TO GIVE PROPER CREDIT TO ALL:

THESE RECIPES ARE COMPILED FROM THE SUPPORT BOARD, AND OTHER SITES THAT HAVE RECIPES FOR BARIATRIC PATIENTS, SUCH AS BARIATRIC EATING WEB SITE, DIET TV, AND OTHERS THAT I WILL CREDIT WITHIN THE RECIPES.
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TURKEY ROLL-UPS

These are quick to make and keep well in the refrigerator for a super easy grab-n-go lunch. Pair them with some Soy Chips and you’ve got a complete meal that will keep you full for hours!

**Ingredients:**
- One 8-ounce pkg. fat-free cream cheese
- 1/4 cup finely shredded carrot
- 1/4 cup finely shredded zucchini
- 2 tablespoons dried cranberries, chopped
- 1/2 teaspoon dill weed
- Pinch of garlic powder
- Kosher salt and black pepper to taste
- Six ounces roasted turkey breast, deli sliced

**Directions:**

In a small bowl combine cream cheese, carrot, zucchini, cranberries, dill weed, and garlic powder. Season with salt and pepper if desired. Place 2 tablespoons of cream cheese mixture onto each slice of turkey. Roll up tightly and wrap in plastic wrap. Allow to chill for two hours.

Makes six servings.

Per Serving: 82 Cal; 10 g Protein; 1 g Tot Fat; 7 g Carb; 0 g Fiber; 6 g Sugar; 578 mg Sodium
ROLL UPS

Deli sliced meats (turkey, roast beef) Sliced cheese (provolone, Colby) Cream cheese, spicy mustard, or horseradish spread

**Ingredients:**
Deli sliced meats (turkey, roast beef)
Sliced cheese (provolone, Colby)
Cream cheese, spicy mustard, or horseradish spread

**Directions:**
Place slice of cheese on top of one slice of meat. Spread with cream cheese and mustard or sprinkle with a seasoning of your choice. Roll up and wrap tightly in plastic wrap. Chill until ready to eat.
BUFFALO SIMMERED
CHICKEN THIGHS

Ingredients:
2 pounds Boneless Skinless Chicken Thighs
Vegetable spray
1 cup white wine
1 teaspoon chicken flavor bouillion
1/2 cup Franks Buffalo Wing Sauce (make sure you use the wing sauce, and not the regular hot sauce)
Black pepper

Directions:
Cut thighs in half and brown in a non stick skillet coated in vegetable spray. Add wine (or use water but wine is BETTER), chicken flavoring, and half of the wing sauce. Cover and simmer 35-40 minutes until the chicken is very tender and sauce is thick. Add remaining wing sauce and season with salt and pepper.
Oh, it’s that glorious time of year when the weather is crisp and the food is warm and comforting. Nothing says fall like homemade pumpkin butter, simmering until the whole house smells spicy and sweet. Serve with sugar-free cookies or pizelles. Or stir a spoonful into your yogurt and top with a sprinkle of chopped pecans.

**Ingredients:**
One 15-ounce can 100% pure pumpkin puree
2/3 cup Splenda Granular
1/4 cup sugar-free maple syrup
1 teaspoon lemon juice
1/4 teaspoon ground cinnamon
1/8 teaspoon ground cloves
Pinch of salt

**Directions:**

Combine pumpkin, Splenda, maple syrup, lemon juice, cinnamon, cloves, and salt in a medium heavy-duty saucepan. Bring to a boil over medium-high heat; reduce heat to low. Cook, stirring frequently, for 45 minutes or until dark and thickened. Store in an airtight container in the refrigerator.

Make 8 servings.

Per Serving: 29 Cal; 1 g Protein; 0 g Tot Fat; 7 g Carb; 2 g Fiber; 2 g Sugar; 103 mg Sodium
MARYLAND SRIMP SPREAD

Ingredients:
1 pound cooked shrimp
¼ cup Hellmann’s Reduced Fat mayonnaise
3 scallions chopped
½ teaspoon Old Bay Seasoning

Directions:
Pulse shrimp in food processor until ground but still chunky. Transfer to bowl. Place scallions, mayonnaise, and Old Bay in food processor and pulse until scallions are very finely chopped. Scrape flavored mayonnaise to bowl with shrimp, and combine, adding a little water for desired texture.

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CINNAMON APPLESAUCE

When you come home from the hospital and have just started to move about the house, a few spoonfuls of warm cinnamon applesauce can be very soothing to your tender stomach. The aroma of apples and cinnamon will fill the air and send the subliminal message that you are home and that everything is going to be fine. Your entire household will love the taste of homemade applesauce. I have a food mill, so I don’t even peel and core my apples before cooking them; making this a lightning fast treat for my family.

Ingredients:
6 large apples
2 whole cinnamon sticks
Splenda granular to taste

Directions:
Cut each apple into quarters, then peel and remove center core of each piece; place prepared apples into a covered saucepan. Nestle the cinnamon sticks in the apples and add Â¼ cup of water. Cover pan, bring to a boil, lower heat to a simmer and cook apples until very soft, about 30 minutes. Remove from heat, discard cinnamon sticks, and mash apples into a smooth sauce using a potato masher or a wooden spoon. Add Â½ cup Splenda plus additional to suit taste.

WLS 1/4 cup portion: Calories 31, fat 0 gr, carbs 6.5 gr, protein <1 gr

Makes about 4 cups

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Layered Mexican Dip

Ingredients:
6 oz. lean ground turkey
6 oz. lean ground pork
1/2 c. chopped onion
1 (16 oz.) can pinto beans, drained & mashed
1 (4 oz.) can chopped green chilies, undrained
1/2 c. shredded reduced-fat Monterey Jack cheese
1/2 c. Shredded low-fat Cheddar cheese
1/2 c. Picante sauce
1/4 c. chopped green onions
1 tbsp. sliced ripe olives
1/2 c. low-fat sour cream

Directions:
Cook turkey, pork and onion in a large nonstick skillet over medium heat until browned, stirring to crumble meat. Drain and pat dry with paper towels. Set aside. Serve with unsalted tortilla chips or Melba rounds.

Yield 24 appetizer servings

My Notes:
Tomato Boats with Melted Mozzarella

This is a little recipe Kaye invented last summer, although she's confident it has been done before. The steps are simple: Stuff cored plum tomatoes with mozzarella, olive oil & basil, and grill until the cheese melts. Delicious! Plan two tomatoes per person.

Ingredients:
12 ripe plum tomatoes (also known as Romano)
1/2 lb. low-fat mozzarella cheese coarsely chopped
2 tablespoons extra virgin olive oil (light)
2 tablespoons fresh chopped basil
Salt & pepper to taste

Directions:
Slice 1/3 off the side of the tomato and remove pulp from inside. Turn upside down to drain on a paper towel - allow all tomatoes to drain about 15 minutes.

In a small bowl combine chopped cheese, olive oil and basil.

Turn tomatoes upright and spoon some cheese mixture in each "boat". Sprinkle with salt and pepper to taste. (You can complete the recipe to here early in the day and store tomatoes in the refrigerator until time to grill. Allow to sit at room temperature about 15 minutes before grilling.)

Grill over medium heat until tomato skin puckers and cheese melts. Serve warm.
SUGAR FREE BBQ SAUCE

* Note 1: If you prefer to leave the bacon out, add 1-3 teaspoons of liquid smoke, to taste, near the end of the cooking. Alternatively, add some smoky flavor using 1 teaspoon of smoked paprika, or chipotle powder to taste. Note 2: If you can't find low carb catsup, leave it out, but add about a tablespoon of vinegar and some sweetener, to taste.

Ingredients:
* 2 strips of thick bacon, chopped fine (or see note)
* 1 small onion, minced
* 1 clove garlic, minced or 1/4 teaspoon garlic powder
* 1 small can (6 oz) tomato paste
* 1 can (12 oz) diet (sugar-free) cola - Splenda-sweetened preferred
* 1/4 cup low carb (sugar-free) catsup, (or see note)
* 3 T mustard
* 1 Tablespoon Worcestershire sauce
* 1 pinch ground cloves
* Hot sauce to taste

Directions:
* Fry the bacon in a saucepan - a 2 qt pan works well.
  * Add the onion and cook over medium until soft - 3-5 minutes. Add garlic at this point if you're using fresh and stir it for half a minute or so.
  * Add the rest of the ingredients, plus about half a cup of water. Stir well.
  * Simmer for 20-30 minutes. It will cook down a bit and flavors will combine.

  * Adjust the seasonings so you have the balance you want - you can add vinegar, artificial sweetener (liquid preferred), or hot sauce. (If it's too hot, adding more sweetener will tone it down.)

The recipe makes approximately 10 servings of 1/4 cup each. Each serving has about 3.5 grams of carbohydrate plus 1 gram of fiber.
CHEESY VEGETABLE DIP

Ingredients:
* 1 container (16 oz) Breakstone’s or Knudsen low fat cottage cheese
* 1/4 cup Kraft Special Collection Balsamic Vinaigrette Dressing
* 1 medium zucchini, shredded (about 1 cup)
* 1 small tomato, chopped (about 3/4 cup)
* 1/4 cup sliced green onions
* 1/4 tsp. Italian seasoning
* Wheat Thins reduced fat baked snack crackers

Directions:
* Place cottage cheese and dressing in electric blender or food processor container.
  * Blend until well blended. Spoon into serving bowl.
  * Stir in zucchini, tomato, green onions and seasoning; cover
  * Refrigerate several hours or until chilled. Serve as dip with crackers.

Makes 22 servings
FAT FREE 7-LAYER SALAD

Ingredients:
* 1 pkg. Philadelphia Fat Free Cream Cheese, softened
* 1 tbsp. Taco Bell Home Originals Taco Seasoning mix
* 1 cup Taco Bell Home Originals Think Chunky Salsa
* 1 cup canned black beans, drained, rinsed
* 1 cup shredded lettuce
* 1 cup Kraft Free shredded non-fat cheddar cheese
* 1/2 cup chopped green onions
* 2 tbsp. Sliced pitted ripe olives

Directions:
* Mix cream cheese with electric mixer on medium speed until creamy.

* Add seasoning mix beat until well blended.

* Spread onto bottom of 9-inch pie plate or quiche dish.

* Layer remaining ingredients over cream cheese mixture; cover.

* Refrigerate several hours or until chilled.

* Serve with cut-up fresh vegetables or low fat tortilla chips.

Makes 38 servings
BUFFALO CHICKEN DIP

Ingredients:
* 1 block of low fat cream cheese
* 1 bag shredded cheddar cheese
* 4-6 chicken breast
* 1 bottle of hot wing sauce

Directions:
* Preheat oven to 450 degrees

* Boil chicken breast until tender, and then shred it using a fork.

* Melt cream cheese until soft (about 1-2 mins. In microwave)

* Combine chicken, cream cheese, bottle of sauce, and 3/4 bag of cheese into a large mixing bowl, and mix well.

* Spread evenly in a baking dish and sprinkle rest of cheese on top.

* Bake for 15-20 mins. or until cheese is completely melted.

* Let cool 5 mins. before serving.

* Serve with chips or crackers.
Hummus

I found a good recipe for hummus and thought I would pass it along.

Ingredients:
1 16oz can of chick peas
1/2 cup sesame seeds
3 Tbsp lemon juice
4 cloves garlic
parsley to taste
cayenne pepper to taste (optional)

Directions:
~Put chick pea liquid, garlic and sesame seeds into blender on high speed.
~Add chick peas and lemon juice. Blend until creamy.
~Add parsley and cayenne pepper, blend for a second to mix in.
~Enjoy!!

My Notes:
I found some whole wheat pitas. I cut them into pieces and bake them at 350 for about 10-12 mins..they get super crunchy and work great with the hummus. One pita pocket lasts a couple of days that way.
I've been working on my latest version of what I affectionately call "The Snaxican": a Mexican snack. Wink I've had it for breakfast, lunch, or supper.

**Ingredients:**
Fat free refried beans, 1/2 cup  
Light Laughing Cow cheese, 1 portion  
Salsa, 1 TB.  
Corn, 2 tsp.

**Directions:**
In a microwaveable bowl, layer the refried beans and Laughing Cow cheese. Swirl the cheese into the beans. Heat in the microwave on medium power until it's very warm. Spread salsa and sprinkle the corn niblets on top of the bean and cheese mixture. Makes two portions for me - I'm at 12 weeks post-op.

A note about Laughing Cow cheese:
It is also called "La vache qui rit" (comes from France) and is sold in a round cardboard container with 8 individually wrapped portions.

Nutrition facts per two portions:
Calories 50  
Fat 2.5g  
Cholesterol 5 mg  
Sodium 320 mg  
Carbohydrates 2g  
Fibre 0g  
Sugars 2g  
Protein 5g
Fruit Lax Recipe for constipation

**Ingredients:**
1 cup raisins
1 cup pitted prunes
1/2 cup dates
1/2 cup prune juice
1 cup orange juice or any other kind of juice (apple or grape)

**Directions:**
Mix although in a bowl
Soak for several hours or overnight
Puree in a blender or food processor until smooth
Refrigerate covered
Can be eaten alone or on toast or in a smoothie.
Consumer 2-4 tbsp daily for constipation
BARIATRIC COOKBOOK

Beverages
PUMPKIN PROTEIN
SHAKE

This is a wonderfully decadent way to get in your protein! Spicy, creamy and icy-thick. milkshakes never had it so good!

Ingredients:
1/4 cup pumpkin puree
1 cup skim milk or soymilk
1 scoop vanilla protein powder (such as Matrix Simply Vanilla)
1/2 teaspoon pumpkin pie spice (or 1/4 t. cinnamon, 1/8 t. cloves, 1/8 t. ginger)
2 tablespoons Splenda Granular
1/4 cup Cool Whip or NSA Vanilla yogurt
1-1 1/2 cups ice cubes

Directions:
Place pumpkin, milk, protein powder, spices, Splenda, cool whip or yogurt, and ice cubes in blender container; process until slushy.

Makes one meal replacement serving.

Per Serving: 230 Cal; 28 g Protein; 5 g Tot Fat; 13 g Carb; 1 g Fiber; 2 g Sugar; 115 mg Sodium
CREAMY FUZZY NAVAL

**Ingredients:**
1 scoop Nectar Fuzzy Navel protein powder
\( \frac{1}{2} \) cup fat-free milk
\( \frac{1}{2} \) cup NSA peach or vanilla yogurt
3-4 ice cubes

**Directions:**
Process in blender until smooth and thick.
Chocolate Covered Caramello Mocha

**Ingredients:**
1/3 oz DaVinci Toasted Marshmallow Sugar Free Syrup
1/3 oz DaVinci Chocolate Sugar Free Syrup
1/3 oz DaVinci Caramel Sugar Free Syrup
1 cup hot coffee
1/2 cup vanilla Micellar Milk OR ready to drink vanilla protein shake

**Directions:**
Combine all ingredients in a large mug.
Cafe Caramel Mocha

**Ingredients:**
- 1/2 oz DaVinci Chocolate Sugar Free Syrup
- 1/2 oz DaVinci Caramel Sugar Free Syrup
- 1 cup hot coffee
- 1/2 cup vanilla Micellar Milk or 1/2 cup vanilla ready to drink protein shake

**Directions:**
Combine all ingredients in a large mug.
French Twist Mocha

**Ingredients:**
1/3 oz DaVinci Vanilla Sugar Free Syrup
1/3 oz DaVinci Chocolate Sugar Free Syrup
1/3 oz DaVinci Butter Rum Sugar Free Syrup
1 cup hot coffee
1/2 cup vanilla Micellar Milk or ready to drink vanilla protein shake

**Directions:**
Combine all ingredients in a large mug.
Jingle Java Latte

**Ingredients:**
1/2 oz DaVinci Gourmet Cinnamon Sugar Free Syrup
1/2 oz DaVinci Gourmet Amaretto Sugar Free Syrup
1 cup hot coffee
1/2 cup vanilla Micellar Milk or vanilla ready to drink protein shake

**Directions:**
Combine all ingredients in a large mug.
Hot Chocolate Drink

I still drink this, but now I also, drink the protein powder mixed in with Folgers Chocolate Silk coffee. I am a little over a year out, but still get a lot of my protein from the drink. I am pretty sure I don't eat enough protein, so I still drink to be on the safe side. I used to pay a lot for jugs of protein, but found that this kind at Walmart tasted just as good to me, and it’s cheaper. I enjoyed the shakes in the hospital but never could really replicate them to my satisfaction. Then I realized that the cold drinks didn't go down near as easily as the warm and hot. I found that I was not very good at sipping, try as I might. When I drank the warmer drinks, I did not have to sip so much. I could pretty much just slowly drink it.

LeisaWishing2Looz RNY 10-2-06 263-->133

Ingredients:
12 oz mug (I think-pretty big)
1 pk Nestles Low Carb hot chocolate
1 scoop Body Fortress Whey protein 1g of sugar chocolate (Walmart good taste-cheaper)
6 oz skim milk -- optional adds one protein g per oz

Directions:
Add powders to mug. Fill halfway with hot water from tap. Stir very well. Fill the rest of the way with milk. Microwave 1:15-1:20 min (may vary). Stir again. Add a squirt of Redi-Whip if desired. Total of 29 g of protein.

Without milk, and using all water, the total is 23 g.

My Notes:
If you can’t tolerate milk, you can add some FF French Vanilla non-dairy creamer to add little extra richness and good taste. Just mix it in with the powders.
Creamer Recipe

I like fresh brewed coffee, so I use that. I have a 4 cup MR.Coffeemaker. I brew a 4 cup pot of fresh coffee. When I am on the run, I have a 22 oz insulated coffee cup that I pour the whole mixture above in the cup first, and finish filling the cup with fresh coffee. This gives me 32 grams of protein in approximately 30 min (how long it takes me to drink a 22oz cup of coffee).

Ingredients:
1 scoop vanilla or french vanilla protein mix - I use Optimum Nutrition French Vanilla 100% Whey Protein from GNC. If you watch the sales they are very reasonable compared to some of the others.
6 oz milk of your choice - if you are lactose intolerant, then Coffeemate Non Dairy liquid creamer makes a very tolerable replacement of milk
1 T. SF Vanilla Syrup
2 pkts of sweetner.

Directions:
Mix all this in a container before mixing with your coffee. Once it is mixed, you add to your coffee or tea as you would any other coffee creamer that you might have used prior to RNY/Lap Band.

This mixture gives you approximately 32 grams of protein with minimal carbohydrates and fats.

My Notes:
If I am lounging around the house or need a quick cup at the office, I always keep a serving of the above mixture with me in a plastic screw top container (a lot of times I just use an empty water bottle, then I can throw it away when I am finished.) and add to a cup a coffee as you would with any other brand of creamer. When you have finished that mixture, you know that you have consumed approx 32 grams of protein. I am also a Spiced Chai Tea fan. They have Celestial Seasonings (other brands too) Chai Tea bags decaffeinated or regular in most grocery sections with the other specialty teas. When I mix Chai Tea, I take two tea bags and brew in the coffee maker as I would if I were making a 4 cup pot of coffee. You will have a little coffee/tea left over as it will not take the full 4 cups to fill your cup.

Hot Chocolate, I take the same recipe as above but use Optimum Nutrition Very Milk Chocolate instead of the vanilla. 1 scoop of protein mixture 6 oz milk of your choice or again if lactose intolerant use non dairy liquid coffee creamer instead 1 pkg of Swiss Miss No Sugar Added or Sugar Free Hot Chocolate mix 2 pkts of sweetner Finish filling 22 oz Insulated mug with boiling water. Add hot water slowly mixing while adding. For a different twist add a little cinnamon. Mix the mixture above before adding hot liquid to the mixture as the protein tends to curdle if mixed in hot liquid. You can adjust the sweetness to your taste. I tend to like mine rather sweet. Again, that will give you approximately 32 grams of protein with minimal carbohydrates and fats. This has been my main stay for the last 2 1/2 yrs.... I don't know what I would have done without it, and I really don't remember how I got started using it, but it works for me. This is still how I get most of my protein in during the day. I can't eat enough food sources to keep my protein levels up. Hope it works for you too. Carlene
Hot or Cold Chocolate Drink

This is from GreenBeetleBug4 on the support board.

Ingredients:
3 scoops of UNFLAVORED protein
2 packages of no sugar added hot choc.
12 oz water

Directions:
mixed real good night before and in frig so very cold, it takes me three to four efforts spread out over the day to get it down, you can heat it up as hot choc but I like it best very cold.
Cream Dream Latte

**Ingredients:**
1/2 oz DaVinci Gourmet Irish Cream Classic Syrup  
1/2 oz DaVinci Gourmet Amaretto Classic Syrup  
1 cup hot coffee  
1/2 cup vanilla Micellar Milk, vanilla ready to drink protein shake, or Carlene's creamer recipe

**Directions:**
Combine all ingredients in a large mug.
Cinnamon Roll Latte

Ingredients:
1/2 oz DaVinci Gourmet Cinnamon Classic Syrup
1/2 oz DaVinci Gourmet Caramel Classic Syrup
1 cup hot coffee
1/2 cup vanilla Micellar Milk, vanilla ready to drink protein shakes, or Carlene's creamer recipe.

Directions:
Combine all ingredients in a large mug.
Peach Almond Italian Soda

**Ingredients:**
- ice
- sparkling water or plain water
- 1 oz Da Vinci Gourmet Amaretto SF Syrup
- 1/2 oz Da Vinci Gourmet Peach SF Syrup
- 1 oz Half and Half

**Directions:**
Directions: Fill a 16 oz glass 3/4 full of ice. Cover ice with sparkling water and add other ingredients. Mix well.
Butter Almond Latte

**Ingredients:**
milk
espresso
Da Vinci Gourmet Almond SF Syrup
Da Vinci Gourmet Butterscotch SF Syrup

**Directions:**
Directions: Combine ingredients in blender with ice.
Banana Cream Pie Shake

Ingredients:
milk
Da Vinci Gourmet Banana SF Syrup
half and half
Da Vinci Gourmet Coconut SF Syrup

Directions:
Directions: Combine ingredients in blender with IDS or Matrix vanilla protein and lots of ice.
Banana Rum Smoothie

Ingredients:
- Milk
- Da Vinci Gourmet Banana SF Syrup
- Da Vinci Gourmet Butter Rum SF Syrup

Directions:
- Directions: Combine ingredients in blender with IDS or Matrix vanilla protein and lots of ice.
CHOCOLATE PEANUT BUTTER SMOOTHIE

Ingredients:
2 ounces of water
12 ice cubes
1 scoop Protein Delite, Alpine Chocolate or any chocolate protein mix
1 teaspoon of peanut butter

Directions:
Place all ingredient in blender and process until thick.
NECTAR PROTEIN COCKTAIL

Ingredients:
1 tub Crystal Light
4 scoops Nectar, fruit juice flavored whey isolate

Directions:
Prepare the Crystal Light in a plastic pitcher using 64 ounces of water, or to your taste.

Using a silicon whisk or large spoon, blend in 3-4 scoops of Nectar.

Keep chilled and consume within 24 hours of preparation to ensure freshness. Stir before pouring as some settling occurs.

Great flavor combinations include:

Crystal Light Fruit Punch and Nectar Twisted Cherry
Crystal Light Sunrise Orange and Nectar Fuzzy Navel
Crystal Light Pineapple Orange and Nectar Fuzzy Navel or Caribbean Cooler
Crystal Light Peach Tea and Nectar Lemon Tea
Crystal Light Raspberry Lemonade and Nectar Roadside Lemonade, Strawberry Kiwi or Twisted Cherry
Crystal Light Pineapple Orange and IsoFruit Delite Pineapple
Lipton SF Green Tea Honey Lemon and IsoFruit Delite Apple

Makes 64 ounces of drink mix

Serving Size 12 ounces, calories 120, protein 18g, carbs 0, fat 0
BANANA PROTEIN NOG

Ingredients:
1 scoop Matrix Simply Vanilla protein powder
or any vanilla protein powder
1 cup skim milk
A one inch chunk of banana
1/8 teaspoon nutmeg
1/2 teaspoon vanilla

Directions:
Place all ingredients in blender and process until smooth.
CAFA# KAHLUA

Ingredients:
1 scoop Elite Café Mocha protein powder
1-2 cups cold decaf coffee
1-2 tablespoons DaVinci sf Kahlua syrup
Ice

Directions:
Stir or shake until well mixed.
CINNAMON NOG

Ingredients:
1 scoop IDS Cinnamon-Vanilla protein powder or vanilla protein with 1/4 to 1/2 teaspoon cinnamon
1-2 cups cold water
1-2 tablespoons DaVinci sf eggnog syrup
1-inch chunk banana
Dash nutmeg

Directions:
Process in blender until smooth.
HAZELNUT CAPPUCCINO

**Ingredients:**
1 scoop Nectar Cappuccino protein powder or any brand cappuccino protein powder
1 cup cold decaf coffee
1-2 tablespoons DaVinci sf hazelnut syrup
Ice

**Directions:**
Process in blender until smooth and creamy.
PROTEIN FRUIT SMOOTHIE

Ingredients:
1 scoop Protein Raspberry Yogurt protein powder
1-inch chunk banana
2-3 strawberries or 1/4 cup blueberries
1/2 cup no sugar added vanilla yogurt
Ice

Directions:
Process in blender until smooth.
PUMPKIN SPICE SHAKE

Ingredients:
1/4 cup pumpkin puree, unsweetened
2 tablespoon Splenda Granular
pinch of salt
1/8 teaspoon cinnamon
1/8 teaspoon ginger
scant 1/8 teaspoon cloves
OR 1/2 teaspoon pumpkin pie spice instead of other separate spices
1 cup milk or soymilk
1 scoop Matrix Vanilla protein powder
1/4 cup frozen Cool Whip or no sugar added Vanilla Ice Cream
1 - 1 1/2 cups ice

Directions:
Process in blender until smooth. Drizzle with sugar free Cinnamon Bliss caramel sauce, if desired.
BUTTERCREAM TOFFEE VANILLA LATTE

Ingredients:
2-3 ounces crushed ice
4 ounces Micellar Milk Vanilla, vanilla ready to drink protein, or Carlene's creamer recipe
2-3 ounces water
1/2 packet Big Train Vanilla Latte mix
1/2 scoop Elite Buttercreme Toffee protein powder

Directions:
Process in blender until smooth. Garnish with SF Cool whip or Redi-whip, if desired.

My Notes:
If you use Carlene's creamer recipe, substitute any sugar free vanilla latte mix and 1/4 to 1/2 teaspoon butternut flavoring.
CHOCO-VANILLA
PROTEIN SHAKE

Ingredients:
1 scoop IDS Belgian Chocolate protein powder
or any chocolate protein powder
1 scoop IDS Cinnamon-Vanilla protein powder
or any vanilla protein powder with 1/4 to 1/2
teaspoon cinnamon, to taste
1 cup milk
1/2 cup water
Ice

Directions:
Mix until smooth.
DREAMSCICLE

Ingredients:
1 scoop Vanilla protein powder
1 cup water
1-2 tablespoons DaVinci sf orange syrup

Directions:
Mix until smooth.
CHOCOLATE COVERED
CHERRIES PROTEIN
SHAKE

Ingredients:
1 scoop Nectar Cappuccino Latte protein
powder
6 ounces milk
1-2 tablespoons DaVinci sf chocolate syrup
1-2 tablespoons DaVinci sf cherry syrup
6 ice cubes

Directions:
Process in blender until smooth.
CHOCOLATE COVERED
BANANA PROTEIN SHAKE

Ingredients:
1 scoop chocolate protein powder
1-inch chunk banana
1 cup skim milk
1-2 teaspoons peanut butter

Directions:
Process in blender until smooth.
VANILLA STRAWBERRY PROTEIN SHAKE

**Ingredients:**
1 scoop Vanilla protein powder
1/2 - 1 cup skim milk
5 frozen strawberries
1 teaspoon Splenda

**Directions:**
Process in blender until smooth.
TANGY ORANGE PROTEIN SHAKE

Ingredients:
1 scoop Matrix Orange Cream protein powder
1-2 cups prepared Crystal Light Sunrise Orange
1-2 tablespoons DaVinci sf vanilla syrup
Ice

Directions:
Process in blender until smooth.
ROOT BEER FLOAT PROTEIN SHAKE

Ingredients:
1 scoop Matrix Simply Vanilla protein powder
2 cups water
2 tablespoons DaVinci sf root beer syrup
1 teaspoon vanilla extract
6 ice cubes

Directions:
Process in blender until smooth.
BERRY CHEESECAKE PROTEIN SHAKE

Ingredients:
1 scoop Protein Delite Vanilla Very Berry powder
2 cups ice
2 tablespoons half & half
1 tablespoon fat free cream cheese

Directions:
Process in blender until smooth.
Sugar Free Hot Cocoa

**Ingredients:**
One cup baking cocoa
Two cups of Splenda®
Five and 1/2 cups of nonfat dry milk powder
One cup nonfat powdered creamer
1 1/2 tsp. of salt

**Directions:**
Add 3-4 TBSP of mix to one cup of hot water.
Makes 30 servings
Banana Strawberry Smoothie

Preparation Time: 5 minutes  Cooking Time: none required  Serves: 1

Ingredients:
6-8 ice cubes
1 banana
1 cup frozen strawberries
1 cup fat free plain yogurt
Dash of Splenda

Directions:
Blend until smooth-ie.
Citrus Shakeups

**Ingredients:**
1/2 of a lemon
1/2 of an orange
3 Tbsp. Splenda
1-1/4 cups Ice cubes
3 Tbsp. Water
Orange wedges or lemon slices, optional

**Directions:**
1. In a 16-ounce shaker, squeeze juice from the lemon and orange halves. Add sugar.
2. Add enough ice cubes to fill two-thirds full. Add water to cover ice.
3. Cover and shake. Serve in a tall glass.
Cinnamon Mocha Shake

**Ingredients:**
2 scoops Chocolate protein powder
1 1/2 cups cold water
1/2 teaspoon cinnamon
1/2 cup 1percent low-fat milk
1 teaspoon decaffeinated instant coffee

**Directions:**
Put water in blender, add pro complex, cinnamon and instant coffee, blend until well mixed. Add milk blend slightly. Enjoy.

Per serving: 304 Calories (kcal); 3g Total Fat; (9 percent calories from fat); 57g Protein; 11g Carbohydrate; 30mg Cholesterol; 293mg Sodium
Dream Cream Protein Smoothie

Ingredients:
2 scoops protein powder (vanilla)
1/2 c. gatorade (orange)
1/2 c. nonfat milk (liquid)
1 t. orange flavoring (optional)

Directions:
Place milk, orange flavoring and gatorade in blender. Blend slightly. While blending, add the protein powder. If you desire, add some ice chips to make it into a thick shake.

Serves 1
Banana Split Protein Shake

**Ingredients:**
1 serving vanilla or chocolate protein powder.
1 ripe banana
1/4 c. of pineapple
4 frozen strawberries
3 ice cubes

**Directions:**
Mix 1 serving vanilla or chocolate protein powder. Then add 1 ripe banana, and 1/4 c. of pineapple, 4 frozen strawberries and 3 ice cubes and blend for 45 seconds and serve.
Cookies and Cream Protein Shake

**Ingredients:**
1 serving chocolate or vanilla protein powder  
3 drops peppermint extract  
3 ice cubes  
4 low fat chocolate wafers

**Directions:**
Mix one serving of chocolate or vanilla protein powder then add 4 drops of peppermint extract and 3 ice cubes. Blend at high speed for 45 sec. then add 4 low fat chocolate wafers, blend at low speed for 10 seconds and serve.
Chocolate Mocha Mint Protein Shake

**Ingredients:**
- 1 serving of chocolate protein powder
- 1 1/2 T. General Foods International Coffee
- 4 drops of peppermint extract
- 3 ice cubes

**Directions:**
Mix 1 serving of chocolate protein powder. Then add 1 1/2 T. General Foods International Coffee, 4 drops of peppermint extract and 3 ice cubes. Blend at high speed for 45 seconds.
Key Lime Pie Protein Shake

**Ingredients:**
1 serving of vanilla protein powder
2 tablespoons of lime juice
1 graham (4 small squares)
3 ice cubes

**Directions:**
Mix 1 serving of vanilla protein powder. Then add 2 T. of lime juice, 1 graham cracker (4 small squares) and 3 ice cubes. Blend at high speed for 45 seconds and serve.
Strawberry Banana Frost
Protein Shake

Ingredients:
1 serving of strawberry protein powder
1 ripe banana
3 ice cubes

Directions:
Mix 1 serving of strawberry protein powder.
Then add 1 ripe banana and 3 ice cubes. Blend for 45 seconds on high speed and serve.
Eggnog Protein Shake

**Ingredients:**
1 serving of vanilla protein powder
1/2 t. allspice
1 graham cracker (4 sm. squares)
3 ice cubes

**Directions:**
Mix 1 serving of vanilla protein powder, then add 1/2 t. allspice, 1 graham cracker (4 sm. squares), and 3 ice cubes. Blend at high speed for 45 seconds and serve.
Chocolate Banana Crunch Protein Shake

**Ingredients:**
1 serving of chocolate protein powder  
1 banana  
3 ice cubes  
4 low fat chocolate wafers

**Directions:**
Mix 1 serving of chocolate protein powder. Then add 1 banana and 3 ice cubes. Blend for 45 seconds. Then add 4 low fat chocolate wafers, blend at low speed for 10 seconds and serve.
Tropical Fruit Breeze Protein Shake

**Ingredients:**
- 1 serving strawberry protein powder
- 1/4 c. of frozen unsweetened peaches
- 1/4 c. pineapple (make sure pineapple is drained)
- 3 ice cubes

**Directions:**
Mix 1 serving strawberry protein powder. Then add 1/4 c. of frozen unsweetened peaches, 1/4 c. pineapple and 3 ice cubes. Blend at high speed for 45 seconds and serve. (make sure pineapple is drained).
Protein Fruit Smoothie

**Ingredients:**
1 scoop of your favorite protein powder  
1/2 c. low fat plain or vanilla yogurt  
2 strawberries or 1/4 banana  
2 ice cubes  
(powdered milk can be used if desired)

**Directions:**
Add a little water if powdered milk is used. It can be used in place of yogurt, also.

Blend all ingredients in blender until ice is crushed and serve.
Strawberry Protein Smoothie

**Ingredients:**
1 carton (8 oz) plain nonfat yogurt
1/4 c. skim milk or 1 percent milk
1 t. Equal or 3 packets
3 c. frozen strawberries
1 c. ice cubes
1 scoop vanilla protein powder

**Directions:**
Combine yogurt, milk Equal in blender container. W/ blender running, add thru the top, berries, a few at a time (opening in lid). Blend til smooth, add ice cubes one at a time thru opening in lid. Blend til slushy then serve.
Hazelnut Mocha Cappuccino Shake

Ingredients:
1 scoop Pro Complex -- Chocolate
1 scoop Pro Complex -- Vanilla
8 ounces cold water
2 ounces Torani or DeVinchi Sugar Free Syrup -- Hazelnut
6 ounces skim milk
2 teaspoons decaffeinated instant coffee

Directions:
Place Pro Complex in a shaker or blender, add water. Shake or blend. Add remaining ingredients. Process or shake until well blended. Refrigerate until ready to use. I prefer to drink mine the next day. Shake up again just before drinking.

Per serving: 310 Calories (kcal); 2g Total Fat; (5 percent calories from fat); 59g Protein; 12g Carbohydrate; 28mg Cholesterol; 353mg Sodium
Snickers Bar Mocha Protein Shake

**Ingredients:**
1 1/2 cups water -- or cold decaf-coffee
1/4 cup nonfat milk -- or skim milk
2 tablespoons cocoa powder
1 teaspoon caramel flavoring
1 teaspoon butternut flavoring
2 scoops Pro Complex -- Chocolate
4 ice cubes
2 teaspoons decaffeinated instant coffee-- Omit if using Cold Decaf Coffee instead of water.

**Directions:**
Pour water{or coffee}, milk, flavorings, cocoa powder & protein powder into blender container, blend on low until well combined. Add the ice cubes, one at a time until shake is thick & creamy.

Per serving: 296 Calories (kcal); 3g Total Fat; (10 percent calories from fat); 57g Protein; 13g Carbohydrate; 26mg Cholesterol; 267mg Sodium

**My Notes:**
This can be made without the ice cubes. You can make it the day before use and refrigerate overnight.
Buttermilk Fruit Shake

Ingredients:
1 cup buttermilk
1/2 cup frozen fruit
1 tsp vanilla or fruit flavoring
sugar or sweetener to taste

Directions:
Variation: add 1 scoop of vanilla or strawberry protein powder to this also and forego the sweetener.

