

# #1

## Healthy, Hearty Lasagna



- 16 ounces sirloin beef (97/3), lean or extra lean ground chicken breast or turkey breast
- 6 whole wheat lasagna noodles
- 1 (8 ounce) can spaghetti sauce
- 8 ounces non or low-fat cottage cheese
- 1 of each of the following: yellow, red, orange and green pepper
- 4 cloves of garlic
- 1 teaspoon black pepper
- 1 teaspoon Oregano
- Pinch of salt (less if you have high blood pressure)
- 1 teaspoon fresh ground pepper

Cook noodles according to the package. Cook the beef on medium-high heat until the meat is brown. Add half of each seasoning to the meat. Warm the sauce in a pot on the stove. Cut up veggies and garlic and add to the sauce; put remaining spices into the sauce. Once the meat is brown, drain the beef and add to the sauce. Bring the meat sauce and veggies to a boil.

Assembling the lasagna:

Put a little sauce on the bottom of a 9x13 baking dish. Put 3 noodles side by side. Smooth half of the cottage cheese over the noodles. Add half of the sauce. Put 3 more noodles on top of the sauce. Put the remaining cottage cheese on. Add the rest of the sauce. Bake on 350 degrees for 30 minutes. Take out of the oven and add 1 cup 2% low fat mozzarella cheese on top of the lasagna (less if you have high cholesterol). Put back in the oven for about 15 minutes or until cheese is melted. Let lasagna cool for 10-15 minutes before serving.

# #2

## Balsamic Chicken and Roasted Tomatoes



- 1 pint grape tomatoes
- 1 tablespoon honey
- 1 1/2 teaspoons olive oil
- 1/2 teaspoon salt, divided
- 4 (6-ounce) skinless, boneless chicken breast halves
- 1/2 teaspoon freshly ground black pepper
- Cooking spray
- Light Balsamic Vinaigrette Dressing

Preheat oven to 450 degrees.

Combine washed grape tomatoes, olive oil and honey in small oven-safe bowl. Place in the oven for about 10-12 minutes or until tomatoes start to wrinkle or burst. While the tomatoes are cooking, place chicken breasts in a freezer bag. Cover a cutting board with a towel and on that, place the bag of chicken.

Use a skillet or kitchen mallet to pound out the chicken until it is about 1 inch thick. This helps tenderize the chicken and allows the chicken to cook quickly and evenly. Spray pan with cooking spray and cook chicken in a skillet on the stove top at medium/high heat. Cook each side of chicken for 3-4 minutes until done. Salt and pepper tomato mixture upon completion and mix thoroughly.

For each chicken breast, pour 1 tablespoon of light balsamic vinaigrette on top and then a couple spoonfuls of the tomato mixture. Served best with your favorite whole grain and greens.

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#3

## Tuna Salad Sandwich



- 2 ounces (1,200-calorie plan) or  
3 ounces (1,600-, 2,000- or 2,400-calorie plans)  
canned tuna in water
- 1 tablespoon light mayonnaise
- Finely-chopped veggies of choice, such as celery or onion
- Tomato slice and lettuce (optional)
- 2 slices reduced-calorie whole wheat bread

Open can of tuna measure and drain excess water; measure appropriate amount for calorie level and spoon tuna into bowl.

Measure and add one tablespoon of light mayonnaise to tuna; add finely-chopped vegetables to the mixture and mix together until evenly coated with mayonnaise.

Spread mixture evenly over bread then add any other desired vegetables such as lettuce and tomato.

#4

## Chicken and Vegetable Stir-fry



- Cooking spray
- 2 cups of vegetables of choice, such as broccoli, onion, green or red peppers, mushrooms, etc. (fresh or defrosted frozen)
- 3 ounces (1,200- and 1,600-calorie plans) or  
4 ounces (2,000- or 2,400-calorie plans) boneless, skinless chicken breasts
- 1 teaspoon extra virgin olive oil
- 2 tablespoons soy sauce
- 2/3 cup (1,200-calorie plan) or 1 cup (1,600-, 2,000- or 2,400-calorie plans) cooked brown rice

Coat medium-sized frying pan with cooking spray.

Chop vegetable into bite-sized pieces and add to frying pan. Cook to desired tenderness.

Cut chicken into small pieces.

In a separate frying pan, add oil. When oil is warm, add chicken and cook to an internal temperature of at least 170 degrees.

When chicken is cooked, add vegetables and toss with soy sauce.

Serve over appropriate serving size of rice.



