

BAND-A-LICIOUS



The Adam's Family Guide
to Good Recipes, Good Eating,
and Good Health

Dedication and Special Thanks

This cookbook is dedicated to Adam Glasgow, our wonderful surgeon, for his sincere compassion, warmth, and dedication to helping his patients succeed. Adam is supportive of any and all the ideas presented by his patients and staff; including this cookbook. Thank you Adam for all you do.

A special thank you goes to Rose-Marie Monahan and Gail Deneault, two exceptional patients, who provide so much support and guidance to fellow band patients. They are also essential team members of this practice. This book is one of their many contributions to Surgical Weight Loss Specialists! Thank you both.

Food For Thought

I am honored to address all those who read this cookbook.

It has been an incredible experience to watch this project come together. It never would have without all of you who shared recipes, thoughts, and experiences.

Special thanks go to Jane Sylvestre-our team Nutritionist beyond compare and Gail and Rose banded buddies forever. Those three devoted countless hours to this project and I know would say it was a labor of love. Their passion is obvious when you read through this amazing book.

Disclaimer: while all these recipes were contributed by fellow bandsters and clearly worked well for them, there is no way to predict how they will work for you. As with any food, regardless of the source or method of preparation, you must eat slowly, in dice sized bites, and chew 15-20 times. Separate your liquids and solids preferably by 2 hours. If anything sticks or you are in the Red Zone remember to contact the office promptly. While this cookbook offers many wonderful suggestions for healthful and happy eating there is no substitute for good judgment and frequent contact with the clinical team when questions arise.

The keys to weight loss are easy to state even if they are maddeningly difficult to implement: Eat good foods, less of them, and get exercise. All the rest is commentary.

Your band is there to help you be satisfied with less. This cookbook is your guide to good foods and how to prepare them. The exercise is up to you. The more you get the better you do.

We want this to be an evolving document which is why there is an on-line version and why it is in a 3 ring binder. When you come across a good recipe please forward it along. We will make it available on-line and those that want can print it to place in the binder.

Wishing you health, happiness, and continued weight loss success.

Adam

Basic Lap Band Guidelines

- Eat 3 meals per day with 4-5 hours between meals. You can add a healthy, protein rich snack if you have a long stretch between meals.
- Include a healthy source of protein with each meal.
 - **Protein sources include:**
 - -meat, seafood and poultry
 - -dried beans and peas
 - -eggs and egg substitutes
 - -soy products including edamame and soy nuts
 - -nuts and peanut butter/almond butter
 - -low fat or fat free sliced, block and cottage cheese
 - -fat free or low fat yogurt and milk (although it would be better to have a solid protein)
- Eat protein first, vegetables and starch last.
- Separate your liquids from your solids; 15 minutes before meals and 2 hours after.
- Chew very well and eat slowly.
- Take small bites about the size of a dice.
- Avoid multitasking while eating.
- If you hit a struggle zone:
 - Keep a daily food diary (write everything down).
 - Try to include your feelings and what is going on in your life.
 - Including your exercise for the day.
 - Take full advantage of your support system.

Zone Chart



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It is a hope that this cookbook will continue to grow. Submit your favorite recipes to the office and they can be added to the on-line version of the cookbook.

Helpful Hints

Define Cooking Terms

1. Baking:

Baking is to cook by hot, dry air in the oven. Seafood, meats, vegetables and fruits are best for baking. Cut foods in the same size pieces. Cook covered to prevent drying out. You should also baste the food frequently. This is a healthy way to cook because little if any fat is needed. Watch out for over drying meats, especially if the meat is lean.

2. Braising:

Braising is to initially brown in a pan on top of the stove. Braising is slowly cooking, usually uncovered, in a little liquid or fat often on a bed of aromatics (vegetables like onions, shallots, leeks, garlic, carrots and celery.) The vegetables are used to give flavor and aroma to foods they are cooked with. This can be healthy if water or low fat broth is used as opposed to a fat as the liquid. The broth can later be used to make a sauce. Foods do not get dry and absorb lots of flavors from the aromatics.

3. Broiling:

Broiling is to cook under strong, direct heat. Food is cooked super-fast so there is a risk of over drying, but if timed correctly the foods cook beautifully.

4. Grilling:

Grilling is quite obvious; to cook on a grill with intense heat. Vegetables can be cooked in a basket so they don't fall through the grates of the grill. Grilling and broiling allow the fat to drip from the food. This **DOES NOT MEAN FAT FREE**. You can't cook all the fat out of bacon!" There are some health risks with grilling. Cancer causing chemicals are created when the fat drippings drip into the flames then come back up and sear the meat.

5. Pan Frying:

Pan frying is cooking in a skillet with fat. A light sauté is done in a small amount of butter or oil. Oil such as olive, canola or peanut, has the same calories as butter, but is still a healthier option because it is higher in monounsaturated fats. Use a small amount of oil to avoid too many calories. Oil sprays work great too! Of course, there is deep fat frying where food is immersed in 3-4 cups of oil. Avoid deep frying your foods.

6. Stir-Frying:

This Traditional Asian method cooks small, uniform sizes of food while rapidly stirred in a wok or large non-stick skillet frying pan. You can use a small amount of oil or cooking spray.

7. Roasting:

Roasting means to cook by dry heat in an oven. Roasting is similar to baking, but typically requires higher temperatures. You can place a rack inside a roasting pan to let some fat drip away for poultry, seafood and meat.

8. Sautéing:

A gentle cooking on top of the stove is referred to as sautéing. This method of cooking requires less fat than frying. You can sear (cook at a very high temperature) the food first to seal in the juices and then continue with a gentle sauté (covered or uncovered.) Pieces of food are typically small or thinly cut. A good quality non-stick pan can cook without any fat. Use low sodium broth/low fat broth, non-stick cooking spray or water in place of oil.

9. Steaming:

Steaming means to cook or heat a food over boiling water without touching the water and allowing the steam to circulate. A perforated basket is typically suspended above simmering liquid. You can use a flavorful liquid or add seasonings for increased flavor. You can steam in an airtight bag and submerge in water. You can steam by folding foil around the food, sealing tightly and baking. This is one of the easiest ways to cook. There is no added fat in this method of cooking nor is there any mess!.

10. Stewing:

Stewing is long, slow cooking in liquid. Crock pots work great!

11. Poaching:

Poaching means to gently simmer in water, broth, vinegar or juice until cooked through and tender.

How to Eye Portion Size

Your clenched fist	1 serving of fruit 1 cup uncooked vegetables 1 cup cooked pasta
Pair of Dice	1½ ounces of cheese
A Domino	2 ounces of processed cheese
Golf Ball	1 ounce of cooked meat
Deck of Cards	3 ounces of cooked meat of poultry
Your Hand Minus Your Thumbs	3 ounces of cooked fish
Matchbook	1 ounce of cooked meat

Spices

Spice Tips:

Use ¼ teaspoon spice per pound of meat or per pint of soup.

Ground spices: for *short* cooking dishes: add when salt would be added

-for *long* cooking dishes: add at the end of cooking period.

-for *cold* dishes: add and let stand for several hours.

Whole spices:

-for *long* cooking dishes: add at the beginning of cooking period and crumble to release the best flavor.

Spice

Fish- sprinkled lightly over any fish

Meats- ground beef, lamb and pork

Cinnamon

Vegetables- sweet potatoes, pumpkin, winter squash and spinach

Fruits- baked and stewed apples, apricots, peaches, pears, pineapple and cranberry

Allspice

Fish- boiled or steamed

Meats- beef, lamb, lamb patties, meatballs and stews

Vegetables- cabbage, carrots, eggplant, squash, sweet potatoes and tomatoes

Ginger

Soup- homemade onion soup

Meats- sprinkled over beef, lamb, chicken, and veal before broiling

Vegetables- beets, carrots, peas, sweet potatoes, winter squash

Fruits- compotes, on pears in salads and on broiled grapefruit

Nutmeg

Meats- meat loaf and chicken

Eggs- sprinkled on stuffed eggs

Vegetables- asparagus, beets, broccoli, Brussels sprouts, cabbage, cauliflower, green beans, onions, peas and winter squash

Dry Mustard

Fish- boiled, sprinkled over before broiling

Meats- beef, chicken, lamb chops, roasts and stews

Salads- ¼ teaspoon for four servings of salad dressing

Herbs

Herb Tips:

Use ¼ teaspoon dried herbs or 1 teaspoon fresh herbs per pound of meat or per pint of soup.

-for *short* cooking dishes: mix with other ingredients

-for *long* cooking dishes: add to soups and stews in the last 45-60 minutes of cooking.

Dried herbs may be soaked in a bit of milk for ½ hour before blending into food that can be cooked in a few minutes. There is no need to do this with fresh herbs.

Use a hot water bath if you like lightly seasoned food. Heat and moisture will help loosen flavorful oils and lighten their flavor. Place measured herb in a small tea strainer. Dip the strainer in scalding water for a few seconds, then dip quickly in and out of cold water; drain well.

Herb Foods to use with herbs:

- Basil**
 - Fish- in water for cooking fish
 - Meats- beef, lamb, liver and pork
 - Eggs- scrambled
 - Vegetables- broccoli, Brussels sprouts, cabbage, carrots, green beans, onions, peas, squash, tomatoes, mixed green and tomato salad
 - Other uses- herb vinegars

- Bay Leaf**
 - Soups- homemade tomato or vegetable soup
 - Meats- pot roast and stews
 - Vegetables- spiced carrots, tomatoes and in water for cooking potatoes.

- Marjoram**
 - Soups- homemade tomato or vegetable soup
 - Fish- baked, broiled
 - Meats- beef, chicken, duck, lamb, liver, pork and veal
 - Eggs- omelets, scrambled and egg salad
 - Vegetables- green beans, lima beans, carrots, eggplant, peas, potatoes, mixed green and vegetable salads, summer squash, onions, zucchini, tomatoes
 - Fruit- fruit cups and fruit salad

- Oregano**
 - Soups- homemade minestrone or vegetable soup
 - Meats- lamb, meat loaf, pork, poultry, turkey and stews
 - Eggs- boiled, omelets
 - Vegetables- green beans, broccoli, cabbage, onions, peas, cabbage and salt free tomato juice
 - Soups- homemade mushroom or tomato soup
 - Fish- salmon
 - Meats- beef stew, chicken, duck, lamb, veal

- Rosemary**
 - Eggs- scrambled eggs and omelets
 - Vegetables- green beans, cauliflower, lima beans, onions, peas, potatoes, summer squash
 - Fruits- fruit cups and fruit salads

- Tarragon**
 - Soups- homemade mushroom or tomato soup.
 - Fish- Broiled
 - Meats- broiled chicken, steaks, stews and veal
 - Vegetables – asparagus, green beans, broccoli, cabbage, carrots, mushrooms, peas, mixed green salads, spinach and tomatoes
 - Other uses- salad dressings and herb vinegars

Cooking Healthy

It's as easy as 1, 2, 3

Three general guidelines:

1. Change the preparation or cooking technique.
2. Reduce or eliminate ingredients.
3. Substitute ingredients.

Healthy Cooking Techniques

Bake/broil- be sure to use liquid such as water or chicken broth to baste to maintain juiciness.

Grill- marinate, marinate, marinate!!!

Microwave- Be careful not to overcook. Don't microwave leftovers as they can become very rubbery and challenging to eat. An alternative to microwaving for reheating is placing food in a Ziploc bag and boiling. This won't dry out the food.

Steam- a healthy way to cook which maintains the nutrients without any added fat.

Pan fry- use a vegetable oil spray or use a very small amount of olive oil (calories can add up fast!)

Unhealthy Cooking Techniques

Deep fry in oil

Cook in butter

Sodium

The 2010 Dietary Guidelines suggest that sodium be limited to 2300 mg (700 mg per meal.) This is further restricted to 1500 mg (500 mg per meal) if you are 51 years old or older, African American, have diabetes, high blood pressure or kidney disease.

A low sodium product has 140 mg of sodium or less per serving.

Eliminate salt in recipes, especially when boiling water for cooking cereals, pasta or vegetables.

Choose fresh or frozen foods without added sodium.

Choose "no salt added" if you purchase canned foods. Rinse and drain canned vegetables to remove as much as 40% of the sodium.

Avoid processed and cured meats such as bacon, ham, hot dogs, sausage and luncheon meats. Use fresh or frozen fish instead of canned or dried types.

Use herbs and spices instead of salt to add flavor and variety to foods. Avoid any seasoning with salt in the name such as celery salt, garlic salt or onion salt. Check the label. If a seasoning has salt, sodium or monosodium glutamate it should be avoided. Condiments such as soy sauce and Worcestershire sauce are also high in sodium- choose the low sodium varieties.

Limit salted snack foods.

Fat

The 2010 Dietary Guidelines suggests limiting fat to less than 30% of your total calories and 10% of calories from saturated fat. Keep cholesterol under 300 mg/day and under 200mg if you have diabetes, heart disease or elevated LDL.

A low fat product has 3 grams of fat or less.

Choose products with 1 gram or less from saturated fat.

Choose products that have 0 grams of trans fat.

An average band patient consumes 1200-1400 calories per day. This would equate to a maximum of 39-47 grams of fat per day and 13-15 grams of saturated fat. Avoid trans fat.

Saturated fat, which clogs your arteries, comes primarily from high fat meats, the fat in dairy (whole and 2% milk, high fat yogurt and cheese, butter) foods and high fat snacks and pastries.

If a recipe calls for whole milk, cream, sour cream or cream cheese, substitute with skim or fat free dairy products. Try draining nonfat yogurt through a double layer cheesecloth overnight and use like cream cheese.

Trim all visible fat from meat and poultry.

Try using ground poultry instead of ground beef.

Choose 90% lean meats (if tolerated). Three grams of fat per ounce of meat is considered lean. Go to a little higher fat meat if you have trouble tolerating the meat with the band.

Add herbs for added flavor when soaking beans, peas or lentils. Soak black beans with cumin or coriander and lentil with thyme.

Chill stews after cooking and remove the layer of fat that settles on the top, then reheat. A roasted pepper will add a smoky flavor in soup instead of a ham hock.

Fat in a recipe can generally be reduced by $\frac{1}{2}$ to $\frac{3}{4}$ without changing the flavor.

Limit egg yolks to 3 per week. 1 whole egg contains on average 200 mg cholesterol.

Margarine should have 0 grams of trans fat.

Snack foods should have 0 grams of trans fat.

Sugar

Sugar in the diet contributes nonnutritive calories. In other words, the sugar can make you fat without giving you anything that is good for you. Sugar is also a form of carbohydrate that is often addicting. Snacks and cereals should have less than 6 grams of sugar per serving.

Yogurt should have less than 4 grams of sugar per ounce of yogurt.

Reduce sugar in recipes by $\frac{1}{3}$ to $\frac{1}{2}$. Sugar does act as a preservative in items such as jams, jellies, marmalade and preserves. When you reduce the sugar in these recipes, be sure to store them in the refrigerator or freezer and use promptly.