Place all ingredients into blender. Cut fruit into chunks, mix thoroughly. Pour and serve. Works well with strawberry, peaches, pineapple, blueberry, etc.
Boysenberry Smoothie - 2 servings

Ingredients:
2 cups fresh or frozen boysenberries
2 cups boysenberry yogurt (low fat, if possible)
1/3 cup apple juice
1 cup ice

Directions:
In a blender, add all ingredients and pulse. Pour evenly into two glasses, and serve.
Frozen Fruit Glace' Protein Shake

**Ingredients:**
1 serving vanilla protein powder
half water
half orange juice
1 banana
4 frozen strawberries
3 ice cubes

**Directions:**
Mix 1 serving vanilla protein powder, using half water and half orange juice. Then add 1 banana and 4 frozen strawberries. Add 3 ice cubes. Blend for 45 seconds at high speed and serve.
Banana Blast

**Ingredients:**
- 6 oz. Cold water or Fat Free milk
- 3 ice cubes
- 1/2 of 1 ripe banana
- 1 scoop vanilla protein powder

**Directions:**
Blend together in a blender. Serve.
Cool Chocolate Peanut Butter

Ingredients:
3 ice cubes
Add 6 oz Cold water
2 Tablespoons of reduced fat peanut butter
1 scoop vanilla protein powder

Directions:
Crush ice cubes in a blender. Add Cold water, peanut butter and vanilla protein powder. Blend well.

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Strawberry Cheese Cake

Ingredients:
3 ice cubes, crushed
6 oz Cold water or Fat Free Milk
4 Frozen Strawberries ## no added syrup, just pure frozen strawberries
2 Tablespoons of reduced fat cream cheese
1/4 Teaspoon almond extract
1 scoop vanilla protein powder

Directions:
Crush 3 ice cubes in a blender
Add 6 oz Cold water or Fat Free Milk
Add 4 Frozen Strawberries ## no added syrup, just pure frozen strawberries
Add 2 Tablespoons of reduced fat cream cheese
Add 1/4 Teaspoon almond extract and vanilla protein powder. Blend.
Icy Almond Delight

Ingredients:
3 ice cubes, crushed
6 oz Cold water or Fat Free Milk
1/2 Teaspoon almond extract
1 scoop vanilla protein powder

Directions:
Crush 3 ice cubes in a blender
Add 6 oz Cold water or Fat Free Milk
and 1 scoop vanilla protein powder
Add 1/2 Teaspoon almond extract
Blend well
Creamy Almond Cappuccino

Ingredients:
3 ice cubes, crushed

6 oz Fat Free Milk mixed with 1 scoop vanilla protein powder

1/2 Teaspoon instant coffee

1/2 Teaspoon almond extract

Directions:
Crush 3 ice cubes in a blender

Add 6 oz Fat Free Milk and protein mixture

Add 1/2 Teaspoon instant coffee

Add 1/2 Teaspoon almond extract

Blend well
Cherries Jubilee

**Ingredients:**
3 ice cubes, crushed
6 oz Cold water or Fat Free Milk mixed with 1 scoop vanilla protein powder
4 â## 5 pitted fresh cherries

**Directions:**
Crush 3 ice cubes in a blender
Add 6 oz Cold water or Fat Free Milk and protein mixture.
Add 4 â## 5 pitted fresh cherries.
Blend well.
Cookies â##N Cream

Ingredients:
3 ice cubes, crushed
6 oz Fat Free Milk mixed with 1 scoop vanilla protein powder
2 low fat or fat free chocolate cream cookies

Directions:
Crush 3 ice cubes in a blender
Add 6 oz Fat Free Milk and protein mixture
Add 2 low fat or fat free chocolate cream cookies
Blend well.
Pina Colada

**Ingredients:**
3 ice cubes
4 oz Cold water mixed with 1 scoop vanilla protein powder
2 1/2 oz sugar free or low sugar pina colada mix

**Directions:**
Crush 3 ice cubes in a blender
Add 4 oz Cold water and protein mixture
Add 2 1/2 oz sugar free or low sugar pina colada mix
Blend well
Creamy Cinnamon

Ingredients:
3 ice cubes
6 oz Cold water or Fat Free Milk mixed with 1 scoop vanilla protein powder
1/4 Teaspoon Cinnamon

Directions:
Crush 3 ice cubes in a blender
Add 6 oz Cold water or Fat Free Milk and protein mixture
Add 1/4 Teaspoon Cinnamon
Blend well
Ice Cream Milk Shake

Ingredients:
3 ice cubes
6 oz Cold water or Fat Free Milk mixed with 1 scoop vanilla protein powder
1 scoop of your favorite fat free sugar free ice cream

Directions:
Crush 3 ice cubes in a blender
Add 6 oz Cold water or Fat Free Milk and protein mixture
Add 1 scoop of your favorite fat free sugar free ice cream
Blend well
Berrilicious

**Ingredients:**
3 ice cubes
6 oz Cold water or Fat Free Milk mixed with 1 scoop vanilla protein powder
4 â## 6 blueberries or raspberries

**Directions:**
Crush 3 ice cubes in a blender
Add 6 oz Cold water or Fat Free Milk and protein mixture
Add 4 â## 6 blueberries or raspberries
Blend well

**My Notes:**
You can substitute Carlene’s creamer mixture for the milk/protein mixture in any of these drinks that call for 6 oz cold water or fat free milk and 1 scoop vanilla protein.
Chocolate Almond

Ingredients:
3 ice cubes
6 oz Cold water or Fat Free Milk mixed with 1 scoop chocolate protein powder
1/4 - 1/2 teaspoon almond extract

Directions:
Crush 3 ice cubes in a blender
Add 6 oz Cold water or Fat Free Milk and protein mixture
Add almond extract
Blend well
Chocolate Raspberry

**Ingredients:**
3 ice cubes
6 oz Cold water or Fat Free Milk mixed with 1 scoop chocolate protein powder
6 â## 10 Raspberries

**Directions:**
Crush 3 ice cubes in a blender
Add 6 oz Cold water or Fat Free Milk and protein mixture
Add 6 â## 10 Raspberries
Blend well
Banana Nut

**Ingredients:**
3 ice cubes
6 oz Cold water or Fat Free Milk mixed with 1 scoop vanilla protein powder
1/2 ripe banana
1/4 Teaspoon almond extract

**Directions:**
- Crush 3 ice cubes in a blender
- Add 6 oz Cold water or Fat Free Milk and protein mixture
- Add banana and almond extract
- Blend well
Creamy Dreamy Coconut

**Ingredients:**
(Not recommended until 1 month pre op)

- 3 ice cubes
- 6 oz Cold water or Fat Free Milk mixed with 1 scoop vanilla protein powder
- 1 1/2 Tablespoon of shredded coconut

**Directions:**

- Crush 3 ice cubes in a blender
- Add cold water or Fat Free Milk and protein mixture
- Add 1 1/2 Tablespoon of shredded coconut
- Blend well
Chocolate Mint

**Ingredients:**
- 3 ice cubes
- 6 oz Fat Free Milk mixed with 1 serving chocolate protein powder
- 2 low fat or fat free chocolate mint cookies

**Directions:**
- Crush 3 ice cubes in a blender
- Add 6 oz Fat Free Milk and protein mixture
- Add 2 low fat or fat free chocolate mint cookies
- Blend well
Peaches â##N Cream

**Ingredients:**
3 ice cubes
6 oz Cold water or Fat Free Milk mixed with 1 serving vanilla protein powder
4 peach slices packed in their own juice â## no added sugar

**Directions:**
Add 6 oz Cold water or Fat Free Milk and protein mixture to blender

Add 4 peach slices packed in their own juice â## no added sugar

Add 3 ice cubes
Blend well
Aromatic Apple Pie

**Ingredients:**
3 ice cubes
6 oz Cold water or Fat Free Milk mixed with 1 serving vanilla protein powder
4 baking apple slices
1/4 Teaspoon cinnamon

**Directions:**
Add 6 oz Cold water or Fat Free Milk and protein powder to blender
Add 4 baking apple slices
Add 1/4 Teaspoon cinnamon
Add 3 ice cubes and blend well
Chocolate Banana

**Ingredients:**
- 3 ice cubes
- 6 oz Cold water or Fat Free Milk
- 1 serving chocolate protein powder
- 1/2 ripe banana

**Directions:**
Add 6 oz Cold water or Fat Free Milk, protein powder and banana. Blend well. Add 3 ice cubes and blend until ice is crushed.
Fruit Punch Frosty Freeze

**Ingredients:**
- 4 ice cubes in a blender
- 2 oz Cold water
- 1 serving vanilla protein powder
- 4 oz Fruit punch juice (NO sugar added)

**Directions:**
Add Cold water, protein powder and Fruit punch juice (NO sugar added) to blender. Mix well. Add ice cubes and blend until ice is crushed.
Groovy Grape Frosty Feeze

**Ingredients:**
- 4 ice cubes
- 2 oz Cold water
- 1 serving vanilla protein powder
- 4 oz Grape Juice (No sugar added)

**Directions:**
Add Cold water, protein, Grape Juice (No sugar added) to blender. Blend well. Add ice cubes and blend until ice is crushed.
Powerful Pineapple Frosty Freeze

Ingredients:
4 ice cubes
2 oz Cold water
1 serving vanilla protein powder
4 oz Pineapple Juice (NO sugar added)

Directions:
Add Cold water, protein powder and Pineapple Juice (NO sugar added) to blender. Mix well. Add ice and blend until ice is crushed.
Cherry Berry Frosty Freeze

**Ingredients:**
- 4 ice cubes
- 2 oz Cold water
- 1 serving vanilla protein powder
- 4 oz Cherry juice (NO sugar added)

**Directions:**
Add Cold water, protein powder and Cherry juice (NO sugar added) to blender. Mix well. Add ice and blend until ice is crushed.
Apple Cinnamon Frosty Freeze

Ingredients:
4 ice cubes
2 oz Cold water
1 serving vanilla protein powder
4 oz Apple Juice (NO sugar added)
pinch of cinnamon

Directions:
Add 2 oz Cold water, protein powder, Apple Juice (NO sugar added) and a pinch of cinnamon to blender. Mix well. Add ice and blend until ice is crushed.
Summer Breezes Smoothie

Ingredients:
1 c. fat free, plain yogurt
6 medium strawberries
1 c. pineapple, crushed, canned in juice
1 medium banana
1 tsp. vanilla extract
4 ice cubes

Directions:
Place all ingredients in a blender and puree until smooth. Serve in frosted glasses.

Makes 3 servings, 1 cup each

Calories: 121; total fat: <1 gm; carbs: 24 g; fiber: 2 g; protein: 6 g
Creamy Strawberry-Orange Pops

**Ingredients:**
1 container (8 oz) strawberry no-sugar-added, fat-free yogurt
¾ c. orange juice
2 t. vanilla
2 c. frozen strawberries
1 packet sugar substitute equivalent to 2 t. sugar
6 paper cups, 7 oz. capacity each
6 wooden sticks

**Directions:**
Combine yogurt, orange juice, and vanilla in a food processor or blender. Cover and process until smooth.

Add the strawberries and sugar substitute. Process until smooth. Pour into 6 paper cups, filling each about ¾ full. Place in freezer 1 hour. Insert wooden sticks into center of each. Freeze completely. Peel cup off of each pop to serve.

Servings 6

Calories: 97; fat: <1 g; protein: 6; fiber: 1; carbs: 17
Blueberry Smoothie

Packed with antioxidants and vitamin C power, this cool treat disproves the maxim, “If it tastes good, it can’t be good for you.”

Ingredients:
1 pint fresh blueberries or 2 cups (10 oz.) frozen blueberries, slightly thawed
1 cup pineapple, orange and strawberry juice blend or pineapple-orange juice
1 container (8 oz.) nonfat vanilla yogurt
2 tsp. splenda

** Add 1 scoop of unflavored Protein Powder

Directions:
In the container of an electric blender, combine blueberries, juice, yogurt, protein, and splenda. Blend until smooth, about 1 minute. Serve immediately in tall glasses. Garnish with blueberry skewers spiraled with thin strips of orange peel, if desired. Yields 2 portions.
Strawberry-Banana Yogurt Smoothies

**Ingredients:**
1 container of BREYERS strawberry sugarfree yogurt
1 medium banana sliced
1 cup thawed cool whip (regular or strawberry flavored which ever you prefer)
2 cups crushed ice
** Can Add 1 scoop of unflavored protein powder (Unjury is great !)

**Directions:**
Place all ingredients in a blender container and cover.
Blend on high speed for 30 seconds or until well blended.
Pour evenly into 4 glasses. Serve immediately

Makes 4 servings
Peachy Iced Tea Refresher

**Ingredients:**
* 1 tub Crystal Light Peach flavored low calorie iced tea mix
* 4 1/2 cups water
* 1 cup orange juice**
* 1/2 cup bourbon (optional)
* 6 orange slices

**Directions:**
* Empty contents of drink mix tub into a large plastic or glass pitcher.
* Add water, orange juice and bourbon; stir until drink mix is completely dissolved.
* Serve over ice cubes in a tall glass.
* Add orange slices to each glass.

** To make a non alcohol version of this drink, omit the bourbon and increase the orange juice to 1 1/2 cups.**
FRUIT SMOOTHIE

Ingredients:
# 2 cups ice
# 1 cup skim milk
# 1/2 cup strawberries, sliced
# 1 banana, sliced
# 1/2 cup fresh orange juice

Directions:
# Combine first 4 ingredients in blender
# blend until smooth
# Add orange juice
# blend until smooth
# Serve immediately.

MAKES 1 SERVING
Basic Hot Chocolate Mix

**Ingredients:**
25-30 servings
7 cups non-fat powdered milk
1 Cup Splenda
2/3 cup cocoa
1/4 teaspoon salt

**Directions:**
1. Put dry milk into a large mixing bowl.
2. Combine the sugar, cocoa and salt, and sift or sieve the mixture into the dry milk- Blend thoroughly.
3. To make hot chocolate: Put 5 tablespoons of the mix into a mug or large cup. Slowly stir in hot water, stirring until the mix is dissolved and the cup is full.
Fat Free Sugar Free Hot Chocolate Mix

use 1/4 cup of mix and 1 cup hot water.

Ingredients:
18 servings

3 cups nonfat dry milk powder
1 cup Splenda granular
1/2 cup baking cocoa
1 (1 ounce) package fat-free sugar-free instant vanilla pudding mix

Directions:
1. Mix all ingredients together.
2. Store in airtight container.

Nutrition Facts Calculated for 1 serving
Recipe makes 18 servings The following items or measurements are not included below:
Splenda granular

Calories 83 Calories from Fat 4 (5%)
Amount Per Serving %DV
Total Fat 0.5g 0%
Saturated Fat 0.3g 1%
Polyunsat. Fat 0.0g
Monounsat. Fat 0.1g
Trans Fat 0.0g
Cholesterol 4mg 1%
Sodium 172mg 7%
Potassium 395mg 11%
Total Carbohydrate 12.9g 4%
Dietary Fiber 0.8g 3%
Sugars 10.5g
Protein 7.7g 15%
Mexican Hot Chocolate Mix

**Ingredients:**
32 servings

- 3 cups Splenda
- 3 cups nonfat dry milk powder
- 2 cups miniature marshmallows (OMIT)
- 1 cup non-dairy powdered coffee creamer
- 1 cup cocoa powder
- 4 teaspoons cinnamon

**Directions:**
1. Mix all ingredients together well.
2. Store in an airtight container.
3. To serve, place 1/4 cup mix in cup and add 3/4 cup hot milk, stirring until mix is well blended.
Hot Chocolate Mix (with 3 Options)

**Ingredients:**
7 servings

Traditional cocoa mix
1 cup powdered milk
1/4 cup cocoa powder
1/2 cup Splenda
1 pinch salt

Spiced cocoa mix
1 teaspoon ground cinnamon
1 teaspoon ground cardamom
1 teaspoon ground ginger
1/2 teaspoon ground nutmeg

Java cocoa mix
1-2 tablespoon instant coffee powder

**Directions:**
1. Mix all the ingredients in the Traditional cocoa mix.

2. I give everything a whizz in the food processor to combine well.

3. Store in an airtight container.

4. Spiced cocoa mix: To one recipe of the traditional mix, add the spices and mix.

5. Enjoy a warming spiced cocoa!

6. Java Cocoa: To one recipe of traditional mix, mix in instant coffee powder.

7. To make hot cocoa, place 1/4 cup of mix in a mug.

8. Stir in 1 cup of boiling hot water.

9. Hot mint Cocoa: Steep one mint tea bag in a cup of hot traditional cocoa.
Hot Chocolate Mix

**Ingredients:**
3 cups skim milk powder  
3/4 cup cocoa, sifted  
1/3 cup powdered coffee creamer  
1 cup Splenda  
1/8 teaspoon salt  
1 pinch cloves or cinnamon (or both) (optional)

**Directions:**
1. Whirl in a blender until smooth.
2. To serve, add 2 tbsp mix to 3/4 cup boiling water or milk.

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CHOCOLATE FROSTY

**Ingredients:**
1 cup skim milk
2 Tab. ff/sf cool whip
2 Tab. ff/sf instant chocolate pudding mix (dry)
1 tsp. vanilla
8 ice cubes

**Directions:**
Add all to blender and mix until ice cubes are completely dissolved.
BARIATRIC COOKBOOK

Main Dishes
**ZUCCHINI PASTA**

**This Recipe is from Carlene's sister, Veda, which she posted on the support board.**

**Ingredients:**
- 1 lb Italian sausage, (either hot or milk)
- 1 lb zucchini (3 to 4 small zucchini), cut into small chunks
- 1 sweet onion, sliced and quartered
- 1 green pepper, cut into 1” pieces
- 2 cloves garlic, sliced
- 1 jar Barilla green and black olive spaghetti sauce (can substitute other flavors of spaghetti sauce for different flavors)
- 1 tablespoon olive oil
- Barilla plus multigrain pasta (yellow box)

**Directions:**

1. Remove sausage from casings and brown, breaking up into small pieces. Add enough olive oil to skillet to prevent sticking. Add green pepper and saute a few minutes.

2. Next, add onion and garlic, stirring occasionally. Saute for a couple of minutes.

3. Add zucchini and saute for an additional 5 minutes. May have to add a little more olive oil to keep it from sticking.

4. Cover and cook for about 10 minutes, stirring occasionally.

5. When zucchini is done to your satisfaction, add spaghetti sauce and heat for a couple of minutes.

6. Spoon over cooked pasta.

**My Notes:**

Veda wrote the following P.S. If the green and black olive is not available in your areas, or if the Barilla plus pasta is not available, you can substitute any spaghetti sauce and any whole grain or multigrain pasta. She also stated that since she lived alone, she used a half recipe and save the rest for lunches—getting about 4 meals from a half recipe.
BAKED FISH GRATIN

The fresh taste of fish seasoned lightly and spritzed with a little olive oil is wonderful...but sometimes you want a different feel. This dish features the moist, flaky meat nestled under a soft layer of creamy cheese.

Ingredients:
Vegetable cooking spray
1 pound firm white fish fillets such as talapia, or halibut
1 tablespoon butter
1 tablespoon flour
3/4 cup milk or fat-free half & half
1 teaspoon lemon pepper
1 1/2 cups grated cheddar cheese

Directions:
Preheat oven to 375 degrees and coat a long baking dish with cooking spray. Pat fish dry with a paper towel and place in a single layer in baking dish. In a small saucepan melt butter over medium heat. Add flour and cook for one minute. Add half & half, lemon pepper and bring to a boil, stirring constantly until thickened. Spoon mixture over fillets. Bake for 10 minutes. Remove fish from oven and sprinkle with cheese, continue baking for 10 minutes more or until fish flakes easily with a fork.

Makes 4 servings. Per Serving: 264 Cal; 26 g Protein; 11 g Tot Fat; 5 g Carb; 0 g Fiber; 0 g Sugar; 325 mg Sodium
CHEESY CHICKEN & CAULIFLOWER CHOWDER

Ingredients:
1 tablespoon olive oil
1 teaspoon butter
1 clove garlic, chopped
1 small onion, chopped
3 medium carrots, sliced
3 cups chopped cauliflower (about 1 head)
Two 14-ounce cans, reduced-sodium chicken broth
1 teaspoon Splenda
1/8 teaspoon nutmeg
1/4 teaspoon dried basil
Kosher salt and black pepper
3 cups cubed cooked chicken
1/4 cup flour
1 cup milk
2 tablespoons reduced-fat cream cheese
4 ounces cheddar cheese, shredded

Directions:
In a large saucepan, sauté the garlic and onion in olive oil and butter until soft. Add carrots, cauliflower, broth, Splenda, nutmeg, basil, salt, and pepper. Bring to a boil, reduce heat and simmer for 15 minutes or until vegetables are tender. Add chicken and heat through. In a small bowl combine flour and milk until smooth. Add to chicken mixture. Bring to a boil and cook and stir for 2 minutes or until thickened. Remove from heat. Add cream cheese and cheddar. Stir until melted.

Makes 8 servings.

Per Serving: 222 Cal; 22 g Protein; 9 g Tot Fat; 11 g Carb; 1 g Fiber; 4 g Sugar; 421 mg Sodium

My Notes:
The easy way to make this is: 1 package of frozen cauliflower and cheese chicken chicken broth (from the carton) pepper diced sharp cheese a splash of sugar free bacon vinagrette. Put it all in a bowl and then in the microwave for a few minutes... yummo! (Mark won't eat veggies so, as usual, I had to cook for one). This is a thick and substantial chowder that is comfort food at it's best. You could leave out the chicken and add more cauliflower for a warm and filling vegetarian meal. Serve with hot, buttery whole grain rolls for your family.
CHICKEN & MUSHROOMS IN WHITE WINE

Ingredients:
Vegetable cooking spray
1 pound skinless, boneless chicken breast halves
4 tablespoons flour
Kosher salt and black pepper
2 tablespoons olive oil
2 tablespoons butter
2 cups sliced mushrooms
1/2 cup white wine
1/3 cup low-sodium chicken broth
1/2 cup shredded mozzarella cheese
1/3 cup shredded or grated Parmesan cheese
1/4 cup thinly sliced green onions

Directions:
Preheat oven to 375 degrees. Coat a long baking dish with vegetable spray. Cut each breast half in half again lengthwise. Place each piece between heavy plastic wrap and pound flat to 1/8-inch thickness. Sprinkle very lightly with salt and black pepper and dredge lightly in flour.

In a large skillet over medium heat melt half of the butter with half of the olive oil. Add half of the chicken pieces and cook for 4 minutes or until golden and crispy, turning once. Transfer to baking dish and repeat with remaining butter, oil and chicken. To skillet add the mushrooms; cook and stir until tender. Add wine and broth and bring to a boil. Boil gently 5 minutes or until mixture is reduced to half and thickened; pour over chicken. Sprinkle with mozzarella, Parmesan and green onions. Bake, uncovered, for 15-20 minutes. Makes 6 servings.

Per Serving: 241 Cal; 30 g Protein; 10 g Tot Fat; 6 g Carb; 0 g Fiber; 0 g Sugar; 203 mg Sodium

My Notes:
This chowder is one that I turn to a lot, especially when I want a soothing and substantial meal. You can swap the broccoli for any other vegetable...zucchini, cauliflower, all carrots, or a combination. The cheese is optional and gives a completely different taste. It depends on my mood which way I go with it! I love this soup as leftovers...it gets really thick and rich. Put together some grilled deli turkey and avocado sandwiches for your family (roll up a slice of turkey around a wedge of avocado for yourself!) and there's your complete meal.
ITALIAN HERB MEATLOAF

Here's a variation on an old favorite. This smells so homey-good while baking! For the family: in the same oven I put some chunky potatoes on a baking sheet, drizzle with olive oil and sprinkled with grated parmesan, salt and pepper, a dash of garlic powder. Stir occasionally and roast until golden and crisp. Whip up a green salad and dinner's done in an hour.

Ingredients:
2 tablespoons olive oil, divided
1 medium red pepper, diced
1 medium onion, diced
3 cloves of garlic, minced
One pound ground sirloin (really is best! and there was hardly any grease that came out of the loaf into the pan)
1/4 cup quick-cooking oatmeal
1/3 cup plain bread crumbs
1 cup grated parmesan cheese
2 eggs
1 tablespoon Worcestershire sauce
1 tablespoon balsamic vinegar
2 tablespoons chopped, fresh basil
1 tablespoon chopped, fresh parsley
1 tablespoon chopped, fresh parsley

Directions:
Preheat oven to 350 degrees.

Heat 1 tablespoon of the olive oil in a medium saute pan. Over medium heat add the pepper, onion, and garlic. Cook until just soft. Remove from heat to cool slightly. When vegetables are cooled, add remaining tablespoon of olive oil and the rest of the ingredients. Very gently mix until well combined. Shape into a loaf on an oiled baking sheet or casserole dish. Spread marinara sauce over the top.

Bake for 50-60 minutes or until a meat thermometer reads 160 degrees. Remove from oven and lightly cover with foil. Allow to rest for 5 minutes.

Makes 10 servings.

Per Serving: 208 Cal; 16 g Protein; 12 g Tot Fat; 10 g Carb; 1 g Fiber; 4 g Sugar; 327 mg Sodium
COMPANY CHICKEN

This is a recipe that's always been popular, but high in sugar. In this version I've used a wonderful no sugar added jam so that we can enjoy this moist chicken once again. Serve it over a bed of herbed rice for your family and a steamed, fresh vegetable.

**Ingredients:**
- Vegetable cooking spray
- 1 cup Nature's Hollow apricot preserves (available at bariatriceating.com)
- 1/2 cup Catalina (or Russian) dressing
- 1/4 cup reduced-fat mayonnaise
- 1 envelope dehydrated Onion Soup & Recipe mix
- 1 pound skinless, boneless chicken breast halves or thighs

**Directions:**
Preheat oven to 350 degrees. Coat a 9x13 inch baking dish with vegetable spray and set aside.

In a medium bowl, whisk together jam, dressing, mayonnaise, and onion soup mix. Spread 1/2 cup of jam mixture onto the bottom of baking dish. Arrange chicken pieces in dish and pour remaining sauce over chicken. Cover and bake for 45 minutes. Uncover and continue baking for 15-20 minutes. Makes 8 WLS servings.

Per Serving: 188 Cal; 22 g Protein; 4 g Tot Fat; 10 g Carb; 0 g Fiber; 2 g Sugar; 163 mg Sodium
POT ROAST WITH ONIONS AND MUSHROOMS

Cooking with a crockpot is very convenient if you have one and have the time to let things simmer forever and ever! I like it, but I also slow simmer a beef roast in the oven at about 275 degrees all day long...works just the same. I know Susan braises hers on the stovetop in a dutch oven. All of these methods, if done at a slow temp for hours on end, with liquid added, will give you a succulent, moist roast that is very pouch friendly. You can add whatever root vegetables you'd like to this pot...carrots, celery, a potato or two for the family. Even a can of tomatoes would give you a completely different meal.

Ingredients:
3 pound boneless chuck roast
Kosher salt and black pepper
4 small or boiling onions, peeled and halved
1 whole clove garlic
One 4-ounce can mushroom pieces, drained or 1 cup fresh, sliced
One envelope dry onion soup mix
1/2 teaspoon dried basil
1/2 cup low sodium beef broth
1/2 cup water or beef broth
1 tablespoon corn starch

Directions:
Sprinkle salt and pepper on beef and brown quickly on all sides and place in crockpot or into a deep oven proof baking dish. Scatter onions, garlic, and mushrooms over meat. In a small bowl stir together the soup mix, basil, and beef broth. Pour over roast. Cover tightly. Cook in crockpot on low for 7-8 hours or until meat is very tender but not dry. Bake in the oven at 275 degrees for 5-6 hours. Baste meat as needed to keep it moist. When roast is done, remove and the onions to a plate, cover with foil and let it rest for a few minutes. Pour cooking liquid into a sauce pan. Add cornstarch to 1/2 cup water or broth and stir until smooth. Add to liquid in saucepan. Bring to a boil, pour over meat and serve.

Makes ten servings
Per Serving: 338 Cal; 21 g Protein; 23 g Tot Fat; 3 g Carb; 0 g Fiber; 0 g Sugar; 317 mg Sodium
PECAN CHICK KIEV

**Ingredients:**
- Two skinless, boneless chicken breast halves
- Kosher salt and black pepper
- Two ounces Havarti cheese, deli sliced
- One green onion, thinly sliced
- 1/2 cup fresh baby spinach leaves
- 1/2 cup finely chopped pecans, divided
- 1 egg
- 1 tablespoon water
- 1/4 cup flour
- 2 tablespoons olive oil or butter

**Directions:**

Flatten each chicken breast half to 1/8-inch thickness. Season with salt and pepper. Place one slice of cheese on each. Sprinkle each piece with half of the green onions and spinach and a teaspoon of chopped pecans. Tightly roll each breast into a spiral, pressing edges to seal.

In a shallow dish, beat together the egg and water. Place flour in another shallow dish and pecans in a third. Coat each chicken roll with flour, dip into egg, and roll in nuts to coat. Preheat oven to 400 degrees. In a skillet over medium heat, cook chicken in olive or butter about 5 minutes or until golden on all sides. Place in a baking dish and bake for 15-18 minutes or until no longer pink. Allow to rest for 2-3 minutes, slice and serve.

WLS serving is 1/2 roll.

Per Serving: 244 Cal; 19 g Protein; 12 g Tot Fat; 6 g Carb; 2 g Fiber; 1 g Sugar; 103 mg Sodium
WHITE CHICKEN CHILLI

Here’s a quick and easy winter chili. Use store-bought rotisserie chicken or leftover turkey if you have them to make this dish even faster. Serve this high protein meal with a dollop of sour cream and a sprinkle of chili powder.

Ingredients:
1 medium onion, chopped
2 garlic cloves, minced
2 tablespoon olive oil
Two 15-ounce cans Cannellini or white beans, drained
2 tablespoons flour
4 cups diced, cooked chicken or turkey
1 cup corn
One 4.5-ounce can diced green chilies
Two 14.5-ounce cans chicken broth
1 teaspoon cumin
1 teaspoon chili powder
1/2 teaspoon oregano
Kosher salt and freshly ground black pepper

Directions:
Saute onion and garlic in olive oil in a large pot over medium high heat until onion is tender. Puree one can of drained beans and set aside. Stir the flour into the onion mixture and cook for one minute. Add chicken, corn, chilies, broth, cumin, chili powder, oregano, beans, reserved bean puree, and one cup water. Season with salt and pepper. Reduce heat and simmer for 30 minutes.

Makes about twelve 1-cup servings

Per Serving: 357 Cal; 26 g Protein; 20 g Tot Fat; 13 g Carb; 3 g fiber
PIZZA-STUFFED TOMATOES

These are just the right size for a quick lunch...summery, cool, and full of flavor!

Ingredients:
These are just the right size for a quick lunch...summery, cool, and full of flavor!

Directions:
Slice top off of tomatoes and gently scoop out pulp. (If using Roma tomatoes, cut off the bottom end just enough so that it can stand up.) In small bowl combine the cream cheese, parmesan, pepperoni or bacon, green onion, seasoning, salt, and pepper. Thin with half & half if needed. Spoon into prepared tomatoes. Sprinkle each with basil or parsley. Makes 6 servings.

Per Serving: 88 Cal; 9 g Protein; 3 g Tot Fat; 9 g Carb; 2 g Fiber; 3 g Sugar; 577 mg Sodium
VERY BERRY PRO-FAIT

Cool, creamy, crunchyâ#..this high-protein beauty makes a wonderful breakfast, lunch or dessert!

Ingredients:
1 1/2 cup plain, non-fat yogurt
1 scoop Vanilla Very Berry Protein Delight protein powder
1 1/2 tablespoons DaVinci sugar-free blueberry, raspberry or vanilla syrup
1/2 cup whipped cream or frozen whipped topping, thawed
1/4 cup finely chopped pecans
1/2 cup fresh or frozen blueberries or raspberries

Directions:
In a small bowl stir together yogurt, protein powder, and sugar-free syrup. Fold in whipped cream. Spoon 1/4 cup of yogurt mixture into a glass dish or goblet. Sprinkle 1/2 teaspoon pecans and a few berries on top of yogurt. Repeat twice.

Makes two big servings.

Per Serving: 231 Cal; 18 g Protein; 8 g Tot Fat; 14 g Carb; 2 g Fiber; 12 g Sugar; 121 mg Sodium
HONEY MUSTARD
GINGER SALMON

Ingredients:
½ cup Dijon mustard
¼ cup Smuckers Sugar Free Orange Marmalade
1 tablespoon finely grated fresh ginger
2 garlic cloves, minced
Four, 6 ounce salmon fillets

Directions:
Preheat oven to 425 degrees. Whisk together the mustard, marmalade, ginger, and garlic. Arrange salmon pieces in a shallow baking dish. Spread the sauce over the fillets and roast for 8 to 10 minutes, until just opaque throughout. Transfer the fish to serving plates and spoon on some of the sauce.
TURKEY OR PORK
SAUSAGE

Ingredients:
2 1/4 LBS GROUND TURKEY OR GROUND PORK
1 1/2 TEASPOONS SALT
1 1/4 TEASPOONS PEPPER
1 TEASPOON GROUND SAGE
3/4 TEASPOON GROUND GINGER
14 TEASPOON GROUND RED PEPPER

Directions:
IN LARGE MIXING BOWL THOROUGHLY COMBINE ALL INGREDIENTS. DIVIDE MIXTURE INTO TWELVE 3-OUNCE PORTIONS AND SHAPE EACH PORTION INTO A PATTY OR LINK ACCORDING TO YOUR PREFERENCE.

SPRAY A NONSTICK GRIDDLE WITH NONSTICK COOKING SPRAY AND HEAT. ADD SAUSAGES AND COOK, TURNING UNTIL BROWNED ON ALL SIDES AND COOKED THROUGHOUT.

My Notes:
UNCOOKED SAUSAGE PATTIES OR LINKS MAY BE FROZEN FOR FUTURE USE. SHAPE, WRAP IN MOISTURE AND VAPOR RESISTANT WRAP SUCH AS FREEZER PAPER, HEADY DUTY FOIL OR PLASTIC WRAP AND FREEZE. TO COOK SAUSAGES WHILE STILL FROZEN, SPRAY A SKILLET WITH NONSTICK COOKING SPRAY (SKILLET SHOULD BE LARGE ENOUGH TO HOLD SAUSAGES IN A SINGLE LAYER); ADD 1 TABLESPOON WATER TO SKILLET AND BRING TO A BOIL. ADD FROZEN SAUSAGES, COVER, AND COOK UNTIL WATER EVAPORATES, ABOUT 2 MINUTES. REMOVE COVER AND COOK, TURNING UNTIL BROWNED ON ALL SIDES. EACH PATTY OR LINK PROVIDES: 129 CALORIES; 15 G PROTEIN; 7 G FAT, 0.3 G CARBOHYDRATE, 20 MG CALCIUM, 340 MG SODIUM; 52 MG CHOLESTEROL

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ROPÁ VIEJA - SHREDDED CUBIAN BEEF

Every ethnic group has dishes that their mama's and grandma's make, and if we learn which ones take us in the right direction, we can still have some of our comfort foods and lose weight too! So Ropa Vieja is a perfect post op dish, but NO rice. That is just the tradeoff in life.

Ingredients:
4 pound beef chuck roast
Kosher salt and black pepper
Flour for dusting
1 teaspoon olive oil
2 medium green peppers, diced
1 large onion, diced
5 garlic cloves, sliced
4 ounces tomato paste
One 15 ounce can crushed or diced tomatoes with juice
1 tablespoon ground cumin
1 cup red wine
1 bay leaf
1 cup frozen peas

Directions:

Season the meat with salt and pepper and lightly dust with flour. Brown the meat in the oil in a large heavy covered pan or Dutch oven over medium high heat. Add the peppers, onion, garlic and enough water to come halfway up the thickness of the meat; do not submerge meat in water. Simmer, covered for 2 to 3 hours, until meat is fork tender and falls apart when pressed with back of spoon. Remove meat to a large platter until cool enough to handle, and break apart into big soft shreds.

