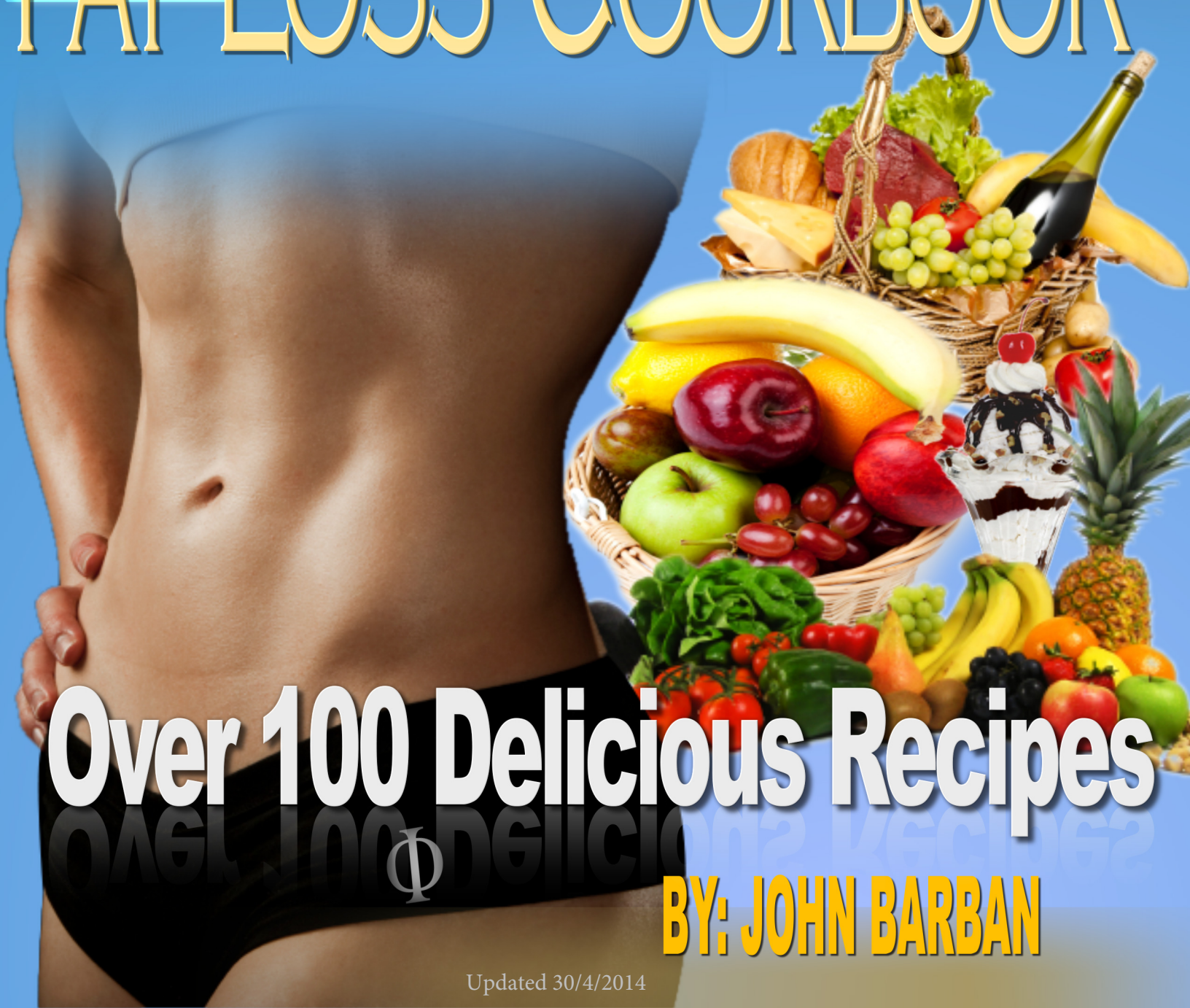


THE VENUS FACTOR FAT LOSS COOKBOOK



Over 100 Delicious Recipes

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Updated 30/4/2014

Delicious Easy & Fun
RECIPES

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The information in this book is for educational purposes only. The information in this book is based on my own personal experiences and my own interpretation of available research. It is not medical advice and I am not a medical doctor.

The information within this book is meant for healthy adult individuals. You should consult with your physician to make sure it is appropriate for your individual circumstances. Keep in mind that nutritional needs vary from person to person, depending on age, sex, health status and total diet.

If you have any health issues or concerns please consult with your physician. Always consult your physician before beginning or making any changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

Recipe Guide

This is a book of common recipes that you will likely recognize but done as lower calorie options. There are options for breakfast, lunch, dinner, appetizers and desserts. Eating for weight loss can be enjoyable and very tasty with just a few key substitutions.

You might notice some dishes that you're familiar with by name, but you may not have thought to make them in the way we have laid out here.

Each recipe is meant to create the same taste and experience as the 'regular' version but with less total calories. This is a big key to eating meals that are satisfying and feel like 'yours' while still losing weight.

The goal of this manual is to give you lots options for cooking all kinds of different meals that you are already familiar with and like but with less total calories. And we've also tossed in some new ones that you might not have seen before (because variety and learning something new is never a bad thing).

Eating realistic, flavorful and satisfying meals during your weight loss is a big key to getting the weight off while enjoying the process.

Finally, once you reach your goal weight you can always use the recipes in this guide to maintain your new weight.

In many cases these new recipes are simply how I make many of these meals and I'm just as happy eating them as the 'old' higher calorie versions I used to make.

A little attention to detail when you're cooking will go a long way to make weight loss fast, easy sustainable and enjoyable.

Let's get cooking!

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Breakfast



Bagel and Lox

Calories per serving: 110
Serving size: 1 recipe
Total calories per recipe: 110
Servings: 1

Ingredients:

- ½ of a low-calorie “light” bagel
- 1 tablespoon non-fat or fat-free cream cheese, softened to room temperature
- 1 ounce lox (thinly sliced cured fillet of salmon)
- 1 slice fresh red tomato
- 1 thin slice fresh purple onion
- 1 tablespoon pickled capers
- 1 pinch ground black pepper

Instructions:

Toast the bagel half. Transfer to serving dish. Spread the cream cheese on the bagel. Top with lox, then tomato, then onion. Garnish with capers and pepper.

Breakfast Burrito

Calories per serving: 185
Serving size: 1 burrito
Total calories per recipe: 185
Servings: 1

Ingredients:

- 1 (2.5 ounce) low-carb “wrap” (low-calorie flour tortilla)
- 1 large egg
- ¼ teaspoon black pepper
- 1 pinch raw salt
- 1 tablespoon fresh spring onion or scallion with green tops, thinly sliced
- 1 tablespoon fresh jalapeno or other fresh hot pepper, seeded and chopped
- 2 tablespoons shredded fat-free cheddar cheese
- 2 tablespoons tomato-based salsa or picante sauce

Instructions:

Place the wrap or tortilla on a microwave-safe serving dish. Microwave for 30 seconds or until hot. In frying pan over medium heat, scramble egg with salt and pepper. Spoon the cooked egg onto the hot wrap or tortilla. Top with onion, pepper, cheese and salsa or picante sauce. Fold the wrap or tortilla around the filling.

Breakfast Crepes

Calories per serving: 30 (excluding optional toppings)

Serving size: 2 crepes

Total calories per recipe: 600

Servings: 10

To make 20 Low-Calorie Breakfast Crepes, gather the following ingredients:

- 1 large egg
¾ cup all-purpose
- ¾ cup water
- 2 tablespoons melted butter melted
2 teaspoons pure vanilla extract
- ½ teaspoon ground cinnamon
½ teaspoon aluminum-free baking powder
- 1 pinch of raw salt

Instructions:

Place all ingredients into an electric blender. Process for 10-20 seconds or until batter is very smooth. Add a bit of extra water if necessary.

Meanwhile, on stovetop, heat crepe pan over medium heat. This amount of batter will yield 20 crepes (six-inches in diameter).

Optional toppings:

- ½ cup fresh strawberries, sliced (23 calories)
- ½ cup fresh blueberries (41 calories)
- ½ cup fresh loganberries, stewed with 2 tablespoons maple sugar (75 calories)

- 1 tablespoon “all-fruit” jam, any variety (40 calories)
- 2 tablespoons zero-calorie sugar-free syrup, any variety (0 calories)
- $\frac{1}{4}$ whipped dairy cream in aerosol can (30 calories)
- 1 tablespoon confectioners powdered sugar (31 calories)

Bran Muffins

Calories per serving: 110
Serving size: 1 muffin
Total calories per recipe: 1320
Servings: 12

Ingredients:

- 1 tablespoon butter or coconut oil
- 1 cup cake flour
- 1 cup wheat bran
- 1/2 cup whole-wheat flour
- 2 tablespoons agave nectar or honey
- 2 teaspoons aluminum-free baking soda
- 2 teaspoon each: cinnamon and nutmeg
- 1/2 teaspoon raw salt
- 2 large eggs
- 1/2 cup each: water, buttermilk, unsweetened applesauce

Instructions:

Pre-heat oven to 400 degrees. Oil a 12-count muffin tin with 1 tablespoon butter or coconut oil. In a large mixing bowl, stir together the cake flour, wheat bran, whole-wheat flour, stevia, baking soda, cinnamon, nutmeg and salt. In a separate bowl, whisk together the eggs, water, buttermilk and applesauce. Fold the wet mixture into the dry mixture, stirring just until thoroughly blended (add a bit more water if the resulting batter is too dry). Divide the batter equally into the muffin tin. Bake at 400 degrees for 15 minutes or until done.

Breakfast Strata

Calories per serving: 285
Serving size: 1/6 recipe
Total calories per recipe: 1710
Servings: 6

Ingredients:

- 1 tablespoon bacon drippings
- 4 cups, stale bread or leftover toast, cut into bits (various kinds of stale bread or leftover toast work well in this recipe)
- 6 slices of cooked bacon, crumbled (or ½ cup cooked ham, chopped)
- 1 cup grated non-fat or fat-free cheddar cheese
- 6 large eggs
- ¾ cup water
- 1 teaspoon each: dry mustard, hot pepper sauce
- ½ teaspoon each: black pepper, raw salt

Instructions:

Oil a casserole dish with the bacon drippings. Spread half the bread or toast over the bottom the dish. Top with bacon and cheese. In a mixing bowl, whisk together the eggs, water, mustard, pepper sauce, pepper and salt. Pour this egg mixture evenly over the bread, bacon and cheese in the dish. Top with the remaining 2 cups of bread or toast. Cover, and refrigerate at least 1 hour or overnight. To cook, pre-heat oven to 350 degrees. Remove cover from dish. Cook at 350 degrees for 90 minutes, or until the eggs are set. If the top is browning too quickly, tent with foil.

Coffeecake

Calories per serving: 195
Serving size: ¼ recipe
Total calories per recipe: 780
Servings: 4

Ingredients:

- 1 tablespoon butter or coconut oil
- 1 cup all-purpose flour
- Stevia equivalent to ¾ cup sugar
- 2 teaspoons aluminum-free baking powder
- ½ teaspoon salt
- 2 egg whites
- ¼ cup unsweetened applesauce
- ¼ cup water
- 4 tablespoons brown sugar
- 2 teaspoons cinnamon

Instructions:

Pre-heat oven to 375 degrees. Oil a 9-inch square baking dish with the butter or coconut oil. In mixing bowl, stir together the flour, sugar, baking powder and salt. In a separate bowl, whisk together the egg whites, applesauce and water. Add the wet mixture to the dry mixture, stirring until just blended. Spoon batter into the prepared baking dish. Top with brown sugar and cinnamon. Bake at 375 degrees for 20-25 minutes or until done.

Eggs Benedict

Calories per serving: 300
Serving size: 1 recipe (including sauce)
Total calories per recipe: 300
Servings: 1

Ingredients:

- ½ of an English muffin or crumpet, toasted
- 1 ounce lean ham or pancetta
- 1 egg, poached
Easy Low-Calorie Hollandaise sauce (see recipe, below)
- 2 tablespoons chopped truffles

Instructions:

Arrange the toasted muffin or crumpet half on a serving dish. Top with ham, then the poached egg. Spoon Easy Low-Calorie Hollandaise Sauce over. Garnish with chopped truffles.

Note: For Low-Calorie Eggs Florentine (250 calories per serving) omit ham. Instead, use ¼ cup cooked or canned, chopped spinach (drain the spinach, and then press with paper towels to absorb most of the cooking or canning liquid).

Easy Hollandaise Sauce

Calories per serving: 97
Serving size: 1 recipe
Total calories per recipe: 97
Servings: 1

Ingredients:

- 1 egg yolk
- 1 teaspoon lemon juice
- ¼ teaspoon Dijon mustard
- 1 pinch of raw salt
- 1 teaspoon butter, melted

Instructions:

Place egg yolk, lemon juice, mustard and salt into an electric blender. Process for 5-10 seconds or until the mixture is smooth. With the blender still running, slowly add the melted butter. Immediately spoon the resulting mixture atop the assembled Eggs Benedict or Eggs Florentine, and top with truffles.

French Toast

Calories per serving: 300 (excluding optional toppings)

Serving size: 1 piece

Total calories per recipe: 300

Servings: 1

Ingredients:

- 1 large egg
- 1 tablespoon water
- 1 teaspoon pure cane sugar (or equivalent amount of stevia)
- ½ teaspoon pure vanilla extract
- ¼ teaspoon pure almond extract
- 1 slice stale bread, sliced 1 inch thick (a hearty artisan white bread, French or Italian, will work best for this recipe)
- ½ teaspoon ground cardamom
- Pinch of raw salt
- 1 teaspoon cold-pressed coconut oil

Instructions:

Pre-heat oven to 350 degrees. In mixing bowl, whisk together the egg, water, sugar or stevia, vanilla extract and almond extract. Add the bread, soak for 2 minutes, then flip and soak for 2 more minutes or until all of the egg mixture is absorbed into the bread. Oil an oven-safe dish with 1 teaspoon coconut oil. Transfer the egg-soaked bread to the dish. Sprinkle the bread with cardamom and a pinch of raw salt. Bake at 350 degrees for 15-20 minutes or until golden brown.

Optional toppings:

- 1 tablespoon confectioner's powdered sugar (31 calories)
- 2 tablespoons zero-calorie sugar-free maple syrup (0 calories)
- 2 tablespoons pure maple syrup (50 calories)

Pancakes

Calories per serving: 200 (excluding optional toppings)
Serving size: 2 pancakes
Total calories per recipe: 1200
Servings: 6

To make 12 Low-Calorie Pancakes, you will need:

- 1 tablespoon cold-pressed coconut oil
- 1 cup cake flour + $\frac{3}{4}$ cup all-purpose flour
- 2 tablespoons pure cane sugar
- 2 teaspoons aluminum-free baking powder
- 1 teaspoon aluminum-free baking soda
- $\frac{1}{2}$ teaspoon raw salt
- 2 eggs
- 2 cups water
- 2 tablespoons melted butter
- 1 tablespoon fresh lemon juice
- 1 teaspoon pure vanilla extract

Instructions:

Over medium heat, pre-heat a cast-iron griddle, spreading a tablespoon of coconut oil to thoroughly coat the surface of the griddle. In a mixing bowl, stir together the flour, sugar, baking powder, baking soda and salt. In a separate bowl, whisk together the eggs, water, melted butter, lemon juice and vanilla extract. Add wet mixture to dry mixture, stirring until just blended (do not over-mix; the batter should have several small lumps). Pour pancake batter onto hot griddle to make 12 pancakes. Cook for 1 minute or until the edges appear dry and some of the bubbles appearing in the batter have begun to pop. Flip each pancake once, and cook for another minute, or until a light golden brown on both sides.

Optional toppings:

- 1 teaspoon sweet butter (30 calories)
- 2 tablespoons pure maple syrup (50 calories)
- 2 tablespoons zero-calorie sugar-free maple syrup (0 calories)
- 1 tablespoon “all-fruit” jam, any variety (40 calories)

Southern-Style Biscuits and Gravy

Calories per serving: 200 (including gravy)
Serving size: 1 biscuit + 1 portion gravy
Total calories per recipe: 2400
Servings: 12

To make 1 dozen Low-Calorie Southern-Style Biscuits, gather the following ingredients:

- 2 cups self-rising flour, chilled
- 4 tablespoons salted butter, chopped into small bits, then frozen
- 1 cup (8 ounces) warm water

Instructions:

Pre-heat oven to 400 degrees. In a mixing bowl, use your fingertips to work the frozen butter into the flour. The resulting texture should resemble coarse cornmeal. Using a fork, stir the warm water into the flour mixture, until a dough begins to form. Scoop the dough onto a lightly-floured surface. Knead lightly until the dough just holds together; do not over-mix. With a sharp knife cut the dough into 12 equal portions. With your hands shape each portion into a biscuit. Place the biscuits onto a lightly-floured baking sheet or Pyrex pie plate. Bake at 400 degrees for 10-15 minutes or until risen and nicely browned. Each biscuit = 100 calories. To serve, transfer to individual plates, and top each biscuit with 1 portion of Low-Calorie Gravy.

