

# **TLS LOW GLYCEMIC RECIPES**

## **BREAKFAST**

### **Crustless Quiche**

- 1 container (16 oz) Breakstone or Knudsen Low-fat Cottage Cheese
- 1 cup 2% Shredded Reduced Fat Mozzarella Cheese
- 4 eggs, beaten
- 1 # browned ground turkey sausage or Italian seasoned ground turkey
- 1 ½ cups your choice of sautéed veggies – peppers, celery, mushrooms, onions, zucchini, yellow squash, etc.
- 1/3 cup grated Parmesan cheese
- 1 tsp. Dried oregano leaves
- ½ tsp salt
- ½ tsp pepper

PREHEAT oven to 350 degrees. Mix all ingredients until well blended.

POUR into greased 9-inch pie plate or 9 BAKE 40 minutes or until center is set. Makes 8 servings.

### **Cinnamon Cottage Cheese With Sliced Apple**

Sprinkle ¾ cup nonfat or low-fat cottage cheese with cinnamon and serve with 1 sliced apple for scooping. The cottage cheese is heavy on protein and light on artery-clogging fat, and a sprinkling of cinnamon helps jazz up the taste.

### **Quinoa-yogurt parfait**

Quinoa is higher in protein than most [whole grains](#), so it's a great choice at breakfast. Layer ½ cup cooked quinoa, a 6-ounce container of plain Greek yogurt, 1 small chopped apple, and a dash of cinnamon.

### **Greek yogurt with fruit**

Greek yogurt has twice as much protein as traditional yogurt, so it's the perfect foundation for a substantial morning meal. Enjoy a 6-ounce container of nonfat Greek yogurt (plain or flavored) topped with 1 tablespoon chopped, toasted [nuts](#) (walnuts, almonds, pecans, or any other variety), and add a banana, orange, half a grapefruit, or another piece of fruit on the side.

### **Banana Bread Protein Muffins**

- 1 small banana
- ¾ C egg whites
- ½ C plain greek yogurt
- ¾ C oats
- 2 Scoops TLS Nutrition Shake – Creamy Vanilla OR 1 serving TLS Whey Protein Shake – Vanilla
- ½ C stevia
- 1 tsp baking powder
- ½ tsp cinnamon

Preheat oven to 350, spray muffin tin or use foil or paper cups. Put all ingredients in a blender until mixture is smooth. Bake 15-18 minutes. Cool before serving.

### **Oatmeal Lovers Alternative - Clean Eating Breakfast Quinoa**

- 3 cups Organic Quinoa
- 1 tsp Vanilla (avoid HFCS)
- dash of All spice
- pinch of sea salt
- 1/4 cup Maple Agave
- 1/2 cup Unsweetened Applesauce

Directions:

1. Make quinoa according to directions on packaging.
2. Once quinoa is done cooking add remaining ingredients and stir until mixed through.

### **Pumpkin Quinoa Porridge**

- 1 cup dry quinoa rinsed and drained
- 1 and ½ cups almond milk, divided (nut allergy: use coconut milk)
- ½ cup pumpkin puree
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- ⅛ teaspoon cloves
- ⅛ teaspoon sea salt
- tablespoons ground flaxseeds
- 2-3 tablespoons raw honey or maple syrup, more as desired
- ¼ cup chopped walnuts
- Optional:
- tablespoons coconut flakes

In a pot, add 1 cup of water and 1 cup of almond milk. Bring to a boil and add the quinoa, pumpkin puree, cinnamon, ginger, cloves and salt. Turn down the heat to a simmer and cook for 10-12 minutes or until the liquid has evaporated.

Once the liquid has evaporated, take off the heat and stir in the ground flaxseeds. To serve, place some of the porridge in a bowl and add about ¼ cup almond milk or desired amount. Top with the walnuts, honey or maple syrup and coconut if using. Enjoy!

### **QUICHE CUPS**

- 12 eggs beaten
- 1 tsp Lawry's or Real Sea Salt
- ½ tsp pepper
- 1 10 oz package frozen spinach (thawed and drained dry)
- 1½ cups chopped peppers
- ½ cup green onions
- 1 12 oz can chicken (drained and chopped)
- 1½ cups shredded cheese

- Line 24 muffin cups with foil liners. Spray the liners with oil.
- Mix all ingredients with the beaten eggs
- Divide evenly among the muffin cups
- Bake at 350 for about 20 minutes or until a knife inserted in the center comes out clean
- These can be frozen and reheated (w/out the foil liner) in the microwave

**QUINOA BREAKFAST FAVORITE ....** This is a great alternative to oatmeal or other hot cereals.

- 1/3 cup quinoa
- 1 TBSP agave nectar
- ¼ tsp cinnamon
- ¼ cup blueberries
- 1 banana, sliced
- 1/3 cup low fat (1%) organic milk or soymilk

1. Combine quinoa and 2/3 cup water in small saucepan and bring to a boil. Reduce heat, and simmer covered for about 10-12 minutes
2. Remove from heat, stir in agave nectar and cinnamon. Divide between 2 bowl, top with blueberries, bananas and milk.

## **SOUTHWEST EGG PUFF**

10 eggs  
1 tsp aluminum-free baking powder  
1 cup Greek yogurt  
4 oz. green chilies, chopped  
12 oz. low fat cottage cheese (organic if possible)  
2 cups cheddar cheese

-Chop us and add any other vegetables you want, for example: peppers, onions, celery, mushrooms, tomatoes, black olives, etc...

-Heat oven to 350 degrees

-Grease a large casserole dish

-In a large bowl, beat the eggs until lemon-colored and fluffy

-Add yogurt and combine

-Fold in the rest of the ingredients and pour into a casserole dish

-Bake 35-50 minutes or until well set

-Let stand about 10 minutes before serving

-You can add fresh salsa to top and serve

## **VEGETABLE QUICHE CUPS TO GO**

1 package (10 ounces) frozen chopped spinach OR use veggies of choice

1 cup eggs

$\frac{3}{4}$  cup shredded reduced-fat cheese

$\frac{1}{4}$  cup diced green bell peppers

$\frac{1}{4}$  cup diced onions

3 drops hot-pepper sauce (optional)

Thaw spinach. (Can microwave the spinach for 2  $\frac{1}{2}$  minutes on high to thaw). Drain the excess liquid.

Line a 12-cup muffin pan with foil baking cups. Spray the cups with cooking spray.

Combine eggs, cheese, peppers, onions, & spinach in a bowl. Mix well. Divide evenly among the muffin cups.

Bake at 350 degrees for 20 minutes, until a knife inserted in the center comes out clean.

Quiche cups can be frozen and reheated in the microwave. Any combination of appropriate vegetables and reduced-fat cheese may be used.

## **Pumpkin Pancakes**

$\frac{1}{2}$  c. rolled oats

1 scoop vanilla protein powder

$\frac{1}{2}$  tsp ground cinnamon

$\frac{1}{4}$  tsp vanilla extract

$\frac{1}{2}$  cup pure canned pumpkin OR use an alternative such as banana, blueberries, etc.

$\frac{1}{4}$  cup cottage cheese

2 large eggs

$\frac{1}{2}$  tsp baking powder

Instructions

1) Add all ingredients to a blender and blend until the consistency of pancake batter (just runny enough to pour).

2) Pour batter into a greased pan and cook until bubbles form on sides of pancakes (about 2-3 minutes).

3) Flip and cook another 2-3 minutes until done.

(Makes 4 pancakes)

# **SALADS**

## **TURKEY WALDORF SALAD**

½ turkey breast – roasted and cut into cubes  
4 ribs celery chopped  
1 bunch green onions chopped  
1 cup red or green apple chopped  
1 cup chopped red or green grapes  
½ cup chopped walnuts

½ cup chopped fresh parsley  
1 cup yogurt cheese  
Juice of 1 fresh lemon  
Salt and pepper to taste  
1 tsp of sweetener (I used xylitol)

-Mix turkey, celery, apple, onion, walnuts, and parsley in a large bowl

-Whisk the yogurt cheese, lemon juice, salt and pepper, and sweetener together. Pour over the turkey mixture and chill.

### **\*To make the yogurt cheese:**

-Place plain low fat yogurt in a cheese cloth or a coffee filter and let it strain overnight. Pour out the liquid and use the thickened yogurt. You will need to double the yogurt to get 1 cup.

## **RAW VEGGIE SALAD**

Broccoli  
Carrots  
Cauliflower  
Purple Onion  
Green Pepper

Kidney Beans  
Green Beans  
Yellow Waxed Beans (1 can)  
Butter Beans  
Garbanzo Beans

Chop small the broccoli, carrots, cauliflower (2 cups each)

Add Purple Onion and Green Pepper to taste

Add 2 cups each of the remaining ingredients

Any items can be substituted to personal preference. Any bean is OK to use.

### **Mix the Dressing:**

2/3 cup of apple cider vinegar

1/3 cup can be a combination of olive and safflower or sunflower (cold pressed) oil. Flax oil is also good. NO HYDROGENATED OIL.

Add 1 to 3 tablespoons agave syrup

Toss in the chopped veggies

Refrigerate - Tastes best if it has an hour or two to marinate

## **SWEET POTATO SALAD**

2-3 sweet potatoes. Cook the sweet potatoes like you would cook regular potatoes for potato salad. Peel and dice the potatoes. Let cool.

### **Dressing:**

¼ cup vinegar

½ cup olive oil

1 teaspoon salt

1 teaspoon pepper

2 teaspoon xylitol sugar

¼ cup grated onion

Mix all together and pour over cooled potatoes.

## **GARBANZO CUCUMBER SALAD**

1 can garbanzo beans, rinsed and drained

1 medium cucumber, sliced and quartered

½ cup sliced ripe olives

1/3 cup chopped red onion

¼ cup minced fresh parsley

3 TBSP olive oil

3 TBSP red wine vinegar

1 TBSP Xylitol or Agave Nectar

1 TBSP fresh lemon juice  
2 garlic cloves, minced  
½ tsp grated lemon peel

¼ tsp real salt brand salt  
1/8 tsp pepper

In a medium bowl, combine beans, cucumber, olives, onion and parsley. In a jar with tight-fitting lid, combine remaining ingredients; shake well. Pour over vegetables and toss. Serve immediately or chill up to 24 hours. Yield: 8 servings, 145 calories, 251 mg sodium, 0 cholesterol, 18 gm carbohydrate, 4 gm protein, 8 gm fat.

### **MARINATED MUSHROOM SALAD**

½ cup olive oil  
2 tsp real salt brand salt  
2½ tsp dried basil  
2½ tsp Dijon mustard  
½ tsp pepper  
½ tsp paprika

5 TBSP white wine vinegar  
4 tsp lemon juice  
2 lbs fresh mushrooms (sliced)  
1½ green onion  
1 pkg. cherry tomatoes cut in ½

Combine all ingredients. Serve cold or lightly sauted.

### **CRISP SPINACH PINEAPPLE SALAD**

1 - 20 oz can pineapple chunks (sliced)  
4 cups (5 oz) fresh spinach  
1 cup diced red apple

½ cup raisins  
½ cup chopped green pepper  
½ cup Dole sliced toasted almonds

#### Dressing:

¼ cup olive oil  
3 Tbsp cider vinegar  
1 tsp dry mustard  
½ tsp paprika

½ tsp grated fresh ginger  
1 clove garlic, minced  
½ tsp salt

Toss salad ingredients in a large bowl. Mix dressing ingredients in a small bowl. Pour the dressing over the salad. Toss and serve.

### **BROCCOLI SALAD**

1 cup salad dressing (vegenaise)  
¼ cup xylitol sugar  
¼ cup low fat milk  
¼ cup diced onions  
1 cup green grapes, halved

2 T white vinegar  
1 bunch broccoli  
¾ cup diced celery  
1/3 cup almond silvers  
½ cup raisins

Clean leaves off the broccoli. Cut broccoli into bite size pieces. Combine all ingredients and chill several hours before serving.

### **MOM'S COLESLAW**

¼ cup canola oil  
¼ cup white vinegar  
¼ cup water  
4 small packets of Truvia sweetener  
1 tsp sea salt

½ tsp black pepper  
½ tsp ground mustard  
1 small onion chopped  
1 one lb package coleslaw blend

Mix dressing ingredients in a large bowl. Add coleslaw blend to ingredients and shake or toss to coat. Make up a day ahead of time to maximize flavors. (You should shake or flip the bowl periodically to properly marinate.)

## **CABBAGE SALAD**

1 small or ½ large green or red cabbage

½ teaspoon salt

½ cup salad dressing, omitting salt

Directions:

- Core the cabbage and remove any tough outer leaves
- Shred the cabbage leaves finely and sprinkle with salt. Rub the salt well into the leaves.
- Place the salted leaves in a colander, cover with a weighted plate to extract excess moisture, and set aside for half an hour.
- When the cabbage leaves are soft, squeeze them tightly to remove excess moisture and place them in a salad bowl. Pour the dressing over the top and toss well. Adjust salt and lemon juice to taste.

Dressing:

½ cup lemon juice

½ cup olive oil (Modify for diet)

2 cloves garlic

1 tsp salt

¼ tsp black pepper

Directions:

- Mix the lemon juice and oil together. Crush the garlic to paste with the salt and mix it into the oil and lemon juice. Add pepper.
- Pour over your salad.

## **SPINACH AND STRAWBERRY SALAD**

1 10-12 oz package baby spinach (washed and dried)

¼ cup sliced almonds

1 pint strawberries (quartered)

½ medium cucumber (finely diced)

Dressing:

1 TBSP fresh lemon juice

2 TBSP white wine vinegar

1/3 cup xylitol sugar

1 TBSP olive oil

1 tsp poppy seeds

\*\* In a large salad bowl, toss together the spinach, almonds, strawberries, and cucumber. In a small glass dish/jar combine the lemon juice, vinegar, sugar, oil, and poppy seeds. Dress the salad right before serving.

## **HOMEMADE BALSAMIC VINAIGRETTE** (Yield: 1/2 cup)

- 1/3 cup olive oil
- 2 T balsamic vinegar
- 1/2 T red wine vinegar
- 1 clove garlic minced or pressed
- 1/4 scant tsp ground mustard
- 1 T lemon juice

Instructions

- Whisk all the ingredients together. That's it.

I store my dressing in a small mason jar in the fridge. It should keep for a couple weeks. Since there are no additives in this, it will solidify in the fridge. Pull it out a few minutes before you use it again. Or just make it as you need it.

### **GREEK SALAD & DRESSING**

Mix together:

½ cup olive oil	1 tsp. Basil
¼ cup wine vinegar	½ tsp. Black pepper
2 tsp. Salt	½ tsp. Oregano

Pour the dressing over:

1 lb. Tofu, cut in ¾" cubes

Marinate for at least 1 hour, stirring occasionally.