Skim fat from cooking liquid and discard. Blend in the tomato paste, tomatoes, cumin, wine, and bay leaf; simmer 45 to 60 minutes until liquid is thick and flavorful. Fold in the shredded meat and frozen peas; cook over medium heat until hot and bubbling throughout.
BLOODY MARY POT ROAST

This is a meal that cooks itself! Put this in the oven and come back hours later to perfect pot roast

Ingredients:
One 3-pound boneless beef chuck roast
4 cloves garlic, thinly sliced
2 tablespoons olive oil
3/4 cup Bloody Mary mix (or hot-style tomato juice)
1/3 cup vodka (or beef broth)
1 tablespoons prepared horseradish
1 teaspoon Worcestershire sauce
4 teaspoons cornstarch

Directions:
Preheat oven to 325 degrees.

Trim excess fat from roast. Cut several slits in meat, making each about 1 inch deep. Insert a small slice of garlic into each slit. Brown roast in oil over medium high in a Dutch oven or large covered pot. Mix Bloody Mary mix, vodka, horseradish, and Worcestershire sauce in a small bowl; pour over roast. Bake, covered tightly with lid or foil, for 2 1/2 - 3 1/2 hours or until roast is very tender.

Transfer meat to platter and cover to keep warm. Mix cornstarch with 1 tablespoon water until smooth. Place Dutch oven on stovetop and bring cooking liquid to a boil; whisk in cornstarch mixture, cooking until thickened and glossy. Slice or chunk the meat and spoon on the gravy.

Makes 12 servings

Per Serving: 298 Cal; 18 gr protein; 24 gr fat; 3 gr carbs; 431 mg sodium
ROASTED PORK TENDERLOIN WITH CABERNET MUSHROOM SAUCE

This is a tender and moist cut of meat if you don’t overcook it... so make sure you have a meat thermometer and use it! The sauce just makes a moist meal even easier for us to eat, is easy to prepare and adds another layer of flavor. This is an excellent dish for a party or company as the sauce can be made in advance, the meat readied for the oven and then roasted last minute. I would serve this with a big tossed salad of baby greens, grape tomatoes, red onions, olives and a simple olive oil and balsamic vinaigrette. Pork is fine for post ops that are at least 6-7 months along.

Ingredients:
2 pork tenderloins, about 2 pounds total
Kosher salt and freshly ground black pepper
Olive oil
16 ounces crimini mushrooms or a mixture of wild mushrooms (if you must use all white mushrooms it is still delicious)
4 garlic cloves, minced
3/4 cup Cabernet Sauvignon wine
3/4 cup beef broth
2 tablespoons fresh thyme(or 1 teaspoon dried thyme)
4 tablespoons butter

Directions:
Preheat oven to 400 degrees.

Heat 2 tablespoons of olive oil in a skillet over medium high heat and saute mushrooms until tender. Add garlic and brown lightly. Add the cabernet sauvignon to the hot skillet and cook until the volume is reduced by about three-fourths. Add broth and reduce by half. Reduce the heat to low, add thyme and stir in the piece of butter until the sauce is creamy and slightly thickened. Season with salt and pepper. Keep warm until ready to serve.

Remove all of the silver skin and fat from the pork tenderloins with a thin bladed sharp knife. Rub with a little olive oil, and season with salt and black pepper. Roast to an internal temperature of 150 degrees... about 15-20 minutes. Remove from oven and allow the meat to rest for 5-10 minutes before carving so that the juices reabsorb into meat. Slice and serve with the mushroom sauce.
BRAISED ITALIAN POT ROAST

This is one of those recipes that you don’t really have to measure and it always comes out perfect. It’s a great weekend dish that would work well in a crock pot. You won’t believe that something so delicious could be so easy. Braise in the oven until the meat literally starts to fall apart and melt into the sauce, then break up by gently pushing down on the pieces with a large spoon. I didn’t eat beef for many months after my surgery, but the texture of this meat is so tender and moist it will work for many of you very early on. For your family you can serve the meat, sauce and garlic cloves spooned over a scoop of orzo rice shaped pasta. A green salad is the perfect compliment.

Ingredients:
3 to 3 ½ pound boneless beef chuck shoulder roast
One 28-ounce can Italian-seasoned diced or crushed tomatoes in juice
One large head garlic, 10 to 12 garlic cloves, peeled
2 to 3 cups red wine (I use Merlot, or you can use canned beef broth or bouillon)

Directions:
Preheat oven to 300°. Place roast in a large ovenproof covered pot or Dutch oven. Pour tomatoes with juice over roast and scatter garlic cloves around it. Season with salt and pepper and add enough wine to come about two-thirds way up sides of roast. Braise in middle of oven, covered, until very tender, 3 Â½ to 4 hours. Carefully remove roast to large platter. Separate meat into large chunks and add to sauce in pot. May be prepared in advance to this point and gently heated on stovetop to serve.
BAKED VIRGINIA GLAZED HAM

15 whole cloves

Ingredients:
4-5 pound fully cooked smoked ham
One 10-ounce jar Natures Hollow sugar free apricot preserve
2/3 cup orange juice
1 tablespoon red wine vinegar
1/3 cup Grey Poupon mustard
15 whole cloves

Directions:
Blend preserves, orange juice, and vinegar in a small saucepan. Bring mixture to a boil, lower heat to a gentle simmer and reduce until thick enough to coat the back of a spoon. Remove from heat, and whisk in mustard.

Heat oven to 325. Lightly score surface of ham in a diamond pattern; insert cloves. Place ham in a shallow roasting pan and bake for 30 minutes. Pour glaze over ham and continue to roast until a meat thermometer registers 140 Â°F about 30 minutes.
Asian Pineapple Chicken

This marinade is inspired by the roasted salmon dish we enjoyed at MGM Grand’s Shibuya Japanese sushi restaurant. This simple sweet and sour marinade made with Libby’s Splenda Sweetened Crushed Pineapple is perfect for salmon or chicken; and is excellent on the grill as well. Complete this delicious and healthy meal with spinach sautéed in garlic and sesame oil

Ingredients:
1 whole chicken, cut up, or 8 chicken thighs, skin removed
One 8-ounce can Libby’s Splenda Sweetened Crushed Pineapple
¼ cup soy sauce
1 teaspoon sesame oil
2 garlic cloves, minced
½ teaspoon grated fresh ginger

Directions:

Blend together the pineapple and juice, soy sauce, sesame oil, garlic, and ginger and pour over the chicken pieces in a shallow bowl or plastic bag. Cover and refrigerate 2 to 4 hours, or overnight.

Preheat the oven to 400 degrees. Drain the chicken pieces, reserving the marinade; arrange in a baking dish and roast 35-45 minutes, until the juices run clear and the chicken is golden. Reduce the reserved marinade in a small saucepan over medium high heat until a thick glaze forms. Spoon a little sauce over the roasted chicken just before serving. Copyright © 2006 by Susan Maria Leach. All rights reserved.

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WLS serving, 4 ounces: Calories 185, fat 8 gr, carbs 5 gr, protein 22 gr Serves 4
Susan Maria's Cancun Chili

No one says that we have to eat bland food after having weight loss surgery. This chili can be made as spicy as you like at the table—I add a few shakes of Tabasco Chipotle Sauce. The alcohol of the beer cooks out so don't worry even if you are a new post op. This recipe is excellent with a scoop of Any Whey instantized protein stirred into the post op's serving of chili just before serving. I discovered this product a while back and use it to fortify soups and sauces to boost my protein intake. This is the perfect recipe for this protein as you absolutely cannot detect it in this flavorful chili and even just one half scoop will add 9 additional protein grams to a serving.

Ingredients:
1 tablespoon olive oil
1 1/2 pounds lean ground turkey or beef
1 large sweet onion, diced
1 large green bell pepper, diced
4 garlic cloves, chopped
3 tablespoons chili powder (I use pure ancho and chipotle, but supermarket varieties are excellent, just make sure it is fresh)
1/2 teaspoon salt
1/2 teaspoon dried oregano
1/4 teaspoon Tabasco, or to taste
One 15-ounce can diced tomatoes
One 6-ounce can tomato paste
One 12-ounce bottle of Mexican beer
2 cans black beans, rinsed and well-drained
1/2 cup coarsly chopped cilantro
6 corn tortillas
Shredded cheddar
Reduced fat sour cream
Sliced scallions

Directions:
Sauté the meat in the olive oil in a large, heavy pot over medium-high heat. Cook, stirring with a wooden spoon to break up the pieces, until the meat is brown and cooked through, about 5 minutes. Add the onion, green bell pepper, garlic, chili powder, salt, oregano, and Tabasco, and cook, stirring, until soft, about 6 minutes. Add the tomatoes with their juice, the tomato paste, and beer to the pot. Stir well and bring to a boil. Add the beans, lower the heat to medium-low and simmer, uncovered, for 30 minutes, stirring occasionally. Just before serving stir in the chopped cilantro.

Cut the stack of corn tortillas into twelve wedges. Spread out on a baking sheet, sprinkle with kosher salt and chili powder and bake at 350°F until crisp and golden, about 10 minutes.

Serve chili with a sprinkle of shredded cheddar, a dollop of sour cream, some scallions, and a few tortilla chips for dipping. Copyright © 2006 by Susan Maria Leach www.BariatricEating.com, HarperCollins Publishers Inc. all rights reserved.

8 servings
WLS 1 cup serving Calories 230, fat 12gr, carbs 7gr, protein 17gr
Caribbean Grilled Turkey

This marinated turkey tenderloin dish is a perfect and quick dish for summer barbequeing. Plus they are moist and easy to eat with the little remaining Caribbean style puree. Just don't cook the tenderloins too long or they will be very dry... when these are cooked just until they are no longer pink inside they are juice and tender! This dish is also excellent with chicken breasts or thighs or fish as well.

Ingredients:
2 pounds turkey breast tenderloin (2 medium) 
3 tablespoons Smuckers Sugar Free Apricot preserves
2 green onions
3 garlic cloves, minced
1/2 teaspoon Tabasco sauce
1 teaspoon Kosher salt
1/4 teaspoon freshly ground black pepper
Grated zest of one lime
Juice of 2 limes
1 tablespoon soy sauce

Directions:
Puree preserves, green onions, Tabasco, salt, pepper, lime zest, lime juice, and soy sauce in a blender or food processor adding a little water or chicken broth if necessary to facilitate blending. Coat the tenderloins with some of the puree and marinate for 20 minutes, covered on the countertop. Preheat grill or nonstick grill pan over medium high heat and cook tenderloins for about 8 minutes per side or until internal temperature reaches 155 on an instant-read thermometer. Remove from grill and allow meat to rest for 5 minutes to reabsorb juices. Thinly slice on bias and arrange on a platter. Drizzle with remaining puree or use as a dipping sauce. Copyright © 2006 by Susan Maria Leach

Serves 4
Chicken Cordon Bleu

This has always been one of my favorite dishes, and it is fast and simple to make at home. Pounding the chicken breast makes it very tender plus the ham and cheese keep it juicy and moist. Some of you may need a dipping sauce and a small dollop of equal parts Dijon mustard and mayonnaise works well and adds flavor. All you need to complete this meal is a tossed green salad or some sautéed spinach.

Ingredients:
- 4 small skinless boneless chicken breast halves
- Dijon or whole grained mustard
- 4 slices deli ham
- 4 slices Swiss cheese
- 1 tablespoon butter, melted
- ¼ cup Panko or fresh breadcrumbs (1 slice of sandwich bread pulsed in the food processor)

Directions:

Preheat oven to 350°F. Place each chicken breast half between two pieces of plastic wrap; working from the center to the edges, lightly pound with the flat side of a meat mallet or the bottom of a small heavy skillet to a uniform ¼ inch thickness. Remove plastic wrap.

Place one slice of ham and one slice of cheese on each chicken piece then smear with mustard; fold in the sides and roll up jelly-roll style, securing both ends with toothpicks. Arrange chicken rolls in a shallow baking dish; brush with melted butter and sprinkle with the fresh or Panko crumbs. Bake for 25-30 minutes, until chicken rolls are cooked through. Cut each roll into ½ inch thick slices and fan out on individual plates. Copyright © 2006 by Susan Maria Leach www.BariatricEating.com, HarperCollins Publishers Inc. all rights reserved.

WLS ½ roll portion, about 4 ounces: Calories 157, fat 7 gr, carbs 2 gr, protein 20 gr

Serves 4
Chicken with Creole Apricot Sauce

This recipe features moist and tender chicken thighs in a snappy sweet and tangy sauce. I serve it with spinach sautéed in garlic and olive oil. The texture of the chicken pieces is perfect for even a fairly new post op.

Ingredients:
1 ½ pounds boneless skinless chicken thighs, cut into 1 inch pieces
Kosher salt and freshly ground black pepper
1 tablespoon olive oil
Â½ cup orange juice
Â½ cup chicken broth
2 tablespoons Creole or wholegrain mustard
1 tablespoon Natures Hollow sugar-free Apricot jam (or Smuckers Sugar Free Orange Marmalade)
Â½ teaspoon Tabasco sauce

Directions:
Season the chicken with salt and pepper. Heat the olive oil in a large covered nonstick skillet and brown the chicken pieces. Add the orange juice and chicken broth to the pan, reduce heat, cover, and simmer 25-30 minutes, until chicken is very tender. Remove the chicken to a large bowl. Add the mustard, preserves and Tabasco to the skillet, increase the heat and boil until the sauce is thickened, about 5 minutes. Return the chicken to the sauce and simmer until heated through.

Serves 4
WLS 3Â½ ounce portion...Calories 129, fat 2 grams, carbs 4 grams, protein 27 grams

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Fresh Lettuce Wrap

I eat these at my desk quite frequently. They are healthy, filling, simple and fast. If I am having one of those Saturdays where I find myself standing in front of the open refrigerator every 15 minutes, I will make a quick wrap and end the snacking. This recipe can also be prepared using half of a low-carb flatbread wrap. I find that the Toufayan brand is excellent in quality and taste!

Ingredients:
1 large leaf red or green lettuce
3 ounces leftover Asian Pineapple Chicken (or sliced Boars Head deli turkey)
1 slice Swiss cheese
1 thin slice tomato
1 thin slice avocado
1 teaspoon lime juice
1 tablespoon Ranch dressing

Directions:
Place lettuce on a plate. Top with the seafood or chicken, cheese, tomato, and avocado. Drizzle with lime juice and ranch dressing. Roll up, secure with a wooden pick and slice on the diagonal.

WLS serving, 4 ounces: Calories 132, fat 8 gr, carbs 5 gr, protein 18 gr Single wrap
Parmesan Crusted Chicken Tenders

After a busy day at work, I opened the refrigerator to discover that I had forgotten to transfer a package of frozen chicken from the freezer that morning. Not having anything else to prepare, I placed the individually frozen pieces in a bowl of water to thaw while I prepared the other ingredients for our supper. Not only did the water quickly thaw the chicken, but it had also infused extra moisture into the meat! Now I always brine my chicken for at least ten minutes in salted water for extra moist and juicy chicken that is very easy for me to eat.

Ingredients:
10-12 chicken tenderloins, about one pound
2 teaspoons salt
Â¼ cup mayonnaise (I prefer Hellmannâ##s or Best Foods Light)
Â¼ grated Parmesan cheese
Â½ cup Italian flavored breadcrumbs or Japanese Panko breadcrumbs

Directions:
Preheat oven to 425 degrees. Place chicken tenders in a small bowl, cover with water, add salt and soak for 10-15 minutes. Remove tenders from brining solution, drain well and pat dry with paper towels.

Combine mayonnaise with cheese in a small bowl. Coat each tender with the mayonnaise mixture, lightly roll in breadcrumbs and place on baking sheet. Bake for 12 minutes or until almost cooked through; turn on broiler and continue to cook until golden brown, 1-2 minutes. Copyright Â© 2006 by Susan Maria Leach

WLS serving, 2 pieces about 3 ounces: Calories 208, fat 8 gr, carbs 5 gr, protein 22 gr
Serves four, 2-3 per regular serving
CHEESE SOUFFEE

Ingredients:
1/4 cup butter
1/4 cup flour
1/2 teaspoon salt
1/8 teaspoon fresh black pepper
1/4 teaspoon dry mustard powder
1 cup milk
1 cup shredded cheddar cheese

Directions:

Melt butter in saucepan, add flour and seasoning and cook until bubbly. Stir in milk and cook until boiling. Boil and stir for 1 minute. Stir in cheese until melted. Remove from heat and set aside.
Beat until stiff but not dry:

3 egg whites
1/4 teaspoon cream of tartar

Set aside.

Beat 3 egg yolks until thick and lemon colored (about 3 minutes). Stir into cheese mixture. Fold in egg whites. Pour into a well-buttered 4 cup souffle dish with aluminum foil collar. (Wrap a 3 inch wide strip of foil around the top of the dish so that it stand up above the top. This supports the souffle when it rises.) Bake uncovered at 350 degrees for about 50-60 minutes. Should be tall and puffy and lightly golden brown. Remove foil collar and serve immediately. Can add 1/2 c. finely chopped cooked broccoli for a different taste and look.
CHILI RELLENO PUFF

**Ingredients:**
5 eggs, beaten for 3 minutes till lemon colored
3 tablespoons flour
1/4 teaspoon salt
1/4 teaspoon black pepper
1/8 teaspoon cayenne pepper
1/4 teaspoon dry mustard powder
2 cups cottage cheese
1 large can (7oz) diced, mild green chiles
1 cup shredded Jack cheese OR Colby OR Mozzarella
1/4 cup shredded sharp cheddar cheese

**Directions:**
Beat remaining ingredients - except sharp cheddar - into eggs until well mixed. Pour into a greased deep dish pie plate and sprinkle sharp cheddar over the top. Bake at 350 degrees for about 30 minutes or until puffy and knife comes out clean and center is firm. Serve warm or cooled. Top, if desired, with avocados, salsa, sour cream, sliced olives, green onions,...anything!

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CHEESY EGG BAKE

Need a nutritious breakfast or brunch idea? This casserole will do beautifully! Protein-packed and easy, it can also be adapted to include your favorite things - throw in some vegetables, crumbled sausage or a dash of hot sauce. To the plate add a couple slices of bacon and for your family a toasted English muffinâ€#breakfast is served!

Ingredients:
6 eggs, beaten
1/4 cup flour
1 teaspoon baking powder
1/8 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon Italian seasoning
1 cup milk
1 cup cottage cheese
4 ounces reduced fat cream cheese, cubed
1 cup cubed sharp cheddar

Directions:
Preheat oven to 350 degrees.

Beat eggs with flour, baking powder, salt, pepper, Italian seasoning, and milk. Stir in cottage cheese, cream cheese, and cheddar. Pour into lightly greased 9x9 pan and bake for 30 to 35 minutes, until golden, puffed and just set in center.

Makes eight servings.

Per serving: 202 Cal; 16 g Protein; 12 g Tot Fat;
7 g Carb; 0 g Fiber; 3 g Sugar; 272 mg Sodium

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BROCCOLI BACON QUICHE

This softly baked custard of eggs and cheese is the perfect texture for us at any stage. You can vary the vegetables; I often sauté spinach in place of broccoli, and add a few diced roasted peppers from a jar. Leftovers heat up nicely in the microwave.

Ingredients:
1 tablespoon butter
1 small onion, chopped
4 slices turkey bacon, diced
1 10-ounce package frozen chopped broccoli, cooked and drained
4 large eggs
1/2 cup part skim ricotta cheese
1/2 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon ground nutmeg
1 1/2 cups (about 6 ounces) grated cheddar

Directions:
Preheat oven to 350°F and spray a 9-inch pie plate with nonstick cooking spray. Melt the butter in a nonstick skillet and sauté the onion and bacon over medium high heat until golden, about 6 minutes. Add broccoli and cook until mixture is tender, about 6 minutes; set aside to cool.

Beat eggs, ricotta, salt, pepper, and nutmeg in large bowl. Fold in cheddar and cooled vegetables. Pour filling into prepared pan and bake until knife inserted near center comes out clean, about 40-45 minutes. Cool slightly before cutting into wedges.

WLS portion of 1/8th wedge: Calories 171, fat 10 gr, carbs 4.5 gr, protein 15 gr

Serves 4

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COTTAGE CHEESE ONION PANCAKES

These taste remarkably like old fashioned potato pancakes... they are delicious served with a little reduced fat sour cream and no sugar applesauce, just like the original.

Ingredients:
1/2 medium onion, chopped
1 tablespoon butter
1 egg
1/2 cup cottage cheese
2 tablespoons flour
salt
pepper

Directions:
Saute the onion in the butter until golden and set aside. In a small bowl, beat egg slightly, blend in cottage cheese, flour, salt and pepper, and onion butter mixture. Heat nonstick skillet over medium high heat, spray with Pam, and spread four 1/4 cup scoops of batter into small pancakes. Cook until surface appears slightly firm and undersides are golden brown... flip and cook until lightly brown on other side. YUMMY!

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CREOLE FISH & ZUCCHINI

Simple, simple, simple. This dish is easy to put together - while it's simmering put on a pot of rice (use chicken broth for part of the water and throw in some herbs) and toss together a crispy green salad. Dinner's ready with hardly any fuss. From my official taste-tester (Hon) it's five stars and even better as leftovers. Now, I take everything he says with a "hmmmm....do you REALLY mean it?" because he swears everything is the best he's ever had/I've ever made...but he was adamant! So....you'll have to judge for yourself!!)

Ingredients:
2 tablespoons olive oil
1 medium onion, diced
1 cup diced zucchini
1/2 cup diced celery
2 garlic cloves, minced
One 14.5 ounce can diced tomatoes, undrained
2 tablespoons minced fresh parsley
1/2 teaspoon salt
1/2 teaspoon paprika
1/8 teaspoon cayenne pepper
1 bay leaf
1 pound Talapia or other firm, white fish, cut into 1-inch pieces
1 teaspoon cornstarch

Directions:

In a large skillet, cook onion, celery, zucchini, and garlic in olive oil over medium heat until tender - about 5 minutes. Stir in undrained tomatoes, salt, paprika, cayenne pepper, and bay leaf. Bring to boil; reduce heat. Cover and simmer for 15 minutes.

Discard bay leaf. In a small bowl stir together 1/4 cup water and cornstarch. Stir cornstarch mixture and fish into tomato mixture. Simmer over low heat 5 to 7 minutes or until thickened and fish flakes easily with a fork.

Makes 6 servings.

Per Serving: 142 Cal; 15 g Protein; 6 g Tot Fat; 8 g Carb; 1 g Fiber; 2 g Sugar; 60 mg Sodium
Turkey Meatball Stroganoff

The meatballs are a soft moist texture, a manageable size and relatively quick to prepare. The stroganoff sauce is delicious. An excellent family meal when paired with buttered noodles and a dressed mixed salad. A couple of leftover meatballs in sauce also heat nicely in the microwave for next day’s lunch.

Ingredients:
1 pound ground turkey
1 medium onion, finely chopped
2 garlic cloves, minced
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 slice sandwich bread mashed with 2 tablespoons milk
1 egg yolk
1 tablespoon olive oil
1/2 pound mushrooms, sliced (baby bella are great)
1 1/2 cups beef broth
2 teaspoons Worcestershire sauce
1 tablespoon cornstarch dissolved in 2 tablespoons water
2 tablespoons minced fresh dill
1/2 cup sour cream

Directions:
Blend turkey, 3 tablespoons onion, garlic, salt, pepper, bread, and egg yolk and form into 1-inch meatballs. (I use my cookie dough scoop to form the meatballs) Brown meatballs in olive oil in a non-stick skillet over medium heat; transfer to a bowl and set aside. Add remaining onion to the hot skillet, season with salt and pepper and cook over medium heat until onion is softened. Add mushrooms and sauté until the liquid the mushrooms give off has evaporated and mixture is fairly dry. Add broth, Worcestershire sauce and bring to a boil. Add cornstarch mixture and blend until sauce is glossy and thickened. Add meatballs with any accumulated juices, reduce heat, and simmer, covered, for 5 minutes. Turn off heat, stir in sour cream and dill, and adjust seasonings.

WLS 1/2 portion, 3 meatballs: Calories 134, fat 8 gr, carbs 5 gr, protein 11 gr

Serves 4
Turkey Bulgur Pilaf

This pilaf is a refreshing change from typical rice pilaf. The nutty taste and interesting texture make a wonderful and easy meal, especially with a nice green salad on the side.

Ingredients:
1 cup sliced mushrooms
1/2 cup cracked wheat bulgur
1/2 cup chopped onion
2 tablespoons oil
1 1/4 cups chicken stock
1 cup diced cooked turkey
1/4 cup nuts, coarsely chopped
2 tablespoons chopped parsley
2 teaspoons lemon juice
1/8 teaspoon dried mint
salt and pepper

Directions:
1. Saute the mushrooms, bulgur and onion is tender and the bulgur is golden brown.

2. Add the stock and bring to boil. Simmer, covered, for about 20 minutes or until all the stock is absorbed and the bulgur is tender. Add the turkey, nuts, parsley, lemon juice, mint, salt and pepper to taste.

Serve hot.
Alice Springs Chicken (sort of)

**Ingredients:**
- 4 - Boneless /Skinless Chicken Breast 1/2" thick
- 4 slices 99% fat free deli ham, Fried
- 1/2 teaspoons Seasoned salt
- 4 tablespoons mustard
- 3 cups Shredded Low Fat Colby/Monterey Jack Cheese

**Directions:**
1. Rub chicken breast with Seasoned Salt and set aside for 1 hr. While the breast is marinating fry ham crisp.

2. Take chicken and sauté on medium heat in pan with just enough water to prevent sticking. Cook on both sides until a slight golden color and cooked in the middle but not dry. Remove from pan.

3. Spread chicken breasts with mustard, slices of bacon and then sprinkle with shredded Colby/jack cheese, chicken should be covered with shredded cheese.

4. Pop in heated oven at 350 degree's just until the cheese melts.

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Baked Haddock

Ingredients:
4-4 oz. Haddock filets (or any other firm fish)
1/2 c fresh lime juice
1 T. onion, dried
1 16 oz. can diced tomatoes, undrained
1 T. parsley, dried

Directions:
1. Place fish in shallow dish.
2. Combine lime juice, onion, tomatoes and parsley.
3. Pour mixture on top of fish.
4. Bake uncovered at 400 degrees for 15-20 minutes
Baked Stuffed Salmon

Preparation Time: 15 minutes Cooking Time: 45 minutes Serves: 8

Ingredients:
1 salmon, about 5 lb each, center and rib bones removed
1 lemon, juiced
1 medium onion\cooked, thinly sliced
1 large tomato\cooked, thinly sliced
8 basil leaves, rinsed, dried and thinly sliced
oven roasting bags

Directions:
Preheat oven to temperature 400°F. Slice partly through salmon so that you can open it up and lay it flat, skin side down. Remove thin bones running down center of each fillet. Sprinkle inside of fish with salt and pepper to taste and half the lemon juice. Place 2/3 of the onion, tomato and basil on one of the fillets. Close up fish with stuffing inside and place it inside roasting bag. Arrange remaining onion, tomato and basil on top of fish. Sprinkle with remaining lemon juice. Close roasting bag tightly around fish. Bake 30 minutes. Turn package over and bake another 15-20 minutes, or until fish is no longer pink inside. Serve fish with juices.
Beef Tenderloin Roast

Contributed by: Tracy Jesson  
Preparation Time: 15 - 30 minutes  
Cooking Time: 50 minutes  
Serves: 8

Ingredients:
1 lb raw lean beef tenderloin  
1/2 tsp salt  
1/2 tsp black pepper, freshly ground  
2 medium garlic cloves, minced  
1 TBS rosemary, fresh, minced, or 1 tsp dried rosemary  
1 tsp dried oregano

Directions:
1. Preheat oven to 400°F. Coat a shallow roasting pan with cooking spray.

2. Season beef all over with salt and pepper; transfer to prepared pan.

3. Combine garlic, rosemary and oregano in a small bowl.

4. Rub herb mixture all over top of beef; gently press herbs into beef with your hands so it sticks.

5. Roast until an instant-read thermometer inserted in center of beef reads 160°F, about 45 to 50 minutes (for medium meat; cook longer for medium to well done meat).
Beef Fajitas

Contributed by: Tracy Jesson
Preparation Time: 15 - 30 minutes Cooking Time: 30 minutes Serves: 4

Ingredients:
12 oz lean sirloin beef, about 1/2-inch thick, trimmed
1 1/2 Tbsp fresh lime juice, divided
1 1/4 tsp chili powder, divided
1 large onion, sliced
1 large sweet red pepper, sliced
1/4 tsp table salt
1/4 cup cilantro, fresh, chopped
1/2 cup salsa
1/4 cup fat-free sour cream
8 large leaf lettuce, green leaf-variety (optional)

Directions:
Meanwhile, drizzle steak with 2 teaspoons of lime juice and then sprinkle it with 1 teaspoon of chili powder.

2. Add steak to skillet and cook over medium-high heat for 6 minutes, turning once, for medium-rare, or longer until desired doneness. Remove to a cutting board and let stand.

3. Add onion, pepper and salt to skillet. Off heat, coat vegetables with cooking spray. Sauté over medium-high heat until onions and peppers are lightly browned and crisp-tender, about 5 minutes. Remove from heat and stir in remaining lime juice, chili powder and cilantro.

4. Slice steak thinly across grain. Toss sliced steak with onion mixture and serve with salsa and sour cream. Wrap up in lettuce leaves if desired.
Mexican Chicken

Contributed by: Tracy Jesson
Preparation Time: 10 minutes Cooking Time: 30 - 40 minutes Serves: 4

Ingredients:
- 4 boneless skinless chicken breasts
- 1 jar (16 oz) mild thick chunky salsa
- 1 can (2.25 oz) sliced black olives, drained
- 1/2 tsp finely chopped garlic

Directions:
1. Beat chicken breasts to uniform thickness.
3. Add chicken and over low-medium heat cook until golden, turning once.
4. Add salsa and cover.
5. Continue to cook over low medium heat 30 - 40 minutes.
NEW ORLEANS CHICKEN

**Ingredients:**
1 Reynolds Oven Bag, regular size (10x16-inches)
1 tablespoon flour
1 (10 oz.) can diced tomatoes and green chilies, drained
2 boneless, skinless chicken breast halves Salt, pepper
1 medium green or red bell pepper cut in strips

**Directions:**
Preheat oven to 350 degrees F. Shake flour in Reynolds Oven Bag; place in 13x9x2-inch baking pan. Add tomatoes to oven bag. Squeeze oven bag to blend in flour. Season chicken with salt and pepper, if desired. Add chicken to oven bag. Turn oven bag to coat chicken with sauce. Arrange chicken in an even layer in oven bag. Place green and red pepper strips over chicken. Close oven bag with nylon tie; cut six 1/2-inch slits in top. Bake 25 to 30 minutes or until chicken is tender.

Servings: 2

**My Notes:**
Source: Reynolds Kitchens
Chicken Kisses

This recipe makes one chicken kiss per person. So you need to do this for as many people you are serving. Sometimes add pineapple slices and carrots. Be careful when opening these packages as steam escapes and can burn! Make sure you are using a heavy duty foil.

Ingredients:
1 skinless, boneless chicken breast half - cut into bite-size pieces
1/2 onion, chopped
1 potato, peeled and cubed
1/2 green bell pepper, chopped
2 tablespoons sugar-free, low-carb barbecue sauce

Directions:
1. Preheat an outdoor grill for medium high to high heat and lightly oil grate.

2. Take two pieces of aluminum foil about 12 to 15 inches each and lay them down in a cross pattern, one over the other. Place the chicken breast, onion, potato, green bell pepper and barbecue sauce in the center of the foil. Bring up all eight corners of the foil and twist the top together to resemble a "kiss".

3. Grill each package over medium high heat for 30 minutes, or until internal chicken temperature reaches 180 degrees F (80 degrees C).

My Notes:
Fish Creole

Contributed by: Tracy Jesson
Preparation Time: 10 minutes Cooking Time: 25 minutes
Serves: 4

Ingredients:
1 lb. halibut or other white fish
1/4 cup lemon juice
2 tomatoes cooked, chopped
1 cup green bell pepper cooked, seeded and chopped
1/3 cup onion cooked, chopped
1/4 tsp. pepper
1/8 tsp. hot red pepper sauce, or to taste

Directions:
Preheat oven to temperature 350°F. Rinse fish, pat dry with towel and arrange in baking dish. Pour lemon juice over fish. Arrange vegetables around fish and sprinkle with pepper and hot red pepper sauce. Cover and bake 20-30 minutes or until fish flakes easily with a fork.
Frittata

Contributed by: Tracy Jesson

Ingredients:
6 eggs
8 ounces Low fat cheese
1/4 cup diced ham or 1/4 cup cooked turkey sausage
Salt & Pepper to taste
Onion Powder to taste

Directions:
Mix all ingredients. If desired, added 1 tablespoon chopped green pepper. Spray 8 inch square baking dish with cooking spray and pour in mixture. Bake at 350 degrees for 30 minutes.
Grilled Southwestern Pork Chops

**Ingredients:**
- 1/2 T. chili powder
- 1/2 T. oil
- 1/2 t. cumin
- 1/8 t. salt
- 1/8 t. cayenne pepper
- 1/2 garlic clove, finely chopped
- 4 pork loin or rib chops, 1/2" thick (1 1/4 lbs.)

**Directions:**
1. Mix all ingredients except pork.
2. Spread chili powder mixture evenly on both sides of the chops.
3. Cover and refrigerate at least 30 minutes, but no longer than 24 hours.
4. Heat coals or gas grill for direct heat.
5. Cover and grill pork 4 - 6” from medium heat 10 - 12 minutes, turning frequently, until slightly pink when cut near bone.

Serves 4

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Guacamole Omelet

Contributed by: Tracy Jesson

Ingredients:
2 eggs
1 tablespoon water
Salt and pepper
1/4 avocado, peeled
1/2 teaspoon lemon juice
Dash of seasoned salt
4 drops hot pepper sauce
1 small tomato, chopped

Directions:
In a small bowl mash avocado until chunky. Add lemon juice, seasoned salt, hot pepper sauce and tomato. Mix well. Set aside.

Mix eggs, water and a dash of salt and pepper. Beat briskly. Pour into a hot nonstick skillet or omelet pan. Stir with a circular motion while shaking the pan vigorously over heat. Stir until eggs begin to set. Let stand 2 to 3 seconds and shake pan. Omelet should move freely.

Spoon guacamole mixture over half of omelet. Slip a broad spatula under the omelet and fold in half carefully.

Makes 1 serving.
Jerk Snapper

Ingredients:
8 ounces red snapper fillets or any firm light-fleshed fish
1/2 lemon, quartered
Olive oil, to taste
Soy sauce, to taste
Habanera sauce or red pepper sauce, to taste

For the Jerk Rub
1 1/2 teaspoons ground allspice
1 1/2 teaspoons dried thyme
1 teaspoons curry powder
1 1/2 teaspoons mild paprika
1 teaspoons sugar
1/2 teaspoon salt
3/4 teaspoon black pepper
1 1/2 teaspoons cayenne pepper
1/4 teaspoon grated nutmeg
1/4 teaspoon ground cinnamon
1/8 teaspoon ground cloves

Directions:
1. Mix together ingredients for the jerk rub and massage it generously into the fillets.
2. Refrigerate fish for about 1 hour.
3. Preheat oven to 400°F.
4. Lightly oil a baking sheet large enough to hold the fish in a single layer.
5. Place fillets on baking sheet and drizzle the tops lightly with olive oil.
6. Bake at 400°F for 6 minutes.
7. Turn fillets and drizzle once more with a little olive oil.
8. Continue baking for 4-6 minutes or until fish flakes easily with a fork (time may vary depending on how thick your fish is).
9. Just prior to serving, drizzle cooked fillets with lemon juice, a little soy sauce, and however much pepper sauce you prefer.

10. Serve hot.

Contributed by: Tracy Jesson
Mexican Chicken Cutlets

Contributed by: Tracy Jesson

Ingredients:
1 - 1 pound bag frozen peppers and onions
1 pound frozen boneless, skinless chicken cutlets, defrosted
1/2 package taco seasoning mix, use more or less depending on desired spiciness
1/2 cup fat free, reduced sodium chicken broth

Directions:
Combine all ingredients in a large nonstick skillet and bring to a boil over medium high heat. Lower the heat, cover and simmer for 15 minutes. Add more broth if necessary.

Servings: 4
Mini Frittatas with Ham and Cheese

Contributed by: Tracy Jesson

Ingredients:
Cooking spray
1/2 cup finely chopped onion
2/3 cup chopped reduced-fat ham (about 2 ounces)
1/3 cup (about 1 1/2 ounces) shredded reduced-fat extra-sharp cheddar cheese
2 tablespoons chopped fresh chives
1/8 teaspoon dried thyme
1/8 teaspoon black pepper
4 large egg whites
1 large egg

Directions:
Preheat oven to 350°. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion; sauté 2 minutes or until crisp-tender. Add ham; sauté 3 minutes. Remove from heat; cool 5 minutes.

