This is our inaugural “Building Bridges to Health” cookbook. Our intent was to share recipes with healthy options to help our members in their quest for better health.

We want to say a big Thank You to all of the participants who submitted a recipe for this cookbook. It is because of each and every one of you that we were able to put this book of recipes together.
Disclaimer: We have included the recipes as submitted and make no claim about how healthy any individual recipe is.

Please note:

- To provide nutritional values we went to www.NutritionData.com and entered the information provided in the original recipe.

- For some recipes we have included healthy substitutions and tell you how those changes effect the nutritional value.

- For recipes that needed ingredient amounts, or suggested serving sizes, we researched similar recipes to come up with an estimated idea for the recipe given. In the following recipes you will see per serving nutritional values. To get a nutritional value for a different (bigger or smaller) serving size, multiply the per serving size by the suggested serving amount to obtain the total value then divide that by the number of servings you choose to make. The result will be the nutritional value of the new serving size.
Breakfast Options

1. Banana Smoothie
2. Green Smoothie
3. Healthy Smoothie
4. Smoothie
5. Egg White Omelet
6. German Pancake
7. Granola
8. Healthy Breakfast
9. Ricotta Toast
Banana Smoothie

Prep Time: 2 Minutes  
Blend all Ingredients  
Makes 1 Smoothie

Things You Need:
2 Medium Bananas
1/4 Cup Oats
1/4 Cup Peanut Butter
3/4 Cup 1% Milk
How To:

1. Peel the bananas and put in blender.
2. Measure out the peanut butter, oats, and milk and add to the blender.
3. Liquefy the mixture and you are all set. Enjoy!

Helpful Notes:

Each Smoothie: 740 Calories/ 36g Fat/ 8g Saturated Fat/ 9mg Cholesterol/ 380mg Sodium/ 90g Carbohydrates/ 12g Fiber/ 45g Sugar/ 28g Protein

If you switch to reduced fat peanut butter and use skim milk, the nutritional value for this smoothie changes to: 684 Calories/ 24g Fat/ 4g Saturated Fat/ 4mg Cholesterol/ 447mg Sodium/ 99g Carbohydrates/ 11g Fiber/ 44g Sugar/ 28g Protein
Green Smoothie

Prep Time: 5 Minutes
Blend all Ingredients
Makes 1 Smoothie

Things You Need:

2 Handfuls of Kale
1 Handful of Spinach
1/2 Handful of Mixed Greens
1 Cup Mixed Berries
1/2 Cup Banana
1/2 Cup Pineapple
1 Tsp. Flaxseed
1/2 Cup Water
How To:

1. Peel and chop the banana. Peel, core and chop the pineapple.
2. Measure out all other ingredients.
3. Put all ingredients into a blender and liquefy.

Helpful Notes:

If you need to, you can add a packet or two of Stevia to sweeten this smoothie. With the nutritional values listed below, we did not add any Stevia.

Each Smoothie: 264 Calories/ 3g Fat/ 0g Saturated Fat/ 0mg Cholesterol/ 104mg Sodium/ 59g Carbohydrates/ 11g Fiber/ 29g Sugar/ 9g Protein
Healthy Smoothie

Prep Time: 5 Minutes  Blend all Ingredients  Makes 1 Smoothie

Things You Need:
1 Handful of Kale
1/4 Cup Avocado
1/4 Cup Blueberries
1/2 Cup Greek Vanilla Yogurt
1/2 Banana
1/4 Cup Strawberries
1/4 Tsp. Cinnamon
1/2 Tsp. Almond Extract
1-2 Cups Almond Milk
How To:

1. Chop and measure out the avocado and banana. Add the berries.
2. Measure out all other ingredients and add them into the blender.
3. Mix in the blender until desired consistency and enjoy!

Helpful Notes:

This recipe did not have measuring amounts to all ingredients so what is listed is an estimated idea to go by. Feel free to add or subtract ingredient amounts! You can also add non sugar protein mix to give you more fuel for the day!

Each Smoothie: 437 Calories/ 14g Fat/ 3g Saturated Fat/ 6mg Cholesterol/ 288mg Sodium/ 60g Carbohydrates/ 8g Fiber/ 39g Sugar/ 20g Protein
Easy Smoothie

Prep Time: 2 Minutes
Blend all Ingredients
Makes 1 Smoothie

Things You Need:
1 Cup Almond Milk
1/4 Cup Frozen Fruit
1 Banana
4 Ice Cubes
How To:

1. Measure ingredients and peel banana.
2. Put all into your blender and mix until desired consistency.
3. Enjoy!

Helpful Notes:

This smoothie is super easy to make and great for a breakfast on the go!

Each Smoothie: 226 Calories/ 14g Fat/ 3.5g Saturated Fat/ 0mg Cholesterol/ 163mg Sodium/ 50g Carbohydrates/ 4g Fiber/ 21g Sugar/ 3g Protein

Feel free to add a non sugar protein mix to this to give you an added boost!
Egg White Omelet

Prep Time: 5 Minutes  
Cook on Stove  
Makes 1 Omelet

Things You Need:
1 Cup Liquid Egg Whites
1 Tbsp. Chopped Onion
1 Tbsp. Chopped Green Pepper
1/4 Cup Spinach
2 Oz. Feta Cheese
2 Tbsp. Olive Oil
1/4 Tsp. Turmeric
How To:

1. Heat the oil in pan and chop veggies. Add the vegetables to pan and saute to your liking.

2. Pour the egg whites over the vegetables and season with turmeric (or any other seasoning you would like to add).

3. Add the Feta cheese and fold omelet in half.

4. Cook until done and eat!

Helpful Notes:

Per Omelet: 356 Calories/ 21g Fat/ 10g Saturated Fat/ 50mg Cholesterol/ 1051mg Sodium/
6g Carbohydrates/ 1g Fiber/ 5g Sugar/ 35g Protein

For an egg-cellent healthier option:

Use Pam Spray instead of olive oil, seven large egg whites instead of one cup of liquid egg whites and try a different kind of cheese, like a low fat Cheddar and the value will speak for itself! Each one will then have: 230 Calories/ 5g Fat/ 3g Saturated Fat/ 12mg Cholesterol/ 769mg Sodium/ 5g Carbohydrates/ 1g Fiber/ 3g Sugar/ 41g Protein.
German Pancake

Prep Time: 10-15 Minutes
Bake for 30 Minutes
Makes 4 Servings

Things You Need:
1/2 Cup Flour
1/2 Cup Milk
2 Eggs
1/4 tsp. Salt
2 Tbsp. Butter
Dash of Nutmeg
1 Tbsp. Powdered Sugar
Juice of 1 Lemon
How To:

1. Preheat oven to 425. Put two Tablespoons butter in a pie pan and put it in the oven until the butter has melted.

2. Mix together the eggs and milk. Add the flour, salt, and nutmeg and whisk together.

3. When the butter has melted, take it out of the oven and add the batter mixture to the pan.

4. Bake at 425 for 15 minutes then lower the heat on the oven to 350 and continue to cook for 13-15 minutes, the pancake should be puffed and golden brown. Take it out of the oven and run a knife along the edges to loosen it.

5. Squeeze the lemon juice all over and sift the powdered sugar around the pancake.

Helpful Notes:

Per Serving: 172 Calories/ 9g Fat/ 5g Saturated Fat/ 123mg Cholesterol/ 239mg Sodium/ 17g Carbohydrates/ .5g Fiber/ 4g Sugar/ 6g Protein

If you use a light, unsalted butter to melt into the pan instead of regular butter, you will save 16 Calories, 2g Fat, 1.5g Saturated Fat, 7mg Cholesterol and 37mg Sodium.

Try using fresh fruit instead of the powdered sugar and save a bit of the sugar grams in this pancake!
Granola

Prep Time: 10 Minutes  Bake for 20 Minutes  Makes about 28-2 Oz. (1/2 Cup) Servings

Things You Need:
1 Container of Oats (Not Instant)
1 Cup Walnuts
1 Cup Slivered Almonds
1 Cup Honey
1 Cup Canola Oil
1 Cup Dark Brown Sugar
1 Cup Dried Cranberries
1 Cup Raisins
How To:

1. Preheat the oven to 325 and mix the oats, walnuts and almonds together.

2. Mix the honey, oil, and sugar then warm to melt in the microwave (1 to 2 minutes). Pour over the oats.

3. Mix together then place on a baking sheet. Place in the oven at 325 for about 20 minutes.

4. Pull the granola out of the oven when done and add the raisins and cranberries.

Helpful Notes:

Per Serving: 260 Calories/ 13.5g Fat/ 1g Saturated Fat/ 0mg Cholesterol/ 4mg Sodium/ 35g Carbohydrates/ 2.5g Fiber/ 24g Sugar/ 4g Protein

Try this recipe out using 1/2 cup of dark brown sugar instead of a full cup and you save: 15 Calories/ 4g Carbohydrates/ 4g Sugar/ 1mg Sodium
Healthy Breakfast

Prep Time: 5 Minutes
Toaster to Cook
Makes 1 Serving

Things You Need:
1 English Muffin
1 Tbsp. Honey
2 Tbsp. Peanut Butter
How To:

1. Toast the muffin to your liking.
2. Place one Tablespoon of peanut butter on each half of the English Muffin.
3. Drizzle half a Tablespoon honey on top of each half.
4. Enjoy!

Helpful Notes:

Per Serving: 381 Calories/ 17g Fat/ 4g Saturated Fat/ 0mg Cholesterol/ 390mg Sodium/
49g Carbohydrates/ 4g Fiber/ 22g Sugar/ 13g Protein

Try this muffin with reduced fat peanut butter! While it does add 4g Carbohydrates and 19mg Sodium, the fact that it eliminates 28 Calories/ 6g Fat/ 2g Saturated Fat might make it worth it!
Ricotta Toast

Prep Time: 5 Minutes
Toaster to Cook
Makes 1 Serving

Things You Need:
1 Piece of Whole Wheat Bread
1 Tbsp. Ricotta Cheese
3 Strawberries
1 tsp. Honey
How To:

1. Toast bread to your liking. Slice three Strawberries.
2. Spread the ricotta on top of the toasted bread.
3. Place the strawberry slices on top of the cheese then drizzle honey on top of the strawberries.
4. Enjoy!

Helpful Notes:

Per Serving: 119 Calories/ 2g Fat/ 1g Saturated Fat/ 4mg Cholesterol/ 150mg Sodium/ 20g Carbohydrates/ 3g Fiber/ 9g Sugar/ 5g Protein
Lunch Ideas

1. Cauliflower Grilled Cheese
2. Chicken Lettuce Wrap
3. Spicy Tuna Sandwich
4. Open Tangy Turkey BLT
Cauliflower Grilled Cheese

Prep Time: 20 Minutes
Use Both Stove and Oven to Cook
Makes 2 Sandwiches

Things You Need:
1 Small Head of Cauliflower
(Cut into Florets)
1 Tbsp. Olive Oil
1 Egg (Free Range if you Have)
1 Oz. Grated Parmesan Cheese
1/4 tsp. Sea Salt
1 Tbsp. Butter
3 Oz. Cheddar Cheese
How To:

1. Preheat oven to 450. Line a baking sheet with parchment paper and grease with olive oil. While oven is preheating chop the cauliflower into florets and the put in a food processor to “rice” the florets.

2. Heat the Tablespoon of olive oil in a pan on the stove, add the cauliflower and cook for 10-15 minutes. Transfer the cauliflower to a bowl when done. Add the egg, cheese and sea salt. Mix well.

3. Spread this mixture onto the greased parchment paper and shape into 4 squares of “bread”. Bake in the oven for 12-15 minutes or until the slices are golden.

4. Put your pan back over medium heat on the stove. Lightly butter one side of each piece of cauliflower bread. Cover two pieces of the bread with cheddar cheese and top with another slice of cauliflower bread so that you have 2 sandwiches.

5. Cook in the pan until golden brown (2-4 minutes) then flip to the other side and repeat.

Helpful Notes:

Per Sandwich: 457 Calories/ 34.5g Fat/ 17.5g Saturated Fat/ 183mg Cholesterol/ 673mg Sodium/ 13.5g Carbohydrates/ 3.5g Fiber/ 4g Sugar/ 25.5g Protein

For a healthier option: Try substituting two large egg whites for the whole egg, light, unsalted butter for regular butter, reduced fat Cheddar cheese, omit the sea salt, use Pam Spray instead of olive oil for greasing the paper and cooking the cauliflower and the value changes to: 331 Calories/19g Fat/ 12g Saturated Fat/ 49mg Cholesterol/ 667mg Sodium/ 14g Carbohydrates/ 3.5g Fiber/ 4g Sugar/ 27.5g Protein
Chicken Lettuce Wrap

Prep Time: 5 Minutes  No Cooking Involved– Use Leftover Chicken  Makes 1 Wrap

Things You Need:
1 Whole Wheat Tortilla
2 Outer Leafs of Lettuce
1 Oz. Kale
3 Thin Slices of Tomato
2 Oz. Chicken Breast, Chopped
1 Lemon Wedge (to Juice)
1/8 Cup Pesto Sauce
How To:

1. Squeeze the lemon juice into the pesto, chop up the chicken breast. Mix them together.
2. Take your tortilla and place lettuce leafs, then kale on top of it. Add the chicken mixture.
3. Top with tomatoes and roll up to eat!

Helpful Notes:

This wrap is a great on the go low calorie lunch!

Per Wrap: 299 Calories/ 10g Fat/ 1g Saturated Fat/ 32mg Cholesterol/ 458mg Sodium/ 32g Carbohydrates/ 3g Fiber/ 2g Sugar/ 20g Protein

Try experimenting with different veggies and sauces. Just make sure to check the fat, sodium and sugar content!
Spicy Tuna Sandwich

Prep Time: 5 Minutes

You will need a toaster

Makes 2 Open Faced Sandwiches

Things You Need:
1 Can of Tuna (in Water)
3 Tbsp. of Hot Giardiniera
2 Slices of Ezekiel 4:9 or Whole Wheat Bread
How To:

1. Drain the tuna fish and mix with Giardiniera.
2. Toast your bread in the toaster.
3. Put the tuna mixture onto the bread and eat!

Helpful Notes:

A hint of spice in a very simple recipe!

The website used for nutritional value did not have Ezekiel Bread on it so we opted for a whole wheat bread and that is what is used for the nutritional value seen below.

Per Open Sandwich: 300 Calories/ 16.5g Fat/ 2g Saturated Fat/ 25mg Cholesterol/
876mg Sodium/ 13g Carbohydrates/ 2g Fiber/ 1.5g Sugar/ 24.5g Protein
Open Tangy Turkey BLT

Prep Time: 5-10 Minutes  Pan Fry the bacon  Makes 1 Sandwich

Things You Need:
1 Piece of Rye Bread
1 Oz. Sliced Turkey Breast
2 Slices of Low Sodium Bacon
1 Slice of Low Fat Baby Swiss Cheese
1 Outer Leaf of Lettuce
2 Slices Tomato
1 Oz. Avocado
2 Tbsp. Low Fat Thousand Island Dressing
How To:

1 Pan fry the bacon until crisp. Place on a paper towel lined plate to soak up excess fat.

2 Place your rye bread on a separate plate and layer in order: turkey slices, Swiss cheese, lettuce, tomato, avocado, bacon.

3 Drizzle with thousand island dressing. Serve open faced.

4 Enjoy!

Helpful Notes:

Per Open Faced Sandwich: 334 Calories/ 16g Fat/ 4g Saturated Fat/ 41mg Cholesterol/ 42mg Sodium/ 26g Carbohydrates/ 5g Fiber/ 6g Sugar/ 23g Protein

This little treat does have a bit more fat and sodium to it, however, it is still a far better option than a burger and fries lunch on the go. Place it in a Rubbermaid container and lunch for the day is done!

Feel free to toast the bread if you wish!
Appetizers & Dips

1. Apple Salsa
2. Apple Snack
3. Bean Dip
4. Broccoli Cheese Logs
5. Cheddar Monkey Bread
6. Cheese Dip
7. Chicken Dip
8. Chilaquiles
9. Eggplant Tomato Melts
10. Grape Jelly Meatballs
11. Halloween Eggs
12. Healthy Snack
Appetizers & Dips

13 Homemade Salsa
14 Jose’s Awesome Avocado Poke
15 Kale Chips
16 Pineapple Salsa
17 Veggie Pizza
18 Vince’s Baked Nachos
Apple Salsa

Prep Time: 15 Minutes  Chill for 2-4 hours or to your liking  Makes about 12-4 oz. Servings

Things You Need:

2-4 Medium Apples (We used four for the recipe’s nutritional value)

1 Jalapeno

1 Onion

2-3 Roma Tomatoes (We used two for the recipe)

1 Cup Cilantro

Fresh Squeezed Lime Juice from 2 Limes
How To:

1. Core the apples and dice them with the tomatoes and onion.
2. Finely dice the jalapeno.
3. Chop the cilantro.
4. Put all ingredients into a bowl.
5. Squeeze the limes over the ingredients and mix.
6. Refrigerate to chill to your liking.

Helpful Notes:

For your taste you may add more lime juice or jalapeno. You can add salt and pepper if you wish.

