

Bariatric Surgery Recipes

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Asian Chicken Lettuce Wraps

SERVINGS: 4

INGREDIENTS

- 1 can (8 ounces) bamboo shoots, drained and minced
- 1 can (8 ounces) water chestnuts, drained and minced
- 3 tablespoons sherry cooking wine
- 2 tablespoons hoisin sauce
- 1 tablespoon unsalted peanut butter
- 2 teaspoons low-sodium soy sauce
- 2 teaspoons hot pepper sauce, such as Sriracha
- 2 packets (.035 ounce each) sugar substitute (such as Splenda)
- 1 tablespoon minced garlic
- 1 cup minced onion
- 1/2 pound ground chicken breast
- 1 teaspoon minced ginger
- 1/4 teaspoon salt
- 1 teaspoon toasted sesame oil
- 8 small leaves butter lettuce
- 1 whole green onion, chopped
- 1 small cucumber, seeded and sliced into 1" strips

DIRECTIONS

1. In a medium bowl, combine the bamboo shoots, water chestnuts, sherry, hoisin sauce, peanut butter, soy sauce, hot-pepper sauce, and sugar substitute. Mix well. Set aside.
2. Mist a large, nonstick skillet with cooking spray and set over medium heat.
3. Add the onion and cook for 4 minutes or until onions are fragrant and softened.
4. Add the garlic and cook for a minute more.
5. Increase the heat to medium-high and add the ground chicken, ginger, and salt.
6. Cook, breaking up the chicken with a spatula or wooden spoon, for 3 to 4 minutes, until no longer pink.
7. Add the bamboo shoot and water chestnut mixture.
8. Cook for 2 minutes, or until heated through.
9. Stir in the toasted sesame oil.
10. Remove the pan from the heat.
11. To serve, divide the chicken mixture evening onto each of the 8 lettuce leaves.
12. Top with chopped green onion and cucumber. Serve immediately.

NUTRITIONAL VALUES

Serving size: 2 lettuce wraps

Calories: 155

Cholesterol: 33 mg

Carbohydrates: 11 g

Sodium: 637 mg

Fat: 4 g

Protein: 16 g

Dietary fiber: 5 g

Sugar: 4 g

Asian Pork Tenderloin

SERVINGS: 8

Dietitian's tip: Some patients have difficulty tolerating dense meats like beef and pork after surgery. You may tolerate these meats when they are cooked slowly and in a moist cooking source like a slow cooker. You can serve this pork with a side of cooked vegetables. Try cooked cabbage with Asian seasonings.

INGREDIENTS

- 1/3 cup light soy sauce
- 1/3 cup brown sugar
- 2 tablespoons Worcestershire sauce
- 2 tablespoons lemon juice
- 2 tablespoons rice vinegar
- 1 tablespoon dry mustard
- 1 tablespoon ginger
- 1 1/2 teaspoons pepper
- 4 garlic cloves or prepared minced
- 2 pounds pork tenderloin

DIRECTIONS

1. Mix ingredients together in freezer-safe bag.
2. Place tenderloin in freezer bag and rub marinade on pork.
3. Refrigerate overnight or place in freezer for future use.
4. Bake for 30-40 minutes at 375 degrees OR prepare in slow cooker on low for 4 to 6 hours.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: About 4 ounces

Calories: 256

Total fat: 9 g

carbohydrates: 9 g

Dietary fiber: 0 g

Sugars: 8 g

Sodium: 658 mg

Protein: 34 g

Balsamic Roast Chicken

SERVINGS: 8

Dietitian's tip: Balsamic vinegar has a dark color and rich flavor. Combined with a hint of brown sugar, this vinegar makes a sauce that's much healthier than traditional high-fat gravy.

Ingredients

- 1 whole chicken, about 4 pounds
- 1 tablespoon fresh rosemary or 1 teaspoon dried rosemary
- 1 garlic clove
- 1 tablespoon olive oil
- 1/8 teaspoon freshly ground black pepper
- 8 sprigs fresh rosemary
- 1/2 cup balsamic vinegar
- 1 teaspoon brown sugar

Directions

1. Preheat the oven to 350 degrees.
2. In a small bowl, mince together the rosemary and garlic. Loosen the chicken skin from the flesh, and rub the flesh with olive oil and then the herb mixture. Sprinkle with black pepper. Put two rosemary sprigs into the cavity of the chicken. Truss the chicken.
3. Place the chicken into a roasting pan and roast for 20 to 25 minutes per pound, about 1 hour and 20 minutes. Whole chicken should cook to a minimum internal temperature of 165 degrees. Baste frequently with pan juices. When browned and juices run clear, transfer the chicken to a serving platter.
4. In a small saucepan, combine the balsamic vinegar and brown sugar. Heat until warmed and brown sugar dissolves, but don't boil.
5. Carve the chicken and remove the skin. Top the pieces with the vinegar mixture. Garnish with the remaining rosemary sprigs and serve immediately.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1/8 chicken

Calories: 364

Carbohydrates: 4 g

Dietary fiber: 0 g

Sugars: Trace

Sodium: 257 mg

Protein: 51 g

Saturated fat: 5 g

Total fat: 16 g

Trans fat: 0 g

Cholesterol: 198 mg

Barbeque Chicken Pizza

SERVINGS: 4

Dietitian's tip: The combination of vegetables, lean chicken breast and calcium-rich low-fat cheese makes this pizza a healthy, well-balanced meal.

Ingredients

- 1 cup tomato sauce, no salt added
- 1 12-inch thin pizza crust
- 8 green pepper rings
- 1 tomato, sliced
- 1 cup mushrooms, sliced
- 4 ounces cooked chicken breast, sliced about 1-inch thick, with all visible fat removed
- 4 tablespoons barbecue sauce
- 1 cup reduced-fat mozzarella cheese, shredded

Directions

1. Preheat the oven to 400 degrees.
2. Spread the sauce evenly over the pizza crust. Add the pepper, tomato, mushrooms and chicken. Drizzle barbecue sauce over the pizza and top with cheese.
3. Bake about 12 to 14 minutes. Cut the pizza into 8 slices and serve immediately.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 2 slices

Carbohydrates: 48 g

Dietary fiber: 4 g

Sodium: 740 mg

Saturated fat: 4 g

Fat: 12 g

Trans fat: 0 g

Cholesterol 39 mg

Protein: 21 g

Monounsaturated fat: 1.5 g

Calories: 384

Sugars: 0 g

BBQ Roasted Salmon

SERVINGS: 4

INGREDIENTS

- 1/4 cup pineapple juice
- 2 tablespoons fresh lemon juice
- 4 salmon fillets (6 ounces each)
- 2 tablespoons brown sugar
- 4 teaspoons chili powder
- 2 teaspoons grated lemon rind
- 3/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon cinnamon

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Combine first three ingredients in Ziploc bag. Marinate in refrigerator for one hour, turning occasionally. Remove salmon from bag and discard marinade.
3. Combine remainder of ingredients and rub over fish. Place fillets in baking dish coated with cooking spray. Bake for 12 to 15 minutes or until desired doneness. Serve with lemon slice garnish.

NUTRITIONAL ANALYSIS PER SERVING

Calories: 225

Fat: 6 g

Protein: 34 g

Carbohydrates: 7 g

Cholesterol: 88 mg

Sodium: 407 mg

Sugar: 6 g

Black Bean and Brown Rice Casserole

SERVINGS: 8

INGREDIENTS

- 1/3 cup brown rice
- 1 cup vegetable broth
- 1 tablespoon olive oil
- 1/3 cup diced onion
- 1 medium zucchini, thinly sliced
- 1 pound cooked boneless, skinless chicken breast, chopped into small pieces
- 1/2 cup sliced mushrooms
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne pepper
- 1 15-ounce can black beans, drained
- 1 4-ounce can diced green chilies
- 1/3 cup shredded carrots
- 2 cups low fat Swiss cheese, shredded

DIRECTIONS

1. Mix the rice and vegetable broth in a pot, and bring to a boil. Reduce heat to low, cover, and simmer 45 minutes or until rice is tender.
2. Preheat oven to 350 degrees.
3. Lightly grease a large casserole dish with non-stick cooking spray.
4. Heat olive oil in skillet over medium heat, cook onion until tender.
5. Mix in zucchini, chicken, mushrooms, and seasonings.
6. Cook and stir until zucchini is lightly browned and chicken is heated.
7. In large bowl, mix cooked rice, onion, zucchini, chicken, mushrooms, beans, chilies, carrots, and 1 cup Swiss cheese.
8. Transfer to prepared casserole dish and sprinkle with remaining 1 cup Swiss cheese.
9. Cover casserole loosely with foil, bake for 30 minutes in preheated oven.
10. Uncover, continue baking 10 minutes or until lightly browned.

NUTRITION FACTS

Serving size: 1/8 of recipe

Calories: 267

Fat: 6 g

Carbohydrates: 22 g

Dietary fiber: 6 g

Sugars: 1 g

Protein: 31 g

Braised Chicken with Mushrooms

SERVINGS: 4

Dietitian's tip: Use a deep, heavy pot with a tight-fitting lid for this dish. The alcohol cooks off as the chicken simmers. But if you'd rather not use wine, simply substitute additional stock and omit the balsamic vinegar.

