

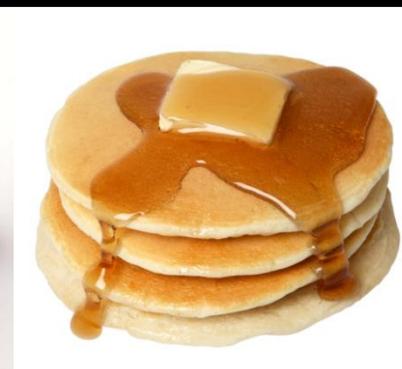
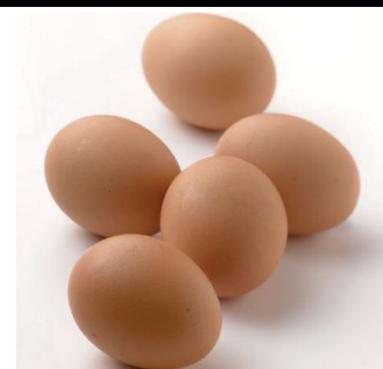


Breakfast | Lunch | Dinner | Snacks | Desserts

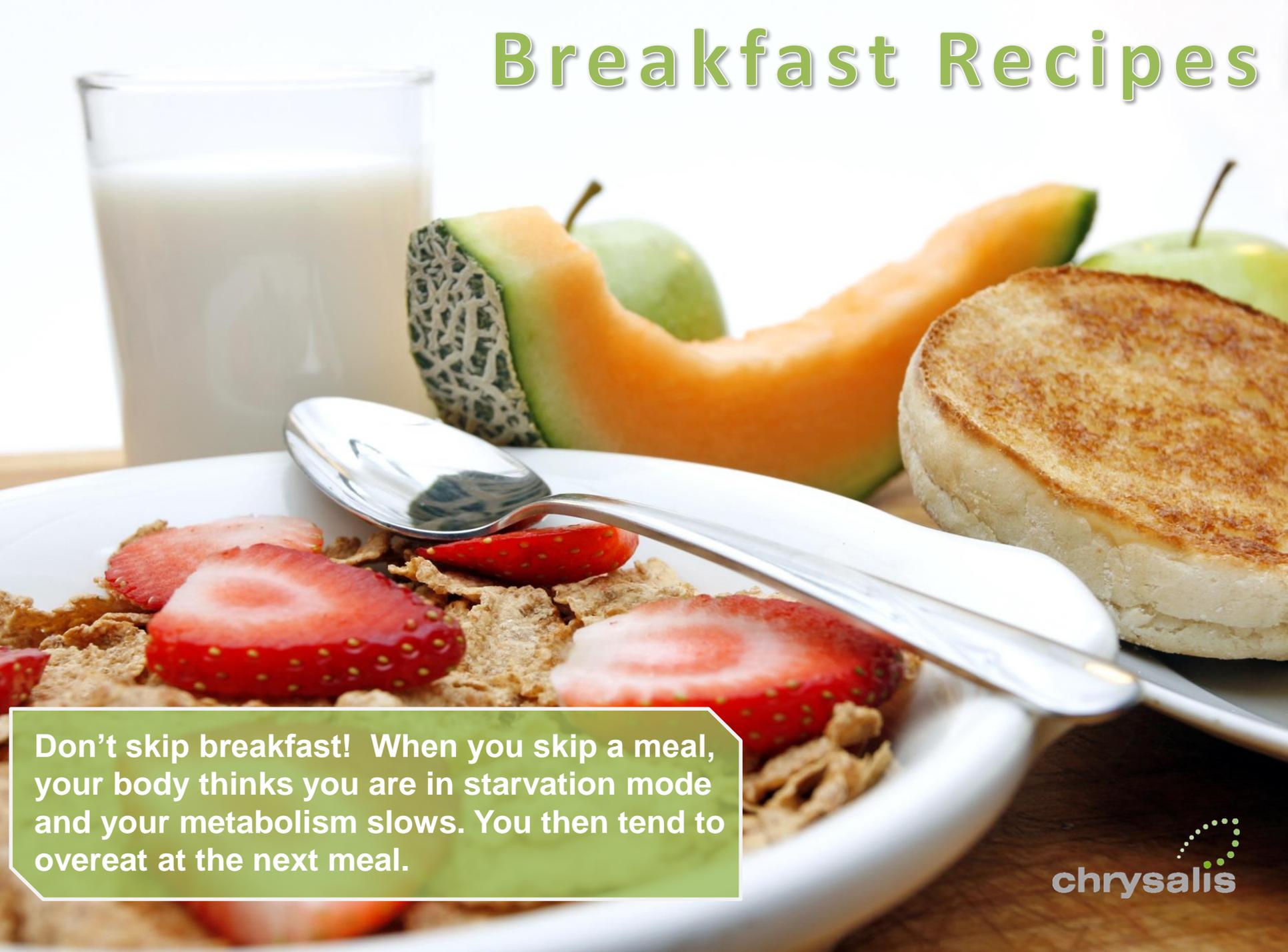
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# THE homecookin' COOKBOOK

NUTRITIONAL GOOD FOOD MADE QUICK AND EASY



# Breakfast Recipes



Don't skip breakfast! When you skip a meal, your body thinks you are in starvation mode and your metabolism slows. You then tend to overeat at the next meal.



## Ingredients:

- ½ Cup mixed, chopped veggies (tomatoes, green pepper, onion, mushroom, spinach, etc.)
- 2 large eggs
- ¼ Cup grated low-fat cheese (optional)
- 2 Teaspoons olive oil

## Directions:

1. Place 2 teaspoons olive oil in a frying pan and turn stove to medium heat
2. Place ½ cup mixed chopped veggies in the frying pan with the oil
3. Cook until slightly soft and a bit browned
4. Break eggs into a cup or bowl and beat with a fork
5. Pour eggs over veggies in the frying pan
6. Add ¼ cup grated low-fat cheese (optional)
7. Turn over eggs and vegetables with a large spoon once eggs begin to solidify
8. Once eggs are no longer runny the veggie scramble is complete!
9. May add ketchup or salsa on top for added zing.

Approximate Calories: 288

with 1 Slice Whole-Wheat toast: 358

with 1 slice-whole wheat English muffin: 428

With 1 bagel: 438

\*\*Low calorie version:

2 Medium eggs, ½ cup veggies, no cheese, use oil spray to cook: 125 Calories



## Ingredients:

- ½ Cup skim or lite soy milk
- ½ Cup lite yogurt
- ½ Cup peaches, berries, or any other fruit
- ½ banana
- Ice (optional)

## Directions:

1. Place all ingredients except ice in a blender
2. Cover blender
3. Mix until smooth
4. Add ice and mix again (optional)

Approximate Calories: 225

With 1 slice of Whole-Wheat Toast: 295

## Ingredients:

- ½ (24 oz.) bag frozen hash browns with onion & green pepper
- ½ cup low-fat cheddar cheese, shredded
- 5 eggs
- 3 Tablespoons milk
- Dash of pepper

## Directions:

1. Preheat oven to 375 degrees.
2. Spray an 8x8 inch pan with cooking spray
3. Break up potatoes in the bottom of 8x8 inch pan
4. Sprinkle cheese over the top of the potatoes
5. Break eggs into a small bowl or cup.
6. Add milk and pepper in with the eggs and beat with a fork
7. Pour egg mixture over the potatoes and cheese
8. Bake uncovered for 35 minutes or until eggs are set (no liquid).
9. Top with salsa if desired.

Approximate Calories: 220 per serving (4 servings in Dish)



## Ingredients:

- ½ Cup frozen or fresh fruit
- ½ Cup instant oatmeal
- ½ to 1 Cup water (depending on desired runniness)
- Splash of milk (to taste)
- (optional) Cinnamon and or nuts

## Directions:

1. Pour oatmeal into a bowl
2. Add a half cup of water to the bowl and stir
3. Place the bowl of oatmeal into the microwave for 30 seconds (if you have frozen fruit you may want to add them to the bowl now)
4. Remove from microwave and check to see if you like the consistency. If it is too thick, add more water or a little milk and microwave again for 15 seconds.
5. Add a splash of milk, yogurt, cinnamon, fruit, and/or nuts to make it really good!

\*\*\*Microwaves vary you may need to add 10 seconds more or less on your cooking times.

Approximate Calories: 1 Serving = 230

with ½ Cup skim milk: 242

with ¼ Cup nonfat, light fruit yogurt: 280

with 10 unsalted nuts: 280



## Ingredients:

- 1 Slice whole-grain bread
- ½ Cup unsweetened applesauce
- Cinnamon

## Directions:

1. Place bread in the toaster and toast it
2. Spread applesauce onto toast and sprinkle with a little cinnamon

Approximate Calories: 140

\*\*\*Lower calorie version: Use 1 slice diet bread: 95 Calories



## Ingredients:

- 1 and ¼ Cup flour
- 1 Tablespoon baking powder
- 1 Tablespoon sugar (or sugar substitute)
- ½ teaspoon salt
- 1 egg
- 1 Cup milk
- 1 and ½ Tablespoon oil
- Cooking Spray
- (optional (mashed or sliced bananas, chopped nuts, oatmeal, cinnamon))

## Directions:

1. Combine dry ingredient in one bowl (flour, baking powder, sugar, salt)
2. Combine wet ingredients in another bowl (egg, milk, oil)
3. Pour the wet ingredients into the dry ingredients and mix.
4. (Optional) For variety add sliced or mashed bananas, chopped nuts, oatmeal, and/or cinnamon into the batter.
5. Place griddle or frying pan on stove on med heat
6. Spray cooking spray on griddle or frying pan once it gets hot.
7. Using a large spoon to drop batter will make small pancakes (1-2 inches across).
8. Bake until the top of the pancake is bubbly and the underside is browned.
9. Carefully turn pancake and bake the other side till it is browned.

