

# Deaconess Hospital Heart Healthy Cookbook

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## **Easy Guide to Heart Healthy Eating**

Healthy food habits can help reduce three of the major risk factors for heart attack – high blood cholesterol, high blood pressure, and excess body weight. A family history of heart disease, a diet high in saturated fat and cholesterol, smoking, lack of exercise, and obesity can all contribute to your risk of heart disease. Fortunately, many people can lower their blood cholesterol to an acceptable level by changing their diets. By following a low saturated fat, high fiber diet, you can help control your blood cholesterol and risk of a heart attack.

### **Where Do I Begin?**

The first step toward healthier eating is to learn about saturated fat. To lower cholesterol, the goal is to reduce your saturated fat intake to no more than 5-6% of total calories per day. For example, if you are eating 2000 calories per day, that is about 13 grams of saturated fat.

Saturated fat raises blood cholesterol levels more than anything else we eat. They are usually solid at room temperature and are commonly found in animal products. They also occur naturally in some vegetable products such as chocolate and coconut. It is important to read food labels carefully.

Trans-fatty acids are formed when unsaturated fats undergo a manufacturing process called hydrogenation. Hydrogenation transforms a liquid fat into a more solid state. Trans-fatty acids act like saturated fats inside the body and can raise blood cholesterol.

Monounsaturated fats are usually liquid at room temperature and are found primarily in vegetable products. Currently research indicates that monounsaturated fats have a favorable effect on HDL blood cholesterol when eaten in moderation. Examples of foods high in monounsaturated fat are olive oil, canola oil, peanuts, olives, and fish.

Polyunsaturated fats are found primarily in vegetable products and are usually liquid at room temperature. Examples of polyunsaturated fats are safflower, sunflower, corn, and soybean oils. Unsaturated fats help to lower blood cholesterol when they are substituted for saturated fat.

## **Guidelines For Heart Healthy Eating**

### **Lean Meat and Poultry**

Lean meat, poultry, and fish are good sources of protein, B vitamins, iron, and other minerals. Limit servings to no more than 6 ounces of cooked meat per day. A serving size is 3 ounces cooked (4 ounces raw) lean meat, poultry, or fish. A 3 ounce portion equals the size and thickness of a deck of cards. Choose lean cuts, trim all fat, and remove skin from poultry before cooking. Use fish and poultry more often than red meat. Fish is encouraged at least 2 times per week as they are high in omega-3 fatty acids, which have been shown to be cardio-protective. Fish high in omega-3 fatty acids are mackerel, lake trout, herring, sardines, albacore tuna, and salmon. Eating fish at least twice a week may help lower your risk of coronary artery disease. Choose select grades of beef or pork – those with the term round or loin in the name. Prepare meats by baking, roasting, grilling, broiling, microwaving, or stir-frying. Other good sources of protein include plant proteins. These include legumes, like beans and peas, soy, nuts, and seeds. These sources of protein are also high in fiber.

### **Eggs**

Whole eggs are acceptable to eat and are also an excellent source of protein. However, be mindful of egg yolks as they are high in dietary cholesterol. Egg whites and egg substitutes are also high in protein. Use two egg whites to replace one whole egg in recipes.

## **Fruits and Vegetables**

Fruits and vegetables are high in vitamins, minerals, and fiber. They are low in fat, calories, sodium, and contain no cholesterol. It is recommended to get 6-12 servings from fruits and vegetables per day. The more raw or intact you can eat the fruit, the more fiber you will get. Choose only 100% fruit juices to drink and purchase canned fruits packed in fruit juices. A serving size would be a medium-size piece of fruit, ½ cup of juice, or ½ cup of canned fruit. Fresh or frozen vegetables are a better choice than canned if sodium is an issue. Choose at least one dark green or deep yellow vegetable each day. A serving would be ½ cup of cooked vegetables or one cup of raw vegetables.

## **Dairy Products**

Dairy products are high in protein, calcium, phosphorus, niacin, riboflavin, vitamin A, and vitamin D. Choose from fat free, ½%, or 1% milk. Evaporated fat-free milk and nonfat dried milk powder may also be used. Buttermilk made from fat-free or 1% milk is also acceptable. Nonfat and low-fat yogurt are also good sources of calcium. The serving size for milk or yogurt is 1 cup. Cheeses and cottage cheese should also be low fat. The serving size is 1 ounce of cheese or ½ cup of cottage cheese.

## **Breads, Cereals, Pastas, and Starchy Vegetables**

Breads, cereals, pastas, and starchy vegetables are high in B vitamins, iron, and fiber. Six or more servings per day are recommended. Be sure to choose whole wheat or whole grain breads, cereals, and pastas for more fiber. Use food labels as a guide for portion sizes. A food is a good source of fiber if it has 3 or more grams of fiber per serving. Beans and peas are excellent sources of fiber. Brown rice and oat bran are also good choices. Starchy vegetables include

potatoes, corn, dried beans, peas, winter squash, and sweet potatoes. Watch added sugars in cereals. The current recommendation for added sugar consumption is no more than 100 calories per day for women which equates to around 6 teaspoons or 24 grams and no more than 150 calories per day for men which equates to around 9 teaspoons or 36 grams (2023)

### **Fats and Oils**

Fats and oils should be used sparingly in your diet. Choose liquid or tub margarines instead of sticks. Light tub margarines are a good choice and no longer contain trans-fatty acids. Choose canola oil, olive oil, and nonstick cooking sprays for low fat cooking. Use low fat salad dressings or mayonnaise.

### **Desserts and Snacks**

Desserts and snacks should be limited. Choose nonfat and low fat puddings and frozen desserts. Angel food cake, regular and sugar free gelatins, animal crackers, gingersnaps, graham crackers, and vanilla wafers can also be good choices. Fruit is always the best choice for something sweet!

## Recommended Foods

<b>Meat and Protein (6 oz per day)</b>	<ul style="list-style-type: none"> <li>- Fish (2 servings per week)</li> <li>- Chicken and turkey without skin</li> <li>- Ground turkey</li> <li>- Lean, well-trimmed beef (round or loin cuts)</li> <li>- Low fat, low-sodium lunch meat</li> <li>- Lean pork</li> <li>- Meatless protein such as dried beans, lentils, split peas, natural peanut butter, tofu, and vegetable protein</li> <li>- Canned tuna without added salt</li> </ul>
<b>Eggs</b>	<ul style="list-style-type: none"> <li>- Whole eggs (in moderation)</li> <li>- Egg whites</li> <li>- Cholesterol free egg substitutes</li> </ul>
<b>Dairy Products (2-4 servings per day)</b>	<ul style="list-style-type: none"> <li>- Skim milk, ½%, 1% milk, low-fat buttermilk</li> <li>- Evaporated skim milk, nonfat dry milk</li> <li>- Low fat frozen yogurt, low fat ice cream, sherbet, or sorbet</li> <li>- Low fat yogurt, low fat pudding</li> <li>- Low fat sour cream, low fat cream cheese</li> <li>- Low fat cheeses</li> </ul>
<b>Bread, Cereal, Pasta, and Rice</b>	<ul style="list-style-type: none"> <li>- Whole wheat or whole grain breads, English muffins, bagels, pita breads, and tortillas</li> <li>- Whole wheat pasta</li> <li>- Brown rice</li> <li>- Whole grain hot or cold cereal</li> <li>- Low fat unsalted snack crackers, pretzels, baked chips, low fat popcorn, and rice cakes</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>- Raw vegetables</li> <li>- Canned (no added salt, no added fat) or frozen vegetables</li> <li>- Low sodium vegetable juices</li> <li>- Tomato sauce and paste with no added salt</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>- Fresh, frozen, or canned fruit</li> </ul>
<b>Dietary Fats</b>	<ul style="list-style-type: none"> <li>- Light tub margarine</li> <li>- Liquid vegetable oils, including canola, olive, and peanut oils</li> <li>- Low fat salad dressing</li> <li>- Low fat mayonnaise</li> <li>- Unsalted nuts and seeds</li> <li>- Natural peanut butter</li> </ul>

### Not Recommended Foods

<b>Meat and Protein</b>	<ul style="list-style-type: none"> <li>- Fish (fried, breaded, or oil packed)</li> <li>- Fried poultry, duck, goose</li> <li>- Highly marbled meat cuts</li> <li>- Hot dogs</li> <li>- Bacon, sausage, high fat lunch meat</li> <li>- Liver and other organ meats</li> <li>- Salted, pickled, or smoked meats</li> </ul>
<b>Soups</b>	<ul style="list-style-type: none"> <li>- Regular canned soups and broths</li> <li>- Instant and dried soup products</li> <li>- Bouillon</li> </ul>
<b>Dairy Products (2-4 servings per day)</b>	<ul style="list-style-type: none"> <li>- Whole milk</li> <li>- Cream, half and half, nondairy creamers</li> <li>- Regular ice cream, whipped cream, nondairy whipped toppings</li> <li>- Whole milk yogurt, sour cream</li> <li>- Whole milk cheeses and cream cheese</li> <li>- Regular pudding</li> </ul>
<b>Bread, Cereal, Pasta, and Rice</b>	<ul style="list-style-type: none"> <li>- High fat baked goods such as doughnuts, croissants, pastries, muffins, and biscuits</li> <li>- Fried rice and chow mein noodles</li> <li>- Granolas with coconut or coconut oil</li> <li>- High fat chips and crackers. Cheese crackers and butter crackers</li> <li>- Sugar-coated cereals</li> <li>- Cheese bread</li> <li>- Products with salted tops</li> <li>- Instant potato, rice, or noodle mixes</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>- Deep fried vegetables</li> <li>- Vegetables with cheese or butter sauces</li> <li>- Pickles</li> <li>- Canned vegetables with added salt</li> <li>- Regular vegetable juices</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>- Coconut</li> </ul>
<b>Dietary Fats</b>	<ul style="list-style-type: none"> <li>- Butter and stick margarine</li> <li>- Lard, meat fat, vegetable shortening</li> <li>- Products made with palm kernel oil, palm oil, and coconut oil</li> <li>- Salad dressing made with sour cream, cheese, or bacon</li> <li>- Chocolate high in saturated fat</li> <li>- Macadamia nuts</li> </ul>

## Using Food Labels

Food labels help you choose foods that are lower in calories, fat, cholesterol, sodium, and added sugars (to name a few).

While fresh fruits and vegetables, whole grains, and other less processed foods are important for a healthy diet, you can make smart choices about packaged or processed foods when you know what to look for! The array of items on the grocery store shelf can be confusing, but food labels can help you make healthier choices.

### Here are some tips!

Check the serving size on the label. All the information on the food label is based on that serving size. If a container has 3 servings and you plan to eat the whole container, you must multiply the numbers on the label by 3 to determine the total amount consumed.

Low fat foods will have 3 grams of fat or less per serving.

Low saturated fat foods will have 1 gram or less per serving, with not more than 15% of calories coming from saturated fat.

Low sodium foods will have 140 mg or less per serving.

Low cholesterol foods will have 20 mg or less per serving.

High fiber foods have at least 5 grams of fiber per serving while a good source contains 2.5 to 4.9 grams per serving.

Know the difference between total sugars and added sugars. Total sugars include sugars that are naturally present in many nutritious foods and beverages. Added sugars include sugars that are added during the processing of foods and should be limited.

The % Daily Value shows you how much of the recommended amounts the food provides in one serving if you eat 2000 calories per day.

Let's look at some examples:

<b>Nutrition Facts</b>	
3.5 servings per container	
<b>Serving Size</b>	<b>½ cup (121g)</b>
Amount per Serving	
<b>Calories</b>	<b>30</b>
	% Daily Value
<b>Total Fat</b> 0g	0%
<b>Saturated Fat</b> 0g	0%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 200mg	9%
<b>Total Carbohydrate</b> 6g	2%
<b>Dietary Fiber</b> 2g	7%
<b>Total Sugars</b> 3g	
Includes 0g Added Sugar	0%
<b>Protein</b> 1g	

<b>Nutrition Facts</b>	
3.5 servings per container	
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Amount per Serving	
<b>Calories</b>	<b>30</b>
	% Daily Value
<b>Total Fat</b> 0g	0%
<b>Saturated Fat</b> 0g	0%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrate</b> 6g	2%
<b>Dietary Fiber</b> 2g	7%
<b>Total Sugars</b> 3g	
Includes 0g Added Sugar	0%
<b>Protein</b> 1g	

These are labels for diced tomatoes. One label is for a No Added Salt can and one is for a regular can. Can you spot the difference?

- The regular can contains 700mg of sodium (3.5 servings x 200 mg sodium) while the No Added Salt can contains just 52.5 mg of sodium (3.5 servings x 15 mg sodium).

How many calories are there in an entire container? (both have the same amount)

- There are 105 calories in the entire can of diced tomatoes (3.5 servings x 30 calories)

Is this considered a low fat food?

- Yes. These cans of diced tomatoes contain 0 grams of fat and 0 grams of saturated fat, making them a low fat food.

Is this considered a high fiber food?

- No. These cans of diced tomatoes contain only 2 grams of fiber per serving falling short by 3 grams of fiber.

## Fiber Facts

Fiber is the structural part of plant foods. There are two different types of fiber, insoluble and soluble, that are important to your health.

Insoluble fibers found in wheat bran and whole grains promote regularity, aid in the treatment of diverticulosis and may reduce the risk of colon cancer. Soluble fiber found in oat bran, barley, dried beans, legumes, and some fruits may help lower blood cholesterol levels and stabilize blood sugars in people with diabetes. Many foods rich in fiber are low in calories and make you feel full longer so they can aid in weight control. Dietary guidelines call for an intake of approximately 25 to 30 grams of total fiber per day.

Eat a variety of fiber-rich foods – try to include two fiber-rich foods at each meal!

Increase your intake of whole grain breads and cereals.

- Look for fiber on the food label to make sure that there are at least 2.5-3 grams of fiber per serving
- Make sure the first ingredient in breads is “whole grain.”
- Substitute whole wheat flour or oat bran for part of the white flour in recipes

Include more fruits and vegetables in your daily diet

- Try to eat rather than drink your fruit servings. The more edible peels and skins you consume, the more fiber you get!
- Eat raw fruits and vegetables for healthy low calorie snacks

Substitute dried peas and beans for meat

- Use them in soups, stews, and salads
- Try vegetarian chili

Caution: Increase your intake of fiber gradually and aim to drink eight 8-ounce glasses of fluids per day. Water is the preferred fluid!

## Reducing Sodium in Your Eating Plan

### High-sodium seasonings and condiments to limit or avoid:

- Alfredo sauce, soup, and other packaged sauce mixes.
- Barbecue, taco, and steak sauce.
- Dry salad dressing mixes.
- Garlic, onion, and celery salt.
- Imitation bacon bits.
- Meat tenderizers and sauces.
- Monosodium glutamate (MSG). MSG may be found in Chinese food, soy sauce, and oyster sauce.
- Prepared horseradish sauce, and ketchup.
- Pickle relish.
- Salt, seasoned salt, kosher salt, and sea salt.
- Soy, Worcestershire, and teriyaki sauces. **Limit low sodium varieties** because they still contain high amounts of sodium.
- Tartar, fish, and cocktail sauce.

### Low-sodium herbs to use:

- **Basil** with eggs, fish and shellfish, beef, liver, veal, tomato sauce, soups, pasta, green salad, and vegetables.
- **Bay leaf** with beef, white fish, soups, and tomato dishes.
- **Cilantro, chili powder, and cumin** with egg dishes, Mexican food, pork, fish, and rice.
- **Dill weed** with breads, chicken, cooked fresh vegetables, cucumbers, fish or shellfish, potato salad, and soup.
- **Marjoram** with beef, lamb, chicken, turkey, pasta, green salad, cream sauce, eggs, soups, and vegetables.
- **Parsley** with stuffing, rice, egg salad, green salad, vegetable salad, baked beans, vegetables, soups, and tomato sauces.
- **Rosemary and thyme** with veal, pork, beef, potatoes, cream or tomato sauce, soups, and vegetables.
- **Sage** with chicken, turkey, fish, pork, veal, soups, onions, stuffing, tomato sauce, and vegetables.

- **Savory** with beef, stuffing, chicken soup, green beans, poultry, red meats, and potatoes.
- **Tarragon** with eggs, fish or shellfish, chicken, turkey, green salad, soups, sauces, and salad dressings.

#### **Low-sodium herb blends to use:**

- **Chili blend:** mix black pepper, chili powder, cilantro, cumin, dry mustard, garlic powder, onion powder, oregano, and paprika.
- **Cole slaw blend:** mix celery seed, dill weed, dried onion, sugar, and tarragon.
- **Italian food blend:** mix basil, black pepper, garlic powder, ground red pepper, marjoram, oregano, savory, and thyme.
- **Onion herb blend:** mix basil, black pepper, cumin, dill weed, dried onion flakes, and garlic powder.

#### **Low-sodium spices to use:**

- **Cinnamon** in custard and pudding, sweet breads, rolls, fruits, fruit salad, pork, pumpkin, winter squash, and sweet potatoes.
- **Cloves** in sweet breads, fruit, ham, pork, baked beans, tomatoes, winter squash, and sweet potatoes.
- **Curry powder** with beef, veal, chicken, turkey, and fish or potato soup.
- **Ginger** with baked fish, carrots, pot roast, ham, chicken, turkey, rice, and fruit.
- **Mace** in chicken soup, baked fruit desserts, carrots, cauliflower, custard, fruit jams, lamb, potatoes, and pumpkin.
- **Nutmeg** in sweet breads, fruits, vegetables, and custard.

#### **Low-sodium seasonings to use:**

- **Chives** in eggs, pasta, cream or potato soup, corn, potatoes, and salad dressing.
- **Garlic** (minced, powdered, or freshly chopped) with shellfish, lamb, soup, dips and sauces, Italian dishes, meats, and poultry.
- **Lemon** with chicken, fruit salads, grilled or baked fish, shellfish, spinach, and tossed salads.
- **Onion** (dried, powdered, or freshly chopped) with beef, liver, egg salad, green salad, casseroles, pasta dishes, and stews.
- **Vinegar** (such as balsamic, cider, flavored, red wine, or white) with cucumbers, cooked greens, potatoes, salad dressings, spinach, and seafood.

**How to use food labels to choose seasonings that are low in sodium:** Reading food labels is a good way to learn whether foods contain sodium and how much sodium they contain. The

ingredient list on the food label will tell you if the seasoning or food contains sodium. The food contains sodium if an ingredient has Na (symbol for sodium), salt, soda, or sodium in its name. Food labels list the amount of sodium in the food in milligrams (mg). Following are some words about sodium that may appear on a label and what they mean. Ask your healthcare provider for more information about how to read food labels.

- **Sodium free or salt free:** Less than five mg in each serving.
- **Very low sodium:** Thirty-five (35) mg of sodium or less in each serving.
- **Low sodium:** One-hundred and forty (140) mg of sodium or less in each serving.
- **Reduced or less sodium:** At least 25 percent less sodium in each serving. For example, a food may have 800 mg of sodium in each serving. The same food made with reduced sodium would contain 600 mg of sodium.
- **Light in sodium:** Fifty (50) percent less sodium in each serving. For example, a food may have 500 mg of sodium in each serving. The same food that is light in sodium would have 250 mg of sodium.
- **Unsalted or no added salt:** No extra salt is added.

#### **Other ways to decrease sodium:**

- Fast food and packaged foods are often high in sodium. Buy low salt or low sodium foods whenever possible. Eat homemade or fresh foods and meals to avoid getting too much sodium. Buy fresh vegetables, frozen vegetables or low sodium or no salt added canned vegetables.
- Avoid regular canned soups or soups made from dry mixes. Buy low sodium soups or make your own at home without salt. Use low sodium broth, bouillon, or consommé.
- Avoid canned, smoked, or processed poultry (chicken, turkey), fish, or meats. Limit cured meats such as bacon and ham.
- Regular cheese contains a medium to high amount of salt. If you eat cheese, buy low sodium kinds as often as possible. Add only one third to one half the amount of cheese listed on recipes.

