



DELICIOUS RECIPES

— Stop Dieting & Live —

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The information within this course has been acquired through the author's education and personal experiences in the field of nutrition; however, it is not a substitute for competent medical advice.

The services of a professional doctor are recommended if medical advice or assistance is needed.

A person is shown from the back, with their arms outstretched horizontally. They are wearing a long-sleeved, ribbed shirt and dark pants. The background is a smooth gradient from blue at the top to green at the bottom. The text is centered in the middle of the image.

**FOR EVERYONE THAT WANTED
TO GET HEALTHY BUT NEEDED
A LITTLE MOTIVATION. THIS
BOOK IS DEDICATED TO YOU!**

Introduction

Welcome to the *50 Delicious Stop Dieting and Live Recipes* book. Like everything in the Stop Dieting and Live program, this book is flexible. It is entirely for your benefit. I want you to enjoy these recipes, so please feel free to modify them as needed.

In this compilation, you will find fifty recipes. There are ten recipes for each category: breakfast, lunch, dinner, snack, and dessert. The recipes include nutrition facts, ingredients needed, and a “How to Make” section. Our target daily caloric goal is the standard 1800 calories, set by the Academy of Nutrition and Dietetics. If you need to determine your caloric goal, please review the main Stop Dieting and Live manual, which is included free with the program.

Please don’t start thinking that these are the only recipes you can eat. That’s not how the program works. The Stop Dieting and Live mindset means you can keep eating whatever you want. Just do it carefully and with moderation. There are no permanent rules or restrictions. This book is available just to offer some great additional ideas.

Your Favorite Recipes

Keep your family cookbook and enjoy your favorite recipes. These foods are important to you. They make you happy. But if you can, do try and find ways to update them to be a little bit healthier. That is the Stop Dieting and Live way. Plus future generations will thank you for it. Finally, and most importantly, have fun and happy cooking!

A close-up photograph of a breakfast meal on a white plate. The meal consists of a stack of five golden-brown pancakes, a sunny-side-up fried egg with a bright yellow yolk, and a fried chicken patty. The entire image is overlaid with a semi-transparent blue and green gradient. The word "BREAKFAST" is centered in white, bold, uppercase letters.

BREAKFAST

SUNFLOWER GRANOLA BREAKFAST PARFAITS



Nutrition Facts

Serves: 8

Amount Per Serving	
Calories:	235
Total fat:	10.63.3g
Saturated Fats:	g
Cholesterol:	8mg
Sodium:	150mg
Total Carbohydrate:	23.2g
Sugars: Fiber:	4.9g
Protein:	14g
Calcium:	98mg

Ingredients:

1 cup rolled oats
1/4 cup raw sunflower seeds
1/4 cup shredded sweetened coconut
1/4 cup chopped walnuts
1/4 cup flaxseed meal
1/2 teaspoon cinnamon (ground)
1/4 teaspoon salt

2 tablespoons butter, melted
2 tablespoons honey
1/2 teaspoon vanilla extract
4 cups plain fat-free Greek yogurt
2 cups raspberries

How to Make It:

1. Place oven rack on middle shelf, about 10 inches below broiler. Preheat broiler to high.
2. Combine first 7 ingredients on a baking sheet; toss well. Broil 3 minutes or until lightly toasted, stirring every 1 minute. Combine butter, honey, and vanilla in a small bowl. Drizzle butter mixture over oat mixture; toss to coat. Broil granola an additional 2 minutes or until well toasted, stirring after 1 minute. Remove granola from oven; cool on pan 8 minutes, stirring occasionally.
3. Spoon 1/2 cup yogurt into each of 8 bowls. Top with about 1/3 cup granola and about 1/4 cup berries.

BREAKFAST QUINOA



Nutrition Facts

Serves: 4

Amount Per Serving	
Calories:	178
Total fat:	5.5g
Saturated Fats:	3.8g
Cholesterol:	0mg
Sodium:	89mg
Total Carbohydrate:	30.4g
Sugars: Fiber:	3.7g
Protein:	4.4g
Calcium:	22mg

Ingredients

1/2 cup uncooked quinoa
3/4 cup light coconut milk
2 tablespoons water
1 tablespoon light brown sugar

1/8 teaspoon salt
1/4 cup flaked unsweetened coconut
1 cup sliced strawberries
1 cup sliced banana

How to Make It

1. Preheat oven to 400°.
2. Place quinoa in a fine sieve, and place the sieve in a large bowl. Cover quinoa with water. Using your hands, rub the grains together for 30 seconds; rinse and drain quinoa. Repeat the procedure twice. Drain well. Combine quinoa, coconut milk, 2 tablespoons water, brown sugar, and salt in a medium saucepan, and bring to a boil. Reduce heat, and simmer 15 minutes or until liquid is absorbed, stirring occasionally. Stir mixture constantly during the last 2 minutes of cooking.
3. While quinoa cooks, spread flaked coconut in a single layer on a baking sheet. Bake at 400° for 5 minutes or until golden brown. Cool slightly.
4. Place about 1/2 cup quinoa mixture in each of 4 bowls. Top each serving with 1/4 cup strawberry slices, 1/4 cup banana slices, and 1 tablespoon toasted coconut. Serve warm.

FIG, APPLESAUCE, AND ALMOND BREAKFAST LOAF



Nutrition Facts

Serves: 2 loaves, 9 servings per loaf (serving size: 1 slice)

Amount Per Serving	
Calories:	185
Total fat:	5.9g
Saturated Fats:	0.9g
Cholesterol:	14mg
Sodium:	140mg
Total Carbohydrate:	
Sugars: Fiber:	2.5g
Protein:	3.8g
Calcium:	58mg

Ingredients

Streusel:

2 1/2 tablespoons brown sugar
2 tablespoons all-purpose flour
1 1/2 tablespoons coarsely chopped almonds
1 tablespoon chilled butter, cut into small pieces
1/8 teaspoon ground cinnamon

Bread:

1 cup dried figs
1/2 cup boiling water
Cooking spray
1 tablespoon all-purpose flour
2 large egg whites
1 large egg

3/4 cup applesauce
1/3 cup plain fat-free yogurt
1/4 cup canola oil
1/2 teaspoon almond extract
3/4 cup granulated sugar
6.75 ounces all-purpose flour (about 1 1/2 cups)
2.5 ounces whole-wheat flour (about 1/2 cup)
1/3 cup chopped almonds, toasted
1 teaspoon baking powder
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon baking soda

How to Make It

1. Preheat oven to 350°.
2. To prepare streusel, combine first 5 ingredients in a small bowl, stirring with a fork until crumbly; set aside.
3. To prepare bread, combine figs and 1/2 cup boiling water in a small bowl; let stand 30 minutes. Coat 2 (8-inch) loaf pans with cooking spray; dust with 1 tablespoon flour.
4. Place egg whites and egg in a medium bowl; stir well with a whisk. Add applesauce, yogurt, oil, and almond extract; stir well. Add sugar; stir well.
5. Weigh or lightly spoon 75 ounces all-purpose flour and 5 ounces whole-wheat flour into dry measuring cups; level with a knife. Combine flours and remaining ingredients in a large bowl, stirring with a whisk. Drain figs, and coarsely chop. Add figs and applesauce mixture to flour mixture, stirring until just combined. Divide batter between prepared pans. Sprinkle streusel over batter. Bake at 350° for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pans for 15 minutes on a wire rack; remove from pans. Cool completely on wire rack.

SPINACH, BACON, AND GRUYÈRE BREAKFAST STRATA



Nutrition Facts

Serves: 6 (size: about 3/4 cup)

Amount Per Serving

Calories:	287
Total fat:	14g
Saturated Fats:	6.1g
Cholesterol:	149mg
Sodium:	546mg
Total Carbohydrate:	21g
Sugars: Fiber:	6g
Protein:	19g
Calcium:	307mg

Ingredients

4 center-cut bacon slices
1 1/2 cups chopped yellow onion (about 1 medium onion)
4 garlic cloves, thinly sliced
6 ounces fresh spinach, chopped
6 ounces crusty whole-grain bread, cut into 1-in. cubes
3 ounces cave-aged Gruyère cheese, shredded (3/4 cup)

Cooking spray
3/4 cup 1% low-fat milk
3/4 cup plain 2% reduced-fat Greek yogurt
4 large eggs
2 large egg whites
1 tablespoon Dijon mustard
1/2 teaspoon freshly ground black pepper
1/4 teaspoon kosher salt

How to Make It

1. Cook bacon in a large skillet over medium until crisp, about 6 minutes. Transfer bacon to a paper towel-lined plate, reserving 1 1/2 tablespoons drippings in skillet; discard any remaining drippings. Finely chop bacon; set aside.
2. Add onion and garlic to drippings in skillet over medium-high heat; cook, stirring occasionally, until onion is browned and tender, about 10 minutes. Add spinach; cook until spinach wilts, about 2 minutes, stirring constantly. Toss together chopped bacon, onion mixture, bread cubes, and cheese in a large bowl. Arrange mixture evenly in an 8-inch square glass or ceramic baking dish coated with cooking spray.
3. Combine milk, yogurt, eggs, egg whites, mustard, pepper, and salt in a large bowl; stir with a whisk until well combined. Pour evenly over bread mixture. Cover and chill 8 hours or overnight.
4. Preheat oven to 350°F. Uncover baking dish; let strata stand at room temperature as oven preheats. Bake strata in preheated oven until top of strata is browned and a knife inserted in center comes out clean, about 1 hour. Let strata stand for 5 minutes before serving.

