Recipes

Pasta with Broccoli and Chicken
(2 grain, 1 vegetable, 1 protein, 1 dairy)
Ingredients:
- 4 ounces whole wheat spaghetti or 2 cups ziti
- 2 cups broccoli florets, coarsely chopped
- 1 cup sliced cooked chicken breast
- 4 tbsp grated Parmesan cheese
- 4 tsp olive oil
- Pinch of red-pepper flakes (optional)

Instructions:
Prepare the pasta according to package directions. Drain, reserving 1 cup of the liquid. Return the liquid to the pot. Place the pasta in a bowl and cover to keep warm. Bring the liquid to a boil. Add the broccoli, cover, and cook for 4 to 5 minutes, or until soft, but not soggy. Add the pasta, chicken, cheese, oil, and pepper flakes (if using). Toss well.

Veggie Cheeseburger
(2 grain, 2 protein, 1 dairy)
Ingredients:
- 1 vegetable burger (about 120 calories)
- 1 slice reduced-fat cheese
- 1 whole wheat hamburger bun
- 2 tsp low-fat mayo
- 1 tsp mustard
- 2 tomato slices
- 1 leaf of lettuce

Instructions:
Cook 1 vegetable burger according to package directions. Melt 1 slice reduced-fat cheese on top and place in 1 whole wheat hamburger bun with 2 tsp low-fat mayo, 1 tsp mustard, tomato slices and lettuce.

Lemon Couscous
(2 grain, 1 fruit)
Ingredients:
- 2/3 cup water
- ½ tsp butter
- Dash of salt
- ½ cup dry whole wheat couscous
- 2 tbsp raisins
- 1 tsp grated lemon zest

Instructions:
In a small saucepan, bring the water, butter, and salt to a boil. Add the couscous. Cover, turn off the heat, and let stand for 5 minutes. Fluff with a fork. Add the raisins and lemon zest. Toss to combine.

**Fish with Olives and Capers**
**(3 protein, 1 vegetable)**

Ingredients:
- 2 tsp olive oil
- 1 clove garlic, chopped
- 1 can (14 ounces) whole tomatoes
- Pepper to taste
- 2 fish fillets, such as red snapper, tilapia, or other fish (5-6 ounces each)
- 2 ½ tbsp chopped fresh basil
- 2 tbsp chopped, pitted black olives
- 1 tsp capers, chopped

Instructions:
In a large nonstick skillet, warm the oil over medium heat. Add the garlic and stir for 30 seconds. Add the tomatoes. Bring to a boil, breaking the tomatoes into coarse chunks with a spoon. Reduce the heat to medium-low and simmer for 10 minutes. Season with pepper. Add the fish and spoon the sauce over it to cover completely. Cover and simmer for 10 minutes, or until the fish flakes easily. Transfer just the fish to a serving dish. Stir the basil, olives, and capers into the tomatoes. Simmer for 30 seconds and pour over the fish.

**Beef and Rice Casserole (1 serving)**
**(3 protein, 1 vegetable, 2 grain)**

Ingredients:
3 oz lean ground beef
1 tbsp onion, chopped
1 tbsp celery, chopped
¾ cup condensed chicken gumbo soup
¼ cup water
½ cup rice, uncooked
¼ cup condensed cream of mushroom soup
Salt and pepper to taste

Instructions:
Combine ground beef, onion, and celery with a small amount of water in a saucepan. Boil until onion is tender; drain. Combine condensed chicken gumbo soup, water and rice. Simmer until
all moisture is absorbed. Mix beef mixture, rice, and mushroom soup; pour into a small greased casserole dish. Add salt and pepper. Bake at 350 degrees for 25 minutes.

**Macaroni and Cheese Supreme (Makes 6 servings)**
*(2 bread, 2 oz protein, 1 oz dairy, ½ vegetable)*

**Ingredients:**
- 1 cup elbow macaroni
- 11 oz can condensed cream of mushroom soup
- 6 oz low fat shredded cheese
- 1 tsp yellow mustard
- 1 tsp salt
- Dash pepper
- 2 cup cooked spinach, drained
- 12 oz lean meat, diced

**Instructions:**
Cook macaroni as directed on package; drain. Combine mushroom soup, cheese, mustard, salt, and pepper. Add macaroni; stir well. Spread cooked spinach on bottom of lightly greased 13x9 baking dish. Top with meat. Spoon macaroni mixture evenly over entire surface. Bake at 375 degrees for 40 minutes. Allow to cool 15 minutes before serving.