Confectioner's sugar can be sprinkled lightly on cakes and cookies that are "under sweetened." The powdered sugar dissolves instantly in the mouth which can give an immediate and undiluted sweet sensation.

Use fresh fruit when possible. In recipes where canned fruit is necessary, use water or juice-packed fruit. Fruits packed in heavy syrup can be drained and rinsed with water.

Increasing the cinnamon or vanilla in recipes gives the impression of additional sweetness. Cutting back on bitter flavors such as oregano or sour flavors such as vinegar or lemon juice will minimize the need for additional sugar as well.

Recipe Substitutions

Recipe Ingredient	Substitution
One whole egg	2-3 egg whites; ¼ cup egg substitute; 1/3 cup fat free egg substitute
Buttermilk	Use low fat buttermilk or make your own with 1 tablespoon lemon juice or vinegar plus skim milk to make 1 cup.
Whole milk, 2% milk	Use skim (fat free) or 1% milk. Try Simply Smart or Over the Moon milk if you can't tolerate the low fat and fat free milk options.
Light cream (20% fat)	Use equal amounts of evaporated skim milk.
Heavy Cream (35% fat)	To make 1 cup, mix 2/3 cup skim milk and 1/3 cup oil.
Whipped cream	Whipped evaporated skim milk, sweetened with sugar substitute; reduced calorie whipped topping (mix) prepared with skim or 1% milk.
Cream Cheese	Replace ½ to all with equal parts of reduced fat or fat free cream cheese; Neufchatel cheese; part skim ricotta cheese, whipped; yogurt cheese.
Sour Cream	Use non-fat or low fat yogurt; light or nonfat sour cream.
Baking Chocolate	Use cocoa and oil. One ounce of baking chocolate = 3 tablespoon cocoa powder mixed with 1 tablespoon oil. Note: this reduces saturated fat, but not total fat. Could also try 3 tablespoon carob powder plus 2 tablespoon water.
Sugar	Cut down by 1/3 to ½ in recipes.
Ground Beef	Choose ground turkey without skin, ground sirloin or extra lean ground beef (10% fat or less.)
Butter, margarine or oil for cooking	Use non-stick cooking spray. Sauté or steam with water or broth instead of fat. Use smaller amounts of oil needed, adding one teaspoon at a time.
Butter, margarine, oil or shortening for baking	Use ½ to ¾ fat called for in recipes. Reduce fat with equal parts applesauce, pureed prunes or mashed bananas. Margarine with 0 trans-fat can be replaced for butter to decrease cholesterol and saturated fat.

Healthy Substitutions

Oil or butter	Unsweetened applesauce
Flour	Black beans-drained and rinsed-great in brownies for protein and fiber
Sugar	Splenda, Truvia, Splenda Brown Sugar blend, Stevia
Rice	Use brown rice or Quinoa
Pasta	Whole wheat pasta
Pasta	Try zucchini ribbons-sauté for a few minutes until soft or spaghetti squash
Butter	Olive oil
Egg	Two egg whites equals one egg
Egg yolks	Egg beaters
Sour cream	Greek yogurt
Iceberg lettuce	Arugula, romaine, spinach or kale
White bread	Whole wheat pita, sandwich rounds, bread crumbs
Salt	Herbs, citrus fruit, or garlic powder
Whole or 2% milk	Skim milk
French fries	Roasted sweet potato wedges
Oil	Pam or veggie spray
Mayo	Laughing cow wedges
Cream	Fat free half and half or evaporated skim milk
Cream cheese	Low fat or fat free of cream cheese
Jellies	Sugar free or fruit juice sweetened preserves; Polaner All Fruit
Pizza crust	Whole wheat pizza crust or Portobello mushrooms
Ground beef 70-85%	Try 92% lean ground beef or ground turkey
Milk in cereal	Try vanilla or strawberry protein powder mixed with water
All-purpose flour	Replace half the amount with whole wheat flour when baking
1 cup skim milk	Equals 4 tablespoons nonfat dry milk plus a cup of water

Breakfast

Quick Healthy Pancakes

Submitter Unknown

Ingredients:

1 egg beaten
3 tablespoons Oat bran
1 tablespoon fat free cream cheese

Directions:

Mix all ingredients well.
Drop by spoonful into nonstick pan.
You may spray Pam or a drop of olive oil or nothing.
I have added a few fresh blueberries and almonds as a variation.

Chobani Pancakes

Submitted by Katie Pavento

With these, I made a whole bunch of pancakes and added fresh berries. I froze 1 or 2 at a time and then toasted them to reheat. It was a quick, easy and healthy breakfast. You can also add apples and cinnamon or pureed pumpkin or something like that to add different flavors.

Ingredients:

½ cup Chobani Vanilla Greek Yogurt
1 ½ cups all-purpose flour
1 ½ teaspoons baking powder
¼ teaspoon baking soda
½ teaspoon salt
1 large egg, lightly beaten
¾ cup whole milk
Nonstick Pan Spray

Directions:

Spray griddle with nonstick olive oil spray.
Cook pancakes until done.
See note at top of recipe for addition tips.

Nutrition Facts:

Serves 8 Per Serving: 80 calories, 3.5 grams protein, 1 gram fat, 14 grams carbohydrate, 176 mg sodium and .4 grams of fiber.

TIPS:

Use whole wheat flour to replace ½ the total amount of flour. Use fat free milk. Sometimes pancakes can be challenging with the band, but toasting them as noted above is a great idea!

Breakfast Apple Pizza

Submitted by: Jane Sylvestre

Kids First Recipe

Ingredients:

Olive oil spray
1 whole wheat pita bread
1 tablespoon apple butter
1 thinly sliced apple
¼ cup low fat shredded mozzarella cheese
a drizzle of honey

Directions:

Spray a grill with olive oil spray to prevent sticking.
Place whole wheat pita bread on the grill.
Spread apple butter on the pita.
Arrange sliced apples on top.
Sprinkle with low fat mozzarella cheese.
Drizzle with honey.

Nutrition Facts:

Serves 2

Amount per serving: 207 calories, 12 grams protein, 1 gram fat, 40 grams carbohydrate, 452 mg sodium and 4 grams of fiber

Cheesy Easy Healthy No Mayo Egg Salad

Personally created by Deb Arons

Ingredients:

2 eggs
1 wedge light Laughing Cow Swiss Cheese or any flavor

Directions:

Put eggs in boiling water and hard boil about 13 min. Drain and quickly peel eggs while hot.
Mash together with Laughing Cow cheese wedge.
Add seasonings as desired.

Nutrition Facts:

Serves 1

170 calories, 14 grams protein, 12 grams fat, 1 gram carbohydrate, 350 mg sodium and 0 grams of fiber.

TIPS:

Use egg whites or 1 whole egg with 1 egg white

Soups, Stews, & More

Yellow Split Pea Soup with Sweet Potatoes & Kale

Submitted by Lea Dixon

This is one of my favorite vegetarian and vegan recipes! This soup tastes even better the next day!

Ingredients:

2 medium onions, chopped
1½ teaspoon whole cumin seeds (or ¾ teaspoon. ground cumin)
1 teaspoon mustard seeds (or ½ teaspoon. ground mustard)
¼ teaspoon canola oil
2 teaspoon garlic, minced
2 medium sweet potatoes, peeled and cut into 1-inch cubes
8 cups water
3 cups dried yellow split peas, sorted and rinsed
1 to 2 Tablespoons curry powder (depending on your preference)
Salt to taste
1 bunch kale

Directions:

Spray large pot with cooking spray and sauté the onions for about 5 minutes. Then push them to the side and add the cumin and mustard seeds (or ground spices). Pour the canola oil over the seeds and stir them lightly. When seeds begin to pop, mix them with the onions. Add the garlic and cook for an additional minute. Add sweet potatoes, water, split peas and curry powder. Stir well. Cover, bring to boil, and then turn heat down to simmer about 1 hour. Stir every 15 minutes. so peas don't stick to bottom. Add a little water if needed. While soup is cooking, wash kale. Remove and discard the tough central rib. Chop leaves coarsely. When peas are cooked, add kale and season with salt. Cover pot. For kale that is crunchy, simply turn the burner off and leave the pot covered for 10 minutes, allowing the kale to cook in the heat of the soup. For kale that is tender, continue to heat the soup on low heat for 10 minutes.

Nutrition Facts:

Serves 8

Per serving (without added salt):

Amount per serving: Calories: 309, Total Fat: 2g (4% of calories from fat), Protein: 20g, Carbohydrate: 57g, Fiber: 21g, Sodium: 28mg, Cholesterol: 0g

Lite Chili

Submitted by Laurie Brulotte

Ingredients:

1 tablespoon olive oil
1 pound ground turkey breast meat
1 package chili seasoning mix
1 can stewed tomatoes (14.79 ounce)
1 can kidney beans (undrained)

Directions:

Heat oil; add ground turkey and sauté until browned.
Add seasoning mix, tomatoes and beans (not drained) and simmer for 20 minutes until liquid is reduced.
You can top with a dollop of fat free sour cream or a pinch of low or fat free cheddar cheese while chili is hot.

Nutrition Information:

Serves 4 (1 cup portions)

314 calories, 30 grams protein, 12 grams fat, 26 grams carbohydrate, 791 grams sodium and 8 grams of fiber.

TIPS:

Use low sodium stewed tomatoes.

Gumbo

Submitter Unknown

Ingredients:

3 links Italian turkey sausage sliced (or 1 roll)
1 (14.5ounce) can reduced fat chicken broth
1 (14.5ounce) can diced tomatoes with peppers and onions
1 (7 ounce) can kernel corn (or 1 cup frozen)
1 cup instant rice

Directions:

In a large saucepan, cook turkey sausage; drain.
Stir in tomatoes, broth and water; bring to a boil.
Stir in corn and rice.
Cover and remove from heat.
Let stand for 5 minutes.

Nutrition Facts: Serves 6

91 calories, 4 grams protein, 3 grams fat, 13 grams carbohydrate, 326 mg sodium and 1 gram fiber.

TIPS:

Rice can be a challenging food with the band. If you use rice, whole grain is more nutritious than white. Consider replacing rice with quinoa for better tolerance and more protein. Try low sodium and low fat chicken broth. Use low sodium canned corn (or the frozen.) Use low sodium canned tomatoes.

Pumpkin Soup

Submitted by Jane Sylvestre
Back on Track recipe

Ingredients:

1 tablespoon olive oil
1 medium onion, chopped
1 teaspoon curry
1 (15 ounce) can of pumpkin
2.5 cups of evaporated skim milk
1 cup vegetable or chicken broth

Directions:

Sauté onion in olive oil in a pot until translucent.
Add 1 teaspoon curry and coat the onions.
Add 1 (15 ounce) can of pumpkin.
Put in a blender.
Add mixture back to the pot.
Add evaporated skim milk and chicken broth.
Heat until hot.
Enjoy!

Nutrition Facts:

Serves 4 (8 ounce servings)

Amount per serving: Calories- 180 cal, Fat- 3.9 grams (2.6 mono), Protein- 13 grams, Carbohydrate- 24 grams, High beta carotene (76%), vitamin D (32%), calcium (48%)

Lentil Turkey Kielbasa Soup

Submitter Unknown

Ingredients:

1 tablespoon oil
1 large onion, chopped
5 carrots, thinly sliced
4 medium red bliss potatoes, peeled and cubed
2 celery ribs, sliced thin
1 cup lentils, rinsed and sorted
3 (14 ounce) cans reduced fat chicken broth
3 cups water
½ teaspoon salt and pepper to taste
1 and ½ cup smoked turkey Kielbasa, diced

Directions:

Heat oil in a large pot.
Add onion.
Cook over medium-low heat until very tender.
Add remaining ingredients.
Bring to a boil; cover, reduce heat; simmer 30 minutes.
Add turkey kielbasa; simmer 10 minutes or until vegetables are tender.

Nutrition Facts:

Serves 6-8 (nutrition information based on 8 servings)
193 calories, 8 grams protein, 6 grams fat, 29 grams carbohydrate, 500 mg sodium and 5 grams of fiber.

TIPS:

Choose olive, soybean or canola oil.
Omit salt.

Butternut Squash Soup

Submitted by Katherine Getchell

Ingredients:

6 tablespoon chopped onion
4 tablespoon "I Can't Believe It's Not butter."
6 cups peeled and cubed butternut squash
3 cups water
3 cubes chicken bouillon
½ teaspoon Diced marjoram
¼ teaspoon ground black pepper
1/8 teaspoon ground cayenne pepper
2 (8 ounce) packages low fat cream cheese

Directions:

In a large saucepan, sauté onions in margarine until tender.
Add squash, water, bouillon, marjoram, black pepper and cayenne pepper.
Bring to a boil; cook 20 minutes or until squash is tender.
Puree Squash and cream cheese in a blender or food processor in batches until smooth.
Return to saucepan and heat through.
Do not allow to boil.

Nutrition Facts:

Serves 6

306 calories, 11 grams protein, 18 grams fat, 28 grams carbohydrate, 677 mg sodium and 6 grams of fiber.

TIPS:

Cut back on "I Can't believe It's Not Butter" or replace with a small amount of olive oil.
Use a low sodium chicken bouillon.
Instead of cream cheese, you can use evaporated skim milk.

Low Fat Black Bean Soup

Submitter Unknown

Ingredients:

- 2 15 ounce cans black beans drained and rinsed
- 2 cups fat free chicken broth
- 1 cup medium or mild salsa
- 1 teaspoon cumin
- 4 tablespoons Low-fat sour cream
- 2 tablespoons chopped cilantro

Directions:

Lightly puree one can of black beans with salsa and cumin in a blender.
In a medium saucepan, combine pureed bean mixture with the remaining beans and heat through.
To serve, ladle into 4 bowls and top each bowl with a tablespoon of sour cream and garnish with cilantro.

Nutrition Facts:

Serves 8

111 calories, 19 grams carbohydrate, 2 grams of fat and 6 grams of protein

Beef Barley Soup

Submitted by Cheryl Muttart

Ingredients:

2 pounds ground beef
2 chopped medium onions
½ cup chopped celery
3 cups of water
2 cans of beef broth (14.5ounce)
1 cup quick cooking barley
2 cans diced tomatoes with garlic and onion (14.5ounce)
2 Tablespoon Worcestershire sauce
1 Teaspoon salt
1 Teaspoon dried basil

Directions:

Cook beef, onions and celery. Drain juices.
Stir in water and broth. Bring to a boil.
Reduce heat, add barley, cover and simmer 10-20 minutes.
Stir in remaining tomatoes and seasonings. Heat through.
Note: freezes well up to 3 months.

Nutrition Facts:

Serves 6-8

Amount per serving: 319 calories, 28 grams protein, 12 grams fat, 25 grams carbohydrate, 1174 mg sodium and 5 grams of fiber.

TIP:

Consider cutting sodium by eliminating salt and using low sodium Worcestershire sauce and low sodium beef broth.