Approximate Calories: 1 small pancake without optional ingredients = 35 calories

1 Large pancake without optional ingredients = 105 calories



## Ingredients:

- 6 eggs
- 1 Cup skim milk
- 1 Cup Flour
- 2 Tablespoons butter
- (optional) Fruit as a topping

## Directions:

1. Turn oven to 400 degrees
2. Place 2 Tablespoons butter in a 9x13 inch pan and place in the oven while it is preheating
3. Break 6 eggs into a large bowl
4. Add 1 Cup milk and 1 Cup flour to the eggs
5. Blend or whisk ingredients until they are mixed together well
6. Carefully remove 9x13 inch pan with melted butter from the oven
7. Pour mixed ingredients into the pan
8. Place the 9x13 inch pan back in the oven and bake for 15-20 minutes or until golden brown.
9. Top with fruit (optional)

Approximate Calories: 1 serving = 209 (6 servings in the dish)

With ½ Cup fresh or frozen fruit: 1 serving = 289



## Ingredients:

- 1 Cup Flour
- 2 teaspoons baking powder
- 3 Tablespoons sugar
- 2 Tablespoons unsweetened cocoa
- ¼ teaspoon salt
- 1 Cup 1% chocolate milk
- 1 egg
- 1 and ½ Tablespoon melted margarine

## Directions:

1. Combine flour, baking powder, sugar, unsweetened cocoa, and salt in a mixing bowl.
2. In a separate bowl combine chocolate milk, egg, and margarine.
3. Pour wet ingredients into dry ingredients and mix well.
4. Stir until dry ingredients are all moistened.
5. Turn stove to medium high heat and place a frying pan or griddle on stove.
6. Spray frying pan or griddle with cooking spray.
7. Pour 2 Tablespoons of batter on frying pan to make 1 pancake.

Approximate Calories: 1 small pancake = 68 calories (makes 13 pancakes)



## Ingredients:

- 2 eggs
- Dash of salt
- 2 Tablespoons melted margarine
- 1 and ¼ Cup flour
- 1 teaspoon baking powder
- 1 and ¾ Cup water
- Cooking Spray



## Directions:

1. Blend eggs, salt, melted margarine, flour, baking powder, and water in a blender with the lid on.
2. If batter is too thick add a little more water.
3. Heat a griddle or frying pan over medium high heat.
4. Spray frying pan or griddle with cooking spray
5. Then add enough batter to make a 6 inch in diameter crepe.
6. **NOTE: A crepe is thin, it is not as thick as a pancake when you add the batter to the pan you should swirl the pan around to spread the batter. The batter should be similar to pouring an egg onto the pan. It should spread out thinly across the pan.**
7. Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen the crepe with a spatula and turn over.
8. Cook the other side till it is lightly browned
9. Serve with syrup, powdered sugar, fruit, or other toppings. Many people like to roll the toppings inside the crepe. (see pictures above)

Approximate Calories: 6 inch crepe = 24 calories

## Ingredients:

- ½ Cup white flour
- ½ Cup wheat flour
- ¼ Cup oats
- 2 teaspoons sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 and ¼ Cup milk
- 1 egg
- 2 Tablespoons oil

## Directions:

1. Heat waffle iron
2. In large bowl, mix white flour, wheat flour, oats, sugar, baking powder, and baking soda.
3. Add milk, egg, and oil to the bowl
4. Beat with a wire whisk until well blended.
5. Spray or brush waffle iron with Cooking Spray or oil.
6. Pour about ½ Cup batter onto hot waffle maker (don't add so much batter that it overflows)
7. Close waffle iron lid.
8. Bake about 3 minutes or until steaming stops and waffle is golden brown.

Approximate Calories: 1 waffle: 360



### Ingredients:

- 4 – 5 slices of bread
- 1 egg
- ½ Cup Milk
- (optional) Cinnamon

### Directions:

1. Beat egg and milk together in a flat dish
2. (optional) add cinnamon if desired
3. Coat bread in egg/milk mixture by laying the bread in the dish then flipping it over to coat the other side.
4. Turn stove to medium heat and place griddle or frying pan on stove
5. Spray griddle or frying pan with Cooking Spray
6. Place coated bread into the pan and cook till both sides are browned.

Approximate Calories: 2 slices: 180  
with 1/3 Cup sugar-free syrup: 207

## Ingredients:

- ½ Cup uncooked brown rice
- 1 Cup water
- ½ Apple chopped
- ¼ Cup nuts
- ¼ Cup raisins or dried fruit
- 0 Calorie sweetener

## Directions:

1. Turn stove to high heat
2. Combine rice and water in saucepan and place on stove bring to boil.
3. Turn stove down to medium heat and let simmer until all the liquid is absorbed (about 35 minutes)
4. Combine the rice, apple, nuts, and raisins in a bowl and add a pack of zero-calorie sweetener
5. You may also add a splash of milk if desired

Approximate Calories: 554



## Ingredients:

- 1 Whole Wheat English Muffin
- 1 egg
- 2 thin slices turkey or ham
- (optional) slice of cheese

## Directions:

1. Cut English Muffin into two pieces and place in a toaster.
2. Cook egg to your liking (fried, scrambled, poached etc)
3. Heat lunch meat in the microwave or the pan for 30 seconds.
4. Place meat and egg in English muffin.
5. (optional) place slice of cheese on meat and egg

Approximate Calories: 245  
with slice of cheese: 305

\*\*\*Lower calorie version:

2 slices of diet bread, 1 medium egg, 2 thin slices turkey or ham no cheese:186

## Ingredients:

- 2 frozen whole-grain waffles
- 1 Tablespoon peanut butter
- ½ banana, sliced
- 2 Tablespoons all-fruit jam

## Directions:

1. Toast waffles in the toaster
2. Spread peanut butter on one waffles
3. Place sliced bananas on top of peanut butter.
4. Spread jam on top of the other waffle and place on other waffle
5. You now have a Nutty Breakfast Sandwich

\*\*Healthy hint Choose waffle type with lower calories, there is a large selection of frozen waffles out there.

Approximate Calories: 360



## Ingredients:

- 1 Whole Wheat Tortilla
- 2 eggs
- 1 Tablespoon salsa
- 1 Tablespoon shredded cheese
- (optional) may also add hash browns, sausage or bacon.

## Microwave Directions:

1. Beat eggs in a small microwave safe bowl.
2. Cook eggs in microwave on high heat for one minute, then stir.
3. If eggs are not yet set, microwave another 30 seconds (the eggs should not be runny)
4. Heat Tortilla for 30 seconds in the microwave.
5. Wrap up eggs, salsa, and cheese in the tortilla.

## Stove Top Directions:

1. Beat eggs in a small bowl or cup.
2. Turn stove on medium high heat and spray frying pan with Cooking Spray.
3. Pour eggs into frying pan, turn occasionally, cook until no longer runny.
4. Heat Tortilla for 30 seconds in the microwave or in the frying pan.
5. Wrap up eggs salsa and cheese in the tortilla.

Approximate Calories: 290

# Healthy Lunch



Individuals that go to day programs need to take a healthy lunch with them unless lunch is provided at the day program.

## Ingredients:

- 2 boiled eggs
- ¼ Cup celery
- ¼ Cup onion
- 1 Tablespoon low-fat mayo or salad dressing

## Directions:

1. Place eggs in a saucepan with enough COLD water to cover eggs completely
2. Turn stove to High heat and bring to a rolling boil (lots of bubbles)
3. Once you have a lot of bubbles lower stove to medium heat and cook for 10 minutes
4. Remove from heat and place eggs in cold water
5. Once eggs are cooled crack shell on all sides and peel off shell
6. Dice hard boiled eggs
7. Mix all ingredients together
8. Place on bread to make a great sandwich

Approximate Calories: 1 serving = 180

with 1 slice of bread: 255

with 2 slices of bread: 330



## Ingredients:

- 1 slice low-fat cheese
- 1 slice tomato
- 2 slices whole wheat bread
- (optional) 1 slice onion

## Directions:

1. Turn stove to medium-low heat
2. Spray frying pan or grill with cooking spray
3. Put in one slice of bread with cheese and tomato on top
4. Top with second slice of bread
5. Cook until the cheese begins to melt and bread is light brown
6. Flip, adding extra spray to the pan if necessary
7. Cook until second side is light brown and cheese is soft and gooey

\*\*\*Try different vegetables, cheeses, or even fruit in the sandwich.

Approximate Calories: 1 serving = 215



## Ingredients:

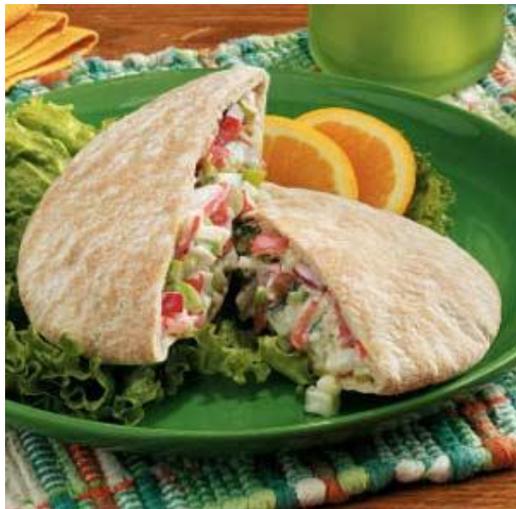
- 1 can tuna
- 1 ½ T. fat-free mayo or salad dressing
- ½ stick celery, chopped
- (optional) Bit of chopped red onion
- (optional) Bit of chopped red pepper
- (optional) Bit of diced pickles

## Directions:

1. Mix all ingredients together and serve on toast or as a sandwich.
2. Swap out vegetables as desired.
3. Try carrots, apples, or tomato.

\*\*\*Substitute 1 can of chicken for tuna if you want chicken salad.

Approximate Calories: ¼ Cup = 75  
with 1 slice of bread = 150  
with 2 slices of bread = 225



## Ingredients:

- 16 oz imitation crab
- 8 Tablespoons fat free mayo
- 2 teaspoons mustard
- ½ Cup chopped celery
- ½ Cup chopped onion

## Directions:

1. Mix all ingredients together in a large bowl.
2. DONE!

Approximate Calories: 1 serving = 160 (4 servings)  
with 1 large whole wheat pita = 330

## Ingredients:

- 1 small whole wheat pita pocket
- Any sliced vegetables (peppers, onions, tomatoes, etc.)
- 2 T. tomato sauce
- 1 oz mozzarella cheese

## Oven Directions:

1. Preheat oven to 450 degrees
2. Put vegetables, tomato sauce and cheese in pita pocket
3. Place Pita Pocket on a cookie sheet and place in the oven for 5 minutes until cheese melts
4. Be careful it will be hot

## Microwave Directions:

1. Put vegetables, tomato sauce and cheese in pita pocket
2. Place Pita Pocket in microwave until cheese melts
3. Be careful it will be hot

Approximate Calories: 1 serving = 300



## Ingredients:

- ½ English muffin
- 2 Tablespoons tomato sauce
- 1 oz low fat cheese
- Any sliced vegetables (mushrooms, peppers, onions, etc.)