INGREDIENTS

- 1/4 cup all-purpose (plain) flour
- 1/2 teaspoon freshly ground black pepper
- 1 1/2 tablespoons olive oil or canola oil
- 2 skinless, bone-in chicken breast halves, about 3/4 pound total weight, each cut in half crosswise (should be 4 pieces total)
- 2 skinless, bone-in chicken thighs (about 3/4 pound total)
- 2 skinless chicken legs (about 3/4 pound total)
- 1 shallot, chopped (about 1 tablespoon)
- 1 pound small white button mushrooms, brushed clean
- 1/2 pound peeled pearl onions
- 3/4 cup low-sodium vegetable stock, chicken stock or broth
- 1/2 cup port or dry red wine
- 2 tablespoons balsamic vinegar
- 2 tablespoons chopped fresh thyme, plus sprigs for garnish
- 1/4 teaspoon salt

DIRECTIONS

1. In a shallow dish, stir together the flour and 1/4 teaspoon of the pepper. Dredge the chicken pieces in the seasoned flour.
2. In a large, heavy saucepan or Dutch oven, heat the oil over medium-high heat. Add the chicken and cook, turning once, until browned on both sides, about 5 minutes total. Transfer to a platter.
3. Add the shallot to the pan and saute until softened, about 1 minute. Add the mushrooms and saute until lightly browned, 3 to 4 minutes. Stir in the onions and saute until they begin to pick up some brown color, 2 to 3 minutes.
4. Stir in the stock and wine and deglaze the pan, stirring with a wooden spoon to scrape up any browned bits. Return the chicken pieces to the pan, and bring to a boil. Cover, reduce the heat to low, and simmer, stirring occasionally, until the chicken and vegetables are tender, 45 to 50 minutes. Stir vinegar, chopped thyme, 1 teaspoon salt and the remaining 1/4 teaspoon pepper.
5. To serve, divide the vegetables among warmed shallow individual bowls. Top each portion with 2 pieces of chicken, 1 light meat and 1 dark. Garnish with thyme sprigs. Serve immediately.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 2 pieces of chicken (1 light, 1 dark)

Carbohydrates: 20 g

Dietary fiber: 3 g

Sodium: 496 mg

Saturated fat: 2 g

Fat: 12 g

Sugars: 6 g

Cholesterol: 133 mg

Protein 39 g

Monounsaturated fat: 6 g

Calories: 327

Trans-fat: trace

Monounsaturated fat: 6 g

Broccoli Cheddar Bake

SERVINGS: 6

Dietitian's tip: Well-cooked broccoli should look bright green and crisp but be tender when pierced with a fork. Because the florets cook faster than the stalks, cut the stalks in half lengthwise to increase their surface area. This ensures more even cooking.

INGREDIENTS

- 4 cups chopped fresh broccoli
- 1/2 cup finely chopped onion
- 2 tablespoons water
- 1 1/2 cups egg substitute
- 1 cup fat-free milk
- 1 cup shredded cheddar cheese
- 1/2 teaspoon ground black pepper

DIRECTIONS

1. Preheat the oven to 350 degrees. Lightly coat a baking dish with cooking spray.
2. In a nonstick skillet, combine the broccoli, onion and water. Saute over medium-high heat until the vegetables are tender, about 5 to 8 minutes. Keep adding water to prevent the vegetables from drying out, but use as little water as possible. Drain and set aside when the broccoli is done.
3. In a bowl, combine the egg substitute, milk and 3/4 cup cheese. Add in the broccoli mixture and pepper. Stir to mix well.
4. Transfer the mixture into the prepared baking dish. Set the baking dish into a large pan filled with about 1 inch of water. Bake uncovered until a knife inserted in the center comes out clean, about 45 minutes. Remove from the oven and top with the remaining 1/4 cup shredded cheese. Let stand about 10 minutes before serving.

NUTRITIONAL ANALYSIS PER SERVING

Carbohydrates: 8 g
Dietary fiber: 2 g
Sodium: 266 mg
Saturated fat: 4 g
Fat: 9 g
Trans-fat: 0 g
Cholesterol: 21 mg
Protein: 15 g
Monounsaturated fat: 2 g
Calories: 173
Sugars: 0 g

Broccoli Egg and Cheese Bake

SERVINGS: 8

INGREDIENTS

- 6 large eggs
- 4 ounces light margarine
- 1/2 pound low-fat cheddar cheese
- 6 tablespoons flour
- 2 pounds nonfat cottage cheese
- 10 ounces frozen, chopped broccoli (thawed)
- 1 teaspoon salt
- 1 dash black pepper
- 1 dash paprika (optional)
- 1 4-ounce jar chopped pimento (optional)
- 1/2 cup sliced mushrooms, fresh or canned (optional)

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine all ingredients.
3. Spray 2-quart casserole dish with cooking spray.
4. Place combined ingredients in prepared pan and bake for 90 minutes.
5. Serve hot.

NUTRITIONAL ANALYSIS PER SERVING

Calories: 115

Fat: 5 g

Protein: 12 g

Carbohydrates: 5 g

Cholesterol: 75 mg

Sodium: 419 mg

Sugar: 2 g

Broiled Grouper with Teriyaki Sauce

SERVINGS: 2

Dietitian's tip: Serve the grouper over herb-flavored couscous with a side of steamed green beans. For another variation, serve the fish with fresh pineapple slices that have been slightly browned on the stove or grill.

INGREDIENTS

- 1 tablespoon reduced-sodium teriyaki sauce
- 1/2 teaspoon minced garlic
- 2 grouper fillets, each 4 ounces
- 2 lemon wedges
- 1/4 teaspoon Italian seasoning

DIRECTIONS

1. In a small bowl, whisk together the teriyaki sauce and garlic.
2. Lightly spray a baking pan with cooking spray. Place the grouper fillets in the pan. Brush the teriyaki marinade on both sides of the fillets. Cover and refrigerate for at least 15 minutes to marinate the fish.
3. Preheat the broiler (grill). Position the rack 4 inches from the heat source.
4. Broil (grill) until the fish is opaque throughout when tested with a tip of a knife, about 5 to 10 minutes. Remove from the broiler. Squeeze 1 lemon wedge over each fillet and then sprinkle with Italian seasoning. Serve immediately.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1 fillet

Fat: 1 g

Calories: 114

Protein: 22 g

Cholesterol: 42 mg

Carbohydrates: 2 g

Dietary fiber: 0 g

Monounsaturated fat: < 1 g

Saturated fat: < 1 g

Sodium: 220 mg

Cajun Chicken Stuffed With Pepper Jack Cheese and Spinach

SERVINGS: 4

INGREDIENTS

- 1 pound boneless, skinless chicken breasts
- 3 ounces reduced-fat pepper jack cheese (shredded)
- 1 cup frozen spinach thawed and drained (or fresh cooked)
- 2 tablespoons Cajun seasoning (see recipe below if you want to make homemade)
- 1 tablespoon bread crumbs
- Toothpicks

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Flatten the chicken to 1/4-inch thickness.
3. In a medium bowl, combine the pepper jack cheese, spinach, salt and pepper.
4. Combine the Cajun seasoning and breadcrumbs together in a small bowl.
5. Spoon about 1/4 cup of the spinach mixture onto each chicken breast. Roll each chicken breast tightly and fasten the seams with several toothpicks.
6. Brush each chicken breast with the olive oil. Sprinkle the Cajun seasoning mixture evenly over all.
7. Sprinkle any remaining spinach and cheese on top of chicken (optional).
8. Place the chicken seam-side up onto a tin foil-lined baking sheet (for easy cleanup).
9. Bake for 35 to 40 minutes, or until chicken is cooked through.
10. Remove the toothpicks before serving. Count to make sure you have removed every last toothpick.
11. Serve whole or slice into medallions.

Cajun Seasoning (makes approximately 2 tablespoons)

- 3/4 tablespoon paprika
- 3/4 teaspoon onion powder
- 3/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon white pepper
- 1/4 teaspoon cumin
- 1/4 teaspoon thyme
- 1/4 teaspoon oregano

NUTRITION FACTS

1 serving (4 servings per recipe)

Sugars: 0 g

Protein: 32 g

Calories: 241

Fat: 9.7 g

Carbohydrates: 2 g

Dietary fiber: 1 g

Cheesy Crustless Quiche

SERVINGS: 8

INGREDIENTS

- 4 ounces cubed baby low fat Swiss
- 6 ounces grilled chicken breast, cut up into 1" cubes
- 10 ounces shredded low fat mozzarella cheese
- 3 large eggs
- 1 cup skim milk
- Oregano to season (if desired)
- Nonstick cooking spray
- 9" pie pan

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Spray pie pan with nonstick cooking spray.
3. Fill the pie pan with the cubed baby Swiss and cubed chicken breast.
4. Spread the shredded mozzarella cheese over the top of the entire mixture.
5. Sprinkle the oregano on the top to taste.
6. In a separate bowl, whip together the eggs and skim milk. Pour over the chicken and cheese.
7. Bake at 400 degrees for 40 minutes (The top will be very lightly browned when finished).
8. Let cool and serve immediately or cover with tinfoil and place in refrigerator.
9. Feel free to add cooked vegetables to preferences (tomatoes, onions, green pepper).

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1/8 quiche

Calories: 176

Fat: 9 g

Carbohydrates: 3.6 g

Sugar: 2 g

Protein: 19.5 g

Cheesy Stuffed Acorn Squash

SERVINGS: 4

INGREDIENTS

- 2 acorn squash, halved and seeded
- 1 pound extra-lean ground turkey breast
- 1 cup diced celery
- 1 cup finely chopped onion
- 1 cup fresh mushrooms, sliced
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1/8 teaspoon salt
- 1 pinch ground black pepper
- 1 8-ounce can tomato sauce
- 1 cup reduced-fat shredded cheddar cheese

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Place squash cut side down in a glass dish.
3. Cook in microwave for 20 minutes on high, until almost tender.
4. In a non-stick saucepan over medium heat, brown ground turkey.
5. Add celery and onion; sauté until transparent.
6. Stir in mushrooms; cook 2 to 3 minutes more.
7. Add in tomato sauce and dry seasonings
8. Divide mixture into quarters, spoon into the squash and cover.
9. Cook 15 minutes in the preheated 350 degrees oven.
10. Uncover, sprinkle with cheese and put back in the oven until the cheese bubbles.