## **Tips for Eating Out**

- Plan ahead to select a restaurant that accommodates your dietary needs.
- Large portions are served. Ask for a to-go box and take half of the entrée home and have it for lunch the next day or share the entrée with a friend!
- Avoid foods that have been breaded or deep fried in fat.
- Avoid foods with butter, cheese, or cream sauce.
- Be polite but aggressive when ordering meals. If asked, restaurants will prepare food as you request.
- Have sauces and salad dressing served on the side. This will let you limit the portion size. Remember, many restaurants have low-fat and fat-free choices.
- Order foods prepared with little or no fat. They are usually baked, broiled, roasted, steamed, and grilled.
- At Cajun restaurants, avoid fried seafood and hushpuppies. Blackened entrees are usually dipped in butter or oil, covered with spices and pan fried. Ask the cook to use only a small amount of oil. Ask for all sauces and gravies on the side.
- At Oriental restaurants, order dishes that feature small portions of meat, or lean meat stir fried with vegetables in small amounts of peanut oil. Ask to leave out the soy sauce, MSG, and salt.
- At Italian restaurants, pasta with tomato sauce is a filling low fat meal. Avoid high fat cheese, sausage, fatty cuts of meat, and Alfredo sauce.
- At French restaurants, bypass the rich entrees, desserts, and sauces. Ask for simple dishes with the sauces on the side. Ask the margarine, instead of butter, be used in cooking – or leave it out altogether.
- At Mexican restaurants, tell your server not to bring fried tortilla chips to the table. Hold the sour cream and the guacamole from entrees – use salsa to flavor. Ask for low fat cheeses.
- At Steakhouses, avoid the king-sized cuts. Choose a 6-ounce steak and enjoy non-meat entrees the rest of the day or split the meal with a friend. You can also take half of the steak home and enjoy the next day. Steak houses generally prepare the food to order, so ask to have all visible fat trimmed before cooking.

### **Fast Food Tips**

- Order smaller portions. For example, a regular or junior size single hamburger. Hold the cheese, mayonnaise, and the secret sauce. Lettuce, tomato, mustard, and onions are acceptable toppings.
- Try a grilled chicken sandwich.
- Order a side salad with low fat dressing or a baked potato instead of fries.
- Order sandwiches on whole wheat bread or pita bread
- Order your sub sandwich without mayonnaise or oil

# Appetizers



## Tomato Mini Pizzas

Servings: 4

2 Greek Style Pita Bread (flatbread, not pocket pita)  
2 large Roma tomatoes  
2 teaspoons basil leaves (dried, in seasoning aisle)  
2 teaspoons olive oil  
1 teaspoon of minced garlic  
1/3 cup shredded part-skim mozzarella cheese  
Cooking spray

Preheat oven to 400 degrees F. Spray a large non-stick baking sheet with cooking spray. Place the pitas on the baking sheet. In a small bowl, mix the tomatoes and salt; stir in the basil, oil, and garlic. Top the pitas with the tomato mixture, drizzling any liquid in the bowl over the toppings. Bake until the tomatoes are hot and softened, about 8 minutes. Sprinkle with the cheese; bake until cheese is melted, about 3 minutes. Cut in half and serve.

Nutrition Facts (per serving):

Calories: 153 calories  
Fat: 5g  
Saturated Fat: 1.5g  
Unsaturated Fat: 2g  
Trans Fat: 0g  
Cholesterol: 6.5g  
Sodium: 268mg  
Carbohydrates: 22g  
Fiber: 1g  
Added Sugar: 1.5g  
Protein: 3g

## Southwest Pinwheels

Servings: 48 pinwheels

8 oz fat-free/light cream cheese  
½ cup black olives, chopped and pitted  
1 – 4 oz can diced green chili peppers, drained  
1 ½ teaspoon minced garlic  
1/8 teaspoon hot sauce  
1/8 teaspoon ground cumin  
8 tortillas (10-inch diameter)  
6 oz sliced smoked turkey or smoked chicken slices  
Plastic wrap

In a medium bowl, combine the cream cheese, olives, chili peppers, garlic, hot sauce, and ground cumin. Spread some of the olive mixture on each tortilla. Cover with turkey or chicken and roll tightly. Wrap in plastic wrap and refrigerate for at least 2 hours. When ready to serve, remove the plastic wrap and cut each roll into 6 slices.

Nutrition Facts (per serving):

Calories: 50 calories  
Fat: 2g  
Saturated Fat: 1g  
Unsaturated Fat: 1g  
Trans Fat: 0g  
Cholesterol: 4.5mg  
Sodium: 189mg  
Carbohydrates: 7g  
Fiber: <1g  
Added Sugar: <1g  
Protein: 2g

## Sweet Potato Nachos

Servings: 6

3 medium sweet potatoes (about 1 pound); peeled and thinly sliced into ¼ inch thick rounds  
1 tablespoon olive oil  
1 ½ teaspoons of paprika  
1 teaspoon of chili powder  
1 teaspoon of garlic powder  
1/3 cup no-salt-added black beans, rinsed and drained  
1/3 cup fat free shredded cheddar cheese  
1/3 cup no-salt-added diced tomatoes, rinsed and drained  
1/3 cup chopped avocado  
Cooking spray

Preheat oven to 425 degrees F. Line two medium baking pans with aluminum foil. Lightly spray with cooking spray. In a large bowl, toss together sweet potatoes, olive oil, paprika, chili powder, and garlic powder. Spread the sweet potato mixture in a single layer in the baking pans. Bake for 10 minutes. Using a spatula, turn over the sweet potatoes. Bake for 5 to 10 minutes, or until crisp. Remove from oven and sprinkle the beans and cheese over the sweet potatoes. Bake for 2 minutes, or until the cheese has melted. Sprinkle with tomato and avocado, serve.

Nutrition Facts (per serving):

Calories: 124 calories  
Fat: 4g  
Saturated Fat: 0.5g  
Unsaturated Fat: 3g  
Trans Fat: 0g  
Cholesterol: 0.5mg  
Sodium: 89mg  
Carbohydrates: 19g  
Fiber: 4g  
Added Sugar: 0g  
Protein: 4g

## Garlic and Portobella Mushroom Crostini

Servings: 15

2 whole garlic heads/bulbs

1 – 6 oz package of pre-sliced Portobella mushrooms

2 tablespoons balsamic vinegar

15 – ½ inch thick slices of French bread baguette (about 5 oz)

¾ cup crumbled goat cheese (about 3 oz)

Cooking spray

Aluminum foil

Preheat oven to 350 degrees F. Wrap each garlic head in aluminum foil and bake at 350 degrees for 1 hour. Separate cloves and squeeze to extract pulp. Set pulp aside. Combine mushrooms and balsamic vinegar in a shallow dish and let stand for 15 minutes. Coat a nonstick skillet with cooking spray. Cook mushrooms and balsamic vinegar over medium high heat for about 5 minutes. Spread roasted garlic on each slice of bread. Divide mushrooms evenly on the bread. Spoon 2 teaspoons of cheese on each slice of bread. Place on a baking sheet and broil for 2 minutes.

Nutrition Facts (per serving):

Calories: 113 calories

Fat: 2g

Saturated Fat: 0g

Unsaturated Fat: 0g

Trans Fat: 0g

Cholesterol: 5mg

Sodium: 171mg

Carbohydrates: 20g

Fiber: 1g

Added Sugar: 0g

Protein: 4.5g

## Black Bean Dip

Servings: 12

1 – 15 oz can of No Added Salt black beans, drained and rinsed  
½ cup salsa of choice  
2 tablespoons lime juice  
2 tablespoons cilantro  
¼ teaspoon of ground cumin  
Pepper to taste

In a food processor or blender, combine the black beans, salsa, lime juice, cilantro, and cumin. Process until smooth. Season with pepper and transfer to a small bowl.

Nutrition Facts (per serving):

Calories: 38 calories  
Fat: <1g  
Saturated Fat: 0g  
Unsaturated Fat: 0g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 80mg  
Carbohydrates: 7.5g  
Fiber: 2g  
Added Sugar: 0g  
Protein: 2g

## Greek Yogurt Ranch Dip

Serving Size: 1 cup

1 cup plain non-fat Greek yogurt  
¾ teaspoon of garlic powder  
½ teaspoon of onion powder  
½ teaspoon of dill/dill weed (dried, in seasoning aisle)  
¼ teaspoon of Worcestershire sauce  
1/8 teaspoon of cayenne pepper  
Chopped chives for garnish (optional)

In a medium bowl, stir together all of the ingredients. Garnish with fresh chives (optional) and serve. To store: refrigerate in an airtight container for up to 3 days.

Nutrition Facts (per serving):

Calories: 120 calories

Fat: 0g

Saturated Fat: 0g

Unsaturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0g

Sodium: 99mg

Carbohydrates: 9g

Fiber: 0g

Added Sugar: 0g

Protein: 22g

## Chicken Salad Spread

Servings: 7

1 ½ cups cooked skinless chicken breast, chopped  
1 cup Granny Smith apples, chopped  
½ cup fat-free/light sour cream  
¼ cup green onions, chopped

In a small bowl, combine and mix all ingredients.

Nutrition Facts (per serving):

Calories: 86 calories

Fat: 3g

Saturated Fat: 1g

Unsaturated Fat: 1g

Trans Fat: 0g

Cholesterol: 33mg

Sodium: 114mg

Carbohydrates: 4.5g

Fiber: 1g

Added Sugar: 0g

Protein: 10g

## Smoky Pineapple Guacamole

Servings: 16

2 ripe avocados; halved, seeded, peeled  
2 slices of fresh or canned pineapple  
2 tablespoons of light/non-fat sour cream  
1 tablespoon lime juice  
1 tablespoon cilantro  
1 teaspoon chopped canned chipotle pepper in adobo sauce  
Cooking spray

Lightly coat a grill pan with cooking spray. Heat pan over medium heat. Add avocado halves and pineapple slices and cook for 6-8 minutes or until heated through and golden grill marks appear, turning once. Finely chop pineapple. Place avocados, pineapple, sour cream, cilantro, lime juice, and chipotle peppers in a resealable plastic bag and seal. Knead bag with your hands to combine ingredients. Chill for up to 8 hours and serve.

Nutrition Facts (per serving):

Calories: 37 calories  
Fat: 3g  
Saturated Fat: 0.5g  
Unsaturated Fat: 2g  
Trans Fat: 0g  
Cholesterol: 1mg  
Sodium: 7mg  
Carbohydrates: 3g  
Fiber: 1g  
Added Sugar: 0g  
Protein: 0.5g

## Low Sodium Salsa

Serving Size: 1/2 cup

Yields: 2 cups

3 green onions, chopped  
1 teaspoon minced garlic  
1 – 28 oz can of whole tomatoes, chopped  
2 tablespoons finely chopped jalapenos  
¼ cup chopped cilantro  
1 teaspoon dried oregano  
¼ teaspoon cumin

Combine all ingredients. Serve with baked tortilla chips or as a topping for chicken or fish.

Nutrition Facts (per serving):

Calories: 61 calories

Fat: 0g

Saturated Fat: 0g

Unsaturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 301mg

Carbohydrates: 12g

Fiber: 4g

Added Sugar: 0g

Protein: 2g

## Molasses-Lime Meatballs

Servings: 16

1 ½ pound (24 oz) extra-lean ground beef  
8 oz uncooked Italian turkey sausage links, casings removed  
1 cup quick oats  
1 cup liquid egg whites  
1 cup finely chopped green onions  
4 teaspoons of Worcestershire sauce  
1 teaspoon crushed red pepper  
6 tablespoons of molasses  
¼ cup of reduced-sodium soy sauce  
2 tablespoons of lime juice  
Nonstick cooking spray

Coat a 3 ½ or 4 quart slow cooker with cooking spray and set aside. In a large bowl, combine ground beef, sausage, oats, liquid eggs, green onions, Worcestershire sauce, and crushed red pepper. Shape mixture into 72 approximately 2-inch meatballs. Coat a 12-inch nonstick skillet with cooking spray. Cook meatballs one-fourth at a time over medium heat until brown, turning once. Transfer meatballs into prepared slow cooker. Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2 ½ hours. When ready to serve, whisk together molasses, soy sauce, and lime juice. Pour over meatballs. Toss gently to coat. Serve immediately or keep warm and covered.

Nutrition Facts (per serving):

Calories: 129 calories  
Fat: 3g  
Saturated Fat: 1g  
Unsaturated Fat: <1g  
Trans Fat: 0g  
Cholesterol: 36mg  
Sodium: 306mg  
Carbohydrates: 10g  
Fiber: <1g  
Added Sugar: 0g  
Protein: 14g

## Herbed Cheese Mini Peppers

Servings: 20

10 mini sweet peppers

1 lemon

16 oz package of reduced-fat cream cheese (Neufchatel), softened

½ teaspoon of oregano, rosemary, tarragon, or thyme

2 tablespoons of finely chopped jalapeno pepper

1 tablespoon of 2% milk (or skim)

Cut each mini sweet pepper in half lengthwise and remove seeds. Remove zest from lemon and set aside. Squeeze ~1 tablespoon of juice from lemon. In a small bowl, combine cream cheese, oregano (or other preferred herb), jalapeno, milk, and lemon juice. If needed, stir in enough additional milk to reach piping consistency. Pipe or spoon cream cheese mixture into pepper halves. Sprinkle with lemon zest and add additional herbs if desired. Serve immediately or store in refrigerator for up to 4 hours.

Nutrition Facts (per serving):

Calories: 61 calories

Fat: 5g

Saturated Fat: 3g

Unsaturated Fat: 2g

Trans Fat: 0g

Cholesterol: 16mg

Sodium: 84mg

Carbohydrates: 3g

Fiber: 0g

Added Sugar: 0g

Protein: 2g

## Saucy Boneless Chicken “Wings” with Cherry Barbecue Sauce

Servings: 8

¼ cup of low sodium, sugar free barbecue sauce (we used G Hughes smokehouse)  
¼ cup of cherry jam  
½ teaspoon of chili powder  
½ teaspoon of garlic powder  
½ teaspoon of onion powder  
½ teaspoon of ground cumin  
2 tablespoons of all-purpose flour  
1 pound of boneless, skinless chicken breast halves with all visible fat discarded

In a small bowl, stir together the barbecue sauce and cherry jam. Set aside. In a second bowl, stir together chili powder, garlic powder, onion powder, and cumin. Stir in the flour. Cut chicken breast halves into ½ inch strips (total 16 strips). Dip the chicken in the seasoning mixture, turning to coat and gently shaking off any excess. Using your fingertips, gently press the coating so it adheres to the chicken. Place the strips in the slow cooker. Stir the sauce together with the chicken. Cook, covered, on low for 3 to 4 hours or on high for 1 ½ to 2 hours.

Nutrition Facts (per serving):

Calories: 162 calories  
Fat: 3g  
Saturated Fat: <1g  
Unsaturated Fat: 1g  
Trans Fat: 0g  
Cholesterol: 83mg  
Sodium: 101mg  
Carbohydrates: 6g  
Fiber: 0g  
Added Sugar: 5g  
Protein: 25g

## Roasted Red Bell Pepper and Artichoke Tapenade

Servings: 14

12 ounces of jarred roasted red bell peppers, rinsed and drained (or can prepare fresh)  
7 ounces of quartered artichoke hearts, rinsed and drained if jarred/canned  
2 ounces of sliced mushrooms  
1 tablespoon of dried basil, crumbled (or 3 tablespoons of fresh chopped basil)  
2 to 3 tablespoons of fresh lemon juice OR cider vinegar  
2 tablespoons of chopped red onion  
2 medium garlic cloves, halved  
2 tablespoons of olive oil (extra virgin if able)  
¼ teaspoon of salt  
14 Melba rounds

In a food processor or blender, pulse the bell peppers, artichoke hearts, mushrooms, basil, lemon juice (or cider vinegar), onion, and garlic until coarse. Pour the mixture into a medium bowl. Stir in the oil and salt until well blended. Serve on unsalted Melba rounds

Nutrition Facts (per serving):

Calories: 45 calories  
Fat: 2g  
Saturated Fat: <1g  
Unsaturated Fat: 2g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 171mg  
Carbohydrates: 5g  
Fiber: <1g  
Added Sugar: 0g  
Protein: 1g

## Baked Mozzarella Cheese Bites

Servings: 6

2 ½ tablespoons of cornstarch  
1 ½ cups of whole wheat or plain panko bread crumbs  
2 large egg whites  
2 tablespoons of water  
¼ teaspoon of pepper  
6 low-fat mozzarella string cheese sticks, each cut into 4 pieces

1 ½ cups of no-salt-added crushed tomatoes  
2 ½ teaspoons of dried Italian seasoning  
¼ teaspoon of pepper

Preheat the oven to 425 degrees F. Line a large baking sheet with aluminum foil and lightly spray with cooking spray. Put the cornstarch in a gallon-size resealable plastic bag. Put the panko in a second gallon-sized bag. In a shallow dish, whisk together the egg whites, water, and pepper. Add eight cheese pieces to the bag with the cornstarch, shaking to coat well. Dip the cheese pieces in the egg mixture, coating well. Transfer the cheese to the bag with the panko, shaking the bag until each cheese piece is well coated. Transfer to the baking sheet and repeat. Bake for 5 minutes, or until the cheese is melted. In a medium saucepan, cook the crushed tomatoes, Italian seasoning, and pepper over medium-high heat until heated through. Serve with mozzarella bites.

Nutrition Facts (per serving):

Calories: 155 calories  
Fat: 3.5g  
Saturated Fat: 2g  
Unsaturated Fat: 1.5g  
Trans Fat: 0g  
Cholesterol: 10mg  
Sodium: 238mg  
Carbohydrates: 19g  
Fiber: 2g  
Added Sugar: 1g  
Protein: 10g

## Breads and Breakfasts



## Buttermilk Biscuits

Servings: 8

1 cup all-purpose flour  
2 teaspoons baking powder  
1 teaspoon sugar  
1/8 teaspoon baking soda  
1/8 teaspoon salt  
1 tablespoon light tub margarine  
1/3 cup low fat buttermilk  
¼ cup nonfat plain yogurt  
Cooking spray

Preheat the oven to 425 degrees F. Spray pan with cooking spray and set aside. In a medium bowl, mix flour, baking powder, sugar, baking soda, and salt. With a pastry blender or fork, cut in margarine until it is in small pieces throughout the flour. Stir in the buttermilk and yogurt with a fork until just moistened. Turn out dough onto a lightly floured board. Shape into a disk. With your hands or a rolling pin, pat out the dough until it is ½ inch thick. Cut out biscuits with a 2 ½ inch cutter. Place biscuits in prepared pan. Bake for 10 to 12 minutes or until biscuits are golden brown.

Nutrition Facts (per serving):

Calories: 68 calories  
Fat: 0.5g  
Saturated Fat: 0.1g  
Unsaturated Fat: 0.3g  
Trans Fat: 0g  
Cholesterol: <1 mg  
Sodium: 207mg  
Carbohydrates: 13g  
Fiber: 0g  
Added Sugar: 0.5g  
Protein: 2g

## Sausage Gravy

Servings: 8

8 oz of ground turkey sausage  
1 tbsp of light tub margarine  
2 cups of skim milk  
¼ cup of all-purpose flour  
½ tsp of pepper

Brown sausage in a skillet and pat off any excess grease with paper towels. Set aside. Melt light butter/margarine in a saucepan. Whisk together ¼ cup flour with 2 cups of skim milk. Slowly add the milk-flour mixture and butter/margarine to the sausage over medium heat while whisking or mixing continuously. This will start thickening in a few minutes. Add 1 tsp of salt substitute and pepper. Add additional herbs/spices as desired.