ASPARAGUS, GREEN ONION, AND GOAT CHEESE QUICHE

Nutrition Facts

Serves: 8servigns (size: 1 wedge)

Amount Per Serving

Calories:	222
Total fat:	14.4g
Saturated Fats:	8.5g
Cholesterol:	135mg
Sodium:	378mg
Total Carbohydrate:	14.2g
Sugars:	1.8g
Fiber:	
Protein:	8.5g
Calcium:	83mg

Ingredients

Crust:

3.9 ounces all-purpose flour (about 3/4 cup plus 2 tablespoons)
1/4 teaspoon salt
1/4 cup chilled butter, cut into small pieces
1 tablespoon ice water

Cooking spray

Filling:

2 tablespoons butter
12 ounces asparagus, chopped

1/2 teaspoon salt, divided
1/4 teaspoon freshly ground black pepper, divided
1 cup sliced green onions
4 ounces soft goat cheese, crumbled
3 large eggs
1 large egg yolk
3/4 cup 2% reduced-fat milk
Dash of grated fresh nutmeg

How to Make It

1. To prepare crust, weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and 1/4 teaspoon salt in a food processor; pulse 2 times or until combined. Add 1/4 cup chilled butter; pulse 4 times or until mixture resembles coarse meal. With processor on, add ice water through food chute, processing just until combined (do not form a ball).
2. **OR** You can also use Pillsbury Store bought shallow dish crust to save time.
3. Preheat oven to 425°.
4. Press dough gently into a 4-inch circle on plastic wrap. Cover and chill 20 minutes. Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap and place chilled dough on plastic wrap. Cover with 2 additional sheets of overlapping plastic wrap. Roll dough, still covered, into an 11-inch circle. Place dough in freezer 5 minutes or until plastic wrap can be easily removed.
5. Remove 2 sheets of plastic wrap; let stand 1 minute or until pliable. Fit dough, plastic-wrap side up, into a 9-inch pie plate lightly coated with cooking spray. Remove remaining plastic wrap. Press dough into bottom and up sides of pan; fold edges under and flute. Line pastry with foil; place pie weights or dried beans on foil. Bake at 425° for 15 minutes or until lightly browned.

Remove weights and foil. Reduce oven temperature to 350°. Bake crust an additional 5 minutes or until pastry is golden. Remove pan from oven, and cool on a wire rack.

6. To prepare filling, melt 2 tablespoons butter in a large skillet over medium-high heat. Add asparagus to pan. Sprinkle 1/4 teaspoon salt and 1/8 teaspoon pepper over asparagus; sauté 8 minutes or until crisp-tender, stirring frequently. Add onions; sauté 2 minutes or until asparagus just begin to brown. Remove from heat. Spoon asparagus mixture into prepared shell in an even layer. Arrange goat cheese in an even layer over asparagus mixture.
7. Combine eggs, egg yolk, and milk. Stir in remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, and nutmeg. Pour custard into pie plate. Bake at 350° for 30 minutes or until quiche is almost set in the center. Remove from heat, and cool 5 minutes on a wire rack before slicing.

SWEET POTATO-PECAN PANCAKES



Nutrition Facts

Serves: 6 servings (serving size: 2 pancakes and 1 teaspoon pecans)

Amount Per Serving	
Calories:	270
Total fat:	7.9g
Saturated Fats:	1.4g
Cholesterol:	74mg
Sodium:	333mg
Total Carbohydrate:	42.6g
Sugars:	2.3g
Fiber:	
Protein:	7.3g
Calcium:	185mg

Ingredients

1 1/4 cups all-purpose flour
1/4 cup chopped pecans, toasted and divided
2 1/4 teaspoons baking powder
1 teaspoon pumpkin-pie spice
1/4 teaspoon salt
1 cup fat-free milk

1/4 cup packed dark brown sugar
1 tablespoon vegetable oil
1 teaspoon vanilla extract
2 large eggs, lightly beaten
1 (16-ounce) can sweet potatoes or yams,
drained and mashed (about 3/4 cup)

How to Make It

1. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, 2 tablespoons pecans, baking powder, pumpkin-pie spice, and salt in a large bowl. Combine milk and next 4 ingredients (milk through eggs); add to flour mixture, stirring until smooth. Stir in sweet potatoes.
2. Spoon about 1/4 cup batter onto a hot nonstick griddle or large nonstick skillet. Turn pancakes when tops are covered with bubbles and edges look cooked. Sprinkle pancakes with 2 tablespoons pecans.

RISE AND SHINE OATMEAL



Nutrition Facts

Serves: 4 servings (serving: 1 cup oatmeal mixture, 1 ½ teaspoons almonds, & 1 ½ teaspoons sugar)

Amount Per Serving	
Calories:	380
Total fat:	8.4g
Saturated Fats:	1.6g
Cholesterol:	5mg
Sodium:	304mg
Total Carbohydrate:	66.3g
Sugars:	6.1g
Fiber:	
Protein:	13g
Calcium:	216mg

Ingredients

2 cups 1% low-fat milk
2 cups regular oats
1/2 cup golden raisins
2 tablespoons honey
1/2 teaspoon kosher salt

1/2 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
6 tablespoons sliced almonds, toasted
2 tablespoons brown sugar

How to Make It

1. Bring milk to a boil over medium heat.
2. Stir in oats; cook 5 minutes.
3. Remove from heat; stir in raisins and next 4 ingredients (through cinnamon).
4. Serve with nuts and sugar.

BANGIN' BREAKFAST BURRITOS: SIMPLE VEGETARIAN EGG, CHEESE, AND POTATO



Nutrition Facts

Serves: 1 burrito

Amount Per Serving	
Calories:	301
Total fat:	11.3g
Saturated Fats:	2.9g
Cholesterol:	8mg
Sodium:	499mg
Total Carbohydrate:	42g
Sugars:	15g
Fiber:	
Protein:	10g
Calcium:	82mg

Ingredients

2 tablespoons olive oil
1 large onion,
2 medium potatoes (diced)
8 baby bella mushrooms (diced)
1 medium sweet pepper (sliced)
1/4 cup yellow corn kernels (diced)
3 tablespoons fresh chive, chopped

1/8 teaspoon salt
1/8 teaspoon black pepper
10 large eggs, lightly beaten
5 large low-carb, whole-wheat tortillas
1/3 cup spinach 1/3 cup grated cheese
(Cheddar, Parmesan, or Monterey Jack)

How to Make

1. In a large nonstick skillet over medium-high heat, warm 2 tablespoons olive oil and sauté onions until tender and starting to brown. Add potatoes; cook for 5 minutes, or until fork tender. Add mushrooms, peppers, and corn; sprinkle with salt and black pepper, and cook for 3 minutes. Remove from the pan and set aside in a medium bowl.
2. Reduce the heat to medium, and cook eggs 3 to 4 minutes, or until soft scrambled and beginning to set, stirring frequently. Remove from the pan and set aside in a small bowl.
3. In the same nonstick skillet, warm the tortilla 1 minute on each side, until they are golden brown (or burnt, if that's your style).
4. Place 5 tortillas on a work surface. Split the hash evenly, and divide eggs over top. Add spinach leaves to each serving and top with cheese. Roll up, jelly-roll style.

TO FREEZE: Wrap each burrito in plastic wrap and foil; place burritos in a large plastic freezer bag. Store for up to 3 months.

TO HEAT: Unwrap burritos; rewrap with a paper towel. Microwave at HIGH 3 to 4 minutes, turning once halfway through cooking.

AVO-TAHINI TOAST



Nutrition Facts

Serves: 1

Amount Per Serving	
Calories:	260
Total fat:	16.1g
Saturated Fats:	3.2g
Cholesterol:	186mg
Sodium:	437mg
Total Carbohydrate:	18g
Sugars:	3g
Fiber:	5g
Protein:	12g
Calcium:	73mg

Ingredients

- 1 teaspoon fresh lemon juice
- Dash of kosher salt
- 1/2 ripe peeled avocado
- 1 (1-oz.) slice whole-grain bread, toasted
- 3 grape tomatoes, quartered
- 2 pitted kalamata olives, chopped
- 1 hard-cooked large egg, peeled and sliced
- 1 teaspoon tahini (sesame paste)

How to Make It

1. Combine juice, salt, and avocado in a bowl, mashing with a fork.
2. Spread avocado mixture evenly over toast; top with tomatoes, olives, and egg.
3. Drizzle with tahini.

EGG AND TOAST CUPS



Nutrition Facts

Serves: 6 servings (serving size: 1 egg cup)

Amount Per Serving	
Calories:	170
Total fat:	9.4g
Saturated Fats:	3.9g
Cholesterol:	196mg
Sodium:	348mg
Total Carbohydrate:	10g
Sugars:	2g
Fiber:	2g
Protein:	11g
Calcium:	96mg

Ingredients

6 (3/4-ounce) slices whole-wheat bread
1 tablespoon unsalted butter, melted
1 ounce shredded reduced-fat cheddar cheese (about 1/4 cup)
1/4 cup finely chopped tomato

6 large eggs
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
2 bacon slices, cooked and crumbled
1 tablespoon chopped fresh chives (optional)

How to Make It

1. Preheat oven to 375°.
2. Flatten each bread slice with a rolling pin until very thin. Trim crusts off bread. Lightly brush both sides of bread slices with melted butter. Cut each bread slice in half diagonally.
3. With cut sides facing, place 2 bread halves in each of 6 muffin cups, making sure to cover bottom entirely and allowing bread corners to extend above rims. Bake at 375° for 5 minutes or until bread is slightly firm. Remove pan from oven; sprinkle 2 teaspoons shredded cheese into each cup. Top each cup with 2 teaspoons chopped tomato. Crack 1 egg into each cup; sprinkle eggs evenly with salt and pepper. Bake an additional 18 minutes or until whites are set and yolks are still a bit runny or to desired degree of doneness. Remove egg cups from pan; sprinkle evenly with bacon and chives, if desired.