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#5

## Fish in Foil



3 ounces (1,200- or 1,600-calorie plans or  
4 ounces (2,000- or 2,400-calorie plans) fresh or  
frozen fish such as cod, whitefish, tilapia, halibut, sole or trout

Non-stick cooking spray

Fresh lemon

Garlic powder

Lemon pepper

Preheat oven to 375 degrees.

Place specified amount of fish on a foil square; spray fish and foil with non-stick cooking spray. Season with fresh lemon, garlic powder and lemon pepper.

Fold foil around fish and place on oven safe dish.

Bake fish until internal temperature of fish is 150 degrees  
(may take 15 to 20 minutes depending on the size of the fish).

*Nutritionist's note: Fish is an excellent low-calorie source of protein. Most fish is low in fat, and those that are higher in fat, such as salmon and mackerel, are high in omega-3 fatty acids, which is a very healthy kind of fat. There are many different types of fish and most can be cooked by the same methods. If you don't have the kind of fish called for in a recipe or if the recipe doesn't specify a type of fish, use your favorite. Fresh and thawed frozen fish can be used interchangeably in recipes. The weight of fish shrinks only slightly when it is cooked. For a single serving, the raw weight can essentially be the same or just slightly more than the desired cooked weight, particularly if it is a lower-fat fish. Fish is done when a fork is inserted and it "flakes"; the flesh appears opaque or a whitish, milky color. Fish cooks quickly and overcooking it will damage its flavor and texture. Thinner fillets will need less cooking time and thicker, denser fish will need a little more.*

#6

## Broiled Fish



3 ounces (1,200- or 1,600-calorie plans) or  
4 ounces (2,000- or 2,400-calorie plans) fish, choose  
your favorite (suggestions: white fish, orange roughy, scrod, tilapia)

1 teaspoon olive oil

Dash of your favorite seasoning, such as lemon pepper, salt, pepper  
or garlic salt.

Turn broiler on.

Put foil on broiler pan; place fish on foil.

Brush fish with olive oil and sprinkle with your favorite seasoning.

Place fish 4 to 6 inches away from the broiler heat and watch carefully.  
A 1-inch fillet will probably take 10 to 15 minutes to cook and a thinner  
fillet may take about half of that time. Remember fish cooks quickly so  
you need to be careful not to overcook.

Serve with a lemon wedge and enjoy.

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#7



### Version 1: Baked French Fries

Cooking spray

3 russet potatoes, sliced into 1/4 inch strips

1 teaspoon dried basil

1/8 cup grated low-fat parmesan cheese

Salt and pepper to taste

Preheat oven to 400 degrees.

Lightly grease a medium baking sheet with cooking spray.

Arrange potato strips in a single layer on the prepared baking sheet, skin sides down. Spray lightly with cooking spray, and sprinkle with basil, parmesan cheese, salt and pepper.

Bake 25 minutes in the preheated oven, or until golden brown.

**Serving size:** 1 cup (1,200-, 1,600- or 2000-calorie plans) or 1½ cups (2,400-calorie plan)

### Version 2: Microwave Potatoes

1 cup (1,200-, 1,600- or 2,000-calorie plans) or

1½ cups (2,400-calorie plan) any type of baking or new potato

Wash and dry potatoes.

With a fork or sharp knife, pierce each potato two or three times.

Place on a microwave safe dish, and microwave for four minutes.

Turn potatoes and microwave for another four minutes.

Once soft to the touch, place aside to cool for two minutes prior to serving.

#8

## Bran Muffin Recipe



Servings: 12

1 1/4 cup all purpose flour

1/2 cup sugar

1 tablespoon baking powder

1/4 teaspoon salt

2 cups all-bran cereal

1 1/4 cups nonfat milk

1 egg

1/4 cup vegetable oil

Preheat oven to 400 degrees.

In a small bowl, stir together flour, sugar, baking powder and salt. Set aside.

In large mixing bowl, combine cereal and milk. Let stand two minutes or until cereal softens. Add egg and oil; beat well.

Add flour mixture to egg mixture, stirring only until combined. Portion evenly into 12 2.5-inch muffin pan cups that have been sprayed with cooking spray.

Bake for about 20 minutes.



