oven to 350 degrees.
2. Brown ground beef and onion in a large, nonstick skillet or frying pan over medium-high heat, breaking the beef into small pieces as it cooks using a potato masher.
3. Stir garlic powder, pepper, Worcestershire sauce, and taco seasoning.
4. Spread 1 cup of enchilada sauce in the bottom of a 9x13-inch baking pan.
5. Top with about a third of the flour tortillas.
6. Add refried beans and 1/8 cup of the enchilada sauce to a medium,

microwave-safe bowl and warm in microwave over HIGH heat to soften beans (30-60 seconds).

7. Spread beans over the layer of tortillas in pan.
8. Add half of the beef mixture, then half of the salsa, and a cup of the grated cheese.
9. Repeat the layers again, starting with another third of the tortillas, the rest of the beef, the rest of the salsa, and a cup of the grated cheese.
10. Top with the remaining tortillas and spread the remaining enchilada sauce over the top.
11. Sprinkle the remaining 1/2 cup of cheese over the top. Bake 30 minutes and let sit for 10 minutes.

Nutrition Facts

Calculated for 1 serving

Recipe makes 10 servings

Calories 335

Calories from Fat (117)

Amount Per Serving

Total Fat 13g

Saturated Fat 6g

Trans Fat ?g

Sodium 1180 mg

Total Carbohydrate 31 g

Dietary Fiber 4.5g

Protein 23 g

CINNAMON APPLES WITH CREAMY OATS



Time: short, makes 1 servings

- 1 packet plain instant oatmeal
- 1/2 cup skim milk
- 1 small apple
- 1 teaspoon brown sugar
- 1 tablespoon walnuts

1. Prepare oatmeal with milk
2. Microwave apple, add cinnamon, and brown sugar for 1 to 2 minutes.
3. Top oatmeal with apples and walnuts.

Nutrition Facts

Calculated for 1 serving

Recipe makes 1 servings

Calories 315

Calories from Fat (81)

Amount Per Serving

Total Fat 9g

Saturated Fat

4g

Trans Fat ?

Sodium 25 mg

Total Carbohydrate 46 g

Dietary Fiber 8

g

Protein 12 g

GRANOLA PANCAKES



10 minutes prep, 12 minutes cook time, makes 4 servings

2 cups original Bisquick mix
1 cup milk
2 eggs
1/3 cup granola

1. Heat skillet over medium heat and grease with cooking spray or oil.
2. Stir bisquick, milk and eggs in medium bowl until it is blended.
3. Stir in the granola.
4. Pour slightly less than ¼ cupfuls on to the hot griddle.
5. Cook until edges are dry.
6. Turn and cook until golden.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 4 servings

Calories 80

Calories from Fat (27)

Amount Per Serving

Total Fat 3g

Saturated Fat ?
1g

Trans Fat ?

Sodium 210 mg

Total Carbohydrate 10 g

Dietary Fiber ?

Protein 3 g

LEMON GARLIC CHICKEN



45 min, makes 6 servings

1 teaspoon dried oregano
1/4 teaspoon salt and pepper
2 pounds skinless, boneless chicken breast halves
1 tablespoon canola oil
1/4 cup water
3 tablespoons fresh lemon juice
2 teaspoons minced garlic
1 teaspoon low-sodium chicken broth powder or bouillon granules

1. In a small bowl, mix oregano, salt, and black pepper together, then sprinkle the mixture evenly over the chicken pieces.
2. Add canola oil to a large, nonstick skillet and start heating over medium heat. When hot, add chicken pieces and brown on both sides (about 3 minutes per side).
3. Place chicken pieces in slow cooker. Add water, lemon juice, garlic, and chicken broth powder to the skillet, and bring the mixture to a gentle boil. Pour the lemon juice over the chicken in the slow cooker and cover with lid.
4. Cook on HIGH for 3 hours or LOW for about 6 hours. Sprinkle the parsley on top of the chicken about 15-30 minutes before the end of the cooking time.
5. Serve with cooked pasta or steamed brown rice.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 6 servings

Calories 213

Calories from Fat 60.3

Amount Per Serving

Total Fat 6.7g

Saturated Fat ?
Polyunsat. Fat ?
Monounsat. Fat ?
Trans Fat ?

Cholesterol 97mg

Sodium 191mg

Potassium ?

Total Carbohydrate 1g

Dietary Fiber 0g
Sugars ?

Protein 36g

GREEK PASTA DINNER



35 min (5 min prep) makes 4 servings

- 1 clove garlic, crushed
- ½ onion, diced
- ½ green pepper, chopped
- 1 tablespoon olive oil
- 2 slices bacon
- 2 ounces feta cheese, crumbled
- 1 (28 ounce) can diced tomatoes, drained
- 3 tablespoons tomato paste
- 3 cups cooked penne or rigatoni pasta
- 3 dashes of crushed chili peppers
- 1 dash salt
- 1 dash pepper
- 1 dash paprika

1. In a casserole dish place garlic, onion, green pepper and oil.
2. Cover and microwave on high for 3 minutes.
3. Add bacon, cheese and chili flakes microwave for another 3 minutes, covered.
4. Add tomatoes, season with paprika, salt and pepper, then stir in tomato paste, cover and microwave for 7 minutes.
5. Then add the hot cooked pasta and microwave for 3 minutes uncovered.
6. Then serve hot with feta cheese on top.

Nutrition Facts

Calculated for 1 **serving** (348g)
Recipe makes 4 servings

Calories 467

Calories from Fat 119 (25%)

Amount Per Serving

	%DV
Total Fat 13.2g	20%
Saturated Fat 4.7g	23%
Polyunsat. Fat 1.6g	
Monounsat. Fat 5.6g	
Trans Fat 0.0g	
Cholesterol 21mg	7%
Sodium 655mg	27%
Potassium 705mg	20%
Total Carbohydrate 71.9g	23%
Dietary Fiber 5.3g	21%
Sugars 9.5g	
Protein 16.1g	32%

LOW FAT HONEY CREPES



12 minute prep time, 25 minute cook time, makes 4 servings

- 2 cups nonfat milk
- 1 cup all purpose flour
- 2 egg whites
- 1 egg
- 1 tablespoon honey
- 1 tablespoon veggie oil
- 1/8 teaspoon salt

1. Combine all ingredients in a blender or food processor until smooth.
2. Rub an 8 inch nonstick skillet with oiled paper towel or spray with nonstick cooking oil.
3. Cook over medium high heat.
4. Spoon 3 to 4 tbsp crepe batter into skillet.
5. Cook until edges are brown.
6. Remove crepe to plate and cool.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 4 servings

Calories 224

Calories from Fat (46)

Amount Per Serving

Total Fat 5.1g	
Saturated Fat 1g	
Trans Fat ?g	
Sodium 100 mg	
Total Carbohydrate 34 g	
Dietary Fiber .9 g	
Protein 10 g	

WAFFLES WITH FRUIT



3 minute prep time, 7 minute cook time, makes 1 serving

1 whole wheat Special K Eggo waffle,
1 cup sliced strawberries

1. Toast waffle in toaster.
2. Slice 3 or 4 Strawberries and place on top of waffle with any topping of your choice.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 115

Calories from Fat (22.5)

Amount Per Serving

Total Fat 2.5g

Saturated Fat 1g

Trans Fat ?

Sodium ?

Total Carbohydrate ?

Dietary Fiber 3 g

Protein 1.5g

SEAFOOD DINNER



35 min (15 min prep) makes 4 servings

1 pound scallops
1 pound shrimp, peeled and de-veined
1 ½ pounds cod (or any other mild white fish)
1 (16 ounce) jar salsa
1 cup dry white wine (optional)
1 cup chicken broth
1 lemon
2 tablespoons butter
2 tablespoons olive oil
salt and pepper to taste

1. Heat olive oil and butter over medium heat.
2. Cut fish into large chunks and sprinkle with salt and pepper, to taste and brown lightly in oil and butter (about 1 minute per side).
3. Remove fish from pan and set aside.
4. Add wine (careful to keep wine from direct heat while pouring into pan) and deglaze pan.
5. Stir in jar of salsa and chicken broth. Let broth simmer over medium heat until liquid begins to bubble.
6. Add scallops and shrimp to broth, stir gently, cover, and let simmer for 10 minutes.

Nutrition Facts

Calculated for **1 serving** (677g)
Recipe makes 4 servings

Calories 529

Calories from Fat 116 (22%)

Amount Per Serving

Total Fat 13.0g

Saturated Fat 4.9g

Polyunsat. Fat 2.0g

Monounsat. Fat 4.6g

Trans Fat 0.0g

Cholesterol 346mg

Sodium 1509mg

Potassium 1777mg

Total Carbohydrate 15.1g

Dietary Fiber 3.3g

Sugars 4.5g

Protein 76.6g

%DV

19%

24%

115%

62%

50%

5%

13%

153%

7. Cut lemon in half, squeeze juice into pan.
8. Add fish back to pan and gently stir.
9. Replace cover and simmer another 6-7 minutes.
10. Serve in large bowls with crunchy bread and enjoy!

(THE GREAT) DEPRESSION DINNER



1½ hours (20 min prep) makes 4 servings

- 1 pound lean ground beef
- ½ teaspoon salt
- 1 small red onion, sliced and separated into rings
- ¼ cup vinegar
- 1 tablespoon sugar
- 4 cups mashed potatoes

1. Mix vinegar and sugar. Add onion.
2. Allow the onion to marinate, in the refrigerator, until dinnertime (the longer the better, at our house).
3. Brown the ground beef, adding salt to taste.
4. Make an indentation in individual portions of mashed potatoes.
5. Fill indentations with beef and spoon the marinated onions and sauce over the meat.
6. Enjoy!

Nutrition Facts

Calculated for 1 **serving** (359g)
Recipe makes 4 servings

Calories 396

Calories from Fat 112 (28%)

Amount Per Serving	%DV
Total Fat 12.6g	19%
Saturated Fat 5.1g	25%
Polyunsat. Fat 0.5g	
Monounsat. Fat 5.2g	
Trans Fat 0.7g	
Cholesterol 77mg	25%
Sodium 1000mg	41%
Potassium 1015mg	29%
Total Carbohydrate 41.7g	13%
Dietary Fiber 3.4g	13%
Sugars 7.1g	
Protein 26.9g	53%

YOGURT WITH FRESH FRUIT



1 minute, makes 1 serving

- 1 yoplait yogurt (fat free)
- 1 banana

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 1 servings

Calories 180

Calories from Fat (0)

Amount Per Serving

Total Fat 0g

 Saturated Fat
 0g

 Trans Fat 0.0g

Sodium ?