This salsa works great as a snack with crackers or cucumber slices. You could also use it as a topping on chicken or fish.

Per Serving: 93 Calories/ .5g Fat/ 0mg Saturated Fat/ 6mg Sodium/24g Carbohydrates/ 5g Fiber/ 16g Sugar/ 1.5g Protein
Apple Snack

Prep Time: Less Than 2 Minutes
No cooking Involved
Makes 1 Serving

Things You Need:
1 Medium Apple
2 Tbsp. Peanut Butter
How To:

1. Core your apple and cut it into slices.

2. Measure out two Tablespoons of peanut butter and place it on a plate beside the apple for dipping.

Helpful Notes:

Try melting the peanut butter for a few seconds in the microwave, its easier for dipping purposes and gives you a little something warm on a chilly day!

A healthier option would be low sodium, reduced fat or all natural peanut butter!

Per Serving: 283 Calories/ 16g Fat/ 3g Saturated Fat/ 149mg Sodium/ 32g Carbohydrates/ 6g Fiber/ 22g Sugar/ 9g Protein
Bean Dip

Prep Time: Less Than 5 Minutes
Chill to Your Liking
Makes about 16-1/4 cup Servings

Things You Need:
2 Cans White Beans (Cannellini or Northern)
2 Tbsp. Fresh Basil
1 Oz. Olive Oil
How To:

1. Drain and rinse the beans.

2. Put in a food processor and puree with the basil and olive oil.

Helpful Notes:

Feel free to add garlic or more basil to satisfy your taste buds.

Per Serving: 76 Calories/ 2g Fat/.5g Saturated Fat/ 11g Carbohydrates/ 2.5g Fiber/.5g Sugar/ 4g Protein
Broccoli Cheese Logs

Prep Time: 15-20 Minutes  
Bake for 30 minutes  
Makes 12 “Logs”

Things You Need:

2 Cups Chopped Broccoli
1/4 Cup Diced Onions
3/4 Cup Italian Bread Crumbs
3/4 Cup Part Skim Cheddar Cheese
1-2 Eggs
1/2 tsp. Salt
1/2 tsp. Pepper
How To:

1. Preheat the oven to 300. Chop the broccoli and onion into small pieces with a blender.

2. Combine all ingredients and add the broccoli onion mixture.

3. Mix together everything and then scoop into 12 balls. Roll the balls into logs and place on a greased cookie sheet.

4. Lightly spray a little olive oil over the logs then bake them.

5. Flip once about midway through baking.

Helpful Notes:

With this recipe we used two eggs and sprayed the cookie sheet down with Pam instead of olive oil.

Per Serving: 62 Calories/ 2g Fat/ 1g Saturated Fat/ 37mg Cholesterol/ 7g Carbohydrates/ 296mg Sodium/ 1g Fiber/ 1g Sugar/ 4.5g Protein

If you omit the salt (use another seasoning!) and use 4 egg whites vs. two whole eggs you would save: 7 Calories/ 1g Fat/ 1.5g Saturated Fat/ 35mg Cholesterol/ 90mg Sodium!
Cheddar Monkey Bread

Prep Time: Less Than 25 Minutes
Bake for 22 Minutes
Makes 8 Servings

Things You Need:
8 Oz. Crumbled Pork Sausage
2 Diced Red Apples
1 Can of Pillsbury Biscuit Dough
1 1/2 Oz. Grated Cheddar Cheese

How To:

1. Preheat the oven to 425.

2. Cook the sausage in a skillet over medium heat until browned.

3. Stir in the apples and cook until they are soft. While that’s going, cut the biscuit dough into 1 inch pieces.

4. Transfer the meat and apples to a bowl and toss while mixing in the biscuit pieces.

5. Spread the mixture back into the skillet and sprinkle cheese over the top. Bake in the oven for about 22 minutes.

Helpful Notes:

Per Serving: 289 Calories/ 14g Fat/ 5g Saturated Fat/ 27mg Cholesterol/ 613mg Sodium/ 33g Carbohydrates/ 1g Fiber/ 5g Sugar/ 9g Protein

Using low-fat Cheddar cheese and use turkey sausage instead of the listed ingredients make each serving: 212 Calories/ 5.5g Fat/ 1.5g Saturated Fat/ 18mg Cholesterol/ 637mg Sodium/ 34g Carbohydrates/ 1g Fiber/ 5.5g Sugar/ 10g Protein.
Cheese Dip

Prep Time: Less Than 5 Minutes
Chill to your liking
Makes about 6-2 Oz. Servings

Things You Need:
8 Oz. Cream Cheese
1/2 Cup Mayonnaise
1 Tbsp. Dill Seed
1 Tbsp. Minced Onion
1 Tbsp. Parsley
1 Tbsp. Lawry’s Seasoned Salt
How To:

1. Mince the onion and mix all ingredients together.
2. Chill to your liking.

Helpful Notes:

Per 2 Oz. Serving: 208 Calories/ 20g Fat/ 8g Saturated Fat/ 46mg Cholesterol/ 1020mg Sodium/ 7g Carbohydrates/ .5g Fiber/ 2.5g Sugar/ 2.5g Protein

Try it with fat free cream cheese and the value comes out to: 120 Calories/ 7g Fat/ 1.5g Saturated Fat/ 9.5mg Cholesterol/ 1163mg Sodium/ 8.5g Carbohydrates/ .5g Fiber/ 3.5g Sugar/ 6.5g Protein.

Another tip: Try a Mrs. Dash herb blend instead of the season salt and save another 760mg Sodium!
Chicken Dip

Prep Time: Less Than 5 Minutes
Chill to your liking
Makes about 14-2 Oz. Servings

Things You Need:
2 Cans Chicken Breast
8 Oz. Hummus
How To:

1. Drain the water from the cans of chicken.

2. Mix together then chill to your liking.

Helpful Notes:

Per 2 oz. serving: 70 Calories/ 2.5g Fat/ .5g Saturated Fat/ 22mg Cholesterol/ 275mg Sodium/ 2.5g Carbohydrates/ 1g Fiber/ 0g Sugar/ 10.5g Protein

On a low sodium diet? Try it with left over chicken breast and the value comes out to: 70 Calories/ 2g Fat/ .5 Sat Fat/ 23mg Cholesterol/ 87mg Sodium/ 2.5g Carbohydrates/ 1g Fiber/ 0g Sugar/ 10.5g Protein.
Chilaquiles

Prep Time: 30 Minutes or Less
Serve This Dish Immediately
Makes 8 Servings

Things You Need:
8 4” Slightly Stale Tortillas, Torn into pieces
4 Tbsp. Canola or Vegetable Oil
2 Cups Tomato Sauce
8 Oz. Monterrey Jack Cheese
1/2 Cup Sweet Cream
How To:

1. Heat two Tablespoons of oil in a large oven safe (cast iron) skillet over med. high heat. Once that is hot, add half the tortillas. Repeat letting the first batch drain on a paper toweled plate. Once that’s done, drain then wipe out the skillet to get out any oil that is left.

2. Preheat oven broiler to high. Keep your skillet on low heat. Toss half of the tortillas with half of the tomato sauce and put in the skillet, cover with half of the cheese. Repeat with the other half of the tortillas and sauce. Top that with the sweet cream and the other half of the cheese.

3. Take the skillet and place under the broiler. Cook just until the cheese is melted and bubbly. It can burn quickly, so watch it!

Helpful Notes:

Although we were not able to use the exact recipe turned in, while researching we were able to find a recipe almost exact to that one. There are a LOT of different ways to make Chilaquiles so find one that you like!

Per Serving: 259Calories/ 18g Fat/ 7g Saturated Fat/ 35mg Cholesterol/ 478mg Sodium/ 18g Carbohydrates/ 2.5g Fiber/ 2g Sugar/ 9g Protein

Healthier way: Use a reduced fat Mexican cheese blend and fat free sweet cream the nutritional value becomes: 222 Calories/ 13.5g Fat/ 4g Saturated Fat/ 18mg Cholesterol/ 538mg Sodium/ 18g Carbohydrates/ 2.5g Fiber/ 1g Sugar/ 9.5g Protein.
Eggplant Tomato Melts

Prep Time: About 15 Minutes  
Bake for 30 minutes  
Makes about 10 Servings

Things You Need:

1 Eggplant
2 Tomatoes
10 Slices Provolone Cheese
1 Egg
1/2 Cup Bread Crumbs
How To:

1. Preheat your oven to 350. Peel the eggplant. Spray a cookie sheet with non stick spray.

2. Cut the eggplant into two halves then slice each half into five slices. Beat the eggs together. Dip each piece of eggplant into the egg then into bread crumbs. Place each one on the cookie sheet.

3. Bake for 15 minutes then flip the eggplant pieces over. Cook another 15 minutes, then remove from oven. Slice two tomatoes into ten slices, place a slice on each piece of eggplant then top with a slice of provolone.

4. Return to oven long enough for the cheese to melt. Once melted, they are ready to eat!

Helpful Notes:

Per Serving: 190 Calories/ 10.5g Fat/ 6.5g Saturated Fat/ 45mg Cholesterol/ 514mg Sodium/ 13g Carbohydrates/ 3g Fiber/ 3g Sugar/ 12g Protein

Swap the egg for two large egg whites and use a low fat Mozzarella cheese instead of Provolone and your nutritional value changes to: 101 Calories/ 3g Fat/ 2g Saturated Fat/ 6mg Cholesterol/ 284mg Sodium/ 13g Carbohydrates/ 3g Fiber/ 3g Sugar/ 6g Protein.
## Focaccia Bread

<table>
<thead>
<tr>
<th>Prep Time:</th>
<th>Bake for 30 Minutes</th>
<th>Makes 9 Servings</th>
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<td>About 30 Minutes</td>
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**Things You Need:**

- 1 Loaf Rhodes Frozen Dough
- 1 Tomato, Sliced or Chopped
- 2 Tbsp. Basil Chopped
- 1 Tbsp. Oregano
- 1/2 Cup Parmesan Cheese
How To:

1. Preheat the oven to 350. Unthaw the dough.

2. Once the dough is unthawed, take out of the package and knead it. Let it rise.

3. Slice or chop your tomato as well as the basil.

4. Once the dough has risen, place all ingredients on top of the bread and bake in the oven for about 30 minutes.

Helpful Notes:

This works great with soup (try it with the Rustic Tortellini Soup) or with a light pasta dish!

Per Serving: 147 Calories / 3.5g Fat / 1g Saturated Fat / 5mg Cholesterol / 316mg Sodium / 24g Carbohydrates / 0g Fiber / 1.5g Sugar / 5.5g Protein

If you would like to try and save some fat grams, try this with a reduced fat Parmesan cheese it will save you 1.5g Fat and takes away the Saturated Fat!
Grape Jelly Meatballs

Prep Time: Less Than 5 Minutes  
Low setting on crock pot for 4 hours  
Makes about 60 Meatballs

Things You Need:
2 Pounds Small Italian Style Meatballs  
1-16 Oz. Jar Grape Jelly  
1/2 Cup Brown Sugar
How To:

1. Combine all ingredients into your crock pot.
2. Cook on low for 4 hours.
3. Serve on a platter to enjoy!

Helpful Notes:

Per Meatball: 87 Calories/ 3.5g Fat/ 1.5g Saturated Fat/ 8mg Cholesterol/ 95mg Sodium/ 13g Carbohydrates/ 0g Fiber/ 11.5g Sugar/ 2.5g Protein

Use a low sugar grape jelly and each meatball would be: 59 Calories/ 3.5g Fat/ 1.5g Saturated Fat/ 7.5mg Cholesterol/ 84mg Sodium/ 5g Carbohydrates/ .5g Fiber/ 4g Sugar/ 2.5g Protein

That is like not eating almost 2 teaspoons of sugar with each meatball! If you want to thicken the sauce on the meatballs a dash of cornstarch and a dash of flour will do the trick!
Halloween Eggs

Prep Time: 25-30 Minutes  
Chill to your liking  
Makes 24 Eggs

Things You Need:

1 Dozen Large Eggs
1/2 Cup Fat Free Mayonnaise
Black Olives
Salt & Pepper to Taste
How To:

1. Boil the eggs for about 20 minutes. Let them cool and then peel them. While boiling the eggs cut whole olives into half, widthwise. Take one of the halves and slice thinly (to look like spider legs).

2. Cut each egg in half lengthwise and take the yolks out. Place the yolks in a medium sized bowl.

3. Mix the yolks with the mayo, adding salt and pepper if you would like.

4. Spoon the mixture back into the eggs. Place the intact half of the olive face down to look like a spiders’ abdomen then put 3 thin slices to either side of the “body” to make the whole thing look like a spider.

Helpful Notes:

Per Egg: 45 Calories/ 3g Fat/ 1g Saturated Fat/ 107mg Cholesterol/ 116mg Sodium/
1.5g Carbohydrates/ .5g Fiber/ .5g Sugar/ 3.5g Protein
Healthy Snack

Prep Time: 1 Minute  No Cooking Involved  Makes 1 Serving

Things You Need:
1/2 Cup Light Ice Cream or Frozen Yogurt
1/4 Cup Nuts
How To:

1. Scoop and measure out one half cup of ice cream or frozen yogurt.
2. Measure out 1/4 cup of nuts and top the ice cream with it.

Helpful Notes:

For nutritional purposes we used Breyers All Natural Light French Vanilla Ice Cream and slivered almonds.

Each Serving: 273 Calories/ 17g Fat/ 3g Saturated Fat/ 36mg Cholesterol/ 50mg Sodium/ 24g Carbohydrates/ 3g Fiber/ 15g Sugar/ 9g Protein
Homemade Salsa

Prep Time: About 5 Minutes
Chill to your liking
Makes about 6-2 Oz. Servings

Things You Need:

1 Can Tomatoes-No Salt Added
1 Can “Rotel”
1/4 Cup Onion, Chopped
1 Clove Garlic, Minced
1/4 tsp. Salt
1/4 tsp. Cumin
1/4 tsp. Sugar
1/2 Cup Cilantro, Chopped
How To:

1 Chop the onion and cilantro and mince the garlic.
2 Drain the tomatoes.
3 Put all ingredients into a food processor and pulse until desired consistency.
4 Chill in the refrigerator as long as you want.

Helpful Notes:

Each Serving: 13 Calories/ .5g Fat/ 0g Saturated Fat/ 0mg Cholesterol/ 72mg Sodium/
3g Carbohydrates/ .5g Fiber/ 1g Sugar/ .5 Protein
Jose’s Awesome Avocado Poke

Prep Time: 10 Minutes  Refrigerate: 1-2 Hours  Makes 9 Servings

**Things You Need:**
1 Pound Sashimi-Grade Tuna, Cut into small cubes
3 Tbsp. Cilantro, Chopped Fine
1 1/2 Jalapeno, Minced
1 Green Onion, Minced
1/4 Cup Soy Sauce
2 Tbsp. Toasted Sesame Oil
2 Avocados, Cut into small Cubes
1 Avocado (Softer than the other two), Mashed
How To:

1. Combine the tuna, cilantro, jalapeno, green onion, soy sauce and sesame oil in a bowl. Toss gently.

2. Cover and refrigerate for an hour or two.

3. Take out of the fridge and fold the avocado into the tuna mixture.

4. Serve with chopsticks and various raw vegetables! Aloha!

Helpful Notes:

Each Serving: 365 Calories/ 11g Fat/ 1.5g Saturated Fat/ 23mg Cholesterol/ 372mg Sodium/ 5g Carbohydrates/ 3.5g Fiber/ .5g Sugar/ 13.5g Protein
Kale Chips

Prep Time: 2 Minutes    Bake 30-35 Minutes    Makes 3 Servings

Things You Need:
6 Oz. Fresh Kale
Sea Salt to taste
How To:

1. Preheat the oven to 350. Wash the kale.
2. Spread onto a cookie sheet and season with sea salt if desired then put them into the oven.
3. Bake in the oven for about 30-35 minutes.

Helpful Notes:

We used one teaspoon sea salt to be able to estimate the nutritional value of this snack. The sodium content will be higher or lower depending on what you use.

Each Serving: 28 Calories/ .5g Fat/ 0g Saturated Fat/ 0mg Cholesterol/ 799mg Sodium/ 6g Carbohydrates/ 1g Fiber/ 0g Sugar/ 2g Protein
Pineapple Salsa

Prep Time: 5 Minutes
Refrigerate to blend flavors
Makes about 10 Servings

Things You Need:
1 Pineapple, Peeled, Cored and Chopped
1 Red Onion, Chopped
1 Jalapeno, Seeded and Chopped
Zest of a Lime
Juice from 2 Limes
Kosher Salt to Taste
How To:

1. Chop the pineapple and onion, and then chop and seed the jalapeno. Put all three into a bowl.
2. Zest a lime over the bowl.
3. Juice the two limes into the bowl. You may use more limes if you want.
4. Add kosher salt if you need to.

Helpful Notes:

This recipe is so easy to do and would go great with fish chicken or pork!