Gravy

Calories per serving: 92
Serving size: 1/12 recipe
Total calories per recipe: 1100
Servings: 12

Ingredients:

- 8 tablespoons bacon drippings
- 8 tablespoons all-purpose flour
- 1 teaspoon each: black pepper, raw salt
- 4 cups water

Instructions:

In a skillet or saucepan over medium heat, stir together the bacon drippings, flour, pepper and salt. Cook, stirring constantly with a spatula to scrape the bottom of the skillet, until the mixture is sizzling and just beginning to brown nicely. Slowly add the water, stirring constantly and continuing to scrap the bottom of the pan. Continue cooking for 10-15 minutes, until the gravy is bubbling and beginning to thicken nicely. (If it's too thick, add a bit of hot water.)

Easy Breakfast Scramble

Calories per serving: 118
Serving size: 1/4 recipe
Total calories per recipe: 472
Servings: 4

Ingredients:

- 1/2 cup red onion, diced
- 1 tomato, seeded and diced
- 4 eggs
- 4 egg whites
- 1 tbsp. dill, fresh (taste more like dill than the dried stuff)
- Salt & pepper
- 1 tsp. olive oil

Instructions:

Cook onion in olive oil over medium-high heat for about 4 minutes. Add the diced tomato and cook another minute or 2. Place onion and tomato mixture in a bowl and set aside. Beat together eggs and whites, add in salt and pepper as needed. Cook egg mixture over medium-low heat, stirring frequently until the eggs are just about set and no longer runny. Drain any additional liquids from the onion and tomato bowl and stir into egg mixture. Toss with dill and get your day off to a great start.

Sweet Potato Hash

Calories per serving: 131
Serving size: 1/4 recipe
Total calories per recipe: 524
Servings: 4

Ingredients:

- 1 red onion, cubed
- 2 sweet potatoes, peeled and cubed
- 1/4 tsp. kosher salt
- 1 tsp. fresh black pepper
- 2 garlic cloves, finely chopped
- 1 tsp. thyme, chopped
- 1/3 cup Black Forest Ham, diced
- 1 tbsp. extra-virgin olive oil

Instructions:

Heat oil over medium-high heat and cook onion about 3-4 minutes until browned. Stir occasionally. Lower heat to medium and add in sweet potatoes. Cook 8 minutes or until potatoes reach desired tenderness, then stir in ham, garlic and thyme.

Note: Add a scrambled egg or fruit salad to this to prevent those late-morning sugar cravings!

Egg White Scramble (No Carbs)

Calories per serving: 200.5
Serving size: 1 recipe
Total calories per recipe: 200.5
Servings: 1

Ingredients:

- 2 egg whites
- 1/2 cup spinach
- pepper
- 1 slice gruyere cheese, chopped
- 1 garlic clove, grated
- 1 tsp. red pepper flakes
- 1 tbsp. olive oil

Instructions:

Add pepper and garlic to egg whites and mix. In skillet over medium heat add egg whites and garlic mixture to the skillet and cook for 2 minutes. Add in spinach and cook until slightly wilted, 1 minute. Add cheese and cook until done, 1 minute. Sprinkle with red pepper flakes and enjoy!

Pancakes 2

Calories per serving: 207
Serving size: 1/4 recipe
Total calories per recipe: 828
Servings: 4

Ingredients:

- 3 medium eggs (whites only)
- 1 cup flour
- 1 tsp baking powder
- 1 tsp sweetener
- 1 tsp cinnamon
- 1/2 cup skim milk
- 2 tsp vegetable oil
- 1/2 cup low calorie syrup
- 1 cup blueberries

Instructions:

Combine flour, baking powder, sweetener, and cinnamon in a large bowl. Whisk together the milk, egg, and oil. Pour the liquid ingredients into the dry ingredients and stir until combined (batter will be lumpy, do not over mix). Fold in the blueberries and let the batter sit while heating up the griddle or skillet to medium heat. Spray with cooking spray and pour 1/4 cup of batter per pancake. Once bubbles are formed on top and along the edges, flip the pancake once to finish cooking on the other side. Serve with low calorie syrup.

Cheese and Veg Omelette

Calories per serving: 230
Serving size: 1 recipe
Total calories per recipe: 230
Servings: 1

Ingredients:

- 1 medium egg (whole)
- 2 medium egg (whites)
- 1/4 cup skim milk
- 2 tbsp shredded parmesan
- 1/2 tomato (chopped)
- 1/4 cup spinach (chopped)
- 1 tsp vegetable oil

Instructions:

Combine egg, egg whites, and milk and beat briefly. Stir in cheese and vegetables and pour mixture into a lightly oiled pan on medium heat. Gently push in edges and let sit for 1-2 minutes, then fold in half and continue cooking for 2-3 minutes. Having one whole egg adds flavour to the omelette and the extra whites give it volume. Try using stronger cheeses (blue, aged, etc.) because you don't need as much of them to get a nice flavour throughout. Salt and pepper to taste!

French Toast 2

Calories per serving: 274.5
Serving size: 1/2 recipe
Total calories per recipe: 549
Servings: 2

Ingredients:

- 4 slices low calorie (thin-sliced) bread
- 3 egg whites
- 3 tbsp skim milk
- 1 tsp vanilla
- 1 tsp vegetable oil
- 1 cup low calorie whipped topping
- 1 cup sliced strawberries

Instructions:

Mix and gently beat milk, egg whites, vanilla, vegetable oil, and season with cinammon. Next, soak slices of bread in the egg mixture, turning to coat both sides. Cook slices one minute a side on a medium heat nonstick frying pan and serve with whipped topping and sliced strawberries! Flavouring with cinnamon and vanilla can add sweetness without having to add sugar.

Waffles

Calories per serving: 207
Serving size: 1/4 recipe
Total calories per recipe: 828
Servings: 4

Ingredients:

- 3 medium eggs (whites only)
- 1 cup flour
- 1 tsp baking powder
- 1 tsp sweetener
- 1/2 cup skim milk
- 2 tsp vegetable oil
- 1/2 cup low calorie syrup
- 1 cup blueberries
- 1 tsp cinnamon

Instructions:

This waffle recipe has all the same ingredients as the pancake recipe. My recommendation is to beat the egg whites until they are stiff before folding them into the flour mixture to give a nice crispy outside to the waffles. To add extra protein to your waffles or pancakes, substitute the flour for vanilla protein powder, which has the same amount of calories but a lot more protein!

Lunches

Lunches

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Chicken Tikka Masala

Calories per serving: 160
Serving size: ¼ recipe
Total calories per recipe: 640
Servings: 4

Ingredients:

- 1 cup non-fat plain yogurt
Juice of 1 fresh lime
- 1 teaspoon fresh ginger root, grated
- 1 cup lean chicken, chopped (remove all fat and all skin)
- 1 cup fresh red onion, finely chopped
- 4 cloves fresh garlic, minced
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin
- 1 teaspoon each: paprika, turmeric, raw salt
- ½ teaspoon black pepper
- ¼ cup fresh cilantro, chopped
- 2 cups fresh tomatoes, diced
- ¾ cup unsweetened light coconut milk

Instructions:

In mixing bowl, whisk together the yogurt, lime juice and ginger. Add chicken. Stir to coat. Cover bowl, and refrigerate for at least 1 hour or overnight. When ready to cook: Transfer the yogurt, lime juice, ginger and chicken to a skillet or frying pan. Cook over medium heat, stirring frequently, for 10 minutes or until chicken is thoroughly cooked. Transfer to 4 serving dishes, dividing amount equally. Return the skillet or frying pan to heat and add the onion and garlic. Stir and cook until tender. Add the spices and seasonings, tomatoes and coconut milk. Cook and stir until the mixture is bubbling hot. Spoon this mixture over the marinated chicken mixture, dividing equally among the 4 serving dishes.

Vegetable Curry

Calories per serving: 105
Serving size: 1/6 recipe
Total calories per recipe: 630
Servings: 6

Ingredients:

- 3 cups water
- 4 cups fresh cabbage, chopped
- 2 cups fresh cauliflower, chopped
- 1 cup fresh sweet onion, finely chopped
- 1 cup fresh eggplant, peeled and grated
- 1 cup fresh baby okra, thinly sliced
- 1 fresh red chili pepper, minced
- 1 fresh green chili pepper, minced
- 1 teaspoon each: lemongrass, coriander, cumin, aniseed, raw salt, black pepper
- ½ teaspoon each: turmeric, ground cloves, cinnamon, nutmeg, cardamom
- 1 cup unsweetened light coconut milk
- 2 cups cooked long grain white rice

Instructions:

In a large cooking pot or stew pot, stir together all ingredients except the coconut milk and rice. Bring to a boil over medium heat, stirring occasionally, until the vegetables are just tender, but not soft. Add 2 cups light coconut milk. Stir, and remove from heat. Spoon over cooked rice. Makes 6 servings.

Nova Scotia Donairs

Calories per serving: 195
Serving size: 1 donair
Total calories per recipe: 2340
Servings: 12

Ingredients:

- $\frac{3}{4}$ pound extra-lean ground beef
- $\frac{3}{4}$ pound extra-lean ground pork
- $\frac{3}{4}$ cup stale bread crumbs
- 2 teaspoons each: paprika and garlic salt
- 1 teaspoon each: onion powder, black pepper, cayenne pepper, oregano
- $\frac{2}{3}$ cups (half of a 14-ounce can) fat-free sweetened condensed milk
- $\frac{1}{4}$ cup white vinegar
- $\frac{1}{2}$ teaspoon garlic powder
- 3 cups chopped onion
- 3 cups chopped tomato
- 6 pita breads

Instructions:

Pre-heat oven to 325 degrees. Oil a baking pan or casserole with 1 tablespoon bacon drippings. Combine remaining ingredients in a large-capacity food processor. Process for 15 minutes. Shape into a tightly-formed loaf. Transfer to oiled baking pan or casserole. Cover, and bake for 2 hours at 325 degrees. Remove from heat. Transfer cooked loaf to cooling rack for 30 minutes. When cooled enough to handle easily, slice the loaf into 12 equal portions. Then slice each portion into thin slabs (less than $\frac{1}{4}$ inch

thick). Result will be 12 portions of sliced donair meat filling. Cover each portion separately and refrigerate until thoroughly chilled. Note: Unused portions of meat filling should, as soon as possible, be wrapped separately, in double layers of freezer wrap, and stored in the freezer. These may be thawed in the microwave as needed (discard freezer wrap before thawing). To prepare the sauce: In mixing bowl use an electric stand blender to beat together the milk, vinegar and garlic powder for 10 minutes. Divide the sauce into 12 equal portions. Note: Unused portions of sauce should be wrapped individually, covered tightly and immediately refrigerated. Prior to use, heat each portion in microwave.

To assemble:

In microwave, heat the donair sauce. Meanwhile, in a hot skillet or on a hot grill, heat the thawed donair meat slices, with the chopped onion and tomato. Cook for 2 minutes, using spatula to flip the meat several times, so as to cook thoroughly on both sides. Remove from heat, and set aside. Separate each pita bread into halves. Dip each half pita in a dish of water, pat dry with paper towel, and then transfer to the hot skillet or hot grill. Cook for a few seconds on each side, to warm and soften. Remove from heat. With a spoon, spread ½ portion of piping hot donair sauce onto each softened pita bread half. Top each with 1 portion of the cooked donair meat filling, onions and tomato. Roll each donair into a cone shape, and serve in a cone of waxed paper or aluminum foil (crimp the end, to help prevent drips). Top each with a half-portion of heated donair sauce.

Fish and Chips

Calories per serving:	250
Serving size:	1 fillet + 4 potato wedges
Total calories per recipe:	1000
Servings:	4

Ingredients:

- 2 large russet potatoes, each cut into 8 thin wedges
- 1 teaspoon cold-pressed red palm oil (olive oil or bacon drippings may be substituted)
- ½ teaspoon raw salt
- 4 four-ounce cod fillets
- Juice and zest of 1 fresh lemon
- 1/4 cup chopped parsley

Instructions:

Pre-heat oven to 425 degrees. Toss the potato wedges in oil and salt; transfer to a baking sheet. Place fillets on a second baking sheet coated with nonstick cooking spray. Squeeze lemon juice over the fillets. Place potatoes wedges in hot oven and cook for 15 minutes. Remove from oven; use a fork or spatula to flip the potato wedges. Return the potatoes to the oven, placing them on the lower oven shelf. Transfer the fillets to the oven, on the shelf above the potatoes. Continue cooking for 15 minutes or until the fish is done through and flakes easily with a fork. Remove fish from oven, transfer to 4 serving dishes, and top with fresh lemon zest and parsley. Remove potatoes wedges from oven and arrange on the serving dishes alongside the fish. Serve with wedge of fresh lemon, and individual dishes of malt vinegar for dipping.

Hamburgers and French Fries

Calories per serving: 355
Serving size: 1 hamburger + 1 portion fries with ketchup
Total calories per recipe: 355
Servings: 1

Ingredients:

- 1 cup fresh jicama (yam bean), peeled and sliced
- 1 teaspoon cold-pressed red palm oil (bacon drippings or light olive oil may be substituted)
- 1 teaspoon each: paprika and onion powder
- ¼ teaspoon each: black pepper and raw salt
- 2 tablespoons ketchup (tomato catsup) for dipping
- 1 “light” hamburger bun
- 1/8 pound extra-lean ground beef patty, grilled to desired level of doneness
- 1 teaspoon prepared yellow mustard
- 2 leaves fresh lettuce
- 1 slice sweet onion
- 1 slice fresh tomato

Instructions:

Pre-heat oven to 400 degrees. In large bowl, toss together the jicama, oil, paprika, onion powder, pepper and salt. Arrange the jicama pieces about half an inch apart on a baking sheet. Bake at 400 degrees for 40-45 minutes or until done (the fries should be crispy on the outside, and tender on the inside). Serve with 2 tablespoons ketchup (tomato catsup) for dipping. While the fries are cooking, assemble the hamburger with mustard, lettuce, onion and tomato.

Hot Dogs and Baked Beans

Calories per serving: 245
Serving size: 1 hot dog with bun + 1 portion baked beans
Total calories per recipe: 1960
Servings: 8

Ingredients:

- 2 teaspoons bacon drippings
- 3 cups cooked or canned great northern beans or navy beans
- 2 slices of bacon, cooked, drained of oil, and crumbled (turkey bacon, or vegetarian substitute, may be used)
- 1 cup fresh onion, finely chopped
- 2 tablespoons spicy mustard
- ¼ cup tomato paste
- ¼ cup apple cider vinegar
- 2 tablespoons blackstrap molasses
- 2 tablespoons dark brown sugar
- Eight 97% fat-free kosher hot dogs (“frankfurters”)
- 8 “light” hot dog buns

- **To taste:** prepared yellow mustard or Dijon mustard, minced fresh onions, hot dog relish

- **Optional:** ¼ cup sauerkraut per hot dog, heated and drained

Instructions:

Pre-heat oven to 325 degrees. Prepare a 1-quart baking dish or casserole with 2 teaspoons bacon drippings. Rinse and drain the cooked or canned beans; discard the liquid. In a large mixing bowl, stir together the drained beans, cooked bacon, fresh onion, spicy mustard, tomato paste, vinegar,

molasses and brown sugar. Transfer the mixture to the prepared baking dish or casserole. Bake the beans, uncovered, at 325 degrees for 1 hour, stirring occasionally to prevent scorching. Divide into 8 equal portions. Meanwhile, steam the hot dogs to thoroughly cook. Assemble as you prefer with prepared yellow mustard or Dijon mustard, minced fresh onions, hot dog relish and/or sauerkraut.