LUNCH

ZESTY QUINOA SALAD



Nutrition Facts

Serves: 6 servings

Amount Per Serving	
Calories:	270
Total fat:	11.5g
Saturated Fats:	1.4g
Cholesterol:	0mg
Sodium:	675mg
Total Carbohydrate:	33.8g
Sugars:	1.7g
Fiber:	8.4g
Protein:	8.9g
Calcium:	51mg

Ingredients

1 cup quinoa	to taste
2 cups water	1 1/2 cups halved cherry tomatoes
1/4 cup extra-virgin olive oil	1 (15 ounce) can black beans, drained and rinsed
2 limes, juiced	5 green onions, finely chopped
2 teaspoons ground cumin	1/4 cup chopped fresh cilantro
1 teaspoon salt	salt and ground black pepper to taste
1/2 teaspoon red pepper flakes, or more	

How to Make

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool.
2. Whisk olive oil, lime juice, cumin, 1 teaspoon salt, and red pepper flakes together in a bowl.
3. Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper.
4. Serve immediately or chill in refrigerator.

PESTO CHICKEN SALAD PITAS RECIPE



Nutrition Facts

Serves: 1 stuffed Pita, serves 4

Amount Per Serving	
Calories:	297
Total fat:	11.9g
Saturated Fats:	2g
Cholesterol:	65mg
Sodium:	415mg
Total Carbohydrate:	19.2g
Sugars:	2.7g
Fiber:	
Protein:	25.6g

Ingredients

¼ cup low-fat mayonnaise
3 tablespoons prepared pesto
1 tablespoon lemon juice
⅛ teaspoon pepper

2 cups chopped, cooked chicken
½ cup grated carrot (about 1 medium carrot)
4 mini whole wheat pita rounds, split
1 cup baby spinach leaves

How to Make

1. Combine mayonnaise, pesto, lemon juice and pepper in a medium bowl; whisk until well blended.
2. Add chicken and carrots; stir to combine.
3. Stuff each pita evenly with spinach leaves and chicken salad mixture.

NO-SHELL TACO SALAD RECIPE



Nutrition Facts

Serves: 1 ½ cups, serves 6

Amount Per Serving	
Calories:	147
Total fat:	6g
Saturated Fats:	1g
Cholesterol:	2mg
Sodium:	22.5mg
Total Carbohydrate:	17g
Sugars:	4g
Fiber:	7g
Protein:	8g
Calcium:	

Ingredients

1 cup cilantro leaves (packed tightly)
6 ounces plain low-fat Greek yogurt
2 tablespoons lime juice
Pinch salt and black pepper
Optional: pinch cayenne pepper
1 large head Romaine lettuce, rinsed and dried

2 medium tomatoes
1 avocado
Optional: 1 jalapeño pepper
½ cup frozen corn, thawed
1 cup canned vegetarian refried beans

How to Make

1. Finely chop cilantro, then divide roughly in half. In a medium bowl, thoroughly mix yogurt, lime juice, half of cilantro, salt, black pepper and cayenne pepper, if using. Set aside.
2. Chop lettuce, tomatoes, avocado and jalapeño, if using. Toss lettuce, tomatoes and avocado with corn in large serving dish.
3. Create an open space in the center of the serving dish and place refried beans.
4. Over refried beans, place yogurt mixture. Over yogurt mixture, place chopped jalapeño, if using. Sprinkle the rest of the cilantro over the entire salad. Serve immediately.

SLOW-COOKER MINISTRONE SOUP RECIPE



Nutrition Facts

Serves: 1 ½ cups, serves 10

Amount Per Serving	
Calories:	134
Total fat:	0.5g
Saturated Fats:	0g
Cholesterol:	0mg
Sodium:	860mg
Total Carbohydrate:	26g
Sugars:	7g
Fiber:	
Protein:	6g
Calcium:	

Ingredients

6 cups organic* vegetable broth
28-ounce can diced tomatoes
15-ounce can cannellini beans, drained and rinsed
15-ounce can kidney beans, drained and rinsed
2 cups frozen green beans
4 medium carrots, chopped
1 medium zucchini, chopped
1 stalk celery, chopped
1 medium onion, chopped

2 tablespoons dried Italian seasoning
1 bay leaf
4 garlic cloves, minced
1 teaspoon salt
¾ teaspoon pepper
1 cup cooked (or 2 ounces of dry) whole-grain elbow pasta
2 cups fresh baby spinach
Garnish: 1¼ cups freshly grated Parmesan cheese (optional)

How to Make

1. Combine ingredients, except pasta and baby spinach, in a 6- or 7-quart slow cooker. Cover and cook on low for 7 to 8 hours.
2. Increase heat to high. Stir in pasta and spinach. Cover and cook 15 minutes or until pasta is done.
3. Remove bay leaf before serving. Sprinkle each serving with 2 tablespoons grated Parmesan cheese, if desired.

PULLED MEXICAN PORK RECIPE



Nutrition Facts

Serves: 1/3 cup, serves 12

Amount Per Serving	
Total fat:	5g
Saturated Fats:	2g
Cholesterol:	55mg
Sodium:	350mg
Total Carbohydrate:	5g
Sugars:	3g
Fiber:	0g
Protein:	17g
Calcium:	

Ingredients

1 cup 100% orange juice with calcium & vitamin D
½ cup 100% grapefruit juice
3 pounds pork shoulder, trimmed, bone-in

1 cup water
1 medium onion, sliced
1 ounce packet taco seasoning

How to Make

1. Combine the orange and grapefruit juices and pork in a bowl. Cover and refrigerate overnight.
2. Drain pork and add it to the slow cooker along with the remaining ingredients.
3. Cook on high for 4 hours or until fork tender and your thermometer reads a minimum of 145°F.
4. While meat is still in the slow cooker, use two forks to pull meat off of the bone and shred the meat into pieces.

RAINBOW LAYERED SALAD RECIPE



Nutrition Facts

Serves: 1 cup of salad with dressing, serves 6

Amount Per Serving	
Calories:	285
Total fat:	21g
Saturated Fats:	3g
Cholesterol:	0mg
Sodium:	229mg
Total Carbohydrate:	27g
Sugars:	11g
Fiber:	7g
Protein:	3g
Calcium:	

Ingredients

1 pint red grape or cherry tomatoes, quartered
1 cup shredded carrots
1 cup frozen corn kernels
2 Hass avocados, pitted and sliced into thin wedges
1 cup thinly sliced red cabbage

1 cup crushed blue corn chips
Juice of 1 lime
Juice of 1 lemon
¼ cup olive oil
½ teaspoon salt
Freshly ground pepper to taste

How to Make

1. In a clear glass serving bowl, layer the tomatoes, carrots, frozen corn, avocados, red cabbage and blue corn chips in order. Let stand at least 15 minutes for corn to fully defrost.
2. Make salad dressing by whisking together lime juice, lemon juice, olive oil, salt and pepper.
3. Serve salad with dressing on the side.

CALIFORNIA BBQ VEGGIE SLIDERS RECIPE



Nutrition Facts

Serves: 1 burger, serves 12

Amount Per Serving	
Calories:	90
Total fat:	3g
Saturated Fats:	0g
Cholesterol:	0mg
Sodium:	160mg
Total Carbohydrate:	14g
Sugars:	1g
Fiber:	3g
Protein:	4g
Calcium:	

Ingredients

2 cans (15½ ounces each) garbanzo beans, rinsed and drained
2 tablespoons olive oil
3 green onions, finely chopped (about ½ cup)
1 large carrot, shredded (about 1 cup)
Sea salt and black pepper, to taste
⅓ cup whole wheat flour (or garbanzo bean

flour)
Mini whole grain hamburger buns, toasted

Toppings

Avocado
Tomato
Barbecue sauce

How to Make

1. In a food processor or with a hand blender, puree beans and oil until smooth.
2. Stir in onions, carrots, salt and pepper. Add in flour until mixture comes together.
3. Form 12 mini patties. Cook in skillet or on grill until each side is browned, about 4 minutes per side.
4. Assemble burger on bun with avocado, tomato and barbecue sauce.

LENTIL TACOS RECIPE



Nutrition Facts

Serves: ½ cup, serves 7

Amount Per Serving

Calories:	128
Total fat:	2g
Saturated Fats:	0g
Cholesterol:	0mg
Sodium:	573mg
Total Carbohydrate:	22g
Sugars:	8g
Fiber:	
Protein:	8g
Calcium:	

Ingredients

1 cup lentils
2 teaspoons oil
1 cup finely minced onion

¼ cup vegetable broth
1 packet taco seasoning
½ cup salsa

How to Make

1. In a saucepan, cover lentils with water and bring to a boil. Cover, reduce heat to low and simmer for 25 minutes until lentils are tender. Remove lentils from pot, drain and rinse. Set aside. Alternatively, you can use canned lentils. Just drain, rinse and proceed to the next step.
2. In a large skillet or saucepan, heat oil over medium heat. Add the onion and sauté for 5 minutes until soft and translucent.
3. Add in the reserved lentils, vegetable broth, taco seasoning and salsa.
4. Mix well, slightly mashing with a potato masher, wooden spoon or fork.