Total Carbohydrate 20 g

 Dietary Fiber 2
 g

Protein ?

TOASTED BAGEL



Easy, makes 1 serving

1 plain low fat bagel
2 tbsp honey
3 tbsp cream cheese

1. Toast bagel in either toaster or oven for 5 minutes.
2. Cool for about 2 minutes.
3. Add cream cheese and honey.

Nutrition Facts

Calculated for 1 serving
Recipe makes 1 servings

Calories 280

Calories from Fat (45)

Amount Per Serving

Total Fat 5g

Saturated Fat 1g

Trans Fat ?

Sodium ?

Total Carbohydrate 39 g

Dietary Fiber 0.5
g

Protein ?

LABOR DAY SPAGHETTI



50 min (50 min prep) makes 6 servings

12 ounces whole wheat spaghetti
3 tablespoons extra virgin olive oil, divided
5 yellow peppers, peeled and cut into strips
1 large red onion, sliced thin
2 garlic cloves, minced
½ cup dry white wine (optional)
½ cup kalamata olives
3 tablespoons capers, rinsed
2/3 cup flat leaf parsley, divided
¼ teaspoon black pepper
2 cups cherry tomatoes, whole

1. Prepare spaghetti al dente.
2. While pasta is cooking, heat 2 T oil in a dutch oven. Cook peppers and onions over high heat, stirring often, 4 - 5 minutes.
3. Add garlic, wine, and stir with a wooden spoon.
4. Lower heat to medium. Add olives, capers, 1/3 cup parsley, and 1/2 cup water from the pasta pot. Add salt and pepper and tomatoes and simmer for one minute. Remove from heat.
5. Toss cooked and drained spaghetti with remaining 1 tablespoon oil and then toss with veggies. Garnish with remaining parsley.

Nutrition Facts

Calculated for 1 serving (336g)
Recipe makes 6 servings

Calories 353

Calories from Fat 83 (23%)

Amount Per Serving

Total Fat 9.3g **14%**

Saturated Fat 1.3g 6%

Polyunsat. Fat 1.2g

Monounsat. Fat 6.0g

Trans Fat 0.0g

Cholesterol 0mg **0%**

Sodium 337mg **14%**

Potassium 663mg **18%**

Total Carbohydrate 59.3g **19%**

Dietary Fiber 3.1g 12%

Sugars 2.6g

Protein 11.0g **22%**

DAY AFTER TURKEY DAY SHEHERD'S PIE



1½ hours (25 min prep) makes 6 servings

- 1 9 inch pie shell (for bottom only)
- 2 cups diced cooked turkey
- 1 cup prepared stuffing
- 3-4 cups mashed potatoes
- ¾ cup diced carrots
- ½ cup diced celery
- 2-3 cups leftover gravy
- 1-2 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon pepper
- 3-4 dashes of magi seasoning or soy sauce (this can be left out)
- ¼ cup fresh grated parmesan cheese

1. Preheat oven to 350 degrees.
2. In a large skillet sauté onion, celery, & carrots in the olive oil.
3. Keep on medium heat until carrots are almost 1/2 cooked.
4. Add a bit of water and steam if needed.
5. Add turkey and Gravy and mix well. Stir in salt, pepper, and Maggi-seasoning.
6. Leave on the heat until warmed through.
7. In pie plate with crust, place stuffing in bottom and smash into an even

- layer with a cup or jar.
8. Pour gravy mixture on top of the stuffing.
9. Pipe mashed potatoes on top of the gravy mixture.
10. I do "kisses" with lots of peaks all over.
11. After 30 minutes, sprinkle top with parmesan cheese.
12. Cook for 30 more minutes or until carrots are done (poke a fork in the cracks between the potato kisses).

Nutrition Facts

Calculated for **1 serving** (281g)
Recipe makes 6 servings

Calories 501

Calories from Fat 173 (34%)

Amount Per Serving

Total Fat 19.3g	29%	%DV
Saturated Fat 5.9g	29%	
Polyunsat. Fat 2.9g		
Monounsat. Fat 8.6g		
Trans Fat 0.0g		
Cholesterol 42mg	14%	
Sodium 2684mg	111%	
Potassium 676mg	19%	
Total Carbohydrate 58.3g	19%	
Dietary Fiber 4.1g	16%	
Sugars 4.6g		
Protein 23.1g	46%	

CRANBERRY PECAN OATMEAL



Easy, makes 1 serving

- 1 packet plain instant oatmeal
- 2/3 cup 1% milk
- 1 tbsp toasted chopped pecans
- 1 tbsp chopped dried cranberries

1. Empty packet into microwavable bowl.
2. Add milk and Stir.
3. Microwave on high for 1 to 2 minutes.
4. Sprinkle cranberries and walnuts on top.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 269

Calories from Fat (77)

Amount Per Serving

Total Fat 8.5g
Saturated Fat 1.5g
Trans Fat ?
Sodium 374 mg
Total Carbohydrate 41 g
Dietary Fiber 4 g
Protein 10 g

FRUIT AND YOGURT WITH CEREAL



Easy, makes 1 servings

- 1 cup special K cereal
- 1 cup fat free skim milk

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 160

Calories from Fat (9)

Amount Per Serving

Total Fat 1g

Saturated Fat
0g
Trans Fat ?

Sodium ?

Total Carbohydrate 19 g

Dietary Fiber ?

Protein ?

PEPPERS STUFFED WITH SPANISH RICE



35 min (25 min prep) makes 4 servings

- 2 large green peppers
- 8 ounces ground turkey
- ½ cup chopped onions
- 1 cup cooked brown rice
- 1 cup recipe-style stewed tomatoes (with juices)
- 2 tablespoons Worcestershire sauce
- ½ teaspoon dried basil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 ounce finely shredded low-fat cheddar cheese

1. Bring water in a large saucepan to a boil.
2. Meanwhile, cut the peppers lengthwise in half.
3. Remove and discard the stems, seeds and membranes.
4. Carefully, place the peppers in the boiling water for 3 minutes.
5. Using a slotted spoon, remove the peppers and invert them onto paper towels to drain well.
6. Preheat the oven to 375 degrees.
7. Lightly spray an unheated large skillet with no-stick spray.
8. Add the turkey and onions.
9. Cook over medium heat until turkey is no longer pink, stirring occasionally.

Nutrition Facts

Calculated for **1 serving** (287g)
Recipe makes 4 servings

Calories 198

Calories from Fat 52 (26%)

Amount Per Serving

Total Fat 5.9g
Saturated Fat 1.7g
Polyunsat. Fat 1.4g
Monounsat. Fat 2.1g
Trans Fat 0.2g

Cholesterol 46mg

Sodium 469mg

Potassium 552mg

Total Carbohydrate 23.2g

Dietary Fiber 3.3g
Sugars 6.5g

Protein 14.3g

%DV

9%

8%

15%

19%

15%

7%

13%

28%

10. Stir in the rice, tomatoes (with juices), tomato paste, Worcestershire sauce, basil, salt and pepper.
11. Cover and simmer for 10 minutes, stirring occasionally.
12. Place the pepper halves in an 8x8x2 baking dish.
13. Spoon the meat mixture into the pepper shells.
14. Sprinkle the cheese on top.
15. Bake about 10 minutes or until heated through.

EASY, LOW-FAT CHICKEN LASAGNA



1 ¼ hours (30 min prep) makes 8 servings

- 2 boneless skinless chicken breast halves, cooked and diced
- 2 cups shredded part-skim mozzarella cheese
- 8 tablespoons freshly grated parmesan cheese
- 1 (24 ounce) container fat-free cottage cheese
- 1 small yellow onion, diced
- 1 tablespoon olive oil
- 12 lasagna noodles
- 1 yellow bell pepper, diced
- 8 basil leaves, julienne cut
- ½ cup fresh parsley, chopped
- 1 (24 ounce) jar spaghetti sauce (I like Newman's Own)
- 1 tablespoon coarse garlic salt
- 1 teaspoon cayenne pepper

1. Preheat oven to 375 degrees.
2. In 1 T olive oil sauté the onion and bell pepper until translucent.
3. Add chicken and set aside.
4. Spray a 9x13" Pyrex dish with cooking spray and spoon about a half cup of the spaghetti sauce on the bottom.
5. Mix the fresh herbs, garlic salt, and cayenne straight into the container of cottage cheese.

Nutrition Facts

Calculated for **1 serving** (349g)
Recipe makes 8 servings

Calories 431

Calories from Fat 116 (26%)

Amount Per Serving

Total Fat 12.9g	%DV 19%
Saturated Fat 5.5g	27%
Polyunsat. Fat 1.6g	
Monounsat. Fat 4.4g	
Trans Fat 0.0g	
Cholesterol 49mg	16%
Sodium 719mg	29%
Potassium 622mg	17%
Total Carbohydrate 40.9g	13%
Dietary Fiber 2.1g	8%
Sugars 10.9g	
Protein 36.3g	72%

6. Layer 4 uncooked lasagna noodles, 1/3 cottage cheese mixture, 1/3 chicken mixture, 1/3 of the remaining sauce, 1/3 mozzarella and 1/3 parmesan.

7. Repeat this process until finished.

8. Cook, uncovered, for about 45 minutes or until bubbly and golden brown on top.

RAISIN BRAN MUFFINS



Difficult, makes 5 servings

- 1 ½ cup Fiber One Cereal
- ½ cup skim milk
- ¼ cup non fat buttermilk
- 1 large egg
- 1 tbsp light spread
- ½ cup unsweetened apple sauce
- ½ cup Splenda
- 2/3 cup flour
- 1 tsp baking powder
- 1 cup seedless raisins

1. Mix ingredients together in large bowl.
2. Spoon about 2-3 tbsp batter into muffin pan.
3. Bake until muffins rise (check with toothpick).

Nutrition Facts

Calculated for **1 serving**
Recipe makes 5 servings

Calories 153

Calories from Fat (27)

Amount Per Serving

Total Fat 3g
Saturated Fat 1g
Trans Fat 0.0g
Sodium 270 mg
Total Carbohydrate 33 g
Dietary Fiber 7 g
Protein 6 g

CRUNCHY TOAST BREAKFAST



Easy, makes 1 servings

2 slices whole wheat toast
½ tsp butter
2 tsp honey

1. Toast bread.
2. Add butter and honey

Nutrition Facts

Calculated for 1 serving
Recipe makes 1 servings

Calories 175

Calories from Fat (36)

Amount Per Serving

Total Fat 4g

Saturated Fat ?

Trans Fat ?

Sodium 12 mg

Total Carbohydrate ?

Dietary Fiber ?

Protein ?