Veggie Pizza

Calories per serving: 175
Serving size: 1 pizza
Total calories per recipe: 175
Servings: 1

Ingredients:

- 1 small thin pizza crust (a 6-inch non-fat flour tortilla may be substituted)
- 1 teaspoon olive oil
- 1 small clove fresh garlic, minced
- 2 ounces marinated artichokes, sliced, drained and patted dry with paper towel
- ¼ cup each, finely chopped: fresh mushrooms, onion, sweet peppers
- Generous pinch each: black pepper, raw salt, basil, oregano and sage
- 1 ounce non-fat cheese, grated

Instructions:

Pre-heat baking stone and oven to 500 degrees. Spread the oil atop the pizza crust, and top with minced garlic. Transfer the pizza to the heated baking stone. Bake for 2 minutes. Remove from oven, and top with artichokes, mushrooms, onion, peppers, seasonings and herbs. Finish with grated cheese. Return the pizza to the oven and continue baking for 5 additional minutes or until the cheese is bubbling hot.

Poutine

Calories per serving:	265
Serving size:	1 poutine
Total calories per recipe:	1060
Servings:	4

Ingredients:

- 2 cups fat-free chicken broth or fat-free veal broth
- 2 tablespoons balsamic vinegar
- ½ cup fresh sweet onion, minced
- 2 teaspoons ground black pepper
- 2 tablespoons cornstarch
- 2 cups frozen French fried potatoes, baked according to package instructions
- 2 ounces low-fat extra sharp cheddar cheese, shredded

Instructions:

In saucepan over medium heat, whisk together the broth, vinegar, onion, pepper and cornstarch. Cook, whisking continually, for 20 minutes or until the mixture thickens. In each of 4 serving bowls, arrange ½ cup of the baked French fries. Top each with ½ ounce of the cheese and ½ cup of the sauce.

Tacos

Calories per serving:	190
Serving size:	1 taco
Total calories per recipe:	1520
Servings:	8

Ingredients:

- 1 tablespoon bacon drippings
- ½ pound extra lean ground beef or ground turkey
- 2 cups fresh sweet onion, diced
- ½ cup fresh cilantro, washed and chopped
- 2 tablespoons each: red hot chili powder, ground cumin
- 1 tablespoon garlic powder (garlic salt may be substituted)
- ½ cup brine from canned ripe (black) olives
- 8 large corn taco shell or tostada, warmed
- 8 cups fresh lettuce, sliced into ribbons
- 4 cups chopped fresh tomatoes
- ¼ cup ripe (black) olives, chopped
- ¼ cup salsa

Instructions:

In skillet or frying pan over low heat, cook the beef or turkey with the bacon drippings, onion, cilantro, chili powder, cumin, and garlic salt. Continue cooking, stirring frequently, until the meat is nicely browned and thoroughly cooked, and the onion is tender. Add the olive brine. Increase heat to medium. Cook, stirring constantly, until the mixture is bubbling hot. Remove from heat. Spoon equal portions into 8 taco shells. Top with lettuce, tomato, olives and salsa.

Wrap

Calories per serving: 270 or less
 Serving size: 1 wrap (including filling)
 Total calories per recipe: 250 or less
 Servings: 1

For each low-calorie wrap, you will need:

- 1 low-carb wrap, six-inches in diameter or less
- 1 filling of choice from the recipes below (each filling provides 200 calories or less)
- **Avocado and Sprouts Filling:** ¼ cup finely chopped fresh avocado, ¼ cup fresh alfalfa sprouts, 2 tablespoons salsa, juice of 1 fresh small lime (salt and pepper optional)
- **BLT (Bacon, Lettuce and Tomato) Filling:** 1 tablespoon crumbled cooked bacon, mixed with 1 tablespoon fat-free mayonnaise, topped with ½ cup fresh lettuce and ¼ cup fresh tomato (salt and pepper optional)
- **Breakfast Fruit Filling:** ¼ cup low-fat cottage cheese, ¼ cup fresh raw fruit (berries, kiwi fruit, grapefruit, orange, banana or other fresh raw fruit, chopped)
- **Chicken Ranch Filling:** 1 ounce grilled boneless skinless chicken breast, 1 tablespoon non-fat buttermilk ranch dip, ½ cup fresh mesclun salad greens, 1 tablespoon thinly sliced fresh green onion or scallion tops
- **Chicken Salad Filling:** 1 ounce cooked boneless skinless dark meat chicken, 1 tablespoon non-fat mayonnaise, 1 teaspoon prepared yellow mustard, 1 tablespoon minced fresh sweet onion and 1/3 cup fresh minced celery

- **Chinese Take-Out Filling:** 1 teaspoon hoisin sauce, 1 tablespoon spicy Thai peanut sauce, ½ cup shredded bok choy or Napa cabbage, ¼ cup thinly sliced fresh mushrooms, 1 tablespoon chopped fresh cilantro, 1 tablespoon chopped fresh green onion or scallion tops
- **Hawaiian Filling:** 1 ounce chopped smoked extra-lean ham, ¼ cup crushed pineapple canned in water, ½ cup chopped fresh sweet green bell pepper
- **Mediterranean Filling:** ½ cup grated fresh zucchini, ¼ cup minced red or purple fresh onion, 1 ounce crumbled feta cheese, 1 teaspoon fresh mint, 1 pinch fresh basil, 1 pinch fresh oregano, ¼ teaspoon garlic salt
- **Turkey and Swiss Filling:** 2 thin slices baked extra-lean turkey breast, 1 thin slice reduced-fat Swiss cheese, ½ cup shredded fresh leaf lettuce, 1 tablespoon non-fat mayonnaise

Avocado Club Sandwich

Calories per serving: 258
Serving size: 1 sandwich
Total calories per recipe: 516
Servings: 2

Ingredients:

- 4 slices low-calorie wholegrain bread, toasted
- 4 teaspoons prepared yellow mustard
- 4 slices bacon, cooked and cooled
- 2 ounces smoked turkey breast
- 1 cup fresh lettuce, sliced into thin ribbons
- 2 slices fresh tomato
- 2 thin slices red or purple onion
- 1/2 fresh avocado, peeled, pitted, and thinly sliced
- Red hot pepper sauce to taste

Instructions:

Spread each slice of toast with 1 teaspoon mustard. Arrange bacon and turkey breast on 2 slices of toast; top each with lettuce, tomato, onion and avocado. Sprinkle red hot pepper sauce over avocado. Cover with remaining slices of toast. Cut and serve.

Tuna Salad

Calories per serving: 233
Serving size: 1 cup
Total calories per recipe: 930
Servings: 4

Ingredients:

- 2 cups solid white water-packed tuna, drained
- 1 cup finely chopped fresh celery
- 1/2 cup non-fat mayonnaise
- 1/4 cup dill pickle brine
- 1 generous pinch fresh dill
- 1/2 cup finely diced dill pickles (dill pickle relish may be substituted)
- 2 tablespoons finely diced sweet pickles (sweet pickle relish may be substituted)
- 1/4 teaspoon ground white pepper

Instructions:

In mixing bowl, stir together tuna with remaining ingredients. Serve immediately or cover and chill.

Vegetarian “Egg” Salad

Calories per serving: 148
Serving size: approximately 1/2 cup
Total calories per recipe: 592
Servings: 4

Ingredients:

- 1 block (12 ounces) firm tofu, rinsed and drained
- 1/3 cup safflower mayonnaise (soy-based non-egg “vegannaise” may be substituted)
- 1/3 cup sweet pickle relish
- 1/2 fresh lemon juice
- 1 stalk fresh celery, finely diced
- 1/4 cup fresh sweet onion or scallions, finely chopped
- 1/2 teaspoon garlic powder
- 1 tablespoon prepared yellow mustard
- 1/4 teaspoon paprika
- Fresh lettuce leaves

Instructions:

In mixing bowl, mash the tofu with a fork. Add remaining ingredients and stir together until well combined. Arrange fresh lettuce leaves on serving dish. Spoon the “egg” salad mixture atop the lettuce leaves.

Hearts of Palm Salad

Calories per serving: 240
Serving size: 1/2 recipe
Total calories per recipe: 480
Servings: 2

Ingredients:

- 4 cups mixed fresh salad greens
- 2 cups marinated hearts of palm, drained and thinly sliced
- 1/2 cup non-fat mayonnaise
- 4 tablespoons tomato catsup (ketchup)
- Stevia equivalent to 2 teaspoons sugar
- 1 teaspoon paprika
- 1/4 teaspoon each: black pepper, raw salt
- Juice of 1 fresh lemon
- 2 tablespoons fresh chives, minced

Instructions:

Divide the salad greens equally into 2 serving dishes. Top each with 1 cup hearts of palm. To prepare the salad dressing, whisk together the mayonnaise, catsup, stevia, paprika, pepper, salt and lemon juice. Pour this mixture over the salad greens and hearts of palm. Top with fresh chives.

Fruit Salad

Calories per serving: 170
Serving size: ½ recipe (approximately 2 cups)
Total calories per recipe: 340
Servings: 2

Ingredients:

- 1 fresh grapefruit, peeled, sectioned, and seeds removed
- 2 fresh small oranges or mandarins, peeled, sections, and seeds removed
- 1/2 cup fresh seedless white grapes, halved
- 1/2 cup maraschino cherries, drained and halved
- Stevia equivalent to 2 tablespoons sugar

Instructions:

Place all ingredients in mixing bowl. Stir until combined. Spoon into individual serving dishes.

Eggplant Parmesan

Calories per serving: 290
Serving size: 1/4 recipe
Total calories per recipe: 1160
Servings: 4

Ingredients:

- 2 tablespoons light olive oil
- 4 medium-sized fresh eggplants, peeled and sliced
- 1 large sweet onion, finely chopped
- 2 large cloves fresh garlic, minced
- 2 teaspoons dried oregano
- 1 teaspoon each: black pepper, raw salt
- 4 cups canned diced tomatoes
- 4 tablespoons red wine vinegar
- 1 cup freshly grated parmesan cheese

Instructions:

Pre-heat oven to 375 degrees. In a large saucepan over medium heat, stir together 1 tablespoon olive oil with the onion, garlic, oregano, salt and pepper. Cook, stirring frequently, until tender (10 - 15 minutes). Add the canned tomatoes with canning juice. Cover the pan and reduce heat to low. Continue cooking for another 30 minutes, stirring occasionally. Remove from heat. Add the red wine vinegar; stir. Prepare a baking dish or casserole with the remaining 1 tablespoon olive oil. Spoon a small amount of the cooked onion and tomato mixture into the baking dish. Top with 1/4 cup of the cheese, then a layer of the sliced eggplant. Repeat layers until all ingredients are used, ending with sauce and cheese. Bake at 375 degrees or until the center is bubbling hot. Remove from oven and allow to rest for about 10 minutes before serving.

Moo Shu Chicken & Veggies

Calories per serving: 229
Serving size: 1/4 recipe
Total calories per recipe: 916
Servings: 4

Ingredients:

- 3 tsp. sesame oil
- 4 large eggs, beaten
- 2 tsp. fresh ginger, grated
- 2 garlic cloves, grated
- 1 bag of broccoli slaw
- 2 cups bean sprouts
- 1 bunch of scallions
- 1 tbsp. soy sauce (low sodium)
- 1 tbsp. rice vinegar
- 2 tbsp. hoisin sauce (available in Asian food aisle)
- 1 boneless skinless chicken breast (boiled & shredded)

Instructions:

Heat 1 tsp. oil over medium heat in large skillet. Add eggs and stir softly until set, about 3 minutes and put on a plate. Add rest of oil over medium heat and add ginger and garlic, cook 1 minute. Add slaw, sprouts, half of the scallions, vinegar and soy sauce. Stir until blended. Cover and cook until vegetables are tender. Add eggs, chicken, and Hoisin, stirring to break up the eggs. Add rest of scallions and stir for 1 minute. Remove from heat.

Curry Chickpea Stew

Calories per serving: 219
Serving size: 1/5 recipe
Total calories per recipe: 1095
Servings: 5

Ingredients:

- 1-15 oz. can chickpeas, rinsed
- 1 cup carrots, sliced
- 1/2 onion, chopped
- 1 can low sodium vegetable broth
- 1 cup cut green beans (fresh or frozen)
- 3 tsp. madras curry
- 1 can light coconut milk
- 1/4 cup basil, thinly sliced
- 3 cups cauliflower, chopped
- 2 bay leaves

Instructions:

Combine chickpeas, cauliflower, carrots, onion, green beans, broth, bay leaves, and curry in 4-quart (or larger) slow cooker. Cover and set to low heat for 5 to 6 hours. For faster cooking, set to a high temperature setting for 2.5 hours. Stir in basil and coconut milk and cook for 1 minute.

Eat this dish as is, or place it on a bed of brown rice.

Pulled BBQ Chicken

Calories per serving: 184
Serving size: 1/8 recipe
Total calories per recipe: 1472
Servings: 8

Ingredients:

- 1/2 tsp. salt
- 2 tbsp. honey
- 1 tbsp. ancho chile pepper
- 1 tbsp. tomato paste
- 2 tsp. ground mustard
- 3 tbsp. cider vinegar
- 1 8-ounce can low salt tomato salt
- 1 tbsp. smoked paprika
- 1 garlic clove, minced
- 1 onion, chopped finely
- 2 lbs. boneless skinless chicken thighs
- 1 tbsp. Worcestershire sauce
- 2 tbsp. honey
- 4 oz. chopped green chiles

Instructions:

Combine tomato sauce, vinegar, honey, chiles, paprika, ancho, tomato paste, mustard, salt, and Worcestershire in slow cooker and stir until smooth. Add in chicken, garlic, and onion and stir until mixed. Cook until chicken is falling off the bone, about 5 hours on low heat. Allow chicken to cool for 20 minutes on cutting board, and run fork against the grain of the chicken to shred. Return to slow cooker with sauce until combined, and serve!

Cajun Shrimp Bowl

Calories per serving: 223
Serving size: 1/6 recipe
Total calories per recipe: 1338
Servings: 6

Ingredients:

- 1 lb. shrimp, shelled & deveined
- 1/2 tsp. Cajun seasoning
- 1 cup onion, chopped
- 7 oz. chicken broth
- 7 oz. clam juice
- 1 6-oz. package of long grain rice
- 1/4 cup water
- 2 garlic gloves, rough chopped
- 1 tbsp. hot sauce (optional)
- 28 oz. can of diced tomatoes

Instructions:

Combine in the slow cooker, Cajun seasoning, rice, garlic, water, bell pepper, broth, clam juice, onion, tomatoes and juices. Cover slow cooker and place on low heat setting for 5 to 6 hours. Add shrimp into the pot and cook for an additional 15 minutes on high heat. Sprinkle with hot sauce if desired.

Easy Whole Wheat Spanakopizza

Calories per serving: 176.5
Serving size: 1/8 recipe
Total calories per recipe: 1412
Servings: 8

Ingredients:

- 1 whole wheat pizza dough (it's worth the trip to a specialty shop!)
- 1/4 cup onions, chopped
- 1/2 tbsp. olive oil
- 7 ounces red pepper, chopped
- 6 ounces mushrooms, sliced
- 4 garlic cloves, chopped
- 5 grams fresh spinach, torn
- 6 ounces red tomatoes, chopped & seeded
- 7 ounces black olives, sliced
- 1/2 cup crumbled feta
- 1 cup mozzarella cheese, shredded
- 7.5 fl. oz. pizza sauce

Instructions:

Use olive oil to saute all vegetables except spinach and tomatoes for 4-5 minutes until tender. Add tomatoes and spinach and cook for 2 more minutes. Roll out the pizza dough and spread the sauce on it. Sprinkle on mozzarella cheese. Add vegetables evenly across pizza dough. Add olives and then feta cheese and remaining mozzarella. Bake for 12 minutes and let stand for a few minutes before eating. Cut into 16 slices.

Note: Add a salad with vinaigrette to 2 slices of pizza for a complete meal.

Fish Tacos

Calories per serving:	444
Serving size:	1/6 recipe
Total calories per recipe:	2,664
Servings:	6

Ingredients:

- 1/2 onion, chopped
- 2 lbs. tilapia, salmon or other sustainable fish
- 1 tsp. chili powder
- 1 tsp. minced garlic
- juice of 2 limes
- 1.5 cups brown rice
- 1 cup black beans
- 1 head butter or romaine lettuce

Instructions:

Combine chili powder, garlic, and lime juice with tilapia. Bake or grill for 6 minutes total. Cook rice as instructed. Brown onions until almost caramelized and stir in beans. Combine beans, onion, and rice. Serve fish in lettuce cups instead of tortillas with desired toppings; enjoy the beans & rice on the side. Use salsa and/or guacamole to complete.