Turkey Bacon, Ham and Lentil Stew

Submitted by Jane Sylvestre
Back on Track recipe

Ingredients:

5 slices of turkey bacon
Olive oil spray
8 ounces cubed ham
1 cup chopped onion
1 cup chopped fennel bulb (also called anise)
1 cup chopped celery
½ cup chopped leek
½ cup chopped carrot
3 (14 ounce) cans chicken broth, low sodium
2 cups water
¼ teaspoon dried thyme
½ teaspoon freshly ground black pepper.
1 can diced tomatoes with basil, garlic and oregano
1 pound dried lentils, washed
2 bay leaves

Directions:

Cook turkey bacon in a large pot or Dutch oven over medium heat until crisp. Remove from pan, Set bacon aside.

If no drippings, you can spray a small amount of olive oil to coat bottom of pan.

Add ham and cook for 2 minutes, stirring frequently.

Add the next 5 ingredients: onion, celery, fennel, leek and carrots. Cover and cook for 10 minutes, stirring occasionally.

Add all remaining ingredients. Bring to a boil; cover, reduce heat and simmer 30 minutes or until lentils are tender.

Discard bay leaves. Chop bacon and serve soup with turkey bacon sprinkled on top (if desired.)
Enjoy!

Nutrition Facts:

Serves 8

Amount per serving: 170 calories, 14 grams protein, 3 grams fat, 22 grams carbohydrate, 911 mg sodium and 7 grams of fiber.

TIPS:

Choose low sodium ham.

Use low sodium diced tomatoes.

Beef Stew

Submitted by Jane Sylvestre
Back on Track Recipe

Ingredients:

2½ pounds of stew beef
1/3 cup all-purpose flour
1/3 cup olive or canola oil
1 large onion, chopped
1 garlic clove, minced
3 cups water
4 beef bouillon cubes
¾ teaspoon salt (optional)
½ teaspoon Worcestershire sauce (low sodium)
¼ teaspoon pepper
Five medium potatoes cut in chunks
One 10 ounce package frozen peas or substitute green beans (for less carbohydrate)

Directions:

Cut meat into 1.5 inch chunks. On waxed paper, coat stew meat with flour; reserve leftover flour. In a 6 quart Dutch oven over medium high heat, heat oil.

Brown meat all over in oil; a few pieces at a time; remove pieces as they brown. Reduce heat to medium.

To drippings in pan, add onion and garlic; cook 3 minutes, stirring, until onion is almost tender. Stir in reserved flour.

Gradually add water, bouillon, salt, Worcestershire, pepper; cook, stirring until mixture is slightly thickened.

Add meat; heat to boiling, stirring. Reduce heat to low; cover; simmer 2 and ½ hours until almost tender, stirring occasionally.

Add potato and carrot chunks (and green beans if using them); over medium heat, heat to boiling. Reduce heat to low; cover and simmer 20 minutes.

Stir in frozen peas; cover and simmer 5 to 10 minutes or until all the vegetables are tender. Serve immediately.

Nutrition Facts:

Serves 8

Amount per serving: 381 calories, 27 grams of protein, 15 grams fat, 34 grams of carbohydrate, 583 mg sodium and 5 grams of fiber.

TIPS:

Consider substituting whole grain flour.
Use low sodium bouillon.

Taco Soup

Submitted by Katie Pavento

Ingredients:

½ pound ground turkey
1 can diced tomatoes with green chiles
1 onion, chopped
1 can pinto beans, washed and drained
½ package dry ranch style dressing mix
1 can black beans
1 small can creamed corn
½ package taco seasoning mix
Water

Directions:

Brown beef with onion.
Add seasoning mixes and water.
Add tomatoes, corn and beans.
Simmer for 20 minutes.

Nutrition Information:

Serves 8

183 calories, 13 grams protein, 3 grams fat, 27 grams carbohydrate, 571 mg sodium and 8 grams of fiber

TIPS:

Use low sodium corn.
Use low sodium taco seasoning.

Sausage Lentil Soup

Submitted by Betsy LeBlanc

6 Servings

Preparation: 10 minutes Cook Time: 1 hour

Ingredients

½ pound lean turkey sausage
1 large finely chopped onion
1 finely chopped green pepper
1 small finely chopped carrot
1 large finely minced clove of garlic
1 bay leaf
2 cans fat free chicken broth (14.5 ounces each)
1 can undrained diced tomatoes (14.5 ounces each)
1 cup of water
¾ cup rinsed then dried lentils
¼ country-style or regular Dijon mustard

Directions

In a Dutch oven, cook sausage over a medium heat until no longer pink.

Drain fat and crumble sausage; return to Dutch oven along with remaining ingredients except mustard.

Simmer, cover, 1 hour or until lentils and vegetables are tender.

Stir in mustard.

Remove and discard bay leaf before serving.

Nutrition Facts:

1 serving (1 cup) equals 192 calories, 6 g fat (2 g saturated fat), 15 mg cholesterol, 842 mg sodium, 22 g carbohydrates, 9 g fiber, 13 g protein

Vegetable Chili

Submitted by Laurie Brulotte

Ingredients:

2 cans Italian stewed tomatoes
8 ounce tomato sauce
1 can dark red kidney beans
¼ teaspoon chili powder
1 teaspoon garlic powder or 2 cloves fresh garlic minced
2 peppers (different colors except purple)
1 large zucchini
1 onion diced

Directions:

Put diced fresh vegetables in pan with Pam and fresh garlic.
Add all remaining ingredients.
Simmer 30 minutes.

Nutrition Information:

Serves 8

107 calories, 6 grams protein, 1 gram fat, 24 grams carbohydrate, 612 mg sodium and 6 grams of fiber

TIPS: Try low sodium stewed tomatoes and low sodium tomato sauce. Rinse beans which can remove up to 40% the sodium content.

Cabbage Casserole

Submitted by Laurie Brulotte

Ingredients:

Spray oil
2.5 cups cabbage, chopped
1 medium onion, chopped
½ cup uncooked long grain or brown rice.
1 (15 ounce) can tomato soup

Directions:

Spray a 9 inch square dish with Pam or olive oil.
Add 2 ½ cups cabbage (chopped).
In a nonstick pan, add ½ pound lean ground beef and 1 medium onion chopped.
Drain any fat. Add on top of cabbage.
Add ½ cup uncooked long grain or brown rice.
Mix 1 can of tomato soup with 1 can water and pour over rice.
Cover pan with foil and back at 350° degrees for 1 hour.
Let cool 5 minutes before serving.

Nutrition Facts:

Serves 4

251 calories, 13 grams protein, 13 grams fat, 22 grams carbohydrate, 471 mg sodium and 3 grams of fiber.

TIPS:

Since meat has a sauce, you can use a lean (90% lean or higher.)

Whole grain rice can be a healthy food, but may be a challenge for some band patients. Consider substituting quinoa for rice for better tolerance and more protein.

Use a low sodium tomato soup.

Turkey Veggie Chili

Personally created by Deb Arons

So delicious!

Ingredients

3/4 pound ground turkey
1 cup diced onions
1 can of diced green chilies
4-6 cloves of minced garlic (I buy the processed kind because it's easy)
2 cans of drained pinto, kidney, black or garbanzo beans (your choice -- mix it up!)*
1 can of diced, stewed tomatoes (buy the Mexican style, if available)
1 small can of tomato paste
1 cup diced carrots
1 cup various veggies -- zucchini, corn, bell pepper-- whatever
chili powder, cayenne pepper, cumin, black pepper to taste 1/2-1 teaspoon each
1-2 cups of chicken stock

Directions:

Brown first 4 ingredients in a large soup pot with a small tad of vegetable oil or cooking spray.
Add rest of ingredients to pot, with just enough stock or water to cover contents.
Simmer for 2-3 hours.
Serve with melted cheese and fresh onions on top.

Nutrition Facts:

Serves approx. 13

Amount per serving: Calories 108, Fat(g) 2.5, Carbs (g) 13, Protein (g) 8.3

Weight Watcher's Chili Recipe

Submitted by Katherine Getchell

Ingredients:

1 pound uncooked ground chicken
1 large sweet onion, chopped
1 medium green pepper, seeded and chopped
3 medium garlic cloves, chopped
1 can 31 ounce kidney beans, rinsed and drained
1 can 15.5 ounce pinto beans, rinsed and drained
1 can 14.5 ounce diced tomatoes
12 ounce chili sauce
4.5ounce Ortega Diced green Chilies, or other brand
¼ cup chili powder
2 tablespoon Worcestershire sauce
1 tablespoon Molasses
1 tablespoon packed brown sugar
1 tablespoon ground cumin
1 teaspoon Cayenne pepper

Directions:

Place the chicken, onion and garlic in a stock pot and brown the meat.
Add the kidney and pinto beans, tomatoes, pepper, chili sauce, green chilies, chili powder, Worcestershire sauce, molasses, brown sugar and cumin; mix well.
Cook on medium low for about 20 minutes stirring occasionally and then simmer for 45-60 minutes.

Nutrition Facts:

Serves 8 (1 and ¼ cup servings)
353 calories, 25 grams protein, 8 grams fat, 47 grams carbohydrate, 1,099 mg sodium and 13 grams fiber.

Tips:

Choose lean ground chicken or turkey (<3 grams fat per ounce.)
Choose low sodium diced tomatoes.
Choose low sodium Worcestershire sauce.

Entrees

Feta Chicken

Submitted by Laurie Brulotte

Ingredients:

4 – 4 ounce chicken breasts
2 tablespoon “fresh” lemon juice
1 16 ounce can stewed tomatoes (used low sodium in the nutrition calculation.)
1 clove or more garlic, minced
Pinch of pepper, basil, and oregano (dry)
4 ounce crumbled feta cheese

Directions:

Place chicken in an 8” x 10” baking pan.
Sprinkle with lemon juice.
Pour tomatoes over chicken.
Sprinkle with garlic, pepper, oregano, basil and crumbled feta cheese.
Cover with aluminum foil and bake at 400 degrees for 45 minutes or until tender.

Nutrition Information:

Serves 4

210 calories, 30 grams protein, 5 grams fat, 10 grams carbohydrate, 333mg sodium and 2 grams fiber.

TIP: Use fat free feta

Turkey Pot Pie

Submitted by Laurie Brulotte

Ingredients:

16 ounce package frozen mixed vegetables
Vegetable oil spray
9 ounce skinless, boneless turkey
1 can fat free, cream of mushroom soup
1 cup Heart Healthy Bisquick
½ cup fat free milk
1 egg

Directions:

In a frying pan add in a 16 ounce package of mixed vegetables and cook until they separate.
In a 9 inch pie plate sprayed with Pam, add vegetables, 9 ounce turkey (skinless, boneless), and 1 can 98% fat free cream of chicken soup.
In a separate bowl, add 1 cup Heart Healthy Bisquick, ½ cup skim or fat free milk and 1 egg.
Beat together to form a batter then pour on top of pie plate with the turkey and vegetables.
Bake uncovered at 400 degrees for 30 minutes.

Nutrition Facts:

Serves 4

328 calories,

Spaghetti Bolognese

Submitted by Laurie Brulotte

Ingredients:

¾ pound 93% lean ground beef
1 finely chopped onion
1 finely chopped carrot
3 cups sliced fresh mushrooms
1 14 ½ ounce can diced tomatoes
1 tablespoon tomato paste
½ teaspoon dried basil
½ teaspoon dried oregano
¼ cup fat free milk
½ teaspoon salt
½ teaspoon pepper
½ pound whole wheat pasta

Directions:

Spray large nonstick skillet with cooking spray and set over medium/high heat. Add beef and cook stirring frequently until browned, about 5-8 minutes. Add onion and garlic; cook 2-3 minutes. Stir in mushrooms, tomatoes, milk, tomato paste, basil, oregano; bring to a boil. Reduce heat to simmer, uncovered, until sauce is thickened; about 15 minutes. Stir in salt and pepper. Meanwhile cook pasta, drain and divide among 4 dishes. Top with sauce.

Nutrition Information:

Serving is 1 cup pasta with ¾ cup sauce. Serves 4
380 calories, 28 grams protein, 6 grams fat, 55 grams carbohydrate, 650 mg sodium and 9 grams of fiber.

TIPS:

Use low sodium tomato paste.
Omit salt.

Pasta can be challenging with the band for some people. Be cautious when you try this (eat slowly and chew well.)

To cut the calories, you can cut back on the portion of pasta and add a side vegetable such as broccoli, green beans, spinach...

Chicken Marsala

Submitted by Laurie Brulotte

Ingredients:

4 (1/4 pounds) thin sliced chicken breast cutlets
1/2 teaspoon salt
1/2 teaspoon coarsely ground black pepper
2 teaspoon olive oil
2 cup sliced fresh mushrooms
2 teaspoon all-purpose flour
1/4 cup Marsala wine
1/4 cup reduced sodium chicken broth

Directions:

Sprinkle chicken with salt and pepper.
Heat oil in large nonstick skillet over medium-high heat.
Add chicken and cook through, about 3 minutes on each side.
Transfer chicken to a platter and keep warm.
Add mushrooms to skillet and cook, stirring frequently, until browned, about 3 minutes.
Sprinkle mushrooms with flour, stirring to blend.
Add the Marsala and broth, bring to a boil.
Cook, stirring occasionally, until sauce thickens, about 3 minutes.
Spoon sauce over chicken.

Nutrition Information:

Serves 4

150 calories, 28 grams protein, 2 grams fat, 4 grams carbohydrate, 468 mg sodium and .5 grams of fiber

TIPS:

Can use whole grain flour.
Omit salt.

Potato Flake Fried Chicken

Submitted by: Spiceaholic

Minutes to Prepare: 10

Minutes to Cook: 20

Ingredients

1.5 pound boneless, skinless chicken thighs

1 packet instant mashed potato flakes

Seasonings

butter spray, like Parkay

Directions

Pre-heat oven to 400°

Line baking sheet with foil and spray with cooking spray.

Take potato flakes, place in large bowl. Add whatever seasonings you'd like.

Take each chicken thigh, spray each side with butter spray, then dredge through seasoned potato flakes.

Make sure to coat thoroughly.

Place flaked thighs on baking sheet. Sprinkle remaining flakes as desired over thighs. Spray tops with cooking spray.

Bake for about 20 minutes or until cooked through.

Nutrition Facts

Number of Servings: 4

Amount Per Serving: Calories: 265.2, Total Fat: 7.6 g, Cholesterol: 142.6 mg, Sodium: 318.2 mg, Total Carbs: 12.2 g, Dietary Fiber: 0.0 g, Protein: 35.2 g

Chicken Lime Thyme

Submitter Unknown

A tangy marinade for chicken

Ingredients:

1 chicken breast, no skin
1 lime, juiced
2 teaspoon fresh thyme, chopped fine
1 clove of garlic, chopped fine
1 teaspoon olive oil

Directions:

Mix chopped garlic, chopped thyme and lime juice.
Trim any excess fat from the chicken breast and cut into three pieces; Cross cut.
Pour the herb mixture over the chicken and mix well. Marinate for 1 hour.
Sauté chicken in 1 teaspoon of olive oil on high heat for two minutes on each side.
Turn heat to low, cover and cook for 5 minutes.
Serve with green salad.