CREAMY PARMESAN SPINACH SQUARES RECIPE



Nutrition Facts

Serves: 1 2X2 inch square, serves 24

Amount Per Serving	
Calories:	73
Total fat:	3g
Saturated Fats:	2g
Cholesterol:	31mg
Sodium:	125mg
Total Carbohydrate:	6g
Sugars:	1g
Fiber:	1g
Protein:	5g
Calcium:	

Ingredients

20 ounces frozen chopped spinach, thawed
3 large eggs
1 cup fat-free milk
1 cup white whole-wheat flour

1 teaspoon baking powder
1½ cups (6 ounces) shredded Monterey Jack cheese
½ cup grated Parmesan cheese

How to Make

1. Preheat oven to 350°F.
2. Spray a 13-by-9-inch baking dish with non-stick cooking spray. Set aside.
3. Place chopped spinach in a colander set over a sink or large bowl. Squeeze out as much excess water in spinach as possible. Set aside.
4. Whisk together eggs and milk in a medium bowl. Add flour and baking powder to egg mixture. Stir to combine.
5. Add cheeses and spinach. Mix until thoroughly combined.
6. Transfer mixture to prepared baking dish, spreading evenly.
7. Bake for 35 minutes, or until firm and edges are golden brown.
8. Let cool 20 minutes. Slice into 24 squares.
9. Serve warm or at room temperature.

CAULIFLOWER "RICE" SALAD



Nutrition Facts

Serves: 1 cup, serves 4

Amount Per Serving	
Calories:	120
Total fat:	9g
Saturated Fats:	1.3g
Cholesterol:	0mg
Sodium:	180mg
Total Carbohydrate:	8g
Sugars:	3g
Fiber:	3g
Protein:	2g
Calcium:	

Ingredients

Salad

12 ounces cauliflower "rice" – see step 1
1 cup cucumber, diced
1 cup grape tomatoes, cut in half
2 green onions, sliced
3 tablespoons sliced Kalamata olives

Dressing

1/4 cup red wine vinegar
2 tablespoons olive oil
1/2 tablespoon Dijon mustard

How to Make

1. Cauliflower "rice" can be purchased frozen at some stores or you can make your own by following this instruction: place cauliflower florets in food processor and process until rice-like consistency (be careful not to over process).
2. In a salad bowl, combine all salad ingredients.
3. In a small bowl, whisk together dressing ingredients.
4. Pour dressing over salad and serve with reduced fat feta cheese if desired.



SNACKS

SUN-DRIED TOMATO-OLIVE HUMMUS RECIPE



Nutrition Facts

Serves: 12 (1/4 cup serving)

Amount Per Serving	
Calories:	100
Total fat:	3.5g
Saturated Fats:	0g
Cholesterol:	0mg
Sodium:	210mg
Total Carbohydrate:	13g
Sugars:	2g
Fiber:	3g
Protein:	4g
Calcium:	

This makes a great dip for veggies:

Ingredients

- | | |
|--|---|
| 2 15-ounce cans chickpeas, drained | oil packed) |
| 1/2 cup plain low-fat yogurt | 1/4 cup sliced kalamata olives |
| 1/4 cup freshly-squeezed lemon juice | 2 tablespoons chopped fresh cilantro or Italian |
| 2 tablespoons olive oil | (flat) parsley |
| 2 cloves garlic, chopped | 2 tablespoons pine nuts for garnish (optional) |
| 1 teaspoon cumin | 1 teaspoon paprika (optional) |
| 1/2 cup finely-chopped sun-dried tomatoes (not | |

How to Make

1. In a food processor or blender, combine chickpeas, yogurt, lemon juice, olive oil, garlic and cumin. Process until smooth. Consistency should be smooth but not runny.
2. Stir in tomatoes, olives and cilantro.
3. Refrigerate for 1 hour or longer to blend flavors.
4. To serve, top with pine nuts and/or paprika, if desired.

CHOCOLATE-HAZELNUT STUFFED BANANA FRO-YO BITES RECIPE



Nutrition Facts

Serves: 2 banana bites (46 grams),
serves 10

Amount Per Serving	
Calories:	118
Total fat:	6g
Saturated Fats:	3g
Cholesterol:	0mg
Sodium:	33mg
Total Carbohydrate:	16g
Sugars:	10g
Fiber:	2g
Protein:	3g
Calcium:	

Ingredients

3 large bananas
¼ cup chocolate-hazelnut spread

¼ cup natural or regular peanut butter
¼ cup non-fat vanilla Greek yogurt

How to Make

1. Line a baking sheet with parchment paper.
2. Slice bananas into bite-sized chunks. In a small bowl, stir together chocolate-hazelnut spread, peanut butter and yogurt.
3. Spread a dollop of mixture on banana slice and top with another banana slice to form a banana sandwich. Place on baking sheet. Repeat with remaining bananas.
4. Freeze banana bites for two hours. Transfer to airtight container and store in freezer.

CHOCOLATY PUMPKIN BARS RECIPE



Nutrition Facts

Serves: 1 bar

Amount Per Serving	
Total fat:	8g
Saturated Fats:	1g
Cholesterol:	25mg
Sodium:	95mg
Total Carbohydrate:	16g
Sugars:	7g
Fiber:	2g
Protein:	2g
Calcium:	

Ingredients

- | | |
|-----------------------------------|---|
| 1 cup all-purpose flour | ½ teaspoon salt |
| 1 cup whole-wheat flour | 4 large eggs, beaten |
| 1 cup pecans, very finely chopped | 1 15-ounce can 100-percent pure pumpkin |
| ¾ cup granulated sugar | ½ cup canola oil |
| 2 teaspoons baking powder | ¼ cup low-fat milk |
| 1 teaspoon ground cinnamon | ½ cup mini semi-sweet chocolate chips |
| ½ teaspoon baking soda | |

How to Make

1. Preheat the oven to 350°F. Lightly oil or coat a 15 x 10 x 1-inch rimmed baking or jelly roll pan with nonstick cooking spray and set aside.
2. Whisk together the all-purpose flour, whole-wheat flour, pecans, sugar, baking powder, cinnamon, baking soda and salt in a large bowl until combined.
3. In a separate bowl, whisk the eggs, pumpkin, oil and milk until blended. Pour the liquid ingredients over the dry ingredients and stir until just combined. Stir in the chocolate chips.
4. Spread the batter evenly in the prepared pan and bake for 25 minutes, or until a wooden toothpick inserted in the center comes out clean. Transfer the pan to a wire rack and cool for 10 minutes before slicing into 30 2 x 2 ½-inch bars.
5. For maximum freshness, store leftovers in a plastic container or zip-top bag in the refrigerator.

CHOCOLATE BANANA PEANUT BUTTERA SMOOTHIE RECIPE



Nutrition Facts

Serves: 1 smoothie

Amount Per Serving	
Calories:	330
Total fat:	13g
Saturated Fats:	2.5g
Cholesterol:	0mg
Sodium:	180mg
Total Carbohydrate:	44g
Sugars:	4g
Fiber:	
Protein:	15g
Calcium:	

Ingredients

1 cup fat-free chocolate milk or low-fat chocolate
soy milk
1 ripe banana

1 tablespoon peanut butter
4 to 6 ice cub

How to Make

Combine all the ingredients in a blender or a food processor; blend until smooth.

FIGGY GUACAMOLE RECIPE



Nutrition Facts

Serves: 3 tablespoons, serves 9

Amount Per Serving	
Calories:	90
Total fat:	7g
Saturated Fats:	1g
Cholesterol:	0mg
Sodium:	150mg
Total Carbohydrate:	
Sugars:	3g
Fiber:	4g
Protein:	1g
Calcium:	2%

Ingredients

2 Hass avocados, cubed
3 fresh Black Mission or Calimyrna figs, diced
¼ cup finely chopped Spanish onion
1 plum tomato, seeds removed, finely diced (optional)
1 small jalapeno pepper (with seeds), minced

3 tablespoons chopped fresh cilantro
Juice of 1 lime (about 2 tablespoons)
1 small clove garlic, minced
⅛ teaspoon ground cumin
½ teaspoon sea salt, or to taste

How to Make

1. In medium bowl, add avocado, figs, onion, tomato (if using), jalapeno pepper, cilantro, lime juice, garlic and cumin. Stir until just combined. Add salt to taste.
2. Serve with blue corn tortilla chips.
3. This recipe calls for fresh, diced figs. But another tasty option is to cut the three fresh figs in half, grill until marks form, then dice; it adds another layer of flavor.