PESTO PROVOLONE MINI SANDWICH



Time: short, makes 2 servings

1 whole wheat dinner roll
2 teaspoons pesto sauce (store bought)
2 ounces turkey breast
2 tablespoons provolone cheese

1. Cut dinner roll open and lay the two halves.
2. On a piece of foil or small baking sheet and spread 1 teaspoon pesto sauce over each half.
3. Lay a double thickness of small turkey pieces over each half.
4. Sprinkle shredded cheese over the top of turkey.
5. Broil in toaster oven (or pop in the microwave for about a minute) for a couple of minutes until cheese is melted.

Nutrition Facts

Calculated for 1 serving
Recipe makes 2 servings

Calories 152

Calories from Fat (72)

Amount Per Serving

Total Fat 8g

Saturated Fat 3.5g

Trans Fat ?g

Sodium 498 mg

Total Carbohydrate 9 g

Dietary Fiber 1 g

Protein 10.5 g

LEAN BURGERS



Intermediate, makes 1 servings

4 ounces extra lean ground beef
1 tablespoon soft bread crumbs
1 tablespoon egg white, liquid
A dash of salt and pepper
1 whole wheat hamburger bun

1. Combine ground beef, bread crumbs, egg white, salt, and pepper in large bowl, mixing lightly but thoroughly.
2. Lightly shape into four 1/2-inch thick patties.
3. Place patties on grid over medium, ash-covered coals.
4. Grill, uncovered, 11 to 13 minutes to medium (160°F) doneness.

Nutrition Facts

Calculated for 1 serving
Recipe makes 1 servings

Calories 272

Calories from Fat (72)

Amount Per Serving

Total Fat 0g

Saturated Fat

3g

Trans Fat ?

Sodium 440 mg

Total Carbohydrate 24 g

Dietary Fiber 4

g

Protein 27 g

LUNCH

The meal that holds you over until dinner!

VEGETARIAN MINESTRONE



55 min (15 min prep) makes 4 servings

- 1 onion, chopped
- 3 cups water
- 2 cups zucchini, chopped
- 1 cup carrots, diced
- 1 cup beans, chopped
- 1 cup canned kidney beans, drained
- ¾ cup celery, diced
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- 14 ounces canned tomatoes
- 2 clove garlic, minced
- ¼ cup uncooked macaroni
- 4 teaspoons grated parmesan cheese

1. Place onion in saucepan with one tablespoon water and sauté until clear.
2. Add remaining water and vegetables and bring to the boil.
3. Cover, reduce heat to medium-low and cook for 25 minutes.
4. Add macaroni, cover and cook for another 10 minutes.
5. Place in large bowls, sprinkle with cheese, and serve with crusty bread.

Nutrition Facts

Calculated for 1 **serving** (550g)
Recipe makes 4 servings

Calories 233

Calories from Fat 41 (17%)

Amount Per Serving	%DV
Total Fat 4.6g	7%
Saturated Fat 1.7g	8%
Polyunsat. Fat 0.8g	
Monounsat. Fat 1.7g	
Trans Fat 0.0g	
Cholesterol 4mg	1%
Sodium 655mg	27%
Potassium 926mg	26%
Total Carbohydrate 40.1g	13%
Dietary Fiber 9.6g	38%
Sugars 7.7g	
Protein 10.6g	21%

VEGGIE QUESADILLA



Intermediate, makes 1 servings

- 1 whole wheat tortilla
- 2 ounces low fat cheddar cheese
- 1 ounce low fat provolone cheese
- 1 cup mushrooms
- 1/2 small onion
- 1/2 medium mixed bell peppers

1. Grill mushrooms, onions and bell peppers in skillet. Set aside.
2. Place tortilla on skillet and add cheese to one half, then add veggies.
3. Fold over other half of tortilla and flip.
4. Cook until cheese is melted.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 1 servings

Calories 490

Calories from Fat (68)

Amount Per Serving

Total Fat 7.5g

Saturated Fat 3.5g

Trans Fat 0.0g

Sodium 560 mg

Total Carbohydrate 56 g

Dietary Fiber 12 g

Protein 29 g

VEGETARIAN BURRITO



Intermediate, makes 1 servings

- 1 whole wheat tortilla
- 1 tablespoon olive oil
- 1 cup mixed bell peppers
- 1/2 cup onions
- 1/2 cup black beans

1. Cook vegetables in olive oil until soft.
2. Add black beans and heat.
3. Open tortilla and add mixture.
4. For non-vegetarian add chicken or turkey.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 1 servings

Calories 150
Calories from Fat (144)

Amount Per Serving

Total Fat 16g

Saturated Fat
11g

Trans Fat 0.0g

Sodium 185 mg

Total Carbohydrate 73 g

Dietary Fiber 20
g

Protein 14 g

TURKEY CHILI (HIGH FIBER, LOW-CALORIE AND LOW-FAT)



1½ hours (20 min prep) makes 22 servings (1 cup)

- 1 lb 93% ground turkey, browned and drained
- 1 large onion, chopped
- 1 cup uncooked pearl barley
- 1 cup uncooked lentils
- 3 ¼ ounces taco seasoning mix
- 1 tablespoon garlic salt
- 16 ounces black beans, canned, drained
- 16 ounces kidney beans, canned, drained
- 1 large yellow squash, chopped
- 1 large zucchini, chopped
- 28 ounces diced tomatoes
- 8 cups water (or more if desired)
- 1 bunch cilantro, chopped

1. Brown the ground turkey and drain. Add the taco seasonings, garlic salt and stir until spices are fragrant.
2. Add celery and onions and cook until they are softened.
3. Add the remaining ingredients and bring to a boil.
4. Then turn heat down to a simmer.
5. Cook until the lentils and barley are tender, about an hour or so.
6. You may want to add more water so that the chili is the consistency that you prefer.
7. This chili freezes very well for later enjoyment too.

Nutrition Facts

Calculated for 1 **serving** 1 cup (253g)
Recipe makes 22 servings

Calories 151
Calories from Fat 20 (13%)

Amount Per Serving

Total Fat 2.3g **%DV** 3%

Saturated Fat 0.6g 2%

Polyunsat. Fat 0.6g

Monounsat. Fat 0.7g

Trans Fat 0.1g

Cholesterol 16mg **5%**

Sodium 133mg **5%**

Potassium 440mg **12%**

Total Carbohydrate 23.3g **7%**

Dietary Fiber 7.5g 30%

Sugars 2.4g

Protein 10.4g **20%**

LOU'S HALLOWEEN SALAD



4 hours (3 hours prep) makes 12 servings

- 1 pound wild rice
- 4 stalks celery, diced
- 1 carrot, diced
- 1 red onion, diced
- 2 medium tomatoes, seeded and diced
- 2 orange colored Hungarian hot peppers
- 2 orange bell peppers
- 1 cup sliced almonds, toasted
- ½ cup raisins
- ½ cup golden raisins
- ¼ cup sun dried cranberries
- ¼ cup apple cider vinegar
- 1/3 cup grape seed oil
- 1 clove garlic, minced
- salt and pepper to taste

1. Bring 2 1/2 quarts of salted water to a boil.
2. Add wild rice and cook, uncovered, stirring occasionally, until tender, about 1 hour.
3. Drain, transfer to a bowl and allow to cool.
4. Chill wild rice, covered, until cold, about 2 hours.

Nutrition Facts

Calculated for **1 serving** (168g)
Recipe makes 12 servings

Calories 296

Calories from Fat 95 (32%)

Amount Per Serving

	%DV
Total Fat 10.6g	16%
Saturated Fat 1.0g	4%
Polyunsat. Fat 5.5g	
Monounsat. Fat 3.5g	
<i>Trans</i> Fat 0.0g	
Cholesterol 0mg	0%
Sodium 21mg	0%
Potassium 525mg	15%
Total Carbohydrate 45.2g	15%
Dietary Fiber 4.9g	19%
Sugars 10.4g	
Protein 8.5g	16%

5. Meanwhile, soak onions in salted water.
6. When ready to assemble the salad, rinse and drain the onions.
7. Whisk together vinegar, oil, garlic, salt and pepper.
8. Toss all ingredients with wild rice.
9. Pour dressing over salad and toss well.

PAN GRILLED BROCCOLI



Easy, makes 2 servings

- 1 qt water
- 8 oz broccoli
- 1/8 tsp salt
- 2 qt ice water

1. Boil water.
2. Add broccoli.
3. Let simmer until finished.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 2 servings

Calories 40

Calories from Fat (0)

Amount Per Serving

Total Fat 0g	
Saturated Fat 0g	
<i>Trans</i> Fat 0.0g	
Sodium 44 mg	
Total Carbohydrate 8 g	
Dietary Fiber 3 g	
Protein 2 g	

GRILLED PINEAPPLE, WITH BALSAMIC SAUCE



Difficult, makes 3 servings

¼ cup nonfat yogurt
1 tbsp honey
½ tsp pure vanilla extract
1 tsp balsamic vinegar, 8 oz fresh pineapple chunks
fresh mint
spray grape seed oil

1. Combine yogurt, honey, vanilla and vinegar and refrigerate.
2. Preheat oven to 400 degrees, put pineapple on to skewers.
3. When the pan is hot, sprinkle the chopped mint over the pineapple.
4. Spray the pan lightly with oil and place kabobs in grill pan.
5. Cook for 5 minutes, then turn for a total of 15 minutes.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 3 servings

Calories 75

Calories from Fat (0)

Amount Per Serving

Total Fat 0g

Saturated Fat
0g

Trans Fat 0.0g

Sodium 24 mg

Total Carbohydrate 25 g

Dietary Fiber 2
g

Protein 2 g

COTTAGE LUNCH SALAD



15 min (15 min prep) makes 2 servings

6 large lettuce leaves (I use iceberg)
1 cup fat-free cottage cheese
2 spring onions, chopped
1 stalk celery, from the heart, chopped
1 large red radish, chopped
½ teaspoon dried dill
1 large plum tomato, sliced
1 large red radish, sliced
8-10 thinly sliced cucumbers
salt and pepper to taste

1. Arrange 3 large lettuce leaves on each of two plates, set aside.
2. Place cottage cheese in a bowl and add chopped spring onions, radish, celery, dried dill and salt and pepper to taste.
3. Mix well.
4. Place half of cottage cheese mixture on top of lettuce on each plate.
5. Garnish with sliced radish, cucumber and tomatoes.
6. Sprinkle salt and pepper to taste over garnishes.