Nutrition Facts:

Servings Per Recipe: 1

Amount Per Serving: Calories: 133.5, Total Fat: 5.4 g, Cholesterol: 41.2 mg, Sodium: 47.6 mg, Total Carbs: 4.6 g, Dietary Fiber: 0.4 g, Protein: 16.8 g

Turkey Burgers

Submitted by Laurie Brulotte

Ingredients:

1¼ pound ground turkey
¼ cup barbecue sauce
½ cup finely chopped green peppers
½ cup finely chopped onions
¼ cup low fat or fat free shredded cheese

Directions:

Mix all ingredients together.
Form 6 burgers.

Nutrition Facts:

Amount per serving: 159 calories, 21 grams protein, 9 grams fat, 2 grams carbohydrate, 207 mg sodium and .3 grams of fiber.

TIP: Choose lean turkey (< 3 grams fat per ounce) as tolerated.

Cashew Chicken Curry

Submitted by Jane Sylvestre

Back on Track Recipe

Adjusted recipe from www.recipezaar.com Recipe # 1200810

Ingredients:

¼ cup olive oil (can cut this back a little)
2 medium onions, finely chopped (2 cups)
2 large garlic cloves, finely chopped
1 tablespoon finely chopped, peeled fresh ginger
1.5 tablespoons curry powder
2 teaspoons salt (optional)
1 teaspoon ground cumin
½ teaspoon cayenne
3.5-4 pounds chicken, cut into 10 serving pieces (boneless, skinless, breast)
1 (14.5ounce can) diced tomatoes (low sodium)
¼ cup chopped fresh cilantro
¾ cup cashews, roasted
¾ cup plain fat free yogurt

Directions:

Heat olive oil in a 5-6 quart wide heavy pot. Add onions, garlic and ginger stirring until softened, about 5 minutes.

Add curry powder, salt, cumin, cayenne and cook stirring about 2 minutes.

Add chicken and cook, stirring to coat, about 3 minutes.

Add tomatoes, including juice and cilantro, bring to a simmer.

Cover and simmer gently, stirring occasionally, until chicken is cooked through about 40 minutes.

Just before serving pulse cashews in a food processor until finely ground. Add to curry along with yogurt and simmer gently, uncovered stirring until sauce is thickened, about 5 minutes.

Note: Curry without the yogurt and cashews can be made 5 days ahead and cooled completely and kept chilled. Reheat over low heat before serving.

Nutrition Facts:

Serves 8

Amount per serving: 275 calories, 27 grams protein, 14 grams fat, 11 grams carbohydrate, 101 mg sodium and 2 grams of fiber.

Cranberry Turkey Burgers

Submitted by Jane Sylvestre
www.chefdave.org

Ready in 20 minutes

Ingredients:

1 pound ground turkey (lean)
¾ cup dried cranberries
1/3 cup quick cooking oats
¼ cup green onion, chopped fine
2 tablespoons fresh orange juice
2 tablespoons fresh parsley, chopped
¾ teaspoon ground allspice
½ teaspoon powdered ginger
½ teaspoon dried basil
½ teaspoon cinnamon
1/8 teaspoon ground pepper

Directions:

Preheat grill to medium-high and lightly grease grills.
Combine all ingredients in a large bowl. Mix thoroughly and form into four patties.
Grill on medium-high for 5-7 minutes per side, or until meat is no longer pink in center and internal temperature reaches 165° F
Serve immediately.

Nutrition Facts:

Serves 4

Amount per serving: 264 calories, 23 grams protein, 9 grams fat, 25 grams carbohydrate, 88 mg sodium and 3 grams of fiber.

Honey Grilled Chicken Breasts

Submitter Unknown

Minutes to Prepare: 10

Minutes to Cook: 15

Ingredients:

1/4 cup fresh orange juice

3 tablespoons honey

2 tablespoons fresh lemon juice

2 tablespoons soy sauce

1 tablespoon peeled and minced fresh ginger

1 tablespoon minced garlic

Salt and freshly ground black pepper, to taste

6 boneless, skinless chicken breast halves, 4 to 6 ounces each rinsed and patted dry

Directions:

Combine all of the marinade ingredients in a large bowl. Add chicken breast and toss well in the marinade to coat. Cover and marinate in the refrigerator for 4 hours or overnight, turning occasionally. Bring to room temperature before grilling.

Grill the chicken breasts over hot coals, 3 inches from the heat source, 4 to 5 minutes per side or until cooked through. Remove to a plate and let sit for 5 minutes before serving.

Nutrition Facts:

Servings Per Recipe: 6

Amount Per Serving: Calories: 175.5, Total Fat: 1.6 g, Cholesterol: 68.4 mg, Sodium: 375.4 mg, Total Carbs: 11.6 g, Dietary Fiber: 0.2 g, Protein: 27.9 g

TIPS:

Cut back on the honey and/or orange juice.

Use a low sodium soy sauce.

Asian Glazed Drumsticks

Submitted by Lisa Hall

The glaze would also be great with thighs or wings. I served this with steamed vegetables to make this a complete low fat meal. Drizzle the remaining glaze over the vegetables. This recipe would be wonderful over rice. Thighs would also work great in this recipe, but chicken breast would get too tough. If you must, remove chicken breast after 15 minutes, then allow the sauce to reduce down.

Ingredients:

8 medium chicken drumsticks, skin removed
olive oil spray (I used my Misto)
1 cup water
1 tablespoon Sriracha hot sauce (more or less to taste)
1/2 cup balsamic vinegar
1/2 cup soy sauce
4 teaspoon agave nectar (or sugar)
3 cloves garlic, crushed
1 teaspoon ginger, grated
2 tablespoon chives or scallions, chopped
1 teaspoon sesame seeds

Directions:

In a heavy large saucepan, brown chicken on high for 3-4 minutes with a little spray oil.
Add water, balsamic, soy sauce, agave, garlic, ginger, hot sauce and cook on high until liquid comes to a boil.
Reduce heat to low and simmer, covered for about 20 minutes.
Remove cover and bring heat to high, allowing sauce to reduce down, about 8-10 minutes, until it becomes a thick glaze, turning chicken occasionally. (Keep an eye on glaze, you don't want it to burn when it start becoming thick.)
Transfer chicken to a platter and pour glaze on top.
Top with chives and sesame seeds and serve.

TIPS:

Use a low sodium soy sauce.
Cut back on agave syrup.
See tips on using chicken breast above.

Turkey Meatballs Marsala

Submitted by Jane Sylvestre
Back on Track Recipe

Total Preparation Time: 20 Minutes

Ingredients:

2 tablespoons whole wheat bread crumbs
2 tablespoons chopped green onion
1 teaspoon dry Marsala wine
¼ teaspoon salt
¼ teaspoon black pepper
1 pound lean ground turkey
1 minced clove garlic
½ chopped leek
1 cup water
½ cup 1% or fat free milk
2 tablespoons golden raisins
½ teaspoon lemon zest
¼ teaspoon dried thyme
½ cup Marsala wine
1 tablespoon cornstarch
¼ teaspoon salt

Directions:

Combine first seven ingredients in a bowl; shape mixture into 24 (1 inch) meatballs.
Heat oil in a large nonstick skillet over medium-high heat.
Add meatballs; cook 10 minutes or until done.
Remove meatballs from pan; set aside.
Add leek to pan, and sauté 3 minutes or until tender.
Stir in water, milk, golden raisins, lemon zest, and thyme, and bring to a boil.
Combine ½ cup Marsala, cornstarch, and ¼ teaspoon salt, stirring with a whisk.
Add Marsala mixture to leek mixture, and cook over medium heat for 6 minutes or until slightly thick.
Return meatballs to pan and cook 3 minutes or until thoroughly heated.

Nutrition Facts:

Serves 5

Per serving: 240 calories, 10 g total fat; 2.5 g sat fat, cholesterol 75 mg, sodium 360 mg, 13 g carbohydrate, 18 g protein

Chicken Breasts with Mushroom Cream Sauce

Submitted by Gail Deneault

Active Time: 30 minutes

Total Time: 30 minutes

Ingredients:

2 5-ounce boneless, skinless chicken breasts, trimmed and tenders removed (see Tip)
1/2 teaspoon freshly ground pepper
1/4 teaspoon salt
1 tablespoon canola oil
1 medium shallot, minced
1 cup thinly sliced shiitake mushroom caps
2 tablespoons dry vermouth, or dry white wine
1/4 cup reduced-sodium chicken broth
2 tablespoons heavy cream (substitute evaporated skim milk)
2 tablespoons minced fresh chives, or scallion greens

Directions:

Season chicken with pepper and salt on both sides.

Heat oil in a medium skillet over medium heat.

Add the chicken and cook, turning once or twice and adjusting the heat to prevent burning, until brown and an instant-read thermometer inserted into the thickest part registers 165°F, 12 to 16 minutes.

Transfer to a plate and tent with foil to keep warm.

Add shallots to the pan and cook, stirring, until fragrant, about 30 seconds.

Add mushrooms; cook, stirring occasionally, until tender, about 2 minutes.

Pour in vermouth (or wine); simmer until almost evaporated, scraping up any browned bits, about 1 minute. Pour in broth and cook until reduced by half, 1 to 2 minutes.

Stir in cream and chives (or scallions); return to a simmer.

Return the chicken to the pan, turn to coat with sauce and cook until heated through, about 1 minute.

Nutrition Facts:

Per serving: 275 calories; 15 g fat (5 g sat , 7 g mono); 84 mg cholesterol; 5 g carbohydrates; 25 g protein; 1 g fiber; 373 mg sodium; 370 mg potassium.

Nutrition Bonus: Selenium (34% daily value).

Exchanges: 1 vegetable, 3 lean meats, 2 fats

Tips & Notes

It's difficult to find an individual chicken breast small enough for one portion. Removing the thin strip of meat from the underside of a 5-ounce breast—the “tender”—removes about 1 ounce of meat and yields a perfect 4-ounce portion. Wrap and freeze the tenders and when you have gathered enough, use them in a stir-fry or for oven-baked chicken fingers.

Omit salt.

Use evaporated skim milk instead of cream.

Creamy Chicken Enchiladas

Submitted by Jane Sylvestre
Back on Track Recipe

Ingredients:

½ pound boneless, skinless chicken breast
4 cups torn fresh spinach or ½ of one 10 ounce package frozen, chopped spinach washed and well drained
¼ cup thinly sliced green onions (scallions)
1 (8 ounce) carton fat free sour cream
¼ cup plain fat free yogurt
2 tablespoon all-purpose flour (can use whole wheat)
¼ teaspoon ground cumin
¼ teaspoon salt (optional)
½ cup fat free milk
1 (4 ounce) can green chili peppers, drained (Find in Mexican food section of supermarket.)
Six 7 inch whole grain flour tortillas
1/3 cup shredded, reduced fat cheddar or Monterey jack cheese
Chopped cilantro or salsa (optional)
Thinly sliced green onions (scallions) as a garnish

Directions:

In a 3 quart saucepan, place chicken in enough water to cover. Bring to boiling; reduce heat. Cover and simmer for 15 minutes or until chicken is no longer pink inside. Remove chicken from saucepan. When cool enough to handle, use a fork to shred chicken into bite sized pieces. You should have about 1 and ½ cups. Set aside.

If using fresh spinach, place spinach in a steamer basket over boiling water. Reduce heat. Steam, covered, for 3-5 minutes or until tender. As an alternative, you could cook spinach in a small amount of water. Drain well.

In a large bowl, combine chicken, spinach and green onions. Set aside.

In another bowl, combine sour cream, yogurt, flour, cumin and salt.

Stir in milk and chili peppers.

Divide sauce in half and set one portion aside.

For filling, combine one portion of sauce with the chicken-spinach mixture.

Divide the filling among the tortillas. Roll up tortillas. Place, seam side down, in an ungreased baking dish.

Spoon reserved portion of sauce over tortillas.

Bake uncovered at 350° for 25 minutes or until heated through.

Sprinkle with cheese and let stand for 5 minutes.

Transfer to a serving platter. If desired, garnish with chopped tomato or salsa and additional green onion.

Make ahead tip: After filling the tortillas and placing in the baking dish, cover baking dish and chill for up to 24 hours. Store reserved sauce separately in a covered container and chill. Bake uncovered as above except add 10-15 minutes baking time or until heated through.

Nutrition Facts: Makes 6 enchiladas

Amount per serving: 254 calories, 18 grams protein, 4 grams fat, 34 grams carbohydrate, 449 mg sodium and 5 grams fiber.

Chicken Breasts, Breaded & Baked

Submitter Unknown

My family loves this recipe and it is impressive enough to serve dinner guests. This recipe multiplies very easily for family and guests.

Minutes to Prepare: 15

Minutes to Cook: 35

Ingredients:

1 8 ounce Chicken Breast, no skin
1 slice of Multigrain Bread
2 tablespoons Hidden Valley Ranch Lite Salad Dressing
1 tablespoons Parmesan Cheese, grated
½ teaspoon Italian Herbs, dried

Directions:

To make this recipe, you will need a blender, baking sheet and two shallow bowls for the dredging and breading.

Spray baking pan w/ spray oil and set aside.

Get two shallow bowls or pie plates; pour your lite ranch dressing into one; and the other is for your bread crumbs (to save on dishes, you can use waxed paper for the bread crumbs).

MAKE BREAD CRUMBS: Toast the bread then tear your sliced bread into 4-6 pieces. Take the lid to your blender in one hand, and the bread in your other hand. Drop the pieces of bread onto the running blades of a blender (quickly placing the lid on the blender simultaneously so the bread crumbs don't escape.)

Pour bread crumbs into prepared bowl, add 1 tablespoons parmesan and 1/2 teaspoon Italian herbs and mix well.

Rinse each chicken breast and pat dry on clean paper towel.

Dredge chicken breast into lite ranch dressing to coat both sides, then into the breadcrumbs, and place into oil-sprayed pan to bake. Sprinkle the leftover breadcrumbs on top of the chicken breast.

Bake in 350° oven for 35 minutes.

Nutrition Facts:

One 8-ounce chicken breast = two 4-ounce servings.

Amount Per Serving: Calories: 223.4, Total Fat: 2.7 g, Cholesterol: 67.9 mg, Sodium: 189.4 mg, Total Carbs: 12.6 g, Dietary Fiber: 2.0 g Protein: 29.6 g

Crock Pot Sour Cream and Onion Chicken

Submitted by Laurie Brulotte

Minutes to Prepare: 30

Ingredients:

4 chicken breast halves
1 12 ounce can of low fat cream of mushroom soup
1/2 cup fat free sour cream
1 1/2 cups water
1 packet of onion soup mix

Directions:

Place thawed chicken into crock pot or slow cooker. In a medium bowl, mix all the other ingredients together. Pour mixture of chicken and cover. Cook at low setting 6-8 hours or higher setting for 4-6 hours.