## Oven Directions:

1. Preheat oven to 450 degrees
2. Put tomato sauce, vegetables and cheese on English Muffin
3. Place English Muffin on a cookie sheet and place in the oven for 5 minutes or until cheese melts
4. Be careful it will be hot

Approximate Calories: 1 serving = 180

# Simple Salads



Salads are very healthy for you, but very unhealthy with lots of dressing. A good dressing to salad ratio is 2 tablespoons dressing per 2 cups salad.



## Ingredients:

- 1 chicken breast
- 3 Cup romaine lettuce or salad
- 1 small tomato, chopped
- 2 Tablespoons low-fat Caesar salad dressing

## Directions:

1. Sprinkle raw chicken with salt, pepper, lemon juice, and garlic powder.
2. Grill chicken on a grill or cook chicken over medium high heat on the stove. (cut into strips to make chicken cook faster and to ensure it is cooked thoroughly)
3. Cut chicken into strips if you haven't already.
4. Toss chicken into lettuce with tomato and dressing.

Approximate Calories: 360

## Ingredients:

- 2 Cups bagged salad
- 1 boiled egg, peeled
- ½ Cup diced ham or chicken
- 1 medium tomato
- ½ Cup carrots, diced or shredded
- ¼ Cup cheese

## Directions:

1. Mix all ingredients and add other desired veggies.

\*\*\*Addition ideas: sunflower seeds, cucumber, bell pepper, cranberries.

Approximate Calories: 303



### Ingredients:

- 2 Cups canned green beans
- ½ Cup bell peppers (green or red), cut into strips
- ½ Cup cucumbers, sliced ¼ inch thick
- ¼ Cup sliced green onions
- ¼ Cup balsamic vinegar
- Pepper and oregano to taste

### Directions:

1. Mix all vegetables in a salad bowl
2. Pour Balsamic vinegar over salad and toss salad to mix ingredients well
3. Add pepper and oregano to taste

Approximate Calories: 1 Cup = 25

### Ingredients:

- 1 jar pimientos
- 3 large green peppers, sliced into strips
- ½ Cup shredded carrots
- 5 green onions, chopped
- 3 Tablespoons lemon pepper
- ½ Cup fat-free salad dressing (or mayonnaise)

### Directions:

1. Combine all ingredients well and serve.

Approximate Calories: 1 Cup = 30

## Ingredients:

- 2 Cups uncooked wheat pasta
- 1 Tablespoon olive oil
- 1 medium red onion, chopped
- ½ pint cherry tomatoes, halved
- 1 bag (4 oz) fresh baby spinach
- ¼ Cup shredded Parmesan cheese
- Optional: 3 cloves garlic, minced; ¼ Cup fat-free bacon bits

## Directions:

1. Cook pasta according to directions on pasta box.
2. Drain water but save ½ Cup of the cooking water.
3. Meanwhile, heat oil in a large skillet over medium heat.
4. Add onion and garlic.
5. Cook, stirring often, until onion is golden - about 5 minutes.
6. Add tomatoes to skillet and cook until tomatoes begin to soften but still hold their shape, about 5 minutes.
7. Add reserved pasta cooking water to tomato mixture in skillet and bring to a boil.
8. Place spinach in a large bowl and pour hot tomato mixture over spinach.
9. Add pasta, parmesan cheese and bacon bits;
10. toss to combine.
11. Serve warm or cold.

Approximate Calories: 1 Serving= 310



## Ingredients:

- 2 lbs. white or red potatoes
- ½ Cup chopped celery
- ½ Cup chopped red onion
- 2 Tablespoons relish, drained
- 3 hard-cooked eggs, chopped
- ¾ Cup low-fat mayonnaise
- 2 Tablespoons prepared mustard
- Pepper to taste

## Directions:

1. Place potatoes in a saucepan, and cover with water.
2. Turn Stove on High and bring water to a boil.
3. Reduce heat; to low and simmer 10 minutes or until tender.
4. Carefully drain the water without losing the potatoes.
5. Let potatoes cool and then peel them.
6. Cut peeled potatoes into ½-inch cubes.
7. Place potatoes in a large bowl.
8. Add celery, onion, pickle relish, and eggs;
9. Toss gently.
10. Combine mayonnaise, mustard, salt, and pepper.
11. Spoon mayonnaise mixture over potato mixture; toss gently to coat.
12. Cover and chill 1 to 24 hours.

Approximate Calories: 1 Cup= 215



### Ingredients:

- 1 Tablespoon olive oil (or use cooking spray)
- 1 medium onion, chopped
- 1 green pepper, chopped
- 2 Cups tomato sauce
- 1 can low-sodium black beans, drained
- 12 oz. pasta
- (Optional) ½ teaspoon cumin powder, ½ teaspoon hot pepper flakes, 1 teaspoon oregano, 2 Tablespoons chopped garlic

### Directions:

1. Cook pasta in a separate pan (according to directions on pasta box).
2. While cooking pasta turn another burner on medium heat.
3. Pour 1 Tablespoon oil in a fry pan and place it on the burner.
4. Cook, or sauté, onion, garlic, and green pepper in oil over medium heat until vegetables are tender.
5. Add optional spices if desired and stir.
6. Add tomato sauce,
7. Turn stove to low and let Simmer for 10 minutes.
8. Add black beans, and allow to simmer for another ten minutes.
9. Add cooked pasta (drained) to mixture.

Approximate Calories: ½ Cup= 70

## Ingredients:

- ½ Cup fat free mayo
- 2 Tablespoons mustard
- 1 Tablespoon vinegar
- 2 and ½ Cups cooked macaroni
- ¾ Cup chopped onion
- ¾ Cup chopped green onion
- ½ Cup chopped celery
- ¼ Cup sweet pickles
- Optional: ¼ teaspoon pepper, ¼ teaspoon dillweed, ¼ teaspoon salt

## Directions:

1. Combine all ingredients in a bowl
2. Mix ingredients together
3. Refrigerate till ready to eat

Approximate Calories: 1 Cup= 130



## Ingredients:

- 1 medium onion, chopped
- ½ pound lean ground beef
- ½ package low sodium taco seasoning
- 1 (12 oz.) can beans, drained and rinsed
- 1 Cup frozen corn
- 6 Cups chopped lettuce
- 2 medium tomatoes, sliced into wedges
- ½ Cups shredded cheese
- ½ Cup salsa

## Directions:

1. Chop a medium onion into small pieces
2. Place a frying pan on the stove and turn the stove on medium high heat.
3. Cook onion and beef until beef is browned and cooked well.
4. Add taco seasoning, beans and corn to meat and onion mixture
5. Mix well.
6. Put heat on low and simmer until mixture is heated through – about 5 minutes.
7. Put 1 ½ Cup lettuce on each plate;
8. Spoon ¼ of the meat mixture over the lettuce.
9. Top each salad with a tomato wedges,
10. Top each salad with ¼ of the shredded cheese,
11. Top each salad with ¼ of the salsa.
12. Serve immediately

Approximate Calories: 1 Serving= 350 (4 Servings total)



## Ingredients:

- 1 package frozen peas
- 2 Cups chopped cauliflower
- 3 green onions, sliced
- ½ Cups almonds
- ½ Cup lite ranch dressing

1. Mix all ingredients in a large bowl
2. Let salad refrigerate for 2 to 4 hours
3. Serve

Approximate Calories: 1 Cup = 100

## Ingredients:

- ¼ Cup orange juice
- 1 Tablespoon lemon juice
- 1 Tablespoon chopped mint
- 1 packet sugar substitute or 1 Tablespoon Sugar

## Directions:

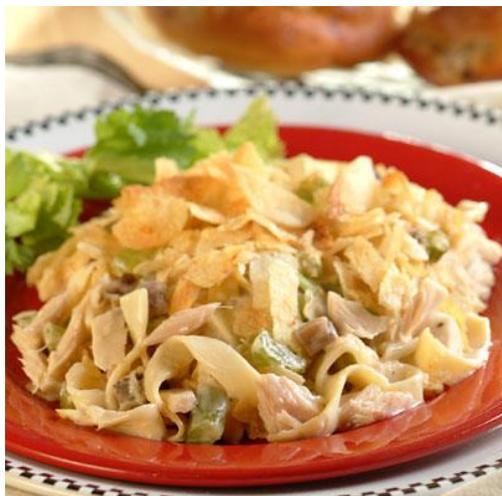
1. Mix all ingredients together and serve over salad

Approximate Calories: 1 Tablespoon = 50

# Casseroles



Reduce the sodium/salt in your meals by choosing low-sodium or reduced-sodium canned products.



## Ingredients:

- 1 can tuna
- 1 can or ½ bag frozen peas
- 1 can mushrooms, in water
- 2 stalks celery, chopped
- 1 small onion, chopped
- 4 Cups cooked noodles (6 oz. uncooked)

## Sauce:

- 1 Cup skim milk
- ¼ Cup flour
- 1 Cup low sodium fat-free chicken broth

## Directions:

1. Preheat oven to 350 degrees
2. Cook noodles according to instructions on noodle package (boiling water etc)
3. While cooking noodles place milk, flour, and broth in sauce pan
4. Place sauce pan on stove over medium high heat while stirring.
5. When the noodles are done, place tuna, peas, mushrooms, celery, onion, and cooked noodles in a 9x13 inch pan.
6. When sauce is heated, pour over rest of ingredients in 9x13 pan (casserole dish).
7. Bake for 30 minutes at 350°F.

\*\*\* You may add or omit vegetables as desired.

Approximate Calories: 1 Serving = 250

## Ingredients:

- ½ Cup water
- 2 packages (16 oz) frozen broccoli, pasta, peas, and red peppers
- 1/3 Cup fat-free sour cream
- 2 cans tuna in water, drained

## Directions:

1. Combine ½ Cup water and broccoli mix in sauce pan.
2. Bring to a boil over high heat
3. Cover and reduce heat to low and cook 6 minutes.
4. Remove from heat and add sour cream and tuna.
5. Toss well.