Nutrition Facts (per serving)

Calories: 89 calories  
Fat: 5g  
Saturated Fat: 1g  
Unsaturated Fat: 4g  
Trans Fat: 0g  
Cholesterol: 23 mg  
Sodium: 212 mg  
Carbohydrates: 6g  
Fiber: 0g  
Added Sugar: 0g  
Protein: 7g

## Apple Oatmeal Muffins

Servings: 12

1 cup all-purpose flour  
¾ cup whole wheat flour  
3 tablespoons rolled oats  
1 ½ tablespoons brown sugar blend  
1 teaspoon baking powder  
¼ teaspoon baking soda  
1 cup nonfat plain yogurt  
2 egg whites  
1 teaspoon vanilla extract  
1 large apple, peeled and diced  
1 teaspoon ground cinnamon  
¼ cup raisins  
Cooking spray

Preheat oven to 400 degrees F. Lightly grease 12-muffin tin with cooking spray and set aside. In a large bowl, mix all-purpose flour, whole wheat flour, 2 tablespoons rolled oats, 2 tablespoons brown sugar, baking powder, and baking soda. In a small bowl, beat together yogurt, egg whites, and vanilla extract and then add to flour mixture. Beat quickly until just mixed. In another small bowl, mix the remaining 1 tablespoon of brown sugar with the apple, cinnamon, and raisins and then quickly fold into the batter. Spoon the batter into the prepared cups. Sprinkle with the remaining 1 tablespoon of rolled oats. Bake for 15 minutes.

Nutrition Facts (per serving):

Calories: 108 calories  
Fat: <1g  
Saturated Fat: 0g  
Unsaturated Fat: 0g  
Trans Fat: 0g  
Cholesterol: <1mg  
Sodium: 172mg  
Carbohydrates: 22g  
Fiber: 1.5g  
Added Sugar: 1.5g  
Protein: 4g

## Whole Wheat Oat Pancakes

Servings: 10

2/3 cup rolled oats  
½ cup all-purpose flour  
½ cup whole wheat flour  
1 tablespoon baking powder  
1 cup skim milk  
¼ cup egg whites  
1 ½ teaspoons canola oil  
Cooking spray

Place oats in blender, cover and process until ground. Combine ground oats, whole wheat flour, all-purpose flour, and baking powder in a bowl. Combine milk, egg whites, and oil; add to oat mixture, stirring until just moistened.

For each pancake, pour ¼ cup of batter onto a hot skillet coated with cooking spray. Turn when tops are covered with bubbles and edges are cooked.

Nutrition Facts (per serving):

Calories: 87 calories  
Fat: 1g  
Saturated Fat: <1g  
Unsaturated Fat: <1g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 180mg  
Carbohydrates: 15g  
Fiber: 1g  
Added Sugar: 0g  
Protein: 3.5g

## Blueberry Pancakes

Servings: 12

1 cup all-purpose flour  
2 teaspoons baking powder  
¼ teaspoon baking soda  
1 tablespoon sugar  
1 1/3 cup low fat buttermilk  
¼ cup egg whites  
1 tablespoon canola oil  
½ cup frozen blueberries  
Cooking spray

Combine flour, baking powder, baking soda, and sugar. Combine buttermilk, egg whites, and oil; add to dry ingredients, stirring until just moistened. Stir in blueberries.

For each pancake, pour ½ cup of batter onto a hot skillet coated with cooking spray. Turn when tops are covered with bubbles and edges are cooked.

Nutrition Facts (per serving):

Calories: 56 calories  
Fat: 1.5g  
Saturated Fat: <1g  
Unsaturated Fat: 1g  
Trans Fat: 0g  
Cholesterol: 1mg  
Sodium: 152mg  
Carbohydrates: 11g  
Fiber: 0g  
Added Sugar: 1g  
Protein: 2.5g

## Blueberry Muffins

Servings: 12

2  $\frac{3}{4}$  cups of all purpose flour  
2 teaspoons of baking powder  
1 teaspoon of baking soda  
 $\frac{1}{4}$  teaspoon of ground nutmeg  
 $\frac{1}{8}$  teaspoon of salt  
1 teaspoon of stevia sweetener (or 2 packet)  
 $\frac{1}{2}$  cup canola oil  
1 teaspoon of vanilla extract  
1 large egg  
1 cup plain nonfat yogurt  
1 cup of blueberries

Preheat the oven to 350 degrees F. Lightly spray a 12 muffin pan with cooking spray. In a large bowl, sift the flour, baking powder, baking soda, nutmeg, and salt. In a separate large bowl, whisk together the stevia sweetener, oil, vanilla, egg, and yogurt. Add the dry ingredients. Stir together until the mixture is just moistened but no flour is visible. Gently fold in the blueberries, reserving 24-36 blueberries to garnish the tops. Spoon the batter into the muffin cups. Using the reserved blueberries, sprinkle 2-3 berries on top of each muffin. Bake to 25-30 minutes or until a wooden toothpick inserted in the center comes out clean. Let cool completely.

Nutrition Facts (per serving):

Calories: 202 calories  
Fat: 10g  
Saturated Fat: 1g  
Unsaturated Fat: 8g  
Trans Fat: 0g  
Cholesterol: 18mg  
Sodium: 230mg  
Carbohydrates: 24g  
Fiber: <1g  
Added Sugar: 0g  
Protein: 4g

## Cinnamon Roll Overnight Oats

Servings: 5

2 ½ cups of old-fashioned rolled oats  
2 ½ cups of skim milk  
6 teaspoons of light brown sugar  
1 ½ teaspoons of vanilla extract  
1 ¼ teaspoons of ground cinnamon  
¼ teaspoon of salt

In a large bowl, combine oats, milk, brown sugar, vanilla, cinnamon, and salt. Divide among five 8 oz jars. Screw on lids and refrigerate overnight or for up to 5 days.

Nutrition Facts (per serving):

Calories: 217 calories

Fat: 2.5g

Saturated Fat: 0g

Unsaturated Fat: 2g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 181 mg

Carbohydrates: 38.5g

Fiber: 4g

Added Sugar: 5g

Protein: 9g

## Blueberry Overnight Oats

Servings: 1

1/3 cup old-fashioned rolled oats  
1/3 cup plain nonfat Greek yogurt  
1/2 cup skim milk  
2/3 cup blueberries  
1 tablespoon of chia seeds  
1/2 teaspoon of vanilla extract  
1/2 tablespoon of pure maple syrup

Combine all ingredients in serving container. Refrigerate for 8 to 12 hours. Serve.

Nutrition Facts (per serving):

Calories: 314 calories  
Fat: 6g  
Saturated Fat: <1g  
Unsaturated Fat: 5g  
Trans Fat: 0g  
Cholesterol: 2.5mg  
Sodium: 90mg  
Carbohydrates: 46g  
Fiber: 8g  
Added Sugar: 0g  
Protein: 18g

## Chocolate Peanut Butter Overnight Oats

Servings: 1

1 tablespoon of creamy peanut butter  
2 teaspoons of unsweetened cocoa powder  
1 tablespoon of pure maple syrup  
¼ teaspoon of vanilla extract  
1 tablespoon of chia seeds  
1/3 cup old-fashioned rolled oats  
1 cup skim milk

In a large bowl, combine peanut butter, cocoa powder, maple syrup, and vanilla. Add chia seeds and rolled oats to mixture. Drizzle in milk and stir until well combined. Let mixture sit for 5 minutes to thicken slightly and then stir again. Transfer mixture to a bowl or jar and cover. Refrigerate at least 30 minutes, up to overnight.

Nutrition Facts (per serving):

Calories: 414 calories

Fat: 14g

Saturated Fat: 3g

Unsaturated Fat: 11g

Trans Fat: 0g

Cholesterol: 0g

Sodium: 200mg

Carbohydrates: 54g

Fiber: 9g

Added Sugar: 1g

Protein: 15g

## Breakfast Smoothie

Servings: 4

1 cup ruby red grapefruit juice  
1 cup orange juice  
1 cup frozen strawberries  
1 large banana, peeled  
1 ½ cup diet ginger ale

In a blender, combine grapefruit juice, orange juice, strawberries, and banana. Puree until combined. Just before serving, add diet ginger ale and stir until mixed.

Nutrition Facts (per serving):

Calories: 100 calories  
Fat: 0g  
Saturated Fat: 0g  
Unsaturated Fat: 0g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 38mg  
Carbohydrates: 25g  
Fiber: 1.5g  
Added Sugar: 0g  
Protein: 1g

## Banana Oatmeal Bread

Servings: 18

½ cup light brown sugar  
7 tablespoons canola oil  
2 large egg whites  
1 large egg  
1 1/3 cup mashed banana (about 2 large bananas)  
1 cup rolled oats  
½ cup skim milk  
2 cups all-purpose flour  
1 tablespoon baking powder  
½ teaspoon baking soda  
½ teaspoon ground cinnamon  
Cooking Spray

Preheat oven to 350 degrees F. Spray 9x5 inch loaf pan with cooking spray and set aside. Combine brown sugar, canola oil, egg whites, and egg in a large bowl; beat well at medium speed with mixer. Combine banana, rolled oats, and milk; add to sugar mixture and mix well. Combine flour, baking powder, baking soda, and cinnamon. Stir with a whisk; add to sugar mixture and beat until just moist. Spoon batter into pan. Bake for 1 hour and 10 minutes or until a wooden tooth pick inserted in the center comes out clean. Let cool for 10 minutes and then remove from pan.

Nutrition Facts (per serving):

Calories: 157 calories  
Fat: 6g  
Saturated Fat: 1g  
Unsaturated Fat: 5g  
Trans Fat: 0g  
Cholesterol: 10mg  
Sodium: 136mg  
Carbohydrates: 23g  
Fiber: 0.7g  
Added Sugar: 5g  
Protein: 3g

## Steamed Pumpkin Bread

Servings: 16

6 cups of water  
½ cup of all purpose flour  
½ cup of whole wheat flour  
½ cup of cornmeal  
1 teaspoon of baking soda  
1 teaspoon of ground cinnamon  
½ teaspoon of ground allspice  
¼ teaspoon of salt  
1/3 cup of unsweetened dried cranberries  
1/3 cup of chopped walnuts  
¾ cup of canned pumpkin (not pie filling)  
¾ cup low fat buttermilk  
2 large egg whites  
¼ cup of molasses

Lightly spray a 9x5x3 inch ovenproof glass loaf pan with cooking spray. Place a metal rack with short legs (such as a pressure cooker rack) or 3-4 aluminum foil crumbled balls in the slow cooker. In a large saucepan, bring the water to a boil over high heat. Meanwhile, in a large bowl, stir together the flours, cornmeal, baking soda, cinnamon, allspice, and salt. Stir in the cranberries and walnuts. Make a well in the center. In a medium bowl, whisk together the pumpkin, buttermilk, egg whites, and molasses. Pour into the well. Stir just until the flour is moistened but no flour is visible. Pour into the loaf pan. Cover with aluminum foil. Place the pan on the rack/crumbled foil in the slow cooker. Pour in the boiling water until the water reaches midway up the side of the pan. Cook on high for 2 to 2.5 hours. Let bread cool for 10 minutes.

Nutrition Facts (per serving):

Calories: 97 calories

Fat: 2g

Saturated Fat: <1g

Unsaturated Fat: 1g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 185mg

Carbohydrates: 17g

Fiber: 2g

Added Sugar: 5g

Protein: 3g

## Corn Bread

Servings: 9

$\frac{3}{4}$  cup cornmeal  
1  $\frac{1}{4}$  cups all-purpose flour  
 $\frac{1}{4}$  cup sugar  
2 teaspoon baking powder  
1 cups skim milk  
 $\frac{1}{4}$  cup canola oil  
1 large egg

Preheat oven to 400 degrees F. Spray 8x8 pan with cooking spray and set aside. Combine cornmeal, flour, sugar, and baking powder in a large bowl. In a separate bowl, combine milk, oil, and egg. Add the wet ingredients to the dry ingredients, stirring until just combined. Do not overmix. Pour batter in prepared pan and bake for 20-25 minutes or until a wooden tooth pick inserted in the center comes out clean.

Nutrition Facts (per serving):

Calories: 192 calories  
Fat: 7g  
Saturated Fat: 1g  
Unsaturated Fat: 6g  
Trans Fat: 0g  
Cholesterol: 21mg  
Sodium: 138mg  
Carbohydrates: 27g  
Fiber: 0.4g  
Added Sugar: 5g  
Protein: 4g

## Honey-Oat Pan Rolls

Servings: 24

2 ½ cups of all-purpose flour  
¾ cups of whole wheat flour  
½ cup of old-fashioned oats  
2 packages (1/4 oz each) of active dry yeast  
1 teaspoon of salt  
1 cup of water  
¼ cup of honey  
5 tablespoons of light butter, divided  
1 large egg, at room temperature

In a large bowl, mix 1 cup of all-purpose flour with the whole wheat flour, oats, yeast, and salt. In a small saucepan, heat water, honey, and 4 tablespoons of butter to 120-130 degrees F. Add to dry ingredients and beat on medium speed for 2 minutes. Add egg and beat on high speed for 2 minutes. Stir in enough of the remaining all-purpose flour to form a soft dough (dough will be sticky). Turn the dough onto a floured surface and knead until smooth and elastic. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, or about 1 hour. Punch the dough down. Turn onto a lightly floured surface and divide into 24 balls. Place in a greased 13 x 9 baking pan. Cover with a kitchen towel and let rise in a warm place until doubled, or about 30 minutes. Preheat the oven to 375 degrees F. Bake for 20 to 22 minutes, or until golden brown. Melt remaining butter and brush over top of the rolls. Remove from the pan to a wire rack to cool.

Nutrition Facts (per serving):

Calories: 80 calories  
Fat: 2g  
Saturated Fat: 0.5g  
Unsaturated Fat: 1g  
Trans Fat: 0g  
Cholesterol: 11mg  
Sodium: 116mg  
Carbohydrates: 13g  
Fiber: <1g  
Added Sugar: 0g  
Protein: 2g

## Whole Wheat Banana Mini Muffins

Servings: 24

2 very ripe bananas  
2 eggs  
¼ cup unsweetened applesauce  
¼ cup sugar  
1 teaspoon pure vanilla extract  
1 cup whole wheat flour  
1 teaspoon baking soda  
¼ teaspoon baking powder  
¾ teaspoon cinnamon  
½ teaspoon salt  
Nonstick cooking spray

Preheat oven to 350 degrees F. Grease mini muffin pan(s) with nonstick spray and set aside. In a medium bowl, whisk together whole wheat flour, baking soda, baking powder, cinnamon, sugar, and salt. Set aside. In a large bowl, mash bananas. Whisk in the eggs, applesauce, and vanilla extract. Pour the dry ingredients into the bowl of wet ingredients and mix until well combined. Fill mini muffin pan(s) and bake for 10-12 minutes or until a toothpick inserted in the middle of the muffin comes out clean.

Nutrition Facts (per serving):

Calories: 43 calories  
Fat: 1g  
Saturated Fat: 0g  
Unsaturated Fat: 0g  
Trans Fat: 0g  
Cholesterol: 16mg  
Sodium: 112mg  
Carbohydrates: 9g  
Fiber: 1g  
Added Sugar: <1g  
Protein: 1g

## Quinoa and Egg White Bowl with Veggies

Servings: 4

1 cup of quinoa  
2 tablespoons of olive oil  
2 tablespoons of balsamic vinegar  
1 teaspoon of maple syrup  
1 cup zucchini, sliced  
2 cups snap peas  
2 cups fresh spinach  
6 large egg whites (18 tablespoons of liquid egg whites)  
1 large egg  
2 tablespoons shredded Parmesan cheese  
Cooking spray

Cook quinoa per package instructions, keep warm. In a cup, whisk the olive oil, balsamic vinegar, and maple syrup. Set aside. Prep the vegetables, keeping them separate. Set aside. Place about  $\frac{3}{4}$  cup of quinoa in each of four bowls, then arrange  $\frac{1}{4}$  cup of zucchini,  $\frac{1}{2}$  cup of snap peas, and  $\frac{1}{2}$  cup of spinach on top of each bowl. Drizzle with about a tablespoon of olive oil mixture. Whisk the egg whites, egg, and Parmesan cheese in a small bowl. Place a small nonstick sauté pan over medium heat and spritz with cooking spray. Add the egg mixture and cook until done. Divide cooked egg mixture between the 4 bowls, about  $\frac{1}{3}$  cup per bowl. Serve.

Nutrition Facts (per serving):

Calories: 329 calories  
Fat: 12g  
Saturated Fat: 2g  
Unsaturated Fat: 7g  
Trans Fat: 0g  
Cholesterol: 49mg  
Sodium: 191mg  
Carbohydrates: 37g  
Fiber: 4g  
Added Sugar: 0g  
Protein: 18g

## Soups and Salads



## Minestrone Soup

Servings: 6

1 cup whole wheat ditalini pasta (or medium shells)  
3 medium bay leaves  
2 teaspoons of canola oil  
1 medium onion, peeled and finely chopped  
2 cups carrots, peeled and sliced (around 4 medium carrots)  
2 cups celery, sliced (around 5 to 6 celery stalks)  
1 medium zucchini, finely chopped  
1 cup frozen, chopped spinach (thawed)  
2 cups green beans, chopped into 1 inch pieces  
3 cups unsalted chicken broth  
1 – 15.5 oz can No Added Salt kidney beans, rinsed and drained  
1 – 15.5 oz can No Added Salt chickpeas/Garbanzos, rinsed and drained  
1 - 28 oz can No Added Salt diced tomatoes  
1 ½ teaspoons garlic powder  
1 tablespoon Dash Italian Medley seasoning blend (or salt free Italian seasoning of choice)  
¼ teaspoon pepper

Put the onion, carrots, celery, and green beans in a 3- to 4-quart slow cooker. Stir in the Italian seasoning blend, garlic powder, and pepper. Add the tomatoes, kidney beans, chickpeas, and bay leaves. Pour in the chicken broth. Do not stir. Cook, covered, on high for 5 hours or on low for 10 hours. Thirty minutes before serving, remove and discard bay leaves. Stir in zucchini and spinach. Cook for 30 minutes on high. Prepare pasta according to package directions. Drain well and drizzle oil over pasta. When soup is finished, ladle into bowls and top with pasta.

Nutrition Facts (per serving):

Calories: 369 calories

Fat: 4g

Saturated Fat: <1g

Unsaturated Fat: 3g

Trans Fat: 0g

Cholesterol: 0g

Sodium: 383mg

Carbohydrates: 66g

Fiber: 13g

Added Sugar: <1g

Protein: 16.5g

## Easy Vegetable Soup

Servings: 10

1 – 12 oz package of frozen cut green beans  
1 – 12 oz package of frozen peas and carrots  
1 – 12 oz package of frozen lima beans  
1 – 12 oz package of frozen corn  
1 – 12 oz package of frozen chopped spinach  
1 – 28 oz can of whole peeled tomatoes  
1 – 15.5 oz can of no added salt kidney beans, drained and rinsed  
1 – 8 oz can of no added salt tomato sauce  
1 tablespoon of minced onion (in seasoning aisle)  
1 bay leaf  
½ teaspoon of thyme (dried, in seasoning aisle)  
1 ½ teaspoons of basil (dried, in seasoning aisle)  
¼ teaspoon of garlic powder  
Pepper to taste  
5 cups of water  
1 cup of any type of small pasta

In a large pot, combine all of the ingredients except for the pasta. Bring to a boil over medium heat, stirring occasionally. Use a spoon to cut up the tomatoes. Cover and reduce heat to a medium low heat and simmer for 45 minutes. Add pasta and cook for 10 to 15 minutes more or until the pasta is done. Remove and discard bay leaf before serving.

Nutrition Facts (per serving):

Calories: 220 calories

Fat: <1g

Saturated Fat: <1g

Unsaturated Fat: <1g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 199mg

Carbohydrates: 43g

Fiber: 10g

Added Sugar: 0g

Protein: 11g

## Tomato and Roasted Bell Pepper Soup

Servings: 6

1 – 14.5 oz can of no salt added diced tomatoes, undrained  
1  $\frac{3}{4}$  cup unsalted chicken broth  
 $\frac{1}{2}$  cup chopped and roasted red bell peppers  
1 tablespoon of basil (dried, in seasoning aisle)  
 $\frac{1}{2}$  teaspoon of oregano (dried, in seasoning aisle)  
 $\frac{1}{8}$  teaspoon of crushed red bell pepper flakes  
2 teaspoons of olive oil  
 $\frac{1}{4}$  teaspoon of sugar  
 $\frac{1}{8}$  teaspoon of salt  
 $\frac{1}{4}$  cup of chopped parsley

In a medium saucepan, combine tomatoes with liquid, chicken broth, roasted peppers, basil, oregano, and red pepper flakes. Bring to a boil over high heat. Reduce the heat and simmer, covered, for 10 minutes. Remove from the heat. Stir in the oil, salt, and sugar. Serve sprinkled with parsley.