Notes: This has got to be one of the easiest meals to put together and has become a family favorite. It's very creamy and goes well with wild rice or potatoes. The recipe doubles nicely for larger servings.

Nutritional Information:

Servings Per Recipe: 4

Amount Per Serving: Calories: 336.0, Total Fat: 7.1 g, Cholesterol: 148.8 mg, Sodium: 573.3 mg, Total Carbs: 7.8 g, Dietary Fiber: 0.5 g, Protein: 56.0 g

Orange Chicken

Submitter Unknown

With this dish you get a serving of fruit in every portion. Dice the orange if you prefer smaller pieces and—if you're feeling creative—use a vegetable peeler to create curls of orange zest.

Minutes to Prepare: 5

Minutes to Cook: 20

Ingredients:

1 tablespoon olive oil
1½ teaspoon dried thyme
½ teaspoon salt
¼ teaspoon white or black pepper
1 pound boneless, skinless chicken breasts
2 small to medium oranges
3 tablespoon rice-wine vinegar
2 tablespoon honey

Directions:

In a glass dish, mix together the oil, thyme, salt, and pepper for a quick marinade.

Place the chicken flat on a cutting board, remove any fat, and slice each breast into quarters so that you have 1 to 1½ -inch thick strips. Add the meat to the marinade and toss to coat. Cover and place in the fridge for at least 15 minutes. (You can also do this in the morning.)

Zest the orange by using a grater to remove just the orange part of the peel (not the white pith). Using a sharp knife, cut away the remaining peel and pith, then, holding the fruit over a bowl to catch the juice, cut sections from the orange, working in a V fashion to cut away any membrane. Reserve the fruit and juice for the sauce.

Preheat a nonstick skillet to moderate heat. Spray with nonstick cooking spray, and then add the chicken once the pan is hot. Discard the marinade. Cook the chicken until firm and no longer pink, about 5 minutes.

While the meat is cooking, place the vinegar and honey in a small saucepan and bring to a boil. Lower the heat and simmer until the mixture is reduced by half. Add the orange, juice, and the zest to the sauce, stir, and remove from the heat. Divide the chicken onto 4 plates and pour the sauce over the meat.

Nutritional Information:

Servings Per Recipe: 4

Amount Per Serving: Calories: 209.9, Total Fat: 4.8 g, Cholesterol: 65.7 mg, Sodium: 364.9 mg, Total Carbs: 14.5 g, Dietary Fiber: 1.3 g, Protein: 26.7 g

TIPS:

Cut back on honey.
Omit salt.

Garlic Brown Sugar Chicken

Submitter Unknown

Minutes to Prepare: 5

Minutes to Cook: 15

This is a delicious chicken recipe that my family loves.

Ingredients:

Brown Sugar, 4 teaspoons unpacked

Chicken Breast, no skin, 12 ounces

Garlic, 1 clove

Butter, salted, 2 tablespoon

Salt, 1 teaspoon

Pepper, black, 1 dash

Directions:

This makes four servings, 3 ounce per person.

Melt the butter in a frying pan.

Brown the garlic in the butter.

Add chicken breasts to garlic and butter and cook thoroughly, adding salt and pepper as you like it.

When chicken is fully cooked, add brown sugar on top of each breast.

Allow the brown sugar to melt into the chicken (about 5 minutes).

Serve with your favorite vegetable, salad or starch. . We usually have rice or noodles and carrots or green beans.

Nutritional Information:

Servings Per Recipe: 4

Amount Per Serving: Calories: 156.9, Total Fat: 6.8 g, Cholesterol: 64.6 mg, Sodium: 678.8 mg, Total Carbs: 3.2 g, Dietary Fiber: 0.0 g, Protein: 19.7 g

TIPS:

Cut back on brown sugar and butter.

Consider replacing butter with an olive oil.

Omit salt.

Crockpot Burger Heaven Casserole

Submitted by Laurie Brulotte

Ingredients:

16 ounce ground turkey or extra lean hamburger
½ cup diced raw carrots
2 cup diced potatoes
1 cup diced celery
½ cup diced onions
1 cup frozen peas
1 cup frozen corn
½ cup water
1 can 98% fat free tomato soup
1 teaspoon parsley

Directions:

Scramble hamburger or turkey in skillet.
In the crock pot, mix layers of all vegetables and hamburger/turkey.
Pour soup mixture over the top.
Cook low for 6 to 8 hours.

Nutrition Information:

Serves 6

265 calories, 19 grams protein, 6 grams fat, 36 grams carbohydrate, 512 mg sodium and 5 grams of fiber.

TIPS:

Avoid sauces on frozen vegetables.
Choose lean ground turkey.

Baked Honey Mustard Chicken

Submitter unknown

Minutes to Prepare: 15

Minutes to Cook: 45

Ingredients:

3 skinless, boneless chicken breast halves salt and pepper to taste

1/4 cup honey

1/4 cup prepared mustard

1/2 teaspoon dried basil

1/2 teaspoon paprika

1/4 teaspoon dried parsley

Directions

Preheat oven to 350°.

Sprinkle chicken breasts with salt and pepper to taste, and place in a lightly greased 9x13 inch baking dish. In a small bowl, combine the honey, mustard, basil, paprika, and parsley. Mix well. Pour 1/2 of this mixture over the chicken, and brush to cover.

Bake in the preheated oven for 30 minutes. Turn chicken pieces over and brush with the remaining 1/2 of the honey mustard mixture. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving.

Nutritional Information:

Servings Per Recipe: 3

Amount Per Serving: Calories: 362.1, Total Fat: 3.7 g, Cholesterol: 136.9 mg, Sodium: 388.6 mg,

Total Carbohydrates: 25.5 g, Dietary Fiber: 1.1 g, Protein: 55.6 g

Missy's Chicken & Cornbread Stuffing Casserole

Submitter Unknown

Minutes to Prepare: 45

Minutes to Cook: 30

Ingredients:

Yield from a 10# bag of leg quarters or 30 ounce dark chicken meat

1 16-ounce bag cornbread stuffing

1 can 98% fat free cream of mushroom soup

1 can 98% fat free cream of chicken soup

8 tablespoons light margarine

Directions:

Boil leg quarters in water, no salt, until chicken is cooked, pulling away from the bone.

Reserve stock

Debone, discarding skin and bones.

Dice chicken into bite-sized pieces.

In medium mixing bowl, combine one can soup with one can stock, whisking well. In another mixing bowl, combine the other can soup with one can of stock, whisking well.

In large mixing bowl, toss stuffing and margarine.

Preheat oven to 350° degrees.

In a casserole dish, layer one-third stuffing on the bottom, half the chicken, one-third of each of the soups, another layer of stuffing, the other half the chicken, another third of each of the soups, remaining stuffing, and remaining soup.

Bake uncovered, for 30 minutes.

Note: Onion, garlic, and seasonings may be added to stock while chicken is boiling. We do this and then freeze it in quart size freezer bags to use later in recipes, as a soup base, to boil rice or potatoes in, or to drink as a hearty bouillon.

Nutrition Facts:

Servings Per Recipe: 8

Amount Per Serving: Calories: 295.5, Total Fat: 16.0 g, Cholesterol: 95.4 mg, Sodium: 549.3 mg, Total Carbs: 5.9 g, Dietary Fiber: 0.6 g, Protein: 28.6 g

TIPS:

Replace margarine with olive oil.

Quinoa Mac and Cheese

Submitted by Jennifer Weaver

Ingredients:

2 teaspoons olive oil
Non-stick cooking spray of choice
3 cup water
1 cup chives or ½ cup onion
½ cup diced red pepper (or veggie of choice)
1½ cup quinoa
2 cloves garlic, minced
2 large eggs
1 cup fat, fat free, or soy milk
1½ cup grated cheddar
1 pinch of salt and pepper

Optional toppings may be used: Bread crumbs, salsa, hot sauce, chicken etc.

Directions:

Preheat oven to 350°.
Heat oil saucepan over medium heat.
Add onion (or chives) and veggie.
Cover and cook 5 minutes or until tender.
Stir in quinoa and garlic and cook until grain start to turn opaque. (Quinoa will still be uncooked at this point.)
Add water, salt and pepper.
Cover and reduce heat to medium low and simmer for 10-15 minutes until most of the liquid is absorbed.
In a large bowl, whisk the eggs and milk together.
Fold in quinoa mixture and cheese, mix well.
Spray a 13x9 dish with nonstick cooking spray, wipe out excess with napkin.
Transfer quinoa into baking dish and bake 30-35 minutes until slightly golden around the edges.

Nutrition Facts:

Serves 8
Amount per serving:
Calories 263, fat 8g, protein 21 g,

TIPS:

Omit salt.
Use low fat grated cheese.

Stuffed Peppers with Turkey and Vegetables

Submitted by Katie Pavento

Ingredients:

4 green bell peppers, tops removed, seeded
1 pound ground turkey
2 tablespoons olive oil
½ onion, chopped
1 cup sliced mushrooms
1 zucchini, chopped
½ red bell pepper, chopped
½ yellow bell pepper, chopped
1 cup fresh spinach
1 (14.5 ounce) can diced tomatoes, drained
1 tablespoon tomato paste
Italian seasoning to taste
garlic powder to taste
salt and pepper to taste

Directions:

Preheat oven to 350°.

Wrap the green bell peppers in aluminum foil, and place in a baking dish. Bake 15 minutes in the preheated oven. Remove from heat.

In a skillet over medium heat, cook the turkey until evenly brown. Set aside. Heat oil in the skillet, and cook onion, mushrooms, zucchini, red bell pepper, yellow bell pepper, and spinach until tender. Return turkey to the skillet. Mix in the tomatoes and tomato paste, and season with Italian seasoning, garlic powder, salt, and pepper. Stuff the green peppers with the skillet mixture.

Return peppers to the oven, and continue cooking 15 minutes.

Nutrition Facts:

Serves 4

Amount per serving: Calories 280 cal, Carbohydrates 0.2 g, Cholesterol 84 mg, Fat 15.6 g, Fiber 3.2 g, Protein 25.4, Sodium 530mg

TIPS:

Omit salt.

Use low sodium diced tomatoes.

Sicilian Olive Chicken

Submitted by Jane Sylvestre

Back on Track recipe

From Eating Well September/October 2011:

http://www.eatingwell.com/recipes/Sicilian_olive_chicken.html

Ingredients:

One 14 ounce can of petite diced tomatoes with garlic and olive oil or other Italian style seasoning
1.5 cups frozen chopped spinach, thawed
1/3 cup halved Sicilian or other green olives
1 tablespoon capers, rinsed
1/4 teaspoon crushed red pepper, or to taste
Four 4 ounce chicken cutlets (see note)
1/4 teaspoon freshly ground pepper
1 tablespoon olive oil

Directions:

Combine tomatoes, spinach, olives, capers and crushed red pepper in a bowl. Sprinkle both sides of chicken with pepper.

Heat oil in a large skillet over a medium-high heat. Cook the chicken until browned on one side, 2-4 minutes.

Turn it over; top with the tomato mixture. Reduce heat to medium, cover and cook until cooked through, 3-5 minutes.

Nutrition Facts:

Serves 4

210 calories, 8 grams of fat, 2 grams of saturated fat, 5 grams of monounsaturated fat, 63 mg cholesterol, 8 grams of carbohydrates, 26 grams of protein, 3 grams fiber

Tip:

If you can't find chicken cutlets, you can make your own. Purchase chicken breasts. Remove the tenderloin and trim the fat. Place the chicken between two pieces of saran wrap. Pound with a rolling pin, meat mallet or heavy skillet until it is flattened to about 1/2 inch thick.

Skillet Lasagna

Submitted by Lisa Hall

Ingredients:

1 pound lean ground beef or turkey
1 onion
1 can diced tomatoes
8 ounces of tomato sauce
1 box wheat pasta lasagna noodles
1 tablespoon parsley
1 teaspoon basil
1 teaspoon oregano
3 cloves garlic (3 teaspoons)
1 and ¼ cup water
1 cup fat free cottage cheese
1 egg
¼ cup parmesan cheese
Fat free mozzarella cheese

Directions:

Cook beef and onions in a skillet.
Add water, sauce, diced tomatoes, parsley, basil and oregano.
Mix together and bring to a boil.
Add pasta and simmer 20 minutes.
In a separate bowl, mix together cottage cheese, parmesan cheese and an egg.
When pasta is done, add dollops of cheese mixture.
Let set 5 minutes and serve.

Nutrition Facts:

Serves 6

Amount per serving: 276 calories, 25 grams protein, 10 grams fat, 22 grams carbohydrate, 240 mg sodium and 2 grams of fiber.

TIPS:

Use low sodium diced tomatoes.
Use low sodium tomato sauce.
Remember that pasta can be a challenging food.
Use all fat free or at least low fat cheeses.

Asparagus Pesto with Pasta

Submitted by Jayne Smith

Prep time: 5 minutes

Cook time: 30 minutes

Ingredients:

1 bunch asparagus spears (about 1 pound), trim off ends and halve crosswise

3 handfuls baby spinach leaves

2 cloves garlic, peeled

1 cup pine nuts

1 cup freshly grated parmesan cheese, plus more for topping

Juice of ½ lemon

½ teaspoon fine-grain salt

8 ounce of dried pasta or 12 ounce fresh linguini, fettuccini, spaghetti, mix spinach pasta with regular wheat pasta for a medley of colors

Directions:

Bring 2 pots of water to a rolling boil, one large for the pasta and one medium sized for the asparagus. While the water is heating, put the pine nuts in a single layer in a large skillet. Heat on medium heat, stirring occasionally, until fragrant and lightly browned. Remove pine nuts from pan and set aside. You will use ¾ cup of pine nuts for the pesto paste and ¼ cup to mix in whole.

Salt the asparagus water and drop the spears into the pan. Cook for only 2 or 3 minutes, until the spears are bright green and barely tender. Drain under cool water to stop the cooking. Cut the tips off, and set aside several of the asparagus (diagonal cut about an inch from the end) to use for garnish.

Add the asparagus, spinach, garlic, parmesan, and ¾ cup of the pine nuts to a food processor. Puree and, with the motor running, drizzle in the ¼ cup of olive oil until a paste forms. If too thick, thin it with a bit of the pasta water. Add the lemon juice and salt, taste and adjust seasoning. Salt the pasta water well and cook until tender. Check the directions of the pasta package. You'll need more time for dried pasta and less for fresh. Drain and toss immediately with 1 cup of the asparagus pesto.

Serve sprinkled with the remaining ¼ cup toasted pine nuts, a dusting of parmesan, and a light drizzle of olive oil

Nutrition Facts:

Serves 6

Amount per serving: 318 Calories, 30g Fat, 511g Sodium, 4g Carbohydrate, 11 Protein, 1.5 Fiber

TIPS:

Substitute fat free parmesan.

Omit salt.