Creamy Chicken & Mushrooms

Calories per serving: 275
Serving size: 1/2 recipe
Total calories per recipe: 550
Servings: 2

Ingredients:

- 2 chicken breasts (5 ounces each)
- salt & pepper to taste
- 1 tbsp. canola oil
- 1 shallot, chopped
- 1 cup shitake mushrooms, sliced thinly
- 2 tbsp. dry white wine
- 2 tbsp. heavy cream
- 1/4 cup sodium-free chicken broth
- 2 tbsp. thinly sliced scallions

Instructions:

Add salt and pepper to chicken on both sides. Heat oil over medium heat in skillet and add chicken. Cook 12 minutes, turning once. Transfer chicken to a plate and cover to keep it warm. Add shallot to skillet and cook until you can start to smell it, about 1 minute or less. Add mushrooms and cook until tender, 2-4 minutes. Add in white wine and stir until reduced, making sure to scrape up the brown bits from the skillet (great source of flavor). Pour in chicken broth and reduce it by half, up to 2 minutes. Stir in heavy cream and scallions and return skillet to a simmer. Add chicken back to the skillet, turn it once to coat with cream sauce and cook about 2 minutes until warm.

Note: Make this meal complete by adding 2 cups of steamed vegetables as a side. Corn, peas, green beans, asparagus or Brussels sprouts will turn this healthy dish into a figure friendly meal for fat loss.

Healthy Greek Style Salad for Two

Calories per serving: 343
Serving size: 1/2 recipe
Total calories per recipe: 686
Servings: 2

Ingredients:

- 1 1/4 cup chopped or shredded chicken breast
- 3 cups Romaine lettuce
- 3 tbsp. extra virgin olive oil
- 2 tbsp. red wine vinegar
- 1 garlic clove, grated
- salt & pepper to taste
- 1 tomato, chopped
- 1/2 cucumber, chopped
- 1/4 red onion, thinly sliced
- 1/4 cup olives (kalamata)
- 1/4 cup feta cheese, crumbled
- 2 tsp. fresh dill

Instructions:

Whisk together vinegar, oil, dill, garlic, salt, and pepper in a large bowl. Add lettuce, tomato, cucumber, olives, onion, chicken, olives, and feta and toss until entire salad is coated with the vinaigrette.

Lamb Curry Vegetables (No Carbs)

Calories per serving: 302
Serving size: ½ recipe
Total calories per recipe: 604
Servings: 2

Ingredients:

- 6 oz. lamb shoulder
- 1/2 cup white mushrooms, chopped
- 2 garlic cloves, chopped
- 1 serrano pepper, sliced thinly
- 1/2 cup zucchini, chopped
- 2 tsp. curry powder
- 1 tbsp. olive oil
- 1/3 cup water (if needed)

Instructions:

Heat oil over medium-high heat in large skillet. Add in curry powder and cook for 2 minutes. Stir in mushrooms, pepper and zucchini and cook until tender, 5 minutes. Turn heat down to medium, add garlic to skillet and cook for another 2 minutes. Add lamb and cook 8 minutes before adding water. Let water reduce about 5 minutes or until a semi-thick sauce has formed.

Tomato & Garbanzo Bean Soup

Calories per serving: 200
Serving size: 1/4 recipe
Total calories per recipe: 800
Servings: 4

Ingredients:

- 1 tbsp olive oil
- 1/2 cup onion, chopped
- 2 garlic cloves, grated
- 1 large can, crushed tomatoes
- 1 can garbanzo beans (rinse & drain before using)
- 4 cups water
- 1 tbsp. kosher salt
- 2 bay leaves (remove before serving)
- pepper
- 2 tbsp. rosemary, chopped
- 1 carrot, chopped
- 1 loaf, artisan bread

Instructions:

Heat oil in large saucepan over medium heat. Add in onions and carrots and cook until tender, about 5 minutes. Add in garlic, rosemary, garbanzo beans, salt and pepper. Cook another 3 minutes. Add in water, bay leaves, crushed tomatoes and bring to a boil. Lower heat to medium-low and simmer for 15 minutes. Slice artisan bread and rub with raw garlic. Heat at 350 for 5 minutes and serve with soup.

Baked Chicken Pesto with Peas

Calories per serving: 297
Serving size: 1/4 recipe
Total calories per recipe: 1188
Servings: 4

Ingredients:

- 2 boneless skinless chicken breasts, halved
- 2 bunches of fresh basil, torn
- 1/3 cup pinenuts
- 1 lemon, juiced
- 1 tsp hot sauce (optional)
- 2 cloves garlic
- 2 tbsp. olive oil
- salt & pepper to taste
- 1 tbsp. capers
- 4 cups peas (frozen)

Instructions:

Preheat oven to 400 degrees. Blend all ingredients except chicken breasts in a food processor until well blended and pour into a large bowl. Put chicken in the bowl with pesto and toss until all pieces are coated. Place chicken on a foil-lined baking sheet and bake for 15-20 minutes, or until chicken is not pink inside. Place peas in saucepan along with 1/4 cup water, salt, and pepper. Cook 10 minutes or until peas are done.

Basil Pesto Topper or Dip

Calories per serving: 239.5
Serving size: ¼ recipe
Total calories per recipe: 958
Servings: 4

Ingredients:

- 3 bunches of basil
- 1/3 cup pine nuts
- 1/2 lemon, juiced
- 2 tbsp capers
- 3 cloves of garlic
- 1/3 cup olive oil

Instructions:

Add all ingredients except oil into food processor and blend until combined. When combined, stream in the olive oil until desired consistency is reached. Use as a sandwich topper or veggie dip!

Tuscan Tuna Salad

(eat lunch for 4 days with this one recipe!)

Calories per serving: 298
Serving size: ¼ recipe
Total calories per recipe: 1,191
Servings: 4

Ingredients:

- 2 cans of chunk light tuna, drained
- 1 can navy beans, drained and rinsed
- 10 cherry tomatoes
- 4 scallions, sliced
- 2 tbsp. olive oil
- 1 lemon, juiced
- salt & pepper to taste

Instructions:

Combine all ingredients in a bowl until mixed and refrigerate. Serving size is 1 cup. Pack a cup with pita pockets, lettuce cups, or bread for a sandwich. Pair with whole wheat crackers to eat as a salad and enjoy!

Roasted Butternut Squash Soup

Calories per serving: 155
Serving size: 1/4 recipe
Total calories per recipe: 620
Servings: 4

Ingredients:

- 1 butternut squash, chopped
- 1 onion, chopped
- 4 garlic cloves
- 2 cups broth
- 1 cup water

Instructions:

Heat oven on 450 and roast squash, onion, and garlic for 20 minutes or until tender. Transfer food and juices to food processor and blend until smooth. Add broth, water, and soup to a pot and cook until warmed through. Enjoy a cup for lunch with a salad or sandwich on the side.

Mushroom Risotto

Calories per serving: 179
Serving size: 1/4 recipe
Total calories per recipe: 716
Servings: 4

Ingredients:

- 1 cup arborio rice
- 1 onion, chopped
- 2 portobello mushrooms, chopped
- 1.5 cups chicken broth (Swanson's 99% fat free)
- 1.5 cups water
- 2 tbsp. olive oil

Instructions:

Combine broth and water in saucepan over medium heat. Heat oil in large skillet over medium-high heat. Toss in onion and cook 3 minutes or until tender. Add mushrooms, stir and cook for another 3 minutes. Stir in arborio rice and cook until rice becomes transparent, about 2 minutes. Add one ladle of broth-water mixture and stir. Allow arborio to cook until water is absorbed, add another ladle and repeat. It takes about 20 minutes of cook time and the entire saucepan of liquid before you have risotto.

Note: Once you add arborio to skillet, put stove timer on 20 minutes. Your dish should be complete before time runs out!

Chicken Fried Rice

Calories per serving: 312.25
Serving size: 1/4 recipe
Total calories per recipe: 1249
Servings: 4

Ingredients:

- 2 cups (Steamed Rice (cook beforehand!))
- 3 Eggs Whites
- 1 tbsp Soy Sauce
- 2 tbsp Oyster Sauce
- 1/2 cup Carrots (chopped)
- 1 cup Broccoli (chopped)
- 1 cup Iceberg Lettuce (chopped)
- 1 cup Chinese Bean Sprouts
- 2 Chicken Breasts (sliced into strips)
- 1 tsp Vegetable Oil

Instructions:

Sautee sliced chicken breast in vegetable oil (3-4 minutes) with salt and pepper in a large frying pan or wok and set aside. In the same pan, combine steamed rice, carrots, broccoli and soy and oyster sauces. Stir and cook on medium heat 2-3 minutes. Next, gently beat the egg whites and pour over rice mixture. Stir and cook 8-10 more minutes, adding lettuce and bean sprouts gradually. Add chicken and stir 2-3 more minutes. Season with pepper and serve!

Bacon Tomato Pizza

Calories per serving: 354
Serving size: 1/3 recipe
Total calories per recipe: 1062
Servings: 3

Ingredients:

- 3/4 cup Flour
- 2 tsp Olive Oil
- 3 tsp Yeast (dried)
- 1/3 cup Warm Water
- 1 cup Nonfat MozzaCheese (shredded)
- 1/4 cup Tomato Paste
- 1/2 cup Chicken Broth
- 2 cups Tomatoes (chopped)
- 1 cup Spinach (chopped)
- 6 strips Bacon
- 2 tbsp Basil, Oregano, Thyme
- 1 Red Onion (Chopped)
- 2 Cloves Garlic (Chopped)

Instructions:

To make dough, stir yeast into warm water and let stand 5 minutes. Slowly combine with flour until the mixture is not sticky. Coat in 1 tsp olive oil and let stand 1 hour in a moist, warm environment (I suggest in a microwave next to a cup of boiling water). While waiting, sautee onion, garlic, tomatoes, chicken broth, tomato paste and herbs in a frying pan. Cook 5-7 minutes then turn off heat and stir in spinach. Cook bacon in the microwave (1 minute per slice) and chop. When the dough has risen, gently pull/toss into a 14 inch round pan (sprinkling flour on the pan will prevent sticking) and top with sauce, bacon, and cheese. Bake at 375 F for 15-20 minutes until crust is golden brown.

Note: Baking bread from scratch can seem daunting, but with some practice it becomes easy and can really allow you to reduce calories by taking out unnecessary butter, eggs, etc. that are in many commercial breads. You can also season your bread/crust with herbs, salt, and pepper for extra flavour!

Salmon Pasta with “Cream” Sauce

Calories per serving: 407.5
Serving size: 1/2 recipe
Total calories per recipe: 815
Servings: 2

Ingredients:

- 2 cups Penne Noodles
- 3 cups Green Beans (Chopped)
- 1 cup Smoked Salmon (sliced)
- 1 whole Yellow Onion (chopped)
- 3 cloves Garlic (finely chopped)
- 1 tbsp Thyme and Sage
- 1/2 cup Skim Milk
- 2 tbsp Cornstarch (dissolved in water)
- 1/2 cup Chicken Broth

Instructions:

To make this “cream” sauce, sautee the beans, onion, and garlic on a hot non-stick pan for 5-7 minutes. Then pour in milk and chicken broth, stirring constantly. Add dissolved cornstarch gradually, continually stirring. The cornstarch will thicken the liquids to give a fantastic creamy texture without having to use cream, while the chicken broth gives flavour to the sauce. Add herbs, salt, and pepper and stir in sliced salmon. Toss with boiled pasta and serve! Stronger flavours like smoked salmon allow you to use less and still get that great taste, and filling out pasta dishes with textured veggies keeps the calories low but makes the dish stay satisfying.

Ribs with “Fried” Vegetables

Calories per serving: 681
Serving size: 1/2 recipe
Total calories per recipe: 1362
Servings: 2

Ingredients:

- 10 ribs Pork Side Ribs (boiled)
- 1 cup Rutabega (large chunks)
- 1 cup Broccoli (chopped)
- 1 cup Carrots (chopped)
- 1 whole Onion (coarsely chopped)
- 2 cloves Garlic (chopped)
- 1 tbsp Cumin
- 1 tbsp Cinnamon
- 1 tsp Turmeric
- 1 tbsp Paprika
- 2 tbsp Worcestershire Sauce
- 1/4 cup Ketchup

Instructions:

Ribs aren't exactly low calorie, but there are a few tricks to making them lighter so you can enjoy them without breaking your calorie bank. Trim the ribs well before cooking. Then, boil the ribs 45-55 minutes. While ribs are cooking, heat a frying pan to very high heat, and then splash about 1/4 cup of water into the pan. The droplets should “hop”. Use this to “fry” the vegetables 5-6 minutes, including half the onion and 1 clove of garlic. When the ribs are done boiling, rub them with the spices, salt and pepper and worchestershire and ketchup. Broil or grill the ribs at high heat (with the vegetables in a pan next to them to brown) for 7-8 minutes a side.

Notes: “Frying” vegetables in hot water leaves them more crisp than steaming, but doesn’t use any extra oil. Rutabega is a great alternative to potatoes, it has similar texture and flavour, but packs less calories. A lot of the calories that come on meats in restaurants is in the form of sauce. Using a spice rub instead of BBQ sauce can make the dish lighter.

Beef Stew

Calories per serving:	405
Serving size:	1/4 recipe
Total calories per recipe:	1620
Servings:	4

Ingredients:

- 1 pound Chuck Beef (cubed)
- 1 cup Rutabega (chopped)
- 1/2 cup Carrots (chopped)
- 1/2 cup Peas
- 1 tbsp Balsamic Vinegar
- 1/2 Onion (chopped)
- 2 cloves Garlic (chopped)
- 1 tbsp Brown Gravy Mix
- 4 slices Sourdough Bread (thickly sliced)

Instructions:

You need a slow cooker (at least 2 litres) to make this dish. Brown onions, garlic, and beef on a hot non stick pan to create texture and flavour. The, mix with raw vegetables and pour into slow cooker. Fill the pot with water (to 1 inch below surface) and add gravy mix and vinegar. Leave cooker on low for 8-10 hours or medium/high for 4-6 hours. Serve with sourdough and enjoy! If you want to cut out even more calories, try serving with a handful of unsalted tortilla chips instead.

Dinners

Dinners

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Bangers and Mash

Calories per serving: 275
Serving size: ¼ recipe
Total calories per recipe: 1100
Servings: 4

Ingredients:

- 1 tablespoon sausage drippings (bacon drippings or light olive oil may be substituted)
- 1 cup sweet onion, finely grated
- 2 tablespoons all-purpose flour
- ½ teaspoon pepper
- ¼ teaspoon raw salt
- 2 cups warm water
- 4 cups boiled cauliflower, seasoned with salt and pepper to taste, and mashed with a bit of water only
- 4 highest quality pork sausage links, each 2 ounces, cooked and browned

Instructions:

In a skillet or frying pan over medium heat, stir together the onions and drippings or oil. Cook, stirring frequently, until the onion is tender. Add the flour, pepper and salt. Stir and continue cooking to lightly brown the roux. Whisk in 1 cup warm water, and continue cooking, stirring constantly, simmering until the mixture thickens to a smooth gravy. Remove from heat. Divide the gravy into 4 equal portions.

To assemble the Low-Calorie Bangers and Mash: Divide the mashed cauliflower into 4 equal portions onto the center of 4 individual serving dishes. Arrange 1 sausage (split in half, lengthwise) atop each serving of cauliflower. Top with 1 portion of the gravy.

Barbecue Pork with Cole Slaw

Calories per serving:	225
Serving size:	1/8 recipe
Total calories per recipe:	1800
Servings:	8

Ingredients:

- 2 pounds boneless pork loin
- 1 fresh sweet green bell pepper, chopped
- 2 cups canned, diced, stewed tomatoes with juice
- ½ cup apple cider vinegar
- ½ cup hot mustard
- ¼ cup Worcestershire sauce
- 1 tablespoon red chili powder
- 1 teaspoon each: garlic powder, black pepper
- Juice of 1 fresh lemon
- 2 cups non-fat mayonnaise (non-fat salad dressing may be substituted)
- Stevia equivalent to ¼ cup sugar
- ½ cup distilled white vinegar
- 1 head fresh green cabbage, finely grated
- ¼ cup fresh sweet onion, finely grated
- 1 fresh carrot, peeled and finely grated

Instructions:

In a 4-quart slow-cooker, combine the pork loin, bell pepper, tomatoes, apple cider vinegar, mustard, Worcestershire sauce, chili powder, garlic powder, black pepper and lemon juice. Cover and cook 6-8 hours on low heat, until very tender. Remove cover. Using knife and fork, shred the pork. Stir, and continue cooking until the liquid is reduced to a sauce. Remove from heat. While the barbecue pork is cooking, prepare the cole

slaw: In mixing bowl, whisk together the non-fat mayonnaise, stevia, and distilled white vinegar until thoroughly blended. Add the grated cabbage, onion, and carrot. Stir to thoroughly combine. Cover and refrigerate 1 – 2 hours. Stir again before serving. To serve, divide into 8 equal portions and transfer to serving plates. Top each portion of slaw with a portion of the barbecue pork.