For baking in microwave: Cook on medium for 12-15 minutes. Turn dish halfway through cooking time. Allow to rest 15 minutes before serving.

**Turkey A La King (Makes 1 serving)**
*(3 meat, 2 ¼ bread, ¼ vegetable)*

**Ingredients:**
- 1 tbsp green pepper, diced
- 2 tbsp celery, sliced
- ¼ cup condensed cream of chicken soup
- 2 tbsp skim milk
- 2 tbsp mushrooms, chopped
- 3 oz cooked turkey, diced
- 1 tbsp pimiento, chopped
- Salt and pepper to taste
- 2 slices bread, toasted

**Instructions:**
Cook green pepper and celery in boiling water until tender; drain. Blend condensed soup and skim milk. Add green pepper, celery, mushrooms, turkey, and pimiento. Add salt and pepper. Heat slightly over low heat. Cut toast into triangles; place in small bowl, tips up. Spoon turkey mixture over tips.

**Chicken Gambeano (Makes 1 serving)**
(3 bread, 2 meat, ½ vegetable)
Ingredients:
¼ cup condensed cream of chicken soup
3 tbsp skim milk
¼ cup zucchini, cubed
¼ cup green beans
2 oz cooked chicken, cubed
¼ tsp poultry seasoning
Salt and pepper to taste
1 ¼ cup linguine, cooked

Instructions:
Blend condensed soup and skim milk; place in saucepan. Add zucchini and green beans. Cook over medium heat until vegetables are partially tender. Add chicken and seasonings; reheat. Serve over linguine.

In a microwave: Blend soup and skim milk; place in bowl. Add zucchini and green beans; cover. Cook on high for 5 to 7 minutes, or until vegetables are partially tender. Add chicken and seasonings; reheat on medium for 4 minutes. Serve over linguine.

Clam Pilaf (Makes 1 serving)
Ingredients:
2 oz clams, minced
½ cup rice, cooked
2 tbsp onion, chopped
1 medium fresh tomato, peeled and cubed
Dash each of ground bay leaf, thyme, salt, and pepper
2 tbsp grated cheddar cheese

Instructions:
Combine clams, rice, onion, tomato, and seasonings in baking dish; top with cheese. Bake at 350 degrees for 25 minutes.

In the microwave: Combine clams, rice, onion, tomato, and seasonings. Cook on high for 5 minutes; top with cheese. Reheat on high for one minute.

Shrimp and Vegetable Kebabs
Ingredients:
- 6 oz. large raw shrimp (about 14 shrimp), peeled
- 2 medium onions, cut into wedges
- 1 cup small whole mushrooms or Portobello mushrooms, cut into large wedges
- 2/3 cup cherry or grape tomatoes
- Juice of 1 lemon
- 1 tbsp olive oil
- 1 clove garlic, crushed
- Salt and pepper to taste
- 2 tbsp chopped fresh dill, parsley, or basil (optional)

Instructions:
If using wooden skewers, soak them in cold water for about 10 minutes. Preheat the broiler or outdoor grill. Alternate the shrimp and about half the onions on 2 skewers. Alternate the mushrooms, tomatoes, and the remaining onions on 2 skewers. In a small bowl, mix the lemon juice, oil, and garlic or garlic powder. Pour half into a cup and set aside. Brush the remainder over the skewers on a broiler pan or outdoor grill. Broil or grill for about 2 minutes, then turn. Add the shrimp skewers. Cook for 5-7 minutes, turning all the skewers after about 3 minutes. Using a clean brush, brush the skewers with the reserved lemon mixture. (A clean brush prevents possible contamination with bacteria from raw shrimp on first brush.) Season with salt and pepper. Sprinkle with the herbs (if using).

California Chicken Pockets (Serves 4 – makes 8 pita halves)
Ingredients:
1 cup cooked chicken breast, chopped
1 cup frozen chopped broccoli
1 avocado, peeled and chopped
½ cup rice, cooked
½ cup tomato, seeded and chopped
½ cup shredded mozzarella cheese
1 egg, hard cooked and chopped
½ cup light mayo
1 tbsp Dijon mustard
¼ tsp celery seed
4 (6 inch) pita pockets, halved

Instructions:
Cook and drain broccoli. In medium bowl, combine chicken, broccoli, avocado, rice, tomatoes, cheese and egg. In small bowl, stir together mayonnaise, mustard and celery seed. Pour over mixture and toss to coat. Refrigerate for at least 1 hour to blend. To serve, spoon approx 1/2 cup mixture into each pock bread half.