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## #9 Chicken or Turkey Pocket



- 1/8 cup chopped onion
  - 1 ounce (1,200- or 1600-calorie plans) or 2 ounces (2,000- or 2400-calorie plan) cooked chicken or turkey, cubed or cut into bite-sized pieces
  - 1 cup celery, chopped
  - 1 teaspoon light mayonnaise
  - 1 teaspoon lime juice
  - 1/8 teaspoon red pepper flakes
  - 1 4-inch pita pocket
  - Alfalfa sprouts to top sandwich
- Mix all ingredients together (except sprouts); stuff mixture into pita pocket and top with sprouts

## #10 Turkey Chili



- Servings: 4
- 16 ounces ground turkey
  - One 6-ounce can tomato paste
  - One 28-ounce can of crushed tomatoes
  - 1 cup chopped onions
  - 1 cup chopped green peppers
  - 1 clove garlic (minced)
  - 2 tablespoons chili powder
  - 1 tablespoon ground cumin
  - One 8-ounce can of dark red kidney beans

In a large non-stick skillet, brown turkey over medium heat until cooked thoroughly; drain and add remaining ingredients, bring to a boil. Divide evenly into four servings.

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#11

## Oriental Salad



Servings: 4

- 4 cups spinach leaves
- 2 cups sliced mushrooms
- 1 cup sliced drained canned water chestnuts
- 4 tablespoons rice vinegar
- 4 teaspoons sesame oil
- 4 tablespoons soy sauce
- 2 teaspoons sesame seeds, toasted

In a large salad bowl, combine spinach with mushrooms and water chestnuts.

In a small bowl, mix rice vinegar with sesame oil and soy sauce. Pour dressing over salad and toss to coat.

Top with sesame seeds.

#12

## Baked Apple



Servings: 2

- 2 small apples
- 2 teaspoons sugar
- Dash of cinnamon and ground nutmeg
- 1/4 cup water
- 1 teaspoon lemon juice

Preheat oven to 450 degrees.

Core apples and place in a baking dish lined with aluminum foil. Sprinkle sugar, cinnamon and nutmeg into the apples.

Add water and lemon juice to baking dish and bake at 450 degrees for 25 minutes or until tender.



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#13

## Egg Vegetable Scramble



- 1/4 cup fresh onion
- 1/2 clove garlic, minced (or use garlic powder – season to taste)
- 1 cup fresh spinach
- 1 (1,200-calorie plan) or 2 (1,600-, 2,000- or 2,400-calorie plans) eggs
- Black or red pepper

In a lightly oiled skillet, sauté the onion and garlic over medium heat; stir in fresh spinach and cook until wilted, about two minutes.

Beat eggs and pour over spinach. Cook, stirring occasionally, until eggs have set.

Season with black or red pepper to taste.

#14

## Yogurt Parfait or Smoothie



- 2/3 cup plain low-fat yogurt
- 3/4 cup blueberries
- 8 walnut halves, chopped
- 1/4 cup low-fat granola (2,400-calorie plan only)

Mix ingredients together and enjoy.

Other fresh, water-packed canned or frozen fruit can be used. If using frozen fruit, mix in blender and add nuts (and granola – 2400-calorie plan only) after blending.



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**#15**

## Bean Burrito



- 1/2 cup (1,200- or 1,600-calorie plans) or  
1 cup (2,000 or 2,400-calorie plans) chopped bell pepper and onions
- 1/2 cup (1,200-, 1,600- or 2,000-calorie plans) or  
1 cup (2,400-calorie plan) cooked black beans
- 1 whole grain soft 6-inch tortilla
- 1/4 cup salsa

In a lightly oiled skillet, sauté the peppers and onions over medium heat, stirring occasionally, about two minutes; pour beans into skillet and cook an additional three minutes.

Warm tortilla in microwave for 15-30 seconds.

Pour mixture down center of tortilla and pour salsa over beans and peppers. Serve immediately.

**#16**

## Baked Salmon



- 3 ounces (1,200- or 1,600-calorie plans) or  
4 ounces (2,000- or 2,400-calorie plans) fresh or frozen salmon filet
- Seasonings such as lemon juice, dill and garlic

Preheat oven to 350 degrees.

Place a piece of foil on a baking sheet. Spray the foil with cooking spray.

Place salmon on foil. Sprinkle with lemon pepper, dill, garlic, or other seasoning of your choice.

Bake salmon 15-20 minutes, or until easily flaked with a fork.



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#17

## Sloppy Joes



- 1 pound lean ground beef sirloin
- 1/4 cup chopped onion
- 1/4 cup chopped green bell pepper
- 1/2 teaspoon garlic powder
- 1 teaspoon prepared yellow mustard
- 3/4 cup ketchup
- 3 teaspoons brown sugar
- Salt to taste
- Ground black pepper to taste

In a medium skillet over medium heat, brown the ground beef, onion and green pepper; drain off liquids.

Stir in the garlic powder, mustard, ketchup and brown sugar; mix thoroughly. Reduce heat, and simmer for 30 minutes.

