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The recipes below are designed to not only taste delicious, but help you with eating the proper foods so that you achieve maximum fat loss. These recipes are designed to be healthy, taste delicious and help you burn fat. The recipes are designed to serve 4 unless otherwise noted.

Enjoy all these great tasting fat burning recipes. They are designed to be enjoyed by the entire family. Make sure you follow us on Facebook to learn about all the latest announcements: <http://Facebook.com/ProgradeNutrition>.

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Breakfast

Whole Wheat Vanilla Pancakes

1/2 cup whole wheat flour
1 Tablespoon sugar
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1 egg
1/4 cup vanilla yogurt
1/4 cup water
1 Tablespoon oil (canola, grape seed or rice bran oil)
1/4 teaspoon vanilla extract

Directions:

Whisk together the whole wheat flour, sugar, baking powder and soda and salt in one bowl and make sure there are no lumps. In another bowl whisk together the egg, yogurt, water, oil and vanilla. Combine the wet and dry ingredients and stir until moistened. Use a very scant 1/4 cup per pancake cooking on a griddle over medium high heat. Cook for 1-2 minutes or until bubbles form and flip, cooking until golden brown.

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Apple Pancakes

¾ cup spelt flour
1 tsp aluminum free baking powder
½ tsp Celtic sea salt (finely ground)
1 cup rice or almond milk
½ tsp cinnamon
1 apple, thinly sliced

Mix all the ingredients together except for the apples. Spoon ¼-1/3 cup of batter into a frying pan. While the pancake is cooking on the first side place a few thinly sliced apple slices into the pancake that is cooking. When golden brown flip the pancake and cook the other side.

Peach Melba Breakfast Shortcake

1 frozen whole wheat waffle
½ cup Cottage cheese
½ cup Fiber One cereal (your choice)
3 peeled fresh slices or canned peach slices
¼ cup raspberries

Directions:

Toast waffle. Top with cottage cheese, cereal, and fruit.

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Fruit Smoothies

1 cup Fat Free milk
½ cup Plain Yogurt
¼ tsp. Vanilla extract
1 ½ cups fresh or frozen strawberries, thawed
½ cup canned unsweetened pineapple chunks
¼ cup nonfat dry milk powder
4 ice cubes
2 Tbsp. Sugar

Directions

In a blender combine all the ingredients. Cover and process for 30-45 seconds or until smooth. Stir if necessary. Pour into chilled glasses and serve.

Apple Pecan Pancakes

1 1/2 cups soy milk
1/2 cup soft silken tofu
1/3 cup solid vegetable shortening
1 1/2 cups all-purpose flour
2 1/2 tsp. baking powder
1 tsp. salt
1 tsp. cinnamon
2 medium apples, peeled, cored, and quartered
1/4 cup pecans, coarsely crushed
EVVO, for frying
Nondairy margarine, as a condiment
Maple syrup, as a condiment

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Put the soy milk, tofu, vegetable shortening, flour, baking powder, salt, cinnamon, and apples into a food processor and pulse until the ingredients are blended and the apples are finely chopped. Fold in the pecans. Heat a griddle or large frying pan coated with a thin layer of vegetable oil over medium heat. Pour 1/4 cup of the batter onto the hot griddle. Cook until bubbles appear then flip the pancake and cook it until it is lightly browned. Serve immediately with nondairy margarine and maple syrup.

Berry Smoothie

1 cup frozen blueberries or raspberries
1 ¼ cup skim milk
6 ounces of vanilla or plain yogurt
A touch of honey, if desired

Directions:

In a blender, place berries, milk, and yogurt. Cover and blend on high speed about 1 minute or until smooth. Sweeten to taste with honey. Pour into 2 glasses and serve.

Whole Grain Raspberry French Toast

Topping:
3 tbsp. raspberry fruit spread
1 cup frozen raspberries
¼ tsp. Ground ginger

French Toast:

2 eggs
¼ cup skim milk
1 tsp. Vanilla
¼ tsp. Ground cinnamon
3 slices of whole grain bread

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Directions:

In small saucepan, heat fruit spread and raspberries over low heat until warm, stirring occasionally. Remove from heat. Stir in ginger. In shallow bowl, beat egg, milk, sugar, vanilla and cinnamon with wire whisk until blended. Spray griddle or skillet with cooking spray; heat griddle to 375 degrees or skillet over medium heat. Dip each slice of bread into egg mixture, turning to coat both sides; let stand in egg mixture to soak 30 to 60 seconds. Place on griddle; cook 4 to 6 minutes, turning, until golden brown on both sides. Top each serving with fruit spread mixture.

Sausage & Cheese “Muffins”

4 ounces turkey sausage or crumbled turkey bacon
5 large eggs
1/2 cup (2-oz.) shredded reduced-fat cheddar cheese
1/2 green bell pepper, chopped
1/4 onion, chopped
1 can (12-oz.) sliced mushrooms, drained

Directions:

Preheat the oven to 350°F. Coat a 6-cup nonstick muffin pan with cooking spray, or line with paper baking cups. In a medium nonstick skillet over medium-high heat, cook the sausage, pepper, and onion for 5 minutes or until the sausage is no longer pink. Spoon the mixture into a bowl and cool slightly. Stir in the eggs and mushrooms. Evenly divide the mixture among the prepared muffin cups. Sprinkle with the cheese. Bake for 20 minutes or until the egg is set.

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Apple Oat-Bran Muffins

1 cup of gala apples or an apple of your choice
2 cups whole wheat pastry flour
1 cup all-purpose flour
1 1/2 cups oat bran
2 ½ tsp. baking soda
1 tsp. cinnamon
1/2 tsp. nutmeg
1 12-ounce can apple juice concentrate (thawed)
1 cup water

Directions:

Heat oven to 325° F. Lightly oil muffin pan. Peel and core apples; chop them coarsely. Set aside. In a mixing bowl, stir together whole wheat pastry flour, flour, oat bran, baking soda, cinnamon, and nutmeg. Add thawed apple-juice concentrate, chopped apples, and enough water to make a light batter. Mix just enough to moisten all ingredients. Divide batter among the muffin cups and bake till lightly browned, 25-30 minutes. Remove muffins from cups while hot and enjoy with a side of fresh fruit and a glass of milk.

8 minute Frittata

4 eggs
1 Tbsp. water
1/2 cup 2 % Shredded Cheddar Cheese
1/2 cup chopped green pepper

Directions:

Spray 8-inch microwavable pie plate with cooking spray. Add eggs and water; beat with wire whisk until well blended. Sprinkle with cheese and green pepper. Microwave on HIGH 6 min. or until eggs are set and cheese is melted.

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Breakfast Sandwich

2 Eggs, beaten
1 Turkey Sausage Patty
1 Slice of 2 % cheese
1 English muffin toasted

Directions:

Cook eggs as an omelet. Cook Turkey sausage as directed on box. Toast English muffin. Place egg, sausage, and cheese on English muffin.

Blueberry Bran Pancakes

1 cup Fiber One cereal
1 egg
1 ¼ skim milk
2 Tbsp. Vegetable oil
1 cup Whole wheat flour
1 Tbsp. Sugar
1 tsp. Baking powder
½ tsp. Baking soda
½ tsp. Salt
½ cup fresh or frozen (thawed) blueberries

Directions:

Crush cereal by placing in resealable food storage plastic bag. In medium bowl ,beat egg with whisk or fork. Beat in milk, oil, and cereal; let stand until cereal is softened. Beat in remaining ingredients except blueberries. Gently stir in ½ cup blueberries. Pour ¼ cup of batter onto hot greased skillet/griddle. Cook until both sides are done.

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All Bran Muffins

1 1/2 c. flour, sifted
1 tbsp. baking powder
1/2 c. sugar
1 1/4 c. All Bran Buds Cereal
1 1/4 c. milk
1 egg
1/2 c. vegetable oil or shortening

Directions:

Stir together flour, baking powder, sugar and set aside. Place cereal milk in mixing bowl, stir to combine. Let stand 1 to 2 minutes until cereal is softened. Add eggs and oil. Beat well. Add sifted dry ingredients to cereal mixture, stirring only until combined. Pour into 12 greased 2 1/2" muffin pan cups. Bake at 400 degrees for about 25 minutes or less.

*** You can add in your favorite fruit or some protein powder.

High Protein Apple Cinnamon Pancake

3/4 cup Quaker quick Oats or instant oats
4 egg whites
1/2 cup apple, diced
1 scoop of Protein Powder
1 tsp. Of cinnamon

Directions

1.) Put all ingredients together in a mixing bowl. Stir until the mixture has a semi-liquid pancake-batter-like consistency.

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2.) Spray some non-stick spray on a frying pan and pour the mixture into the pan.

3.) Cook on medium heat. When one side is lightly browned and solid enough to flip, turn the pancake over with a spatula and cook the other side until lightly browned and firm.

Notes: For higher protein diets, add one scoop of vanilla protein powder ("Designer Protein" brand "vanilla praline" adds a nice flavor too). Wrap up your pancake in foil and take it to go, put it in the fridge for later use, or eat it hot! Oatmeal pancakes will stay fresh all day long without refrigeration.

Broccoli Cheese Omelet

Nonstick cooking spray

1 chopped onion

1 10 ounce box frozen chopped broccoli, thawed, squeezed, and drained

6 egg whites

1 egg

¼ cup skim milk

1/3 cup shredded 2 % cheddar cheese

Directions

In large nonstick skillet lightly coated with nonstick cooking spray, cook onion over medium-high heat, stirring occasionally for 3 minutes or until tender and lightly brown. Add broccoli and cook for 1 minute. Reduce heat to medium. In medium bowl whisk together egg whites, egg, and milk. Pour mixture over vegetables. Cook, lifting eggs at edges and tilting to cook egg mixture on top, for 5 minutes or until bottom starts to brown and eggs are almost set. Fold omelet in half; cook 2 minutes or until eggs are set. Remove skillet from heat, sprinkle with cheese, cover, and set aside for 1 minute to melt cheese.

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Summer Garden Omelet

½ cup chopped zucchini
1/3 cup chopped onion
¼ cup chopped green pepper
2 tsp. Butter
4 egg whites
2 eggs
¼ cup fat-free milk
¼ tsp salt
¼ tsp. Pepper
2 slices reduced-fat American cheese

Directions:

In a 10-in skillet coated with cooking spray, sauté the zucchini, onion, and green pepper in butter until tender. Meanwhile, in a small bowl whisk the egg whites, eggs, milk, salt, and pepper. Pour into skillet; cook over medium heat. As eggs set, lift edges, letting uncooked portion flow underneath. When the eggs are set, place cheese on one side; fold omelet over cheese. Remove from the heat. Cover and let stand for 1 ½ minutes or until cheese is melted.

Mexican Omelet

3 eggs
½ cup chopped onions, green peppers, red peppers, mushrooms
¼ cup of Salsa

Directions:

Place eggs and vegetables in skillet. Cook omelet until done. Top with a sprinkle of cheese and salsa .

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Garden Omelet

2 tablespoons bottled reduced-fat Italian salad dressing
1/2 cup shredded carrots
1/4 cup chopped green onions with tops
1/4 cup chopped green pepper
1/2 cup chopped peeled cucumber
1 medium tomato, chopped
8 eggs
1 cup skim milk
½ tsp. Salt (optional)
4 tsp. Cooking oil divided
1 cup alfalfa sprouts

Directions:

In small saucepan over medium heat, cook dressing, carrots, onions, and peppers until tender. Stir in cucumber and tomatoes. Set aside; keep warm.

Beat together eggs, milk, and salt, if desired. In 7-to 10-inch omelet pan over medium heat, heat 1 teaspoon oil until just hot enough to sizzle a drop of water. Pour in 1/2 cup of the egg mixture. Mixture should set immediately at edges. With inverted pancake turner, carefully push cooked portion at edges toward center, tilting pan and moving cooked portions so uncooked portions can reach hot pan surface. When top is thickened and no visible liquid egg remains, fill with 1/4 of the vegetable mixture and 1/4 cup alfalfa sprouts. Fold omelet in half. Invert onto plate. Repeat for remaining omelets. Makes 4 omelets.

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Lunch/Dinner

Ziti with Spinach, cherry tomatoes, and gorgonzola sauce

4 ounces of whole wheat Ziti, cooked
½ tsp. EVOO
1 cup cherry tomatoes, halved
¼ tsp. Salt
1/8 tsp. Crushed red pepper
1 garlic clove, minced
6 Tbsp Fat-free half and half
3 Tbsp. Gorgonzola cheese, crumbled
1 cup fresh spinach

Directions:

Cook pasta according to box. Heat EVOO in a large skillet over medium heat. Add cherry tomatoes, salt, crushed red pepper, and minced garlic to pan; cook 1 minute, stirring occasionally. Stir in half-and-half and gorgonzola cheese; cook 2 minutes or until slightly thick, stirring constantly. Stir in spinach and pasta; cook 1 minute or until spinach wilts, tossing occasionally.

Chicken Cesar Pita

3/4 lb. boneless skinless chicken breast halves, cooked, cut into thin strips
3 cups torn romaine lettuce or mixed greens
1/4 cup Grated Parmesan Cheese
1/4 cup Fat-free mayonnaise Dressing
Whole Wheat Pita

Directions:

Mix chicken, lettuce, cheese, and dressing. Place evenly into pita.

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Grilled Fish with Asparagus

5 medium lemons, divided
1/2 cup Sun-Dried Tomato Dressing
4 firm-textured fish fillets (1 lb.), such as cod, tilapia or salmon
1 lb. asparagus, trimmed

Directions:

Squeeze juice from 1 of the lemons; mix with the dressing. Pour half of the dressing mixture into large resealable plastic bag. Add fish fillets; seal bag. Marinate in refrigerator at least 15 min. Cover and refrigerate remaining dressing mixture for later use. Meanwhile, preheat grill to medium heat. Cut each of the remaining lemons into 4 slices. Remove fish from marinade; discard bag and marinade. Place 8 of the lemon slices on grill grate; top with the fish. Brush with some of the reserved dressing mixture. Cover grill with lid. Grill fish 5 min.; turn over. Add remaining 8 lemon slices and the asparagus to grill. Grill an additional 5 min. or until fish flakes easily with fork and asparagus is crisp-tender, brushing with the reserved dressing mixture. Remove fish, lemon slices and asparagus from grill. Discard lemon slices under fish. Serve remaining lemon slices with fish and asparagus.

Roasted Red Pepper Chicken and Avocado Salad

1 medium ripe avocado, peeled, pitted and sliced
1 tsp. lemon juice
1 bag (10 oz.) torn romaine lettuce (about 10 cups)
2 cups shredded cooked chicken
1 medium tomato, cut into wedges
1 small cucumber, sliced
1/4 of a medium Vidalia or Walla Walla onion, chopped
1/2 cup Red Pepper
1/2 cup Light or Fat-free Italian Dressing
1/4 cup Parmesan Cheese

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Directions:

Toss avocados with lemon juice in large salad bowl. Add lettuce, chicken, tomatoes, cucumbers and onions; mix lightly. Add dressing; toss to coat. Sprinkle with parmesan cheese. Serve immediately.

Feta Chicken and Vegetables

1 tbsp. All purpose flour
½ tsp. Dried marjoram or thyme
¼ tsp black pepper
1/8 tsp. Salt
2 – 4 ounce skinned boned chicken breast halves
1 tsp. EVOO
Cooking spray
2/3 cup red bell pepper strips
½ cup vertically sliced red onion
1/3 cup fat-free less sodium chicken broth
1 tsp. White wine vinegar
¼ cup crumbled feta cheese, divided
Oregano sprigs (optional)

Directions:

Combine first 4 ingredients in a shallow dish. Dredge chicken in flour mixture. Heat oil in a nonstick skillet coated with cooking spray over medium-high heat. Add chicken, and cook 4 minutes on each side or until browned. Remove chicken from pan; keep warm. Add bell pepper, onion, broth, and vinegar to pan; cook 5 minutes or until vegetables are soft, stirring frequently. Spoon bell pepper mixture into a bowl; stir in 2 tbsp cheese. Return chicken to pan and sprinkle with 2 tbsp. cheese. Cover, cook over low heat 2 minutes or until cheese melts. Divide the vegetable mixture evenly between 2 plates, and top each serving with a chicken breast half. Garnish with oregano sprigs, if desired.

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Chicken Basil Salad Pitas

1 pkg. (6 oz.) Deli Fresh Grilled Chicken Breast Strips
3 stalks celery, chopped
4 green onions, chopped
1/4 cup Low fat mayonnaise Light Dressing
1 Tbsp. lemon juice
1/2 tsp. dried basil leaves
1 tomato, cut into 4 slices
4 lettuce leaves
Whole Wheat Pitas

Directions:

Combine chicken, celery, onions, dressing, lemon juice and basil. Spread evenly into pitas. Top with tomatoes, lettuce and serve in pita.

Sweet Potato Casserole

2 ¼ lbs. Sweet potatoes (3 large) peeled and cubed
3 egg whites, beaten
3 Tbsp. maple syrup
1 tsp. Vanilla extract

Topping:

¼ cup chopped pecans
1 Tbsp. brown sugar
1 tbsp. butter, melted
1/8 tsp. Ground cinnamon
1/3 cup dried apricots, chopped
1/3 cup dried cherries, chopped

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Directions:

Place sweet potatoes in a big cooking pot and cover with water. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until tender. Drain and place in a large bowl; mash. Cool slightly. Stir in the egg whites, syrup and vanilla. Transfer to an 8-in square baking dish coated with cooking spray. Combine the pecans, brown sugar, butter and cinnamon; sprinkle over the top. Bake, uncovered at 350 degrees, for 30 minutes. Sprinkle with apricots and cherries. Bake 5-7 minutes longer or until a thermometer reads 160 degrees and the fruits are heated through.

Beef Stir fry

2 cups instant brown rice, uncooked
1/4 cup lite soy sauce
2 Tbsp. Light CATALINA Dressing
3/4 tsp. ground ginger
1 lb. beef flank steak, cut into thin strips
2 tsp. cornstarch
1 pkg. (16 oz.) frozen stir-fry vegetables, thawed, drained
1/4 cup Dry Roasted Peanuts

Directions:

Cook rice as directed on package. Meanwhile, mix soy sauce, dressing and ginger until well blended; set aside. Toss meat with cornstarch. Spray large nonstick skillet with cooking spray; heat on medium-high heat. Add meat mixture; cook and stir 3 min. or until meat is cooked through. Add vegetables and soy sauce mixture; cook and stir 3 min. or until sauce is thickened and vegetables are heated through. Spoon over rice; top with peanuts.

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Roasted Asparagus

1 ½ pounds of thick asparagus spears

Salt

Freshly ground black pepper

2 Tbls. Grated Parmesan cheese

Directions:

Preheat the oven to 400 degrees. Lightly coat a baking sheet with cooking spray. Break off the tough root ends of the asparagus. Peel off the tough skin with a paring knife. Place on the baking sheet in single layer. Lightly spray asparagus with cooking spray. Season lightly with the salt and pepper. Sprinkle evenly with the Parmesan and roast for 15 minutes, or until tender when pierced with the tip of a knife.

*Thicker asparagus works best. If using thin spears, shorten the baking time to 10 min. Parmesan can be omitted.