WHOLE-WHEAT DATE BARS RECIPE



Nutrition Facts

Serves: 1 bar, serves 20

Amount Per Serving	
Calories:	220
Total fat:	7g
Saturated Fats:	1g
Cholesterol:	10mg
Sodium:	60mg
Total Carbohydrate:	38g
Sugars:	21g
Fiber:	5g
Protein:	4g
Calcium:	6%

Ingredients

Dough:

3 cups whole-wheat flour
¼ cup semolina
½ teaspoon baking soda
1 teaspoon baking powder
2 tablespoon ground fennel
2 tablespoon ground anise

1 tablespoon anise seeds
1 egg
1 teaspoon vanilla extract
½ cup olive oil
2 tablespoon rose water
1 cup 1-percent milk, at room temperature

Date Filling:

1 ½ package pressed dates (Can be found in Middle Eastern ethnic stores. If you can't find

those, use soft pitted dates and press/knead with your hands.)
1 teaspoon ground cinnamon
1 tablespoon olive oil

How to Make

1. To make the dough, mix all dry ingredients (up to the anise seeds) in a medium size bowl. Add the egg and the vanilla and try to incorporate. You might want to use your fingertips to do that.
2. Add the oil and rose water and continue to incorporate with your fingertips. Pour in the milk and knead until you have a uniform dough ball. Divide in half.
3. To prepare the filling, place the pressed dates in a microwave-safe bowl. Drizzle some olive oil and sprinkle the cinnamon. Microwave for 30-60 seconds, or until soft. Then knead until all three ingredients are well blended together.
4. Brush a 9x13 inch baking dish with olive oil. Take one half of the dough and flatten it on your kitchen counter until it's big enough to cover the dish. Now flatten all of the dates and place on top of the dough. Repeat with the second half of the dough and place on top of the date layer. Use a roller and parchment paper, especially for the dates or else they will stick on your counter.
5. Cut the bars. I cut them diagonally, but you can do any other size/shape you prefer.
6. Bake at 350°F for 45 minutes. Broil on low for a few minutes until golden.
7. Serve hot, warm or cold.

POWER SNACK MIX



Nutrition Facts

Serves: 1/3 cup, serves 6

Amount Per Serving	
Calories:	165
Total fat:	10g
Saturated Fats:	1.4g
Cholesterol:	10mg
Sodium:	20mg
Total Carbohydrate:	17g
Sugars:	9g
Fiber:	3g
Protein:	4g
Calcium:	

Ingredients

1 cup multigrain cheerios
3 tablespoons mini-chocolate chips

3/4 cup almonds
1/3 cup dried cherries

How to Make

1. In a medium bowl, mix together all ingredients.
2. Portion into 1/2 cup servings.

BREAKFAST FRUIT PARFAIT



Nutrition Facts

Serves: 1 parfait, serves 4

Amount Per Serving	
Calories:	245
Total fat:	4g
Saturated Fats:	1.4g
Cholesterol:	15mg
Sodium:	90mg
Total Carbohydrate:	49g
Sugars:	27g
Fiber:	6g
Protein:	8g
Calcium:	

Ingredients

24 ounces fat-free light vanilla yogurt
4 cups blueberries and strawberries

1 cup Kind Oats and Honey Clusters with
Toasted Coconut (gluten-free)

How to Make

1. In a parfait or juice glass, scoop 3 ounces yogurt, top with $\frac{1}{2}$ cup berries, 2 tablespoons granola, then another 3 ounces yogurt, $\frac{1}{2}$ cup berries and 2 tablespoons granola.
2. Repeat process for 3 remaining parfaits.

CHINESE FIVE-SPICE KALE CHIPS



Nutrition Facts

Serves: 3 cups, serves 2

Amount Per Serving

Total fat:	8g
Saturated Fats:	1g
Cholesterol:	10mg
Sodium:	170mg
Total Carbohydrate:	6g
Sugars:	0g
Fiber:	1g
Protein:	3g
Calcium:	

Ingredients

1 bunch kale, stems and tough ribs removed, cut into large bite-size pieces (5 cups packed pieces)

1 Tbsp extra-virgin olive oil
1/4 tsp Chinese five-spice powder
1/8 tsp sea salt

How to Make

1. Preheat the oven to 300 degrees F. Add the kale to a large bowl and toss well with the oil, five-spice powder and salt.
2. Arrange the leaves in a single layer onto 2 large baking sheets. Bake until the leaves are crisp, about 20 minutes.
3. Transfer the sheets to racks to cool, then serve.

BAKED APPLE CHIPS



Nutrition Facts

Serves: 1/2 apple, serves 4

Amount Per Serving	
Calories:	50
Total fat:	0g
Saturated Fats:	0g
Cholesterol:	10mg
Sodium:	0mg
Total Carbohydrate:	13g
Sugars:	9g
Fiber:	2g
Protein:	0g
Calcium:	

Ingredients

Parchment Paper
2 medium apples (Honeycrisp or another sweeter apple)
1 teaspoon cinnamon

How to Make

1. Preheat the oven to 200 degrees F. Lay the parchment paper on one large or two medium baking sheets.
2. Using a mandolin or knife, thinly slice the apples to make round chips. Discard the seeds.
3. Lay the apple slices on the prepared baking sheets without overlapping. Sprinkle the cinnamon over apples.
4. Bake for 1 hour, then flip the apples. Continue baking for 1-2 hours, flipping occasionally, until the apple slices are no longer moist. Let cool completely and then store in airtight container.

A chef in a white uniform is plating a dish on a white plate. The dish includes a piece of salmon, some green vegetables, and a piece of bread. The chef is using a knife to cut the bread. The background is a blurred kitchen setting.

DINNER

ANNA'S SALMON CAKES RECIPE



Nutrition Facts

Serves: 2 patties, serves 2

Amount Per Serving	
Calories:	280
Total fat:	11g
Saturated Fats:	2.5g
Cholesterol:	155mg
Sodium:	300mg
Total Carbohydrate:	16g
Sugars:	1g
Fiber:	
Protein:	27g
Calcium:	

Ingredients

1 7.5-ounce can salmon, skin removed
¼ cup plain, dry bread crumbs
½ cup finely chopped red onion
2 tablespoons chopped fresh dill, or 1 teaspoon dried

1 egg, lightly beaten
1 tablespoon reduced-fat mayonnaise
2 teaspoons horseradish
Vegetable oil cooking spray

How to Make

1. Mix all the ingredients except the cooking spray in a medium-size bowl.
2. Form into 4 equal-size patties.
3. Coat a medium nonstick pan with the cooking spray; heat over medium heat.
4. Cook the salmon cakes on both sides until golden brown.
5. Chili sauce may be used instead of horseradish.

VEGGIE STIR-FRY WITH SOBA NOODLES RECIPE



Nutrition Facts

Serves: 1 cup, serves 4

Amount Per Serving	
Calories:	370
Total fat:	7g
Saturated Fats:	1g
Cholesterol:	0mg
Sodium:	150mg
Total Carbohydrate:	70g
Sugars:	6g
Fiber:	7g
Protein:	11g
Calcium:	6%

Ingredients

10 ounces buckwheat soba noodles
1 teaspoon canola oil
2 garlic cloves, minced
1 red bell pepper, chopped
1 orange or yellow bell pepper, chopped
1 zucchini, diced

1 ½ cups fresh spinach, chopped
¼ cup chives (or scallions), diced
3 teaspoons soy sauce, low sodium
2 teaspoons sesame oil
1 tablespoon sesame seeds

How to Make

1. Cook soba noodles according to package instructions, drain and set aside.
2. Heat medium saucepan over medium-high heat, add canola oil and sauté garlic for 2 to 3 minutes.
3. Add peppers and cook until softened.
4. Add zucchini and cook another few minutes.
5. Add spinach and chives, and cook 3 to 4 minutes.
6. Add soy sauce, sesame oil and sesame seeds. Cook together for 2 to 3 minutes more.
7. Place mixture over soba noodles and toss thoroughly before serving.

BROWN RICE RISOTTO WITH SHRIMP RECIPE



Nutrition Facts

Serves: 1 cup, serves 6

Amount Per Serving	
Calories:	300
Total fat:	9g
Saturated Fats:	2g
Cholesterol:	120mg
Sodium:	330mg
Total Carbohydrate:	29g
Sugars:	1g
Fiber:	2g
Protein:	22g
Calcium:	

Ingredients

2 tablespoons extra virgin olive oil
1 medium yellow onion
1 garlic clove, minced
1 cup short grain brown rice, dry
2 cups low-sodium vegetable broth, divided

1 teaspoon fresh rosemary
3 tablespoons fresh parsley, minced
¼ teaspoon saffron
1 pound shrimp, raw
½ cup grated Parmesan, divided

How to Make

1. In a large saucepan, heat oil and sauté onion and garlic. Add rice and cook quickly for 2 minutes more, stirring constantly.
2. Add ½ cup vegetable broth, rosemary, parsley and saffron. Stir well, cover and gently simmer.
3. Add another ½ cup of broth as liquid is absorbed. Continue with remaining broth until it's all used. Rice should be tender after cooking for about 30 minutes).
4. While waiting for the rice to cook, bring one quart of water to a boil. Cook shrimp until pink. Drain and reserve.
5. Just before the rice is done, add ¼ cup cheese. When cheese is melted through, remove from heat. Add cooked shrimp to rice. Toss until combined.
6. Top with remaining cheese and serve.

4. FISH TACOS WITH CORN SALSA RECIPE



Nutrition Facts

Serves: 3 tacos, serves 4

Amount Per Serving	
Calories:	390
Total fat:	11g
Saturated Fats:	2g
Cholesterol:	45mg
Sodium:	380mg
Total Carbohydrate:	54g
Sugars:	6g
Fiber:	9g
Protein:	23g
Calcium:	15%

Ingredients

12 ounces white fish fillet (such as tilapia)
Cooking spray
¼ teaspoon sea salt
¼ teaspoon black pepper
1 cup prepared salsa or pico de gallo
½ cup frozen corn, thawed

12 corn tortillas, warmed
2 cups pre-shredded slaw (cabbage, red
cabbage, carrots)
1 avocado, sliced
¼ cup fresh lime juice (about 2 limes)

How to Make

1. Preheat broiler. Mist fish with cooking spray, season with salt and pepper and place on foil-lined baking sheet.
2. Broil fish for about 8 minutes, until its internal temperature reaches 145°F. Cut cooked fish into strips.
3. Mix salsa with corn. Serve cooked fish in tortillas topped with corn salsa, broccoli slaw and avocado. Drizzle with lime juice.