Chicken Pot Pie

Calories per serving: 200
Serving size: 1/6 recipe
Total calories per recipe: 1200
Servings: 6

Ingredients:

- 1 teaspoon butter
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{4}$ teaspoon salt
- 2 tablespoons unsalted butter
- $1\frac{1}{2}$ tablespoons ice-cold water
- 1 tablespoon light olive oil
- 1 cup fresh leeks, washed and finely chopped
- 2 cups non-fat chicken broth
- 2 cups fresh jicama (yam bean), peeled and diced
- 1 cup fresh mushrooms, finely chopped
- 1 cup cooked chicken breast meat, cut into small bits
- 1 cup fresh or frozen baby green peas
- 1 tablespoon each: fresh tarragon and fresh thyme
- $\frac{1}{2}$ tsp ground black pepper

Instructions:

Pre-heat oven to 375 degrees. Prepare a baking dish or casserole with 1 teaspoon butter. In a large mixing bowl, stir together 1 cup of the flour and $\frac{1}{2}$ teaspoon of the salt. Using a pastry blender, cut the butter into the flour until the mixture resembles a coarse cornmeal. Add the ice water 1 tablespoon at a time, stirring to form a ball of dough. Transfer the dough to a lightly floured surface, and roll out to a size just large enough to fit

into the baking dish or casserole. Place the dough between two sheets of waxed paper dusted with flour. Refrigerate for 30 minutes. Meanwhile, in a large skillet or frying pan over low heat, stir together the olive oil and leeks. Cook, stirring frequently, for 10-15 minutes or until the leek is tender. Add the chicken broth, jicama, and mushrooms. Increase heat to medium. Cook, stirring frequently, until the jicama is tender. Add the cooked chicken breast meat, peas, tarragon, thyme and pepper. In a small dish, whisk together the remaining $\frac{1}{4}$ cup of flour with $\frac{1}{4}$ cup water, to form a thin paste. Stir the paste into the hot broth, chicken and vegetable mixture. Return to heat, stirring constantly, until the mixture thickens. Remove from heat. Transfer to the prepared baking dish or casserole. Top with the chilled dough. Using a small sharp knife, cut slits into the dough to allow steam to escape during baking. Bake at 375 degrees for 30 minutes, or until the dough is flaky and cooked to a light golden brown. Remove from heat. Set aside to cool for 10-15 minutes before serving. To serve, divide into 6 equal portions.

Fried Chicken

Calories per serving:	250
Serving size:	1 chicken breast and 1 chicken leg
Total calories per recipe:	1000
Servings:	4

Ingredients:

- 1 cup corn flakes, crushed to a coarse powder
- 2 teaspoons each: onion salt, garlic powder
- 1 teaspoon each: cayenne pepper powder, ground ginger, dried sage
- ½ teaspoon each: dried thyme, black pepper, marjoram
- 4 uncooked chicken breasts, with skin removed
- 4 uncooked chicken “drumsticks”, with skin removed
- 1 teaspoon light olive oil
- 8 teaspoons paprika

Instructions:

In a mixing bowl, stir together the crushed corn flakes with the herbs, spices and seasonings. Wash chicken, then rinse and drain. Add the moistened chicken, 1 piece at a time, to the corn flake mixture, rolling to thoroughly coat the chicken with the mixture. Transfer the finished chicken pieces to a glass baking dish. Cover tightly, and refrigerate for 1 hour. To cook: Pre-heat oven to 350 degrees. Remove the chicken pieces from the refrigerator, and sprinkle each with 1 teaspoon of the paprika. Transfer the chicken pieces to a stainless steel grilling basket which has been prepared with 1 teaspoon light olive oil. Set the grilling basket into a large enough baking dish or casserole. Tent with aluminum foil. (Note: Be careful to not allow the foil to touch the chicken, to prevent the chicken from sticking to the foil). Bake at 350 degrees for 40 minutes. Do not turn the chicken during

the cooking process. Remove the foil and continue baking for an additional 30 to 40 minutes or until the chicken meat is done through, and easily can be pulled away from the bone with a fork. (Note: the chicken “drumsticks” will probably require less baking time than the chicken breasts.) The seasoned corn flake mixture will form a crispy coating. When the chicken is done through, remove from heat and transfer to metal cooling rack for 15-20 minutes before serving.

Lasagna

Calories per serving: 150
Serving size: 1/8 recipe
Total calories per recipe: 1200
Servings: 8

Ingredients:

- 1 tablespoon light olive oil
- 2 large, fresh zucchini, peeled and sliced to 1/8 inch in thickness
- 2 cups tomato sauce
- 2 cups fresh tomatoes, peeled and chopped + 1/2 cup water
(canned, diced tomatoes with 1/2 canning juice may be substituted, but omit water)
- 1 tablespoon each: garlic powder, onion powder, oregano, basil, sage, marjoram, thyme
- 1 teaspoon black pepper
- 1/2 teaspoon raw salt
- 2 cups non-fat cottage cheese
- 1 cup non-fat mozzarella cheese, shredded
- 1/2 cup grated Parmesan cheese

Instructions:

Pre-heat oven to 375 degrees. Prepare a baking dish or casserole with the light olive oil. In large mixing bowl, stir together the tomato sauce, tomatoes, water, spices, herbs, pepper and salt. In a separate bowl, stir together the cottage cheese and the shredded mozzarella cheese. To assemble the Low-Calorie Lasagna, arrange 1 layer of sliced zucchini in the baking dish. Top with half of the tomato mixture, then half of the cheese mixture. Add another layer of the sliced zucchini, then the remaining tomato

mixture, and finally the remaining cheese mixture. Sprinkle the Parmesan cheese over. Tent loosely with aluminum foil. Transfer to oven, and bake at 375 degrees for 30-40 minutes or until the zucchini is tender, and the cheese is melted. Remove foil. Continue baking for an additional 10-15 minutes until the top is nicely browned. Remove from oven. Set aside to cool on metal baking rack for 20-30 minutes. Divide into 8 equal portions.

Macaroni and Cheese

Calories per serving: 150
Serving size: ½ cup
Total calories per recipe: 1200
Servings: 8

Ingredients:

- ¼ cup all-purpose flour
- 2 cups water
- 1 teaspoon white pepper
- ½ teaspoon raw salt
- 4 ounces low-fat extra sharp cheddar, grated
- 1 teaspoon Dijon mustard
- 4 cups cooked elbow macaroni, drained

Instructions:

In a large saucepan over medium heat, whisk together the flour, water, pepper and salt. Bring to a boil, whisking constantly, until the mixture begins to thicken. Remove from heat. Stir in the cheese and mustard until the cheese thoroughly is melted and the mixture is smooth. (Return saucepan to low heat if necessary to finish melting the cheese.) Add the cooked drained macaroni. Stir to thoroughly coat the macaroni with the cheese mixture. Divide equally among 4 serving dishes.

Meatloaf and Mashed Potatoes

Calories per serving:	300
Serving size:	1 portion of meatloaf + 1 portion of mashed potatoes
Total calories per recipe:	2400
Servings:	8

Ingredients:

- 1 tablespoon butter or bacon drippings
- 2 pounds extra-lean ground beef
- ½ cup fresh sweet onion, chopped
- ½ cup fresh green bell pepper, finely grated
- ½ cup fresh celery, minced
- 1 cup stale bread crumbs
- ¼ cup tomato ketchup
- 2 tablespoons Dijon mustard
- 1 large egg
- 2 additional tablespoons tomato ketchup
- 4 Yukon gold potatoes, chopped
- ½ cup water
- ½ teaspoon each: salt and pepper

Instructions:

Pre-heat oven to 350 degrees. Prepare a glass or metal loaf pan with 1 tablespoon butter or bacon drippings. In a large mixing bowl, stir together the ground beef, onion, bell pepper, celery, bread crumbs, ¼ cup tomato ketchup, Dijon mustard, egg, salt and pepper. Shape the mixture into a loaf. Transfer to prepared loaf pan. Top with 2 tablespoons tomato ketchup. Bake at 350 degrees for 1 hour and 15 minutes, or until done through. (**Note:** If the top is browning too quickly, cover loosely with aluminum foil.) Remove from oven. Set aside on metal cooling rack for 15 minutes.

To serve, slice the meatloaf into 8 equal portions. Meanwhile, in saucepan over medium heat, boil the chopped potatoes with the water, salt and pepper. Cook, stirring occasionally, for 20 minutes or until the potatoes are tender, and the liquid is reduced. Using an electric blender or a manual potato masher, mash the potatoes until smooth. Stir, and divide into 8 equal portions to accompany the Low-Calorie Meatloaf.

Paella

Calories per serving:	275
Serving size:	1/8 recipe
Total calories per recipe:	2200
Servings:	8

Ingredients:

- 1 cup lean meat from chicken, duck or rabbit
- 1 cup wild rice
- 5 teaspoons clarified butter (light olive oil may be substituted)
- 4 cups fresh sweet onions, peeled and chopped
- 2 large cloves fresh garlic, crushed
- 2 large fresh tomatoes, peeled and cut into thin wedges
- 2 cups hot water
- 2 teaspoons each: saffron, fresh rosemary, and sweet paprika
- 1 teaspoon each: salt and pepper
- 2 fresh bay leaves
- 12 large, raw shrimp, shelled, with vein removed
- ½ cup canned pimentos, minced

Instructions:

Chop the meat into generous bite-sized pieces. In a large skillet or frying pan over medium heat, brown the rice in the clarified butter or oil, scraping the bottom of the pan and stirring constantly to prevent the rice from scorching. Continue thusly until the rice is aromatic and begins to toast. Add the meat, onion and garlic, and continue cooking, again stirring constantly to prevent scorching, until the meat is browned and the onion and garlic are tender. Remove skillet from heat. Add the tomatoes, water, saffron, rosemary, paprika, salt, pepper and bay leaves. Return to very low

heat and cook, stirring frequently, for 1 or 2 hours as you prefer. Chop the shrimp into small bite-sized pieces, and add these, along with the pimentos, to the cooked mixture. Stir and continue cooking for an additional 15 minutes. Remove from heat. Discard bay leaves. Divide the paella equally among 8 serving dishes.

Shepherd's Pie

Calories per serving:	220
Serving size:	1/8 recipe
Total calories per recipe:	1760
Servings:	8

Ingredients:

- 1 tablespoon suet, lard or unsalted butter
- 1 pound extra-lean, coarsely ground leftover cooked mutton or lamb
- 1 cup leftover cooked carrots, chopped
- 1 cup leftover baby green peas
- 1 cup leftover cooked onion, chopped
- 1 teaspoon black pepper
- 1 cup water
- 1 large, fresh raw jicama, peeled and thinly sliced, each slice broken into 2 or 3 large bits
- ½ teaspoon raw salt

Instructions:

Pre-heat oven to 300 degrees. Prepare a covered cast iron skillet or a covered baking dish with 1 tablespoon suet, lard or unsalted butter. Into the dish, layer the following ingredients in order: the mutton or lamb, carrots, peas, onion, and pepper. Pour water over all. Using a large spoon, press to compact the layers a bit. Top with the broken, thin slices of jicama. Sprinkle ½ teaspoon raw salt over. Cover, and bake at 300 degrees for 1 hour or until the jicama is tender, and the entire contents are piping hot. Remove cover. Continue cooking for a few more minutes to brown the jicama nicely. Remove from oven. Set aside to cool on a baking rack for 15-20 minutes. To serve, divide into 8 equal portions.

Spaghetti Bolognese

Calories per serving: 210
Serving size: 1/8 recipe
Total calories per recipe: 1680
Servings: 8

Ingredients:

- 2 teaspoons light olive oil
- ½ pound extra-lean ground beef, pork or veal
- 2 ounces pancetta, finely chopped
- 1 cup chicken livers, finely chopped
- 2 cups fresh sweet onion, finely chopped
- 1 cup fresh celery, finely chopped
- 1 cup water
- 1 cup dry white wine
- 2 cups fresh Porcini mushrooms, sliced
- 1 cup fresh carrots, grated
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon black pepper
- 4 cups tofu shirataki noodles, prepared according to package directions, heated and drained

Instructions:

In saucepan over medium heat, stir together the olive oil, meat, liver, onion and celery. Cook, stirring frequently until the meat is done through and nicely browned, and the onion and celery are tender. Add the water, wine, mushrooms, carrots, parsley and pepper. Lower heat and continue cooking, stirring occasionally, for 5 hours or so. To serve, stir the prepared tofu shirataki noodles into the cooked sauce. Remove pan from heat. Set aside for 10-15 minutes. Stir again, and divide equally among 8 serving dishes. Garnish with additional fresh parsley.

Easy Chicken Cordon Bleu

Calories per serving:	295
Serving size:	1 portion (1/2 recipe)
Total calories per recipe:	590
Servings:	2

Ingredients:

- 1/4 cup shredded low-fat Gruyère or low-fat Swiss cheese
- 1 tablespoon low-fat cream cheese
- 1 teaspoon each: chopped fresh parsley, dried thyme
- 1 tablespoon extra-virgin olive oil
- 2 boneless, skinless chicken breasts
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon salt
- 1 ounce very lean smoked ham or Canadian bacon, finely diced

Instructions:

Pre-heat oven to 400 degrees. In mixing bowl, stir together the cheeses, parsley and thyme, until smoothly blended; set aside. In an ovenproof skillet over medium heat, bring the oil to a sizzle. Season the chicken breasts with salt and pepper; transfer to the hot skillet and cook until browned on both sides, about 3 minutes per side. Remove pan from heat. Transfer the chicken breasts to the center of the skillet so that the pieces are touching. Spread with the cheese / herb mixture. Top with the ham. Place the skillet in the oven and bake at 400 degrees for 10 minutes or until the chicken is no longer pink in the center and an instant-read thermometer registers 165 degrees in the center of each chicken breast. Remove from heat, and transfer to 2 serving dishes.

Baked Lemon Trout

Calories per serving: 264
Serving size: 1 fillet
Total calories per recipe: 1056
Servings: 4

Ingredients:

- 4 six-ounce rainbow trout skinless fillets
- 2 teaspoons light olive oil
- 1/4 cup minced fresh basil
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon raw salt
- Juice of 2 fresh lemons
- 1 fresh lemon, thinly sliced

Instructions:

Pre-heat oven to 350 degrees. Brush the trout fillets with the olive oil, and then place the fillets in a baking dish. Pour the lemon juice over the fillets. Sprinkle the fillets with basil, pepper and salt; top with lemon slices. Bake at 350 degrees for 10 to 15 minutes or until the fish flakes easily when tested with a fork. Remove from heat, and transfer to individual serving dishes.

Smoked Salmon Quiche

Calories per serving:	180
Serving size:	1/4 recipe
Total calories per recipe:	720
Servings:	4

Ingredients:

- 1 teaspoon sweet butter
- 2 cups fresh baby asparagus spears (use the smallest-diameter asparagus)
- 1/2 cup spring onions or scallions with green tops, sliced thin
- 2 ounces Gruyère cheese, crumbled or small dice
- 2 ounces smoked salmon, crumbled
- 2 large eggs
- 2 tablespoons heavy cream
- 1 generous tablespoon fresh dill, finely chopped
- 1/4 teaspoon each: white pepper and raw salt

Instructions:

Pre-heat oven to 350 degrees. Prepare a baking dish with 1 teaspoon sweet butter. Chop the asparagus and arrange covering the bottom interior of the baking dish. Top with the sliced spring onions or scallions, then the cheese, and finally the smoked salmon. In a mixing bowl, whisk together the eggs, cream, fresh dill, pepper and salt. Pour this mixture over the smoked salmon, cheese, onions and asparagus. Bake, uncovered, at 350 degrees for 20-30 minutes or until set. Slice into 4 equal portions.