Approximate Calories: ½ Cup = 175

## Ingredients:

- 1 (6 oz.) box long grain & wild rice mix (such as Uncle Ben's)
- 1 lb. lean ground beef
- 2 Tablespoons chopped onion
- ½ Cups fat free milk
- 1 (11 oz.) can cream of mushroom soup
- 2 Cups frozen green beans, thawed and drained

## Directions:

1. Cook rice mix according to package directions.
2. Meanwhile brown ground beef and onion in frying pan over medium high heat
3. Once meat is browned (no red) drain off excess grease.
4. Combine cooked rice, beef, milk, soup and green beans in a casserole dish.
5. Cover and microwave on high for 5 – 6 minutes or until hot.

Approximate Calories: 1 Serving = 370

## Ingredients:

- 6 Cups chopped cabbage
- 2 Cups shredded carrots
- 1 Cup sliced celery
- 1 Cup minced green onion
- 4 Tablespoon water
- 2 cans (15 oz) Great Northern beans
- 16 oz taco sauce
- 2 pounds skinless chicken

## Directions:

1. Combine cabbage, carrots, celery, green onions, and water in microwave safe baking dish and microwave 7 minutes, stirring every 3 minutes.
2. Stir in beans and taco sauce.
3. Arrange chicken over cabbage mixture and microwave for 9 more minutes
4. Turn chicken over, cover, and microwave another 6 minutes or until chicken is done.

Approximate Calories: 1 Serving = 3 oz. chicken and 2/3 Cup veggie mixture = 265



## Ingredients:

- 1 ½ pounds lean hamburger
- 1 Cup oats
- 1 egg
- ½ onion, chopped
- 1 Cup ketchup

## Directions:

1. Preheat oven to 300 degrees.
2. Thoroughly mix all ingredients together;
3. squish meat mixture in loaf pan.
4. Bake at 300°F for 45-60 minutes until meat is brown all the way through.
5. Drain excess grease.
6. Serve with ketchup if desired

Approximate Calories: 1 Serving = 186  
with 2 Tablespoons ketchup: 216

## Ingredients:

- 1 pound lean ground beef
- 1 can (11 oz) corn
- 1 can tomato soup
- 8 oz tortilla chips (1 regular bag)
- $\frac{3}{4}$  Cup low-fat shredded cheese

## Directions:

1. Brown ground beef in a large sauce pan over high heat.
2. Stir in tomato soup and corn.
3. Break chips into smaller pieces, stir into the mixture.
4. Reduce heat and let simmer 10 minutes, until chips are soft.
5. Cover with shredded cheese and heat until cheese melts.

\*\*\*Variation: Can replace beef with 1 can black beans.

Approximate Calories: 1 Serving = 300



## Ingredients:

- 1 can (4 oz) tomato sauce
- 1 can (15 oz) black beans
- 1 Cup chopped fresh tomatoes
- 1 Cup chopped onions
- (Optional) 1 Tablespoon chili powder
- (Optional) ¼ teaspoon oregano
- (Optional) 1 teaspoon garlic
- 6 small flour tortillas
- 1 can (8 oz) enchilada sauce
- 2 Tablespoons shredded cheese

## Directions:

1. Cook tomato sauce, black beans, fresh tomatoes, onions, (optional) chili powder, (optional) oregano, and (optional) garlic on medium heat for 40 minutes.
2. Preheat oven to 350 degrees
3. Coat 8 x 8 inch dish with cooking spray.
4. Spread half of the mixture in the bottom of the 8 x 8 inch pan
5. Arrange 3 tortillas over the mixture,
6. Top with remaining mixture.
7. Put remaining tortillas over mixture.
8. Mix enchilada sauce with cheese and spread over top tortillas.
9. Cover pan with aluminum foil and bake at 350° F for 15 minutes;
10. Carefully take aluminum foil off pan and bake 15 more minutes.

Approximate Calories: 1 Serving = 258



## Ingredients:

- 1 can mushrooms, in water
- 1 onion, chopped
- 1 Tablespoon olive oil
- 1 Cup fat-free sour cream
- 1 pound lean ground beef
- 1 Tablespoon flour
- $\frac{1}{3}$  Cup water

## Directions:

1. Turn stove on medium high heat and place olive oil in skillet.
2. Sauté onion and mushrooms in the olive oil until onions are tender.
3. Remove and set aside till later.
4. Cook beef until it is brown in the same pan
5. Once beef is brown (no red) carefully drain off excess grease.
6. Sprinkle flour over beef and stir to blend
7. Add water, onion, and mushrooms.
8. Cook over medium heat while whisking until gravy is thick
9. Stir in sour cream and heat through.
10. Serve over noodles or rice.

Approximate Calories: 1 Serving = 207  
with 1 Cup cooked noodles or rice: 407



## Ingredients:

- 1 can (11 oz) cheddar cheese Soup
- ½ soup can milk
- ½ soup can water
- 1 Cup uncooked whole wheat pasta

## Directions:

1. Heat the soup, milk and water in a 3-quart saucepan over medium-high heat to a boil.
2. Stir the pasta in the saucepan.
3. Reduce the heat to low.
4. Cook for 20 minutes or until the pasta is tender, stirring often.

Approximate Calories: 1 Serving = 165

### Ingredients:

- 1 (15 oz) can black beans, rinsed & drained
- 1 ½ Cup frozen corn, thawed
- 1 small onion, chopped
- 1 green or red bell pepper, chopped
- 1 (10 oz) can green (tomatillo) or red enchilada sauce
- 8 (6-inch) corn tortillas, cut in half
- ½ Cup salsa
- ¾ Cup shredded cheese

### Directions:

1. Preheat oven to 350 degrees
2. In a medium bowl, mix together beans, corn, onions and peppers.
3. Spray the bottom of 8 x 8 baking pan with non-stick Cooking Spray
4. Spread ¼ Cup enchilada sauce over the bottom of the pan.
5. Cover bottom of pan with 6 of the tortilla halves.
6. Layer half bean mixture, ¼ Cup of sauce, then ¼ Cup of cheese.
7. Repeat layering again starting with 5 tortilla halves
8. Place remaining 5 tortilla halves over the last layer
9. Top with ½ Cup of salsa and the remaining enchilada sauce and cheese.
10. Bake uncovered for 35 – 40 minutes, until lasagna is bubbly.

Approximate Calories: 1 Serving = 370



## Ingredients:

- 6 lasagna noodles
- 1 Cup low-fat cottage cheese
- 1 jar (14 oz) spaghetti sauce
- $\frac{3}{4}$  Cup shredded mozzarella
- 1 onion, chopped
- 1 Cup sliced mushrooms
- $\frac{1}{2}$  Cup shredded carrot
- 1 package (9 oz) chopped spinach
- 1  $\frac{1}{2}$  teaspoon garlic powder
- 2 egg whites
- 2 Tablespoons Oil

## Directions:

1. Cook lasagna noodles according to instructions on pasta package, drain and rinse.
2. Preheat oven to 350° F.
3. Place 2 Tablespoons of oil in a skillet and Cook/Sauté onion, mushrooms, and garlic powder for 2 minutes over medium high heat.
4. Add 2 Tablespoons water; cover and cook 4 minutes.
5. In small bowl combine egg whites, cottage cheese, carrot, and spinach.
6. In 13x9 inch casserole dish layer 3 noodles, half the sauce, half mushroom mixture, and half cottage cheese mixture;
7. Repeat step 6.
8. Sprinkle mozzarella on top
9. Bake at 350 degrees for 30 minutes.

Approximate Calories: 1 Serving = 150



### Ingredients:

- 2 (15-oz) cans spaghettios
- 1 (15-oz) can kidney beans, rinsed and drained
- 2 green onions, thinly sliced
- 1 Tablespoon chili powder
- ½ Cup shredded low-fat cheese

### Directions:

1. Combine all the ingredients except the cheese in a large skillet.
2. Cook uncovered over medium heat until heated through, stirring occasionally.
3. Sprinkle with the cheese, cover and cook until the cheese melts, about 1 – 2 minutes.

Approximate Calories: 1 Serving = 315

\*\*\* This is a lower sodium and cheaper alternative to canned condensed cream soups for casseroles (equivalent to one can of condensed cream soup).

## Ingredients:

- 1 Tablespoon olive oil
- 3 Tablespoons flour
- ½ Cup boiling water
- ½ teaspoon chicken base
- ½ Cup nonfat milk