BLUEBERRY BARBECUED CHICKEN RECIPE



Nutrition Facts

Serves: 1 chicken breast, serves 6

Amount Per Serving	
Calories:	292
Total fat:	6g
Saturated Fats:	1g
Cholesterol:	94mg
Sodium:	385mg
Total Carbohydrate:	22g
Sugars:	18g
Fiber:	22g
Protein:	35g
Calcium:	

Ingredients

½ cup diced onion
1 tablespoon olive oil
2 cups frozen wild blueberries
¼ cup ketchup

¼ cup balsamic vinegar
¼ cup dark brown sugar
½ teaspoon salt
6 (6-ounce) boneless, skinless chicken breasts

How to Make

1. Prepare and heat grill.
2. On a stove, heat a medium saucepan to medium-high heat. Add olive oil and sauté onion for 2 minutes, or until translucent. Add blueberries, ketchup, balsamic vinegar, brown sugar and salt. Stir well. Bring to a simmer and cook, stirring occasionally, for 4 minutes.
3. Use an immersion blender (or transfer to a blender) to blend until smooth. Transfer ½ cup of sauce to one bowl and reserve for serving. Transfer remaining sauce to a second bowl for grilling.
4. Pound chicken breasts to flatten to ½-inch thickness. Place flattened chicken breasts on prepared grill. Cook for 5 minutes on one side, turn and grill another 5 minutes.
5. Spread blueberry barbecue sauce evenly over chicken; grill 1 minute.
6. Turn chicken and spoon larger portion of sauce evenly over other side; grill 1 minute longer. Chicken is cooked when internal temperature reaches 165°F.
7. Serve with reserved ½ cup blueberry barbecue sauce.

CHICKEN AND BLACK BEAN BURRITOS



Nutrition Facts

Serves: 1 burrito, serves 4

Amount Per Serving	
Calories:	360
Total fat:	14g
Saturated Fats:	3g
Cholesterol:	156mg
Sodium:	450mg
Total Carbohydrate:	35g
Sugars:	4g
Fiber:	18g
Protein:	37g
Calcium:	

Ingredients

1 avocado, mashed
4 large low-carb, whole-wheat tortillas
1/2 cup pico de gallo or jarred salsa
2 cups cooked chicken breast, shredded
1 cup canned no-salt-added black beans, rinsed

and drained
6 Tbsp reduced-fat shredded cheddar cheese
1 cup shredded lettuce
1 cup diced tomatoes

How to Make

1. Spread 3 Tbsp mashed avocado on 1 tortilla. Top with 2 Tbsp pico de gallo, 1/2 cup chicken, 1/4 cup black beans, 1 1/2 Tbsp cheese, 1/4 cup lettuce and 1/4 cup diced tomatoes.
2. Fold into burrito. Repeat procedure for remaining 3 burritos.

SPINACH AND MUSHROOM STUFFED CHICKEN



Nutrition Facts

Serves: 1 chicken breast, serves 4

Amount Per Serving	
Calories:	205
Total fat:	8g
Saturated Fats:	2.3g
Cholesterol:	170mg
Sodium:	285mg
Total Carbohydrate:	3g
Sugars:	1g
Fiber:	1g
Protein:	27g
Calcium:	

Ingredients

cooking spray
1 Tbsp olive oil
1/2 cup frozen chopped spinach, thawed and drained
1 cup mushrooms, finely chopped
1 clove garlic, minced

4 (4 oz) skinless, boneless chicken breasts
4 wedges Laughing Cow Creamy Swiss Garlic and Herb cheese
1/4 tsp ground black pepper
1/2 tsp paprika
4 toothpicks

How to Make

1. Preheat the oven to 350 degrees F. Spray a baking dish with cooking spray.
2. Add the oil to a medium sauté pan over medium-high heat. Add the spinach and sauté for 3 minutes. Add the mushroom and cook an additional 4-5 minutes. Add the garlic and sauté for 30 seconds.
3. Place one chicken breast on a cutting board and cover it with plastic wrap. Pound the chicken with a meat tenderizer or rolling pin until it is about 1/4-inch thick. Repeat this process for the other 3 chicken breasts.
4. Spread 1 Laughing Cow cheese wedge on one side of one chicken breast. Spread 1/4 cup of the spinach mushroom mixture on top of the cheese. Roll the chicken breast and secure the seam with a toothpick. Repeat this procedure for the 3 remaining chicken breasts.
5. Sprinkle the chicken breasts with pepper and paprika. Place the rolled chicken breasts on a baking dish and bake for 30-40 minutes or until done.
6. To serve, remove the toothpicks and slice each breast into 5 rounds.

TOFU SPRING ROLLS



Nutrition Facts

Serves: 1 Spring Roll, serves 6

Amount Per Serving	
Calories:	140
Total fat:	5g
Saturated Fats:	0.6g
Cholesterol:	0mg
Sodium:	215mg
Total Carbohydrate:	20g
Sugars:	6g
Fiber:	5g
Protein:	7g
Calcium:	

Ingredients

Cooking Spray
1 tablespoon lower sodium soy sauce
1 teaspoon Splenda Brown Sugar Blend
12.3 ounces extra firm tofu
6 spring roll wrappers (0.25 ounce each)
2 cups warm water

6 leaves of iceberg or bibb lettuce
1 mango, peeled and thinly sliced
1 small cucumber, peeled, seeded and thinly sliced into strips
½ avocado, sliced into 12 thin slices

Dipping Sauce

½ cup sugar-free apricot preserves
1 tablespoon lower sodium soy sauce
½ teaspoon Thai chili garlic sauce

How to Make

1. Preheat oven to 475 degrees F. Coat a baking sheet with cooking spray and set aside.
2. In a small bowl, whisk together soy sauce and Splenda Brown Sugar.
3. Slice tofu into 6 slices. Place on the baking sheet and lightly brush each slice with the soy sauce mixture. Bake for 20 minutes. Cool completely.
4. Once the tofu is cool, cut each slice into three smaller slices.
5. Divide the mango and cucumber each into 6 equal portions.
6. Soak one rice paper wrapper in warm water until softened, about 30 seconds. Lay the rice paper on a clean, flat surface. Place one lettuce leaf on top of the rice paper.
7. Place one portion of the mango and cucumber each in the center of the rice paper. Top the vegetables with 3 small slices of tofu and two slices of avocado.
8. Fold the left and right sides of the wrapper and lettuces into the middle until almost touching. Roll paper from the bottom to form the roll tightly. Repeat for remaining rice papers. Set aside.
9. Combine the sauce ingredients in a small saucepan over high heat. Bring to a boil, stirring constantly. Simmer for 2 minutes. Serve warm with cold spring rolls for dipping

MEDITERRANEAN SPELT FLATBREAD



Nutrition Facts

Serves: 1 slice, serves 8

Amount Per Serving	
Calories:	185
Total fat:	6g
Saturated Fat:	1.5g
Cholesterol:	30mg
Sodium:	145mg
Total Carbohydrate:	26g
Sugars:	2g
Fiber:	5g
Protein:	8g
Calcium:	

Ingredients

Cooking spray	1 cup grape tomatoes, halved
¾ cup warm water	3 cups arugula
1 package active dry yeast	3 ounces reduced fat feta cheese
1 egg	1½ tablespoons olive oil
½ teaspoon salt (optional)	2 tablespoons balsamic vinegar
2 cups spelt flour, plus extra for dusting	¼ teaspoon ground black pepper
1 yellow bell pepper, thinly sliced	

How to Make

1. Preheat the oven to 400 degrees F. Coat a large baking sheet with cooking spray. Set aside.
2. Add the yeast to warm water and let sit for 5 minutes. The yeast should be foamy. Whisk in the egg and salt, then stir in flour to form a ball. Dough will be sticky. Set aside, covered.
3. Toss yellow bell pepper, grape tomatoes, arugula, and feta cheese with olive oil, balsamic vinegar, and black pepper.
4. Dust your hands with additional spelt flour and spread the dough onto a baking sheet to form about a 9-inch x 13-inch rectangle or larger. The dough should be relatively thin.
5. Pour the vegetable mixture evenly over the dough, leaving about ½ inch around the edge.
6. Bake for 20 minutes, then cut into 8 pieces.

BUTTERNUT SQUASH WITH ITALIAN SAUSAGE



Nutrition Facts

Serves: 1 heaping cup, serves 4

Amount Per Serving	
Calories:	180
Total fat:	7g
Saturated Fats:	1.7g
Cholesterol:	50mg
Sodium:	365mg
Total Carbohydrate:	19g
Sugars:	4g
Fiber:	4g
Protein:	13g
Calcium:	

Ingredients

Cooking spray	sliced
2-12 ounce packages cubed butternut squash	1 teaspoon olive oil
½ small onion diced	1/8 teaspoon sage
3 Italian-style cooked chicken sausage links,	Pinch cayenne pepper (optional)

How to Make

1. Preheat oven to 425 degrees F. Spray a baking sheet with cooking spray.
2. In a medium bowl, mix together all remaining ingredients.
3. Spread evenly on baking sheet and bake 30-35 minutes or until squash is tender.