Combine remaining ingredients in a large bowl; stir with a whisk. Add ham mixture, stirring with a whisk. Spoon mixture into 24 miniature muffin cups coated with cooking spray. Bake at 350° for 20 minutes or until set.

Yield 8 servings (serving size: 3 frittatas)
Spicy Shish Kebobs

Contributed by: Tracy Jesson

Ingredients:
2 boneless skinless chicken breasts
1 zucchini
4 cherry tomatoes
1 yellow sweet pepper
4 whole jalapeño peppers
Jerk seasoning (can be found at most stores under Caribbean)

Directions:
Wash chicken and vegetables. Slice zucchini in 1/4 inch square pieces. Cut chicken in 1 inch cubes, alternate chicken with vegetables. Put jalapeños in middle. Marinade in 1 tbsp jerk seasoning and 1/4 cup ranch dressing for 1 hour. Grill for 15 minutes and serve with rice or salad. Dish can be made vegetarian or with beef.

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Szechwan-Style Shrimp

Ingredients:
1 1/2 tablespoons peanut oil
2 teaspoons finely chopped fresh ginger
1 tablespoon coarsely chopped garlic
2 tablespoon finely chopped scallions
1 lb. raw shrimp, shelled and de-veined

For the sauce:
1 tablespoon tomato paste
2 teaspoons chili bean sauce
2 teaspoons Chinese black vinegar or cider vinegar
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 teaspoons Splenda
2 teaspoons sesame oil
Cilantro sprigs, to garnish (optional)

Directions:
1. Heat a wok over high heat. Add the oil, and when it is very hot and slightly smoking, add the ginger, garlic, and scallions.

2. Stir-fry for 20 seconds, and then add the shrimp. Stir-fry the shrimp for about 1 minute.

3. Add the sauce ingredients and continue to stir-fry for another 3 minutes over a high heat. Serve at once.
Tilapia Matanzas

Ingredients:
4-6 Tilapia fillets
4 oz Crabmeat
2 T Light Margarine
1 Tbs lemon juice
Pam
dash of Hot Pepper Sauce
Pinch of Salt

Directions:
1. Add Lemon juice, hot pepper sauce, and salt to softened margarine and whip smooth. Place aside.

2. Spray sauté pan with Pam and sauté fish for 2 minutes on each side.

3. Place fillet on plate and top with 1 oz. Crabmeat.

4. Finish with a dollop of lemon butter sauce.

5. Place under broiler for 1 minute.

Servings: 4
Turkey-bean Enchiladas

Servings | 4 Preparation Time | 15 min
Cooking Time | 20 min

Ingredients:
6 medium scallions, white and light green parts chopped
2 cup cooked skinless light meat turkey, cubed
15 oz canned pinto beans, drained and rinsed
1 cup canned enchilada sauce, or taco sauce, divided
4 medium tortilla, flour, fat-free
1/2 cup shredded reduced-fat Mexican cheese

Directions:
Preheat oven to 350°F. Combine scallions, turkey, beans and 1/2 cup enchilada sauce. Fill each tortilla with 1/4 of turkey-bean mixture. Fold in sides and then top and bottom of tortilla to completely enclose filling. Place seam-side down in a 9 x 13-inch baking dish. Pour remaining 1/2 cup enchilada sauce over top of enchiladas and top with cheese. Cover pan and bake until heated through and cheese is hot and bubbly, 20 minutes.

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Crunchy Tuna Patties

**Ingredients:**
1 (3 ounce) can of tuna in water
1 egg white
4 Wheat Thins crackers, crushed
1 tablespoon grated carrot
1-2 tablespoons chopped water chestnuts
1 teaspoon minced onion, if tolerated
Salt and pepper to taste

**Directions:**
Mix all ingredients together. Spray medium skillet with nonstick cooking spray.

Cook patties until golden brown.

**SERVINGS:** 2

**NUTRITIONAL ANALYSIS PER SERVING**
Calories: 80 calories
Fat: 1 gram
Protein: 12 grams
Carbohydrate: 4 grams
Cholesterol: 22 grams
Sodium: 240 milligrams
Sugar: 0 grams
Arroz con Pollo

Ingredients:
1 c. brown rice, dry
2 c. water
¾ c. roasted chicken breast, cubed
½ c. green peas
¼ c. diced bell pepper
¼ c. chopped green onion
1 t. ground cumin
1 t. coriander (optional)
1 t. granulated garlic

Directions:
Place all ingredients into a rice cooker and cook until done, about 30 minutes. Serve hot.

This recipe goes well with a large tossed salad. It's a great way to use up leftover cooked chicken or turkey.

Serves 4. 1½ c. per serving.

calories: 244; fat: 1.4 g; protein: 12.7 g; fiber: 2.5 g; carbs: 43.6 g

Diabetic Exchanges
Carbohydrate 1½, Fat 2, Lean Meat, ½

Total Preparation and Cooking Time
45 min (15 prep, 30 cook)
Spanish Omelette

Omelettes aren’t complicated, and they are fun to make and so easy. You can make this a fritatta by sauteing chopped tomatoes, green peppers mushrooms or onions and adding them to the top of the eggs and baking in a 350 degree oven until the eggs are cooked. This recipe is simple with no baking. Nonstick omelette pans and vegetable spray make it even easier. A Spanish omelette is made by adding hot, cooked, sliced potatoes, some chopped tomatoes, chopped green peppers, and minced garlic. Slices of lemon, rubbed avocado and scallions top the Spanish omelette nicely. Cooked shellfish can also be added to the plain or cheese omelette.

Ingredients:
2 fresh egg whites
1 cup substitute eggs
1/2 teaspoon Worcestershire sauce
1/4 cup finely sliced fat free or lowfat Bordenâ##s or Kraft Cheese slices
Salt
Cayenne
Chopped parsley for garnish
Serves 4

Directions:
1. In a small bowl, beat the egg whites until frothy (or stiff for a firmer omelette). Add the substitute eggs, Worcestershire sauce, salt, cayenne and cheese, folding in well.

2. Pour the egg mixture into a medium-hot, large, nonstick skillet. Lower the heat and cook until partially firm, checking the bottom often with a spatula to see it doesn’t burn. Turn omelette over carefully, then remove from heat.

Breakfast Casserole

Ingredients:
1 lb. bulk sausage 8 eggs (substitute egg beaters)
8 slices of hard toasted bread (or croutons)
2 1/4 cups skim milk
1 tsp. dry mustard
1/2 tsp. salt
1/2 cup shredded fat-free cheddar cheese

Directions:
In large skillet, brown sausage; drain off fat. In medium mixing bowl, break and beat eggs; add cheese, milk, mustard and salt, then mix thoroughly. Break bread into pieces (about crouton size). In 13Ã#9 baking dish, layer bread, then sausage. Pour milk mixture over bread and sausage. Refrigerate overnight. To bake, preheat oven to 350 degrees and cook for 45 minutes. Cut into squares and serve warm.

My Notes:
Note: Bacon or ham can be substituted for sausage. Protein from sausage, eggs, skim milk and cheeseâ¬¡ Canâ##t beat this!!!!
Steamed Fish with Yogurt Dill Sauce

Health experts recommend fish as the best animal protein alternative to red meat. It is an important source of omega-3 fatty acids, which are so important to our health. Numerous studies suggest that a predominantly plant-based diet is linked to long-term health. The phytochemicals, minerals and vitamins in plant foods seem to bolster the body’s defenses against cancer, heart disease and stroke. And to go with your steamed fish, why not steam a variety of colorful and healthful vegetables? We recommend gradually making the transition to a plate that contains 2/3 (or more) vegetables, fruits, whole grains and beans to one-third (or less) animal protein. A spring dinner of steamed fish with yogurt dill sauce is a good place to start.

Ingredients:
* 2 Tbsp. extra virgin olive oil
* 1 Tbsp. finely chopped fresh chives
* 1 tsp. finely chopped fresh basil
* 1 Tbsp. fresh dill, divided
* 1-1/2 lb. firm-fleshed fish fillet, (e.g. halibut, cod, or salmon) cut in 4 pieces
* Salt and freshly ground pepper
* 1/3 cup low-fat, plain yogurt
* 2 red bell peppers, thinly sliced
* 2 orange or yellow bell peppers, thinly sliced
* 1 scallion, finely chopped (green part included)
* 1 large lemon, thinly sliced
* 1/2 cup fat-free, reduced-sodium chicken broth
* 4 sprigs fresh dill for garnish (optional)

Directions:
1. In a small bowl, mix together oil, chives, basil and half the dill. Rub mixture into both sides of fish, then sprinkle with salt and pepper. Set aside.
2. Mix remaining dill with yogurt and set sauce aside.
3. In a deep-rimmed serving dish large enough to hold the fish and broth, arrange bell peppers and scallions evenly along bottom. Place fish on top. Arrange lemon slices on top of fish. Add broth. Place in microwave and cook at medium power, checking every few minutes, until fish flakes with a fork.
4. Remove from microwave and garnish with remaining dill. Serve with yogurt-dill sauce.

Makes 8 pouch or 4 (earthling) servings.
Italian Herb-Roasted Chicken in Tomato-Basil Sauce

Makes 8-10 pouch serving or 4 earthling servings.

Ingredients:
1 (2 1/2 to 3-pound) broiler-fryer chicken
2 tablespoons olive oil
2 teaspoons dried Italian seasoning, crushed
2 teaspoons dried parsley flakes
1/4 teaspoon garlic salt
1/4 teaspoon onion salt
1/4 cup chopped onion
1 clove garlic, minced
1 tablespoon cornstarch
1 (5 1/2 or 6-ounce) can tomato juice (3/4 cup)
1 large tomato, peeled, seeded and chopped
1 tablespoon red wine vinegar
2 tablespoons snipped fresh basil
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
2 packets Splenda

Directions:
Rinse chicken and pat dry. Pull neck skin to back and twist wing tips under. Brush outside of chicken with 1 tablespoon of the olive oil. Combine Italian seasoning, parsley, and garlic and onion salts; sprinkle some seasoning mixture inside and onto outside of chicken. Tie legs together.

Place chicken, breast side up, on a rack in a shallow roasting pan. Roast, uncovered, in a shallow roasting pan. Roast, uncovered, in a 375°F (190°F) oven for 1 1/4 to 1 1/2 hours. Cover and let stand 15 minutes before carving.

Prepare sauce. Cook onion and garlic in remaining 1 tablespoon olive oil till onion is tender. Stir in cornstarch; add tomato juice, tomato, vinegar, basil, salt and pepper. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Remove from heat; stir in Splenda. Serve sauce with chicken. Serve over rice, if desired.
Spicy Seafood Fajitas

Launch a fiesta of flavor in your mouth with this healthy Mexican coastal favorite. This recipe allows you to easily eat a 1/2 portion and have 100% of the exciting flavor. Feel free to change out the seafood to your favorite. BBQ shrimp is a fantastic variation. You can control the level of spice based on the salsa you choose.

Ingredients:
4 4 ounce frozen Italian or lemon pepper fish fillets
4 10 inch tortillas frozen or refrigerated
4 tablespoons fat free bean dip
4 tablespoons fat free sour cream
4 tablespoons salsa
4 tablespoons low fat shredded Cheddar cheese

Directions:
Bake the fish according to the package directions. Meanwhile, wrap the tortillas in foil.

Place in the oven with the fish for 5 minutes. Remove the fish and tortillas from the oven.

Carefully spread each tortilla with the bean dip and sour cream. Flake fish and crumble on top.

Add salsa and cheese. Fold over sides of tortilla and roll up end.

8 pouch servings or 4 earthling servings.
Kimâ##s Lasagna - Hold the Noodles!

Even Garfield would love this Pasta-less Lasagna!

Ingredients:
* Low sugar Tomato Sauce
* 1 lb Ground turkey (or chicken, beef, etc if you prefer)
* Diced Onions
* Fresh Garlic
* Zucchini, peeled and very thinly sliced lengthwise
* Portobello mushrooms sliced thin
* Roasted red peppers
* Ricotta cheese mixed with 1 egg
* Shredded mozzarella cheese
* Romano or Parmesan cheese

Directions:
just threw this together, so I donâ##t have any exact amounts for you. Use your imagination!

Preheat oven to 350°F. In a skillet, start cooking the diced onions and chopped garlic.

Add the ground turkey, break up into small pieces as you brown it.

Once the turkey is browned, add the low sugar tomato sauce and italian seasonings of your choice. (oregano, basil, etc)

In a 13Ã#9 pan, add a layer of the tomato meat sauce.

Layer the thinly sliced zucchini on top of the tomato sauce.

Dot the zucchini with the ricotta mixture and spread to cover as much as you can.

Sprinkle shredded mozzarella on top.

Lay the mushrooms and roasted peppers on the next layer.

Repeat until all ingredients are gone, but reserve some mozzarella for the top.

Top with the remaining mozzarella and some romano cheese.

Cover with foil and bake for 45 minutes. Take off the foil, and bake for 15 more minutes. When itâ##s done, it will be hot and it wonâ##t be â##togetherâ## so youâ##ll probably need a spoon to serve it out. This is a great dish to make ahead of time. Once itâ##s cooled, youâ##ll be able to cut pieces easily and warm them up.

Enjoy!!
Hazelnut Chicken

Elegant chicken breast dish from Victoriaâ##s Bowens Recipes. The sundried cherry sauce is the perfect match over the crispy breadcrumb and hazelnut crust.

Ingredients:
MAIN INGREDIENTS:
* 8 oz. oil
* 4 chicken breasts
* 1 teaspoon salt
* 1 teaspoon pepper
* Egg wash (2 whole eggs (egg beaters) beaten plus 2 cups skim milk)
* 1 cup flour
* 2 tablespoons crushed hazelnuts
* 2 tablespoons breadcrumbs
* 4 tablespoons sundried cherries
* 4 tablespoons chopped hazelnuts
* 4 tablespoons chopped parsley
* 8 oz. hazelnut sauce (recipe follows)

Hazelnut Sauce:
* 1 oz. oil
* 3 oz. minced shallots
* 1 cup white wine
* 5 oz. sundried cherries
* 2 cups heavy cream
* 1 1/2 cups hazelnut liquor
* 2 oz. fat free butter

Directions:

Pound each chicken breast with mallet. Season with salt and pepper. Mix two tablespoons crushed hazelnuts with two tablespoons breadcrumbs. Dip each breast in flour, then egg wash, and then roll each breast in hazelnut/breadcrumb mixture. Place sauté pan over medium high heat. Add oil. Add chicken and sauté until toasted, approximately 2 1/2 to 3 minutes. Using spatula, carefully turn chicken over and sauté second side until golden brown, approximately 3 to 4 minutes. Spoon hazelnut sauce over chicken. Sprinkle sundried cherries, hazelnuts and parsley evenly over each chicken breast. (Serves four)

Place saute pan over medium high heat. Add oil. Add shallots and saute for 1 minute. Add white wine. Add sundried cherries. Stir well. Reduce liquid by 50%. Add butter and whisk until well blended. Bring to boil, simmer for two minutes. Add heavy cream, return to a boil, stirring occasionally. Reduce heat to medium and simmer for 5 minutes. Using hand mixer, puree until small pieces of sundried cherries are left; do not puree smooth. Add hazelnut liquor; stir to blend. Cool and refrigerate until needed.

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Sassy Cathyâ##s Famous Tuna Smush

Ingredients:
* 1 packet of tuna in water
* reduced fat shredded cheddar cheese
* spoonfull of reduced fat miracle whip
* onion flakes
* garlic salt

Directions:
Mix them all together - smush it!
Nuke it for a couple a minutes
Voila! Tuna smush!
Kabuki's Coastal Seafood Bake

BY: KAYE BAILEY - WWW.LIFEAFTERWLS.COM This seafood crowd pleaser is perfect for the family on a cold winter day.

Ingredients:
* 8-10 Medium shrimp
* 12 fresh scallops
* 1 1/2 cups lump crab meat
* 1/2 cup crawfish tails
* 1 cup freshly grated mozzarella cheese
* 1/2 cup medium sharp cheddar cheese
* 1 red bell pepper, coarsely chopped
* 1 small vidalia onion, coarsely chopped
* 2 tablespoons butter
* 2 tablespoons all purpose flour
* 1 1/4 cups milk
* salt and pepper
* dash of tabasco or cayenne pepper for "kick"

Directions:
1. Melt butter in a saucepan. Add flour and cook, stirring constantly.

2. Whisk in milk slowly. Bring to a boil and then reduce to medium heat for 5 minutes. Remove from heat and stir in 1/2 cup of mozzarella cheese.

3. To this mixture, add the shrimp, scallops, crab, and crawfish, toss until completely coated.

4. Pour into a baking dish. Top the seafood with a layer of bell pepper and onion. Cover and bake 8-10 minutes at 400 degrees.

5. Remove foil and top with remaining cheeses. Bake until cheese is golden in color. Serve bubbling.
Claire’s Shrimp Stir Fry

BY: Claire Just about as not Asian as you can get but none the less super delishâ¦!

Ingredients:
Frozen shrimp
1 teaspoon Smart Balance butter
1/2 white onion
1/2 cup water
1/2 envelope of chicken bouilion powder
salt to taste

Directions:
I bought already cleaned shrimp at the fish market but you can start with frozen shrimp. Heated one teaspoon of Smart Balance butter and stir fried some white onion, threw in the shrimp and fried until the shrimp was pink.

Then I poured about 1/2 cup of water in the mix and 1/2 envelope of chicken bouilion cube powder (I have also used salt only to taste).

Once the water has dried up I let the bottom of the frying pan get blackened and poured 1/3 cup of water in - (by doing this the shrimp got coated with the blackened coat from the frying pan which gave it a fried look).

Turn off the stove and put some shredded mozzarella overtop.

Yum!
Creole Chicken Wings with Peach Mustard Sauce

Sassy and sweet chicken wings from Victoria Bowenâ##s Recipes. You will drool just reading the recipe for this simple, flavor-packed snack or appetizer.

Ingredients:
3 lbs Chicken Wings
4 Cloves Garlic, Minced
2 ts Dry Mustard
2 ts Paprika
1 t Dried Thyme
1 t Sugar Substitute
1 t Cayenne Pepper
1/2 ts Salt
1/2 ts Black Pepper
1/4 c Lemon Juice

PEACH MUSTARD SAUCE

1/2 c Peach Jam
1 tb Dijon Mustard
2 ts Pimiento, diced
1 t Cider Vinegar

Directions:
Cut tips off wings; reserve for stock. In small bowl, stir together garlic, mustard, paprika, thyme, sugar, cayenne, salt and black pepper; blend in lemon juice to make paste. Using pastry brush, brush paste over wings. Arrange wings, meaty side down, on lightly greased foil-lined baking sheets. Let stand for 30 minutes at room temperature. Bake in 475F oven for 15 minutes; turn wings over and bake for 15 to 20 minutes or until brown, crisp and no longer pink inside.

Peach Mustard Sauce:

In saucepan, melt jam over low heat; stir in mustard, pimiento and vinegar. Serve separately for dipping.
Lentil Chili con Carne

PASSATA - this is an Italian tomato cooking sauce and may also be called Sugo - it can easily be found in the supermarket in the same section as pasta sauce and comes in a tall bottle of 750mls or 700gms

**Ingredients:**
- 2 1/4 cups trim minced beef
- 2 1/4 cup can of brown lentils - drained
- 3 1/2 cup can diced tomatoes
- 3 cup jar passata/italian tomato puree
- 2 tblsp chopped parsley or basil

**Directions:**
- Brown minced beef in a splash of olive oil in large pot
- Add remaining ingredients
- Bring to boil and simmer for 50 - 60 minutes
Middle Eastern Lentil Dish

**Ingredients:**
- 1 onion - diced finely
- 1 tbsp olive oil
- 1 litre stock - can be chicken or beef or vegetable
- 1 1/4 cups red lentils - rinsed
- 2 cups carrots - peeled and diced
- 1 cup red pepper diced
- 1 cup frozen green peas
- cumin
- salt and pepper

**Directions:**
- Fry onion on oil for 5 minutes
- Add stock, lentils, carrot and seasonings
- Simmer gently for 20 minutes
- Add other vegetables
- Simmer further 10 minutes

Any other vegetables can be substituted
Broccoli and cherry tomatoes would be very good used here

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Microwave Protein Omlette

**Ingredients:**
- 2 boxes frozen spinach - thawed
- 1 egg
- 3/4 cup water
- half a handful cooked chicken or ham - chopped into tiny pieces - like match heads
- half a handful of grated feta cheese
- salt and pepper to taste

**Directions:**
- Place all ingredients in microwave safe bowl
- Mix all ingredients together
- Make sure egg is beaten in well
- Microwave on high for 5 and 1/2 minutes

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Beef Stroganoff

**Ingredients:**
- cooking spray
- 2 cloves garlic, minced
- 1 pound lean eye round, cut into 1-inch cubes
- 1 6-ounce can tomato sauce
- 1/2 cup dry red wine
- 1 cup fresh mushrooms, sliced
- 1 bay leaf
- 1/2 cup fat-free sour cream
- salt and pepper to taste

**Directions:**

1. Coat bottom of large nonstick skillet with cooking spray and saute garlic for 1 minute, until soft. Add meat and brown, stirring, for 3 minutes.

2. Add tomato sauce, wine, mushrooms, and bay leaf and simmer, covered, over low heat for about 1 1/2 hours.

3. Turn off heat and stir in sour cream. Add salt and pepper to taste.

Makes 4 servings

**Nutritional Info (4 ounce serving):**

- Calories: 229 calories
- Protein: 27g
- Fat: 3.6g
- Carbohydrates: 10.4g
- Cholesterol: 65.1mg
- Fiber: 0.98g
- Sodium: 254.2mg
Asian-Style Salmon

Ingredients:
* 1/2 cup Reduced sodium soy sauce, divided
* 1/4 cup Freshly squeezed lemon juice
* 1 tablespoon Chinese-style mustard
* 1/2 teaspoon Chinese five-spice powder
* 4 Salmon fillets (6 ounces each), skinned
* 1 tablespoon Sesame seeds
* 2 Small Carrots peeled and julienned
* 1 Leek (white part only), rinsed well and julienned
* 1 cup fat-free, reduced sodium chicken or vegetable broth or water
* 1 teaspoon Toasted sesame oil
* Canola Oil Spray

Directions:
* In a small bowl, combine 1/4 cup of the soy sauce, the lemon juice, mustard, and five-spice powder.

* Put the salmon fillets in a shallow dish and brush the soy sauce mixture over both sides of the fish. Cover with plastic wrap and refrigerate for 30 minutes. Turn fillets, re-cover, and refrigerate for another 30 minutes.

* Coat a medium skillet with canola oil spray and place over medium heat. Add the sesame seeds and sauté, stirring constantly, until golden, about 1 to 2 minutes. Transfer the sesame seeds to a small dish.

* In the same skillet, sauté the carrots and leeks until tender, about 5 minutes.

* Add the broth, the remaining 1/4 cup soy sauce, and the sesame oil. Bring to a boil, reduce heat, and simmer until no liquid remains, about 10 to 15 minutes.

* Place the salmon on a heated broiler pan and broil, 4 inches from the heat, until the fish is just cooked through, about 10 minutes per inch thickness of fish. Salmon continues to cook once removed from heat.

* Spoon 1/4 of the leek mixture onto each of 4 plates. Arrange the salmon on top of the leek mixture and sprinkle with the sesame seeds. Serve immediately.

Per Serving: 390 calories, 16g fat(2.5g sat), 1440mg sodium, 12g carbohydrates (2g dietary fiber, 3g sugar), 46g protein, 90% vitamin A, 20% vitamin C, 8% calcium, 20% iron, 37% potassium, 120% vitamin D, 15% vitamin E, 35% thiamin, 50% riboflavin, 90% niacin, 90% vitamin B6, 90% vitamin B12, 20% folate.

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Barbecued Pork Chops

Lean pork chops make a nice change from eating chicken. and the leanest cuts -from the loin--are leaner than chicken thighs, so don’t feel guilty about eating pork chops from time to time. As with all meats, be sure to trim any excess fat before cooking. These barbecued pork chops are tangy and delicious

Ingredients:
# 1/3 cup ketchup
# 1 tbsp cider vinegar
# 1 tbsp brown sugar
# 1 tbsp Worchester's sauce
# 1 tbsp chili powder
# 4 lean loin pork chops, trimmed of fat

Directions:
Combine ketchup, cider vinegar, brown sugar, Worchester's sauce and chili powder. Place pork chops in a large resealable plastic bag. Pour barbecue sauce into bag and cover chops with it. Marinate for 4-6 hours.

Preheat grill or broiler. Place marinated chops on grill or broiler and cook until done, about 5 minutes per side.

Serves 4

Per Serving: Calories 241, Calories from Fat 68, Total Fat 7.6g (sat 2.6g), Cholesterol 90mg, Sodium 449mg, Carbohydrates 11.5g, Fiber 0.9g, Protein 31.7g
TURKEY TACOS

Ingredients:
* 1 firm, ripe avocado, peeled, pitted, and chopped
* 1 cup can sweet corn kernels, rinsed and drained
* 1 cup cherry tomatoes, halved
* 1 tbsp lime juice
* 1 pkg (12 count) corn taco shells
* 1 pkg (1.25 oz) reduced-sodium taco seasoning mix
* 12 oz cooked boneless, skinless, turkey breast, sliced into thin strips
* 3/4 cup water

Directions:
* Mix avocado, corn, tomatoes, and lime juice in medium bowl.
* Set salsa aside.
* Warm shells in oven.
* In medium skillet, combine seasoning, turkey, and water.
* Bring to a boil, reduce heat and simmer 5 minutes stirring occasionally
* Spoon turkey mixture into shells, top with salsa

Makes 12 tacos
MAPLE BAKED CHICKEN BREAST

Ingredients:
* 2 tbsp all purpose flour
* 1/8 tsp table salt, or to taste
* 1/8 tsp black pepper, or to taste
* 1 lb uncooked chicken breast, boneless and skinless,
* 4 4oz pieces
* 1 serving cooking spray
* 1/4 cup maple syrup
* 1/2 tsp dried thyme
* 1/4 tsp sage, ground
* 1 medium onion, thinly sliced
* 3/4 cup fat-free chicken broth

Directions:
* Preheat oven to 350 degrees

* Stir together flour, salt and pepper.

* Dust chicken with flour mixture, patting off the excess

* Coat a large nonstick, ovenproof frying pan with cooking spray. Add chicken and brown on both sides, about 3 minutes per side.

* Stir together maple syrup, thyme and sage and pour over chicken.

* Lay onions over chicken and then pour chicken broth over all.

* Cover and bake 1 hour, basting occasionally with pan sauce.

Yields 1 chicken breast and about 3 tablespoons of sauce per serving. Makes 4 servings
TURKEY TACOS with
AVOCADO-CORN SALSA

Ingredients:
* 1 firm, ripe avocado, peeled, pitted, and chopped
* 1 cup can sweet corn kernels, rinsed and drained
* 1 cup cherry tomatoes, halved
* 1 tbsp lime juice
* 1 pkg (12 count) corn taco shells
* 1 pkg (1.25 oz) reduced-sodium taco seasoning mix
* 12 oz cooked boneless, skinless, turkey breast, sliced into thin strips
* 3/4 cup water

Directions:
* Mix avocado, corn, tomatoes, and lime juice in medium bowl.
  
  Set salsa aside

* Warm shells in oven.

* In medium skillet, combine seasoning, turkey, and water.

* Bring to a boil, reduce heat and simmer 5 minutes stirring occasionally

* Spoon turkey mixture into shells, top with salsa

Makes 12 tacos
BEEF KABOBS with PEANUT DIPPING SAUCE

Ingredients:
* 1/2 cup light soy sauce
* 2 tbsp granulated brown sugar substitute
* 2 tbsp sugar substitute
* 4 cloves garlic, pressed
* 1 1/2 lbs sirloin steak, 1 1/2" thick, cut into 1" pieces
* 1/2 cup creamy unsweetened natural peanut butter
* 3/4 cup water
* 3 tbsp lime juice
* 1 tbsp finely chopped ginger
* 1/4 tsp ground red pepper
* 1 green bell pepper, cut into squares
* 1 red bell pepper, cut into squares
* 1 large onion, cut into wedges

Directions:
* In a shallow dish, combine half of the soy sauce, 1 tbsp of the brown sugar substitute, 1 tbsp of the sugar substitute, and 2 of the pressed garlic cloves. Add the steak and stir to coat. Let stand for 20 minutes, stirring once.

* Meanwhile, in a heavy saucepan over high heat, combine the peanut butter, water, lime juice, ginger, ground red pepper, the remaining half of the soy sauce, the remaining 1 tbsp brown sugar substitute, the remaining 1 tbsp sugar substitute and the remaining 2 cloves of pressed garlic. Cook, stirring constantly, until the mixture boils. Remove from heat.

* Coat a grill rack with cooking spray. Preheat the grill to high. Thread the steak, peppers, and onion onto 4 metal skewers. Place on the grill rack and cook, turning occasionally, for 10 minutes or until steak is no longer pink and a thermometer inserted in the thickest portion registers 160 degrees and the juices run clear.

* Serve with the peanut sauce. Makes 4 servings

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VEGGIE PIZZA

Ingredients:
* 1 red pepper, sliced into rings
* 1 green pepper, sliced into rings
* 1/2 eggplant, sliced into 1/2" slices
* 1/4 cup olive oil
* 1/2 tsp salt
* 1/4 tsp pepper
* 1 (13.8 oz) can pizza dough
* 1 cup marinara sauce, warmed on the stove or in the microwave
* 1 tbsp chopped garlic
* 10 marinated artichoke hearts, drained
* 1 cup low-fat mozzarella, shredded

Directions:
* Brush eggplant and peppers with olive oil; sprinkle evenly with salt and pepper.
* Grill over medium heat until just tender.
* Preheat oven to 475 degrees
* Shape dough into a 12"x10" rectangle.
* Place crust on pizza stone or baking sheet.
* Top with marinara sauce, garlic, artichoke hearts, grilled vegetables and cheese.
* Bake for 12 minutes. Remove from oven and let cool 5 minutes.
* Slice and serve! Serves 4.
**PASTA PRIMAVERA a la RICOTTA**

**Ingredients:**
* 1 small zucchini, sliced
* 1 red pepper, sliced
* 1 yellow pepper, sliced
* 1 box (8-10 oz) mushrooms, sliced
* 1 medium onion, sliced thin
* 1 clove garlic, minced
* 2 tbsp olive oil
* 1/2 cup grated Parmesan cheese
* 3/4 cup part-skim Ricotta cheese
* 8 oz cooked rotelle or ziti pasta
* salt and pepper

**Directions:**
* Toss the sliced vegetables with olive oil.

* When thoroughly mixed, place them in a 12â##
nonstick skillet and sautÃ© until crisp-tender, about 8 minutes.

* Transfer vegetables into a serving bowl.

* Add cheeses and pasta.

* Mix well and add salt and pepper to taste.

Serves 4
TURKEY DIANE

**Ingredients:**
- Non-stick cooking spray
- 1 Pound TURKEY BREAST CUTLETS, pounded to an even thickness
- 2 Teaspoons lemon pepper seasonings
- 2 Tablespoons freshly squeezed lemon juice
- 1 Tablespoon Worcestershire sauce
- 1 Teaspoon Dijon mustard
- 1 Teaspoon fresh parsley, chopped
- Lemon wedges for garnish

**Directions:**

Coat a large skillet with cooking spray and heat pan over medium heat for 30 seconds.

Sprinkle both sides of turkey cutlets with lemon pepper. Place turkey in hot skillet and saute for 3 to 5 minutes on each side until browned and no longer pink in the center.

Combine remaining ingredients in a small mixing bowl, mixing well. Add to pan and cook until heated through.

Garnish with lemon wedges and parsley.

**My Notes:**
Yield 4 servings
Asian Grilled Turkey

Ingredients:
3/4 Cup plain barbecue sauce
1/4 Cup sliced green onions, white and green parts
3 Tablespoons reduced-sodium soy sauce
2 Tablespoons sesame seeds, toasted
1 Teaspoon minced garlic
1 Teaspoon fresh gingerroot, peeled and minced
2 Pounds TURKEY THIGHS, skinned and excess fat removed

Directions:
In 2-cup measure combine barbecue sauce, onions, soy sauce, sesame seeds, garlic and ginger. Remove 1/3 cup, cover and refrigerate.

Pierce holes in turkey thighs using tines of fork.

In self-closing plastic bag combine turkey thighs and remaining marinade. Seal bag and refrigerate overnight, turning occasionally to marinate evenly.

Prepare grill for indirect heat cooking. Cook thighs over medium heat 25 to 30 minutes per side until food thermometer, inserted in thickest portion of thigh, registers 180 degrees F.

During last 10 minutes of cooking, brush with reserved marinade.

Serve hot with a vegetable, if desired.

Calories 231
Total Fat 8g
Total Carbohydrate 9g
Protein 28g
ORANGE GLAZED
SALMON

Ingredients:
1/4 cup fresh orange juice
2 tablespoons balsamic vinegar
1 teaspoon Dijon mustard
1 tablespoon olive oil
1 tablespoon finely minced shallot or onion
1 small clove garlic, peeled and forced through a press or chopped finely
2 teaspoons each finely chopped cilantro, basil and mint or a combination of your favorite herbs.
1/8 teaspoon salt
Freshly ground black pepper to taste
1-1/4 pounds salmon fillet

Directions:
Place the orange juice, vinegar, mustard, oil, shallot, garlic, herbs, salt and pepper in a jar or plastic container. Close lid and shake well to blend.

Place salmon in a foil-lined pan and spoon a little of the vinaigrette over the fish. Bake in a preheated 450-degree F. oven 12 minutes per inch of thickness, or until cooked through.

Spoon the remaining vinaigrette over each serving of fish.

Yield: 4 servings

My Notes:
Per serving: Calories 276; Protein 26g; Fat 17g; Carbohydrates 4g;

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Skillet Chicken Dijon

**Ingredients:**
- 4 skinless chicken breasts
- 3 Tbs olive oil
- 2 cloves garlic minced
- 3 Tbs white wine
- 2 Tbs soy sauce
- 2 Tbs Dijon mustard

**Directions:**
Heat oil in a skillet. Add minced garlic and cook 3 minutes, stirring often. Add chicken breasts and brown. In a separate bowl, combine wine, soy sauce and mustard and mix well. Pour generously over chicken. Cover and cook until alcohol is cooked out and chicken is done.
Parmesan Tuna Patties

**Ingredients:**
- 1 can tuna
- 1 tbs. l/f mayo
- 1 lg. egg
- 2 tbs. parmesan cheese
- 2 tbs. ground flaxmeal
- 1 dash garlic powder
- 1 dash onion powder
- 1 dash salt and pepper

**Directions:**

Drain tuna. Blend all ingredients in a medium sized bowl and form into patties. Fry in a little olive oil or cooking spray until edges are brown. Turn and cook till brown on edges.

They are yummy. I substituted the onion powder for green onion.
Stuffed Spaghetti Squash

Ingredients:
- Spaghetti squash, halved lengthwise
- Tomato sauce (homemade or otherwise)
- Stuffed green olives, chopped
- Dried oregano
- Salt and ground black pepper
- Green olive brine (from the olive jar)
- 2 cans chunk white tuna in water, drained
- Shredded cheese (parmesan, skim mozzarella, or none - optional)
- Chopped fresh basil leaves

Directions:

Arrange the spaghetti squash halves in the bottom of a slow cooker.

In a medium bowl, combine the tomato sauce, olives, oregano, and 1/2 teaspoon each of salt and black pepper. Spoon the mixture over the spaghetti squash. Pour the olive brine in the slow cooker. Cover and cook on low for 6 to 8 hours or on high for 3 to 4 hours.

When ready to serve, using a fork, "loosen" the squash slightly, creating spaghetti-like strands. Spoon the juices from the bottom of the cooker over the squash, top each piece with some tuna, cheese, and basil and serve.
Spaghetti Squash Remix

Ingredients:
* 1 spaghetti squash, halved lengthwise and seeded (I use two small ones, one half per person)
* 1 onion, chopped
* 3 tablespoons minced garlic
* 1 (14 ounce) can stewed tomatoes
* 1 tablespoon dried basil
* black pepper to taste
* 1 pepper (I like purple, or green), chopped
* 1 cup shredded mozzarella cheese
* 1 cup shredded Parmesan cheese
* Small package of lean ground chicken (optional)

Directions:

1. Preheat oven to 325 degrees F (165 degrees C). Brush on a thin layer of olive oil to the inside of the squash. Place squash halves cut side down on the baking sheet (I wrap it in foil first to make cleanup easier).