Nutrition Facts

Calculated for **1 serving** (1423g)
Recipe makes 2 servings

Calories 268

Calories from Fat 16 (6%)

Amount Per Serving

%DV

Total Fat 1.9g **2%**

Saturated Fat 0.7g **3%**

Polyunsat. Fat 0.8g

Monounsat. Fat 0.2g

Trans Fat 0.0g

Cholesterol 5mg **1%**

Sodium 77mg **3%**

Potassium 2128mg **60%**

Total Carbohydrate 50.4g **16%**

Dietary Fiber 8.2g **32%**

Sugars 23.7g

Protein 22.1g **44%**

LUNCH BOX APPLE BEAN SALAD



20 min (5 min prep) makes 4 servings

- 1 (410 g) can dark red kidney beans
- 2 apples, cored and chopped
- 2 spring onions, chopped
- 1 stalk celery, chopped
- 1 small mild green chilies, chopped
- 15 mL white wine vinegar
- 15 mL olive oil
- ¼ teaspoon chili powder
- ¼ teaspoon salt

1. Combine first five ingredients in bowl and mix well.
2. In a small bowl whisk together remaining ingredients and stir into bean mixture.
3. Cover and chill for 30 minutes before serving.

Nutrition Facts

Calculated for 1 **serving** (204g)
Recipe makes 4 servings

Calories 203

Calories from Fat 35 (17%)

Amount Per Serving	%DV
Total Fat 4.0g	6%
Saturated Fat 0.6g	2%
Polyunsat. Fat 0.7g	
Monounsatur. Fat 2.4g	
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 159mg	6%
Potassium 575mg	16%
Total Carbohydrate 34.9g	11%
Dietary Fiber 9.8g	39%
Sugars 8.4g	
Protein 9.5g	19%

CANDIED ORANGE BEANS



Intermediate, makes 5 servings

- 2 Tbsp butter
- ¼ cup honey
- 1 tsp grated orange rind
- 4 cup lima beans
- ginger, cinnamon and nutmeg (as desired)

1. Melt butter in large skilled, stir in honey and orange rind.
2. Add beans, cook and stir gently until glazed.
3. Flavor with spices.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 5 servings

Calories 150

Calories from Fat (27)

Amount Per Serving

Total Fat 3g	
Saturated Fat ?	
Trans Fat ?	
Sodium 44 mg	
Total Carbohydrate 8 g	
Dietary Fiber 3 g	
Protein 2 g	

CALIFORNIA CHICKEN AND VEGETABLES



Prep-5 minutes, Total time- 25 minutes, makes 4 servings

4 small boneless skinless chicken breast halves
3 cups frozen mixed vegetable (broccoli, red peppers & carrots) thawed and drained
¼ cup pesto
1/4 cup water
½ cup Kraft 2% milk shredded reduced fat mozzarella cheese

1. Spray large skillet with cooking spray.
2. Add chicken, cover.
3. Cook on medium high heat for 5 min on each side or until lightly browned on both sides.
4. Add vegetables, pesto and water.
5. Reduce heat to medium, cook 6 to 8 minutes.
6. Sprinkle cheese, cover, and remove from heat.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 4 servings

Calories 250

Calories from Fat (108)

Amount Per Serving

Total Fat 12g

Saturated Fat ?

Trans Fat ?

Sodium 250 mg

Total Carbohydrate 4 g

Dietary Fiber ?

Protein 31 g

CHICKEN CRANBERRY WALNUT SALAD



Intermediate, makes 1 serving

4 ounces chicken breast
3 cups romaine lettuce
2 tablespoons dried cranberries
1/2 ounce raw walnuts
1 large carrot
3 tablespoons balsamic vinegar dressing

1. Toss chicken, lettuce, cranberries, walnuts and carrots with dressing.
2. Serve with warm bread or low sodium soup if desired.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 2 servings

Calories 385

Calories from Fat (104)

Amount Per Serving

Total Fat 11.5g

Saturated Fat

1.5g

Trans Fat ?

Sodium 58 mg

Total Carbohydrate 33 g

Dietary Fiber 8.5

g

Protein 30.5g

PEANUT BUTTER, BANANA, AND JELLY SANDWICH



Easy, makes 1 serving

2 slices whole wheat bread
1 tablespoon natural peanut butter
2 tablespoons low sugar preserves
1 banana, medium

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 460

Calories from Fat (81)

Amount Per Serving

Total Fat 9g

Saturated Fat
3g

Trans Fat ?

Sodium 95 mg

Total Carbohydrate 59 g

Dietary Fiber 9
g

Protein 11 g

ASIAN GLAZED CARROTS



Intermediate, makes 4 servings

3 carrots peeled and sliced
¼ cup water
2 tbsp Kraft Asian toasted sesame dressing
2 tbsp orange juice

1. Cook carrots in water in covered medium skillet on medium high heat for 5 to 8 min.
2. Cook until carrots are crisp and tender.
3. Add remaining ingredients, toss to coat.
4. Cook and stir 1 to 2 min or until heated through.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 4 servings

Calories 190

Calories from Fat (27)

Amount Per Serving

Total Fat 3g

Saturated Fat 0g

Trans Fat 0.0g

Sodium 220 mg

Total Carbohydrate 11 g

Dietary Fiber ?

Protein 1 g

VEGGIE PITA PIZZA



Intermediate, makes 3 servings

- 1 whole wheat pita pocket
- 2 1/8 cup bottled pizza sauce
- 1/3 cup shredded part skim mozzarella.
- 1/3 cup finely chopped veggies.

1. Lay pita round on baking sheet and spread pizza sauce over the top.
2. Sprinkle the cheese evenly over the top of the pizza sauce and top with veggies.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 3 servings

Calories 250

Calories from Fat (80)

Amount Per Serving

Total Fat 8.5g

Saturated Fat

4g

Trans Fat ?

Sodium 558mg

Total Carbohydrate 31 g

Dietary Fiber 5

g

Protein 16 g

GIANT TURKEY SANDWICH



Time: short, makes 2 servings

- 2 slices whole wheat bread
- 3 ounces low sodium turkey breast
- 1 tomatoes, medium
- 1/2 onion, medium
- 2 medium leafs, romaine lettuce
- 1 cucumber, medium
- 2 tablespoons avocado
- 1 tablespoon mustard
- 1 teaspoon low fat mayonnaise

1. Slice all vegetables and place on bread with mayonnaise and mustard (these can be omitted).
2. Add low sodium turkey breast and other slice of bread

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 590

Calories from Fat (113)

Amount Per Serving

Total Fat 12.5g

Saturated Fat

2g

Trans Fat ?

Sodium 785 mg

Total Carbohydrate 47 g

Dietary Fiber

12g

Protein 21 g

QUICK LUNCHTIME SMOOTHIE



Time: short, makes 1 servings

- 1 cup low fat soy milk
- 1 tablespoon peanut butter
- 1 medium banana
- 1 scoop protein powder (chocolate)

1. Blend milk, peanut butter, banana and protein powder along with 4 ice cubes until desired consistency is achieved.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 400

Calories from Fat (103.5)

Amount Per Serving

Total Fat 11.5g

Saturated Fat
4g

Trans Fat ?

Sodium 160 mg

Total Carbohydrate 33 g

Dietary Fiber 3
g

Protein 28 g

VEGETARIAN SPICE ROAST



Difficult, makes 6 servings

- 2 cups wheat gluten
- 2 tablespoons yeast
- 1 teaspoon thyme
- 1 teaspoon marjoram
- 2 cups vegetable broth
- 3 tablespoon soy sauce
- 1 small onion
- 2 cups hot water

1. Combine first 4 ingredients in large bowl; make a well in the center of the mixture.
2. Combine vegetable broth and soy sauce, add to dry ingredients and knead.
3. Transfer mixture to a 9" x 5" x 3" non-stick loaf pan.
4. Add sliced onion to top of loaf.
5. Combine hot water and soy sauce; pour over loaf pan.
6. Cover with foil and bake at 350° for 1-1/2 hours.
7. Let cool before slicing.
8. Serve with golden gravy.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 6 servings

Calories 301

Calories from Fat (63)

Amount Per Serving

Total Fat 7g

Saturated Fat
3g

Trans Fat ?

Sodium 312 mg

Total Carbohydrate 17 g

Dietary Fiber 11
g

Protein 41 g

CHICKEN WITH APRICOT JAM



Difficult, makes 6 servings

1 1/2 pounds chicken breast
1/2 jar apricot jam
1/4 cup soy sauce
2 tablespoons toasted sesame seeds
salt and pepper to taste

1. Preheat oven to 350 degrees F.
2. Lightly spray Pam or similar oil spray on a baking dish.
3. Put Pam, salt, and pepper on chicken breast.
4. Grill on each side until cooked through. In a medium saucepan, combine apricot jam and soy sauce.
5. Bring to a boil, then lower heat and simmer for 5 minutes.
6. Pour apricot mixture evenly over chicken breasts.
7. Sprinkle with toasted sesame seeds.

Nutrition Facts

Calculated for 1 serving
Recipe makes 6 servings

Calories 349

Calories from Fat (59)

Amount Per Serving

Total Fat 6.5 g

Saturated Fat 1.5 g

Trans Fat ?

Sodium 782 mg

Total Carbohydrate 36 g

Dietary Fiber 1g

Protein 37 g

GRILLED CHEESE SANDWICH



Intermediate, makes 1 servings

2 slices whole wheat bread
2 slices light American cheese
1 apple, medium

1. Grill bread and cheese on warm skillet until cheese is melted.
2. Enjoy apple on the side

Nutrition Facts

Calculated for 1 serving
Recipe makes 1 servings

Calories 415

Calories from Fat (27)

Amount Per Serving

Total Fat 3g

Saturated Fat

0g

Trans Fat ?

Sodium 525 mg

Total Carbohydrate 58 g

Dietary Fiber 9

g

Protein 17 g

GRILLED HAM AND CHEESE SANDWICH



Time: short, makes 1 servings

2 slices whole wheat bread
2 slices low sodium ham
1 slice light American cheese
5 sprays of I can't believe it's not butter spray
1 cup skim milk

1. Evenly spray butter on bread.
2. Grill ham and cheese on sandwich until cheese is melted.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 420

Calories from Fat (27)

Amount Per Serving

Total Fat 3g

Saturated

Fat .5g

Trans Fat ?

Sodium 700 mg

Total Carbohydrate 46 g

Dietary Fiber 6


g

Protein 46 g

DINNER

Better than eating out at a restaurant!

FRUIT & NUT BARS

 Difficult, makes 24 servings

4 cups Honey bunches of oats
1 cup diced dried mixed fruit
1/2 cup roasted unsalted sunflower nuts
1/2 cup dry roasted peanuts
3/4 cup packed brown sugar
1/2 cup corn syrup
1/4 cup creamy peanut butter
1 teaspoon vanilla

1. Spray 9-inch square pan with cooking spray.
2. In a large bowl, mix cereal, dried fruit, sunflower nuts, and peanuts.
3. In 2-quart saucepan, heat brown sugar, corn syrup, and peanut butter to boiling in medium-high heat, stirring constantly.
4. Stir constantly over heat for a minute, and then add vanilla.
5. Pour syrup over snack mix, toss to coat. Press firmly in pan.
6. Cools completely in about 30 minutes.
7. Cut into 6 rows by 4 rows.