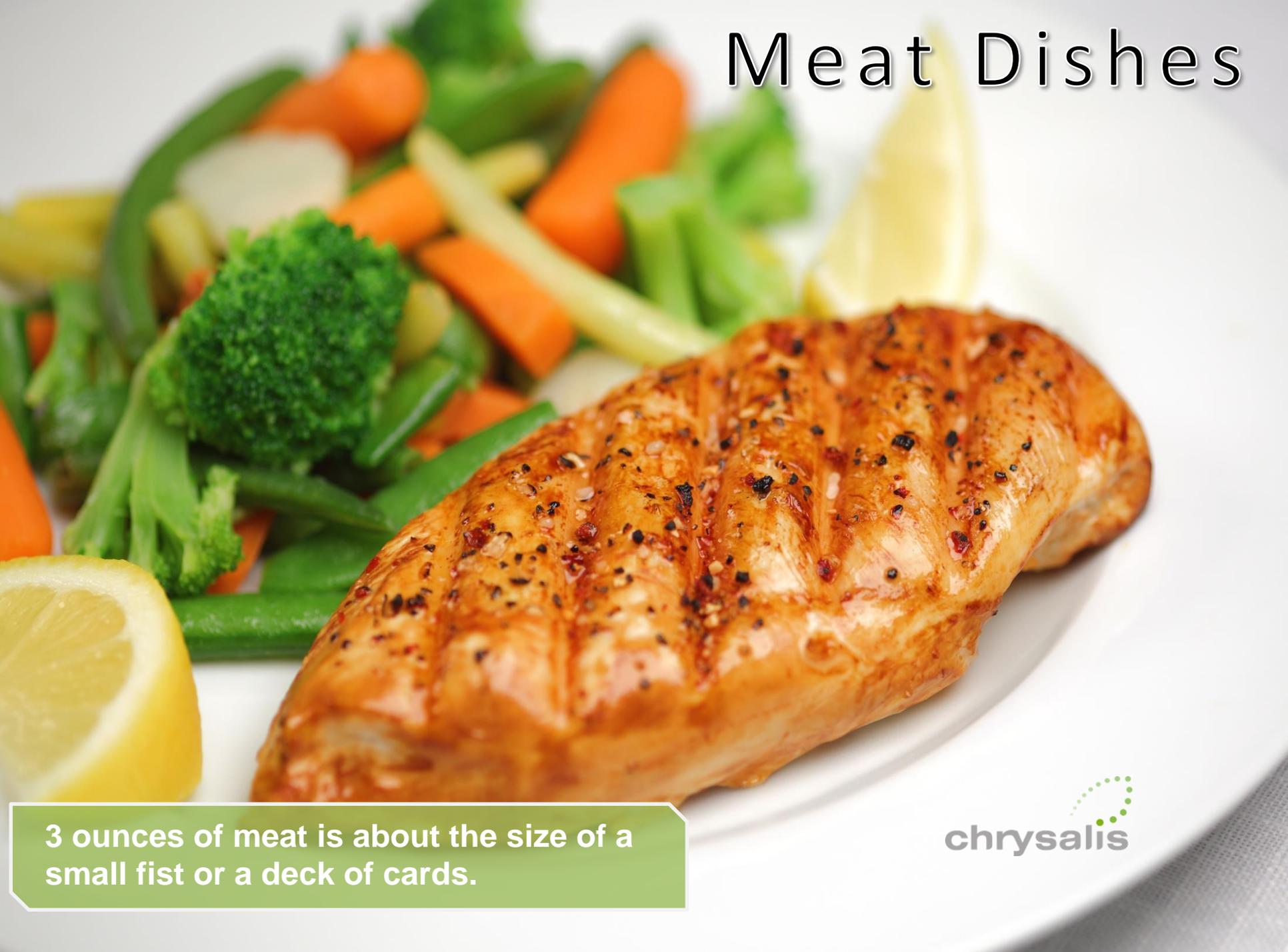
## Directions:

1. Stir chicken base into the boiling water until fully dissolved.
2. Stir flour into olive oil in a saucepan over medium-low heat.
3. Continue stirring until smooth and bubbly.
4. Remove from heat and add the chicken broth and milk, a little at a time, stirring to keep smooth.
5. Return to heat.
6. Bring sauce to a gentle boil stirring constantly, until it thickens.

\*\*\*Recipe may be varied by adding vegetable broth, celery seed, sautéed celery or mushrooms..

Approximate Calories: 1 Serving = 245

# Meat Dishes



3 ounces of meat is about the size of a small fist or a deck of cards.



## Ingredients:

- 1 onion, chopped
- 1 pepper, chopped
- ½ can diced tomatoes
- 1 can red kidney beans
- ½ pound ground meat (chicken or beef)
- (optional) 1 teaspoon Worcestershire sauce
- (optional) 1 to 2 Tablespoons chili powder
- (optional) ½ teaspoon chili pepper flakes

## Directions:

1. Put everything together in a large pot;
2. Bring to boil over medium-high heat
3. Then simmer over medium low heat for 2-3 hours.
4. Add water as needed.

Approximate Calories: ½ Cup = 145



### Ingredients:

- 4 skinned chicken breasts
- 1 ½ Cups (1 ½ oz) cornflakes
- Cooking Spray

### Directions:

1. Preheat oven to 350 degrees
2. Crush cornflakes in a plastic bag until fine crumbs.
3. Spray chicken with cooking spray then roll in cornflakes until covered.
4. Gently press the crumbs into the chicken to make sure they stick.
5. Place chicken on a cookie sheet and bake chicken for 30 minutes or until coating is golden and chicken is cooked through.

Approximate Calories: 1 serving = 200

## Ingredients:

- 1 lb. large raw shrimp, de-veined and peeled
- Bran flakes, enough to coat shrimp

## Directions:

1. Crush bran flakes in plastic bag to very small pieces.
2. Toss a few shrimp at a time in the bran flakes to coat.
3. Place shrimp on cookie sheet.
4. Turn oven to broil and place under broiler for 2-3 minutes or until bran flakes are browned slightly on top.
5. Remove from oven and carefully flip shrimp over, broil again until flakes on other side are browned.

Note: Serve with "Easy Orange Dressing" (use the search function to find this recipe in the salad section)

Approximate Calories: 10 Shrimp = 75



## Ingredients:

- 2 small tortillas
- 6 oz chicken or pork (1 small breast)
- 1 teaspoon olive oil (or use cooking spray)
- 1 medium onion, sliced
- 1 bell pepper (red or green), sliced length-wise
- ½ teaspoon minced garlic

## Chicken seasoning:

- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon garlic powder
- ½ teaspoon paprika

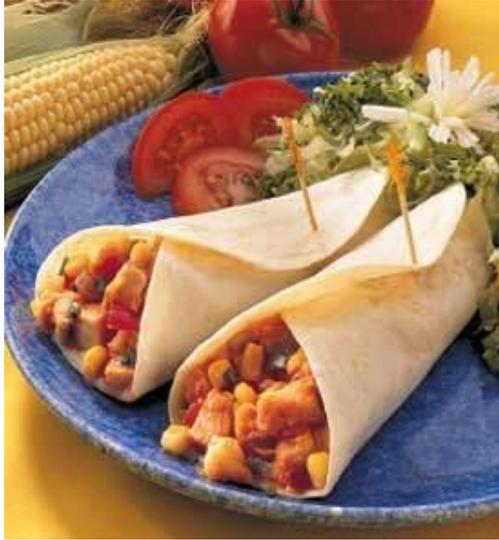
## Directions:

1. Rub seasoning over chicken and grill or cook in a frying pan
2. Slice into thin slices
3. Heat olive oil over medium heat and add onion; sauté for five minutes.
4. Add garlic and cook for 1 minute
5. Add pepper and cook for another 5 minutes
6. Serve chicken with warm onions, peppers, and 2 small tortillas.

\*\*\* Even better topped with salsa, sour cream, and lettuce

Approximate Calories: 305

with 1 Tablespoon Salsa, 1 Tablespoon fat free sour cream, and lettuce: 350



### Ingredients:

- 2 Cups cubed cooked chicken breast
- 1 can (11 oz) whole kernel corn, drained
- 1 Cup salsa
- 1 Cup (4 oz) low-fat shredded cheddar cheese
- 8 fat-free flour tortillas (6 inches), warmed

### Directions:

1. In a large saucepan, combine the chicken, corn and salsa.
2. Cook over medium heat until heated through.
3. Sprinkle cheese over tortillas.
4. Place about 1/2 cup chicken mixture down the center of each tortilla; roll up.
5. Secure with toothpicks.

Approximate Calories: 2 wraps: 374

### Ingredients:

- 1 can (16 oz) pinto or black beans
- 2 skinless chicken breasts
- ½ Cup salsa

### Directions:

1. Preheat oven to 350 degrees
2. Drain the beans and put in bottom of a baking dish.
3. Put chicken on top of beans
4. Pour salsa over beans and chicken
5. Cover with aluminum foil and bake in a 350 degree oven for 25-30 minutes.
6. If desired, carefully remove the aluminum foil the last 10 minutes to thicken the pan juices.

\*\*\* For an easy clean up split the ingredients into two equal parts and put in tinfoil to bake in the oven.

Approximate Calories: 1 chicken breast w/ beans: 439



### Ingredients:

- 2 Tablespoons oil or Cooking Spray
- 1 onion, chopped
- 1 can tomato sauce
- 1 pound lean ground beef
- 1 package sloppy joe spice mix
- Hamburger buns

### Directions:

1. Place oil or cooking spray in skillet over medium high heat.
2. Cook/Saute chopped onion for 5 minutes in the oil or cooking spray.
3. Add ground beef and cook until brown.
4. Add spices and tomato sauce; simmer for 10 minutes.
5. Place on hamburger buns or slices of bread

\*\*\* For an easy clean up split the ingredients into two equal parts and put in tinfoil to bake in the oven.

Approximate Calories: ¼ Cup: 75 (increases with fattier beef)  
with hamburger bun: 195 calories



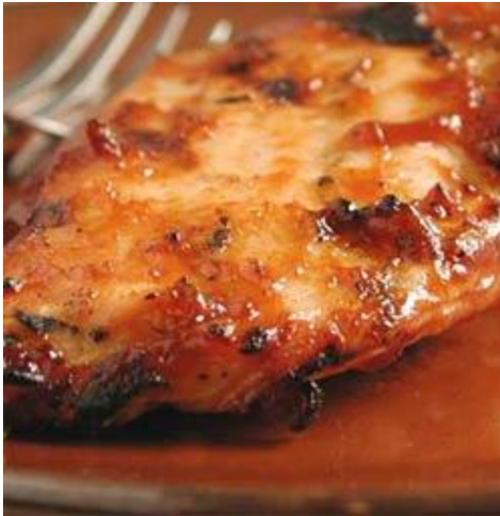
## Ingredients:

- 1 small chicken breast (6-7 oz)
- 1 Tablespoon lemon pepper seasoning

## Directions:

1. Cook for 15-20 mins in microwave or 350° F oven until cooked through but still juicy.

Approximate Calories: 210



## Ingredients:

- 1 small chicken breast (6-7 oz)
- 2 Tablespoons barbecue sauce
- (optional) Tomato slices
- (optional) lettuce
- (optional) Bun or slices of bread

## Directions:

1. Cook for 15-20 mins in microwave or 350 degree oven until cooked through but still juicy.
2. Put on bun with tomato and lettuce for chicken sandwich

Approximate Calories: 260  
with whole wheat bun, tomato; 410

### Ingredients:

- 2 teaspoon oil
- 2 (10 oz) cans chicken breast, drained and flaked (or 2 c. diced cooked chicken)
- 1 (10 oz) package frozen broccoli (or stir-fry vegetable mix)
- 1/3 Cup stir-fry sauce
- 1 (15 oz) can pineapple chunks or tidbits, drain and reserve the juice
- 1/4 Cup pineapple juice, use reserved juice from pineapple
- (optional) 1/4 teaspoon garlic powder
- (optional) 1/4 teaspoon crushed red pepper flakes

### Directions:

1. Thaw vegetables in microwave or by holding package under cold running water.
2. Heat oil in a large skillet over medium high heat.
3. Add all ingredients except pineapple.
4. Cook for 2 minutes or until heated through.
5. Top with pineapple.
6. Serve over instant brown rice or whole wheat pasta.