Each Serving: 52 Calories/ 0g Fat/ 0g Saturated Fat/ 0mg Cholesterol/ 1.5mg Sodium/ 14g Carbohydrates/ 1.5g Fiber/ 1.5g Sugar/ .5g Protein
Vince’s Baked Tortilla Nachos

Prep Time: 20 Minutes  Bake at 350 Minutes  Makes about 4-3 Oz. Servings

Things You Need:
9 6” Tortillas
1/4 Cup Salsa
1 Oz. Cheddar Cheese
How To:

1. Preheat the oven to 350 and bake the tortillas to your liking. When you bring them out of the oven cut them into triangles.
2. Put back onto a cookie sheet and top with salsa and cheddar cheese.
3. Take out of the oven once the cheese is melted.

Helpful Notes:

Each Serving: 242 Calories/ 7.5g Fat/ 3g Saturated Fat/ 7.5mg Cholesterol/ 548mg Sodium/ 36g Carbohydrates/ 2.5g Fiber/ 2g Sugar/ 7g Protein

Reduce the fat! If you use reduced fat cheese and make your own salsa (1 tomato, about 1/4 cup chopped onion, 2 Tbsp. chopped jalapeno, lime juice and cilantro to your liking) the value of this appetizer would be: 232 Calories/ 5.5g Fat/ 1.5g Saturated Fat/ 1.5g Cholesterol/ 474mg Sodium/ 37g Carbohydrates/ 2.5g Fiber/ 2.5g Sugar/ 8g Protein
Veggie “Pizza”

Prep Time: 2 Minutes  Bake for 30-35 Minutes  Makes 8 Servings

Things You Need:
1 Can of Pillsbury Golden Layer Biscuits
1/2 Cup Broccoli
1 Celery Stalk
1/4 Cup Green Pepper
1/4 Cup Red Pepper
8 Oz. Light Cream Cheese
4 Oz. Light Ranch Dressing
How To:

1. Preheat the oven to 350. Open the can of biscuits and roll it out into a pizza dough. Place in the oven and cook as directed on the package.

2. Rinse and chop all veggies.

3. Mix the cream cheese and ranch dressing together.

4. When the dough is out of the oven and has cooled down, spread the cream cheese mixture over the top of it and then cover with the veggies.

5. Cut the dough like you would a pizza, into 8 slices and enjoy!

Helpful Notes:

With this recipe being so versatile, you can use whatever crunchy vegetables you want.

Each Serving: 202 Calories/ 12g Fat/ 4g Saturated Fat/ 19mg Cholesterol/ 642mg Sodium/ 19g Carbohydrates/ 1g Fiber/ 5g Sugar/ 4.5g Protein

Reduce the fat even further! If you use nonfat cream cheese and fat free ranch dressing, the value of this appetizer would be: 156 Calories/ 5g Fat/ 1g Saturated Fat/ 4.5g Cholesterol/ 671mg Sodium/ 21g Carbohydrates/ 1g Fiber/ 5g Sugar/ 6.5g Protein

Another helpful hint: Instead of the Pillsbury refrigerated dough, try a whole wheat, pre made pizza dough (Boboli) and make this even healthier to enjoy!
Satisfying Soups

1. Black Bean Soup
2. Butternut Squash Soup
3. Chicken Chili
4. Chicken Soup
5. Coconut-Pumpkin Soup
6. Healthy Lentil Soup
7. Lentil Vegetable Soup
8. Rustic Tortellini Soup
9. Sweet Potato, Bean & Rice Soup
10. Tomato Soup
11. Vegetable Noodle Soup
12. Vegetarian Chili
Black Bean Soup

Prep Time: 10 Minutes & Soaking Beans 8 Hours
Cook time: 10 Hours on low in a Crock Pot
Makes 6 Servings

Things You Need:
1 Pound Dried Black Beans
4 Cups Organic Vegetable Broth
2 Cups Chopped Onion
1 Cup Water
1 Tbsp. Ground Cumin
3 Bay Leaves
1 Serrano Chili Pepper, Finely Chopped
2 Tbsp. Fresh Lime Juice
1 tsp. Kosher Salt
1/4 Cup Fresh Cilantro, Chopped
3 Tbsp. Reduced Fat Sour Cream
Cilantro Sprigs (Optional)
How To:

1. Sort and wash the beans. Place them in a large bowl and cover with water to 2 inches above the beans. Cover and let stand for 8 hours then drain them.

2. Combine the beans, broth and next 5 ingredients (through Serrano Chili Pepper) in the crock pot. Cover and cook on low for 10 hours.

3. Discard the bay leaves. Stir in juice and salt.

4. Ladle 1 1/2 cups soup into 6 bowls sprinkle each with 2 tsp of the chopped cilantro. Top each with 1 1/2 tsp. sour cream and garnish with the cilantro sprigs, if desired.

Helpful Notes:

For less heat, seed the chili pepper first or use a milder pepper, such as a jalapeno, or omit it all together!

Each Serving of this filling soup has: 301 Calories/ 2g Fat/ 1g Saturated Fat/ 4mg Cholesterol/ 1027mg Sodium/ 55g Carbohydrates/ 12.5g Fiber/ 6g Sugar/ 17g Protein

If you are watching your sodium intake, omit the kosher salt and use a low sodium vegetable broth (Trader Joes has a nice one!). Doing that and going with a fat free sour cream makes the nutritional value: 301 Calories/ 1.5g Fat/ .5g Saturated Fat/ .5mg Cholesterol/ 114mg Sodium/ 57g Carbohydrates/ 13g Fiber/ 7g Sugar/ 18g Protein

You may also want to try using a Greek non fat plain yogurt instead of sour cream to get extra protein in!
Butternut Squash Soup

Prep Time: 10-15 Minutes

You will need
a Blender or Food Processor

Makes 5 Servings

Things You Need:

2 Tbsp. Butter
1 Medium Butternut Squash
1 Medium Onion
2 Celery Stalks
1 Large Carrot
2 Cans Low Sodium Chicken Broth
How To:

1 Rinse and cube all vegetables. Melt the butter in a pan. Add the vegetables to the melted butter and sauté for 10 minutes. Cover the vegetables with chicken broth and simmer until tender.

2 Blend all in a blender or food processor until liquefied and then put the soup back onto the stove and reheat until the soup is at your desired temperature.

3 Enjoy!

Helpful Notes:

Another wonderful fall soup!

Per 1 Cup Serving: 79 Calories/ 4.5g Fat/ 3g Saturated Fat/ 12mg Cholesterol/ 427mg Sodium/ 7g Carbohydrates/ 1.5g Fiber/ 3g Sugar/ 3g Protein

Try making this with a low sodium, organic vegetable broth instead of the chicken broth. It would save about 250mg Sodium! Just note that changing it would add 5 Calories and 3g Carbohydrates and sugar and the protein would be halved.
Chicken Chili

Prep Time: 20-25 Minutes  
Cook Time: 7 Hours on Low in a Crock Pot  
Makes about 14 Servings

Things You Need:
2 Pounds Ground Chicken  
1 Medium Onion  
3 Celery Stalks, Chopped  
4 Garlic Cloves, Minced  
2 Jalapenos, Seeded & Chopped  
1/2 Green Pepper, Chopped  
1 Tbsp. Olive Oil  
2 Tbsp. Chili Powder  
1/2 tsp. Red Pepper Flakes  
1/2 Tbsp. Paprika  
2 tsp. Ground Cumin  
1 tsp. Black Pepper  
1 Tbsp. Worcestershire Sauce  
1 Tbsp. Brown Sugar  
2 Cans of Chili Beans  
1 Can Black Beans  
2 Cans of Tomatoes  
1 Cup Whole Kernel Corn
How To:

1. Rinse and chop all vegetables.

2. In a skillet, heat the Tablespoon of oil over medium heat. Add the onion, celery, green pepper, jalapenos, and garlic. Cook until soft. Move those to the side and add the ground chicken. Cook until done and add all contents of the pan to the crock pot.

3. Add all seasonings, beans, and tomatoes to the Crock Pot.

4. Stir everything together except the corn. One hour before done, add the corn and stir. Replace the lid and let it finish cooking.

5. Enjoy!

Helpful Notes:

You could also use ground turkey if you would rather. Instead of black beans, you could use Cannellini beans. If you like your chili hot, do not seed the Jalapenos!

Per Serving: 216 Calories/ 7.5g Fat/ 2g Saturated Fat/ 55mg Cholesterol/ 663mg Sodium/ 22g Carbohydrates/ 6g Fiber/ 6g Sugar/ 17g Protein

To save sodium milligrams, go for low sodium canned items if possible. You can also get low sodium Worcestershire sauce, which doesn’t taste much different!
Chicken Soup

Prep Time: 20 Minutes  
Cook Time: 2 to 2.5 Hours  
Makes 8 Servings

Things You Need:
1 Whole Chicken
1 Medium White (Sweet) Onion
4 Celery Stalks, Chopped
1 Bag of Carrots, Peeled
2 Bay Leaves
1 tsp. Black Pepper
1 tsp. Salt
Water to cover the Chicken
How To:

1. Rinse and chop all vegetables and wash off the chicken.

2. Put everything into a large stock pot. Fill with enough water to cover the chicken and cook for about 1 1/2 to 2 hours (the chicken should be falling apart).

3. Strain the chicken and vegetables out of the pot. Separate the chicken from the vegetables.

4. Put the vegetables back into the broth and blend with an immersion blender.

5. Pull apart the chicken, discard skin and bones. Add as much chicken as you would like back to the broth and vegetables.

6. Add 1 cup pasta (more or less if you like) and cook until pasta is done.

Helpful Notes:

Homemade chicken soup is always nice for cold and flu season, make a double batch and freeze for when you need it!

Per Serving: 336 Calories/ 18g Fat/ 5g Saturated Fat/ 86mg Cholesterol/ 449mg Sodium/ 20g Carbohydrates/ 4g Fiber/ 4.5g Sugar/ 24.5g Protein

Skim the fat! If you can build some time in, (or prepare the chicken and vegetables the day before you want to serve your soup) once the chicken and vegetables have boiled and you have strained them out of the water, pour the liquid into a large bowl and put that in the freezer for a bit (not too long you don’t want it all to freeze together) and allow the liquid to cool. Once it cools you can take a spoon and scoop excess fat off the top and then heat the liquid back up!
Coconut Pumpkin Soup

Prep Time: 10 Minutes  
Cook Time: 25-30 Minutes  
Makes 8 Servings

Things You Need:
2 tsp. Coconut Oil
1 Yellow Onion, Minced
4 Garlic Cloves, Minced
2 Cups Canned Pumpkin, No Salt (or Fresh Puree if you can)
2 Cups Coconut Milk
1-2 Cups Vegetable Broth
2 Cups Carrots, Diced
1 Bay Leaf
1/4 tsp. Thyme
1/4 tsp. Nutmeg
**How To:**

1. Heat the coconut oil in a pot over medium heat. Add the onions, garlic, pumpkin and carrots. Cook for 5 minutes.

2. Add the vegetable stock, coconut milk, bay leaf and thyme. Cook for 15 minutes.

3. Optional Step: Remove bay leaf and puree the soup in a blender or with an immersion blender. When done, return to stove and add nutmeg.

4. Add the nutmeg and heat until its at your desired temperature. Serve with pumpkin seeds if you would like.

5. Enjoy!

**Helpful Notes:**

Per Serving: 166 Calories/ 13.5g Fat/ 12g Saturated Fat/ 0mg Cholesterol/ 209mg Sodium/ 12g Carbohydrates/ 3g Fiber/ 4.5g Sugar/ 2.5g Protein

Try it lighter, there are low fat/light coconut milks out there. Also, you could make your own coconut milk.

To make homemade coconut milk you need: 4 cups water and 1.5-2 cups unsweetened coconut flakes.

You heat the water until hot (not boiling), add the coconut and pour into a blender and blend on high for several minutes to make it thick and creamy. Pour it through a colander to filter out the pulp and then squeeze through a cheese cloth. Use immediately and store the rest in the fridge. Use within 3-4 days of creation for best flavor!
Healthy Lentil Soup

Prep Time: 10 Minutes  
Cook Time: 1-2 Hours  
Makes 8 Servings

Things You Need:
1 Small Package of Lentils (or 2 Cups)
1 Cup Carrots
1 Cup Celery
1 Cup Onion
1 Cup Diced Chicken (or more if you like)
1-14 Oz. can Diced Tomatoes, No Salt Added
1-32 Oz. Container of Chicken Broth, No Sodium

To cook the Chicken:
Pam Spray
1 tsp. Red Pepper Flakes
2 tsp. Garlic Flakes
2 tsp. Onion, Diced
How To:

1. Wash then drain the lentils.

2. Cook your chicken with Pam spray, red pepper and garlic flakes and two teaspoons of onion. When its done, dice it and mix it into a stock pot with all other ingredients.

3. Cook on low heat for 1-2 hours.

4. Enjoy

Helpful Notes:

Per Serving: 209 Calories/ 1g Fat/ 0g Saturated Fat/ 5mg Cholesterol/ 498mg Sodium/ 35g Carbohydrates/ 16g Fiber/ 4g Sugar/ 16g Protein
Lentil Vegetable Soup

Prep Time: 10-15 Minutes  
Cook Time: 2 Hours  
Makes 8 Servings

Things You Need:
2 Cups Lentils  
1/2 Cup Carrots, Diced  
1/2 Cup Celery, Diced  
1/2 Cup Onion, Diced  
4 Slices Bacon, Cooked & Diced  
1-14.5 Oz. Can Diced Tomatoes  
2 Cloves Garlic, Chopped  
1/2 Tsp. Salt  
1/2 Tsp. Pepper  
1 Tsp. Oregano  
1 Tbsp. Knorr Chicken Bouillon  
2 Tbsp. Cider Vinegar  
8 Cups Water
How To:

1. Wash then drain the lentils.

2. Pan fry the bacon and then dice once cooled.

3. Fill a Dutch oven half way full of water. Stir the chicken bouillon into the water.

4. Dice or chop all vegetables and garlic. Put all into the Dutch oven and heat to a boil. Turn the heat down and simmer for one and a half hours. Add the cider vinegar and simmer another half hour.

Helpful Notes:

Per Serving: 211 Calories/ 2.5g Fat/ 1g Saturated Fat/ 4mg Cholesterol/ 364mg Sodium/ 34g Carbohydrates/ 16g Fiber/ 3g Sugar/ 14.5g Protein

This is a pretty low sodium dish but if you wanted to you could omit the 1/2 tsp. of salt and use reduced sodium bacon it would save about 115mg Sodium!
Rustic Tortellini Soup

Prep Time: 10 Minutes  
Cook Time: 25 Minutes  
Makes 6 Servings

Things You Need:
1 Pound Italian Sausage (or Breakfast Sausage)
2 Onions, Chopped
4 Garlic Cloves, Minced
4 Cups Chicken Broth
1-15 Oz. Can Diced Tomatoes (in Basil, Oregano & Garlic), Not Drained
2 tsp. Italian Seasonings
1 Bag of Spinach
1 Bag (12 oz.) Frozen Cheese Tortellini
Mozzarella Cheese, to Garnish
How To:

1. Chop the onions and mince the garlic.

2. Brown the sausage with onion.

3. Place in a stock pot and add garlic, chicken broth, tomatoes and seasonings. Bring to a boil.

4. Add the frozen tortellini and bring back to a boil.

5. Add the spinach, and reduce the heat to simmer and cook 5-10 more minutes. Serve immediately.

6. Top with shredded Mozzarella, if desired. Serve with salad and bread to make your meal. Enjoy!

Helpful Notes:

Per Serving: 464 Calories/ 29g Fat/ 11g Saturated Fat/ 82mg Cholesterol/ 1411mg Sodium/ 30g Carbohydrates/ 3.5g Fiber/ 4g Sugar/ 21.5g Protein

If you opt for part skim Mozzarella, low sodium chicken broth and cut the sausage down to 12 ounces instead of a full pound (which you can do, most of the recipes we found only called for 3/4 of a pound) your nutritional value changes to: 418 Calories/ 24g Fat/ 9.5g Saturated Fat/ 65mg Cholesterol/ 694mg Sodium/ 31.5g Carbohydrates/ 3.5g Fiber/ 4g Sugar/ 21.5g Protein

You could also try an Italian style turkey sausage instead of a pork sausage to save even more fat and cholesterol!
Sweet Potato, Bean & Rice Soup

Prep Time: 25 Minutes  
Cook Time: About 20 Minutes  
Makes 8 Servings

Things You Need:
1-1/2 Pound Sweet Potato  
1 Pound Zucchini  
1 Pound Plum Tomatoes  
1-15 Oz. Can Chickpeas, Rinsed  
1 Cup Kidney Beans, Rinsed  
1 Cup Black Beans Rinsed  
4 Sprigs Fresh Basil  
2 Tbsp. Vegetable Base  
3/4 Cup Brown Rice, Cooked Separately
How To:

1. Cook the rice according to its package directions. Put it aside, covered and add it to the soup right before serving.

2. Meanwhile, chop the basil stalks and reserve the leaves. Chop the sweet potato and zucchini into bite sized pieces, then chop the tomatoes roughly. Set the tomatoes aside.