NUTRITION ANALYSIS PER SERVING

Calories: 299

Total fat: 4 g

Carbohydrates: 38 g

Dietary fiber: 6 g

Sugars: 9 g

Total protein: 30 g

Cheesy Vegetarian Chili

SERVINGS: 8

INGREDIENTS

- 2 garlic cloves
- 2 teaspoons olive oil
- 1 large green bell pepper (diced)
- 1 cup onion chopped
- 1/2 pound of sliced mushrooms
- 1 14.5-ounce can of diced tomatoes or 2 cups fresh tomatoes
- 8 ounces tomato sauce
- 2 tablespoon chili powder
- 1 medium zucchini (thinly sliced)
- 2 15-ounce cans red kidney beans (rinsed)
- 1 10-ounce package of frozen corn
- 1 cup low-fat shredded cheddar cheese

DIRECTIONS

1. Heat olive oil and garlic in large pan.
2. Add onions, green pepper, and mushrooms. Cook until tender.
3. Add in tomato sauce, diced tomatoes, chili powder, and bring to boil.
4. Turn down to low, add in zucchini and kidney beans. Simmer for 10 to 15 minutes.
5. Add frozen corn and ½ cup cheddar cheese. Stir.
6. Simmer on low for additional 10-15 minutes
7. Serve topped with cheddar cheese.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: Approximately 1 1/2 cups

Calories: 195

Fat: 3 g

Protein: 13 g

Carbohydrates: 34 g

Dietary fiber: 9 g

Sugars: 6 g

Chicken Casserole

SERVINGS: 4

INGREDIENTS

- 1/2 cup whole wheat pasta, uncooked (or 1 cup cooked)
- 1 cup cubed, cooked skinless chicken breast
- 2 cups frozen mixed vegetables
- 1 10.5-ounce can 98% fat-free cream of chicken soup
- 1 cup 2% milk reduced fat shredded cheddar cheese
- 4 ounces canned mushrooms
- 3/4 cup water
- Pepper, garlic powder and onion powder to taste

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Spray a 9x13 casserole dish with cooking spray.
3. Cook pasta and vegetables as directed on packages.
4. In a large bowl, combine chicken, soup, 1/2 cup cheese, milk, water, mushrooms, cooked pasta and vegetables.
5. Add pepper, garlic powder and onion powder to taste.
6. Pour mixture into greased casserole dish, and sprinkle reserved cheese on top.
7. Bake casserole until cheese is golden brown and bubbly, about 25 to 30 minutes.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1 cup

Calories: 256

Fat: 8 g

Protein: 19 g

Carbohydrates: 27 g

Sodium: 834 mg

Sugar: 3 g

Chicken Cheese-Steak Wrap

SERVINGS: 1

INGREDIENTS

- 1/4 pound boneless, skinless chicken breast, trimmed of visible fat
- 1/4 cup onions, chopped
- 1/4 cup green pepper, sliced
- 1/4 cup mushrooms, sliced
- 1 wedge (3/4-ounce) Laughing Cow Original light swiss cheese or equivalent
- 1 whole-wheat flour, low-carb tortilla
- 2 teaspoons sliced pickled hot chili peppers (optional)

DIRECTIONS

1. Place chicken breast on cutting board, pound to 1/4" thin and slice into very thin strips.
2. Place a skillet over medium high heat and mist with cooking spray.
3. Add the onion and chicken to the heated pan and cook until onions are translucent and chicken is no longer pink throughout.
4. Add green peppers and mushrooms to the pan and cook until peppers and mushrooms soften.
5. Place tortilla between two damp paper towels. Microwave for 20 seconds.
6. Lay the warm tortilla flat and spread cheese in an even strip in the middle.
7. Top with chicken, peppers, onions and mushrooms.
8. Add chili peppers if using.
9. Fold sides of tortilla over middle. Serve immediately.

NUTRITIONAL VALUES

Serving size: 1 wrap

Calories: 264

Carbohydrates: 17 g

Fat: 6 g (2 g saturated)

Protein: 33 g

Cholesterol: 76 mg

Sodium: 620 mg

Fiber: 4 g

Chicken Fajitas

SERVINGS: 12

Dietitian's tip: It's easier to slice the chicken when it is still partially frozen rather than waiting until it's completely thawed. Add your favorite hot pepper along with the sweet peppers to give this dish a higher heat index.

INGREDIENTS

- 1/4 cup lime juice
- 1 or 2 cloves garlic, minced
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 3 pounds boneless, skinless chicken breasts, cut in 1/4-inch strips
- 1 large onion, sliced
- Half a green sweet bell pepper, slivered
- Half a red sweet bell pepper, slivered
- 12 whole-wheat 8-inch tortillas
- 1/2 cup salsa
- 1/2 cup fat-free sour cream
- 1/2 cup low-fat shredded cheese

DIRECTIONS

1. Combine the first four ingredients in a large bowl. Add chicken slices and stir until chicken is well coated.
2. Marinate for 15 minutes.
3. Cook chicken in pan on grill or stovetop for 3 minutes, or until no longer pink.
4. Stir in onions and peppers. Cook 3 to 5 minutes, or until done to your liking.
5. Divide mixture evenly among tortillas.
6. Top each with 2 teaspoons salsa, 2 teaspoons sour cream and 2 teaspoons shredded cheese. Roll up and serve.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1 filled tortilla

Carbohydrates: 30 g

Dietary fiber: 6 g

Sodium: 689 mg

Saturated fat: 2 g

Fat: 9 g

Cholesterol: 68 mg

Protein: 34 g

Monounsaturated fat: 6 g

Calories: 334

Chicken Rollantini with Spinach ala Parmigiana

SERVINGS: 8

INGREDIENTS

- 8 chicken breast cutlets (pounded thin), 3 ounces each
- 1/2 cup whole wheat Italian seasoned breadcrumbs
- 1/4 cup grated parmesan cheese, divided
- 6 tablespoons egg whites/egg beaters, divided
- 5 ounces frozen spinach, thawed and squeezed dry of any liquid
- 6 tablespoons part skim ricotta cheese
- 6 ounces part skim mozzarella, shredded, divided
- Nonstick cooking spray
- 1 cup marinara sauce

INSTRUCTIONS

1. Preheat oven to 450 degrees.
2. Spray 9x13 glass baking dish with nonstick cooking spray.
3. Season chicken cutlets with salt and pepper.
4. In a small bowl, combine breadcrumbs with 2 tablespoons grated parmesan cheese.
5. Place 1/4 cup egg whites in another bowl.
6. Combine 1.5 ounces mozzarella cheese with remaining grated parmesan cheese, spinach, remaining 2 tablespoons egg whites, and ricotta cheese.
7. Lay seasoned, pounded chicken cutlets on working surface and spread 2ons tablespoons of spinach-cheese mixtures on each.
8. Loosely roll each cutlet, keeping the seam side down and secure with a toothpick or two.
9. Dip the chicken rolls in egg whites, then in bread crumb mixture and place seam-side down in greased baking dish.
10. Repeat with remaining chicken.
11. Lightly spray chicken rollantinis with nonstick spray.
12. Bake 25 minutes, or until instant-read thermometer reads 165 degrees.
13. Remove, top with marinara sauce and remaining shredded mozzarella cheese.
14. Bake for 3 more minutes, until cheese is melted and bubbling.
15. Serve with additional sauce on side and grated parmesan cheese.

Chicken Salad with Thai Flavors

SERVINGS: 4

Dietitian's tip: This salad is a worthy centerpiece for a luncheon, but you can also serve it wrapped in whole-wheat tortillas or tucked inside warm pita bread. Try using all cabbage instead of the spinach mix.

INGREDIENTS

- 2 cups reduced-sodium chicken stock, vegetable stock or broth
- 2 stalks lemongrass, bottom 6 inches only, thinly sliced
- 1/2-inch piece fresh ginger, thinly sliced
- 1 green (spring) onion, halved lengthwise, plus 2 green onions, thinly sliced
- 3 fresh cilantro (fresh coriander) sprigs, plus 3 tablespoons chopped cilantro
- 1 1/4 pounds skinless, boneless chicken breasts
- 2 tablespoons fresh lime juice
- 2 tablespoons rice vinegar
- 1 tablespoon fish sauce
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon minced shallot
- 1 tablespoon peanut butter
- 1 garlic clove
- 3 tablespoons extra-virgin olive oil
- 1/2 bunch spinach
- 1/2 small head green cabbage
- 1 large carrot, peeled, halved lengthwise, and thinly sliced on the diagonal
- 1 tablespoon unsalted dry-roasted peanuts, crushed

DIRECTIONS

1. In a large saucepan, combine the stock, lemongrass, ginger, halved green onion and cilantro sprigs. Bring to a boil over high heat, reduce the heat to low, and simmer for 5 minutes. Add the chicken breasts, raise the heat to high and return to a boil. Again reduce the heat to low and simmer the chicken for 3 minutes. Remove from the heat and cover. Uncover after 5 minutes and allow the chicken to cool in the stock. Remove the chicken from the stock when cool enough to handle. Reserve the stock. Using your fingers, shred the chicken with the grain into strips about 1/2 inch thick and 2 inches long. Cover and refrigerate.
2. Strain the cooled stock and discard the solids. Return 1 1/2 cups of the stock to the saucepan; discard the remaining liquid. Bring to a boil over medium-high heat and cook, uncovered, until reduced to 1/2 cup, 5 to 6 minutes. Cool.
3. In a blender, combine the lime juice, vinegar, fish sauce, soy sauce, shallot, peanut butter, garlic and reduced stock. Blend until smooth. With the motor running, slowly add the olive oil. The dressing will be somewhat thin. Set aside.
4. Remove the stems from the spinach and cut out the core from the cabbage. Stack the spinach and cabbage leaves separately and cut crosswise into 1/4-inch strips.
5. In a large bowl, toss together the spinach, cabbage, shredded chicken, carrot, chopped cilantro and sliced green onions. Pour half of the dressing over the salad. Divide the salad evenly among individual plates. Garnish with the peanuts. Pass the remaining dressing at the table.

NUTRITIONAL ANALYSIS PER SERVING

Total fat: 17 g

Calories: 368

Protein 3:9 g

Cholesterol: 85 mg

Carbohydrates: 14 g

Dietary fiber: 5 g

Monounsaturated fat: 10 g

Saturated fat: 3 g

Sodium: 750 mg

Chicken Stir Fry with Eggplant and Basil

SERVINGS: 4

Dietitian's tip: This colorful main dish requires a fair amount of chopping, but the cooking takes only minutes. Wait to cut up the eggplant until just before cooking to prevent discoloration.

INGREDIENTS

- 1/4 cup coarsely chopped fresh basil
- 2 tablespoons chopped fresh mint
- 3/4 cup low-sodium chicken stock or broth
- 3 green (spring) onions, including tender green tops, 2 coarsely chopped and 1 thinly sliced
- 2 cloves garlic
- 1 tablespoon peeled and chopped fresh ginger
- 2 tablespoons extra-virgin olive oil
- 1 small eggplant, with peel, diced (about 4 cups)
- 1 yellow onion, coarsely chopped (about 1/2 cup)
- 1 red bell pepper, seeded and cut into julienne
- 1 yellow bell pepper, seeded and cut into julienne
- 1 pound skinless, boneless chicken breasts, cut into strips 1/2 inch wide and 2 inches long
- 2 tablespoons low-sodium soy sauce

DIRECTIONS

1. In a blender or food processor, combine the basil, mint, 1/4 cup of the stock, the chopped green onions, garlic and ginger. Pulse until the mixture is minced but not pureed. Set aside.
2. In a large, nonstick frying pan, heat 1 tablespoon of the olive oil over medium-high heat. Add the eggplant, yellow onion and bell peppers and saute until the vegetables are just tender, about 8 minutes. Transfer to a bowl and cover with a kitchen towel to keep warm.
3. Add the remaining 1 tablespoon olive oil to the pan and heat over medium-high heat. Add the basil mixture and saute for about 1 minute, stirring constantly. Add the chicken strips and soy sauce and saute until the chicken is almost opaque throughout, about 2 minutes. Add the remaining 1/2 cup stock and bring to a boil. Return the eggplant mixture to the pan and stir until heated through, about 3 minutes. Transfer to a warmed serving dish and garnish with the sliced green onion. Serve immediately.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: About 2 cups

Carbohydrates: 14 g

Dietary fiber: 5 g

Sodium: 406 mg

Saturated fat: 1 g

Fat: 9 g

Cholesterol: 67 mg

Protein: 30 g

Monounsaturated fat: 5 g

Calories: 257

Chili

Servings: 8

Dietitian's tip: It's a good idea to wear rubber or plastic gloves when preparing hot peppers such as jalapenos because the oils can burn your eyes and skin. If you don't wear gloves, thoroughly wash your hands with soap and hot water after handling the peppers.