Approximate Calories: per serving = 240 (4 servings)



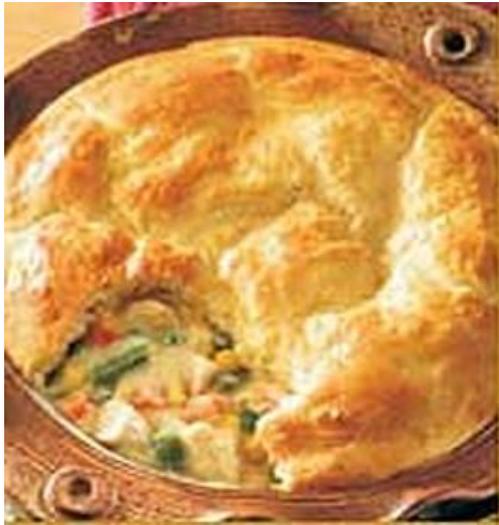
### Ingredients:

- 1 (10 oz) can chunk chicken in water or 2 chicken breasts, cooked and chopped
- 1 (8 oz) can pineapple tidbits, drained
- 1 (10 oz) can mandarin oranges, drained & chopped
- 1 large celery stalk, chopped coarsely
- ¼ medium red onion, chopped
- 3 Tablespoons light mayo
- (optional) ⅛ teaspoon ground ginger or curry powder
- 4 (6-inch) whole wheat tortillas
- 1 Cup lettuce or spinach leaves

### Directions:

1. In a medium bowl, mix together chicken, pineapple, mandarin oranges, celery, onion and mayo.
2. Add spices if desired.
3. Put ¼ Cup lettuce in center of a tortilla.
4. Spoon ¼ of the chicken salad mixture down the center of the tortilla.
5. Roll up!

Approximate Calories: per serving = 300 (4 servings)



## Ingredients:

- 2 Cups chopped cooked chicken or canned chicken
- 2 Cups frozen mixed vegetables
- 1 can (11 oz) fat-free low-sodium cream of mushroom soup
- 1 Cup reduced fat all-purpose baking mix (bisquik)
- ½ Cup fat free milk
- 1 egg

## Directions:

1. Preheat oven to 400°F.
2. Combine chicken, frozen vegetables and undiluted soup in an 8 x 8-inch baking dish.
3. Whisk baking mix, milk and egg together until blended.
4. Pour over chicken and vegetables.
5. Bake for 30 minutes, or until top is golden.

Approximate Calories: per serving = 280 (4 servings)



## Ingredients:

- 1 pound chicken or pork
- $\frac{1}{3}$  Cup soy sauce
- 1 Tablespoon brown sugar
- (optional)  $\frac{1}{4}$  teaspoon garlic powder
- 5 cherry tomatoes
- 3 bell peppers, cubed
- $\frac{1}{2}$  onion, cubed
- 2 zucchini
- 1 can (15 oz) pineapple chunks

1. Marinate meat in mixture of soy sauce, brown sugar, and garlic powder
2. Let sit in fridge
3. Preheat oven to 350 degrees
4. Skew kabobs with alternating meat and veggies/fruit
5. 1 kabob = 2 oz. meat & 1 cup fruit/vegetables.
6. Bake in 350 degree oven or grill for 30 minutes.

Approximate Calories: 1 Kabob = 120

### Ingredients:

- 1 Cup uncooked rice
- 2 Cups water
- 1 pound lean ground beef
- ¼ Cup orange marmalade
- ¼ teaspoon red pepper flakes or a dash cayenne pepper

### Directions:

1. Put rice and water in saucepan and bring to boil over high heat.
2. Turn down to low and let simmer until all the liquid is absorbed, about 35 minutes.
3. In a skillet cook the beef until browned; drain fat.
4. Add marmalade, red pepper flakes, and cooked rice.

\*\*\*Variations: Add peas, celery, green peppers, and/or pineapple chunks

Approximate Calories: 1 serving = 400 (3 Servings)



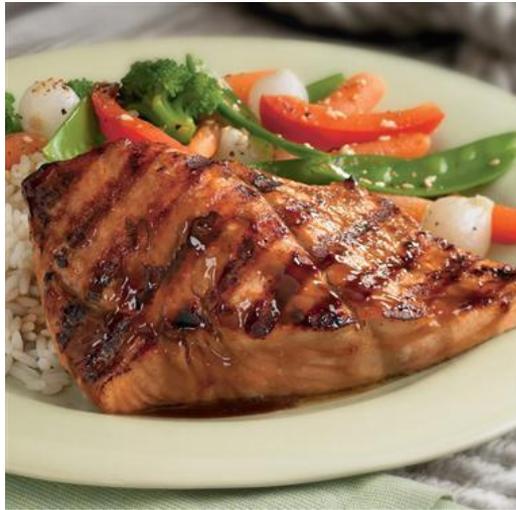
## Ingredients:

- 16 oz beef tenderloin
- 1 teaspoon hot sauce
- 2 teaspoons mustard
- 2 teaspoons brown sugar
- 1 teaspoon pepper

## Directions:

1. Preheat oven to 350 degrees
2. Combine hot sauce, mustard, brown sugar, and pepper.
3. Brush over one side of each steak.
4. Spray dish with cooking spray and cook at 350 degrees for 20 minutes or until done.

Approximate Calories: 3 oz steak = 184



### Ingredients:

- Salmon
- ½ Cup teriyaki sauce
- ½ Cup soy sauce
- 2 packages sweetener
- (optional) ½ teaspoon minced ginger

### Directions:

1. Mix sauce ingredients together in a bowl
2. Place salmon in the sauce and marinate in the fridge for at least 45 minutes
3. Remove salmon and grill until cooked – fish will flake easily with a fork but will be moist.

\*\*\* Optional: Thicken sauce in sauce pan by simmering over medium high heat until thickened; pour over salmon to serve.

Approximate Calories: 1 oz = 75

## Ingredients:

- 1 can (5 oz) tuna in water
- 1 Tablespoon soy sauce
- 2 teaspoons low-fat mayo
- 1 spinach flavored (or plain) flour tortilla
- 1 Cup baby spinach, chopped
- 2 green onions chopped

## Directions:

1. Mix tuna, soy sauce, and mayo in a small bowl.
2. Spread tortilla with an even layer of the tuna mixture and sprinkle evenly with the spinach.
3. Fold 2 sides of the tortilla in at the edges, then roll up the tortilla tightly (make it look like a burrito).
4. Cut into 2 inch thick slices to make pinwheels.

Approximate Calories: 1 serving = 250 (the pinwheels from 1 tortilla)



## Ingredients:

- 5 strips chicken, pork, or any meat
- 1 bag frozen stir-fry (deluxe, broccoli, asparagus, etc.)
- 2 Tablespoon soy sauce

## Directions:

1. Place Soy Sauce in skillet over medium high heat.
2. Sauté vegetables in soy sauce, add water as needed.
3. Add cooked chicken strips.
4. Serve over rice.

Approximate Calories: 1 serving = 331  
with 1 Cup cooked rice or noodles: 531



## Ingredients:

- ½ Cup parmesan cheese
- 2 Cups fat free cottage cheese
- ½ Cup fat free ricotta cheese
- 1 egg, beaten
- 12 cooked manicotti shells
- 1 jar (30 oz) spaghetti sauce
- (optional) 2 Tablespoons chopped parsley
- (optional) ½ teaspoon Italian seasoning
- (optional) ¼ teaspoon garlic powder

## Directions:

1. Cook manicotti shells according to instructions on the manicotti box
2. Combine ¼ Cup parmesan cheese with cottage cheese, ricotta cheese, egg and optional ingredients if desired
3. Mix ingredients well
4. Use mixed ingredients to stuff each shell with ¼ Cup of mixture
5. Preheat oven to 375 degrees
6. Arrange stuffed shells in a 9x13 inch pan
7. Pour spaghetti sauce over stuffed shells
8. Cover the pan with aluminum foil and bake at 375 degrees for 25 minutes
9. Carefully remove aluminum foil and sprinkle manicotti shells with remaining parmesan cheese
10. Bake for 5 more minutes.

Approximate Calories: 1 shell = 160 (4 servings)



## Ingredients:

- 6 green peppers
- $\frac{3}{4}$  pound lean ground beef
- $\frac{3}{4}$  Cup chopped onion
- 1  $\frac{1}{2}$  can (15 oz) kidney beans
- 1  $\frac{1}{2}$  can (15 oz) tomato puree
- 1  $\frac{1}{2}$  can (4 oz) chopped green chilies
- (optional) 3 teaspoons chili powder
- (optional)  $\frac{3}{4}$  teaspoon ground cumin

## Directions:

1. Preheat oven to 350degrees
2. Cut green peppers lengthwise in half
3. Remove seeds and membranes
4. Place (cut side up) in 9 x 13 inch dish
5. Cook ground beef and onion in skillet on medium to medium high heat
6. Mix in remaining ingredients (kidney beans, tomato puree, green chilies, (optional) chili powder, (optional) ground cumin.
7. Heat mixture till it boils, then cover with a lid
8. Turn heat to low and simmer for 10 minutes
9. Spoon beef mixture evenly among peppers
10. Cover 9 x 13 inch pan with aluminum foil and bake for 45 minutes.

Approximate Calories: 1/2 pepper = 152 (12 servings)



### Ingredients:

- 6 green peppers
- $\frac{3}{4}$  of an onion, chopped
- $\frac{3}{4}$  pound lean ground beef
- $\frac{1}{3}$  Cup corn
- 3 tomatoes, chopped
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 Tablespoon bread crumbs

### Directions:

1. Cut tops off peppers and remove seeds from peppers
2. Place a skillet on the stove on medium high heat
3. Place onion and meat in skillet and stir occasionally until meat is brown (no red)
4. Add tomatoes, corn, salt, and pepper
5. Stuff mix into peppers
6. Sprinkle on crumbs
7. Stand peppers side by side in a greased baking dish with sides
8. Add a little water to the bottom of the pan
9. Cover dish with aluminum foil
10. Bake at 350 degrees for 1 hour.