3. Put the sweet potato, 8 cups water and vegetable base into a stock pot and bring to a boil then reduce heat. Gently simmer until the sweet potato is slightly tender (5-6 minutes). Add the zucchini and return to a simmer for 3 minutes.

4. Add the tomatoes, both beans, and the cooked rice and simmer until heated through, about 3 minutes. Serve with the reserved basil leaves.

Helpful Notes:

Per Serving: 177 Calories/ 1g Fat/ 0g Saturated Fat/ 0mg Cholesterol/ 799mg Sodium/ 34g Carbohydrates/ 7g Fiber/ 2.5g Sugar/ 8g Protein
Tomato Soup

Prep Time: 10 Minutes  
Cook Time: 5-6 Hours  
Makes 6 Servings

Things You Need:
1-46 Oz. Can Tomato Juice  
1-8 Oz. can Tomato Sauce  
1/2 Cup Water  
1/2 Cup Onion, Chopped  
1 Celery Stalk, Chopped  
2 Tbsp. Sugar  
1/2 tsp. Dried Basil  
3-5 Whole Cloves  
1 Bay Leaf
How To:

1. In a 3 Quart slow cooker combine all ingredients.
2. Cover and cook on low for 5-6 hours.
3. Discard the cloves and bay leaf.
4. Enjoy! Yum!

Helpful Notes:

Per Serving: 78 Calories/ .5g Fat/ 0g Saturated Fat/ 0mg Cholesterol/ 599mg Sodium/ 19g Carbohydrates/ 2g Fiber/ 8.5g Sugar/ 2.5g Protein

If you are watching your sodium intake: You can switch to a no salt added tomato juice and tomato sauce, this takes the Sodium from 599mg to 41mg! If you like your salt and this is too extreme, a happy medium would be try it with low sodium products and it would almost half the sodium!
Vegetable Noodle Soup

Prep Time: 10 Minutes  
Cook Time: 25-30 Minutes  
Makes 2 Servings

Things You Need:
1 Lg. Carrot, Peeled and Diced
1 Celery Stalk, Chopped
1 Small Onion, Chopped
1 Garlic Clove Minced
2 Tbsp. Olive Oil
1/4 tsp. Kosher Salt
1 Cup Cooked Pasta Noodles
1 Cup Vegetable Broth
How To:

1. Heat the olive oil and garlic in a pan over medium heat. Add the vegetables. Season with salt and cook until tender.

2. While you are cooking the vegetables, cook the pasta separately. Drain and rinse the pasta when done.

3. Add the pasta to the pan with vegetables and let it get lightly toasted (or golden).

4. When that looks done add 1 cup vegetable broth and reduce heat to simmer. Let simmer until hot enough for your tastes and its done.

Helpful Notes:

Per Serving: 343 Calories/ 15g Fat/ 2g Saturated Fat/ 0mg Cholesterol/ 814mg Sodium/ 45.5g Carbohydrates/ 4g Fiber/ 5.5g Sugar/ 7.5g Protein

To eliminate some of the sodium in this recipe, use a low sodium vegetable broth!
Vegetarian Chili

Prep Time: 10-15 Minutes  
Cook Time: About 1 1/2 Hours  
Makes about 8 Servings

Things You Need:

- 2-15 Oz. Cans Black Beans, Drained and Rinsed
- 2-15 Oz. Cans Dark Red Kidney Beans
- 1-15 Oz. Can Light Kidney Beans
- 1-29 Oz. Can Diced Tomatoes
- 1-12 Oz. Can Tomato Juice
- 1 Onion, Chopped
- 3 Celery Stalks, Chopped
- 1 Green Pepper, Chopped
- 1 Red Pepper, Chopped
- 1 Yellow Pepper, Chopped
- 3 Tbsp. Chili Powder
- 1 1/2 Tbsp. Ground Cumin
- 1 Tbsp. Garlic Powder
- 2 Bay Leaves
- Salt & Pepper to Taste
How To:

1. In a large pot, combine all beans, peppers, celery, diced tomatoes, tomato juice onions, chili powder, cumin, garlic powder, bay leaves and salt and pepper (if you add it).
2. Bring to a boil and then cover.
3. Simmer for one hour.
4. Serve and enjoy!

Helpful Notes:

Per Serving: 294 Calories/ 2g Fat/ .5g Saturated Fat/ 0mg Cholesterol/ 1149mg Sodium/ 58g Carbohydrates/ 19g Fiber/ 9.5g Sugar/ 17.5g Protein

If you are watching your sodium intake: You can switch to a no salt added tomato juice, doing so will save you around 200mg Sodium per serving.
# Sublime Salads

1. Black Bean & Spinach Salad
2. Corn Salad
3. Fabulous Salsa Salad
4. Greek Salad
5. Greek Cucumber Dill Salad
6. Grilled Chicken Salad
7. Italiana Salad
8. Quinoa Fest
9. Slop Salad
10. Three Bean Salad
11. Tuna Salad
   - Tuscan Grilled Chicken & Pepper
12. Salad
Black Bean & Spinach Salad

Prep Time: 5 Minutes
Layer and Serve
Makes 2 Servings

Things You Need:
1 Cup Black Beans
1 Can Light Tuna in Water
6 Rings of an Onion (more or less if you like)
1 Bunch Spinach (Stems Ripped off)
1 Cup Chopped Tomato
4 Tbsp. Low Calorie Dressing
How To:

1. Rinse the spinach, then de-stem. Divide and place on two dinner plates.

2. Drain the beans and the tuna. Place them on top of each other on both dinner plates.

3. Rinse and chop the tomato, then slice your onion. Place the tomato on both plates and then the onion slices.

4. Top all with two Tablespoons of dressing each and your ready to eat!

Helpful Notes:

You can make this your own by adding other veggies or changing the ones we used here!

Per Serving: 344 Calories/ 7.5g Fat/ 1.5g Saturated Fat/ 32.5mg Cholesterol/ 1080mg Sodium/ 38g Carbohydrates/ 13.5g Fiber/ 5g Sugar/ 34.5g Protein
Corn Salad

Prep Time: 15-20 Minutes
Chill & Serve Makes 4-6 Servings

Things You Need:
5 Ears Corn
1/2 Medium Red Onion
1/2 Cup Basil, Finely Chopped
2 Tbsp. Olive Oil
2 Tbsp. Apple Cider Vinegar
How To:

1. Cook the corn on the cob, once done and cooled, cut the corn from the cob.
2. Finely dice the red onion and finely chop the basil.
3. Measure out vinegar and oil.
4. Put all ingredients into a large bowl and toss.
5. Chill and serve when ready!

Helpful Notes:

For nutritional value purposes we used the recipe as 6 servings, the value of that is as follows:

Per Serving: 150 Calories/ 5.5g Fat/ 1g Saturated Fat/ 0mg Cholesterol/ 6mg Sodium/ 26g Carbohydrates/ 3g Fiber/ .5g Sugar/ 3.5g Protein
Fabulous Salsa Salad

Prep Time: Chill & Serve Makes 6 Servings
15-20 Minutes

**Things You Need:**
2 Avocados, Chopped
1 Pint Cherry Tomatoes, Quartered
2 Cans Black Beans, Drained & Rinsed
1 Bag Frozen Corn, Thawed
1 Medium Red Onion, Chopped
1 Bunch Cilantro, Chopped
1 Tbsp. Olive Oil
Juice from 1 Lime
How To:

1. Take the bag of corn out of the freezer to thaw.
2. Wash and chop all of the veggies.
3. Drain and rinse beans.
4. Mix all together in a large bowl. Squeeze the juice from one lime on the mixture as well as drizzle the Tablespoon of oil.
5. Mix well and refrigerate.

Helpful Notes:

Per Serving: 283 Calories/ 10.5g Fat/ 1.5g Saturated Fat/ 0mg Cholesterol/ 547mg Sodium/ 41g Carbohydrates/ 15g Fiber/ 2.5g Sugar/ 11.5g Protein

Use a no salt added canned bean or make your own homemade to save most of the sodium milligrams in this recipe!

Omitting half of the tablespoon of olive oil would save each serving 1.5g Fat per serving. If it makes the recipe too dry, add in a little more lime juice!
Greek Salad

Prep Time: 10 Minutes
Makes about 4 Servings

Toss & Serve

Things You Need:
1 Medium Tomato
1 Cucumber
1 Small Onion
1.5 Tbsp. Olive Oil
1 Oz. Feta Cheese
2 Tbsp. Fresh Basil, Chopped
(More or less to your Taste)
How To:

1. Rinse the vegetables and basil.
2. Pare and chop the cucumber, then chop the tomato, onion and basil.
3. Place in a bowl. Crumble Feta cheese and add to the bowl.
4. Add olive oil and toss.

Helpful Notes:

Per Serving: 137 Calories/ 12g Fat/ 2.5g Saturated Fat/ 6.5mg Cholesterol/ 82mg Sodium/ 2g Carbohydrates/ 1g Fiber/ 3g Sugar/ 2g Protein
Greek Cucumber Dill Salad

Prep Time: 10 Minutes  
Chill & Serve  
Makes 8 Servings

Things You Need:
1 Large Cucumber
4 Sprigs Dill
1 1/4 Pounds of Feta Cheese
1/2 Red Onion
2 Tbsp. Lemon Juice
8 6” Whole Wheat Pitas
How To:

1 Rinse the cucumber and dill.
2 Pare and chop cucumber, chop the onion and finely chop dill.
3 Put all into a bowl.
4 Crumble Feta cheese and add to the bowl.
5 Add lemon juice.
6 Toss all together and refrigerate. When ready, serve with warm pita bread!

Helpful Notes:

This recipe is versatile and could be used as an appetizer instead of a meal. You could pre-cut the pita for guests to try when they want to!

Per serving, with pita bread: 363 Calories/ 17g Fat/ 11g Saturated Fat/ 62.5mg Cholesterol/ 1123mg Sodium/ 40g Carbohydrates/ 5g Fiber/ 4.5g Sugar/ 16.5g Protein

You may also season this to taste with salt and pepper. Due to the high sodium content in Feta cheese, we did not do that for the nutritional value.
Grilled Chicken Salad

Prep Time: 20 Minutes
A Grill is Needed
Makes 2 Servings

Things You Need:
1-4.5 Oz. Chicken Breast
1 Small Cucumber
2 Cups Green Lettuce
3/4 Cup Red or Green Peppers
1 Small Tomato
4 Tbsp. Fat Free Dressing
How To:

1. Grill the chicken until done, then slice.
2. Rinse and slice cucumber, tomato and pepper.
3. Place 1 cup of lettuce on two separate plates.
4. Divide equally the peppers and put that on the lettuce. Take 2-3 slices of cucumber and tomato and place those on either plate with the lettuce and peppers. Top with grilled chicken and 2 Tablespoons of dressing.
5. Time to eat and enjoy!

Helpful Notes:

For very few calories and lots of protein, lunch or dinner is done with this salad!

Per Serving: 139 Calories/ 5.5g Fat/ .5g Saturated Fat/ 35mg Cholesterol/ 279mg Sodium/ 6.5g Carbohydrates/ 2g Fiber/ 4g Sugar/ 15g Protein
Italiana Salad

Prep Time: 5 Minutes  Serve: Immediately  Makes 2 Servings

Things You Need:
1 Cup Romaine Lettuce
1 Cup Red Lettuce
1/2 Roma Tomato
4 Tbsp. Italian Dressing
How To:

1 Rinse all vegetables then chop them. Place into a bowl.

2 Toss with dressing. Divide onto two plates.

3 Serve and enjoy!

Helpful Notes:

This salad makes a nice lunch with a cup of soup or a piece of fruit. Turn it into a dinner salad with a little grilled chicken or salmon. Add any other vegetables that you like and enjoy!

Per Serving: 91 Calories/ 8g Fat/ 1.5g Saturated Fat/ 0mg Cholesterol/ 470mg Sodium/ 4.5g Carbohydrates/ 1g Fiber/ 3g Sugar/ .5g Protein

If you use a light dressing instead of regular each serving has: 36 Calories/ 2.5g Fat/ 0g Saturated Fat/ 120mg Sodium/ 3g Carbohydrates/ 1g Fiber/ 1.5g Sugar/ 1g Protein
Quinoa Fest

Prep Time: 10-15 Minutes  Chill For At Least 1 hour  Makes 4 Servings

Things You Need:
1 1/2 Cups Quinoa, Cooked
1/2 Pound Brussel Sprouts (Smaller Ones), Halved
1/2 Pound Broccoli Crowns, Chopped
1/3 Cup Dried Cranberries
2 Tbsp. Chives, Chopped
1 Tbsp. Balsamic Vinegar
1 Tbsp. Olive Oil
Salt & Pepper to Taste
How To:

1. Cook the quinoa according to the directions. Turn on your oven broiler. Put a 12” cast iron skillet on the stove over med high heat and let it get hot.

2. Wash and chop the broccoli, then wash and half the Brussel sprouts and chop the chives.

3. Mix all together with the olive oil, salt, and pepper.

4. Once heated, place the veggies in the skillet, Brussel sprouts face down, cook for two minutes.

5. Toss in the cranberries and stir. Place the skillet in the oven under the broiler. Let them cook for 3 minutes. It could take longer or less time depending on your oven.

6. Take out of the oven and place in a big bowl. Mix in the quinoa and the balsamic vinegar.

7. Chill for 1 or more hours. Serve this side cold.

Helpful Notes:

Per serving: 551 Calories/ 11.5g Fat/ 1.5g Saturated Fat/ 21mg Cholesterol/ 95g Carbohydrates/ 11g Fiber/ 8g Sugar/ 20g Protein

This also seems like it would be a great dish to serve warm in the fall and winter, try it out!
Slop Salad

Prep Time: 10 Minutes    Toss & Chill    Makes 4 Servings

**Things You Need:**

1 Medium Cucumber
1 Medium Tomato
1 Medium Red or Yellow Onion
1 Cup Red Pepper, Chopped
1 Cup Green Pepper, Chopped
1 Cup Yellow Pepper, Chopped
4 TBS Italian Dressing
How To:

1 Rinse all of the vegetables then chop them. Place into a bowl.

2 Toss with the dressing.

3 Chill then divide onto 4 plates. Enjoy!

Helpful Notes:

Due to the fact we couldn’t find a dry packet dressings nutritional value we substituted for regular Italian dressing.

Per Serving: 86 Calories/ 4.5g Fat/ 1g Saturated Fat/ 0mg Cholesterol/ 238mg Sodium/
11.5g Carbohydrates/ 2.5g Fiber/ 5g Sugar/ 1.5g Protein

To save fat and saturated fat grams, opt for a fat free dressing!
Three Bean Salad

Prep Time: 5 Minutes    Chill before Serving    Makes 6 Servings

Things You Need:
1-15 Oz. Can Green Beans
1-15 Oz. Can Yellow Beans
1-15 Oz. Can Kidney Beans
1/3 Cup Cider Vinegar
1/4 Cup Canola Oil
1/2 tsp. Sugar
Dash of Black Pepper
How To:

1. Drain and rinse all of the beans.
2. In a bowl mix together the vinegar, oil, sugar and pepper.
3. Add the beans and mix well.
4. Refrigerate.

Helpful Notes:

Per Serving: 163 Calories/ 9.5g Fat/ 1g Saturated Fat/ 0mg Cholesterol/ 184mg Sodium/
16g Carbohydrates/ 5g Fiber/ 2g Sugar/ 4.5g Protein
Tuna Salad

Prep Time: 5 Minutes

This does NOT need to chill before serving

Makes 4 Servings

Things You Need:

1-5 Oz. Bag of greens

1-10 Oz. Bag of green beans

1 Can of Light Tuna in Water

3 Oz. Black Olives

2 Hard Boiled Eggs

6 Tbsp. Italian Dressing
How To:

1. Cook green beans on stove, drain when done. Boil the eggs separately, drain, peel and chop when done.

2. Rinse salad greens and place them on a platter. Drizzle a bit of the Italian dressing on them. Surround them with the cooked green beans.

3. Fork the tuna onto the salad greens. Top with black olives and chopped eggs. Drizzle with the rest of the Italian dressing.

4. Serve and enjoy!

Helpful Notes:

Per Serving: 224 Calories/ 12g Fat/ 2.5g Saturated Fat/ 124mg Cholesterol/ 824mg Sodium/ 10g Carbohydrates/ 3.5g Fiber/ 3.5g Sugar/ 21g Protein

If you use a light dressing and use two egg whites and only one yolk your nutritional value per serving changes to: 185 Calories/ 7.5g Fat/ 1.5g Saturated Fat/ 72mg Cholesterol/ 627mg Sodium/ 9.5g Carbohydrates/ 4g Fiber/ 2.5g Sugar/ 20.5g Protein.

Save even more calories and fat grams by going with a fat free dressing instead and omitting the egg yolk all together!
Tuscan Grilled Chicken & Pepper Salad

Prep Time: 15 Minutes  
Cook time: About 15 Minutes  
Makes about 4 Servings

Things You Need:
1– 4.5 oz. Chicken Breasts  
1 Cup Green Peppers  
1 Cup Red Peppers  
1 Cup Yellow Peppers  
2 Oz. Black Olives  
1 Cup Chopped Onion  
1 Cup Cherry Tomatoes  
1/4 Cup Balsamic Vinegar (or less, suit to your taste)  
1/2 Cup Olive Oil (or more, suit to your taste)
How To:

1. Grill the chicken breast until done. Mix together balsamic vinegar and olive oil. Rinse and chop all veggies (seeding peppers).