Nutrition Facts (per serving):

Calories: 38 calories  
Fat: 1.5g  
Saturated Fat: <1g  
Unsaturated Fat: 1g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 68mg  
Carbohydrates: 4.5g  
Fiber: 1.5g  
Added Sugar: <1g  
Protein: 1g

## Broccoli Cheese Soup

Servings: 4

2 ½ cup unsalted chicken broth  
6 oz chopped broccoli (or 10 oz frozen broccoli, thawed)  
1 medium carrot, chopped  
1 medium rib of celery, chopped  
¼ teaspoon of pepper  
1/8 teaspoon of ground nutmeg  
1 cup fat free half-and-half  
3 tablespoons of all-purpose flour  
½ cup shredded, fat free Cheddar cheese  
¼ teaspoon of salt

In a large saucepan, combine chicken broth, broccoli, carrots, celery, salt, pepper, and nutmeg. Bring to a simmer over medium-high heat. Reduce the heat and simmer, covered, for 6 to 8 minutes, or until vegetables are tender. In a small bowl, whisk together the half-and-half and flour. Stir into the saucepan. Simmer for 1 to 2 minutes, or until thickened. Add the cheese. Remove from the heat. Stir until the cheese is melted.

Nutrition Facts (per serving):

Calories: 125 calories  
Fat: <1g  
Saturated Fat: <1g  
Unsaturated Fat: <1g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 260mg  
Carbohydrates: 18g  
Fiber: 3g  
Added Sugar: 0g  
Protein: 10.5g

## Un-stuffed Pepper Soup

Servings: 8

2 pounds of extra lean ground beef  
4 cups of cooked brown rice  
1 onion, diced  
2 bell peppers, diced  
5 cups of unsalted beef broth  
3 – 10 ounce cans of Rotel diced tomatoes with green chilies  
15 ounce can of No Added Salt tomato sauce  
2 tablespoons of basil  
2 tablespoons of oregano  
1 tablespoon of cumin  
1 tablespoon of paprika  
Ground pepper to taste

Brown the ground beef and drain. Return the beef to the pot and add remaining ingredients/spices, simmer on low for 20 minutes or until the vegetables are softened. Serve over ½ cup of cooked brown rice.

Nutrition Facts (per serving):

Calories: 319 calories  
Fat: 6g  
Saturated Fat: 2g  
Unsaturated Fat: 4g  
Trans Fat: 0g  
Cholesterol: 70mg  
Sodium: 453mg  
Carbohydrates: 35g  
Fiber: 5g  
Added Sugar: 0g  
Protein: 29g

## Corn, Leek, and Potato Chowder

Servings: 4

1 cup sliced leeks (about 2 small leeks)  
2 cups frozen hash browns with onions and peppers  
1 – 12 oz package of frozen corn  
¼ teaspoon of pepper  
2 ½ cups skim milk  
1 cup fat free shredded cheddar cheese  
Cooking spray

Heat a large saucepan coated with cooking spray over medium high heat. Add the leeks and sauté for 2 minutes. Add hash browns, corn, and pepper. Cook for 3 minutes, stirring occasionally. Add milk to potato mixture and bring to a boil. Reduce heat and simmer, uncovered, for 8 minutes. To serve, ladle chowder into bowls and top with cheese.

Nutrition Facts (per serving):

Calories: 268 calories  
Fat: 1g  
Saturated Fat: <1g  
Unsaturated Fat: <1g  
Trans Fat: 0g  
Cholesterol: 0g  
Sodium: 395mg  
Carbohydrates: 51g  
Fiber: 5g  
Added Sugar: 0g  
Protein: 19g

## Turkey Chili

Servings: 6

1 tablespoon of canola oil  
1 medium onion, chopped  
20 oz of extra lean ground turkey  
½ teaspoon of garlic powder  
2 teaspoons of chili powder  
½ teaspoon of pepper  
½ teaspoon of ground cumin  
1 – 15.5 oz can of no added salt pinto beans, rinsed and drained  
1 – 15 oz can of no added salt black beans, rinsed and drained  
1 – 14.5 oz can of no added salt diced tomatoes, undrained  
1 ¾ cups of unsalted chicken broth  
1 cup of frozen whole kernel corn  
2 – 8 oz cans of no added salt tomato paste

Heat oil in a pot over medium-high heat, swirling to coat the bottom. Cook the chopped onions for 3 minutes, or until soft. Reduce the heat to medium. Stir in the turkey. Cook until browned, stirring frequently to turn and break up the turkey. Stir in the garlic, chili powder, pepper, and cumin. Stir in the remaining ingredients. Cook for 5-7 minutes or until heated through.

Nutrition Facts (per serving):

Calories: 237 calories  
Fat: 6g  
Saturated Fat: 1g  
Unsaturated Fat: 5g  
Trans Fat: 0g  
Cholesterol: 63mg  
Sodium: 117mg  
Carbohydrates: 40g  
Fiber: 10g  
Added Sugar: 0g  
Protein: 29g

## Vegetarian Chili

Servings: 5

1 cup of dry kidney beans  
1 cup of dry garbanzo beans (chick peas)  
1 onion, diced  
1 large carrot, diced  
1 large stalk of celery, diced  
1 cup mushrooms, diced  
1 green pepper, diced  
2 cloves of garlic, minced (or 1 teaspoon store-bought minced garlic)  
 $\frac{3}{4}$  cup of tomato puree  
2 large tomatoes, peeled and seeded  
1 teaspoon of ground cumin  
1  $\frac{1}{2}$  teaspoon of chili powder  
 $\frac{1}{2}$  teaspoon of pepper  
Cooking spray

Place all beans in a saucepan and cover with water. Bring to a boil. Boil 2 minutes and remove from heat. Cover and let stand for 1 hour. Drain and place in a large heavy saucepan. Add 4 cups of water and cook until almost done. Drain and reserve. Saute onion, carrot, celery, mushrooms, and green pepper in a large sprayed saucepan. Add garlic and sauté a few seconds. Add tomato puree, tomatoes, cumin, chili powder, pepper, and all beans. Simmer, covered 40 minutes adding water as needed to keep moist.

Nutrition Facts (per serving):

Calories: 223 calories  
Fat: 2g  
Saturated Fat: <1g  
Unsaturated Fat: 1g  
Trans Fat: 0g  
Cholesterol: 0 mg  
Sodium: 44mg  
Carbohydrates: 47g  
Fiber: 13g  
Added Sugar: 0g  
Protein: 14g

## Beef and Barley Soup

Servings: 4

8 ounces of sirloin steak, trimmed of fat and cut into bite-sized pieces  
½ teaspoon of ground pepper, divided  
4 teaspoons of extra-virgin olive oil, divided  
1 medium onion, chopped  
1 large stalk of celery, sliced  
1 large carrot, sliced  
2 tablespoons of tomato paste  
1 tablespoon of chopped fresh thyme (or 1/2 teaspoon of ground thyme)  
¾ cup of quick-cooking barley  
4 cups of reduced-sodium beef broth  
1 cup water  
¼ teaspoon of salt  
1-2 teaspoons of red-wine vinegar

Sprinkle steak with ¼ teaspoon of pepper. Heat 2 teaspoons of olive oil in a Dutch oven over medium heat. Add the steak and cook, stirring often, until browned on all sides, about 2 minutes. Transfer to a bowl. Add the remaining 2 teaspoons of oil, onion, and celery to the pot and cook until beginning to soften. Add carrot and cook for 2 minutes more. Add tomato paste and thyme, cook and stir until vegetables are coated with the tomato paste and are beginning to brown. Add barley, broth, water, salt, and the remaining ¼ teaspoon of pepper; bring to a simmer. Reduce the heat to maintain a simmer; cook until barley is tender. Return the beef and any accumulated juice to the pot and heat through. Remove from the heat and stir in vinegar to taste.

Nutrition Facts (per serving):

Calories: 254 calories  
Fat: 7g  
Saturated Fat: 2g  
Unsaturated Fat: 5g  
Trans Fat: 0g  
Cholesterol: 34mg  
Sodium: 258mg  
Carbohydrates: 27g  
Fiber: 4.5g  
Added Sugar: 0g  
Protein: 18g

## Chunky Lentil Soup

Servings: 8

1 tablespoon + 1 teaspoon olive oil  
1 cup chopped onion  
1 cup chopped celery  
1 cup chopped green pepper  
1 teaspoon of minced garlic  
1 – 28 oz can of no added salt crushed tomatoes  
1 cup uncooked lentils  
3 ½ cups water  
1 bay leaf  
1 teaspoon oregano (dried, in seasoning aisle)  
1 teaspoon basil (dried, in seasoning aisle)  
½ teaspoon rosemary (dried, in seasoning aisle)  
Pepper to taste

Heat oil in a large saucepan over medium heat. Add onions, celery, green pepper, and garlic. Cook for 10 minutes, stirring frequently. Add remaining ingredients and bring mixture to a boil. Reduce heat to low and cover. Cook for 45 minutes or until lentils are done. Remove and discard bay leaf before serving.

Nutrition Facts (per serving):

Calories: 127 calories  
Fat: 2g  
Saturated Fat: <1g  
Unsaturated Fat: 2g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 14mg  
Carbohydrates: 22g  
Fiber: 3g  
Added Sugar: 0g  
Protein: 6.5g

## Black Bean Soup

Servings: 4

1 medium onion, diced  
1 medium jalapeno, chopped (seeds and ribs removed and discarded)  
1 tablespoon minced garlic  
2 teaspoons ground cumin  
2 – 15 oz cans No Added Salt black beans, undrained  
1 – 14.5 oz can No Added Salt diced tomatoes, undrained  
1 cup unsalted chicken broth  
¼ cup chopped cilantro (optional)  
Cooking spray

Lightly spray a large pot with cooking spray. Cook the onion over medium-high heat for 5 minutes, or until very soft, stirring frequently. Stir in the jalapeno, garlic, and cumin. Cook for 1 minute. Stir in the beans with liquid. Lightly mash them using a potato masher or fork. Stir in the tomatoes with liquid and chicken broth. Reduce the heat to medium. Simmer, covered, for 15 minutes. Serve the soup topped with cilantro (optional).

Nutrition Facts (per serving):

Calories: 255 calories  
Fat: 1g  
Saturated Fat: <1g  
Unsaturated Fat: 0g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 40mg  
Carbohydrates: 48g  
Fiber: 12g  
Added Sugar: 0g  
Protein: 45g

## Avgolemono Chicken and Rice Soup

Servings: 6

½ ounce container of fresh dill  
8 cups of low-sodium chicken bone broth  
2 pounds of raw boneless, skinless chicken breast  
¾ cup of uncooked Jasmine rice  
2 large eggs  
¼ cup of lemon juice  
¼ teaspoon of salt  
Ground black pepper to taste

Pull the dill fronds from the stems; reserve ½ cup of the fronds for garnish. In a pot, combine the dill stems, raw chicken breasts, and rice with the chicken bone broth and bring to a boil over high heat. Lower the heat to medium-low and stir. Cover and cook chicken for around 25 minutes or until tender. Use a slotted spoon to remove the chicken and stems from the broth. Discard the stems and transfer the chicken to a plate then shred with 2 forks. Meanwhile, increase the heat to medium-high and bring the stock back up to an active simmer. In a large heatproof bowl, vigorously whisk the eggs until frothy. Add ¼ cup of lemon juice and stir. While you whisk the eggs, gradually drizzle in 1 ladleful (~1 cup) of the broth and mix until fully combined. Pour the lemon-egg mixture into the pot with the broth, immediately remove from the heat, and stir in the shredded chicken. Taste and add more lemon juice as needed. Garnish with a generous amount of fresh dill and black pepper.

Nutrition Facts (per serving):

Calories: 353 calories  
Fat: 5g  
Saturated Fat: 1g  
Unsaturated Fat: 4g  
Trans Fat: 0g  
Cholesterol: 180mg  
Sodium: 423mg  
Carbohydrates: 20g  
Fiber: 0g  
Added Sugar: 0g  
Protein: 50g

## Almond Chicken Salad

Servings: 4

2 cups of pineapple tidbits in 100% pineapple juice, drained  
1 – 15 oz can of mandarin oranges, drained  
2 cups of cooked chicken  
¼ cup reduced fat/light mayonnaise  
¼ cup plain nonfat yogurt  
¼ cup slivered almonds

Mix drained fruit and chicken together in a bowl. Set aside. In a small bowl, mix together the mayonnaise and yogurt. Fold into the fruit and chicken. Gently mix in the almonds.

Nutrition Facts (per serving):

Calories: 272 calories

Fat: 10g

Saturated Fat: 1.5g

Unsaturated Fat: 1.5g

Trans Fat: 0g

Cholesterol: 64mg

Sodium: 184mg

Carbohydrates: 18g

Fiber: 3g

Added Sugar: 0g

Protein: 26g

## Low Sodium Tuna Salad

Servings: 2

2 – 4.5 oz no added salt tuna, drained  
¼ cup chopped celery (about 1 stalk)  
¼ cup bell pepper, chopped  
½ plain nonfat Greek yogurt  
1 tablespoon sweet relish  
1 teaspoon ground mustard (in seasoning aisle)  
1 teaspoon onion powder

In a mixing bowl, combine all ingredients. Mix well. Serve.

Nutrition Facts (per serving):

Calories: 174 calories  
Fat: <1g  
Saturated Fat: 0g  
Unsaturated Fat: 0g  
Trans Fat: 0g  
Cholesterol: 48mg  
Sodium: 146mg  
Carbohydrates: 6g  
Fiber: <1g  
Added Sugar: 0g  
Protein: 36g

## Pasta Salad

Servings: 6

3 cups cooked tricolor spiral rotini pasta (1 ½ cups dry)  
1 large ripe tomato, chopped  
1 medium green pepper, chopped  
1 cup fat free shredded cheddar cheese  
½ cup black olives, drained and sliced  
½ cup fat free Italian dressing

Combine all the ingredients; toss to mix. Chill to blend the flavors. Serve

Nutrition Facts (per serving):

Calories: 126 calories  
Fat: 1g  
Saturated Fat: <1g  
Unsaturated Fat: <1g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 500mg  
Carbohydrates: 20g  
Fiber: 1g  
Added Sugar: 1g  
Protein: 8g

## Macaroni Salad

Servings: 6

8 oz uncooked small elbow macaroni  
1 cup fat free cottage cheese  
½ cup low fat yogurt  
2 tablespoons of vinegar  
2 tablespoons of mustard  
1 teaspoon sugar  
1 tablespoon lemon juice  
¼ teaspoon celery seed (in seasoning aisle)  
¼ teaspoon oregano  
1 – 12 oz package of frozen peas, thawed  
½ cup celery, diced  
¼ cup green onion, chopped  
Pepper to taste

Cook macaroni according to package directions, drain. Pour cold water over macaroni, let stand while preparing salad. In a small bowl, combine cottage cheese, yogurt, vinegar, mustard, sugar, lemon juice, celery seed, oregano, and pepper. In a large bowl, combine cooked macaroni, peas, celery, and onion. Pour dressing over macaroni, toss to blend. Serve immediately or cover and refrigerate until ready to use.

Nutrition Facts (per serving):

Calories: 142 calories  
Fat: <1g  
Saturated Fat: 0g  
Unsaturated Fat: 0g  
Trans Fat: 0g  
Cholesterol: 2mg  
Sodium: 237mg  
Carbohydrates: 25g  
Fiber: 4g  
Added Sugar: 0g  
Protein: 9g

## Three-Bean Salad

Servings: 6 servings

1 – 14.5 oz can of no salt added cut green beans, drained  
1 – 15.5 oz can of no salt added red kidney beans, drained  
1 – 15.5 oz can of chickpeas/garbanzo beans, drained  
½ cup finely chopped onion  
½ cup chopped green bell pepper  
6 tablespoons of vinegar  
2 tablespoons of canola oil  
4 teaspoons of sugar  
1 teaspoon of minced garlic  
1 teaspoon of oregano (dried, in seasoning aisle)

Combine the drained beans, onion, and green pepper in a bowl. In a small bowl, whisk together ¼ cup of water, vinegar, canola oil, sugar, garlic, and oregano. Pour over the beans. Toss to mix. Cover and chill for at least 2 hours before serving.

Nutrition Facts (per serving):

Calories: 207 calories  
Fat: 6g  
Saturated Fat: 0.5g  
Unsaturated Fat: 4g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 108mg  
Carbohydrates: 29g  
Fiber: 7g  
Added Sugar: 3g  
Protein: 8g

## Waldorf Salad

Servings: 4

3 tablespoons of light mayonnaise  
1 tablespoon of pineapple juice  
2 red apples (Pink Lady is our pick!)  
2 teaspoons of lemon juice  
½ cup thinly sliced celery  
¼ cup chopped walnuts

Mix the mayonnaise and pineapple juice in a small bowl and set aside. Core and dice the unpeeled apples. Drizzle lemon juice over apples in a large bowl. Stir in the celery and nuts. Fold in the dressing to coat the apples. Cover tightly and chill. Use within a few hours or the apples will darken and soften.

Nutrition Facts (per serving):

Calories: 112 calories

Fat: 7.5g

Saturated Fat: 1g

Unsaturated Fat: 6g

Trans Fat: 0g

Cholesterol: 0g

Sodium: 83mg

Carbohydrates: 11g

Fiber: 1g

Added Sugar: 0g

Protein: 1.5g

## Picnic Coleslaw

Servings: 10

8 oz bag of coleslaw  
1 cup shredded carrots  
1 medium green bell pepper, chopped  
½ cup onion, finely chopped  
6 medium radishes, thinly sliced and halved  
¼ cup white wine vinegar  
3 tablespoons of sugar  
½ teaspoon salt  
¼ teaspoon pepper

In a large bowl, gently toss together all of the ingredients. Cover with plastic wrap and refrigerate for 15 minutes to 1 hour for peak flavor and texture.

Nutrition Facts (per serving):

Calories: 48 calories

Fat: <1g

Saturated Fat: <1g

Unsaturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0g

Sodium: 136mg

Carbohydrates: 12g

Fiber: 1.5g

Added Sugar: 7g

Protein: <1g

## German Potato Salad

Servings: 8

1 2/3 pounds of small red potatoes, with skin  
½ cup onions, chopped  
1/3 cup unsalted chicken broth  
½ cup of apple cider vinegar  
1 tablespoon of sugar  
¾ teaspoons of marjoram (found in the seasoning aisle)  
¾ teaspoons celery seed (found in the seasoning aisle)  
1/3 teaspoon salt  
¼ teaspoon of ground white pepper (found in the seasoning aisle)  
Cooking spray

Placed scrubbed potatoes in a saucepan and cover with water. Bring to a boil over medium-high heat. Cook 15 to 20 minutes or until potatoes are fork tender. Drain, pat dry, and cool. Coat non-stick skillet with cooking spray. Sauté onions over medium heat until tender. Stir in broth, vinegar, sugar, marjoram, celery seed, salt, and pepper. Bring mixture to a boil; cool 1 minute and remove from heat. Cut potatoes in halves or slices and put in a salad bowl. Add hot dressing and toss again. Serve hot or at room temperature.