Grilled Salmon

4 (6 ounce) skinless salmon fillets

½ tsp salt

¼ tsp. Black pepper

1 tsp. Ground cumin

Directions:

Combine ½ tsp salt, ¼ tsp black pepper, and cumin, stirring well. Rub spice mixture evenly over both sides of salmon. Place salmon on grill rack coated with cooking spray; grill 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.

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Chicken Alfredo

2 Boneless, skinless chicken breasts

1 pkg. Whole Wheat fettuccine

Sauce:

1 can evaporated skim milk

6 oz. Parmesan cheese - low fat

Pepper to taste

Optional:

Mushrooms, Broccoli, shrimp

Directions:

Cook chicken in skillet. Cook pasta according to box. Warm milk, add cheese until melted and thickened. Add pepper. Place chicken in sauce and pour over noodles.

Garlic Steak

2 Tbsp. minced garlic

1 boneless beef sirloin steak (1-1/2 lb.), 3/4 inch thick

1/3 cup A.1. Original Steak Sauce

Directions:

Spread garlic onto both sides of steak, pressing firmly into steak. Place in shallow glass dish or resealable plastic bag. Pour steak sauce evenly over steak; turn to evenly coat both sides of steak. Cover dish or seal bag. Refrigerate at least 1 hour to marinate. Remove steak from marinade; discard marinade. Preheat grill to medium heat. Grill steak 5 to 7 min. on each side for medium doneness (160°F). Cut into 6 pieces to serve.

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Tuna Salad with Sunflower Kernels

1 lb. romaine lettuce, cleaned, torn into bite-size pieces
2 medium tomatoes, sliced
1 can (6 oz.) white tuna in water, drained, flaked
1/4 cup Sunflower Kernels
1/3 cup Light Italian Dressing

Directions:

Layer lettuce, tomatoes, tuna and sunflower kernels in large salad bowl. Drizzle with dressing. Serve immediately.

Santa Fe Grilled Chicken Wrap

4 cups of torn romaine lettuces
1 pkg. Southwestern Seasoned or Grilled Chicken Breast Strips
1 large tomato, chopped
1 can (11oz.) whole kernel corn, drained
½ cup Mexican Style shredded cheese
¼ cup Fat-free Ranch Dressing
¼ cup Salsa
Whole wheat Tortillas

Directions:

Toss romaine lettuce, chicken breast strips, tomatoes and corn in large bowl; sprinkle with cheese. Combine dressing and salsa. Pour over romaine mixture; toss to coat. Spoon onto tortillas; roll up.

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Roasted Garlic and Nut Crusted Fish

4 white fish fillets (1 lb.)
1/2 cup A.1. STEAKHOUSE Marinade for Seafood Roasted Garlic with Lemon
1/4 cup finely chopped Mixed Nuts
2 Tbsp. finely chopped fresh cilantro
1 clove garlic, minced
1 tsp. Peanut Oil

Directions:

Place fish in resealable plastic bag. Add marinade; seal bag. Turn bag over several times to evenly coat fish with marinade. Refrigerate 30 min. to marinate. Meanwhile, combine nuts, cilantro, garlic and oil. Preheat oven to 375°F. Remove fish from marinade; discard bag and marinade. Place fish on lightly greased baking sheet. Top evenly with nut mixture; press lightly into fish to secure. Bake 10 to 12 min. or until fish flakes easily with fork.

Mozzarella Beef Burger

1 lb. ground beef
1/2 cup Mozzarella Cheese
1/2 cup fresh bread crumbs
1/4 cup Barbecue Sauce, divided
4 Whole Wheat hamburger buns

Directions:

Preheat grill to medium-high heat. Mix meat, cheese, bread crumbs and 2 Tbsp. of the barbecue sauce. Shape into four patties. Place patties on grill; cover grill with lid. Grill 4 to 6 min. on each side or until burgers are cooked through (160°F), brushing with remaining 2 Tbsp. barbecue sauce during last 2 min. of grilling time. Fill buns with burgers and lettuce, if desired.

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Guacamole

2 ripe avocados, peeled and pitted
2 Tbsp. Lime juice
1/8 tsp. Salt
¼ cup chopped fresh cilantro
½ cup onions
1 cup cored chopped tomatoes
¼ tsp. Minced garlic
¼ tsp. Hot pepper sauce (optional)

Directions:

In a medium bowl, mash the avocados with the lime juice and salt. Stir in the cilantro, onions, tomatoes, garlic, and hot-pepper sauce. Cover with plastic wrap and refrigerate for 1 hour before serving.

Pita chips: Cut a whole wheat pita open and cut into triangular wedges. Bake at 350 degrees for about 7 minutes or until crisp.

Steak House Style Marinade

1 lb. Boneless Sirloin Steak
½ cup Dark Beer
2 tbsp. olive oil
1 tbsp. Worcestershire sauce
1 tbsp. steak sauce
1 tsp. Lemon zest
½ tsp. salt
¼ tsp. Ground pepper

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Directions:

Whisk together beer and remaining ingredients until blended. Use immediately, or cover and chill until ready to use. Store in airtight containers in fridge up to 3 days. IF chilled, let stand at room temperature 10 minutes before using. Whisk before using. Pierce 1 lb. Boneless sirloin steak several times with a fork. Place steak house style marinade in shallow dish or large zip top plastic freezer bag; add steak. Cover or seal; chill at least 4 hours or up to 6 hours, turning occasionally. Preheat grill to 350 – 400 degrees. Remove steak from marinade, discarding marinade. Pat steak dry, and sprinkle with ½ tsp. Salt and ½ tsp. coarsely ground pepper. Grill steak, covered with grill lid, over 350 to 400 degrees. Heat 4 minutes on each side or to desired degree of doneness. Let stand 10 minutes before slicing.

Walnut Vegetables

- 1 pkg. (16 oz.) frozen mixed vegetables
- 2 Tbsp. butter or margarine
- 2 Tbsp. chopped Walnuts
- 3 Tbsp. Reduced Fat Grated Parmesan Cheese

Directions:

Microwave vegetables as directed on package; drain. Place butter and walnuts in large microwaveable bowl. Microwave on HIGH 2 minutes or until butter begins to brown, stirring after 1 minute. Add vegetables and cheese; toss to coat. Season to taste with pepper or ground nutmeg, if desired.

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Stir Fried Chicken Salad

¼ cup fat free less sodium chicken broth
2 tbsp. rice wine vinegar
1 tbsp. Thai fish sauce
1 Tbsp. low sodium soy sauce
1 Tbsp. bottled chopped garlic
2 tsp sugar
1 pound skinless, boneless chicken breast tenders
1 tbsp. peanut oil
4 cups mixed salad greens
¼ cup chopped fresh basil
½ cup thinly sliced red onion
2 tbsp. finely chopped unsalted, dry roasted peanuts
Lime wedges (optional)

Directions:

Combine first 6 ingredients in a medium bowl. Add chicken to broth mixture, stirring to coat. Let stand 3 minutes. Heat oil in large nonstick skillet over medium-high heat. Drain chicken, reserving marinade. Add chicken to the pan; cook 4 minutes or until done, stirring frequently. Stir in the reserved marinade. Reduce heat; cook 1 minute or until slightly thickened. Remove pan from heat. Combine greens and basil in a large bowl. Add chicken mixture, tossing to coat. Place 1 ¼ cups salad mixture on each of 4 plates. Top each serving with 2 tbsp. onion and 1 ½ tsp. Peanuts. Serve immediately. Serve with lime wedges if desired.

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Almond Chicken Salad

1 ½ cups diced, cooked chicken breast (about 1 ½ 5 –ounce chicken breasts)
1 cup halved, seedless red grapes
¼ cup celery
¼ cup low-fat mayo
1 Tbsp. Slivered almonds
½ tsp. Freshly ground pepper

Directions:

Combine the chicken, grapes, celery, mayo, almonds, and pepper together in a medium bowl and mix well.

Meat Loaf

1 cup no-salt tomato sauce
1lb lean ground beef
2 egg whites
1 zucchini, grated
1 rib celery, finely chopped
½ small yellow onion finely chopped
½ cup quick cooking oats
¼ cup toasted wheat germ
2 Tbsp sliced black olives
1 tsp dried oregano
¼ tsp ground black pepper

Directions:

Preheat the oven to 350 degrees F. Coat a nonstick 9" x 5" pan with cooking spray. In a large bowl combine ¼ cup of tomato sauce with the rest of the ingredients, and use your hands to mix everything together. Press the meat mixture evenly into the pan, and pour the rest of the tomato sauce on top. Bake

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for 50 minutes (internal temperature of 160 degrees F). Remove the meat loaf from the oven and let it sit in the pan for 10 minutes before serving.

Penne Chicken

1 cup water
¼ cup white wine or reduced-sodium chicken broth
1 tsp. Reduced-sodium chicken bouillon granules
2 boneless skinless chicken breasts
2 cups uncooked whole wheat penne pasta
1 cup sliced baby Portobello mushrooms
1 cup sun dried tomatoes(not packed in oil), cut in half

3 tbsp. chopped shallots
1 tbsp cornstarch
½ fat free milk
¼ cup tomato paste
½ tsp. Salt
1 cup shredded Parmesan cheese
1 cup frozen peas, thawed
2 tbsp. minced fresh basil or 2 tsp dried basil

Directions:

In a large nonstick skillet, bring the water, wine, and bouillon to a boil. Reduce heat; carefully heat chicken. Cover and cook for 15 minutes or until 170 degrees. Meanwhile, in a large saucepan, cook pasta according to package directions. Remove chicken from the pan, reserving the cooking liquid; set chicken aside to cool slightly. Add the mushrooms, tomatoes, and shallots to the cooking liquid. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes or until tender. Combine the cornstarch, milk, tomato paste and salt until smooth; stir into the pan until smooth; stir into the pan until blended. Bring to a boil. Cook and stir for 2 minutes or thickened. Shred chicken with two forks; add to the sauce. Drain pasta; add to sauce. Add the cheese, peas and basil; cook and stir until heated through.

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Turkey Chili

5 Tbsp EVOO
1 white onion, diced
2 garlic cloves, chopped
2 turkey breasts, cubed
1 tsp dried oregano
1 tsp ground cumin
2 Tbsp chipotle powder
2 Tbsp paprika
1 ¾ cups crushed tomatoes
½ lb sun-dried tomatoes rehydrated and sliced
4 Tbsp balsamic vinegar
2 cups rinsed, uncooked brown rice
4 cups chicken stock
2lb pumpkin peeled, seeded and cubed
Salt and pepper to taste
1 Tbsp unsweetened cocoa powder
1 cup chopped cilantro

Directions:

Coat the bottom of a large stockpot with 3 Tbsp oil and heat it on medium-high. Add the onion and garlic and cook until translucent. Add the turkey, oregano, cumin, chipotle powder, and paprika. Cook until the turkey browns. Add the tomatoes, sun-dried tomatoes, balsamic vinegar, rice and chicken stock. Bring to a boil. Then simmer for 40 minutes.

In a separate bowl, toss the pumpkin cubes with 2 Tbsp olive oil, salt and pepper, cocoa powder, and half of the chopped cilantro. Spread the cubes on a baking pan and bake them at 350 degrees F for about 20 minutes.

Add the cooked pumpkin mixture to the chili pot with some salt and pepper and the remaining cilantro.

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Kung Pao Shrimp

1 tbsp. dry sherry or Shaoxing wine

½ tsp. Cornstarch

1 ½ lbs. Peeled raw shrimp

2 Tbsp. Canola oil

2 dried chili peppers

2 cloves garlic, minced

1 tsp. Minced ginger

1 tsp. Sugar

3 Tbsp. lite soy sauce

1 tsp. Sesame oil

1 chopped scallion

Handful of roasted peanuts

Directions:

Combine dry sherry of Shaoxing wine, cornstarch, and shrimp. Heat canola oil and cook a few dried chili peppers until slightly blackened. Mince garlic and add to the shrimp mixture along with minced ginger. Cook about 3 minutes. Reduce the heat. Add sugar and soy sauce. Cook 5 minutes. Remove from the heat, stir in sesame oil and chopped scallion and garnish with roasted chopped peanuts.

Turkey Wrap Up

1 Whole Wheat Tortilla

1 Tbsp. light mayonnaise Dressing

6 slices Smoked Turkey Breast

1/2 cup shredded lettuce

1/4 cup chopped tomatoes

2 Tbsp. Fat Free Shredded Cheddar Cheese

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Directions:

Spread tortilla with dressing. Top with turkey, lettuce, tomatoes and cheese; roll up.

Grilled Chicken with Pesto Sauce

2 cups fresh basil
1 garlic clove
Pinch of salt
2 Tbsp Pine nuts
½ cup grated Parmesan
½ cup olive oil
1 lb chicken breasts

Directions:

Puree the first 6 ingredients in a blender or food processor. Season chicken with salt and pepper. Grill the chicken breasts, turning once, about 8 minutes total. Paint with pesto and serve.

Tuna Pockets

1 cup chopped cucumber
1 cup chopped tomato
1 can (6 oz.) white tuna in water, drained, flaked
1/4 cup Light Ranch Dressing
4 whole wheat pita breads, cut in half
4 large lettuce leaves

Directions:

Mix cucumber, tomato, tuna and dressing. Line pita bread halves with lettuce; fill with tuna mixture.

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Taco Burger

1 lb. ground beef
1 pkg. (1-1/4 oz.) Taco Seasoning Mix
1/4 cup Thick 'N Chunky Salsa
1/4 cup Non-fat Mayo Dressing
4 hamburger buns, split
1/2 cup 2% Shredded Cheddar Cheese
4 lettuce leaves
4 tomato slices

Directions:

Preheat grill to medium heat. Mix meat and seasoning mix; shape into 4 patties. Grill patties 8 to 10 minutes or until cooked through, turning over after 4 minutes. Meanwhile, mix salsa and dressing. Place burgers on bottom halves of buns; top with salsa mixture, cheese, lettuce and tomatoes. Cover with tops of buns.

Italian Meatloaf

1 egg
1 lb lean ground turkey 1 tablespoon extra virgin olive oil
8 oz can tomato sauce
1 cup dry oats, quick or old-fashioned
1 small chopped onion
2 garlic cloves, minced
1/4 teaspoon black ground pepper
1 teaspoon Italian seasoning (or ¼ tsp. each dried oregano, basil, thyme, rosemary)
1 cup jarred marinara sauce, plus extra for serving

Directions:

Preheat oven to 350 degrees. In medium mixing bowl, add egg, and whisk well. Add the next 8 ingredients to bowl and toss together with wooden spoon. Pour

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meatloaf mixture into 8 x 4 inch loaf pan and spread evenly. Pour marinara sauce on top of meatloaf. Put loaf pan on top of cookie sheet to prevent splattering and place both into oven on the middle rack. Bake for about 45 minutes to 1 hour, until juices of meatloaf run clear and loaf is firm (thermometer pushed into the middle of the loaf should read at least 165F). When done, remove from oven and allow to rest for 5 minutes. Cut into slices and serve hot. Garnish with additional warm marinara sauce.

Peppered Halibut Steaks

1 Tbsp. coarsely ground black pepper
1 Tbsp. fresh lemon juice
1 ½ tsp. EVOO
4 (6-ounce) Halibut fillets
¾ tsp. Sea or kosher salt
Cooking Spray
4 lemon wedges

Directions:

Prepare grill to medium-high heat. Combine first 3 ingredients; rub over halibut fillets. Cover and let stand at room temperature 10 minutes. Sprinkle fish with salt. Place fish on grill rack coated with cooking spray; grill 4 minutes on each side or until fish flakes easily when tested with a fork. Serve with lemon wedges.

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Konjac Pasta Primavera

½ pound Konjac Glucomannan Pasta
2 cups broccoli florets
1 cup sliced carrots
1 cup cherry tomatoes, quartered
¼ cup sliced red onion
8 oz. Light Ranch dressing

Directions:

Drain and rinse Konjac pasta. Add vegetables and dressing to pasta. Refrigerate several hours before serving.

Turkey Burger

1 ¼ lb. turkey burger
¼ c. jarred roasted red peppers, chopped and drained (blotted dry)
2 scallions, chopped
2 Tbsp. plain dried bread crumbs
2 Tbsp. chopped fresh parsley
1 Tbsp. Dijon mustard
½ tsp. coarsely ground black pepper

Directions:

Preheat grill to medium and oil grate with cooking spray. In large bowl, combine turkey, roasted peppers, scallions, bread crumbs, parsley, mustard, and black pepper. Mix gently but thoroughly until blended. Shape into four 1 inch thick patties. Grill 10-12 minutes, turning once, or until thermometer reads 165 degrees and meat is no longer pink.

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Grilled Parmesan Vegetables

2 each: medium zucchini and yellow squash, cut into 1/2-inch-thick slices
2 each: medium red, green and yellow peppers, cut into 1-1/2-inch-thick slices
1/3 cup Light Zesty Italian Dressing
1/4 cup Grated Parmesan Cheese

Directions:

Preheat grill to medium heat. Arrange vegetables on grate of grill. Grill 10 min. or until crisp-tender, turning occasionally. Place in large bowl. Add dressing; toss to coat. Sprinkle with cheese.

Raspberry Salmon

3 Tbsp. Light Raspberry Vinaigrette Dressing
4 salmon fillets (4 oz. each)

Directions:

Pour dressing over salmon in resealable plastic bag; seal bag. Refrigerate 30 min. to marinate. Preheat broiler. Remove salmon from marinade; discard bag and marinade. Broil salmon, 2 to 4 inches from heat, 10 to 12 min. or until salmon flakes easily with fork.

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Chicken Fajitas

2 Tbsp. olive oil
2 tsp. chili powder
½ red or white onion, sliced
1 red, orange or green bell pepper, sliced
2 gloves garlic, minced
2 whole chicken breasts grilled and cut into strips
½ c. salsa
¼ c. nonfat sour cream
4 whole wheat tortillas
1 c. 2% shredded mozzarella cheese

Directions:

Heat olive oil in a medium skillet. Add onion, pepper, and garlic and sauté briefly. Add meat, reduce heat to medium, and sauté until no longer pink, about 10 minutes. Stir in salsa and chili powder to taste. Sauté for 5 more minutes. Spread 1 tablespoon in a thin layer on each tortilla. Divide the meat mixture on top of tortillas, sprinkle each with cheese, wrap, and serve.

Citrus Chicken Salad

1 can (11 oz.) mandarin oranges, drained
2 cups cooked chicken strips (about 10 oz.)
1/3 cup Slivered Almonds, toasted
1/4 cup Mayo with Olive Oil Reduced Fat Mayonnaise
2 Tbsp. chopped fresh parsley
4 pita breads, cut in half

Directions:

Combine oranges, chicken and almonds in large bowl. Add mayonnaise and parsley; mix lightly. Refrigerate 1 hour. Spoon into pita halves just before serving.