INGREDIENTS

- 1 pound extra-lean ground beef
- 1/2 cup chopped onion
- 2 large tomatoes (or 2 cups canned, unsalted tomatoes)
- 4 cups canned kidney beans, rinsed and drained
- 1 cup chopped celery
- 1 teaspoon sugar
- 1 1/2 tablespoons chili powder or to taste
- Water, as desired
- 2 tablespoons cornmeal
- Jalapeno peppers, seeded and chopped, as desired

DIRECTIONS

1. In a soup pot, add the ground beef and onion. Over medium heat saute until the meat is browned and the onion is translucent. Drain well.
2. Add the tomatoes, kidney beans, celery, sugar and chili powder to the ground beef mixture. Cover and cook for 10 minutes, stirring frequently. Uncover and add water to desired consistency. Stir in cornmeal. Cook for at least 10 minutes more to allow the flavors to blend.
3. Ladle into warmed bowls and garnish with jalapeno peppers, if desired. Serve immediately.

NUTRITIONAL ANALYSIS PER SERVING

Total fat: 8 g

Calories: 254

Protein: 20 g

Cholesterol: 40 mg

Carbohydrates: 27 g

Dietary fiber: 10 g

Monounsaturated fat: 3 g

Saturated fat: 3 g

Sodium: 348 mg

Cod with Lemon and Capers

Servings: 4

Dietitian's tip: Cod is naturally very low in fat. Wrap the fish in foil to keep it moist and eliminate the need for large amounts of fat.

INGREDIENTS

- 4 cod fillets, each 6 ounces
- 2 lemons
- 1 teaspoon low-sodium chicken-flavored bouillon granules
- 1 cup hot tap water
- 1 tablespoon soft butter
- 1 tablespoon all-purpose (plain) flour
- 4 teaspoons capers, rinsed and drained

Directions

1. Preheat the oven to 350 degrees. Spray four squares of foil with cooking spray.
2. Place 1 cod fillet on each of the foil squares. Cut 1 lemon in half. Squeeze the juice from the lemon half over the fish. Cut the other half of lemon into slices, place over the fish and seal the foil.
3. Place in the oven and bake until the fish is opaque throughout when tested with the tip of a knife, about 20 minutes.
4. While the fish is cooking, remove the peel from the second lemon. Take care to cut only the peel and not the pith. Slice the peel into 1/4-inch-wide strips. Set aside.
5. In a small bowl, add the chicken bouillon granules and the hot tap water. Stir until the granules dissolve. Set aside.
6. In another small bowl, mix the butter and flour together. Transfer to a heavy saucepan. Stir over moderate heat until the butter-flour mixture melts. Add the bouillon to the butter mixture and continue to stir until thickened. Add the capers and remove from the heat. Serve over the fish and garnish with the lemon peel.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1 fillet

Cholesterol: 81 mg

Calories: 168

Sodium: 203 mg

Fat: 4 g

Carbohydrates: 2 g

Saturated fat: 2 g

Dietary fiber: Trace

Trans fat: Trace

Sugars: 0 g

Monounsaturated fat: 1 g

Protein: 31 g

Cottage Cheese Bake

SERVINGS: 8

INGREDIENTS

- 2 cups low-fat or fat-free cottage cheese
- 2 whole eggs
- 1 10-ounce pack of frozen spinach (thawed and drained)
- 1/2 cup Parmesan cheese

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In large bowl, mix all ingredients together well.
3. Place evenly into 8x8 pan.
4. Bake for 20 to 30 minutes or until cheese bubbles on outside.
5. Let sit 5 minutes before serving.
6. Season to taste with salt, pepper, and garlic as desired.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: about 1/2 cup

Calories: 78

Fat: 3 g

Carbohydrates: 3 g

Dietary fiber: 1 g

Sugars: 2 g

Protein: 11 g

Cottage Cheese Fluff

SERVINGS: 8

INGREDIENTS

- 2 24-ounce containers fat-free cottage cheese
- 1 8-ounce sugar-free whipped topping
- 2 3-ounce packages sugar-free gelatin, flavor of choice

DIRECTIONS

1. Mix all ingredients in a large bowl.
2. Optional: add your favorite fruit.

NUTRITIONAL ANALYSIS PER SERVING

Service size: 1 cup

Calories: 220

Fat: 3 g

Carbohydrates: 24 g

Dietary fiber: 0 g

Sugars: 4 g

Protein: 22 g

Creamy Pumpkin Mousse

SERVINGS: 4

INGREDIENTS

- 1 15-ounce can pumpkin
- 1 4-ounce package fat-free vanilla pudding
- 2 cups sugar-free whipped topping (i.e., Cool Whip)
- 1/2 cup skim milk
- 1 teaspoon cinnamon
- Allspice, nutmeg, ginger, clove and Splenda, to taste

DIRECTIONS

1. Mix all ingredients together.
2. Whip until creamy smooth.

NUTRITIONAL ANALYSIS PER SERVING

Service size: 1 cup

Calories: 149

Fat: 4.4 g

Protein: 2 g

Carbohydrates: 28 g

Cholesterol: 0 mg

Sodium: 71 mg

Sugar: 8.6 g

Fiber: 3.4 g

Creamy Slow Cooker Chicken

SERVINGS: 6

INGREDIENTS

- 6 skinless, boneless chicken breasts (2 1/2 pounds)
- 1 10 ¾-ounce reduced fat cream of mushroom soup
- 1 cup pureed cottage cheese or plain Greek yogurt
- 1/2 cup chicken stock
- 1 0.7-ounce envelope Italian dressing mix
- 1 8-ounce package mushrooms
- Cooking spray

DIRECTIONS

1. Spray a large skillet with cooking spray. Cook chicken in batches over medium-high heat 2-3 minutes on each side or until just browned. Transfer chicken to a 5-qt. slow cooker.
2. Add soup, cottage cheese or yogurt, chicken stock, and Italian dressing mix to skillet. Cook over medium heat, stirring constantly, 2 to 3 minutes or until cheese is melted and mixture is smooth.
3. Arrange mushrooms over chicken in slow cooker. Spoon soup mixture over mushrooms. Cover and cook on LOW 4 hours. Stir well before serving.
4. To make ahead: Prepare recipe as directed. Transfer to a 13- x 9-inch baking dish, and let cool completely. Freeze up to one month. Thaw in refrigerator 8 to 24 hours. To reheat, cover tightly with aluminum foil, and bake at 325° for 45 minutes. Uncover and bake 15 minutes or until thoroughly heated.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 6 ounces

Calories: 128

Protein: 18.5 g

Fat: 1.68 g

Sugar: 2.28 g

Crunchy Tuna Patty

SERVINGS: 8

Dietitians tip: These crispy tuna patties are great served with a squeeze of lemon and a dollop of fat-free Greek yogurt.

INGREDIENTS

- 4 3-ounce cans tuna in water
- 4 egg whites
- 16 Wheat Thins crackers, crushed
- 1/4 cup grated carrot
- 1/4 cup chopped water chestnuts, capers or diced red pepper
- 1 tablespoon minced onion, if tolerated
- Pepper, dill and dried mustard, to taste

DIRECTIONS

1. Mix all ingredients together.
2. Form mixture into eight patties with hands.
3. Spray medium skillet with nonstick cooking spray and place over medium heat.
4. Cook patties until golden brown on both sides, 2 to 3 minutes per side.

NUTRITIONAL ANALYSIS PER SERVING

Calories: 80 calories

Fat: 1 g

Protein: 12 g

Carbohydrates: 4 g

Cholesterol: 22 g

Sodium: 240 mg

Sugar: 0 g

Curried Pork Tenderloin with Apple Cider

SERVINGS: 6

Dietitian's tip: Apple cider is unfiltered juice from apples. In the United States, cider is referred to as sweet (unfermented and alcohol-free) or hard (fermented and contains alcohol). In this recipe, the sweet flavor of the apple cider and chopped apples nicely complement the pork tenderloin.