Nutrition Facts

Calculated for 1 serving
Recipe makes 24 servings

Calories 150
Calories from Fat (40.5)

Amount Per Serving


Total Fat 4.5g
Saturated Fat 0.5g
Trans Fat 0.0g

Sodium 95 mg

Total Carbohydrate 25g
Dietary Fiber 2g

Protein 3g

AUTUMN TURKEY SALAD

 Intermediate, makes 1 servings

1 tablespoon low fat mayonnaise
2 tablespoons fat free sour cream
1/2 teaspoon thyme
1/8 teaspoon lemon juice
1/12 teaspoon lemon peel
4 ounces turkey breast
1/2 celery rib
1/4 apple
2 tablespoons dried apricots
1 tablespoon walnuts, chopped

1. In a large bowl, whisk the mayonnaise, sour cream, thyme, lemon juice, and lemon peel until smooth.
2. Add the turkey, celery, apple, and apricots.
3. Toss gently to coat.
4. Sprinkle with walnuts.

Nutrition Facts

Calculated for 1 serving
Recipe makes 1 servings

Calories 331
Calories from Fat (99)

Amount Per Serving

Total Fat 11g
Saturated Fat
3g
Trans Fat ?

Sodium 240 mg

Total Carbohydrate 20 g
Dietary Fiber 3
g

Protein 38 g

BBQ CHICKEN SALAD



Intermediate, makes 2 servings

4 ounces chicken breast
1 celery stalks
1/4 bell pepper, large
2 tablespoons onion, red
2 1/4 ounces corn
1 tablespoon BBQ sauce
2 teaspoons fat free mayonnaise

1. Preheat grill for high heat.
2. Lightly oil skillet.
3. Grill chicken 10 minutes on each side, or until juices run clear.
4. Remove from heat, cool, and cube.
5. In a large bowl, toss together the chicken, celery, red bell pepper, onion, and corn.
6. In a small bowl, mix together the barbeque sauce and mayonnaise.
7. Pour over the chicken and veggies.
8. Stir, and chill until ready to serve.

Nutrition Facts

Calculated for 1 serving
Recipe makes 2 servings

Calories 154

Calories from Fat (22.5)

Amount Per Serving

Total Fat 2.5g
Saturated Fat
1g
Trans Fat ?

Sodium 376 mg

Total Carbohydrate 20 g
Dietary Fiber 3
g

Protein 15 g

CRANBERRY WALNUT DRESSING



60 min, makes 5-6 servings

1 1/2 cups finely sliced celery heart
1 1/2 cups chopped onion (1 large onion)
3 tablespoons butter or canola margarine
3 cup reduced-sodium chicken broth (liquid)
16 ounce can whole berry cranberry sauce
4 teaspoons or cubes of low-sodium chicken broth (powder)
3/4 teaspoon ground sage
1 teaspoon thyme
1/2 teaspoon ground pepper
about 8 cups herb-seasoned bread cubes for stuffing
2/3 cups walnuts, toasted for 1 minute under broiler to lightly brown

1. In a Dutch oven or stock pot, simmer celery and onion in the butter and 1 cup chicken broth until tender.
2. While onion and celery mixture is simmering in a small saucepan, mix cranberry sauce with the 4 tsp. of chicken broth powder over low heat until broth powder dissolves.
3. Add seasonings and 2 cups chicken broth to celery onion mixture.
4. Add bread cubes and stir until evenly moistened.
5. Drizzle cranberry mixture over the top of the bread mixture and sprinkle walnuts over cranberry mixture.
6. Stir to mix evenly.

7. Cover and let sit on warm setting of stove for about 20 minutes, stirring occasionally.

Nutrition Facts

Calculated for 1 serving
Recipe makes 5-6 servings

Calories 200

Calories from Fat 52.2 (26%)

Amount Per Serving

Total Fat 5.8g
Saturated Fat ?
Polyunsat. Fat ?
Monounsatur. Fat ?
Trans Fat ?

Cholesterol 6mg

Sodium 415mg

Potassium ?

Total Carbohydrate 32.5g
Dietary Fiber 0g
Sugars ?

Protein 4.5g

STRAWBERRY BANANA PARFAITS



Time: Intermediate, makes 4 servings

- 2 containers 99% fat free strawberry yogurt
- 2 cups Fiber One honey cluster cereal
- 1 cup sliced fresh strawberries
- 1 cup banana thinly sliced
- 4 whole fresh strawberries

1. In each of four cups layer 2 tablespoons yogurt, ¼ cup cereal, ¼ cup strawberry slices, ¼ cup banana slices.
2. Top each with 2 tablespoons yogurt, ¼ cup cereal, and remaining yogurt.
3. Garnish with one whole strawberry on top.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 4 servings

Calories 230

Calories from Fat (18)

Amount Per Serving

Total Fat 2g

Saturated Fat
0.5g

Trans Fat 0.0g

Sodium 180 mg

Total Carbohydrate 48g

Dietary Fiber 8g

Protein 5g

MIXED GREENS SALAD



Easy, makes 1 servings

- 1 bag of romaine/ice berg lettuce
- 1 tomato
- 1/2 cup chopped carrots
- any other veggie desired

1. Mix lettuce and veggies together.
2. Add low fat dressing or vinaigrette of choice.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 1 servings

Calories 45 (depending on the dressing and volume)

Calories from Fat (0)

Amount Per Serving

Total Fat 0g

Saturated Fat
0g
Trans Fat ?

Sodium ?

Total Carbohydrate 1 g

Dietary Fiber 2
g

Protein 0 g

TURKEY BREAST SANDWICH



Easy, makes 1 serving

2 slices of whole wheat bread
4 slices of deli cut turkey lunch meat
2 slices tomato
1 leaf of lettuce
mayo/mustard as desired.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 1 servings

Calories 190
Calories from Fat (36)

Amount Per Serving

Total Fat 4g
Saturated Fat
0g
Trans Fat 0.0g

Sodium 120 mg

Total Carbohydrate ?
Dietary Fiber ?

Protein ?

PEANUT BUTTER & BANANA WRAPS



Short, makes 4 servings

1/2 cup reduced fat creamy peanut butter spread
4 (8-10 inch) whole wheat or flour tortillas
1/4 cup honey
2 small banana (sliced)
1/4 cup mini semisweet chocolate chips

1. Spread 2 tablespoons of peanut butter evenly over each tortilla.
2. Drizzle 1 tablespoon of honey over each tortilla.
3. Top with banana slices and chocolate chips.
4. Roll up tortilla and secure with toothpicks.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 4 servings

Calories 410
Calories from Fat (126)

Amount Per Serving


Total Fat 14g
Saturated Fat
3g
Trans Fat 0.0g

Sodium 370 mg

Total Carbohydrate 58g
Dietary Fiber
6g

Protein 13g

BLUEBERRY SMOOTHIES

 Intermediate, makes 2 servings

1 cup frozen organic blueberries
1/2 cup vanilla soymilk or fat-free (skim) milk
1 cup 99% fat free French vanilla yogurt
Honey (optional)

1. In blender, place blueberries, soymilk and yogurt.
2. Cover and blend until smooth. Sweeten with honey to taste.
3. Pour in two cups

Nutrition Facts

Calculated for 1 serving
Recipe makes 2 servings

Calories 170

Calories from Fat (18)

Amount Per Serving

Total Fat 2g

Saturated
Fat 1g
Trans Fat
0.0g


Sodium 100 mg

Total Carbohydrate 31g

Dietary Fi-
ber 3g

Protein 7g

CHICKEN MANGO SPINACH SALAD

 Easy, makes 1 servings

1 bag baby spinach leaves
1 medium mango peeled & sliced
1 medium avocado, peeled and sliced
1 small red onion, thinly sliced
2/3 cup kraft light raspberry vinaigrette reduced fat dressing
2 cups cooked chicken strips

1. Toss spinach with mango, avocado, and onion in large bowl.
2. Add dressing and mix lightly.
3. Enjoy!

Nutrition Facts

Calculated for 1 serving
Recipe makes 1 servings

Calories 290

Calories from Fat (135)

Amount Per Serving

Total Fat 15g

Saturated Fat
2.5g
Trans Fat ?

Sodium ?

Total Carbohydrate 50 g

Dietary Fiber 5 g

Protein 19 g

TROPICAL FRUIT SALAD



Intermediate, makes 7 servings

20 ounce can pineapple chunks
2 kiwi
2 cups strawberries
1 large banana
1 papaya or mango
1 ½ tbsp honey
1/3 cup shredded coconut

1. Drain pineapple chunks and reserve ¼ cup of the pineapple juice.
2. Add pineapple, kiwi, strawberries, banana and mangos to bowl.
3. Put ¼ cup pineapple juice lime juice and honey in a 2 cup measure and whisk together.
4. Drizzle over fruit salad.
5. Serve and enjoy.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 7 servings

Calories 101

Calories from Fat (0)

Amount Per Serving

Total Fat 0g

Saturated Fat

0g

Trans Fat 0.0g

Sodium ?

Total Carbohydrate 25 g

Dietary Fiber 3

g

Protein 1.2 g

MUNCHY TRAIL MIX



Intermediate, makes 6 servings

2 cups Cheerios cereal
2 cups Bite-size squares cereal (any variety)
2 cups Crispy corn puffs cereal
1 cups raisins
1 cup Candy-coated chocolate candy (M&M)
1 cup Peanuts

1. Put in large bowl and mix well.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 6 servings

Calories 90

Calories from Fat (4.5)

Amount Per Serving

Total Fat 0.5g

Saturated Fat 0g

Trans Fat 0.0g


Sodium 130 mg

Total Carbohydrate 20g

Dietary Fiber 2g

Protein 2g

DEVILED EGGS

 60 min, makes 12 servings

6 hard-boiled eggs
1 teaspoon sugar
1 tablespoon white vinegar
1 can (16-oz) garbanzo beans (chickpeas), rinsed and drained
2 tablespoon nonfat mayonnaise
2 tablespoons nonfat sour cream
2 tablespoons yellow mustard
1/4 teaspoon ground red pepper
2 tablespoons minced green onion
1/4 teaspoon ground paprika

1. Remove shells from eggs.
2. Halve eggs lengthwise; remove and discard the yolks.
3. In a small bowl, dissolve sugar in vinegar.
4. Rinse the chickpeas and drain thoroughly. In a food processor or blender, combine chickpeas, sugar mixture, mayonnaise, sour cream, mustard, pepper, onions and clove and blend until smooth.
5. Spoon mixture into egg whites or fill using a fluted pastry bag.
6. Sprinkle with paprika, if desired, and refrigerate until ready to serve.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 12 servings

Calories 151

Calories from Fat 18

Amount Per Serving

Total Fat 2g

Saturated Fat ?
Polyunsat. Fat ?
Monounsat. Fat ?
Trans Fat ?