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Citrus Basil Salmon

2 Tbsp. basil olive oil
4 Tbsp each fresh lemon and lime juice
1 ½ tsp. lemon zest
1 tsp salt
½ tsp. Freshly ground black pepper
4 – 7 to 8 skinless salmon fillets

Directions:

In a large shallow dish , whisk together 1 Tbsp of the basil oil, 3 Tbsp of the lemon juice, 3 Tbsp of the lime juice, ½ tsp lemon zest, ½ tsp of the lime zest, ½ tsp salt, and ¼ tsp of the pepper. Add Salmon to dish, turning to coat fillets. Spray a large nonstick skillet with olive oil cooking spray. Heat over medium high heat. Add salmon, rounded side down, and cook 4 minutes. Turn fillets and cook 3 to 4 minutes for medium-rare or longer for desired doneness. Remove from heat. Spoon the remaining 1 Tbsp basil oil and the remaining 1 Tbsp each lemon juice and lime juice over fillets, dividing evenly. Sprinkle fillets with remaining 1 tsp each lemon and lime zest, ½ tsp salt, and ¼ tsp pepper.

Coconut Shrimp

2/3 cup BAKER'S ANGEL FLAKE Coconut, toasted
1 pkt. SHAKE 'N BAKE Chicken Coating Mix
1 tsp. curry powder
1/4 tsp. ground red pepper (cayenne)
1 egg
2 Tbsp. water
1 lb. extra-large shrimp (16 to 20 count), peeled, deveined

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Directions:

Preheat oven to 400°F. Combine coconut, coating mix, curry powder and pepper in pie plate; set aside. Beat egg and water in separate pie plate with wire whisk until well blended. Dip shrimp, one at a time, in egg mixture, then in coconut mixture, turning to evenly coat both sides of each shrimp. (Make sure each shrimp is well coated with the egg mixture before dipping in coating mixture.) Press coating mixture firmly onto shrimp to secure. Place on lightly greased baking sheet. Bake 10 to 12 min. or until shrimp are cooked through.

Fresh Broccoli and Chicken Pasta Toss

2-1/2 cups whole wheat penne pasta, uncooked
3 cups fresh broccoli florets
1/4 cup Light House Italian Dressing
1/2 lb. boneless skinless chicken breasts, cut into bite-size pieces
3 cloves garlic, minced
2 cups tomato-basil spaghetti sauce
1 cup 2% Milk Shredded Reduced Fat Mozzarella Cheese

Directions:

Cook pasta in large saucepan as directed on package, adding broccoli to the boiling water for the last 3 min. Meanwhile, heat dressing in large nonstick skillet on medium heat. Add chicken and garlic; cook 5 min. or until chicken is no longer pink, stirring occasionally. Stir in spaghetti sauce; cook 5 min. or until chicken is cooked through, stirring occasionally. Drain pasta mixture; return to pan. Add chicken mixture; mix lightly. Serve topped with the cheese.

Balsamic Marinated Flank Steak

3/4 cup Balsamic Vinaigrette Dressing
1 beef flank steak (1-1/2 lb.)

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Directions:

Pour dressing over steak in large resealable plastic bag. Seal bag; turn to evenly coat steak with the marinade. Refrigerate at least 3 hours to marinate, turning occasionally. Preheat grill to medium-high heat. Remove steak from marinade; discard bag and marinade. Grill steak 5 min. on each side or until medium doneness (160°F). Remove from grill; cover with foil. Let stand 5 min. Cut steak diagonally across the grain into thin slices.

Zesty Chicken Pasta

1 pkg. Whole Wheat Penne Pasta
½ cup Light House Italian Reduced Fat Dressing, divided
1 lb. Boneless, skinless chicken breast, cut into 1-inch pieces
2 cups broccoli florets
1 large red pepper, chopped
1 small onion, thinly sliced
1 Tbsp. Chopped fresh parsley
¼ cup Reduced Fat Parmesan Cheese

Directions:

Cook pasta as directed on package.

Heat ¼ cup of the dressing in large skillet on medium-high heat. Add chicken; cook 5 min. or until cooked through, stirring occasionally. Add vegetables and parsley; cook 5 min or until vegetables are tender, stirring occasionally.

Drain pasta; mix with chicken mixture and remaining ¼ cup dressing. Sprinkle with cheese.

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Lime-and-Honey Glazed Salmon with Warm Black Bean and Corn Salad

4 Tbls. EVOO
1 medium red onion, chopped
2 large garlic cloves, chopped
½ tsp. Crushed red pepper flakes
1 tsp. Ground cumin
Sprinkle of salt and pepper
Juice of 2 limes
3 Tbsp Of honey
1 tsp. Chili powder
4 – 6 oz. Salmon fillets
1 red bell pepper, chopped
1 10 ounce package of corn, defrosted
½ c of chicken stock or broth
1 15 ounce can of black beans, rinsed and drained
2 to 3 tsp of fresh cilantro leaves, chopped
6 cups of baby spinach

Directions:

Heat skillet with 2 Tbsp. of EVOO. Add the onions, garlic, red pepper flakes, cumin, salt, and pepper. Cook for 3 min. stirring occasionally.

Preheat another skillet with remaining 2 tbsp. of EVOO. In a shallow dish combine the juice of 1 lime, honey chili powder, salt, and pepper. Add the salmon fillets to the lime honey mixture and toss to coat thoroughly. Cook the Salmon fillets in skillet and cook thoroughly, about 3-4 min. on each side.

Add the bell peppers and corn kernels to onions and cook for 1 minute. Add the chicken stock and continue to cook for another 2 min. Add the black beans and cook until the beans are just heated through. Remove the skillet from the heat and add the juice of the second lime, cilantro, and spinach. Toss to wilt the spinach and then taste and adjust the seasoning. Serve the lime-and –honey salmon on top of the warm black and corn salad.

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Grilled Steak and Vegetable salad

½ c. Light Balsamic Vinaigrette Dressing, divided
1 boneless steak
2 large yellow peppers, cut lengthwise in half
8 cups of spring greens or torn mixed salad greens
2 large tomatoes cut into wedges
½ cup thinly sliced red onions

Directions:

Preheat grill to med-high heat. Reserve 1/3 cup of the dressing. Brush the remaining lightly onto one side of the steak and onto cut sides of peppers.

Place steak and peppers on grill, dressing side down. Grill steak 5 min. on each side or to your likings. Grill peppers for 10 min. (Peppers do not need turning.)
Meanwhile, place greens in bowls and top with tomatoes and onions.

Cut steak across the grain into thin slices; cut peppers into strips. Arrange steak and peppers over salads. Drizzle with remaining dressing.

A-1 Burger

1 lb. Of Lean Beef
2 Tbsp. Of Steak Sauce

Directions:

Mix Steak Sauce into burger. Make into patties and place on grill until done.

Directions:

Preheat the oven to 400 degrees. Lightly coat a baking sheet with cooking spray. Break off the tough root ends of the asparagus. Peel off the tough skin with a paring knife. Place on the baking sheet in single layer. Lightly spray asparagus with cooking spray. Season lightly with the salt and pepper. Sprinkle evenly with the Parmesan and roast for 15 minutes, or until tender when pierced with the tip of a knife.

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*Thicker asparagus works best. If using thin spears, shorten the baking time to 10 min. Parmesan can be omitted.

Ginger Soy Chicken

3 tablespoons extra virgin olive oil

1 1/2 pounds chicken breast cutlets, cut into thin strips

2-inch piece of ginger, peeled and minced

4 large garlic cloves, chopped

1/2 teaspoon crushed red pepper flakes

6 scallions, cut into 2-inch lengths, then cut lengthwise into thin strips

1/4 cup tamari, dark aged soy sauce (found in international, ethnic aisle)

3 tablespoons honey

1 head of iceberg lettuce, core removed, shredded

Directions:

Heat a large nonstick skillet over high heat. Add the extra virgin olive oil. Add the chicken and season with a little salt and lots of black pepper. Stir-fry for 1 minute to sear the meat, then add the ginger, garlic, and red pepper flakes and cook for 2 more minutes.

Add the scallions and stir-fry for another minute, then add the tamari and honey to form a sauce and glaze the chicken. Remove the pan from the heat. Cover a plate with the shredded lettuce and serve the chicken on top.

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Stir-Fried Beef with Snow Peas and Tomatoes

1 pound trimmed flank steak
1 tablespoon cornstarch
1 tablespoon reduced-sodium soy sauce
1 tablespoon minced fresh ginger
1 teaspoon sugar
1 tablespoon vegetable oil
3 scallions, cut in 1-inch lengths
1 1/2 teaspoons minced garlic
6 ounces snow peas
2 cups cored, chopped tomatoes
1/4 teaspoon hot-pepper sauce
Fresh ground black pepper

Directions:

Cut the beef in half lengthwise and slice it thinly across the grain.

Combine the cornstarch, soy sauce, ginger, and 1/2 teaspoon sugar in a large bowl. Stir until smooth. Add the beef and toss well.

Heat 1 1/2 teaspoons oil in a large nonstick skillet or wok over moderately high heat. Add half the beef, stir-fry 2 minutes. Transfer the beef to a plate with a slotted spoon. Repeat with the remaining 1 1/2 teaspoons oil and remaining beef. Set the beef aside.

Add the scallions, garlic, snow peas, tomatoes, the remaining 1/2 teaspoon sugar, and hot-pepper sauce and stir fry 3 minutes. Return the beef and any liquid on the plate to the skillet and stir-fry 1 minute. Add a few grindings of black pepper and stir again.

Makes 4 servings of 1 1/2 cups each.

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Almond Chicken Salad

- 1 ½ cups diced, cooked chicken breast (about 1 ½ 5 –ounce chicken breasts)
- 1 cup halved, seedless red grapes
- ¼ cup celery
- ¼ cup low-fat mayo
- 1 Tbsp. Slivered almonds
- ½ tsp. Freshly ground pepper

Directions:

Combine the chicken, grapes, celery, mayo, almonds, and pepper together in a medium bowl and mix well.

Letillas: Beef Tacos

- 1 Tbsp Extra Virgin Olive Oil
- 1 pound ground sirloin (drained under hot water after browned)
- 1 small yellow onion, chopped
- 2 garlic cloves, chopped
- 1/2 red bell pepper, finely chopped
- 2 Tbsp Worcestershire sauce
- 2 Tbsp chili powder
- Fresh ground pepper
- 1/2 cup tomato sauce

Directions:

Prep all the ingredients for the fillings before you brown the meat. Add extra virgin olive oil once around a nonstick skillet over medium-high heat and brown the meat. Add the onions, garlic, and bell peppers and season with Worcestershire sauce, chili powder and pepper. Cook the beef mixture for 5 minutes more, then add the tomato sauce, stir to combine, and turn off the heat.

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Serve the filling in a bowl with lettuce and toppings of cheese and scallions in small bowls alongside. Take a piece of lettuce, place a helping of beef mixture on it, top with cheese and scallions. Fold up the sides of the lettuce leaf and eat.

This meal is great for all 3 carb rotation days and for carb days you could add some wild rice to this dish.

Balsamic Chicken

1 lb. Boneless, skinless chicken breasts

¼ cup of Low-fat Balsamic Vinaigrette Salad dressing (Newman)

Directions:

Place chicken in a container that can be sealed. Cover chicken with dressing. Use a fork to poke holes in chicken so the chicken can absorb the marinade. Refrigerate for at least 1 hour. Grill chicken until done.

Zesty Grilled Vegetables

4 zucchini (2 lb.), cut diagonally into 1/2-inch-thick slices

3 each: red and yellow peppers, cut into 1/2-inch-wide strips

1/4 cup Light Zesty Italian Dressing

1/4 cup Reduced Fat Grated Parmesan Cheese

Directions:

PREHEAT grill to medium heat. Place vegetables in grill basket. GRILL 10 min. or until crisp-tender, turning occasionally. Place in large bowl. ADD dressing; toss to coat. Sprinkle with cheese.

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Spicy Turkey Meatloaf

This recipe is loaded with disease fighting nutrients lycopene, lutein and zeaxanthin. This recipe is also a great protein source. It fits perfectly into the carb rotation diet as a no carb meal or combined with other foods on a low carb and high carb day. You can also adjust the level of spiciness by adding more chili powder or less.

1 package (10 oz) frozen spinach, defrosted and squeezed
1 cup chopped tomatoes
2 tsp oregano, dried
1/4 tsp freshly ground black pepper
1 1/2 tbsp chili powder
1/2 cup canned corn, drained
1 1/4 pound ground turkey (93% lean)
1/4 cup chili sauce or ketchup
1/2 cups rolled oats (not quick cooking)
2 large egg whites, beaten until frothy
2 tsp garlic, minced

Directions:

Preheat oven to 375°F. In a large bowl, using a fork, mix together oats, egg whites, and tomatoes. Blend in turkey, chili powder, oregano, garlic, chili sauce or ketchup, and pepper. Mix in spinach and corn. Pack mixture firmly into a 9 x 5-inch loaf pan that has been lightly coated with cooking oil spray. Bake uncovered for 45 minutes or until juices run clear when meat loaf is pierced with a knife, or internal temperature registers 165°F. Remove from oven and let meat loaf sit at least 15 minutes before serving

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Stuffed Mushrooms Florentine

12 large white mushrooms
1 tsp. EVOO
¾ cup minced onions
½ tsp. Minced garlic
½ cup spinach
½ cup finely chopped red or green bell peppers
1 tsp. Fresh thyme
¼ tsp. Salt

Pinch finely ground black pepper
1 Tbsp. Reduced fat grated Parmesan cheese

Directions:

Remove trim and finely chop the mushroom stems and set aside. Bring a medium pot of water to boil. Blanch the mushroom caps for 2 minutes. Remove the caps and place gill side down on paper towels to drain. Lightly coat a medium nonstick skillet with cooking spray, add the oil, and place over medium heat until hot. Add the reserved mushroom stems and the rest of the ingredients except the cheese, and cook, stirring occasionally, for 6 minutes. Remove the skillet from the heat and cool slightly. Preheat the broiler. Spoon the mixture into the mushroom caps and place on a baking sheet. Sprinkle with Parmesan cheese. Broil the mushroom caps until light brown, 3 minutes.

Pepper Nachos

1/2 green bell pepper, seeded and cut into strips
1/2 red " " " " " " "
1/2 yellow " " " " " " "
3/4 cup shredded monterjack cheese (3 oz.)
1/4 tsp. crushed red pepper

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Directions:

Cut bell pepper strips crosswise in half. Arrange close together in un-greased broiler proof pie pan 9x1 1/4 inches or glass proof oven ware. Sprinkle with cheese, olives and crushed red pepper. Broil peppers with tops 3 to 4 inches from heat for about 3 minutes or until cheese is melted.

Bean Dip

1 cup Fiber One bran cereal
1 cup chopped tomato
1 15 oz. Can of black beans
¼ cup water
2 Tbsp. Lime juice
¼ cup chopped green onions
1 small clove garlic, coarsely chopped
½ tsp. Salt
½ tsp. Ground cumin
½ tsp. Chili powder
¼ to ½ tsp. Of hot pepper sauce (optional)
2 Tbsp. Chopped fresh cilantro

Directions:

In food processor, process cereal until slightly crused. Add ½ cup of the chopped tomato, the beans, water, lime jouce oions, garlic, salt, cumin, chilli powder, and hot pepper sauce to cereal. Cover and process until almost smooth. In 1 quart microwavable serving bowl place bean mixture. Microwave on high 2 to 3 minutes or until hot. Stir in the reserved tomato and cilantro. Serve with a variety of vegetables.

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Turkey – Pepperoni Pizza

1 green pepper cut into strips

½ cup sliced red onions

¾ cup of mushrooms

9 oz. Packaged wheat pizza dough

½ cup prepared low-fat pizza sauce

1 cup shredded, 2 percent fat mozzarella cheese

16 slices of Turkey-pepperoni

Directions:

Preheat oven to 375 degrees. Spray a nonstick skillet with cooking spray. Heat the skillet over medium heat and add the bell peppers, onions, and mushrooms. Saute the vegetables until tender. Remove from heat and set aside. Stretch out the dough in to a 12 inch baking sheet. Spread the pizza sauce on the dough, leaving ½ inch border. Spread the mozzarella evenly over the pizza sauce. Cover with the pepperoni and vegetable mixture. Bake the pizza 15 to 20 minutes, or until golden brown.

Grilled Chicken and Bean Salad

1 can (16oz) whole green beans, drained

1 can (15oz) garbanzo beans, drained

1 can (15oz) kidney beans, drained

2 grilled chicken breast, chopped

1 can (12oz) whole-kernel corn, drained

1 medium red onion, chopped

1 cup fat-free French dressing

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Directions:

Cook and chop the chicken and then mix the beans, corn, onion, and chicken together. Pour in the 1 cup of fat-free French Dressing and you are finished. You now have an excellent meal that is portable and can be eaten cold or hot. It tastes great both ways.

Grilled Halibut with Fennel, Orange, Red Onions, and Oregano

2 tablespoons extra virgin olive oil
4 6-ounce halibut fillets (sprinkle with salt and fresh ground pepper)
1 orange
1 fennel bulb, quartered, cored, and thinly sliced
1 red onion, thinly sliced
2 tablespoons red wine vinegar
1 tablespoon chopped fresh oregano

Directions:

Heat a grill pan over high heat. Drizzle extra virgin olive oil over the fish and season with salt and pepper. Grill for 4 minutes on each side, or until fish is firm and cooked through.

Preheat a skillet over medium high heat.

While the fish cooks grate the zest of the orange and set aside. Peel the orange and cut off the ends, stand it upright, and cut off the skin and cut in thin strips from top to bottom. Cut the orange into thin slices across.

To the preheated skillet, add the 2 tablespoons of extra virgin olive oil, the fennel, and onions. Season with salt and pepper and cook for 3-5 minutes, until seared and beginning to soften. Add the vinegar to the pan and shake it around a little. Remove the pan from the heat and add the oranges, zest, parsley and oregano.

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Mix it all up to distribute the seasoning and serve the salad on a plate topped with the fish.

Grilled Cedar Planked Salmon

1 untreated cedar plank (14x7x1 inch)
½ cup Sun-Dried Tomato Dressing
¼ cup finely chopped fresh parsley
¼ cup finely chopped sun dried tomatoes
1 Tbsp. EVOO
1 Salmon fillet (2 lb.) 1 inch thick

Directions:

Immerse plank in water, placing a weight on top of the plank to keep it submerged. Soak at least 4 hours or overnight. Preheat grill to medium heat. Mix dressing, parsley, and tomatoes; set aside. Brush top of cedar plank with oil; top with fish. Place on grill; cover grill with lid. Grill 10 minutes. Brush with dressing mixture; continue grilling 10 minutes or until fish flakes with fork.

Cheesy Beef Burritos

1 lb. extra lean ground beef
2 tsp. chili powder
1 can (15 oz.) black beans, drained, rinsed
1/2 cup TACO BELL® HOME ORIGINALS® Thick 'N Chunky Salsa
3/4 cup 2% Milk Shredded Reduced Fat Sharp Cheddar Cheese
4 Whole Wheat tortillas (10 inch)
1/4 cup BREAKSTONE'S Reduced Fat or KNUDSEN Light Sour Cream (optional)
1 tomato, chopped
1 cup shredded romaine lettuce

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Directions:

Cook meat and chili powder in large skillet on medium-high heat 5 min. or until meat is no longer pink, stirring frequently. Add beans and salsa; cook 5 min. or until heated through, stirring occasionally. Remove from heat. Stir in cheese. Spread meat mixture down centers of tortillas; top with sour cream, tomatoes and lettuce. Fold in opposite sides of each tortilla, then roll up burrito-style.