Wash, core and cut into wedges: 3 fresh tomatoes... Wash and slice thin: 3 cucumbers

Add these to the marinated tofu along with:

½ large red onion, chopped

1 cup Greek or black olives

Toss and serve on a bed of lettuce.

### **KRISTIN'S SPRING SALAD**

Prepare salad greens (example- Sam's Club mix)

Top with:       sliced strawberries  
                  sweet red pepper, cut into bite-size pieces  
                  English walnut pieces

Drizzle with light raspberry vinaigrette dressing.

### **RASPBERRY CHICKEN SALAD**

4 cups bite-size pieces mixed salad greens

2 cups cut-up cooked chicken

1 cup raspberries (any kind as long as unsweetened)

1/3 cup thinly sliced celery

\*\* Toss together and serve with Raspberry Dressing and freshly ground pepper.

### **RASPBERRY DRESSING**

1 cup non-fat plain yogurt

½ cup raspberries

1 Tbsp raspberry or red wine vinegar

2 tsp. Splenda or other low GI sweetener

\*\*Place all ingredients in blender container. Cover and blend on high speed until smooth, about 15 seconds.

### **PEA SALAD**

Heat the canned peas then strain – Frozen would be better

Add cut up hard boiled eggs

Mustard to taste

Salt to taste

Mix together with plain no fat yogurt

Spoon pea salad into long romaine lettuce leafs.

### **3 BEAN SALAD**

1 can chick peas (rinse well in colander) 15.5 oz

1 can kidney beans (rinse well in colander) 15.5 oz

1 can fresh cut green beans

Dressing:

2 Tbsp EVOO (extra virgin olive oil)

1/4 cup apple cider vinegar

1 Tbsp each of Splenda and Splenda brown sugar

Whisk well and pour over salad. Cover and refrigerate to allow marinate to absorb into beans.

**MIXED BEAN SALAD**

Mix together: ½ cup Splenda or other low GI sweetener  
                  ½ cup apple cider vinegar

Add: ½ cup extra virgin olive oil  
      2 tsp. dried basil  
      1 ½ tsp, dry mustard  
      1 onion, diced  
      1 green pepper, diced

Drain and add to above dressing: 2 cans (14-15 oz) red kidney beans  
  1 can green beans  
  1 can yellow beans  
  1 can chick peas  
  1 can butter beans  
  1 can black beans  
  1 can navy or great northern beans

Refrigerate until serving. Best if made a day ahead so flavors blend.



## **LOW GI CARBS**

### **LOW GI BAKED BEANS** – makes a large crock-pot full

1 large onion diced and sautéed until soft and lightly browned  
1 package Oscar Meyer Turkey Bacon microwave crisp and crumble  
2 cans black beans  
2 cans white northern beans  
2 cans mixed beans  
2 cans red beans  
Rinse beans, put in crock pot.

#### Ketchup recipe:

2 small cans of tomato sauce  
2/3 cup agave syrup  
4 Tbsp vinegar  
2 Tbsp mustard

Combine all ingredients and stir into beans. Add more agave to taste. Cook 5-6 hours in a crock pot. Uncover for the last ½ hour to thicken up nicely. Yummy! We fed 25 with this recipe.

### **ROASTER FULL OF SWEET POTATOES** -instead of potato salad

Cubed sweet potatoes- with the skin on. Use a pampered chef wavy blade it looks cool!  
Diced onions  
Minced garlic  
Toss with olive oil  
Season w/sea salt and ground pepper to taste  
We used a large black roaster and filled it ½ full. Feeds 25 people.

Roast at 400 degrees for 30 minutes or until getting a little crisp. A convection oven works well for this.

### **HUMMUS**

1 can garbanzo beans  
3 spoons tahini – you can find this in the natural section of most grocery stores  
Water  
Onion  
Pepper  
Cumin - 2 or 3 teaspoons  
Garlic – 4 cloves  
Olive oil – ½ teaspoon  
Salt

\*\* I added a little lemon juice as well. Put all of the above in a food processor for 3-5 minutes & you are done.

### **SPINACH AND BLACK EYED BEANS**

1 package of chopped spinach	1 Tbsp olive oil
1 can black eyed peas	1 large or 2 med onions
1 tsp salt	5 garlic cloves

1) Mix spinach with beans and bring to boil. Add salt to taste, and pour into a colander.  
2) Fry the onion in the oil, when it turns clear, add the beans and spinach. Add more salt if desired.

## **LENTILS**

- 1 Bag Lentils (Soak for 2 hours)
  - 1 Large Onion
  - 3 Garlic Cloves
  - 1 Tablespoon McKays Chicken Seasoning
  - Dash of Pepper
  - Salt to taste
  - ½ Package Vegeburger granules (Morning Star)
  - Carrots
- \*\* Cook over low heat 1 hour, then simmer.

## **LENTIL-SPINACH STEW**

- 1 Cup Dry lentils
- 1 Med.Onion, chopped (1/2 cup)
- 2 Cloves Garlic, minced
- 1 Tbsp Olive oil
- 4 Cups Water
- 1- 7.5 ounce can tomatoes, cut up (or can of diced tomatoes)
- 4 tsp. Veggie or chicken bouillon granules
- ½ tsp. Salt
- ½ tsp Thyme, dried crushed
- ¼ tsp Pepper
- 1 Bay Leaf
- 2 med Carrots, chopped (1 cup)
- 1- 10 ounce pkg frozen chopped spinach or fresh spinach

Rinse lentils; set aside. In a large saucepan, cook onion and garlic in hot oil till tender, but not brown. Stir in the lentils, water, tomatoes, bouillon granules, salt, thyme, pepper, and bay leaf. Bring to a boil; reduce heat. Cover and simmer for 20 minutes. Add carrots and frozen spinach. Bring to a boil breaking up spinach with a fork; reduce heat. Cover and simmer about 15 minutes more or until lentils are tender. Discard bay leaf.

\*\*Optional: May add 1 Tbsp balsamic or red wine vinegar.

## **BLACK BEANS**

- Soak overnight.
- In a.m. drain water off beans and cover with fresh water.
- Add 1 chopped onion.
- 4 cloves of minced garlic
- 1-2 teaspoons cumin
- Chili Powder (optional)
- Season with Salt
- Cook till soft. (2 ½ - 3 hours)

## **TUSCAN SKILLET SUPPER**

- 2 tsp. Olive oil
- 1 ¼ cups chopped zucchini
- ½ cup sliced onion
- ½ cup sliced celery
- ½ cup diced red bell pepper
- 1 tsp. Dried oregano
- 2 garlic cloves, minced
- 1 cup dried tomato
- 1 (15oz) can cannellini beans or other white beans, rinsed & drained
- 2 rosemary sprigs
- 1 cup chopped spinach
- ¼ tsp. Salt

1/8 tsp. Black pepper  
1/2 cup (2 oz) pre-shredded fat-free mozzarella cheese

Heat oil in large non-stick skillet over med-high heat. Add zucchini and next 5 ingredients, sauté 10 min. Stir in tomato, beans, and rosemary, cook 5 min, stirring frequently.

Add spinach, salt, pepper to zucchini mixture; cook 1 min or until spinach wilts. Sprinkle with cheese; cover & let stand 1 to 2 min. or until cheese begins to melt.

Remove from heat and discard rosemary. Yields: 2 servings Serving size: 1 3/4 cup

### **SIMPLE BAKED SPAGHETTI SQUASH**

1 (3 lb) spaghetti squash

Preheat oven to 350 degrees

Cut squash in half lengthwise, discarding seeds. Place squash halves, cut sides down, in a 13 x 9 baking dish; add water to dish to depth of 1/2 inch.

Bake 350 for 45 min or until squash tender when pierced with fork.

Remove squash from dish, and cool. Scrape inside of squash with fork to remove spaghetti-like strands.

### **WILDFLOWER'S FAMOUS VANILLA SWEET POTATOES**

Use a 9 x 13 inch baking dish - rub with a little olive oil. Bake 350

Ingredients:

- Sweet Potatoes
- Butter
- Whey Low or Agave Nectar
- Cinnamon/Nutmeg
- Vanilla Extract

Scrub sweet potatoes (or you can use canned)

Bake or par boil your sweet potatoes until just tender. Slice in 1 inch rounds or cubes and place in the dish (1 – 2 lrg or maybe 4-6 medium)

Mix together 1 cup of whey low or agave nectar. – Drizzle over potatoes  
Sprinkle with 1-2 teaspoons cinnamon and a little nutmeg (1 teaspoon or less)

Cut 1/2 stick of butter in little pats and place randomly all over potatoes.  
Pour 1 oz. of Vanilla Extract (about 2 Tablespoons) over the top.

Place in a 350 degree oven and bake until bubbly and brown – for candy like let them cook for about 2-3 hrs.

### **SKILLET BEANS AND SQUASH**

1 1/2 cups yellow squash slices, 1/4 inch (about 1 1/2 med)  
1 1/2 cups zucchini slices, 1/4 inch (about 1 1/2 med)  
1 cup cubed Hubbard or acorn squash or butternut squash (about 4 oz)  
1/2 cup chopped onion (about 1 med)  
1 cup fat-free chicken broth  
1 to 2 TBS chopped jalapeno chili (about 1 small)  
1 large clove garlic, finely chopped  
2 cans (16 oz) kidney beans, drained  
1/4 cup snipped fresh cilantro

Heat all ingredients except cilantro to boiling in 10-inch nonstick skillet; reduce heat. Cover and simmer until veggies are tender, about 7 min.

Stir in cilantro.

#### Microwave Directions

Decrease chicken broth ½ cup. Place all ingredients except beans and cilantro in 2-quart microwavable casserole. Cover tightly and micro on high 6 min., stir in beans. Cover and micro until veggies are tender, 4 min. longer. Stir in cilantro.

### **SWEET POTATO FRIES**

Sweet Potatoes

Egg White (per 2 eggs)

Favorite spices

Trim the ends of the potatoes, then slice into pieces of equal thickness (for help, try the Progressive Deluxe Potato Cutter, \$30 at [progressiveintl.com](http://progressiveintl.com) for retail locations). Soak in water for 30 minutes to release the starch. Rinse and pat completely dry. Toss with 1 foamy egg white per 2 potatoes and your favorite spices. Place slices on a parchment-lined baking sheet – be careful not to crowd the sheet. Roast at 425 degrees checking for doneness every 15 minutes, flipping once. Reduce heat to 200 degrees to dry potato slices for 15-20 additional minutes. While a convection oven is ideal, you can also open your oven door a few times during roasting to vent the steam.

### **POTATO MEDLEY**

3 large sweet potatoes

2 medium potatoes

¼ cup of chicken broth

1 tsp of season salt

1 ½ cups carrots

1 small onion

2 small zucchini

Cut medium potatoes, sweet potatoes and onion into chunks. Slice carrots lengthwise. Use a baking dish; make sure it is sprayed with olive oil. Put all ingredients in the baking dish except for the zucchini and bake at 400 degrees for 30 minutes. Take out and put the zucchini over the top and sprinkle with parsley. Bake for another 10 to 15 minutes.

## **Soups and Stews**

### **STOCK OPTION – MAKE YOUR OWN CHICKEN BROTH**

Remove excess skin from leftover chicken bones and carcass; place in a large stockpot and cover with water. Cut 1 onion, 2 ribs celery and 2 carrots into large chunks and add to pot along with 8 peppercorns, and 2 bay leaves. Bring to a boil; reduce heat to low and simmer, uncovered, 4 hours. Skim off fat and strain.

### **SEAFARER'S NAVY BEAN SOUP**

1 Cup Veggie Wieners, sliced	2 Cans Navy beans, drained
1 Cup Onion, chopped	1 Can Diced tomatoes (14.5 ounces)
½ Cup Celery, chopped	2 Cups Water
½ Cup Carrots, slices	2 tsp. Chicken Seasoning
¼ Cup Green peppers, diced	½ tsp. Basil
2 Med Garlic cloves, minced	½ tsp. Lawry's Seasoned Salt
1 Tbsp Olive oil	

In a large saucepan, sauté Veggie wieners with vegetables in oil until vegetables are crisp-tender. Add remaining ingredients and simmer about 15 minutes.

Note: For a milder flavor, replace wieners with Loma Linda Tender Bits.

Tip: For a "quick" version, replace onions, celery, peppers, and garlic with a frozen vegetable "soup starter". Steam or microwave carrots before adding to soup. Add beans, tomatoes and seasonings and simmer 5 minutes before serving.

### **MINESTRONE SOUP** Yields 4 quarts

1 Cup Onion, chopped	1 tsp. Onion Powder
½ Cup Celery, sliced	½ tsp. Coriander
2 Med Garlic cloves, minced	1/16 tsp. Oregano
1 Tbsp Olive oil	1 Bay Leaf
6 Cups Water	1 ½ Cup Kidney/red beans canned
1 Tbsp Chicken-style seasoning	2 Cups diced canned tomatoes
2 tsp. Basil or 2 T. fresh basil minced	2 Cups Zucchini, sliced/quartered
1 ½ tsp. Lawry's Seasoned salt	1 Cup Carrots, sliced
1 ½ tsp. Splenda or other low GI sweetener	

In a large saucepan, sauté onion, celery, and garlic in oil until tender. Add water, seasonings and beans. Bring to a boil. Lower heat, cover and simmer about 20 minutes. Add tomatoes, cover and simmer about 10 minutes. Add zucchini and carrots and simmer 5 to 10 minutes more or until vegetables are tender. Remove bay leaf before serving.

### **CREAMY SWEET POTATO SOUP**

2 TBSP canola oil	1½ qt. chicken broth
1 large sweet onion	1¾ cup natural plain yogurt
2 tsp ground cumin	2 TBSP chopped parsley or cilantro
3 sweet potatoes, peeled and cubed	¾ cup toasted pumpkin seeds

- In a soup pot heat oil. Add onions and cumin and sauté 3-4 minutes. Add potatoes and chicken broth and bring to a boil. Reduce heat and simmer soup 20-25 minutes.
- Puree soup with 1½ cups plain yogurt and parsley or cilantro. Serve each portion of soup with a dollop of remaining yogurt and sprinkle of pumpkin seeds.

### **TOMATO SOUP**

2 pounds tomatoes	6 basil leaves
2 cloves garlic - minced	5 Tablespoons extra virgin olive oil

2 Tablespoons red wine vinegar  
Salt and plenty of freshly ground black pepper  
1 cucumber, peeled, halved and seeded

Cantaloupe  
Chopped fresh basil

- 1 - Core tomatoes and rough chop, put in saucepan with their seeds and juice along with garlic, basil leaves, oil, vinegar, big pinch of salt and about 1/4 tsp black pepper. Heat to about 150 degrees - below boiling point.
- 2 - Remove from heat and strain through a not-too-fine sieve, removing only seeds and skins. Cool in fridge. Adjust seasoning.
- 3 - To serve - chop melon and cucumber and put in bowls, ladle in soup and garnish with chopped basil.