Nutrition Facts (per serving):

Calories: 93 calories  
Fat: <1g  
Saturated Fat: 0g  
Unsaturated Fat: <1g  
Trans Fat: 0g  
Cholesterol: 0g  
Sodium: 98mg  
Carbohydrates: 22g  
Fiber: 1.5g  
Added Sugar: 4g  
Protein: 2g

## Italian Bean and Tomato Salad

Servings: 4

1 – 15.5 oz can of Cannellini beans, drained and rinsed  
2 tablespoons of lemon juice  
1 tablespoon extra-virgin olive oil  
1 teaspoon minced garlic  
1 teaspoon dried rosemary  
2 teaspoons of dried parsley OR 2 tablespoons of fresh parsley  
¼ teaspoon black pepper  
1/8 teaspoon salt  
1 medium tomato, chopped  
1 teaspoon capers, drained

In a medium bowl, whisk together lemon juice, olive oil, garlic, rosemary, pepper, and salt. Stir in beans, tomato, parsley, and capers. Refrigerate for at least 1 hour.

Nutrition Facts (per serving):

Calories: 132 calories  
Fat: 3.5g  
Saturated Fat: 0.5g  
Unsaturated Fat: 3g  
Trans Fat: 0g  
Cholesterol: 0g  
Sodium: 330mg  
Carbohydrates: 19g  
Fiber: 5.5g  
Added Sugar: 0g  
Protein: 6g

## Ambrosia Salad

Servings: 11

1 cup of no sugar added mandarin oranges  
1 cup of no sugar added pineapple tidbits  
1 cup of blueberries  
1 cup of blackberries  
1 ½ cup strawberries, sliced  
2 medium bananas, sliced  
½ cup chopped walnuts  
4 tablespoons of sweetened shredded coconut  
1 cup mini marshmallows  
8 oz of zero sugar Cool Whip

Nutrition Facts (per serving):

Calories: 164 calories  
Fat: 6.5g  
Saturated Fat: 3g  
Unsaturated Fat: 3g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 8mg  
Carbohydrates: 27g  
Fiber: 3g  
Added Sugar: 3g  
Protein: 1.5g

## Zesty Tomato Nonfat Dressing

Servings: 12 (2 tbsp each)

1 ¼ cup tomato juice  
¼ cup lemon juice  
1 teaspoon of honey  
1 tablespoon of minced onion  
½ teaspoon of Worcestershire sauce  
¼ teaspoon of hot sauce of choice  
¼ teaspoon of celery seed (found in seasoning aisle)  
Dash of ground pepper

Combine all ingredients in a bowl and whisk together until well blended.

Nutrition Facts (per serving):

Calories: 8 calories

Fat: 0g

Saturated Fat: 0g

Unsaturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0g

Sodium: 74mg

Carbohydrates: 1.5g

Fiber: 0g

Added Sugar: 0g

Protein: <1g

## Yogurt-Dill Dressing

Servings: 8 (1 cup each)

1 – 8 oz carton of plain low-fat yogurt  
1 tablespoon of onion, finely chopped  
2 teaspoons of lemon juice  
½ teaspoon of dill weed (found in seasoning aisle)  
½ teaspoon of ground mustard (found in seasoning aisle)  
½ teaspoon of minced garlic  
½ teaspoon of salt  
Dash of ground pepper

Combine all ingredients in a bowl and mix thoroughly. Chill for at least 2 hours to allow the flavors to blend.

Nutrition Facts (per serving):

Calories: 14 calories

Fat: 0g

Saturated Fat: 0g

Unsaturated Fat: 0g

Trans Fat: 0g

Cholesterol: 1mg

Sodium: 18mg

Carbohydrates: 2g

Fiber: 0g

Added Sugar: 0g

Protein: 1g

## Main Dishes



## Chicken and Broccoli Casserole

Servings: 6

1 small onion, chopped  
1 tablespoon of olive oil  
2 – 8 oz packages of sliced baby bella mushrooms  
2 cups uncooked chicken, cut into cubes  
3 tablespoons of all-purpose flour  
1 ½ cups of skim milk  
16 oz of frozen broccoli florets  
1 – 5.3 oz container of plain fat-free Greek yogurt  
¾ cup of reduced-fat Mexican-style cheese blend  
¼ cup light mayonnaise  
¼ teaspoon of pepper  
Cooking spray

Preheat the oven to 350 degrees F. Spray a 2 quart casserole dish with cooking spray. Cook broccoli per package directions and set aside. Heat olive oil over medium-high heat, add onion and mushrooms and cook until mushrooms are starting to become tender. Add cubed chicken. Cook until chicken is cooked through. Drain pan, if needed. Sprinkle flour over chicken and mushroom mixture and stir constantly, cooking for 1 minute. Stir in milk. Bring to a boil and cook for 3 minutes, or until thick and bubbly. Stir in cooked broccoli and heat through for about 1 minute. Add yogurt, mayo, and pepper; stir to combine. Pour into prepared casserole dish. Sprinkle the top with cheese and bake for 20 minutes or until cheese is melted and bubbly around the edges.

Nutrition Facts (per serving):

Calories: 249 calories  
Fat: 8g  
Saturated Fat: 2g  
Unsaturated Fat: 5g  
Trans Fat: 0g  
Cholesterol: 46mg  
Sodium: 238mg  
Carbohydrates: 13g  
Fiber: 4g  
Added Sugar: 0g  
Protein: 27g

## Creamy Chicken Casserole

Servings: 6

2 tablespoons of all-purpose flour  
1 tablespoon of non-fat dry milk powder  
1 ¼ cups of skim milk  
½ teaspoon of marjoram (dried, found in seasoning aisle)  
½ teaspoon of thyme (dried, found in seasoning aisle)  
½ cup celery, thinly sliced diagonally  
½ cup sliced mushrooms  
1 cup + 1 tablespoon of unsalted chicken broth  
3 cups of cooked brown rice  
2 ½ cups of cooked chicken, cubed  
1 tablespoon of parsley (dried, found in seasoning aisle)

Preheat the oven to 350 degrees F. In a medium saucepan, combine flour and powdered milk. Slowly add skim milk, stirring to blend. Cook over medium heat until sauce thickens, stirring constantly. Add salt, pepper, marjoram, and thyme; set aside. In a large non-stick skillet over low heat, cook celery and mushrooms in 1 tablespoon of chicken broth until tender. Stir in rice, 1 cup of chicken broth, cooked chicken, and prepared sauce. Pour into shallow casserole dish. Sprinkle with parsley. Bake covered for 35 minutes then remove the cover and cook about 10 minutes longer, or until bubbling. Serve immediately.

Nutrition Facts (per serving):

Calories: 249 calories  
Fat: 3g  
Saturated Fat: 1g  
Unsaturated Fat: 2g  
Trans Fat: 0g  
Cholesterol: 67mg  
Sodium: 261mg  
Carbohydrates: 30g  
Fiber: 1.5g  
Added Sugar: 0g  
Protein: 24g

## Baked Chicken

Servings: 4

2 – 6 oz chicken breasts, halved  
1 cup fresh breadcrumbs  
1/3 cup of plain low-fat yogurt  
½ teaspoon of onion powder  
½ teaspoon of garlic powder  
¼ teaspoon of cayenne pepper  
1/8 teaspoon of ground ginger  
Cooking spray

Preheat the oven to 350 degrees F. Lightly spray a medium-sized shallow baking dish with cooking spray and set aside. Rinse chicken and pat dry. In a shallow pan, combine breadcrumbs, garlic powder, onion powder, cayenne pepper, and ginger. Dip chicken in yogurt and then into the crumb mixture. Once covered, place chicken in prepared dish. Bake uncovered for 45-50 minutes or until tender. Serve immediately.

Nutrition Facts (per serving):

Calories: 258 calories  
Fat: 4g  
Saturated Fat: 1g  
Unsaturated Fat: 2g  
Trans Fat: 0g  
Cholesterol: 102mg  
Sodium: 259mg  
Carbohydrates: 22g  
Fiber: 0g  
Added Sugar: 0g  
Protein: 33g

## Balsamic Chicken

Servings: 4

2 – 6 oz chicken breasts, halved  
1 teaspoon olive oil  
 $\frac{3}{4}$  cup of chopped onion  
4 garlic cloves, sliced  
1 cup sliced green bell pepper  
 $\frac{1}{4}$  cup sliced mushrooms  
1 – 14.5 oz can of diced tomatoes, undrained  
 $\frac{1}{2}$  cup balsamic vinegar  
1 teaspoon of Italian seasoning  
1 cup cooked brown rice

Heat oil in a large skillet over medium-high heat. Add onion and garlic and sauté for 3 minutes. Add chicken and cook for 4 minutes on each side or until browned. Add bell pepper, balsamic vinegar, mushrooms, Italian seasoning, and diced tomatoes. Reduce heat and cook for 20 minutes or until chicken is done. Serve over rice.

Nutrition Facts (per serving):

Calories: 308 calories  
Fat: 7g  
Saturated Fat: 1.5g  
Unsaturated Fat: 5g  
Trans Fat: 0g  
Cholesterol: 101mg  
Sodium: 155mg  
Carbohydrates: 28g  
Fiber: 2.5g  
Added Sugar: 0g  
Protein: 31g

## Lemon Pepper Chicken

Servings: 4

2 – 6 oz chicken breasts, halved  
2 tablespoons of olive oil  
1 lemon, zested and juiced  
1 tablespoon of oregano  
1 teaspoon of minced garlic  
½ teaspoon of salt-free lemon pepper seasoning (Kinder's or Dash is our choice!)  
½ teaspoon of onion powder

Poke the chicken breasts all over with the tines of a fork. Place chicken in a large resealable bag and set aside. Whisk together olive oil, lemon zest, lemon juice, oregano, minced garlic, lemon pepper, and onion powder in a large bowl. Pour the marinade over the chicken in the bag. Refrigerate for 30 minutes. Preheat oven to 400 degrees F. Remove the chicken from the marinade and place on prepared sheet pan. Bake for 20-25 minutes.

Nutrition Facts (per serving):

Calories: 209 calories  
Fat: 10g  
Saturated Fat: 2g  
Unsaturated Fat: 7g  
Trans Fat: 0g  
Cholesterol: 101mg  
Sodium: 41mg  
Carbohydrates: 1g  
Fiber: <1g  
Added Sugar: 0g  
Protein: 28g

## Chicken Rice Skillet

Servings: 4

1 tablespoon of canola oil  
1 cup of chopped onion  
½ teaspoon of minced garlic  
1 cup cooked chicken breast, diced  
1 – 15.5 oz can of pinto beans, drained  
2 cups of cooked brown rice  
1 cup unsalted chicken broth  
1 teaspoon of dried rosemary  
½ teaspoon of dried thyme  
Pinch of cayenne pepper

In a large nonstick skillet, heat canola oil over medium heat. Add the onion and garlic, sauté for 2-3 minutes. Add chicken, beans, rice, rosemary, thyme, and broth. Cover pan and cook on low heat until liquid is evaporated.

Nutrition Facts (per serving):

Calories: 322 calories  
Fat: 6g  
Saturated Fat: 1g  
Unsaturated Fat: 5g  
Trans Fat: 0g  
Cholesterol: 30mg  
Sodium: 251mg  
Carbohydrates: 46g  
Fiber: 6.5g  
Added Sugar: 0g  
Protein: 20.5g

## Turkey Cutlets with Balsamic Glazed Peppers

Servings: 4

1 pound of turkey breast cutlets  
¼ cup unsalted chicken broth  
3 tablespoons of balsamic vinegar  
2 teaspoons of honey  
¼ teaspoon of pepper  
2 teaspoons of canola oil  
1 teaspoon of minced garlic  
2 cups of bell peppers, seeded and cut into strips  
Cooking spray

In a small bowl, combine chicken broth, balsamic vinegar, and honey; set aside. Sprinkle pepper on both sides of turkey and set aside. In a large nonstick skillet coated with cooking spray, heat canola oil over medium-high heat. Add the garlic and sauté for 30 seconds. Add the turkey and cook for 2 minutes on each side or until done. Remove turkey from the skillet and set aside. Reduce heat to medium. Add the peppers and sauté for 2 minutes. Add the broth mixture to the skillet and cook for 30 seconds, stirring constantly. Spoon the sauce over the turkey and serve.

Nutrition Facts (per serving):

Calories: 142 calories  
Fat: 3.5g  
Saturated Fat: <1g  
Unsaturated Fat: 2g  
Trans Fat: 0g  
Cholesterol: 55mg  
Sodium: 334mg  
Carbohydrates: 10g  
Fiber: 1g  
Added Sugar: 0g  
Protein: 21.5g

## Ground Turkey Meatloaf

Servings: 4

16 ounces of lean ground turkey (97% lean)  
½ cup of chopped onion  
¼ cup of shredded carrots  
¼ cup of diced green bell pepper  
5 low-sodium buttery round crackers  
1 large egg, lightly beaten  
1 tablespoon of skim milk  
1 teaspoon of Mrs. Dash garlic and herb seasoning blend  
¼ teaspoon of ground black pepper

Preheat oven to 375 degrees F. Line a baking sheet or a loaf pan with aluminum foil. Place turkey, onion, carrots, bell pepper, crackers, egg, milk, seasoning blend, and pepper into a mixing bowl. Blend gently with your hands until combined. Mold into a loaf shape and place onto the prepared pan. Bake in the preheated oven for 40-45 minutes, or until a thermometer inserted into the center reads at least 165 degrees F.

Nutrition Facts (per serving):

Calories: 184 calories  
Fat: 6g  
Saturated Fat: 2g  
Unsaturated Fat: 4g  
Trans Fat: 0g  
Cholesterol: 75mg  
Sodium: 128mg  
Carbohydrates: 6g  
Fiber: 1g  
Added Sugar: <1g  
Protein: 28g

## Italian-Style Turkey Penne Skillet

Servings: 2

1 teaspoon of dried Italian seasoning  
¼ teaspoon of smoked paprika  
¼ teaspoon of black pepper  
1/8 teaspoon of crushed red pepper  
8 ounces of uncooked lean ground turkey breast  
2 cloves of garlic, minced (or 1 teaspoon of store bought minced garlic)  
½ cup of chopped onion  
2 cups of water  
2 ounces of whole grain penne pasta  
1 – 8 ounce can of No Salt Added tomato sauce  
¼ teaspoon of salt  
4 cups of fresh baby spinach  
3 tablespoons of finely shredded Parmesan cheese

In a small bowl, combine Italian seasoning, paprika, black pepper, and crushed red pepper. In a medium bowl, combine ground turkey, seasoning mixture, and garlic. Mix well. Coat an extra-large non-stick skillet with cooking spray. Heat the skillet over medium-high heat. Add ground turkey mixture and onion; cook for 6 to 8 minutes or until browned, using a wooden spoon to break up meat as it cooks. Remove from the skillet; cover and keep warm. Add the water to the same skillet; bring to a boil over medium-high heat. Add pasta and cook according to package directions until al dente. Drain pasta, reserving ½ cup of the cooking liquid. Return pasta and reserved cooking liquid to the skillet. Stir in the tomato sauce, salt, and cooked turkey; heat through. Remove from heat. Stir in spinach. Sprinkle with Parmesan cheese.

Nutrition Facts (per serving):

Calories: 339 calories

Fat: 7g

Saturated Fat: 3g

Unsaturated Fat: 4g

Trans Fat: 0g

Cholesterol: 83mg

Sodium: 563mg

Carbohydrates: 36g

Fiber: 9g

Added Sugar: 0g

Protein: 35g

## Pork Tenderloin with Rosemary and Garlic

Servings: 4

1 pound of pork tenderloin, trimmed  
2 teaspoons of dried rosemary  
2 teaspoons of minced garlic  
¼ teaspoon of black pepper  
Cooking spray

Preheat the oven to 475 degrees F. Combine the rosemary and garlic, set aside. Make several ½ inch slits in the pork. Place about half of the rosemary/garlic mixture into the slits. Rub pork with the remaining mixture. Sprinkle with pepper. Place pork in a jelly roll pan coated with cooking spray. Insert a meat thermometer into the thickest portion of the pork. Bake at 475 degrees for 20 minutes or until meat thermometer reads 160 degrees. Let stand for 5 minutes before carving.

Nutrition Facts (per serving):

Calories: 163 calories  
Fat: 4g  
Saturated Fat: 1g  
Unsaturated Fat: 3g  
Trans Fat: 0g  
Cholesterol: 64mg  
Sodium: 64mg  
Carbohydrates: 0g  
Fiber: 0g  
Added Sugar: 0g  
Protein: 29g

## Braised Red Cabbage with Sausage and Apples

Servings: 3

6 oz of Italian style turkey sausage  
1 teaspoon of canola oil  
1 cup of thinly sliced red onion  
6 cups of thinly sliced red cabbage  
1 ½ cups of finely chopped and peeled Granny Smith apples  
2/3 cup of apple juice  
1 tablespoons of dark brown sugar  
¼ teaspoon of dried thyme  
1/8 teaspoon of pepper  
1 bay leaf

In a large nonstick skillet, heat oil over medium-high heat. Remove casings from sausage. Add sausage and onion to pan, cook for 4 minutes or until sausage is browned. Add cabbage and remaining ingredients, bring to a boil. Cover and reduce heat; simmer for 20 minutes or until cabbage is tender. Discard bay leaf.

Nutrition Facts (per serving):

Calories: 260 calories  
Fat: 7g  
Saturated Fat: 1.5g  
Unsaturated Fat: 4.5g  
Trans Fat: 0g  
Cholesterol: 40mg  
Sodium: 421mg  
Carbohydrates: 36g  
Fiber: 5g  
Added Sugar: 8g  
Protein: 12g

## Herbed Roast Pork with Vegetables

Servings: 8

2 pounds boned pork loin roast, trimmed  
3 cloves of garlic, thinly sliced  
3 cups of cubed Russet potatoes  
2 cups of carrots, cut into ½ inch pieces  
1 ½ cup chopped onion  
1 teaspoon of olive oil  
1 ¼ teaspoons of dried thyme  
1 ¼ teaspoons of dried marjoram  
1 ¼ teaspoons of dried rubbed sage  
½ teaspoon of pepper

Preheat the oven to 375 degrees F. Make several slits on the outside of the pork, stuff with garlic slices. Combine thyme, marjoram, sage, and pepper. Sprinkle pork with half of the spice mixture. Place pork in a 9x13 baking pan. In a large bowl, combine the potatoes, carrots, onion, and olive oil. Sprinkle with the remaining spice mixture. Toss to combine. Arrange vegetables around the pork. Bake for 1 hour and 20 minutes or until food thermometer reads 160 degrees. Place pork on a serving platter and cover with foil for 15 minutes before slicing.

Nutrition Facts (per serving):

Calories: 239 calories  
Fat: 5g  
Saturated Fat: 2g  
Unsaturated Fat: 3g  
Trans Fat: <1g  
Cholesterol: 97mg  
Sodium: 102mg  
Carbohydrates: 16g  
Fiber: 2g  
Added Sugar: 0g  
Protein: 37g

## Beef Skillet Meal

Servings: 4

1 pound of extra lean ground beef  
3 tablespoons of unsalted beef broth  
1 cup of cornflake crumbs  
1 – 12 oz package of frozen corn, thawed and drained  
1 cup of frozen pepper and onion mix, thawed and drained  
1 – 14.5 oz can of no added salt diced tomatoes. drained  
1/8 teaspoon of pepper  
Cooking spray

Spray a large nonstick skillet with cooking spray. Add beef broth and heat over medium-high heat. In a bowl, combine beef, cornflake crumbs, and pepper; mix well and add to skillet. Cook, stirring frequently, until beef is brown and crumbled. Stir in corn and pepper/onion mix. Cook, stirring frequently for around 3-4 minutes. Add tomatoes and bring to a boil over high heat. Reduce heat to low, cover and simmer for 20-25 minutes.