Cholesterol ?

Sodium 70mg


Potassium ?

Total Carbohydrate 24g

Dietary Fiber ?
Sugars ?

Protein 9g

DIRTY RICE

 Intermediate, makes 4 servings

1. 1/2 tsp chili oil
2. 1/2 tsp canola oil
3. 1/4 cup shallots
4. 1 1/2 cups water
5. 1/4 tsp salt
6. 1 cup jasmine rice
7. 1/4 tsp ground cumin

1. Boil water , then add rice.
2. Drain rice and add remaining ingredients.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 4 servings

Calories 180

Calories from Fat (9)

Amount Per Serving

Total Fat 1g

Saturated Fat
0g
Trans Fat 0.0g

Sodium 79 mg

Total Carbohydrate 39 g

Dietary Fiber 1
g

Protein 4 g

YUMMY NO-MEAT LUNCH BURRITOS OAMC



1 ¼ hours (45 min prep) makes 25 servings

- 2 cups uncooked brown rice
- 4 cups water
- 4 (15 ounce) cans pinto beans
- 1 (10 ounce) can whole kernel corn
- 1 (10 ounce) can rotel
- 25 (10 inch) flour tortillas
- 1 pound shredded Monterey pepper jack cheese

1. Cook rice in water according to package directions.
2. Once done, add drained beans, corn and Rotel to rice.
3. Mix thoroughly.
4. Add cheese.
5. Mix thoroughly again.
6. Divide mix evenly on the tortillas.
7. Fold up to make burritos.
8. Wrap each burrito in plastic wrap then foil.
9. Freeze what won't be used that week.
10. *When ready to use*. Remove foil.
11. Pop in microwave oven for 1 - 1 1/2 min or until center is hot.
12. Carefully remove plastic wrap.
13. Serve and enjoy!

Nutrition Facts

Calculated for **1 serving** (266g)
Recipe makes 25 servings

Calories 491

Calories from Fat 108 (22%)

Amount Per Serving	%DV
Total Fat 12.1g	18%
Saturated Fat 5.0g	25%
Polyunsat. Fat 1.7g	
Monounsatur. Fat 4.6g	
Trans Fat 0.0g	
Cholesterol 16mg	5%
Sodium 628mg	26%
Potassium 584mg	16%
Total Carbohydrate 75.4g	25%
Dietary Fiber 12.0g	47%
Sugars 2.0g	
Protein 21.0g	41%

CRANBERRY YAM BREAD



1 ½ hours, makes 12 servings

- 2 large eggs, slightly beaten
- 1-1/3 cups sugar
- 1/3 cup canola oil
- 1 cup mashed sweet potatoes (yams), canned or cooked fresh
- 1 teaspoon vanilla extract
- 1-1/2 cups all-purpose flour
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1 teaspoon baking soda
- 1 cup chopped cranberries

1. Preheat oven to 350 degrees. Coat a 9 x 5 x 3-inch loaf pan with nonstick cooking spray and dust with flour.
2. In a large bowl, combine eggs, sugar, oil, yams and vanilla.
3. In a separate bowl, combine flour, cinnamon, allspice, and baking soda. Make a well in the center.
4. Pour yam mixture into well. Mix just until moistened.
5. Stir in cranberries.
6. Spoon batter into prepared loaf pan.
7. Bake for 1 hour or until a toothpick in center comes out clean.

Nutrition Facts


Calculated for **1 serving**
Recipe makes 12 servings

Calories 237

Calories from Fat 56

Amount Per Serving	
Total Fat 7g	
Saturated Fat 1g	
Polyunsat. Fat ?	
Monounsatur. Fat ?	
Trans Fat ?	
Cholesterol 35mg	
Sodium 132mg	
Potassium ?	
Total Carbohydrate 41g	
Dietary Fiber 1g	
Sugars ?	
Protein 3g	

YOGURT PARFAIT

 5 min, makes 1 serving

1/8 cup fresh fruit (such as berries, sliced peaches, etc.)
1/8 cup low-fat or regular yogurt (flavor of your choice)
1/8 cup low-fat granola

1. Layer the different ingredients in a parfait glass and repeat layers.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 160

Calories from Fat 22.5 (12%)

Amount Per Serving

Total Fat 2.5g
Saturated Fat 0.4g
Polyunsat. Fat ?
Monounsat. Fat ?
Trans Fat ?

Cholesterol 3mg

Sodium 80mg


Potassium ?

Total Carbohydrate 32g

Dietary Fiber 2.6g
Sugars ?

Protein 5g

FRESH TOMATO SANDWICHES SATURDAY LUNCH ON LONGMEADOW FARM

 10 min (5 min prep) makes 4 servings

4 large fresh tomatoes, sliced (1/4 inch thick)
1 large white onion, sliced (1/4 inch thick)
1 tablespoon butter, softened
8 slices bread
1 teaspoon fresh chives

1. Slice onions, tomatoes, and chives if using.
2. Spread butter (or buttery spread) on 4 slices of bread.
3. Top this bread with onions, tomatoes, and chives (if using) in this order.
4. Top with other 4 slices, and lightly but firmly pressed top bread onto tomato topped bread.
5. Slice in half, on the diagonal, and eat immediately.
6. Serve with fresh iced tea or lemonade.
7. Sit under a tree and let the warm breezes lull you into total enjoyment.

Nutrition Facts

Calculated for **1 serving** (273g)
Recipe makes 4 servings

Calories 207

Calories from Fat 44 (21%)

Amount Per Serving

	%DV
Total Fat 4.9g	7%
Saturated Fat 2.3g	11%
Polyunsat. Fat 1.1g	
Monounsat. Fat 1.2g	
<i>Trans Fat</i> 0.0g	

Cholesterol 7mg **2%**

Sodium 371mg **15%**

Potassium 536mg **15%**

Total Carbohydrate 36.2g **12%**

Dietary Fiber 3.9g 15%
Sugars 8.6g

Protein 5.8g **11%**

TACO SALAD



15 min, makes 2 servings

- 1 medium Onion
- ½ lb skinless chicken breast
- 2 tbsp Taco Seasoning
- 1 can kidney beans
- 1 cup of frozen corn
- 1 head of lettuce
- ½ cup of Colby jack cheese
- ½ cup of salsa
- 4 tbsp of light sour cream
- 2 cups baked tortilla chips

1. Use a large frying pan, add onion and beef and cook until brown.
2. Add taco seasoning, beans and corn.
3. Stir to mix well.
4. Lower heat to simmer.
5. Place lettuce on plate, add meat over lettuce.
6. Top salad with tomatoes, shredded cheese, salsa and light sour cream

Nutrition Facts

Calculated for **1 serving**
Recipe makes 2 servings

Calories 592

Calories from Fat 198

Amount Per Serving

Total Fat 22g

- Saturated Fat 3g
- Polyunsat. Fat 0g
- Monounsat. Fat 0g
- Trans Fat 0g

Cholesterol 0mg

Sodium 639mg

Potassium 0mg

Total Carbohydrate 60g

- Dietary Fiber 14g
- Sugars ?

Protein 45g

LEMON SHORTBREAD TEA COOKIES



45 min, makes 6 servings

- ¾ cup butter, unsalted (1 ½ sticks)
- 1 ¼ cups confectioners' sugar
- 4 large egg yolks
- 2 teaspoons vanilla extract
- 1/8 teaspoon salt
- 1 teaspoon finely grated lemon zest
- 3 cups flour

1. Preheat the oven to 325°F.
2. With an electric mixer, beat the butter until smooth, about 2 to 3 minutes.
3. Gradually add the confectioners' sugar and beat until the mixture is pale and fluffy.
4. Beat in the egg yolks, vanilla extract, salt and lemon zest.
5. Stir in the flour.
6. Chill the dough for about 15 minutes, until firm enough to handle, or 1 hour if you want to make cut-out cookies. Shape into 4 logs that are 1 ½" in diameter and cover with plastic wrap. Chill.
7. When the logs of dough are very firm, slice them about ¼"-thick and place 1" apart on an ungreased baking sheet. If making cut-out cookies, roll the dough on a floured surface and cut as desired.
8. Bake until very pale golden brown, about 8 to 10 minutes. Remove from the baking sheet and let cool.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 6 servings

Calories 92

Calories from Fat 36

Amount Per Serving

Total Fat 4g

- Saturated Fat 3g
- Polyunsat. Fat ?
- Monounsat. Fat ?
- Trans Fat ?

Cholesterol ?

Sodium ?


Potassium ?

Total Carbohydrate 11g

- Dietary Fiber 0g
- Sugars ?

Protein 1g

BAKED APPLE

 60 min, makes 4 servings

4 large apples
1 cup dried-fruit and nut granola
¼ maple syrup or apple juice

1. Heat oven to 350F.
2. Remove cores without cutting all the way through to the bottom.
3. Spoon ¼ cup of granola into the cavity of each apple.
4. Pour maple syrup over apples.

Nutrition Facts

Calculated for 1 **serving**
Recipe makes 4 servings

Calories 301

Calories from Fat 45

Amount Per Serving

Total Fat 5g
Saturated Fat ?
Polyunsat. Fat ?
Monounsat. Fat ?
Trans Fat ?

Cholesterol 0mg

Sodium ?


Potassium ?

Total Carbohydrate 37g

Dietary Fiber ?
Sugars ?

Protein 3g

TURKEY SALAD

 30 min, makes 4 servings

2 cups thin chopped turkey
1/3 cup Light mayonnaise
3 tablespoons Relish
2 hard boiled eggs
Salt and Pepper to taste

1. Cut turkey into thin squares.
2. Boil the eggs.
3. Add relish, light mayonnaise, and eggs with the turkey.
4. Chill for about 30 minutes and serve with Bavarian bread (optional).

Nutrition Facts

Calculated for 4 **serving**
Recipe makes 4 servings

Calories 370

Calories from Fat 192.6

Amount Per Serving

Total Fat 21.4g
Saturated Fat ?
Polyunsat. Fat ?
Monounsat. Fat ?
Trans Fat ?

Cholesterol ?

Sodium 503mg

Potassium ?

Total Carbohydrate 15.6g

Dietary Fiber 0.5g
Sugars ?