Chicken, Feta Cheese, and Sun-Dried Tomato Wrap (Makes 4 servings)
Ingredients:
2 (4 oz) boneless, skinless, chicken breast halves
½ cup sun-dried tomato dressing
8 sun-dried tomatoes (not oil packed)
1 cup boiling water
1/3 cup crumbled feta cheese
4 cups loosely packed torn fresh spinach
4 (10 inch) whole wheat tortillas
Instructions:
In a large re-sealable plastic bag, combine chicken breasts and 1/4 cup dressing. Seal, and refrigerate for several hours. Preheat grill for high heat. Combine sun-dried tomatoes and hot water in a small bowl. Set aside for 10 minutes, drain, and cut tomatoes into thin slices. Lightly oil grill grate. Discard marinade, and place chicken on grill. Cook for 12 to 15 minutes, turning once, or until done. Cut chicken into strips, and place in a medium bowl with sliced tomatoes, feta, and spinach. Toss with remaining 1/4 cup dressing. Distribute mixture between the four tortillas, and wrap. Either cut in half and enjoy cold, or place briefly back on grill until the tortilla turns warm and crispy.

**Cavatappi w/ Spinach, Garbanzo Beans, and Feta Recipe (Makes 12 servings)**

**Serving = 1 1/3 cup**

**Ingredients:**
- 8 cups coarsely chopped spinach
- 8 cups hot cooked cavatappi (about 12 ounces uncooked spiral-shaped pasta)
- 1 cup (4 oz) crumbled feta cheese
- ¼ cup olive oil
- 2 tbsp fresh lemon juice
- ½ tsp salt
- ½ tsp pepper
- 2 (19 oz) cans chickpeas (garbanzo beans) or other white beans, drained
- 4 garlic cloves, crushed

**Instructions:**
Combine ingredients and a large bowl; toss well.

**Spinach and Cheese Omelet**

**Ingredients:**
- 2 large eggs
- 1 tablespoon butter
- 1 cup coarsely chopped spinach
- 1/3 cup chopped tomatoes
- 1/8 teaspoon salt
- 1/3 cup (1 1/2 oz.) shredded Swiss cheese
- 1/8 teaspoon pepper

**Instructions:**
1. Blend and Pour. Process eggs and 2 Tbsp. water in a blender until blended. Melt butter in an 8-inch nonstick skillet over medium heat; add spinach and tomatoes, and sauté 1 minute or until spinach is wilted. Add salt and egg mixture to skillet.

2. Lift and Tilt. As egg mixture starts to cook, gently lift edges of omelet with a spatula, and tilt pan so uncooked egg mixture flows underneath, cooking until almost set (about 1 minute). Cover skillet, and cook 1 minute.

3. Fold and Serve. Sprinkle omelet with cheese and pepper. Fold omelet in half, allowing cheese to melt. Slide cooked omelet onto a serving plate, and season with salt to taste. Serve with buttered toast and fresh fruit.

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Romaine Salad w/ Edamame and Creamy Horned Melon Dressing (Makes 6 servings)

Serving Size – 1 ½ cup

Ingredients:
Dressing:
1 horned melon, halved lengthwise
1/3 cup nonfat buttermilk
1/4 cup reduced-fat mayonnaise
1 tablespoon fresh lemon juice
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Remaining Ingredients:
1 cup frozen shelled edamame (green soybeans)
1 cup thinly sliced Braeburn apple (about 1/2 apple)
1/2 cup thinly sliced red onion
7 cups torn romaine lettuce (about 14 ounces)

Instructions:
To prepare dressing, squeeze horned melon into a fine mesh strainer over a bowl; press with the back of a spoon to extract juice. Discard seeds. Add buttermilk and next 4 ingredients (through pepper) to bowl; stir with a whisk. Cover and chill.

Cook edamame according to package directions, omitting salt. Drain. Rinse with cold water; drain well. Combine edamame, apple, onion, and lettuce in a large bowl; pour dressing over and toss gently to combine. Serve immediately.