WARMED BERRIES WITH HONEY AND FRESH CHEESE



Nutrition Facts

Serves: ¼ cup cheese and 1.2 cup berries, serves 6

Amount Per Serving	
Calories:	140
Total fat:	0.3g
Saturated Fats:	0g
Cholesterol:	7mg
Sodium:	137mg
Total Carbohydrate:	28g
Sugars:	22g
Fiber:	3g
Protein:	8g
Calcium:	153mg

Ingredients

1 cup blueberries, divided
1 cup raspberries, divided
1 cup blackberries, divided
6 tablespoons mild honey

4 large basil leaves, torn
1 vanilla bean, halved lengthwise
2 cups 0% fat fromage blanc
6 small basil sprigs

How to Make It

1. Combine half of berries and honey in a small saucepan over low heat; cook 8 minutes or until slightly warmed, gently stirring occasionally. Remove from heat; stir in basil leaves.
2. Scrape seeds from vanilla bean. Combine seeds and cheese in a small bowl, stirring well.
3. Spoon about 1/4 cup cheese mixture into each of 6 glasses or small bowls. Top each serving with about 1/4 cup warm berry mixture. Top each serving with 1/4 cup remaining fresh berries and a basil sprig. Serve immediately.

EVERYTHING BRITTLE



Nutrition Facts

Serves: 1 oz, serves 15

Amount Per Serving	
Calories:	120
Total fat:	3.6g
Saturated Fats:	0.3g
Cholesterol:	0mg
Sodium:	97mg
Total Carbohydrate:	22g
Sugars:	20g
Fiber:	1g
Protein:	2g
Calcium:	22mg

Ingredients

Cooking spray	1 1/2 teaspoons poppy seeds, divided
1 cup sliced almonds, toasted	3/4 teaspoon kosher salt, divided
3 1/2 teaspoons toasted white sesame seeds, divided	1 1/2 cups granulated sugar
1 1/2 teaspoons black sesame seeds	1/4 cup water
	1 tablespoon fresh lemon juice

How to Make It

1. Line a jelly-roll pan with parchment paper; coat with cooking spray. Sprinkle nuts, 1 tablespoon white sesame seeds, black sesame seeds, 1 teaspoon poppy seeds, and 1/4 teaspoon salt over pan.
2. Using a stainless steel spoon, gently stir together sugar, 1/4 cup water, and juice in a medium saucepan over medium-high; brush sides of pan with a wet brush to release any sugar crystals.
3. Bring to a boil. Reduce heat to medium; cook, without stirring, until mixture is amber-colored and a candy thermometer registers 310°F. Pour onto prepared pan, spreading evenly with an offset metal spatula coated with cooking spray. Sprinkle with 1/2 teaspoon each white sesame seeds, poppy seeds, and salt. Cool completely; break into pieces.

CHEESECAKE SANDWICHES



Nutrition Facts

Serves: 1 sandwich, serves 4

Amount Per Serving	
Calories:	114
Total fat:	4.9g
Saturated Fats:	2.5g
Cholesterol:	10mg
Sodium:	139mg
Total Carbohydrate:	16g
Sugars:	10g
Fiber:	1g
Protein:	2g
Calcium:	19mg

Ingredients

1 tablespoon sugar
1/2 teaspoon grated lemon rind
2 ounces 1/3-less-fat cream cheese, softened
1/2 cup raspberries

1 1/2 teaspoons sugar
1 teaspoon lemon juice
8 chocolate wafers

How to Make It

1. Whisk together 1 tablespoon sugar, lemon rind, and softened cream cheese.
2. Combine raspberries, 1 1/2 teaspoons sugar, and lemon juice; mash.
3. Spread cream mixture over 4 chocolate wafers.
4. Top with berries and 4 more wafers.

WHIPPED CREAM PUFFS



Nutrition Facts

Serves: 1 cream puff, serves 12

Amount Per Serving	
Calories:	97
Total fat:	4.7g
Saturated Fats:	2.7g
Cholesterol:	54mg
Sodium:	77mg
Total Carbohydrate:	12g
Sugars:	0.3g
Fiber:	
Protein:	2g
Calcium:	15mg

Ingredients

2.6 ounces white rice flour (about 1/2 cup)
1.3 ounces potato starch (about 1/4 cup)
1.05 ounces tapioca flour (about 1/4 cup)
1/2 teaspoon xanthan gum
1/4 teaspoon baking powder
1/8 teaspoon salt
1 cup water

3 tablespoons butter
3 large eggs
3/4 cup frozen reduced-calorie whipped topping, thawed
1 tablespoon powdered sugar
Fresh raspberries (optional)

How to Make It

1. Preheat oven to 400°.
2. Weigh or lightly spoon white rice flour, potato starch, and tapioca flour into dry measuring cups; level with a knife. Combine white rice flour, potato starch, tapioca flour, xanthan gum, baking powder, and salt in a medium bowl, stirring with a whisk.
3. Combine 1 cup water and butter in a medium saucepan over medium-high heat; bring to a boil. Add flour mixture, stirring well with a wooden spoon until mixture is smooth and pulls away from sides of pan. Remove from heat; place dough in the bowl of a stand mixer fitted with a paddle attachment; beat at medium-high speed 1 minute. Add eggs, 1 at a time, beating well after each addition. Scrape dough off sides of bowl using a rubber spatula; beat 1 minute or until dough is smooth (dough will be sticky).
4. Spoon 2 tablespoons of dough 2 inches apart onto a baking sheet lined with parchment paper. Bake at 400° for 15 minutes. Reduce oven temperature to 350°. Bake an additional 18 minutes or until tops are golden brown and puffs sound hollow when tapped. Remove from oven; cool completely on pan.
5. Cut top one-third of each puff horizontally using a serrated knife. Top bottom half of each puff 1 tablespoon whipped topping. Replace top half of each puff. Sprinkle with powdered sugar. Serve with fresh raspberries, if desired.

MARSHMALLOW POPCORN TREATS WITH DARK CHOCOLATE DRIZZLE



Nutrition Facts

Serves: 1 bar, serves 12

Amount Per Serving	
Calories:	121
Total fat:	1.2g
Saturated Fats:	1.2g
Cholesterol:	3mg
Sodium:	40mg
Total Carbohydrate:	26g
Sugars:	1g
Fiber:	
Protein:	1g
Calcium:	1mg

Ingredients

Cooking spray
1 (10-ounce) package miniature marshmallows
1 tablespoon unsalted butter
1/8 teaspoon kosher salt

10 cup salt- and oil-free popped popcorn (such as SmartPop)
1 ounce bittersweet chocolate, finely chopped

How to Make It

1. Coat an 8-inch square baking pan with cooking spray. Line with parchment paper, allowing paper to extend over edges of pan; coat paper with cooking spray.
2. Combine marshmallows, butter, and salt in a Dutch oven over medium heat. Cook mixture until melted and smooth, stirring constantly. Remove from heat. Stir in popcorn. Transfer mixture to pan, pressing with parchment paper coated with cooking spray.
3. Place chocolate in a microwave-safe bowl. Microwave at HIGH 1 minute; stir until smooth. Drizzle chocolate over popcorn mixture. Refrigerate 5 minutes. Lift mixture from pan, and cut into 12 bars.

ALMOND-DATE BARS



Nutrition Facts

Serves: 1 bar, serves 12

Amount Per Serving	
Calories:	142
Total fat:	6.3g
Saturated Fats:	1g
Cholesterol:	0mg
Sodium:	76mg
Total Carbohydrate:	22g
Sugars:	3g
Fiber:	
Protein:	3g
Calcium:	36mg

Ingredients

1 cup Marcona almonds
1 1/4 cups pitted dates (about 15)
3/4 cup dried apples (about 2 ounces)
1/4 cup flaked sweetened coconut

1 tablespoon honey
1/8 teaspoon kosher salt
3/4 cup crispy rice cereal
Cooking spray

How to Make It

1. Place first 6 ingredients in the bowl of a food processor; process until finely chopped.
2. Add cereal; pulse to combine.
3. Press date mixture into bottom of an 8-inch square glass or ceramic baking dish coated with cooking spray.
4. Cut into 12 pieces.

CHEWY MOLASSES COOKIES



Nutrition Facts

Serves: 1 cookie, serves 24

Amount Per Serving	
Calories:	96
Total fat:	3.2g
Saturated Fats:	1.9g
Cholesterol:	15mg
Sodium:	85mg
Total Carbohydrate:	16g
Sugars:	0g
Fiber:	
Protein:	1g
Calcium:	15mg

Ingredients

8 ounces all-purpose flour (about 1 3/4 cups)
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/2 teaspoon ground ginger
1/2 teaspoon ground cloves
1/4 teaspoon baking powder

1/4 teaspoon salt
6 tablespoons butter, softened
8 tablespoons granulated sugar, divided
1/4 cup dark brown sugar
1 large egg
1/4 cup molasses

How to Make It

1. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 6 ingredients (through salt) in a bowl, stirring with a whisk.
2. Place butter, 5 tablespoons granulated sugar, and brown sugar in a large bowl; beat with a mixer at medium speed 5 minutes or until fluffy. Add egg; beat 30 seconds. Add molasses; beat just until combined. Add flour mixture to butter mixture; beat at low speed or just until combined. Cover and chill 30 minutes.
3. Preheat oven to 350°.
4. Shape dough into 24 balls, about 1 1/2 tablespoons each. Roll balls in remaining 3 tablespoons sugar; place 2 inches apart on baking sheets covered with parchment paper. Bake at 350° for 12 minutes or just until set. Cool 3 minutes on pan; remove to a wire rack.
5. **BAKE A SECOND BATCH** Double the dough and bake these cookies without a hitch. To mail, wrap small stacks together using plastic wrap. Nestle the stacks in a box with plenty of padding, or stack in a wide-mouth canning jar with crumpled parchment or wax paper in the headspace under the lid. Place the jar in a box with padding for mailing overnight.