Approximate Calories: 1 pepper = 287 (6 servings)

## Ingredients:

- 3 oz. hamburger
- ¼ Cup onion
- ¼ Cup mushroom
- ¼ Cup bell pepper

## Directions:

1. Preheat oven to 350 degrees
2. Tear off a large piece of aluminum foil
3. Place all ingredients in the middle of the foil
4. Fold sides to cover ingredients like an envelope
5. Place wrapped food on a cookie sheet
6. Bake at 350 degrees for 45 – 60 minutes

Approximate Calories: 1 serving = 180



## Ingredients:

- 5 Cups steamed rice
- 2 eggs
- 2 Cups mixed vegetables
- 2 Tablespoons ketchup
- $\frac{1}{3}$  Cup soy sauce
- (optional) 20 oz. canned tiny shrimp

## Directions:

1. Cook rice according to instruction on the package and set aside
2. Place a skillet or frying pan on the stove on medium heat
3. Coat pan with cooking spray
4. Scramble eggs
5. Add mixed vegetables to the eggs and sauté for 5 minutes.
6. Add rice (and shrimp if desired), ketchup, and soy sauce.
7. Cook over medium heat until warmed through.

Approximate Calories: 1 cup = 250



## Ingredients:

- Cooked rice
- 1 can fat-free cream of chicken soup
- 1 can chicken
- 1 can pineapple in juice
- Chow mein noodles
- Low-fat shredded cheese
- Various veggies (raw or cooked): diced tomatoes, celery, onion, green onion, bell pepper

## Directions:

1. Cook rice according to instruction on the package and set aside
2. Mix the soup with  $\frac{1}{2}$  can water and chicken; heat until warm.
3. Layer ingredients on plate:
  1. 1 Cup cooked rice
  2.  $\frac{1}{4}$  Cup soup mix
  3.  $\frac{1}{4}$  Cup cheese
  4.  $\frac{1}{4}$  Cup pineapple
  5.  $\frac{1}{4}$  Cup chow mein noodles
  6. Veggies as desired.
4. Enjoy!

Approximate Calories: 1 cup = 460

### Ingredients:

- 1 can (16 oz) original or barbecue baked beans
- 1 can (15 oz) Mexican style stewed tomatoes, with juice
- 1 can (11 oz) whole kernel corn, drained
- 1 ½ Cups instant brown rice
- ¼ Cup salsa

### Directions:

1. Combine all the ingredients, plus 1 cup water into a non-stick skillet
2. Turn stove to high and bring to a boil
3. Reduce heat to low, cover, and simmer for 10 minutes.

Approximate Calories: 1 cup = 240



### Ingredients:

- 1 can (12 oz) corn, drained
- 3 cans (15 oz) diced tomatoes
- 1 can (15 oz) black beans, drained
- 1 can pork & beans
- 1 can kidney beans, drained
- 1 packet taco seasoning
- 2 large chicken breasts

### Directions:

1. Put all in crock pot and cook for 6 to 8 hours.
2. Pull chicken out and shred, then mix back in.
3. Divide into 8 servings and serve.

Approximate Calories: 1 serving = 267



### Ingredients:

- 1 Tablespoon oil
- 1 teaspoon minced garlic
- 1 medium onion, sliced
- 3 Cups green beans, chopped in 1" pieces
- ½ can diced tomatoes
- ½ Cup water
- Pepper to taste

### Directions:

1. In a large skillet heat oil on medium high heat
2. Add garlic and stir for 30 seconds
3. Add onions and stir for 2 to 3 minutes.
4. Add all other ingredients
5. Bring to a boil
6. Then turn heat to low and simmer for 20 minutes uncovered.

Approximate Calories: 1 Cup = 30

## Ingredients:

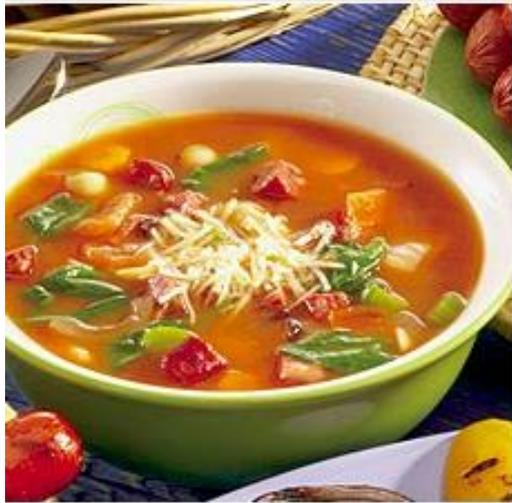
- 1 can (16 oz) diced tomatoes
- 1 can (16 oz) beans, drained and rinsed
- 1 can (16 oz) chicken broth or vegetable broth
- 1 tsp. minced garlic or 1 clove garlic, minced

## Directions:

1. Combine all ingredients in a large saucepan
2. Turn stove to high and bring to a boil,
3. Once ingredients are boiling place a lid on the saucepan and turn stove to low and simmer for 10 minutes
4. Season to taste with pepper or Italian seasoning.

\*\*\*Variations: Add pasta or leftover veggies before you simmer soup.

Approximate Calories: 1 Serving = 160 (3 servings)



## Ingredients:

- 2 cans (14 oz) chicken broth
- 1 Cup water
- 2 cans (15 oz) stewed tomatoes, NOT drained
- 4 oz. wheat pasta (¼ of a 1 lb. box)
- 1 can (15 oz) beans, rinsed and drained
- 8 oz. frozen mixed vegetables

## Directions:

1. Combine chicken broth, water and stewed tomatoes in a large saucepan;
2. Place on stove on medium-high heat and bring to a boil.
3. Stir in remaining ingredients and bring to a boil.
4. Lower heat to low and simmer for 9 minutes or until pasta is tender.

Approximate Calories: 1 ½ cup = 240

# Side Dishes



If the recipe calls for Olive Oil, it is usually just to cook in and can be substituted with cooking spray.



### Ingredients:

- 3 cans cut green beans
- 4 stalks celery, chopped
- 1 onion, chopped
- 1 bell pepper, chopped
- 1 can (8 oz) tomato sauce
- 1 can tomatoes (spicy if desired)
- Salt & pepper to taste
- 2 Tablespoons Oil or Cooking Spray

### Directions:

1. Turn stove to medium-high
2. Place oil or cooking spray in a skillet and stir celery, onion and bell pepper
3. Add tomato sauce and tomatoes
4. Drain green beans and add to pan
5. Add salt and pepper to taste (A dash of each)
6. Mix well
7. Simmer on low for 15 minutes to 4 hours.
8. The longer it simmers the more the flavors blend.

Approximate Calories: 1 serving = 85



### Ingredients:

- 1 Cup frozen broccoli, cauliflower & carrot mix
- 1 teaspoon Mrs. Dash garlic & herb seasoning or other seasoning
- 4 squirts of butter spray or 1 teaspoon margarine

### Directions:

1. Place frozen vegetables in a microwavable dish
2. Add seasoning & butter spray
3. Cover and microwave about 6 - 8 minutes

Approximate Calories: 1 serving = 40



### Ingredients:

- 1 head cauliflower
- 2 oz. low-fat cream cheese
- 2 garlic cloves, minced
- 2 Tablespoon parmesan cheese, grated
- Salt and pepper to taste

### Directions:

1. Cut cauliflower into florets of even size and put in pan of water
2. Turn stove on high and bring to boil
3. Cook for about 15 minutes or until very soft when poked with a fork
4. Carefully drain the water out of the pan
5. Blend cream cheese in blender
6. Add cooked cauliflower, parmesan cheese, and garlic to the blender
7. Blend until creamy
8. Pour into oven safe casserole dish and bake at 350 degrees for about 20 minutes or until bubbly and hot.

Approximate Calories: 1 serving = 86 (4 servings)



### Ingredients:

- 3-4 potatoes
- 1 Tablespoon olive oil
- 1 teaspoon basil
- 1 teaspoon oregano
- ½ teaspoon paprika
- ½ teaspoon pepper
- ½ teaspoon salt

### Directions:

1. Preheat oven to 425 degrees
2. Cut potatoes in 1 ½ inch cubes
3. Combine spices and oil and add to potatoes
4. Mix well
5. Bake potatoes on baking sheet for 20 to 25 minutes or until browned and tender.

Approximate Calories: ½ cup = 80



### Ingredients:

- 4 medium potatoes
- 2 garlic cloves
- 2 Tablespoons fat-free margarine
- Vegetable or chicken stock to taste
- Pepper to taste

### Directions:

1. Turn stove on high and place a pot of water on the stove.
2. Cut potatoes into quarters and place in water with garlic cloves
3. Bring water to a boil
4. Cook until potatoes and garlic are soft
5. Carefully drain the water and mash potatoes and garlic
6. Add margarine and stock and mash till smooth
7. Add pepper to taste.

Approximate Calories: ½ cup = 70



### Ingredients:

- 1 sweet potato
- 1 regular potato
- 1 teaspoon ground mace spice
- Any other desired spices (ginger, cinnamon, etc.)

### Directions:

1. Preheat oven to 425 degrees
2. Loosely wrap sweet potato in aluminum foil and bake for 1 ½ hours or until cooked through
3. Leave to cool in foil
4. Meanwhile, peel and chop regular potato and boil until tender
5. Drain and mash
6. Open the sweet potato parcel carefully over the mashed regular potato to catch all the juices.
7. Still holding the sweet potato over the other potato, peel skin away with your fingers and scoop out the flesh into the mash
8. Add the spices
9. Beat the potatoes together very well with a wooden spoon adding salt and pepper, to taste
10. Serve immediately

Approximate Calories: 1 Serving = 200



## Ingredients:

- 2 pounds sweet potatoes (4-6 potatoes)
- 1 Tablespoon oil
- 1 teaspoon pumpkin pie spice
- 1 Tablespoon low-sodium chili seasoning
- Salt and pepper

## Directions:

1. Preheat oven to 400 degrees
2. Line baking sheet with aluminum foil
3. Peel sweet potatoes; cut in half lengthwise then cut into ½-inch thick fries
4. Place sweet potato fries in a large mixing bowl
5. Add oil, pumpkin pie spice, chili seasoning, salt, and pepper
6. Toss until they are thoroughly coated with spices
7. Spread fries in a single layer on lined baking sheet
8. Bake for 30-35 minutes flipping fries over once to ensure even cooking.