Mexican Mushy

Personally created by Deb Arons

Ingredients:

½ cup fat free refried beans
1 serving packet of Wholly Guacamole (100 calorie packets in dairy)
¼ cup low fat or fat free sour cream
¼ cup salsa

Directions:

Layer your bowl with beans, guacamole and sour cream. Top with salsa. When out of the mushy stage, you can add chopped onions, olives, ground turkey and light shredded cheese.

Nutrition Facts:

Serves 1

228 calories, 11 grams protein, 5 grams fat, 33 grams carbohydrate, 961 mg sodium and 11 grams of fiber.

Mexican Chicken Breasts

Submitted by: Dana Spalding

Minutes to Prepare: 10

Minutes to Cook: 30

This recipe is too good to be true... Much flavor and soooo easy to make!

Ingredients:

1 package taco seasoning
4 (4 ounce) chicken breasts
1 cup salsa
¼ cup non-fat sour cream

Directions:

Put chicken and taco seasoning in a plastic bag, shake and coat well.
Place in sprayed casserole dish and bake 30 minutes in a 375° oven.
Top with salsa about 5 minutes before done. Then top with sour cream.

Nutrition Facts:

Makes 4 servings

Servings Per Recipe: 4

Amount Per Serving: Calories: 119.3, Total Fat: 7.6 g, Cholesterol: 33.9 mg, Sodium: 317.4 mg, Total Carbs: 6.6 g, Dietary Fiber: 1.0 g, Protein: 6.7 g

Mexican Lasagna

Submitted by: Roberta Silva

Ingredients:

6 flour tortillas
16 ounce chunky salsa
1 (16 ounce) can of corn
1 (16 ounce) can of black beans
8 ounce low fat shredded cheese
¼ cup chopped cilantro (optional)
2 Tablespoon Fresh lime Juice

Directions:

In a bowl, combine salsa, cilantro and lime juice; set aside.
Drain beans in a colander.
Pour corn on top of beans to drain.
Layer 3 tortillas on bottom of baking dish sprayed with Pam.
Make layers by using ½ of the beans, corn, salsa and then cheese.
Repeat layers.
Bake uncovered at 375° for 25 minutes until sauce is bubbly.
Set 5 minutes before eating.
Enjoy!

Nutrition Facts:

Number of servings = 5
360 calories, 9 grams of fat, 15 grams protein, 42 grams carbohydrate, 1321 grams sodium and 7 grams of fiber.

TIPS:

You can use whole grain tortillas.
Get the “no salt added” canned vegetables or frozen.
Rinse the black beans well (rinsing can cut sodium by 40 %.)
Consider a fat free cheese to cut the fat more.

Tex-Mex Quinoa with Black Beans and Corn

Submitted by Patty Patterson
Back on Track recipe
Recipe from Vegetarian Times

Ingredients: (serves four 1 cup servings)

1 tablespoon of olive oil
1.5 teaspoons of whole cumin seeds
1 cup prepared black bean soup
½ cup water
1 cup mild or medium picante sauce (try Newman's Own Pineapple Salsa)
1 cup quinoa
1.5 cups of cooked black beans or one 15 ounce can black beans, rinsed and drained.
1 cup frozen yellow corn, thawed
4 green onions, thinly sliced (1/3 cup)
1-2 tablespoons pickled jalapeno chilies (can add Frank's hot sauce for heat)

Directions:

Heat oil in medium deep sided skillet or wok over medium heat. Add cumin and cook 2 minutes or until fragrant and lightly toasted, stirring often.

Add soup, ½ cup water, ½ cup picante sauce and quinoa. Stir and bring to a boil over high heat.

Reduce heat to medium low, cover, and cook 10-12 minutes or until all the liquid is absorbed.

Stir in beans and corn and cook covered, 7-10 minutes or until all the liquid is absorbed. The mixture will be quite moist.

Remove from heat and stir in remaining ½ cup picante sauce, green onions and jalapenos.

Season with salt and pepper if desired.

Enjoy!

Nutritional Information:

(serves four 1 cup servings)

367 calories, 15 grams of protein, 7 grams of fat, <1 gram of saturated fat, 64 carbs, 11 grams of fiber

TIPS:

Use low sodium black bean soup.

Rinse canned beans to reduce up to 40% of the sodium.

Chicken in a Crock Pot

Submitted by Laurie Brulotte

Ingredients:

1 ½ pounds frozen chicken
1 can 98% fat free cream of mushroom soup
1 package onion soup mix
16 ounces fat free sour cream

Directions:

Place chicken in the crock pot.
Mix all the ingredients and pour on top of the chicken.
Cook on low for 7 hours.

Nutrition Information:

Serves 8 (3 ounce portions)

147 calories, 10 grams protein, 2 grams fat, 10 grams carbohydrate, 646 mg sodium and 1 gram of fiber

TIPS:

Since chicken is cooked in a crock pot it should be juicy enough to use the breast which is healthier.)

Mushroom Pizza

Personally created by Deb Arons

Ingredients:

One medium sized portabella mushroom
1/8 cup pizza or red pasta sauce (whatever you prefer)
¼ cup (2 ounce) low-fat mozzarella cheese
toppings of your choice!

Directions:

Preheat the oven to 400°.
Clean the mushroom and toss the stem.
Spread pizza or pasta sauce on the mushroom and top with cheese followed by your healthy toppings (ham, veggies, etc.).
Spray a cookie sheet with some non-stick and put your "pizza" on it and in the oven for 8 minutes and enjoy!
Tastes just like pizza minus all the carbs!!

Nutrition Facts: Serves 1

Amount per serving: 170 calories, 18 grams protein, 5 grams fat, 4 grams carbohydrate, 567 mg sodium and .5 grams fiber.

Low Carb Eggplant Lasagna

Submitted by Deb Arons

Ingredients:

3 chopped green onions
3 cups low fat shredded mozzarella cheese

½ cup parmesan cheese

Mock Noodles:

2 large eggplants, peeled, sliced lengthwise into ¼ inch noodle like strips
Cooking spray- olive oil spray is best
Salt and pepper

Meat Sauce:

1.5 pounds ground turkey (may ground sirloin or Italian sausage)
2 Tablespoon olive oil
2 chopped onions
2 chopped cloves of garlic
1 chopped red pepper
1 package sliced mushrooms (16 ounces)
1 Teaspoon fennel seeds (optional)

2 Tablespoon Italian seasoning (or mix of oregano, basil and thyme)
Salt and pepper to taste
1 Teaspoon red pepper flakes (optional)
1 package of frozen, chopped spinach (10 ounces)
1 cup of red wine or vodka (optional)
1 large can of tomato sauce (28 ounces)
1 can of diced tomatoes

Cheese Mixture:

2 cups of low fat ricotta cheese

2 eggs

Directions:

Preheat oven to 425°.
Spray cookie sheet, arrange eggplant slices and season with salt and pepper.
Cook slices 5 minutes on each side.
Lower oven temperature to 375°.
Brown meat, onion and garlic in olive oil for 5 minutes.
Add red pepper and mushrooms, and cook for an additional 5 minutes.
Add spinach, tomatoes, spices and wine. Simmer for 5-10 minutes.
Blend ricotta cheese, egg and onion mixture.
Spread 1/3 of meat sauce in bottom of 9" X 13" glass pan.
Layer ½ eggplant slices, ½ ricotta, 1/3 mozzarella and parmesan.
Repeat.
Add last layer of sauce, then mozzarella and parmesan on top.
Cover with foil and bake or broil for another 5-10 minutes until cheese is browned.
Let it rest for 10 minutes before slicing.

Nutrition Facts: Serves 8

437 calories, 36 grams protein, 20 grams fat, 30 grams carbohydrate, 1,722 mg sodium and 7 grams of fiber.

TIPS:

Use low sodium canned tomatoes. Eliminate salt. Make your own Italian seasoning. Use extra lean ground turkey. Cut back on olive oil. Use egg substitute instead of whole eggs. Use fat free ricotta.

Josh's Turkey, Egg & Broccoli Mosh Up!

Submitted by Joshua Hurst

Ingredients:

4 ounces ground turkey
1 cup broccoli flowerets
2 egg whites
1 slice fat free American cheese (optional)
Salt (to taste)
Pepper (to taste)
Onion powder (to taste)
Garlic powder (to taste)
Franks red hot sauce (to taste)

Directions:

Spray small frying pan with nonstick spray.
Pull apart ground turkey into small bite size 'crumbles'.
Season turkey with salt, pepper, onion powder and garlic powder and cook until browned.
Add 1 cup of steamed broccoli to turkey in frying pan and sauté for 1-2 minutes.
Add 2 egg whites to mixture in pan.
Scramble the turkey, broccoli and eggs together.
Once eggs are cooked tear slice of cheese into small bits and sprinkle on top of mixture in pan.
Finally, add hot sauce and mix one more time before transferring to a plate.

Nutrition Facts:

Number of servings 1

Amount per serving: 260 calories, 37 grams of protein, 8 grams of fat, 10 grams of carbohydrate, 826 grams of sodium and 3 grams of fiber.

TIPS:

Choose lean ground turkey if tolerated (3 grams of fat per ounce.)
Could cut back on sodium by eliminating the salt.

Taco Bake

Submitted by Laurie Brulotte

Ingredients:

1 pound ground turkey (breast meat only)
1 can condensed tomato soup
1 can or more your favorite salsa
½ cup skim or fat free milk
8 6" corn tortilla cut into 1" pieces
4 ounce shredded reduced fat Mexican cheese or fat free sharp cheddar

Directions:

Preheat oven to 400 degrees.
In a skillet cook turkey until browned.
Add soup, salsa, milk, tortillas and cheese.
Spoon into 8"X8" pan sprayed well with cooking spray.
Bake covered 30 minutes.

Nutrition Information:

Serves 4-5 (based nutrition calculation on 4 servings.)
433 calories, 30 grams protein, 15 grams fat, 46 grams carbohydrate, 1,003 mg sodium and 2 grams fiber.

TIPS:

Consider using a fat free, low sodium soup.
Use fat free cheese.

Ranch Chicken Patty Burgers

Submitted by Katie Pavento

Ingredients:

1 pound ground chicken
1 ounce packet of ranch dressing mix
1 egg
3 garlic cloves
¼ cup Worcestershire sauce
Season with salt and pepper

Directions:

Mix all the ingredients together.
Form patties.
Cook on a nonstick pan until no longer pink in the middle.

Nutrition Information:

4 servings
223 calories, 21 grams protein, 12 grams fat, 7 grams carbohydrate, 836 mg sodium and 0 grams of fiber.

TIPS: Use a low sodium Worcestershire sauce. Omit salt.

Beef Zucchini Lasagna

Submitted by: Lisa Hall

By replacing the lasagna noodles with thin sliced zucchini you can create delicious, lower carb (gluten-free) lasagna that's loaded with vegetables and you won't miss the pasta!

The first time I made this, I didn't grill the zucchini first, but there was a lot of liquid so I found grilling it first greatly improved it. I soaked up as much of the liquid as I could with paper towels before layering the ingredients. I think the next time I make this, I'll try it with turkey sausage in place of the ground beef, and I bet it will be spectacular!

Tip: Using a mandoline slicer is a must to slice the zucchini thin, and it's quick and easy. You can also make the sauce ahead of time if you want to speed this up for a weeknight.

Ingredients:

1 pound 93% lean beef	2 tablespoon chopped fresh basil
3 cloves garlic	3 medium zucchini, sliced 1/8" thick
1/2 onion	15 ounce part-skim ricotta
1 teaspoon olive oil	16 ounce part-skim mozzarella cheese, shredded
salt and pepper	1/4 cup Parmigiano Reggiano
28 ounce can crushed tomatoes	1 large egg

Directions:

In a medium saucepan, brown meat and season with salt.

When cooked drain in colander to remove any fat.

Add olive oil to the pan and sauté garlic and onions about 2 minutes.

Return the meat to the pan; add tomatoes, basil, salt and pepper.

Simmer on low for at least 30-40 minutes, covered.

Do not add extra water, the sauce should be thick.

Meanwhile, slice zucchini into 1/8" thick slices, salt lightly and set aside for 10 minutes. Zucchini has a lot of water when cooked, salting it takes out a lot of moisture.

After 10 minutes, blot excess moisture with a paper towel.

On a gas grill or grill pan, grill zucchini on each side, until cooked, about 1-2 minutes per side. Place on paper towels to soak any excess moisture.

Preheat oven to 350°.

In a medium bowl, mix ricotta cheese, parmesan cheese and egg. Stir well.

In a 9x12 casserole spread some sauce on the bottom and layer the zucchini to cover. Then place some of the ricotta cheese mixture, then top with the mozzarella cheese and repeat the process until all your ingredients are used up.

Top with sauce and mozzarella and cover with foil.

Bake 45 minutes covered at 375°, then uncovered 15 minutes.

Let stand about 5 - 10 minutes before serving.

Nutrition Facts:

Servings: 8 • Serving Size: 1/8 • Calories: 345 • Fat: 17 g • Carbs: 16 g • Fiber: 2 g • Protein: 36 g.

Sugar: 8 g, Sodium: 801 (without salt)

TIP: Use low sodium crushed tomatoes. Omit salt.

Grilled Zucchini Roll-ups with Herbs and Ricotta

Personally created by Deb Arons

Ingredients:

3 small zucchini cut lengthwise into 3/4 inch thick slices
1 Tablespoon olive oil
1/8 teaspoon salt
pinch of pepper
1.5 ounces of skim milk ricotta
1 Tablespoon minced fresh parsley
1/2 teaspoon fresh lemon juice
2 cups lightly packed baby spinach leaves
1/3 cup fresh basil leaves

Directions:

Preheat grill or grill pan over medium heat.
Discard the outermost slices of zucchini and brush the rest with oil on both sides.
Sprinkle with salt and pepper.
Grill until tender, about 4 minutes each side.
In a small bowl, combine the ricotta, parsley, and lemon juice mashing together with a fork.
Put 1/2 teaspoon of the cheese mixture about 1/2 inch from the end of the zucchini slice.
Top with a few spinach leaves and a basil leaf.
Roll up and place seam side down on a platter.
Repeat with the rest of zucchini slices.
Serve.

Nutrition Facts:

Serves 4

68 calories, 4 grams protein, 4 grams fat, 6 grams carbohydrate, 174 mg sodium and 3 grams of fiber.

Feta and Vegetable Frittatas

Unknown Submitter

Ingredients:

Nonstick cooking spray
6 large eggs
4 large egg whites
½ cup water
¼ teaspoon salt
¼ teaspoon freshly ground pepper
2 cups fresh coarsely chopped spinach
1 cup of canned artichoke hearts, without oil (cut into chunks)
1 cup crumbled feta cheese
½ cup chopped roasted red peppers
½ cup sliced uncooked scallions
½ cup room temperature low fat creamed cheese

Instructions:

Preheat oven to 350°
Coat two 8-hole muffin pans with cooking spray (or use one 12-hole and four hole from another pan.)
In a medium bowl, beat eggs, egg whites, water, and salt and pepper until blended.
Stir in spinach, artichoke hearts, feta, roasted peppers, scallions and cream cheese; mix well.
Spoon about ¼ cup egg mixture into each prepared muffin hole.
Bake until just set, about 18-22 minutes.
Cool in pans on a wire rack for 5 minutes.
Loosen edges of frittatas with a rubber spatula, sliding spatula underneath frittatas to loosen bottoms and lift out of pans.