Protein 28.8g

BEEF BURRITO



25 min, makes 4-5 servings

10 ounces lean ground beef
1/4 cup drained canned diced mild green chilies
1 can (14 1/2 ounces) Mexican-style diced tomatoes, drained
1 package (10 ounces) frozen whole kernel corn
1/2 cup chopped onion
1 tablespoon chili powder
3 cloves garlic, finely chopped
1 teaspoon ground cumin
Nonstick cooking spray
4 (6-inch) flour tortillas

1. Spray large nonstick skillet with cooking spray
2. Heat over medium-high heat until hot
3. Add beef, onion and garlic
4. Cook and stir 5 minutes or until beef is no longer pink
5. Add tomatoes, corn, chilies, chili powder and cumin.
6. Cook 5 minutes or until heated through, stirring occasionally.
7. Spoon beef mixture evenly down center of each tortilla and fold bottom of tortilla over.

Nutrition Facts

Calculated for **1 serving** (273g)
Recipe makes 4 servings

Calories 338

Calories from Fat 99

Amount Per Serving

Total Fat 4.9g

Saturated Fat 4g

Polyunsat. Fat ?

Monounsat. Fat ?

Trans Fat ?

Cholesterol 44mg

Sodium 333mg

Potassium ?

Total Carbohydrate 108g

Dietary Fiber 6g

Sugars ?

Protein ?

CINNAMON VANILLA TOASTED OATS



10 min, makes 2 servings

1/4 teaspoon ground cinnamon
1/2 teaspoon vanilla extract
1/2 teaspoon water
1/2 rolled or old-fashioned oats
Canola cooking spray

1. Add cinnamon to a very small cup. Stir in vanilla extract and then water; set aside.
2. Add about 1/2 cup of quick or old-fashioned oats to a nonstick frying pan (over medium-high heat) that has been coated lightly with canola cooking spray. Spray the top of the oats lightly with canola cooking spray, if desired. Let the oats toast for about a minute.
3. Drizzle the vanilla mixture over the top and stir. Keep stirring the oats gently as they lightly brown, about 2 minutes more.
4. Keep toasted oats in a covered container or sealable plastic bag until ready to use.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 2 servings

Calories 77

Calories from Fat 11.7 (15%)

Amount Per Serving

Total Fat 1.3g

Saturated Fat 0.2g

Polyunsat. Fat 0.5g

Monounsat. Fat 0.4g

Trans Fat 0.0g

Cholesterol 0mg

Sodium 191mg

Potassium 272mg


Total Carbohydrate 13g

Dietary Fiber 2.1g

Sugars ?

Protein 3g

PUMPKIN SPICE MUFFINS

 45 min (15 min prep) makes 36 servings

- 4 ¾ cups wheat flour
- 3 cups brown sugar (sugar substitutes like Splenda work well too)
- 2 teaspoons baking powder
- 1 ½ teaspoons baking soda
- 1 ½ teaspoons salt
- 1 ½ teaspoons nutmeg
- 2 teaspoons cinnamon
- 1 ½ teaspoons cloves
- 6 large eggs
- 1 (29 ounce) can pumpkin puree
- ¾ cup unsweetened applesauce
- ¼ cup plain fat-free yogurt (or use 1 cup applesauce)
- 1 ½ cups raisins

1. Set oven to 350 degrees (set oven rack to second-lowest position).
2. Line three (12-cup) regular size muffin tins with paper liners, then spray the bottom of the paper liners with cooking spray.
3. In a large bowl mix together flour with brown sugar (or Splenda sugar if using) baking powder, baking soda, salt, nutmeg, cinnamon and cloves until well combined.
4. In another bowl whisk or beat on low speed of an electric mixer the eggs with pumpkin puree, applesauce and fat-free yogurt until smooth and well blended.

Nutrition Facts

Calculated for **1 serving** (77g)
Recipe makes 36 servings

Calories 163


Calories from Fat 11 (6%)

Amount Per Serving

	%DV
Total Fat 1.2g	1%
Saturated Fat 0.4g	1%
Polyunsat. Fat 0.2g	
Monounsat. Fat 0.4g	
Trans Fat 0.0g	
Cholesterol 35mg	11%
Sodium 191mg	7%
Potassium 272mg	7%
Total Carbohydrate 36.6g	12%
Dietary Fiber 2.5g	9%
Sugars 21.8g	
Protein 3.8g	7%

5. Stir in raisins until combined.
6. Evenly divide the batter between all the muffin tins.
7. Bake for about 30 minutes or until the muffins test done.

GRILLED SMOKED TURKEY SANDWICHES

 7 min, makes 2 servings

- 4 slices sourdough sandwich bread
- 2 teaspoons honey Dijon mustard
- 2 sliced low fat Swiss-style cheese
- ¼ pound sliced smoked or roasted turkey
- 6 arugla leaves
- 1 teaspoon butter

1. Place 4 bread slices on surface: spread each with 1 tbsp mustard.
2. Place cheese on slices, turkey and arugla leaves over each bread slice.
3. And top with other slice of bread.
4. Heat large skillet, grill pan. Grease surface with butter.
5. Cook sandwich until bread is nicely browned on each side and cheese melted.

Nutrition Facts

Calculated for **2 serving**
Recipe makes 2 servings

Calories 479

Calories from Fat 81

Amount Per Serving

Total Fat 9g	
Saturated Fat ?	
Polyunsat. Fat ?	
Monounsat. Fat ?	
Trans Fat ?	
Cholesterol 53mg	
Sodium ?	
Potassium ?	
Total Carbohydrate 61g	
Dietary Fiber ?	
Sugars ?	
Protein 38g	

NAPA VALLEY TURKEY SANDWICH



5-7 min, makes 2 servings

- ¼ cup seedless red grapes
- 2 tablespoons shredded carrot
- 1 tablespoon miracle whip light
- 4 slices multigrain bread, toasted
- 6 slices Oscar Mayer smoked turkey breast
- 1 Kraft 2% milk singles
- 1 lettuce leaf

1. Mix grapes, carrots and dressing.
2. Top 1 of the toast slices with turkey, cheese and lettuce, cover with grape mixture.

Nutrition Facts

Calculated for **2 serving**
Recipe makes 2 servings

Calories 300

Calories from Fat 99

Amount Per Serving

Total Fat 4.9g
Saturated Fat ?
Polyunsat. Fat ?
Monounsat. Fat ?
Trans Fat ?

Cholesterol ?

Sodium ?

Potassium ?

Total Carbohydrate 39g

Dietary Fiber ?
Sugars ?

Protein 18g

FRUIT SMOOTHIES



5 min (5 min prep) makes 2 servings

- 1 cup orange juice
- 1 cup plain fat-free yogurt
- 1 frozen banana, peeled and cut into chunks
- 6 packets Equal, Splenda, or Sweet n' Low sugar substitute

1. Place all ingredients in a blender.
2. Blend until smooth.

Nutrition Facts

Calculated for **1 serving** (308g)
Recipe makes 2 servings

Calories 187

Calories from Fat 5 (3%)

Amount Per Serving

	%DV
Total Fat 0.7g	1%
Saturated Fat 0.2g	1%
Polyunsat. Fat 0.1g	
Monounsat. Fat 0.1g	
<i>Trans</i> Fat 0.0g	

Cholesterol 2mg **0%**

Sodium 96mg **4%**

Potassium 771mg **22%**

Total Carbohydrate 38.5g **12%**

Dietary Fiber 1.8g **7%**

Sugars 29.5g

Protein 8.6g **17%**

LOW-FAT PITA CHIPS



20 min (5 min prep) makes 4 servings (about 32 chips per serving)

2 pita bread, white or wheat, pocket-style
1 egg white
1 tablespoon olive oil
salt or other powdered seasonings to taste

1. Preheat oven to 350.
2. With scissors, cut pitas around the outside into 2 rounds each.
3. Whisk together egg white and olive oil.
4. Brush this onto the insides of the four pita rounds.
5. Season however you want.
6. I've used garlic powder, Cajun seasoning, Greek seasoning, cayenne pepper, curry powder- all delicious.
7. Stack the rounds and cut them into 8 triangles.
8. Spread in single layer onto baking sheet, seasoned side up, and bake for about 15 minutes, making sure they are no longer soft, but not too brown.
9. Store (I've never gotten around to this part) in an air-tight container or bag.
10. Mmmmm, guilt-free snacking.

Nutrition Facts

Calculated for **1 serving** (42g)

Recipe makes 4 servings

Calories 116

Calories from Fat 33 (28%)

Amount Per Serving	%DV
Total Fat 3.8g	5%
Saturated Fat 0.5g	2%
Polyunsat. Fat 0.5g	
Monounsat. Fat 2.5g	
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 174mg	7%
Potassium 49mg	1%
Total Carbohydrate 16.8g	5%
Dietary Fiber 0.7g	2%
Sugars 0.5g	
Protein 3.6g	7%

GREEN SALAD ROLL-UP



Intermediate, makes 1 serving

1 cup romaine leaves (or other lettuce) torn
1/4 cup alfalfa or mung bean sprouts
2 radishes, sliced
1/4 cup canned chickpeas, rinsed and drained
2 tablespoons carrots, grated
1 tablespoon fat-free Italian dressing
1 tablespoon red wine vinegar
1 whole wheat tortilla, large

1. In a medium bowl, combine lettuce, sprouts, radishes, chickpeas, and carrots.
2. In small bowl, combine dressing and vinegar.
3. Pour over salad and toss to coat.
4. Spoon greens onto one side of tortilla.
5. Roll like a cone.

Nutrition Facts

Calculated for **1 serving**

Recipe makes 1 servings

Calories 300

Calories from Fat (35)

Amount Per Serving
Total Fat 4g
Saturated Fat 0.5g
Trans Fat 0.0g
Sodium 580 mg
Total Carbohydrate 54 g
Dietary Fiber 11 g
Protein 12 g

HEALTHY CALIFORNIAN



Intermediate, makes 4 servings

- 2 yellow squash
- 1 1/4 teaspoons salt
- 1 tablespoon extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon garlic
- 1/4 teaspoon ground black pepper
- 1 teaspoon sugar (optional)
- 2 cups red cabbage
- 4 ounces goat cheese
- 4 ounces low-fat cream cheese
- 1/2 cup green onions
- 8 slices whole grain bread
- 2 avocados
- 2 medium tomatoes
- 2 ounces alfalfa sprouts

1. Slice yellow squash lengthwise to 1/4 inch thickness.
2. Sprinkle with 1 tsp salt and set aside for at least 15 minutes.
3. In a medium bowl, combine oil, lemon juice, garlic, remaining 1/4 salt, pepper, sugar, and whisk until well blended.
4. Add cabbage and toss until coated with dressing.
5. In a small bowl, combine goat cheese, cream cheese, and green onions with a

6. spoon until thoroughly blended.
7. On a work surface, place 4 slices of bread and spread each with 2 tbsp of the cheese mixture.
8. Pat the squash slices dry with a paper towel and place them, the avocado, tomato, squash, re-cabbage slaw, and sprouts in layers on the prepared bread.
9. Top each sandwich with a slice of the remaining bread, cut each sandwich in half, and serve.