INGREDIENTS

- 16 ounces pork tenderloin, cut into 6 pieces
- 1 1/2 tablespoons curry powder
- 1 tablespoon extra-virgin olive oil
- 2 medium yellow onions, chopped (about 2 cups)
- 2 cups apple cider, divided
- 1 tart apple, peeled, seeded and chopped into chunks
- 1 tablespoon cornstarch

Directions

1. Season the pork tenderloin with curry powder and let stand for 15 minutes.
2. In a large, heavy skillet, heat the olive oil over medium-high heat. Add the tenderloin and cook, turning once, until browned on both sides, about 5 to 10 minutes. Remove the meat from the skillet and set aside.
3. Add the onions to skillet and saute until soft and golden. Add 1 1/2 cups of the apple cider, reduce the heat and simmer until the liquid is half the volume.
4. Add the chopped apple, cornstarch and the remaining 1/2 cup apple cider. Stir and simmer while the sauce thickens, about 2 minutes. Return the tenderloin to the skillet and simmer for the final 5 minutes.
5. To serve, arrange tenderloin on a serving platter or divide onto individual plates. Pour thickened sauce over meat and serve immediately.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: About 3 ounces

Cholesterol: 70 mg

Calories: 244

Sodium: 48 mg

Fat: 8 g

Carbohydrates: 19 g

Saturated fat: 2 g

Dietary fiber: 2 g

Trans fat: 0 g

Sugars: 13 mg

Monounsaturated fat: 4 g

Protein: 24 g

Easy Chicken Tetrazzini

SERVINGS: 6

INGREDIENTS

- 1 tablespoon reduced-calorie margarine
- 1/2 cup scallions, chopped (about 5 scallions)
- 8 ounces button mushrooms, sliced
- 3 tablespoons all-purpose flour
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1 cup fat-free chicken broth
- 1/2 cup fat-free skim milk
- 1/2 pound cooked, boneless, skinless chicken breasts, cubed
- 1/4 cup canned pimentos, drained and sliced (about equal to a 2 oz. jar)
- 2 tablespoons sherry cooking wine
- 3 1/2 tablespoons grated parmesan cheese
- 8 ounces uncooked spaghetti, broken into thirds and cooked

DIRECTIONS

1. Melt margarine in a large saucepan over medium-high heat. Add scallions and mushrooms and cook until tender, stirring, about 5 minutes
2. Combine flour, garlic powder, pepper, broth, and milk in small bowl. Mix until well blended.
3. Add flour mixture to saucepan. Cook until mixture boils and thicken, stirring constantly, for about 10 minutes.
4. Add chicken, pimentos, and sherry. Cook until thoroughly heated, stirring occasionally, for about 2 minutes.
5. Stir in cheese and cooked spaghetti and toss gently.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: About 1 cup

Calories: 167

Fat: 3 grams

Protein: 10 g

Carbohydrates: 25 g

Cholesterol: 30 mg

Sodium: 175 mg

Sugar: 1.5 g

Egg-chilada

SERVINGS: 1

INGREDIENTS

- 1 egg + 1 egg white
- Black pepper and salt to taste
- 1 ounce protein of choice (tofu, chicken or ground beef work well)
- 2 tablespoons salsa (such as Tostito's medium)
- 1 tablespoon shredded Mexican blend cheese
- 2 tablespoons plain fat-free Greek yogurt

DIRECTIONS

1. Scramble the egg and egg white in a small bowl
2. Spray a skillet or griddle with cooking spray and set it over medium heat.
3. Pour the scrambled eggs onto the heated pan and allow it to spread into a generally circular shape.
4. Leave the eggs alone for a minute or two; allowing the edges to set. Add a sprinkle of black pepper and salt to the eggs while they're setting.
5. Slide a spatula beneath the eggs and flip (don't worry if some egg pours off at this point).
6. Cook eggs on the other side about two minutes or until completely cooked and transfer to a plate.
7. Make a strip of filling for your egg-chilada with 1 oz. protein of choice and Mexican cheese.
8. Roll up the egg "pancake" to form your egg-chilada.
9. Top with salsa and Greek yogurt.

NUTRITIONAL VALUES

Serving size: 1 egg-chilada

Calories: 171

Carbohydrates: 3 g

Fat: 8 grams

Protein: 23 g

Sodium: 432 mg

Sugar: 3 g

Faux Fried Chicken

SERVINGS: 3

INGREDIENTS

- 1/3 cup reduced-fat buttermilk
- 1/8 tsp. paprika
- 12 ounces raw boneless skinless lean chicken breast tenders (about 10 pieces)
- 1/3 cup bran cereal (Original Fiber One® or similar type)
- 1/3 cup panko breadcrumbs
- 1 tbsp. dry onion soup mix
- Optional: salt, to taste

DIRECTIONS

1. In a large sealable container or plastic bag, combine buttermilk with paprika and mix well.
2. Add chicken and coat completely. Seal and refrigerate for at least 1 hour.
3. Preheat oven to 375 degrees.
4. Prepare a large baking sheet by spraying it with nonstick spray. Set aside.
5. Using a blender or food processor, grind cereal to a breadcrumb-like consistency. Pour crumbs into a large bowl.
6. Add panko breadcrumbs and onion soup mix. If you like, add a dash or two of salt. Mix thoroughly.
7. One at a time, remove each piece of chicken from container/bag, give it a shake (to get rid of excess buttermilk), coat it evenly with the crumb mixture, and lay it flat on the baking sheet.
8. Bake in the oven for 10 minutes. Flip carefully (tongs work well!), and then bake for an additional 10 minutes, or until outsides are crispy and chicken is cooked through.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1/3 recipe or about 3 pieces

Calories: 210

Fat: 3.5 g

Carbohydrates: 17 g

Fiber: 3.5 g

Sugar: 2 g

Protein: 29 g

Ginger Beef Stir Fry

SERVINGS: 6

INGREDIENTS

- 1 pound flank steak (cut into 1/4" strips)
- 2 medium garlic cloves
- 6 ounces beef broth (fat free)
- 1/4 cup (2 ounces) hoisin sauce
- 3 tablespoons soy sauce
- 1 tablespoons cornstarch
- 1 teaspoon canola oil
- 1/4 tsp crushed red pepper flakes
- 3 ounces broccoli florets
- 1/2 medium yellow, red, or green bell pepper cut into strips
- 1/2 cup instant brown rice
- 2 medium stalks bok choy cut into 1/2" slices
- 1 8-ounce can sliced water chestnuts

INSTRUCTIONS

1. In mixing bowl, stir together steak, garlic and ginger. Set aside.
2. Prepare rice according to directions on package.
3. Combine broth, hoisin sauce, soy sauce and cornstarch in a bowl. Stir until dissolved.
4. In wok or skillet, heat oil and red pepper flakes over medium-high heat.
5. Cook steak 4 to 5 minutes or until browned. Stir constantly. Set aside.
6. Put broccoli, bell pepper and carrot into pan. Cook over medium-high heat for 2-3 minutes or until tender-crisp. Stir. (If mixture becomes too dry, add in 1 to 2 tablespoons water.)
7. Stir in bok choy and water chestnuts. Cook for additional 1 to 2 minutes or until bok choy is tender-crisp. Stir constantly.
8. Make a well in center of pan, and pour in broth.
9. Cook 1 to 2 minutes or until broth thickens, occasionally stir broth.
10. Mix in beef. Cook 1 to 2 minutes or until warm.
11. Serve over rice.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1/6 recipe

Calories: 275

Fat: 8 g

Carbohydrates: 25 g

Dietary fiber: 2 g

Sugars: 6 g

Protein: 17 g

Greek Yogurt Chicken

SERVINGS: 4

INGREDIENTS

- 4 boneless skinless chicken breasts (4 ounces each)
- 1 cup plain Greek yogurt
- 1/2 cup grated Parmesan cheese
- 1 teaspoon garlic powder
- 1 1/2 teaspoons seasoning salt
- 1/2 teaspoon pepper

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Combine Greek yogurt, cheese and seasonings in bowl.
3. Line baking sheet with foil and spray with cooking spray.
4. Coat each chicken breast in Greek yogurt mixture and place on foiled baking sheet.
5. Bake for 45 minutes.

NUTRITIONAL ANALYSIS PER SERVING

Total calories: 266

Total fat: 4 g

Saturated fat: 3 g

Total carbohydrates: 3 g

Dietary fiber: 0 g

Sugars: 2 g

Protein: 46 g

Herb-Rubbed Turkey Au Jus

SERVINGS: 10

Dietitian's tip: Instead of adding butter to the turkey and serving it with gravy, this healthy version is complemented with an herbal rub and a flavorful au jus.

INGREDIENTS

- 2 teaspoons dried sage
- 1 tablespoon dried thyme
- 2 tablespoons chopped fresh parsley
- 1 whole turkey (about 15 pounds), thawed
- 1 tablespoon olive oil
- 1/2 cup water
- For the au jus
- 2 teaspoons dried sage
- 1 tablespoon dried thyme
- 2 tablespoons chopped fresh parsley
- 2 tablespoons honey
- 1/2 cup apple juice
- 1 cup defatted pan drippings

DIRECTIONS

1. Preheat the oven to 325 degrees. In a small bowl, combine the sage, thyme and parsley to make the rub. Mix well and set aside.
2. Remove the neck and giblets from the turkey and discard. Rinse the turkey inside and out with cool water. Pat dry with paper towels. Starting at the neck area, insert fingers or a spoon between the layer of skin and meat to gently loosen the skin. Place the turkey breast-side up on a rack in a roasting pan. Add about 1 tablespoon of the herb mixture under the skin of each breast. Rub the outside of the turkey with the olive oil. Rub the remaining herb mixture over the outside of the bird.
3. Loosely tie the legs together. Place into the middle of the oven. After about 1 1/2 hours, cover the turkey with a tent of foil to prevent overcooking. Check the doneness after the bird has roasted about 3 to 3 1/2 hours. The turkey is done when the thigh is pierced deeply and juices run clear (180 to 185 F) or when the breast muscle reaches 170 to 175 degrees.
4. Remove the turkey from the oven. Let it stand about 20 minutes to allow juices to settle in the meat. Deglaze the pan by adding 1/2 cup water. Stir to scrape up the browned bits. Pour pan drippings into a gravy separator. Reserve 1 cup of defatted pan drippings for the au jus. To make the au jus, combine the sage, thyme, parsley, honey and apple juice in a saucepan. Simmer over medium heat until reduced by half. Add the defatted pan drippings and bring to a low boil, stirring often.
5. Carve the turkey and drizzle turkey slices with the herbed au jus. Serve immediately.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 4 ounces light and dark meat

Carbohydrates: 5 g

Cholesterol: 117 mg

Dietary fiber: Trace

Protein: 37 g

Sodium: 91 mg

Monosaturated fat: 1 g

Saturated fat: 1 g

Sugars: 3 g

Fat: 3 g

Calories: 215

High-protein Cottage Cheese Pancakes

SERVINGS: 4 pancakes

INGREDIENTS

- 1/3 cup all-purpose flour
- 1/2 tsp baking soda
- 1 cup low-fat cottage cheese
- 1/2 tablespoons canola oil
- 3 eggs, lightly beaten

DIRECTIONS

1. Combine flour and baking soda in a small bowl.
2. Combine remaining ingredients in a large bowl.
3. Pour flour mixture into cottage cheese mixture and stir until just incorporated.
4. Heat a large skillet over medium heat, coat with cooking spray.
5. Pour 1/3-cup portions of batter onto skillet and cook until bubbles appear on the surface.
6. Flip and cook on the other side until brown.
7. Serve with low calorie syrup. (Try Walden Farms.)