Easy Spaghetti Dinner

Calories per serving: 308
Serving size: 1/2 recipe
Total calories per recipe: 616
Servings: 2

Ingredients:

- 1 cup of whole wheat spaghetti
- 1/2 chopped red onion
- 1/2 chopped green bell pepper
- 2 cloves of garlic, minced
- 1 14oz. can of diced tomatoes
- 1 twig of rosemary, coarsely chopped
- 1 tbsp. chopped oregano
- 1 bay leaf
- 2 tbsp. extra virgin olive oil

Instructions:

Cook the pasta as the instructions direct. Heat oil in large saucepan over medium high heat with onion and pepper until they begin to moisten, about 3 to 4 minutes. Lower heat slightly and add garlic, rosemary, and oregano. Cook for 2 minutes. Add diced tomatoes and bay leaf and cook about 10 minutes, or until sauce is thickened. Add salt and pepper as needed.

Dinner by the Sea

Calories per serving: 261
Serving size: 1/2 recipe
Total calories per recipe: 522
Servings: 2

Ingredients:

- 8 oz. Ahi tuna steaks
- 2 cups green beans (fresh)
- 1 potato, chopped
- 1 tsp. unsalted butter
- 1 tbsp olive oil
- 1 twig of rosemary, chopped
- 2 tsp. thyme
- 1/8 cup milk
- salt & pepper as needed

Instructions:

Preheat oven to 425 degrees. Rub tuna steaks with oil, salt, pepper, rosemary, and thyme. Place on baking sheet and cook for 8 minutes for medium cooked tuna. Boil salted water and place chopped potato in until cooked through, about 7 minutes. Add butter and milk to potatoes and mash thoroughly. Place green beans in 2 inches of water and steam until done. Season as necessary with salt and pepper, just don't overdo it.

Desserts

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Baklava

Calories per serving:	155
Serving size:	1/12 recipe
Total calories per recipe:	1860
Servings:	12

Ingredients:

- 2 teaspoons butter
- 1 cup raw pistachio nuts, coarsely chopped
- 1 cup raw walnuts, coarsely chopped
- ½ cup honey or agave nectar
- ½ cup hot water
- Juice and zest of 1 fresh lemon
- 1 tablespoon each: ground cinnamon, cardamom, cloves
- 3 sheets Phyllo pastry dough cut to fit a 12x12 baking dish
- 2 teaspoons melted butter whisked together with 4 teaspoons hot water
- 1 tablespoon coarse sugar

Instructions:

Prepare a 12x12-inch baking dish or casserole with 1 tablespoon butter. In a mixing bowl, stir together the pistachio nuts, walnuts, honey, hot water, lemon juice, lemon zest, cinnamon, cardamom and cloves; spoon this mixture into the prepared baking dish. Top with 1 sheet of the dough. Brush dough with 1/3 of the melted butter/water mixture. Top with another sheet of dough. Brush with another 1/3 of the melted butter/water mixture. Then, top with the final sheet of dough. Finish by brushing on the last of the melted butter/water mixture. Using a large, sharp knife dipped in hot water, to cut the layered dough into 12 squares. Sprinkle the coarse

sugar over the baklava. Set aside to soak for several hours. Pre-heat oven to 400 degrees. Bake the baklava for 30-35 minutes or until the top dough is golden brown and puffed a bit. Remove from oven, and set aside to cool on a metal cooling rack for several hours or overnight. To serve, use a narrow spatula or cake knife to cut along the lines in the baked dough.

Bread Pudding

Calories per serving: 150
Serving size: 1/9 recipe
Total calories per recipe: 1350
Servings: 9

Ingredients:

- 1 cup hot water
- 1 cup whole milk
- Stevia equivalent to ½ cup sugar
- 1 tablespoon pure vanilla extract
- 2 teaspoons each: ground cinnamon, nutmeg
- 1 teaspoon each: allspice, mace
- 6 cups stale artisan bread, chopped or crumbled (stale French bread may be substituted)
- 2 large eggs
- ½ cup golden raisins or Sultanas, coarsely chopped
- ½ cup fresh apple, peeled and finely chopped
- 2 teaspoons coconut oil or butter
- Stevia equivalent to 4 ½ teaspoons of sugar (for topping)

Instructions:

In mixing bowl, use an electric mixer to combine the hot water with the milk, stevia, vanilla and spices. Stir in the chopped or crumbled bread, again using the electric mixer to combine. Add the eggs, one at a time, beating lightly after each addition. Set the electric mixer aside. With a large mixing spoon, stir into the mixture the golden raisins or Sultanas, and apple. Cover the bowl tightly, and refrigerate overnight. To cook, pre-heat oven to 350 degrees. The chilled, soaked bread mixture should drop easily from

a spoon. If the mixture is too wet, add a bit more crumbled bread; if the mixture is too dry, add a bit more water. Stir thoroughly, then scoop the mixture into a square baking dish prepared with 2 teaspoons coconut oil or butter. Bake at 350 degrees for 1 hour or until done in the center. Remove from oven. Set aside on a metal baking rack to cool completely. To serve, cut into equal 9 pieces and transfer to individual serving dishes. Sprinkle each piece with ½ teaspoon additional stevia.

Chocolate Chip Cookies

Calories per serving:	110
Serving size:	2 cookies
Total calories per recipe:	3300
Servings:	30

To make 5 dozen Low-Calorie Chocolate Chip Cookies, gather the following ingredients:

- 2 ¼ cups all-purpose flour
- 1 teaspoon aluminum-free baking soda
- 1 teaspoon raw salt
- ½ cup unsalted butter, softened
- ½ cup unsweetened applesauce
- Stevia equivalent to ¾ cup sugar
- ¾ cup firmly packed brown sugar
- 1 teaspoon pure vanilla extract
- 4 egg whites
- 1 cup semi-sweet chocolate morsels

Instructions:

Pre-heat oven to 375 degrees. In a mixing bowl combine flour, baking soda, and salt; set aside. In a separate bowl combine the butter, applesauce, stevia, brown sugar and vanilla extract; beat until creamy. Add egg whites 1 at a time, beating after each addition. Gradually add the flour, baking soda and salt to form a stiff dough. Use a large mixing spoon to stir in the semi-sweet chocolate morsels. Drop dough by level tablespoonfuls onto an ungreased cookie sheets. Bake at 375 degrees for 10 minutes. Do not overcook. Makes 5 dozen cookies.

Crispy Rice Treats

Calories per serving:	90
Serving size:	1/12 recipe
Total calories per recipe:	1080
Servings:	12

Ingredients:

- 1 tablespoon butter
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon raw salt
- 4 cups sugar-free marshmallows, packed
- 6 cups crispy rice cereal

Instructions:

With waxed paper, line the interior of a 13x9x2-inch pan or casserole dish. Set aside. In a large saucepan over low heat, melt 1 tablespoon butter with the vanilla and salt. Add the marshmallows a few at a time, stirring continually. Continue cooking over low heat, stirring until the marshmallows are completely melted. Add the crispy rice cereal, stirring to thoroughly blend. Scoop the mixture onto the waxed paper in the pan or casserole dish. Use an extra sheet of waxed paper to lightly press the mixture into the pan or dish. Set aside to cool completely. With a sharp knife cut into 12 equal servings.

Fudge Brownies

Calories per serving: 120
Serving size: 1/16 recipe
Total calories per recipe: 1920
Servings: 16

Ingredients:

- 1 teaspoon coconut oil
- 1 tablespoon all-purpose flour
- 4 ounces unsweetened or bittersweet baking chocolate
- 2 tablespoons unsalted butter
- 1 cup all-purpose flour
- ¼ cup unsweetened baking cocoa
- ¼ teaspoon salt
- 2 eggs
- Stevia equivalent to ½ cup sugar
- ½ cup (packed) light brown sugar
- ¾ cup unsweetened applesauce
- 1 teaspoon pure vanilla extract

Instructions:

Pre-heat oven to 350 degrees. Prepare bottom only of a 9x13-inch baking dish with 1 teaspoon coconut oil, and dust with 1 tablespoon flour. In a double-boiler over low heat, melt unsweetened chocolate with 2 tablespoons butter. In a mixing bowl, stir together the flour, cocoa and salt. In a separate mixing bowl, use electric mixer to combine eggs, brown sugar, applesauce and vanilla. Combine contents of the two bowls, using electric mixer to achieve a smooth but stiff batter. Spoon the batter into the prepared baking dish. Bake at 350 for about 30 minutes, or until the center is set. Do not overcook (the edges will begin to scorch). Remove from oven. Set aside to cool on a metal cooling rack. Cut into 16 equal portions.

Vanilla Ice Cream

Calories per serving: 80
Serving size: ¼ recipe
Total calories per recipe: 320
Servings: 4

Ingredients:

- 7 cups water
- 1 cup half-and-half
- Stevia equivalent to 1 cup sugar
- 4 teaspoons pure vanilla extract

Instructions:

In mixing bowl, whisk together all ingredients until thoroughly blended. Pour into ice cream maker, and process according to the instructions that came with the ice cream maker. Divide finished ice cream into 4 equal amounts.

Nanaimo Bars

Calories per serving: 160
Serving size: 1 bar
Total calories per recipe: 3840
Servings: 24

Ingredients:

- 1 teaspoon coconut oil
- ½ cup unsalted butter
- 4 tablespoons cocoa powder
- Stevia equivalent to ¼ cup sugar
- 1 cup graham cracker crumbs
- 2/3 cup shredded, sweetened coconut
- 1/4 cup chopped pecans or walnuts
- 1 cup powdered (confectioner's) sugar
- ½ cup unsalted butter
- 3 tablespoons water
- 2 tablespoons sugar-free instant vanilla pudding mix
- 4 ounces semi-sweet chocolate
- 2 additional tablespoons unsalted butter

Instructions:

Prepare a large shallow baking pan with 1 tablespoon coconut oil. In a large saucepan over very low heat, melt the butter. Stir in the cocoa powder and stevia. Increase heat to medium, and continue cooking, stirring constantly, for about 2 minutes or until the mixture starts to thicken. Remove from heat. Stir in the graham cracker crumbs, coconut, and chopped nuts. Transfer the mixture to the prepared baking pan, using a sheet of waxed paper to compact the mixture and form a thin, even layer. In a mixing bowl

use an electric mixer to beat together the powdered sugar, butter, water and instant vanilla pudding mix. Scatter the resulting mixture atop the contents already in the casserole dish. For the topping, in a saucepan over low heat melt the semi-sweet chocolate with the 2 additional tablespoons butter. Cook, stirring constantly, until the chocolate and butter are melted and form a smooth mixture; drizzle this over the contents of the baking pan. Cover the dish, and transfer to refrigerator to chill thoroughly, at least 1 hour or overnight. To serve, bring to room temperature before cutting into 24 equal portions.

New York-Style Cheesecake

Calories per serving: 170
Serving size: 1/12 recipe
Total calories per recipe: 2040
Servings: 12

Ingredients:

- 2 cups low-fat graham cracker crumbs
- 2 tablespoons butter
- 16 ounces non-fat cream cheese
- 1 cup non-fat yogurt (drained)
- Stevia equivalent to 1 cup sugar
- ¼ cup cornstarch
- 1 tablespoon fresh lemon juice
- 2 egg whites
- 1 large egg
- 3 cups fresh blueberries (for topping)

Instructions:

Pre-heat oven to 325 degrees. Coat a 6-inch spring-form pan with non-stick cooking spray. To prepare the crust, combine the graham cracker crumbs and 2 tablespoons butter. Stir with a fork, just until the mixture is moistened. Using your hands, press the mixture into the bottom and halfway up the sides of the pan. Bake the crust at 325 degrees for 10 minutes. Remove from the oven, and set aside to cool. In a mixing bowl, combine the non-fat cream cheese, non-fat yogurt, and stevia equivalent to 1 cup sugar. With an electric mixer, blend for 3 minutes at high speed. Add corn starch and lemon juice, and continue mix at high speed for an additional minute. Add the egg whites and egg, and mix just until the eggs

are combined. Pour the mixture into the prepared graham cracker crust in the spring-form pan. Transfer pan to pre-heated oven. Bake at 325 degrees for 55 minutes or until the middle of the cheesecake is set. Remove from oven. Use a dull knife to release the edge of the cheesecake from the pan. Set aside to cool completely. Cover and refrigerate until thoroughly chilled. To serve, slice the cheesecake in 12 equal portions. Top each portion with $\frac{1}{4}$ cup fresh blueberries.

Riced Pudding

Calories per serving:	85
Serving size:	1/8 recipe
Total calories per recipe:	680
Servings:	8

Ingredients:

- 1 teaspoon butter or coconut oil
- 4 cups fresh cauliflower, processed in a manual ricer or electric food processor to the consistency of rice grains
- 3 cups water
½ teaspoon raw salt
- ½ cup golden raisins or Sultanas, chopped
- ½ cup light brown sugar
- Stevia equivalent to ½ cup sugar
- 2 teaspoons each: pure vanilla extract, cinnamon
- 1 teaspoon ground nutmeg

Instructions:

Prepare a baking dish or casserole with the butter or coconut oil. In a large saucepan over low heat, stir the riced cauliflower together with the water, salt, and raisins or Sultanas, stirring frequently, until the cauliflower is just tender, but not soft. Immediately remove from heat. Stir in the brown sugar, stevia, vanilla, cinnamon and nutmeg, being careful to not “mash” the cauliflower. Transfer the mixture to the prepared baking dish. Cover and refrigerate at least 1 hour or overnight. To cook, remove cover. Pre-heat oven to 325 degrees. Bake for 20 minutes. Stir, then continue baking for an additional 20 minutes or until the center is hot and the top is golden brown and crisped. Remove from oven. Set aside to cool completely, uncovered. To serve, divide into 8 equal portions. Alternatively, cover and refrigerate at least 4 hours or overnight before serving. (Note: be certain the pudding has cooled completely to room temperature before covering the dish.)

Strawberry Shortcake

Calories per serving: 130
Serving size: 1 shortcake
Total calories per recipe: 1040
Servings: 8

Ingredients:

- 2 cups all-purpose flour, chilled
- Stevia equivalent to $\frac{1}{4}$ cup sugar
- 2 teaspoons aluminum-free baking powder
- $\frac{1}{8}$ teaspoon raw salt
- $\frac{1}{3}$ cup unsalted butter, chilled and chopped into small portions
- 1 large egg, lightly beaten
- 1 teaspoon pure vanilla extract
- $\frac{1}{2}$ cup water
- 4 cups fresh strawberries, washed, hulled and thinly sliced
- 1 seven-ounce aerosol can of fat-free sweetened whipped dairy cream, chilled
- 8 additional fresh whole strawberries (for garnish)

Instructions:

Pre-heat oven to 400 degrees. Line a cookie sheet with parchment baking paper. In a mixing bowl, whisk together the flour, stevia, baking powder and salt. Using a pastry cutter or your fingertips, blend the chilled, chopped butter into the flour mixture. The resulting mixture should resemble coarse crumbs. Whisk together the egg, water, and vanilla extract. Add this liquid mixture to the flour mixture, mixing just until the dough comes together. Do not over-mix the dough. Transfer the dough to a lightly floured surface; knead dough lightly, then pat into a circle approximately 7 inches

in diameter and about 1 inch thick. Using a 3-inch round cookie cutter or biscuit cutter, cut the dough into 8 shortcakes. Place the shortcakes onto the parchment-lined baking sheet. Bake at 400 degrees for 15 - 20 minutes or until nicely browned and done through. Remove from oven, and transfer to a wire rack to cool. To serve: Slice each shortcake in half, horizontally across the center. Place the bottom halves of the shortcake onto individual serving plates. Top each bottom half with $\frac{1}{2}$ cup of fat-free sweetened whipped dairy cream from the aerosol can. Place $\frac{1}{2}$ cup of the sliced strawberries atop the whipped cream. Then, arrange top halves of the shortcakes. Garnish each completed shortcake with an additional 2 tablespoons of the whipped cream, and 1 fresh strawberry.

Apple Confit Delight

Calories per serving: 98
Serving size: 1/8 recipe
Total calories per recipe: 784
Servings: 8

Ingredients:

- 3 lbs. Granny Smith or Golden Delicious apples
- 1/4 cup light brown sugar
- 1/2 tsp. ground cinnamon
- 1 tsp. real vanilla extract

Instructions:

Peel apples and slice approximately 1/4 inch thick. Place apples in slow cooker (4 qt. or bigger) and sprinkle in cinnamon and sugar. Stir until apples are coated with sugar-cinnamon mixture. Cover slow cooker and cook apples until they are tender and practically transparent, about 4 to 4.5 hours on low heat. If you're doing weekend entertaining and want to use this dish, cook on high temperature for about 2 to 2.5 hours. Stir vanilla until mixed and transfer to a bowl to chill. This slow cooker recipe makes 8 servings of about 1/2 cup each.