Apple Mushroom Turkey Burgers

1lb ground turkey breast
5 mushrooms, finely chopped
1/2 small onion, finely chopped
1/2 apple, finely chopped
1/2 tablespoon coconut oil or Smart Balance spread
1tsp lemon juice
1 omega-3 egg
1/2 tsp salt
garlic powder and pepper to taste

Directions:

Fry onion until brown. Then add the apples and mushrooms and stir-fry for another 4 minutes. Place all of the ingredients into a large bowl and mix thoroughly. Form into 2 large patties and broil 4 inches from heat, 6 minutes on each side. The burgers are done when juice run clear after being pierced with a fork.

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Farmer's Market Squash Sauté

2 yellow squash, sliced
2 zucchini, sliced
2 cloves garlic, minced
1 Tbsp. EVOO
½ cup 2% Mozzarella cheese
2 Tbsp. Chopped basil
2 Tbsp. Grated Parmesan cheese

Directions:

Cook Zucchini and squash in hot oil in large skillet on medium heat for 3 min. stirring occasionally. Add garlic; cook 3 min. or until vegetables are crisp-tender. Remove from heat; stir in mozzarella and basil. Sprinkle with Parmesan.

Orange Barbecued Chicken with Vegetables

1/4 cup Barbecue Sauce
1/4 tsp. grated orange peel
1 Tbsp. fresh orange juice
2 boneless skinless chicken breast halves (about 1/2 lb.)
1 small zucchini, cut lengthwise in half
1 small yellow squash, cut lengthwise in half
1 medium red pepper, cut into quarters
2 Tbsp. Light Italian Dressing

Preheat grill to medium heat. Mix barbecue sauce, orange peel and juice until well blended; set aside. Grill chicken 6 min., turning over after 3 min. Brush with barbecue sauce mixture. Add vegetables to grill. Continue grilling chicken and vegetables 9 to 12 min. or until chicken is cooked through (170°F) and vegetables are tender, turning occasionally and brushing chicken with the remaining barbecue sauce mixture and vegetables with the dressing.

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Santa Fe Grilled Chicken Salad

4 cups of torn romaine lettuces
1 pkg. Southwestern Seasoned or Grilled Chicken Breast Strips
1 large tomato, chopped
½ cup Mexican Style shredded cheese
¼ cup Fat-free Ranch Dressing
¼ cup Salsa

Directions:

Toss romaine lettuce, chicken breast strips, and tomatoes in large bowl; sprinkle with cheese. Combine dressing and salsa. Pour over romaine mixture; toss to coat.

Simply Lasagna

1 lb. ground beef
1 egg, beaten
2-1/2 cups 2% Low-Moisture Part-Skim Mozzarella Cheese, divided
1 container (15 oz.) Part Skim Ricotta Cheese or Low fat Ricotta cheese
1/2 cup Grated Parmesan Cheese, divided
1/4 cup chopped fresh parsley
1 jar (26 oz.) spaghetti sauce
1 cup water
12 Whole Wheat lasagna noodles, uncooked

Directions:

Preheat oven to 350°F. Brown meat in large skillet on medium-high heat. Meanwhile, mix egg, 1-1/4 cups of the mozzarella cheese, the ricotta cheese, 1/4 cup of the Parmesan cheese and the parsley until well blended; set aside. Drain

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meat; return to skillet. Stir in spaghetti sauce. Add water to empty sauce jar; cover with lid and shake well. Add to meat mixture; stir until well blended. Spread 1 cup of the sauce onto bottom of 13x9-inch baking dish; top with layers of 3 lasagna noodles, one-third of the ricotta cheese mixture and 1 cup of the sauce. Repeat layers twice. Top with remaining 3 noodles and the remaining meat sauce. Sprinkle with remaining 1-1/4 cups mozzarella cheese and remaining 1/4 cup Parmesan cheese. Cover with greased foil. Bake 45 min. Remove foil; bake an additional 15 min. or until heated through. Let stand 15 min. before cutting to serve.

Chicken Parmesan

1 tsp. EVVO
½ tsp. Minced garlic
¼ cup hot-pepper sauce
1 egg white
¼ tsp. Salt
½ cup grated Parmesan cheese
½ cup bread crumbs
¼ cup minced cilantro
4 skinless, boneless chicken breasts (4 Ounces each)

Directions:

Preheat oven to 350 degrees. Lightly coat a baking sheet with cooking spray. In a shallow bowl, whisk the oil, garlic, hot pepper sauce, egg whites, salt, and 2 tsp. Of water. In another bowl, combine Parmesan, breadcrumbs, and cilantro. Dip a chicken breast half in the egg white mixture to coat. Then dredge in the parmesan mixture to coat completely and place on the baking sheet. Repeat with the remaining chicken. Lightly coat the chicken with cooking spray and bake 35 minutes.

*For a different taste substitute ¼ cup Worcestershire sauce for the hot sauce and chopped , fresh, flat-leaf parsley for the cilantro.

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Lemon-Garlic Shrimp

2 tablespoons kosher salt

2 tablespoons sugar

2 to 2 1/2 pounds peeled, deveined shrimp (12 to 15 per lb.), rinsed and drained

1/4 cup olive oil

1/4 cup chopped parsley

1 tablespoon grated lemon peel

2 or 3 cloves garlic, peeled and minced

1/2 teaspoon fresh-ground pepper

Lemon wedges

Directions:

In a bowl, mix salt and sugar. Add shrimp and stir gently to coat. Cover and chill 45 minutes to 1 hour. Rinse shrimp well and drain; also rinse and dry bowl.

Return shrimp to bowl. Add olive oil, parsley, lemon peel, garlic, and pepper. Mix to coat. Thread shrimp on metal or soaked wooden skewers, running skewer through the body once near the tail and once near the head end of each shrimp so it looks like the letter C. Lay shrimp skewers on an oiled barbecue grill over hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook, turning once, until shrimp are bright pink and opaque but still moist-looking in center of thickest part (cut to test), 5 to 6 minutes total. Serve with lemon wedges to squeeze over shrimp.

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Grilled Tuna with Chipotle Ponzu and Avocado Salsa

PONZU:

1/2 cup orange juice
1/2 cup lime juice
1/4 cup grated onion
1/4 cup low-sodium soy sauce
1 tablespoon chopped peeled fresh ginger
1 1/2 chipotle chiles in adobo sauce

SALSA:

3/4 cup diced English cucumber
1/2 cup diced plum tomato
1/2 cup diced peeled avocado
1/4 cup chopped fresh cilantro

REMAINING INGREDIENTS:

4 (6-ounce) tuna steaks
1/4 teaspoon salt
Cooking spray

Directions:

To prepare ponzu, place 1/2 cup orange juice and the next 5 ingredients (through 1 1/2 chipotle chiles) in a blender, and process until smooth. To prepare salsa, combine diced cucumber, tomato, avocado, and cilantro in a small bowl. Sprinkle fish with salt. Heat a large nonstick grill pan over medium-high heat. Coat pan with cooking spray. Add fish; cook 3 minutes on each side or until desired degree of doneness. Cut each tuna steak diagonally across the grain into thin slices. Top with salsa, and drizzle with ponzu.

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Carmelized Beef Skewers

1 lb. beef sirloin steak, thinly sliced
1/4 cup Steak Sauce, divided
1/4 cup Barbecue Sauce
1 tsp. Dijon Mustard

Directions:

Toss steak with 2 Tbsp. of the steak sauce; let stand 10 min. to marinate. Meanwhile, combine remaining 2 Tbsp. steak sauce, the barbecue sauce and mustard; set aside. Preheat grill to medium-high heat. Thread steak onto eight long soaked wooden or metal skewers. Grill skewers 6 min. or until steak is cooked through, turning after 3 min. and brushing generously with the barbecue sauce mixture.

Tangy Broccoli Salad

3/4 cup Light mayonnaise Dressing
2 Tbsp. sugar
2 Tbsp. vinegar
1 bunch broccoli, cut into florets (6 cups)
6 slices Turkey Bacon, crisply cooked, drained and crumbled
1 small red onion, chopped

Directions:

Mix dressing, sugar and vinegar in large bowl. Add remaining ingredients; mix lightly. Refrigerate at least 1 hour before serving.

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Parmesan, Broccoli and Chicken Pasta

4 oz. (1/4 of 16-oz. pkg.) whole wheat spaghetti, uncooked
1/4 cup Light Zesty Italian Reduced Fat Dressing
2 cloves garlic, minced
1/2 lb. boneless skinless chicken breasts, cut into strips
2 cups broccoli florets
1/2 cup chopped tomatoes
1/2 cup 2% Milk Shredded Reduced Fat Mozzarella Cheese, divided
4 tsp. Grated Parmesan Cheese

Directions:

Cook spaghetti as directed on package. Meanwhile, heat dressing and garlic in large nonstick skillet on medium heat. Add chicken and broccoli; cook and stir 5 to 7 min. or until chicken is cooked through. Stir in tomatoes and half of the mozzarella cheese; cook 1 to 2 min or until heated through, stirring occasionally. Drain spaghetti; place on serving plate. Top with chicken mixture, remaining mozzarella cheese and the Parmesan cheese.

Beef Fajita Burger

1 1/3 lb. Lean ground burger
2 Tbsp. Worcestershire sauce
1 Tbsp. Chili powder
1 1/2 tsp. Ground Cumin
2 -3 Tbsp. Fresh thyme leaves
Several drops of Hot sauce
1 Tbsp. Grill seasoning (McCormick's Montreal Steak Seasoning)
EVOO (for drizzling)

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Seared Peppers and onions:

- 1 Tbsp. EVOO
- 2 red and/or green peppers, cored, seeded, and thinly sliced lengthwise
- 1 medium yellow onion, thinly sliced lengthwise
- 2 garlic cloves, smashed out of the skin and chopped
- 1 jalapeno or Serrano chili, seeded and chopped
- 2 cups prepared tomatillo salsa or chipotle-tomato salsa

Directions:

For Burgers: In a large bowl, combine the meat, Worcestershire, chili powder, cumin, thyme, hot sauce, and gill seasoning. Divide the mixture into 4 portions and make 4 patties. Drizzle with EVOO. Cook the patties for 4 minutes or until desired doneness.

For the peppers and onions: Heat a medium skillet over high heat. Add EVOO and the bell peppers and onions. Stir-fry the veggies, tossing them with tongs, to sear them at the edges. Add the garlic and jalapenos. Toss and turn the mixture for about 3 minutes, then add the salsa and toss for a minute longer. Place the burgers on each bun bottom and top with 1/8 of the pepper and onion mixture and bun top.

Tuna Cakes

- 2 cans (6 oz. each) light tuna in water, drained, flaked
- 1 pkg. (6 oz.) Stuffing Mix for Chicken
- 1 cup 2 % Shredded Mild Cheddar Cheese
- 1/2 cup shredded carrots
- 1/3 cup Light Mayonnaise
- 2 Tbsp. Sweet Pickle Relish
- 3/4 cup water

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Directions:

Mix all ingredients. Cover and refrigerate 10 min. Heat large nonstick skillet sprayed with cooking spray on medium heat. For each tuna cake, shape 1/3 cup lightly packed tuna mixture into patty. Add patties to skillet in batches. Cook 3 min. on each side or until golden brown on both sides, turning over carefully.

Fresh Green Beans with Basil

1/3 cup Sun-Dried Tomato Dressing
1 lb. green beans or yellow beans, trimmed
1 red onion, sliced
3 Tbsp. chopped fresh basil

Directions:

Heat dressing in large skillet on medium heat. Add beans and onions; cover. Cook 5 min. or until beans are crisp-tender. Top with basil; cover. Cook 1 min. Serve warm.

Grilled Chicken with Savory Summer Vegetables

4 boneless skinless chicken breast halves (about 1 lb.)
1/4 cup Sun-Dried Tomato Dressing, divided
1 zucchini, cut into chunks
1 red pepper, cut into chunks
1 cup chopped asparagus
1/2 of a red onion, cut into chunks

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Directions:

Preheat grill to medium-high heat. Brush chicken with 2 Tbsp. of the dressing. Let stand 10 min. Meanwhile, poke holes in bottom of disposable aluminum foil pan. Toss vegetables with remaining 2 Tbsp. dressing. Place in prepared pan. Grill 20 min. or until chicken is cooked through and vegetables are crisp-tender.

Easy Turkey Pita

1 whole wheat pita bread half
6 slices Shaved Smoked Turkey Breast
2 thin tomato slices
2 thin cucumber slices
1 Tbsp. Light Ranch Reduced Fat Dressing

Directions:

Fill pita bread half with turkey, tomatoes and cucumbers. Drizzle with dressing.

Berry Delicious

2 cups frozen mixed berries
1 cup strawberry flavored yogurt (or your choice)
1 banana, sliced
1 cup milk
1/2 teaspoon white sugar (optional)

DIRECTIONS

In the container of a blender, combine the mixed berries, strawberry yogurt, banana, milk and sugar. Cover, and blend until smooth. Pour into glasses and serve. Makes 4 servings.

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Mediterranean Chicken and Saffron Couscous

4 Tbsp. extra virgin olive oil
1/2 cup all-purpose flour
4 6 ounce boneless, skinless chicken breast halves
1/2 teaspoon cayenne pepper
3 cups chicken stock or broth
1 pinch of saffron
4 garlic cloves 1 crushed, 3 chopped
1 cup couscous
1 large red onion, chopped
1 Tbsp thyme leaves
1 15-ounce quartered artichoke hearts, drained
1 cup dry white wine
10 kalamata olives, pitted, cut in half
1/2 pine grape or cherry tomatoes
1/2 cup fresh flat leaf parsley leaves, coarsely chopped
20 fresh basil leaves, coarsely chopped

Directions:

Preheat a large skillet over medium-high heat with 2 tablespoons of the extra virgin olive oil spread around the pan. Place the flour in a shallow dish, season the chicken breast with pepper, cayenne pepper and then transfer the seasoned chicken to the dish with the flour. Toss around in the flour and then shake off the excess. Add the chicken to the skillet and cook for 5 to 6 minutes on each side.

While the chicken is cooking, make the saffron couscous. In a sauce pot, bring 2 cups of the chicken stock up to a boil with the saffron, crushed clove of garlic, and pepper. When the stock is at a boil, add the couscous, cover with a lid and turn off the heat. Let the couscous stand for 10 minutes.

Once the chicken is done, remove it from the pan and cover to keep warm. Return the skillet to the heat and add the remaining 2 tablespoons of extra virgin

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olive oil. Add the onions, the 3 cloves of chopped garlic, the thyme, and pepper. Cook, stirring frequently for 4 minutes. Add the artichokes and wine to the pan, bring up to a simmer, then add the remaining 1 cup of chicken stock, olives, and grape tomatoes. Return the liquids to a simmer and cook for 2-3 minutes and the sauce has reduced by half.

Add the chicken back to the skillet and warm through. Add the parsley and basil to the completed dish and stir to distribute the herbs.

Serve the chicken whole or sliced on top of the saffron couscous. Top the chicken with some of the sauce and vegetables.

Grilled Salmon with Corn Relish

4 Anaheim chiles
Cooking spray
2 shucked ears corn
1 cup diced tomato
1/4 cup chopped fresh cilantro
6 tablespoons fresh lime juice
1 teaspoon salt, divided
1/2 teaspoon freshly ground black pepper, divided
1 teaspoon ground cumin
4 (6-ounce) skinless salmon fillets

Directions:

Prepare grill. Place chiles on grill rack coated with cooking spray; grill 5 minutes on each side or until blackened. Place chiles in a heavy-duty zip-top plastic bag; seal. Let stand 5 minutes. Peel chiles; cut in half lengthwise. Discard seeds and membranes. Cut chiles into 1/4-inch strips. Place corn on grill rack coated with cooking spray; grill 10 minutes or until lightly browned, turning occasionally. Cool

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slightly. Cut kernels from cobs. Combine chiles, corn, tomato, cilantro, and juice; toss gently. Add 1/2 teaspoon salt and 1/4 teaspoon black pepper.

Combine remaining 1/2 teaspoon salt, remaining 1/4 teaspoon black pepper, and cumin, stirring well. Rub spice mixture evenly over both sides of salmon. Place salmon on grill rack coated with cooking spray; grill 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with relish.

Meatballs with Chili Sauce (Serving size:1)

¼ lb. Lean ground beef or turkey
2 Tbsp. Cooked brown rice
¼ tsp dried parsley
¼ tsp Italian seasoning
¼ tsp. Fennel seeds
1/8 tsp. Garlic powder
1/8 tsp. Red-pepper flakes
1/8 tsp. Dried minced onion
Pinch salt and black pepper
2 ½ Tbsp. Chili sauce
1/8 tsp hot pepper sauce or more to taste

Directions:

Preheat oven to 400 degrees. In a medium bowl, combine beef, rice, parsley, Italian seasoning, fennel seeds, garlic powder, red-pepper flakes, onion, salt, and pepper; mix well. Use 1" cookie scoop or a spoon, form mixture into eight 1" meatballs. Place meatballs in a single layer on small nonstick baking sheet. Bake about 7 minutes or until meatballs are no longer pink inside. Transfer to a medium bowl. In a small bowl, combine chili sauce with hot-pepper sauce. Pour sauce over meatballs and toss to coat.

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California Style Ham Sandwich

2 slices whole wheat bread, toasted
1 Tbsp. Light Mayo
1 tsp. chopped fresh basil
1 romaine lettuce leaf
5 slices Thin Sliced Smoked Ham
2 thin peeled avocado slices
1 tomato slice

Directions:

Spread toast slices with dressing; sprinkle with basil. Top 1 of the toast slices with lettuce, ham, avocado and tomato; cover with remaining toast slice.

Pasta Primavera

3 cups whole wheat penne pasta, uncooked
2 Tbsp. Light Zesty Italian Reduced Fat Dressing
1-1/2 lb. boneless skinless chicken breasts, cut into 1-inch chunks
2 zucchini, cut into chunks
1-1/2 cups cut-up fresh asparagus (1-inch lengths)
1 red pepper, chopped
1 cup fat-free reduced-sodium chicken broth
4 oz. (1/2 of 8-oz. pkg.) PHILADELPHIA Light or Fat-free Neufchatel Cheese, cubed
1/4 cup Grated Parmesan Cheese

Directions:

Cook pasta as directed on package. Meanwhile, heat dressing in large skillet on medium heat. Add chicken and vegetables; cook 10 to 12 min. or until chicken is cooked through, stirring frequently. Add broth and Neufchatel cheese; cook 1

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min. or until cheese is melted, stirring constantly. Add Parmesan cheese; mix well. Drain pasta; return to pot. Add chicken and vegetable mixture; toss lightly. Cook 1 min. or until heated through. (Sauce will thicken upon standing.)