### **STUFFED GREEN PEPPER SOUP**

1½ pound hamburger or ground turkey	1 TBSP Basil
1 large chopped onion	1 large can diced/stewed tomatoes
2 tsp garlic chopped	1 can tomato sauce
1 cup chopped celery	1 can tomato soup
4 green peppers chopped	1-2 quarts chicken broth
2 TBSP Canadian Steak Seasoning (From Sams)	salt/pepper to taste

Brown hamburger with 1 TBSP of the Canadian Seasoning. After browning a few minutes add the onion, celery, garlic, green peppers and the other TBSP of the Canadian Seasoning and the basil. When tender add all the rest of ingredients, and add the salt and pepper to taste. Simmer slowly to blend the flavors. I put mine in a crockpot for 4 hours on high. This is an important step to blend the flavors. Taste to season the way you like it. You may like more of the Canadian Seasoning and Basil.

### **BROCCOLI AND ARGULA SOUP**

1 TBSP chicken broth  
1 clove garlic, thinly sliced  
½ yellow onion, roughly diced  
1 head broccoli, cut into small florets (about 2/3 pound)  
2½ cups water  
¼ teaspoon each coarse salt and freshly ground black pepper  
¾ cup argula (watercress would be good too)  
½ lemon

Heat the chicken broth in a medium nonstick saucepan over medium heat. Add the garlic and onion and sauté for just a minute or until fragrant. Add the broccoli and cook for 4 minutes or until bright green. Add the water, salt and pepper, bring to a boil, lower the heat and cover. Cook for 8 minutes or until broccoli is just tender. Pour the soup into a blender and puree with the argula until quite smooth. Be very careful when blending hot liquids, Start slowly and work in batches if necessary (you don't want the steam to blow the lid off). Serve the soup with a bit of fresh lemon.

### **CHICKEN & RED LENTIL STEW**

1 ½ Tbsp olive oil (I used 1 Tbsp and it worked fine)  
2 cups finely diced red onion  
1 bell pepper, diced  
½ cup sliced celery  
1 Tbsp chopped fresh oregano leaves  
2 Tbsp chopped fresh thyme leaves  
Garlic to taste  
3 boneless, skinless chicken breast halves (6 oz. each) cut into bite-size pieces  
1/3 cup red lentils  
4 (14 ounce) cans low fat chicken broth

In a heavy bottomed stockpot, heat oil over medium heat, add onion, bell pepper, and celery, and sauté for 2 minutes. Add garlic and chicken and sauté for another 4-5 minutes, or until chicken is fully cooked. Stir in lentils and cover with chicken broth. Bring to a gentle boil. Reduce heat and simmer for 40 minutes, or until lentils are tender.

### **THANKSGIVING LEFTOVER STEW**

1 lb turkey chopped	3 cups chicken stock or leftover gravy
6 cups veggies of your choice	2 tsp poultry seasoning
1 onion chopped	salt and pepper to taste
8 oz mushroom diced	

Sauté the mushrooms and onion in olive oil. Add the stock or gravy and the seasonings. Mix in the turkey and the vegetables. Put in a crock pot for several hours. Enjoy!

### **CHUCKWAGON STEW**

1½ lb beef or turkey browned	1 medium onion chopped
1 can kidney beans, undrained	2 ribs celery sliced
1 can undiluted tomato soup	1 tsp salt
8 oz fresh sliced mushrooms	1 tsp chili powder
8 oz diced chicken breast browned	¼ tsp pepper
2 medium carrots sliced	

\*\*Put all ingredients in a crock pot. Cook on high for 3-4 hours or till the veggies are tender. Season

### **SLOW-COOKER CHESTNUT STEW**

1½ lbs. turkey tender loins cut into 1" cubes	1 thick carrot peeled and chopped
¼ tsp real salt	1 thick parsnip peeled and chopped (optional)
¼ tsp ground black pepper	2 ribs celery chopped
½ TBSP dried oregano	1 sweet potato peeled and cut into 1 inch chunks
½ TBSP dried basil	½ cup chopped or sliced chestnuts
½ TBSP extra virgin olive oil	½ TBSP tomato paste
½ large sweet onion peeled and chopped fine	1½ cup chicken stock (low sodium)
2 cloves garlic pressed through a garlic press	

Put real salt, pepper, oregano and basil in a dish. Add turkey chunks. Coat well and put in a large skillet with 1 TBSP of virgin olive oil and brown. Once nicely browned, put in the crock pot. Add all remaining ingredients. Mix well. Set on high for 6 hours.

### **MEATBALL STEW**

1 lb ground beef or turkey	1 large onion cut into chunks
1½ tsp salt	2 cups peas
½ tsp pepper	½ cup stock or water
4 medium sweet potatoes or parsnips cut into chunks	½ cup ketchup (homemade)
4 medium carrots cut into chunks	1½ tsp cider vinegar
4 stalks celery cut into chunks	½ tsp dried basil

-Combine the meat, 1 tsp salt, ½ tsp pepper, and shape into balls. Brown the meatballs on all sides.

-In a crockpot, put carrots, celery, onions, peas and whatever other veggies you want to add.

-Combine stock or water, ketchup, vinegar, basil and the remaining salt and pepper. Pour the mixture over the meatballs. Cover and Cook on high for 4-5 hours.

-I par boiled the sweet potatoes and added them the last hour... Season how you wish.

## **HEATRY BAKED STEW**

3 medium sweet potatoes

3 medium carrots sliced

1 lb turkey hamburger

1 can diced tomatoes

1 cup frozen peas

1 large onion

2 garlic cloves

Optional Ingredients: 1 tsp oregano, 1 tsp Italian Seasoning, ½ cup ketchup. Brown meat and then add the onion and garlic. Continue to cook for 5 minutes. Place in a slow cooker and add all the other ingredients. Salt and Pepper to taste.



## **Meat or Main Dish**

### **ALMOND CRUSTED CHICKEN**

Skinless chicken breast  
Crushed almonds (pecans are delicious too)  
Olive oil  
Plain soy silk or skim milk  
Fresh crushed garlic  
Ground red & black pepper  
Mrs. Dash Herb Seasoning

Take 3 clean chicken breasts, (if they are thick cut a split to thin them out) In bowl dip chicken in plain soy milk (1/4 cup) & 1 tablespoon of olive oil. Sprinkle pepper (to your taste), crushed garlic (to your taste) and Mrs. Dash.

Almonds on plate –Press chicken on both sides covering in almonds. You can add more seasoning at this point, depends on your taste (I don't think it is needed).

Bake in oven for about 20 minutes or in skillet on medium heat (use paper towel to spread olive oil in pan)

### **CHICKEN CASSEROLE**

1 can beans (your choice) rinsed and drained	4 garlic cloves chopped fine
4 boneless skinless chicken breasts	3 large carrots chopped
salt and pepper	¼ cup sundried tomatoes
2 TBSP olive oil	1 TBSP basil (fresh or dried)
1½ cup chicken stock	1 tsp Thyme (fresh or dried)
1 medium onion chopped	2 TBSP parsley (fresh or dried)
4 celery stalks chopped	

- Spread half the beans in the bottom of the crockpot
- Season chicken with salt and pepper and brown the chicken in olive oil
- Place the chicken on top of the beans, and then top with the remaining beans
- Add the chicken stock
- Sauté onions, celery, garlic, carrots, tomatoes, and herbs using the same skillet.
- Put the mixture in the crock pot over the chicken
- Cover and cook slow for several hours

### **LEMON BASIL CHICKEN**

3 lbs. Broiler-fryer chicken	1 Tbsp dried basil leaves
1 lemon	½ tsp. garlic powder
1 clove garlic, thinly sliced	

Heat oven to 375 degrees.

Remove excess fat from chicken; fasten neck skin to back with skewer. Fold wings across back with tips touching.

Grate 2 tsp lemon peel, reserve.

Cut lemon into halves; rub chicken with half of 1 lemon. Place garlic, 1 tsp dried basil leaves and remaining lemon half in cavity.

Rub chicken with reserved lemon peel; sprinkle garlic powder and remaining basil over chicken. Place chicken, breast side up, on rack in shallow rectangular roasting pan. Cover and bake 1 hour. Uncover and bake 30 min longer.

## **CHICKEN & PORTABELLA MUSHROOMS**

1 cup diced onions  
1 cup cut baby carrots  
4 oz sliced baby portabella mushrooms  
1 lb boneless skinless chicken breasts, cut into 1 1/2" wide strips  
1 tsp Montreal steak seasoning  
1 1/2 Tbsp balsamic vinegar

1. Preheat large sauté pan on medium-high 2-3 min. Sauté vegetables in pan until hot, but not totally done. (can use broth, water, or olive oil to sauté veggies) Remove hot vegetables from pan and keep warm.
2. Add chicken to sauté pan, using tongs. Sprinkle with steak seasoning. Cover and cook 2-3 min, turning once.
3. Add vegetables back into sauté pan with chicken. Cover and cook 5 min, stirring once or until vegetables are cooked, but not overcooked.
4. Remove lid and cook 3 more min, stirring once. Stir in the balsamic vinegar and serve with a small salad.

## **SONOMA CHICKEN**

1 pound boneless, skinless chicken breast  
1 teaspoon dried rosemary  
½ teaspoon garlic powder  
¼ teaspoon salt  
¼ teaspoon ground black pepper  
3-4 teaspoons extra-virgin olive oil  
1 medium onion, cut into ¼ inch thick slices, and separated into rings  
1 ½ cups sliced fresh mushrooms  
1 ¼ cups fat free chicken broth  
3 Tablespoons chopped sun-dried tomatoes (not packed in oil)  
¼ cup finely chopped fresh parsley

Rinse the chicken and pat it dry with paper towels. Cut it crosswise into 8 equal pieces. With the cut side up, use the palm of your hand to flatten each piece to slightly less the ½ inch thickness. Sprinkle both sides of the chicken pieces with some of the rosemary, garlic powder, salt and black pepper and set aside.

Coat a large nonstick skillet with olive oil and preheat over medium-high heat. Add the chicken and cook for about 2 to 3 minutes on each side or until nicely browned and no longer pink inside. Remove the chicken from the skillet and set aside to keep warm.

Add the onion rings, mushrooms, and 2 tablespoon of the broth to the skillet. Cover and cook, stirring frequently, for a couple of minutes or until the onions and mushrooms start to brown and begin to soften. Add a little more broth if the skillet becomes too dry; but only enough to prevent scorching.

Add the remaining broth and tomatoes to the skillet mixture and bring to a boil. Reduce the heat to medium-low, cover, and cook for about 3 minutes or until the tomatoes have softened. Raise the heat to medium-high and cook uncovered, stirring frequently, for several minutes or until about ¼ to ½ cup of liquid remains in the skillet.

To serve, place, some of the chicken on each of 4 serving plates. Top each serving with some of the vegetable mixture, pan juices, and a sprinkling of parsley. Serve hot.

## **CHICKEN A LA CALABRESE**

Bake at 450 for 15 minutes, then 350 for 25 minutes.

1 Whole chicken (4lbs) cut into 8 pieces, skin removed, wings reserved for another use  
1 TBSP olive oil  
1 large onion, peeled and sliced  
2 large sweet peppers, cored, seeded and sliced  
3 cloves of garlic, smashed  
1 can (28 oz) whole tomatoes in puree  
12 tsp salt  
¼ tsp black pepper  
¼ tsp red pepper  
¼ cup fresh parsley leaves  
¼ cup fresh mint leaves  
1 sprig fresh oregano  
1 sprig fresh thyme  
¼ cup grated Romano cheese

- Heat oven to 450. Place chicken pieces in a lightly greased, lidded casserole (or large open casserole dish); roast uncovered at 450 for 15 minutes
- Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add onion, peppers and garlic and cook 5 minutes, stirring occasionally. Add tomatoes, salt, pepper, and red pepper flakes, breaking up tomatoes with a wooden spoon. Simmer, uncovered 10 minutes, stirring occasionally. Stir in parsley, mint, oregano and thyme.
- Pour sauce over chicken. Cover and reduce heat 350. Bake for an additional 25 minutes or until internal temperature registers 170 on an instant-read thermometer.
- Serve chicken and sauce in bowl or over spaghetti squash
- Garnish with grated Romano cheese

## **SLOW COOKER LATIN CHICKEN**

1 TBSP olive oil  
3 lbs skinless chicken thighs  
Salt and Pepper to taste  
¼ cup loosely packed cilantro leaves  
2 large sweet potatoes cut into chunks  
1 red bell pepper, cut into strips  
2 (15.5 oz) cans black beans rinsed and drained  
½ cup chicken broth  
¼ cup loosely packed cilantro leaves  
1 cup hot salsa  
2 tsp ground cumin  
½ tsp ground allspice  
3 large cloves garlic, chopped  
Lime wedges for garnish

- Heat the olive oil in a large skillet. Season the chicken thighs with salt and pepper. Sprinkle ¼ cup cilantro over the chicken thighs. Brown the chicken in the frying pan, 3 to 5 minutes on each side.
- Arrange the chicken in the bottom of a slow cooker. Place the sweet potatoes, red bell pepper, and black beans on top of the chicken. Mix together the chicken broth; ¼ cup cilantro leaves, salsa, cumin, allspice, and garlic together in a bowl. Pour into the slow cooker. Set the slow cooker to LOW and cook for 4 hours. Garnish with the lime wedges to serve.

## **BARB'S CHICKEN CACCIATORI**

4 chicken breasts cubed	1 tsp thyme
1 TBSP Barb's Magic Seasoning	1 can stewed tomatoes
1 large onion diced	1 can tomato sauce
1 green pepper diced	2 TBSP tomato paste
2 large carrots diced	1 cup tomato juice
2 ribs celery diced	1 cup chicken stock
4 oz mushrooms sliced	1 TBSP Barb's Magic Seasoning
1 clove garlic minced	8 oz peas
1 tsp oregano	1 spaghetti squash

Brown chicken in 2 TBSP olive oil and 1 TBSP seasoning. Remove chicken from pan. In the same pan add all veggies and sauté lightly. Add the rest of the ingredients and 1 more TBSP of seasoning. Cook all together for 5-10 minutes. Put everything in a crockpot and cook on low for 4-8 hours. If it gets too dry add more juice or stock. Feel free to season to your taste. Last hour add 8 oz peas. Serve over spaghetti squash. (Cut squash in ½ place cut side down in pan. Add 1 cup water and bake 30-45 minutes or until soft. When cooled fork out of shell. Season to taste).

## **BARB'S SPICE RACK CHICKEN MEDLEY**

### Ingredients:

2 lbs chicken breast	1 can tomatoes
2 lbs veggies (your choice) diced	1 cup chicken stock
1 lb sweet potato diced	1 tsp Braggs Soy Sauce
1 onion diced	1 tsp Dijon Mustard

### Spice Mixture:

-Mix together 1 tsp each of the following spices

Tarragon	Poultry Seasoning
Rosemary	Basil
Parsley	Garlic Powder
Oregano	Salt
Thyme	Pepper
Italian Seasoning	

Brown the chicken and onion together, put in crock pot with veggies. Mix together tomatoes, chicken stock, soy sauce, and mustard and 1 TBSP of the spice mixture. Pour over chicken. Cook in crock pot for 4-5 hours. The last hour stir in sweet potatoes. Add more stock if you want more sauce.