2. Bake squash 35 minutes in the preheated oven, until when pressed the skin gives a little, indicating the inside are soft. Remove from oven, and cool.

3. Meanwhile, spray a non-stick saucepan with cooking spray. Over medium heat, saute the onion and garlic (and lean ground chicken) until golden brown. Stir in tomatoes, basil, chopped peppers, and black pepper. Cook for about 15 minutes, or until you have a medium thick sauce.

4. Remove squash strands with a fork, reserving the shells. Combine the veggies, parmesan, and squash (and the chicken if you added it). If reusing the shells, stuff until shells are full, or until all of the ingredients are used. If using a casserole dish, spray lightly with cooking oil and smooth mixture into it. Top with grated mozzarella cheese.

5. Bake for 20 minutes in the preheated oven, or until cheese melts.

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Cioppino

**Ingredients:**
1 teaspoon olive oil
1 large onion, chopped
1 cup sliced celery, with celery tops
1 clove garlic, minced
4 cups water
1 fish-flavor bouillon cube
1 tablespoon salt-free Italian herb seasoning
1/4 pound cod or other boneless mild -flavored fish fillets
1 large tomato, chopped
1 can (10 ounces) baby clams rinsed and drained (optional)
1/4 pound raw bay scallops
1/4 pound raw shrimp, peeled and deveined
1/4 cup flaked crabmeat blend
'2 tablespoons fresh lemon juice

**Directions:**
1) Heat olive oil in large saucepan over medium, heat until hot. Add onion, celery and garlic. Cook and stir 5 mins or until onion is soft. Add water, bouillon cube and Italian seasoning. Cover and bring to a boil over high heat.

2) Cut cod fillets into 1/2 inch pieces. Add cod and tomato to saucepan. Reduce heat to medium-low. Add clams, if desired, shrimp, scallops, crabmeat and lemon juice. Simmer 10-15 minutes or until seafood is opaque.

Nutrients per serving (1 3/4 cups)

- Cals 122
- Fat 2g
- Cholesterol 75mg
- Protein 18g
- Carbohydrate 8g
- Fiber 2g
Quiche Recipe

Ingredients:
6 eggs
1 tsp salt
1/2 tsp pepper
1 cup half and half (or 2% milk for post-ops)
1 Tbsp mustard (can use either prepared or dijon)

Mix all this together then add:

1 lg onion, chopped & sautéed (this is where I cook the mushrooms, if I'm adding them. I also make it before I start with eggs etc.)
1 cup grated cheese (I use Tex Mex)
1 cup diced ham

Directions:
Pour into pie shells, bake in 350 degree (preheated) oven until starting to brown and is set in the middle.

The fun thing about this recipe is you can add anything you like so it's different everytime. When I made this for the picnic I add diced asparagus.

I also made one with prawns for those that enjoy seafood. You can add spinach and/or broccoli. If you find you want more cheese, ham, onions then add whatever you like. This recipe make 2 pies, also freezes well.
Party Curried Chicken Rice

**Ingredients:**
1 pkg. long grain and wild rice
2c.chopped cooked chicken
1c. diced carrots
1c. plain no fat yogurt
1c.sliced celery
1/2c.diced green peppers
1/4c. chopped 1/2c.diced green peppers
1/4c. chopped onion
1c green apples <skins on>
1c. golden and dark raisins
1c.toasted flaked almonds

**DRESSING:**
1/2 c. light mayo
1 c plain yogurt
2 tsp splenda
2 tsp curry powder
1/4 ground black pepper
1/2 tsp cumin (optional)

**Directions:**
Cook rice as suggested (cool )
1. In large bowl mix rice with salad ingredients
2. In small bowl mix dressing ingredients
3. Add to rice mixture
4. Mix well
5. Refrigerate until ready to serve
6. Garnish with apple slices, and sprigs of watercress
   or parsley if desired
7. I add red apples, walnuts yellow peppers, whatever I have.
Wendy's Chili

My family uses this one. We often substitute white kidney beans for the red ones, we like the texture better for some reason. Definitely don't skimp on the pinto beans, they are higher in protein! ~~~~~~~~~~~

**Ingredients:**
- 2 lbs ground beef (we sometimes use ground turkey)
- 1 (12 ounce) can tomato paste
- 2 (29 ounce) cans tomato sauce
- 1 (29 ounce) can kidney beans, with liquid
- 1 (29 ounce) can pinto beans, with liquid
- 1 cup diced onions
- 1/2 cup diced green chilies
- 1/4 cup diced celery
- 1/2 can diced tomatoes
- 2 teaspoons cumin powder
- 3 tablespoons chili powder (we are wusses and use one)
- 1 1/2 teaspoons black pepper
- 2 teaspoons salt
- 2 cups water

**Directions:**

1. Brown the ground beef in a skillet over medium heat; drain off the fat.

2. Using a fork, crumble the cooked beef into pea-size pieces.

3. In a large pot (or crock pot, I LOVE my crockpot!), combine the beef plus all the remaining ingredients, and bring to a simmer over low heat.

4. Cook, stirring every 15 minutes (they MUST be kidding, we stir ours every half hour or so), for 2 to 3 hours. (we put ours on in the crockpot for 5-7 hours usually)
Cottage Cheese Pancakes

Ingredients:
Half a medium onion, chopped
1 tablespoon butter
1 egg
1/2 cup cottage cheese
2 tablespoons flour
salt
pepper

Directions:
Saute the onion in the butter until golden...
allow to cool in pan. In a small bowl, beat egg slightly.
blend in cottage cheese, flour, salt and pepper, and onion
butter mixture. Heat nonstick skillet, spray with Pam,
and place four 1/4 cup scoops of batter and spread into
small pancakes. Cook until browned... flip and cook until
lightly brown on other side. YUMMY!

My Notes:
..a sweet version: Linda's Cottage Cheese-Oatmeal Pancakes 1 c. oatmeal, ground (measure BEFORE grinding in a food processor) 1/2 t. baking soda 1/8 t. salt 3-4 T. Splenda Granular 1/4 t. pumpkin pie spice (or combination of other sweet spices you like) Stir together above ingredients in a mixing bowl. In a seperate bowl whisk together: 4 eggs 1 c. cottage cheese 1/3 c. milk 1 t. vanilla Add to dry ingredients and let sit for a few minutes. Spray a small skillet with non-stick spray. Heat over medium. Pour 1/3 c. into hot pan and cook until cake is getting dry on the top (but lower heat if it gets too dark on bottom). Turn carefully and continue to cook for a few minutes. (These are difficult to flip if you don't let them cook enough on the first side.) Can cool and stack on a plate and wrap tightly with plastic wrap. These are sooooo good with plain yogurt and a squirt of sugar-free syrup. Or peanut butter and syrup, or jam and cool whip........the possibilites are endless! Approx stats: 6 pancakes - 10 pro grams/each - 152 calories/each
chicken casserole recipe

Ingredients:
1 package frozen spinach, thawed and drained
1 pound ground chicken (or turkey) breast
1 onion, finely chopped
2 cloves garlic, finely chopped
2/3 cup shredded sharp cheddar
1/3-1/2 cup prepared pasta sauce
1/2 cup DRY curd cottage cheese
1 egg

Directions:
Brown the chicken with the onion and garlic. salt pepper to taste. Mix the spinach with the cottage cheese and egg.

Cover the bottom of the casserole dish with the meat mixture, then the spinach mix and then top with sauce and cheese. Bake at 375F until cheese is bubbling

**Must be sure the spinach is well drained or casserole will be soupy. cottage cheese tends to melt a touch, making it a very cheesy tasting dish, and not all that bad for you!
All-Purpose Marinade

**Ingredients:**
1 cup vegetable oil OR 1/4 cup oil and 3/4 cup water
1/3 cup lemon juice
1/3 cup JAPANESE soy sauce (like Kikkomen)
1/4 cup Maggi seasoning
1/4 cup worchestershire sauce
1 1/2 tbsp sugar or Splenda
1 Tbsp dijon mustard
4 Tbsp ketchup
2 Tbsp hot sauce (optional)
2 Tbsp balsamic vinegar
3 Tbsp salted black beans, finely minced
OR
2 Tbsp bottled black bean sauce
4 Tbsp chopped parsley
3 Tbsp minced garlic
3 Tbsp minced onion
pepper to taste

**Directions:**

Whisk all ingredients together and store in refrigerator or freeze. Works well with any meat or fish and is even great on tofu. Use as a marinade or basting sauce. I like to add a teaspoon of liquid smoke as well.

Yeah, I know it has a lot of ingredients, but it's tasty.
chicken strip/tenders recipe

Ingredients:
3-4 chicken breasts cut into strips
1/4 cup lite honey
2-3 tablespoons water
1 cup ground almonds
salt and pepper to taste

Directions:
  mix honey and water, then salt and pepper chicken pieces. dip chicken in honey/water mix then in nuts coat all sides
  bake at 350 for 40 min on a rack to allow air to circulate.
  makes nummy healthy tenders! mmmmm
Honey Mustard Chicken

Ingredients:
6 (4-oz.) boneless, skinless chicken breasts
salt
black pepper
1Tbs. canola oil
1Tbs. butter
1/3 cup honey
2Tbs. Dijon mustard
1Tbs. flour
1/2 cup fat-free chicken broth

Directions:
Pat chicken dry; season with salt and pepper.
Heat oil and butter over medium-high heat. Brown chicken; remove.

Whisk together honey, mustard, flour and broth; boil in skillet. When sauce thickens, add chicken and cover. Simmer on low until cooked through, about 12 minutes. Serve with rice.

Servings: 6 Sodium: 214 mg.
Calories: 230 Fiber: 0 g.
Protein: 27 g. Sugar: 15 g.
Fat 6 g.
Carbs: 17 g.
Turkey (or chicken) meatloaf

OK, I can play at this recipe game. This is one of the few things I make, thanks to Oprah. What follows is the full recipe; I usually make less as I’m cooking for one. Heat oven to 350.

Ingredients:
1.5 pounds of ground turkey (or chicken, whichever’s the better buy Wink)
1/4 cup minced onion
3/4 cups ground oatmeal (put oatmeal in blender and pulse until the oatmeal is the consistency of bread crumbs)
1 egg (I use just the white)
1/4 cup minced celery (I use more as I love celery)
(The recipe here calls for 1 tsp. salt; I omit it.)
1 minced garlic clove (being lazy I use garlic powder!)
3 tbsp. chopped parsley
add a small amount of chicken broth or milk as needed for moisture

Directions:
Mix all the ingredients well. Lightly oil your loaf pan (I use olive oil on a paper towel). Pack meat into pan and cook for approx. 40-45 minutes (until the loaf begins to pull away from the pan).

This re-heats nicely, too!

Bon appetite!
MEXICAN DEVILED EGGS

Who doesn't need another spin on these old favorites?! Different...but yummy!

Ingredients:
10 hard-boiled eggs
1 tablespoon mayonnaise
2 tablespoons sour cream
1 1/2 tablespoons prepared salsa
1/2 teaspoon cumin
Dash cayenne or chipotle pepper
Kosher salt & black pepper to taste
Sliced or chopped black olives
Fresh cilantro or parsley, minced

Directions:
Peel boiled eggs, slice in half length-wise and scoop out yolks into a small bowl. Mash yolks with a fork until smooth. Stir into yolks the mayonnaise, sour cream, salsa, cumin, cayenne, salt, and black pepper. Divide yolk mixture among the egg whites and arrange on a plate. Garnish with black olives and fresh herbs. Cover with plastic wrap and chill.

Makes 10 servings, 2 pieces each.

Per Serving: 90 Cal; 7 g Protein; 5 g Tot Fat; 1 g Carb; 0g Fiber; 2 g Sugar; 24 mg Sodium
GREEK-STYLE EGG SALAD

Ingredients:
4 hard-cooked eggs, chopped
2 tablespoons finely chopped green onion
2 tablespoons sliced Kalamata or black olives
1/4 cup diced, seeded tomatoes
2 tablespoons reduced-fat mayonnaise
2 teaspoons milk
Salt and black pepper
2 tablespoons crumbled Feta cheese

Directions:
In a medium bowl, combine eggs, onion, olives and tomatoes. Stir in mayonnaise, milk, and seasonings until well mixed. Gently stir in cheese. Cover and chill.

Makes 4 servings, 1/3 cup each.

Per Serving: 114 Cal; 8 g Protein; 7 g Tot Fat; 3 g Carb; 0 g Fiber; 3 g Sugar; 197 mg Sodium
ZUCCHINI BOATS

Ingredients:
4 small zucchini, about 5-7 inches each
2 teaspoon olive oil
Kosher salt and freshly ground black pepper
16 ounces Italian turkey sausage, casings removed
1 cup ricotta cheese
1 cup marinara sauce (I use Barilla Marinara or Rustica Sweet Peppers and Garlic)
Parmesan cheese

Directions:
Preheat broiler to high. Cut zucchini in half lengthwise and remove seeds from each half using a spoon, creating a shell. Arrange on baking sheet cut side up, brush cut surface with olive oil and season with salt and pepper. Broil 8 minutes, until zucchini are fork tender, and set aside.

While zucchini are broiling, cook turkey sausage in a nonstick skillet over high heat, mashing with a fork or wooden spoon until well browned and finely crumbled.

Assemble boats by spreading some of the ricotta in the hollow of each prepared zucchini, fill with 1/8th of the cooked meat and top with a little sauce. Sprinkle generously with Parmesan cheese. Broil 5-7 minutes, until boats are heated through and cheese is lightly browned.

WLS serving, 1 zucchini boat: Calories 154, fat 6 gr, carbs 4 gr, protein 18 gr Makes 8 boats, 2 per regular serving
TOSSED BLUE CHEESE SALAD

Ingredients:
Finely chopped romaine
Sliced onion
Crumbled blue cheese
3 tablespoons Olive oil
1 tablespoon red wine vinegar

Directions:
Toss greens, onion and cheese, with oil and vinegar
DEVILED EGGS

Ingredients:
10 Eggs
2 T Mayo
2 T Miracle Whip
1 T Half & Half
2 T Sweet Pickle Juice
1/4 t Salt
1/4 t Black Pepper
1/4 t Splenda

Directions:
Boil and peel eggs. Cut in half lengthwise. Carefully remove yolks. Mash yolks with fork until smooth. Add remaining ingredients and stir till smooth. Add more of any of the above ingredients to taste. Fill white halves with 1 Tablespoon yolk mixture. Garnish with chopped black or green olives. Dust with paprika, if desired.
GARLICKY GREEN BEANS

Ingredients:
One-half pound fresh green beans, stems removed
Kosher salt
One clove garlic, minced
1-2 tablespoons butter

Directions:

Bring 1 quart water to boil over high heat. Add 2 teaspoons salt and green beans. Boil until beans are crisp-tender, about 4 minutes. Remove from water and rinse in cold water. In a small skillet over medium heat, toast garlic in butter just until garlic begins to color. Add green beans and cook until tender, 3-4 minutes. Season with salt and pepper.

Makes four WLS servings.

Per Serving: 56 Cal; 0 g Protein; 6 g Tot Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 41 mg Sodium
ZUCCHINI DELIGHT

Ingredients:
4 eggs, beaten
1 ½ cup milk
½ cup half & half
¼ teaspoon salt
¼ teaspoon black pepper
½ teaspoon sugar
5 shakes of cayenne pepper
8 slices bacon, fried and crumbled
1 cup shredded zucchini, drained
½ cup cream cheese cubes
1 small tomato, seeded, chopped

Directions:
Beat first 7 ingredients until frothy. In a deep-dish pie plate, layer remaining ingredients. Pour egg mixture, slowly, over all. Bake at 350 for 45 min or until knife inserted comes out clean.
NESTLED EGGS

This one is so easy it's silly, really!! This could be a Soft Stage food since the egg is cooked to your liking and leaving the yolk slightly runny would help it sit in a new pouch easier. It's an old-fashioned recipe that's creamy and cheesy and just the right size to make it very pouch-friendly. Double, triple or make a hundred of them to suit the crowd you're cooking for. (In that case you can do them in a shallow casserole dish and increase the cooking time.)

Ingredients:
1 egg
3 tablespoons fat free half & half
1/4 teaspoon butter
2 tablespoons shredded cheese
1 teaspoon cooked, crumbled bacon (optional)
Salt and black pepper to taste

Directions:
Preheat oven to 325 degrees.
Grease a custard cup and break the egg into it, leaving the yolk intact. Pour half & half over the egg until just the top of the yolk is peeking through. Dot with butter and sprinkle shredded cheese and bacon on top. Season with salt and pepper. Place custard cup on a cookie sheet and bake for 12-18 minutes, depending on how you like your eggs.

Makes 1 serving.

Per Serving: 174 Cal; 13 g Protein; 12 g Tot Fat; 5 g Carb; 0 g Fiber; 4 g Sugar; 201 mg Sodium

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BAKED BEAN DIP

Ingredients:
One 15-ounce can refried beans
4 ounces cream cheese, softened
1 cup sour cream
1/2 cup finely chopped green onions
2/3 cup salsa (as spicy as you like it!)
1 packet taco seasoning
2 tablespoons diced green chiles (or the whole can!)
dash of oregano
1/8 teaspoon fresh black pepper
1 1/2 cup shredded Monterey Jack, Longhorn or Colby cheese (OR any mixture you prefer)

Directions:
Combine all ingredients except cheese. Pour into a greased baking dish and sprinkle cheese on top. Bake at 350 degrees for about an hour - or until very bubbly and cheese is golden.
MOCK CAULIFLOWER
FRIED RICE

Ingredients:
1/2 head raw cauliflower, (grated to make 3 Â½ cups using the food processor)
3 green onions, diced
1 clove garlic, minced or 1/2 tsp garlic powder
1/2 teaspoon ginger
3 Tablespoons soy sauce
3 eggs, beaten
Olive oil

Cooked chicken, beef, pork, shrimp, ham, turkey (Your choice of a mix)

Directions:
In a wok or large flat skillet, heat enough oil to cover the bottom. Fry minced garlic (or garlic powder) with finely diced white part of onions about 1 minute. Add grated cauliflower and fry for 4-5 minutes, stirring constantly. Add soy sauce, ginger, diced green onion tops, and pre-cooked cubed meat or baby shrimp. Stir to mix well and brown a bit. Push mixture to one side of pan. Add more oil if necessary and scramble eggs in empty side of pan until done but still moist. Stir eggs into "rice" mix and remove from heat.
Wild Rice, Dried Cranberry, and Walnut Stuffing

If your family loves stuffing (whose doesn't?) try this inspired creation, made with tangy cranberries and a nutty crunch. It's so delicious, your guests won't guess it's good for them! Description Although we call it stuffing, this colorful dish is almost too pretty to hide inside the bird. Be sure to use cranberries without added sugar, available at natural food stores. Tip: Leeks can be gritty. The easiest way to clean them is to trim off the root end, then thinly slice. Put slices in a colander and run cold water over them, separating layers with your fingers to wash away any hidden dirt.

Ingredients:
Ingredients
4 cups reduced-sodium chicken broth
2 cups wild rice, rinsed
1 Tbsp olive oil
2 medium leeks, trimmed, thinly sliced and cleaned
2 large celery stalks, thinly sliced
1 cup chopped walnuts
1 cup (4 oz) dried cranberries (unsweetened)
5 tsp chopped fresh sage
Salt and black pepper

Directions:

1. Place broth in medium heavy saucepan; bring to a boil over high heat. Stir in rice; cover and reduce heat to low. Cook 45 minutes or until the rice is tender and liquid has absorbed.

2. Meanwhile, warm oil in large heavy skillet over medium heat.

Add leeks and celery; cook 10 minutes, until softened, stirring. Transfer to large bowl.

3. Stir rice into bowl with vegetables. Add walnuts, cranberries, sage, salt, and pepper.

4. Use mixture to stuff turkey. Alternatively, coat a large casserole dish with nonstick cooking spray; add stuffing and an additional 1/4 cup broth. Bake in preheated 350°F oven for about 20 minutes.

Make-ahead tip: Stuffing can be made 1 day ahead, through step 3. Cover and refrigerate. Let come to room temperature before continuing with recipe.

Serves 8

Nutritional Information:
336 calories
13 g total fat (1 g sat)
86 mg cholesterol
48 g carbohydrate
11 g protein
5 g fiber
13 mg sodium

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Spinach with Bacon and Mushrooms

**Ingredients:**
- 2 slices bacon, diced
- 1/2 cup finely chopped onion
- 2 cups sliced mushrooms (8 ounces)
- 1 pound fresh spinach leaves, well washed, stems removed
- 1/8 teaspoon freshly ground pepper

**Directions:**
Cook the bacon in a large non-stick skillet over medium heat until crisp. Remove with a slotted spoon to a paper towel; set aside.

In the same skillet, cook the onion in the bacon drippings 1 minute over medium heat. Add the mushrooms; raise the heat to medium-high and cook and stir until the vegetables are tender, about 4 minutes. Add the spinach; cook and stir just until it is wilted, about 1 minute. Sprinkle with the reserved bacon and ground pepper.

Yield: makes about 3 cups (4 servings)
No Salt Seasoning

Contributed by: Tracy Jesson

Ingredients:
4 tablespoons paprika
4 tablespoons garlic powder
2 tablespoons onion powder
1 tablespoon pepper
1 tablespoons ground celery seed

Directions:
Mix everything and store in an airtight container.

Makes 12 tablespoons
Jellied Cranberry Sauce

**Ingredients:**
12 oz bag cranberries  
3 1/2 cups water  
1 cup Splenda® or other artificial sweetener of choice  
1 package sugar free cranberry gelatin

**Directions:**

1. Sort through cranberries, tossing out any that are bad. Combine berries and water in a saucepan, and bring to a boil. Reduce heat and simmer until berries burst and are tender. Remove from heat and let cool slightly.

2. Put berry mix in food processor or blender and pulse to desired degree of puree. Add artificial sweetener and sugar free gelatin mix. Pour into bowl and chill.
Refried Beans

Ingredients:
fat free refried beans (Pureed)
low fat sour cream
salsa (very thin or puree)
part skim mozzarella or cheddar shredded cheese

Directions:
Mix together or layer and melt.
Spicy Salsa

**Ingredients:**
1/4 cup chopped onion
8 plum tomatoes (chopped)
1/2 red onion (diced)
2 jalapeno peppers (diced) pulp & seeds removed.
2 cloves of garlic (chopped)
1/4 cp fresh coriander
1/2 tsp. cumin
1/4 cup lime juice, kosher salt & fresh ground pepper to taste

**Directions:**
1. Combine all ingredients in a large plastic or glass bowl, (not aluminum).

2. Cover and let stand over night in refrigerator.
Spinach with Bacon and Mushrooms

Ingredients:
2 slices bacon, diced
1/2 cup finely chopped onion
2 cups sliced mushrooms (8 ounces)
1 pound fresh spinach leaves, well washed, stems removed
1/8 teaspoon freshly ground pepper

Directions:
Cook the bacon in a large non-stick skillet over medium heat until crisp. Remove with a slotted spoon to a paper towel; set aside.

In the same skillet, cook the onion in the bacon drippings 1 minute over medium heat. Add the mushrooms; raise the heat to medium-high and cook and stir until the vegetables are tender, about 4 minutes. Add the spinach; cook and stir just until it is wilted, about 1 minute. Sprinkle with the reserved bacon and ground pepper.

Yield: makes about 3 cups (4 servings)
Chicken Caesar Salad

**Ingredients:**
3 cups roasted chicken -- shredded
1 1/4 pounds romaine lettuce -- torn into bite-size pieces

---DRESSING---
3 tablespoons fresh lemon juice
3 teaspoons worcestershire sauce
3 teaspoons dijon mustard
1 packet equal® sweetener
1/4 teaspoon salt
1/4 teaspoon black pepper
1 clove garlic -- crushed

--GARNISH--
1 1/2 cups plain croutons
1/2 cup fat-free parmesan cheese

**Directions:**
To prepare salad. Combine chicken and lettuce in a large bowl.

To prepare Dressing, combine ingredients in a bowl, stirring well with a whisk. Pour over salad, toss well.

Just before serving, sprinkle with croutons and cheese; toss gently to combine.
Creamy Coleslaw

Ingredients:
1/2 cup plain low-fat yogurt
2 tablespoons Dijon mustard
1 tablespoon water
2 teaspoons low-fat mayonnaise
2 teaspoons fresh lemon juice
6 cups thinly sliced cabbage (about 1 large)
4 medium carrots, shredded
1 cup thinly sliced red onion (about 1 large)
1/2 teaspoon dill seeds

Directions:
Whisk together yogurt, mustard, water, mayonnaise, and lemon juice in a large bowl. Add remaining ingredients and toss to combine well.
Season coleslaw with salt and pepper. Coleslaw may be made 1 day ahead and chilled if covered.
serves 6

Each serving about 68.1 calories and 1.1 gram fat
Crunchy Cole Slaw

(Not recommended for "newbies")

Ingredients:
1/4 cup cider vinegar
2 packages equal® sweetener
1 teaspoon dry mustard -- or 1 Tablespoon Prepared Mustard
1/2 teaspoon black pepper
4 cups shredded cabbage (red and green)
1 cup shredded carrots
1/2 cup thinly-sliced celery
1/2 cup thinly-sliced green onion
1/2 cup thinly-sliced red bell peppers
1/2 cup thinly-sliced green bell peppers
2 tablespoons minced fresh parsley
1 tablespoon minced fresh ginger
2 tablespoons Miracle Whip® light

Directions:
In a small bowl, thoroughly combine vinegar, sweetener, mustard, pepper and Miracle Whip Light. In a large bowl, combine red and green cabbages, carrots, sliced vegetables, raisins, parsley and ginger. Add dressing and gently toss. Let stand 1 hour to marinate vegetables and blend flavors.

Serves 8

Per serving: 47 Calories (kcal); 1g Total Fat; (21 percent calories from fat); 1g Protein; 9g Carbohydrate; 1mg Cholesterol; 43mg Sodium
Cottage Cheese Salad

Ingredients:
1 c. fat free cottage cheese
1/4 c. cucumber (seeded/diced)
1/8 c. carrot (grated)
2 T. red bell peppers (diced)
1 clove garlic (minced/sm clove)
dash salt/pepper
dash celery salt

Directions:
Combine all ingredients in sm. bowl. Stir. Let salad stand for 10 min. to blend flavors. Store any remaining salad in sealed container in the refrigerator.

Serves 2.

Per serving: 80 calories, trace fat, 15 g protein, 5 g carbs, 5 mg cholesterol, 303 mg sodium
Black Bean and Chicken Salad

**Ingredients:**
1 c. cooked rice (cooled)
1 c. cooked black beans (drained)
1 med. tomato (chopped)
1/2 c. fat free cheddar cheese (shredded)
1 T. fresh parsley
1/4 c. fat free italian salad dressing
6 lettuce leaves
1 T. fresh lime juice
1 c. cooked chicken (cubed)

**Directions:**
Combine rice, beans, tomato, chicken, cheese and parsley in a large bowl. Pour dressing and lime juice over mixture. Toss lightly. Serve on lettuce leaf. Garnish as desired.

Per serving: 142 calories, 1 g fat, 14 g protein, 18 g carbs, 22 mg cholesterol, 229 mg sodium
Apple and Cheese Delight

**Ingredients:**
8 oz. fat free ricotta cheese  
1 red apple/grated  
4 T. Splenda  
1 t. gr. cinnamon

**Directions:**
Combine all ingredients and enjoy!

Per serving: 63 calories, trace fat, 8 g protein, 8 g. carbs, 9 mg cholesterol, 110 mg sodium

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Southern Tuna Salad

**Ingredients:**
2 eggs/hard boiled/chopped
2 T. dill pickle relish
2 t. Dijon mustard
2 T. fat free mayo/or Miracle Whip Free
1 t. Louisiana hot sauce (optional)
1 6 1/2 oz can tuna in water/drained

**Directions:**
Combine eggs and dill relish. Add rest of ingredients (except tuna). Mix very well. Then add tuna. If the mixture is dry, add more mayo.

Note: Good on saltine crackers!

Per serving: 51 calories, 2 g fat, 8 g protein, 1 g carbs, 60 mg chol., 190 mg sodium
Bahamas Shrimp Salad

Ingredients:
1 cup cooked rice
2 tablespoons fat-free french salad dressing
1 pound shrimp -- cooked
1/4 cup finely chopped celery
3/4 cup cauliflower -- finely chopped
1 tablespoon chopped onion
1/4 cup chopped green bell pepper
1 tablespoon lemon juice
1/3 cup Miracle Whip® Free
1 teaspoon salt

Directions:

Per serving: 110 Calories (kcal); 1g Total Fat; (9percent calories from fat); 12g Protein; 11g Carbohydrate; 86mg Cholesterol; 467mg Sodium

My Notes:
If you're at the stage in WLS Protocol when you need soft cooked vegetables, Stir fry all the vegetables until soft, then allow them to cool before adding the remaining ingredients. Use a heavy skillet sprayed with a little Vegetable Oil spray.
Waldorf Salad

Ingredients:
3 T. light mayonnaise (1g fat per tablespoon)
3 T. fat-free sour cream
2 medium apples, diced
2 medium stalks of celery, diced
1/2 C. miniature marshmallows
1-1/2 C. raisins
2 T. chopped walnuts (optional)

Directions:
In a small bowl, blend the mayonnaise and sour cream together. Set aside. In a larger bowl, mix remaining ingredients. Toss fruit with mayonnaise mixture. Chill before serving.

Nutrition information per serving: 89 calories, 19g carbohydrate, 1g protein, 1.5g fat, 0mg cholesterol Yield: 8 servings, 1/2 C. each
Chicken Grilled Cesar Salad

Ingredients:
--CHICKEN--
1 tablespoon chili powder
2 tablespoons Worcestershire Sauce
1 teaspoon Ground Cumin
1/4 teaspoon Pepper
1 clove garlic -- Crushed
1 pound Boneless Skinless Chicken Breast Halves -- Cut into - 1 inch strips

--DRESSING--
3/4 Cup buttermilk
3 tablespoons fat-free parmesan cheese
1 tablespoon lemon juice
1 teaspoon anchovy paste
1/2 teaspoon Dry Mustard
1/4 teaspoon Pepper
1 clove garlic -- Minced

--SALAD--
12 cups Romaine Lettuce Leaves -- Sliced
2 cups Halved Cherry Tomatoes
3/4 cup Plain Croutons

Directions:
Combine chicken ingredients in a medium bowl; stir well, and set aside. Prepare grill or broiler.
Place chicken strips on grill rack or broiler pan coated with cooking spray, and cook 5 minutes on each side or until chicken is done. Combine dressing ingredients in a large bowl; stir well.
Combine salad ingredients, toss with dressing, top each serving with grilled chicken strips.

Per serving: 158 Calories (kcal); 2g Total Fat; (11percent calories from fat); 22g Protein; 16g Carbohydrate; 36mg Cholesterol; 179mg Sodium
Poached Chicken Salad

* This salad is very nice served in 1/8 of a sliced cantaloupe. Garnish with apple slices dipped in lemon juice, cantaloupe balls, and a small cluster of white grapes. Serve with hot rolls.

Ingredients:
2 poached chicken breasts, skinned and chopped (See additional notes below for how to poach chicken)
low fat Mayonnaise
Chopped pecans (optional)
2 celery ribs, chopped
1 apple, peeled and chopped
1 c grapes, sliced in half
Salt and pepper
Tarragon

Directions:
Moisten chopped chicken with mayonnaise. Add chopped nuts, celery, apple, and grapes. Season to taste.

Serves 2 - 4

My Notes:
2 frying chickens (3 to 3-1/2 lb each) (recipe can be split 1/2 on all ingredients) 2 carrots, chopped 2 celery ribs, chopped Whole cloves 1 onion 1 tbsp low fat margarine 1 tbsp parsley Place chickens in a stewing pot. Add carrots and celery. Stick cloves into whole onion and add to pot. Add margarine and parsley, then water to cover. Bring to a tremble and cook 1 hour. Cover pot with tilted top, then place pot in a sink of cold water. Repeat 3 or 4 times until broth is cool. Let the chicken languish in the pot in the refrigerator overnight. Lift out chicken and dejoint.
Diet Chicken Cole Slaw

Ingredients:
1 cup cooked cubed chicken breasts
10 c. cabbage (1/2 lg. head)
3 tbsp. low fat margarine
2 1/2 tbsp. red wine vinegar
2 lg. Carrots
2-3 packs Equal
1 sm. chopped onion
Lite salt and pepper
Dill seed Celery seed

Directions:
Finely chop or shred vegetables. Combine and mix thoroughly, add cubed cooked chicken.
Chestnut Chicken Salad

**Ingredients:**
- 1 packet (1 oz.) Hidden Valley Original Ranch Dressing Mix
- 1 C. lowfat buttermilk
- 1 C. fat-free mayonnaise
- 2 T. soy sauce
- 8 C. torn lettuce
- 2 C. shredded chicken breast
- 1 C. chopped green onions
- 1 C. sliced water chestnuts

**Directions:**

In bowl, combine dressing mix with buttermilk and mayonnaise. Mix well. Cover and refrigerate. Chill 30 minutes to thicken. Stir in soy sauce. Toss with remaining ingredients.

Nutrition information per serving: 197 calories, 21g protein, 19g carbohydrate, 2.4g fat, 49 mg cholesterol, 3.6g fiber, 1272mg sodium

Yield: 5 servings
"Left Over" Turkey Salad

* This salad makes a great light meal. It is easy to roast your own turkey breast while you prepare the dressing, or you can simply serve the dressing with leftover turkey meat. Choose pears that are ripe but not soft for a sweet and crunchy texture in your salad.

Ingredients:
1 skinless and boneless turkey breast  
1/4 cup walnut halves (finely crush) optional  
1 Bartlett pear, ripe but firm  
2 tablespoons extra-virgin olive oil  
3 tablespoons fresh lemon juice, to taste  
1 head Boston lettuce, washed

Directions:

Preparation Instructions: Estimated Time: 45 minutes

1. Preheat oven to 350 degrees F (175 degrees C). Gather two sheets of aluminum foil, about 24 inches long. Place the turkey breast in the center of one sheet of foil and season with salt and pepper.

2. Place the other sheet of foil on top and roll the edges together to seal the turkey in. Place sealed foil pouch on a baking sheet and bake until the turkey is cooked and white throughout, about 30 minutes.

3. While the turkey is roasting, lightly toast the walnuts in a sauté pan over medium low heat, about 5 minutes. Grate the pears into a bowl and combine with the walnuts, oil, and lemon juice.

4. Remove turkey from foil pouch when cooked and allow to stand for five minutes. Pour the juices from the foil pouch into the dressing. Adjust seasoning to taste.

5. Arrange lettuce on a platter, slice the turkey and layer the slices on top of the lettuce. Spoon the pear and walnut dressing over the salad while the turkey is still warm and serve.

My Notes:

*** instead of actually having the walnuts in the dressing, use only the sauce from the prepared walnuts and pears dressing, that way you get the flavor of the nuts without having to digest them.
Oregano Chicken Salad

4 servings ** Prep time: 15 minutes plus marinating Grilling time: 10 to 12 minutes Degree of difficulty: easy

Ingredients:
1/2 teaspoon grated lemon peel
2 tablespoons fresh lemon juice
1 tablespoon olive oil
1 tablespoon chopped fresh oregano
1/2 teaspoon minced garlic
1/2 teaspoon salt
4 boneless, skinless chicken breast halves

Dressing

1/3 cup mayonnaise
1/3 cup buttermilk
3/4 teaspoon grated lemon peel
1 teaspoon fresh lemon juice
1/4 teaspoon minced garlic
1/4 teaspoon salt
6 cups torn romaine lettuce leaves
1 pint cherry tomatoes
add green grapes if desired

Directions:

1. Combine lemon peel, lemon juice, oil, oregano, garlic and salt in resealable plastic storage bag. Add chicken and marinate in the refrigerator 2 hours.