MINTED WATERMELON AND LEMON ICE POPS



Nutrition Facts

Serves: 1 ice pop, serves 8

Amount Per Serving	
Calories:	82
Total fat:	0g
Saturated Fats:	0g
Cholesterol:	0mg
Sodium:	3mg
Total Carbohydrate:	22.1g
Sugars:	0.4g
Fiber:	
Protein:	0.3g
Calcium:	8mg

Ingredients

Watermelon layer:

1/4 cup sugar
1/4 cup water
1/4 cup coarsely chopped fresh mint
2 cups packed (1/2-inch) cubed seeded watermelon
1 tablespoon fresh lime juice

Lemon layer:

6 tablespoons sugar
1/2 cup water
2/3 cup fresh lemon juice
1/3 cup fresh orange juice
1/4 teaspoon orange extract

How to Make It

1. To prepare watermelon layer, combine 1/4 cup sugar and 1/4 cup water in a small saucepan over medium-high heat. Bring to a boil; cook 30 seconds, stirring until sugar dissolves. Stir in mint; cover and let stand 30 minutes. Strain through a sieve into a bowl.
2. Place watermelon in a blender; process until smooth. Strain puree through a sieve into bowl with mint syrup; press with back of a spoon to extract juice. Discard solids. Stir in lime juice; cover and chill 1 hour.
3. Pour about 2 1/2 tablespoons watermelon mixture into each of 8 ice pop molds. Freeze 1 1/2 hours or until almost set. Arrange 1 wooden stick into mixture, being careful not to push through to bottom of mold. Return to freezer. Freeze 1 hour or until frozen.
4. To prepare lemon layer, combine 6 tablespoons sugar and 1/2 cup water in a small saucepan over medium-high heat. Bring to a boil; cook 30 seconds, stirring until sugar dissolves. Pour into a bowl; stir in lemon juice, orange juice, and extract. Cool 15 minutes; cover and chill at least 1 hour.
5. Remove molds from freezer. Pour about 3 tablespoons lemon mixture over frozen watermelon mixture in each mold. Freeze 2 hours or until completely frozen.

MINI HAZELNUT TARTS



Nutrition Facts

Serves: 2 tarts, serves 12

Amount Per Serving	
Calories:	278
Total fat:	18.5g
Saturated Fats:	5.5g
Cholesterol:	18mg
Sodium:	48mg
Total Carbohydrate:	26g
Sugars:	16g
Fiber:	2g
Protein:	4g
Calcium:	39mg

Ingredients

4.5 ounces whole-wheat pastry flour (1 cup plus 2 Tbsp.)
1/2 cup raw hazelnuts
1/3 cup granulated sugar
1/4 cup unsalted butter, softened
2 tablespoons canola oil
1 tablespoon 1% low-fat milk

Baking spray with flour
1/2 cup chocolate-hazelnut spread (such as Nutella)
3 ounces 1/3-less-fat cream cheese
2 tablespoons powdered sugar
1 1/2 tablespoons light cream
1/2 teaspoon vanilla extract

How to Make It

1. Preheat oven to 350°F.
2. Weigh or lightly spoon flour into a dry measuring cup and spoons; level with a knife. Pulse flour and 1/2 cup raw nuts in a food processor until finely ground. Beat granulated sugar, butter, oil, and milk at medium speed with a heavy-duty stand mixer until well combined, about 90 seconds. With mixer on low speed, slowly add flour mixture; beat until just combined.
3. Divide dough evenly between 2 (12-cup) miniature muffin pans coated with baking spray or 2 (12-cup) nonstick miniature muffin pans. Press dough into bottoms and up sides of cups. Bake until golden brown, 12 to 15 minutes. Cool on a wire rack 5 minutes. Carefully remove crusts from pans.
4. Process spread, cream cheese, powdered sugar, cream, and vanilla in a food processor until smooth. Spoon 1 1/2 teaspoons filling into each tart crust. Chill 1 hour. Top each crust with 2 Candied Hazelnuts.

BLACKBERRY-PEACH SLOW COOKER CRUMBLE



Nutrition Facts

Serves: 2/3 cup, serves 12

Amount Per Serving	
Calories:	217
Total fat:	9.2g
Saturated Fats:	5g
Cholesterol:	20mg
Sodium:	101mg
Total Carbohydrate:	33g
Sugars:	20g
Fiber:	5g
Protein:	3g
Calcium:	37mg

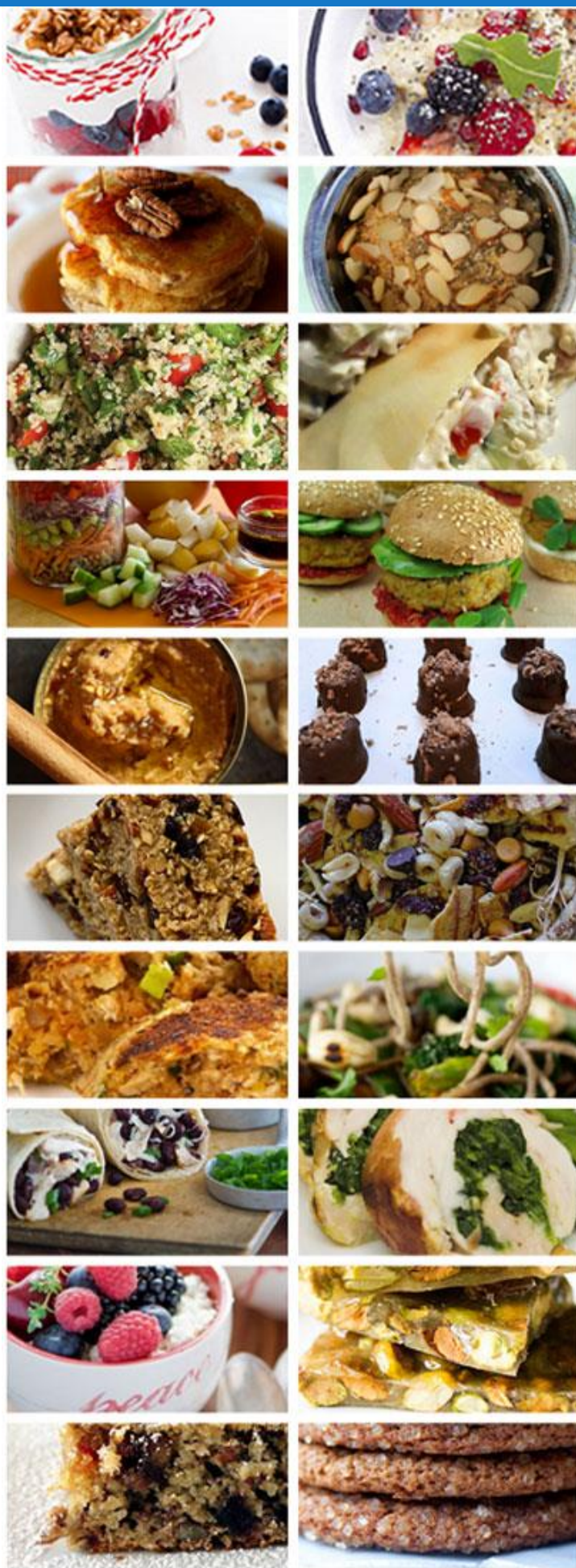
Ingredients

1 cup old-fashioned rolled oats
3 ounces white whole-wheat flour (about 3/4 cup)
1/2 cup packed light brown sugar
2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon kosher salt

1/2 cup unsalted butter, melted and cooled to room temperature
Cooking spray
3 pounds peaches, peeled and cut into 1-in. slices
3 cups blackberries (about 14 oz.)

How to Make It

1. In a large bowl, combine oats, flour, brown sugar, cinnamon, nutmeg, and salt. Stir with a whisk. Add melted butter; stir until combined. Set aside 1 cup of mixture.
2. Coat a 4- to 5-quart slow cooker with cooking spray. Place peaches, blackberries, and remaining oat mixture in slow cooker; stir to combine. Sprinkle peach mixture evenly with reserved 1 cup oat mixture. Lightly coat top with cooking spray.
3. Cook on LOW for 3 hours, until fruit is bubbly and top is browned.



DO YOU WANT MORE RECIPES?

There are so many great recipes available out there. If you take some time and search you will be surprised at how many great ideas you find. One of the best ways to get new and healthy recipes is by searching the internet, but you want to make sure you get recipes from trusted websites.

Here are some of my favorite recipes websites. I think you will enjoy them, and I believe that they provide high quality recipes. Many of my favorite recipes, which are found in this guidebook, have come from one of these great websites.

<http://www.eatright.org/resources/food/planning-and-prep/recipes>

Healthy and delicious recipes from registered dietitians – these are real food and nutrition experts!

<http://www.cookinglight.com/food>

Great pictures with fun foods and recipes.

<http://allrecipes.com>

Huge Collection of recipes with great descriptions.