\*Left over spices can be used for any other recipe or as a rub for meat.

## **AROMATIC CHICKEN & LENTILS**

### Ingredients

- Tomato Paste, Canned, No Salt Added 1/2 tbsp
- Herbs De Provence 1/2 tsp
- Broth, Chicken, Canned, Low Sodium 3/4 cup
- Cinnamon 1/3 tsp
- Wine, White, Dry 1/4 cup
- Oil, Vegetable 1/2 tbsp
- Chicken Breast, Fillets 2 unit (yield from 1 lb ready-to-cook chicken)
- Leeks 1/2 tbsp - chopped
- Tomatoes 1/2 medium - peeled and chopped
- Lentils 1 cup

### Directions

1. Preheat oven to 400°F.
2. In a medium heavy oven proof casserole, heat the oil. Saute the leeks, tomatoes and herbs de provence for 5 minutes.

3. Stir in wine, tomato paste, cinnamon, lentils and broth.
4. Bury the chicken pieces in this mixture. Cover and bake 30-40 minutes or until the chicken is cooked and the lentils are tender.

### **CREAMED CHICKEN OVER VEGGIES AND BEAN SPROUTS**

#### Ingredients:

2 cups sliced mushrooms	1¼ cup chicken stock
1 red pepper	1/3 cup sour cream
1 yellow pepper	1/3 cup Greek yogurt
1 onion	Salt and Pepper to taste
8 chicken breasts cut into chunks	Chef Paul's Poultry Magic

#### Directions:

Put mushrooms, pepper, and onion in the crockpot. Brown chicken and season, add to the crockpot. Add stock and then cover and cook on low for 6-7 hours. Turn on high and add the cream and the Greek yogurt taste for seasoning. Cover and cook for 30 minutes. Serve over veggies.

#### Veggies:

1 bag frozen sugar snap stir fry  
 1 bag frozen broccoli stir fry  
 1 bag bean sprouts  
 ½ cup stock

#### Directions:

Season to taste, I used Chef Paul's Veggie Magic. Mix and cook in crockpot for 3-4 hours or you can cook on the stove top until the veggies are tender.

### **GUACAMOLE CHICKEN**

4 lbs chicken breast thawed  
 Drew's Classic Italian Vinaigrette and Quick Marinade Dressing  
 Mushrooms, pre-cut (2 small packages or 1 large)  
 Simply Organic Guacamole Dip dry mix packages (Cashwise)

- Cut 4 lbs chicken breast into 3 inch strips
- Brown lightly and put into crock pot (or Sam's Club carries Fajita Chicken Meat pre-cut and pre-cooked)
- Add 1 cup Drew's Italian Vinaigrette Dressing
- Add 2 packages mushrooms
- Add 2 packages Simply Organic Guacamole Dip (Cashwise)

Heat for 4 hours stirring occasionally

### **CHICKEN BREASTS STUFFED WITH FETA AND SPINACH**

3 cups spinach leaves  
 1/3 cup crumbled reduced-fat feta cheese  
 ½ cup soft dry pack sun-dried tomatoes 1 TBSP low-fat cream cheese  
 Freshly ground pepper  
 4 boneless, skinless chicken breasts (about 1 ¼ pounds, trimmed of all visible fat)

- In the bowl of a food processor fitted with a metal blade, combine the spinach, feta, tomatoes, and cream cheese. Season to taste with pepper. Process until coarsely chopped.
- Slice open each chicken breast lengthwise to create a pocket. Fill the pockets with the spinach stuffing. Place chicken in lightly sprayed baking dish in a single layer. I also sprinkled the chicken with a little salt and pepper. Cover with aluminum foil and bake for 30 minutes or until cooked through and golden brown.

## **CHICKEN BREASTS STUFFED WITH FETA AND SPINACH**

3 cups spinach leaves  
1/3 cup crumbled reduced-fat feta cheese  
1/2 cup soft dry pack sun-dried tomatoes  
1 TBSP low-fat cream cheese  
Freshly ground pepper  
4 boneless, skinless chicken breasts (about 1 1/4 pounds, trimmed of all visible fat)

- In the bowl of a food processor fitted with a metal blade, combine the spinach, feta, tomatoes, and cream cheese. Season to taste with pepper. Process until coarsely chopped.  
- Slice open each chicken breast lengthwise to create a pocket. Fill the pockets with the spinach stuffing. Place chicken in lightly sprayed baking dish in a single layer. I also sprinkled the chicken with a little salt and pepper. Cover with aluminum foil and bake for 30 minutes or until cooked through and golden brown.

## **CRUSTLESS CHICKEN POT PIE**

1 head cauliflower	4-6 chicken breasts
1 head broccoli	1 Medium onion diced
1 tsp salt	1 red pepper diced
1 tsp pepper	1 bag frozen veggies (your choice)
1 tsp Barb's Seasoning	1 1/2 cup chicken broth
1/2 cup Greek yogurt	2 TBSP Arrowroot Flour

- Steam cauliflower and broccoli, and then put it in a food processor with the salt and pepper and yogurt. Puree until smooth. Set aside.

Dice the chicken breasts into bite size pieces and then brown with Barb's seasonings. Add onion, red peppers, veggies and broth. Add all into the crockpot and cook 5-6 hours. The last hour mix the arrowroot flour with 1/4 cup of cold water or broth. Stir into meat mixture. Spread the cauliflower mixture on top. Heat until the cauliflower is warmed through.

## **CRUST-LESS PIZZA**

Sausage turkey pepperoni (I use ground turkey) cooked before baking  
4 Roma Tomatoes (sliced)  
1 can of Rotel or diced tomatoes (drained some of the liquid out)  
Red/yellow/orange bell peppers (sliced)  
1/2 red onion (diced)  
Mushrooms (lots of – sliced)  
1 can of black beans  
Lots of Mozzarella cheese (shredded) on top

Use lots of dry seasoning (I use Tastefully Simple – Onion Onion, Garlic Garlic, Tomato Basil Pesto, oregano, and a little salt & black pepper)

Layer each ingredient & seasoning in a large pie pan and bake for 12 to 15 minutes, @ 375 to 400 degrees – until cheese looks good and lightly browned.

## **DEB'S EASY LASAGNA**

1.5 lb browned hamburger mixed into a jar of Classico tomato and basil sauce  
1 head of steamed cabbage leaves  
2 cups cottage cheese  
1 lb shredded mozzarella cheese  
Parmesan cheese

Layer in a cake pan: cabbage, meat sauce, cottage cheese, and mozzarella cheese; repeat. sprinkle parmesan cheese on top and bake about an hour or until cheese starts to brown at 350 degrees.

## **ZUCCHINI LASAGNA**

### **Ingredients:**

2 cloves garlic  
½ cup chopped onions

1 lb ground beef or ½ beef and ½ turkey  
Sauté all 3 ingredients in 2 tsp olive oil

### **Mix together:**

1 (14.5 oz) can stewed tomatoes – mix these and tomatoes in a food blender  
1 small can of tomatoes  
1 (6 oz) can of tomato paste  
1 (4 oz) can of sliced mushrooms  
½ cup red cooking wine (optional)  
1 2/3 tsp Oregano

½ tsp Basil  
¼ tsp Thyme  
1½ tsp Salt  
Black Pepper to taste  
Mozzarella cheese  
Cottage Cheese or Ricotta Cheese (1%)

### **Directions:**

Add all the ingredients to the meat mixture and simmer slowly for about ½ hour. You may need to add some tomato sauce if it gets too thick. Grease a 9X13 pan. Cut Zucchini (about 5 small ones) lengthwise into strips about ¼ inch or less in thickness. Place ½ in the pan and top with mozzarella cheese and then a layer of cottage cheese. Top that mixture with the meat mixture. Repeat layers except for the cottage cheese and then add Parmesan cheese on top of the last layer of mozzarella cheese. Bake in oven at 350 degrees for about 45 minutes to 1 hour until the zucchini is tender. You may need to cover the pan with tin foil for the last 10 to 15 minutes if the cheese starts to brown.

## **BARB'S LEFTOVER CONCOCTION**

1 lb ground beef  
1 lb ground turkey  
1 large onion chopped  
2 tsp diced garlic  
2 tsp oregano  
2 tsp rosemary  
2 tsp barb's magic spice mixture  
2 sweet potatoes sliced

1 green pepper chopped  
1 red pepper chopped  
1 yellow pepper chopped  
4 to 6 oz mushrooms chopped  
4 ribs celery  
2 zucchini chopped  
1 can stewed tomatoes  
½ cup homemade ketchup

In a large pan brown beef, turkey, onion, garlic, 1 tsp oregano, 1 tsp rosemary, 1 tsp spice mixture. Add all the rest of the chopped veggies and the other tsps of seasonings. Cook together for 10 minutes. Put ½ of the mixture in a casserole dish, top with shredded cheese and then add the rest of the mixture. Cover and bake at 375 degrees for 45 minutes. Uncover and add another layer of cheese and then bake for another 10 minutes. You can make this your own dish by using any veggie you want. Hence the title as leftovers.

## **SPAGHETTI SQUASH CASSEROLE**

1 medium spaghetti squash  
1 lb ground turkey or hamburger (browned)  
1 TBSP olive oil  
1 cup chopped onion  
2 garlic cloves minced  
½ lb fresh mushrooms sliced  
1 tsp dried basil  
½ tsp dried oregano  
¼ tsp dried thyme

½ tsp salt  
¼ tsp pepper  
2 medium tomatoes diced  
1 cup ricotta or cottage cheese  
1 cup shredded low fat mozzarella cheese  
¼ cup fresh parsley minced  
1 cup Ezekiel bread crumbs  
¼ cup parmesan cheese

Cut the squash in half lengthwise and remove the seeds. Place the squash cut side down in a baking dish and bake at 350 degrees for 45-60 minutes until it is soft. Meanwhile sauté the onion, garlic, mushrooms, herbs, and seasoning (except the parsley) until the onion is translucent. Add tomatoes and cook until the liquid has evaporated. When the squash has cooled use a fork to separate the strand. Combine the squash, browned

hamburger, tomato mixture, ricotta, mozzarella, parsley and crumbs, Put in a greased casserole and sprinkle with parmesan cheese. Bake uncovered at 375 degrees for 40 minutes.

### **BARB'S SPINACH WHITE CHILI**

2 lbs ground turkey	2 tsp cumin
1 large onion chopped	2 tsp Italian Seasoning
2 clove garlic diced	Salt and Pepper to taste
1 green pepper chopped	2-3 cans white beans
1 red pepper chopped	4 cups chicken stock
½ box sliced mushrooms	2 big handfuls of spinach
2 tsp Oregano	1 can Ro-tel, stewed or plain tomatoes
2 tsp chili powder	

Brown the turkey, when it is about ½ done, add onion, garlic, peppers, mushrooms and all seasonings. In crock pot put rinsed beans, stock and tomatoes, add turkey mixture cook on high for 3 hours. Add spinach and cook until it is wilted.

### **SOUTHWEST EASY-OVEN CHICKEN**

1-cup fat free chicken broth  
2 (15 oz.) can black beans, rinsed and drained  
¾ cup mild salsa  
2 garlic cloves, minced  
1 pound skinless boneless chicken breasts, cut into 2 inch pieces

Preheat the oven to 350 degrees F. In a 13 x 9 baking pan, combine the broth, beans, salsa and garlic. Add the chicken and baste with some of the liquid.

Bake, stirring once, until the chicken is cooked through and the liquid is reduced, about 45 minutes.

### **WILDFLOWER WHITE CHICKEN CHILI**

2 – 13 oz. cans of Chicken Breast Drained or 4 Chopped or shredded chicken breasts  
1 quart of White Kidney Beans (or any white bean) cooked or (2 large cans – rinse and drain)  
4 cups of Organic Chicken Broth without sugar or MSG (if you want it thicker use less)  
1 small can of Rotel Tomatoes and Green Chilies with liquid  
1 Tablespoon of Cumin

Place all of the above in heavy kettle and heat thoroughly. To serve sprinkle each cup/bowl with Sargento Mexican Cheese and Veggie and Flax Tortilla chips (ONLY IF YOU CAN HAVE GRAINS)

### **BREAKFAST TURKEY SAUSAGE**

2 lbs ground turkey	1 tsp salt
1½ tsp pepper	1 tsp Italian Seasoning
1 tsp sage	1 garlic clove chopped
1 tsp thyme	¼ cup green pepper chopped
1 tsp rosemary	¼ cup red pepper chopped
1 tsp parsley	¼ cup onion chopped
1 tsp basil	½ cup applesauce (I put 1 apple in the magic bullet)

Mix all ingredients together and make into patties. I made 3 oz patties so I could have an egg with it for breakfast or 2 for the other meals.



## **TURKEY ROLL-UPS**

4 slices of turkey breast  
4 medium Boston lettuce leaves  
Cilantro Mayonnaise (below)

4 scallions  
4 red bell pepper strips

Place 1 slice of turkey on a lettuce leaf spread with Cilantro Mayonnaise (see below). Add 1 scallion and 1 pepper strip. Fold into a tight roll. (Ham may be substituted for the turkey. Cilantro mayo can be used as a dip instead of a spread.)

### **Cilantro Mayonnaise**

$\frac{3}{4}$  cup reduced-fat mayonnaise  
 $\frac{3}{4}$  cup loosely packed cilantro leaves  
1 tablespoon fresh lime juice

1 teaspoon light soy sauce  
1 small clove garlic

Place the mayonnaise, cilantro, lime juice, soy sauce, and garlic in a blender or food processor. Blend until smooth.

## **TURKEY POT ROAST**

1 Turkey breast or 2 turkey tenderloins  
Salt and pepper to taste  
 $\frac{1}{2}$  cup peeled, finely chopped onion  
2 small cloves garlic/ crushed  
 $\frac{1}{2}$  tsp crumbled dried basil

$\frac{1}{4}$  tsp dried thyme  
1 cup turkey or chicken broth  
6 medium carrots, scraped, cut into strips  
2 Tbsp chopped fresh parsley, for garnish

Place turkey skin-side-up in a Dutch oven. Salt and pepper to taste. Bake in preheated, 450° oven for 20 minutes, until skin is crisp. Drain; discard any fat. Add onion, garlic, basil, thyme and broth; cover and bake 350 degrees until turkey is tender, about 1 hour. Add Carrots; cover, and cook until carrots are tender about 20 min. Garnish with 2 tablespoons chopped fresh parsley.