2. Place all in a bowl and toss.

Helpful Notes:

Per Serving: 356 Calories/ 29.5g Fat/ 4g Saturated Fat/ 17mg Cholesterol/ 153mg Sodium/ 16g Carbohydrates/ 3.5g Fiber/ 7.5g Sugar/ 9g Protein

To make the balsamic dressing light, omit 1/4 cup oil and replace it with 1/4 cup water. Any dressing that you do not need for the salad, go ahead and refrigerate it for later! Where olive oil is being used, note that it will look a little cloudy when you pull it back out of the fridge but letting it sit for a minute or two will take care of that. If you would rather, you can use flaxseed oil which wouldn’t appear cloudy when chilled.
Scrumptious Side Dishes

1. Baked Beans
2. Cabbage Dish
3. Cauliflower Fried Rice
4. Garlic Balsamic Roasted Beans & Mushrooms
5. Grilled Asparagus
6. Grilled Veggies
7. Kale & Quinoa Slaw
8. Risotto
9. Roasted Brussel Sprouts
10. Tabbouleh
11. Zucchini Boats
Baked Beans

Prep Time: 10-15 Minutes  
Cook Time: About 1 1/2 Hours  
Makes 14 Servings

Things You Need:
- 6 Strips of bacon Cooked & Chopped
- 1 Pound Italian Sausage
- 1 Medium Onion
- 1 Cup Ketchup
- 1 Cup Brown Sugar
- 1/2 Cup Sugar
- 1 tsp. Vinegar
- 1 tsp. Mustard
- 1-28 Oz. Can Pork n Beans, Drained
- 1-15 Oz. Can Kidney Beans, Drained
- 1-15 Oz. Can Northern Beans, Drained
- 1-15 Oz. Can Butter Beans, with Juice
How To:

1. Preheat your oven to 350. Pan fry the bacon, let cool then crumble. Brown the Italian sausage with onions, cook until no longer pink.

2. Mix everything together in a 13x9 baking dish. Place in the oven and allow to cook for 45 minutes to an hour.

3. Take out of the oven and enjoy!

Helpful Notes:

Per Serving: 390 Calories/ 13g Fat/ 5g Saturated Fat/ 32mg Cholesterol/ 932mg Sodium/ 57g Carbohydrates/ 8g Fiber/ 20g Sugar/ 14g Protein

Switching to a low sodium bacon and ketchup will save you about 230mg Sodium per serving.

Try using an Italian style ground turkey instead of ground pork and that will save some fat grams as well.
Cabbage Dish

Prep Time: 10 Minutes  
Cook Time: 45 Minutes to 1 Hour  
Makes 14 Servings

Things You Need:
1 Cabbage, Shredded  
1 Pound Ground Turkey  
1 Can Low Sodium Tomato Soup  
1 Can Water
How To:

1 Preheat your oven to 350. Cook the ground turkey on the stove.

2 Mix everything together in a large bowl and then transfer to a 13x9 baking dish.

3 Bake for 45 minutes, take out of the oven and enjoy!

Helpful Notes:

Per Serving: 86 Calories/ 3g Fat/ 1g Saturated Fat/ 28mg Cholesterol/ 100mg Sodium/ 8g Carbohydrates/ 3g Fiber/ 4g Sugar/ 8g Protein

Try this as an entrée as well. Two cups is under 200 calories and a nice salad would work with it!
Cauliflower Fried Rice

Prep Time: 10 Minutes  
Cook Time: 30-35 Minutes  
Makes 7 Servings

Things You Need:
1/4 Cup Sesame Oil, Divided
1 Cup Fresh Peas
4 Cups Cubed Pork Loin
6 Green Onions, Sliced
1 Large Carrot, Cubed
2 Garlic Cloves, Minced
20 Oz. Shredded Cauliflower
6 Tbsp. Soy Sauce
2 Eggs, Beaten
How To:

1. Beat the eggs. Shred the cauliflower in a food processor. Stir the peas into water in a sauce pan and bring to a boil. Cook until tender, about 5 minutes. Drain and discard water.

2. Heat two Tablespoons of sesame oil in a wok over med. high heat. Cook and stir the pork in the hot oil until lightly browned on all sides and cooked through, about 7-10 minutes. Transfer the meat to a plate.

3. Heat remaining two Tablespoons of sesame oil in the wok and sauté green onions, carrots, and garlic until just softened, about 5 minutes.

4. Add the cauliflower. Cook and stir until the cauliflower is tender but firm to the bite, about 4-5 minutes.

5. Stir the pork back in and add soy sauce. Stir fry until the mixture is hot and slightly browned, about 3-5 minutes.

6. Move the pork/cauliflower mixture to one side of the wok and pour beaten eggs onto the empty side. Scramble until cooked through, about 3-5 minutes. Stir all together and break up any large chunks of egg.

Helpful Notes:

Per Serving: 236 Calories/ 14g Fat/ 3.5g Saturated Fat/ 92mg Cholesterol/ 1144mg Sodium/ 10.5g Carbohydrates/ 4g Fiber/ 4.5g Sugar/ 18.5g Protein

Switch the two beaten eggs for 4 beaten egg whites and opt for a low sodium soy sauce! Doing so changes the recipe to have: 223 Calories/ 12.5g Fat/ 3g Saturated Fat/ 32 mg Cholesterol/ 750mg Sodium/ 11g Carbohydrates/ 4g Fiber/ 4.5g Sugar/ 18g Protein.
Garlic Balsamic Roasted Green Beans & Mushrooms

Prep Time: 5-10 Minutes  
Cook Time: 20-25 Minutes  
Makes 8 Servings

Things You Need:
1 Pound Fresh Green Beans,
Trimmed and Halved
8 Oz. Mushrooms, Cleaned and Halved
8-10 Garlic Cloves, Halved
2 Tbsp. Olive Oil
1 Tbsp. Balsamic Vinegar
Salt and Pepper to Taste
How To:

1. Preheat oven to 450.

2. Wash, trim, and half the green beans, then wash and half the mushrooms. Half the garlic cloves as well.

3. In a bowl, mix together the oil and balsamic vinegar. Toss with the vegetables.

4. Line a large rimmed baking sheet with aluminum foil and spray with non stick cooking spray.

5. Arrange the vegetables in an even layer on the baking sheet. Salt and pepper to your taste.


Helpful Notes:

Per Serving: 61 Calories/ 3.5g Fat/ .5g Saturated Fat/ 0mg Cholesterol/ 18mg Sodium/ 7g Carbohydrates/ 2.5g Fiber/ 2g Sugar/ 2g Protein
Grilled Asparagus

Prep Time:  5 Minutes    Cook Time:  12 Minutes    Makes 4 Servings

Things You Need:
16 Medium Asparagus Spears
2 Tbsp. Olive Oil
1 Tbsp. Balsamic Vinegar
1 Oz. Parmesan Cheese
1 tsp. Garlic Powder
Dash of Pepper
How To:

1. Preheat oven to 400.

2. Wash the asparagus. Line the asparagus on a baking sheet coated with non stick cooking spray.

3. In a small bowl, mix the olive oil and balsamic vinegar.

4. Drizzle over the asparagus.

5. Sprinkle the garlic powder, pepper, and parmesan cheese over the asparagus and bake in the oven for 12 minutes.

Helpful Notes:

Per Serving: 107 Calories/ 7.5g Fat/ 1.5g Saturated Fat/ 1.5mg Cholesterol/ 84mg Sodium/ 7g Carbohydrates/ 1.5g Fiber/ 2.5g Sugar/ 4.5g Protein

To save the fat grams in this side dish, use less than an ounce of it or try a fat free parmesan cheese.
Grilled Veggies

Prep Time:  5 Minutes       Cook Time:  12 Minutes       Makes 6 Servings

Things You Need:
1 Raw Broccoli Crown
1 Sweet Onion
1 Zucchini
1 Yellow Squash
1/3 Cup Olive Oil
2 Cloves Garlic
1 tsp. Herbes de Province
Seasoning
Sea Salt & Pepper to Taste
How To:

1. Mix the olive oil together with the Herbes de Province, salt and pepper.

2. Wash and cut all vegetables, because of grilling you will want to slice the zucchini, onion, and squash. Chop the stalk off of the broccoli and cut the crown in spears.

3. Mix all into the olive oil.

4. Place on a well heated grill until done.

Helpful Notes:

Per Serving: 166 Calories/ 12.5g Fat/ 2g Saturated Fat/ 0mg Cholesterol/ 56mg Sodium/ 13g Carbohydrates/ 4.5g Fiber/ 3.5g Sugar/ 4g Protein
Kale & Quinoa Slaw

Prep Time: 15-20 Minutes
Refrigerate at least 15-20 minutes

Makes 4 Servings

Things You Need:
1 Cup Quinoa
1/4 Cup Chopped Cilantro
1 Head of Kale
1 Cup Red Cabbage, Shredded
2 Carrots, Shredded
2 Green Onions, Sliced
1/4 Cup Lime Juice
1/2 Tbsp. Sugar
2 Tbsp. Olive Oil
1/4 tsp. Salt
Sesame Seeds & Toasted Slivered Almonds
How To:

1. Make the quinoa on the stove according to directions. Toast the almond slivers in oven.

2. Wash all veggies. Peel the carrots, shred the cabbage, chop the cilantro and kale, and slice the green onions.

3. In a small bowl, mix the lime juice, olive oil sugar and salt.

4. Put everything into a large bowl and toss together.

5. Refrigerate for at least 15-20 minutes before serving. Sprinkle sesame seeds and slivered almonds on top.

Helpful Notes:

Per Serving: 213 Calories/12g Fat/1.5g Saturated Fat/0mg Cholesterol/79mg Sodium/24.5g Carbohydrates/5g Fiber/3g Sugar/6g Protein
Prep Time: Less than 5 Minutes
Cook Time: 15-20 Minutes
Makes 4 Servings

Things You Need:
1 Cup Arborio Rice
1/2 Cup Dry White Wine
2 Tbsp. Minced Garlic
1 White Onion, Minced
1/2 Cup Parmesan Cheese
2 Tbsp. Olive Oil
2-4 Cups Chicken Broth
How To:

1. Sautee the olive oil, garlic, and onion in a pan for 2-3 minutes.

2. Add the rice and cook an additional 2 minutes.

3. Add the white wine. Reduce.

4. Add the chicken broth and cook until the rice is done, then add the parmesan cheese.

Helpful Notes:

Per Serving: 339 Calories/11.5g Fat/3.5g Saturated Fat/12.5mg Cholesterol/1149mg Sodium/43g Carbohydrates/2g Fiber/2g Sugar/10.5g Protein

This is a wonderful side that can be made multiple ways, get creative with the left overs in your refrigerator!

If you need something with less sodium, use a low sodium chicken broth. You can also use a fat free parmesan cheese. Doing so saves 3.5g Fat and 2g Saturated Fat per serving! It also cuts the sodium per serving in half.
Roasted Brussel Sprouts

Prep Time: 5 Minutes  
Cook Time: 30 Minutes  
Makes 2 Servings

**Things You Need:**
- 2 Cups Fresh Brussel Sprouts, Halved
- 1 Tbsp. Olive Oil
- Dash of Salt
- Dash of Pepper
- 1/2 Oz. Fat Free Parmesan Cheese
How To:

1. Preheat the oven to 350. Wash and cut the Brussel sprouts in half. Place all of them on a baking sheet.

2. Sprinkle with olive oil, salt and pepper.

3. Bake for 30 minutes.

4. When out of the oven, sprinkle with the parmesan cheese and they are all set!

Helpful Notes:

Per Serving: 124 Calories/ 7.5g Fat/ 1g Saturated Fat/ 1.5mg Cholesterol/ 151mg Sodium/
11g Carbohydrates/ 3.5g Fiber/ 2g Sugar/ 6g Protein
Tabbouleh

Prep Time: 1 Hour  
Cook Time: 5-10 Minutes to Boil Water  
Makes 6 Servings

Things You Need:
1 Cup Bulgur Wheat
1 1/2 Cups Boiling Water
1/8 Cup Citrus Infused Olive Oil
1/8 Cup Olive Oil
1/4 Cup Lemon Juice
1 tsp. Lemon Zest
1 Cup Green Onions, Sliced
1 Cup Mint Leaves, Chopped
1 Cup Parsley Leaves, Chopped
1 Large Cucumber, Chopped
1 Container Cherry Tomatoes
How To:

1. Bring 1 1/2 cups water to a good rolling boil.

2. In a large bowl, combine the bulgur wheat, water, oils, zest, and juice. Let sit for 1 hour.

3. While that is sitting, chop all vegetables and herbs.

4. Once the wheat is done, toss all together and refrigerate.

5. You can salt and pepper to taste if desired.

Helpful Notes:

Per Serving: 184 Calories/ 11g Fat/ 1.5g Saturated Fat/ 0mg Cholesterol/ 14mg Sodium/ 18g Carbohydrates/ 5g Fiber/ 3g Sugar/ 6g Protein
Zucchini Boats

Prep Time: 10-15 Minutes  
Cook Time: 10 – 15 Minutes  
Makes 4 Servings

Things You Need:
2 Small Zucchinis  
1 Tbsp. Olive Oil  
2 Medium Tomatoes  
1 Tbsp. Fresh Basil  
2 Tbsp. Fresh Parmesan Cheese  
1 tsp. Garlic Powder  
Salt and Pepper to taste
How To:

1. Preheat oven to 350. Chop the tomatoes and basil.

2. Slice the zucchini length-wise and scoop out the center a bit, to look like a boat.

3. Drizzle with olive oil and season with salt and pepper (if desired).

4. Place in a microwave safe dish and microwave for 3-5 minutes until the boats are tender but not soft.

5. While microwaving, mix the tomatoes, basil, cheese, garlic powder, salt and pepper together in a bowl.

6. When the boats are out of the microwave, spoon the tomato mixture into the zucchini boats and place in the oven on a baking sheet. Cook for 5-8 minutes. When they are done, sprinkle a little more cheese on them and serve!

Helpful Notes:

Per Serving: 64 Calories/ 4.5g Fat/ 1g Saturated Fat/ 2.5mg Cholesterol/ 72mg Sodium/ 5g Carbohydrates/ 1.5g Fiber/ 3g Sugar/ 2.5g Protein

You can also cut the zucchini into smaller pieces and make these as an appetizer!
Enticing Entrees

1. Artichoke Chicken
2. Baked Chicken
   Baked Lemon Chicken with Zucchini
3. BBQ Chicken Wrapped Asparagus
4. Coconut Curry Chicken
5. Cod Fish and Rice
6. Chicken Meatloaf
7. Crock Pot Chicken I
8. Crock Pot Chicken II
9. Crock Pot Chicken III
10. Chicken & Zucchini Spaghetti
Enticing Entrees

12 Chicken with Rice
13 Eggplant Chicken Parmesan
14 Fat Free Pizza
15 Italian Chicken with Veggies
16 Meatless Stuffed Peppers
17 Meatloaf
18 Mojo Chicken
19 Oven Fried Chicken
20 Parmesan Chicken
21 Pasta Sauce
22 Pork Chops and Apples
23 Quick Turkey Spaghetti
24 Ricky Bowl
Enticing Entrees

24 Roasted & Stuffed Acorn Squash
25 Salmon Dinner
26 Shrimp with Sundried Tomato Pesto
27 Sicilian Chicken
28 Spicy Lemon Honey Chicken
29 Spinach & Black Bean Enchiladas
30 Tilapia with Mango Salsa
31 Stove Top Tuna Casserole
32 Turkey Meatloaf
33 Turkey Meatloaf with Spinach & Couscous
34 Turkey Tacos
Artichoke Chicken

Prep Time: 5 Minutes  
Cook Time: 30 Minutes  
Makes 4 Servings

Things You Need:
4 Boneless Skinless Chicken Breasts
1/2 Cup Parmesan Cheese
1/2 Cup Mayonnaise
1 Can Artichokes, Drained
How To:

1. Preheat oven to 350.
2. Place chicken breast in a baking pan.
3. Mix together the mayo, cheese, and drained artichokes.
4. Spread over the chicken.
5. Bake for 30 minutes at 350.