Season with salt and pepper.

Choose a whole wheat bun or whole wheat thin bun.

#18

## Chickpeas and Couscous



- 1 cup water
- 1 cup uncooked couscous
- 1 (15-ounce) can garbanzo beans (chickpeas), drained
- 2 roma (plum) tomatoes, thinly sliced
- 1 cucumber, peeled and sliced
- 1/4 teaspoon olive oil
- 1/4 teaspoon white vinegar
- Garlic powder to taste
- Salt and pepper to taste

In a medium saucepan, bring water to boil. Stir in couscous, and remove from heat. Cover, and let stand about 5 minutes, until liquid has been absorbed. Fluff with a fork.

In a large bowl, mix couscous and garbanzo beans. Toss in tomatoes and cucumbers. Stir olive oil and vinegar into the mixture.

Season with garlic powder, salt and pepper.



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#19

## Okra Curry



- 1 pound okra, ends trimmed, cut into 1/4-inch rounds
- 1 tablespoon olive oil
- 1 teaspoon whole cumin seeds
- 1/2 teaspoon curry powder
- 1/2 teaspoon chickpea flour
- 1/2 teaspoon salt

Microwave the okra on high for 3 minutes.

In a large skillet, heat olive oil over medium heat. Add cumin. Once the cumin seeds swell and turn golden brown, stir in the okra. Cook and stir on medium heat for 5 minutes. Gently mix in the curry powder, chickpea flour and salt; cook 2 minutes more. Serve immediately.

#20

## Chicken with Salsa



- 1 pound skinless, boneless chicken breasts, cut into bite-sized pieces
- 2 teaspoons taco seasoning
- Cooking spray
- 2/3 cup bottled salsa
- 2/3 cup (about 2 1/2 ounces) shredded reduced-fat cheddar cheese
- 1 (4-ounce) can whole green chiles, drained and thinly sliced
- 1/4 cup fat-free sour cream (optional)
- 2 tablespoons sliced ripe olives (optional)

Preheat oven to 475 degrees.

In a medium bowl, combine chicken and seasoning, tossing to coat. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken; cook for 4 minutes or until browned, stirring occasionally.

Arrange chicken in an 8-inch square baking dish coated with cooking spray; top with salsa, cheese and chiles. Bake for 8 minutes or until chicken is done and cheese is melted.

Top each serving with 1 tablespoon sour cream and 1 1/2 teaspoons olives.



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#21

## Turkey Rollup



- 2 whole wheat roll-ups or flat bread
  - 1/2 tablespoon ranch dressing
  - 12 slices of thin sliced mesquite turkey
  - 2 slices colby jack deli cheese
  - Romaine lettuce
  - Vegetables of your choice, peeled and sliced
- Spread ranch over roll-up. Add turkey, cheese, lettuce and vegetables.

#22

## Broccoli Salad



- 16-ounce bag of shredded broccoli and cauliflower (4 cups)
  - 2/3 cup light whipped salad dressing (do not use fat-free mayo for this recipe)
  - 1/2 cup fat-free sour cream
  - 2 teaspoons of Splenda®
  - 2 tablespoons of bacon bits
  - 1/2 cup low-fat shredded cheddar cheese
  - 1 large cut apple
  - Salt and pepper
- Mix all the ingredients except the bag of shredded broccoli & cauliflower. Pour mixture over the broccoli & cauliflower. Mix well. Refrigerate for several hours (will last up to five days).



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## #23 Three Cheese and Veggie Pizza



- 1/4 cup part-skim ricotta cheese
- 1 whole wheat flat bread or large whole wheat tortilla
- 3/4 cup part-skim mozzarella cheese
- 2 tablespoons parmesan cheese
- 1 to 2 cups of your favorite vegetables

Preheat the oven to 450 degrees.

Spread the ricotta cheese evenly over the pizza crust. Top with mozzarella and parmesan cheese.

Place on an ungreased baking sheet and bake for about 8 to 10 minutes until the crust is crisp and the cheese is melted.

## #24 Turkey Breakfast Sausage



- 1 pound ground turkey
- 2 teaspoons sage
- 1 teaspoon black pepper
- 2 teaspoons onion powder
- 1 teaspoon Italian seasoning
- 1/3 cup of bread crumbs
- 1 teaspoon sea salt

Combine all seasonings with ground turkey. Form into small patties, about 24, fry until cooked thoroughly. Two patties equal one serving.