Nutrition Facts (per serving):

Calories: 329 calories  
Fat: 5g  
Saturated Fat: 2g  
Unsaturated Fat: 3g  
Trans Fat: 0g  
Cholesterol: 70mg  
Sodium: 256mg  
Carbohydrates: 44g  
Fiber: 3g  
Added Sugar: 2g  
Protein: 30g

## Tuna Noodle Casserole

Servings: 8

1 – 12 oz package of No Yolk Egg Noodles  
2 stalks of celery, diced  
½ medium onion, diced  
2 teaspoons of minced garlic  
2 cups of unsalted chicken broth  
1 cup of skim milk  
½ teaspoon of pepper  
3 cans of No Salt Added Chunk White Albacore tuna  
1 – 12 oz package of frozen peas and carrots, thawed  
3 tablespoons of all-purpose flour  
1 tablespoon of cornstarch  
4 tablespoons of unsalted butter  
1 sleeve of Ritz “hint of salt” crackers (or 30 crackers)

Preheat oven to 350 degrees F. Cook noodles in unsalted water until al dente; drain and set aside. In a large pot/Dutch oven, melt butter on medium-high heat. Add celery and onion and sauté until the onion is softened. Add garlic and cook for about 1 minute. Add flour and continually mix for a minute or two until the flour is completely incorporated. In a large measuring cup, mix milk with cornstarch. Stir briskly to dissolve cornstarch. Add chicken broth to mixture and stir together. Slowly add mixture to pot. Add pepper and stir until sauce thickens. Add tuna, peas, carrots, and noodles. Mix well. Pour mixture into 9x13 baking dish. Sprinkle crackers evenly across the top. Bake for 20 minutes or until the top is golden brown.

Nutrition Facts (per serving):

Calories: 358 calories  
Fat: 9g  
Saturated Fat: 4g  
Unsaturated Fat: 5g  
Trans Fat: 0g  
Cholesterol: 32mg  
Sodium: 118mg  
Carbohydrates: 46g  
Fiber: 3.5g  
Added Sugar: <1g  
Protein: 20g

## Lemon Pepper Salmon

Servings: 4

1 pounds of fresh salmon  
5 tablespoons of olive oil  
Juice from a lemon, divided into two  
1 teaspoon Mrs. Dash lemon pepper seasoning blend, divided into two

Pat salmon dry. In a 2-quart baking dish, pour in the olive oil, juice from half of a lemon, and half of lemon pepper seasoning. Disperse marinade evenly, then place the salmon flesh down into the dish. Let sit in the refrigerator for at least 30 minutes and up to 24 hours. When ready to cook, preheat the oven to 375 degrees F. Flip the salmon skin side down. Re-season with  $\frac{1}{2}$  teaspoon of lemon pepper seasoning to cover. Bake for 25 minutes. When ready to serve, use the other half of the lemon juice for an extra lemony flavor.

Nutrition Facts (per serving):

Calories: 415 calories  
Fat: 33g  
Saturated Fat: 6g  
Unsaturated Fat: 24g  
Trans Fat: 0g  
Cholesterol: 70mg  
Sodium: 75mg  
Carbohydrates: 0g  
Fiber: 0g  
Added Sugar: 0g  
Protein: 26g

## Maple Mustard Salmon with Roasted Broccoli

Servings: 4

1 large head of broccoli, cut into florets  
2 tablespoons of olive oil  
1 pound of fresh salmon, cut into 4 filets  
3 tablespoons of pure maple syrup  
3 tablespoons of Dijon mustard  
Ground black pepper

Preheat the oven to 400 degrees F. Coat a baking dish with cooking spray. Add broccoli to the baking dish and coat with olive oil and season with pepper. Toss to coat. Roast for 8-10 minutes. Remove baking dish from the oven, slide the broccoli over and place salmon filets in the baking dish. Season salmon with pepper. In a small bowl, whisk together maple syrup and Dijon mustard. Pour about  $\frac{3}{4}$  of the mixture evenly over the salmon filets. Roast salmon and broccoli for 8-10 minutes, depending on the thickness of the filets, until the salmon just barely flakes with the pressure of the back of a fork. Optional: Broil on low for 2 additional minutes to give the salmon a crispy top (but do not overcook). Serve salmon and broccoli with remaining maple mustard sauce.

Nutrition Facts (per serving):

Calories: 409 calories  
Fat: 23g  
Saturated Fat: 5g  
Unsaturated Fat: 18g  
Trans Fat: 0g  
Cholesterol: 70mg  
Sodium: 364mg  
Carbohydrates: 16g  
Fiber: 2.5g  
Added Sugar: 0g  
Protein: 29g

## Easy Citrus Salmon

Servings: 5

2 large blood oranges, sliced into rounds  
1 large lemon, thinly sliced into rounds  
Juice from ½ lemon  
1.5 pounds of salmon fillet, skin removed  
1 clove of garlic, minced (or ½ teaspoon of store-bought minced garlic)  
1 teaspoon of dried oregano  
1 teaspoon of dried mint  
1 teaspoon of red chili flakes  
2 tablespoons of olive oil  
Ground black pepper

Preheat the oven to 250 degrees F. Lightly spray the bottom of a baking dish and arrange some of the orange and lemon slices on it. Season the salmon with black pepper on both sides. Mix together the oregano, mint, and chili flakes. Rub this seasoning mix over the salmon. Place the seasoned salmon in the baking dish over the arranged citrus slices. Top with the minced garlic, lemon juice, and drizzle with 2 tablespoons of olive oil. Arrange the remaining citrus slices on top of the salmon. Roast in the heated oven for about 25 to 30 minutes, watching carefully to ensure that the salmon doesn't overcook.

Nutrition Facts (per serving):

Calories: 439 calories  
Fat: 27g  
Saturated Fat: 6g  
Unsaturated Fat: 21g  
Trans Fat: 0g  
Cholesterol: 75mg  
Sodium: 81mg  
Carbohydrates: 8.5g  
Fiber: 2g  
Added Sugar: 0g  
Protein: 28g

## Garlic Herb Roasted Salmon

Servings: 3

12 oz of salmon fillet  
2 tablespoons of unsalted butter, melted  
3 cloves of garlic, minced (or 1.5 teaspoons of store-bought minced garlic)  
1 tablespoon of chopped Italian parsley leaves  
1/8 teaspoon of salt  
1 pinch of cayenne pepper (optional)  
1 teaspoon of lemon juice  
Ground black pepper  
Lemon wedges

Preheat the oven to 400 degrees F. Combine the melted butter, garlic, parsley, salt, cayenne pepper, lemon juice, and black pepper together. Stir to combine well. Arrange the salmon on a baking sheet lined with parchment paper. Spoon the garlic herb mixture onto the salmon, coat well on top and sides of salmon. Bake for 12 minutes. Dish out and serve immediately with lemon wedges.

Nutrition Facts (per serving):

Calories: 313 calories  
Fat: 23g  
Saturated Fat: 8g  
Unsaturated Fat: 15g  
Trans Fat: 0g  
Cholesterol: 82mg  
Sodium: 165mg  
Carbohydrates: 3g  
Fiber: 1g  
Added Sugar: 0g  
Protein: 23g

## Cornmeal Fried Fish

Servings: 4

1 pound of fresh fish fillet (1/2 inch thick)  
1 egg white  
1 teaspoon of water  
1/2 cup cornmeal  
1/4 teaspoon of salt  
1/8 teaspoon of pepper  
2 teaspoons of olive oil

Cut the fish into 4 equal pieces and pat dry. In a shallow dish, whisk together the egg white and water. In another dish, mix the cornmeal, salt, and pepper. In a large nonstick skillet, warm the olive oil over medium heat. Dip the fish into the egg white mixture and then into the cornmeal mixture. Add the fish to the skillet and raise the heat to medium-high, cook for 4-5 minutes on each side or until golden and the fish flakes easily.

Nutrition Facts (per serving):

Calories: 196 calories  
Fat: 4g  
Saturated Fat: 1g  
Unsaturated Fat: 3g  
Trans Fat: 0g  
Cholesterol: 55mg  
Sodium: 227mg  
Carbohydrates: 14g  
Fiber: <1g  
Added Sugar: 0g  
Protein: 25g

## Black Bean and Rice Burritos

Servings: 4

1 – 15 oz can of no added salt black beans, drained and rinsed  
1 teaspoon of olive oil  
½ cup of chopped onion  
1 teaspoon of minced garlic  
1 small Roma tomato, chopped  
¼ teaspoon of cumin  
¼ teaspoon of oregano  
¼ cup water  
4 large flour burrito tortillas (we used El Paso brand for 230mg/tortilla)  
½ cup cooked brown rice  
½ cup salsa  
1 cup of cherry tomatoes, halved  
¼ cup of shredded Romaine lettuce

In a large saucepan, heat the olive oil over medium heat. Add the onion and sauté until translucent. Add the garlic, tomatoes, cumin, and oregano, cook for 1 minute. Add the canned black beans and water and bring to a boil. Reduce heat to low and simmer for 10 minutes. Remove the saucepan from the stove and partially mash the beans to thicken; set aside. Heat a large skillet over medium-high heat. Add 1 tortilla to the skillet and cook on both sides, flipping tortilla with tongs. Transfer the tortilla to a cutting board and repeat for all 4 tortillas. Spoon ~1/4 cup of beans onto each tortilla. Top with brown rice, salsa, chopped tomatoes, and lettuce. Fold and serve.

Nutrition Facts (per serving):

Calories: 310 calories  
Fat: 6g  
Saturated Fat: 2g  
Unsaturated Fat: 3g  
Trans Fat: 0g  
Cholesterol: 0g  
Sodium: 520mg  
Carbohydrates: 55g  
Fiber: 8g  
Added Sugar: 0g  
Protein: 10.5g

## Chicken Enchiladas

Servings: 10

10 whole wheat flour tortillas (we used El Paso soft taco flour tortillas)  
1 tablespoon light tub margarine  
½ cup chopped onion  
½ teaspoon of minced garlic  
1 – 10 oz can of no salt added diced tomatoes with green chiles  
½ cup light sour cream  
1 – 10.5 oz can of reduced fat cream of chicken soup (we used Campbell's Healthy Request)  
1 ½ cups of cooked chicken breast, cubed  
1 cup fat free shredded cheddar cheese  
¼ cup skim milk

Preheat oven to 350 degrees F. In a nonstick skillet, melt margarine over medium heat. Add onion and garlic, cook until tender. Stir in tomatoes with green chiles, sour cream, and soup; mix well. Set aside ¾ cup of the sauce. Stir in chicken and ½ cup of the cheese into the sauce remaining in the skillet. Fill tortillas with chicken mixture and roll up. Place seam side down in ungreased 12x8 baking dish. In a small bowl, combine the remaining sauce and milk; spoon over rolled tortillas. Top with remaining cheese. Bake for 30 to 35 minutes.

Nutrition Facts (per serving):

Calories: 177 calories

Fat: 5g

Saturated Fat: 2g

Unsaturated Fat: 3g

Trans Fat: 0g

Cholesterol: 25mg

Sodium: 391mg

Carbohydrates: 19g

Fiber: <1g

Added Sugar: 0g

Protein: 13g

## Low Sodium Tacos

Servings: 10

1 pound lean ground turkey  
10 medium soft taco flour tortillas  
¼ cup chili powder  
2 tablespoon of ground cumin  
1 tablespoon of paprika  
1 tablespoon of garlic powder  
1 tablespoon of onion powder  
1 tablespoon of oregano leaves  
1 teaspoon of crushed red pepper

In a large nonstick skillet, brown ground turkey. Pour off any additional fat. To make seasoning mix, combine all seasonings listed above. Use 2 tbsp of seasoning per 1 pound of meat. Add 1/3-1/2 cup of water with seasoning and stir. Store remaining seasoning mixture in an airtight container. Spoon meat into flour tortillas and choose toppings of choice, being mindful of nutritional information of chosen toppings.

Nutrition Facts (per serving):

Calories: 205 calories  
Fat: 6g  
Saturated Fat: 2.5g  
Unsaturated Fat: 3g  
Trans Fat: 0g  
Cholesterol: 38mg  
Sodium: 268mg  
Carbohydrates: 22g  
Fiber: 1g  
Added Sugar: 0g  
Protein: 16g

## Spanish Beans and Rice

Servings: 8

1 – 15.5 ounce can of pinto beans, drained and rinsed  
1 cup white rice, uncooked, rinsed well  
1 tablespoon of avocado oil  
1 cup of chopped onion  
1 ½ cups of water (or reduced sodium chicken broth)  
½ cup of No Salt Added tomato sauce  
1 ½ teaspoon of paprika  
1 teaspoon of ground cumin  
1 teaspoon of dried oregano  
½ teaspoon of garlic powder  
¼ teaspoon of cayenne pepper

Heat avocado oil in a large nonstick skillet set over medium heat. Add the rice and onion and toast for 3 to 4 minutes, stirring frequently, until the rice is golden and the onion is tender. Add in the water/broth, tomato sauce, and spices and bring the mixture to a low boil. Reduce the heat to low, cover, and simmer for 12 to 15 minutes, or until the rice absorbs the liquid and is fluffy. Do not remove the lid or stir while cooking. Remove the skillet from the heat, remove the lid and taste, adjusting seasonings as desired. Stir in the beans and cover. Allow to sit for an additional 5 minutes, until warmed through.

Nutrition Facts (per serving):

Calories: 157 calories (159 with chicken broth)  
Fat: 2g  
Saturated Fat: <1g  
Unsaturated Fat: 1.5g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 63mg (162mg with chicken broth)  
Carbohydrates: 30g  
Fiber: 4g  
Added Sugar: 0g  
Protein: 5g

## Italian Pasta Stir Fry

Servings: 6

8 ounces of linguine, uncooked  
2 medium tomatoes, seeded and chopped  
1 medium onion, chopped  
1 medium zucchini, chopped  
¼ cup fresh parsley, chopped  
1 tablespoon of olive oil  
2 garlic cloves, minced (or 1 teaspoon store-bought minced garlic)  
1 teaspoon dried basil  
1 teaspoon of oregano leaves  
¼ cup of grated Parmesan cheese

Cook linguine according to package directions, omitting any salt. Drain and keep warm. Heat oil in a skillet over medium-high heat until hot. Stir fry garlic for 15 seconds. Add zucchini and onion, stir fry for 2-3 minutes. Add tomatoes, parsley, and seasonings. Heat 1-2 minutes until heated through. Remove from heat and stir in linguine. Top with parmesan cheese.

Nutrition Facts (per serving):

Calories: 215 calories  
Fat: 6g  
Saturated Fat: 2.5g  
Unsaturated Fat: 3g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 166mg  
Carbohydrates: 32g  
Fiber: 2.5g  
Added Sugar: 0g  
Protein: 7g

## Vegetable Lasagna

Servings: 8

1 – 24 ounce jar of low sodium marinara sauce  
6 lasagna noodles  
1 – 15 ounce container of part skim ricotta cheese  
1 – 6-8 ounce bag of baby spinach  
2 eggs  
1 ½ cup of sliced zucchini  
½ cup of shredded carrots  
1 cup of chopped onion  
1 cup of sliced mushrooms  
1 – 8 ounce package of reduced fat shredded mozzarella cheese  
½ cup of shredded parmesan cheese  
½ teaspoon of dried oregano  
Olive oil cooking spray

Preheat oven to 350 degrees F. Spray 13 x 9 baking dish with olive oil spray. Cook lasagna noodles as directed on package without salt. Drain and lay flat on rimmed backing sheet, lightly spraying with cooking oil to prevent noodles from sticking. In a medium bowl, mix carrots, oregano, and marinara sauce together. Set aside. In a large bowl, mix eggs and Ricotta cheese well. Add spinach and blend thoroughly. Set aside. Spread ½ cup of marinara sauce mixture in the bottom of prepared baking dish. Layer 3 lasagna noodles, ½ of the remaining sauce, ½ Ricotta mix, ½ sliced zucchini, ½ chopped onion, ½ sliced mushrooms, ½ mozzarella, ½ parmesan. Repeat layers and bake in oven for 45-55 minutes until bubbly. Remove from oven and let rest at least 15 minutes. Cut into 8 portions and serve.

Nutrition Facts (per serving):

Calories: 297 calories

Fat: 12g

Saturated Fat: 6g

Unsaturated Fat: 6g

Trans Fat: 0g

Cholesterol: 88mg

Sodium: 490mg

Carbohydrates: 30g

Fiber: 4g

Added Sugar: 2g

Protein: 17g

## Mushroom and Tofu Stir Fry

Servings: 5

4 tablespoons of canola oil, divided  
1 pound of mushrooms, sliced  
1 medium red bell pepper, diced  
1 bunch of scallions, trimmed and cut into 2-inch pieces  
1 tablespoon of grated fresh ginger (or  $\frac{3}{4}$  teaspoon of ground ginger)  
1 large clove of garlic, grated  
1 – 8 oz container of baked or smoked tofu, diced  
3 tablespoons of oyster sauce or vegetarian oyster sauce (be careful of brand you choose, check sodium)

Heat 2 tablespoons of canola oil in a large flat-bottom wok or cast-iron skillet over high heat. Add mushrooms and bell pepper; cook, stirring occasionally, until soft. Stir in scallions, ginger, and garlic; cook for 30 seconds more. Transfer the vegetables to a bowl. Add the remaining 2 tablespoons of canola oil and tofu to the pan. Cook, turning once, until browned. Stir in the vegetable and oyster sauce. Cook, stirring, until hot.

Nutrition Facts (per serving):

Calories: 200 calories  
Fat: 15g  
Saturated Fat: 3g  
Unsaturated Fat: 12g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 306mg  
Carbohydrates: 7g  
Fiber: 2g  
Added Sugar: 0g  
Protein: 7g

## Mediterranean Bowl

Servings: 4

1 cup of uncooked whole grain sorghum  
¼ cup of olive oil  
2 tablespoons of lime juice  
1 tablespoon of chopped cilantro  
1 garlic clove, minced  
½ teaspoon of Dijon mustard  
½ teaspoon of ground cumin  
¼ teaspoon of salt  
¼ teaspoon of pepper  
1 cup of grape or cherry tomatoes, halved  
1 – 15 ounce can of No Salt Added black beans  
½ cup of jarred roasted red bell peppers  
½ cup of frozen shelled edamame, thawed  
½ cup chopped cucumber  
½ cup green onions (about 4 medium), green parts only, chopped  
¼ cup fat free feta cheese

Prepare the sorghum using the package directions, omitting the salt. Meanwhile, in a small bowl, whisk together the dressing ingredients and set aside. In a medium bowl, stir together the tomatoes, beans, bell peppers, edamame, cucumber, and green onions. Stir in the cooked sorghum. Pour the dressing all over, stirring to coat. Put the sorghum mixture into serving bowls and sprinkle with the feta cheese

Nutrition Facts (per serving):

Calories: 478 calories

Fat: 18g

Saturated Fat: 2.5g

Unsaturated Fat: 15.5g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 471mg

Carbohydrates: 66g

Fiber: 7.5g

Added Sugar: 0g

Protein: 18g

## Sweet and Nutty Stir Fry

Servings: 4

4 ounces of dried vermicelli or spaghetti, broken in half  
2 teaspoons of curry powder  
2 tablespoons of sugar  
2 tablespoons of reduced sodium soy sauce  
2 tablespoons of balsamic vinegar  
1 teaspoon of cornstarch  
¼ teaspoon of crushed red pepper flakes  
1/3 cup of fresh orange juice  
2 teaspoons of grated orange zest  
1 teaspoon of canola oil  
½ cup thinly sliced onion  
2 cups of bite-sized broccoli florets (about 5 ounces)  
1 cup thinly sliced (not shredded) red cabbage  
1 cup matchstick-size carrots strips  
½ cup unsalted, unoiled peanuts (dry-roasted)

Prepare the pasta using the package directions, omitting the salt and oil and adding the curry powder. Drain well. Meanwhile, in a small saucepan, combine the sauce ingredients, stirring until the cornstarch is completely dissolved. Bring to a boil over medium-high heat and boil for 1 minute. Remove from the heat. Stir in the orange zest. Set aside. In a large non-stick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion for 1 minute. Stir in the broccoli, cabbage, and carrots. Cook for 4 minutes, or until just tender-crisp, stirring frequently. Transfer the pasta to a serving platter. Top with the broccoli mixture. Pour the sauce over all. Sprinkle with peanuts.