Nutrition Facts

Calculated for **1 serving** (413g)
Recipe makes 4 servings

Calories 544

Calories from Fat 245

Amount Per Serving

Total Fat 59.6g	91%
Saturated Fat 16.5g	82%
Polyunsat. Fat 5.8g	
Monounsat. Fat 34.4g	
Trans Fat 0.0g	
Cholesterol 43mg	14%
Sodium 1308mg	54%
Potassium 1098mg	31%
Total Carbohydrate 44.6g	14%
Dietary Fiber 13.3g	53%
Sugars 8.7g	
Protein 18.8g	37%

LOWFAT GREEK HUMMUS



10 min (10 min prep) makes 4 servings

- 1 (16 ounce) can garbanzo beans, drained
- 2 cloves garlic
- 2-3 tablespoons lemon juice
- 1/2 teaspoon ground cumin
- 1/2 teaspoon sesame oil
- 1/3 teaspoon cayenne pepper (optional)
- 1 tablespoon plain nonfat yogurt
- 1/4 teaspoon salt

1. Add all ingredients together in food processor.
2. Process until smooth.
3. Serve as a dip for vegetables or as a filling for gyros.
4. For gyros, toppings may include lettuce, tomato, cucumber, red onion, radishes, parsley, olives or feta cheese.
5. Great with pita chips!

Nutrition Facts

Calculated for **1/2 cup** 128g (Recipe makes 2 cups)

Calories 147

Calories from Fat 17 (6%)

Amount Per Serving

Total Fat 2g	1.5%
Saturated Fat 0.25g	1%
Polyunsat. Fat .8g	
Monounsat. Fat .5g	
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 488mg	20%
Potassium 225mg	6%
Total Carbohydrate 27.2g	9%
Dietary Fiber 5.1g	20%
Sugars .5g	
Protein 6g	12%

LOW FAT GRANOLA BARS



35 min (15 min prep) makes 12 servings

- ¼ cup old fashioned oats
- ¼ cup whole wheat pastry flour
- ¼ cup toasted wheat germ
- ¼ teaspoon ground cinnamon
- ¼ cup honey
- 2 tablespoons honey
- 1/3 cup raisins

1. Preheat oven to 300°F.
2. Coat an 8-inch square pan using nonstick cooking spray.
3. Combine oats, flour, wheat germ, and cinnamon. Stir until well mixed.
4. Add honey, stirring until mixture is moist and crumbly.
5. Fold in raisins.
6. Press mixture into pan and bake for 18 to 20 minutes or until lightly browned.
7. Cool to room temperature, Cut into 12 bars and serve.

Nutrition Facts

Calculated for 1 serving (0g)
Recipe makes 12 servings

Calories 70

Calories from Fat .1 (0%)

Amount Per Serving	%DV
Total Fat 0.42g	0%
Saturated Fat 0.08g	0%
Polyunsat. Fat 0.0g	
Monounsat. Fat 0.0g	
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 1.7mg	0%
Potassium 0mg	0%
Total Carbohydrate 16.3g	5%
Dietary Fiber 1.7g	5%
Sugars 8.2g	
Protein 1.4g	

TURKEY CLUBHOUSE SALAD



Intermediate, makes 2 servings

- 1/3 cup chopped fresh chives
- 1/3 cup fat-free mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 bag chopped romaine lettuce or 9 cups lettuce
- 1 1/2 cups cubed cooked turkey breast
- 2 medium tomatoes (cut into thin wedges)
- 4 slices turkey bacon (crisply cooked, crumbled)

1. In small bowl, mix all dressing ingredients. Set aside.
2. In large bowl, mix lettuce and turkey.
3. Pour dressing over salad; toss gently to coat.
4. Arrange salad on serving platter topping the salad with tomatoes and bacon over top.

Nutrition Facts

Calculated for 1 serving
Recipe makes 2 servings

Calories 120

Calories from Fat (35)

Amount Per Serving

Total Fat 3.5g	
Saturated Fat	1.0g
Trans Fat	0.0g
Sodium 450 mg	
Total Carbohydrate 6 g	
Dietary Fiber	2 g
Protein 16 g	

BEAN AND VEGGIE WRAPS



Long, makes 2 servings

- 4 (6-8 inch) fat-free flour tortillas
- 2 cups sliced fresh mushrooms
- 1 medium onion (cut to cubes)
- 1 (15 ounce) can black beans (drained, rinsed)
- 4 cups fresh spinach leaves
- 1/2 cup shredded reduced-fat cheddar cheese

1. Heat tortillas as directed on package.
2. Meanwhile, spray 10-inch skillet with cooking spray; heat over medium heat.
3. Cook mushrooms and onions in skillet about 4 minutes, stirring frequently, until onion is crisp-tender.
4. Stir in beans; heat through. Stir in spinach; remove from heat.
5. Divide bean mixture among tortillas.
6. Sprinkle with cheese.
7. Fold one end of each tortilla up about 1 inch over filling; fold right and left sides over folded end, overlapping. Fold remaining end down.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 2 servings

Calories 270

Calories from Fat (30)

Amount Per Serving

Total Fat 3.5g

Saturated Fat
1.0g

Trans Fat 0.0g

Sodium 280 mg

Total Carbohydrate 43g

Dietary Fiber
8g

Protein 16 g

ON-THE-GO



Time: short, makes 1 servings

- 1 medium apple
- 1 low-fat sting cheese

1. Eat ingredients separate and enjoy!

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 160

Calories from Fat (36)

Amount Per Serving

Total Fat 4g

Saturated Fat 1.5
g

Trans Fat 0.0g

Sodium 100 mg

Total Carbohydrate 20 g

Dietary Fiber 5 g

Protein 8 g

STRAWBERRY YOGURT CRUNCH



Time: short, makes 1 servings

- 1 cup plain low-fat yogurt
- 1 cup strawberries
- 1 tablespoon sunflower seeds

1. Mix yogurt and strawberries.
2. Top with sunflower seeds.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 250

Calories from Fat (52)

Amount Per Serving

Total Fat 6g

Saturated Fat
2g

Trans Fat 0.0g

Sodium 60 mg

Total Carbohydrate 29 g

Dietary Fiber 6
g

Protein 15 g

KEY LIME-FRUIT SALAD



Short, makes 8 servings

- 1 container Yoplait thick and creamy key lime pie yogurt
- 2 tablespoons orange juice
- 1 cup fresh pineapple chunks
- 1 cup strawberry halves
- 2 cups green grapes
- 1 cup fresh blueberries
- 2 cups cubed cantaloupe
- 1/4 cup shredded coconut, toasted

1. In small bowl, mix yogurt and orange juice; set aside.
2. In 2 ½ quart clear glass bowl, layer fruit in order listed.
3. Pour yogurt mixture over fruit. Sprinkle with coconut.
4. Serve immediately.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 8 servings

Calories 220

Calories from Fat (20)

Amount Per Serving

Total Fat 11.5g

Saturated Fat
1.0g

Trans Fat 0.0g

Sodium 25 mg

Total Carbohydrate 25g

Dietary Fiber
2g

Protein 2 g

SNACKS

Satisfying, yet not a fourth meal!

ICED LATTE CRUNCH



Time: short, makes 1 servings

6 ounces coffee
6 ounces fat free milk
1 medium meal replacement bar

1. Mix coffee and milk add Splenda of desired.
2. Eat bar on the side.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 280

Calories from Fat (52)

Amount Per Serving

Total Fat 6g

Saturated Fat

2g

Trans Fat ?

Sodium 5 mg

Total Carbohydrate 34 g

Dietary Fiber 2

g

Protein 20 g

BLACK BEAN AND MANGO SALSA



Time: short, makes 4 servings

- 1 envelope Good Seasonings Italian dressing and recipe mix
- 1 can black beans
- 1 package frozen corn
- 1 cup chopped ripe mango
- ½ cup chopped red pepper
- 1/3 cup chopped red onion
- 1/3 cup chopped cilantro
- ¼ cup lime juice

1. Mix all ingredients until well blended and cover.
2. Refrigerate at least 1 hour.
3. Serve with grilled chicken or tortilla chips.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 4 servings

Calories 25

Calories from Fat (0)

Amount Per Serving

Total Fat 0g

Saturated Fat
0g
Trans Fat 0 g

Sodium ?

Total Carbohydrate 6 g

Dietary Fiber 1
g

Protein 1 g

CHOCOLATE BANANA SNACK



Time: short, makes 1 servings

- 1/2 medium banana
- 1 tablespoon chocolate chips
- 1 cup milk

1. Melt chocolate in microwave.
2. Dip banana in chocolate and drink milk on the side.

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 210

Calories from Fat (45)

Amount Per Serving

Total Fat 5g

Saturated Fat 2.5g
Trans Fat ?

Sodium ?

Total Carbohydrate 32 g

Dietary Fiber 2 g

Protein 9 g

MANDARIN ORANGES AND COTTAGE CHEESE



Time: short, makes 1 servings

- ½ Low fat cottage cheese
- ½ cup canned mandarin oranges

1. Drain oranges.
2. Add oranges to cottage cheese.
3. Enjoy!

Nutrition Facts

Calculated for **1 serving**
Recipe makes 1 servings

Calories 180

Calories from Fat (45)

Amount Per Serving

Total Fat 5g

Saturated Fat 0g

Trans Fat ?

Sodium ?

Total Carbohydrate ?

Dietary Fiber 1.5

g

Protein ?

FRUIT MEDLEY



Time: short, makes 6 servings

- 1 cup blueberries
- 1 cup strawberries
- 1 cup kiwi
- 1 cup mandarin oranges
- ¾ cup cool whip
- 1 small can mandarin oranges

1. Toss fruit with reserved orange liquid.
2. Spoon evenly into 6 individual servings.
3. Top with whipped cream.
4. Enjoy!

Nutrition Facts

Calculated for **1 serving**
Recipe makes 6 servings

Calories 70

Calories from Fat (9)

Amount Per Serving

Total Fat 1g

Saturated Fat

0g

Trans Fat ?

Sodium 5 mg

Total Carbohydrate 17 g

Dietary Fiber 3

g

Protein 1 g