Balsamic Konjac Pasta

1 pound Konjac Glucomannan pasta
1 cup peeled & chopped tomatoes
2 teaspoon balsamic vinegar
1/4 cup minced red onions
2 teaspoon olive oil
2 tablespoons minced fresh basil
1/8 teaspoons ground black pepper
2 garlic cloves, minced

Directions:

Drain and rinse Konjac pasta with cold water, drain again. Combine all ingredients in a glass bowl. Cover & let stand at room temperature for 1 hour. Fold in the Konjac pasta just before serving.

Grilled Brushcetta Chicken

1/4 cup Sun-Dried Tomato Dressing, divided
4 small boneless skinless chicken breast halves (1 lb.)
1 medium tomato, finely chopped
1/2 cup Shredded Low-Moisture Part-Skim Mozzarella Cheese
1/4 cup chopped fresh basil or 1 tsp. dried basil leaves

Directions:

Place large sheet of heavy-duty foil over half of grill grate; preheat grill to medium heat. Pour 2 Tbsp. of the dressing over chicken in resealable plastic bag; seal bag. Turn bag over several times to evenly coat chicken with the dressing. Refrigerate

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10 min. to marinate. Remove chicken from marinade; discard bag and marinade. Grill chicken on uncovered side of grill 6 min. Meanwhile, combine tomatoes, cheese, basil and remaining 2 Tbsp. dressing. Turn chicken over; place, cooked-side up, on foil on grill. Top evenly with tomato mixture. Close lid. Grill an additional 8 min. or until chicken is cooked through (165°F).

Pasta Skillet with Tomatoes and Beans

2 teaspoons EVOO
2 cups chopped tomato
2 garlic cloves, minced
3 cups hot cooked whole wheat angel hair (about 6 ounces uncooked pasta)
1/2 cup chopped fresh basil
1/2 teaspoon salt
1/4 teaspoon black pepper
1 (15 1/2-ounce) can chickpeas (garbanzo beans), drained
1/2 cup (2 ounces) grated low fat parmesan cheese
2 tablespoons balsamic vinegar
Basil sprigs (optional)

Directions

Heat oil in a large nonstick skillet over medium-high heat. Add tomato and garlic, and sauté 2 minutes. Add pasta, basil, salt, pepper, and chickpeas; cook 2 minutes. Place mixture in a bowl; stir in cheese and vinegar, and garnish with basil, if desired.

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Turkey Pita with Vegetables

1 whole wheat pita bread, cut in half
1 Tbsp. Light Mayonnaise Dressing
6 slices Shaved Smoked Turkey Breast
4 thin tomato slices
4 thin cucumber slices
2 thin red onion slices
1/2 of a small green pepper, cut into thin slices

Directions:

Spread insides of pita halves with dressing. Fill evenly with remaining ingredients.

Chicken Avocado Wrap

3 Whole Wheat tortillas (10 inch)
1-1/2 cups shredded lettuce
1 pkg. (6 oz.) Grilled Chicken Breast Strips
1 small tomato, chopped
1 avocado, peeled, chopped
2 Tbsp. chopped red onion
2 Tbsp. Barbecue Sauce (optional)
2 Tbsp. Light Ranch Dressing

Directions

Top tortillas evenly with lettuce, chicken, tomato, avocado and onion. Mix barbecue sauce and dressing; drizzle evenly over tortillas. Roll-up tortillas. Secure with toothpicks.

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Roasted Salmon with Citrus and Herbs

1 tablespoon finely chopped fresh parsley
1 tablespoon finely chopped fresh thyme
1 tablespoon minced garlic
2 teaspoons grated lemon rind
2 teaspoons grated lime rind
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 (2 1/4-pound) salmon fillet
Cooking spray

Directions:

Preheat oven to 400°. Combine first 7 ingredients in a small bowl. Place salmon on the rack of a broiler pan coated with cooking spray; place rack in pan. Rub parsley mixture over salmon. Bake at 400° for 15 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Thai Beef Salad

1/2 cup fresh lime juice
1/4 cup chopped fresh cilantro
2 tablespoons brown sugar
2 tablespoons Thai fish sauce
2 tablespoons chile paste with garlic
2 garlic cloves, minced
1 (1 1/2-pound) flank steak, trimmed

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Cooking spray

1 1/2 cups vertically sliced red onion

4 plum tomatoes, each cut into 6 wedges

6 cups torn romaine lettuce

1 1/4 cups thinly sliced English cucumber

2 tablespoons chopped fresh mint

Directions:

Prepare grill or broiler.

Combine first 6 ingredients, stirring until sugar dissolves; set half of lime mixture aside. Combine other half of lime mixture and steak in a large zip-top plastic bag; seal. Marinate in refrigerator 10 minutes, turning once. Remove steak from bag; discard marinade.

Place steak on grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until desired degree of doneness. Let stand 5 minutes. Cut steak diagonally across grain into thin slices.

Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion; sauté 3 minutes. Add tomatoes; sauté 2 minutes. Place onion mixture, lettuce, cucumber, and mint in a large bowl; toss gently to combine. Divide salad evenly among 6 plates. Top each serving with 3 ounces steak; drizzle each serving with 1 tablespoon reserved lime mixture.

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Shrimp and Broccoli Stir Fry

1/4 cup fat-free, less-sodium chicken broth
2 tablespoons rice vinegar
2 tablespoons low-sodium soy sauce
2 teaspoons cornstarch
1/2 teaspoon dark sesame oil
1/4 teaspoon crushed red pepper
1 tablespoon EVOO, divided
1 tablespoon minced peeled fresh ginger

1 tablespoon bottled minced garlic
1 pound peeled and deveined large shrimp
1/4 teaspoon salt
4 cups small broccoli florets
1 cup vertically sliced onion

Directions

Combine first 6 ingredients in a small bowl, stirring with a whisk. Heat 2 teaspoons EVOO in a large nonstick skillet over medium-high heat. Add ginger and garlic to pan; stir-fry 30 seconds. Sprinkle shrimp with salt. Add shrimp to pan, and stir-fry 3 minutes or until done. Remove shrimp mixture from the pan. Add remaining 1 teaspoon of EVOO to pan. Add broccoli and onion to pan; stir-fry 4 minutes or until broccoli is crisp-tender. Add shrimp mixture and broth mixture to pan; cook 1 minute or until thickened, stirring constantly.

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Stir-Fried Chicken Salad

1/4 cup fat-free, less-sodium chicken broth
2 tablespoons rice wine vinegar
1 tablespoon Thai fish sauce
1 tablespoon low-sodium soy sauce
1 tablespoon bottled chopped garlic
2 teaspoons sugar
1 pound skinless, boneless chicken breast tenders
1 tablespoon peanut oil
4 cups mixed salad greens
1/4 cup chopped fresh basil
1/2 cup thinly sliced red onion
2 tablespoons finely chopped unsalted, dry-roasted peanuts
Lime wedges (optional)

Directions:

Combine first 6 ingredients in a medium bowl. Add chicken to broth mixture, stirring to coat. Let stand 3 minutes. Heat oil in a large nonstick skillet over medium-high heat. Drain chicken, reserving marinade. Add chicken to the pan; cook 4 minutes or until done, stirring frequently. Stir in the reserved marinade. Reduce heat; cook 1 minute or until slightly thickened. Remove pan from heat. Combine greens and basil in a large bowl. Add chicken mixture, tossing to coat. Place 1 1/4 cups salad mixture on each of 4 plates. Top each serving with 2 tablespoons onion and 1 1/2 teaspoons peanuts. Serve immediately. Serve with lime wedges, if desired.

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Turkey Meatloaf

- 1 tablespoon EVOO
- 1 large onion, chopped (1 1/2 cups)
- 2 garlic cloves, minced
- 3/4 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 1 1/2 tablespoons Worcestershire sauce
- 1/3 cup fat-free, less-sodium chicken broth
- 3 tablespoons ketchup, divided
- 1 3/4 pounds ground turkey, 97% lean
- 3/4 cup dry breadcrumbs
- 1 large egg, lightly beaten
- 1 large egg white, lightly beaten

Directions:

Preheat oven to 375°. Heat oil in medium skillet over medium heat. Add onion and cook, stirring frequently, until soft, about 5 minutes. Add garlic, 1/4 teaspoon salt, and 1/4 teaspoon pepper; cook, stirring, 1 minute. Stir in Worcestershire sauce, broth, and 1 tablespoon ketchup; transfer mixture to a large bowl, and cool. Add turkey, breadcrumbs, egg, egg white, and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper to mixture in bowl, and mix well. (Mixture will be very moist.) Cover a baking sheet with aluminum foil, and coat lightly with cooking spray. Form the turkey mixture into a loaf, and place on the pan. Brush meatloaf evenly with remaining 2 tablespoons ketchup. Bake 1 hour or until thermometer inserted into center registers 170°. Let meatloaf stand 5 minutes before serving.

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Chicken Ranch Wrap

4 pieces of Pre-cooked chicken strips
2 tbsp. of fat free ranch
1 whole wheat tortilla
2 tbsp. of 2% shredded cheddar
Shredded lettuce

Directions:

Place chicken, ranch, cheese and lettuce in tortilla.

Turkey Spinach Lasagna

2 eggs, beaten
1 container (16 oz.) Non Fat Cottage Cheese
1 pkg. (10 oz.) frozen chopped spinach, thawed, well drained
3 cups 2% Milk Shredded Reduced Fat Mozzarella Cheese, divided
1/2 cup Reduced fat Grated Parmesan Cheese, divided
1 lb. Turkey burger
1 jar (26 oz.) spaghetti sauce, divided
9 Whole wheat lasagna noodles, cooked, drained

Directions:

Heat oven to 350°F. Mix eggs, cottage cheese, spinach, 2 cups mozzarella and 1/4 cup Parmesan. Cook turkey burger and mix in spaghetti sauce. Layer 1 cup spaghetti sauce, 3 lasagna noodles and 1/2 the cottage cheese mixture in 13x9-inch baking dish. Repeat layers. Top with remaining noodles, sauce and cheeses. Bake 45 min. or until heated through. Let stand 10 min. before serving.

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Shrimp Fried Rice

2 Tbsp. EVOO
3/4 cup cubed Cooked Ham
3/4 cup sliced fresh mushrooms
1/2 cup frozen peas
1/4 cup green onion slices
1/2 lb. cleaned medium fresh shrimp
1-1/2 cups brown rice, cooked
3 Tbsp. light soy sauce
1 egg, lightly beaten

Directions:

Heat oil in large nonstick skillet on medium-high heat. Add ham, mushrooms, peas and onions; cook 4 minutes, stirring constantly. Add shrimp; cook and stir 4 minutes or until shrimp turn pink. Stir in rice, soy sauce and egg. Cook until egg is set, stirring occasionally.

Grilled Shrimp Caesar Salad

1/2 cup Light Classic Caesar Dressing, divided
1 Tbsp. lemon juice
1/2 tsp. black pepper
1 lb. uncooked deveined peeled large shrimp
6 cups torn romaine lettuce
2 cups tomato wedges
1 cup fat-free seasoned croutons
1/4 cup Shredded Parmesan Cheese

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Directions:

Preheat grill to medium heat. Mix 2 Tbsp. of the dressing, the lemon juice and pepper in large bowl. Add shrimp; toss to coat. Grill shrimp 2 to 3 min. on each side or until shrimp turn pink. Toss lettuce with tomatoes, croutons and remaining dressing in large serving bowl. Top with shrimp; sprinkle with cheese.

A-1 Quick Seasoned Steak

1 tsp. coarse ground black pepper
1 tsp. seasoned salt
1 beef top round steak (1-1/2 lb.), 3/4 inch thick
1/2 cup A.1. Original Steak Sauce

Directions:

Sprinkle pepper and salt onto both sides of steak; press firmly into steak. Place steak in nonmetal dish or resealable plastic bag. Add steak sauce; turn steak over to evenly coat both sides. Cover dish or seal bag. Refrigerate 30 minutes to marinate. Preheat grill to medium heat. Remove steak from marinade; discard marinade. Grill steak 4 to 6 minutes on each side or until cooked through.

Steak Wrap

Use leftover steak from previous meal and place ¼ of avocado, 1 tbsp. salsa, steak, 2 lettuce leaves, and sprinkle of cheese on a whole wheat tortilla.

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Chicken Burger

1 lb. Ground chicken breast
1 Granny Smith apple, peeled, cored, grated, and squeezed dry with your hands
¼ c. chopped green onion (2)
2 Tbsp. snipped fresh mint leaves
2 tsp. Curry powder
¼ tsp. Salt (optional)
¼ tsp. Cayenne pepper
Nonstick cooking spray
1 cup non fat plain yogurt
2 Tbsp. mango chutney
4 romaine lettuce leaves, torn
4 – 6inch whole wheat pitas, cut crosswise in half

Directions

In a medium bowl combine chicken, apple, green onion, mint, curry powder, salt, and pepper and shape into 8 burgers. Spray grill pan lightly with nonstick cooking spray. Heat over medium heat. Cook burgers for 10 minutes or until not longer pink, turning once. Meanwhile, in bowl combine yogurt and chutney. Divide lettuce among pitas. Place 1 burger in each pita half; divide yogurt sauce among pitas.

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Baked Salmon with Asparagus and Sweet Potatoes

Nonsticks cooking spray

1 ½ pound wild salmon fillet, cut into 4 equal pieces

¼ tsp. Salt

½ tsp. Ground black pepper

1 pound asparagus, trimmed

1 large sweet potato, peeled and cut into ¼ inch slices

2 Tbsp. sesame seeds

Directions:

Preheat oven to 450 degrees. Lightly spray jelly roll pan with nonstick cooking spray. Place salmon, skin sides down on one side of prepared pan and season with 1/8 tsp. of the salt and 1/3 of the pepper. Place asparagus in single layer on other side of pan and sprinkle with 1/3 of the pepper. Gently toss asparagus to coat. Lightly spray a second jelly roll pan with nonstick cooking spray. Place potato on pan and sprinkle with remaining 1/8 tsp salt and remaining pepper. Place both pans in oven and roast for 12 to 15 minutes, turning the asparagus and potato once, until fish flakes easily when tested with fork. Garnish with sesame seeds.

Greek Tuna Steaks

1 1/2 teaspoons chopped fresh or 1/2 teaspoon dried oregano

1 teaspoon olive oil

3/4 teaspoon chopped fresh or 1/4 teaspoon dried thyme

1/2 teaspoon salt

1/4 teaspoon black pepper

4 (6-ounce) tuna steaks (about 3/4 inch thick)

Cooking spray

4 lemon wedges

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Directions:

Combine the first 5 ingredients in a small bowl, and rub evenly over the tuna steaks. Cover tuna steaks, and marinate in refrigerator 15 minutes. Heat a large grill pan coated with cooking spray over medium-high heat. Add the tuna steaks, and cook for 5 minutes on each side or until steaks reach desired degree of doneness. Serve tuna steaks with lemon wedges.

Turkey, Tomatillo, and Bean Burritos

4 (12in) 100% whole wheat tortillas
2 Tbsp extra virgin olive oil
1 1/3 pound ground turkey breast
1 large onion, chopped
3 garlic cloves, chopped
1 red bell pepper, chopped
1 cup chicken broth
1 15-ounce can pinto beans, rinsed and drained
1 16-ounce jar tomatillo salsa
1-2 Tbsp cilantro
2 1/2 cups shredded Monterey Jack cheese

Directions:

Preheat the oven to 275 degrees F. You can wrap the tortillas in foil and warm them in the oven or just wait and warm them in the microwave. Preheat a nonstick skillet with the extra virgin olive oil. Add the ground turkey and cook until brown approximately 4 minutes. Add the onions, garlic, bell pepper, salt and pepper. Continue to cook for 3 minutes. Add the chicken broth, pinto beans and 1 1/2 cups of the tomatillos salsa. Turn the heat up to high and continue to cook for 5-6 minutes or until the mixture is thickened. Remove from the heat and add the cilantro stirring to distribute. Remove the tortillas from the oven or warm them in the microwave and turn the oven to broil. Pile the turkey mixture into

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the warm tortillas and sprinkle each with 1/4 cup of cheese. Roll them up and line them up in a casserole or baking dish seam side down. Top each burrito with a little bit of the remaining 1/2 cup of tomatilla salsa spreading it over the burritos. Sprinkle the remaining cheese over the top and place the casserole dish under the broiler, 6 inches from the coil. Broil for 5 minutes to melt and brown the cheese.

Easy Crab Cake

2 – 6 ½ ounce cans lump crabmeat, drained, flaked, and cartilage removed
1 ¼ cup plain low sodium bread crumbs
1 cup chopped red sweet pepper
¼ cup chopped green onion
½ cup fat free, reduced sodium, Thousand Island dressing
¼ tsp. Cayenne pepper
Nonstick cooking spray
6 cups mixed salad greens
2 medium apples, cored and cut into ¼ inch slices
¼ cup sliced green olives
1 large carrot, shredded
¼ cup fat free balsamic vinaigrette
½ cup shredded 2% cheddar cheese

Directions:

Line baking sheet with parchment or waxed paper. In bowl using a rubber spatula, gently combine crabmeat, bread crumbs, sweet pepper, green onions, and cayenne pepper. Form into eight 2-inch crab cakes. Place on prepared baking sheet. In large skillet lightly sprayed with nonstick cooking spray cook half of the crab cakes over medium heat for 6 minutes or until golden and heated through, turning once. Remove to plate. Repeat with remaining crab cakes. Meanwhile on large serving plate combine greens, apple, olives, and carrot. Drizzle with vinaigrette. Sprinkle with cheese. Top with crab cakes.

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Balsamic Steak

Lean sirloin steak

½ cup Non fat balsamic vinaigrette dressing

Directions:

Trim meat of any visible fat. Put steak in airtight container and pour dressing over steak. Poke steak with a knife to allow dressing to soak into meat. Allow meat to marinate for at least an hour or more. Grill to your liking!

Thai Beef Salad Wrap

1 (1-pound) flank steak, trimmed

1/4 teaspoon salt

1/4 teaspoon black pepper

Cooking spray

1 cup cubed peeled cucumber

1/2 cup grape or cherry tomato halves

1/4 cup thinly sliced shallots

1 tablespoon chopped fresh mint

1 tablespoon chopped fresh basil

1 tablespoon chopped fresh cilantro

2 tablespoons brown sugar

3 tablespoons low-sodium soy sauce

2 tablespoons fresh lime juice

1/2 teaspoon crushed red pepper

6 (10-inch) Whole Wheat tortillas

12 Bibb lettuce leaves

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Preparation

Prepare grill to medium-high heat. Sprinkle the steak with salt and black pepper. Place steak on a grill rack coated with cooking spray, and grill 4 minutes on each side or until desired degree of doneness. Let rest 5 minutes. Cut steak diagonally across grain into thin slices. Combine sliced steak, cucumber, and next 5 ingredients (through cilantro) in a large bowl. Combine sugar, soy sauce, juice, and red pepper. Drizzle over steak mixture; toss well to coat. Warm tortillas according to package directions. Arrange 2 lettuce leaves on each tortilla. Spoon 2/3 cup steak mixture down center of each tortilla; roll up.