## **TURKEY MEATLOAF**

2 lbs ground turkey  
 $\frac{1}{2}$  cup grate parmesan cheese  
 $\frac{1}{2}$  cup canned tomato sauce  
2 tsp minced garlic  
1 TBSP salsa  
1 egg or  $\frac{1}{2}$  cup liquid (to bind ingredients together)

$\frac{1}{2}$  cup chopped bell peppers (yellow or green)  
 $\frac{1}{2}$  cup chopped onion (red)  
1 TBSP ground dried basil  
1 tsp garlic salt  
1 TBSP ground dried oregano

Mix all ingredients except for the tomato sauce in a bowl and form into a pan. Cover the top with tomato sauce and sprinkle with Parmesan cheese. Bake at 350 degrees for 1 hour. Serves 5.

## **TURKEY-FETA MEATBALLS IN VEGETABLE TOMATO SAUCE**

### Vegetable Tomato Sauce:

$\frac{1}{4}$  cup olive oil  
2 white onions, chopped  
2 garlic cloves, chopped  
2 red bell peppers, chopped  
2 zucchini or yellow squash, grated  
2 carrots, grated

1 butternut or acorn squash or sweet potato, peeled and chopped  
2 TBSP fresh or 2 tsp dried thyme  
2 TBSP fresh or 2 tsp dried oregano  
4 (28 oz) cans chopped tomatoes, reduced sodium

### Meatballs:

1 lb ground turkey  
 $\frac{1}{3}$  cup diced red onion  
 $\frac{1}{3}$  cup (about 2 ounces) crumbled feta cheese

2 garlic cloves, crushed  
 $\frac{1}{2}$  tsp chopped fresh rosemary or fresh basil

- To prepare sauce, heat olive oil in a large saucepan over medium heat. Add onion and garlic, sauté 5 minutes. Add bell peppers and next 5 ingredients (bell peppers through oregano). Cook 10 minutes. Add tomatoes and simmer until butternut squash is tender, about 20 minutes.
- Preheat oven to 350 degrees
- To prepare meatballs, mix all ingredients in a bowl, add some water if mixture is dry. Shape into 12 balls and place on a greased baking sheet. Bake about 25 minutes, until golden brown and thoroughly cooked. Serve with sauce over spaghetti, if desired. Serves 4

### **SHEPHERD'S PIE WITH BEEF**

- Non stick cooking spray
- 1 medium head cauliflower – cored and cut into large florets (about 4 cups)
- Salt and freshly ground pepper
- ½ cup Greek Yogurt
- 12 ounces lean ground beef
- 1 medium yellow onion, diced small
- 1½ cups frozen mixed vegetables
- ½ cup canned diced tomatoes, drained
- 1 cup low-fat, low-sodium chicken broth
- 1 TBSP cornstarch
- 3 TBSP chopped fresh chives

- Preheat oven to 450 degrees
- Wrap Cauliflower in foil to keep the steam in or put in a covered pan with just a little water. Bake for 20 minutes or until it is soft
- Put the Cauliflower in a food processor with the Greek Yogurt Puree until it is smooth. Add salt and pepper to taste. Cover to keep it warm.
- In a large pan, brown the beef and the onion. Season with salt and pepper. Add the vegetables and the tomatoes. (I pre-cooked the vegetables in the microwave). Mix the cornstarch in with the chicken broth, then add that to the meat mixture. Simmer until it is thickened.
- Put mixture in an 8X8 baking dish. Spread warm cauliflower over the beef mixture
- Bake until hot about 8 to 10 minutes

### **BARB'S BEEF STROGANOFF**

- |                             |                         |
|-----------------------------|-------------------------|
| 2 lbs ground beef (browned) | 2 garlic cloves chopped |
| 2 medium onions chopped     | 1 TBSP barb's seasoning |
| 1 cup beef or chicken stock | 2 TBSP Arrow Root flour |
| 8 oz mushrooms sliced       | ¾ cup sour cream        |

- In a crock pot combine the 1<sup>st</sup> 6 ingredients. Cook on low for 6 hours.
- Combine the flour and the sour cream until it is smooth. Mix that into the beef and cook for 1 hour longer. Serve over spaghetti squash or mashed cauliflower.

### **POT ROAST**

- |                                  |   |
|----------------------------------|---|
| 3 lbs. boned chuck roast trimmed | 2 cups water  |
| 2 Tbsp olive oil                 | 3 beef bouillons cubes (look for the low salt kind) |
| 1 ½ cups fresh onion diced       | 1/3 cup white wine vinegar                          |
| 1 ¼ tsp. black pepper            | 1 Tbsp. ground ginger                               |
| 1 tsp. salt                      |   |

- Heat oil in a large pot; add beef, browning on all sides.
- Place beef in crock pot. If you don't have a crock pot, make it in large pot with lid.
- Add onion, pepper and salt. Combine water and vinegar; stir and pour over beef. Add bouillon.
- Cook on low 8-10 hours or on high 4-6 hours (crock pot) 4-6 hrs. low in pot with lid on.

## **BEEF 'N BROCCOLI STIR FRY**

1 cup thinly sliced onion  
2 Tbsp chopped green onion (optional)  
2 garlic cloves, minced  
2 tsp olive or canola oil  
½ to 1 pound boneless beef sirloin steak, cut into thin strips  
(or 4 – 5 100% beef sandwich steaks)  
1/2 cup low sodium beef broth

5 cups broccoli, cut in pieces  
1 Tbsp cornstarch (or 2 tsp arrowroot)  
1 cup low sodium beef broth  
2 Tbsp balsamic vinegar (You might want to make this without the vinegar & add only if you prefer. Some like it with others with out)  
2 cups fresh mushrooms, sliced

In a large nonstick skillet or wok, stir-fry onion & garlic over low heat until tender. Add beef; stir-fry over medium heat for 5-7 minutes or until meat is no longer pink & onions are golden. Using a slotted spoon, remove meat and onion; set aside.

Add broth to the pan; stir to loosen browned bits. Add broccoli & mushrooms; stir-fry over high heat until broccoli is crisp-tender. In a bowl, combine cornstarch, stir in broth and vinegar until smooth. Add to the pan. Bring to a boil; cook & stir for 2 minutes or until thickened. Stir in beef & onions; heat through.

## **BOLOGNESE**

Step 1: Make lentils any way best for you. I do it as follows:

1 bag lentils, soak for about 2 hrs. (Cold water, change after 1 hr.)  
1 onion  
2 cloves garlic  
1 Tbs olive oil

1 large can low fat chicken broth or 2 chicken bouillon cubes

Any other spice you would like to add

In a small soup pot add, olive oil, onion, garlic and any other vegetables/spices you would like, brown slightly, add soaked lentils, and cover with chicken broth or water with bouillons.

Cook for 1 hr. or until soft on low

Step 2: Make vegetables

In a large oven roasting pan, sprayed with Pam or olive oil

Add any or all of the following vegetables (if you like to add any other vegetables do so).

2-3 cloves garlic, minced

1-2 large onion

2-3 stalks celery

3-4 carrots, peeled

16 oz. white mushrooms

2-4 zucchini

2-4 yellow squash

1-2 eggplants

Cut the vegetables into large bite size pieces, salt/pepper, and bake in the oven (350°) for about an hour until soft.

Step 3: Meat

2 lbs. of ground beef or ground turkey

Brown beef/turkey in a large skillet, drain off fat.

Put back on stove and add 1 large can 16oz. of crushed tomatoes

Season with salt/pepper, basil, oregano (I use Italian herb mix).

Cook for about ½ hr. or so on low until tomatoes have softened.

How to portion out servings:

Measure out the proper portion size of meat 4-6 oz. for woman 6-8 oz. for men.

Measure out the proper portion size of the lentils (1/2 cup).

Makes approximately 6-8 servings, depending on portion size.  
To the individual servings, add ½ cup lentils.

Divide the vegetables into eight servings and add to the meat/lentils.  
I like to serve this over Italian flat green beans.  
Top with small sprinkle of low fat parmesan cheese.

This recipe freezes well. Freeze this as individual servings is best, you can always add more vegetables. Very hearty dish. I make this on the weekend and freeze it for fast meals.

This is my Transitions version of this recipe so if anyone has a problem with the way I tried to explain how to make it I apologize in advance. Never claimed to be a recipe writer. Just know how to cook, and I wing it most of the time. I'm told I do a great job and have kept a husband and 3 children happy for over 30 yrs.

### **SPINACH AND MEAT**

2-3 Packages of Spinach	3 Lemons
1 lb ground meat, lean beef or turkey	Salt and Pepper
2 Onions	

#### **Preparations:**

- 1) Fry the onion with the meat. When onion turns clear, add the meat, salt, and pepper. Cook till brown. Add the spinach. Let cook on low heat.
- 2) Ten minutes before it's done, add the lemon.

### **STUFFED CABBAGE**

4 oz white canned beans	2 large white eggs
8 cups tomato soup	1 cup vegetable stock
12 oz 85% lean ground beef	4 cups chopped white cabbage
12 oz ground turkey	1 cup canned tomatoes

- Mix egg white and drained white beans into ground beef and turkey, season with salt and pepper.
- Form into 8 large meatballs. Shred or chop cabbage and layer in bottom of a dutch oven.
- Place meatballs on cabbage. Mix together tomatoes, tomato soup and vegetable broth.
- Pour over cabbage and meat. Sprinkle lightly with fresh ground pepper. Cover and bring to a boil.
- Lower temperature and over loosely to allow steam to escape. Continue cooking on stove top (spooning juices over cabbage and meat about every 15 minutes) or place in 325 degree oven for 30-40 minutes, until meat is well-done, but not overcooked. Allow to sit uncovered for 10 minutes.
- Skim any excess fat before serving. Great served with grilled portabella mushrooms and eggplant slices

### **CHILI CON CARNE**

1 lb extra-lean ground turkey or ground beef (optional)	4-5 cups cooked kidney beans
1 onion, chopped fine	1 tsp sea salt
1/4 cup green pepper, chopped	1 Tbsp chili powder
1- 27 oz. can tomato sauce	1/4-1/2 tsp ground cumin

Brown ground turkey or ground beef. Add onion & green pepper, cook until tender. Drain fat. Add remaining ingredients. Simmer to blend flavors.

### **BARB'S TACO MEAT**

½ lb hamburger and ½ lb turkey meat	1 garlic clove
½ cup onion	2 tablespoons of taco seasoning
½ cup green pepper	

Combine hamburger and turkey meat. Combine with other ingredients and brown meat. Enjoy!

## **TACO SALAD**

Here is my version of Taco Salad. The original has Fritos, ranch style beans and sour cream. I found that subtracting those items makes this salad lowfat, but still flavorful. I do not even miss those things.

### Easy Taco Salad for Four:

1 pound extra lean ground beef  
2 cups of canned pinto beans, rinsed (approx. 1 ½ cans)  
1 packet of Old El Paso Taco Seasoning with 40% less sodium  
2/3 cup of water  
Fat Free Shredded Cheese (I use cheddar)  
As much of the following items as you desire:  
Lettuce  
Tomato  
Black Olives  
Green Onions

Brown the ground beef in a non-stick skillet on medium-high until no longer pink. Drain. Add the packet of taco seasoning and the water to beef. Stir until well mixed, then turn the heat to low. (I usually leave it cooking while I cut up the vegetables and stir it occasionally)

Cut up all of the vegetables and toss together. Put the vegetable mix in 4 individual bowls. Add ½ cup of the pinto beans, ¼ of the beef mixture and a sprinkle of the cheese to each bowl. Mix and enjoy!

Tip: If you like more spice, add cayenne pepper or a salt free spicy seasoning to the pinto beans before you distribute them to the bowls.

## **MEXICAN CASSEROLE**

1 TBSP olive oil	2 cups salsa (I used homemade)
1 cup chopped onion	Juice of 1 lime
1 cup chopped carrots	Salt and Pepper to taste
1 green pepper chopped	1 TBSP fresh or dry cilantro
1 lb shredded cooked chicken	1 tsp taco seasoning (optional)
1 can black beans (drained and rinsed)	2 cups shredded mozzarella cheese
1 can kidney beans (drained and rinsed)	

Sauté the onion, green pepper, and carrots until they are soft. Add the chicken, beans, salsa, cilantro, lime juice, salt/pepper to the sautéed veggies. Put ½ of the mixture in a 9X13 baking dish. Put 1 cup cheese on top, then add the rest of the mixture and sprinkle the 2<sup>nd</sup> cup of cheese on top. Bake for 30 minutes at 350 degrees. I put mine in the crockpot for several hours and then put the 2<sup>nd</sup> cup of cheese on top the last 15 minutes.

## **TACO BAKE**

### Ingredients:

1 can refried beans	2-3 TBSP cumin
1 lb extra lean ground beef	1-2 tsp garlic powder
1 large onion, chopped	1 6 oz can tomato paste
1 large bell pepper chopped – any color	2/3 cup shredded low fat cheese (your choice, although I think cheddar is best)
1 can green chilies (like Ortega)	
2-3 cloves garlic, finely chopped	

### Garnish:

- any, all work well	
Chopped green onions	Chopped cilantro
Chopped black olives	Chopped white or Bermuda onion
Low fat sour cream	Salsa
Chopped lettuce and tomatoes	

Directions:

Preheat oven to 450. Take an 8X8 flat casserole dish and spray with cooking spray and spread refried beans on the bottom. Season with salt and pepper and bake for 15 minutes

Meanwhile sauté meat, onions, bell pepper, and garlic (season with salt and pepper) until the onion begins to soften and meat begins to brown. Add mushrooms and cook until they've released their water and meat is thoroughly browned. Drain fat and add all spices, and cook for about 2-3 minutes until spices toast. Add green chilies and tomato paste, along with a little bit of water if needed. The mixture should be moist but not runny. Take the casserole dish with the beans, pour mixture on top and top with cheese (sometimes I add olives and green onions at this stage). Bake in the oven for another 10 minutes or until the cheese is melted and just starts to bubble. Serve with generous heaps of lettuce as a bed (romaine, red leaf, and ice berg work really well here), and garnish with garnishes of your choice.

**LENTIL TACO SALAD**

1 cup lentils, rinsed and drained  
3 cups water  
1 pound ground beef  
1 – 15 ounce can tomato sauce

1 envelope dry onion soup mix  
1 tablespoon chili powder  
1½ teaspoons ground cumin  
1½ teaspoons crushed red pepper flakes

In saucepan, combine lentils and water. Cover and bring to a boil. Reduce heat; simmer 30 minutes or until lentils are tender. Drain.

Meanwhile, in a skillet, brown beef, stirring to separate meat. Pour off fat. Add tomato sauce, ½ cup water, cooked lentils, soup mix, chili powder, cumin and red pepper flakes.

Cover and simmer 15 minutes, stirring occasionally.

Prepare a salad with lettuce, tomato, onion, black olives, reduced fat cheese, salsa and fat free sour cream and top with a serving of the lentil taco mixture. (If you really need the crunch of chips, be sure to use baked chips and watch the serving size!)