Note: Serve with a scoop vanilla ice cream for a perfect end to a tasty slow cooked meal.

Chocolate Roll Cake

Calories per serving:	200.6
Serving size:	1/8 recipe
Total calories per recipe:	1604.8
Servings:	8

Ingredients:

- 7 Egg Whites
- 3 Egg Yolks
- 1.5 cups Dark Chocolate (chopped)
- 1.5 cups Low Calorie Whipped Topping
- 2 tbsp Gran Marnier (Optional)
- 1 tbsp Cocoa
- 2 cups Strawberries (sliced)

Instructions:

This flourless cake is light but boasts a rich taste. Beat whites until they form stiff peaks. Beat yolks until they are thick and pale. Melt chocolate with 1 tbsp water in the microwave (20 second bursts, stirring in between) and then cool slightly on the counter. Stir chocolate into egg yolks and then fold whites into chocolate mixture. Line a 15x10 baking sheet with wax paper (oil the underside) and pour the batter into the pan. Bake 15-20 minutes at 350F until dry to touch. Cover with 2 layers damp paper towels (*important*) and let cool 5 minutes. Remove paper towels and cool completely. Sprinkle the cake with cocoa powder, and top with a second sheet of wax paper. Then, using a cutting board, flip the cake out of the pan and peel away the layer of wax paper the cake was baked on. Spread the whipped topping over the whole cake (optional grand marnier can be mixed into whipped topping) and then gently roll the cake into a log shape. Cut into slices and top with strawberries!

Apple Crumble

Calories per serving: 229.5
Serving size: 1/4 recipe
Total calories per recipe: 918
Servings: 4

Ingredients:

- 4 whole Apples (peeled and thick sliced)
- 1/2 cup Low Calorie Maple Syrup
- 1 cup Oat flakes
- 1/4 cup Brown Sugar
- 1/4 cup Bran Flakes
- 2 tbsp Lemon Juice

Instructions:

Layer the apples with half the maple syrup and lemon juice (turn to coat apples) and let sit in an 8 inch pie round for between 1-4 hours to soften. Toss the oats, bran, sugar, and remaining maple syrup together to form a sticky mixture. Pack over and between apples and bake at 350F for 20-30 minutes until the crumble topping is golden brown. Serve warm and enjoy!

Angel's Food Cake

Calories per serving:	135.5
Serving size:	1/8 recipe
Total calories per recipe:	1084
Servings:	8

Ingredients:

- 6 Egg Whites
- 1/2 cup All Purpose Flour
- 1 tbsp Vanilla Extract
- 1 tbsp Cinnamon
- 1/2 cup Icing Sugar
- 2 tbsp No Calorie Sweetener
- 2 cups Blueberries
- 4 cups Whipped Topping

Instructions:

Sift flour with cinnamon well (at least twice). Add vanilla to egg whites and beat until they hold firm peaks, adding sugar and sweetener gradually as you beat. Fold flour gently into the whites and then spoon into a 8 inch tube pan, gently running a knife through the batter to remove air pockets. Bake at 350F for 35-40 minutes until tester comes out clean and cake is a springy texture. Invert immediately and place on rack, and let cake cool completely before removing from pan. Serve with blueberries and heap with whipped topping! NOTE: store bought angel food cake is often light, but making it yourself you can use even less sugar and top with fruit instead for that extra sweetness (and you can have a bigger slice).

Appetizers



Spinach Dip

Calories per serving:	158.5
Serving size:	1/10 recipe
Total calories per recipe:	1585
Servings:	10

Ingredients:

- 2.5 cups Yogurt
- 1/2 cup Low Fat Sour Cream
- 1 package Spinach
- 3/4 cup Water Chestnuts
- 1 package Dried Veg. Soup Mix
- Loaf Pumpernickel Bread

Instructions:

First, chop the spinach and cut the water chestnuts into slivers. Next, mix all of the first five ingredients together and season with salt and pepper to taste. Let the mixture sit 10-15 minutes before serving so the soup mix ingredients can soften. Serve with slices of pumpernickel or hollow out the loaf into a bowl shape and fill with dip!

Nachos

Calories per serving: 247.5
Serving size: 1/4 recipe
Total calories per recipe: 990
Servings: 4

Ingredients:

- 1 cup Tomatoes (Chopped)
- 1/2 Cup Onion (Chopped)
- 2 cloves Garlic (Chopped)
- 1/4 cup Cilantro (Chopped)
- 2 cups Shredded Low Fat Cheddar Cheese
- 1 cup Low Fat Sour Cream
- 2 cups Lettuce (shredded)
- 100 Chips Rice Crackers

Instructions:

For the salsa, combine the first 4 ingredients and season with salt and pepper to taste. The shredded lettuce helps add volume and crunch to this snack without adding calories. Layer the rice chips and lettuce with the cheese and then bake at 350 F for about 15 minutes or microwave 45 seconds. Then, serve with low fat sour cream and the salsa.

Boston Bib Salad

Calories per serving:	213.5
Serving size:	1/4 recipe
Total calories per recipe:	854
Servings:	4

Ingredients:

- 1 cup Yogurt
- 1/2 cup Sour Cream
- 2 tbsp Lemon Juice
- 2 cups Baby Shrimp
- 2 cups Blueberries
- 1/4 cup Almonds (sliced)
- 1 cup Mandarin Oranges
- 1 head Butter Lettuce

Instructions:

Combine the first three ingredients and mix well, seasoning with salt and pepper to taste to form the dressing. Pre-cooked baby shrimp are perfect for this recipe, and can be bought frozen. Raw shrimp can be steamed 10 minutes (up to 1 day early) and then cooled in the fridge. Toss remaining ingredients and serve!

Snacks

Snacks



Pancetta-Wrapped Scallops

Calories per serving:	50
Serving size:	2 scallops
Total calories per recipe:	600
Servings:	12

Ingredients:

- 24 large fresh scallops
- Juice of 2 fresh lemons
- 1 tablespoon each: agave nectar, onion powder, garlic powder, smoked paprika
- 1/2 cup lemon pepper
- 24 slices pancetta, each slice 1 - 2 inches wide, 6 - 7 inches long

Instructions:

Wash the scallops, then pat dry with paper towels. In mixing bowl, whisk together the juice of 2 fresh lemons with the agave nectar, onion powder, garlic powder, and smoked paprika. Add the scallops. Stir, cover, and refrigerate for 1 hour. Pre-heat oven to 375 degrees. Drain the scallops; pat dry with paper towels. Dredge the scallops in lemon pepper, toss to remove excess, then wrap each individual scallop in 1 slice of the pancetta. Arrange on baking pan, allowing at least ½ inch between the scallops. Cook for 5-10 minutes, or until the pancetta crisps and browns. (2 pancetta-wrapped scallops = 1 serving.)

Buffalo Wings

Calories per serving:	210
Serving size:	2 wings
Total calories per recipe:	2520
Servings:	12

To make 24 Low-Calorie Buffalo Wings, you will need:

- 24 chicken wings
- 1 tablespoon red palm oil (peanut oil or bacon drippings may be substituted)
- 1 cup red hot tabasco pepper sauce
- ¼ cup good white wine
- ¼ cup distilled white vinegar
- 1 teaspoon raw salt

Instructions:

Pre-heat oven to 425 degrees. Cut off and discard the tips of the chicken wings. (Optional: chop each wing in half, separating the meatier “drumstick” from the “flat”.) Rinse the wings; pat dry with paper towels. Line a baking pan with aluminum foil. Spread the foil with the oil. Arrange the wings in a single layer on the foil. Bake at 325 degrees for 30 minutes. Remove from oven. To make the sauce: In a mixing bowl, whisk together the pepper sauce, wine, vinegar and salt. Using a pastry brush, brush half of the wing sauce over the wings. Return to oven, increase heat to 425 degrees, and cook for 30 minutes. Remove from oven. Using barbecue tongs, turn the wings over. Brush the remaining half of the sauce over the wings. Return to oven, and continue cooking for 30-40 minutes. (Note: The desired result is, very-well-done wings which are crispy and

at the same time also rather chewy.) Remove from oven, and transfer to a metal cooling rack which has been oiled to prevent sticking. Allow the wings to cool for 5 minutes. Serve with plenty of fresh celery and Low-Calorie Bleu Cheese Dip.

Bleu Cheese Dip

Calories per serving: 65
Serving size: ¼ cup
Total calories per recipe: 780
Servings: 12

Ingredients:

- 2 cups non-fat or fat-free mayonnaise
- 2 cups plain non-fat yogurt
- 1/2 cup bleu cheese, crumbled
- 1/2 cup fresh parsley
- Juice of 1 fresh lemon
- 1 teaspoon raw salt

Instructions:

Place all ingredients in a large-capacity electric blender or food processor. Process until smooth and thoroughly blended. Serve chilled. For best taste, cover tightly and refrigerate at least 1 hour or up to 2 days before serving.

Caramel Popcorn and Peanuts

Calories per serving: 200
Serving size: 2 cups
Total calories per recipe: 1200
Servings: 6

Ingredients:

- 12 cups air-popped popcorn
- 1 cup redskin Spanish peanuts, with salt
- 1 cup zero-calorie sugar-free caramel syrup

Instructions:

Pre-heat oven to 200 degrees. In a large mixing bowl, stir together the popcorn, peanuts, and syrup. Spread into an ungreased baking pan. Bake at 200 degrees for 1 hour, stirring occasionally.

Hummus

Calories per serving:	90
Serving size:	1/3 cup
Total calories per recipe:	1080
Servings:	12

Ingredients:

- 3 cups garbanzo beans (chickpeas), boiled or canned (rinse, and drain thoroughly)
- 1 cup toasted sesame seeds
- 6 cloves fresh garlic
- Juice of 4 fresh lemons
- 2 tablespoons each: smoked paprika, black pepper, cumin, ground chipotle powder
- ½ teaspoon raw salt (optional)

Instructions:

Place all ingredients in large-capacity food processor. Process for 10 minutes, adding water as necessary to achieve desired consistency. Transfer to glass storage bowl. Cover tightly, and refrigerate for at least 6 hours or overnight.

Serve chilled.

Nachos

Calories per serving: 400
Serving size: 1 recipe
Total calories per recipe: 400
Servings: 1

Ingredients:

- 1 teaspoon unsalted butter
- 1 teaspoon all-purpose flour
- ¼ teaspoon ground yellow mustard powder
- 2 ounces non-fat American cheese
- ½ cup liquid from canned **jalapeño** peppers
- 1 ounce baked non-fat corn tortilla chips
- ¼ cup canned **jalapeño** peppers, sliced

Instructions:

In saucepan over low heat, whisk together the butter, flour, and mustard powder until the butter is melted and the mixture is thoroughly blended. Add the liquid from the canned peppers, whisking constantly to prevent lumps from forming. Add the cheese, a little at a time, again stirring constantly. Continue to cook and stir until the cheese has melted, and the mixture is smooth. If the mixture is too thick, add a bit more liquid from the peppers; if the mixture is too thick, let it simmer, stirring constantly, to reduce to desired consistency. To serve, heat the tortilla chips in oven or microwave. Transfer to serving dish. Top with the cheese mixture and the **jalapeño** peppers.

Nuts and Bolts

Calories per serving:	95
Serving size:	1 cup
Total calories per recipe:	380
Servings:	4

Ingredients:

- 1 cup rice cereal squares
- 1 cup wheat cereal squares
- ½ cup oat cereal circles
- ½ cup small pretzels
- 1 teaspoon each: onion powder, garlic powder, celery salt, and savory
- ½ teaspoon red hot Tabasco pepper sauce
- 2 tablespoons Worcestershire sauce

Instructions:

Pre-heat oven to 175 degrees. In a large mixing bowl, stir together the cereals and pretzels. Top with the onion powder, garlic powder, celery salt and savory. Toss to thoroughly coat. Sprinkle mixture with hot pepper sauce and Worcestershire sauce, stirring constantly to distribute throughout. Transfer to ungreased baking pan. Spread evenly and cover with aluminum foil. Cook for 2 or 3 hours, stirring occasionally. Remove from oven, and transfer to paper towels to cool to room temperature. After cooled completely, serve, or transfer to storage jar with tight-fitting lid.

Trail Mix

Calories per serving: 140
Serving size: ½ cup
Total calories per recipe: 1680
Servings: 12

Ingredients:

- 4 cups oat cereal circles
- 1 cup raisins
- ½ cup peanuts
- ½ cup chocolate morsels

Instructions:

In a large mixing bowl, stir together all ingredients. Serve immediately, or store in an air-tight covered container at room temperature.

Potato Skins

Calories per serving:	130
Serving size:	2 potato skins
Total calories per recipe:	1560
Servings:	12

Ingredients:

- 12 large baked potatoes, cooled to room temperature
- Seasoned salt
- 12 slices bacon, cooked, halved, and crumbled
- 1 ½ cups shredded non-fat cheddar cheese
- 1 ½ cups non-fat plain yogurt
- ½ cup fresh green onion tops or scallion, finely chopped

Instructions:

Heat oven to 375. With a sharp knife, slice each baked potato in half lengthwise. Use a spoon to scoop out the potato flesh from the potato skins. (Reserve potato flesh to make soups, etc.) Each potato will yield 2 potato skins. Sprinkle each potato skin with a pinch of seasoned salt. Arrange the skins on an ungreased baking pan. Bake for 15 minutes. Top each with ½ slice crumbled bacon and 1 tablespoon shredded non-fat cheddar cheese. Continue baking for an additional 10 minutes. Remove from oven. Transfer to individual serving dishes. Top each with 1 tablespoon non-fat plain yogurt; garnish with 1 teaspoon green onion.

Spinach Dip

Calories per serving: 70
Serving size: ½ cup
Total calories per recipe: 560
Servings: 8

Ingredients:

- 1 cup plain non-fat yogurt
- 1 cup non-fat mayonnaise
- 1 teaspoon each: onion powder, dried parsley, lemon pepper, garlic, dill
- ½ teaspoon each: celery salt, sage, marjoram, thyme, basil, oregano, summer savory
- 4 cups (packed) cooked spinach, drained and chopped

Instructions:

In mixing bowl, whisk together the yogurt, mayonnaise, spices and herbs and seasonings. Continue whisking until thoroughly blended. Add the spinach; stir. Transfer mixture to a glass storage bowl. Cover tightly and refrigerate at least 2 hours or overnight. Serve chilled.

TexMex Cheese Dip

Calories per serving: 67
Serving size: ½ cup
Total calories per recipe: 265
Servings: 4

To make 4 servings of Low-Calorie TexMex Cheese Dip, you will need:

- 8 ounces non-fat white American cheese
- ¾ cup water
- ½ cup canned salsa verde (puree of tomatillos, onion, serrano peppers, salt and cilantro)

Instructions:

In saucepan or double-boiler, over low heat melt the cheese with the water and salsa, stirring constantly until the cheese has melted smoothly. Serve immediately, with tortilla chips or as a sauce to accompany TexMex dishes.

Banana Bread

Calories per serving: 125.7
Serving size: 1 slace
Total calories per recipe: 1257
Servings: 10

Ingredients:

- 4 Ripe Bananas (Mashed)
- 1/2 cup Unsweetened Applesauce
- 2 Eggs
- 2 tsp Baking Powder
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1 tbsp Zero Calorie Sweetener
- 1.5 Cups Flour

Instructions:

Beat eggs well until they are slightly fluffy and add mashed bananas. In a separate bowl, mix remaining ingredients well. Fold in banana mixture gently. Bake in a loaf pan lined with wax paper at 350F for 40-50 minutes until tester comes out clean. Cool on a wire rack. Unsweetened applesauce is a great substitute for butter in most baking recipes, but be sure to add extra baking powder to help the heavier batter rise, and beat eggs a touch longer to add air and volume to the batter. Flour can also be 50/50 with vanilla protein powder for extra protein.