Note: Add chopped chives or dill to egg mixture, if desired.

Nutrition Facts:

Makes 1 Frittata

61 calories, 6 grams protein, 3 grams fat, 3 grams carbohydrate, 239 mg sodium and 1 gram of fiber.

TIPS:

Use fat free feta.

Try fat free cream cheese.

Grilled Chicken Salad

Submitter Unknown

Ingredients:

5 tablespoon freshly squeezed lemon juice
3 tablespoon reduced-sodium soy sauce
2 garlic cloves, peeled and chopped
1/8 teaspoon freshly ground black pepper
1 teaspoon dried basil
8 ounces boneless, skinless chicken breast
Light vegetable oil cooking spray
1 pound mixed salad greens (6 cups)
1 tablespoon crumbled blue cheese
1 medium tomato, cored and cut into 8 wedges
For the dressing:
4 tablespoon freshly squeezed lemon juice
4 tablespoon balsamic vinegar
2 cloves garlic, peeled
2 teaspoon dried basil

Directions:

Whisk together thoroughly the lemon juice, soy sauce, garlic, black pepper and basil in a large bowl and set aside.
Place the chicken on a sheet of plastic wrap spread on a work surface and cover with a second sheet. Pound chicken gently with a mallet.
Lift the top sheet of plastic, flip the pieces of chicken over, and re-cover.
Evenly pound the second side to a thickness of ¼ inch.
Transfer the chicken to the marinade bowl and cover.
Marinate in the refrigerator for at least 30 minutes.
Preheat the grill or broiler.
Place the onion rounds in a single layer on a baking sheet and spray lightly with a vegetable oil; turn them over and spray to coat other side.
Remove the chicken from the marinade and place alongside the onion rings.
Grill or broil the onion rounds and the chicken for 5 minutes per side.
Let the chicken cool a bit, and then slice thinly.
Spread an even amount of mixed greens on 4 salad plates, scatter onion rounds and then the sliced chicken on top.
Sprinkle ¾ teaspoon blue cheese over each.
Garnish with tomato wedges.

Nutrition Facts:

Serves 4

Chicken salad with dressing: 71 calories, 6 grams protein, 2 grams fat, 10 grams carbohydrate, 542 mg sodium and 2 grams of fiber.

Bourbon Glazed Salmon

Submitter Unknown

Minutes to Prepare: 5

Minutes to Cook: 10

This dish is delicious and easy to make.

Ingredients:

Brown Sugar, 6 teaspoon unpacked
Bourbon, .25 serving (3 Tablespoons)
Soy Sauce, 2 tablespoon
Ginger, ground, 1 tablespoon
Lime Juice, 1 fluid ounce
Garlic, 3 cloves, minced
Pepper, black, 1 dash
Pink Salmon fillets, 24 ounces
Fresh Chives, 1 teaspoon chopped

Directions:

Combine first 8 ingredients in a large zip lock bag and seal and marinate for 1 1/2 hours in the frig.

Heat a large skillet. Coat it with cooking spray.

Add fish and marinate to skillet and cook for 4 minutes on each side or until desired degree of doneness.

Places on plates and drizzle with sauce and sprinkle with chives.

Nutritional Information:

Servings per Recipe: 4 (6 ounce servings)

Amount per Serving: Calories: 284.6, Total Fat: 7.6 g, Cholesterol: 113.9 mg, Sodium: 599.9 mg, Total Carbs: 7.4 g, Dietary Fiber: 0.3 g, Protein: 44.3 g

TIPS:

Cut back on sugar.

Use a low sodium soy sauce.

Salmon Patties

Submitted by Jane Sylvestre
Back on track recipe

Ingredients:

6 ounce can Bumblebee canned salmon (this brand has no skin or bones), drained
1 egg
2-3 Tablespoon bread crumbs
Salt and pepper (optional)

Directions:

Mix all ingredients together and form into 4 patties.
Use non-stick cooking spray and cook a few minutes on each side.

Nutrition Facts:

320 calories, 14 gm carb., 39 gm protein, 12 grams fat

Comments from Lap Band Talk:

1. Really Yummy with mustard on top!
2. Lots of protein and low in calories!
3. One of my favorite meals or even a snack.

Broccoli-Quinoa Casserole

Submitted by: Sue McCoy

Ingredients:

1 10 ounce condensed cream of broccoli soup (or cream of mushroom)
1/3 cup reduced fat mayonnaise
2 tablespoons milk
1¼ cups reduced fat shredded cheese (cheddar, Colby-jack etc.)
½ teaspoon Splenda
¼ teaspoon black pepper
dash freshly grated nutmeg
2 cups cooked broccoli
1½ cups cooked quinoa (see note)
freshly grated parmesan cheese

Directions:

To cook quinoa:

¾ cup quinoa
1½ cups water
¼ teaspoon salt

Rinse quinoa in a fine sieve until water runs clear. In a small saucepan combine the quinoa, water and salt. Bring to a boil over high heat. Reduce heat to low and cover. Cook for 18-20 minutes or until fluffy and the white ring/tail is visible. Fluff with a fork.

Preheat oven to 350° and coat a shallow (8x8 in or 5-6 cups) casserole dish, or individual ramekins, with vegetable cooking spray.

In a large bowl, combine the soup, mayonnaise, milk, shredded cheese, Splenda, pepper, and nutmeg until well mixed.

Stir in the quinoa and broccoli.

Spoon mixture into prepared casserole.

Sprinkle on a couple tablespoons of parmesan and bake for 35 - 40 minutes (20 - 25 minutes for ramekins) or until bubbly on the edges and golden.

Nutrition Facts:

Serves 8 (1/2 cup servings)

199 calories, 10 g protein, 14 g carbs, 1 g sugar, 297 mg sodium

TIPS:

Use fat free milk.

Substitute low fat parmesan cheese.

Zu-Canoes

Zucchini stuffed with tomatoes, mozzarella and basil make a fresh summer salad side dish.

Submitted by Jane Sylvestre
Back on Track recipe
By eating well.com

Active Time: 25 minutes
Total Time: 25 minutes

Ingredients:

2 medium 2 inch wide zucchini
½ teaspoon salt, divided
½ teaspoon freshly ground pepper, divided
1 tablespoon extra-virgin olive oil
1 tablespoon white wine vinegar
1 tablespoon minced shallots
1 cup quartered grape tomatoes
½ cup diced part skim mozzarella cheese, preferably fresh
¼ thinly sliced fresh basil

Directions:

Trim both ends of the zucchini; cut in half lengthwise. Cut a thin slice off the backs so each half sits flat. Scoop out the pulp, leaving a ¼ inch shell. Finely chop the pulp; set aside. Place the zucchini halves in a microwave-safe dish. Sprinkle with ¼ teaspoon each salt and pepper. Cover and microwave on high until tender crisp, 3 to 4 minutes (or steam in a steamer basket.) Whisk oil, vinegar, shallot and the remaining ¼ teaspoon salt and pepper in a medium bowl. Add tomatoes, cheese, basil and the reserved zucchini pulp; toss to combine. Divide the filling among the zu-canoes.

Nutrition Facts:

Serves 4

87 calories, 2-4 grams fat, 7 gm carbohydrate, 7 grams protein, 2 grams fiber, 408 mg sodium.

Zucchini Parmesan

Submitted by Gail Deneault

Prep: 30 minutes

Bake: 40 minute at 375°F

Cook: 12 minutes

Ingredients:

1/2 cup flour

3 eggs, lightly beaten

1 1/2 cups seasoned bread crumbs

3 large zucchini, about 2 pounds, cut lengthwise into 1/4-inch-thick slices

1/4 cup canola oil

1 25 ounce jar prepared marinara sauce (such as Muir Glen)

2 cups shredded reduced-fat mozzarella cheese

1 cup basil leaves

1/4 cup grated Parmesan cheese

Directions:

Heat oven to 375°. Coat a 13 x 9 x 2-inch baking dish with nonstick cooking spray.

Place flour, eggs and bread crumbs in separate shallow bowls. Lightly coat zucchini slices with flour. Dip in egg and coat with bread crumbs. Set aside.

Heat 2 tablespoons of the oil in a large nonstick skillet over medium-high heat. Cook zucchini 1 1/2 to 2 minutes per side until golden brown. Cook in three batches, adding more oil as needed.

Spoon 1/2 cup of sauce in bottom of prepared baking dish. Evenly place 1/3 of the zucchini in dish; top with 3/4 cup of sauce and 2/3 cup mozzarella cheese. Repeat layering twice, adding basil between second and third layers.

Sprinkle Parmesan cheese over top and loosely cover with nonstick foil. Bake at 375° for 30 minutes; remove foil and bake for an additional 10 minutes.

Cool slightly before slicing.

Serve with a green salad if desired.

Nutrition Facts:

Amount per serving: Calories (kcal) 304, Protein (gm) 17, Carbohydrate (gm) 27, Fat, total (gm) 15, Cholesterol (mg) 100, Saturated fat (gm) 5, Dietary Fiber, total (gm) 5, Sodium (mg) 762

Percent Daily Values are based on a 2,000 calorie diet.

TIPS:

Use whole wheat flour for half the amount of flour.

Use low fat parmesan cheese.

Desserts

Plain Cheesecake – Sugar Free

Submitter Unknown

This is a great emergency snack. I measure out 20 cupcake portions and end up with 22 calories and 2 carbs per serving. They set up nicely. They freeze nicely. They taste great!

Minutes to Prepare: 30

Number of Servings: 20

Ingredients:

8 ounce - fat free cream cheese – softened

1 cup - 1% fat Non Dairy Creamer

1 small box instant sugar free cheesecake Jell-O pudding

8 ounce - sugar free Cool Whip

Directions:

Beat cream cheese until smooth. I am able to do this with a fork.

Add Non Fat Dairy Creamer. Beat until smooth.

Stir in pudding mixture. Beat lightly.

Fold in Cool whip that has softened.

Makes 20 cupcake size servings

Nutritional Information:

Servings Per Recipe: 20

Amount Per Serving: Calories: 22.4, Total Fat: 0.6 g, Cholesterol: 0.9 mg, Sodium: 80.6 mg, Total Carbs: 2.5 g, Dietary Fiber: 0.0 g, Protein: 1.9 g

No Bake Graham Cracker Cheesecake

Submitter Unknown

This is a delicious, light, refreshing dessert. It's low in calories and sugar and can be made with the lite pie filling in any flavor. Note that this needs to be made the night before to soften the graham crackers.

Minutes to Prepare: 10

Number of Servings: 20

Ingredients:

Low Fat Graham Crackers

8 ounces fat free cream cheese (softened)

1 cup cold skim milk

2 tablespoons lemon juice

1 small box instant vanilla pudding (sugar free)

8 ounces fat free Cool Whip

1 can lite cherry pie filling (or any flavor)

Directions:

Line the bottom of a 9 x 13 pan with whole graham crackers.

Beat the cream cheese until smooth.

Add milk and lemon juice to the cream cheese and beat until smooth.

Stir in pudding mix, then fold in Cool Whip.

Spread 1/2 of cream cheese mixture over graham crackers.

Repeat with another layer of graham crackers and cream cheese mixture.

Spread pie filling over top.

Refrigerate overnight for graham crackers to soften.

Enjoy!

Nutritional Facts:

Servings Per Recipe: 20

Amount per serving: Calories: 80.1, Total Fat: 0.3 g, Cholesterol: 2.2 mg, Sodium: 176.0 mg, Total Carbs: 16.2 g, Dietary Fiber: 0.4 g, Protein: 2.8 g

Easy Strawberry Cream Pie

Submitted by Laurie Brulotte

Ingredients:

½ of a 12 ounce can of frozen orange/strawberry/banana juice concentrate or any other combination you choose
1 (8 ounce) package fat free cream cheese
1 small package sugar free instant vanilla pudding
1 ½ cups fat free cool whip
1 cup fresh strawberries, chopped
1 reduced fat graham cracker pie crust

Directions:

In a blender, combine juice concentrate, cream cheese and pudding mix; process until smooth. Transfer to a large bowl; fold in the cool whip and strawberries. Transfer to pie crust; spread evenly. Cover and refrigerate until firm. At least 2 hours.

Nutrition Information:

Serves 8

119 calories, 4 grams protein, 1 gram fat, 20 grams carbohydrate, 219 grams sodium and .5 grams fiber

Pumpkin Mousse

Submitted by Laurie Brulotte

Ingredients:

2 small packages of sugar free vanilla pudding
2 cups skim milk
½ teaspoon of pumpkin spice
8 ounces of fat free Cool Whip

Directions:

Make pudding first, then fold in remaining ingredients.
Chill and serve.

Nutrition Facts:

Serves 4 (1/2 cup servings)

69 calories, 11 grams carbohydrate, 1 grams fat and 3 grams of protein, 152 mg sodium and 1 gram of fiber

Creamy Coconut Pops

Personally created by Deb Arons

Ingredients:

1 (12 fluid ounce) can fat-free evaporated milk
1 (13.5 ounce) can light coconut milk
1/2 cup confectioners' sugar
1/2 cup unsweetened coconut flakes
1 tablespoon coconut extract

Directions:

In a large mixing bowl with a pour spout, whisk together all ingredients.

Divide mixture among ice pop mold. Top mold with cover and insert ice pop stick into each pop.

Freeze overnight or until pops are firm (approximately 8 hours).

For easy removal, dip the bottom of the ice mold in hot water for a few seconds to loosen the pops.

Remove pops from mold and serve.

No ice pop molds? Use small paper cups. Line paper cups on a small baking sheet and fill with mixture.

Cover with film wrap and place in the freezer. When pops are partially frozen, insert one ice pop stick into the center of each cup. Return to freezer until firm.

Nutrition Facts: Serves 8

177 calories, 4 grams protein, 8 grams fat, 21 grams carbohydrate, 107 mg sodium and .5 grams of fiber.

TIP: This should be a special “treat” because the fat content is primarily saturated (7 grams.)

Hungry Girl's Red Hot Apple Pie in a Mug

Submitted by Laurie Leehan

Ingredients:

1 medium Fuji apple, cored and cut into 1/2-inch cubes
12 to 15 pieces Red Hots cinnamon-flavored candy
1/2 sheet (2 crackers) low-fat cinnamon graham crackers, crushed
Dash cinnamon

Directions:

Place apple cubes in a microwave-safe cup or mug.
Top with Red Hots - the more you use, the hotter the results!
Cover and microwave for 2 minutes.
Stir well.
Re-cover and microwave for 1 to 2 minutes, until apple cubes are soft.
Mix well. Let cool, at least 10 minutes.
Top with crushed graham crackers and cinnamon.
Enjoy!