Helpful Notes:

Per Serving: 321 Calories/ 15g Fat/ 4g Saturated Fat/ 87mg Cholesterol/ 502mg Sodium/ 12.5g Carbohydrates/ 3.5g Fiber/ 2.5g Sugar/ 33.5g Protein

If this dish is too rich for you try going with a reduced fat mayo and fat free parmesan cheese. It will save 3.5g Fat, 1.5g Saturated Fat, and it lessens the sodium content by 33mg.
Baked Chicken

Prep Time: 5 Minutes  
Cook Time: 20 Minutes  
Makes 6 Servings

Things You Need:
6 Boneless Skinless Chicken Thighs
1 Lemon
1 Red Bell Pepper
1 Green Bell Pepper
1 Yellow Bell Pepper
1 Onion
1 Tbsp. Olive Oil
Lawry’s 17 No Salt Seasonings
How To:

1. Preheat oven to 400. Slice lemon, onion, and peppers.

2. Brush the chicken with olive oil.

3. Season with Lawry’s seasoning.

4. Place the chicken in a baking dish and top with onion, peppers, and lemon.

5. Bake covered for 20 minutes.

Helpful Notes:

Per Serving: 96 Calories/ 4g Fat/ 1g Saturated Fat/ 34mg Cholesterol/ 38mg Sodium/ 7.5g Carbohydrates/ 2g Fiber/ 2g Sugar/ 9g Protein
Baked Lemon Chicken with Zucchini

Prep Time: Less than 5 Minutes  
Cook Time: 30 Minutes  
Makes 1 Serving

Things You Need:
1-6 Oz. Boneless Skinless Chicken Breast
1 Small Yellow Zucchini
1/4 Lemon, Sliced
How To:

1. Preheat oven to 325 and slice lemon. Cut the zucchini into chunks.
2. Tear off enough aluminum foil to create a packet big enough to hold ingredients.
3. Place the chicken in the foil, top with the zucchini and lemon and then close the packet up.
4. Place in the oven and bake for a half hour.

Helpful Notes:

Per Serving: 209 Calories/ 2g Fat/ 1g Sat Fat/ 97mg Cholesterol/ 122mg Sodium/ 7g Carbohydrates/ 3g Fiber/ 2g Sugar/ 41g Protein
BBQ Chicken Wrapped Asparagus

Prep Time: 10 Minutes  
Cook Time: 8-10 Minutes  
Makes 2 Servings

**Things You Need:**
- 2-3 Oz. Thinly Cut Chicken Breasts
- 12 Asparagus Spears
- 2 Tbsp. Low Sodium, Reduced Fat BBQ Sauce
- Dash of Cumin
- Dash of Paprika
- Dash of Garlic Powder
- Dash of Pepper
- 1 Cup Diced Bell Pepper
- 1 Cup Cooked Brown Rice
How To:

1. Preheat oven to 405. Cook one cup of brown rice according to the package and dice a pepper. Adding the pepper once the water starts boiling.

2. Measure and cut the chicken breasts into thin 2-3 oz. pieces. Feel free to further flatten the chicken breasts with a mallet.

3. Season the cutlets with one Tablespoon BBQ sauce each and the other seasonings listed.

4. Chop off the ends of the asparagus and wrap the chicken around six asparagus spears.

5. Place the chicken on a baking sheet with the open side down and bake for 8-10 minutes.

6. Serve with 1/2 cup cooked brown rice with bell peppers.

Helpful Notes:

Per Serving: 505 Calories/ 4.5g Fat/ 1g Saturated Fat/ 49mg Cholesterol/ 263mg Sodium/ 87g Carbohydrates/ 7g Fiber/ 9.5g Sugar/ 30g Protein
Coconut Curry Chicken

Prep Time: 10 Minutes  
Cook Time: 6 Hours  
Makes 6 Servings

Things You Need:
2 Pounds Boneless Skinless Chicken Breast
1-14 Oz. Can Organic Coconut Milk
1-5 Oz. Can Organic Tomato Paste
1 Cup Frozen Peas
1 Medium Onion, Chopped
1 Can Organic Tomatoes, Diced
1 1/2 tsp. Sea Salt
1 Tbsp. Curry Powder
1/2 Tbsp. Cayenne Pepper (more if you would like)
1 Tbsp. Coconut Oil
Cilantro to Garnish
Cornstarch to Thicken (if needed)
How To:

1. Place the Tablespoon of oil into the slow cooker. Add the chicken breast.

2. Chop the onion and add it to the chicken in the slow cooker. Drain the tomatoes and add those as well.

3. Mix the coconut milk and tomato paste together. Add the seasonings and stir.

4. Pour over the chicken.

5. About an hour before the chicken is done, add in the peas and stir once again.

6. Garnish with a little chopped cilantro.

Helpful Notes:

Per Serving: 370 Calories/ 18.5g Fat/ 15g Saturated Fat/ 87mg Cholesterol/ 744mg Sodium/ 14g Carbohydrates/ 3g Fiber/ 6g Sugar/ 39g Protein

Try taking the salt in this recipe from 1 1/2 teaspoons to 1 teaspoon and you will save about 200mg Sodium per serving.

This can be served over brown rice or with naan.
Cod Fish with Rice

Prep Time: 5 Minutes  
Cook Time: 20 Minutes  
Makes 2 Servings

Things You Need:
2-3 Oz. Pieces of Atlantic Cod
1/4 Cup Panko Bread Crumbs
1 Large Egg
1 Cup Basmati Rice
Salt and Pepper to Taste
How To:

1. Preheat oven to 350. Cook the rice according to the package. Beat the egg in a small bowl. Put panko crumbs onto a plate.

2. Dip the fish in the egg then cover with panko crumbs.

3. Place on a baking sheet and put in the oven to bake.

4. Salt and pepper once done if desired.

Helpful Notes:

Per Serving: 285 Calories/ 4g Fat/ 1g Saturated Fat/ 143mg Cholesterol/ 927mg Sodium/ 38g Carbohydrates/ 1g Fiber/ 1g Sugar/ 22.5g Protein

With seasoned panko crumbs try omitting the added salt. If you do that and use two egg whites instead of one whole egg you save 2.5g Fat/.5g Saturated Fat/ 106mg Cholesterol and you also save 562mg Sodium.
Chicken Meatloaf

Prep Time: 15-20 Minutes  
Cook Time: 1 Hour, 15 Minutes  
Makes About 17 Servings

**Things You Need:**

- 2 Pounds Ground 97% Lean Chicken
- 3/4 Cup Bread Crumbs
- 1 Large Onion
- 1/4 Cup Green Pepper, Chopped
- 1 Egg and 1 Egg White Lightly Beaten
- 3 Garlic Cloves, Minced
- 1 Tbsp. Sriracha Chili Sauce
- 1 Tbsp. Olive Oil
- 1 1/2 Tbsp. Worcestershire Sauce
- 1/3 Cup Low Sodium Chicken Broth
- 3 Tbsp. Ketchup, Divided
- 1/2 tsp. Black Pepper, Divided
How To:

1. Preheat oven to 375. Heat the oil in a pan on the stove, add the chopped onion and green peppers and cook until soft (about 5 minutes).

2. Add the garlic and black pepper, and let cook for 1 minute. Stir in Worcestershire sauce, chicken broth and one Tablespoon ketchup. Let cool.

3. In a big bowl, mix chicken, breadcrumbs, egg and pepper. Mix well, the mixture will be moist.

4. Cover a baking sheet with aluminum foil and coat lightly with a non stick spray. Mix everything together and form a loaf shape on the baking sheet. Brush with two Tablespoons of Ketchup and one Tablespoon chili sauce.

5. Bake for about an hour and 15 minutes (until the temperature reaches 170) Let it stand 5 minutes before cutting.

6. Serve and enjoy!

Helpful Notes:

Per Serving: 118 Calories / 5.5g Fat / 1.5g Saturated Fat / 58mg Cholesterol / 202mg Sodium / 6g Carbohydrates / .5g Fiber / 1.5g Sugar / 11g Protein

This recipe is great as is, but if you are watching your cholesterol you can try switching out the whole egg for two egg whites (three egg whites total) and you save 12mg Cholesterol!

You can also prepare this great recipe with ground turkey!
Crock Pot Chicken I

Prep Time: 5-10 Minutes
Cook Time: 8 Hours on Low/ 6 Hours on High
Makes 6 Servings

Things You Need:
6 Boneless Skinless Chicken Thighs
2 Cups Water
2 tsp. Chicken Better than Bouillon Paste
6 Golden Potatoes, Halved
6 Carrots, Peeled and Chopped
2 Celery Stalks, Chopped
Black Pepper & Curry Powder to Taste
How To:

1. Put the water and paste into the crock pot and stir together.
2. Add the potatoes, carrots, and celery.
3. Place the chicken over the veggies.
4. Season to taste and cover.
5. Cook on high for 8 hours or on low for 6 hours.

Helpful Notes:

Per Serving: 237 Calories/ 2.5g Fat/ .5g Saturated Fat/ 34mg Cholesterol/ 245mg Sodium/ 46g Carbohydrates/ 8g Fiber/ 6.5g Sugar/ 13g Protein
Crock Pot Chicken II

Prep Time: 5 Minutes  
Cook Time: 8 Hours on Low  
Makes 4 Servings

**Things You Need:**
4 Boneless Skinless Chicken Breasts
1 Jar of Salsa
1-16 Oz. Can of Black Beans, Drained
How To:

1. Place the chicken breasts in the bottom of the crock pot.
2. Cover with black beans and then salsa.
3. Cook on low for 8 hours.
4. Pull the chicken apart.
5. This can be served in a tortilla or over rice.

Helpful Notes:

Per Serving: 262 Calories/ 2g Fat/ .5g Saturated Fat/ 69mg Cholesterol/ 868mg Sodium/ 25g Carbohydrates/ 9g Fiber/ 0g Sugar/ 35.5g Protein

The nutritional value above is just the chicken dish, you would have to add on the value of the tortillas or rice depending on your preference!

Make your own salsa to save the sodium milligrams. 2-3 tomatoes, 1 onion, 1 jalapeno (seeded), fresh cilantro to your liking and the juice of one lime. Chop your veggies and mix all together. You save over 320mg sodium.
Crock Pot Chicken III

Prep Time: 5 Minutes  
Cook Time: 6 Hours on High  
Makes 6 Servings

Things You Need:
6 Boneless Skinless Chicken Breasts
1 Can of Cream of Celery Soup
1/2 Cup Sour Cream
1/2 Cup Chicken Broth
1/2 Cup Water
1/4 tsp. Cumin
Dash of Turmeric
How To:

1. Place the chicken breasts into the crock pot.
2. In a large bowl mix the cream of celery, water, chicken broth, sour cream and spices.
3. Pour over the chicken and cover.
4. Cook on high for 6 hours, or on low for 8 hours.

Helpful Notes:

Per Serving: 313 Calories/ 9g Fat/ 3g Saturated Fat/ 81mg Cholesterol/ 524mg Sodium/ 27g Carbohydrates/ 3g Fiber/ 1.5g Sugar/ 31g Protein

This can be served over brown rice or noodles, just be sure to add your choices’ nutritional value.

Try using Campbell’s Heart Healthy Cream of Celery soup, fat free sour cream and low sodium chicken broth. It changes the nutritional value to: 296 Calories/ 3.5g Fat/ .5 Saturated Fat/ 74mg Cholesterol/ 377mg Sodium/ 33.5g Carbohydrates/ 2g Fiber/ 1.5g Sugar/ 31.5g Protein
Chicken & Zucchini Spaghetti

Prep Time: 15 Minutes
Cook Time: 15-20 Minutes
Makes 2 Servings

Things You Need:
2 Boneless Skinless Chicken Breasts
2 Garlic Cloves, Minced
1 Tbsp. Grapeseed Oil
1 Zucchini, Cut in Ribbons
1 Lemon
How To:

1. Mince the garlic and cut the lemon in half.
2. Cut the zucchini into ribbons or use a spiralizer.
3. Boil water and put the zucchini in for about 7 minutes.
4. Heat the oil in a pan while the water is boiling. Add the garlic and cook for 30 seconds, then add the chicken.
5. Cook the chicken on each side for 6-7 minutes, or until done. Drain the zucchini.
6. Plate the zucchini, place chicken on top of it then squeeze 1/2 lemon onto each plate, enjoy!

Helpful Notes:

Per Serving: 216 Calories/ 8.5g Fat/ 1g Saturated Fat/ 69mg Cholesterol/ 88mg Sodium/
6.5g Carbohydrates/ 1g Fiber/ 2.5g Sugar/ 28.5g Protein
Chicken with White Rice

Prep Time: 5 Minutes  
Cook Time: 8 Hours on Low  
Makes 2 Servings

Things You Need:
2 Boneless Skinless Chicken Breasts
1 Cup Chicken Broth
1 Cup White Rice
How To:

1. Place the chicken breasts into the crock pot.
2. Pour one cup of chicken broth over them.
3. Cook on low for 8 hours.
4. Make one cup of white rice according to the package.
5. Serve the chicken and juices over the rice and enjoy!

Helpful Notes:

Per Serving: 477 Calories/ 2g Fat/ .5g Saturated Fat/ 69mg Cholesterol/ 548mg Sodium/ 76g Carbohydrates/ 2.5g Fiber/ 0g Sugar/ 34g Protein

Using a low sodium chicken broth would save you 187mg sodium! You can also try this with a brown rice with veggies added to give it a bit more value.
Eggplant Chicken Parmesan

Prep Time: 20 Minutes  
Cook Time: 40 Minutes  
Makes 8 Servings

Things You Need:
4 Boneless Skinless Chicken Breasts
1 Eggplant
6 Oz. Fresh Mozzarella
1 Can of Diced Tomatoes, or Fresh if you prefer
1 Can Tomato Paste
Dash of Salt, and Pepper
Oregano and Basil to Taste
2 Oz. Olive Oil
How To:

1. Pound chicken breast to 1/4 inch, season with salt and pepper if you wish. Brown in olive oil.

2. Peel eggplant, place on a cookie sheet and drizzle with olive oil, salt and pepper to taste and broil on each side.

3. In a sauce pan combine the tomatoes, tomato paste basil and oregano and cook for 10 minutes.

4. Spray a 13x9 glass baking dish with non stick cooking spray and layer: Chicken breast, eggplant, sauce, fresh Mozzarella.

5. Bake uncovered for 40 minutes at 350.

Helpful Notes:

Per Serving:  204 Calories/ 12.5g Fat/ 4g Saturated Fat/ 37mg Cholesterol/ 511mg Sodium/ 10g Carbohydrates/ 4g Fiber/ 5g Sugar/ 15g Protein

Making this dish with low fat Mozzarella and no salt added tomato products can save you 1.5g Fat, .5g Saturated Fat, 3mg Cholesterol, and about 300mg Sodium.
“Fat Free” Pizza

Prep Time: 10 Minutes  
Cook Time: 20-25 Minutes  
Makes 6 Servings

Things You Need:
1 100% Whole Wheat Premade Pizza Crust—Fat Free if you can find or make one
2 Cups Fat Free Mozzarella Cheese
1/2 Cup Fresh Mushrooms, Chopped
1/2 Cup Onions, Chopped
1/2 Cup Peppers, Chopped
1/4 Cup Pizza Sauce
How To:

1. Preheat your oven to 450 degrees.
2. Chop your vegetables.
3. Spread sauce on crust and top with cheese and veggies.

Helpful Notes:

Per Slice: 193 Calories/2.5g Fat/1g Saturated Fat/7mg Cholesterol/531mg Sodium/
27g Carbohydrates/5.5g Fiber/4g Sugar/18g Protein

When researching this recipe, we did not find a Fat Free 100% whole wheat pizza crust so we used Boboli’s 12” 100% Whole Wheat Thin Crust Pizza dough to come up with these nutritional values. You may be able to find a fat free one in store or you could make one at home. Give it a try!
Italian Chicken and Veggies

Prep Time: 5 Minutes  Cook Time: 40 Minutes  Makes 4 Servings

Things You Need:
4 Boneless Skinless Chicken Breasts
1 Green Pepper, Chopped
1 Red Pepper, Chopped
1 Yellow Pepper, Chopped
1 Red Onion, Chopped
1 Cup Mushrooms, Chopped
2 Tbsp. Olive Oil
4 Oz. Light Italian Dressing
2 Cups Brown Rice
How To:

1. Preheat oven to 350. Bake the chicken for 40 minutes. Wash and chop the peppers and mushrooms, peel and chop the onion.

2. In a pan heat one Tablespoon olive oil and sauté the veggies for a couple of minutes.

3. Cook the brown rice according to package.

4. Mix the veggies and chicken together with the Italian dressing and serve over the brown rice.

Helpful Notes:

Per Serving: 375 Calories/ 10.5g Fat/ 1.5g Saturated Fat/ 69mg Cholesterol/ 312mg Sodium/ 37g Carbohydrates/ 5g Fiber/ 6g Sugar/ 32g Protein

There are about 14 grams of fat in a Tablespoon of olive oil. If you sauté the veggies with a little non stick cooking spray you can omit those, or you can mix together the chicken, veggies and dressing, then cover and bake to save those fat grams!
Meatless Stuffed Peppers

Prep Time: 20 Minutes  
Cook Time: 6 Hours on Low  
Makes 5 Servings

Things You Need:
5 Green Peppers, Tops off and seeded
1/2 Cup Brown Rice
1 Cup Tomatoes, Diced
1 Cup Red Kidney Beans
1 Box Frozen Corn
1/4 Cup Salsa
1 Tbsp. Worcestershire Sauce
1 Cup Chihuahua or Taco Cheese, Divided
How To:

1. Prepare the rice according to the package. Add the Worcestershire sauce to the rice. Cut the tops off of the peppers and take out all seeds.