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1 pancake

Calories: 152

Carbohydrates: 10 g

Fat: 7 g

Protein: 13 g

Sodium: 385 mg

Sugar: 2 g

Lemon-broiled Orange Roughy

SERVINGS: 4

INGREDIENTS

- 3 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 tablespoon olive oil
- 1/4 teaspoon ground pepper
- 16 ounces orange roughy fillets (4 ounces each)
- 8 medium lemon wedges

DIRECTIONS

1. Cover the rack of a broiler pan or a baking sheet with tin foil and spray foil with cooking spray.
2. Combine lemon juice, mustard, olive oil and ground pepper, stirring well.
3. Place fish fillets on rack or baking sheet.
4. Brush fillets with half the lemon juice mixture, reserving the remaining half.
5. Broil fish for 5 minutes or until fish flakes easily.
6. Drizzle the reserved lemon juice mixture over the fillets and add pepper to taste. Serve with lemon wedges.

NUTRITIONAL ANALYSIS PER SERVING

Calories: 114

Fat: 4 g

Protein: 17 g

Carbohydrates: 3 g

Cholesterol: 23 mg

Sodium: 157 mg

Sugar: 0 mg

Light Alfredo Sauce

SERVINGS: 8

Dietitian's tip: Serve over pasta or as a topping for cooked boneless, skinless chicken breast, salmon or other fish.

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 4 cloves garlic, minced
- 2 cups skim milk
- 1 cup chicken broth, warmed
- 3 tablespoon all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup grated Parmesan cheese

DIRECTIONS

1. In a medium saucepan, heat olive oil over medium heat.
2. Add garlic and sauté until fragrant.
3. Add flour and mix well until thick paste is formed.
4. Slowly whisk in warmed chicken broth.
5. Add milk, salt and pepper.
6. Cook over low heat until smooth and thick.
7. Stir in Parmesan cheese to finish.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1/4 cup

Calories: 71

Fat: 4 g

Carbohydrates: 5 g

Sugar: 3 g

Protein: 5 g

Low-fat Turkey Gravy

SERVES: 8

Dietitian's tip: Here is a tasty and low-fat gravy you can make with the vegetables and herbs from a roasted turkey.

INGREDIENTS

- 4 cups (32 fluid ounces) unsalted turkey stock, divided
- 2 tablespoons fresh sage, remove from stem and finely chop
- 2 tablespoons fresh thyme, remove from stem and finely chop
- 1 cup (8 fluid ounces) skim milk
- 1/4 cup cornstarch

DIRECTIONS

1. After you roast the turkey, place the roasting pan on the stove top over medium heat. Add 2 cups of turkey stock to the pan and stir about 5 minutes or until the drippings and browned bits from bottom dissolve. Place a strainer over a fat separator cup. Pour pan drippings through strainer. Add enough stock to the drippings to make 4 cups total.
2. If you don't have a fat separator cup, you can remove fat from drippings by add several ice cubes to the liquid and placing it in the freezer for 10 minutes. Remove hardened fat with spoon and place stock into a saucepan. You should still have about 4 cups of liquid. Place the saucepan on the stove top over medium heat and bring to a simmer. Add sage and thyme to the simmering stock. Continue to simmer until the stock is reduced by 1/4, or until about 3 cups of stock remain.
3. Pour milk into a small bowl. Add cornstarch and stir to mix evenly. Slowly pour milk mixture into the simmering stock, stirring slowly. Bring sauce to a boil and continue to stir until stock thickens and has a nice shine, about 3 to 5 minutes.
4. Pour gravy into warmed gravy boat and serve.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: About 1/2 cup

Fat: Trace

Dietary fiber: Trace

Calories: 25

Monounsaturated fat: Trace

Protein: 1 g

Saturated fat: Trace

Trans fat: 0 g

Sodium: 14 mg

Cholesterol: 1 mg

Sugars: 0 g

Carbohydrates: 5 g

Magically Moist Chicken

SERVINGS: 12

INGREDIENTS

- 3 pounds skinless, boneless chicken breasts
- 1 1/4 cups whole-wheat Italian bread crumbs
- 1/2 cup Smart Balance Omega Plus Light Mayonnaise Dressing (or other light mayo of choice)

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Brush mayonnaise on chicken.
3. Pour bread crumbs onto a large plate and roll chicken until coated.
4. Place chicken breasts in foil-lined pan and bake for 40 to 45 minutes or until meat thermometer registers 165 degrees.

NUTRITIONAL ANALYSIS PER SERVING

Calories: 233

Fat: 5 g

Protein: 37 g

Carbohydrates: 8 g

Cholesterol: 8 g

Sodium: 268 mg

Sugar: 0 g

Pan-fried Fish Fillet

SERVINGS: 2

INGREDIENTS

- 8 ounces fish fillets
- 3 tablespoons yellow cornmeal
- 1 1/3 tablespoon chopped parsley
- 1/4 teaspoon ground celery seeds
- 1/4 teaspoon ground black pepper
- 1 pinch salt
- 2 teaspoon olive oil

DIRECTIONS

1. Clean and rinse fish fillets. Check to make sure all bones are removed. Pat dry.
2. Mix together cornmeal, salt, pepper, celery seed and chopped parsley.
3. Cover fish with cornmeal mixture and press onto fish.
4. Heat olive oil in nonstick skillet. Cook fish 2 to 3 minutes per side. Fish should be brown and crisp and should flake when pierced with a fork.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: About 1 cup

Calories: 240

Fat: 10 g

Protein: 25 g

Carbohydrates: 10 g

Cholesterol: 67 mg

Sodium: 338 mg

Sugars: 0 g

Protein-packed Pesto

SERVINGS: 4

INGREDIENTS

- 1/2 cup water
- 1 10-ounce package frozen, chopped spinach (thawed and well drained)
- 1/3 cup 1% cottage cheese
- 1/3 cup fresh basil (or 2 Tbsp dried basil) – fresh preferred
- 2 tablespoons grated parmesan cheese
- 1 tablespoons olive oil
- 2 cloves garlic, minced

DIRECTIONS

1. Combine all ingredients in blender or food processor.
2. Blend or process until smooth.
3. Spoon 1/2 cup of mixture on poultry or fish.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1/2 cup

Calories: 77

Fat: 5 g

Protein: 6 g

Carbohydrate: 4 g

Cholesterol: 3 mg

Sodium: 292 mg

Sugar: 1 g

Pumpkin and Black Bean Soup

SERVINGS: 6

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 1 tablespoon ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon black pepper
- 2 15-ounce cans black beans, rinsed and drained
- 1 cup canned diced tomatoes
- 2 cups beef broth
- 1 16-ounce can pumpkin puree

DIRECTIONS

1. Heat oil in a soup kettle over medium heat, sauté onions, garlic, cumin, chili powder and pepper until soft.
2. Stir in black beans, tomatoes, broth and pumpkin.
3. Simmer uncovered stirring occasionally for about 25 minutes until soup is a thick consistency
4. Serve as is, or puree using an immersion blender for a smooth consistency.

SUGGESTIONS

- Stir in plain Greek yogurt for added protein and creaminess.
- Add 1/2 pound ground meat for an additional protein.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: About 1 cup

Calories: 290

Fat: 6 g

Protein: 15 g

Carbohydrates: 46 g

Dietary fiber: 11 g

Sugars: 3g

Slow-cooker Chicken Taco Filling

SERVINGS: 4

INGREDIENTS

- 1 pound skinless, boneless chicken breasts 1 cup chicken broth
- 1 1.25-ounce package dry taco seasoning mix

INSTRUCTIONS

1. Mix chicken broth and taco seasoning in a bowl.
2. Place chicken breast in slow cooker.
3. Pour broth and seasoning mixture over chicken.
4. Cover and cook on low for 6-8 hours.
5. Shred chicken.
6. Cook on low for additional 30 minutes to absorb excess juices.
7. Serve as filling for tacos, topping for a salad or by itself for a protein source.

NUTRITION FACTS PER SERVING

Serving size: 4 ounces

Calories: 148

Fat: 2.4 g

Carbohydrates: 6 g

Sugars: 0 g

Protein: 23 g

Sodium: 930 mg (use low-sodium broth and seasonings to reduce sodium content)

Slow-cooker Chicken Tikka Masala

SERVINGS: 10

Dietitian's tip: Typically served over brown rice. It is also delicious by itself, depending on the stage of your diet.

INGREDIENTS

- 3 pounds boneless, skinless chicken breast
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons fresh ginger, minced
- 1 29-ounce can tomato puree
- 1 1/2 cups (12 ounces) plain Greek yogurt
- 2 tablespoons olive oil
- 2 tablespoons Garam masala
- 1 tablespoon cumin
- 1/2 tablespoon paprika
- 3/4 teaspoon cinnamon
- 3/4 teaspoon ground black pepper
- 1 to 3 teaspoons cayenne pepper (depending on taste)
- 2 bay leaves
- Chopped cilantro for topping

INSTRUCTIONS

1. Place everything up to bay leaves in large bowl.
2. With a spatula, stir to combine and coat chicken well.
3. Gently place into slow cooker, add bay leaves on top.
4. Cover and cook for 8 hours on low or 4 hours on high.
5. Remove bay leaves, and serve topped with cilantro.

NUTRITION FACTS PER SERVING

Serving size 1/10 recipe

Calories: 270

Fat: 8 g

Saturated fat: 2 g

Sodium: 151 mg

Carbohydrates: 12 g

Dietary fiber: 2 g

Sugars: 7 g

Protein: 45 g

Slow-cooker Provençal Chicken

SERVINGS: 4

INGREDIENTS

- 2 boneless, skinless chicken breast halves, cut in half lengthwise (about 1 1/2 pounds)
- 2 teaspoons dried basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup diced yellow bell pepper
- 1 16-ounce can navy beans, rinsed and drained
- 1 14 ½-ounce can diced tomatoes, undrained
- Fresh or dried basil leaves (optional)

DIRECTIONS

1. Place chicken in an electric slow cooker or crockpot.
2. In a large bowl, combine salt, black pepper, bell pepper, beans, tomatoes and dried basil (if using fresh basil, add at the end); stir well.
3. Spoon mixture over chicken.
4. Cook on low setting for 4-6 hours, or until chicken reaches 165 degrees.
5. Serve each chicken breast half with bean and tomato mixture spooned over the top.
6. Garnish with fresh or dried basil leaves, if desired.