Approximate Calories: 1 cup = 200



## Ingredients:

- 2 potatoes
- ½ Cup low-fat cottage cheese
- 1 Tablespoon milk
- 1 Tablespoon onion, diced
- ⅛ teaspoon paprika (a dash, if desired)

## Directions:

1. Preheat oven to 400 degrees
2. Scrub potatoes
3. Poke holes in them with fork,
4. Bake in 400 degree oven or microwave until tender (oven 30 - 45 minutes, microwave 5-10 minutes)
5. Slice each potato in half, lengthwise
6. Spoon out the centers into a bowl and save the skins
7. Blend cheese, milk, and onion together and place in bowl with potatoes
8. Mix until light and fluffy
9. Fill potato skin halves with mixture
10. Sprinkle paprika over potatoes
11. Return to oven or microwave to reheat for a few minutes, if desired.

Approximate Calories: 1 potato half = 123



### Ingredients:

- 3 ½ to 4 Cups cubed eggplant
- 1 big or 2 small zucchini, sliced
- 2 garlic cloves, chopped
- 1 onion, sliced
- ½ - 1 green pepper, cut into strips
- 2 medium tomatoes, cubed
- ½ teaspoon basil
- ¼ teaspoon pepper
- ½ teaspoon salt
- ½ Cup water

### Directions:

1. Heat all ingredients except tomatoes in skillet over medium heat for approximately 10 minutes.
2. Remove from heat and stir in tomatoes.
3. Cover and let stand for 2-3 minutes.

Approximate Calories: 1 Cup = 25

## Ingredients:

- 6 Cups sliced zucchini
- 3 diced tomatoes
- 2 teaspoon garlic powder
- ½ teaspoon basil
- 2 Tablespoons margarine

## Directions:

1. Melt margarine in large skillet over medium heat
2. Add zucchini and cook until crisp
3. Gently stir in tomatoes and seasoning
4. Cook another 5 minutes.

Approximate Calories: 1 Cup = 35



## Ingredients:

- 1 Cup chopped celery
- ½ Cup onion, chopped
- 1 teaspoon olive oil (or use cooking spray)
- 8 Cup soft whole wheat bread cubes
- ¾ Cup low sodium chicken broth
- ½ teaspoon poultry seasoning
- ⅛ teaspoon pepper
- ⅛ teaspoon thyme leaves

## Directions:

1. Preheat oven to 350 degrees
2. Cook onions and celery in oil until tender
3. Put in lightly greased pan or Spray with Cooking Spray
4. Add bread cubes, seasoning, and broth.
5. Bake covered for 1 hour.

Approximate Calories: ½ Cup = 108



## Ingredients:

- 1 Cup flour
- 1 Cup cornmeal
- ¼ Cup sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 Cup plain nonfat yogurt
- 2 eggs, beaten

## Directions:

1. Preheat oven to 400 degrees
2. In a medium bowl, combine flour, cornmeal, sugar, baking soda, and salt.
3. Stir in yogurt and eggs.
4. Pour into 8 inch square pan sprayed with cooking spray.
5. Bake for approximately 20 minutes.
6. Best served warm.

\*\*\*To make spicy add ½ c. chopped jalapenos.

Approximate Calories: 1 serving = 88



## Ingredients:

- 1 bag cabbage
- ½ Cup fat free or low fat mayonnaise
- 2 Tablespoon vinegar
- 1 teaspoon mustard

## Directions:

1. Mix all ingredients together and place in refrigerator until ready to serve

Approximate Calories: ½ Cup = 23



## Ingredients:

- 4 Cups tomato juice
- 1/3 Cup chopped celery
- 1/3 Cup chopped onion
- 2 ½ sugar substitute packets (or 5 teaspoons sugar)
- 1 ¼ teaspoon salt
- 2 Tablespoons unflavored gelatin
- ½ Cup Cold Water

## Directions:

1. Mix ingredients in a saucepan;
2. Simmer uncovered for 10 minutes
3. Spray cooking oil into a bowl
4. Meanwhile pour into another bowl ½ Cup cold water, sprinkle unflavored gelatin into water and let stand 5 minutes.
5. Remove tomato mixture from heat; strain liquid, add gelatin and stir completely.
6. Pour in bowl
7. Put in refrigerator until set.

Approximate Calories: ½ Cup = 10

# Snacks

Many common snack foods are high in fat, sugar and sodium. If these foods are used for snacks frequently, they can negatively impact our health.



## Ingredients:

- 1 Cup non-sugar cereal (Chex, Crispix, Cheerios, Kix, etc.)
- 2 Cups dried fruit (raisins, cranberries, bananas, apricots, apples, etc.)
- 1 Cup pretzels
- 1 Cup unsalted nuts (peanuts, almonds, walnuts, pecans, etc.)
- ½ Cup unsalted shelled seeds (sesame, sunflower, etc.)

## Directions:

1. Mix all ingredients together

\*\*\* Optional addition: 2 cups low-fat microwave popcorn

Approximate Calories: ½ Cup = 217



## Ingredients:

- 1 Cup fresh tomatoes, diced
- ½ Cup corn kernels, fresh or frozen
- ½ Cup onion, diced
- 1 Tablespoon (or less) jalapeno peppers, chopped
- 2 Tablespoons lime juice
- 2 cloves fresh garlic, finely diced

## Directions:

1. Combine all of the ingredients.
2. Serve with low-fat baked tortilla chips.

Approximate Calories: ½ Cup = 33



### Ingredients:

- 12 (6 inch) corn tortillas
- Cooking spray
- ¼ teaspoon salt or garlic powder

### Directions:

1. Preheat oven to 400 degrees
2. Cut each tortilla into 6 wedges
3. Place wedges on a baking sheet and spray lightly with cooking spray
4. Sprinkle with salt and bake for 6 – 8 minutes or until crisp
5. Do not over-brown or the chips will taste burnt!
6. Cool and store in sealable plastic bags

Approximate Calories: 12 Chips = 115



## Ingredients:

- 1 bag (10 oz) frozen chopped spinach
- 1 medium onion, finely diced
- 3 Tablespoons grated parmesan cheese
- 3 Tablespoons fat free or low-fat ranch dressing
- ½ Cup fat free sour cream
- (optional) ½ teaspoon dried basil
- (optional) ½ teaspoon garlic powder

## Directions:

1. Cook spinach according to package directions; drain well and chill.
2. Combine all ingredients in bowl; mix well.
3. Serve chilled with whole grain bread, baked tortilla chips, or sliced veggies.

Approximate Calories: ¼ Cup = 100



## Ingredients:

- 1 (16 oz) can fat-free or vegetarian refried beans
- ½ Cup salsa
- 2 Tablespoons low-sodium taco seasoning
- ½ Cup light sour cream
- ½ Cup shredded cheese

## Directions:

1. In a medium bowl, mix together refried beans, salsa, and taco seasoning mix
2. Spread bean mixture evenly over the bottom of 8 x 8 inch dish or 9-inch pie pan
3. Spread sour cream over the bean mixture
4. Sprinkle cheese evenly over the sour cream
5. Cover and chill in the refrigerator

Approximate Calories: ½ Cup = 140

**Nuts**  
**Raisins**  
**Pretzels**  
**Fruit Cups**  
**Dried Fruits**  
**Fruit Leather**  
**Sugar-Free Jello**  
**Sugar-Free Pudding**  
**Sugar-Free Applesauce**  
**Celery Sticks with Peanut Butter**

Approximate Calories: ½ Cup = 140

# Desserts



An occasional sweet treat is no big deal, as long as you keep the portions of the dessert small and have an overall healthy diet.



### Ingredients:

- 2 apples, washed and chopped
- 1 package sugar-free instant oatmeal (cinnamon or brown sugar flavor)
- 2 teaspoons butter

### Directions:

1. Put the apple pieces in a microwave safe bowl.
2. Sprinkle oatmeal over apples and dot with butter.
3. Microwave for a minute.

Approximate Calories: 1 Serving = 336

## Ingredients:

- 2 Cups skim milk
- 1 (1.4 oz) package Fat-Free Sugar-Free Instant Chocolate Fudge Pudding
- 1 Cup fat-free nondairy whipped topping (like Cool Whip)
- 4 Oreo cookies
- ½ Cup raspberries

## Directions:

1. Pour milk into a medium size mixing bowl
2. Whisk pudding mix into milk for 2 minutes
3. Gently stir in the nondairy whipped topping, mixing well
4. Spoon the mixture into four small bowls or tea cups
5. Cover and refrigerate for at least 1 hour
6. Crush the Oreos - put them in a zip-lock plastic bag and smash them with your hand or rolling pin
7. Sprinkle the mousse with crushed Oreos and raspberries before serving.

Approximate Calories: 1 Serving = 175 (4 Servings)



## Ingredients:

- 4 medium pears
- ½ Cup blueberries or raspberries
- ½ Cup water
- 2 Tablespoons brown sugar
- 1 Tablespoon lemon juice
- ¼ teaspoon ground cinnamon

## Yogurt Sauce

- ½ Cup low-fat plain yogurt
- 1 Tablespoon brown sugar
- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla extract

## Directions:

1. Preheat oven to 350 degrees
2. Cut pears in half lengthwise
3. Scoop out core and place cut side down in baking dish
4. Sprinkle berries around pears
5. Combine water, brown sugar, lemon juice, and cinnamon;
6. Pour over pears
7. Bake covered for 45 minutes or until pears are tender, basting occasionally with pan juices
8. Combine all yogurt sauce ingredients in small bowl and spoon a dollop over a pear half.

Approximate Calories: ½ pear = 55



### Ingredients:

- ½ Cup frozen mixed berries
- 1 carton (6 oz) light vanilla yogurt
- 2 Tablespoon low-fat granola

### Directions:

1. Layer berries, yogurt, and granola in small bowl or cup.
2. Serve immediately.

\*\*\*Option: Blend berries and yogurt to make frozen yogurt.

Approximate Calories: ½ Cup = 160