This makes quite a bit. I like to freeze individual size servings to take out and microwave for a quick and easy meal.

**BARB'S SPAGHETTI SAUCE**

1½ lb ground beef or turkey  
1 medium onion diced  
1 clove garlic minced  
1 green pepper chopped  
1 large can tomatoes  
1 small can tomato sauce  
1 small can tomato paste

1 TBSP Italian Seasoning  
1 tsp salt  
1 tsp pepper  
1 TBSP oregano  
1 TBSP basil  
1 tsp Agave Nectar  
1 can mushrooms or fresh slice mushrooms

Brown the meat, onions, garlic, and green peppers together. Mix in all the rest of the ingredients. Cook in a crock pot for 4-6 hours. If you like it more liquidly add some stock. Serve over spaghetti squash, cooked and seasoned with salt and pepper

**DAVE LIEBERMAN'S FETTUCINE ALFREDO**

Bean sprouts or miracle noodles  
½ head cauliflower, core removed and broken into small flowerettes  
2 TBSP olive oil  
2 shallots, minced (or onion or garlic)  
1/3 cup chicken stock  
1 cup grated parmesan cheese, plus more for garnish  
Salt and black pepper to taste

- Steam cauliflower for 20 minutes until very soft. In a small sauce pan, heat the olive oil over medium-low heat and cook the shallots until soft and translucent, stirring often, for about 10 minutes. Add the chicken stock and cook for 5 minutes longer. Set aside to cool.
- In a large blender, combine the cooked cauliflower and the shallot – chicken stock mixture and puree until silky smooth. Pour the puree into the sauce pan and heat over medium heat until steaming. Remove from the heat. Toss in the cooked pasta and add the grated parmesan cheese.
- Season to taste with salt and pepper and divide between 2 serving bowls. Top with more parmesan cheese.

### **GRILLED CEDAR-PLANKED SALMON**

- 1 untreated cedar plank (14x7x1 inch)
- ½ cup KRAFT Sun-Dried Tomato Vinaigrette Dressing
- ¼ cup finely chopped fresh parsley
- ¼ cup finely chopped sun-dried tomatoes
- 1 Tbsp. oil
- 1 salmon fillet (2 lb.), 1 inch thick

**IMMERSE** the plank in water, placing a weight on top of the plank to keep it submerged. Soak at least 4 hours or overnight.

**PREHEAT** the grill to medium heat. Mix dressing, parsley and tomatoes; set aside.

**BRUSH** top of cedar plank with oil; top with salmon. Place on grill; cover grill with lid.

**GRILL** 10 minutes. Brush with dressing mixture; continue grilling 10 minutes or until salmon flakes easily with fork.

### **Cooking Know-How**

UNTREATED cedar planks, which are sold for this purpose, can be found at most specialty food stores or some grocery stores. During cooking, check periodically to make sure that the plank is not on fire. Since the plank can ignite when exposed to flames, it is best to keep a spray bottle of water close at hand if needed to extinguish any flames.

### **Note**

Salmon can also be grilled on a sheet of foil instead of the cedar plank

### **SALMON WITH DILL**

- 1 can salmon, 14 oz, drained
- 1 egg
- ½ tsp dill weed
- Mozzarella, shredded- save for topping

Stir the ingredients together, except for cheese, use a fork to mash up the salmon. I leave on the skin, but take out the large bones, vertebrae. They are a good source of calcium, but you probably want to mash them very well if you don't take them out.

This is cooked on top of the stove. Lightly spritz a cooking pot or pan (that has a lid) with olive oil. I use one that is about 8" across. Heat until a drop on water sizzles. Pat mixture evenly in pan. Cover with lid. Turn heat down and cover pan. It only takes about 5-10 minutes, depending on the size of your pan. You'll be able to tell that it is cooked. Just prior to taking up, sprinkle with cheese and more dill weed.

Cut into quarters for 4 protein servings. It is great warm or cold. I use it on salad when cold.

Enjoy! It is one of those things you can make and have extra for an easy meal. I have doubled the recipe and it works fine.

Salmon can be salty so I don't add salt. You can serve with a squeeze of fresh lemon.

## **TOFU LASAGNA**

### **Basic Italian Sauce**

2 Tbsp.	Olive oil	2 tsp.	Beef-Style Seasoning
1 Med.	Onion, chopped	1 tsp.	Salt
½ Small	Bell pepper, chopped	3 cans	Hunt's "Special Sauce"
2 Cloves	Garlic, minced	6 oz.	Tomato paste
1 Tbsp	Splenda or other low GI sweetener	6 oz.	Water
1 Tbsp	Dry Minced onion	1 cup	Vegan Burger Crumbles
2 ½ tsp.	Italian seasoning		
4 cups	Assorted Veggies: (sliced olives, mushrooms, grated carrots or zucchini, steamed fresh spinach)		

Saute onion, bell pepper and garlic in olive oil or water. Add seasonings, sauces, liquids, burger crumbles and vegetables of choice and simmer 10 minutes. Or if preferred, add vegetables as a separate layer during the assembling process.

### **Noodles:**

Use spaghetti squash.

### **Ricotta-Style Filling:**

1 ¾ lb. Tofu, x-firm, (28 oz)	2 tsp. Basil
¼ cup Fresh lemon juice	2 tsp. Splenda or other low GI sweetener
2 ½ Tbsp Olive oil	1 ¼ tsp Salt
1 Tbsp. Egg Substitute	1 tsp. Garlic powder

Squeeze excess water out of tofu. Crumble tofu in a large bowl until tofu resembles ricotta cheese. Stir in remaining ingredients.

### **Garnish:** Parmesan and/or Mozzarella cheese

### **Method:**

Coat a large oblong baking dish with non-stick spray. Pour a thin layer of sauce in the bottom of the dish. Assemble thin layers of ingredients in this order: 1. Noodles (spaghetti squash) 2. Filling 3. Sauce 4. Olives, mushrooms, spinach, carrots, etc. Make at least 2 layers (better if 3). Bake at 350°F for 50-60 min. Garnish top with Parmesan and/or Mozzarella cheese. Cook 10-15 more minutes until cheese is bubbly. Cool 10 minutes. Serve.

## **BOILED TEMPEH WITH SCALLIONS**

- 1 brick tofu (x-tra firm)
- ½ cup water
- 2 tsp shoyu
- 1-bunch scallions

Slice the tempeh and place in saucepan. Add the water, cover and bring to a boil. Turn down flame and simmer 10 minutes. Add the shoyu, cover for another 5 minutes. Add the sliced scallions simmer 1-2 more minutes, or until the water has evaporated.

## **ZUCCHINI BOATS**

- 2 zucchini (6-8 oz each), Halved lengthwise
- 1 tsp. Extra virgin olive oil
- 4 veggie burgers, defrosted and crumbled
- ½ cup marinara sauce
- 2 Tbsp fat free ricotta cheese



Set oven rack at upper-middle position and turn broiler to high.

Using teaspoon, remove seeds from zucchini halves, creating well in center. Rub zucchini with oil and season with salt and pepper to taste. Place on rimmed baking sheet open-side up. Place crumbled veggie burgers in even layer around zucchini halves.

Broil 8 minutes or until zucchini are fork-tender and veggie burgers are browned.

Meanwhile, microwave sauce 30 seconds or until warmed through.

Remove zucchini from oven and transfer to platter. Combine veggie burgers and sauce and spoon into zucchini. Serve warm or at room temperature, topped with ½ tablespoon of cheese on each boat.

### **CHERRY BAKED BEAN CASSEROLE**

1 lb lean ground beef or ground turkey  
1 can organic pinto beans (rinsed and drained)  
1 can organic black beans in spicy sauce  
1 can organic kidney beans (rinsed and drained)  
2 tsp simply organic spicy chili mix  
2 cups frozen pitted tart cherries (thawed)  
1 small onion chopped  
1 cup organic ketchup  
½ cup water  
2 tbsp mustard  
2sp bragg apple cider vinegar

In a large skillet cook beef or turkey, drain. In a large bowl combine the remaining ingredients and stir in beef or turkey.

Transfer to an ungreased 2½ quart baking dish. Bake uncovered at 400 degrees for 40-45 minutes or until heated through, stirring occasionally.

### **TUNA LETTUCE CUPS**

1 Pickle (1/4 cup chopped or diced)	1 oz Dijon mustard
1 TBSP veganaise	1 cup canned tuna in water
¼ cup chopped celery	¼ cup cherry tomatoes
½ tsp dill	

Combine tuna, veganaise, mustard, pickle relish dill, sliced grape tomatoes and chopped celery. Place on lettuce leaf and enjoy.

### **FISH TACOS WITH SALSA**

4 TBSP fresh lime juice	2 tsp sea salt
1 tsp oregano	8 garlic cloves
2 tsp cumin	1 tsp olive oil
6 TBSP ground allspice	3 cod fillets

Combine above ingredients with fish and marinate overnight. Grill for 4 minutes on each side or until fish is flakey.

#### **Salsa:**

4 Roma tomatoes (Diced)	¼ tsp ground cumin
¼ cup minced red onion	2 tsp fresh lime juice
2 TBSP chopped cilantro	Habanero pepper to your taste
2 cloves garlic, finely chopped	

Mix all ingredients together. Serve with fish as a salsa.

### **TUSCAN COD**

1 tsp. Olive oil	1 Tbsp Capers
½ cup thinly sliced onion, separated into rings	¼ tsp. Ground cumin
½ cup diced red bell pepper	1/8 tsp. Crushed red pepper
1 garlic clove minced	2 cod fillets (6 ounces each)
1 cup chopped tomato	

Heat oil in large nonstick skillet over med-high heat. Add onion, bell pepper, and garlic; sauté 2 min. Add tomato and next 3 ingredients. Cook over med-high heat 5 min., stirring occasionally. Add fish to skillet, spooning sauce over fish. Cover and cook 10 min. or until fish flakes easily when tested with fork.

### **ZESTY RED SNAPPER WITH MUSHROOMS**

½ tsp paprika	1/8 tsp red pepper
½ tsp dried tarragon leaves	1 pound red snapper or lean fish fillets
½ tsp dried oregano leaves	2 Tbsp lemon juice
½ tsp salt	1 cup sliced mushrooms (about 3 oz)
1/8 tsp pepper	

Heat oven to 400 degrees.

Mix paprika, tarragon, oregano, salt, pepper and red pepper.

If fish fillets are large, cut into 4 serving pieces. Brush with 1 Tbsp lemon juice. Rub both sides of fish with herb mixture; arrange in ungreased rectangular baking dish, 12 x 7 ½ x 2

Cook and stir mushrooms in remaining lemon juice in 10-inch non-stick skillet over med heat, about 2 min.

Place mushrooms over fish. Cover and bake until fish flakes easily with fork, 15-20 min

### **EASY FISH & VEGETABLE PACKETS**

4 lean fish fillets (4 oz each)  
1 pkg (16 oz) frozen broccoli, cauliflower and carrots  
1 tsp dried dill weed  
½ tsp salt  
¼ tsp pepper  
4 Tbsp fat-free chicken or vegetable broth.

Heat oven to 450 degrees. Place each fish fillet on 12-inch square aluminum foil. Top each fillet with ¼ of the vegetables, sprinkle with dill weed, salt and pepper.

Pour 1 Tbsp broth over vegetables. Bring up sides of foil to make tent, fold top edges over to seal.

Place packets on ungreased cookie sheet.

Bake until veggies are crisp-tender and fish flakes easily with fork (about 40 minutes).

### **ITALIAN SPINACH PIE**

- 2 container (16 oz) Breakstone or Knudsen Low-fat Cottage Cheese
- 3 pkg. (10 oz.) frozen chopped spinach, thawed, well drained – (FRESH Spinach is much better)
  - cup 2% Shredded Reduced Fat Mozzarella Cheese
- 5 eggs, beaten
- 1 jar (7 oz) roasted peppers, well drained, chopped
- 1/3 cup grated Parmesan cheese
  - tsp. Dried oregano leaves

PREHEAT oven to 350 degrees. Mix all ingredients until well blended.

POUR into greased 9-inch pie plate. BAKE 40 minutes or until center is set. Makes 8 servings.

## **Dips, Salsa, Dressing, & Misc**

### **AVOCADO AND GRAPE TOMATO “GUACAMOLE”**

1 ½ cups grape tomatoes (8 oz.), quartered vertically  
1 ripe Haas avocado, diced  
¼ cup finely diced red onion

1 large garlic glove, minced  
1 small jalapeno pepper, minced  
Juice of one lime  
¼ teaspoon ground cumin

Gently combine all ingredients in a medium bowl until just mixed. Season with sea salt to taste. Serve like salsa with Baked Organic Blue tortilla Chips (if you can eat grains) or atop grilled poultry or fish.  
Extra: For a little added sweet, add 1 teaspoon of acacia or orange blossom honey.

### **TARTAR SAUCE**

1 cup Rocco’s Magnificent Mayonnaise or store-bought reduced-fat mayonnaise, such as Hellmann’s Low-Fat Mayonnaise dressing  
Grated zest of 1 lemon  
2 TBSP fresh lemon juice  
4 cornichons, chopped fine

2 TBSP capers, chopped  
1 tsp Worcestershire sauce  
1 small red onion, chopped fine  
3 TBSP chopped fresh flat-leave parsley  
1 packed Xylitol or Truvia  
Salt and freshly ground black pepper  
Pinch of cayenne pepper

-In a large bowl, whisk together the mayonnaise, lemon zest, lemon juice, cornichons, capers, Worcestershire sauce, onions, parsley and Xylitol. Season the sauce to taste with salt, pepper and cayenne. Cover and chill in the refrigerator until cold, about 1 hour.  
-Store in a covered container in the refrigerator for up to 3 days.

### **SHRIMP (COCKTAIL) SAUCE**

1 can tomato paste (6 oz)  
½ can tomato sauce  
2 t vinegar  
1 T lemon  
2 T water

1 T prepared horseradish  
1 t garlic pepper  
½ t dried parsley  
½ t garlic salt  
½ t onion powder

Blend well in blender or food processor. Store in refrigerator.

### **COCKTAIL SAUCE**

1 cup reduced-sugar ketchup, such as Heinz  
¼ cup prepared horseradish  
1 TBSP fresh lemon juice

1 tsp fresh lemon juice  
1 tsp Worcestershire sauce  
1 tsp hot sauce, such as Frank’s RedHot Original

Whisk all ingredients together in a medium bowl until well combined. Cover and chill in the refrigerator until cold, about 1 hour. Store in a covered container in the refrigerator for up to 1 week.