Nutrition Facts (per serving):

Calories: 375 calories

Fat: 17g

Saturated Fat: 2.5g

Unsaturated Fat: 13.5g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 457mg

Carbohydrates: 45g

Fiber: 5.5g

Added Sugar: 6g

Protein: 14g

## Eggplant and Cheese Tomato Bake

Servings: 8

1 large eggplant, sliced  
 2 medium zucchini, diced  
 1 medium onion, diced  
 2 teaspoons of olive oil  
 3 cups of sliced mushrooms  
 2 tablespoons of water  
 3 medium garlic cloves, minced (or 1 ½ teaspoon of jarred minced garlic)  
 ¼ teaspoon of pepper  
 1 – 29 ounce can of No Salt Added tomato sauce  
 1 – 8 ounce can of No Salt Added tomato sauce  
 1 tablespoon of dried basil, crumbled  
 ¾ cup of fat-free ricotta cheese  
 1 cup of shredded low-fat mozzarella cheese  
 1 cup plain bread crumbs

Preheat the oven to 375 degrees F. Spray a large baking sheet and a 13 x 9 x 2-inch baking dish. Arrange the eggplant, zucchini, and onion in a single layer on the baking sheet. Lightly spray with cooking spray and cover with aluminum foil. Bake for 10 minutes. Remove the foil and bake for an additional 10 minutes. In a small saucepan, heat the olive oil over medium heat. Cook the mushrooms, water, garlic, and pepper for 6 minutes. Stir in the tomatoes, tomato sauce, and basil. Reduce the heat and simmer for 10 minutes. In the baking dish, layer half the tomato-mushroom mixture; half the vegetables; all the ricotta; half the mozzarella; the remaining tomato-mushroom mixture; and then the remaining vegetables. Sprinkle the remaining mozzarella over all and top with breadcrumbs. Bake for 30 to 45 minutes.

Nutrition Facts (per serving):

Calories: 216 calories  
 Fat: 6.5g  
 Saturated Fat: 2.5g  
 Unsaturated Fat: 3g  
 Trans Fat: 0g  
 Cholesterol: 15mg  
 Sodium: 249mg  
 Carbohydrates: 31g  
 Fiber: 7g  
 Added Sugar: 1g  
 Protein: 9g

## Creole Red Bean Ratatouille

Servings: 4

4 ounces of dried, whole-grain penne pasta  
 1 tablespoon of olive oil (extra virgin preferred, divided use)  
 1 medium onion, chopped  
 1 medium green bell pepper, chopped  
 2 medium garlic cloves, minced (or 1 teaspoon of store bought minced garlic)  
 4 medium tomatoes, chopped  
 1 cup frozen, cut okra  
 ½ of a 15.5 oz can of No Added Salt kidney beans, rinsed and drained  
 3 medium dried bay leaves  
 1 teaspoon of dried oregano, crumbled  
 ½ teaspoon of dried thyme, crumbled  
 1/8-1/4 teaspoon of crushed red pepper flakes  
 ¼ cup chopped parsley  
 ½ teaspoon of salt  
 2 ounces of shredded, low-fat mozzarella cheese  
 2 tablespoons shredded or grated Parmesan cheese

Prepare the pasta using package directions, omitting salt. Drain well and set aside. In a large non-stick skillet, heat 1 teaspoon of oil over medium-high heat. Cook the onion and bell pepper for 3-4 minutes, stirring frequently. Stir in the garlic. Cook for 10 seconds, stirring constantly. Stir in the tomatoes, okra, beans, bay leaves, oregano, thyme, and red pepper flakes. Bring to a simmer. Reduce the heat and simmer, covered, for 20 minutes. Remove from the heat. Discard the bay leaves. Stir in the parsley, salt, and remaining 2 teaspoons of oil. Serve over pasta and sprinkle with cheese.

Nutrition Facts (per serving):

Calories: 309 calories

Fat: 7g

Saturated Fat: 2g

Unsaturated Fat: 4g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 420mg

Carbohydrates: 49g

Fiber: 11g

Added Sugar: 1g

Protein: 15g

## Baked Penne Florentine

Servings: 6

8 ounces of dried multigrain or whole wheat penne pasta  
1 – 10 ounce package of frozen chopped spinach, thawed and well-drained  
¼ cup of low sodium vegetable broth  
1 medium onion, chopped  
2 cloves of garlic, minced (or 1 teaspoon of store bought minced garlic)  
½ cup of raw cashews  
1 ¾ cup of water  
1 – 15 to 16 ounce can of Great Northern beans, navy beans, or cannellini, rinsed and drained  
2 teaspoons of lemon juice  
½ teaspoon of dry mustard  
¼ teaspoon of salt  
¼ teaspoon of ground black pepper  
½ cup soft whole wheat bread crumbs

Preheat the oven to 375 degrees F. Cook the pasta according to package directions, omitting the salt. Drain and return to hot pan. Add spinach, toss to combine. Spoon into a 2-quart casserole dish and set aside. In a small saucepan, combine vegetable broth, onion, and garlic. Bring to a boil and reduce heat. Simmer, uncovered, for about 5 minutes or until the onion is tender. Remove from heat and set aside. Place cashews in a food processor. Cover and process until finely ground. Add half of the water and blend until smooth. Add onion mixture, beans, lemon juice, mustard, salt, and pepper. Cover and process until smooth. Transfer to a medium bowl and stir in the remaining water. Stir bean mixture into pasta mixture in casserole dish. Sprinkle with breadcrumbs. Bake, uncovered, for about 30 minutes or until crumbs are toasted.

Nutrition Facts (per serving):

Calories: 342 calories  
Fat: 9.5g  
Saturated Fat: 1.5g  
Unsaturated Fat: 7g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 520mg  
Carbohydrates: 53g  
Fiber: 10g  
Added Sugar: 0g  
Protein: 15g

## Sweet Potato Black Bean Burgers

Servings: 4

2 cups of grated sweet potato  
½ cup old-fashioned rolled oats  
1 cup of No Added Salt black beans, rinsed and drained  
½ cup of chopped scallions  
¼ cup of vegan mayonnaise  
1 tablespoon of No Added Salt tomato paste  
1 teaspoon of curry powder  
1/8 teaspoon of salt  
½ cup plain unsweetened almond milk yogurt  
2 tablespoons of chopped fresh dill  
2 tablespoons of lemon juice  
2 tablespoons of extra-virgin olive oil  
4 whole wheat hamburger buns, toasted  
1 cup thinly sliced cucumber

Squeeze grated sweet potato with paper towels to remove excess moisture; place in a large bowl. Pulse oats in a food processor until finely ground; add to the bowl with the sweet potatoes. Add beans, scallions, mayonnaise, tomato paste, curry powder, and salt to the bowl; mash the mixture together. Shape into four ½ inch thick patties. Place the patties on a plate and refrigerate for 30 minutes. Stir yogurt, dill, and lemon juice together in a bowl; set aside. Heat oil in a large skillet over medium-high heat. Add the patties and cook until golden brown. Divide the yogurt sauce evenly among the top and bottom bun halves. Top each bun half with a burger and cucumber slices. Place top bun half on burgers and serve.

Nutrition Facts (per serving):

Calories: 460 calories  
Fat: 21g  
Saturated Fat: 2g  
Unsaturated Fat: 19g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 430mg  
Carbohydrates: 60g  
Fiber: 10g  
Added Sugar: 4g  
Protein: 13g

## Vegetables and Side Dishes



## Rosemary-Garlic Mashed Potatoes

Servings: 8

2 whole garlic heads  
2 pounds of peeled and cubed potatoes  
1 cup of chopped onion  
2 tablespoons of plain, fat-free yogurt  
1 teaspoon of dried rosemary  
½ teaspoon of salt  
¼ teaspoon of black pepper

Preheat the oven to 350 degrees F. Wrap each garlic head in foil. Bake of 350 degrees F for 1 hour, then cool for 10 minutes. Separate cloves and squeeze to extract pulp. Discard skins. Place potatoes and onions in a sauce pan; cover with water and bring to a boil. Cover and reduce heat. Simmer for 15 minutes. Drain, reserving ¼ cup liquid. Combine garlic, potato mixture, ¼ cup liquid, and remaining ingredients; mash.

Nutrition Facts (per serving):

Calories: 111 calories  
Fat: <1g  
Saturated Fat: <1g  
Unsaturated Fat: <1g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 155mg  
Carbohydrates: 25g  
Fiber: 2g  
Added Sugar: 0g  
Protein: 3g

## Marinated Cucumbers

Servings: 4

¼ cup vinegar  
2 teaspoons of sugar  
½ teaspoon of salt  
1 medium cucumber, peeled and sliced  
1 medium onion, sliced and separated into rings  
1 teaspoon of chopped fresh parsley  
Pinch of paprika  
Pinch of ground pepper

Combine the vinegar, 2 tablespoons of water, sugar, salt, paprika, and pepper in a medium bowl. Add the cucumber and onion. Toss to mix. Cover and chill at least 2 hours for the flavors to blend, stirring occasionally. Drain the liquid and sprinkle the salad with chopped parsley at serving time.

Nutrition Facts (per serving):

Calories: 26 calories  
Fat: 0g  
Saturated Fat: 0g  
Unsaturated Fat: 0g  
Trans Fat: 0g  
Cholesterol: 0g  
Sodium: 293mg  
Carbohydrates: 6g  
Fiber: 1g  
Added Sugar: 2g  
Protein: 0.5g

## Marinated Broccoli

Servings: 8

2 pounds of broccoli, broken into bite sized pieces  
3 tablespoons of lemon juice  
½ cup of low calorie Italian dressing  
½ cup of red onion, sliced  
1 teaspoon of capers  
1 tablespoon of lemon peel, grated.

In a large saucepan, blanch broccoli in lightly salted water for 3-5 minutes until just tender, but firm. Rinse in cold water. Drain broccoli and place on paper towel. Put broccoli in a glass mixing bowl. Toss with lemon juice and Italian dressing. Add onions, capers, and lemon peel. Cover and chill for 24 hours, stirring occasionally. Drain broccoli and serve.

Nutrition Facts (per serving):

Calories: 47 calories  
Fat: 0g  
Saturated Fat: 0g  
Unsaturated Fat: 0g  
Trans Fat: 0g  
Cholesterol: 0g  
Sodium: 135mg  
Carbohydrates: 9g  
Fiber: 3g  
Added Sugar: 0g  
Protein: 3g

## **Cheese and Veggie Stuffed Baked Potato**

Servings: 2

2 large potatoes

2 cups frozen vegetable blend of broccoli, cauliflower, and carrots

½ cup of reduced fat cheddar cheese

Scrub potatoes and pierce with a fork. Place in a microwave on high for 6 to 8 minutes. Cook longer, if necessary, until done. Set aside. Place vegetables in a microwave safe dish, cover and cook for 4 to 6 minutes on high. Split potato open and top with vegetables. Sprinkle cheese on top and microwave for 1 minute more or until cheese is melted.

Nutrition Facts (per serving):

Calories: 239 calories

Fat: 0g

Saturated Fat: 0g

Unsaturated Fat: 0g

Trans Fat: 0g

Cholesterol: 5mg

Sodium: 318mg

Carbohydrates: 45g

Fiber: 6.5g

Added Sugar: 0g

Protein: 14g

## Cranberry Walnut Brussels Sprouts

Servings: 8

¼ cup of extra-virgin olive oil

1 pound of fresh Brussels sprouts, trimmed and halved lengthwise

½ cup unsweetened dried cranberries

2 tablespoons of water

1/3 cup of chopped walnuts

2 tablespoons of balsamic vinegar

In a large skillet, heat oil over medium heat. Place Brussels sprouts in pan, cut side down; cook 4-5 minutes or until bottoms are browned. Add cranberries and water; cook, covered, until Brussels sprouts are crisp-tender. Stir in walnuts and cook until water is evaporated. Stir in vinegar.

Nutrition Facts (per serving):

Calories: 145 calories

Fat: 10g

Saturated Fat: 1g

Unsaturated Fat: 8g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 14mg

Carbohydrates: 15g

Fiber: 5g

Added Sugar: 0g

Protein: 2.5g

## Sauteed Potatoes

Servings: 4

3 large potatoes  
2 tablespoons of tomato paste  
1 teaspoon of olive oil  
¼ teaspoon of ground cumin  
½ teaspoon of garlic powder  
¼ teaspoon of paprika  
Pinch of chili powder  
2 tablespoons of water

Wash, pierce, and microwave the potatoes for 8-10 minutes or until done. Cool and peel potatoes, cut into cubes, and put aside. Add oil to a large nonstick skillet and heat over medium-high heat. Saute the potato cubes until golden brown, about 3 minutes. Add the seasonings while the potatoes are cooking. Add the tomato paste and the water, toss well, and serve hot.

Nutrition Facts (per serving):

Calories: 141 calories  
Fat: 1g  
Saturated Fat: <1g  
Unsaturated Fat: <1g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 15mg  
Carbohydrates: 30g  
Fiber: 4g  
Added Sugar: 0g  
Protein: 3.5g

## Brown Rice Pilaf

Servings: 6

2 tablespoons of chopped onion  
1 cup brown rice  
2 cups unsalted/reduced sodium chicken broth  
¼ teaspoon of rubbed sage

Preheat the oven to 350 degrees F. In a medium-sized saucepan, cook onion in 2 tablespoons of water over medium heat. Add rice and stir constantly until heated. Stir in chicken broth, 1 cup water, and sage; bring to a boil. Pour into a 2 quart casserole dish coated with nonstick cooking spray. Bake uncovered for 50-60 minutes or until liquid is absorbed and rice is tender.

Nutrition Facts (per serving):

Calories: 103 calories  
Fat: <1g  
Saturated Fat: <1g  
Unsaturated Fat: 0g  
Trans Fat: 0g  
Cholesterol: 0g  
Sodium: 140mg  
Carbohydrates: 22g  
Fiber: 1g  
Added Sugar: 0g  
Protein: 2g

## Mediterranean Vegetables

Servings: 4

1 tablespoon of light tub margarine  
1 ½ cups sliced onions  
1 cup of green pepper strips  
½ teaspoon of crushed garlic  
1 – 15 ounce can of no added salt diced tomatoes  
2 cups of cubed unpeeled eggplant  
1 ½ cup of sliced zucchini  
¼ teaspoon of thyme leaves  
1 bay leaf  
Dash of ground black pepper

In a 3-quart microwave safe dish, combine all ingredients except the tomatoes. Cover. Microwave on high for 8 minutes. Stir in tomatoes and cover. Microwave on high for 5-7 minutes. Serve.

Nutrition Facts (per serving):

Calories: 75 calories  
Fat: 1g  
Saturated Fat: <1g  
Unsaturated Fat: <1g  
Trans Fat: 0g  
Cholesterol: 0g  
Sodium: 44mg  
Carbohydrates: 14g  
Fiber: 4g  
Added Sugar: 0g  
Protein: 2.5g

## **Parmesan Broccoli Florets**

Servings: 4

1 – 12 ounce package of fresh broccoli florets  
2 tablespoons plus 2 teaspoons of seasoned breadcrumbs  
1 tablespoon plus 1 teaspoon of grated Parmesan cheese

Preheat oven to 450 degrees F. Spray microwave safe and oven safe dish with cooking spray. Add broccoli florets, drizzle with water. Microwave on high for 4-5 minutes until tender but crisp. Combine breadcrumbs and Parmesan cheese and mix well; sprinkle over broccoli. Bake 12-15 minutes until breadcrumbs are lightly browned.

Nutrition Facts (per serving):

Calories: 53 calories

Fat: 1g

Saturated Fat: <1g

Unsaturated Fat: <1g

Trans Fat: 0g

Cholesterol: 0g

Sodium: 103mg

Carbohydrates: 7g

Fiber: 2g

Added Sugar: 0g

Protein: 4g

## Candied Acorn Squash

Servings: 4

2 acorn squash  
4 tablespoons of light maple syrup  
2 teaspoons of light tub margarine  
1/8 teaspoon of ground allspice

Preheat oven to 375 degrees F. Wash squash and cut in half. Remove the seeds and stringy parts. Place squash halves cut side up in medium sized shallow baking dish. Put 1 tablespoon of syrup and 1/2 teaspoon of margarine in each half. Dust with allspice. Bake covered for 35 minutes, then uncover and bake about 15 minutes longer or until tender.

Nutrition Facts (per serving):

Calories: 120 calories

Fat: 1g

Saturated Fat: <1g

Unsaturated Fat: <1g

Trans Fat: 0g

Cholesterol: 1mg

Sodium: 52mg

Carbohydrates: 29g

Fiber: 3g

Added Sugar: 0g

Protein: 2g

## Lemon Dill Carrots

Servings: 6

1 teaspoon of olive oil  
3 cups of diagonally sliced carrots  
¼ cup of unsalted/reduced sodium chicken broth  
1 teaspoon of grated lemon rind  
1 tablespoon of lemon juice  
½ teaspoon of celery salt  
¼ teaspoon of black pepper  
1 teaspoon of dried dill

Heat olive oil in a large nonstick skillet over medium-high heat. Add carrots and sauté for 2 minutes. Stir in broth, lemon rind, lemon juice, celery salt, and black pepper. Cover and reduce heat to medium-low and cook 10 minutes or until tender. Remove from heat and stir in dill.

Nutrition Facts (per serving):

Calories: 32 calories

Fat: 1g

Saturated Fat: <1g

Unsaturated Fat: <1g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 150mg

Carbohydrates: 6g

Fiber: 2g

Added Sugar: 0g

Protein: <1g

## Caramelized Carrots

Servings: 4

1 pound of baby carrots  
1 tablespoon of low sodium soy sauce  
2 teaspoons of brown sugar  
1 teaspoon of olive oil  
¼ teaspoon of black pepper

Preheat oven to 475 degrees F. Mix all the ingredients together. Arrange carrots in a single layer on a baking sheet coated with cooking spray. Bake for 15 minutes or until tender, turning once.

Nutrition Facts (per serving):

Calories: 59 calories

Fat: 1g

Saturated Fat: <1g

Unsaturated Fat: <1g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 231mg

Carbohydrates: 11g

Fiber: 3g

Added Sugar: 2g

Protein: 1g

## Dill Green Beans

Servings: 4

2 cups of green beans  
2 tablespoons of sliced mushrooms  
2 tablespoons of chopped pimento  
1 teaspoon of light tub margarine  
½ teaspoon of dill weed

Put about ½ cup of water into a medium size saucepan. Add beans and cook over medium-low heat until nearly tender. Add mushrooms and cook 1 minute longer. Drain and add pimento, margarine, and dill. Gently mix. Remove from heat and let stand a few minutes for flavors to blend.

Nutrition Facts (per serving):

Calories: 30 calories

Fat: <1g

Saturated Fat: <1g

Unsaturated Fat: <1g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 14mg

Carbohydrates: 6g

Fiber: 1g

Added Sugar: 0g

Protein: 1g

## Zippy Cauliflower

Servings: 6

3 cups of cauliflower  
½ teaspoon of light tub margarine  
1 tablespoon all-purpose flour  
1/8 teaspoon of cayenne pepper  
¼ teaspoon of salt  
1/8 teaspoon of pepper  
¾ cup skim milk  
½ cup of shredded fat-free cheddar cheese  
2 tablespoons of chopped green chiles  
¼ cup breadcrumbs

Preheat the oven to 350 degrees F. Steam cauliflower just until tender, drain. Melt margarine in a saucepan over medium heat. In a jar with a lid, combine flour, cayenne pepper, salt, pepper, and milk; shake until blended. Slowly add the mixture into the margarine in the saucepan, stirring until smooth. Add cheese and continue stirring until smooth. Stir in chilies. Arrange cauliflower in a 2-quart baking dish. Pour sauce over cauliflower and sprinkle with breadcrumbs. Bake for 10-15 minutes or until bubbling.