Chicken Breast with Avocado, Tomato, and Cucumber Salsa

Ingredients:

Cooking spray
3/4 teaspoon salt, divided
1/4 teaspoon chipotle chile powder
4 (6-ounce) skinless, boneless chicken breast halves
1 1/4 cups coarsely chopped seeded peeled cucumber (about 1 large)
1 cup grape tomatoes, halved
1/2 cup prechopped red onion
1/2 cup chopped peeled avocado
2 tablespoons chopped fresh cilantro
2 tablespoons fresh lime juice
1 jalapeño pepper, seeded and finely chopped

Instructions:
Heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle 1/2 teaspoon salt and 1/4 teaspoon chipotle chile powder evenly over chicken; add chicken to pan. Cook for 6 minutes on each side or until done, and remove from heat.

Combine remaining 1/4 teaspoon salt, cucumber, tomatoes, onion, and remaining ingredients in a medium bowl, tossing well. Serve with chicken.
Easy Weeknight Chili
(2 protein, 1 vegetable)
Ingredients:
Cooking spray
1 pound ground round
1 1/4 cups chopped onion (about 1 large)
1 1/4 cups chopped green bell pepper (about 2 small)
6 garlic cloves, minced
2 (14 1/2-ounce) cans no-salt-added stewed tomatoes, undrained and chopped
1 (15-ounce) can no-salt-added kidney beans, rinsed and drained
1 (8-ounce) can no-salt-added tomato sauce
1 (1-ounce) envelope onion soup mix
1 cup water
3 tablespoons chili powder
1 tablespoon paprika
1 1/4 teaspoons hot sauce
6 tablespoons (1 1/2 ounces) shredded reduced-fat sharp Cheddar cheese

Instructions:
Coat a Dutch oven with cooking spray; place over medium-high heat until hot. Add meat and next 3 ingredients; cook until meat is browned, stirring until it crumbles. Drain.

Return mixture to pan; add tomatoes and next 7 ingredients. Bring to a boil; cover, reduce heat, and simmer 20 minutes, stirring occasionally. To serve, ladle chili into bowls; top each with 1 tablespoon cheese.

Strawberry-Marmalade Salad (Makes 8 Servings)
Ingredients:
4 navel oranges
2 pints strawberries
1/3 cup orange marmalade
2 tablespoons lemon juice

Instructions:
1. Using a sharp, serrated knife, cut off and discard ends from oranges. Following the curve of the fruit, cut off peel and outer membrane. Slice oranges crosswise into 1/8-inch-thick rounds.
2. Hull and slice strawberries; add to oranges.
3. In a small bowl, stir together marmalade and lemon juice. Add to fruit and mix gently to coat.

Hungry Girl- 200 Under 200
Banana Pancakes (Makes 1 serving)
Ingredients:
⅛ cup whole-wheat flour
⅛ cup mashed ripe banana (about half a banana’s worth)
3 tbsp fat-free liquid egg substitute
1 tbsp light vanilla soymilk
½ tsp baking powder
1/8 tsp vanilla extract
1 no-calorie sweetener packet
Dash salt
Dash cinnamon

Instructions:
In a small bowl, combine all dry ingredients until mixed well.

In a separate bowl, combine mashed banana with all wet ingredients (egg, soymilk, and vanilla) until mixed thoroughly.

Bring a large pan sprayed with nonstick spray to medium heat. Pour batter in the pan to form five mini pancakes. Once pancakes begin to look solid, after about 1 minute, gently flip.

Cook for an additional minute, or until both sides are lightly browned and insides are cooked through. Then plate ‘em up and enjoy!

**Creamy hot apple b-fast with brown sugar crunch (Makes 1 svg)**

Ingredients:
1 cup peeled apple chunks (any sweet, not tart, variety)
1 Nature Valley Maple Brown Sugar Crunchy Granola Bar (half a 2-bar package)
1 ½ tsp sugar-free fat-free vanilla instant pudding mix
2 no-calorie sweetener packets
1 ½ tsp cornstarch
½ tsp cinnamon
Dash salt

Instructions:
In a medium-large microwave-safe bowl, place pudding mix, sweetener, cornstarch, cinnamon, and salt. Add 1/3 cup cold water and stir until blended.

Add apple chunks to the bowl and toss them in the liquid mixture. Cover bowl and microwave for 2 ½ minutes. Allow mixture to thicken and cool for a few minutes before removing from the microwave.

Meanwhile, place the granola bar in a sealable plastic bag. Place on a flat surface, and use a rolling pin or a can to crush the bar through the bag until you have small crumbly pieces.