2. In a large bowl, add tomatoes, beans, corn, salsa, and 1/2 cup of the cheese. Mix well and stuff into the peppers.

3. Place the peppers in a slow cooker, cover and cook for 6 hours on low.

4. In the last 1/2 hour of cook time, add the other 1/2 cup of the cheese to the tops of the peppers and finish cooking.

Helpful Notes:

Per Pepper: 249 Calories/ 9g Fat/ 5g Saturated Fat/ 28mg Cholesterol/ 416mg Sodium/ 35g Carbohydrates/ 7g Fiber/ 9g Sugar/ 12g Protein

To make this healthier, try using a reduced fat Mexican cheese blend, it saves 3.5g Fat, 2g Saturated Fat, 14mg Cholesterol, 66mg sodium and 18 calories to boot!

You can also use homemade kidney beans to be even healthier!
Meatloaf

Prep Time: 5 Minutes  
Cook Time: 1 Hour  
Makes 10 Servings

**Things You Need:**
- 2 Pounds 85% Lean Ground Beef
- 1 Egg
- 1 Cup Oatmeal, Uncooked
- 1 Cup Tomato Sauce
- 1 Medium Onion, Diced
- 1 tsp. Salt
- 1 tsp. Pepper
How To:

1. Preheat oven to 350 degrees. Place the ground beef in a large bowl with the oatmeal, egg, salt, pepper, and tomato sauce.

2. Dice the onion and add it to the bowl. Mix everything together.

3. Put into a 13x9 baking pan and cook for 1 hour.

Helpful Notes:

Per Serving: 241 Calories/ 14.5g Fat/ 5.5g Saturated Fat/ 1g TRANS FAT/ 82mg Cholesterol/ 428mg Sodium/ 8g Carbohydrates/ 1.5g Fiber/ 1.5g Sugar/ 19g Protein

Try making this with 1 pound of ground turkey and 1 pound of ground beef, two egg whites instead of one whole egg, and use low sodium tomato sauce. You save 3.5g Fat, 1.5g Saturated Fat, .5g Trans Fat, 16mg Cholesterol, and 109mg Sodium per serving!
Mojo Chicken

Prep Time: 5 Minutes  
Cook Time: 10-15 Minutes  
Makes 2 Servings

Things You Need:
2 Boneless Skinless Chicken Breasts
1 Bottle Mojo Marinade (Intl.)
1 Oz. Fresh Mozzarella Cheese, Divided
4 Slices Fresh Tomato
1/2 Ripe Avocado
How To:

1. Marinate chicken breasts over night in bottle of marinade. When you are ready to grill the chicken, discard excess marinade.
2. Slice tomato and avocado.
3. Grill chicken for 4-5 minutes on each side. While still on the grill place two tomato slices, mozzarella, then avocado onto the chicken and let the cheese melt. Once melted, its ready to eat.
4. Enjoy!

Helpful Notes:

Per Serving: 247 Calories/ 10g Fat/ 3.5g Saturated Fat/ 81mg Cholesterol/ 679mg Sodium/ 6.5g Carbohydrates/ 2.5g Fiber/ 2g Sugar/ 31g Protein

The only thing that you could try to do to make this healthier, would be use a low fat Mozzarella cheese and see if you can find a different lower sodium marinade.

You should find the Mojo Marinade in your grocery store’s International aisle.
Oven Fried Chicken

Prep Time: 5 Minutes  
Cook Time: 20 Minutes  
Makes 4 Servings

Things You Need:
4 Boneless Skinless Chicken Breasts
2 Eggs
1 Cup Bread/Panko Crumbs
1 1/2 Tbsp. Poultry Seasoning
1 Oz. Parmesan Cheese
How To:

1. Preheat oven to 425 degrees. Beat the eggs in a bowl and put the bread crumbs, seasoning and parmesan cheese in a separate bowl, fork to mix. Place the bread crumbs onto a plate.
2. Dip the chicken into the beaten egg and then into the bread crumb mixture.
3. Spray a shallow baking dish with non stick cooking spray. Place the chicken onto the dish.
4. Bake for 20 minutes and its ready!

Helpful Notes:

Per Serving: 312 Calories/ 7.5g Fat/ 3g Saturated Fat/ 181mg Cholesterol/ 747mg Sodium/ 21g Carbohydrates/ 1.5g Fiber/ 2g Sugar/ 37g Protein

Use 4 egg whites instead of 2 whole eggs and opt for a fat free parmesan and you save 4g Fat, 2g Saturated Fat and 111mg Cholesterol!

Want to reduce the sodium content? Use a Mrs. Dash spice mix instead of a high sodium poultry seasoning! That will take the sodium content down to next to nothing!
Parmesan Chicken

Prep Time: 5 Minutes  
Cook Time: 30 Minutes  
Makes 2 Servings

Things You Need:
2 Boneless Skinless Chicken Breasts
2 Tbsp. Dijon Mustard
1/4 tsp. Fresh Thyme
1/4 tsp. Cayenne Pepper
1/4 Cup Bread/Panko Crumbs
2 1/2 tsp. Parmesan Cheese
How To:

1. Preheat oven to 450. Mix the Dijon mustard with the thyme and brush all over the chicken.

2. Mix the breadcrumbs with parmesan cheese and cayenne pepper.

3. Cover the chicken with the breadcrumb mixture and bake in the oven for about 30 minutes.

Helpful Notes:

Per Serving: 208 Calories/4g Fat/1g Saturated Fat/72mg Cholesterol/461mg Sodium/11g Carbohydrates/1.5g Fiber/1.5g Sugar/31g Protein

The only thing to do to make this a little healthier would be to swap the full fat parmesan for a fat free parmesan topping, it will save you 1g Fat, .5g Saturated Fat, 2mg Cholesterol, and about 20mg Sodium.
Pasta Sauce

Prep Time: 5 Minutes  
Cook Time: About 2 1/2 Hours  
Makes 23 Servings

Things You Need:
4 Oz. 85% Ground Beef
2-29 Oz. Cans of Tomato Puree
1 Medium Onion, Chopped
2 Garlic Cloves, Minced
1 Tbsp. Parsley
1 Tbsp. Salt
2 Tbsp. Olive Oil
How To:

1. Brown the onion and garlic in the olive oil in a skillet on the stove.
2. Add the ground beef and brown.
3. Put the tomato puree in a Dutch oven, add the meat mixture. Stir together.
4. Mix in the parsley and salt and simmer on low for two hours.

Helpful Notes:

Per Serving: 50 Calories/ 2g Fat/ .5g Saturated Fat/ 3.5mg Cholesterol/ 592mg Sodium/ 7g Carbohydrates/ 1.5g Fiber/ 3.5g Sugar/ 2g Protein

By using one 29 Oz. Can of regular tomato puree and one 29 Oz. can of no salt added tomato puree, you would save 132mg of Sodium per serving.
Pork Chops & Apples

Prep Time: 5 Minutes  Cook Time: 35 Minutes  Makes 6 Servings

Things You Need:
6 Center Cut Pork Chops
1 Box of Stove Top Stuffing
2 Cans of Apple Pie Filling
2 Tbsp. Butter
1/2 tsp. Cinnamon
1/2 tsp. Garlic Powder
How To:

1. Preheat oven to 350 and spray a 13x9 pan with non stick cooking spray. Boil water with two Tablespoons of butter for the stuffing.

2. Spread the pie filling on the bottom of the pan. Sprinkle with cinnamon. Mix the stuffing mix together.

3. Layer the pork chops on top of the pie filling. Sprinkle with garlic powder.

4. Spread the stuffing mix over the pork chops and cover completely with aluminum foil.

5. Bake for 25 minutes, then remove the foil and bake for another 10 minutes.

6. Enjoy!

Helpful Notes:

Per Serving: 531 Calories/ 16g Fat/ 7g Saturated Fat/ 69mg Cholesterol/ 973mg Sodium/ 75g Carbohydrates/ 3g Fiber/ 31g Sugar/ 25g Protein

When making your stuffing, use only 1 Tablespoon of unsalted, light butter. Use two cans of no sugar added apple pie filling, and use a low sodium stuffing mix. Doing so will save you 138 Calories, 3g of Fat, 2g Saturated Fat, 8mg Cholesterol, 208mg Sodium and 33g Carbohydrates!
Quick Turkey Spaghetti

Prep Time: Less than 5 Minutes  
Cook Time: About 15 Minutes  
Makes 6 Servings

Things You Need:
1 Pound Ground Turkey
16 Oz. Whole Wheat Spaghetti
1-23.5 Oz. Jar Prego Heart
Smart Pasta Sauce
How To:

1  Bring water to a boil on stove and add in pasta.
2  Brown the turkey and heat the sauce in separate pans while water is boiling.
3  When the pasta is done to your liking, drain and put back into the pot. Add the other ingredients and mix together well.
4  Eat!

Helpful Notes:

Per Serving: 517 Calories/ 10.5g Fat/ 2.5g Saturated Fat/ 72mg Cholesterol/ 453mg Sodium/ 80g Carbohydrates/ .5g Fiber/ 2g Sugar/ 31g Protein
“Ricky” Bowl

Prep Time:       Cook Time:       Makes 4 Servings
10-15 Minutes   8 Hours on Low

Things You Need:
4 Boneless Skinless Chicken Breasts
2 Plum tomatoes
1/2 Cup Chopped Onion
1 Jalapeno Pepper, Seeded
1/4 Cup Cilantro, Chopped
1 Package of Frozen Corn
1 Cup Shredded Lettuce (or more if desired)
1/2 Cup Shredded Mozzarella
4 Oz. Sour Cream
2 Cups Cooked Brown Rice
How To:

1. Prepare fresh salsa: Chop tomatoes, onion, jalapeno and cilantro (make it to your taste and if you would like squeeze a fresh lime into it). Keep a little extra cilantro chopped up to top the dish when done. Chill the salsa.

2. Season the chicken breasts if you would like and place them in a crock pot set to low for 8 hours.

3. Cook the brown rice and corn according to their packages and add them to the chicken when its done.

4. Top the chicken and rice with shredded cheese, lettuce, home made salsa, sour cream and cilantro.

Helpful Notes:

Per Serving: 414 Calories/ 11.5g Fat/ 6g Saturated Fat/ 91mg Cholesterol/ 196mg Sodium/ 42g Carbohydrates/ 4g Fiber/ 5g Sugar/ 37g Protein

Lose some of the fat in this dish by switching to a fat free sour cream and using non fat Mozzarella cheese. It saves you 55 Calories, 8.5g Fat, 5g Saturated Fat and 17 mg Cholesterol.
Roasted & Stuffed Acorn Squash

Prep Time: 20-25 Minutes  
Cook Time: About 40 Minutes  
Makes 4 Servings

Things You Need:
2 Acorn Squash  
2 Tbsp. Olive Oil  
1/2 tsp. Salt  
1/2 tsp. Black Pepper  
1/4 Onion, Finely Diced  
1/4 LB. Extra Lean Ground Beef  
2 Garlic Cloves, Minced  
Pinch of Cumin, Cayenne Pepper, and Cinnamon  
3/4 Cup Cooked Brown Rice  
1/2 Cup Black Beans  
1/4 Cup Cherry Tomatoes, Quartered  
2 Tbsp. Cilantro, Chopped, Divided  
1 Tbsp. Sunflower Seeds  
1/4 tsp. Orange Zest  
1/4 Cup Shredded White Cheddar Cheese  
1 Green Onion, Sliced
How To:

1. Preheat oven to 400 and line a baking sheet with foil. Prepare the acorn squash by cutting off the bottom point to make them flat. Scoop out the seeds and cut both in half lengthwise.

2. Drizzle the four halves with olive oil and salt and pepper. Place them face down on the sheet to bake. Bake them for 35 minutes. Cook the brown rice according to the package.

3. While cooking the squash, on the stove cook the ground beef with the onion. Add garlic, cumin, cayenne pepper, and cinnamon to the beef and onion mixture.

4. Now add the cooked brown rice, beans, tomatoes, cilantro, zest and seeds. Mix together well.

5. Once the squash is done, spoon equal portions of the mixture into the cavity areas of the squash. Sprinkle the cheese on top.

6. Bake for 3 or so more minutes to allow the cheese to melt. Take them from the oven and sprinkle with cilantro.

Helpful Notes:

Per Serving: 348 Calories/ 14g Fat/ 4g Saturated Fat/ 27mg Cholesterol/ 370g Sodium/ 44g Carbohydrates/ 8.5g Fiber/ 1g Sugar/ 15g Protein

Try using a low fat cheese. Being that these are so flavorful, omit the 1/2 tsp. salt as well. Doing both will save you 19 Calories, 2g Fat, 1g Saturated Fat, 7mg Cholesterol, and 292mg Sodium!
Salmon Dinner

Prep Time: 5 Minutes
Cook Time: About 15 Minutes
Makes 2 Servings

Things You Need:
2-3 Oz. Salmon Filets
10 Asparagus Spears
1 Can Vegetable Broth
1 Lemon
1 Tbsp. Fresh Basil, Chopped
2 tsp. Butter
How To:

1. Preheat oven to broil. Put the vegetable broth in a pan and let it get to a boil.
2. Melt the butter in a separate pan. Squeeze lemon so that the juice mixes with the butter in the pan. Add fresh basil.
3. Spread this mixture over the salmon and put the salmon on a broiler pan, put the pan in the oven.
4. Once the vegetable broth is boiling, add the asparagus and let cook until tender.
5. Take the salmon out of the oven and plate with 5 asparagus spears. Enjoy!

Helpful Notes:

Per Serving: 181 Calories/ 9g Fat/ 3g Saturated Fat/ 57mg Cholesterol/ 606g Sodium/ 6g Carbohydrates/ 1.5g Fiber/ 3.5g Sugar/ 18g Protein

Try this with unsalted butter and a low sodium organic vegetable broth and it will save you 378mg sodium!
Shrimp with Sun Dried Tomato Pesto

Prep Time: 5 Minutes
Cook Time: 15-20 Minutes
Makes 2 Servings

Things You Need:
10 Jumbo Shrimp
2 Cups Cooked Whole Wheat Pasta
1/2-8 Oz. Jar Sun Dried Tomato Pesto Sauce
3 Tbsp. White Wine
1 Tbsp. Olive Oil
Garnish of Low Fat Parmesan Cheese
1.5 Oz. Pine Nuts (or Less if you would rather)
How To:

1. Heat the olive oil in a pan, then add the shrimp. Cook shrimp until they are done (they will be pink).

2. In a separate pan, boil water to cook pasta in. Cook until soft.

3. Add the pesto sauce and white wine to the shrimp until its heated through. Mix well.

4. Drain and plate the pasta, put the sauce on top of the pasta and garnish with pine nuts and parmesan.

5. Enjoy!

Helpful Notes:

Per Serving: 549 Calories/ 9g Fat/ 30g Saturated Fat/ 65mg Cholesterol/ 735g Sodium/ 50g Carbohydrates/ 6.5g Fiber/ 7g Sugar/ 21g Protein

Use a cooking spray to cook the shrimp in and using a non fat Parmesan cheese will save you 52 Calories/ 8g Fat/ 1.5g Saturated Fat/ 5mg Cholesterol and 27mg Sodium per serving!
Sicilian Chicken with Tomato, Basil and Garlic

Prep Time: 10 Minutes
Cook Time: About 15 Minutes
Makes 4 Servings

Things You Need:
1 Pound Thin Sliced, Chicken Breasts
2 Cups Mushrooms, Sliced
1 Bell Pepper, Chopped
1 Medium Onion, Chopped
2 Tbsp. Olive Oil
1 Package of McCormick Sicilian Chicken with Tomato, Basil, and Garlic Skillet Sauce
How To:

1. Rinse and chop the vegetables. Heat the olive oil in a large skillet on med. high heat. Add the chicken and cook for five minutes, turning once. They should be lightly browned. Remove them from the skillet.

2. Add the vegetables to the skillet and cook for 5 minutes, stirring frequently. Make sure the veggies are tender.

3. Stir in the skillet sauce and return the chicken to the skillet as well. Reduce heat to low and simmer for 2 minutes or until heated through.

4. Serve with pasta if desired.

Helpful Notes:

Per Serving: 241 Calories/ 8.5g Fat/ 1.5g Saturated Fat/ 65mg Cholesterol/ 478g Sodium/ 12.5g Carbohydrates/ 1.5g Fiber/ 4g Sugar/ 27.5g Protein

If you would like to, it is possible to use a non stick cooking spray instead of olive oil to cook the veggies. That will eliminate some of the fat grams to this dish.
Spicy Lemon Honey Chicken

Prep Time: 5 Minutes  
Cook Time: About 10 Minutes  
Makes 4 Servings

Things You Need:
4-6 Oz. Boneless, Skinless Chicken Breasts
1 Tbsp. Olive Oil
1 tsp. Ground Cumin
1 tsp. Paprika
1/2 tsp. Ground Coriander
2 Tbsp. Grapeseed Oil
1 Tbsp. Lemon Juice
Pinch of Cayenne Pepper
2 Tbsp. Hot Honey (Try Bare Honey Hot & Spicy)
How To:

1. Moisten the chicken with olive oil and sprinkle with cumin, paprika, and coriander.

2. Heat the grapeseed oil in a large skillet over med. high heat. Add the chicken and cook about 2 minutes per side, until just cooked through.