Spicy Chicken Sandwich with Cilantro-Lime Mayo

Mayo:

- ¼ cup reduced fat mayo
- 2 Tbsp chopped cilantro
- 1 tsp. fresh lime juice
- 1 garlic clove, minced

Chicken:

- ¼ cup egg substitute
- 3 Tbsp. hot sauce
- 1 tsp. dried oregano
- ½ tsp. salt
- 2 skinless, boneless chicken breast halves
- 4 ½ ounces bake tortilla chips
- 2 Tbsp. EVOO
- 4 whole wheat hamburger buns
- 12 red onion slices
- 4 lettuce leaves

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Directions:

To prepare mayo, combine the first 4 ingredients. To prepare chicken, combine egg substitute, hot sauce, oregano, and salt in a large zip lock plastic bag. Cut chicken breast halves in half horizontally to form 4 cutlets. Add chicken to bag; seal. Marinate in refrigerator 2 hours or up to 8, turning bag occasionally. Place tortilla chips in a food processor; process 1 minute or until ground. Place ground chips in a shallow dish. Working with one cutlet at a time, remove chicken from marinade, allowing excess to drip off. Coat chicken completely in chips. Set aside. Repeat procedure with remaining chicken and chips. Heat a large nonstick skillet over medium heat. Add EVOO to pan, swirling to coat. Add chicken to pan; cook 3 minutes on each side or until browned and done. Spread mayo evenly over hamburger buns. Layer with toppings.

Sweet Potato Fries

½ tsp. ground cumin
½ tsp. salt
¼ tsp. ground red pepper
1 Tbsp. EVOO
2 large sweet potato

Directions:

Prepare the sweet potatoes: In a small bowl, combine cumin, salt, and pepper. Set aside. Preheat oven to 400 degrees F. Peel potatoes, cut each in half lengthwise, and cut each half into 6 wedges. In a large bowl, combine the cut potatoes, oil, and spice mixture. Toss until potatoes are evenly coated. Bake the fries: On a baking sheet, arrange potatoes in a single layer and place on the middle shelf of the oven. Bake until edges are crisp and potatoes are cooked through -- about 30 minutes. Serve immediately.

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Tex-Mex Lasagna

Ingredients

3/4 cup bottled salsa

1 1/2 teaspoons ground cumin

1 (14.5-ounce) can no salt-added diced tomatoes

1 (8-ounce) can no salt-added tomato sauce

Cooking spray

6 precooked whole wheat lasagna noodles (such as Barilla or Vigo)

1 cup frozen whole-kernel corn, thawed

1 (15-ounce) can black beans, rinsed and drained

2 cups (8 ounces) preshredded reduced-fat 4-cheese Mexican blend cheese

1/4 cup chopped green onions

Directions:

Preheat oven to 450°. Combine first 4 ingredients; spread 2/3 cup sauce in bottom of an 8-inch square baking dish coated with cooking spray. Arrange 2 noodles over sauce; top with 1/2 cup corn and half of beans. Sprinkle with 1/2 cup cheese; top with 2/3 cup sauce. Repeat layers once; top with remaining 2 noodles. Spread remaining sauce over noodles. Sprinkle with remaining 1 cup cheese. Cover and bake at 450° for 30 minutes or until noodles are tender and sauce is bubbly. Let stand 15 minutes. Sprinkle with onions.

* Add Turkey burger or lean beef for extra protein.

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Garlic Chicken Pizza

Ingredients

2 tablespoons red wine vinegar
1 1/2 tablespoons Dijon mustard
4 garlic cloves, minced
1 (16-ounce) Whole Wheat pizza crust (such as Boboli)
1 1/2 cups shredded cooked chicken breast (about 8 ounces)
1 cup chopped plum tomato
1 cup chopped mushrooms
3/4 cup (3 ounces) shredded 2% mozzarella cheese
1/4 cup (1 ounce) crumbled low fat feta cheese
1/4 cup (1 ounce) finely shredded fresh Parmesan cheese
1/4 cup chopped green onions

Directions:

Preheat oven to 400°. Combine first 3 ingredients, stirring well with a whisk. Place crust on a baking sheet; brush vinegar mixture over crust. Top with chicken, tomato, and mushrooms; sprinkle with cheeses and green onions. Bake at 400° for 15 minutes or until cheeses melt.

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Fettuccine with Shrimp and Portabella Mushrooms

Ingredients

8 ounces uncooked whole wheat fettuccine
1 (4-inch) Portobello mushroom cap (about 5 ounces)
1 tablespoon EVOO
1 cup finely chopped onion
1/4 cup chopped fresh flat-leaf parsley
1/4 teaspoon salt
1 garlic clove, minced
1 cup fat-free, less-sodium chicken broth
1/4 cup dry white wine
3/4 pound large shrimp, peeled and deveined
1/2 cup (2 ounces) shredded low fat Asiago cheese
1 tablespoon chopped fresh chives

Directions:

Cook pasta according to package directions, omitting salt and fat. Drain and rinse under cold water. Drain. Remove brown gills from underside of mushroom cap using a spoon; discard gills. Cut cap into thin slices. Cut slices in half crosswise. Heat olive oil in a large saucepan over medium-high heat. Add mushroom, onion, parsley, salt, and garlic; sauté for 4 minutes or until mushroom releases moisture, stirring frequently. Stir in broth, wine, and shrimp; bring to a boil. Add pasta, and cook 3 minutes or until shrimp are done, tossing to combine. Sprinkle with cheese and chives.

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Grilled Salmon Caesar Salad

Ingredients

1/2 cup plain fat-free yogurt
1/2 cup (2 ounces) freshly grated Parmesan cheese
2 tablespoons Dijon mustard
2 tablespoons fresh lemon juice
1/2 teaspoon freshly ground black pepper
1/4 teaspoon salt
1/2 teaspoon Worcestershire sauce
2 garlic cloves, minced
1 (1-pound) salmon fillet
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
Cooking spray
8 cups torn romaine lettuce

Directions:

Spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes. Scrape into a food processor or blender using a rubber spatula. Add cheese and next 6 ingredients (through garlic); process until smooth. Transfer yogurt mixture to a bowl; cover and chill 30 minutes. Prepare grill. Sprinkle skinned side of salmon with 1/4 teaspoon salt and 1/4 teaspoon pepper. Place fish, skin side down, on a grill rack coated with cooking spray. Grill 8 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove and discard skin. Break fish into large flakes with a fork. Place lettuce in a large bowl. Drizzle with yogurt mixture, tossing to coat. Place 2 cups lettuce mixture on each of 4 large plates; top each serving with 3 ounces salmon.

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Cheesy Chicken 'n Broccoli Skillet

4 small boneless skinless chicken breast halves (1 lb.)
1/4 cup skim milk
1/4 lb. (4 oz.) Reduced fat VELVEETA, cut into 1/2-inch cubes
2 cups frozen broccoli florets
1/4 cup Grated Parmesan Cheese, divided

Directions:

Heat large nonstick skillet on medium-high heat. Add chicken; cover skillet. Cook 5 to 7 min. on each side or until chicken is done (165°F). Remove chicken from skillet; keep warm. Add milk, VELVEETA, broccoli and 2 Tbsp. Parmesan cheese to skillet. Cook, uncovered, on medium heat 4 min. or until VELVEETA is melted and broccoli is heated through, stirring occasionally. Return chicken to skillet. Cook and stir 1 min. or until chicken is coated and heated through. Sprinkle with remaining Parmesan cheese.

Pepper and Garlic Steak

2 teaspoons black peppercorns
1/2 teaspoon salt
3 garlic cloves, minced
4 (4-ounce) beef tenderloin steaks, trimmed (1 inch thick)
Cooking spray
1/4 cup canned beef broth
1 tablespoon chopped fresh thyme

Directions:

Place peppercorns in a small zip-top plastic bag; seal. Crush peppercorns using a meat mallet or small heavy skillet. Combine peppercorns, salt, and garlic in a bowl; rub evenly over steaks. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add steaks to pan. Reduce heat; cook 4 minutes on each side or until desired degree of doneness. Remove steaks from pan. Cover

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and keep warm. Add broth to pan, stirring to loosen browned bits. Cook until reduced to 1/4 cup (about 3 minutes). Place 1 steak on each of 4 plates; drizzle each serving with 1 tablespoon sauce. Sprinkle each serving with 3/4 teaspoon thyme.

Chicken and Vegetable Stir Fry

3/4 cup uncooked Brown long-grain rice
1/3 cup chopped green onions
1/4 cup dry-roasted cashews, salted and coarsely chopped
1/2 teaspoon salt
2/3 cup fat-free, less-sodium chicken broth
2 tablespoons cornstarch, divided
3 tablespoons low-sodium soy sauce, divided
2 tablespoons honey
1 (1-pound) boneless, skinless chicken, cubed
1 tablespoon canola oil, divided
2 cups sliced mushrooms (about 4 ounces)
1 cup chopped onion
1 tablespoon grated peeled fresh ginger
2 garlic cloves, minced
2 cups sugar snap peas, trimmed (about 6 ounces)
1 cup chopped red bell pepper (about 1)

Directions:

Cook the rice according to package directions, omitting salt and fat. Stir in 1/3 cup chopped green onions, chopped dry-roasted cashews, and salt; set aside, and keep warm. Combine 2/3 cup chicken broth, 1 tablespoon cornstarch, 2 tablespoons low-sodium soy sauce, and honey in a small bowl, and set aside. Combine chicken, remaining 1 tablespoon cornstarch, and the remaining 1 tablespoon soy sauce in a bowl, tossing well to coat. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add chicken; sauté 4 minutes or until browned. Remove from pan. Add remaining 1 teaspoon oil to pan. Add mushrooms and 1 cup onion; sauté 2 minutes. Stir in ginger and garlic; sauté 30

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seconds. Add peas and bell pepper to pan; sauté 1 minute. Stir in chicken; sauté 1 minute. Add reserved broth mixture to pan. Bring to a boil; cook 1 minute or until thick, stirring constantly. Serve over cashew rice.

Tex Mex Mini Meat Loaves

Nonstick cooking spray

1 lb. ground turkey breast

$\frac{3}{4}$ cup rolled oats

$\frac{1}{2}$ cup mild red salsa

$\frac{1}{4}$ cup snipped fresh cilantro

2 egg whites

2 tsp chilli powder

1 $\frac{1}{2}$ tsp ground cumin

$\frac{3}{4}$ mild chunky salsa

$\frac{1}{2}$ cup low fat cheddar cheese

Directions:

Preheat oven to 400 degrees. Lightly spray 12 cup muffin pan with nonstick cooking spray. In large bowl combine turkey, oats, red salsa, cilantro, egg whites, chili powder, and cumin. Divide mixture among muffin cups. Bake for 20 minutes or until no longer pink. Place 2 mini meat loaves on each of 6 plates. Top each meat loaf with 1 tablespoon chunky salsa and 2 teaspoons cheese.

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Filet Mignon with Fresh herbs and garlic rub

2 teaspoons bottled minced garlic
1 1/2 teaspoons minced fresh basil
1 1/2 teaspoons minced fresh thyme
1 1/2 teaspoons minced fresh rosemary
1/2 teaspoon salt
1/4 teaspoon black pepper
4 (4-ounce) beef tenderloin steaks, trimmed (1 inch thick)
Cooking spray

Directions:

Combine first 6 ingredients in a small bowl; rub evenly over steaks. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add steaks to the pan, and cook for 4 minutes on each side or until desired degree of doneness.

Shrimp Stir Fry

1 lb. frozen peeled and deveined uncooked shrimp
2 tsp. cornstarch
3 cups frozen mixed vegetables
2 tsp. oil
1 Tbsp. freshly grated gingerroot
1/4 cup Zesty Italian Dressing
2 Tbsp. hoisin sauce

Directions:

Cook rice as directed on package. Toss shrimp with cornstarch in large bowl; let stand 10 min. Place vegetables in strainer; rinse under hot water 30 sec. or until vegetables are thawed. Drain. Meanwhile, heat oil in large nonstick skillet on medium-high heat. Add shrimp and ginger; stir-fry 8 min. or until shrimp turn pink. Add vegetables, dressing and hoisin sauce; cook 2 min. or until heated through, stirring frequently. Place rice in large serving bowl. Add shrimp mixture; mix lightly

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Southwestern BBQ Chicken Breast

1/8 cup Irvine Spices Smokey Rotisserie Blend Seasoning or similar brand
4 tablespoons finely chopped garlic
6 tablespoons barbeque sauce (your choice)
2 tablespoons olive oil
Salt and freshly ground black pepper
3 pounds boneless chicken breast

Directions

Combine Smokey Rotisserie seasoning, chopped garlic, barbeque sauce, olive oil, and salt and pepper in a bowl large enough to accommodate chicken and mix well. Coat chicken breasts with sauce and marinate covered and refrigerated for at least 30 minutes. Cook completely through on a hot grill.

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Vegetarian Recipes

5-Bean Salad

1 can cooked mixed beans (kidney, garbanzo, pinto, etc), rinsed
2 stalks celery, finely chopped
¼ purple onion, finely chopped
½ green pepper, finely chopped
½ red pepper, finely chopped
1 green onion, finely chopped
¾ cup cold-pressed flax see oil
1/3 cup apple cider vinegar
½ teaspoon celtic sea salt
1 Tbsp pure maple syrup
½ teaspoon basil
½ teaspoon thyme
½ tsp oregano
Dash of cayenne pepper

Mix the cooked beans and chopped vegetables together in a bowl. In a jar, whisk together the flax see oil, apple cider vinegar, Celtic sea salt, maple syrup, basil, thyme, oregano, and cayenne pepper. Pour half of the dressing over the bean and vegetable mixture. For the best taste, let it marinate overnight or for a couple of hours. Store the remaining dressing in a covered jar in the refrigerator to be used later.

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Spinach Salad

- 1 small package baby spinach leaves
- ¼ cup raw, unsalted walnut pieces
- 1 avocado, peeled, pitted, and chopped
- 2 hardboiled eggs, peeled and sliced

Dressing:

- ¼ cup cold-pressed walnut oil
- 1/8 cup organic balsamic vinegar
- 1 tsp pure maple syrup

Mix all the dressing ingredients together. Toss over spinach leaves. Top with walnuts, avocado and hardboiled eggs.

Zesty Salad

- 1 grapefruit, peeled and cut into sections
 - 1 orange, peeled and cut into sections
 - 1 avocado, peeled, pitted and chopped
 - ½ red onion, chopped finely
 - 2 cups bean sprouts (washed and drained)
- Mix all salad ingredients together

Dressing:

- ¾ cup extra-virgin olive oil
- ¼ cup organic red wine vinegar
- ½ tsp dried oregano
- ½ tsp chilli powder
- ¼ tsp black pepper

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Pour the desired dressing over the salad and serve.

Asian Rice Salad

½ cup almonds, chopped and soaked in water overnight

2 cups cooked brown rice

¾ cup chopped celery

¾ cup chopped red pepper

1 green onion, chopped

Large handful of fresh parsley, chopped

Mix all the ingredients together.

Dressing:

¼ cup extra-virgin olive oil

½ Tbsp wheat-free tamari

Dash Celtic sea salt

Pour dressing over salad ingredients and serve.

Portobello Sandwich

1 portobello mushroom, sliced about ½ inch thick

1 cup vegetable broth

Dijon mustard

2 slices sprouted multi-grain bread

1 Holland tomato, sliced

¼ avocado, sliced

¼ cup baby lettuce

Cooked the sliced mushrooms in the vegetable broth until they are semisoft and cooked through. Place the desired amount of mustard on 1 slice of bread. Layer

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the tomato slices, mushrooms, avocado, and lettuce. Top with the mushrooms and the other slice of bread.

Italian Pasta Salad

3 cups cooked pasta (spelt or kamut, whole-grain pasta)
1 ½ cups chopped broccoli florets
1 tomato, chopped
1 scallion, minced
1 carrot, thinly sliced

Dressing:

2 tsp dried oregano
1 Tbsp dried parsley
¼ cup extra-virgin olive oil
3 Tbsp organic balsamic vinegar
2 Tbsp apple cider vinegar

Mix all the salad ingredients together in a large bowl. Mix all the dressing ingredients together and pour over salad.

Broccoli Salad

1 head of broccoli, finely chopped
1 carrot, grated
2 apples, cored and chopped

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1 cup raisins
¼ cup raw, unsalted sunflower seeds

Mix all the ingredients together

Dressing:

½ cup extra virgin olive oil
1 Tbsp apple cider vinegar
1 Tbsp honey

Mix the dressing ingredients together and pour on vegetable mixture.

Tomato Soup

1 cup tomatoes
¾ cup water
3 Tbsp extra virgin olive oil
½ tsp Celtic sea salt
½ tsp thyme
½ tsp dill
2 cloves garlic
¼ tsp black pepper

Blend all the ingredients in a blender. Heat and serve

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Carrot Sweet Potato Bisque

- 2 Sweet potatoes
- 2 cups baby carrots
- 1 cup water
- 2 cups Pacific vegetable broth
- ½ tsp Celtic sea salt
- 1 packet stevia
- ¼ tsp cumin
- ½ tsp coriander powder
- ¼ tsp minced ginger
- ¼ tsp minced garlic

Bake the sweet potatoes and boil the carrots until soft. In a blender, mix all the ingredients until they are mixed and uniform. Pour mixture into a large saucepan and heat to serve.

Kombu Pomodoro

- 12 ounces kombu seaweed noodles
- 2 Holland tomatoes, finely chopped
- 1 cup fresh basil, chopped
- 1 clove garlic, diced
- 1 Tbsp cold pressed olive oil
- 1 Tbsp Celtic sea salt
- Fresh ground black pepper to taste

Rinse the kombu noodles in warm water to bring them to room temperature or above. Toss all the ingredients together and serve.

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Raw Cole Slaw

- 1 cup shredded green cabbage
- 1 cup shredded red cabbage
- ¼ cup raisins
- ½ cup Elixir salad dressing

Elixir Salad Dressing

Makes 4 cups

- 2 cups fresh lemon juice
- 3 clove garlic
- 3 Tbsp minced ginger
- 3 Tbsp soy sauce
- 3 Tbsp raw honey (add more if desired)

- 1 ½ cups cold-pressed olive oil

Place all of the ingredients except the oil in a blender. Start blending and as the mixture is blending slowly add the oil until it is blended. Recipe should last for a week in the refrigerator.

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Whole Wheat Lasagna

12 whole grain lasagna strips
25 ounces of organic pasta sauce
4-6 oz raw goat cheese grated
1 clove garlic, chopped
1 zucchini, thinly sliced
1 eggplant, sliced lengthwise
10 fresh spinach leaves
¾ cup fresh basil

Preheat oven to 350 degrees F. In a large baking dish layer the lasagna strips, tomato sauce, most of the goat cheese, garlic, vegetables, and basil. Then add a final layer of the goat cheese. Bake for 25 minutes.

Simple Pizza

1 sprouted grain tortilla
3 Tbsp organic pasta sauce
10 fresh basil leaves
2 oz raw cheddar style goat cheese, thinly sliced.

Place the tortilla in a skillet. Spoon the pasta sauce evenly over the tortilla. Spread the basil on top of the sauce and then sprinkle the cheese over the top of the basil leaves. Let the pizza cook until the cheese melts. Remove from the heat and slice like a pizza.