NUTRITIONAL ANALYSIS PER SERVING

Serving size 1/2 chicken breast and 3/4 cup bean mixture

Calories: 315

Fat: 2 g

Protein: 38 g

Carbohydrates: 36 g

Cholesterol: 68 mg

Sodium: 896 mg

Sugar: 0 grams

Fiber: 12 grams

Spicy Deviled Eggs

SERVINGS: 3

INGREDIENTS

- 6 hard-boiled eggs (You will not use three of the yolks in this recipe.)
- 2 tablespoons of creamy horseradish sauce or Greek yogurt
- 1/2 teaspoon dill
- 1/4 teaspoon spicy mustard (use Dijon for mild deviled eggs)
- 1/8 teaspoon salt
- Dash of black pepper and paprika

DIRECTIONS

1. Peel the eggs and cut in half lengthwise.
2. Place 3 yolks into a mixing bowl, and set the whites aside. Save the other 3 yolks for another use.
3. Mash the yolks with creamy horseradish sauce or Greek yogurt, dill, mustard and salt.
4. Spoon or pipe filling into egg white halves.
5. Sprinkle with pepper and paprika.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 2 deviled eggs

Calories: 131

Fat: 8.7 g

Protein: 10 g

Carbohydrates: 1 g

Cholesterol: 225 mg

Sodium: 219 mg

Sugar: 0 grams

Turkey Turnovers

SERVINGS: 24

INGREDIENTS

- 1 envelope dry onion soup
- 1 pound ground turkey (breast meat only)
- 1 cup shredded 2% low-fat cheese
- 3 tubes reduced-fat refrigerated crescent rolls (8 in each tube)

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Mix soup with meat in skillet and brown well
3. Blend in cheese
4. Unroll dough, separate rolls, and cut each triangle in half
5. Place spoonful of meat mixture in center of each triangle
6. Fold over, seal edges, and place on cookie sheet
7. Bake for 15 minutes

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 2 turnovers

Calories: 155

Fat: 7 g

Protein: 9 g

Carbohydrates: 13 g

Cholesterol: 14 mg

Sodium: 472 mg

Sugar: 3 g

Spinach Frittata

SERVINGS: 6

INGREDIENTS

- 2 teaspoons vegetable oil
- 1 medium onion, chopped (if tolerated)
- 1 10-ounce package frozen chopped spinach, thawed and drained
- 1 1/2 cups shredded reduced-fat cheddar cheese
- 4 egg whites
- 2 whole eggs
- 1/3 cup reduced-fat cottage cheese
- 1/4 teaspoon cayenne pepper
- 1/8 teaspoon salt
- 1/8 teaspoon nutmeg

DIRECTIONS

1. Heat oven to 375 degrees. Coat a 9-inch pie pan with vegetable oil spray.
2. In a medium skillet, heat oil on medium high. Add onion and cook 5 minutes or until softened.
3. Add spinach and cook 3 more minutes, set aside.
4. Sprinkle cheese in pie pan. Top with spinach/onion mixture.
5. In a medium bowl, whisk egg whites and whole eggs, cottage cheese, cayenne pepper, salt and nutmeg. Pour mixture into pie pan over spinach and cheese.
6. Bake 30 to 35 minutes or until just set. Let stand 5 minutes.
7. Cut into wedges and serve.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1/6 recipe

Calories: 162

Fat: 8 g

Cholesterol: 86 mg

Carbohydrates: 6g

Sugar: 0 g

Protein: 16 g

Sodium: 548 mg

Squash Apple Bake

SERVINGS: 6

INGREDIENTS

- 1 medium butternut squash, peeled and cut into 3/4-inch cubes
- 2 medium apples, peeled, cored, and cut into thin wedges
- 1 tablespoon Splenda
- 1 tablespoon all-purpose flour
- 1/4 cup melted butter
- 1/3 tsp salt
- 2 tsp ground cinnamon

DIRECTIONS

1. Mix squash and apples together in a casserole dish.
2. Combine other ingredients and spoon over squash and apples and mix together.
3. Bake, covered, at 350 degrees for 50 to 60 minutes or until tender.
4. If you like a crispier topping, take lid off casserole dish for last 10 minutes of cooking.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1/6 of a pan

Calories: 133

Fat: 8 g

Protein: 1 g

Carbohydrates: 17 g

Cholesterol: 20 mg

Sodium: 445 mg

Sugar: 8.3 g

Stuffed Cabbage Rolls

SERVINGS: 6

INGREDIENTS

- 1 head of cabbage, individual leaves removed
- 1/3 cup brown Minute Rice, or other whole grain of choice
- 1 teaspoon olive oil
- 1/2 medium onion, diced (if tolerated)
- 2 medium carrots, diced
- 1 pound 93% lean ground turkey
- 2 teaspoons garlic powder
- 2 teaspoons oregano or Italian seasoning
- 2 cups tomato sauce

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Wash and blanch* cabbage leaves for 30 seconds to make leaves easier to work with.
3. Prepare rice as directed on package.
4. Meanwhile, in a large skillet, heat olive oil over medium heat. Add the onions and carrots, stirring until slightly soft and caramelized.
5. Add turkey to the vegetables in skillet and cook until browned.
6. Add the powders and seasonings.
7. Combine rice and meat.
8. Place ½ cup of mixture into center of 1 cabbage leaf. Roll up, sealing both ends as you roll.
9. Place cabbage rolls in baking dish seam side down, side by side to prevent them from unrolling.
10. Top the cabbage rolls off with the tomato sauce, letting it spill over to the bottom of the dish.
11. Bake for 35 to 45 minutes. Let stand for 5 to 10 minutes before serving.

*Blanching is a cooking technique in which food is briefly immersed in boiling water (usually for 10 to 60 seconds).

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1 roll

Calories: 174

Fat: 5.5 g

Protein: 15 g

Carbohydrates: 16 g

Cholesterol: 54 mg

Sodium: 560 mg

Sugar: 6 g

Stuffed Chicken Breasts

SERVINGS: 4

Dietitian's tip: To see if the chicken is cooked through to its center, cut into the thickest part. Any juices should run clear, and the meat should show no signs of uncooked or pink flesh. Using a food thermometer, check to make sure it registers 165 degrees.

INGREDIENTS

- 3 tablespoons seedless raisins
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/4 teaspoon minced garlic
- 1 bay leaf
- 1 cup chopped and peeled apple
- 2 tablespoons chopped water chestnuts
- 4 large chicken breast halves, with the bones removed, each about 6 ounces
- 2 tablespoons olive oil
- 1 cup fat-free milk
- 1 teaspoon curry powder
- 2 tablespoons all-purpose (plain) flour
- 1 lemon, cut into 4 wedges

DIRECTIONS

1. Preheat the oven to 425 degrees. Lightly coat a baking dish with cooking spray. In a small bowl, add the raisins and cover with warm water. Set aside and allow the raisins to swell.
2. Spray a large skillet with cooking spray. Add the onions, celery, garlic and bay leaf. Saute until the onions are translucent, about 5 minutes. Remove the bay leaf and add the apples. Cook for another 2 minutes, stirring occasionally.
3. Drain the raisins and pat with paper towels to remove the excess water. Add the raisins to the apple mixture. Stir in the water chestnuts and remove from heat. Let cool.
4. Loosen the skin on the chicken breasts. Place the apple-raisin mixture between the skin and breast. In another skillet, heat the olive oil over medium heat. Add the chicken breasts and cook until browned, about 5 minutes on each side.
5. Transfer the chicken breasts to the prepared baking dish. Cover and bake until a meat thermometer registers 165 F, or about 15 minutes. Remove from the oven.
6. While the chicken is baking, heat the milk, curry powder and flour over low heat in a saucepan. Stir until the mixture thickens, about 5 minutes. Pour the mixture over the chicken breasts. Cover and return the chicken to the oven and bake another 10 minutes.
7. Transfer the chicken breasts to warmed individual plates. Spoon the sauce from the pan over the chicken and garnish with lemon wedges.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1 stuffed chicken breast

Carbohydrates: 19 g

Dietary fiber: 2 g

Sodium: 120 mg

Saturated fat: 3 g

Fat: 15 g

Cholesterol: 96 mg

Protein: 37 g

Monounsaturated fat: 8 g

Calories: 359

Stuffed French Toast

SERVINGS: 1

INGREDIENTS

- 4 Slices reduced calorie bread (35 calories per slice)
- 1/2 cup fat-free ricotta cheese
- 2 packets sugar substitute
- 3 egg whites
- Dash of Salt
- 1/4 teaspoon pumpkin pie spice
- Dash of vanilla
- Cooking spray

DIRECTIONS

1. Divide ricotta evenly between two slices of bread.
2. Sprinkle one packet of sugar substitute on each piece of bread.
3. Place remaining bread on top, making two sandwiches.
4. Beat egg whites. Add a dash of salt and 1/4 teaspoon pumpkin pie spice and a dash of vanilla to egg whites and stir.
5. Dip sandwiches in egg whites and fry in nonstick skillet with small amount of cooking spray.
6. Brown on both sides.

NUTRITIONAL ANALYSIS PER SERVING

Calories: 227

Fat: .5 g

Protein: 25 g

Carbohydrates: 27 g

Cholesterol: 20 mg

Sodium: 659 mg

Sugar: 8 g

Stuffing with Cranberries

SERVINGS: 6

Dietitian's tip: Stuffing is usually baked within the food in which it's stuffed, such as a turkey or chicken. This version bakes the stuffing separately, saving calories and fat. If you prefer extra-moist stuffing, add more chicken broth or water.