3. Allow the chicken to rest on a warm platter.

4. Take a small pot and add the honey, lemon juice and cayenne pepper. Warm slightly and stir to combine.

5. Drizzle the sauce over the chicken and serve!

Helpful Notes:

Per Serving: 312 Calories/12.5g Fat/2g Saturated Fat/98mg Cholesterol/111mg Sodium/10g Carbohydrates/.5g Fiber/9g Sugar/39g Protein

Try using a non stick cooking spray and that will omit most of the fat grams to this chicken dish!
Spinach & Black Bean Enchiladas

Prep Time: Less Than 5 Minutes
Cook Time: 30-35 Minutes
Makes 8 Enchiladas

Things You Need:
1 Can Refried Black Beans
1 Package Fresh Spinach
1 Cup Onion, Chopped
8 Flour Tortillas
1 1/2 tsp. Garlic, Minced
1 Tbsp. Butter
1 Jar Enchilada Sauce
How To:

1. Preheat the oven to 350. Saute the onion and garlic in a pan then add the bag of spinach. Let the spinach wilt.
2. Add the black beans and mix together.
3. Fill tortillas with the mixture and place them in a baking sheet.
4. Pour enchilada sauce over the top of the tortillas.
5. Bake in the oven for 25 minutes then enjoy!

Helpful Notes:

Per Enchilada: 263 Calories/ 6g Fat/ 2g Saturated Fat/ 4mg Cholesterol/ 1430mg Sodium/ 
44g Carbohydrates/ 7g Fiber/ 9g Sugar/ 10g Protein

The high sodium content to this recipe comes from the tortillas and enchilada sauce. Try and find tortillas that are low sodium or without salt added and use an enchilada sauce like Frontera’s Red Enchilada Sauce and your sodium content goes from 1430mg per enchilada to 501mg Sodium per Enchilada! Its still on the higher side, but its almost two thirds less salt!

Try and make a healthier homemade enchilada sauce during the weekend to have this fast dinner on a hectic week night!
Tilapia with Mango Salsa

Prep Time: 5 Minutes  
Cook Time: 20 Minutes  
Makes 2 Servings

Things You Need:
2-3 Oz. Tilapia Filets
1/2 Cup Fresh mango, Diced
1/4 Cup Red Pepper, Diced
1/4 Cup Cilantro, Chopped
1/4 Cup Red Onion, Diced
1 (Optional) Jalapeno, Seeded & Minced
1 Lime, Squeezed for Juice
How To:

1. Preheat the oven to 350. Mix all of the ingredients together to make the salsa and put it in the fridge. Season Tilapia with your choice of seasoning.

2. Bake the tilapia for 20 minutes.

3. When the tilapia is done, serve it with the salsa on top.

4. This will go well with brown rice or quinoa.

Helpful Notes:

Per Serving: 132 Calories/ 1.5g Fat/ .5g Saturated Fat/ 42mg Cholesterol/ 48mg Sodium/
14g Carbohydrates/ 2.5g Fiber/ 8.5g Sugar/ 18g Protein
Stovetop Tuna Casserole

Prep Time: 5-10 Minutes
Cook Time: 15 minutes
Makes About 8 Servings

**Things You Need:**

**Brands are Important**

2 Boxes Kraft Mac & Cheese
1 Can La Sueur Young Sweet Peas
2 Cans Tuna in Water
1 Can Campbell’s Cream of Celery Soup
1/2 Cup 2% Milk
1 Stick of Butter
How To:

1. Boil water for the macaroni. While the macaroni boils, drain the tuna and peas.

2. Strain the macaroni when done. Using the same pot, melt the butter. Add the milk and whisk in the cheese pouches, then whisk the soup mix, then add the tuna.

3. Once that is mixed well, add the macaroni and peas.

4. Mix well with a spoon. Ready to eat!

Helpful Notes:

Per Serving: 405 Calories/ 16g Fat/ 9g Saturated Fat/ 53mg Cholesterol/ 1049mg Sodium/ 44g Carbohydrates/ 4g Fiber/ 8g Sugar/ 22g Protein

To save on fat and sodium, try using a no salt added pea, Campbell’s Heart Healthy Cream of Celery, unsalted butter and 1% milk. Doing so saves you 40 Calories, 4g Fat, 3g Saturated Fat, 16mg Cholesterol, and 340mg Sodium!
Turkey Meatloaf

Prep Time: 10 Minutes  
Cook Time: 40 Minutes  
Makes 6 Servings

Things You Need:
1 Pound Ground Turkey
1/4 Cup Oatmeal
1 Piece of Wheat Bread, Crumbled
1 Egg
1/4 Cup Ketchup
1/4 Cup Green Pepper, Diced
1/4 Cup Onion, Diced
1 Tbsp. BBQ Sauce
How To:

1. Preheat oven to 350. Chop the veggies and put into a large bowl.
2. Crumble the bread slice and add it to the bowl.
3. Put all other ingredients into the bowl and mix together.
4. Place the mixture into a loaf pan and bake for about 40 minutes.

Helpful Notes:

Per Serving: 166 Calories/ 7.5g Fat/ 2g Saturated Fat/ 95mg Cholesterol/ 243mg Sodium/ 8.5g Carbohydrates/ 1g Fiber/ 4g Sugar/ 15.5g Protein

Using two egg whites instead of one whole egg will save you 35mg of Cholesterol per serving.
Turkey Meatloaf with Whole Wheat Couscous

Prep Time: 5-10 Minutes
Cook Time: 40 Minutes
Makes 2 Servings

Things You Need:
5 Oz. Ground Turkey
1/4 Cup Red Pepper, Diced
1/4 Cup Green Pepper, Diced
1/4 Cup Onion, Diced
1/3 Cup Marinara Sauce, Low Sodium
1 Cup Raw Spinach
Dashes of Parsley, Basil, Garlic, Coriander, Pepper and Sea Salt
How To:

1. Preheat the oven to 405. Season the ground turkey with seasonings. Add in the veggies and mix well.

2. Lightly spray a muffin pan with non stick cooking spray. Put the mixture into the muffin cups. Bake in the oven for about 40 minutes.

3. Put the broth and a little water in a pan on the stove and let it boil. Add the couscous and cook until done. Take another pan and bring water to boil for the spinach. This only takes a minute or two so do it very close to when the meatloaf muffins will be done.

4. When the meat loaf muffins are done, top them with a Tablespoon of marinara sauce.

5. Plate everything and you are ready to enjoy!

Helpful Notes:

Per Serving: 365 Calories/ 7.5g Fat/ 2g Saturated Fat/ 56mg Cholesterol/ 429mg Sodium/ 52g Carbohydrates/ 6.5g Fiber/ 8.5g Sugar/ 23g Protein
Turkey Tacos

Prep Time: Less Than 5 Minutes
Cook Time: 10 Minutes
Makes 4-2 Taco & 1/2 Cup Beans Servings

Things You Need:
1 Pound Ground Turkey
1 Package of Taco Seasoning
8 Big Lettuce Leaves
1 Cup Tomato, Chopped
1/2 Cup Low Fat Taco Cheese
8 Whole Wheat Tortillas
2 Cups Black Beans
How To:

1. On the stove, in a large skillet, brown the turkey meat. Once browned add the seasoning with water as directed on package and let it simmer. Heat the beans in a separate pan until hot through out.

2. Get your other ingredients ready, chop the tomatoes, measure out the cheese, and break off the lettuce leaves. Warm the tortillas if you would like to.

3. Once the meat is done, take a tortilla and layer: tortilla, lettuce, turkey meat, tomato and cheese.

4. Enjoy!

Helpful Notes:

Per Serving: 723 Calories/ 17.5g Fat/ 4g Saturated Fat/ 93mg Cholesterol/ 1734mg Sodium/ 95g Carbohydrates/ 18g Fiber/ 2g Sugar/ 48g Protein

If you use a low sodium taco seasoning (Mrs. Dash has a sodium free one!) and a fat free cheese you will save: 81 Calories, and 567mg of Sodium!

There is still a lot of sodium in the tortillas on their own, try to find no salt added tortillas as well and your sodium intake will go down even farther!
Delightful Desserts

1. Cinnamon Rolls
2. Fruit Salad
3. Fruit Salad II
4. Grape Salad
5. Grilled Peach Foil Packs
6. Oreo Lasagna
Cinnamon Rolls

Prep Time: 5-10 Minutes
Bake 12 Minutes
Makes 8 Rolls

Things You Need:
1 Package of Pillsbury Refrigerated Crescent Dough
1/2 Cup Sugar
1/4 Cup Brown Sugar
1/2 tsp. Cinnamon
1 1/2 Tbsp. Butter
How To:

1. Preheat the oven to 350. Melt the butter in a small sauce pan on the stove.
2. Mix cinnamon and both sugars together.
3. Unroll the crescent rolls and brush on the melted butter.
4. Sprinkle the sugar mixture all over the buttered dough.
5. Pinch the rolls back together and then put on a cookie sheet and bake for about 12 minutes.
6. Take the rolls out of the oven and enjoy them when your ready!

Helpful Notes:

Per Cinnamon Roll: 213 Calories/ 7g Fat/ 1.5g Saturated Fat/ 6mg Cholesterol/ 391mg Sodium/ 38g Carbohydrates/ .5g Fiber/ 9g Sugar/ 2g Protein

If you swap the butter for a light, unsalted butter, and you use a reduced fat refrigerated dough you would save: 47 Calories/ 4g Fat/ 1g Saturated Fat/ 2mg Cholesterol/ 87mg Sodium/ 3.5g Carbohydrates/ .5g Sugar
Fruit Salad

Prep Time: 5 Minutes  Refrigerate to Chill  Makes about 13-3/4 Cup Servings

Things You Need:
2 Cans Tropical Fruit in Juice
1 Can Chunk Pineapple in Juice
1 Can Mandarin Oranges
1 Apple-Sliced
1 Banana-Sliced
8 Oz. Reduced Fat Sour Cream
How To:

1. Slice the apple and banana.

2. Open and pour the contents of the tropical fruit, Mandarin oranges and the pineapple into a bowl. Add the apple and banana. Stir to mix.

3. Add the sour cream and mix well.

4. Refrigerate for a couple of hours.

5. Enjoy when the salad is chilled to your liking!

Helpful Notes:

You can add any other fruit you would like as well as substitute any fruit you might not like that is in this recipe!

Per Serving: 135 Calories/ 2.5g Fat/ 1.5g Saturated Fat/ 9mg Cholesterol/ 13.5mg Sodium/ 29.5g Carbohydrates/ 2g Fiber/ 13g Sugar/ 1.5g Protein

Try making this with a non fat Greek yogurt to pack a lot of protein! Even though it would take a little longer to make, try it with real fruit! That would eliminate any added sugars.
Fruit Salad II

Prep Time: Less than 5 Minutes
Refrigerate 2 Hours to Set
Makes 7 Servings

Things You Need:
1 Container of Cool Whip
1 Large Package of Vanilla Instant Pudding
1 Large Container of Vanilla Yogurt
1 Large Bag of Frozen Fruit
(about 32 Oz.)
How To:

1. Mix the yogurt with the instant pudding mix.
2. Add in the container of Cool Whip.
3. Mix in the fruit.
4. Let it set in the refrigerator for a couple of hours. Delicious!

Helpful Notes:

For this recipe we used Dole Wildly Nutritious mixed frozen fruit and Yoplait original yogurt. Your nutritional value will change a little depending on brands but it will be similar to what is shown here.

Per Serving: 367 Calories/ 6.5g Fat/ 6g Saturated Fat/ 6mg Cholesterol/ 345mg Sodium/
61.5g Carbohydrates/ 3g Fiber/ 52g Sugar/ 5g Protein

To make this lighter, use Cool Whip Lite, a fat free vanilla pudding, and a fat free vanilla yogurt. Doing so will change the nutritional value to: 308 Calories/ 0g Fat/ 0g Saturated Fat/
3.5mg Cholesterol/ 402mg Sodium/ 50g Carbohydrates/ 2g Fiber/ 40g Sugar/ 7g Protein.

Give this recipe a try with a non fat vanilla Greek yogurt! If the sugar content still seems a bit high, you could also try a sugar free pudding mix.
Grilled Peach Foil Packs

Prep Time: 5-10 Minutes
Grill for 15 Minutes
Makes 4 Foil Packets

Things You Need:
4 Ripe Peaches
1/4 Cup Light Brown Sugar
1/4 Cup Brown Sugar
2 Tbsp. Unsalted Butter
4 Tbsp. Granola
1 Pinch Kosher Salt
4– 1/4 Cup Scoops of Vanilla Frozen Yogurt
How To:

1. Heat your grill.

2. Cut peaches in half and remove the pits.

3. Mix the butter, sugar and salt together and spoon onto peach halves.

4. Use four squares of foil (enough to make purse shaped packets). Place the peaches on the foil, 2 per foil and shape into the purses crimping the edges.

5. Grill for 15 minutes. Once off the grill and opened, top each foil packet peach with 1/4 cup frozen yogurt and 1 Tablespoon of granola.

Helpful Notes:

Per Packet: 294 Calories/8g Fat/4g Saturated Fat/8.5mg Cholesterol/68mg Sodium/55g Carbohydrates/3g Fiber/50g Sugar/4g Protein

If you use fat free frozen yogurt it will save you: 12 Calories/.5g Fat/.5g Saturated Fat/3.5g Sugar and it adds 1g Protein!
Grape Salad

Prep Time: 10 Minutes  Refrigerate to Chill  Makes about 24 Servings

Things You Need:
4-6 Pounds of Grapes
2 Packages of Cream Cheese
1/2 Cup Sugar
1/2 Cup Sour Cream
3 Regular Size Butterfinger Candy Bars
How To:

1. Mix the cream cheese, sugar and sour cream together.
2. Add the grapes (we used 4 pounds to come up with the nutritional value below). Gently mix together.
3. Transfer to a 13x9 pan.
4. Crush the Butterfinger candy bars up and sprinkle over the top of the grapes.
5. Refrigerate to your liking and then enjoy!

Helpful Notes:

Per Serving: 180 Calories/ 9g Fat/ 5g Saturated Fat/ 23mg Cholesterol/ 87mg Sodium/ 25.5g Carbohydrates/ 1g Fiber/ 16g Sugar/ 2g Protein

Using a fat free cream cheese and sour cream then omitting one Butterfinger Bar saves you: 61 Calories/ 7.5g Fat/ 5g Saturated Fat/ 20.5g Cholesterol and 1g Sugar. It does add 68mg Sodium, but also adds 1.5g Protein. Give it a try!
Oreo Lasagna

Prep Time: 20 Minutes
Refrigerate for 4 Hours or Freeze for 1 Hour
Makes 30 Servings

Things You Need:
1 Full Package of Oreos
8 Oz. Low Fat Cream Cheese
3 1/4 Cup & 2 Tbsp. Skim Milk
(keep these divided)
12 Oz. Container Lite Cool Whip
2–4 Oz. Packages of Chocolate Fat Free Instant Pudding
6 Tbsp. Unsalted Butter
Splenda to Taste
How To:

1. In a food processor, crush all Oreo’s. If you don’t have one put them in a Zip Lock Bag and crush them with a rolling pin. Separate a small handful to sprinkle on the top.

2. Melt the butter in a saucepan on the stove.

3. Mix the melted butter into the Oreo’s. Once the Oreo’s are covered, start pressing the Oreo mixture into a 13x9 baking pan. When you have the Oreo’s fully pressed into the pan, put it into the fridge while preparing the rest of the ingredients.

4. Mix the cream cheese with a mixer until light and fluffy. Add the two Tablespoons of milk and some Splenda and mix well. Add in 1 1/4 cups Cool Whip and stir. Once all is mixed, take your pan out of the refrigerator and layer this mixture on top of the crust.

5. In another bowl, mix the instant pudding with 3 1/4 cups milk and whisk several minutes until its thickening, then use a spatula and layer it on top of the cream cheese layer. Allow this to rest for 5 minutes so it can thicken further.

6. Once firm, spread the remaining Cool Whip on top and then sprinkle the handful of Oreo crumbs on top of that. Freeze for one hour or refrigerate for four hours and you are all set!

Helpful Notes:

Keep in mind everything we read said that this was to be a 30 serving dish. That is about a 1x2 (approx.) square of this dish. That was how this recipes value was calculated. To make it into a different serving size, times the nutritional value below by 30 and get your total value and then divide that by the number of servings you choose to make this dish.

It has also stated on some recipes we came across, NOT to use double stuffed Oreo’s.

If you do not have Splenda, you can also use 1/4 cup granulated sugar. However you will need to add in the value of the sugar to get a better idea of the nutritional value.

Per Serving: 152 Calories/ 7g Fat/ 4g Saturated Fat/ 7.5mg Cholesterol/ 198mg Sodium/ 22g Carbohydrates/ .5g Fiber/ 13g Sugar/ 2g Protein

If you opt for fat free Cool Whip and cream cheese and substitute reduced fat Oreos for regular Oreo’s you would save 11 Calories/ 3.5g Fat/ 2.5g Saturated Fat and 3mg Cholesterol.
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