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Vegetable Omelet

4 free range eggs
¼ cup green and red peppers, chopped
¼ cup onions, chopped
½ cup mushrooms, chopped
1 tsp oil

A few slices of your favorite soft goat cheese

Whisk the eggs in a large bowl. Add the vegetables. Add the vegetable/egg mixture to the skillet and cook until the egg becomes semi-firm. Layer the cheese into the omelet. Fold the omelet and continue to cook until it is lightly browned on both sides and the egg is no longer runny.

Avocado-Vegetable Sandwich

Romaine lettuce
1 tomato
1 avocado, sliced
2 slices whole grain or sprouted grain bread
Mustard
Variety of vegetables

Place the lettuce, tomato and avocado between the bread slices. Add mustard to bread. Add any other vegetables you might like such as sprouts, cucumbers or sweet bell peppers.

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Beet Proscuitto

1 large beet, thickly sliced
6-8 thin slices of cantaloupe
Juice of 1 lemon
Drizzle of extra virgin olive oil
Celtic sea salt and ground pepper
Drizzle of agave nectar

Place the beet slices on a plate with the fruit on top. Add the lemon, oil, salt, pepper and agave.

Herb Cucumber Rolls

1 cucumber, sliced into thin wide strips lengthwise
1 cup organic alfalfa sprouts
1 large carrot, julienned
1 red bell pepper, julienned
1 cup young coconut meat, julienned
½ avocado, sliced
1 cup fresh cilantro
Topping of olive oil
Celtic sea salt to taste

Place the cucumber slices horizontally and overlapping each other to make a roll. Lay the vegetables and cilantro starting on the left side of the cucumber slice. Then roll the cucumber, starting from the left and moving to the right. Do this for each slice until you have used up all the vegetables. Then place the rolls on plates, drizzle olive oil and sea salt over the rolls. Serve as is or dip in a raw teriyaki sauce.

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Indian Curry

1 yam cubed
2 Tbsp extra-virgin olive oil
1 large onion, chopped
½ tsp mustard seeds
4 dried red chiles
1 1-inch piece of ginger, grated
2 cloves garlic, chopped
3 cups cooked lentils
½ tsp turmeric
1 tsp Celtic sea salt
½ cup water

In a medium to large pot, boil the cubed yam in water until soft. Pour off excess water, leaving enough to mash the yam with a hand blender until smooth. In a frying pan, cook the onion, mustard seeds, chillies, ginger, and garlic in the olive oil over low heat until the onion is transparent. Add the onion mixture to the mashed yam. Then add the lentils, turmeric, sea salt and ½ cup water. Mix together. Let the mixture simmer over low heat until warmed and the flavors mix.

Banana Nut Shake

2 bananas
4 pitted dates (soaked for at least ½ hour)
½ cup almonds
Water

Blend all the ingredients together until smooth. Add water until desired consistency is reached.

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Orange Date and Nut Balls

- 1 cup raw, unsalted pecans
- ½ cup chopped dates (without pits)
- ½ cup raisins
- 1 ½ Tbsp grated orange rind

Mix all the ingredients together in a food processor. Form into balls and serve.

Rainbow Salad

- ½ cup shredded red cabbage
- ½ cup chopped yellow bell pepper
- ½ cup shredded carrots
- ½ cup alfalfa sprouts
- 1 cup mesclun greens

Place the red cabbage, peppers, carrots, and sprouts on a plate. Serve with Carrot Ginger dressing.

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Carrot Ginger Dressing

2 ½ cups baby carrots
3 Tbsp fresh ginger
4-5 packets of stevia
1/3 cup apple cider vinegar
½ cup water
1 clove garlic
¼ cup flax seed oil
1 drizzle sesame oil
Cumin or curry spice to taste

Blend all the ingredients (using ½ the carrots) except for the cumin/curry spice in a blender. Add the cumin/curry to taste. As the mixture is blending slowly add the additional carrots. You may need to add more water or apple cider vinegar to help with blending. Use on salads or as a dip for sushi rolls.

Portobello Mushroom Fajitas

2 jumbo Portobello mushrooms
3 Tbsp balsamic vinegar
4 tsp cold-pressed olive oil
2 Bermuda onions, thinly sliced
2 medium red bell peppers, thinly cross-cut
2 medium yellow bell peppers, thinly cross-cut
¼ tsp chili powder
Celtic sea salt and ground pepper to taste
4 large sprouted grain or whole grain tortillas
1-2 Tbsp guacamole
¼ cup chopped tomatoes

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Rub the mushrooms with the vinegar and olive oil, then toss with the onions and peppers. Season with the chili powder, sea salt, and pepper. Grill the mushrooms, onions, and peppers on a nonstick grill for 3-4 minutes on each side over medium heat. Remove from the heat. Warm the tortillas in the microwave. Slice the mushrooms in ½ in cuts and arrange evenly on the tortillas with the peppers and onions on top.

Serve the fajitas with guacamole and chopped tomatoes.

Flavor Salad

1 cup cherry tomatoes, sliced in half

1 tsp cinnamon

1 tsp ground cloves

1 clove garlic, chopped

3 cups romaine lettuce, chopped

1 ½ tsp fresh oregano, chopped

1 ½ tsp fresh thyme, chopped

1 /4 cup extra-virgin olive oil

2 tsp red wine vinegar

4 raw olives, chopped

Celtic sea salt and ground pepper to taste

Add all of the ingredients into a mixing bowl. Toss well and enjoy.

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Kamut Pasta Pomodoro

1 package whole grain pasta
6 large ripe tomatoes, diced
1 cup fresh basil, sliced into strips
1 clove garlic, minced
1 cup extra-virgin olive oil
Celtic sea salt and ground pepper to taste

Top the cooked pasta with the tomatoes, basil, garlic, olive oil, sea salt and pepper.

Simple Sushi

4 sheets of nori seaweed
4 romaine lettuce leaves
1 cup alfalfa sprouts
1 cucumber, julienned
1 carrot, shredded or julienned

Place the nori sheet in front of you. Lay one leaf of romaine lettuce horizontally on top of the nori on the side closest to you. Lay the sprouts, cucumber pieces, and carrot pieces horizontally following the lines of the romaine leaf. Carefully roll the nori around the vegetables, pulling it gently toward you as you roll it to make it nice and tight. Then, moisten the end of the nori farthest from you with some water and seal it like an envelope. Slice the roll with a sharp knife down the middle. Dip in Raw Caesar Dressing or any other dressing. Add avocado to make it more filling if you'd like.

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Raw Caesar Dressing

¼ cup extra-virgin olive oil
2 cloves garlic, chopped
4 medium stalks celery, cut into thirds
½ cup water
¼ cup freshly squeezed lemon juice
¼ cup soy sauce
2 Tbsp sweet white miso
5 organic dates

Fresh ground pepper to taste

Blend all of the ingredients in a blender and serve over romaine lettuce. This may also be used as a mayonnaise.

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Moroccan Stew

2 Tbsp extra-virgin olive oil
1 onion, finely chopped
3 cloves garlic, finely chopped
1tsp fresh ginger, chopped
1 tsp ground turmeric
2 tsp ground cumin
½ tsp dried hot pepper flakes
3 medium tomatoes, diced
1 (13oz) can chick peas, drained and rinsed
½ cup organic raisins
1 cup water
½ medium butternut squash, peeled and cut into cubes
1 red pepper, cut into 1 inch pieces

Heat the olive oil in a large saucepan. Add the onion and sauté until translucent. Add the spices and cook for 1 minute. Add the remaining ingredients and bring to a boil, then reduce the heat and simmer for 40 minutes with a lid on. Serve on its own or with wild or brown rice.

Tofu Stir fry

1 lb. Firm organic tofu
1-2 Tbsp. wok oil
1-2 large handfuls shiitake mushrooms
1-2 large handfuls snowpeas
¼ c. soy sauce
1 tsp. Rice wine vinegar
1 Tbsp. sugar
1 c. water or vegetable broth

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Begin by draining the tofu and pressing the water out of it with a paper towel. Cut the tofu into bite sized chunks and heat it on medium high with the oil for 10 minutes, stirring occasionally. While your tofu cooks, prepare the snowpeas and the mushrooms. Rinse the snowpeas and cut the ends off of each peapod. To keep mushrooms from getting touch, wipe them with a damp towel instead of running them under water. Then cut off the stems and slice each mushroom into 2-3 pieces. Toss the rest the ingredients into your saucepan or wok. Stir fry until all veggies are cooked through. Taste and adjust the flavor if necessary by adding more soy sauce, sugar or other sauces you have around your kitchen. Add more vegetables if you would like

Black Bean Burrito

1 whole wheat tortilla per person

½ c. fat free refried beans (black or pinto) per person

1-2 tomatoes

1/8 avocado per person

Broccoli sprouts

Baby spinach

Grated cheese

Take a tortilla and fill it with about ½ c. of beans. Dice your tomato and add as much as you want. Add about 1/8 of the avocado. Then add some broccoli sprouts. If you want, was the spinach and add some. Last add the grated cheese. Fold up the tortilla, microwave it for 1 min and enjoy!

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Arugula Salad

2 bunches arugula

5-6 vinaigrette (or 2 T. balsamic vinegar + 4 T olive oil)

Salt

Pepper

¼ c. Parmesan cheese

¼ c. toasted pine nuts

Wash and thoroughly dry arugula, then place in bowl. Toss with vinaigrette, salt, and pepper, and transfer to salad plates. Top with cheese and nuts.

* Toss the pine nuts with a tiny amount of oil and toast in a frying pan over medium-high heat, stirring constantly, until golden brown. If the pan starts to smoke, turn down the heat.

Eggplant Parmesan

1 large or 2 medium eggplants

Several Tsp. salt

2 Beaten eggs

1 to 1 ½ c. bread crumbs

2 cups of Marinara sauce

¾ c. 2 % mozzarella cheese

½ c. parmesan cheese

Cut the eggplant into ½ inch slices. Sprinkle both sides of each slice with salt, lay out on the plates or tray, and let stand for 30-60 minutes (less if the eggplant is fresh). Wash off the salt and immediately blot each slice dry. Sprinkle the eggplant with EVOO, enough to lightly coat the eggplant, and then dip the

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eggplant into the bread crumbs. Broil the eggplant 3-4 minutes. Preheat oven to 350 degrees. Cover the bottom of the baking dish with a few spoonfuls of tomato sauce. Layer slices of eggplant, sprinkle with half of the mozzarella and all of the parmesan. Cover with tomato sauce, add the remaining eggplant, then the sauce, and top with the rest of the mozzarella. Bake for 30 minutes, until heated through and bubbly.

Spinach Salad with Orange Sesame Dressing

- 1 bunch fresh spinach (about 6 cups of leaves)
- 1 red or yellow bell pepper, cut into strips
- 1/4 to 1/2 cup thinly sliced red onion
- 1 orange, peeled and sliced into thin rounds
- 1 Tbsp. sesame seeds
- 2 Tbsp. seasoned rice vinegar
- 1 Tbsp. orange juice concentrate
- 1 Tbsp. water

Trim the spinach stems and carefully wash the leaves. Dry, then tear any large leaves into bite-size pieces. Place in a salad bowl along with the pepper, onion, and orange slices. Toast the sesame seeds in a 400°F toaster oven or regular oven for 10 minutes. Transfer to a blender and grind into a powder. Add the vinegar, orange juice concentrate, and water. Blend to mix. Pour over salad and toss just before serving.

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Tofu-Spinach Lasagna

1/2 lb. lasagna noodles
2 10-oz. packages frozen chopped spinach, thawed and drained
1 lb. soft tofu
1 lb. firm tofu
1 Tbsp. sugar
1/4 cup soy milk
1/2 tsp. garlic powder
2 Tbsp. lemon juice
3 tsp. minced fresh basil
2 tsp. salt
4 cups tomato sauce

Cook the lasagna noodles according to the package directions. Drain and set aside. Preheat the oven to 350 degrees F. Squeeze the spinach as dry as possible and set aside. Place the tofu, sugar, soy milk, garlic powder, lemon juice, basil, and salt in a food processor or blender and blend until smooth. Stir in the spinach. Cover the bottom of a 9-inch-by-13-inch baking dish with a thin layer of tomato sauce, then a layer of noodles (use about one-third of the noodles). Follow with half of the tofu filling. Continue in the same order, using half of the remaining tomato sauce and noodles and all of the remaining tofu filling. End with the remaining noodles, covered by the remaining tomato sauce. Bake for 25 to 30 minutes.

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Portabella and Red Pepper Quesadillas

- 1 cup white, black, or pinto beans
- 1 1-inch piece kombu (seaweed found in Asian markets or health food stores)
- 1 minced garlic clove, or 1/2 tsp. garlic powder
- 1/2 tsp. chili or chipotle powder
- 1/2 tsp. sea salt
- 1 tsp. fresh lime juice
- 2 Tbsp. chopped cilantro

For the Filling:

- 2 large portobello mushrooms, thinly sliced
- 1 red bell pepper, stemmed, seeded, and thinly sliced
- 1 Tbsp. extra-virgin olive oil
- Sea salt, to taste
- Freshly ground black pepper, to taste

- 2 12-inch flour tortillas
- 1 small red onion, very thinly sliced
- 2/3 cup grated soy cheese

First, prepare the bean purée. Pick over and rinse the beans and put them in a bowl with the piece of kombu, add enough water to cover by about 2 inches, and set aside to soak for 6 to 8 hours or overnight. Drain the beans, reserving the kombu, and transfer them both to a soup pot. Add 6 cups of water and bring to a boil over high heat. Reduce the heat and simmer the beans, uncovered, for 40 to 50 minutes, until just tender. Drain and set aside, reserving about a cup of cooking liquid. Transfer the beans to a food processor or blender. Add the garlic, chili powder, sea salt, lime juice, cilantro, and a bit of the cooking liquid and pulse until smooth. Taste and adjust the seasonings. The purée can be made up to 3 days ahead of time and kept in the refrigerator. Preheat the oven to

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350°F. Prepare the quesadilla filling: Toss the mushrooms and pepper in olive oil and salt and pepper to taste. Place on a baking sheet in a single layer and roast for 30 to 45 minutes. Set aside. Assemble the quesadillas and bake until warmed through, about 15 minutes, turning once. Or, for a crisper result, broil or grill the quesadillas for about 5 minutes per side. Cut into quarters and serve at once.

Tomato, Cucumber, and Basil Salad

1/2 large English cucumber, peeled, quartered, and sliced
4 fresh tomatoes, quartered and sliced
1/2 cup fresh basil leaves
3-4 Tbsp. balsamic vinegar
Fresh cracked black pepper, to taste

Arrange the cucumber and tomato in a flat bowl. Add the basil leaves, dress with balsamic vinegar, and sprinkle with fresh cracked black pepper.

Chipotle Split Pea Soup

2 cups dried split peas
8 cups boiling water
1 medium-sized onion, chopped
2 cloves garlic, minced
2 carrots, sliced diagonally
1/2 cup chopped parsley
1 tsp. chipotle, finely cut, to taste
1 Tbsp. low-sodium soy sauce

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Simmer the split peas in boiling water until soft, about 1 hour. Add the remaining ingredients and continue cooking until the vegetables are tender, adding more water as needed.

Asian Fusion Salad

1 head red leaf lettuce

1 cup snow peas

1 large cucumber

1 sweet red bell pepper

1 1/2 cups bean sprouts

2 carrots

8 oz. flavored baked tofu of your choice (e.g., teriyaki, sesame, ginger, peanut, spicy Thai, etc.)

1 Tbsp. balsamic vinegar

1 tsp. soy sauce

1 tsp. sesame oil

1/4 tsp. Thai chili paste (or other chili sauce)

1/2 cup bottled salad dressing of your choice (e.g., sesame shiitake, lemon [tahini](#), cilantro lime, etc.)

Wash and tear the lettuce into bite-sized pieces. Drain thoroughly and place in a large salad bowl. Trim the tips from the snow peas and cut on a diagonal slant into 1-inch slices. Peel the cucumber and julienne (cut into thin, narrow slices 1 to 2 inches long). Cut the red pepper in half and remove the seeds and pith. Cut it into thin slices and then cut the slices diagonally into thirds. Rinse and drain the bean sprouts. Julienne the carrots and blanch them by submerging them in boiling water for 3 to 4 minutes. Rinse with cold water and drain. Add the snow peas, cucumber, red pepper, bean sprouts, and carrots to the salad and make an indentation in the center of the salad. Cut the tofu into 1/4-inch slices and then

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cut crosswise to make bite-sized pieces. Stir together the vinegar, soy sauce, sesame oil, and chili paste. Pour over the tofu and toss. Add the tofu mixture to the center of the salad just before serving. Serve with the salad dressing of your choice tossed in or on the side.

Cheese- Impasta Penne

6 oz. (about 1 3/4 cup) uncooked whole wheat penne pasta

14 oz. can whole plum tomatoes, drained

2 Tbsp. olive oil

5 oz. (about 1 1/2 cup) diced soy mozzarella cheese

4 oz. (about 1 cup) soy parmesan cheese

2 Tbsp. freshly chopped basil

Salt and freshly ground black pepper, to taste

Boil a pot of water and cook the pasta for 10 minutes until just tender, then drain. Preheat the oven to 400°F. Meanwhile, heat the tomatoes and oil in a pan, breaking down the tomatoes gently with a wooden spoon. Add the soy mozzarella, half of the soy parmesan, and all of the basil, salt, and pepper. Bring to a boil and remove from the heat. Place the pasta in a 1 1/2-pint ovenproof dish. Pour the sauce over the pasta and mix well. Sprinkle with the remaining soy parmesan and bake for 8 minutes, until the faux cheese is melted. Serve hot.

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Brown Rice with vegetables

1 lb. bean sprouts

1 lb. broccoli florettes

4 carrots, shredded

1 lb. yellow squash, outer skin portion, julienned

1/2 lb. snow peas, julienned

5 black shiitake mushrooms, soaked 10 minutes, drained, and slivered

1 tsp. vegetable oil

4 cups cooked, short grain brown rice

tamari, to taste

3 oz. raw pine nuts

Fill a large pan with water and bring to a boil. Add the vegetables and boil for 30 seconds. Remove from the water and drain. Heat a large skillet, then coat the skillet with the oil. Add the vegetables and rice and stir-fry for about 3 minutes. Add tamari to taste, sprinkle with the pine nuts, and continue to cook for 2 minutes.

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Minestrone Soup

4 cups vegetable broth
4 cups diced tomatoes
1 Tbsp. fresh basil, chopped
1/2 tsp. oregano
1 cup chopped carrots
1 cup chopped celery
1/2 onion, chopped
1 cup chopped zucchini
1 cup chopped yellow squash
1 cup green beans, chopped
2 garlic cloves, minced
1 bay leaf
Salt and pepper, to taste
1 1/2 cups whole wheat macaroni pasta

In a slow cooker, combine all the ingredients except the pasta. Cook on low for 6 to 8 hours, or until the vegetables are tender. Add the pasta and cook on high for 15 to 20 minutes, or until the pasta is tender.