2. Make dressing: Combine all ingredients together in bowl.


4. Arrange lettuce, tomatoes and chicken on 4 serving plates. Drizzle dressing on top.
Wilted Spinach Chicken Salad

Ingredients:
4 boneless, skinless chicken breast halves, sliced on the diagonal,
1 7oz pkg chicken flavored rice, cooked
1/2 c light Italian dressing,
1 10oz pkg fresh spinach, chopped,
2 plum tomatoes, sliced in thin wedges,
1 can sliced, pitted ripe olives

Directions:
Combine spinach, hot cooked rice, dressing and olives. Stir until spinach begins to wilt. Stir in tomatoes and stir for 2-3 more minutes. Place rice mixture on 4 individual serving plates. Top with sliced chicken breast.

Serves 4
Georgian Egg Salad

This fascinating Russian take on egg salad comes from Darra Goldstein's prize-winning cookbook, The Georgian Feast. It's delicious on Wasa crackers.

Ingredients:
- 4 large eggs, hard cooked
- 2 tablespoons minced fresh cilantro
- 3 tablespoons unsalted butter, softened to room temperature
- 2 tablespoons minced scallions, white part only
- 1/4 cup ground walnuts (optional)
- 1/8 teaspoon salt
- 2 tablespoons minced fresh dill

Directions:
Mash the eggs with the butter in a small bowl. Stir in the remaining ingredients and mix well.

Serves 4

Per Serving: Protein 7.1g; Fat 17.7g; Carbohydrate 1.6g
Roasted Grape, Chicken, and Vegetable Salad

* This is a Fall Salad to take on a Picnic! The delectable combination of roasted grapes and vegetable pieces comes close to capturing a California feeling. To make this grape-artichoke salad a meal-in-one, add either chicken or turkey-breast strips. The resulting salad is plenty sturdy enough to travel well. It tastes best if not chilled, though one should safely pack it well chilled, letting it come to room temperature by lunchtime if eaten outdoors. Puffy breadsticks are a good accompaniment to this salad, or bland, crisp crackers!

Ingredients:
1 (6-1/2 oz.) jar marinated artichoke hearts
2 Tbs. dry white wine
1 tsp. dried oregano, crumbled
1/2 tsp. salt
1/4 tsp. ground pepper
1-1/2 cups seedless grapes
1 cup sliced sweet onion (see directions)
1 red or yellow bell pepper, cut in 1-inch squares
2 garlic cloves, quartered
2 cups diced, cooked chicken or turkey breast (remove skin)
4 large lettuce cups, optional

Directions:
Drain artichoke hearts, reserving liquid. Combine all the liquid from the jar with wine, oregano, salt and pepper in a small jar or measuring cup. Mix well. Toss artichoke hearts with the whole grapes, red or green, in a medium mixing bowl. Slice a sweet onion 1/2-inch thick and halve each slice. If not using a Vidalia or similar sweet onion, then use a sliced red onion that has been marinated 20 minutes in sugar-water. Drain well before adding to the salad. Add bell pepper squares and garlic slivers to the grape-onion-artichoke mixture. Toss well with the prepared marinade/dressing.

Spread the mixture with marinade in a single layer in a shallow baking pan. Roast at 425 degrees (preheated oven) for 15 to 18 minutes or until grapes are plump and vegetables begin to brown on the edges. Stir after 7 minutes. Add chicken or turkey to roasted vegetables and grapes. Mix well. Serve salad warm or at room temperature in salad bowls or in lettuce cups.

Serves 4
Tennessee Chicken Salad

**Ingredients:**
4 skinless, boneless chicken breasts, poached or boiled
6 hard-boiled eggs, cooled
2-1/2 cups mayonnaise (low fat)
1/8 cup Dijon mustard
1/3 cup sweet pickle relish
1/2 cup pine nuts
2 cups walnuts, chopped

**Directions:**
Chop chicken into small bites and chop eggs finely. Mix together the mayonnaise, mustard, relish and nuts. Combine with chicken and egg. Allow mixture to stand one hour in the refrigerator while flavors blend.

Serves 8
Marinated Shrimp Salad

Ingredients:
1 1/2 cup(s) Instant Rice
6 Tbsp. vegetable oil
8 radishes, chopped
1/2 tsp. parsley, (dried)
1 clove(s) garlic, minced
1 lbs. shrimp, bay, cooked
1/4 tsp. Tabasco sauce
3 red wine vinegar
2 tsp. Dijon mustard
romaine lettuce
1 1/2 tsp. soy sauce
1/4 tsp. seasoned salt
1/2 lbs. grapes, (red or green), seedless and halved

Directions:
1. Mix together all ingredients except the lettuce; refrigerate for at least 1 hour.
2. Serve on a bed of lettuce.

My Notes:
** For "post op's" it is best to cut the ingredients in small pieces prior to mixing together. Also, watch the oil in the recipe. You might not be able to handle it, w/o feeling a little ill. You can try a smaller amt, if you aren't comfortable w/ what the recipe calls for. Serves 4
Luncheon Salad

Ingredients:
1 1/2 cup(s) Instant Rice
1/2 tsp. salt
2 egg(s), hard-cooked, finely chopped
1/4 cup(s) celery, diced
1/3 cup(s) mayonnaise (low fat)
1/4 cup(s) onion(s), finely chopped
parsley, as garnish
1 Tbsp. mustard
1/8 tsp. paprika
1 jar(s) pimientos, drained and chopped (4oz size)
1/2 cup(s) chicken
tomatoes, wedged, for garnish
1/4 cup(s) dill pickles

Directions:
1. Combine all ingredients except tomato wedges and parsley. Chill.
2. Garnish with tomato wedges and fresh parsley.

Serves 4
Chicken Salad Sandwich

Ingredients:
Boiled chicken from soup recipe, chopped
1 rib of celery, chopped
1 shallot, finely chopped
1 apple, chopped
4 tbsp low-fat mayonnaise
2 slices of whole wheat bread
1 lettuce leaf
salt and pepper to taste

Directions:
Place chicken, veggies and mayonnaise into a medium mixing bowl and stir. Spread salad onto one slice of bread. Add lettuce, cover with other slice of bread and serve. (of course post op's will have to cut the portion size down!)
Cantaloupe and Avocado Salad

Ingredients:
1 cantaloupe, seeded, peeled and cut into chunks
2 medium-size avocados, peeled and cut into chunks
One 14-oz. can diced hearts of palm
2 Tbs. lemon juice
1/2 cup slivered, toasted almonds
2 Tbs. melted butter (low fat)
1 head of any type loose-leaf lettuce

Dressing Ingredients:
6 Tbs. lemon juice
1/2 tsp. white pepper
6 Tbs. lime juice
1/2 tsp. ground ginger

Directions:
Combine cantaloupe, avocado and hearts of palm in a bowl. Sprinkle with lemon juice, and refrigerate for one hour. Place ingredients for dressing in a bowl, and whisk together. To toast almonds, drizzle with two tablespoons melted butter, and bake at 325 degrees for 15 minutes. Tear lettuce into large, bite-size pieces, and line serving bowl. Spoon fruit into center. Pour dressing over fruit, and sprinkle with almonds.
Chicken and Pasta Salad

Ingredients:
2 packages seafood boil
8 skinless chicken breasts
1 yellow bell pepper
1 red bell pepper
1 green bell pepper
1 small bunch green onions
One 5-1/2 oz. can of sliced black olives, drained
Two 2-1/2 oz. cans sliced green olives, drained
4 cloves garlic
salt and pepper to taste
2 packages tricolored pasta (radiatore or rotini)
1 cup olive oil
1/2 cup Balsamic vinegar
2 Tbs. salt

Directions:
In a large pot, boil chicken breasts in 5 quarts of water and the packages of seafood boil mix. Cook until chicken is tender, approximately 30 minutes. Remove chicken and put aside to cool, saving the broth for cooking pasta.

Chop the three types of bell peppers into desired size (somewhat chunky). Cube the chicken into bite-size pieces. Cut tops of green onions into small pieces. Blend olive oil, salt and vinegar to make dressing. Put all ingredients in large salad bowl, add black and green olives and toss with the dressing.

Use a garlic press and add garlic to this mixture and toss again. While the ingredients marinate, cook the pasta. Add 2 more quarts of water to the broth used to cook the chicken and bring to a boil. Add the pasta and cook according to directions on the package. When the pasta is al dente, drain in a colander and add to the rest of the ingredients. Chill in the refrigerator overnight and serve.
Crab and Apple Cole Slaw

**Ingredients:**
- 2/3 cup mayonnaise (low fat)
- 1 Tbs. rice vinegar
- 1 Tbs. Splenda
- 2 Tbs. heavy cream (light)
- juice of 1 lemon
- salt and pepper to taste
- 1/2 head green cabbage, coarsely grated
- 1/3 cup carrot, grated
- 1/3 cup red bell pepper, thinly sliced
- 1 green apple, not peeled and diced
- 1/2 lb. cooked crabmeat (or imitation crab)
- 1/2 red apple, thinly sliced

**Directions:**

In a large bowl, combine mayonnaise, vinegar, sugar, cream, lemon, salt and pepper. Add cabbage, carrot, bell pepper, green apple and toss. Next, add half of the crabmeat and toss gently. Place portion on plate, and top with remaining crab. Garnish with apple slices.

Makes 2 servings
Garlic-Roasted Radicchio

* 8 garlic cloves, finely chopped
* 1/4 cup olive oil
* 1 tablespoon chopped fresh rosemary leaves
* 1/4 cup balsamic vinegar
* 1 teaspoon kosher salt
* 1/2 teaspoon black pepper
* 4 large heads radicchio, halved through the root
* Grated Parmesan cheese, for garnish

Nutritional Information:
48 calories per serving
2 grams of carbohydrates
Serves 12

Directions:
* Place the garlic, olive oil, rosemary, vinegar, salt, and pepper in a large bowl and mix well.

* Add the radicchio and gently toss so that it is well coated.

* Cover and let marinate at room temperature for at least 1 hour.

* Preheat the oven to 425°F.

* Place the radicchio in a baking pan and pour the marinade on top.

* Place in the oven and roast until the edges of the radicchio are crisp and almost beginning to

Nutritional Information:
* Serve immediately, with grated Parmesan cheese

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SMOKED CHICKEN SALAD with RASPBERRY-BALSAMIC VINAIGRETTE

**Ingredients:**
* 1/4 cup sugar-free raspberry jam
* 3 tbsp. extra-virgin olive oil
* 1/4 cup balsamic vinegar
* 3/4 lb. boneless smoked chicken breast, cut into 3 strips
* 6 cups mesclun mix (a mixture of young, crisp, greens)
* 2 cups fresh raspberries
* 1/4 cup toasted sliced almonds

**Directions:**
* In a resealable jar, combine the jam, oil, and vinegar. Close lid tightly and shake vigorously.

* In a large bowl, gently toss the chicken with the dressing.

* Line a large platter or bowl with the mesclun.

* Top with the chicken mixture, raspberries and almonds. (or, if desired, place the chicken on the mesclun and serve the dressing on the side or drizzle over the top and topped with the raspberries and almonds.)

Makes 4 servings
GRILLED STEAK SALAD

**Ingredients:**
* 12 OZ grilled steak (use leftovers from the night before)
* 1 (12 oz) bag prewashed salad greens, any variety.
* 2 medium tomatoes cut into wedges
* 1 cucumber, peeled and sliced
* 1 cup croutons
* 1/2 cup Italian salad dressing on the side

**Directions:**
# Cut steak into strips.
# Toss lettuce with tomato and cucumber.
# Top with sliced steak and croutons

MAKES 4 SERVINGS
SPICY FRENCH
FRIES

Ingredients:
* 2 large uncooked potatoes cut into thin strips
* 2 medium egg whites
* 3/4 tsp ground cumin
* 1/2 tsp table salt
* 1/2 tsp chili powder
* 1/4 tsp black pepper freshly ground.

Directions:
* Preheat oven to 425 degrees

* Spray a nonstick baking sheet with nonstick cooking spray.

* In a large bowl, combine all ingredients; toss to coat.

* Transfer to the baking sheet. Bake until potatoes are barely tender, about 15 mins. increase the oven temperature to broil; broil until crispy, about 10 mins.

* Serve at once.
Salsa

Ingredients:
1 red pepper diced
1 orange pepper diced
1/2 red onion diced
cernals from two cooked cobs of corn
1/2 jalapeno finley diced
4 peaches pealed and diced
1/2 bunch of cilantro leaves cut up
juice from 4 limes
salt to taste
cracked black pepper to taste
sweetner to taste ie. stevia, splenda, nutrisweet, honey whatever you choose to use.

Directions:
Mix together.

My Notes:
I just tried to do something different so I could have some fruit with the chicken and this is what I came up with on the fly. You could swap the peaches with what ever type of fruit you might want to use, ie. pineapple, mango, nectarine, etc.
Salsa

**Ingredients:**
- 5 roma tomatoes
- 1 big yellow or white onion
- 1/2 of a bunch of cillantro
- 2 jalapenos (optional.. we LOVE heat in our food) finely minced
- Half salt to taste (I don’t use regular salt)
- juice of 2 limes freshly squeezed

**Directions:**
Mix well. Lots of chopping ...make sure you roll up the cillantro and cut it up small...it's easier this way.
South Beach Barbecue Sauce

Here is the South Beach Diet BBQ Sauce recipe... personally, I add a lot more garlic, a little Splenda or Brown Sugar Twin, and a few dashes of liquid smoke to make it better. It's basic and you can add all kinds of things to tweak it to your taste. You can also freeze it in ice cube trays.

Ingredients:
Makes about 1 cup

1 can (8 ounces) tomato sauce
2 tablespoons white vinegar
1 teaspoon Worcestershire sauce
1 teaspoon mustard powder
2 teaspoons chopped parsley
1/4 teaspoon salt
1/8 teaspoon ground black pepper
1/8 teaspoon garlic powder

Directions:
In a resealable container, combine the tomato sauce, vinegar, Worcestershire sauce, mustard powder, parsley, salt, pepper, and garlic powder. (Keeps covered in the refrigerator for 1 week.)

Recipe from The South Beach Diet® Cookbook.

Nutritional Information
21 calories
0 g total fat (0 g sat)
0 mg cholesterol
6 g carbohydrate
0.5 g protein
0.5 g fiber
290 mg sodium
Black Bean Etc. Salad

**Ingredients:**
- Black beans, rinsed
- Chick peas, rinsed
- Kidney beans, rinsed,
- Corn niblets, drained
- Baby zucchini, cut in semi-circles
- Green onion, thinly sliced

*Seasoning/Dressing*
- Rice wine vinegar
- Olive oil
- Pureed garlic
- Salt
- Black pepper and/or cayenne pepper
- Dried marjoram
- Crumbled feta

**Directions:**

The amounts of all ingredients and seasoning depend entirely upon your taste (or what you have on hand... Wink).

I season throughout the mixing and adjust amounts as necessary.

This salad keeps well for a number of days in the fridge. As well, it is fine for outdoor picnics as there is nothing that needs to be kept cold.
Shrimp Salad Rolls

**Ingredients:**
- Rice paper wrappers, soaked in warm water one at a time
- Cooked, deveined, tails-off shrimp cut lengthwise
- Leaf lettuce, torn in approx. 5"x 2" pieces (avoiding the stem and large ribs)
- Rice vermicelli, soaked in hot (not boiling) water then drained
- Bean sprouts, rinsed
- Carrots, julienned
- Peanuts, chopped/crushed

**Salad Roll Dipping Sauce**
- Hoisin
- Water
- Fish sauce
- Soy sauce
- Crushed, dried cayenne peppers

Mix together one jar of hoisin, with approx. 1/4 or 1/3 cup of water. Add fish sauce, soy sauce and crushed chilis to taste.

**Directions:**

Okanagan Picnic Recipes
Â« on: July 02, 2007, 01:37:52 PM Â»

There were a lot of requests for recipes at the picnic, so how about we post them here? I want to see that post-op cheesecake posted soon, Vicky! Not to mention Marlene's quiche!

ps: Erin could even post the watermelon recipe that she got from her sister... Wink

Black Bean Etc. Salad

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- Kidney beans, rinsed
- Corn niblets, drained
- Baby zucchini, cut in semi-circles
- Green onion, thinly sliced

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- Peanuts, chopped/crushed

Set up ingredients along your counter or table in the order listed above. Lay out a cotton or linen tea towel on which you will make your wraps. (I use my pull-out cutting board.)

In a large dish of fairly warm water, soak one rice wrapper at a time until pliable. Remove from water and lay on your tea towel. Blot excess water using the edges of the towel. Lay sliced shrimp in a line down the centre of the wrapper. Leave a 1" space from the wrapper edge. In order, arrange lettuce, vermicelli, sprouts, carrots, and a teaspoon of peanuts in a "pile" on top of the shrimp. Roll carefully to close as you would a wrap or burrito.
(This takes some practice, but the mistakes are
tasty! We serve the mistakes cut up in a bowl as a
salad. Wink) Serve with dipping sauce:
Pasta Salad Recipe:

**Ingredients:**
- 1 English cucumber
- 4 or 5 Roma Tomatoes (depending on the size)
- 3 Peppers. Green, Red, Yellow and/or Orange
- 1 Red Onion, optional
- 1 Container Feta Cheese
- 1 Package Pasta, you can use any kind. I use either whole wheat, tri colored or vegetable pasta.

**Dressing:**
- 1/2 cup Olive Oil
- 1/2 cup Balsamic Vinegar
- As much Crushed Garlic as you’d like - I use 1 - 2 tbsp of the ready crushed garlic.
- 2 tbsp Italian Seasoning - again use as much as you like for taste.
- Salt to taste.

Mix dressing ingredients together then pour over salad. Toss well. Always better the next day.

**Directions:**
Cook pasta and rinse with cold water to cool off.
Cut everything into chunks. Add pasta then crumble the feta cheese.
Chinese Coleslaw:

Ingredients:
Buy coleslaw cut up in bag
Dried Cranberries
Sunflower seeds

Dressing:
Sesame oil
Basmatic vinegar
Light soya sauce
splenda to taste
All done to taste (I didn't measure sorry)

Directions:
Mix and enjoy!
I made some curried chicken and I decided to make dal with it. Dal is a split bean or lentil that is cooked either like porridge or like rice. For porridge, cook it with less water and let it cook until creamy, add spices & Splenda or whatever you would normally add to porridge. Here is how to cook it so it comes out like rice... a great alternative if you don't do grains or would like to do less grains. You can buy bags of urad dal (urid dal) in most grocery stores in the asian/indian section... and it's cheap, too.

Ingredients:
1 cup urad dal, rinsed well and soaked for 15-30 minutes
2 tsp. salt
5 cups of water or chicken stock

Directions:
Place all ingredients in pot, bring to a boil, reduce heat to medium low, cover and simmer for about 30 minutes. Test dal by chewing a few pieces, drain when desired consistency is reached.

If you want to add a flavour to the dal, place it in a non-stick pan with whatever flavour you like and heat & stir until it is absorbed (soy sauce, indian spices, onions & garlic, Molly McButter etc.)

Cook it in skim milk until almost done then add to sf/ff vanilla custard to make 'rice' pudding.
Spaghetti Squash with Lemon & Garlic

OK, so we all know you can cook spaghetti squash and throw pasta sauce on it and call it 'healthy spaghetti'. We also know it's not the same. I think we should just do something else with the squash. Here's my favorite way to do it, and it's one of the few things that works better in the microwave than the oven.

Ingredients:
1 small/medium or 1/2 large spaghetti squash
2 tbsp good olive oil
3-4 tbsp lemon juice
2-3 tbsp fat free mayo
3 tbsp dried or fresh parsley (or dill or whatever herb you like)
1-2 tbsp very finely chopped red onion
1 medium crushed clove of raw garlic (strong flavour) OR 4-6 cloves of roasted garlic (milder flavour)
pinch of cayanne (optional)
1/2 cup parmesan or 1/3 cup feta (optional, really, it's fantastic without the cheese)
salt & pepper to taste

Directions:
~ cut squash in half crosswise (not the long way, you want two 'hats' not two 'boats'), scoop out seeds and 'guts'.
~ rub inside generously with salt, place cut-side down in baking dish. Add about 1 centimeter of water in the bottom and cover with plastic wrap for microwave or foil for oven.
~ Microwave on high for six minutes, turn halves, microwave for another six minutes. Poke top with fork to see if it is soft. Keep returning to microwave for two minute intervals until squash shreds properly. Try not to over-cook.
~ OR bake in oven for 30 - 45 minutes. Start checking after 20 minutes for doneness.
~ While squash cooks prepare dressing in a bowl big enough for the squash as well.
~ Whisk all ingredients together and shred the squash with a fork right into the dressing while it is still hot. Toss.
~ Eat it hot or room temp., but it's also good if you throw it in the fridge and eat it as a cold 'salad'.
~ Skip a bunch of steps and just use your favorite salad dressing and add whatever flavours you like. That's good in a pinch, too.
Squash Au Gratin Low Fat Recipe

Spaghetti squash turns into a magical plant of pasta and is wonderful served with the same sauces. Shaped like a small watermelon, it cooks quickly in the microwave in just five minutes per pound.

Ingredients:
1 tablespoon olive oil
One medium onion, chopped
One, 2-pound spaghetti squash, cut, seeded and steamed (see preparation below)
2 tablespoons fresh basil, chopped
Pinch of salt
1/4 teaspoon pepper, ground
2 tablespoons fat free Parmesan cheese (or use fresh grated, if preferred)

Directions:
Heat oil in a non-stick skillet. Cook onion until soft, about six minutes. Remove from heat.

Scrape cooked strands from the squash into a large bowl. Fluff with a fork. Preheat broiler.

Add onions, basil, salt and pepper to squash strands. Toss well. Place mixture in a 1-quart oven-safe baking dish. Sprinkle with Parmesan cheese. Broil for two minutes. Serve immediately.

Selection and Storage:
Look for smooth, hard skinned spaghetti squash without mold or soft spots.

Preparation:
Cut squash into quarters. Scrape out seeds. In a large pot, add 2-inches of water. Bring to a boil. Put squash, skin side up, in a steamer basket. Lower into pot; cover. Steam for 20 minutes. Check for doneness. Continue steaming if necessary. When done, let cool. In a raking motion, drag a fork across squash to loosen strands.

Recipe makes six servings.

Nutritional Information:
Calories 89
Carbohydrates 14g
Protein 2g
Cholesterol 1mg
Sodium 41mg
Fiber 4g
Fat 2g (4g with regular Parmesan)

My Notes:
I'm going to share my microwave cooking method... this is the only thing that cooks better in a microwave than in the oven. Cut squash in half (NOT the long way, you want two 'hat's' not two 'boats'), sprinkle with salt if you like & turn upside down in a baking dish. Add 1/2 inch of water to the bottom and cover with plastic wrap, sealing it as well as possible. Cook for 6 minutes, rotate squash inside the dish re-seal plastic wrap, cook for another 6 minutes, keep sealed and let stand for 5 minutes then scrape out strands. This will work for a small squash, for a bigger squash just keep alternating steps until is almost done and letting it stand for 5 minutes at the end will complete the cooking.
Baked Spinach

Ingredients:
1 pkg frozen chopped spinach - thawed and water squeezed out
1 cup dry curd cottage cheese
1 cup cooked onions or leeks
1 tsp chopped or crushed garlic
1/4 cup light parmesan cheese
two eggs
salt & pepper to taste
dash of your favourite hot sauce or pinch of red pepper flakes (optional)

Directions:
~ Mix everything together with a fork until well combined.
~ Spray small caserole dish or muffin pan with pam, or put paper muffin cups in your muffin pan.
~ Put mixture in your chosen pan but do not pack it down... just let it kind of 'blob' off your spoon.
~ This will make about 8 - 1/3 cup 'muffins'.
~ Put mixture in 325 degree oven for 15 minutes or until centre is 'set'.

** If you use paper liners you will not be able to remove them from the 'muffins' until cool.

These taste good hot, cold or room temperature. A little bit of light feta with them is also tasty. I'm post-op, so I would eat one with a bit of extra protein on the side... chicken breast or shrimp or whatever.
BARIATRIC COOKBOOK

Soups and Sandwiches
CHICKEN VEGETABLE SOUP

THIS RECIPE IS FROM PHYLLISBANDSTER FROM THE BOARD.

Ingredients:
5 CUPS CHICKEN, CUT INTO SMALL PIECES
1 CHOPPED MEDIUM ONION
5 STALKS OF CELERY
1 PACKAGE KROGER FROZEN PEAS IN LIGHT BUTTER SAUCE
1 PACKAGE KROGER FROZEN CORN IN LIGHT BUTTER SAUCE
1 PACKAGE FROZEN STEW VEGETABLES
2 MEDIUM POTATOES, CUT INTO 1/2" CUBES
2 TO 3 HEAPING TABLESPOONS SALT
1 TABLESPOON BLACK PEPPER
2 OR 3 HEAPING TABLESPOONS DRIED PARSLEY
OLIVE OIL
2 CANS LOW FAT CHICKEN BROTH
2 CANS WATER

ADDITIONAL CHICKEN STOCK OR CHICKEN BROTH TO FILL UP THE STOCK POT. USE HOMEMADE STOCK IF YOU HAVE IT OR USE ADDITIONAL CANS OF LOW FAT CHICKEN BROTH

Directions:
SAUTE ONION IN A LITTLE OLIVE OIL UNTIL IT BECOMES GOLDEN. ADD THE CELERY AND SAUTE FOR A WHILE. ADD THE STEW VEGETABLES, POTATOES, PEAS, AND CORN. SAUTE ALL THIS IN WITH THE OLIVE OIL. YOU MAY HAVE TO ADD A LITTLE MORE TO COAT ALL THE VEGETABLES. STIR FREQUENTLY, ALLOWING THEM TO STICK A LITTLE TO ADD TO THE GOLDEN COLOR OF THE BROTH.

ADD THE BROTH, CHICKEN AND WATER TO FILL THE STOCK POT. ADD THE SALT, PEPPER, AND DRIED PARSLEY. SIMMER ALL AFTERNOON THEN REFRIGERATE IT OVERNIGHT TO SKIM OFF THE EXCESS FAT. REHEAT IT COVERED ON A SLOW SIMMER UNTIL READY TO EAT.

My Notes:
PHYLLIS SAID THAT FOR HER THE MAJOR TRICK TO GREAT TASTING SOUPS IS TO GENTLY SAUTE THE ONION, GARLIC (WHICH SHE DIDN'T USE IN THIS RECIPE) AND VEGGIES FIRST TO CARAMELIZE THE ONION AND GET SOME OF THE VEGGIES BROWNED ON THE BOTTOM OF THE PAN BEFORE ADDING ANY MEATS OR LIQUID.
CREAMY BROCCOLI CHOWDER

**Ingredients:**
3 tablespoons olive oil
3 tablespoons butter
1 sweet onion, diced
2 carrots, shredded
5 tablespoons flour
1 teaspoon Kosher salt (to taste)
1/2 teaspoon nutmeg
1/2 teaspoon black pepper
3 cups (FF) Half & Half OR milk
One 15-ounce can chicken broth OR 2 cups homemade
5-6 cups chopped broccoli
1 1/2 cups shredded cheddar cheese (optional)

**Directions:**
In a large stockpot, heat oil and butter. Add onion and carrots and let simmer on medium-low until onions are soft (15 minutes). Add flour and seasoning and stir well. Stir in half & half or milk, chicken broth, and broccoli. Simmer over LOW heat for about 1-1/2 hours, stirring frequently. Add cheese just before serving, if using. Makes 10 servings.

With fat-free half & half:
Per Serving: 199 Cal; 4 g Protein; 9 g Tot Fat; 26 g Carb; 1 g Fiber; 5 g Sugar; 249 mg Sodium
MEATBALL STEW

Need a quick supper? Fix this dish and even the pickiest eaters in the house will gobble it up. Toss a crunchy salad full of dark greens and colorful gems of red and yellow peppers, radishes, some purple onion slices, and deep black olives. Dowse it with a splash of olive oil and balsamic vinegar...sprinkle lots of freshly cracked black pepper and some sun seeds. For the family, thickly slice a crusty baguette, rub the pieces with garlic and drizzle on some olive oil, a sprinkling of Italian herbs. Throw it under the broiler until golden.

Ingredients:
1 tablespoon olive oil
1 large onion, diced
3 carrots, diced
4 ribs of celery, diced
2 tablespoons pearl barley
1/2 cup water
Two 14-ounce cans reduced-sodium beef broth
One 14.5-ounce can diced tomatoes, UNdrained
1 teaspoon dried basil
1 teaspoon dried oregano
1 bay leaf
1/8 teaspoon cumin
Kosher salt and black pepper to taste
One 16-ounce pkg frozen pre-cooked meatballs

Directions:
In a large saucepan heat olive oil over medium heat. Add onions, carrots, and celery and cook until onions are transparent. Stir in barley and saute for 1 minute. Turn heat up to medium-high. Add water, broth, tomatoes, basil, oregano, bay leaf, cumin, salt and pepper. Bring to a boil and reduced heat to low. Allow to simmer, covered, for 40 minutes. Barley should be tender but still chewy at this point. Add meatballs and continue simmering for 15 minutes longer. Serve with shaved Parmesan cheese if desired.

Makes 8 servings.

Per Serving: 217 Cal; 13 g Protein; 11 g Tot Fat; 12 g Carb; 2 g Fiber; 3 g Sugar; 484 mg Sodium

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MEATBALL MINESTRONE

Ingredients:
2 tablespoons olive oil
1 cup diced onion
1/2 cup diced carrots
3/4 cup diced celery
2 garlic cloves, minced
1 1/2 cups shredded cabbage
1 medium zucchini, sliced
6 cups low-sodium beef broth
1 tablespoon Italian Seasoning herb mix
1/4 teaspoon black pepper
Salt and pepper
One 28-ounce can diced tomatoes, with juice
One 6-ounce can tomato paste
2 cups prepared meatballs (24 regular-sized)
One 15-ounce can Cannellini or Great Northern Beans, drained
One 14-ounce can Italian green beans, drained
1/2 cup small shell pasta # optional

Directions:
In large saucepan, over medium-low heat, saute onion, garlic, carrots, celery and zucchini in olive oil until onions are soft and transparent. Add broth, seasonings, tomatoes, tomato paste, and meatballs. Allow to simmer over medium-low heat until vegetables are tender. Add Cannellini beans, green beans and pasta. Cook until pasta is tender. Serve with shredded parmesan cheese sprinkled on top.
CREAMY BLACK BEAN SOUP

Ingredients:
1 tablespoon olive oil
1 small onion, chopped
2 garlic cloves, chopped
One 15-ounce can black beans, rinsed and drained
3 cups Chicken Stock or low-sodium chicken broth
1/2 cup mild roasted tomato salsa
Kosher salt and freshly ground black pepper
1/2 cup reduced-fat sour cream
Shredded Cheddar, chopped cilantro, and sliced green onions (scallions)

Directions:
Heat the oil in a large, heavy saucepan over medium heat. Saute the onion and garlic until lightly browned, about 4 minutes. Add the beans, stock, and salsa, and season with salt and pepper. Bring the soup to a boil, reduce the heat, and simmer 10 minutes, stirring occasionally, until the flavors blend and the soup thickens slightly. Puree the soup with an immersion blender or in a blender until smooth and creamy. Be careful when pureeing hot liquids in a blender as the steam expands; always cover the lid with a kitchen towel, pulse the switch, then release the steam before proceeding.

Reheat the soup just before serving and whisk in the sour cream. Check the seasonings. Ladle the soup into bowls and garnish with the Cheddar, cilantro, and green onions. Have a bottle of hot sauce on the table and use to taste.
ARTICHOKE FETA QUICHE

Rich and eggy...studded with artichoke hearts and melting feta cheese. Pair with whole wheat toast and a fruit salad for your family and you've got a quick and nutritious brunch or light supper.

Ingredients:
Vegetable cooking spray
1 tablespoon olive oil
1/2 medium onion, diced
2 garlic cloves, minced
One 14-ounce can artichoke hearts, drained, chopped
4 eggs, beaten
1 tablespoon flour
1/8 teaspoon Kosher salt
1/4 teaspoon oregano
1/8 teaspoon tarragon
1/8 teaspoon lemon pepper
1 tablespoon fresh parsley, minced
1/4 cup milk
1/2 cup crumbled feta cheese
1/4 cup shredded parmesan cheese

Directions:
Spray a glass pie plate with vegetable cooking spray and prehead oven to 350 degrees.

Saute onion and garlic in olive oil in a small nonstick skillet until soft. Add artichokes and cook for 1 to 2 minutes. In a large bowl beat together the eggs, flour, salt, oregano, tarragon, lemon pepper, parsley, and milk. Stir in the cooled vegetable mixture, feta, and parmesan.

Pour into prepared pie plate and bake for 20 to 25 minutes, until just set in the center. Serve with roasted red pepper salsa and garnish with additional crumbled feta, if desired.

Makes 8 servings.
LENTIL BARLEY STEW

I got excited about the new vegetarian-friendly recipes and this is an old favorite. It's thick, hearty, and really filling; it actually gets thicker and more delicious as it sits for a couple days. Add to the protein count by sprinkling some cheese over top, or a spoonful of ricotta...letting them get all melty and comforting. Or add some cooked chicken - even leftover roast beef - to the bowl and ladle the soup over top....mmmmmm. - Linda

Ingredients:
3 tablespoons olive oil
One large onion, chopped
One garlic clove, minced
Two celery ribs, diced
Two carrots, sliced
6 cups low-sodium vegetable broth (or chicken or beef...whatever you have)
One 28-ounce can diced tomatoes, undrained
3/4 cup dry lentils
3/4 cup pearl barley
1/2 teaspoon dried oregano
1/2 teaspoon dried rosemary, crushed
1/4 teaspoon black pepper
Kosher salt to taste

Directions:

In a large soup pot, heat oil over medium-low heat. Saute onion, garlic, celery, and carrots in oil until onion is tender. Add broth, tomatoes, lentils, barley, oregano, rosemary, pepper, and salt. Bring to a boil over medium-high heat. Reduce heat to low and simmer, covered for one hour or until lentils and barley are tender, stirring occasionally. Add 1/4 cup water or broth if soup gets too thick before it is done.

Makes 10 servings.

Per serving: 158 Cal; 8 g Protein; 5 g Tot Fat; 22 g Carb; 8 g Fiber; 2 g Sugar; 355 mg Sodium.

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TACO SOUP

I serve with a pile of cheese on top and a
dollop of sour cream, diced tomatoes and
avocados

Ingredients:
2 tablespoons olive oil (if using Soy crumbles
instead of hamburger)
1 pound ground beef or turkey OR 1 pkg.
Morningstar Crumbles
1 medium onion, chopped
One 16-ounce can chili beans, undrained
One 15-ounce can kidney beans, undrained
One 15-ounce can whole kernel corn OR 1 cup
frozen corn, optional
1 can condensed tomato soup, undiluted
Two 14.5-ounce cans peeled and diced
tomatoes (I puree them)
One 4.5-ounce can diced green chiles
1 small can sliced olives
One 1.25-ounce envelope taco seasoning
2 teaspoons chili powder OR to taste
2 teaspoons Splenda

Directions:
In large saucepan saute meat and onions over
medium heat until browned. Drain away any
remaining fat as possible.

Add remaining ingredients; simmer uncovered
for 2 to 3 hours, stirring occasionally. The longer
it simmers the better it gets! Copyright © 2007
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SALMON CHOWDER

This is an original recipe that uses a spice blend that isn’t...I got it off a Bed & Breakfast site (if I remember correctly!) and it REALLY makes this chowder special. Use fresh salmon that you cook just before adding to the soup...makes all the difference! It seems like a lot of ingredients, but it’s easy.

Ingredients:
4 slices bacon, diced
1 tablespoon butter
1 tablespoon olive oil
1 cup diced onion
1 garlic clove, minced
2 1/2 tablespoons flour
1 1/4 teaspoons Spice Blend (see below)
Dash nutmeg
1/2 teaspoon salt
1/4 teaspoon black pepper
2 cups chicken broth
1 cup ff Half & Half
1 cup milk
1 1/2 - 2 pounds fresh salmon, cooked

Spice Blend
2 teaspoons oregano
2 teaspoons parsley
1 teaspoon marjoram
1 teaspoon dill
2 teaspoons thyme
1/2 teaspoon sage
2 teaspoons rosemary
1 teaspoon tarragon

Directions:

SPICE BLEND: Mix well and store in a glass jar or ziploc bag.

Bake or grill salmon. Flake or tear into one-inch chunks. Set aside. In stockpot over low heat, melt butter and add diced bacon. Cook until bacon is crispy. Add olive oil, onion, and garlic. Cook until onion is soft, 8 to 10 minutes. Add flour and seasoning and cook for 1 minute. Increase heat to medium and add broth, cream, and milk. Cook 10 minutes or until thickened, stirring frequently. Reduce heat to low and add salmon. Heat through. Makes 8 servings 3/4 cup each.