Nutrition Facts (per serving):

Calories: 64 calories  
Fat: <1g  
Saturated Fat: <1g  
Unsaturated Fat: <1g  
Trans Fat: 0g  
Cholesterol: <1mg  
Sodium: 271 mg  
Carbohydrates: 10g  
Fiber: 1g  
Added Sugar: <1g  
Protein: 6g

## Zucchini and Mushrooms

Servings: 6

3 medium zucchini  
½ teaspoon of light tub margarine  
6 fresh mushrooms, sliced  
1 teaspoon of dried basil  
Pepper to taste

Rinse zucchini and slice into pieces. Steam zucchini until tender crisp. Melt margarine in a medium nonstick skillet over medium-high heat. Add mushrooms and sauté. Drain zucchini and add to mushrooms. Add basil and pepper; toss gently. Cover and let stand a few minutes before serving.

Nutrition Facts (per serving):

Calories: 22 calories  
Fat: <1g  
Saturated Fat: <1g  
Unsaturated Fat: <1g  
Trans Fat: 0g  
Cholesterol: <1mg  
Sodium: 12mg  
Carbohydrates: 4g  
Fiber: 1g  
Added Sugar: 0g  
Protein: 2g

## Garlic Parmesan Asparagus

Servings: 4

1 pound fresh asparagus, trimmed  
1 fresh garlic cloved, minced  
2 tablespoons of light butter  
1 tablespoon of grated Parmesan cheese

In a large skillet, bring  $\frac{1}{2}$  inches of water to a boil. Add asparagus and garlic; cook, covered, until asparagus is crisp-tender. Drain. Toss asparagus with butter and parmesan cheese.

Nutrition Facts (per serving):

Calories: 48 calories

Fat: 2.5g

Saturated Fat: 1g

Unsaturated Fat: 1.5g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 78mg

Carbohydrates: 4.5g

Fiber: 2g

Added Sugar: 0g

Protein: 3g

# Desserts



## Caramel Baked Pears

Servings: 6

4 – 15 ounce cans of pear halves in pear juice; well drained  
2 teaspoons of ground cinnamon  
½ cup of sugar free caramel dessert topping

Preheat oven to 350 degrees F. Spray 9 x 13 x 2 inch baking dish with cooking spray. Arrange pear halves in dish. Sprinkle with cinnamon and drizzle with caramel dessert topping. Bake 8-10 minutes until heated through.

Nutrition Facts (per serving):

Calories: 200 calories

Fat: 0g

Saturated Fat: 0g

Unsaturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0g

Sodium: 43mg

Carbohydrates: 52g

Fiber: 5g

Added Sugar: 0g

Protein: 0g

## Banana Pudding

Servings: 20

3 cups of fat free milk

8 – 0.9 oz packages of zero sugar banana pudding mix

1 cup of frozen zero sugar cool whip, thawed

1 – 11 ounce box of vanilla wafers, reserving 8 to 10 cookies

4 bananas, peeled and sliced

In a large bowl, using an electric mixer set on medium speed, beat the milk and pudding mix for 3 to 5 minutes. Fold in the whipped topping. Spoon 1/3 of the pudding mixture over the bottom of a 13x9x2 glass baking dish. Arrange a layer of cookies over the pudding and then arrange a layer of banana slices. Repeat to make a second layer of pudding, cookies, and bananas. Top with the remaining pudding. Crush the reserved cookies and sprinkle over the top. Cover with plastic wrap and chill for at least 3 hours.

Nutrition Facts (per serving):

Calories: 129 calories

Fat: 4g

Saturated Fat: 1.5g

Unsaturated Fat: 3g

Trans Fat: 0g

Cholesterol: 0g

Sodium: 171mg

Carbohydrates: 22g

Fiber: <1g

Added Sugar: 5g

Protein: 2g

## Frozen Yogurt Bark

Servings: 8

1 ½ cups of nonfat plain Greek yogurt  
2 tablespoons of honey  
2 tablespoons of chopped unsalted almonds  
½ cup finely chopped mango  
½ cup blueberries  
¼ cup of raspberries, chopped if large

In a medium bowl, whisk together the yogurt and honey until combined. Line a 13x9x2 inch baking dish with parchment paper. Using a spatula or knife, spread the yogurt mixture over the paper as thinly as possible. Sprinkle the almonds over the yogurt mixture. Using your fingertips, gently press the almonds into the yogurt mixture. Sprinkle the mango, blueberries, and raspberries over all. Using your fingertips, gently press fruit into the yogurt mixture. Cover the dish with plastic wrap or aluminum foil. Freeze overnight. At serving time, remove the baking dish from the freezer. Gently lift the parchment paper from the dish and transfer to a cutting board. Using your hands, break the bark into pieces (or you may need to hit it lightly on the surface of the cutting board). Serve immediately as it will begin to melt within 15 minutes after being removed from freezer. Return to freezer as needed.

Nutrition Facts (per serving):

Calories: 66 calories

Fat: 1g

Saturated Fat: <1g

Unsaturated Fat: <1g

Trans Fat: 0g

Cholesterol: 1mg

Sodium: 14mg

Carbohydrates: 10g

Fiber: 1g

Added Sugar: 0g

Protein: 5g

## Apple Bread Pudding

Servings: 4

1 large egg  
1 large egg white  
1 cup skim milk  
2 tablespoons of brown sugar blend  
1 teaspoon of vanilla extract  
1 teaspoon of ground cinnamon  
½ teaspoon of ground cloves or allspice  
6 slices of light whole-grain bread, cubed  
3 medium apples, cored and cut into ½ inch cubes  
½ cup of unsweetened dried cranberries

Preheat the oven to 350 degrees F. Lightly spray a 9 inch square baking dish with cooking spray. In a large bowl, whisk together the egg, egg white, milk, brown sugar blend, vanilla, cinnamon, and cloves/allspice. Stir in the cubed bread, apples, and cranberries. Pour the mixture into the baking dish. Bake for 40 to 45 minutes or until the bread cubes are golden brown.

Nutrition Facts (per serving):

Calories: 245 calories  
Fat: 2g  
Saturated Fat: <1g  
Unsaturated Fat: 1g  
Trans Fat: 0g  
Cholesterol: 53mg  
Sodium: 195mg  
Carbohydrates: 57g  
Fiber: 7g  
Added Sugar: 8g  
Protein: 18g

## Snickerdoodles

Servings: 24

1 cup of light tub margarine  
¼ cup of stevia sugar blend + 1 tablespoon of stevia sugar blend, divided  
1 large egg  
1 teaspoon of vanilla extract  
2 cups of all-purpose flour  
¾ teaspoon of baking powder  
¾ teaspoon of salt  
1 ½ teaspoon of ground cinnamon

Preheat the oven to 400 degrees F. In a large bowl, using an electric mixer on medium speed, beat the margarine, ¼ cup stevia sugar blend, egg, and vanilla until smooth. In a medium bowl, stir together the flour, baking powder, and salt. Using the electric mixer on medium speed, gradually beat the flour mixture into the stevia sugar blend mixture just until moistened but no flour is visible. In a small bowl, stir together the remaining 1 tablespoon of stevia sugar blend and the cinnamon. Using your hands, shape the dough into 1 ¼ inch balls to make 24 cookies. Gently roll in the stevia sugar blend cinnamon mixture, coating lightly. Place about 2 inches apart on a large baking sheet or two small baking sheets. With the palm of your hand or a fork, lightly flatten each ball. Bake for 8-10 minutes or until the bottoms are browned.

Nutrition Facts (per serving):

Calories: 86 calories  
Fat: 4g  
Saturated Fat: 1g  
Unsaturated Fat: 3g  
Trans Fat: 0g  
Cholesterol: 9mg  
Sodium: 152mg  
Carbohydrates: 10g  
Fiber: 0g  
Added Sugar: 1g  
Protein: 1g

## Raspberry-Peach Cobbler

Servings: 6

2 cups of frozen raspberries, thawed and drained  
4 peaches, sliced  
1 tablespoon + 1 teaspoon of sugar  
¼ cup instant oats  
2 teaspoons of brown sugar  
1 teaspoon of cinnamon  
1 tablespoon + 1 teaspoon sugar-free maple syrup

Preheat the oven to 375 degrees F. Spray an 8 inch square baking dish with cooking spray. Combine raspberries, peaches, and sugar; toss lightly to coat. Combine oats, brown sugar, and cinnamon in a small bowl and mix well. Drizzle syrup over oatmeal mixture and toss with fingers until crumbly and moist. Sprinkle over fruit. Bake for 15-20 minutes or until lightly browned and crisp.

Nutrition Facts (per serving):

Calories: 95 calories

Fat: 1g

Saturated Fat: <1g

Unsaturated Fat: <1g

Trans Fat: 0g

Cholesterol: 0g

Sodium: 19mg

Carbohydrates: 23g

Fiber: 5g

Added Sugar: 4g

Protein: 2g

## Cocoa-Chia Pudding with Raspberries

Servings: 1

½ cup skim milk  
2 tablespoons of chia seeds  
2 teaspoons of pure maple syrup  
½ teaspoon of unsweetened cocoa powder  
¼ teaspoon of vanilla extract  
½ cup of raspberries  
1 tablespoon of toasted, sliced almonds

In a small bowl, combine milk, chia seeds, maple syrup, cocoa powder, and vanilla. Cover and refrigerate for at least 8 hours and up to 3 days. When ready to serve, stir well. Spoon about half of the pudding into a bowl and top with half of the raspberries and almonds. Add the rest of the pudding and top with remaining raspberries and almonds.

Nutrition Facts (per serving):

Calories: 270 calories

Fat: 12.5g

Saturated Fat: 1g

Unsaturated Fat: 11g

Trans Fat: 0g

Cholesterol: 0g

Sodium: 72mg

Carbohydrates: 23g

Fiber: 11g

Added Sugar: 0g

Protein: 10g

## Blackberry Lemon Drop Cupcakes

Servings: 12

### Cupcake Ingredients:

1 ¼ cups of all purpose flour  
¼ cup of almond flour  
1 teaspoon of baking powder  
½ cup of unsweetened applesauce  
½ cup of skim milk  
2 large eggs  
1 tablespoon of olive oil  
2 teaspoons of grated lemon zest  
1 tablespoon of lemon juice  
5 drops of lemon-flavored stevia sweetener  
1/8 teaspoon of salt  
1 cup of frozen blackberries, each cut in half  
3 tablespoons of stevia sugar blend

### Frosting Ingredients:

4 ounces of reduced fat cream cheese  
1 teaspoon of stevia sweetener (or 2 packets)  
8 drops of lemon-flavored liquid stevia sweetener  
8 drops of vanilla-flavored liquid stevia sweetener  
1 teaspoon of grated lemon zest  
½ cup of fat-free plain Greek yogurt

## Blackberry Lemon Drop Cupcakes (Continued)

Preheat the oven to 350 degrees F. Lightly spray a 12-cup muffin pan with cooking spray. In a large bowl, stir together the flour, almond flour, stevia sugar blend, and baking powder. Make a well in the center of the flour mixture. Add the applesauce, milk, eggs, oil, 2 teaspoons of lemon zest, lemon juice, 5 drops of lemon-flavored stevia sweetener, and salt; stirring just until moistened but no flour visible. Gently fold in the 1 cup of frozen blackberries. Spoon the mixture into the muffin cups. Bake for 22 to 24 minutes, or until a wooden toothpick inserted into the center comes out clean. Transfer to a cooling rack. Let cool for 30 minutes before frosting.

Meanwhile, in a medium bowl, combine cream cheese, stevia sweetener, liquid stevia sweeteners, and lemon zest. With an electric mixer on medium-high speed, beat the ingredients for 1 to 1 ½ minutes or until smooth, scraping the sides of the bowl as needed. Add the yogurt and beat on medium-high speed for 20-30 seconds or until smooth and creamy. Spread 2 tablespoons of the frosting on top of each cupcake.

### Nutrition Facts (per serving):

Calories: 138 calories

Fat: 5g

Saturated Fat: 2g

Unsaturated Fat: 2g

Trans Fat: 0g

Cholesterol: 42mg

Sodium: 127mg

Carbohydrates: 17g

Fiber: 1g

Added Sugar: 1.5g

Protein: 5g

## Apple Walnut Cake

Servings: 16

2 cups of unsweetened applesauce  
½ cup of tub margarine  
1 tablespoon + 1 teaspoon of stevia sweetener (or 8 stevia packets)  
3 large eggs  
3 cups of whole wheat flour, sifted, plus extra for dusting  
1 teaspoon of ground cinnamon  
½ teaspoon of salt  
½ teaspoon of baking soda  
1/8 teaspoon of ground nutmeg  
1 tablespoon of vanilla extract  
3 cups of chopped apples, such as Granny Smith or Honeycrisp  
1 cup chopped walnuts  
½ cup of unsweetened, dried cranberries

Preheat the oven to 350 degrees F. Lightly spray a 10-inch Bundt pan with cooking spray and lightly dust it with flour. Using an electric mixer on medium speed, in a medium bowl, beat the applesauce, margarine, and stevia sweetener until well blended. Add the eggs, beating after each one. In a large bowl, sift the flour, cinnamon, salt, baking soda, and nutmeg. Add the flour mixture to the applesauce mixture, beating on medium speed just until flour is no longer visible. Stir in the vanilla. Gently fold in the apples, walnuts, and cranberries. Pour the batter into the pan. Bake for 1 hour or until a wooden toothpick inserted in the center comes out clean.

Nutrition Facts (per serving):

Calories: 210 calories  
Fat: 9.5g  
Saturated Fat: 2g  
Unsaturated Fat: 7g  
Trans Fat: 0g  
Cholesterol: 39mg  
Sodium: 173mg  
Carbohydrates: 28g  
Fiber: 5g  
Added Sugar: 0g  
Protein: 5g

## Melon Berry Salad

Servings: 12

1 cup fat-free low sugar Greek yogurt (we love Oikos Triple Zero)  
½ cup of coconut milk  
½ cup of orange juice  
4 cups of cubed cantaloupe  
4 cups of cubed watermelon  
2 medium oranges, sectioned  
1 cup of fresh raspberries (or frozen, thawed)  
1 cup of fresh blueberries (or frozen, thawed)  
½ cup of sweetened shredded coconut, toasted

For dressing, whisk together yogurt, coconut milk, and orange juice. Refrigerate until serving. When ready to serve, place fruit in a large bowl and toss gently with dressing. Sprinkle with toasted coconut.

Nutrition Facts (per serving):

Calories: 107 calories

Fat: 3g

Saturated Fat: 2g

Unsaturated Fat: 0g

Trans Fat: 0g

Cholesterol: 1mg

Sodium: 26mg

Carbohydrates: 18g

Fiber: 3g

Added Sugar: 1g

Protein: 3g

## Apple Pear Crisp

Servings: 4

### Topping:

¼ cup of uncooked rolled oats  
¼ cup of all-purpose flour  
2 tablespoons of tub margarine, chilled in freezer for 15 minutes  
1 tablespoon of unsweetened applesauce  
½ teaspoon of ground cinnamon  
1 tablespoon of stevia sugar blend

### Crisp Ingredients:

1 large pear, peeled and diced  
1 teaspoon of cornstarch  
½ teaspoon of stevia sweetener (or 1 packet)  
1/8 teaspoon of ground ginger  
1/8 teaspoon of ground cloves  
1/8 teaspoon of ground cardamom (optional)  
1 large apple, peeled and diced

Preheat the oven to 375 degrees F. In a medium bowl, stir together the crisp ingredients. Spoon ½ cup of the apple pear mixture into four 6-ounce ovenproof glass custard cups or porcelain ramekins. In a small bowl, stir together topping ingredients until well blended. Sprinkle the topping over the fruit mixture in each custard cup. Bake for 20-25 minutes or until the fruit mixture is bubbly and the topping is golden brown.

### Nutrition Facts (per serving):

Calories: 150 calories  
Fat: 3.5g  
Saturated Fat: 1g  
Unsaturated Fat: 2.5g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 46mg  
Carbohydrates: 30g  
Fiber: 3.5g  
Added Sugar: 1.5g  
Protein: 1.5g

## Crispy Rice Cookies

Servings: 24

3 tablespoons of light tub margarine  
40 regular marshmallows  
½ teaspoon of vanilla  
4 cups of crispy rice cereal

Warm margarine in a large saucepan. Add marshmallows and cook over medium heat until marshmallows are melted, stirring constantly. Add vanilla. Pour in cereal. Mix well. Press mixture into a 13x9x2 inch pan. Cut into 24 2x2 squares when cool.

Nutrition Facts (per serving):

Calories: 63 calories  
Fat: 1g  
Saturated Fat: <1g  
Unsaturated Fat: <1g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 44mg  
Carbohydrates: 10g  
Fiber: 0g  
Added Sugar: 8g  
Protein: <1g

## Banana Split Berry Yogurt Parfait

Servings: 4

12 ounces of nonfat plain yogurt  
1 – 8 ounce can of pineapple tidbits in 100% juice, drained  
1 cup of fresh or frozen mixed berries, thawed  
1 large banana, sliced  
¼ cup chopped walnuts  
1 tablespoon of unsweetened cocoa powder  
1 tablespoon of confectioners' sugar  
2 teaspoons of hot water

To assemble, layer as follows in four small bowls or glasses: 1/3 cup yogurt, ¼ cup pineapple, ¼ cup berries, ¼ cup sliced bananas. Sprinkle with 1 tablespoon of walnuts. In a small cup, stir together the cocoa powder, confectioners' sugar, and hot water until smooth. Drizzle 1 teaspoon over each parfait.

Nutrition Facts (per serving):

Calories: 173 calories  
Fat: 5g  
Saturated Fat: 1g  
Unsaturated Fat: 4g  
Trans Fat: 0g  
Cholesterol: 2mg  
Sodium: 53mg  
Carbohydrates: 29g  
Fiber: 3g  
Added Sugar: 2g  
Protein: 5g

## Oatmeal Raisin Walnut Cookies

Servings: 24

½ cup of raisins  
1 cup of light margarine  
½ cup of stevia sugar blend  
1 large egg  
½ cup of unsweetened applesauce  
2 cups of all-purpose flour  
1 teaspoon of ground cinnamon  
1 teaspoon of vanilla extract  
¾ teaspoon of salt  
¾ teaspoon of baking powder  
½ cup of uncooked rolled oats  
½ cup of chopped walnuts

Preheat the oven to 350 degrees F. Put the raisins in a small microwaveable bowl and cover them with water. Microwave on high for 2 to 3 minutes. Let the raisins soak for 10-15 minutes. Drain well and set aside. In a large bowl, using an electric mixer on medium high speed, beat the margarine and stevia sugar blend until just blended. Beat in the egg and applesauce. In a medium bowl, stir together the flour, cinnamon, vanilla, salt, and baking powder. Gradually beat the flour mixture into the stevia sugar blend mixture just until moistened but no flour is visible. Gently fold in the oats, walnuts, and raisins. Using 2 tablespoons, drop the dough about 2 inches apart on a large baking sheet (or two small sheets) to make 24 cookies. With the palm of your hand or a fork, lightly flatten each cookie. Bake for 10 to 12 minutes, or until the bottoms are golden brown.

Nutrition Facts (per serving):

Calories: 103 calories  
Fat: 5g  
Saturated Fat: 1g  
Unsaturated Fat: 4g  
Trans Fat: 0g  
Cholesterol: 9mg  
Sodium: 152mg  
Carbohydrates: 15g  
Fiber: <1g  
Added Sugar: 1g  
Protein: 2g

## Black Bean Brownies

Servings: 9

1 – 15 oz can of black beans, drained and rinsed very well  
2 tablespoons of unsweetened cocoa powder  
½ cup of quick oats  
¼ teaspoon of salt  
½ cup of pure maple syrup  
¼ cup of vegetable oil  
2 teaspoons of vanilla extract  
½ teaspoon of baking powder  
½ cup of chocolate chips

Preheat the oven to 350 degrees F. Combine all of the ingredients except for chocolate chips in a food processor (or blender if needed) and blend well until completely smooth. Stir in the chocolate chips and pour in a 8 x 8 greased pan. Cook for 15 to 18 minutes. Let cool for 10 minutes before cutting.

Nutrition Facts (per serving):

Calories: 241 calories  
Fat: 10g  
Saturated Fat: 3g  
Unsaturated Fat: 7g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 95mg  
Carbohydrates: 33g  
Fiber: 4g  
Added Sugar: 7g  
Protein: 3g