Apple Carrot Muffins

Calories per serving:	94.8
Serving size:	1 Muffin
Total calories per recipe:	568.8
Servings:	6

Ingredients:

- 2 cups Apples (roughly grated)
- 1/2 cup Unsweetened Applesauce
- 1/2 cup Flour
- 1 tsp Vegetable Oil
- 2 Egg Whites
- 1 tsp Vanilla Extract
- 2 tsp Cinnamon
- 1 cup Carrots (grated)
- 2 tsp Baking Powder

Instructions:

Grate apples using a large grater or chop finely and grate carrots. Mix applesauce, flour, cinnamon, baking powder, and vanilla extract and fold in fruit until well mixed. Beat egg whites until they hold very soft peaks, and fold into the other ingredients. Bake in lined muffin cups at 350F for 15-18 minutes until a tester comes out clean. Cool and serve! Adding lots of fruit and vegetables (grated) to a baking recipe adds volume without having to use dense flour, and beaten egg whites also help to raise the batter. A touch of vegetable oil is what keeps the muffins from sticking to the liners.

Mocha Biscotti

Calories per serving:	78.4
Serving size:	1 Biscotti
Total calories per recipe:	1254
Servings:	16

Ingredients:

- 1/4 cup Unsweetened Applesauce
- 4 Egg Whites
- 1 tsp Vanilla Extract
- 1 tbsp Coffee Grounds (Fine)
- 2 tsp Cocoa Powder
- 1/4 cup Slivered Almonds
- 2 cups Flour
- 2 tsp Baking Powder

Instructions:

Combine applesauce, vanilla, and egg whites and beat well, about 3-4 minutes with a hand mixer or 2-3 with a standing mixer. Combine flour, cocoa, coffee, and baking powder in a large bowl and then fold with egg mixture and almonds until dough forms. Roll dough into two logs and then flatten and square off ends so they make long rectangles. Bake on a cookie sheet covered in wax paper for 15-16 minutes until the tester comes out clean. With a serrated edge on a cutting board, gently cut the logs into eight slices each (about a 1/2 inch thick). Bake slices on parchment paper for five minutes a side until golden brown. Cool and serve!

**Special
Occassion**



Classic Green Bean Casserole

Calories per serving:	80
Serving size:	1 portion (approximately 1 cup)
Total calories per recipe:	480
Servings:	6

Ingredients:

- 1 recipe Low-Calorie Cream of Mushroom Soup (a 10 $\frac{3}{4}$ ounce can of commercial condensed 98% fat-free cream of mushroom soup may be substituted)
- $\frac{1}{2}$ cup water
- 4 cups cooked or canned green beans, drained
- $\frac{1}{4}$ cup crispy fried onions, broken
- Additional $\frac{1}{4}$ cup crispy fried onions (for topping)

Instructions:

Pre-heat oven to 350 degrees. Prepare a baking dish or casserole with 1 teaspoon butter. In a mixing bowl, stir together the soup, water, green beans and $\frac{1}{4}$ cup of crispy fried onions. Transfer to prepared baking dish or casserole. Bake at 350 degrees for 25 minutes or until bubbling hot. Remove from oven. Stir. Top with additional $\frac{1}{2}$ cup crispy fried onions. Return to oven, and continue baking for 5 – 10 additional minutes. Remove from oven. To serve, divide into 6 equal portions.

Cream of Mushroom Soup

Calories per serving: 135
Serving size: ½ recipe
Total calories per recipe: 270
Servings: 2

Ingredients:

- 1 tablespoon sweet butter
- 2 cups fresh white mushrooms, cleaned and finely chopped
- ½ cup fresh shallots, finely chopped
- Juice of 1 fresh lemon
- 1 fresh bay leaf
- 1 teaspoon fresh thyme (½ teaspoon dried thyme may be substituted)
- 1 teaspoon each: black pepper, raw salt
- 2 cups non-fat low-sodium chicken broth (water may be substituted)

Instructions:

In saucepan over low heat, melt the butter. Add the chopped mushrooms, shallots, lemon juice, bay leaf, thyme, pepper and salt. Cook, stirring constantly, until the mushrooms and shallot are tender. Add the non-fat chicken broth or water. Increase heat to medium. Cook, stirring frequently, for 15-30 minutes or until the liquid is reduced by half. Remove from heat. Discard bay leaf. (Alternate method, for a creamier consistency: before cooking, process all ingredients except bay leaf, in food processor; then transfer to saucepan, add bay leaf, and continue as per instructions.)

Deviled Eggs

Calories per serving:	78
Serving size:	2 egg halves
Total calories per recipe:	936
Servings:	12

Ingredients:

- 1 dozen large eggs, hard-boiled, shelled, and cooled to room temperature
- 4 tablespoons fat-free plain yogurt
- 3 tablespoons prepared yellow mustard
- 2 tablespoons dill pickle brine
- Stevia equivalent to 1 teaspoon sugar
- 1 teaspoon white pepper
- 1 tablespoon paprika

Instructions:

Cut each egg in half lengthwise. Remove yolks from eggs; transfer yolks to a mixing bowl; arrange whites on a serving dish. To the yolks, add the yogurt, mustard, pickle brine, stevia and pepper. Use a fork to blend the mixture to a smooth consistency. Spoon the yolk mixture back into the whites of the eggs, dividing amount equally. Top each with a pinch of paprika for a pleasing color. Serve immediately, or cover loosely and refrigerate until chilled.

Fondue

Calories per serving:	190 (excluding dippers)
Serving size:	1/12 recipe
Total calories per recipe:	2240
Servings:	12

Ingredients:

- 1 large clove fresh garlic, crushed
- 1 cup (16 ounces) Greek retsina or any good dry white wine
- 1 cup water
- 4 cups cheese, cut into small pieces (recommended: Kaseri, Graviera, Kefalograviera, Anthotiros, Galotiri, Manouri, **Gruyère**, **Emmental**, **Vacherin**, Fontina or **Raclette**)
- 2 level tablespoons all-purpose flour
- 1 teaspoon white pepper
- ½ teaspoon grated nutmeg

Instructions:

Prepare the interior of the fondue pot with crushed fresh garlic; discard the garlic or place it in the pot, as you prefer. Add the wine and water, and bring to a simmer over low heat. In a mixing bowl combine the cheeses together with the flour, nutmeg and white pepper; toss to coat. A little at a time, add the cheeses to the warm wine in the fondue pot, stirring continually until the cheese is melted and the mixture achieves a smooth, creamy consistency. Maintain low heat. Serve with a tray of assorted dippers, to be speared on individual fondue forks and dipped in the hot cheese and wine mixture.

Caution: After dipping, each morsel is to be transferred to individual serving dishes, allowed to cool for a moment or two, and then eaten using dinner forks; to prevent injury, dinner guests should be strongly cautioned against eating directly from the fondue forks.

Suggested dippers:

- stale French bread (2 one-inch cubes = 100 calories)
- mushrooms (1 cup = 15 calories)
- walnuts (1 ounce = 200 calories)
- marinated artichokes (4 ounces = 100 calories)
- steamed Brussels sprouts (1 cup = 60 calories)
- extra-firm tofu (3 one-ounce cubes = 90 calories)
- small “grape” or “cherry” tomatoes (1 cup = 30 calories)
- fresh baby asparagus (approximately 5 calories per spear)
- green apple (1 small apple = 80 calories)
- fresh peppers (1 cup = 50 calories)
- ripe avocado (1 medium avocado = 165 calories)
- boiled “new”, “baby”, or “fingerling” potatoes (1 = 25 calories)

Holiday Eggless Nog

Calories per serving:	30
Serving size:	½ cup
Total calories per recipe:	480
Servings:	16

Ingredients:

- 8 cups of ice-cold water
- 2 packages (each 1.5 ounces) sugar-free/fat-free instant vanilla pudding mix
- ¼ cup pure bourbon extract, pure rum extract, or pure brandy extract
- 1 tablespoon ground nutmeg or cinnamon
- Additional ground nutmeg or cinnamon (for topping)

Instructions:

In large capacity food processor, blend together all ingredients. Process for 10 minutes. Transfer to a glass carafe, cover and refrigerate overnight or for up to three days. Shake well before serving. Serve chilled in frosted glass punch cups or small traditional wooden goblets. Top each individual serving with a light dusting of ground nutmeg or cinnamon.

Honey-Baked Ham

Calories per serving: 150
Serving size: 3 ounces
Total calories per recipe: Unknown (varies according to size of ham)
Servings: Unknown (varies according to size of ham)

Ingredients:

- 1 whole (bone in) smoked ham, fully cooked
- ½ cup honey
- 2 tablespoons ground allspice (for best taste do not use cloves)
- ½ cup apple cider vinegar
- Hot water

Instructions:

On cutting surface, use a sharp knife to cut away all skin, and all visible fat, from the ham. Discard skin and fat. Transfer the ham to a large container of ice-cold water. Cover and refrigerate overnight to help remove excess fat and salt. To cook: Drain ham, and discard the soaking liquid. Thoroughly rinse the ham under cold running water. Use paper towels to pat the ham dry. Pre-heat oven to 250 degrees (do not exceed 250 degrees). Line a large baking pan with heavy-duty aluminum foil. Using a sharp knife, cut a network of diamond patterns 1 - 2 inches deep into the entire surface of the ham. Work the honey into the ham, then sprinkle with allspice. Transfer the ham to prepared baking pan. Into the pan pour ½ cup apple cider vinegar; add hot water to 1 inch deep. Tightly cover the pan (including the ham) with additional heavy-duty aluminum foil. Transfer to oven. Bake at 250 degrees for 4 – 6 hours, basting every 30 minutes without fail. Note: Use a silicone pastry brush or a large shallow spoon for the basting; do not use a traditional pastry brush. Add more hot water as necessary, to maintain

a depth of 1 inch in the baking pan. When the ham is tender and at least 150 degrees at center, remove from pan, and transfer to carving board. (The pan liquids may be reserved to make a gravy.) Allow ham to “rest” for half an hour. Carve as preferred, and transfer to serving dish.

Roast Beef and Yorkshire Pudding

Calories per serving:	225
Serving size:	2 ounces roast beef + 1 portion of pudding
Total calories per recipe:	Unknown
Servings:	Unknown (depends upon size of bone, and proportion of fat to lean)

Ingredients:

- 1 cup all-purpose flour
- 1 large egg
- 1 generous pinch of raw salt
- 1 cup of water
- 2 ½ – 3 pound bone-in sirloin roast (choose a roast with a good outer layer of fat)
- 1 teaspoon each: raw salt, black pepper

Instructions:

Prepare the batter for the pudding: In a glass mixing bowl whisk together the flour, egg, salt and water. Whisk until thoroughly blended into a smooth, creamy batter. Cover the batter by placing a clean damp cloth over the bowl. Set aside while you prepare and cook the beef: Pre-heat oven to 425 degrees. Place an empty, well-seasoned, high-quality cast iron skillet in the oven. Season the beef with salt and pepper. Place the beef in the oven, on the rack directly above the skillet, so that the skillet will catch the drippings as the beef is cooking. Cook at 425 degrees for 20 minutes. Decrease heat to 325 degrees, and continue cooking for 30 – 45 minutes or until the beef is very tender and done to your preference. Increase oven heat to 425 degrees as before. Carefully pour the entire pudding batter into

the hot skillet below the roast; take care, as the hot beef drippings in the skillet will sizzle and splatter. Close the oven door and continue cooking at 425 degrees for 10 minutes or until the pudding is risen and browned. Immediately turn the oven off and remove the pudding from the oven; remove from skillet and set aside on a metal cooling rack. Remove the beef from the oven; transfer to a carving board. Trim away all visible fat; discard fat; reserve drippings to prepare gravy. Allow beef to rest for 30 minutes before carving. Divide the pudding into 12 equal portions. Serve the roast and pudding with gravy and vegetables as preferred.

Prawn Cocktail ("Shrimp Cocktail")

Calories per serving: 175
Serving size: 6 shrimp + ½ total quantity cocktail sauce
Total calories per recipe: 350
Servings: 2

Ingredients:

- ¼ cup chili sauce
- ¼ cup ketchup (tomato catsup)
- 1 tablespoon fresh horseradish, peeled and grated
- 1 tablespoon Worcestershire sauce
- 2 teaspoons red hot pepper sauce
- Juice of 1 fresh lemon
- 2 tablespoons bay seafood seasoning
- 2 fresh lemons, chopped and crushed
- 2 teaspoons raw salt
- 1 dozen jumbo-sized tail-on fresh shrimp (remove heads, legs and veins)
- 1 cup fresh crispy leaf lettuce, washed, drained, and sliced into thin ribbons

Instructions:

Prepare the cocktail sauce: In a mixing bowl stir together the chili sauce, ketchup, horseradish, Worcestershire sauce, red hot pepper sauce and lemon juice. Divide equally into 2 large glass goblets or prawn cocktail dishes; cover and refrigerate. Bring a pot of water to boil over high heat; stir in the bay seafood seasonings, chopped crushed lemons, and salt. Add the shrimp. Stir, and return to boil for 3 minutes. Immediately drain the shrimp and transfer to a bowl filled with ice and water. As soon as the

shrimp are cool enough to handle, peel them but leave the tails intact. Rinse and drain; pat dry with paper towels. Arrange the shrimp in the prepared goblets containing the cocktail sauce. Garnish with the sliced lettuce. Serve immediately.

Super Bowl Chili

Calories per serving: 130
Serving size: 1/12 recipe
Total calories per recipe: 1560
Servings: 12

Ingredients:

- 1 tablespoon lard
- 2 cups fresh sweet onions, coarsely chopped
- 4 cloves fresh garlic, crushed
- 1 cup fresh hot chili peppers, chopped fine
- 1 tablespoon each: cayenne pepper powder, ground cumin, chili powder
- 1 teaspoon salt
- 1 pound extra-lean eye round roast beef steak, cut into small bite-sized pieces
- 4 cups fresh or canned tomatoes, chopped (remove tomato skins)
- 1 quart of water

Instructions:

In a large heavy stainless steel stew pot, over medium heat stir together the lard, onions and garlic. Cook, stirring frequently, until the onions are tender. Remove from heat. Stir in the fresh chili peppers, cayenne pepper powder, cumin, chili powder and salt. Add the steak. Stir thoroughly, and return to heat. Cook, stirring frequently, using a spatula to scrape the pan, until the steak pieces are sizzling and nicely browned. Add the tomatoes and water; cook and stir until the mixture comes to a boil. Reduce heat to lowest setting. Continue cooking, stirring occasionally, for 1 hour or until the steak is very tender and the liquid is reduced somewhat. Taste and adjust spices and seasonings. Remove from heat, and set aside for 10 – 15 minutes. Serve hot, or cool to room temperature, then cover and refrigerate overnight.

Drinks and Smoothies



Orange Cream Smoothie

Calories per serving: 120
Serving size: 1 smoothie (approximately 1 1/2 cups)
Total calories per recipe: 480
Servings: 4

Ingredients:

- 3 cups non-fat plain yogurt
- 1 cup frozen orange juice concentrate
- 4 tablespoons zero-calorie sugar-free vanilla syrup
- 1 cup ice-cold water
- 1 cup ice cubes

Instructions:

In a food processor or electric blender, process all ingredients until smooth and creamy. Divide equally into 4 serving glasses. Serve immediately.

Amaretto Smoothie

Calories per serving: 150
Serving size: 1 smoothie (approximately 1 1/2 cups)
Total calories per recipe: 600
Servings: 4

Ingredients:

- 4 cups non-fat sugar-free vanilla yogurt
- 2 ounces amaretto liqueur
- 1 cup ice-cold water
- 1 cup ice cubes

Instructions:

In a food processor or electric blender, process all ingredients until smooth and creamy. Divide equally into 4 serving glasses. Serve immediately.

Mocha Smoothie

Calories per serving:	110
Serving size:	1 smoothie (approximately 1 1/2 cups)
Total calories per recipe:	440
Servings:	4

Ingredients:

- 4 cups non-fat plain yogurt
- Stevia equivalent to 4 tablespoons sugar
- 2 tablespoons unsweetened cocoa powder (baking cocoa)
- 4 teaspoons instant coffee
- 1 cup ice-cold water
- 1 cup ice cubes

Instructions:

In a food processor or electric blender, process all ingredients until smooth and creamy. Divide equally into 4 serving glasses. Serve immediately.

Banana-Berry Smoothie

Calories per serving: 105
Serving size: 1 smoothie (approximately 1 1/2 cups)
Total calories per recipe: 420
Servings: 4

Ingredients:

- 2 cups non-fat plain yogurt
- 1 ripe banana, peeled, sliced and frozen
- 1 cup mixed fresh berries (strawberries, raspberries, blueberries, etc.)
- 1 cup ice-cold water
- 1 cup ice cubes

Instructions:

In a food processor or electric blender, process all ingredients until smooth and creamy. Divide equally into 4 serving glasses. Serve immediately.