Per Serving: 293 Cal; 28 g Protein; 18 g Tot Fat; 7 g Carb; 0 g Fiber; 2 g Sugar; 318 mg Sodium

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PINTO BEAN PUREE

Ingredients:
1 medium onion, diced
2 garlic cloves, chopped
2 teaspoons olive oil
One 15 ounce can pinto beans, drained and rinsed
1 cup of your favorite salsa
½ cup chicken broth

Directions:
Sauté onion and garlic in olive oil in a nonstick skillet until golden brown. Place beans, sautéed vegetables, and salsa to food processor and pulse until chunky, add broth a little at a time to desired consistency. Pour mixture into skillet and cook until bubbly and thickened, about 10 minutes.

1/4 cup serving Calories 65, fat 3g, net carbs 10g, protein 9g

Makes 2 cups

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Beef - Vegetable Casserole (Crockpot)

**Ingredients:**
- 1 lb extra lean ground beef or turkey
- 1 medium onion, chopped
- 1/2 c celery, chopped
- 4 cups cabbage, chopped
- 2 1/2 cups canned stewed tomatoes, slightly mashed
- 1 tablespoon flour
- 1 teaspoon salt
- 1 tablespoon Splenda
- 1/4-1/2 black pepper according to taste

**Directions:**
Sauté meat, onion and celery in non stick skillet until meat is browned. Pour into cooker, top with layers of cabbage and tomatoes, flour, salt, Splenda and pepper. Cover, and cook on high for 4-5 hrs.

Servings: 4
Chicken & Mushroom Stew

Contributed by: Tracy Jesson

Ingredients:
10 3/4 oz can 98% fat free cream of mushroom soup
1/2 a soup can of water
4 - boneless/skinless chicken breasts
1/2 tsp salt (I use salt sense)
1/4 tsp black pepper
1/2 lb fresh medium sized white mushrooms cut up
1 cup baby carrots

2 ribs celery, cut into small pieces
1/2 tsp garlic powder

Directions:
Combine soup and water in the cooker. Cut chicken into 2" pieces, sprinkle with salt and pepper. Place in slow cooker. Add Mushrooms, carrots, celery and garlic powder, stir gently to combine mix. Cover and cook on low 6-8 hrs or until chicken is done.

Servings: 4
Low Carb Chilli

Ingredients:
2 pounds boneless chicken breast, cut into bite sized pieces
1 3/4 cups chicken stock
1 small bunch scallions (five or six) chopped
4 ribs of celery - diced fine
1/4 cup red bell pepper - diced
1 clove of garlic -chopped
Salt and pepper to taste
1/2 cup butter
1 teaspoon cumin
1 tablespoon chili powder (or to taste)
1 can (10 oz.) can diced tomatoes with chilies
1 cup water
Grated Parmesan cheese for garnish

Directions:
Sauté the scallions, celery, and bell pepper in the butter. Add the chicken and cook just until the color begins to turn. Combine the chicken stock, canned tomatoes, water, garlic, cumin and chili powder in the warm slow cooker and add the chicken and vegetables. Stir once to blend. Cover and cook on high for one hour, then turn the heat to low for 4-5 hours. Garnish with grated Parmesan cheese.

Servings: 6
Low Fat Chicken Cacciatore

**Ingredients:**
2lbs uncooked boneless, skinless chicken breasts, cubed
1/2 lb fresh mushrooms
1 bell pepper, chopped
1 med onion, chopped
12 oz can low sodium diced tomatoes
6 oz can low sodium tomato paste
12oz can low sodium tomato sauce
1/2 tsp dried oregano
1/2 tsp dried basil
1/2 tsp garlic powder
1/2 tsp salt
1/2 tsp black pepper

**Directions:**
Combine all ingredients, Cover and cook on low 8 hrs. Serve over wheat pasta

Servings: 4
Chili

Ingredients:
1 lb lean ground beef
1 lb ground turkey
1 medium onion, diced
3 medium tomatoes, chopped
1 - 4 oz can green chilies
1 - 29 ounce cans tomato sauce
2 - 15 ounce cans kidney beans, with juice
15 oz can pinto beans, with juice
2 teaspoons cumin
1 1/2 teaspoons pepper
2 teaspoons salt
2 teaspoons chili powder
2 cups water

Directions:
1. Brown turkey and beef in large sauce pot and break into small pea size pieces. (You can add the onion at this point to get the flavor of onion all through the meat.)

2. Add all other ingredients and cook for 2 - 3 hours stirring every 15 minutes or so.
Fireside Beef Stew

Ingredients:
1-1/2 pounds boneless beef chuck pot roast
1 pound butternut squash, peeled, seeded, and cut into 1-inch pieces (about 2-1/2 cups)
2 small onions cut into wedges
2 cloves garlic, minced
1 14-ounce can reduced-sodium beef broth
1 8-ounce can tomato sauce
2 tablespoons Worcestershire sauce
1 teaspoon dry mustard
1/4 teaspoon ground black pepper
1/8 teaspoon ground allspice
2 tablespoons cold water
4 teaspoons cornstarch
1 9-ounce package frozen Italian green beans

Directions:
1. Trim fat from meat. Cut meat into 1-inch pieces. Place meat in a 3-1/2- to 4-1/2-quart slow cooker. Add squash, onions, and garlic. Stir in beef broth, tomato sauce, Worcestershire sauce, dry mustard, pepper, and allspice.

2. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

3. If using low-heat setting, turn to high-heat setting. In a small bowl, combine cold water and cornstarch. Stir cornstarch mixture and green beans into mixture in slow cooker. Cover and cook about 15 minutes more or until thickened. Makes 6 (1-1/3 cup) servings.

Source: Better Homes and Gardens
Heavenly Hearty and Healthy Soup

Ingredients:
1 pound uncooked ground turkey
1 cup chopped celery
1/2 cup thinly sliced carrots
2-1/2 cups tomato juice
1 14-1/2-ounce can French-cut green beans, drained
1 cup fresh mushrooms, sliced 1/4-in. thick
1/2 cup chopped tomato
1 tablespoon dried minced onion
1-1/2 teaspoons Worcestershire sauce
1 teaspoon dried basil, crushed
1 teaspoon dried oregano, crushed
1/2 teaspoon garlic powder
1/2 teaspoon Splenda
1/4 teaspoon pepper
1 bay leaf

Directions:
1. In a large skillet, cook the turkey, celery, and carrots until turkey is done; drain. Add to a 3-1/2-to 4-quart electric crockery cooker. Stir in tomato juice, green beans, mushrooms, tomato, dried minced onion, Worcestershire sauce, basil, oregano, garlic powder, sugar, pepper, and bay leaf. Cover and cook on low-heat setting for 6 hours. Remove and discard bay leaf.

2. Cover and cook on low-heat setting for 6 hours. Remove and discard bay leaf. Makes 4 to 6 servings.

Source: Better Homes and Gardens
Jambalaya

Contributed by: Tracy Jesson Preparation
Time: 30 minutes Cooking Time: 8 - 10 hours
(crock pot) Serves: 4 - 6

Ingredients:
1 lb boneless, skinless chicken thighs, diced
2 green peppers, chopped
1 medium onion, chopped
2 stalks celery, sliced
4 cloves garlic, minced
1 can (14 oz) whole tomatoes, chopped
1/3 of a can tomato paste
1 can fat free beef broth
1 TBS dried parsley
1 1/2 tsp dried basil
1/2 tsp dried oregano
1 tsp hot sauce
1/2 tsp salt
1 lb shrimp, peeled
4 cups cooked brown rice

Directions:
1. Combine all ingredients (except shrimp and rice) in crock-pot. Cook on low for 8-10 hours.

2. In the last 15 minutes, add the raw shrimp and cooked rice.
Taco Soup

Ingredients:
2 lbs ground beef or turkey
1 envelope taco seasoning
1 1/2 c water
1 can (15 3/4 ounces) mild chili beans
1 can (15 1/4 ounces) whole kernel corn, drained
1 can (15 oz) pinto beans, rinsed and drained
1 can (14 1/2 oz) stewed tomatoes
1 can (10 oz) diced tomatoes with green chilies
1 can (4 oz) chopped green chilies, OPTIONAL
1 envelope ranch salad dressing mix

Directions:
In a Dutch oven, stew pot or large kettle, cook beef over medium heat until no longer pink: drain. Add taco seasoning and mix well. Stir in remaining ingredients. Simmer uncovered for 15 min. or until heated through, stirring occasionally. Yield 6-8 servings (about 2 quarts)

My Notes:
Note: For lower fat/calories use reduced fat or fat free ingredients.
Taco Soup

**Ingredients:**
2 lbs ground beef or turkey
1 envelope taco seasoning
1 1/2 c water
1 can (15 3/4 ounces) mild chili beans
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1 can (4 oz) chopped green chilies, OPTIONAL
1 envelope ranch salad dressing mix

**Directions:**
In a Dutch oven, stew pot or large kettle, cook beef over medium heat until no longer pink: drain. Add taco seasoning and mix well. Stir in remaining ingredients. Simmer uncovered for 15 min. or until heated through, stirring occasionally. Yield 6-8 servings (about 2 quarts)

**My Notes:**
Note: For lower fat/calories use reduced fat or fat free ingredients.
Turkey-Sausage and Seafood Gumbo

**Ingredients:**
- 1/4 cup all purpose flour
- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 3 garlic cloves, chopped
- 1 teaspoon dried thyme
- 1 bay leaf
- 3 low-fat Italian turkey sausages (about 10 ounces), casings removed
- 1 28-ounce can diced tomatoes in juice
- 1 cup canned low-salt chicken broth or vegetable broth
- 2 teaspoons Creole or Cajun seasoning
- 8 uncooked large shrimp, peeled, deveined
- 2 6-ounce catfish fillets, each cut into 4 pieces

**Directions:**

Sprinkle flour over bottom of large, heavy pot. Constantly stir flour over medium-low heat until flour turns golden brown (do not allow to burn), about 15 minutes.

Place browned flour into bowl.

Over medium heat, use same pot to heat oil.

Mix in onion and bell pepper and sauté until tender, about 7 minutes.

Mix in garlic, thyme and bay leaf; stir 1 minute.

Combine with sausages and sauté until brown, breaking up with spoon, about 5 minutes, and then add browned flour.

Add tomatoes with juices, broth and Creole seasoning. Bring to boil.

Reduce heat, cover and simmer 20 minutes to blend flavors. Stirring frequently.

Add shrimp and catfish to pot and simmer just until seafood is opaque in center, about 5 minutes.

Remove bay leaf. Add salt and pepper to taste.

Serves 4.
ABC Soup

Ingredients:
1/4 to 1/2 pound asparagus, cut into 1 inch pieces
6 artichoke bottoms (hearts) cut into quarters
2 heads of broccoli (and their trimmed stalks) cut into pieces
3 carrots, peeled and cut into pieces
1 medium daikon, peeled and cut into pieces
12 small Thai eggplant or 1 purple eggplant, peeled, diced and slightly sautéed in Olive Oil Flavored Pam Spray
White button or Shiitake or Oyster, 2 handfuls of mushrooms, chopped and sautéed with a little bit of Olive Oil Flavored Pam Spray
1/4 to 1/2 teaspoon Ginger root, peeled and very finely chopped.
2 to 3 Habaneros, seeded and finely dice
1/4 cup jicama, peeled and diced
A few diced kohlrabi leaves or 1/8 cup kohlrabi bottom, peeled and diced
1 tablespoon minced lemongrass or 1/2 teaspoon yellow lemon peel, grated
Kernels of 3 ears of corn
1/4 teaspoon nutmeg
1 bunch of green onions, diced
Pepper to taste (in a pot of soup like this one, 1 teaspoon is a good place to start)
1 small bunch of celery, diced
1/4 cup water or vegetable juice for broth, which should be combined with 1 teaspoon of low fat margarine for a smooth texture
2 teaspoons fresh Rosemary
1 teaspoon each of Sage and savory Herb de Provence Salt to taste
1/4 teaspoon Thyme
3 medium Zucchini, sliced into wheels
cabbage, squash, bell pepper, Brussels sprouts, cauliflower, garlic cloves, anything you can think of
If your pot is uncovered, add 1/4 cup water

Directions:

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Garden Gazpacho

Ingredients:
6 Large ripe tomatoes, peeled and seeded
1/2 cup coarsely chopped onion
1/2 cup chopped seeded peeled cucumber
1/2 cup coarsely chopped green bell pepper
1 clove garlic, minced
1 cup low-sodium tomato juice
1 teaspoon lemon juice
1/8 teaspoon black pepper
1/8 teaspoon hot pepper sauce
Plain nonfat yogurt (optional)

Directions:
1) Combine tomatoes, onion, cucumber, bell pepper and garlic in food processor or blender, process using on/off pulsing action just until mixture is thick and chunky. Transfer to medium bowl.

2) Stir in tomato juice, lemon juice, black pepper and hot pepper sauce. Cover and chill until ready to serve. Top with nonfat yogurt, if desired. Garnish as desired.

Makes 4 servings @ 1 1/4 cup

Nutrients per serving
Calories 68
Fat 1g
Cholesterol 0mg
Protein 3g
Fiber 4g
Sodium 25 mg
Carbohydrate 15g
My "ohmygod-there-is-so-much-leftover-turkey" crockpot soup

Ingredients:
- whatever leftover turkey you have, shredded (OR some sausages)
- 1/2 cup diced onion (or, if you are like me, the biggest red onion you can find Grin)
- 1 tablespoon minced garlic (or, like above, two or more tbsp...no vamps in my house!)
- 1/2 teaspoon Italian seasoning
- 4-6 cups premade turkey broth, depending on the size of your crockpot or dutch oven (OR chicken broth)
- 1 large carrot, sliced (I grate it usually)
- 1/4 cup uncooked pearl barley
- Optional: 1 (10 ounce) package frozen chopped spinach (.....eww. What a way to ruin good soup Lips Sealed)

Directions:

1. In a skillet over medium heat, cook onion, and garlic (and sausage if you want). Season with Italian seasoning. Remove from heat, and drain.

2. In a slow cooker, mix the above, shredded turkey, broth, carrot, spinach (ewww), and barley.

3. Cover, and cook 4 hours on High or 6 to 8 hours on Low.

Fantastic comfort food, and healthy!
amazing soup.. post op
friendly

**Ingredients:**
- 2 cups bean soup mix (save on foods... has various beans, lentils, barley, peas... all in one mix... no seasoning to it)
- 1 large red onion
- 2-3 bell pepper diced
- 3 tomatoes diced
- or 1 cup diced sun dried tomatoes (gives more rich flavor and thicker soup)
- 6 garlic cloves, well chopped
- 1 tablespoon cumin
- 1 jalepeno finely chopped (remove seeds and ribbing if you don't like it too spicy)
- 2 packages taco seasoning
- 4 cups your favorite broth, beef or chicken or veggie

**Directions:**
- rinse bean mixture well then,
- soak bean mixture overnight in water with 1 package of the taco seasoning (do not drain)
- add to crock pot
- add remaining ingredients and cook until done. I cook all day on low.

This soup is amazingly good, I just made it tonight. Its what I used to make mine, never followed a recipe... turned out amazing. a lot of the beans break down to thicken the soup, and the rest stay firm and give the soup a bite.
on hand veggie soup base mix
(dehydrator needed!)

Ingredients:
this is a great recipe for pre ops to make before they have surgery. stays on hand, fresh for months. Just used a WELL sealed jar.

the easiest no recipe, recipe!

pick your favorite veggies, slice thin, dehydrate!

I use onion, garlic, carrots, celery, peppers, tomatoes and parsley. (zucchini, squash, pumpkin and carrot blend -when my garden is over run in the fall)

I give the jar an amazing shake prior to using, I use 2 tablespoons per cup of water (or broth) can add it tiny tiny pieces of cubed raw chicken breast and as the veggies re-hydrate the chicken cooks. or rather than chicken for protein, when mix boils, stir in one beaten egg (makes it thicker and creamier)

You can also use the mix by soaking 2 tablespoons in 1/4 cup water for 30 min, drain liquid, add to 1 cup yogurt. theres an easy veggie dip and salad dressing. to thin it down for a dressing, add in a little lemon juice.

This is just the easiest base to make up and be creative with. and its the one for sure way to get the veggies YOU like in a great soup base. I HATE cabbage with a passion and most dried veggie soup base have it. Just the best way to use up veggies from the store on sale or leftovers n the crisper before they go bad.
Handy to have on hand. no additives or no no's

Directions:
Nutty-Cheesy Party Corn Muffins

Because of the size you feel like your getting a big deal. And because of the multitude, your family or party guests will keep popping them down. I usually make these as an accompaniment to chili or pinto beans. When served with the beans, the combination is great for Vegetarians and provides the complete set of amino acids! If you have it, the tiniest pinch of saffron, finely ground, added to the batter makes them phenomenal! And if it is truly a party, add one small jar of pimentos and 1/4 cup of finely chopped chives. They look wonderful and taste great.

Ingredients:

**Dry Ingredients:**

1 pack of Krusteaz CarbSimple Cornbread mix (Cornmeal with additives)
(if this specific product is unavailable in your area, substitute any Reduced Carb Corn-Meal Mix)

1/4 cup of bean flour

1/4 cup of Krusteaz CarbSimple bread dough mix (same substitution here)

1/4 cup of fine Yellow Corn Meal

1 tablespoon of Gen-Soy or UnJury Un-Flavored Protein Powder

1 teaspoon of Baking Powder

1/2 teaspoon of salt (I use butter flavored popcorn salt. Yum!)

2 tablespoons of Flaxseed Meal

1 to 2 tablespoons of Splenda (to taste)

**Wet Ingredients:**

2 large eggs, and one extra egg white

1/2 cup of low-fat or fat-free sourcream

1/4 cup of low-fat buttermilk.

1 tablespoon of light olive oil

1/2 Teaspoon of McCormickâ##s Imitation Butter Flavor Extract

**Other Ingredients:**

1 can of corn (no sugar added)

1/2 cup of textured vegetable protein

1/2 cup of grated fat-free or low-fat cheese, or soy-cheese substitute

1/4 cup of finely chopped pecans

Approx. 1/2 cup pecan halves

**Directions:**

Pour can of corn with liquid in bowl and mix with textured vegetable protein. (Allow this to sit until TVP has soaked up most of liquid.) Combine all dry ingredients in a large mixing bowl.

In a separate bowl, beat eggs and extra egg white. Into eggs, whisk rest of â##Wetâ## ingredients.

Mix wet ingredients and corn/TVP mixture into dry ingredients. The batter should have consistency of soft serve ice cream. If it is too wet/runny, add a spoon or two of Krusteaz CarbSimple bread dough or pancake mix (or any low-carb baking product). If it is too dry, add a touch of water.

To this batter add the finely chopped nuts and cheese. Save back the Pecan halves.

Spray Pam or other non-stick spray into a non-stick â##micro-muffinâ## pan (the ones that have muffin openings about 1-1/2â"). Spoon in the batter to fill each cup about 3/4 of the way full. (They will rise a lot.) And add a pecan half to the top of the batter in each one.

Bake at 350 degrees until golden brown.

This big batch of batter will make about 3 dozen of these little muffins. Each of these little guys contains approximately:

1 gram fat

8 grams carbs

13.5 grams protein!
Country Sausage Cornbread

Ingredients:
* 1 pkg. (8 1/2 oz.) corn muffin mix
* 1 cup 2% milk
* 1 pkg. (8 oz) BOCA Meatless Breakfast Links, chopped
* 1/2 cup chopped celery
* 1/2 cup chopped onion
* 1/4 cup cholesterol free egg product, or 1 egg

Directions:
* Mix all ingredients until blended.
* Pour into 9-inch pie plate sprayed with cooking spray.
* Bake at 425 degrees for 25 mins. or until golden brown.

Makes 8 servings

My Notes:
*** HOW TO CHOP FROZEN LINKS ***
Remove links from freezer 5 â## 10 mins. before chopping. Or, thaw slightly in microwave before chopping.
APPLE CINNAMON
MUFFINS

Ingredients:
* 1 1/2 cups flour
* 1 1/2 tsp. Calumet Baking Powder
* 1/2 tsp. salt
* 1/2 tsp. ground cinnamon
* 1/4 tsp baking soda
* 1 cup Breakstoneâ##s or Knudsen Low Fat Cottage Cheese
* 1 Granny Smith apple, finely chopped
* 1/2 cup firmly packed brown sugar
* 1/4 cup oil
* 1 egg
* 1 tsp. vanilla

Directions:
* Mix flour, baking powder, salt, cinnamon and baking soda; set aside.

  * Mix remaining ingredients in medium bowl.

  * Add flour mixture; stir just until moistened.

  * Spoon into greased or paper lined muffin pan, filling each cup 2/3 full.

  * Bake at 400 degrees for 25 mins. or until golden brown.

Makes 12 servings
CHILI CORNBREAD

**Ingredients:**
* 1/2 cup plus 1 tsp. Cream of Wheat Cereal (1-min., 2 1/2 min.), uncooked, divided
* 1 cup flour
* 1 tbsp. Calumet Baking Powder
* 1 tsp. Chili powder
* 3/4 cup cholesterol free egg product
* 1/2 cup fat free milk
* 3 tbsp. Honey
* 1 tbsp. Margarine or butter, melted
* 1 cup frozen corn, thawed
* 1/2 cup Kraft Shredded Reduced Fat Sharp Cheddar Cheese

**Directions:**
* Grease 9-inch square baking pan; sprinkle with 1 tbsp. Of the cereal. Set aside.

* Mix remaining cereal, flour, baking powder and chili powder.

* Mix egg product, milk and margarine in medium bowl until well blended.

* Add flour mixture; stir just until moistened.

* Gently stir in corn and cheese.

* Spread into prepared pan.

* Bake at 350 degrees for 30-35 mins. or until lightly browned.

* Cool slightly.

* Cut into squares and serve.

Makes 9 servings
APPLE CINNAMON MUFFIN

Ingredients:
* 1 1/2 cups flour
* 1 1/2 tsp. Calumet Baking Powder
* 1/2 tsp. salt
* 1/2 tsp. ground cinnamon
* 1/4 tsp baking soda
* 1 cup Breakstone's or Knudsen Low Fat Cottage Cheese
* 1 Granny Smith apple, finely chopped
* 1/2 cup firmly packed brown sugar
* 1/4 cup oil
* 1 egg
* 1 tsp. vanilla

Directions:
* Mix flour, baking powder, salt, cinnamon and baking soda; set aside.
* Mix remaining ingredients in medium bowl.
* Add flour mixture; stir just until moistened.
* Spoon into greased or paper lined muffin pan, filling each cup 2/3 full.
* Bake at 400 degrees for 25 mins.
* or until golden brown.
Makes 12 servings
PARMESAN HERB BISCUITS

Ingredients:
* 1 1/2 cup flour
* 1 1/2 tsp. Calumet Baking Powder
* 1/2 tsp. Baking soda
* 1/4 cup Kraft 100% grated Parmesan cheese
* 1 tsp. Dried basil leaves
* 1 tsp. Garlic powder
* 1 cup Breakstone's or Knudsen Low Fat Cottage Cheese
* 1 egg
* 1/4 cup olive oil
* 1/4 cup milk

Directions:
* Mix flour, baking powder, baking soda, Parmesan cheese and seasonings; set aside.

* Mix cottage cheese, egg, olive oil, and milk in large bowl.

* Add dry ingredients to cottage cheese mixture; mix well. (Batter will be dry)

* Drop dough by 1/4 cup measures onto greased cookie sheet.

* Bake at 400 degrees for 25 mins. or until golden brown.
PEANUT BUTTER COOKIE RECIPE

THIS RECIPE WAS POSTED BY KayC54 ON THE SUPPORT BOARD.

Ingredients:
1 CUP PEANUT BUTTER
1 LARGE EGG
1 CUP SPLENDA
1/2 TEASPOON SALT
1 CUP ALMOND FLOUR

Directions:
PREHEAT OVEN TO 350 DEGREES.

CREAM ALL INGREDIENTS TOGETHER UNTIL WELL BLENDED.

SHAPE MIXTURE INTO ONE INCH BALLS (SQUEEZE TIGHTLY BEFORE ROLLING) AND ARRANGE ON TWO UNGREASED COOKIE SHEETS ALLOWING 1 INCH FOR DOUGH TO SPREAD SLIGHTLY AS IT BAKES.

DIP A FORK IN SPLENDA AND THEN FLATTEN THE COOKIES USING A CRISS CROSS PATTERN. BAKE FOR 9-10 MINUTES UNTIL JUST SLIGHTLY FIRM WHEN TOUCHE WITH YOUR FINGER.

MAKES 24 COOKIES.

My Notes:
BRE WROTE THAT SHE WAS NOT SURE IF HER OVEN WAS OFF OR WHAT BUT THAT SHE HAD TO BAKE THEM ABOUT 17 MINUTES.
ALMOND SHORTBREAD

Ingredients:
1/2 c. Almond flour
1/2 c. flour
pinch of salt
1/2 c. Nature Sweet crystals or Splenda in a pinch
1/2 c. REAL butter, softened

Directions:
Mix first 4 ingredients well with a fork. Add the butter and cut it into the flour mixture like you do for pie crust. It will get very crumbly and then all of a sudden will start to hold together. Mix a little more until it mostly forms a ball. Let set for about 15 minutes.

Preheat oven to 350 degrees and lightly spray a baking sheet with Pam. (Or you could press them into an 8x8 pan and score and prick with fork like real shortbread.) Form Tablespoon size balls, gently pressing together and rolling in palm. Flatten to 1/4 inch thick and place on sheet. Bake for 8-9 minutes or until the edges begin to brown. Let cool on sheet for a minute and carefully transfer to wire rack. Let cool completely. Store in an airtight container.

Makes about 15 cookies. Can double easily.

Per Serving: 98 Cal; 2 g Protein; 9 g Tot Fat; 4 g Carb; 1 g Fiber; 0 g Sugar; 45 mg Sodium
CHEESECAKE TARTS WITH BERRIES

The perfect way to showcase those fabulous summer berries. These little sweeties are very fast and pack a big taste into those few calories!

Ingredients:
Vegetable spray
12 wonton wrappers
One 8 ounce pkg. reduced fat cream cheese
1/2 teaspoon vanilla
2 teaspoons lemon juice
1/2 cup Splenda
2 cups frozen whipped topping, thawed
1 cup raspberries
1/2 cup blueberries

Directions:
Preheat oven to 350 degrees. Spray a regular-sized muffin pan with vegetable spray. Place one wonton wrapper in each cup, pressing down gently. Lightly spray wrappers with vegetable spray. Bake for 8-9 minutes or until just golden and crispy. Set aside to cool.

In a medium bowl beat together the cream cheese, vanilla, lemon juice, and Splenda. Fold in whipped topping. Place 2 tablespoons of filling into each tart shell. Scatter berries on top of filling. Dust with powdered sugar, if desired.

Makes 12 servings.

Per Serving: 107 Cal; 6 g Protein; 6 g Tot Fat; 8 g Carb; 1 g Fiber; 1 g Sugar; 103 mg Sodium
CINNAMON CARAMEL CUSTARD

Turn Costellini’s Cinnamon Bliss into velvety smooth custard. Nobody will ever guess this is sugar-free!

Ingredients:
4 eggs, beaten
Pinch of salt
2 1/4 cups milk
1/4 cup Cinnamon Bliss sauce
1/2 teaspoon Vanilla extract
1/3 cup Splenda Granular
Cinnamon

Directions:
Whisk eggs, salt, milk, sauce, vanilla, and Splenda until well-combined. Pour, through a sieve into six (4oz) custard cups and sprinkle with cinnamon. Place cups in 9x13 baking pan and fill pan with 1 inch hot water. Bake at 325 degrees for about 25-30 minutes. Remove from baking pan to a rack and let cool. When ready to serve, run a knife around the edge of cooled custard and invert onto a dessert plate. Drizzle Cinnamon Bliss sauce over the custard and onto the plate.

Makes six servings.

Per Serving: 113 Cal; 9 g Protein; 5 g Tot Fat; 8 g Carb; 0 g Fiber; 6 g Sugar; 38 mg Sodium
PECAN PIE

Ingredients:
3 large eggs
3/4 cup Splenda Granular
Pinch of table salt
1 teaspoon vanilla extract
4 tablespoons salted butter, melted Â¾ cup Steelsâ##s Sugar Free Maple Syrup, available on this website
1/2 cup chopped pecans, plus 10 halves
One 9-inch homemade unbaked pie shell, not deep dish
Whipped cream sweetened with Splenda

Directions:
Preheat the oven to 350°F. Beat the eggs in a large bowl until well blended and stir in the Splenda, salt, vanilla, butter, and syrup. Mix in the chopped pecans and pour the filling into the pie crust. Arrange the pecan halves evenly on the custard and bake for 30 to 35 minutes, until the sides are set but the center is still a bit soft. Cool to room temperature and serve in small wedges with Splenda-sweetened whipped cream.
SF SWEETENED
CONDENSED MILK

Ingredients:
1/3 cup boiling water
4 tablespoons softened butter
3/4 cup Splenda
1 cup powdered milk (dry)
1/2 teaspoon vanilla

Directions:
Blend all ingredients together with a hand mixer until thick and smooth. Cool slightly before using or store in the fridge. This gets VERY thick when cold, so microwave for a couple seconds and may need to add a couple tablespoons of milk to thin.

My Notes:
Makes ALMOST as much as a can of Eagle Brand...so I just use the whole thing in a recipe that calls for one can.
VANILLA EGG CUSTARD

Ingredients:
4 eggs, beaten
pinch of salt
1 can evaporated milk
1 cup milk
½ cup Splenda
2 teaspoons vanilla extract
Nutmeg

Directions:
Preheat oven to 325 degrees. Place 6 custard cups or ramekins in a large roasting pan and set aside. Whisk together the eggs, milk, evaporated milk, Splenda, vanilla, and salt. Pour through a fine mesh sieve into a large measuring cup. Divide evenly among the custard cups and grate a generous amount of nutmeg over each one. Pour enough hot water in the roasting pan to come about halfway up the sides of the custard cups. Bake 25 to 35 minutes, until the custard are just set in the center. Carefully remove the custards from the water bath, and transfer to a wire rack to cool. Serve chilled.
PEANUT BUTTER PIE

Ingredients:
Crust:
1 1/2 cups crushed Josephs Sugar Free Almond Cookies
2 tablespoons peanut butter
2 tablespoons butter, melted

Filling:
One 8-ounce package reduced-fat cream cheese
1 cup creamy peanut butter
3/4 cup Splenda
1 tablespoon vanilla extract
One 12-ounce container Cool Whip, thawed

Directions:
FOR CRUST: Combine well and press into a 9-inch pie plate. Bake at 350 degrees for 10 minutes or until golden. Cool completely.

FOR FILLING: Mix cream cheese, peanut butter, Splenda and vanilla extract until well combined. Fold in whipped topping. Pour into prepared crust or into individual dessert dishes. Chill or freeze overnight.
RICOTTA SWRIL

Ingredients:
1/2 cup ricotta cheese
3-4 teaspoons sugar-free preserves
Dash cinnamon

Directions:
Gently fold preserves into ricotta. Sprinkle with cinnamon and enjoy!
BLACK FOREST MOCHA CAKE

Ingredients:
3/4 cup butter, cut into pieces
Six ounces sugar-free dark or 70% cocoa chocolate
2 teaspoons instant coffee granules
4 large eggs
2/3 cup Nature Sweet powdered or Splenda
1 teaspoon vanilla extract
1/3 cup flour
1/4 teaspoon cinnamon
Splenda-sweetened cherry pie filling or sugar-free raspberry jam, warmed
Whipped cream

Directions:
Preheat oven to 400 degrees. Generously grease eight 4-ounce custard cups. Microwave the butter, chocolate, and instant coffee one minute or until butter is melted. Stir to melt chocolate completely. Set aside to cool.

In a medium bowl beat eggs, sugar sub, and vanilla with an electric mixer for 3-4 minutes or until light and fluffy. Beat in chocolate mixture. Stir together flour and cinnamon in a small bowl and add to batter, folding in just until incorporated. Divide batter evenly among prepared cups. Place cups on a cookie sheet and bake for 10 minutes or just until firm on edges and soft in the center. Cool cakes for 5 minutes and invert onto dessert plate. Spoon pie filling over cake and top with splenda sweetened whipped cream.

Makes 8 servings.

Per Serving: 216 Cal; 5 g Protein; 21 g Tot Fat; 8 g Carb; 2 g Fiber; 1 g Sugar; 88 mg Sodium
CAPPUCCINO CUSTARD

Ingredients:
4 eggs, beaten
2 1/3 cup milk
1/2 cup Splenda Granular
2 tablespoon instant coffee granules
1/2 teaspoon vanilla
1/8 teaspoon cinnamon
pinch of salt

Directions:
Whisk all together and pour into 6 6ounce custard cups OR 8 4ounce cups. Place in a 9X13 pan and fill with 1 inch hot water. Bake at 325 for about 25-30 minutes. Do Not Overbake. Should still be jiggly in the middle. Chill or serve warm. Copyright © 2007 by Susan Maria Leach/Linda Farnsworth
RICCOTA APPLE PANCAKES

Ingredients:
3 eggs, separated
1 whole egg
1 cup Ricotta
1/2 teaspoon Vanilla
1/4 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon Apple Pie Spice OR Cinnamon
1 Tablespoon Splenda
1/4 cup flour
1 cup grated apple

Directions:
Beat 3 egg whites until stiff; set aside. Combine remaining ingredients just until blended. Fold in egg whites. Spray skillet with non stick spray and heat over medium-low. Drop batter by tablespoonfuls into hot skillet and cook until golden brown, turning once. Serves 8 - three pancakes per serving.

Per Serving: 94 Cal, 7 g Protein; 5 g Tot Fat; 4 g Carb; 0 g Fiber; 2 g Sugar; 119 mg Sodium

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CINNAMON BLISS
PUMPKIN MOUSSE

Ingredients:
1 cup cold Micellar Milk Vanilla ready to drink protein available on this website, or skim milk
Two 4-serving size packages Jell-o Sugar Free Vanilla Instant Pudding Mix
One 15 ounce can Libbyâ##s pure pumpkin
1 teaspoon ground cinnamon
Â½ teaspoon ground nutmeg
1 1/2 cups sugar free Cool Whip, thawed
Â¼ cup Cinnamon Bliss sugar free topping available on this website (BARATRICEATING.COM)
1/2 cup pecan pieces

Directions:
Beat Micellar Milk, dry pudding mixes, pumpkin, cinnamon, and nutmeg with a whisk until blended. Fold in whipped topping. Transfer into a deep serving bowl or individual serving dishes and top with additional whipped topping if desired.

Drizzle with Cinnamon Bliss topping; sprinkle with pecans. Refrigerate 1 hour.
DOUBLE CHOCOLATE PROTEIN PUDDING

Ingredients:
2 cups Chocolate ready to drink protein shake
One package 1 ounce Jell-O Sugar Free Instant Pudding Mix, chocolate

Directions:
Beat pudding mix into the cold ready-to-drink protein in a deep bowl with a wire whisk for 2 minutes. Pour at once into individual serving dishes and chill. Pudding will be soft set and ready to eat within 5 minutes.
Cinnabliss Lace Cookies

**Ingredients:**
1/4 cup real butter
1/4 cup Nature Sweet Crystals, available on this website (www.BariatricEating.com this will NOT work with Splenda)
1/4 cup Cinnamon Bliss SF Sauce, available on this website (www.BariatricEating.com)
1/2 teaspoon instant coffee granules
1/4 t. vanilla extract
1/2 cup flour
1/3 cup finely chopped pecans (or any nut you prefer)

**Directions:**
Preheat oven to 350 degrees.

Melt butter in small saucepan. Add Nature Sweet and caramel sauce. Bring to boil over medium heat. Remove from heat and whisk in coffee, vanilla, flour, and pecans. Let cool slightly. Line a cookie sheet with foil â## shiny side down- and spray with Pam. Drop batter by one teaspoon measures, placing 6 on a sheet. Bake for 6 to 7 minutes, until golden brown on edges. (watch carefully as they will burn quickly). Let cool on cookie sheet until firm enough to lift off and then remove to wire rack. Copyright Â© 2006 by Susan Maria Leach/Linda Farnsworth www.BariatricEating.com, HarperCollins Pub. Inc. all rights reserved.
Chocolate Truffles

Ingredients:
1 tablespoon butter
3 tablespoons heavy cream
2 tablespoons DaVinci Sugar Free Raspberry Syrup, available on this website
4 ounces (8 squares) Valor 70% Sugar Free Imported Dark chocolate, chopped, available on this website
Unsweetened cocoa powder, unsweetened coconut, 1/4 cup almond flour blended with 1/2 teaspoon cinnamon, and/or Nature Sweet Powder to roll truffles in.