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#25

## Noodle-less" Lasagna



- 4 medium-size zucchini, cut into slices
- 1 small onion, cut into rings
- 3 cloves of garlic
- 1 pound ground turkey
- 2 cups grated part skim mozzarella
- 1-8 ounce jar of spaghetti sauce

Preheat oven to 350 degrees.

Sauté onions for ten minutes or until soft.

While onions are sautéing, put half of the zucchini in the bottom of a large, rectangular glass baking dish.

Add the chopped garlic to the onions, and cook onions and garlic for another two minutes. Transfer onions and garlic to the baking dish, on top of the zucchini.

Sprinkle half of the mozzarella cheese on top of the onions.

Add the other half of zucchini.

Brown the ground turkey. When the turkey is done, add it to the baking dish.

Spread the spaghetti sauce evenly over the turkey.

Top with the remaining cheese, and bake for 40 minutes, or until the cheese is brown and bubbly.

#26

## Cauliflower Mash



- 1 large (about 8 ounces) Yukon gold potato, peeled and cut into 3/4-inch chunks
- 1 head of cauliflower, trimmed and cut into florets
- 2 cups of water
- 2 teaspoons olive oil
- 1 clove garlic, crushed with press
- 1/4 cup loosely packed fresh parsley leaves, chopped
- 1/2 teaspoon grated fresh lemon peel
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Place potato and cauliflower in 4-quart saucepan. Add water; cover and heat to boiling over high heat. Reduce heat to low; simmer, covered, about 20 minutes or until potato and cauliflower are fork-tender, stirring once halfway through cooking. Drain vegetables, reserving 1/4 cup cooking liquid.

In same saucepan, heat oil and garlic over medium-low heat about 1 minute or until garlic is just golden, stirring. Reduce heat to low; return vegetables to saucepan. With potato masher or slotted spoon, coarsely mash vegetables, adding some reserved cooking liquid if mixture seems dry. Stir in parsley, lemon peel, salt and pepper.



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## #27 Orzo with Chicken, Spinach and Artichokes



- 2 ounces uncooked orzo
- 4 ounces of cooked shredded chicken
- 1 package of sliced mushrooms
- 1 small jar marinated, quartered artichoke hearts, chopped
- 3 ounces fresh baby spinach, chopped
- 2 tablespoons chopped onion
- 2 teaspoons minced garlic
- 4 tablespoons light Asian vinaigrette
- 4 Campari tomatoes, chopped

Measure and cook orzo according to package instructions. Drain and set aside in a large bowl.

In a large nonstick skillet coated with cooking spray, add chopped onions and minced garlic; sauté until onion is slightly tender. Add mushrooms, spinach, artichoke hearts and shredded chicken. Sauté until spinach is wilted. Add to orzo and toss. Add Asian vinaigrette and toss.

Divide into 4 equal servings (approx. 1 cup each). Top with chopped tomatoes and serve.

## #28 Crab Topped Tilapia



- 8 ounces canned or fresh crab meat
- ¼ cup low-fat mayo
- ¼ cup diced onion
- ½ cup grated parmesan cheese
- 4 to 6 tilapia filets

Mix crab meat, mayo, onion and parmesan cheese. Set aside.  
Season tilapia filets with light salt and pepper and broil for 5 minutes.  
Take out of oven and top with crab mixture. Return to broil for 3 to 5 additional minutes.



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## #29 Whole Wheat Bran Pancakes



- 1 cup whole wheat flour
- 1/4 cup wheat bran
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 tablespoon sugar substitute
- 1/4 cup egg substitute
- 1 egg
- 1 cup 1% or skim milk
- 2 small pureed apples
- 1 tablespoon water
- 1/2 tablespoon canola oil

Puree apple in blender or food processor. Add canola oil.

In a bowl, mix together whole wheat flour, wheat bran, baking powder, salt and sugar substitute.

In another bowl combine eggs, milk, and oil and apple sauce mixture.

Blend all ingredients. Can add fruit at this time (for additional calories) or while cooking.

Heat griddle, spray with no-fat cooking spray. Measure 1/4 cup of mix. Cook pancake until top gets bubbly, then flip.

## #30 Egg Salad



- 4 hard boiled eggs, peeled
- 4 teaspoons light mayonnaise
- 1/2 teaspoon Dijon mustard
- 2 tablespoons chopped green scallions or chives
- Salt and fresh pepper to taste

Separate the yolks from the egg whites and discard three of the yolks.

Chop eggs and combine with mayonnaise, Dijon mustard, scallions, salt and pepper.

Add to whole wheat bread, wrap or flatbread or on top of lettuce. Add a slice of tomato (optional).



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