INGREDIENTS

- 1 cup low-sodium chicken broth
- 1 cup chopped celery
- 1/2 cup chopped onion
- 10 slices whole-wheat bread, toasted and cut into cubes
- 1/4 cup chopped parsley
- 1 teaspoon dried tarragon
- 1/2 teaspoon paprika
- 1/8 teaspoon ground nutmeg
- 1/2 cup chopped fresh cranberries
- 1 cup whole water chestnuts
- 1 cup chopped apple

Directions

1. Preheat the oven to 350 degrees.
2. Lightly coat a 2-quart baking dish with cooking spray.
3. In a large skillet, heat the chicken broth over medium heat.
4. Add the celery and onion and saute until the vegetables are tender, about 5 minutes. Remove from heat.
5. In a large bowl, combine the bread cubes, parsley, tarragon, paprika, nutmeg, cranberries, water chestnuts and chopped apples. Add the onion and celery mixture. Stir to mix evenly.
6. Spoon stuffing into the prepared baking dish. Cover with aluminum foil and bake for 20 minutes. Uncover and bake 10 more minutes. Serve immediately.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1/2 cup

Total fat: 2 g

Dietary fiber: 5 g

Calories: 147

Monosaturated fat: 1 g

Saturated Fat 0.9 g

Protein: 5 g

Cholesterol: 1 mg

Sodium: 263 g

Carbohydrates: 29 g

Sweet and Sour Pork

SERVINGS: 6

INGREDIENTS

- Cooking spray
- 1 pound lean pork tenderloin, cut into thin strips
- 1 15-ounce canned, unsweetened pineapple chunks
- 1/2 cup water
- 1/4 cup Splenda brown sugar blend
- 2 tablespoons corn starch
- 1/2 teaspoon table salt
- 1 tablespoon low-sodium soy sauce
- 2 medium green peppers, sliced (as tolerated)
- 1 small onion, sliced (as tolerated)
- 3 cups cooked brown rice
- 1/3 cup wine vinegar

DIRECTIONS

1. Heat a nonstick skillet coated with cooking spray over medium-high heat.
2. Add pork and cook until golden brown. Remove from skillet and set aside. Drain any remaining fat from skillet.
3. Drain pineapple chunks, reserving juice; set aside.
4. Combine water, vinegar, sugar, cornstarch, salt, soy sauce, and reserved pineapple juice in a small bowl. Add to skillet and cook until sauce is thickened, about 2 minutes.
5. Add pork to skillet and cook on low heat until meat is tender, stirring occasionally, for about 30 minutes.
6. Add peppers, onion, and pineapple chunks and cook for an additional 5 minutes.
7. Serve over rice.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1 cup of pork mixture and 1/2 cup of rice

Calories: 248

Fat: 3.5 g

Protein: 18 g

Carbohydrates: 36 g

Cholesterol: 60 mg

Sodium: 354 mg

Sugar: 8 g

Tofu and Broccoli Quiche

SERVINGS: 6

INGREDIENTS

- 1/2 cup uncooked bulgur wheat
- Pinch of salt
- 1 tablespoon sesame oil
- 1 yellow onion, chopped
- 1/2 pound broccoli, chopped
- 1/4 pound mushrooms, chopped
- 1 1/2 pounds tofu
- 2 tablespoons sesame tahini
- 1 tablespoon umeboshi paste (pickled plum paste) or white miso
- 1 tablespoon tamari

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Bring 1 cup water to a boil in a small pot, add bulgur and salt and return to a boil.
3. Lower heat, cover and cook for 15 minutes.
4. Press hot bulgur into a greased 9-inch pie pan and baked for 12 minutes, or until somewhat dry and crust-like. Set aside.
5. Heat oil in a large skillet over medium high heat.
6. Add onions, broccoli and mushrooms to skillet and cook briefly.
7. Cover skillet and turn off heat; set aside while you prepare tofu mixture.
8. Blend tofu, tahini, umeboshi paste and tamari in a food processor until smooth.
9. Transfer mixture to a bowl and add cooked vegetables. Toss gently to combine.
10. Pour vegetable mixture into bulgur crust, then bake for 30 minutes.
11. Remove from oven and let sit for 10 minutes.
12. Cut into 6 slices and serve hot or cold.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1/6 recipe

Calories: 190

Fat: 8g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 350 mg

Carbohydrates: 18g

Dietary fiber: 4g

Sugar: 3g

Protein: 13g

Tuna or Chicken Salad

INGREDIENTS

- 1 can (6 oz.) tuna packed in water, drained
- 1 tablespoon pickle juice
- 1 1/2 tablespoons mayonnaise
- 1 tablespoon powdered eggs

DIRECTIONS

1. Combine ingredients in a blender and puree until smooth.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1/4 cup

Protein: 10 grams

Turkey Bean Enchilada

SERVINGS: 4

INGREDIENTS

- 6 medium scallions, white and green parts chopped
- 2 cups cooked skinless, white turkey meat, cubed
- 1 15-ounce can pinto beans, drained and rinsed
- 1 cup canned enchilada sauce or taco sauce, divided
- 4 medium-sized fat-free or low-carb tortillas
- 1/2 cup shredded reduced-fat Mexican cheese

DIRECTIONS

2. Preheat oven to 350 degrees.
3. Combine scallions, turkey, beans, and ½ cup enchilada or taco sauce.
4. Fill each tortilla with ¼ of turkey-bean mixture. Fold in sides, top and bottom of tortilla to completely enclose filling.
5. Place tortillas seam side down in a 9x13 inch baking dish.
6. Pour remaining 1/2 cup of sauce over top of enchiladas and top with cheese.
7. Cover pan and bake until heated through and cheese is hot and bubbly (about 20 minutes)

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1 ENCHILADA

Calories: 175

Fat: 3 g

Protein: 14 g

Carbohydrates: 19 g

Cholesterol: 27 mg

Sodium: 815 mg

Sugar: 3 g

Tzatziki Greek Yogurt and Cucumber Sauce

SERVINGS: 8–9

INGREDIENTS

- 3 cups fat-free plain Greek yogurt
- 3 tablespoon lemon juice
- 1 garlic clove, chopped
- 2 medium cucumbers, peeled, seeded and diced
- 1 tablespoon salt
- 1 tablespoon finely chopped dill
- Salt and pepper to taste

DIRECTIONS

1. Peel cucumbers and cut in half lengthwise. Take a small spoon and scrape out and discard the seeds.
2. Dice cucumbers and put them in a colander with 1 tablespoon salt. Let stand for 30 minutes to draw out the water. Drain well and wipe dry cucumber pieces with paper towel.
3. In a food processor with a steel blade, add cucumbers, garlic, lemon juice, dill, and a few grinds of black pepper.
4. Process until well blended.
5. Stir the mixture into the yogurt.
6. Taste before adding any extra salt, then salt, if needed.
7. Place in refrigerator for at least two hours before serving so flavors can blend (do not skimp on the resting time).
8. Drain off any excess water and stir before serving.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1 cup

Calories: 53

Fat: 0 g

Protein: 6 g

Carbohydrates: 8 g

Cholesterol: 1.7 mg

Sodium: 839 mg

Sugar: 7 g

Fiber: 0.3 g

White Sea Bass with Dill Relish

SERVINGS: 4

Dietitian's tip: Besides being low in fat and calories, sea bass is also a very good source of protein, vitamin B-6, selenium and phosphorus.

INGREDIENTS

- 1 1/2 tablespoons chopped white onion
- 1 teaspoon pickled baby capers, drained
- 1 1/2 teaspoons chopped fresh dill
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice
- 4 white sea bass fillets, each 4 ounces
- 1 lemon, cut in quarters

Directions

1. Preheat the oven to 375 degrees.
2. In a small bowl, add the onion, capers, dill, mustard and lemon juice. Stir to mix well.
3. Place each fillet on a square of aluminum foil. Squeeze 1 lemon wedge over each fillet and spread 1/4 of the dill relish over each piece. Wrap the aluminum foil around the fish and bake until the fish is opaque throughout when tested with a tip of a knife, 10 to 12 minutes. Serve immediately.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1 fillet

Carbohydrates: 3 g

Dietary fiber: 1 g

Sodium: 129 mg

Saturated fat: < 0.5 g

Fat: 2 g

Cholesterol: 46 mg

Protein: 21 g

Monounsaturated fat: < 0.5 g

Calories: 119

Whopper Veggie Burger

SERVINGS: 1

Dietitian's tip: You could make this with very lean (95%) ground turkey breast or very lean ground beef.

INGREDIENTS

- 1 Boca Burger (Savory Mushroom Mozzarella flavor; found in grocer's freezer)
- 1 whole-wheat hamburger bun (Healthy Life)
- 1 tablespoon Miracle Whip Light
- 1 tablespoon ketchup
- 1 tablespoon mustard
- Lettuce
- Tomato
- Onion

DIRECTIONS

1. Prepare Boca Burger as directed on package.
2. Put burger on bun with light miracle whip, ketchup, lettuce, tomato and onion.

NUTRITIONAL ANALYSIS PER SERVING

Calories: 260

Fat: 5.5 g

Protein: 18 g

Carbohydrates: 40 g

Cholesterol: 5 mg

Sodium: 1,000 mg

Sugar: 9 grams

Wild Rice Mushroom Soup

SERVINGS: 4

INGREDIENTS

- 1 tablespoon olive oil
- Half a white onion, chopped
- 1/4 cup chopped celery
- 1/4 cup chopped carrots
- 1 1/2 cups sliced fresh white mushrooms
- 1/2 cup white wine or 1/2 cup low-sodium, fat-free chicken broth
- 2 1/2 cups low-sodium, fat-free chicken broth
- 1 cup fat-free half and half
- 2 tablespoons flour
- 1/4 teaspoon dried thyme
- Black pepper
- 1 cup cooked wild rice

DIRECTIONS

1. Put olive oil in stockpot and bring to medium heat.
2. Add chopped onion, celery and carrots. Cook until tender.
3. Add mushrooms, white wine and chicken broth. Cover and heat through.
4. In a bowl, blend half-and-half, flour, thyme and pepper.
5. stir in cooked wild rice.
6. Pour rice mixture into hot stockpot with vegetables. Cook over medium heat. Stir continually until thickened and bubbly.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: About 1.5 cups

Carbohydrates: 20 g

Cholesterol: 6 mg

Dietary fiber: 1.5 g

Protein: 7 g

Sodium: 190 mg

Monounsaturated fat: 3 g

Saturated fat: 1 g

Fat: 5 g

Calories: 170

Zucchini Boat

SERVINGS: 8

INGREDIENTS

4 medium zucchini

- 1 pound ground turkey breast 1/2 cup chopped onion
- 1 egg, beaten
- 1/2 pound sliced mushrooms
- 1 large tomato, diced
- 3/4 cup spaghetti sauce
- 1/4 cup seasoned whole-wheat bread crumbs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup (4 ounces) shredded low-fat mozzarella cheese

DIRECTIONS

1. Cut zucchini in half lengthwise; cut a thin slice from the bottom of each with a sharp knife to allow zucchini to sit flat.
2. Scoop out pulp, leaving 1/4-inch shells. Set pulp aside.
3. Place shells in an ungreased 3-quart microwave-safe dish. Cover and microwave on high for 3 minutes or until crisp-tender; drain and set aside.
4. In a large skillet, cook ground turkey and onion over medium heat until meat is no longer pink; drain. Remove from the heat.
5. In a large bowl mix together zucchini pulp, beaten egg, spaghetti sauce, bread crumbs, mushrooms, tomato, salt, pepper, 1/2 cup cheese, and cooked ground turkey.
6. Spoon about 1/4 cup mixture into each shell.
7. Sprinkle with remaining cheese.
8. Bake uncovered for 20 minutes at 350 degrees or until brown.