Directions:
Stir together the cream and DaVinci syrup in a medium glass bowl. Microwave 30 to 40 seconds until hot, but not boiling. Add chocolate and butter to warm mixture and allow mixture to sit for 3 minutes. Stir until melted and very smooth. Cool to room temperature, stirring occasionally. Chill mixture in refrigerator for at least 3 hours. Should be firm, but not hard. Using a spoon or melon ball maker, scoop out teaspoon size mounds and place on parchment paper-lined baking sheet. Chill for 30 minutes. Carefully roll or form into irregular balls and roll in unsweetened cocoa powder and then in other coatings. Each truffle may be placed in an individual candy cup for presentation. These are best kept in the refrigerator until just before serving. Copyright Â© 2006 by Susan Maria Leach/Linda Farnsworth

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Almond Cookies

hewy, moist and deliciousâ¦ a wonderful Christmas cookie that happens to be sugar free. For a beautiful touch, I garnish with a thin slice of dried cranberry before baking. I have not tested this recipe with Splenda granular; I have only made it with Nature Sweet crystals. Make sure you use the parchment paper to line your baking sheet (or a Silpat) or you will have to pry the cookies from the surface. Another great cookie tip is to pick up a one inch âice cream scoopâ from the kitchen gadget section of Walmart or your grocery store. It is made for measuring an even portion for perfect batches of cookies and is invaluable. These will become a family favorite as they are fabulously simple and taste superb.

Ingredients:
2 1/4 cups sliced unblanched almonds, about 10 ounces
3/4 cup Nature Sweet Crystals, available on this website
1/4 cup all purpose flour
1/2 stick butter, melted
1 egg white, slightly beaten
1/2 teaspoon vanilla extract
Sliced dried cranberries, (called Craisins)
Parchment paper (available in grocery stores near the plastic wrap)

Directions:
Lightly spray each of two baking sheets with nonstick vegetable cooking spray. Place a sheet of parchment paper on each (parchment wonât slide if you use the cooking spray first). Preheat oven to 350 degrees.

Combine almonds, Nature Sweet crystals, flour, butter, egg white, and vanilla in a large bowl, gently tossing to coat almonds and evenly moisten mixture. Mound tablespoonfuls on prepared cookie sheet. Gently press a slice of dried cranberry into each cookie. Bake for 10-12 minutes, until golden. Cool for 10 minutes and carefully remove to a wire rack. Store in an airtight container.

Makes 36 cookies

Per Cookie, calories 36, Fat 3gr, Carbs 1.5gr, Protein 1.5gr
Beatrice's Apricot Cream Cheese Cookies

These sugar free cookies are from my mother's repertoire of Italian Christmas cookie recipes. The dough is tender and flaky and the sweet tart apricot filling is perfect. Don’t let the short ingredient list throw you, they taste out of this world. Last year Santa enjoyed a plate of them with a large mug of hot chocolate made with Elite Chocolate Mint that even had a sugar free marshmallow bobbing in the foam.

Ingredients:
4 ounces cream cheese
1/2 cup butter
1 cup flour, plus additional for rolling
1/4 teaspoon salt
Natures Hollow sugar free apricot preserves, available on this website (www.BariatricEating.com)

Directions:
Blend the cream cheese and butter. Add flour and salt then blend until flour is completely incorporated. Gather dough into a smooth ball, cover with plastic wrap and chill 1-2 hours.

Preheat oven to 375 degrees. Lightly dust counter with flour and roll out 1/2 of the dough to 1/8 inch thickness and carefully cut into 2-inch squares, saving scraps to re-roll. Blend jar of preserves with a spoon so it is a smooth consistency.

Place a 1/4 teaspoon dab of preserves in the center of each square. Fold over two opposite corners of square to the middle, overlapping slightly and pressing so they stick together and jam squishes out a bit. After folding each cookie, transfer to an ungreased cookie sheet, about 1 inch apart.

Bake each batch for 10-12 minutes, until bottoms are just golden brown. Gently press any overlapped corners down that have opened while baking. Transfer to a wire rack. Repeat with remaining dough.

When cookies are cool, place an additional small dab of apricot preserves on each side of the folded cookie. Copyright © 2006 by Susan Maria Leach www.BariatricEating.com, HarperCollins Pub. Inc. all rights reserved.

Makes about 30 cookies

Per cookie... calories 35 , fat 3, carbs 2
Gingerbread Cookies

Bake these as small puffy powdered sugar dusted rounds, or as traditional gingerbread men; either way these are a winner.

Ingredients:
1/4 cup butter
1/2 cup Nature Sweet, powder or crystals
1/4 cup dark molasses (3 tablespoons adds essential molasses flavor)
1/4 cup Steels Country Syrup or Honey Sweet (makes a great replacement for Karo syrup or half the molasses in a recipe)
2 cups all purpose flour
1/2 teaspoon baking soda
3/4 teaspoon salt
1 teaspoon ground ginger
1 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/4 teaspoon ground nutmeg

Directions:
Cream the butter and Nature Sweet. Stir in the molasses, Country Syrup, and ¼ cup water. Mix the flour, baking soda, salt, ginger, cinnamon, cloves, and nutmeg in a small bowl, and add to the wet ingredients. Blend until soft dough forms.

Using a 1 Â½ teaspoon metal ice cream type scoop, or teaspoon place small round portions 1 inch apart on a lined or well greased cookie sheet. Bake at 375 degrees until, when touched lightly with finger, almost no imprint remains. Leave on baking sheet 2-3 minutes, then remove to cooling rack. Toss in a bowl containing 1 cup of Nature Sweet Powder, to lightly dust and place in airtight container.

Or chill dough several hours or overnight. Roll out Â¼ inch thick. Cut into circles, trees, or gingerbread men using cookie cutters. Place on well greased baking sheet. And bake as described above. Copyright Â© 2006 by Susan Maria Leach www.BariatricEating.com, HarperCollins Pub. Inc. all rights reserved.
Sugar Free Peanut Brittle

Nature Sweet is an amazing sugar replacer with the properties of sugar that allow for this delicious sugar free buttery golden mouthwatering Peanut Brittle. If you have tasted any of the new sugar free hard candy now on the market, this is the product responsible for the amazing taste and texture.

Ingredients:
- cup butter
- 1 cup Nature Sweet Crystals, available on this website (www.BariatricEating.com, see NOTE)
- 1/2 teaspoon vanilla extract
- 1 1/2 cups roasted salted peanuts

Directions:
Lightly coat a cookie sheet with nonstick cooking spray and set aside. Melt butter in a large nonstick skillet. Stir in Nature Sweet Crystals and cook over medium heat, stirring constantly. Mixture will first stay separate and appear grainy, then blend together smoothly. Cook until syrup darkens to a golden caramel color, about the same color as the peanuts, 15-18 minutes (hard crack stage in a cup of icewater), then remove from heat. Working quickly, first stir in vanilla extract, then fold in nuts. Transfer onto prepared baking sheet, and using the cooking spoon, pat nuts and candy into single layer. Allow mixture to harden at room temperature. When brittle has cooled completely break into bite sized pieces and store in an airtight container.

NOTE: Do NOT substitute Splenda or Nutrasweet for the Nature Sweet Crystal in this recipe as the properties of these sweeteners are completely different. Copyright © 2006 by Susan Maria Leach www.BariatricEating.com, HarperCollins Pub. Inc. all rights reserved.
Peanut Butter Cookies

Nature Sweet Crystals make an incredible cookie as this product adds texture and volume to the cookie dough that you just cannot get using Splenda. You can't tell these chewy and delicious cookies from a full sugar peanut butter cookie. I have a small 1 tablespoon 'ice cream' scoop that makes perfectly portioned cookies for this recipe. I know that there are good tasting sugar free cookies on the market, even the kind you get to bake yourself, but check out the long list of chemicals and preservatives; nothing beats the wholesomeness of a homemade, 5 ingredient recipe.

Ingredients:
1 cup peanut butter
1 large egg
1 cup Nature Sweet Crystals, available on this website
(www.BariatricEating.com, see NOTE)
1/2 teaspoon salt
1 cup California blanched almond flour, available on this website
(www.BariatricEating.com

Directions:
Preheat oven to 350 degrees.

Cream together peanut butter, egg, Nature Sweet Crystals, salt, and almond flour until well blended. Scoop mixture by tablespoon and roll into balls. Arrange on two ungreased cookie sheets allowing 1 inch for dough to spread slightly as it bakes. Press down with a fork to flatten, first in one direction and then in another.

Bake for 10-12 minutes, until just slightly firm when touched with fingertip. Allow to cool for 4-5 minutes and then transfer to a wire rack to finish cooling.

Makes 32 cookies

Calories 62, fat 6gr, carbs 1.5gr, protein 3gr

My Notes:

NOTE: You cannot substitute Splenda or Nutrasweet for the Nature Sweet Crystals in this recipe as the properties of these sweeteners are completely different. Nature Sweet is made from corn, it doesn't raise your blood sugar as it's not digested and is moved through our body similar to fiber. Copyright © 2006 by Susan Maria Leach www.BariatricEating.com, HarperCollins Pub. Inc. all rights reserved.
Rum Balls

I remember my mother making Bourbon Balls for her holiday parties in the 60s. This sugar free version is really delicious and simple as there is no baking involved! You can make several flavors by using different kinds of sugar free cookies. I made a delicious version using Joseph’s Pecan Shortbread, Coconut Rum, and omitting the cocoa; more of a Coconut Pecan Rum Ball.

**Ingredients:**
2 1/2 cups Joseph’s sugar free cookies, Chocolate Walnut or Pecan Shortbread, available on our website (www.BariatricEating.com)
1 1/2 cups chopped pecans
1 cup Splenda granular
2 tablespoons Dutch processed cocoa powder
2 tablespoons Steel’s SF Honey Sweet or Steel’s Sugar Free Maple Syrup, available on this website
1/4 cup dark rum

**Directions:**
Process the cookies in the food processor until finely ground (you should have 1 1/2 cups of fine crumbs) add the pecans and 3/4 cup Splenda; pulse a few times to mix. Add the syrup and rum and blend until well combined. Shape into 1-inch balls. (I use a one tablespoon mini ‘ice cream’ scoop). Place the remaining 1/4 cup Splenda into a small bowl and roll the rum balls until lightly coated. Store in an airtight container in the refrigerator. These are best if made several days in advance of serving to allow the flavors to mingle. Serve at room temperature. Copyright © 2006 by Susan Maria Leach www.BariatricEating.com, HarperCollins Pub. Inc. all rights reserved.

**My Notes:**
NOTE: I carry the Steel’s brand sugar free syrups on my website because they are very thick and do not have an aftertaste. These properties make them the perfect substitute for corn syrup. (The sugar free Pecan Pie recipe on my website is amazing) You can’t use the watery supermarket brands of sugar free syrup; the recipes will not work. The Steel’s syrups are worth the trouble it takes to order online.
Spritz Cookies

These are buttery, tender shortbread cookies; the ultimate Christmas cookie! I use a cookie press, which is a chef's version of the Play-Doh press we used as kids. I use this gadget just once a year, but it makes me think of my mother. I brought a big tin of Spritz to my brother's house last year at Christmas and he got all choked up when he saw the familiar shapes Mommy used to make. For me, this is what holidays are all about!

Ingredients:
1 cup butter softened
2/3 cup Nature Sweet Crystals, available on this website
3 egg yolks
1 teaspoon vanilla
2 1/2 cups flour
Sanding sugar (I use multicolored for the trees, and tiny silver dragees for the pink wreaths
Food coloring (if desired to tint dough)

Directions:
Preheat oven to 400 degrees. Cream together the butter, Nature Sweet, egg yolks, and vanilla until fluffy either using a mixer or a food processor. Add a single drop of food coloring if tinted dough is desired. Add the flour, pulse to incorporate and collect into a smooth ball. If you are using a cookie press, fill the cookie press, insert the desired die and force the dough onto an ungreased baking sheet. If you are not using a press, roll the dough into 1 inch balls, arrange on an ungreased baking sheet and flatten with a fork in a criss-cross pattern like you would with peanut butter cookies. Sprinkle each cookie with a pinch of colored sugar. Bake 8 to 10 minutes or until set, and light golden brown around the very edges... do not overbake. Remove to a wire rack and cool.

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Chocolate Peanut Brittle

**Ingredients:**
1 recipe Susan Maria’s SF Peanut Brittle
3 ounces (6 squares) Valor 70% Sugar Free Imported Dark chocolate, chopped, available on this website (www.BariatricEating.com)
2 tablespoons creamy peanut butter

**Directions:**
Melt chocolate in microwave in 20 second increments, stirring between. Add peanut butter and stir until melted. Dip broken pieces of peanut brittle half-way into chocolate and allow to cool and set up on parchment paper. Store in an airtight container. Copyright © 2006 by Susan Maria Leach/Linda Farnsworth
Crustless Pumpkin Pie:

**Ingredients:**
1 cup Egg Beaters
3 teaspoons pumpkin pie spice
1 (15 ounce) can Libby's pure pumpkin (NOT pumpkin pie mix)
1 cup fat free evaporated milk (pet or carnation, NOT eagle brand)
3/4 cup Splenda (you may prefer to use more or less)
1 teaspoon vanilla

**Directions:**
Preheat oven to 425. Blend all ingredients together and pour into a Pam-sprayed pie plate. Bake at 425 for 15 minutes, then reduce to 350 and bake for 40 minutes or until a knife inserted comes out clean.

Others swear by the recipe on the back of the Libby's pumpkin can. Just change the sugar to Splenda and omit the pie crust.

**My Notes:**
These are both big Weight Watchers recipes and helped get me through several holidays. Add Cool Whip, whipped cream, or your favorite sf/ff ice cream and it's a sure winner. Slices like a regular pie so to me, it's a very satisfying recipe. If you tolerate oats really well, I'll share the Baked Oatmeal recipe sometime. It's more like a sweet type bread than cereal-y. I'm kind of craving that right now. Jill (jillskybean) on the support website.
Susan Maria's Amazing Pecan Pie

The amazing thing about this pie is that it’s sugar-free! The ingredient list is specific, and substitutions won’t work. To make this pie you need Steel’s Country Syrup, which can be ordered (on this website). When I tried to make this recipe using other brands of sugar-free syrup, the custard became muddy and quite frankly, tasted awful. The Steel’s syrup is very thick, and that makes a huge difference. Even though this pie is sweet, it doesn’t have any sugar to act as a preservative and must be kept in the refrigerator, or it will spoil.

Ingredients:
3 large eggs
¾ cup Splenda Granular
Pinch of table salt
1 teaspoon vanilla extract
4 tablespoons salted butter, melted
¾ cup Steel’s Sugar Free Country Syrup
½ cup chopped pecans, plus 10 halves
One 9-inch homemade unbaked pie shell, not deep dish
Whipped cream sweetened with Splenda

Directions:
Preheat the oven to 350°F. Beat the eggs in a large bowl until well blended and stir in the Splenda, salt, vanilla, butter, and syrup. Mix in the chopped pecans and pour the filling into the pie crust. Arrange the pecan halves evenly on the custard and bake for 30 to 35 minutes, until the sides are set but the center is still a bit soft. Cool to room temperature and serve in small wedges with Splenda-sweetened whipped cream.

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Full serving: Calories 171, fat 14.5gr, carbs 7.5gr, protein 3gr
Serves 10
Crustless Pumpkin Pie

Ingredients:
15 oz. can pumpkin
12 ounces can skim evaporated milk
3/4 cup egg substitute or 3 egg whites
1/2 tsp. salt
1 T. pumpkin pie spice
1 tsp. vanilla
1 cup Splenda

Directions:
Combine all ingredients & beat until smooth
Pour into greased (Use Pam) 9 1/2” glass pie plate. Bake @ 400* for 15 minutes, then @ 325* for 45 minutes until knife comes out clean from the center

Contributed by: Tracy Jesson
Flourless Chewy Oatmeal Cookies

Ingredients:
- 1/3 cup Unsalted butter
- 1 1/2 cups Rolled oats
- 1/2 cup Splenda®
- 1/4 cup Splenda® Brown sugar - scant, firmly packed
- 1/8 tsp Salt
- 1 tsp Vanilla extract
- 1 Egg

Directions:
1. Melt the butter and set aside to cool. Place oats in a medium-sized bowl. Stir in both sugars and the salt and blend to break up any lumps.

2. In a separate bowl, whisk together the melted butter, vanilla and egg. Stir this into the oat mixture, mixing with your hands or a large wooden spoon to work in the ingredients. Form into a large ball of dough.

3. Chill the dough 20 minutes.

4. Preheat oven to 350°F. Meanwhile, prepare a baking sheet by lining with parchment paper.

5. Form the chilled dough into 1-inch balls and flatten down very slightly on the baking sheet. Bake for 13 to 17 minutes or until the edges are nicely browned and the tops of the cookies are medium golden in color.

6. Cool well on the baking sheet (about 10 minutes) before attempting to remove, using a metal spatula or icing knife.

7. The dough can also be brought to room temperature and flattened more when placed on the baking sheet to make a large, crisp and lace-like cookie. Keep the cookies refrigerated.

Yield: about 1 dozen cookies
Peanut Butter Cookies

Ingredients:
1 cup Peanut Butter
1 cup Splenda®
1 egg
1 T vanilla (Optional)

Directions:
Mix & drop, roll, or press out. Bake at 350 for about 12 minutes.

Yield: about 1 dozen cookies
Peanut Butter Protein Balls

Ingredients:
1 cup natural smooth peanut butter
1 cup quick rolled oats
1 cup protein powder

Directions:
1. Mix all together & form into balls the size of walnuts.

2. For more protein & to keep them from sticking together, roll them in crushed nuts or oatmeal. Store in an airtight container. Keep refrigerated.

This is great quick protein pick me-up.
Peanut Butter Oatmeal Protein Balls

Since these have protein in them you can justify eating these sweet treats

Ingredients:
* 1 1/2 c peanut butter (I used simply Jif)
* 2 scoops of unjurry chocolate (or any other choc protein powder)
* 1/2 c low carb special K
* 3 tbsp of sugar free maple syrup
* 1/4 c chopped nuts (I used pecans, walnuts, almonds)
* oatmeal
* 3 packets of splenda

Directions:
Mix everything up in a bowl and then roll them up into walnut sized balls and then roll them in oatmeal. You're done!
Blueberry-Peach Crisp

This quick and easy dessert takes only a few minutes to put together. It’s a delicious way to include nutrient-rich blueberries in your diet year round. This WLS friendly dessert is good enough for company and easy enough to prepare regularly for your family.

Ingredients:
* 10 oz fresh or frozen blueberries
* 1 lb of fresh or frozen peach slices
* 1/4 cup apple juice

Topping:
* 1/2 cup almonds
* 1/2 cup oats
* 1 cup pitted dates
* 2 TBS apple juice
* 1/2 tsp cinnamon

Directions:
Preheat oven to 350. Place blueberries in the bottom of a square 8 inch baking pan. If you are using frozen, make sure they are completely thawed and drained of excess water. Place peach slices on top of blueberries. If they are frozen, make sure they are also thawed and drained of excess water. Drizzle 1/4 cup apple juice over fruit.

Remove pits from dates and place in the bowl of a food processor along with oats, almonds and cinnamon. After running for a minute and dates are blended with the oats and cinnamon add apple juice, and mix well.

Place mixture evenly over peaches and blueberries, and bake uncovered for about 45 minutes. Serve warm or cool.

My Notes:
Healthy Cooking Tips: Make sure the topping is well ground and mixed while still ending with a coarse texture. It will have a tendency to be in clumps after processing it. When you place it over the fruit mixture crumple it with your hands into an even layer. Otherwise it will be in big clumps.
Strawberry Cheesecake

This cheesecake tastes so New York, it'll make you say "fuhgeddaboudit!"

Ingredients:
* 1 pkg lowfat cream cheese
* 1 pkg sugar free Strawberry Banana Jello
* 2 cups sugar free low fat whipped topping
* Fresh Strawberries (add bananas if you like)
* 1 graham cracker crust made with Splenda®½ (see recipe)

Directions:
* Dissolve jello with 1/2 cup boiling water.
* Mix into creamcheese until there aren't any lumps. Fold the whipped topping into this mix.
* Cut your strawberries (and bananas) length wise, so the cuts are flat.
* Line the bottom of your crust with the fruit.
* Cover with the cheesecake mix.
* If you want to add another layer of fruit in the middle, that's fine.
* Top with fresh strawberries quartered. Refrigerate until set.
Sugar Free Graham Cracker Crust

This Sugar Free version is the PERFECT crust for all of your favorite crumb pie crusts. A touch of cinnamon and nutmeg makes this popular pie crust tasty, and there is no need for the addition of sweetener.

Ingredients:
# 3/4 cup (200 ml) graham wafer crumbs
# 3 tbsp (45 ml) melted butter or margarine
# 1/4 tsp (1 ml) each of cinnamon and nutmeg

Directions:
Combine graham wafer crumbs, butter, cinnamon and nutmeg. Press into a 9 inch (1 L) pie plate or 8 inch square pan or 9 inch spring form pan. Chill in refrigerator 2 hours before filling. If desired, reserve 2 tbsp (25 ml) of the crumb mixture to sprinkle on top of the filling.
Strawberry Angel Pie

Use fresh or frozen strawberries to whip up this light-tasting, creamy and delicious sugar-free pie.

Ingredients:

- 3 cups (750 ml) frozen unsweetened or fresh strawberries
- 1 cup (250 ml) water
- 1 packet unflavored gelatin
- 1 tbsp (15 ml) cornstarch
- 1 egg, separated
- 1/3 cup Splenda®½
- 1 tsp. (5 ml) vanilla
- 1/2 tsp (2 ml) almond extract
- 1/4 cup (50 ml) instant skim milk powder
- 1/4 cup (50 ml) ice water
- 9 inch Graham Cracker Crust (see recipe)

Directions:

Slice strawberries. Pour water over strawberries; let stand 1 hour at room temperature. Drain water from strawberries into a saucepan; reserve strawberries. Sprinkle gelatin over 2 tbsp (25 ml) of liquid drained from strawberries. Whisk cornstarch and egg yolk into remaining water. Cook and stir over medium heat until mixture boils and thickens slightly. Remove from heat. Add softened gelatin, sweetener, vanilla and almond extract, stirring until gelatin and sweetener dissolve. Stir in strawberries. Chill about 30 minutes or until mixture is partially set. Beat egg white, skim milk powder and ice water in a chilled bowl. Fold into thickened strawberry mixture. Spoon into Graham Cracker Crust. Chill, about 4 hours, until completely set.

Makes 6 servings. Each serving: 1/6 pie including crust
FUDGE BROWNIES

Ingredients:
* 2 oz semi-sweet chocolate
* 2 tbsp butter
* 1 1/2 tbsp canola oil
* 1 cup sugar
* 1/4 cup unsweetened cocoa powder
* 1/2 cup plus 2 tbsp all-purpose flour
* 1/2 tbsp baking powder
* Pinch salt
* 2 tbsp unsweetened applesauce
* 2 large white eggs

Directions:
* Preheat oven to 325 degrees.
  * Coat 8x8 pan with cooking spray and set aside.
  * Combine chocolate, butter, and oil in a medium saucepan over low heat; cook until chocolate is melted, stirring frequently.
  * Remove from heat, cool slightly.
  * Add sugar and cocoa to chocolate mixture, stirring well.
  * Add flour and remaining ingredients, stirring just until smooth.
  * Pour batter into prepared pan.
  * Bake at 325 degrees for 30 minutes or until knife comes out clean when inserted in the middle of the brownies.
  * Remove from oven.
  * Cool in pan on rack.
  * Cut into 2x2 squares.

Makes 16 brownies
YOGURT PARFAIT

Ingredients:
* 3/4 cup plain or flavored yogurt,
* Artificially sweetened yogurt
* 1 peach or nectarine, chopped
* 1/3-cup granola or other breakfast cereal

Directions:
* Place 4 tbsp yogurt in a tall glass.

* Top with 1/3 of the chopped peach and then 2 tbsp of granola.

* Repeat two times, for a total of three layers of each ingredient.

Makes 1 serving
CHIFFON PUMPKIN PIE

Ingredients:

Ingredients for the crust:
- 4 oz whole unblanched almonds
- 4 oz whole unblanched hazelnuts
- 1/4 cup unsalted butter
- 6 tbsp plain whey protein powder
- 1 tsp Brown Sugar Twin
- 1 tsp pourable Splenda
- 3/4 tsp dried ground ginger
- 1/2 tsp pure vanilla extract
- Pinch of salt

Ingredients for the filling:
- 1/4 cup water
- 2 1/2 tsp gelatin
- 3 tbsp Brown Sugar Twin
- 3 tbsp Splenda
- 1 each 14 oz can pumpkin puree
- 1/2 tsp dried ground ginger
- 3/4 tsp ground cinnamon
- 1/2 tsp freshly grated nutmeg
- 1/4 tsp salt
- 1/2 cup whipping cream (or fat free Cool Whip)
- 1 tsp pure vanilla extract
- 3 large eggs, separated
- 1 1/2 cups whipping cream

Directions:

Directions for crust:

Cut a circle of parchment paper to fit into the bottom of a 9-inch pie pan.

Preheat the oven to 350 degrees.

Spread the almonds and hazelnuts out on a baking sheet and roast for 8-10 minutes until browned. Cool.

While the nuts are roasting, melt the butter over medium heat until colored a deep brown. Remove from the heat.

In a food processor, coarsely grind the almonds and hazelnuts separately. Combine with the whey protein, sweeteners, salt, ginger, and pure vanilla extract. Add the butter and mix well. Press evenly into the pie pan and chill.

Directions for the filling:

Sprinkle gelatin over the water and set aside.

Combine the Sugar Twin and the Splenda.

In a food processor, combine the softened gelatin, pumpkin puree, 4 tbsp of the mixed sweeteners, the spices, salt, 1/2 cup whipping cream, vanilla, and 3 egg yolks. Puree until smooth.

Transfer to a saucepan and cook over medium-high heat until the mixture just starts to sputter (heating the mixture to this point is important or it may not set properly).

Transfer to the food processor and puree again until smooth.

Transfer to a bowl and let stand at room temperature, stirring frequently until cool.

In a mixing bowl, beat the egg whites until foamy. Add the cream of tartar and remaining sweetener mix and beat until stiff peaks form. Stir 1/4 of the egg whites into the pumpkin mixture then fold in the remaining whites.

Spread out into the crust and refrigerate for at least 2 hours.

My Notes:

***Note*** No more than 4 hours before serving beat the 1 1/2 cups whipping cream to firm peaks and pile on top of the pie.
FUDGE BROWNIES

Ingredients:
* 2 oz semi-sweet chocolate
* 2 tbsp butter
* 1 1/2 tbsp canola oil
* 1 cup sugar
* 1/4 cup unsweetened cocoa powder
* 1/2 cup plus 2 tbsp all-purpose flour
* 1/2 tbsp baking powder
* Pinch salt
* 2 tbsp unsweetened applesauce
* 2 large white eggs

Directions:
* Preheat oven to 325 degrees.
* Coat 8x8 pan with cooking spray and set aside.
* Combine chocolate, butter, and oil in a medium saucepan over low heat; cook until chocolate is melted, stirring frequently. Remove from heat, cool slightly.
* Add sugar and cocoa to chocolate mixture, stirring well. Add flour and remaining ingredients, stirring just until smooth.
* Pour batter into prepared pan.
* Bake at 325 degrees for 30 minutes or until knife comes out clean when inserted in the middle of the brownies.
* Remove from oven. Cool in pan on rack.
* Cut into 2x2 squares.

Makes 16 brownies
Fruit smoothie cheesecake

**Ingredients:**
2 cups of frozen non sweetened fruit, i have made it with strawberries or wildberries, defrost and mash, drain off excess liquid

graham crust go to store and buy one lol

mix 1 package of light cream cheese with 1/2 cup splenda. mix with mixer until smooth.

add drained fruit into cheese and splenda mixture and mix well

fold in 3 cups of light coolwhip

**Directions:**

pour into pie crust.

very easy and delicious
Butterscotch and Pumpkin Pudding

Easy banana pudding is just mixing them into some vanilla or white chocolate sf/ff pudding mix. Use the following recipe for something fancier and use banana instead of pumpkin.

Ingredients:
1 package sugar-free butterscotch pudding mix
1 1/2 cup low fat milk
1 cup canned or fresh cooked pumpkin
1 teaspoon cinnamon
1/2 teaspoon nutmeg
Cool Whip or Dream Whip
1 teaspoon vanilla

Directions:
Mix pudding mix, milk, pumpkin, cinnamon and nutmeg well and pour into individual pudding containers. Top with Cool Whip and vanilla.

(If you want to make butterscotch pumpkin pie instead just put 1 cup milk in the ingredients.)
Vicki E.'s Protein Pudding, Revisited

For all the newbie post-ops who have yet to try it, I thought it would be helpful to repost the basic protein pudding recipe that has helped so many of us. Also note that it freezes very well. I portion it out into 1c. freezer containers and thaw as needed.

Ingredients:
BASIC RECIPE:

1 pint of cottage cheese
1 box of sugar free pudding mix
2 scoops of protein powder
1/4 c. skim milk
1/2 container of light cool whip

Calories: 1010.25
Fat: 17.55g
Carb: 92.55g
Sodium: 2636.55g (mostly from the cottage cheese)
Sugar: 31.22g
Protein: 115.11g

Per 1 cup:
Calories: 252.56
Fat: 4.38g
Protein: 28.77g

Per 1/2 cup:
Calories: 126.28
Fat: 2.19g
Protein: 14.38g

Directions:

Blend first 4 ingredients together in blender.
Scoop out into a small bowl and add Cool Whip.
Divide into 4 servings.

Mocha:
1. Prepare basic recipe using vanilla pudding and
vanilla protein powder. Substitute skim milk with 1/4 c. of water mixed with 2TB. of instant coffee, and 1/8 c. Da Vinci sugar free chocolate syrup.

Orange Creamsicle
2. Prepare basic recipe using vanilla pudding and vanilla protein powder. Substitute skim milk with juice from one can of mandarin oranges (packed in own juice, not syrup). Fold in mandarins prior to freezing or refrigeration.

Oh Oh Oreo
3. (This one is Vicki's...) Prepare basic recipe using chocolate pudding and cookies and cream powder. Fold in one crumbled bag of Thinsation Oreo cookies prior to freezing or refrigeration. The cookies add 100 calories to the entire recipe which works out to 10-25 calories more per serving and I find it is totally worth it. I just need to get my husband to hide the other Thinsation bags until I need them for another batch of pudding.
Tropical dream

**Ingredients:**
1 large box Orange flavored Sugar-free Jell-O Gelatin
1 small box lime flavored Sugar-free Jell-O Gelatin
2 cups boiling water
1 and 1/2 cups cold water
8 ounces ultra low fat cream cheese, divided (cut each 4 ounce have into 1 inch cubes)
1 20-ounce can Dole Crushed Pineapple, no sugar added
1 medium banana, diced
1 12-ounce container fat free Cool Whip

**Directions:**
In a bowl, combine 1 large box of orange flavored gelatin and 1 small box of lime gelatin with 2 cups of boiling water. Stir for 2 minutes until gelatin is completely dissolved. Place 8 ounces of cubed cream cheese into microwave for about 45 to 60 seconds until pliabley softened, but not runny. Blend into hot gelatin mixture until fully dissolved; about 2 minutes. Add 1 and 1/2 cup cold water. Add the can of crushed pineapple with juice and diced banana and stir until well combined. Chill for 2 hours until soft-set and then fold in the Cool Whip until creamy, but not beaten (you don't want to beat the air out of the cool whip). Chill for 2 to 3 more hours.

Serves 25

**variation, use large box raspberry jello and sm box lemon**
Cream Cheese Nibblers

**Ingredients:**

**Crust:**
- 1 cup Pecans, finely chopped
- 1 tablespoon butter
- 1/4 cup Splenda

**Filling:**
- 1 container low fat/fat free cool whip
- 1 8-ounce package Cream Cheese (room temp)
- 1 small box Sugar-Free Jell-O gelatin (strawberry)
- 1/2 cup chopped Strawberries
- skim milk

**Directions:**

Crust: Combine and sprinkle evenly into the bottom of an 8-inch square pan.

Filling: In a food processor (or with a mixer, but it's more work) combine all ingredients. If too thick, add small amount of milk until mixture is pourable. Pour into filling evenly. Let chill until firm. Cut into 12-15 equal squares (smaller if you wish).
Protein Dessert, with a twist.

Well I said I was going to do it and I did. I made Vicki’s (dogqueen) protein dessert today and put some in a small container and put it in the freezer. OMG it's so good, now when everyone is having ice-cream I can have mine too. I’m adding the recipe to this post just in case there is someone out there that would like to give it a try and can’t find it. Here is a yummy dessert and only 150 calories and 30 g of protein. Good way to get your protein in

Ingredients:
1 pt. container of low fat cottage cheese
1 pkg of jello surgerfree, no fat pudding mix
2 scoops of vanilla or chocolate protein powder
4 tbsp of skim milk
1 small container of low fat cool whip

Directions:
Mix the first 4 ingredients in blender
Remove and put in small bowl and mix in cool whip
this makes four servings of 30 g of protein and 150 cal each
enjoy

My Notes:
I have this for my breakfast as I don't like eggs etc and the protein holds me through. Those that have tried the dessert and enjoyed it give it a try by freezing it, it's great. I don't modify the recipe but I can tell you for sure that if you follow the recipe there is no way you could eat a 1/4 of it. I follow the recipe and it lasts for a long time because it is so filling, that's why I wanted to try and freeze it. The couple of times I’ve made it I’ve had to throw some out so now by freezing it I won't be wasting any.
peanut butter cookies

Ingredients:
1 cup peanut butter
1 cup splenda (I use 3/4 cup)
1 egg

Directions:
mix together and cook at 350 degrees for 10-12 minutes. They fall apart easily, so be careful!

My Notes:
I love this recipe...I make it with a scant 1/2 c of splenda though. I don't find that cup-for-cup thing is accurate for me. I usually have to 1/2 or 1/4 the amount called for or it's just sickeningly sweet. As a difference add one dollop of sugar free jelly to each cookie before baking. It makes a delicious treat.
healthy amazing dessert...
mmmmm

**Ingredients:**
Crust...

1 cup almonds, finely chopped, lightly toasted in a dry skillet
2 table spoons splenda

Filling

1/3 cup lime juice (lemon OR orange juice will work as well)
3 oz firm silken tofu
3 oz ultra low fat chream cheese (softened, to blend better)
zest of 2 limes or lemons not orange zest though!
1/2 cup splenda

**Directions:**
Crust: Mix spenda and ground nuts, place in the bottom of a pie plate. (filling will hold them in place)

Filling: Mix in all in a blender, place over ground nuts.

Refrigerate overnight. can change the variety of nuts you use for the crust to a blend or to whatever you have on hand.
Powdered Sugar

Makes 1/2 cup

Ingredients:
3/4 cup SPLENDA® granular
2 Tbsp. cornstarch

Directions:
Place ingredients in blender jar. Cover and blend until SPLENDA® granular is a very fine powder.
Use instead of powdered sugar for garnishing cakes and pastries.

Makes 8-1 tbsp servings.

Nutrition Information per serving
20 calories; 5 grams carbohydrate;
0 grams protein; 0 grams fat; 0 mg sodium
Brown Sugar

This recipe is designed to help you replace brown sugar in your dessert recipes.

**Ingredients:**
Makes enough to replace 1 cup brown sugar

1 cup SPLENDA® No Calorie Sweetener, granular
1/4 cup sugar-free maple syrup
(made with SPLENDA® Brand Sweetener

**Directions:**
Pour ingredients into a small mixing bowl and mix well. Use as brown sugar in your favorite baked recipes where brown sugar is required. Makes 1/4 cup (enough to replace 1 cup of standard brown sugar). Makes 1 serving

Nutrition Information per serving
130 calories; 36 grams carbohydrate;
0 grams protein; 0 grams fat; 100 mg sodium
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