Once bowl containing apple mixture is cool enough to handle, stir in granola pieces.

**Choco-Monkey Oatmeal (Makes 1 serving)**

Ingredients:
1/3 cup regular oats (not instant)
1 sugar free hot cocoa mix
½ medium banana, mashed
1/8 tsp cinnamon
1 no-calorie sweetener packet
Dash salt

Instructions:
Pour cocoa mix into a glass with cinnamon, sweetener, and salt. Add ¼ cup hot water and stir thoroughly. Once cocoa mix has dissolved, add ¼ cup cold water and stir.

In a large microwave-safe cereal bowl, combine cocoa mixture with mashed banana and oats until mixed well. Microwave for 2 minutes.

Give it a stir, and then allow oatmeal to cool and thicken. Enjoy!

Eggless Stuffed Breakfast Burrito

Party Poppin’ Trail Mix (Makes 5 servings)
PER SERVING (1 cup): 118 calories, 3.5g fat, 83mg sodium, 22g carbs, 5g fiber, 9g sugars, 4g protein
Ingredients:
2 cups popped 94% fat-free kettle corn microwave popcorn
1 cup puffed corn cereal (like Kix)
½ cup Fiber One bran cereal (original)
2 ounces chocolate covered soy nuts
1 ounce (about 1 cup) freeze-dried fruit

Instructions:
Combine all ingredients and give ‘em a shake.

Marinated Veggies (Makes 5 servings)
PER SERVING (1 cup): 58 calories, 1g fat, 22mg sodium, 11g carbs, 1.5g fiber, 10g sugars, 1g protein
Ingredients:
1 large cucumber, thinly sliced
1 medium red bell pepper, thinly sliced
1 medium zucchini, halved lengthwise and cut into ½-inch wide strips
1 cup thinly sliced red onions
1 cup balsamic vinegar
1 tsp olive oil
4 no-calorie sweetener packets
Salt and black pepper, to taste
Instructions:
Combine vinegar, oil, and sweetener with 1 cup of water.

Place all veggies in a separate dish. Cover veggies with vinegar marinade and stir. Cover dish and refrigerate for at least 1 day.

Season to taste with salt and black pepper.

Phenomenal Philly Cheesesteak (Makes 1 serving)
PER SERVING (1 sandwich): 301 calories, 9g fat, 588g sodium, 28g carbs, 0.5g fiber, 7g sugars, 26g protein
Ingredients:
3 ounces raw lean filet beefsteak
1 hot dog bun
1 slice fat-free American cheese
1/3 cup sliced onions

Instructions:
Slice your filet into thin strips. (Freezing it slightly beforehand will make it easier to cut.)

Cook onions over medium-high heat in a pan spritzed with nonstick spray for about 5 minutes, until onion slices are slightly browned. Remove onions form the pan and set aside.

Spritz a little more nonstick spray into the pan (remove pan from heat before re-spraying) and cook filet strips over medium-high heat for 1 to 2 minutes, flipping them halfway through cooking.

Place cheese on top of meat (still in the pan) and continue to cook until cheese is slightly melted.

Meanwhile, warm or toast your bun. Place meat and cheese in the bun and then top with onions.

Crazy-good Turkey Taco Meatloaf (Makes 6 servings)
PER SERVING (1/6th loaf): 127 calories, 1g fat, 688mg sodium, 7g carbs, 0.5g fiber, 2g sugars, 22g protein
Ingredients:
1 pound raw extra-lean ground turkey
2 slices fat-free cheddar cheese
½ cup shredded fat-free cheddar cheese
½ cup canned sweet corn kernels
½ cup chopped green bell peppers
¼ cup chopped onions
½ cup salsa
½ packet of taco seasoning mix, dry

Instructions:
Preheat oven to 375 degrees.

Cook peppers and onions for 3 minutes over medium heat in a pan sprayed with nonstick spray.

In a large bowl, combine onions and peppers with turkey, corn, and seasoning mix. Spread half of the mixture evenly into the bottom of a loaf pan (about 9” x 5”) sprayed with nonstick spray.

Layer the two slices of fat-free cheese on top of the mixture (try to keep slices away from the pan’s edges). Evenly top with the remaining meat mixture.

Pour the salsa over the top of the loaf. Cook in the oven for 30 minutes.

Top loaf with shredded cheese. Return loaf to the oven and cook for another 15 minutes.