Nutrition Facts:

Amount per serving: 135 calories, 0.5g fat, 44mg sodium, 46g carbs, 3.5g fiber, 23.5g sugars, 0.5g protein

Clean Eating Pumpkin Pie Oatmeal

Submitted by Katie Pavento

Note: The egg whites were added in order to get more protein. They are optional.

Ingredients:

1 cup dry oats, cooked
1/2 cup pumpkin purée
1 teaspoon pumpkin pie spice, no sugar added
4 egg whites (optional)
1/4 cup pecans per serving
Maple syrup to taste: (Did not include in Nutrition Information)

Directions:

Cook the oats according to package directions.
In the last 5 minutes of cooking (just take a guess, the oats should basically be pretty much done cooking), quickly stir in the eggs, being sure to stir vigorously so they get well-distributed.
Then, stir in the pumpkin purée and pumpkin spice.
Put some oats in a bowl and top with pecans and maple syrup.
Eat and Enjoy!

Nutrition Facts:

Serves 4

130 calories, 9 grams protein, 6 grams fat, 13 grams carbohydrate 58 mg sodium and 7 grams of fiber.

Classic Pumpkin Pie

Submitted from www.icantbelieveitsnotbutter.com

<http://www.icantbelieveitsnotbutter.com/>

Ingredients:

1 cup firmly packed light brown sugar
½ teaspoon salt
1½ teaspoons ground cinnamon
1/8 teaspoon ground allspice
½ teaspoon dried ginger
2 large eggs
1 can (15 ounces) pumpkin
1½ cups milk
Flaky Pie Crust*

Directions:

Preheat oven to 425°.

Combine sugar, salt and spices in small bowl; set aside.

Beat eggs with pumpkin with electric mixer and then beat in sugar mixture.

Slowly add milk.

Pour into Flaky Pie Crust.

Bake 15 minutes.

Decrease oven temperature to 350° and bake 45 minutes or until knife inserted near center comes out clean.

Cool on wire rack 2 hours.

Chill, if desired.

* For Flaky Pie Crust, combine 1 cup all-purpose flour, 1½ teaspoon sugar and ¼ teaspoon salt in medium bowl. Blend in 6 tablespoons I Can't Believe It's Not Butter Cooking Baking Sticks with pastry blender or two knives to form coarse crumbs. Add 2 to 3 tablespoons ice water, 1 tablespoon at a time, and mix with fork until dough forms. Knead dough with lightly floured hands until mixture forms a ball. Roll out dough on lightly floured surface from center to edges, forming a 12-inch circle. Press into 9-inch pie plate. Fill.

TIP: After baking 30 minutes, cover edges with aluminum foil to prevent over browning.

Nutrition Facts:

Serves 8

Amount per Serving

Calories 310

Calories from Fat 100

Total Fat 11 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 50 mg, Sodium 340 mg, Total Carbohydrate 47 g, Dietary Fiber 2 g, Sugars 31 g, Protein 5 g, Vitamin A 180 %, Vitamin C 4 %, Calcium 10 %, Iron 10 %

Low Fat Crustless Pumpkin Pie

Submitted by Jane Sylvestre
Back on Track recipe

Try this yummy low calorie crustless pumpkin pie recipe. Most of the fat in a pumpkin pie is in the crust. You can still enjoy the savory filling without all the saturated fat and calories. Delicious!

Ingredients:

16 ounce can of pumpkin
12 ounce can evaporated skim milk
½ cup dark brown sugar, packed
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon ground ginger
¼ teaspoon ground nutmeg
¼ teaspoon ground cloves

Directions:

In a medium bowl, mix pumpkin, egg beaters, sugar and spices.
Add evaporated skim milk and mix well.
Pour into 9 inch pie pan sprayed with non-stick coating.
Bake at 350° for approximately 1 hour.
Sprinkle graham crackers over cooled pie.
Optional: Serve with a scoop of non-fat cool whip.

Nutrition Facts:

Serves 8: per slice= 125 calories, <1 gram fat, 25 grams carbohydrate and 4 grams protein

Lite Dessert

Submitted by Dorothy Foley

Ingredients-break

One box Angel Food Cake mix
1 20 ounce canned Crushed Pineapple (No sugar added)
1 8 ounce container of Lite Cool Whip
¼ cup Shredded Coconut

Use a bunt or tube pan

Directions:

Cook Angel Food Cake as directed on box except add the Crushed Pineapple INSTEAD OF THE WATER. Do not drain pineapple.

After cooling-
Frost with Whipped topping
Sprinkle with coconut

Decorate if wanted with fruit such as strawberries, blueberries, etc.

Black Bean Brownies

Submitted by Katie Pavento

The brownies are 2 points on Weight Watchers and a nice little snack. They are amazing!

Ingredients:

1 box of brownie mix
1 (15 ounce) can black beans
¼-½ cup water

Directions:

Open Beans, drain, wash and put them in a blender.
Add ¼- ½ cup of water or maybe more to get them blended and thin,
Add to brownie mix
Bake at 350° for about 23 minutes.

Nutrition Facts:

Makes 16 brownies
162 calories, 3 grams protein, 3 grams, 36 grams of carbohydrate, 114 mg sodium and 3 grams of fiber.

MISC

Snack Mix

Created by Sandra Peluso

Here are the ingredients for my Chex mix. I was told by someone it is NOT a recipe! LOL

Ingredients:

A large (16 ounce) container of dry roasted peanuts
1 box of Rice Chex
1 box of Chocolate Chex
1 box of Wheat Chex
1 box of Corn Chex
1 box of Multi-Grain Cheerios

Directions:

Mix all the ingredients together in a large bowl and divide into containers or baggies. This will make a LOT!

Nutrition Facts:

Serves 105 (1/2 cup servings)

90 calories, 2 grams protein, 3 grams fat, 15 grams carbohydrate, 123 mg sodium and 1 gram of fiber.

Black Bean Hummus

Submitted by Katie Pavento

Ingredients:

1 (15 ounce) can black beans, rinsed and drained
1 Tablespoon Tahini
1 Tablespoon light sour cream or low fat yogurt
1 Teaspoon crushed garlic
¼ cup minced tomato
1 Tablespoon lime juice
1 Teaspoon cumin
¼ cup chopped cilantro
Black pepper to taste

Directions:

Combine everything in a food processor or blender until smooth.

Nutrition Information:

Serves 8

74 calories, 4 grams protein, 1 gram fat, 11 grams carbohydrate, 11 grams mg sodium and 4 grams of fiber

Dry Rub

Submitted by Jane Sylvestre

Back on Track recipe

By: Michael Baker @ www.bigbitebbq.com

Ingredients:

8 teaspoon onion powder
3 teaspoon white pepper
4 teaspoon cumin
2 teaspoon garlic powder
4 tablespoon crushed savory
½ teaspoon cayenne pepper

Directions:

Rub meat and let sit overnight in the refrigerator. Grill.

Homemade BBQ Sauce

Ingredients:

1 tablespoon mustard (yellow, spicy or sweet)
¼ cup vinegar (balsamic or white)
½ cup ketchup
2 shakes Worcestershire sauce
Dash of salt and pepper
½ tablespoon brown sugar

Directions:

Mix together and add equal parts water to water down.

Nutrition Facts:

166 calories, 3 grams protein, 1 gram fat, 42 grams carbohydrate & 1700 mg sodium

TIPS:

Use a low sodium Worcestershire sauce
Omit the salt

Protein Shakes

Jazz up your protein shakes:

Mix protein shakes with sugar free gelatin, fruit, puddings,
and sugar free syrups; be creative!

Orange Creamsicle Protein Shake

Personally created by Deb Arons

Ingredients:

½ cup unflavored plain Greek yogurt (Fage 0%)
½ cup coconut almond milk
1 scoop vanilla Unjury protein or any brand
1 Tablespoon sugar free orange Jell-O
5 or more ice cubes depending on how thick you like it.

Directions:

Put everything in a blender and pulse until thick and creamy. You can also freeze as Popsicle bars!
Variation: try different sugar free Jell-O flavors.

Nutrition Facts:

Serves 1

268 calories, 32 grams protein, 2 grams fat, 9 grams carbohydrate, 144 mg sodium and .5 grams fiber.

Organic Low Sugar Strawberry Jam and Fruit Topping

Submitted by: Laurie Leehan

Ingredients:

8 cups of mashed organic strawberries
1 1/2 cups organic cane sugar
1 package Pomona's Universal Pectin (contains pectin and calcium powder)
The following recipe is from the Pomono package:

Before starting, make calcium water:

Put 1/2 teaspoon white calcium powder and 1/2 cup water in a small, clear jar with lid.
Store in refrigerator between usage. Lasts a number of months – discard if settled white powder discolors
Shake well before using.

Directions:

Wash and rinse jars; let stand in hot water. Bring lids and rings to boil; turn down heat and let stand in hot water.
Prepare strawberries. Remove hulls and stems and mash. (I save the tops and put them in a freezer bag for use in my morning smoothies). Measure 8 cups of mashed strawberries and put into a pan.
Add 4 teaspoons of calcium water into the pan and stir well.
In a separate bowl, thoroughly mix 1 1/2 cups of organic sugar with 4 teaspoons of pectin.
Bring fruit to boil. Add pectin-sugar mixture; stir vigorously 1 to 2 minutes while cooking to dissolve pectin. Return to boil and remove from heat.
Fill jars to 1/4 inch of top. Wipe rims clean. Screw on 2 piece lids and put filled jars in boiling water to cover. Boil 10 minutes (add 1 minute more for every 1,000 feet above sea level). Remove from water and let jars cool. As they cool, the seals-lids should be sucked down (you'll hear them pop). Lasts about 3 weeks once opened.

Nutrition Facts:

Makes 9 servings

Per tablespoon of jam: 12 calories, .1 g fat, 0 g saturated fat, 0 g cholesterol, .1 g protein, 3 g carbohydrates and .3 g of fiber.

Mango and Pine Nut Salad

Submitted by Jane Sylvestre

Ingredients:

- 2 cups chopped fresh mango
- 1/3 cup fresh orange juice
- 2 tablespoons canola or olive oil
- 2 teaspoons grainy Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 cups shredded Romaine lettuce
- 1 cup finely shredded red cabbage
- 1 cup thinly sliced scallions
- 2 15 ounce cans cannellini beans, rinsed and drained
- 1/4 cup raw or toasted pine nuts

Directions:

In a mini chopper or a blender, puree 1/4 cup mango, orange juice, oil, mustard, salt, and pepper.

In a large bowl, combine lettuce, cabbage, scallions, beans, remaining mango, and pine nuts.

Toss gently.

Add vinaigrette and toss just before serving.

Divide evenly into four salad bowls.

Nutrition Facts:

Serves 4

372 calories, 14 g fat, 665 mg sodium, 52 carbs, 12 g fiber, 12 g protein

Tip: If you don't have a blender (or the time) to mix up the mango vinaigrette, buy bottled fat-free mango vinaigrette dressing.

Kicked-up Bean Salad

Submitter Unknown

Ingredients:

1 (15 ounce) can black eyed peas, drained
1 (15 ounce) can black beans, drained
1 (15 ounce) can whole kernel sweet or white corn
½ cup red onion chopped
1 teaspoon garlic sensations
1 small bottle low fat Italian Salad Dressing
Lettuce
Tortilla chips

Directions:

Mix together and let sit in refrigerator.
Serve over layer of lettuce with tortilla chips.

Nutrition Facts:

Serves 8

171 calories, 5 grams protein, 7 grams fat, 24 grams carbohydrate, 650 mg sodium and 5 grams fiber.

TIPS:

Use baked tortilla chips.

Use low sodium canned corn.

Rinsing canned beans and vegetables can reduce the sodium by 40%.

4 Bean Salad

Submitted by Laurie Brulotte

Ingredients

In a big zip lock bag (zip and fold over not to spill) add:

1/3 cup safflower or sunflower oil

2/3 cup vinegar (any kind)

1 teaspoon pepper

3/4 cup sugar substitute (or 9 packets)

1 can chickpeas (rinsed)

1 can green beans (rinsed)

1 can wax beans (rinsed)

1 can kidney beans (rinsed)

1 large sweet onion chopped

1 package peppers (1 each color green/yellow/red)

Directions

Marinate for 24 hours

Nutrition Facts:

Serves 14 (1/2 cup portions)

81 calories, 3 grams protein, 3 grams fat, 10 grams carbohydrate, 241 mg sodium and 3 grams of fiber.

TIPS:

Rinsing canned foods can reduce the sodium content by 40%.

Choose “low sodium” or “No salt added” canned foods when possible.

Papaya–Mint Salsa

Submitted by Laurie Brulotte

Hands on time 10 minutes

Total time 10 minutes

Ingredients:

1 small white onion peeled and quartered
¼ cup fresh mint leaves
2 ripe papayas, peeled, quartered, and seeded
2 tablespoons fresh lemon juice
¼ teaspoon cayenne pepper
1/8 teaspoon salt

Directions:

Chop the onion and mint together finely with the mezzaluna.
Add the papayas, in two batches and chop.
Add the remaining ingredients and chop until well combined.

Nutrition Facts:

Makes 8 (1/4 servings)

34 calories, 3 grams protein, .2 grams fat, 9 grams carbohydrate, 41 mg sodium and 2 grams of fiber.

Mock Nutella

Personally created by Deb Arons

Ingredients:

2 tablespoon PB2 powder (basically ground peanuts without the added fat like in peanut butter)
Order PB2 online
2-3 teaspoon unsweetened cocoa powder (I used 3 and it came out with a rich dark chocolate taste)
1 teaspoon of raw natural honey (if you like yours really sweet, you could always add a little more)
about 2 tablespoon of water

Directions:

In a small bowl, add PB2 and cocoa.
Whisk together with a whisk until most of the lumps are gone.
Add honey and 1 tablespoon water. Mix well.
Add another tablespoon of water if it's too thick. You can add as much or as little water as you like depending on your desired consistency.

Nutrition Facts:

Serves 1

87 calories, 5 grams protein, 4 grams fat 12 grams carbohydrate, 96 mg sodium and 2 grams fiber.

Crispy Sweet Potato Fries

Submitted by Laurie Brulotte

Ingredients:

2 pounds large sweet potatoes, scrubbed
1 tablespoon olive oil
¼ teaspoon salt
¼ teaspoon freshly ground pepper

Directions:

Preheat oven to 450°
Half the potatoes then cut into ½ inch wedges.
Toss with oil, salt and pepper in a medium bowl.
Arrange the potatoes in a single layer on a nonstick baking sheet.
Bake, turning once, until browned and crisp, about 35 minutes

Nutrition Facts:

Per serving (about 1 cup) 234 calories, 4 g fat, 0 grams saturated fat, 0 grams trans-fat, 0 mg cholesterol, 153 mg sodium, 48 g carbs, 6 g fiber, 3 g protein, 57 mg calcium.

TIP: Omit salt.