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Scrambled Tofu

1 Tbs. EVOO
1 bunch green onions, chopped
1 (14.5 ounce) can peeled and diced tomatoes with juice
1 (12 ounce) package firm silken tofu, drained and mashed
Ground Turmeric to taste
Salt and Pepper to taste
½ c. shredded 2% cheddar cheese

DIRECTIONS

Heat olive oil in a medium skillet over medium heat, and saute green onions until tender. Stir in tomatoes with juice and mashed tofu. Season with salt, pepper, and turmeric. Reduce heat, and simmer until heated through. Sprinkle with Cheddar cheese to serve.

Vegetarian Stuffed Mushrooms

24 med. size mushrooms
2 tbs. olive oil
4 tbs. grated onion
1/2 c. diced celery
1 tsp. dill weed
1/2 tsp. dried parsley
1/8 tsp. red pepper
1 c. 2% Mozzarella Cheese

Mince mushroom stems. Heat oil in skillet and saute mushrooms with onions and celery over fairly high heat, stirring often. When vegetables are tender and

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moisture has evaporated, lower the heat, add herbs and cook a minute longer. Let mixture cool a bit, then stir in the cheese.

Preheat oven to 450 degrees; grease a baking pan. Heap filling into mushroom caps and place in pan. Bake 10-15 minutes. Serve hot.

Vegetarian Chili

1 tbsp. olive oil

1 onion, peeled and chopped

1 red pepper, deseeded and chopped

1-2 garlic cloves, crushed

14 oz. can tomatoes

1 c. dried red kidney beans, soaked, cooked and drained or 2 (15 oz.) cans red kidney beans

1/2 c. dried whole green lentils, simmered in plenty of water for 40-45 minutes until tender

1 tsp. mild paprika

1-2 tbsp. chili powder

Salt and freshly green pepper

A little salt

Heat oil in large saucepan and saute the onion and pepper for 10 minutes. Add the garlic and cook for 1-2 minutes, then add tomatoes. Drain the beans and lentils, reserving liquid. Add broth to the tomato mixture, along with the paprika and chili powder. Simmer for 15 minutes, adding the bean water for consistency. Season, add sugar, garnish and serve.

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Vegetarian Tostadas With Onion and Cheese

- 4 Whole Wheat tortillas (6 to 7 inches in diameter)
- 1 1/2 tbsp. olive oil
- 1 1/2 tsp. red wine vinegar
- 1/4 tsp. salt
- 1/8 tsp. freshly ground black pepper
- 1 c. finely shredded lettuce
- 1/4 c. diced ripe tomato
- 2 tsp. minced seeded fresh jalapeno or other green chili pepper
- 1/4 c. canned vegetarian-style refried beans
- 6 tbsp. mashed ripe avocado
- 1/4 c. shredded reduced-fat Monterey Jack or Cheddar
- 6 pitted jumbo olives, thinly sliced
- 4 thin slices sweet onion, separated into rings

Preheat the oven to 375 degrees. Brush the tortillas lightly on both sides with 1 1/2 teaspoons of the oil. Place on a baking sheet and bake until crisp and golden, 6 to 8 minutes. In a small bowl, combine the remaining 1 tablespoon oil with the vinegar, salt, black pepper and 1 tablespoon plus 1 teaspoon water. Whisk or beat with a fork until well blended. In a medium bowl, toss the lettuce, tomato and jalapeno pepper. Pour the vinaigrette over the salad and toss. Spread 1 tablespoon of the refried beans over each tortilla. Spread 2 tablespoons of the mashed avocado over the beans on each tostada. Top with the salad and garnish with the cheese, olive slices and onion rings. 4 servings.

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Miso Soup

3 c. water

1 med. onion, sliced fine

1/2 med.-sized carrot, grated

Approx. 1 heaping tbsp. Organic Miso

The above are the basics. You can add leftover vegetables of your choice or 1/2 cup of frozen peas, corn or beans, etc. If you wish to add more water or more Miso just adjust to taste. Cook only until vegetables are hot and tender. No other condiments are necessary. A very healthy and tasty soup.

Nut Burger

1 cup 2 %cheddar cheese, shredded

2 eggs

1 cup toasted wheat germ or cooked rice

1 cup parsley, finely chopped

3 stalks celery, minced

1 onion, minced

1 cup walnuts, finely chopped

1 green or red pepper, finely chopped

1 tsp salt

1 tbsp basil

2 tsp curry powder

Mix all together in a big bowl, drop batter into patties in hot olive oil in skillet. Use just enough oil to cover the pan bottom. Cook until golden brown. Serve on a bun just like a hamburger, with red onion slice, lettuce tomato slice.....the works!

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Tofu Loaf

Preheat oven to 350° F, and mix together the following ingredients:

1 lb tofu, mashed

1/2 cup wheat germ

1/3 cup parsley, chopped

1/4 cup onion, chopped or 1 TBSP onion powder

2 TBSP soy sauce

2 TBSP nutritional yeast (optional)

1/2 TBSP Dijon mustard

1/4 tsp garlic powder

1/4 tsp black pepper

Oil a loaf pan with 2 TBSP oil. Press the tofu mixture into the oiled loaf pan and bake for about 1 hour. Let cool 10 minutes before removing from pan. Garnish with catsup and parsley. Sprinkle generously with paprika on the top of the loaf before putting it in the oven.

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Vegetable Fajitas

1 onion
1 each: red, green, yellow bell pepper
1 garlic clove, minced
8 ounces mushrooms
several broccoli crowns, cut small
6 TBSP EVOO
2 TBSP chili powder
3 TBSP lime juice
fajita seasoning
lemon pepper
guacamole (recipe below)
Whole Wheat flour tortillas

Slice onion and peppers into strips. Remove mushroom stems and slice the mushrooms thickly. Combine in a bowl, add the crushed garlic and mix slightly. In a separate bowl, mix the oil, chili powder, lime juice, fajita seasoning and lemon pepper and pour over the vegetable mixture. Stir well and set aside for an hour or more. After the vegetables have marinated, heat a frying pan or wok until very hot. Add the marinated vegetables and stir-fry over high heat for 5-6 minutes, until the mushrooms and peppers are just tender. Spoon the filling onto each tortilla, garnish with guacamole, (and if desired, picante sauce or salsa) and roll up. Makes wonderful leftovers (if there are any!)

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Easy Guacamole

5 - 6 avocados
2/3 of a jar of salsa
fresh cilantro (about half of a batch)
2 cloves garlic
1/4 cup fresh lime juice
fairly generous dash of cayenne

Place all ingredients in a food processor and blend till fairly smooth. Season to taste. Refrigerate in airtight container.

Crispy Barbequed Tofu

1 (16 ounce) package extra firm tofu
3 tablespoons EVOO
1 egg white
1 tablespoon barbeque sauce
1 cup all-purpose flour
1 teaspoon salt
1/2 teaspoon pepper
1 cup barbeque sauce

DIRECTIONS

Drain tofu, and slice into strips. Place in a plastic bag or container, and freeze overnight. This will give the tofu a meatier texture. Thaw tofu strips, and blot with paper towels to dry. Heat olive oil in a large skillet over medium heat. In a small bowl, whisk together the egg white and 1 tablespoon of barbeque sauce. Combine the flour, salt, and pepper in a separate bowl. Dip the tofu slices into the egg mixture, then into the flour mixture, shaking off excess flour. Fry in the hot oil

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for about 1 minute on each side, until golden brown. Just fry enough at one time so they are not crowded. Remove from the oil to paper towels to drain and cool. Preheat the oven's broiler. Brush tofu slices with additional barbeque sauce, and allow to marinate while the broiler heats up. Arrange them on a broiler pan, or wire rack set over a cookie sheet for best results. Position the oven rack about 6 inches from the heat source. Broil for 5 minutes on each side, or until browned and crisp, watching closely so as not to burn them. Serve warm with the remaining barbeque sauce for dipping.

Balsamic Vinegar and Ginger Bok Choy

4 heads baby bok choy
3 tablespoons EVOO
1/4 cup water
2 tablespoons capers
1 1/2 teaspoons minced garlic
1 1/2 teaspoons minced fresh ginger root
2 tablespoons balsamic vinegar
1 dash fresh lemon juice, or to taste

DIRECTIONS

Separate the leaves from the stems of the bok choy. Cut the stems into bite-sized chunks and shred the leaves. Heat the olive oil in large skillet over medium heat. Cook the bok choy stems in the oil until slightly tender, about 3 minutes; add the water and leaves and cook until the water evaporates, about 10 minutes more. Stir in the capers, garlic, and ginger; cook and stir 1 minute more. Sprinkle the vinegar and lemon juice over the bok choy and remove from heat; serve immediately.

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Cranberry Spinach Salad

1 tablespoon butter
3/4 cup almonds, blanched and slivered
1 pound spinach, rinsed and torn into bite-size pieces
1 cup dried cranberries
2 tablespoons toasted sesame seeds
1 tablespoon poppy seeds
1/2 cup white sugar
2 teaspoons minced onion
1/4 teaspoon paprika
1/4 cup white wine vinegar
1/4 cup cider vinegar
1/2 cup vegetable oil

DIRECTIONS

In a medium saucepan, melt butter over medium heat. Cook and stir almonds in butter until lightly toasted. Remove from heat, and let cool. In a large bowl, combine the spinach with the toasted almonds and cranberries. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, cider vinegar, and vegetable oil. Toss with spinach just before serving.

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Spinach and Strawberry Salad

2 bunches spinach, rinsed and torn into bite-size pieces
4 cups sliced strawberries
1/2 cup vegetable oil
1/4 cup white wine vinegar
1/2 cup white sugar
1/4 teaspoon paprika
2 tablespoons sesame seeds
1 tablespoon poppy seeds

DIRECTIONS

In a large bowl, toss together the spinach and strawberries. In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat.

California Grilled Vegetable Sandwich

1/4 cup low fat mayonnaise
3 cloves garlic, minced
1 tablespoon lemon juice
1/8 cup EVOO
1 cup sliced red bell peppers
1 small zucchini, sliced
1 red onion, sliced
1 small yellow squash, sliced
Whole Wheat Bread
1/2 cup 2% mozzarella cheese

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DIRECTIONS

In a bowl, mix the mayonnaise, minced garlic, and lemon juice. Set aside in the refrigerator. Preheat the grill for high heat. Brush vegetables with olive oil on each side. Brush grate with oil. Place bell peppers and zucchini closest to the middle of the grill, and set onion and squash pieces around them. Cook for about 3 minutes, turn, and cook for another 3 minutes. The peppers may take a bit longer. Remove from grill, and set aside. Spread some of the mayonnaise mixture on the cut sides of the bread, and sprinkle each one with cheese. Place on the grill cheese side up, and cover with lid for 2 to 3 minutes. This will warm the bread, and slightly melt the cheese. Watch carefully so the bottoms don't burn. Remove from grill, and layer with the vegetables. Enjoy as open faced grilled sandwiches.

Pizza without the red sauce

- 2 tablespoons butter, melted
- 1 tablespoon EVOO
- 3 tablespoons minced garlic
- 2 tablespoons sun-dried tomato pesto
- 1 teaspoon dried basil leaves
- 1 teaspoon dried oregano
- 1 tablespoon grated Parmesan cheese
- 1 Whole Wheat pizza crust
- 1 tomato, sliced
- 1 bunch fresh spinach, torn
- 1 sweet onion, sliced
- 1 fresh jalapeno pepper, chopped
- 6 ounces of 2% mozzarella cheese

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DIRECTIONS

Preheat oven according to pizza crust package directions. In a small bowl combine butter, olive oil, garlic, pesto, basil, oregano and Parmesan cheese. Spread mixture evenly on pizza crust. Arrange tomato, spinach, onion and jalapeno on pizza. Top with mozzarella cheese. Bake according to pizza crust package directions.

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Desserts

Apple Crisp

5 apples
1/4 cup raisins
cinnamon, cloves
fat free granola

Directions:

Pour boiling water over the raisins and let sit for five minutes. Core and cut the apples (I use McIntosh when available) into thick slices and place in a casserole dish. Add raisins and mix. Sprinkle on cinnamon (about 1/2 teaspoon) and a pinch of ground cloves.

Bake covered in 350 F oven for 30 - 40 minutes. At this point the apples should be tender, but not mushy. Add enough granola to cover the apples and put uncovered casserole back in oven for about 15 minutes or until granola is browned.

Serve warm with soymilk or an ice cream-like substance. Or serve cold with warm soymilk or warm custard.

Chocolate Cherry Truffles

¼ cup dried cherries
¼ cup + 2 Tbsp. old fashioned oats
1 ½ Tbsp. sugar free, fat free hot fudge
1 Tbsp. + 2 tsp. unsweetened cocoa powder

Place the cherries in the bowl of mini food processor fitted with a chopping blade. Process until very finely chopped and sticking together. With a spatula, transfer the cherries to a medium mixing bowl. Add the oats, hot fudge, and 1 Tbsp. of

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cocoa powder. Using your hands or an electric mixer fitted with beaters, mix well. Spoon the remaining 2 tsp. of cocoa powder into a small shallow bowl. Working quickly so the fudge does not melt, divide the mixture into six equal parts. Carefully form each into a ball. Roll each ball in the cocoa powder until evenly coated. When all of the balls have been coated with the cocoa, place in a sieve and carefully bump the side of the sieve with the palm of your hand repeatedly to shake off excess cocoa powder. Serve immediately or refrigerate in a resealable plastic container lined with waxed paper for up to a week.

Strawberry Waffle Cakes

4 low-fat whole grain or whole wheat waffles
2 cups sliced fresh strawberries
Fat free whipped topping in a can

Toast the waffles according to package directions. Place one waffle on each of 4 plates and mound ½ cup strawberries on top. Spoon about 2 Tbsp. of whipped topping over each and serve.

Strawberry Limeade Smoothie

1 ½ cups frozen strawberries
6 ounces fat free, fiber enriched key lime pie yogurt
¼ cup fat free milk
1 ½ tsp. of lime zest
2 Tbsp. lime juice

Sugar substitute to taste (optional)

In a blender with ice crushing ability, combine the strawberries, yogurt, milk, lime zest and juice, and sugar substitute, if using. Blend on high speed or Ice crush until smooth.

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Balsamic Berries

4 cups strawberries
1 Tbsp. sugar
¼ tsp. aged balsamic vinegar

Wash, dry, hull, and quarter the strawberries lengthwise. Put the strawberries into a large bowl. Add the sugar and balsamic vinegar and toss gently to combine. Refrigerate 1 hour. Spoon the strawberries into chilled stemmed glasses or dessert bowls.

Raspberry Apple Crumble

4 medium, tart apples, such as Granny Smith
¼ cup orange juice
2 Tbsp. raspberry preserves
2 Tbsp. quick cooking oats
2 Tbsp. all purpose flour
2 Tbsp. brown sugar
2 Tbsp. wheat germ
½ tsp. cinnamon
Pinch salt
1 Tbsp melted butter

Preheat the oven to 350 degrees. Peel, core, and thinly slice the apples. Combine the sliced apples, juice, preserves, and ¼ cup water in a bowl. Pour the mixture into a 8x8 glass baking dish and set aside. Combine the oats, flour, sugar, wheat germ, cinnamon, and salt. Add the melted butter and mix well. Top the apple mixture with the oats mixture, cover and bake 1 hour, or until the apples are tender. Uncover the dish for the last 10 minutes of baking.

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Healthy Banana Split Fruit Salad

2 large bananas
4 cups low fat cottage cheese
1/2 cup walnuts or pecans
1/3 cup raisins
1 mango
1 cup fresh pineapple, sliced
1 cup fresh strawberries
2/3 cup wheat germ or ground flax seed

Directions:

Makes two large salads or four smaller ones. Slice bananas in half lengthwise. Place on plates forming an oval. In center of bananas, place cottage cheese, 1/4 cup at a time. Place pineapple slices around bananas. Peel mango and cut into pieces. Arrange around bananas. To peel mango, take a fork and insert it into mango next to seed, then slice mango into quarters through the skin. Peel mango and cut into fruit for serving. Add nuts to top and sides of plate. Sprinkle flax seed or wheat germ over top of cottage cheese. Wash strawberries and add to plate then top everything off with a sprinkle of raisins.

Sliced Baked Apples

4-5 medium apples (Granny Smith work well)
1/2 to 3/4 cup oatmeal
1/2 cup brown sugar
2 Tablespoons butter, cut into small pieces
Half and half (optional)

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Directions:

Spray glass pan (11" X 7 1/2" is perfect) well with butter-flavored cooking spray. Cut apples in quarters, core and slice into prepared pan. Sprinkle with brown sugar and oatmeal. Dot the top with the butter. Bake in a 350 degree oven for 20 minutes. Serve hot with your meal. Optional: top each serving with half and half.

Really Healthy Oatmeal Cookies

1 c. raisins
1 1/2 c. whole wheat flour
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. salt
1 c. canola oil
1 1/4 c. Splenda granulated
2 egg whites
1 t. vanilla
1 3.9 oz. single-serving cup of unsweetened applesauce
1/3 c. mashed banana
3 1/4 c. old-fashioned oats
1 1/3 c. chopped walnuts

Directions:

Put raisins into small bowl and pour in enough very hot water to cover; set aside. In medium bowl, combine flour, baking soda, cinnamon, and salt; mix well. Heat oven to 350 degrees . In large bowl, combine the oil and Splenda; beat well. Beat in egg whites and vanilla. Mix in the applesauce and banana, followed by the flour mixture. Drain water from raisins; pat to remove excess moisture with a paper towel. Stir in oats, walnuts, and raisins; mix well. Drop by rounded tablespoons onto cookie sheet that has been lightly sprayed with nonstick spray. Bake for 8-9 minutes at 350 degrees F. or until tops of cookies are slightly firm to the touch.

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Strawberry Ice

10 medium to large frozen strawberries
2 cups cold skim milk or soy milk
1 teaspoon flax seed
1 tablespoon sugar, honey or Splenda

Directions:

Put strawberry, milk, and sugar into a mixing bowl. Mix until smooth, should be thick and icy. Add flax seed and blend again. Pour into two glasses. Serve with a fresh strawberry on the side.

Yogurt Parfait

1 ½ cups of Yogurt
2 Tbsp. Of honey
½ tsp. vanilla extract
1 cup sliced strawberries
1 cup fresh blueberries
1 cup fresh raspberries
4 tsp. Of low fat granola

Directions:

In a mixing bowl, combine the yogurt, honey and vanilla extract. Beat with an electric mixer until fluffy and smooth. Place strawberries evenly among four dishes. Divide blueberries among 4 dishes and top each with 3 tablespoons of yogurt. Divide raspberries among 4 dishes and top each with remaining yogurt mixture. Garnish with teaspoon of the granola.

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About the Author



Jayson Hunter RD, CSCS is a registered dietitian, weight management expert and personal trainer with over 10 years of experience. His nutritional programs have helped hundreds of clients successfully get in shape and create permanent lifestyle changes. He is also Research and Development Director for Prograde Nutrition.

Jayson's method of eating, nutritional programming and nutritional supplementation gets results with every type of client regardless of their body type and goals. The keys to successful nutrition are understanding your needs and providing the necessary tools to be successful through nutritional changes and proper supplementation. It is important to evaluate what you are eating through food and then understand how nutritional supplements can help to complete the nutritional foundation you have already built with food.

Learn more tips and ideas on how to help you reach your fat loss goals at <http://Facebook.com/ProgradeNutrition>

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