### **Spice it up!**

Instead of making the same old chicken breasts or ground turkey for dinner, add a flavor to your healthy protein with your own Italian Seasoning Blend. This versatile blend of dried herbs works well with tomato sauce (Try it with turkey meatballs or lasagna) or as a flavoring for omelets, soups and more. Feel free to change the ratios if you favor one herb over the other. Combine 1 TBSP dried basil, 2 tsp dried marjoram, 1 tsp dried thyme, 1 tsp dried oregano, and ½ tsp dried sage. Stir or shake to combine and store in an airtight jar or zip-top bag. Add a teaspoon (or more, to taste) to your next Italian favorite!

### **Spice it up!**

For a delicious, sugar-free way to satisfy a sweet tooth, sprinkle on some spice! Pumpkin pie spice – which is used in holiday desert recipes – is wonderfully aromatic and delivers a punch of sweet, spicy flavor. Try making

your own by combining 2 TBSP ground cinnamon, 1 TBSP ground ginger, 1 TBSP cloves, and 2 tsp ground nutmeg. Stir to combine and store in an airtight jar or zip-top bag. Add ½ tsp or this delicious blend to your hot cereal, yogurt, or smoothie.

### **BARB'S UNCOOKED SALSA**

1 onion diced small	1 tsp pepper
1 clove garlic diced small	1 tbsp Italian Seasoning
1 green pepper diced small	1 tbsp Basil
6-8 Roma tomatoes diced small	2 tbsp Cilantro
1 tsp salt	3 tbsp Lime Juice

Mix all ingredients together and let set to season for 3-4 hours. Enjoy!!

### **BARB'S COOKED SALSA**

2 medium onions chopped	1 tbsp parsley
1 green pepper chopped	1 tbsp basil
1 red pepper chopped	1 tbsp Italian Seasoning
1 garlic clove chopped	1 tsp dry mustard
2 tsp Tabasco Sauce	1 tsp taco seasoning (check for wheat flour)
2 sticks celery chopped	1 small can tomato sauce
1 tsp salt	1 small can tomato paste
1 tsp pepper	3 pints chopped tomatoes

Mix all ingredients together. Cook slow for 2 hours or cook in a crock pot slow for 4-5 hours. Enjoy!!

### **BLACK BEAN MANGO SALSA**

1 can black beans, rinsed and drained	½ of a small onion, minded
1 can chopped tomatoes with green chili's, drained	Fresh flat leaf parsley, chopped
1 champagne mango, chopped	Salt
½ of a yellow bell pepper, chopped	Juice of one lemon

Combine first six ingredients in a bowl; add a little salt and the juice of one lemon. Put in fridge

### **DILLED GARDEN DIP**

12 oz. (1 1/2 C.) lowfat cottage cheese	1 Tbsp chopped parsley
2 Tbsp lemon juice	1/2 tsp dill weed (not seed)
2 Tbsp shredded carrot	dash pepper
1 Tbsp sliced green onions	
Assorted vegetables for dipping	

In blender container, combine cottage cheese & lemon juice. Cover; blend 3 to 5 min. at medium speed or until smooth. Stir in carrot, onions, parsley, dill & pepper. Cover: refrigerate to blend flavors. Serve with fresh cut vegetables.

### **Spicy Avocado Yogurt Dip**

2 tbsp chopped Onion, red	3 fruit Avocado
1 Tbsp, chopped Jalepeno Peppers	3 tbsp Coriander (cilantro), seeds
1 Tbsp Lime, juice	1 clove Garlic
1 tbsp, whole Cumin, ground	3/4 cup Yogurt, plain, low fat
1/2 tsp Salt	

1. Red onion, jalapeno, cilantro, and garlic are all finely chopped.
2. Peel avocados before adding them to dip.
3. Combine all ingredients in bowl, stir and serve room temperature or chilled on vegetables

### **CREAM ARTICHOKE DIP**

1 cup canned water-packed artichokes, drained  
½ tsp onion powder  
1 cup fat-free or low-fat cottage cheese  
2 to 3 tbsp fat-free milk  
2 diced green onions

Place all ingredients in a blender or food processor and blend until smooth. Chill well before serving. (May substitute nonfat or low-fat sour cream for cottage cheese and milk.)

### **ULTIMATE QUICK-AND-EASY PASTA SAUCE**

1 tsp. Olive oil	2 Tbsp Tomato paste
1 cup chopped onion	½ tsp. dried Italian seasoning
4 garlic cloves	¼ tsp. Black pepper
2 Tbsp Balsamic vinegar	2 (14 /2 oz) cans diced tomatoes (or crushed) undrained
1 Tbsp Splenda or other low GI sweetener	2 Tbsp chopped fresh parsley
2 tsp. Dried basil	

Heat oil in saucepan or large skillet over med-high heat. Add onion and garlic, sauté 5 min. Stir in vinegar and next 6 ingredients and bring to boil.

Reduce heat to medium and cook, uncovered about 5 min. Stir in parsley.

### **SPAGHETTI SAUCE**

Mix together: 3 (29 oz) cans Hunts tomato sauce  
2 (12 oz) cans Hunts tomato paste

Add (at least, according to your taste):

- 1 or 2 minced fresh garlic
- ¼ cup chopped onion
- 1 Tablespoon chopped fresh parsley or 1 teaspoon dried parsley
- 1 teaspoon Italian seasoning
- ½ teaspoon oregano
- ½ teaspoon salt
- 1 teaspoon basil
- 1 teaspoon Splenda or other low GI sweetener

Simmer to blend flavors, if you can, 3 hours. (A little water can be added to thin the sauce, if desired.)  
Can add 1 lb. lean ground beef, cooked.

### **BARB'S MAGIC SPICE MIXTURE**

8 TBSP salt	4 TBSP paprika
7 TBSP garlic salt	3 TBSP black pepper
6 TBSP onion salt	2 tsp nutmeg
5 TBSP celery salt	1 TBSP xylitol sugar

\*\*Mix all ingredients together until well blended.

### **TACO SEASONING**

2 TBSP chili powder	1 TBSP onion powder
1½ TBSP cumin	1 TBSP garlic powder
1½ TBSP paprika	
1/8 to ¼ tsp cayenne pepper (less makes a more mild seasoning; more takes the spice up a notch)	

Combine all ingredients, blending well, and store in an airtight container. Use 2 TBSP of this mixture to flavor 1 pound of ground beef, turkey, or chicken.

Yield: About 8 TBSP or 4 batches worth. 2 TBSP will add just under 2 grams of carbohydrates to a 4-ounce serving of taco meat.

### **BARB'S KETCHUP**

1 cup tomato paste  
¼ cup lemon juice  
¼ cup water  
½ tsp salt  
½ tsp oregano  
1/8 tsp cumin  
1/8 tsp pepper  
½ tsp dry mustard  
1/8 tsp garlic powder  
1/8 tsp nutmeg

\*\*Mix all together. I put in the magic bullet. If it is to thick for you, add a little tomato juice.

### **Red Pepper Vinaigrette**

#### Ingredients

1/4 cup apple juice  
1/4 cup cider vinegar  
2 Tablespoons chopped onion  
2 cloves garlic, chopped  
1/2 teaspoon dried whole oregano  
Pinches of rosemary and thyme  
1/2 teaspoon dry mustard powder  
1/2 teaspoon paprika  
1/2 of a roasted red bell pepper

#### Instructions

1. Combine all ingredients in a blender and mix thoroughly.

## **Vegetables**

### **BARB'S REVISED MASHED POTATOES**

1 bag frozen cauliflower and broccoli  
1 bag edamame  
1 box spinach  
½ cup greek yogurt  
salt and pepper to taste  
\*\* Steam veggies. Mash with yogurt. Add salt and pepper to taste.

### **MASHED CAULIFLOWER**

1 head cauliflower boiled until tender  
½ head of roasted garlic

Drain and mash cauliflower and as much of the garlic you like just like you would potatoes. If you need to, you can add a small amount of skim milk or chicken stock (low fat). They will not be as smooth as mashed potatoes but just as good. Salt and pepper to taste.

### **CAULIFLOWER "TATER" TOTS**

1 lb frozen cauliflower  
½ tbsp butter – at room temperature  
1 large egg yolk  
½ cup grated Parmesan cheese  
Real salt, white pepper, onion powder, and garlic powder to taste

Preheat oven to 400 degrees. Place the cauliflower in a 2-quart microwave-safe casserole. Cover with plastic wrap and cook on high for 8-10 minutes until very soft (My note: I would steam for 10 min.)

Drain and place in the work bowl of a food processor.

Add butter, egg yolk, and Parmesan cheese. Process until mixture is very smooth. Season with salt, pepper, onion and garlic powder to taste.

Place mixture in a piping bag fitted with/large plain tip, or put mixture in large resealable bag & snip off corner.

Pipe cauliflower mixture in 1-inch lengths onto a greased baking sheet. Bake 20 to 30 minutes, or until browned, turning them after 10 minutes to ensure even browning.

Notes: After you pipe them out, freeze them before you bake them. This helps to retain their shape. You can store the frozen tots in the freezer and just bake as many as you need.

### **BROWN-BUTTER BRUSSEL SPROUTS**

Ingredients:

1 ½ lbs Brussels sprouts, trimmed and halved lengthwise  
Salt  
1 ½ tablespoons unsalted butter  
¼ cup chopped pecans  
¾ teaspoons fresh lemon juice

Directions:

1. Bring a large pot of salted water to a boil . Add the Brussels sprouts and boil about 5 min. Drain well and transfer to a serving bowl.
2. In a small saucepan, melt the butter over a medium heat. Add the pecans and cook 3-4 min. until butter is golden brown and the mixture smells sweet and nutty. Remove pan from heat and immediately add the lemon juice.
3. Poor the pecan butter over Brussels sprouts. Serve

## **CAULIFLOWER PIZZA CRUST**

1 cup cooked, riced cauliflower  
1 egg  
1 cup mozzarella cheese  
½ tsp fennel  
1 tsp Oregano  
2 tsp Parsley  
Pizza or Alfredo Sauce  
Toppings (make sure meats are cooked)  
Mozzarella cheese

### **Riced Cauliflower:**

- 1 16 oz bag frozen cauliflower florets

Use a 2-qt covered dish and microwave the cauliflower (don't add water) until it is cooked about 8 minutes. Using mitts, carefully pour the water from the cauliflower. Allow to cool with the lid removed.

OR

- 1 head raw cauliflower

Simply process/rice the head prior to cooking in the microwave.

### **\*Cauliflower can be riced in several ways:**

- 1 Food Processor
- 2 Santoku Knife
- 3 Using a cheese grater
- 4 Using a ricer

Store covered and refrigerated until use

Preheat the oven to 450 degrees. Spray a cookie sheet with non-stick spray. In a medium bowl combine cauliflower, egg and mozzarella, press evenly on the pan. Sprinkle evenly with fennel, oregano and parsley. Bake at 450 degrees for 12-15 minutes (15-20 minutes if you double the recipe). Remove the pan from the oven. To the crust add the sauce, then toppings and cheese. Place under a broiler at high heat until the cheese is melted.

## **OOH SO GOOD GREEN BEANS**

1-1½ cups onions chopped finely  
1-2 tbs of extra virgin olive oil (preferably organic)  
¼ cup of Bragg's liquid aminos (tastes like soy sauce)  
½ cup water  
2 lbs. of green beans (twin back from Sam's Club or organic if possible)  
2 tsp real salt brand sea salt  
1 tsp black pepper  
2 tsp crushed garlic  
1 tsp crushed red peppers

In a large skillet, sauté 1 large onion in 2 tbs of extra virgin olive oil until caramelized. Add Bragg's liquid aminos, water, green beans, sea salt, pepper, crushed garlic, and crushed peppers. Mix well and simmer in pan for 15-20 minutes at 300 degrees or until beans are soft and tender.

## **CABBAGE ROLLS**

1 small head of cabbage	1 egg
1 lb. ground turkey or hamburger	1 can stewed tomatoes
1 small onion	salt and pepper to taste
1 small head of cauliflower (chopped fine)	1 tbs Barb's Magic Seasoning
1 green pepper	

Core cabbage head then boil in water until the leaves start falling apart. Save the cabbage water.



Mix together ground hamburger, onion, egg, cauliflower, green pepper, salt, pepper, and ½ can stewed tomatoes. Separate leaves and spoon mixture into leaves, roll. Put in a casserole dish.

Mix remaining stewed tomatoes with some cabbage water and pour over cabbage rolls. Bake at 375 degrees for 1 hour.

### **GREEN BEANS WITH TOMATOES AND GARLIC**

#### **Ingredients:**

1 lb green beans, chopped	1Tbsp olive oil
1/4 cup chopped onion	1 cup chopped tomatoes
5 whole garlic cloves	3 oz tomato paste
½ teaspoon salt	water

#### **Preparation:**

1) Rise and drain green beans. Fry the onions with olive oil, and add the green beans, garlic, and salt. Stir and cook for 5 minutes on high medium heat until onion is slightly brown.

2) Add the rest of the ingredients. Stir. Put water just to cover the beans. Cover the pan, keep cooking for ½ hour. Uncover till water evaporates, and that's when beans should become well cooked. At this stage, 25% of the water or liquid remain. However, I advise you to taste the beans and decide yourself about how much liquid you prefer to leave.

### **STEAMED VEGETABLES**

Cut 1 cup baby carrots, 2 cups cauliflower & 2 cups broccoli into chunk size pieces.

Put 1 cup low-sodium chicken broth into kettle and bring to boil.

Add vegetables and steam for several minutes (6-8) until crisp tender.

Sprinkle with McCormick All-Purpose Seasoning and/or McCormick Garlic and Herb Seasoning (or another blend of your choice).

### **VEGETABLE KABOBS**

Pre-steaming broccoli for just 3 minutes gives optimal color and texture

#### **Ingredients:**

- 1 celery stalk cut in 1" pieces
- 1 package cherry tomatoes
- 1 small zucchini cut in 1" pieces
- 1 small head broccoli cut into florets
- 1 medium red or green bell pepper cut in 1" cubes
- 8 (6") bamboo skewers

On each bamboo skewer, spear one piece of celery, tomato, zucchini, broccoli and pepper. Serve with Creamy Artichoke Dip. (If you don't have bamboo skewers, just chop up veggies for dipping.)

### **CREAM ARTICHOKE DIP**

- 1 cup canned water-packed artichokes, drained
- ½ tsp. Onion powder
- 1 cup fat-free or low-fat cottage cheese
- 2 to 3 Tbsp fat-free milk
- 2 diced green onions

Place all ingredients in blender or food processor and blend until smooth.

Chill well before serving. (May substitute nonfat or low-fat sour cream for cottage cheese and milk.)

## **EGGPLANT PARMESAN**

Slice eggplant - put salt on it and let it drain for an hour to take out the bitterness

1 large can peeled tomatoes - whole

1 small tub of fat free ricotta cheese

2 cloves garlic - minced

fresh basil

fresh flat leaf parsley

onion

red pepper flakes

salt and pepper to taste

Mince an onion and the garlic (half for the sauce and 1/2 for the ricotta mixture). Put a tablespoon or a teaspoon if you like of olive oil in a pot and heat it and add the onion and garlic - sauté for a few minutes, until soft, not browned, add the tomatoes. Hand crush them until they are mushy (very satisfying experience to feel the squish) add some chopped basil, parsley and a little salt and pepper and some red pepper flakes. Cook for a while to marry the flavors.

Mix together the ricotta cheese and the remaining garlic, some chopped parsley and basil and red pepper flakes (if you like otherwise don't)

Take some of the sauce and put it in the bottom of a pan, place a layer of eggplant, put a layer of the ricotta mixture on the eggplant then some sauce then more eggplant and repeat until you end with the sauce on top.

Bake in a 325° oven for about 50 minutes or until eggplant is soft and cooked through

## **EGGPLANT PARMESAN**

½ cup fat-free chicken broth

1 Tbsp dried basil

1 Tbsp dried oregano

4 (8 oz) cans no-salt-added tomato sauce

1 (28 oz) can no-salt-added whole tomatoes, undrained and chopped

1 (6 oz) can tomato paste

2 garlic cloves minced

¼ cup water

¼ tsp Salt

3 large egg whites, lightly beaten

1 ¼ cup Italian-seasoned bread crumbs (Optional) ONLY IF YOU CAN HAVE GRAINS

Parmesan cheese

2 eggplants (about 1 ¾ pounds) cut crosswise into ¼ inch slices.

Cooking spray

3 cups (12 oz) fat-free mozzarella cheese

Combine first 7 ingredients in large saucepan; bring to boil. Reduce heat, simmer, uncovered 20 min.

Preheat broiler. Combine ¼ cup water, salt, and egg whites in shallow bowl. Combine breadcrumbs and Parmesan cheese. Dip eggplant slices in egg white mixture and dredge in breadcrumb mixture. Place half of eggplant on baking sheet coated with cooking spray, broil 5 min. on each side or until browned. Repeat with remaining eggplant; set aside.

Preheat oven 350.

Spread ½ of tomato mixture in a 13 x 9 baking dish coated with cooking spray. Arrange ½ eggplant over tomato mixture, top with ½ mozzarella cheese. Repeat layers. Bake 350 degrees for 30 min. or until bubbly. Let stand 5 min.

## **EGG PLANT SUPREME**

Slice 2 egg plants ¼ to ½ inch thick

Spray cookie sheet with Pam or nonstick of your choice

Put eggplant in single layer-spray top of eggplant with Pam

Put in 400 degrees oven for 15 minutes

Take out of oven and sprinkle top of egg plant with Real Salt Season Salt

While eggplant is baking, cook the sauce

Sauce:

Dice 1 large onion, mushrooms (1 box) and whatever you want to add. I added yellow, red, green peppers, carrot, and garlic.

Put in kettle.

Add 1-2 cups of water depending on how much veggies you have.

Add 2 chicken bouillon and 2 beef bouillon preferably MSG free

Add spices of your choice. I added garlic, oregano, basil, Italian seasoning.

Bring to a boil for 5 minutes.

Add 2 cans of stewed tomatoes or regular can of tomatoes.

Bring to a boil again for 5 minutes.

Taste and adjust seasonings.

In casserole dish put a little sauce in the bottom, add a single layer of eggplant, add more sauce, then more eggplant and end topping with sauce.

Cover and bake at 374 degrees for 1 hour.

### **HERBED VEGETABLES AND LENTILS**

1 ½ cups fat-free chicken broth

¾ cup dried lentils (about 4 oz)

1 cup sliced zucchini (about 1 small)

1 cup sliced yellow squash (about 1 small)

½ cup sliced green onions with tops

½ tsp dried oregano leaves

¼ tsp ground thyme

2 large cloves garlic, finely chopped

1 jar (2 oz) diced pimientos, drained

1 Tbsp grated Parmesan cheese

Heat chicken broth and lentils to boiling in 2-quart non-stick saucepan, stirring occasionally. Cover and simmer for 20 min.

Stir in zucchini, squash, onions, oregano, thyme and garlic. Heat to boiling, reduce heat and simmer 5 min.

Stir in pimientos. Cook uncovered until veggies are crisp-tender and mixture is of desired consistency, 2 to 3 min longer.

Sprinkle with cheese.

Microwave Directions:

Increase chicken broth to 2 cups. Place broth and lentils in 2-quart microwavable casserole. Cover tightly and micro on high 20 min. Stir in zucchini, squash, onions, oregano, thyme and garlic. Cover and micro on med for 5 min. Stir in pimientos. Micro uncovered till veggies crisp-tender and mixture is of desired consistency; 2 to 4 min longer. Sprinkle with cheese.

### **RATATOUILLE**

3 cups ½ inch cubes eggplant (about ½ lbs)

1 cup ¼ inch zucchini slices (1 small)

2 cloves garlic, chopped

1 small onion, sliced

½ med green bell pepper, cut into strips

½ tsp dried basil leaves

2 Tbsp water

½ tsp salt

¼ tsp pepper

2 med tomatoes cut into eighths

Heat all ingredients except tomatoes in 10-inch skillet over medium heat until veggies are tender about 10 min.

Remove from heat, stir in tomatoes. Cover, let stand 2 to 3 min.

Microwave Directions:

Omit water. Mix all ingredients in 2-quart microwavable casserole. Cover tightly and micro on high 5 min., stir. Cover and micro until veggies tender, 2 to 5 min. longer.

## **RAW VEGGIE SALAD**

Broccoli

Carrots

Cauliflower

Purple Onion

Green Pepper

Kidney Beans

Green Beans

Yellow Waxed Beans (1 can)

Butter Beans

Garbanzo Beans

Chop small the broccoli, carrots, cauliflower (2 cups each)

Add Purple onion and green pepper to taste.

Add 2 cups each of the remaining ingredients.

Any items can be substituted to personal preference. Any bean is OK to use,

Mix the Dressing:

2/3 cup of apple cider vinegar

1/3 cup can be a combination of olive and safflower or sunflower (cold pressed) oil. Flax oil is also good. NO HYDROGENATED OIL.

Add 1 to 3 tablespoons agave syrup

Toss in the chopped veggies.

Refrigerate. Tastes best if it has an hour or two to marinate.

## **Beverages**

### **SHARON'S SHAMROCK SHAKE**

1 cup plain Greek yogurt  
¾ cup berries  
1 tsp pure vanilla extract (or 1 drop pure peppermint oil extract, almond extract, or any pure extract of choice)  
2 ice cubes  
1 TBSP Xylitol or 1 packet Truvia  
2 cups fresh spinach

Blend in blender. Enjoy 2 cups of veggies in 2 minutes.

### **ESPRESSO SMOOTHIE**

½ cup coconut milk  
1 TBSP vanilla agave syrup  
1 cup ice cubes  
½ medium banana  
4 to 6 strong coffee ice cubes  
1 tsp cocoa

In a blender combine all the ingredients and process 1 to 2 minutes until smooth. You may put any variations of coffee, fruit, and agave nectar. You can be as creative as you would like to be. If you want this sweeter add more agave nectar or xylitol sugar even honey. I also put flax seeds or chia seeds in this as well.

### **MOCHA FRAPPE**

For the coffee ice:

3 TBSP agave nectar (I used vanilla flavor)  
2 cups warm strong coffee

For the chocolate syrup:

2/3 cup xylitol  
½ cup unsweetened cocoa powder  
2/3 cup hot water  
1 ounce dark chocolate finely chopped (I used Hershey's sugar free chocolate chips)  
1 TBSP Agave  
½ tsp vanilla extract

For the Frappe:

1 cup coconut milk

-Make the coffee ice. Stir the Agave into the coffee until it is dissolved then let it cool. Pour into a 16 cube ice cube tray and freeze until solid, about 3 hours.

-Make the chocolate syrup. Combine the xylitol and cocoa powder in a saucepan and slowly whisk in 2/3 cup hot water. Bring to a simmer over medium heat, whisking it until the sugar dissolves about 2 to 4 minutes do not let it boil. Remove from heat and stir in the chocolate, agave, and vanilla until smooth. Transfer to a bowl and refrigerate until cool.

-Make the frappe. Puree 8 coffee ice cubes, ½ cup coconut milk. ½ to ½ cup chocolate syrup and 1 cup plain ice in a blender until smooth. If it is too thick you can add more coconut milk. Pour into 2 glasses.

\*You may substitute any variations of the coffee, agave nectar or coconut milk or low fat regular milk. Also, you can use whatever chocolate you want just make sure that is its dark. If you wish to have it sweeter add more agave, xylitol or honey. Enjoy!

## **TRANSITIONS SHAKE RECIPES**

### **Nutter Butter**

1 tbsp. of natural peanut butter  
1 banana  
1 cup water

### **Mint Chocolate Chip**

1 tsp. mint extract  
½ cup unsweetened dark chocolate (broken up, 70% cocoa or higher)  
1 cup water

### **Almond Mocha**

1 tsp. almond extract  
1 tbsp. of instant coffee  
1 cup Almond Milk

### **Chocolate Raspberry**

1 cup raspberries  
1 tsp. vanilla  
1 cup water

### **Pina Colada**

1/2 banana  
1/2 cup pineapple juice  
1/4 cup unsweetened coconut (or 1 tsp. coconut extract)  
1/2 cup water

### **Very Berry**

1/2 cup raspberries  
1/2 cup blueberries  
1/2 cup blackberries  
1/2 cup strawberries  
1 cup water

### **Green Dream**

1 cup strawberries  
2 kiwis (peeled)  
1/2 cup skim milk  
2 scoops Complete Greens  
1/2 cup water

### **Black Cherry Berry**

1/2 cup black cherries (pitted)  
1/2 cup blackberries  
1/2 cup skim milk

### **Orange Twist**

1/2 cup strawberries  
Juice of 1 med orange (or 1/2 cup unsweetened orange juice)  
1/2 cup water

### **Strawberry Blast**

1/2 cup strawberries  
1/2 cup mango  
1 cup of water

### **Lemon Burst**

Juice of 1 small lemon  
1 cup strawberries  
1 cup of water

### **Blackberry Creamsicle**

1 cup blackberries  
1 Almond Milk

### **Raspberry Chai**

1 cup cold unsweetened green tea  
1 cup of raspberries

### **Key Lime Pie**

Juice of 1 lime  
1 tbsp. Agave  
1 cup skim milk

### **Crashin' Cranberry**

1/2 cup unsweetened cranberry juice  
1/2 cup water

### **Spice Cake**

1 tbsp. almond butter  
1 tsp. vanilla extract  
1/2 tsp. cinnamon  
1 tsp. nutmeg  
1/2 cup skim milk

### **TLS Egnog**

2 scoops vanilla shake  
1 cup almond milk  
1 tsp vanilla  
1 tsp rum flavoring  
1/4 tsp nutmeg

## **Desserts**

### **PEACH HOMEMADE FROZEN YOGURT**

1 1/2 cups strained low-fat plain yogurt –use cheese cloth or white flour sack dish towel, just to remove some of the liquid.

1/4 cup agave nectar

2 tsp pure vanilla extract

3 fresh peaches diced small-we left the skins on. We liked the chunks but you could puree it.

### **VANILLA RICOTTA CREAM**

1/2 cup part-skim ricotta cheese

1/4 teaspoon vanilla extract

1 package splenda

Mix together ricotta, vanilla extract, and splenda in a desert bowl. Serve Chilled.

Variations:

- Lemon Zest Ricotta cream: add 1/4 teaspoon grated lemon zest. Add to above.
- Mocha Ricotta Crème: add 1/2 teaspoon unsweetened cocoa powder, dash espresso powder, 5 mini chocolate chips to original recipe.

### **COCONUT MACAROONS**

Preheat oven to 325° F.

3 fresh egg whites

1/4 cup Whey low (or Splenda or other low GI sweetener)

few grains of salt

1 teaspoon real vanilla extract

1/4 teaspoon almond extract (optional)

Beat the above ingredients on high speed until stiff. Fold in 1/2 to 1 cup of finely grated unsweetened coconut. (Optional to add about 14 sliced almonds) Fold in with coconut.

(Optional to fold in 2 teaspoons of Hershey's Special Dark Cocoa Powder or you can dust the macaroons with the 1 teaspoon of the cocoa powder after they are baked.)

Spray a cookie sheet with Pam and drop by teaspoons on the sheet and bake for about 8 minutes until they just start to brown (of course if you added the cocoa powder you wouldn't be able to tell). Let cool slightly and carefully remove to a platter.

Barely any calories but full of protein and no guilt.

This recipe makes about 50 small macaroons. If you have any left do not cover with plastic or foil as it will make them soggy. Enjoy these with a cup of fresh berries!!

### **CHOCOLATE PUDDING**

1 1/2 cup milk

3/4 cup xylitol sugar

1/2 cup cocoa

1 tsp vanilla

Heat on the stove but DO NOT boil

In a bowl put:  
3 egg yolks  
3 TBSP cornstarch  
½ tsp salt  
Mix well

Temper with a small amount of warm milk mixture. Then pour all back in the milk mixture and place it back on the stove. Cook until the mixture is thick. Continue stirring the mixture so that it does not burn. Refrigerate until it is set. Enjoy!!!

**TRIPLE CHOCOLATE SUPRISE BROWNIES..** Use notes on on the bottom for the BEST Brownies!!

Preheat oven t 350 degress

In a food processor put these ingredients & pulse 1 minute or until smooth

1 cup black beans ( rinsed & drained) I used the whole can  
2 TBSP. light olive oil (used reg. olive oil)  
1/2 c.thawed (squeezed dry )frozen spinach  
1/4 c. applesauce  
2 eggs  
1 egg yolk  
3/4c. sugar  
3 TBSP. unsweetened cocoa  
1 1/2 TBSP. instant espresso powder

In a glass bowl melt in microwave

3 oz. bittersweet chocolate ( i didn't use this)  
2 TBSP. unsalted butter  
add melted chocolate to ingredients in food processor. pulse to blend

Transfer mixture to large bowl & stir in 2 tsp. vanilla & 1/2 tsp. salt  
& 1/2 c. flour 1/3 c. mini chocolate chips. ( i didn't use the choc. chips)

Pour into 9x13 pan . top with 1/3 chopped pecans. ( i used walnut) bake for 25-30 minutes  
cool for 15 minutes.

I didn't put in the 3 oz of bitter sweet chocolate. I used the 4 tbsp unsweetened cocoa & 1 ½ tbsp. espresso powder & 2 tbsp butter melted in microwave. It was so thick so I added about ½ tsp olive oil and stirred it and added to batter after I poured the batter from the blender into the bowl. I also added 1 tsp baking soda with flour, salt, & vanilla. I used 1 cup chopped walnuts. I put ½ c in the batter and the other ½ cup sprinkled on top of brownie & baked for 25 min. I didn't use the 1/3 cup of mini chocolate chips either. Just walnuts. I used my blender to do this.